SURVIVAL 360

72-Hour Kit Checklist

Reviewed November 14, 2026

- [ ] Water and shelf-stable meals for each person
- [ ] Manual can opener and eating supplies
- [ ] Flashlight or lantern and compatible batteries
- [ ] Weather radio, charged power bank, and cables
- [ ] First aid, prescription list, and necessary medications
- [ ] Soap, wipes, trash bags, and personal hygiene supplies
- [ ] Printed contacts, keys, and protected document copies
- [ ] Household-specific supplies for children, accessibility, and pets

Notes and contacts