

MY SURVIVAL LIST

Remember:

In the event of a natural disaster or other survival situation you should plan on help taking up to 72 hours to reach you.

RECOMMENDED ...

The following is a list of items that you should consider stocking in your 72 hour survival bag. These are the basics, use them as a guideline when considering your needs and those of other family members.

IMPORTANT PHONE NUMBERS

Water

- Minimum of 3 gallons per person
- Filtration unit or Purification tablets

Food

- MRE or other rations for 72 hours

Shelter

- Tent, tarp or other shelter
- Sleeping bag or blanket
- Emergency blanket
- Waterproof poncho

Warmth

- Waterproof matches
- Alternate fire starter
- Compact stove w/fuel
- Hand / Body warmers

Lighting

- Flashlight (batteries / alternate power)
- Light Sticks or Candles

EXTRAS:

Communication

- Radio (batteries / alternate power)
- Whistle

First Aid

- First Aid kit (sized accordingly)
- Prescription medications (if needed)

Tools

- Knife (multi-function type)
- Notepad / Pencil / Pen
- Rope or Para-cord
- Sewing kit
- Shovel (compact / folding)

Sanitation

- Soap
- Tissue
- Other hygiene needs

Money

- Cash and Coins

Documents

- Birth certificates (copy)
- Insurance policy (copy)
- Phone numbers
- Credit card contacts

Clothing

- Complete extra set (per person)

Container

- Water resistant bag, pack or bucket (facilitates carrying, storing and protecting all your items)

Consider these also ...

- Hatchet
- Cooking utensils
- Sun block
- Zip closure bags
- Portable toilet
- Insect repellent
- Extra water bottles

LAST CHECKED: