

72 hour kit for one person

Assumption - you have a place/shelter to go to

(cabin, mobile home, someone else's home far from Boxborough, worst case - car)

<p>First Aid stuff:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1" & ¾" bandaids <input type="checkbox"/> different size dressings <input type="checkbox"/> large roll & gauze <input type="checkbox"/> 2 kotex <input type="checkbox"/> hurt free tape <input type="checkbox"/> anti-bacterial wipes <input type="checkbox"/> Q-tips <input type="checkbox"/> scissors <input type="checkbox"/> tweezers <input type="checkbox"/> safety pins <input type="checkbox"/> emergency blanket <input type="checkbox"/> cotton balls <input type="checkbox"/> latex free gloves <input type="checkbox"/> betadine <input type="checkbox"/> Benadryl (diphenhydramine) <input type="checkbox"/> Neosporin <input type="checkbox"/> Tylenol (Acetaminophen) <input type="checkbox"/> Advil (Ibuprofen) <input type="checkbox"/> Pepto Bismol <p>Toiletries:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> tissues <input type="checkbox"/> toothpaste <input type="checkbox"/> toothbrush <input type="checkbox"/> small shampoo <input type="checkbox"/> mirror <input type="checkbox"/> mini-sewing kit <input type="checkbox"/> baby wipes <input type="checkbox"/> deodorant <input type="checkbox"/> comb/brush <input type="checkbox"/> purell <input type="checkbox"/> towel/face cloth <input type="checkbox"/> soap <p>Peanut Butter container:</p> <ul style="list-style-type: none"> <input type="checkbox"/> prescription meds (in original container) <input type="checkbox"/> small toilet paper <input type="checkbox"/> 2 fire starters <input type="checkbox"/> matches/waterproof matches/lighter <p>Personal items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> glasses <input type="checkbox"/> feminine hygiene <input type="checkbox"/> deck of cards <input type="checkbox"/> pen/pencils, paper, puzzle books <input type="checkbox"/> small games <input type="checkbox"/> book/bible 	<p>Camping gear:</p> <ul style="list-style-type: none"> <input type="checkbox"/> container to store water <input type="checkbox"/> funnel for water <input type="checkbox"/> can opener <input type="checkbox"/> small flashlight/headlamp <input type="checkbox"/> lamp & batteries or candle lamp <input type="checkbox"/> compass <input type="checkbox"/> whistle <input type="checkbox"/> jack knife/leatherman <input type="checkbox"/> duct tape <input type="checkbox"/> plastic bags <input type="checkbox"/> hot pad <input type="checkbox"/> scout cookset (single person) <input type="checkbox"/> knife/fork/spoon <input type="checkbox"/> bowl <input type="checkbox"/> camp suds (soap for everything) <input type="checkbox"/> tarp (shower curtain) <input type="checkbox"/> illumination sticks <input type="checkbox"/> clock <input type="checkbox"/> hammer <input type="checkbox"/> camp stove <input type="checkbox"/> fuel for stove <input type="checkbox"/> chair (won't fit in bag) <input type="checkbox"/> sleeping bag/blankets <input type="checkbox"/> pillow <input type="checkbox"/> rope <input type="checkbox"/> shovel <input type="checkbox"/> axe <input type="checkbox"/> wind up radio/ cell phone charger <hr/> <p>Dog/Cat: ID on everything - Should include: Picture of animal; name of animal; owner; address; phone number</p> <ul style="list-style-type: none"> <input type="checkbox"/> food in water tight container <input type="checkbox"/> water & food dishes <input type="checkbox"/> crate large enough for sleeping and eating <input type="checkbox"/> vaccine papers/microchip information <input type="checkbox"/> medications (for at least 3 days) <input type="checkbox"/> gallon of water <input type="checkbox"/> water purifying pills <input type="checkbox"/> plastic bags (for waste removal) <input type="checkbox"/> litter box that fits in crate & supply of litter <input type="checkbox"/> properly fitting collar <input type="checkbox"/> leash <input type="checkbox"/> pet first aid kit 	<p>Clothes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> bandana (bright) <input type="checkbox"/> scarf/hat/gloves <input type="checkbox"/> wool sweater/fleece <input type="checkbox"/> turtleneck shirt <input type="checkbox"/> sweatpants <input type="checkbox"/> 3 pairs of socks <input type="checkbox"/> 1 set of underwear <input type="checkbox"/> t-shirt <input type="checkbox"/> shorts <input type="checkbox"/> hiking boots/spare shoes <input type="checkbox"/> rain suit <input type="checkbox"/> jacket <p>Food:</p> <ul style="list-style-type: none"> <input type="checkbox"/> gallon of water <input type="checkbox"/> water pills <input type="checkbox"/> instant soups <input type="checkbox"/> big jar peanut butter <input type="checkbox"/> 1 large box of saltines <input type="checkbox"/> 1 can vegetables <input type="checkbox"/> 4 packets of tuna/chicken/salmon <input type="checkbox"/> instant food <input type="checkbox"/> 3 instant mashed potato packets <input type="checkbox"/> beef jerky/pepperoni <input type="checkbox"/> dried fruit (raisins/craisins) <input type="checkbox"/> 1 box cereal <input type="checkbox"/> 1 box instant oatmeal <input type="checkbox"/> 1 box granola bars <input type="checkbox"/> cookies - special treat! <input type="checkbox"/> hot chocolate/tea <input type="checkbox"/> powder lemonade <p>Copies of documents:</p> <ul style="list-style-type: none"> <input type="checkbox"/> birth/marriage certificates <input type="checkbox"/> passport <input type="checkbox"/> credit cards <input type="checkbox"/> immunizations <input type="checkbox"/> Will <input type="checkbox"/> insurance policies (house, cars) <input type="checkbox"/> titles for cars <input type="checkbox"/> CASH (2 rolls of quarters; 50 - \$1 bills and other money) <input type="checkbox"/> pre-paid phone card
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