

Little Whale Cove 72-hour Kit Checklist

This is intended as a quick reference checklist.
Carry as much as you can, but do not sacrifice your mobility.

WATER

3 days of water - 1gal per day per person (don't sacrifice your mobility in order to carry water)

OR small bottle chlorine bleach & eyedropper

FOOD

3-day supply of non-perishable food

CLOTHING

Change of clothing and footwear per person

Jacket or coat

Long pants

Long sleeve shirt

Sturdy waterproof shoes or work boots

Hat, gloves and scarf

Rain parka

Thermal underwear

Sunglasses

SHELTER

Lightweight plastic tarp or a tube tent

Blanket, sleeping bags or emergency blanket

PERSONAL ITEMS

Wallet with ID

Credit cards, cash,

Important phone numbers

Proof of medical insurance

SANITATION

Toilet paper

Soap

Feminine supplies

Personal hygiene items

Insect repellent

TOOLS & COMMUNICATION DEVICES

Portable, battery-operated radio

Flashlight

Cell phone

Extra batteries

Manual can opener, utility knife

Pliers

Tape

Compass

Matches in a waterproof container

Paper, pencil

Whistle

Plastic sheeting

Rope, twine, or cord

Map of the area

FIRST AID SUPPLIES

Sterile adhesive bandages in assorted sizes

2-inch sterile gauze pads (4-6)

4-inch sterile gauze pads (4-6)

Hypoallergenic adhesive tape

Triangular bandages (3)

2-inch sterile roller bandages (3 rolls)

3-inch sterile roller bandages (3 rolls)

Scissors

Tweezers

Needle

Moistened towelettes

Antiseptic

Thermometer

Tongue blades (2)

Tube of petroleum jelly or other lubricant

Assorted sizes of safety pins

Cleansing agent/soap

Latex gloves (2 pair)

Sunscreen

Non-prescription drugs and supplies

Aspirin or nonaspirin pain reliever

Anti-diarrhea medication

Antacid (for stomach upset)

Contact lenses and supplies

Extra eye glasses

Hearing aid batteries

Prescription medicines

At least three days supply of all critical Medicines & copies of the prescriptions.

Other Items: