FREE PRINTABLE

Emergency Kit Checklist

72 Hour Family Kit

[ ] A large container or place to store items (this will depend on the size of your family)
[ ] One first aid kit (add some ibuprofen, acetaminophen or other painkillers to your kit)
[ ] 3 gallons of water per person (consider life straws for every member of your family)
[ ] 3 days worth of food per person (pack non-perishable foods that are easy to eat or prepare with little effort or electricity, including dried fruit, fruit leather, granola bars, beef jerky, crackers, nut butters, jam, instant noodles, canned soup, canned tuna, etc).
[ ] Manual can opener
[ ] One bowl, fork, spoon, & cup per person
[ ] Pet carriers for every pet in the family
[ ] 3 days wort of pet food for every pet in the family
[ ] Extra clothing including clean socks and underwear
[ ] One pair of closed-toe shoes per person
[ ] Blankets or sleeping bags
[ ] Tent or shelter
[ ] Toilet paper, hand sanitizer & baby wipes
[ ] Toothbrushes, toothpaste & any other essential sanitary items
[ ] Female sanitary items (if applicable)
[ ] One wind-up or battery-powered flashlight or headlamp per person
[ ] Wind-up or battery-powered radio
[ ] Extra batteries
[ ] Extra keys (home and vehicle)
[ ] Cash (at least $100 in cash… Aim for $1,000)
[ ] Copies of important documents (birth certificates, marriage certificate, passports, social security numbers, drivers licences, insurance policies, etc.)
[ ] Photos of every room in your house (in case of a disaster that leads to an insurance claim. This will help you prove what you had in terms of belongings, renovations, etc.)
[ ] Emergency contact list (a written list or address book with contact information for loved ones, doctors, schools and any other important people you may need to contact in an emergency)
[ ] Special medications (insulin, inhalers, epipens, prescriptions, etc.)
[ ] Printed, up-to-date photos of family members, pets and loved ones (in case anyone gets lost or separated)
[ ] Diapers & baby supplies (if applicable)
[ ] Cards or small games to pass the time and keep children occupied