



72 Hour Pack

PREPPING CHECKLIST

Personal Hygiene kit

- Micro-fiber Towel
- Wash cloth
- Soap and case
- Tooth brush and case
- Toothpaste
- Toothpicks/floss
- Mirror unbreakable
- Razor and spare blades
- Nail clippers large & small
- Tweezers
- Deodorant
- Shampoo
- mouthwash
- Hand sanitizer
- Kleenex
- Toilet paper
- Handi-wipes
- Q-tips
- Chap-stick
- Hand Cream
- OTC drugs

Protective gear

- Gloves tactical/work
- Knee pads
- Elbow pads
- Sun glasses
- Clear glasses
- Glass case
- Lens cleaner
- Ear protection
- Body armor
- Helmut
- Helmut shield
- Sun protection lotion

Spare batteries

- battery cases
- AAA
- AA
- 9 Volt
- CR123
- C
- D
- Spare light bulbs

Clothing Kit

- Pants
- Tee shirts
- Long sleeve shirts
- Socks
- Underwear
- Rain gear jacket/pants
- Jacket
- Long johns
- Ball cap
- Knit hat
- Shemagh
- Handkerchief
- Tactical vest
- Ghillie suit
- Water Proof bag
- Zip lock bags
- Sewing kit

Sleeping kit

- Sleeping bag
- Hammock
- Pillow
- Mattress
- Fleece blanket
- 5'x6' HD space blanket

Kitchen Kit

- Stove Jetboil
- Gas canisters
- Eating utensils
- Cooking utensils
- Cooking pot with lid
- Scrub sponge
- Cutting board plastic
- Nalgene bottle
- Eating bowl
- Salt & pepper shaker
- Water purification tablets
- MRE heater

Camera Kit

- Digital camera
- Video camera
- Memory cards
- Spare batteries

Lighting kit

- Head lamp
- Surefire light led
- AE mini might 85 light
- micro photon

Primary Weapon system

- AR-15 platform weapon
- Weapon case
- Sling single point
- Optics
- BUIS (back up Iron sight)
- 30 round magazines
- 20 round magazines
- Specialty ammo
- Suppressor
- Cleaning kit
- Weapon cleaning mat
- Spare parts kit
- AR-15 tool kit
- Chest rig or Tactical vest
- Pouches
- Weapon light
- Smoke Grenade
- CS canister

Secondary Weapon system

- Handgun 1911
- Holster
- Magazine pouch
- Specialty ammo
- Spare magazines
- Cleaning kit
- Tools
- Suppressor
- Weapon light

Food kit

- Energy bars
- Tuna packages
- Pasta packages
- Rice
- MREs
- Trail mix
- Cup-a-soup
- Coffee
- Tea
- sugar
- candies
- MRE extras
- hot sauce
- condiments
- beef jerky

Shotgun weapon system

- Shotgun pistol Grip 20ga
- bandolier
- scabbard/case
- specialty shotgun ammunition
- Slugs, Breeching round, shot, mortars
- rubber rounds, colored smoke, etc..

Survival gear

- Whistle
- Compass
- Space blanket
- Signal mirror
- Chemical light
- Magnifying lens
- Duct tape
- Water purification tablets
- Water filter
- Para cord 100'
- Trip wire
- Heavy duty thread
- Zip ties various sizes
- Contractor bag-Zip lock bags
- Plastic container
- Pepper Spray
- Knife sharpener
- Candies – Energy bars
- Bullion, instant coffee, tea, sugar
- Deck of cards
- Camo compact
- Hand warmers
- Candles 9 hour
- Fishing Kit – Auto fishing reels

Fire making kit

- Blow torch lighter
- Matches
- Wind and water proof matches
- Fire starting material
- Blast match
- Magnesium block
- Hand sanitizer
- Steel wool
- Dryer lint
- Fire blocks
- Hexamine Fuel tablet

Pack Minor Medical kit

- Small cut and bump kit
- OTC drugs
- Band aids
- Small bandages
- Neosporin
- mole skin
- gun shot trama kit/ blow out kit

Major medical kit

- Stethoscope
- Blood pressure cuff
- Oxi-meter
- Thermometer
- ENT light set
- Medic Shears
- Permanent marker
- Lighter/ matches
- Headlamp/ flashlight
- Surgical kit
- Surgical airway kit
- Dental kit
- Surgical staples
- Suture kit
- Surgical Scrub sponge
- Face mask
- Nitrile gloves
- Hand sanitizer
- CPR mask
- IV fluids dextrose/sodium 1000cc
- IV fluids lactating ringers 1000cc
- IV starter kit
- Nasopharyngeal airway
- Surgi lube
- Celox 2g/ 15g/ 35g
- Celox guaze
- 10" x 30" trama dressing
- Non stick pads 2"x 2" and 2"x 3"
- Eye pads
- Roll gauze
- Band aids
- Surgi Strips
- Mole Skin
- Medical tape water proof
- Ultra heal pads
- Asherman Seal
- Wound seal
- Tongue depressors
- Q-tips long and regular
- Clinere Ear cleaner
- Sam Splint
- Vet wrap
- Waterjel burn dressing 4"x16"
- Israeli bandage 4" and 6"
- Swat-t
- Triangle bandage
- 35cc syringe
- 3cc syringe
- 1cc syringe
- Mono-jet Bent tip syringe
- Irrigation fluids
- Irrigation cap
- eye wash
- Hydrogen peroxide
- Antiseptic wash
- Bedadine

Medications

- Amoxicillin 500mg
- Zithromax
- Cipro
- Metronidazole 500mg for giardia/stomach
- Clonipin for stress
- Cyclobenzaprine 20mg muscle relaxer
- Asprin 82mg and 325mg
- Alieve
- Advil
- Benadryl
- Imodium for diarrhea
- Gas-X for gas
- pepto for stomach
- Alka seltzer
- Clonipin
- Pain Meds
- Glucose tablets
- Bee sting treatment
- Energy bars
- Claritin
- Musinex
- Day-quil
- Fenagan suppository
- Ipecac
- Tecnu poison ivy wash
- Preparation H
- Triple antibiotic cream/ Neosporin
- Lotrimin anti-fungal cream
- Therma-care heat pad

Tools

- Machete
- Saw
- Axe
- E-tool shovel
- plastic trowel
- Standard screw driver
- Philips screw driver
- Folding lock blade knife
- sheath knife
- pocket knife
- Leatherman type tool
- Lock pick set

Surveillance & communications

- GPS
- Two way radios
- Night vision device
- I-pod
- Laptop
- Mobile laptop card
- Cell phone
- Phone card
- Radio AM/FM Shortwave, weather, etc.