

72 hour Backpacks - BE READY

Make sure family know *THE PLAN* and where bags are kept
Replenish and update food items regularly

Item	Details	Comments	Tick Box
Backpack	For each member of family	Pack so you are ready to leave quickly	
Possible Luggage	Trolley or old pram	depending on needs of family	
Refillable water bottles	Empty till you leave	As extras only (good idea to also have water treatment tablets or Iodine)	
Water bottle each	Preferably with life straw	Attached to backpack	
1 small tarp	If planning on sleeping out or other	Best with corner holes for tying and using for many things so take rope or string	
OR shelter of some sort and pillow slip Sleeping bag Sun shelter at least	Foil blanket, light weight wraps	Pillow slip has several uses, storage, using as pillow with jumper inside, and more	
Sarong each	Lots of uses	Sun shade/hat, dress underneath, dries quickly, bandage, and more	
Food – shelf stable, filling, light weight, edible without cooking, high calories for sustained energy	Be specific in what you want for each	EG:- dehydrated foods, soup, nuts, sweets for energy, crackers, hard cheeses (keep no fridge) small tins tuna, salmon, beans, spaghetti, jerky, muesli bars, dried fruits	
Basic first aid to suit bag carrier –	dehydration powder sachets, Panadol, eye drops, alcohol wipes, band aids, diarrhoea tabs, other meds, bandage	Suitable medication for each person	
Sanitation Suitable for person – keep simple	panty liners, toilet paper, wipes for hygiene, sanitiser, small soap and cloth, toothbrush and paste, paper pants, hair band and brush	Period pants instead of sanitary products, use a wipe after toilet to avoid UT Infections <i>Care to be taken to stay clean</i>	
Torch with spare batteries to match (in date)	solar charged light or headlamp, glow sticks on neck are other options	Keep batteries in dry bag (zip lock)	

Phone and solar charger	\$70 approx – JB or Hardware or Officewks	Keep recharged on power before packing in bag	
Other Items matches, fire starters, lighters Camp stove lightweight and small	purchased online for around \$20 including delivery and fire starts – compact and lightweight – hexamine is product name	Stove holds billy or heatable cup or plate or can of baked beans? to hold small billy or cup or bowl	
Para cord or length of Same or rope of some kind and string is handy	poly cord 6-10 metres from hardware (stretches)	for use with tarp or shelter plus has many other uses	
Duct tape in a roll	repair shoes, tarps, straps, sprained ankles, bind sole of shoe back on, ripped bag	TAKE scissors or use penknife – many uses for duck tape	
Sun block and mozzie repellent, PLUS HAT and change of clothes and sox (thick)	Light weight and small	Can be important if hot	
Warm jacket, beanie, foldable rain and/or poncho, possible thermal Wet weather jacket	Be WARM Katmandu had \$21 short sleeve t shirts on sale Lightweight (can fold into itself) - worth the money	(tie these to outside your bag in plastic bag) for ground cover or to sit on and more STAY DRY	
Radio – portable small with batteries	One per family or group	Keep batteries dry	
Cash (small bills) AND each persons ID eg license or other	medicare, rates and other copy and put into plastic ZIP bag) in each BAG		
Notepad and permanent marker, Fold up shopping mini bag Plastic and bin bags		Take some paper also to messages, notes and more if phone not ON	
Cutlery and bowl and cup (which can be heated)			