

## 72 Hour Pack: Emergency Kit & How to Build Your Bug-out Bag

Creating a bug-out bag is essential so that you are prepared, but it's also important that you have the right contents. Use the below list as a guide to help you create your emergency kit.

Recommended Essential Items: (per person)

		<ul><li>Orange Blanket</li></ul>
Water:	Baby wipes	<ul><li>■ • Mirror</li></ul>
<ul><li>☐ • 3 gallons per person</li></ul>	· Feminine hygiene	
<ul><li>Water filtration system</li></ul>		Personal Items:
<ul><li>Water bottle / bladder</li></ul>	Lighting:	
<ul><li>Portable water pouch</li></ul>	□ • Flashlight	<ul><li>☐ • Passport</li></ul>
	☐ • Glow sticks	<ul><li>Contact numbers</li></ul>
Food: 3 Day supply	· Headlamp	<ul><li>Family photos</li></ul>
□ • Non perishable food		<ul><li>Document copies</li></ul>
☐ • MRE's	Protection:	
<ul><li>☐ • Energy bars</li></ul>	<ul><li>☐ • Pepper spray</li></ul>	Clothing:
· Canned food - don't	☐ • Hand gun	<ul><li>Change of clothing</li></ul>
forget a can opener!	<u> </u>	<ul><li>Walking shoes</li></ul>
	Communication:	_
Shelter:	<ul><li>Mobile phone</li></ul>	Packing for Children:
□ • Tent	• Wind-up radio	<ul><li>Change of clothing</li></ul>
• Bivi Bag		☐ • Diapers
☐ • Tarp	<ul><li>Satellite phone</li></ul>	<ul><li>Medications</li></ul>
<ul><li>Sleeping bag</li></ul>		<ul><li>Formula</li></ul>
	Tools:	
Fire & Warmth:	<ul><li>Mini folding shovel with</li></ul>	Entertainment:
	axe	<ul><li>Pack of cards</li></ul>
<ul><li></li></ul>		<ul><li>Coloring books/crayons</li></ul>
	□ • Duct Tape	Misc:
	□ • Fishing Kit	<ul><li>Spare batteries</li></ul>
$\overline{}$ • Foil Blanket		
	Signalling & Navigation:	Backpack:
First Aid, Health & Hygiene:		<ul><li>Large enough to hold</li></ul>
<ul><li>☐ • First aid kit</li></ul>		the above contents
<ul><li>□ • Prescription &amp; Non</li></ul>	⊕ Beacon	<ul><li>Comfortable to walk</li></ul>
prescription Medicines		with/carry

**Important!** Remember to check the contents every six months or so to make sure nothing has expired such as food, water and and medical supplies.

<sup>\*</sup>Downloaded from https://geardisciple.com/72-hour-pack-emergency-kit-bug-out-bag/