

72-Hour GoBag Checklist

A 72-hour GoBag is your lifeline during emergencies, giving you enough supplies to sustain yourself for three days. Whether evacuating due to natural disasters or unexpected events, this checklist ensures you have the essentials for survival, comfort, and safety while on the move.

Core Essentials

- Backpack (comfortable, rugged, water-resistant)
- Flashlight or headlamp with extra batteries
- Multi-tool or sturdy knife
- Lighter and waterproof matches
- Notebook and waterproof pen

Food & Water (3-Day Supply)

- High-calorie food bars or MREs
- Water bottles or hydration bladder (1 liter per day)
- Water purification tablets or filter
- Collapsible water container

Shelter & Clothing

- Emergency blanket or sleeping bag
- Tarp and paracord (shelter setup)
- Poncho or rain gear
- Change of clothes and extra socks
- Gloves and hat (weather-appropriate)

Health & Hygiene

- Basic first aid kit with personal meds
- Hand sanitizer and hygiene wipes
- Toothbrush, toothpaste, and toilet paper
- Small towel and soap sheet/pack

Navigation & Communication

- Map of local area and compass
- Emergency contact list (paper copy)
- Battery-powered or hand-crank radio
- Fully charged power bank and phone cable

Security & Defense (Optional)

- Whistle or personal alarm
- Self-defense item (pepper spray, etc. – where legal)
- Cash in small denominations

Tips & Hints:

Store your GoBag in an easy-to-reach place and label it clearly.

Review contents every 6 months and adjust based on season, family size, or health needs.

© 2025 GoBag.One™. All Rights Reserved. | GoBag or Stay Home™ | Always Be Ready to Go Camping™