

72-HOUR SURVIVAL BAG

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What actually is a 72 hour kit? In simple terms, it's a bag full of stuff to keep you alive for 3 days or get you home should something catastrophic happen. The hope being that you can get to a safe place during that time. Usually, these are backpacks strapped on at which time you move to a safer location, and contain basics such as: shelter, clothes, food and water, navigation gear, light, fire starting kit, sanitation supplies, first aid, survival tools and personal items. Well, everyone and their neighbor have opinions of what they should include. Keep in mind that a bag like this contains tools for SURVIVAL. Just or maybe more important than the bag are the **skills** you will need to use the tools.

The following is a list of items most needed in SURVIVAL BAGS. It is not an all-inclusive list, but it is a good basic list; add or subtract to fit your needs. In most situations, you are going to want a fairly small, fairly lightweight bag (pockets are a plus) and with a padded hip belt to take the load off your shoulders, so as to not draw unwanted attention and that is easy to walk and maneuver with it on.

Survival Kit

Clothes and Shelter

(these sturdy clothes to wear)

Bandana
Shirt, undies, socks (2 pr)
Fleece/knit hat
Fleece shirt or jacket
Hat with brim
Leather gloves
Jacket w/hood, windbreaker
Mylar sleeping bag (Sol)
Sturdy pants, sweats
Rain poncho/black lawn bag-2
Sturdy shoes

First Aid Kit

adhesive tape 1"x10"
Band-Aids, 1"x3", flexible (8)
Burn Gel 4 oz
butterfly strips (4)
consecrated oil
Duct tape 2"x36"
Kotex pad (1)
moleskin (2 sheets)
meds (pain, diarrhea, allergy)
nitrile gloves (2)
non-stick gauze pads, 4"x4"(4)
N95masks (3)
Safety Pins (3) & tweezers
Scope antiseptic, trial size
Kerlix wrap 3"
Neosporin- small tube

Fire and Light

Altoid tin with firestarter
BlastMatch or flint & steel
Solar light, LuminAID
Waterproof Matches

Food and Water

Bottle/can opener, small
Drink packets for bottles
Survival bars (3600 calories)
Hard Candy (10)
Metal cup w/spoon
Water Bottles (4 pints)
Water bottle filter

Hygiene

Baby Wipes -25 pack
Bar soap, small
Chapstick, spf 15+
Hair (comb/brush/tie/clip)
Lotion, repellent, sunscreen
Tampons/pads (if needed)
Toilet paper (1/2), smashed
Toothbrush/paste
Washcloth and hand towel

Protection

Folding Knife
Gun/ammo
Zip ties (4)

Light and Tools

Fishing hoods, box
Fishing line, 8 lb, 100 yds
Flashlight, small or headlamp
Glow stick or UV Paqlite
Hand shovel, plastic
Multi-tool
Paracord, 550 (50 ft)
Snare wire
Wire or folding saw
Zipties

Personal

Personal Medications (7 days)
Glasses/sun glasses
\$50+ small bills/credit card
Extra keys (work/cars/house)
Contact names/numbers
Pencil/ paper
Photo ID/ family photo

Travel and Communication

Evacuation Plan
(maps/addresses)
Compass
Ham Radio w/extra batteries (if needed)
Radio w/extra batteries
Signal mirror or blank CD
Whistle