

72 Hour Kit Emergency Starter Pack List

FOOD

First Aid Kit

Toiletries (travel sized)

Feminine products

Medication

Spare keys

Cash

Change of Clothing

Flashlight/solar light

Pen/ paper

Radio

Glow sticks

Whistle

Chapstick

Sunscreen

Toilet paper

Face Mask

Protective Eye Wear

Leather Work Gloves

Important paperwork, medical, out of state contact

Phone numbers of friends relatives, emails written down

Addresses of friends, relatives written down

Eye glasses, contacts & solutions

Duct tape

Scissors/ pocket knife

Hat

Cell phone, external battery and cords

Games- cards, coloring books, crayons, word puzzles, mazes

Chocolate or candy, gum

Medical gloves

Matches or lighter
