



Created by Be Ready, Inc.
www.bereadyinc.com

72-Hour Kit Supplies List

--by Erica Cabacungan, Be Ready, Inc.

Put in a backpack the following:

Seychelle Water Filtration Bottle. Fill the bottle with clean tap water for ready use.
Solar/Dynamo Flashlight with Am/Fm Radio (needs no batteries)
Self-Generating Flashlight (needs no batteries) Make sure it's dependable. Many aren't.
First Aid Kit (Be Ready has carefully designed the best one for a 72-Hour/Evacuation Kit
First Aid manual (Boy Scouts and American Red Cross have very good ones)
Emergency Preparedness manual (Boy Scouts, Practical Preparedness book, etc.)
Emergency Blankets. Lightweight, multi-uses, very effective.
Leather Gloves
Non-Latex medical gloves
Bacteria or dust masks
Purified drinking water packets (can also be used for first aid and hygiene)
Combs
Toothbrush, small toothpaste and other necessary personal hygiene needs
Tampons/pads (these also have multiple uses when people are wounded)
Pen and paper for writing notes telling people where to meet, where you are, etc.
Emergency whistle (saves you from having to scream to get attention)
Emergency food bars (3-day) Do not put in salty, oily or dry foods that make you thirsty
Waterproof matches
Candles
Light Sticks (military grade is best) You'll want a lot of these for many uses.
Personal necessary medicines (rotate your medicines in your backpack to keep them fresh
Insect repellent, sunscreen, antibiotic, burn ointment (already in Be Ready first aid kit)
Chapstick with UV protection
Lotion
Emergency ponchos (many uses)
Can opener, spoon, fork and a small mess kit
Compass
Extra walking shoes, sweatshirt, underwear (people get really cranky in dirty underwear)
List of emergency contact numbers—especially an out-of-state contact person for when
incoming phone lines are turned off during a crisis
Comfort and recreational items for use during "down time" (books, card games, drawing pads)
Small Pack of Kleenex
Cash in small bills and coins (\$100 in ones and quarters) People won't have change for you.
Road map
Inflatable pillow, inflatable vinyl swimming mattress

Adapt for age. Small children need more food, bottles, milk diapers, formula, baby food, special utensils, toys and changes of clothing, etc. Each child can carry his/her own pack.

Older people need more specialized medicines and pain killers. Prepare in advance to take care of diabetic/medical needs, allergies, headaches, fatigue. Use rolling backpacks.

To adapt this personal kit for the car, also include a road flare, jumper cables, fire extinguisher, extra flashlights, and carry a blanket in the trunk. Add a small cooking stove device and a mess kit with utensils for stirring and eating.

BE CREATIVE and RESOURCEFUL. Keep supplies as lightweight and compact as possible.