

72-Hour Preparedness Checklist

A printable planning worksheet for building a realistic 72-hour kit for blackouts, storms, evacuations, and short-term emergencies. Use the checkboxes to track what is packed, what still needs to be bought, and what is stored somewhere else in the house or vehicle.

- Pack / done
 Need to buy
 Stored elsewhere

<p>Use this checklist in stages. Pack core basics first, then fill in household-specific gaps like medications, infant items, pet supplies, mobility needs, weather layers, and comfort items.</p>	<p>Good kits are simple to maintain. Label the storage spot, review it twice a year, and replace expired food, dead batteries, old meds, and outgrown clothing before the next outage forces the issue.</p>
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Water

1 gallon per person per day for 3 days minimum		
Extra water for pets, heat, illness, and basic cleanup		
Ready-to-drink bottles or jugs staged where you can reach them		
Backup treatment option: tablets, filter, bleach guidance, or boiling plan		

Food

3 days of shelf-stable food per person		
Meals that need little or no cooking		
Manual can opener, utensils, trash bags, and napkins		
Kid-safe snacks, pet food, and comfort foods that actually get eaten		

Lighting and power

Headlamp or flashlight for each adult		
Spare batteries stored with the light		
Charged power bank plus charging cables		
Radio or weather alerts backup if storms are common		

First aid and meds

Basic first-aid supplies and bandages		
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Daily prescriptions for several days if possible		
Pain relievers, stomach meds, and personal medical needs		
Spare glasses, inhaler, mobility aids, or backup paperwork if needed		

Hygiene and sanitation

Toilet paper, wipes, hand soap or sanitizer		
Feminine products, diapers, and diaper disposal bags if needed		
Gloves, dust masks, and small trash bags		
Paper towels and basic cleaning wipes		

Documents, cash, and comms

Copies of IDs, insurance, medical info, and emergency contacts		
Small cash in mixed bills		
One out-of-area contact written on paper		
Printed meeting point or evacuation note for the household		

Clothing and shelter

Weather layer, socks, and sturdy shoes for each person		
Blanket or emergency blanket		
Rain gear or poncho		
Cold-weather or heat-specific extras for your region		

Tools and practical extras

Lighter or matches if safe for your setup		
Multi-tool, duct tape, paracord, work gloves		
Local map and spare keys if useful		
Small notebook and pen		

Kids, pets, and daily-life needs

Formula, bottles, diapers, wipes, and comfort items		
Pet food, bowl, leash or carrier, waste bags, medications		
Comfort item or simple game for stress and boredom		
Any household-specific supplies that break the plan if forgotten		

Quick storage reminders

- Keep the main kit in a labeled place you can reach in the dark or in a hurry.
- Use one main household kit and, if possible, a smaller vehicle or grab-and-go version.
- Store batteries, power banks, and charging cables together so power problems stay simple.
- Do not bury the kit behind seasonal clutter or gear nobody wants to move.

Household planning worksheet

Fill this page out once, then keep it with your kit or emergency binder. A written plan is easier to use under stress than a checklist you meant to remember.

Planning item	Your notes
Adults in household	
Children in household	
Pets to plan for	
Baseline water goal (gallons)	
Main kit storage location	
Secondary or vehicle kit location	
Medications / medical items to refresh	
Primary out-of-area contact	
Local meeting point	
Next review date	

Rotation and review log

Item or category	Suggested review schedule	Last checked	Next check
Stored water	Every 6-12 months or per container guidance		
Food and snacks	Check dates twice a year		
Batteries and power banks	Charge and test before storm season		
Prescriptions	Review monthly or on refill schedule		
Clothing, diapers, pet food	Review whenever sizes or needs change		

Need a reminder when you review this? Tie the checklist to a date you already remember, like daylight saving time, storm season, or the first week of spring and fall.