72-HOUR SURVIVAL KIT CHECKLIST

Deadly Mushroom Survival | Practical survival, explained.

HOW TO USE THIS CHECKLIST

Plan for 72 hours: roads closed, power or water out, and help slow to arrive. Pack one bag per household that you can carry, check off what you have, and review it twice a year to swap out food, water and batteries.

WATER, FOOD, WARMTH AND FIRST AID

Water

- [ ] Water: at least 1 gallon (3.8 L) per person per day, so 3 gallons (11 L) each for 72 hours
- [ ] Water purification tablets, or a portable filter that says it removes bacteria, viruses and parasites
- [ ] A metal bottle or pot you can boil water in (rolling boil for 1 minute; 3 minutes above 6,500 ft / 2,000 m)

Food

- [ ] 72 hours of ready-to-eat food per person
- [ ] Manual can opener if you packed canned food
- [ ] Energy bars or nuts for the first day

Warmth and shelter

- [ ] Foil emergency blanket for each person
- [ ] Warm blanket or sleeping bag, a complete change of climate-appropriate clothing and sturdy shoes
- [ ] Waterproof jacket or poncho
- [ ] Tarp (about 10 ft x 10 ft / 3 m x 3 m) and 30 ft (9 m) of paracord
- [ ] Warm layer, hat and spare socks in a waterproof bag

First aid

- [ ] Bandages, dressings, medical tape and antiseptic wipes
- [ ] Disposable gloves, tweezers and small scissors
- [ ] At least 7 days of any personal medication, plus a written list of doses
- [ ] Pain relief that suits your household
- [ ] Spare glasses or contact lens solution if you use them

LIGHT, NAVIGATION, TOOLS AND DOCUMENTS

Light and signaling

- [ ] Flashlight or headlamp, plus spare batteries (use these, not candles)
- [ ] Whistle (to signal for help)
- [ ] Lighter and waterproof matches

Navigation and communication

- [ ] Paper map of your area
- [ ] Battery or hand-crank radio (a NOAA Weather Radio if possible)

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- [ ] Power bank and charging cables
- [ ] Written list of emergency phone numbers (911 or your local emergency number), an out-of-town contact and two meeting points
- [ ] Tip: text instead of calling, because texts use less bandwidth

Tools

- [ ] Multi-tool or sturdy folding knife
- [ ] Duct tape
- [ ] Dust masks and work gloves

Documents and cash

- [ ] Copies of ID, insurance and medical details in a waterproof bag
- [ ] Cash in small bills

Hygiene

- [ ] Toilet paper, moist towelettes, soap or hand sanitizer, and trash bags
- [ ] Toothbrush, toothpaste and any personal items
- [ ] Baby, pet or special-needs supplies if they apply to you

WANT THE FULL VIDEO GUIDE?

Watch the full walkthrough on YouTube: youtube.com/@DeadlyMushroomSurvival | deadlymushroomsurvival.com

This is general guidance. Adjust it for children, health needs, pets and your local climate, and follow advice from your local emergency authority.