

Grit Gear HQ — Free Download

72-Hour Blackout + Bug-Out Checklist

Print this. Mark it. Restock it. Calm beats chaos.

WATER + FOOD (72 hrs)

- Water: 1 gal/person/day (or filter + backup tablets)
- Collapsible water container / bottle
- Shelf-stable calories (2,000+ per day/person)
- Protein: jerky, tuna packets, bars
- Electrolytes / salt packets
- Can opener (manual)
- Small stove + fuel OR no-cook plan

LIGHT + POWER

- Headlamp (hands-free) + spare batteries
- Flashlight (backup) + spare batteries
- Lantern (safe indoor model)
- Power bank (10,000–20,000 mAh)
- Charging cords (USB-C / Lightning / Micro)
- AA/AAA battery stash (labeled)
- Car charger adapter

SHELTER + WARMTH

- Weather-appropriate layers + socks (x2)
- Rain shell / poncho
- Emergency blanket or compact sleeping bag
- Tarp + paracord (or guyline)
- Gloves + beanie
- Hand warmers (cold season)

FIRST AID + MEDS

- Personal meds (3–7 days) + list
- Pain relief + antihistamine
- Bandages, gauze, tape, antiseptic wipes
- Tweezers + small scissors
- Blister care / moleskin
- Nitrile gloves

TOOLS + FIRE

- Knife / multi-tool
- Lighter + waterproof matches
- Ferro rod (backup fire)
- Duct tape (flat roll) + zip ties
- Work gloves
- Small roll of trash bags

COMMS + INFO

- Printed emergency contacts
- Local map (paper) + meeting point plan
- NOAA radio or AM/FM radio (battery/hand-crank)
- Whistle + signal mirror (optional)
- Notebook + pen

DOCUMENTS + CASH

- ID copies + insurance info (waterproof bag)
- Key medical info + allergies
- House/car keys (spare set)
- Cash: small bills (\$1/\$5/\$10)
- USB drive with scans (optional)

HYGIENE + COMFORT

- Toilet paper / wipes (travel pack)
- Soap / sanitizer
- Toothbrush + paste
- Feminine hygiene (if needed)
- Small towel / bandana
- Spare underwear

KIDS + PETS (IF APPLICABLE)

- Kid snacks + comfort item
- Diapers/wipes + change of clothes
- Formula/bottles (if needed)
- Pet food (3 days) + bowl
- Leash/carrier + vaccination info

GRIT RULE: Pack it the same way every time. Replace what you use within 24 hours.