



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)**

*Bolted Items will need to be kept in a safe place and possibly stored somewhere else for access during normal life.



All Inclusive 72 Hour Kit Checklists

Lists for every member of the family

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**

*Bolted Items will need to be kept in a safe place and possibly stored somewhere else for access during normal life.



All Inclusive 72 Hour Kit Checklists

Lists for every member of the family

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



All Inclusive 72 Hour Kit Checklists

Lists for every member of the family

Baby (Age 0-3)

***Adjust Accordingly**

***Rotation will occur more often than once a year.**

- Backpack
- Outfits X3
- Socks
- Outerwear/Thick Extra Layers (for cold weather)
- Diapers (At least one package)
- Package of Wipes
- Binkie
- Blanket X2
- Swaddle/Sleep Sack
- Baby Food
- Formula
- Bottles X2
- Spoon for pureed foods
- Water Bottles (Enough for 3 days' worth of feedings)

Pets

- Backpack
- Food/Water Bowl
- Water (for 3 days)
- Food (for 3 days)
- Treats
- Leash
- Blanket to sleep on
- Toy



All Inclusive 72 Hour Kit Checklists

Lists for every member of the family

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.**