



72-HOUR KIT

12-Week Challenge WEEK FOUR

To make the process of assembling kits more manageable, try selecting one task to work on each day of the week. This will help you make steady progress towards your goal.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Week Four: Buy Essential Toiletries

In week four of the challenge, stock up on necessary personal toiletry items for your 72-hour kits! Toothbrushes, toothpaste, etc.





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