



THE NEXT 72

A 72-hour preparedness backpack is essential for surviving the first three days after a natural disaster, like an earthquake, hurricane, flood, or wildfire. Here's a list of items to include for an individual, though it's good to customize based on specific needs, local climate, and potential hazards:

1. Water and Food Supplies

- **Water:** At least 1 gallon per person per day (3 gallons for 72 hours)
 - Consider water purification tablets or a small filter as a backup.
- **Food:** Non-perishable, high-calorie food items
 - Energy bars, dried fruit, jerky, nuts, canned food (with pop-tops if possible)
 - A compact camping stove with fuel and a lighter/matches

2. Shelter and Clothing

- **Emergency blanket** or thermal sleeping bag
- **Lightweight tarp** or emergency tent
- **Poncho** or rain gear
- **Clothing:** Layers appropriate for your climate and time of year, plus extra socks and underwear.

3. Medical Supplies

- **First aid kit:** Include essentials like bandages, antiseptic wipes, pain relievers, and tweezers
- **Personal medications:** 3-day supply in original containers
- **Hand sanitizer**

4. Tools and Equipment

- **Multi-tool** or Swiss Army knife
- **Flashlight** and extra batteries or a solar-powered flashlight
- **Battery-powered or hand-crank radio**
- **Duct Tape**
- **Whistle** for signaling help

5. Hygiene and Sanitation

- **Toiletries:** Travel-size toothpaste, toothbrush, soap, feminine hygiene products, etc.
- **Tissues or toilet paper**
- **Wet wipes** for quick cleaning

6. Personal Documents and Essentials

- **Copies of ID** and important documents in a waterproof bag

- **Emergency contact information list**
- **Cash:** Small bills and coins (ATMs may not work)

7. Communication and Navigation

- **Phone charger:** Solar or hand-crank charger
- **Compass and map of the local area**
- **Portable battery pack** for electronics

8. Miscellaneous Items

- **Notepad and pencil**
- **Local area map**

9. Special Items for Children, Pets, or Others with Special Needs (if applicable)

- **Diapers, baby formula, baby wipes** if you have young children
- **Pet food, leash, and collapsible water bowl** for pets + documentation of vaccines

Checklist Notes

- **Review and refresh:** Check items regularly to replace expired food, batteries, and personal items.
- **Practice:** When all else fails, you will fall back on what you know. Familiarize yourself with using each item and rehearse emergency plans.