

6 BASIC PREPAREDNESS KITS

name _____

| First Aid | Tools | Clothing | Personal Care | Water and Food | Fire |
|--------------------------------------|--------------------------------------|------------------------------|--|-------------------------------------|---------------------------------------|
| 10 Band-Aids | knife | Summer hat | Sun glasses | 2 liters water | Matches |
| Gauze Pads | Vice grips | Winter hat | Sunscreen | Dried fruit | Striker |
| Gauze roll | Combo flat head/ Philips screwdriver | Work gloves Winter gloves | Comb/ toothbrush (for sense of well being) | Dehydrated soup/bouillon cubes | Magnifying glass |
| Ace bandage | File | Two pair socks | Soap | Granola bar | Candle |
| Adhesive tape | Duct tape | Neck scarf | Lotion | | |
| Neosporin | Electrical tape | Windbreaker jacket | Glasses/ contacts | Carbohydrates Candy/ licorice | Pit Boss, (or other starter fluid) |
| 2 Needles | Bailing wire | Poncho | Wipes | Trail mix | |
| Cigarette lighter | Multitool or Swiss Army knife | | Insect repellent | Seeds | |
| Scissors | Flashlight | | Sewing kit | Nuts | |
| Tweezers | | | Small towel or chamois | | |
| Single edge razor blade | | | Compact toilet paper | | |
| 5 safety pins | | | Sanitary napkins | | |
| Pain reliever | | | | | |
| Allergy meds | | | | | |
| 12 Q tips | | | | | |
| 5 alcohol wipes | | | | | |
| 4 throat lozenges | | | | | |
| Cayenne pepper (to treat shock) | | | | | |
| Dust mask | | | | | |
| Latex gloves | | | | | |
| Personal Meds | | | | | |
| prescription for glasses or contacts | | | | | |
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*Use plenty of Zip-lock bags. They separate items and are useful later on.

*Include a checked copy of this list in pack