

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)

Water:

- 3 gallons per person
- Water filtration system
- Water bottle / bladder
- Portable water pouch

Food: 3 Day supply

- Non perishable food
- MRE's
- Energy bars
- Canned food - don't forget a can opener!

Shelter:

- Tent
- Bivi Bag
- Tarp
- Sleeping bag

Fire & Warmth:

- Lighter
- Matches
- Tinder
- Ferro Rod
- Candles
- Foil Blanket

First Aid, Health & Hygiene:

- First aid kit
- Prescription & Non prescription Medicines

- Hand sanitiser
- Baby wipes
- Feminine hygiene

Lighting:

- Flashlight
- Glow sticks
- Headlamp

Protection:

- Pepper spray
- Hand gun

Communication:

- Mobile phone
- Wind-up radio
- Walkie-talkie
- Satellite phone

Tools:

- Mini folding shovel with axe
- Multi-Tool
- 550 Paracord
- Duct Tape
- Fishing Kit

Signalling & Navigation:

- Map of local area
- Compass
- Beacon
- Whistle

- Orange Blanket
- Mirror

Personal Items:

- Cash
- Passport
- Contact numbers
- Family photos
- Document copies

Clothing:

- Change of clothing
- Walking shoes

Packing for Children:

- Change of clothing
- Diapers
- Medications
- Formula

Entertainment:

- Pack of cards
- Coloring books/crayons

Misc:

- Spare batteries

Backpack:

- Large enough to hold the above contents
- Comfortable to walk 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.

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