Grab & Go 72-HOUR KIT CHECKLIST

One bag per person, ready to grab in five minutes. Start with what you already own, then add a little each month. Check items off as you pack them, and write the date you last refreshed food and water.

WATER & FOOD

- [ ] Water: 1 gallon per person per day (3 gal)
- [ ] Water filter or purification tablets
- [ ] 3 days of ready-to-eat food
- [ ] Freeze-dried meals + spoon
- [ ] Snacks, hard candy, electrolyte packets
- [ ] Small pot or metal cup
- [ ] Manual can opener

LIGHT, HEAT & POWER

- [ ] Flashlight + extra batteries
- [ ] Headlamp
- [ ] Waterproof matches + lighter
- [ ] Emergency blankets (2)
- [ ] Hand warmers
- [ ] Phone charger + power bank
- [ ] Hand-crank or battery radio

FIRST AID & HYGIENE

- [ ] First aid kit
- [ ] 7 days of prescription meds
- [ ] Glasses / contacts + case
- [ ] Toothbrush, toothpaste, soap
- [ ] Wet wipes + hand sanitizer
- [ ] Toilet paper (yes, really)
- [ ] Feminine supplies / diapers

CLOTHING & TOOLS

- [ ] Change of clothes + socks
- [ ] Rain poncho
- [ ] Sturdy shoes
- [ ] Multi-tool or knife
- [ ] Duct tape + paracord
- [ ] Work gloves
- [ ] Whistle

DOCUMENTS & MONEY

- [ ] Copies of IDs + insurance cards
- [ ] Emergency contact list
- [ ] Local map with meeting spot marked
- [ ] Cash in small bills
- [ ] Spare house + car keys

COMFORT & EXTRAS

- [ ] Small toy, book or cards for kids
- [ ] Pet food, leash, vet records
- [ ] Notebook + pen
- [ ] Bible or comfort item
- [ ]

Bag belongs to: _____ **Packed on:** _____ **Refresh by:** _____

MAMA TIP Set a reminder to check every bag twice a year, when the clocks change. Swap out food and water, try on the clothes (kids grow!), and test the batteries.

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