

Emergency Kit Checklist

Exactly what goes in a 72-hour home emergency kit, from water and food to first aid, tools and documents.

Water

- ☐ One gallon of water per person per day for at least three days
 - ☐ Extra water for pets and for hot climates
 - ☐ A few collapsible bottles or a refillable container
 - ☐ Water purification tablets or a small filter as a backup
- Useful if your stored water runs out before help arrives

Food

- ☐ Three-day supply of non-perishable food per person
- ☐ A manual can opener and basic utensils
- ☐ Ready-to-eat items that need no cooking or refrigeration
- ☐ High-energy foods like nuts, dried fruit and protein bars
- ☐ Special foods for infants, pets and dietary needs

First Aid and Medications

- ☐ A stocked first aid kit with bandages and antiseptic
- ☐ A seven-day supply of prescription medications
- ☐ Pain relievers, antihistamines and any personal medicine
- ☐ Copies of prescriptions and a list of allergies
- ☐ Spare glasses, contact supplies and hearing-aid batteries

Tools and Lighting

- ☐ Flashlights or headlamps with spare batteries
- ☐ A battery-powered or hand-crank radio
- ☐ A multi-tool or basic wrench and pliers set
- ☐ A whistle to signal for help
- ☐ Duct tape, plastic sheeting and work gloves
- ☐ Phone chargers and a power bank

Sanitation and Comfort

- ☐ Moist towelettes, hand sanitizer and garbage bags
- ☐ Toilet paper, soap and personal hygiene items
- ☐ A change of clothes and sturdy shoes per person
- ☐ An emergency blanket or sleeping bag for each person
- ☐ Dust masks to filter contaminated air
- ☐ Comfort items and activities for children

Documents and Cash

- ☐ Copies of IDs, insurance and medical records in a waterproof bag
- ☐ A list of emergency contacts and meeting points
- ☐ Cash in small bills in case card systems are down
- ☐ Spare house and car keys

☐ A paper map of your area in case GPS is unavailable