

72-hour emergency bug-out kit for 2 people, age 18 and up

E = ESSENTIAL, O = OPTIONAL

(Assume your home is NOT habitable if using this kit.)

CONTAINER 1: (50 lbs) WATER: Your TOP PRIORITY!

E (C) 3 gallons drinking water (distilled) per person in 2- or 3-liter plastic soda pop jugs. Replace water every 3 months, other items before expiration dates.

CONTAINER 2: Items Grouped in Priority Order (8 lbs)

- | | |
|---|------------------------------------|
| 1: SHELTER: | 4: PERSONAL HYGIENE: |
| E () 2 emergency plastic ponchos | E () toilet paper, waterproof bag |
| E () 2 space blankets | O () sanitary napkins |
| E () plastic ground cloth | O () 2 UV-block sunglasses |
| E () 50' rope | O () sunscreen SPF 15+ |
| E () 5-yard roll of duct tape | O () bug dope (Cutters) |
| 2: FIRE/SIGNAL: | O () chap stick |
| E () 2 plastic whistles on cords | O () 2 knit stocking caps |
| E () BIC lighter (with see-thru sides) | O () Diaperene (FOR YOU!) |
| E () wooden matches in waterproof case | 5: EATING UTENSILS: |
| E () 2 fire starters | E () canteen |
| E () 2 LED flashlights -OR - | O () 18 paper plates |
| E () 2 heavy-duty flashlights | O () 2 metal forks/spoons |
| O () w/ spare alkaline batteries/bulb | O () 25 sq ft alumin. foil |
| 3: SURVIVAL TOOLS: | O () small pot to cook in |
| E () first-aid kit [contents below] | 6: OVERNIGHT KIT: |
| E () spare pair of eyeglasses | O () Scriptures |
| E () prescription meds for 3 days | O () sewing kit & scissors |
| E () water purifier (tablets/pump) | O () 2 toothbrushes |
| E () compass | O () small bar of soap |
| E () Swiss Army-type knife -OR- | O () comb |
| E () Leatherman or Gerber tool -OR- | 7: OTHER: |
| O () slip-jaw pliers/screwdrivers | O () Radio w/spare battery |
| O () P-38 military can opener | O () Ziplock plastic bags |
| O () pocket knife | O () \$10 in quarters -OR- |
| O () county road or topographic maps | O () \$100 in bills/ coins |
| O () wire saw | O () personal phone book |
| O () garden trowel | O () 10' baling wire |
| O () I.D. card with photo | O () dental floss w/needle |
| O () roll of twine | O () bootlaces |
| FIRST-AID KIT: | O () anti-diarrhea |
| E () adhesive tape | O () 2 antiseptic pads |
| E () Bacitrim or Neosporin ointment | O () 3 butterfly closures |
| E () Misc. band-aids | O () oral thermometer |
| E () gauze pads, 2x3 | O () painkiller |
| E () 2 gauze pads, 3x3 | O () 5 safety pins |
| E () gauze, roll | O () shears/sharp scissors |
| E () 2 iodine prep pads | O () snakebite kit |
| E () non-aspirins [Ibuprofen?] | O () triangular bandage |
| O () alcohol pads | E () Zip-lock bags for all |
| O () ammonia inhalant | E () waterproof container |

CONTAINER 3: FOOD, Lowest Priority (6 lbs) (No food required for 3 days.)

- () 3 days military MREs for 2 people (6 "Meals-Ready to Eat")
-OR- Alternate menu:
- | | |
|---|---|
| <input type="checkbox"/> () beef sticks or jerky | <input type="checkbox"/> () peanut butter |
| <input type="checkbox"/> () bouillon cubes | <input type="checkbox"/> () powdered drink packs |
| <input type="checkbox"/> () canned nuts | <input type="checkbox"/> () raisins |
| <input type="checkbox"/> () M&M candy | <input type="checkbox"/> () salt |
| | <input type="checkbox"/> () sugar cubes |

Consider:

- () 7-gallon Aquatainer for 3 days water, with cart to carry it
 () Fanny pack for Containers 2
 () Backpack for Containers 2 & 3
 () Garbage bag to cover backpack

E () You must modify kit contents to fit your family and your situation.