

# 72-Hour Kit

A **72-Hour Kit** is part of a larger survival system. This checklist assumes you already have the three modular pouches from **Stage 1: Survival Essentials**:

## 1. Essentials Pouch: Gear

See Stage 1: Survival Essentials

## 2. Essentials Pouch: First Aid

See Stage 1: Survival Essentials

## 3. Essentials Pouch: Toiletries
























See Stage 1: Survival Essentials

The pouches are to be included in your 72 hour kit at the time of evacuation.






Go to [www.emergencyprepgear.com](http://www.emergencyprepgear.com) to learn about the items on this checklist as well as other stages in our recommended survival system.

\*Optional items – be sure you are trained how to use any items you put in your emergency essentials kits.

### 72 Hour Kit: Gear

Item	Priority
<input type="checkbox"/> Cell Phone	
<input type="checkbox"/> 2-way Radio	
<input type="checkbox"/> AM/FM Radio/Charger (USB)	
<input type="checkbox"/> Headlamp	
<input type="checkbox"/> Multi Tool	
<input type="checkbox"/> Lighter	
<input type="checkbox"/> Paracord (50 ft) (Extra)	
<input type="checkbox"/> Camping Tarp	
<input type="checkbox"/> Bivvy or Sleeping Bag	
<input type="checkbox"/> Sleeping Pad	
<input type="checkbox"/> Tent (2-man)	
<input type="checkbox"/> Water Container (Bladder)	
<input type="checkbox"/> Hand Saw	
<input type="checkbox"/> Duct Tape (Flattened Roll)	
<input type="checkbox"/> Evacuation Area Maps	
<input type="checkbox"/> Fasteners (Safety Pins, Carabiners, Zip Ties, etc)	
<input type="checkbox"/> Backpack (Tactical or Hiking)	
<input type="checkbox"/> Power Bank (USB)	
<input type="checkbox"/> Solar Charger (USB)	
<input type="checkbox"/> Battery Charger (USB)	
<input type="checkbox"/> Extra Rechargeable Batteries AA/AAA	
<input type="checkbox"/> Headphones	
<input type="checkbox"/> Waterproof Paper and Pen	

### 72 Hour Kit: First Aid (IFAK)






Item	Priority
<input type="checkbox"/> Adhesive Roll (2"x5 yds)	
<input type="checkbox"/> Trauma Shears	
<input type="checkbox"/> Tabs: Ibuprofen	
<input type="checkbox"/> Tabs: Imodium	
<input type="checkbox"/> Tweezers	
<input type="checkbox"/> Irrigation Syringe	
<input type="checkbox"/> Vaseline (sm)	
<input type="checkbox"/> Moleskin	
<input type="checkbox"/> Rolled Gauze (4.5" x 4yds)	
<input type="checkbox"/> Gauze Pads (4"x4") (6x)	
<input type="checkbox"/> Triangle Bandage	
<input type="checkbox"/> Butterfly Bandages	
<input type="checkbox"/> Safety Pins	
<input type="checkbox"/> Ace Bandage	
<input type="checkbox"/> Aluminum Splint (36")	
<input type="checkbox"/> First Aid Reference Guide	
<input type="checkbox"/> Saline Eye Drops	
<input type="checkbox"/> Abdominal Pad	
<input type="checkbox"/> Miconazole (yeast infection)	
<input type="checkbox"/> Bactrim Antibiotics	
<input type="checkbox"/> Bleed Stop (1 pkg)*	
<input type="checkbox"/> Pressure Bandage (1)*	
<input type="checkbox"/> Tourniquet (1)*	

# 72-Hour Kit











## 72 Hour Kit: Toiletries

Item	Priority
<input type="checkbox"/> Toilet Paper (Roll)	
<input type="checkbox"/> Toothpaste (Full)	
<input type="checkbox"/> Camp Soap (Full Bottle)	
<input type="checkbox"/> Sunscreen (Full Size)	
<input type="checkbox"/> Cotton Swabs (Many)	
<input type="checkbox"/> Body Wipes (Many)	
<input type="checkbox"/> Trash Bags	
<input type="checkbox"/> Ziploc Bags	
<input type="checkbox"/> Hand Sanitizer (Travel Bottle)	
<input type="checkbox"/> Feminine Hygiene Products	



## 72 Hour Kit: Clothes

Item	Priority
<input type="checkbox"/> Dry Bag	
<input type="checkbox"/> Underwear (extra)	
<input type="checkbox"/> Socks (extra)	
<input type="checkbox"/> Hat	
<input type="checkbox"/> Gloves	
<input type="checkbox"/> Base Layer (top) (extra)	
<input type="checkbox"/> Pants (extra)	
<input type="checkbox"/> Belt	
<input type="checkbox"/> Insulated/Waterproof Jacket	
<input type="checkbox"/> Footwear	

## 72 Hour Kit: Food

Item	Priority
<input type="checkbox"/> Water	
<input type="checkbox"/> Portable Stove (Gas or Wood)	
<input type="checkbox"/> Portable Stove Fuel	
<input type="checkbox"/> Modern Mess Kit	
<input type="checkbox"/> Food Ready To Eat (bars, nuts, dried fruit, etc)	
<input type="checkbox"/> Dehydrated Food Pouches	
<input type="checkbox"/> Spork	
<input type="checkbox"/> Water Purification Tablets (30)	
<input type="checkbox"/> Hot Tea or Cocoa	
<input type="checkbox"/> Baby Food*	

## 72 Hour Kit: Documents

Item	Priority
<input type="checkbox"/> Documents (USB and Paper)	
<input type="checkbox"/> Identification	
<input type="checkbox"/> Cash	