

Sample 72-Hour Backpack Kit List

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|--|--|
| <input type="checkbox"/> 1 Backpack
<input type="checkbox"/> 1 Esbit mini-stove w/fuel
<input type="checkbox"/> 1 Esbit mini-cook set
<input type="checkbox"/> 3 days of food (sample) - <ul style="list-style-type: none"> <input type="checkbox"/> 6 Instant Oatmeal <input type="checkbox"/> 3 Sm Evap Milk <input type="checkbox"/> 3 Beanie Weenies <input type="checkbox"/> 1 Single Svg. Beef Ravioli <input type="checkbox"/> 1 Single Svg. Spagetti <input type="checkbox"/> 1 Single Svg. Mac & Cheese <input type="checkbox"/> 6 Single Pkg. Fruit or Veg. <input type="checkbox"/> 3 Single Pkg. Snacks <input type="checkbox"/> Water | <input type="checkbox"/> N95 Mask
<input type="checkbox"/> Emergency Blanket
<input type="checkbox"/> Emergency Poncho
<input type="checkbox"/> Tissue
<input type="checkbox"/> Hand Sanitizer
<input type="checkbox"/> Mini-Flashlight w/batteries
<input type="checkbox"/> Comb
<input type="checkbox"/> Razor
<input type="checkbox"/> Soap
<input type="checkbox"/> Shampoo
<input type="checkbox"/> Conditioner
<input type="checkbox"/> Dental Floss
<input type="checkbox"/> Toothbrush
<input type="checkbox"/> Toothpaste
<input type="checkbox"/> Chapstick
<input type="checkbox"/> Hand Warmers
<input type="checkbox"/> Jerky
<input type="checkbox"/> Drink Packets
<input type="checkbox"/> Milk Chocolate
<input type="checkbox"/> Sewing Kit |
| <input type="checkbox"/> 1 Bivy Bag
<input type="checkbox"/> 1 Set of Utensils
<input type="checkbox"/> 1 Pants
<input type="checkbox"/> 1 T-shirt
<input type="checkbox"/> 3 Underwear
<input type="checkbox"/> 3 Pairs of Socks
<input type="checkbox"/> 3 Days of Prescriptions
<input type="checkbox"/> 1 Book to Read, or Puzzle Book
<input type="checkbox"/> 1 Flashlight
<input type="checkbox"/> Extra Batteries
<input type="checkbox"/> 1 Towel
<input type="checkbox"/> 1 Wet Wipes
<input type="checkbox"/> Other _____ | |

Mini Bag includes

- Nail Clippers
- CPR Face Shield
- Whistle
- Matches
- Cash in Small bills & quarters
- Word Seek Puzzle Book
- Deck of Playing Cards
- Tablet
- Pen
- Other _____

First Aid Kit includes:

- First Aid Guide
- 1 Scissors
- 1 Tweezers
- 1 Pair of Gloves
- 2 Burn Relief Gel
- 3 SPF 30 Sunscreen Lotion
- 3 Triple Antibiotic
- 2 Spot Bandaids
- 1 Finger Tip Bandaid
- 1 Knuckle Bandaid
- 2 Butterfly Closures
- 2 Alcohol Prep Pads
- 2 Sting Relief
- 3 Lifesavers
- 2 Bleed Stop
- Assortment of Bandaids