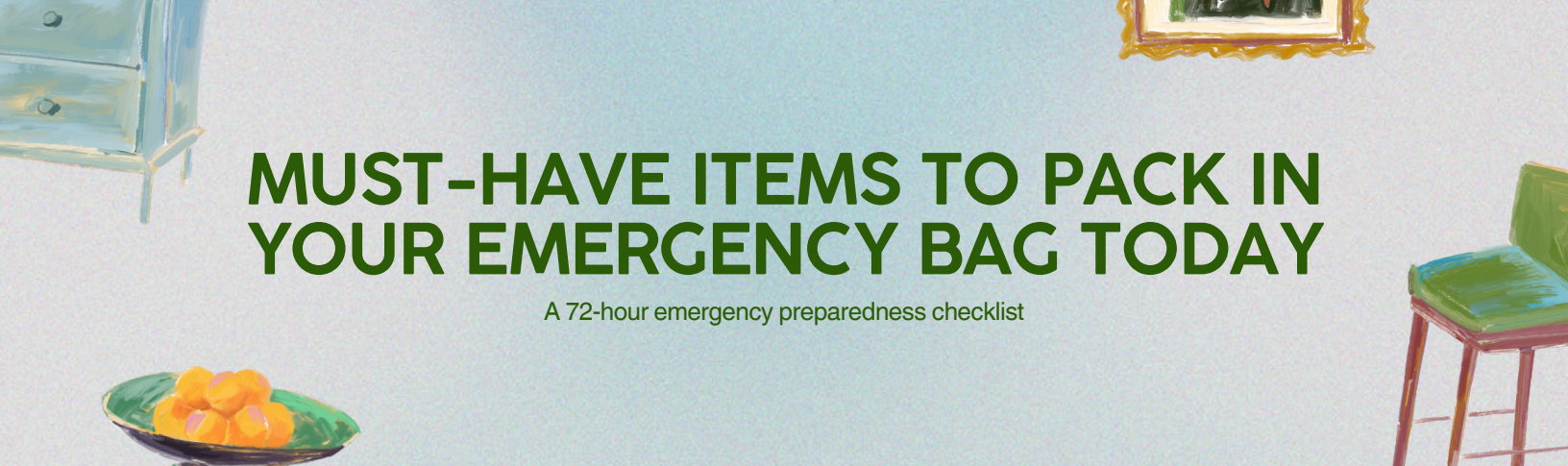




MUST-HAVE ITEMS TO PACK IN YOUR EMERGENCY BAG TODAY

A 72-hour emergency preparedness checklist



A 72-hour emergency bag keeps you self-sufficient for about three days during severe weather, power outages, or other sudden disruptions. Pack at least 1 gallon of water per person per day (3 gallons minimum for 72 hours).

Water Supplies

- ☐ Bottled or stored water (3 gallons per person minimum)
- ☐ Water purification tablets (treats water in about 30 minutes)
- ☐ Portable water filter (bottle-mounted or straw-style)
- ☐ Empty durable containers for collecting water

Food That Lasts

- ☐ Canned beans, vegetables, meats (pack manual can opener)
- ☐ Energy or protein bars
- ☐ Dried fruit
- ☐ Nuts
- ☐ Diet-specific substitutes for allergies or restrictions

First Aid Kit

- ☐ Adhesive bandages various sizes
- ☐ Gauze pads and sterile dressings
- ☐ Antiseptic wipes
- ☐ Tweezers and round-tip scissors
- ☐ Disposable gloves
- ☐ Pain relievers
- ☐ Medical tape and instant cold pack
- ☐ Prescription medications (several days supply)

- ☐ Allergy medicine or inhaler
- ☐ Antacids and anti-diarrheal tablets

Shelter and Warmth

- ☐ Compact tarp and paracord
- ☐ Emergency blanket
- ☐ Small foldable tent
- ☐ Layered clothing
- ☐ Waterproof jacket or poncho
- ☐ Sturdy boots
- ☐ Extra socks and gloves

Communication and Navigation

- ☐ Battery or hand-crank radio
- ☐ Portable phone charger
- ☐ Compass
- ☐ Local paper maps
- ☐ Whistle (three short blasts is the universal distress signal)

Everyday Carry Tools

- ☐ Multi-tool
- ☐ Carabiners
- ☐ Paracord
- ☐ Duct tape
- ☐ Safety pins
- ☐ Fire starter

Hygiene and Sanitation

- ☐ Travel-size soap or hand sanitizer
- ☐ Toothbrush and toothpaste
- ☐ Small towel
- ☐ Feminine hygiene products
- ☐ Sealable plastic bags
- ☐ Toilet paper

- [] Sanitizing wipes

Important Note

Customize this list for your household's risks (climate, children, older adults, pets) and review your bag every few months for expired items and dead batteries. Full guide at jamesdunnington.com/emergency-bag.