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72-HOUR KIT PRINTABLE CHECKLIST

Per person, pets and car, with a 6-month check log

Print one per person. Check each box as you pack it. Basic list follows Ready.gov (FEMA) kit guidance; add what your household needs.

Water and food (3 days minimum)

- ☐ Water, 1 gallon per person per day (3 gallons)
- ☐ Non-perishable food for 3 days
- ☐ Manual can opener
- ☐ Utensils, cups, paper plates
- ☐ Baby food or formula if needed

Light, power and signals

- ☐ Flashlight or headlamp
- ☐ Extra batteries
- ☐ Battery or hand-crank radio, NOAA Weather Radio
- ☐ Phone chargers and a backup battery
- ☐ Whistle to signal for help

First aid and health

- ☐ First aid kit
- ☐ 7-day supply of prescription medicines and a copy of the list
- ☐ Over-the-counter pain relief, anti-diarrheal
- ☐ Glasses, contacts and solution
- ☐ Dust masks, hand sanitizer, moist towelettes
- ☐ Feminine and personal hygiene items

Shelter, tools and sanitation

- ☐ Warm clothes, change of clothes, sturdy shoes
- ☐ Blanket or sleeping bag per person
- ☐ Rain poncho
- ☐ Multi-tool, wrench or pliers (to shut off utilities)
- ☐ Plastic sheeting and duct tape
- ☐ Garbage bags and plastic ties
- ☐ Matches in a waterproof container
- ☐ Fire extinguisher

Papers and money

- ☐ Copies of ID, insurance, bank and medical info (waterproof bag)
- ☐ Cash in small bills
- ☐ Local paper maps
- ☐ Emergency contacts, written down
- ☐ Family plan and meeting places

Kids and comfort

- ☐ Diapers, wipes
- ☐ Games, books, a comfort item
- ☐ Pen and paper

Pets

- ☐ Food for 3 days
- ☐ Water for 3 days
- ☐ Leash, harness, carrier
- ☐ Vaccine records and photo
- ☐ Medicines
- ☐ Waste bags or litter
- ☐ Bowls

Car kit

- ☐ Jumper cables or jump starter
- ☐ Flashlight and batteries
- ☐ First aid kit
- ☐ Reflective triangles or flares
- ☐ Blanket and warm clothes
- ☐ Water and snacks
- ☐ Phone car charger
- ☐ Tire gauge, jack, spare
- ☐ Ice scraper, small shovel
- ☐ Sand or kitty litter for traction
- ☐ Basic tools

CHECK-EVERY-6-MONTHS LOG

Twice a year, swap out water, food, batteries and medicines, and update sizes for kids. Pick two dates you will remember, such as when you change your clocks.

Date checked (m/d/y)	Water and food rotated	Batteries and meds replaced	Clothes and sizes updated	Documents updated	Initials

Our family

Number of people: _____ Pets: _____ Kit location: _____ Car kit location: _____

Out-of-area contact: _____ Phone: _____

Sources: Ready.gov (FEMA), "Build A Kit" and "Car Emergency Kit"; NOAA Weather Radio All Hazards. Dates checked 11/16/2026.

Free from DisasterPrepCalc.com. Online version and calculators: disasterprepcalc.com/guides/72-hour-kit-checklist · General information, not professional emergency, medical or legal advice.