

## 72-Hour Kit Personal Items

	Start gathering items even if you don't have a container. You will forget what and how you packed so group like items into waterproof Ziploc bags in a way. My items are grouped by color.
√	Total carrying weight s/b about 25% body weight.
	Backpack, tote or small suitcase
	List of items in kit (put near top)
	Important numbers (update every 6 months)
	A recent family photo
	Map of city and vicinity
	Small flashlight like a Maglite
	Batteries for flashlight (put in separate baggie with the flashlight near top)
	Emergency rain poncho (put near top)
	3-N95 Medical mask (put at top) (Can help during a fire or with asthmatics)
	Mini First Aid Kit (update every 6 months) (put near top)
	Light stick on a neck cord
	Whistle on a neck cord
	Hand warmers
	Thermal reflective (space) blanket
	3 day supply of food (2000 calories per day per adult)
	3 gallons of water (*will be more than you can carry. Only pack what you can carry)
	Pencil and small notebook
	Cards, crossword puzzles, sudoku, etc.
	Paperback book
	Scriptures (Military size is good)
	Small comb or brush
	Small mirror
	Antibacterial hand wipes
	Pocket tissues
	Lip balm
	Wash cloth for sponge bath
	Travel-sized toothpaste, toothbrush
	Travel-sized liquid body soap
	Travel-sized shampoo/conditioner
	Travel-sized deodorant
	Travel-sized lotion
	Travel-sized hand sanitizer
	Razor (males)
	Personal sanitary items
	3 large trash bags
	Toilet paper roll
	Copies of personal papers & documents for this person (put in hidden but accessible location)
	Money - \$50 small bills & coins, waterproof bag (put in hidden but accessible location)
	Waterproof matches (not for young children)
	Sunglasses
√	<b>Extra Kit Items for Kids</b>
	Games, cross-word puzzles, coloring book and crayons, stuffed animal, small toys, infant pacifier
	Comfort foods
√	<b>Clothing Ideas</b> (change seasonally)
	Complete set clothing: pants, 2 socks, underwear, long-sleeved shirt (can roll up if hot), hat, mittens
	Sturdy shoes (Not in pack)
	Coat (Not in pack) However, if you can squish a windbreaker in, do it.
√	<b>Bedding</b>
	Sleeping bag or lightweight wool blanket (Not in pack) (in lawn bag or sturdy bag)

| Sleeping pad (if you have time) |