

LeftyPrepperMom.com's
Recommended Contents of a 72-hour Get Home Bag
AKA Zombie Apocalypse Go-Bag

- Radio – battery operated
- Batteries
- Whistle
- Flashlight,
- Light Sticks
- First Aid Kit
- Dust mask
- Work gloves
- Duct tape
- Pocket knife
- Emergency cash in small denominations and quarters for phone calls
- Flash drive with important documents
- Copy of photo ID
- A bill (with name & address – proof of residency)
- Sturdy shoes, a change of clothes, and a warm hat
- Emergency blanket(s)
- Rain poncho(s)
- Local map
- Some water and food (a gallon water/person/day)
- Permanent marker, paper and tape
- Photos of family members and pets for re-identification purposes
- List of emergency point-of -contact phone numbers
- List of allergies to any drug (especially antibiotics) or food
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle
- \$100 in small denominations
- Dog leashes, bowls, food, water, medications