

**January Temporal Challenge  
72-Hour Kit Suggestions**

**Sanitation Supplies**

dish soap  
dishcloth, scrungie, dishtowel  
bags: garbage, Ziploc

**Personal Hygiene Supplies**

eye glasses or contact supplies  
toilet paper (sealed in a bag), shovel  
feminine sanitary supplies, make-up  
mirror, razor, shaving cream  
(diapers, wet wipes)  
towel, washcloth  
soap, shampoo, conditioner  
deodorant, clippers  
toothbrush, paste, floss  
comb, hairbrush, rubber bands

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