

## A Simple 72 Hour Kit

*From the desk of Curly Q's & Food Blog by Samantha Quinio*

### Personal Hygiene

- Travel size shampoo and conditioner
- Toothbrush
- Toothpaste
- Bar of soap
- Bar of soap travel box
- Contact solution
- Contact case
- Extra contact lenses
- Extra pair of glasses and case
- Travel size deodorant
- Hair ties
- Feminine hygiene product
- Roll of toilet paper
- Hairbrush
- Travel size compact mirror
- Chapstick (3 pack)
- Kleenex (3 pack travel size)
- Baby powder (travel size)
- Hand lotion (travel size)
- Bobby-pins
- Face wash (travel size)

### Kiddos:

- Diapers
- Wipes
- Formula
- Baby food
- Small toys
- Blankets
- Extra clothes (shirt, sweatshirt, hat, gloves, socks, pants, and extra shoes)
- Access to Car seat/stroller

- Kid-friendly medications

Medical:

- Nail clippers (small and large)
- Travel size Acetaminophen
- Travel Ibuprofen
- Non-stick pads
- Band-aids
- First aid kit
- Alcohol swabs
- First aid antibiotic cream
- 1% hydrocortisone cream
- Waterproof adhesive tape
- Bite & sting kit
- Medical scissors
- Ace bandage
- Insect repellent
- Super glue
- Daily medications
- Essential oils
- Rubbing alcohol
- Tweezers

Other:

- Whistle
- Compass
- Fire starter stone
- Shoe laces
- Pad of paper
- Pens
- Permanent marker (Sharpie)
- The Bible & Book of Mormon
- Buttons
- Sewing kit
- Brown paper bags

- Small towel
- AA Batteries for flashlights
- Toothpicks
- Tools (flat head, hammer, screw driver, nails)
- Reusable bag (regular and tote size)
- Device chargers (iPad, computer, iPhone)
- Change of clothes (shirt, sweatshirt, pants, jogging pants, undergarments, 2 pairs of socks) with accessible scissors
  - NOTE: You can use the scissors to shorten your pants and sweatshirt if needed
- Extra pair of shoes
- A wide variety of cash, and coins (just incase you don't have your wallet)
- Important documents
  - Copy of the following: State/driver's licence, social security, marriage license, tax forms, medical history, etc.
- Two decks of face cards

#### Camping:

- Bungee cords
- Blue tarp
- 50 ft. Para Cord
- Fire starter (lint from the dryer is great!)
- Matches
- Emergency blanket (silver)
- An actual blanket
- Neck pillow
- Duck tape
- Emergency Bivvy (sleeping bag)
- Bear knife
- Swiss Army knife
- Whistle
- Compass
- Flashlights (three)
- Hanging flash light for shelter
- Fork, spoon, knife
- Plate
- Pan
- Spatula
- Cup/Reusable water bottle

- Pack of water
- Dehydrated food (enough for 72 hours)
  - NOTE: I'm working on getting new dehydrated food that is gluten and dairy free.  
When I have that all sorted out I'll post about it.
- Favorite candy

Camping supplies to have accessible:

- Tent
- Camping chairs
- Camping totes with cooking supplies
- Dutch oven
- Coals
- Lighter fluid
- Fire wood
- Sleeping bags