A Free Do-It-Yourself Tip from DisasterGuy.com

72-hour Emergency Bug-Out Kit for 2 Adults!

The items above come from a fanny pack with **Essential Items** only. Contents of this kit started as an aircraft survival kit and evolved over four decades. This kit has been field-tested, and it works. It won't keep you comfortable, but you'll still be alive and well after Day 3. You'll need to figure out how to haul 12 two-liter bottles of water. You'll get farther with them on a wagon than in your backpack. No clothing is included, except what you are wearing. Dress in layers. Modify the contents to fit your situation, and eliminate what you don't need after field tests.

E = **ESSENTIAL items,** *O* = OPTIONAL items, TOTAL 64 lbs

CONTAINER 1: (50 lbs) *WATER is TOP PRIORITY*!

E **3 gallons drinking water (distilled) per person** in 2-liter soda pop bottles (12 bottles).
(A dolly, modified golf bag carrier, or wagon to carry this helps a lot!)

CONTAINER 2: Grouped by Priority (8 lbs)

1: SHELTER:

E **2 emergency plastic ponchos**
E **2 space blankets**
E **plastic ground cloth**
E **50' rope**
E **Half roll of duct tape**

2: FIRE/SIGNAL:

E **2 plastic whistles on cords**
E **BIC lighter (with see-thru sides)**
E **wooden matches in waterproof case**
E **2 fire starters**
E **2 LED flashlights**
O w/ spare alkaline batteries

3: SURVIVAL TOOLS:

E **first-aid kit/anti-diarrheal**
E **spare pair of eyeglasses**
E **prescription meds for 3 day**
E **water purifier (tablets/pump)**
E **Leatherman or Gerber tool** -OR-
O slip-jaw pliers and screwdrivers
O P-38 military or small can opener
O pocket knife
O county road or topographic maps
E **compass**
E **I.D. card with photo**
0 roll of twine

4: PERSONAL HYGIENE

E **toilet paper/waterproof bag**
O sanitary napkins
O 2 pair sunglasses (UV-block)
O sunscreen SPF 15+
O insect repellent (Cutters)
O chap stick
O 2 knit stocking caps
O Diaperene (NOT for baby!)

5: EATING UTENSILS:

E **canteen**
O 18 paper plates
O 2 sets metal forks/spoons
O 25 sq ft heavy aluminum foil
O small pot to cook in

6: OVERNIGHT KIT:

O sewing kit with scissors
O 2 toothbrushes/toothpaste
O small bar of soap (motel size)
O comb
O Backpack garbage bag cover

7: OTHER:

O AM-FM radio/spare batteries
O Ziplock plastic bags
O $100 in small bills and coins
O personal pocket phone book
O 10 feet of safety/baling wire
O dental floss with needle
E **Fanny pack/Essential items)**
O Backpack for Cont. 2&3 items
O Wagon for water bottles?

CONTAINER 3: FOOD
Lowest Priority (6 lbs)
(No food required for 3 days)

O 3 days MREs for 2 people
6 "Meals-Ready to Eat" =
1 per person/day)

OR Alternate foods:

O beef sticks or jerky
O bouillon cubes/M&M candy
O canned nuts/ raisins
O peanut butter in plastic jar
O powdered drink packets
O salt/pepper/sugar cubes

You must modify kit contents to fit your family and your situation.

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