

A "Stay at Home" 72 Hour Kit Checklist

Food and Water

- 3+ gallons of water per person per day
- 4500+ calories worth of food per person
- Paper goods / utensils
- Stove & cookware
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Clothing and Shelter

- Change of clothing for each family member
- Tent
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First Aid / Sanitation

- First Aid Kit
- Toothbrushes / paste
- Soap
- Washcloth(s)
- Contact lens supplies
- Toilet paper
- Biodegradable waste bags
- Feminine needs
- Hand sanitizer
- Wipes
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Power Out Supplies

- Stove
- Flashlights
- Radio
- Solar Charger
- 100 hour candles
- Blankets
- Homemade heater
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Tools

- Shovel
- Gas Shut off tool
- Hammer
- Work gloves
- Duct tape
- Pocket knife
- Rope / Paracord
- Plastic garbage bags
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