72-HOUR HOME EMERGENCY KIT CHECKLIST

Be Ready to Care for Yourself and Your Household for at Least 3 Days

HOUSEHOLD: _____ DATE CHECKED: _____

💧 WATER & FOOD

☐ Water — **at least 1 gallon per person, per day**
☐ Additional water for pets
☐ 3-day supply of nonperishable food
☐ Ready-to-eat canned foods
☐ Protein/granola bars, nuts & dried fruit
☐ Crackers, cereal & other easy foods
☐ Foods for special dietary needs
☐ Baby food/formula, if needed
☐ **Manual can opener**
☐ Disposable plates, cups & utensils

🩹 FIRST AID & MEDICATIONS

☐ First-aid kit
☐ Prescription medications
☐ Medication & dosage list
☐ Pain reliever/fever reducer
☐ Adhesive bandages & sterile gauze
☐ Medical tape & antiseptic wipes
☐ Antibiotic ointment
☐ Disposable gloves
☐ Thermometer
☐ Tweezers & scissors
☐ Eyeglasses/contact-lens supplies
☐ Hearing-aid batteries
☐ Other essential medical supplies

🔦 LIGHT, POWER & COMMUNICATION

☐ Flashlights
☐ Headlamps
☐ Extra batteries
☐ Battery-powered lantern
☐ Fully charged portable power banks
☐ Phone charging cables

☐ Vehicle phone charger
☐ Battery-powered or hand-crank radio
☐ NOAA Weather Radio capability
☐ Printed emergency phone numbers
☐ Whistle for signaling

🧰 TOOLS & SAFETY

☐ Multipurpose tool
☐ Basic toolkit
☐ Wrench or pliers
☐ Duct tape
☐ Work gloves
☐ Heavy-duty trash bags
☐ Plastic sheeting
☐ Rope or utility cord
☐ Waterproof matches/lighter
☐ Fire extinguisher
☐ Spare house & vehicle keys

🧼 HYGIENE & SANITATION

☐ Toilet paper
☐ Soap & hand sanitizer
☐ Disinfecting wipes
☐ Toothbrushes & toothpaste
☐ Feminine-hygiene products
☐ Paper towels
☐ Garbage bags & ties
☐ Diapers & wipes, if needed
☐ Personal hygiene supplies

👟 CLOTHING & SHELTER

☐ Sturdy shoes
☐ Change of clothing
☐ Extra socks
☐ Rain ponchos
☐ Blankets/emergency blankets
☐ Seasonal clothing
☐ Hats & gloves as appropriate

SMART TIP: Keep sturdy shoes, a flashlight and work gloves near your bed in case broken glass or debris makes walking through your home hazardous.

📄 DOCUMENTS & MONEY

☐ Copies of identification
☐ Insurance information
☐ Medical information
☐ Emergency contact list
☐ Important household/property information
☐ Pet vaccination/medical records
☐ Emergency cash in small denominations
☐ Waterproof document pouch

🐾 PET SUPPLIES

☐ 3+ days of pet food & water
☐ Pet medications
☐ Bowls
☐ Leash/harness
☐ Carrier, if appropriate
☐ Waste bags/litter
☐ Current pet photo
☐ Veterinarian information
☐ Updated ID tags/microchip information

🎒 GRAB-AND-GO

☐ Backpack or go-bag for essential supplies
☐ Water & snacks
☐ Essential medications
☐ Flashlight
☐ Power bank & charging cable
☐ Emergency contact information
☐ Change of clothing
☐ Personal necessities

TWICE-A-YEAR KIT CHECK

☐ Rotate food & water ☐ Check expiration dates ☐ Replace batteries
☐ Recharge power banks ☐ Update medications & documents
☐ Update children's clothing ☐ Review your family emergency plan

REMEMBER

A kit doesn't replace an evacuation plan. In a fire or other immediate danger, **get out first.** Never delay evacuation to retrieve emergency supplies.

Preparedness isn't about expecting the worst. It's about being ready when normal changes without warning.