

72 Hour Kit

1. Shelter

- Tarp/Tent
- Emergency blankets/sleeping bag
- Wool socks (heavy weight)
- Fleece beanies
- Emergency ponchos
- Body warmers

2. Fire making

- Fire starter
- Flint and steel
- Water proof matches
- Lighter

3. Stoves (choose 2 of the following)

- Solid fuel tablet stove and tablets
- Alcohol stove and denatured alcohol
- Wood burning stove
- Multi fuel stove

4. Tools

- Wire saw
- Multi-tool with can opener
- Pocket knife
- Knife sharpener
- Sewing kit
- 22 caliber rifle
- 50 22 caliber rounds
- 2 adjustable wrenches

5. Light (choose 2 of the following)

- Winding flashlight radio
- Shakable flashlight
- Light sticks
- Candle
- Headlamp (with alkaline batteries)

6. First aid

- Quick clot
- Dust mask
- Duct tape
- Trainers tape
- Ace bandage
- First aid instruction booklet
- Medications
- Epee pens

7. Sanitation

- Camp soap
- Shampoo
- Tooth brush and paste
- Toilet paper
- Towel
- Sun block
- Insect repellent
- Laundry detergent (optional)
- Diapers
- Baby wipes
- Feminine hygiene products

8. Miscellaneous

- Tin/aluminum foil
- Newspaper

- Whistle
- 100 ft of rope
- 22 gage wire
- Plastic garbage bags
- \$20 cash
- Zip ties
- Work gloves
- Latex free gloves
- Playing cards
- Fishing gear

9. Water

- 1 gallon per person per day
- Water bottle per person
- Water filter
- Water purification tablets
- Gatorade

10. Food

- 6 two person freeze dried food packages per 2 people
- Or 36,000 calorie food bar per person
- Eating utensils
- Measuring cup
- 3 liter pot