72-Hour Emergency Checklist

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Water & Hydration

- [ ] 1 gallon of water per person per day (3-day supply)
- [ ] Water purification tablets or filter
- [ ] Collapsible water containers
- [ ] Water bottle for each family member

Food & Nutrition

- [ ] 3-day supply of non-perishable food
- [ ] Manual can opener
- [ ] Disposable plates, cups, and utensils
- [ ] High-energy snacks (granola bars, nuts, dried fruit)
- [ ] Infant formula / pet food if needed

First Aid & Medical

- [ ] First aid kit with bandages, antiseptic, gauze
- [ ] Prescription medications (7-day supply)
- [ ] Pain relievers (ibuprofen, acetaminophen)
- [ ] Any medical devices (glasses, hearing aids)
- [ ] Sunscreen and insect repellent

Shelter & Warmth

- [ ] Emergency blankets / sleeping bags
- [ ] Tent or tarp
- [ ] Extra clothing and sturdy shoes
- [ ] Rain gear
- [ ] Hand warmers

Communication & Light

- [ ] NOAA weather radio (hand-crank or battery)
- [ ] Flashlights with extra batteries
- [ ] Portable phone charger / solar charger
- [ ] Whistle for signaling
- [ ] Local maps (physical copies)

Documents & Cash

- [ ] Copies of IDs, insurance, and important documents
- [ ] Cash in small denominations
- [ ] Emergency contact list (printed)
- [ ] USB drive with digital copies of documents

Tools & Sanitation

- [ ] Multi-tool or Swiss Army knife
- [ ] Duct tape and zip ties
- [ ] Garbage bags and plastic ties
- [ ] Moist towelettes and hand sanitizer
- [ ] Toilet paper and feminine supplies
- [ ] Wrench or pliers for utilities