

# 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