



72 Hour Survival Kit Checklist

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Essentials:

- Convenient way to carry your gear:** A backpack is the best option for most people and situations.
- Water:** Bottled, Packaged or frequently rotated Canteen/Nalgene Bottle.
- Water Purification:** Iodine pills, chlorine pills or water filter. There are many options available.
- Food:** (Datrex food bars, MREs, Freeze Dried Foods, etc). MREs and food bars offer 5 years or more shelf life. Freeze Dried foods can offer between 10 and 25 Years of worry free storage!
- Fire-starters:** Waterproof matches, fire-steel striker, magnesium, lighter, etc.
- Emergency Shelter:** A simple or fancy tarp is a great option, but a tent is also an option.
- Mylar blanket or Bivvy:** AMK Brand or Military Spec are the best options.
- Knife:** Folding and or fixed blade. This can prove to be one of the most valuable items in your kit.
- First Aid Kit:** Choose a model rated for 72hrs or more and has extra room for personal additions. Also make sure you have enough for the amount of people this emergency kit is built for. Also add any special medications needed by anyone relying on this kit.
- Mess Kit & Cup:** This allows you to boil water & cook food easily.
- Water Container:** GI canteen, Nalgene Bottle, Stainless Bottle, Camelbak, Platypus Bottle, etc.
- Rope or Cord:** 550 parachute cord is the best multi-functional cord around. 50-100 feet is ideal.
- Light Source:** Flashlight, headlamp, wind-up light or light sticks.
- Eating Utensils:** Combo kits work great. Knife, spoon and fork is suggested.
- Duck Tape:** 5 Yards or more. Great for gear repair or first aid.
- Spare batteries:** Carry spare batteries for everything battery powered or invest in rechargeable batteries which you can charge with you solar kit.
- Radio:** Pack one which has AM/FM and preferably with NOAA weather stations.
- Pepper / Self Defense Spray:** There are many spray options available. SABRE makes a great selection of styles with a great 3 in 1 blend (OC, CS Gas and UV Dye) which is effective against more people than other types.
- Bandana or Shemagh:** Great for protection against the sun, cold weather and as an improvised water filter. A shemagh has many more uses as well such as making a pillow, tourniquet, bug net, etc.

Items for a better, more functional upgraded kit:

- Rain Gear:** Poncho or full suit. GoreTex is the best option, but also more expensive.
- Can Opener:** P38 or P51 Can Openers are ideal for your kit. This allows you to open any canned for you add to your kit.
- Stove:** Simple low tech or high tech. MSR Pocket Rocket, Esbit Stove, any sterno style stove.
Make sure to have sufficient fuel supply for your stove.
- Multi-tool:** Leatherman, Gerber and SOG all make quality models.
- Extra clothing:** Pants, Shirt, Underwear, Watchcap, Socks, etc.
- Gloves:** Simple gloves can easily save your hands from potential injuries. Anything from a tactical glove to a gardening glove will work.
- Sleeping Bag / Wool Blanket / Poncho Liner:** Depending on your area, any of these can be a lifesaver. Wool blankets can be inexpensive and warm, but bulky and heavy. Sleeping bags will typically be warmer, smaller and lighter than a wool blanket but will typically cost more. Poncho liners are light, compact and fairly inexpensive.
- Money:** As much as possible in small bill and large. Silver coins are great too.
- Communication:** Cell phone or other communication devices such as CB, FRS/GRMS, HAM Radios or a satellite phone.
- Solar Panel – Charging Kit:** A solar panel & charging kit can be capable of keeping everything electronic you have up and running, including cell phones, flashlights and radios.
- Eye Wear:** Have a set of sunglasses, safety glasses or prescription glasses in you kit.
- Signaling:** Signal Mirror, Whistle, Panel Marker etc.
- Navigation:** Compass, GPS and Maps of local area and areas you may need to travel to or through.
- Books:** Survival Manual, First Aid, Wild Edibles, etc.
- Baby Wipes:** Carry a small package, Great for cleaning your body, dishes or cool down in hot weather. Also checkout Action Wipes.
- Shovel:** Some Type of E-Tool, Shovel or Trowel.
- Contact Information:** Have a complete list of family and friends phone numbers and addresses.
- Face Masks/Cover:** Simple Cloth Mask or Bandana or Gas Mask (most reliable and safe option).
- Important Documents:** Have photo copies and a digital copy (on a jump drive or SD Card) of Driver Licenses, Birth Certificates, Marriage Certificates, Social Security Cards, etc. Keep in a waterproof bag/case.
Phone numbers, address of family members and friends. *Having all of these documents can be extremely important for insurance or help from the Government. In many cases you can not receive help or benefits until you show some of these documents.*

NOTES:

This checklist is designed as a basic kit guideline. All survival kits must be customized for each person to accommodate any special needs. Keep in mind, no matter how much stuff you have, planning and common sense are just as important.