

DAY 1: BUILD YOUR KIT CHECKLIST

7-Day Urban Prepping Plan

Essential Items

- Backpack (20-30L recommended)**
 - 20-30 liter size ideal
 - First Aid Kit**
 - Bandages, wipes, gloves, meds
 - Flashlight (LED, long battery life)**
 - Preferably LED with long battery life
 - Multitool**
 - Pliers, blade, screwdriver
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Optional but Smart Upgrades

- Emergency Whistle**
- Notepad + Pen**
- Small Zip Bags**
 - Organization



Tip: Keep one copy inside your kit.