All Inclusive 72 Hour Kit Checklists
Lists for every member of the family

**Dad (Adult Man)**
- Backpack
- Pants
- Shirt X2
- Socks X2
- Underwear X2
- Sweatshirt/Jacket/Coat
- Hat
- Gloves
- Deodorant
- Toothbrush
- Toothpaste (one tube to share with the family)
- Blanket
- Pocket Knife
- Flashlight/Headlamp
- Small First Aid Kit (Family medications needed)
- Food (5-6 Canned/Non-perishable items Plus Others)
- Water (64-88oz. per day)
- Snacks
- Money (Cash in small bills)
- Driver’s License
- Social Security Card

**Mom (Adult Woman)**
- Backpack
- Pants
- Shirt X2
- Socks X2
- Underwear X2
- Sweatshirt/Jacket/Coat
- Hat
- Gloves
- Deodorant
- Feminine Products
- Toothbrush
- Blanket
- Pocket Knife
- Flashlight/Headlamp
- Small First Aid Kit (Family medications needed)
- Food (5-6 Canned/Non-perishable Items Plus Others)
- Water (64-88oz. per day)
- Snacks
- Money (Cash in small bills)
- Driver’s License
- Social Security Card (For Each Family Member)
- Marriage License
- Birth Certificates (For Each Family Member)
- Immunization Records (For Each Family Member)

*Bolded Items will need to be kept in a safe place and possibly stored somewhere else for access during normal life.*
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**Teen Boy (Age 11-18)**
- Backpack
- Pants
- Shirt X2
- Socks X2
- Underwear X2
- Sweatshirt/Jacket/Coat
- Hat
- Gloves
- Deodorant
- Toothbrush
- Shoes
- Blanket
- Pocket Knife
- Flashlight/Headlamp
- Food (4-5 Canned/Non-perishable Items Plus Others)
- Water (56-64oz. per day)
- Snacks
- **Driver’s License**

**Teen Girl (Age 11-18)**
- Backpack
- Pants
- Shirt X2
- Socks X2
- Underwear X2
- Sweatshirt/Jacket/Coat
- Hat
- Gloves
- Feminine Products
- Deodorant
- Toothbrush
- Shoes
- Blanket
- Pocket Knife
- Flashlight/Headlamp
- Food (4-5 Canned/Non-perishable Items Plus others)
- Water (56-64oz. per day)
- Snacks
- **Driver’s License**

*Bolded Items will need to be kept in a safe place and possibly stored somewhere else for access during normal life.*
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Young Boy (Age 4-10)
*Check that he will be able to carry his bag. Adjust canned items and water if needed.

- Backpack
- Pants
- Shirt X2
- Socks X2
- Underwear X2
- Sweatshirt
- Hat
- Gloves
- Shoes
- Toothbrush
- Blanket
- Flashlight/Headlamp
- Food (2-3 Canned/Non-perishable Items)
- Water (40oz. per day)
- Snacks

Young Girl (Age 4-10)
*Check that she will be able to carry her bag. Adjust canned items and water if needed.

- Backpack
- Pants
- Shirt X2
- Socks X2
- Underwear X2
- Sweatshirt
- Hat
- Gloves
- Shoes
- Toothbrush
- Blanket
- Flashlight/Headlamp
- Food (2-3 Canned/Non-perishable Items)
- Water (40oz. per day)
- Snacks
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Baby (Age 0-3)
*Adjust Accordingly
*Rotation will occur more often than once a year.
  o Backpack
  o Outfits X3
  o Socks
  o Outerwear/Thick Extra Layers (for cold weather)
  o Diapers (At least one package)
  o Package of Wipes
  o Binkie
  o Blanket X2
  o Swaddle/Sleep Sack
  o Baby Food
  o Formula
  o Bottles X2
  o Spoon for pureed foods
  o Water Bottles (Enough for 3 days’ worth of feedings)

Pets
  o Backpack
  o Food/Water Bowl
  o Water (for 3 days)
  o Food (for 3 days)
  o Treats
  o Leash
  o Blanket to sleep on
  o Toy
All Inclusive 72 Hour Kit Checklists
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**Extras**
- First Aid Kit
- Extra Food
- Waterproof Lighter/Matches
- Flint and steel
- Gas Stove
- Propane
- Garbage Bags
- Toilet Paper
- Plates/Bowls
- Utensils
- Extra Soap
- Wipes
- Water Purifier
- Batteries
- Sunscreen
- Bug Spray
- Hand/Foot/Body Warmers
- Shelter/Tent
- Ax
- Shovel
- Duct Tape
- Walkie Talkies
- Extra Blankets/Bedding
- Contact Solution/Glasses
- Deck of Cards (for entertainment)
- **Hard Drive with pictures and copies of important documents**

**Non-Perishable Food Items:**
- Peanut Butter
- Beef Jerky
- Canned Soups
- Spaghetti-O’s/Ravioli
- Canned Fish
- Canned Meat
- Canned Fruit
- Canned Vegetables
- Pasta
- Spaghetti Sauce
- Freeze Dried Meals (Mountain House is a common easy to find brand)
- Dehydrated fruits/veggies
- Applesauce
- Vienna Sausages
- SPAM
- Protein Bars
- Granola/Cereal Bars
- Trail Mix
- Packaged Nuts
- Oatmeal Packets (Store carefully to avoid weevil)
- Fruit Leather
- Dry Cereal/Granola
- Pureed Baby Food *Jars
- Infant Cereal
- Powdered Milk
- Concentrated Juice Boxes

*Nonperishable food has a long shelf life but still has an expiration date. Remember to check these items to make sure they aren’t expired or stale.