

Your 72 Hour Kit Checklist: *To be used with "Your Own 72 Hour Kit Plan" E-book*

Week #1: Water to Carry

- Add ½ gallon of water per person to your kit. *Consider at least one of the following:*
 - Water bottles
 - Water boxes
 - Water pouches

Week #2: Making Water Safe

- Add supplies to your kit to help make alternative water sources safe to drink. *Consider at least one of the following:*
 - Bleach
 - Distilling supplies (pot, lid, stove)
 - Water purification tablets
 - Water filtration straw
 - Water filtration bottle
 - Water filter

Week #3: Plan Food

- Plan and decide what lightweight, nutrient dense food you will pack. *See e-book for suggestions*

Week #4: Pack Food

- Package your food in a way that makes it easy to access. *See e-book for suggestions*

Week #5: Food Prep

- Add supplies you may need in order to be able to prepare your foods. *Consider a mixture of the following:*
 - Can opener
 - Pocket Knife
 - Scissors
 - Stove in a can
 - Wing Stove
 - Mess Kit
 - Cook Set

Week #6: Eating

- Add supplies you may need in order to be able to EAT your food. *Consider a mixture of the following:*
 - Cup
 - Bowl

- Plate
- Sippy cups
- Bottles
- Utensils
- Wipes / napkins
- Spork
- Mess kit

Week #7: Clothes

- Add one change of clothing per person to your kit.

Week #8: Shelter

- Add items to your kit that will shelter your family from the elements. *Consider one or more of the following:*
 - Poncho
 - Drop Cloth(s)
 - Tube or Pop up tent

Week #9 Warmth

- Add supplies to your kit that will keep you warm. *Consider a mixture of the following:*
 - DIY firestarters
 - Waterproof matches
 - Lighter
 - Firestarter
 - Heat pack
 - Emergency blanket
 - Heat cells
 - Lightweight fleece sleeping bag / blanket
 - Quickfire pucks

Week #10: Sanitation

- Add items to shelter your family from the elements. *Consider a mixture of the following:*
 - Clorox wipes
 - Hand sanitizer
 - Antiseptic towelettes
 - Water boxes / pouches
 - Soap
 - Alcohol pads
 - Nitrile gloves
 - Aline solution
 - Neosporin

Week #11: first Aid

- Add first aid items to your kit. *In addition to a basic, pre-made kit, consider adding a mixture of the following as you can afford it:*
 - Small, quality first aid manual (I like the Living Ready Pocket Manual)
 - Gauze dressings
 - Trauma pads
 - Triangular bandages
 - Quik Clot
 - Sting relief gel / cream
 - Antibiotic ointment
 - Finger splints
 - Soft splints (SAM)
 - Tweezers
 - Iodine tablets (if near a nuclear plant)
 - Scissors
 - Cold packs
 - Suture kit or steristrips
 - Nitrile gloves
 - Burn relief gel (I like water jel)
 - Thermometers
 - Dust masks
 - Needles / thread
 - Sunburn ointment
 - Pen light
 - Super glue
 - CPR mask

Week #12: Medicine

- Add medicine your family may need to your kit. *See e-book for suggestions:*

Week #13: Personal Care / Hygiene

- Add hygiene items to your kit. *Consider one or more of the following. Plan for just your most basic needs:*
 - Toilet paper
 - Soap / Shampoo / Body wash
 - Washcloth
 - Toothbrush / paste
 - Feminine needs
 - Chapstick

- Contact case / solution
- Pair of (old prescription) glasses
- Tissues
- Wet naps
- Biodegradable waste bags
- Brush / Comb
- Razor
- Fingernail clippers
- Sunblock
- Bug Repellent
- Plastic bag for soiled clothing
- Lotion
- Deodorant

Week #14: Light

- ☐ Add sources of light to your kit. Consider at least one of the following:
 - Candles
 - Flashlights / batteries
 - Solar / crank lights
 - Bright sticks
 - Headlamps

Week #16: Tools

- ☐ Add basic tools to your kit. Consider one or more of the following. Plan for just your most basic needs and consider multi tools to meet more than one need.
 - Shovel / Trowel
 - Compass
 - Pocket chainsaw
 - Axe
 - Knife
 - Hammer
 - Screwdriver
 - Sewing kit
 - Gas shut off tool
 - Duct tape
 - Rope
 - Paracord
 - Wrench
 - Work Gloves
 - Maps
 - Solar cell battery charger
 - Rubberband / zip ties
 - Plastic grocery bags
 - Garbage bags

Week #17: Important Documents

- ☐ Gather Your Family's Important Documents. See e-book for more info / printables

Week #18: Religious Need

- ☐ Add items of religious importance to your kit. See e-book for ideas.

Week #19: Entertainment

- ☐ Add something FUN to your kit! Consider one or more of the following:
 - Playing cards
 - Small paperback book(s)
 - Small card games
 - Small car or miniature doll
 - Small children's book(s)
 - Bubbles
 - Coloring supplies
 - Jump rope
 - Dice
 - Bingo supplies

Week #20: Babies and Young Kids

- ☐ Add items specific to your babies / children to your kit. See e-book for suggestions
 - If you don't have young children, take a week off or play catch up!

Week #21: Pets

- ☐ Add as many small bills and quarters to your kit as you can currently afford.
- ☐ Commit to adding a set amount each week or month to this stash.

Week #22: Cash

- ☐ Add items specific to your pets to your kit. See e-book for suggestions
 - If you don't have pets, take a week off or play catchup!

Week #23: Packaging Your Kit

- ☐ Decide how you will package your kit. See e-book for pros and cons of different options
- ☐ Purchase (if necessary) your packs and / or get them ready (empty) to pack next week

Week #24: Organize and Pack

- ☐ Pack up your kits! See e-book for suggestions on the best way to do this.

Week #25: The List

- ☐ Create a list of everything in your kit. See e-book for suggestions on the best way to do this

Week #26: Rotate, Update, Test and Review

- ☐ Make sure you kit is up to date! You should do this every six months or so. See e-book for suggestions on the best way to do this.