

# 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.