

72 Hour Bag List

Health and Hygiene

- First aid Kit
- Daily Medications
- Baby wipes
- Toilet paper
- Medical Trauma Kit
- Qtips
- Kleenex
- Hand sanitizer

Food and Water

- Protein bars/Beef Jerky
- Bottled water
- Life straw
- MRE's
- Water purification tabs

Heat, Light, Warmth

- Lighter
- Ferro Rod
- Extra clothes
- Gloves
- Wool blanket
- Flashlight
- Extra batteries for flashlight
- Weather resistant matches
- 100 Hour candle
- Base layers
- Wool socks
- Wool hat
- Mylar blanket
- S.O.L Sleeping bags
- Rain Poncho

Navigation

- Compass
- Local maps

MISC

- Survival Multi tool with knife
- Duct tape
- Whistle
- Bear Spray
- Survival wrist band
- Small mirror
- Paracord & Rope
- Sunscreen