Suggested "ditch bag" from a survival site:

one person 72 hr. kit contains:

- 6 x complete MRE meals
- nylon sports bag
- metal cups
- mini campstove with fuel tablets
- ponchos
- purified drinking water
- water tablets
- first aid kit
- matches
- hand & pocket warmer
- candles
- emergency thermal blankets
- tissues
- flashlight & batteries
- · nylon braided cord
- waterproof bag
- quart zip lockbag
- napkins & spoons
- campers can opener
- snacks & comb

two person 72 hr. kit contains:

- 12 x complete MRE meals
- · nylon sports bag
- metal cups
- · mini campstove with fuel tablets
- ponchos
- purified drinking water
- water tablets
- first aid kit
- matches
- hand & pocket warmer
- candles
- · emergency thermal blankets
- tissues
- flashlight & batteries
- · nylon braided cord
- waterproof bag
- quart zip lockbag
- · napkins & spoons
- campers can opener
- snacks & comb