

Preparedness Kit CHECKLIST



№	PREPAREDNESS ITEMS	<input checked="" type="checkbox"/>
1	Water Bottle (1-2L Capacity) (single wall if Metal)	<input type="checkbox"/>
2	Water Filtration (Sawyer or Lifestraw) and Water purification	<input type="checkbox"/>
3	High-calorie energy Bars (3 days)	<input type="checkbox"/>
4	Lightweight non-perishable foods (Freeze Dried Meals, Trail mix, etc)	<input type="checkbox"/>
5	Mylar Blanket	<input type="checkbox"/>
6	Lightweight Tarp	<input type="checkbox"/>
7	Rain Poncho	<input type="checkbox"/>
8	Extra Socks and Undergarments	<input type="checkbox"/>
9	First Aid Kit (with pain relievers, antiseptic, etc)	<input type="checkbox"/>
10	Prescription Medicine (3 or 7 day Supply)	<input type="checkbox"/>
11	Multi-Tool or Knife	<input type="checkbox"/>
12	Fire Starter/ Waterproof Matches	<input type="checkbox"/>
13	Duct Tape/ Zipties (Small Roll)	<input type="checkbox"/>
14	Waterproof Headlamp or Flashlight (Extra Batteries or Rechargeable)	<input type="checkbox"/>
15	Waterproof Map of Local Area	<input type="checkbox"/>
16	Small Compass	<input type="checkbox"/>
17	Sanitation (Sanitizer, small roll of Toilet paper, or Wet Wipes)	<input type="checkbox"/>
18	Personal Identification Documents (ID's, Passports, Emergency Contacts)	<input type="checkbox"/>
19	Small amount of Cash in small denominations	<input type="checkbox"/>
20	Whistle (Signaling)	<input type="checkbox"/>