

72-hour kit checklist

The grab-and-go bag: what each person needs for three days away from home. Based on Ready.gov.

Water

- ☐ Drinking water, 1 gallon per person per day
Use the SIREN water and food calculator for your total. More in hot weather, for nursing mothers and the sick.
- ☐ A way to treat water
Filter, purification tablets, or unscented bleach and a dropper.

Food

- ☐ Ready-to-eat canned and packaged food
Three days in the kit, two weeks at home.
- ☐ Manual can opener
Electric ones do not help here.
- ☐ High-calorie bars for the go-bag
Long shelf life, light, no prep.
- ☐ Food for infants, special diets and pets
Formula, allergy-safe foods, pet food.

Light & power

- ☐ Flashlight or headlamp for each person
Plus spare batteries.
- ☐ Spare batteries in the sizes you use
Check them twice a year.
- ☐ Phone power bank, charged
Keep it topped up; a solar one recharges in daylight.
- ☐ Car charger for phones

Information & communication

- ☐ Battery or hand-crank NOAA weather radio
Gets emergency broadcasts without power or signal.
- ☐ Written list of phone numbers
Phones die; paper does not.
- ☐ Whistle to signal for help
- ☐ Paper map of your area and a compass
Mark two ways out of your neighbourhood.

First aid & medicine

- ☐ First aid kit, and know how to use it
A free Stop the Bleed or first-aid class is worth more than the kit.
- ☐ Prescription medicines
A week or more. Ask your pharmacist or doctor about an emergency supply.
- ☐ Glasses, contact lenses and solution
- ☐ Over-the-counter basics
Pain relief, antihistamine, anti-diarrhoea, electrolytes.

- ☐ Masks for smoke and dust
NIOSH-approved N95s.

- ☐ Emergency blankets

Sanitation & hygiene

- ☐ Moist towelettes, soap, hand sanitiser
- ☐ Heavy trash bags and ties
- ☐ Toilet paper, menstrual and incontinence supplies

Documents & money

- ☐ Copies of IDs, insurance policies, deeds, medical records
In a waterproof bag, plus encrypted scans.
- ☐ Cash in small bills
Card machines need power and networks.
- ☐ Spare keys for house and car

Tools & safety

- ☐ Multi-tool or basic toolkit
- ☐ Duct tape and plastic sheeting
- ☐ Work gloves and sturdy shoes by the bed

Warmth & shelter

- ☐ Change of clothes and sturdy shoes per person
- ☐ Sleeping bag or warm blanket per person
- ☐ Rain gear