

Tools / Miscellaneous

- Rope 50 foot
- Plastic Garbage Bags (4)
- Duct Tape
- Wrench (shut off house gas/water)
- Fixed blade knife
- Multi-purpose tool
- Sharpener
- Pliers
- Axe, Folding Saw
- Shovel, compact or folding
- Wire saw

Light / Fire / Warmth

- Matches in waterproof container
- Lighter
- Fire steel
- Tinder
- Magnifying Glass
- Fire extinguisher
- Flashlight or/and Headlamp (LED)
- Extra batteries (Lithium)
- Candles (long burning)
- Candle lantern

Fishing / Hunting

- Snare wire
- Small knife
- Pack rod, spin / fly combination
- Fishing line
- Tackle box
- Sinkers, split shot
- Hooks size 8,10,12
- Spinners, spoons
- Small plugs, poppers, bugs
- Fanny Pack

Other Equipment

- Battery operated alarm clock
- Binoculars
- Pencil and Paper
- Deck of cards, small games, books

Communication

- Compact FM/AM or Shortwave radio, extra batteries or hand crank
- Cell Phone
- Two way radios

Navigation

- GPS
- Maps in waterproof container
- Compass

Documents / Financial

(place in waterproof container)

- Cash, coins (\$10)
- Small bills (\$100)
- Credit cards, pre-paid phone card
- Emergency contact list
- Birth / Marriage Certificates
- Bank documents, account numbers
- Credit card acct and phone numbers
- Medical documents, insurance #'s
- Wills / passports
- Medical history and medication list
- Medical device serial and phone #'s
- Wills, contacts, deeds, titles, insurance policies, stocks and bonds
- Copy of drivers licenses and social security cards
- Emergency evacuation plan
- Extra set of house keys and car keys

IMPORTANT:

Test all your equipment and learn how to use it.

* Update your kit every 6 months to make sure that all food, water and medication are fresh, that clothing fits, documents are up-to-date and your batteries are working.

72 HOUR KIT GUIDE AND CHECKLIST



Brushfires of Freedom

in Montana's Mission Valley

**Preparedness and Self Reliance
Workshop**

Meetings held on the 3rd Saturday of each
month between 1:00-4:00 p.m.

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Evacuation in case of a major disaster or crisis is a possibility everyone should prepare for.

First, make a **risk assessment** of your situation and check for possible threats in your proximity that may force you to take this kind of action, for example a flooding, dam break or nuclear power plant meltdown.

If you're going to evacuate normal communication or travelling by roads with cars may not be an option and you may be forced to escape by foot.

Check possible evacuation routes well in advance of an actual emergency situation. Assess whether or not different crisis scenarios will affect your route, for example, will roads be under water in case of a dam break etc. Next, you may want to take your car, bike or simply go by foot on the best roads you can identify. Write down the information you notice, is there anywhere you can find shelter, landmarks and water on the way?

A **Bug Out Bag** (BOB) or 72 hour kit is a bag with all the equipment that you need to survive for a few days on your own. Below is a list of equipment you may want to include in your bag. Pack all items in plastic Zip-loc type bags to keep them dry and air tight.

The container you choose for your kit must be waterproof, and must be able to be carried easily by family. It can be a plastic bucket, duffel bag, trunk or footlocker, plastic garbage cans or even a backpack.

Water / Food / Cooking / Cleanup

- Water - 1 gal per person per day
- Water bottle (Nalgene or SIGG)
- Water purification tablets
- Water purification filter

- Canned meat (tuna, spam, chicken)
- Dried fruit, dried soup
- Protein/ granola/power bars
- Peanut butter, nuts and crackers
- Dry pasta, instant potatoes
- Dry Cereal
- Canned juice
- Candy, Candy bars, gum
- Tea, coffee, sugar, powdered milk
- Salt and Pepper
- Protein/ granola/power bars
- Stove: Multi Fuel Stove and fuel

- Cookset, nesting; frying pan, folding
- Spork (Or Knife, Fork and Spoon)
- Mess kit, dishes, plates, cups
- Plastic storage containers
- Aluminum foil
- Dish towel, soap filled scour pads
- Zip lock bags
- Paper towels

Clothing

- 2 Outfits of clothing (layers work best) and underwear
- Thermal underwear
- Hat or cap
- Gloves
- Jacket (Waterproof, and windproof)
- Hiking boots or sturdy shoes
- 2 pair of Extra socks

Shelter

- Tarp (lightweight)
- Tent
- Nylon line 50 foot

Bedding

- Sleeping bag or blankets
- Travel or inflatable pillows
- Sleeping pad or Hammock

Clothing Miscellaneous

- Watch
- Sunglasses
- Sewing Kit
- Extra Shoelaces
- Safety Pins
- Clothes line and Clothes Pins
- Laundry Soap
- Dunking Bag

Hygiene / Health / Medicine

- Toilet paper roll (in waterproof bag)
- Towel and washcloth
- Soap and shampoo, comb and brush
- Razor and shaving cream
- Deodorant
- Toothbrush, toothpaste and floss
- Contact lenses and supplies
- Feminine supplies
- Baby supplies if needed
- Hand disinfection
- Insect repellent
- Sun block
- First aid kit and manual
- Cold pack
- Latex gloves
- Pain killers, aspirin, ibuprofen
- Anti-diarrhea, antacid, ipecac
- Antihistamines
- Medication for 7 days
- Extra Prescription glasses

Emergency Equipment

- Emergency blanket
- Whistle
- Flares or signal equipment