

72-Hour Emergency Kit Checklist

1. Water & Hydration

- ☐ 1 gallon of water per person/pet, per day (3 days minimum, ideally 7-10)
- ☐ Water purification tablets or portable filter
- ☐ Electrolyte packets or oral rehydration salts

2. Food

- ☐ Shelf-stable, ready-to-eat foods (bars, pouches, canned goods, nut butters)
- ☐ Manual can opener (if packing cans)
- ☐ High-calorie emergency ration bars (optional)
- ☐ Disposable utensils/bowls or a small mess kit

3. First Aid & Medications

- ☐ Basic first-aid kit (bandages, antiseptic, gauze, tape, gloves)
- ☐ Tourniquet (if trained)
- ☐ 3-7 day supply of prescription meds + copies of prescriptions
- ☐ Pain reliever, antihistamine, antacid/anti-nausea
- ☐ Spare glasses/contacts and solution

4. Light & Communication

- ☐ LED flashlight or headlamp (battery/hand-crank)
- ☐ Extra batteries or a solar/hand-crank charger
- ☐ Portable phone charger (power bank) + cables
- ☐ Hand-crank or battery weather radio (NOAA/All-Hazards)
- ☐ Written list of important phone numbers

5. Shelter & Warmth

- ☐ Mylar emergency blankets
- ☐ Extra clothes (pants, shirts, socks, gloves, hat)
- ☐ Compact rain poncho

6. Tools & Money

- ☐ Multi-tool/knife; duct tape; whistle
- ☐ Important documents in a waterproof pouch (IDs, insurance, prescriptions, vet records)
- ☐ Cash in small bills (\$100+)

7. Additional Needs

- ☐ _____
- ☐ _____
- ☐ _____