

**FREE**  
**72-HOUR**  
**CHECKLIST**  
 (PRINTABLE)

# PLAN AND PREPARED


*Stay Safe Out There!*

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## 72-HOUR EMERGENCY SUPPLY CHECKLIST

A simple checklist to help you build a basic emergency kit without overthinking it.  
 Use this to get started or to double-check what you already have.

 **WATER**

- 1 gallon per person per day (minimum 3 days)
- Water storage containers
- Water filter or purification method

 **FOOD**

- 3-day supply of non-perishable food
- Manual can opener

 **LIGHT & POWER**

- Flashlight
- Extra batteries
- Backup light (lantern or headlamp)
- Power bank or battery pack

 **COMMUNICATION**

- Emergency radio (NOAA weather radio preferred)
- Printed contact list
- Backup communication method

 **BASIC GEAR**


- Multi-tool or knife
- Lighter or fire starter
- Duct tape
- Work gloves

 **MEDICAL**

- First aid kit
- Prescription medications (at least 3-day supply)
- Basic medical supplies (bandages, antiseptic, pain relievers, etc.)

 **SANITATION**


- Toilet paper
- Wet wipes
- Trash bags
- Hand sanitizer

 **IMPORTANT ITEMS**


- Copies of IDs and documents (Paper and digital if possible)
- Cash (small bills)
- Local map

 **CLOTHING & SHELTER**

- Change of clothes
- Sturdy shoes or boots
- Blanket or sleeping bag
- Rain gear

 **PERSONAL NEEDS** *(Customize for Your Situation)*

- Baby supplies (formula, diapers, bottles)
- Pet supplies (food, leash, carrier)
- Personal hygiene items
- Extra medical equipment or supplies
- Comfort items (books, games, etc.)

 **NOTES**

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**RECOMMENDED GEAR**

See full recommendations and guides at:  
[PlanAndPrepared.com](http://PlanAndPrepared.com)

-  Water Filtration Options
-  Emergency Radios
-  Food Storage Solutions
-  Lighting and Power Gear



This checklist is meant to help you get started. Build gradually, focus on the basics, and adjust based on your situation.

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