FOOD & WATER
- Personal daily rations for three days
- 32 oz water bottle (It’s recommended to drink 8 oz, eight times throughout the day = 64oz.)
- Water purification tablets
- Camping cook set, utensil, scrubbing pad

LIGHT & WARMTH
- Flashlight with extra batteries and/or solar/hand crank light
- Glow sticks
- Candles (Seal these in a Ziploc bag to prevent oil & wax from leaking onto your other items)
- Matches, lighter, and/or magnifying glass (another method to start fires)
- Flares
- Hand or foot warmers
- Emergency blanket and/or light weight blanket
- Sleeping bag
- Tent

CLOTHING
- Extra clothing (shirt, pants, thermals or under armor, underwear, socks)
- Beanie, baseball cap, & handkerchief
- Gloves
- Belt
- Poncho

FIRST AID
- Lg., med., & sm. bandages
- Antibiotic ointment
- Surgical gloves
- Medication/vitamins
- Tweezers
- Small sewing kit
- Eye drops
- Moleskin
- Krazy glue
- Pain reliever
- Headache medicine
- Allergy medicine

TOILETRIES
- Toothbrush
- Toothpaste
- Cotton swaps
- Brush or comb
- Lotion
- Hair ties
- Toilet paper
- Feminine hygiene products
- Hand shovel
- Hand sanitizer
- Small bar of soap
- Washcloth

COMMUNICATION
- Radio & a list of radio stations
- Notepad & pencil
- Calling card
- Stamps & postcards
- Power stick battery charger
- Cell phone & charger cord
- Whistle

MISCELLANEOUS
- Duct tape
- Black garbage bags
- Leatherman
- Map
- Compass
- Scriptures
- Pocket knife/Razor blade
- Pepper stray
- Stress relievers-a favorite book, games, Sudoku or toys
- An inventory list of everything in your Emergency Kit

DOCUMENTS - Carry Copies Of:
- Drivers License
- Picture of family members
- Credit Card
- Contact list of family & friends
- Birth Certificate
- Marriage Certificate