

Your 72-Hour Emergency Kit Checklist

Everything one person needs to stay safe, fed, and calm for three days.

Multiply quantities by the number of people in your household.

1. WATER

- | | |
|---|--|
| <input type="checkbox"/> 3 gallons of water per person (1 gal/day) | <input type="checkbox"/> Collapsible container or extra jugs |
| <input type="checkbox"/> Water purification tablets or filter straw | <input type="checkbox"/> Unscented bleach + dropper (backup treatment) |

2. FOOD — 3-DAY, NO-COOK SUPPLY

- | | |
|---|--|
| <input type="checkbox"/> Canned meals, soups, beans (ready to eat) | <input type="checkbox"/> Protein & energy bars |
| <input type="checkbox"/> Peanut butter, crackers, nuts, dried fruit | <input type="checkbox"/> Manual can opener |
| <input type="checkbox"/> Comfort snacks (morale matters) | <input type="checkbox"/> Pet food — 3-day supply |

3. FIRST AID & MEDICATIONS

- | | |
|--|---|
| <input type="checkbox"/> Stocked first aid kit (bandages, gauze, gloves) | <input type="checkbox"/> 3-day supply of prescription meds |
| <input type="checkbox"/> Pain reliever, antihistamine, anti-diarrheal | <input type="checkbox"/> Glasses, contacts, hearing-aid batteries |
| <input type="checkbox"/> Written copies of your prescriptions | <input type="checkbox"/> Thermometer & antiseptic wipes |

4. LIGHT & POWER

- | | |
|--|---|
| <input type="checkbox"/> Flashlight or headlamp (one per person) | <input type="checkbox"/> Extra batteries |
| <input type="checkbox"/> Hand-crank or solar power bank | <input type="checkbox"/> Phone charging cables |
| <input type="checkbox"/> Glow sticks | <input type="checkbox"/> Candles + waterproof matches |

5. COMMUNICATION & INFO

- | | |
|--|---|
| <input type="checkbox"/> Hand-crank / battery NOAA weather radio | <input type="checkbox"/> Charged backup phone or power bank |
| <input type="checkbox"/> Written list of emergency contacts | <input type="checkbox"/> Paper map of your local area |
| <input type="checkbox"/> Whistle to signal for help | <input type="checkbox"/> Notepad & pen |

6. TOOLS & SAFETY

- Multi-tool or sturdy pocket knife
- Duct tape + work gloves
- Lighter or waterproof matches
- N95 masks
- Wrench/pliers to shut off utilities
- Small fire extinguisher

7. SHELTER & WARMTH

- Mylar emergency blankets (one per person)
- Change of clothing + sturdy shoes
- Rain poncho
- Compact tarp or tent
- Hand warmers
- Wool socks & hat

8. SANITATION & HYGIENE

- Wet wipes & hand sanitizer
- Toilet paper + heavy-duty trash bags
- Soap, toothbrush, toothpaste
- Feminine supplies
- Diapers & wipes (if needed)
- Small towel

9. DOCUMENTS & CASH

- Cash in small bills (ATMs may be down)
- Copies of ID, insurance, deeds (waterproof bag)
- Written family meeting-place plan
- Spare house & car keys

10. DON'T FORGET — SPECIAL NEEDS

- Baby formula, bottles, diapers
- Pet leash, carrier, vaccination records
- Comfort items for kids (toy, book)
- Mobility / medical equipment + backups

PRO TIP: BUILD IT ONCE, THEN MAINTAIN IT

Keep everything in one grab-and-go bag or bin near your exit. Set a calendar reminder every 6 months to rotate water, food, and medications and to test your batteries and flashlights. A kit you never check is a kit you can't count on.