

72-Hour Go Bag Checklist

Free printable from The Prep Verdict | theprepverdict.com/go-bag-checklist/

Work from the top. Severe bleeding can become life-threatening in minutes, so the trauma kit and tourniquet come first. Then water, staying warm and dry, light, power and communication, food, and a simple tool.

- ☐ **1. Trauma kit**
Gloves, pressure dressings, gauze and tape for serious bleeding. Learn to use it before you need it.
- ☐ **2. Tourniquet**
Choose one on the CoTCCC-recommended list. Keep it where you can reach it with either hand.
- ☐ **3. Water container**
A way to carry at least one liter, with room to carry more.
- ☐ **4. Water purification**
Tablets or a filter. Planning figure: one gallon per person per day.
- ☐ **5. Emergency blanket**
A reflective blanket or bivy to keep you warm and dry.
- ☐ **6. Headlamp**
A reliable headlamp with spare batteries, so your hands stay free.
- ☐ **7. Fire starter**
Carry more than one way to start a fire, such as a lighter plus waterproofed matches, and dry tinder, in a waterproof bag.
- ☐ **8. Power bank**
A charged battery pack with the right cables for your phone.
- ☐ **9. Weather radio**
A NOAA weather-band radio with a crank, solar or battery option.
- ☐ **10. Food**
Three days of shelf-stable food that needs little or no cooking.
- ☐ **11. Backup bars**
Shelf-stable bars as a no-cook fallback.
- ☐ **12. Simple knife**
A folding and/or fixed blade knife you trust. A hatchet can be very useful in some scenarios, but it adds weight, so it is optional.
- ☐ **13. Documents and cash**
Copies of IDs, insurance and emergency contacts, plus some small bills.

Add for your household

- ☐ Prescription medications and a list of doses
- ☐ Glasses or contact lenses and supplies
- ☐ Baby, pet or mobility needs
- ☐ A change of clothes, sturdy shoes and a hat

General preparedness information, not medical advice. Check your bag twice a year: swap food and water, test batteries, and update medications and documents. Updated October 2026.