



## TRAVEL OUTFITTERS

328 north Highway 89 • North Salt Lake  
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[www.ILCTravelOutfitters.com](http://www.ILCTravelOutfitters.com)

# 72 hour Training videos • [TravelOutfittersUSA.com](http://TravelOutfittersUSA.com)

### Water

Water Protection- (1 gallon per day)

- Pre-Filter
- Squeezable Filtered Water Bottle
- Bottled water
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### Light & Simple tools

- Non-Battery Flashlight
- Candle & Matches
- Knife
- Sewing kit
- Duct Tape
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### 1st Aid & Bugs:

What else to add...

- First aid kit- simple to use
- Moleskin
- Laundry Soap- small packets
- Sewing kit
- Pills & medication
- Medical needs \_\_\_\_\_
- Hand Sanitizer (see Natural Repellent/ Sanitizer/ Disinfectant with Tea Tree)

Mosquito, Sanitizer & Disinfectant

- Natural repellent with Sanitizer/ Disinfectant with Tea Tree
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### Comfort & Shelter:

- Shoes (have by 72 hour kit to wear)
- Antimicrobial socks (1 pr)
- Undergarments (2)
- 1 set of sweat clothes
- Emergency Poncho
- Hat, Bennie
- Jacket / Vest(Waterproof)
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### Bedding

- Treated Sheets (Bunk Sack knowledge)
- Light blanket (Microfiber Towel)
- Compact sleeping bag
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### Food & Financial Preparation:

- Power bars
- Beef Jerky (small packets)
- Credit Card
- Cash \$ \_\_\_\_\_

### 72 hour bags & Weather protection:

- Backpack
- Luggage pc
- Hanging Packing Cube- Easy for travel
- Rain Jacket or Poncho
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### Communication needs

- Electrical/Gadget pack
- Electrical items (Phone, Tablet, etc.)
- Charger & Cord for phone
- Whistle
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### Personal Items:

What else to add...

- First aid kit- simple to use
- Moleskin
- Laundry Soap- small packets
- Eye Glasses/SunGlasses
- Infant needs
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### Toiletries:

- Shampoo/soap in one
- Soap holder
- Toothbrushes & Covers
- Foldable Travel Toothbrush (2)
- Toothpaste tablets or toothpaste
- Toilet Seat Covers
- Toilet Paper
- Hand Sanitizer- (see Natural repellent with Sanitizer/ Disinfectant with Tea Tree)
- Brush/comb
- Garbage Bags
- Feminine products
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### Organization, Journals, Pictures & more...

- Pencil, Journal, Notebook
- Book to read
- Documents, Copies & Pics on Phone
- Personal items, \_\_\_\_\_
- These can be prepared digitally and connected to an email account
  - Birth Certificate
  - Marriage License
  - Insurance info
  - Passport
  - Phone numbers
- Multiple Organizing bags for:
  - Electrical
  - Potty Pack
  - Travel comfort Pack