

72-HOUR EMERGENCY KIT CHECKLIST



Use this checklist to prepare for any emergency. The first 72 are on you.

WATER & HYDRATION

- ☐ One gallon of water per person per day
- ☒ Water purification tablets or a filter/purifier
- ☒ Water purification filter

FOOD & NUTRITION

- ☐ Non-perishable food such as freeze-dried and dehydrated meals, canned goods, and protein bars
- ☒ Manual can opener or P-38
- ☒ Plastic utensils
- ☐ Pet food (if applicable)
- ☒ SNACKS
- ☒ mess kit
- ☒ water bottle

MEDICAL & HYGIENE SUPPLIES

- ☐ First-aid kit (regularly checked to restock supplies as necessary)
- ☐ Prescription medications, contact lenses, eyeglasses, etc. *Sunglasses*
- ☒ Hand sanitizer, moist towelettes, disinfectant
- ☒ Toilet paper, garbage bags, plastic bags
- ☒ Personal sanitation items such as soap, toothbrush, menstrual products, etc.

CLOTHING & SHELTER

- ☒ Sleeping bag or emergency blanket
- ☐ Change of clothes & extra clothing for cold or wet conditions
- ☐ Sturdy shoes
- ☒ Duct tape
- ☐ Plastic sheeting
- ☐ Dust mask

TOOLS & LIGHTING

- ☒ Battery-powered or hand-crank radio (NOAA Weather Radio recommended)
- ☒ Flashlight and/or headlamp with extra batteries
- ☐ Fire extinguisher
- ☒ Pliers or wrench (for shutting off gas), multi-tool
- ☒ Waterproof container for matches and/or lighter
- ☒ Paracord bracelet

DOCUMENTS & COMMUNICATION

- ☐ Emergency contact info, contact information cards
- ☐ Insurance policies, bank-account info, and other important documents in a waterproof container
- ☐ Credit cards and cash or traveler's checks
- ☐ Cell phone with chargers (solar or battery backup)

ADDITIONAL ITEMS TO CONSIDER

- ☐ Specialty supplies for specific needs, such as for infants, pregnant women, seniors, individuals with disabilities or chronic conditions, and pets.
- ☐ Paper maps of your neighborhood, town, and region in case GPS or cell service goes down during an evacuation.
- ☐ Comfort items for children, like books, games, puzzles, or stuffed animals, to provide distraction and emotional support in high-stress situations.
- ☐ Emergency apps from FEMA, the American Red Cross, and the National Weather Service to receive alerts, safety tips, and updates.
- ☐ Enable emergency alerts on your smartphone to stay informed even if you're on the go.

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