EZ-PREPPING

72-Hour Emergency Kit Checklist for Families

Start with the essentials

Build one easy-to-carry go-kit for each person, then keep heavier shared supplies in a family tote or vehicle container. Store at least one gallon of water per person per day for three days when possible. Water is heavy, so carry what you safely can and plan how the rest will travel.

Water and food

Choose familiar foods that need little or no water, fuel, or cleanup.

[ ] Three-day water supply: 1 gallon per person per day

[ ] Extra water for pets, hot weather, illness, pregnancy, or nursing

[ ] Three days of ready-to-eat, nonperishable food

[ ] Manual can opener if packing canned food

[ ] Cups, utensils, and infant feeding supplies as needed

Light, power, and information

[ ] Flashlight or headlamp for each person

[ ] Extra batteries stored in their package

[ ] Battery-powered or hand-crank radio; NOAA weather radio if possible

[ ] Phone charging cable and charged power bank

[ ] Printed local map and evacuation routes

[ ] Whistle for signaling

Health and first aid

[ ] First aid kit

[ ] Prescription medicines and copies of prescriptions

[ ] Medication list, allergies, medical needs, and doctor contacts

[ ] Glasses, hearing-aid batteries, mobility supplies, and other daily aids

[ ] Masks appropriate for each household member

Clothing and shelter

[ ] Weather-ready change of clothes

[ ] Sturdy closed-toe shoes

[ ] Warm layer, rain layer, hat, and gloves as needed

[ ] Warm blanket or compact sleeping bag

[ ] Emergency shelter or tarp if appropriate

Hygiene and sanitation

[ ] Toilet paper and moist towelettes

[ ] Soap, hand sanitizer, toothbrush, and toothpaste

[ ] Menstrual products and personal hygiene supplies

[ ] Garbage bags and plastic ties

[ ] Diapers, wipes, and disposal bags as needed

Safety and useful tools

[ ] Multi-purpose tool

[ ] Work gloves

[ ] Duct tape and plastic sheeting

[ ] Wrench or pliers if your emergency plan calls for them

[ ] Waterproof matches or lighter, stored away from children

[ ] Fire extinguisher in the home or vehicle

Money and documents

[ ] Cash in small bills

[ ] Printed family and emergency contacts

[ ] Copies - not loose originals - of IDs, insurance, and key records

[ ] Copies stored in a sealed waterproof pouch

[ ] Encrypted digital backup kept in a secure location

Personalize the kit for your household

A useful kit matches the people, pets, climate, and emergencies you may actually face.

Babies and young children

[ ] Formula or feeding supplies and safe water for preparation

[ ] Bottles, cups, utensils, and three days of familiar food

[ ] Diapers, wipes, cream, and changing pad

[ ] Clothes in the next size up and weather-ready layers

[ ] Comfort item, quiet activity, and child identification information

[ ] Carrier, stroller, or other mobility support

Older adults and disabilities

[ ] Backup mobility, communication, or medical supplies

[ ] Extra batteries or charging plan for assistive devices

[ ] Written care instructions and support-network contacts

[ ] Food that fits dietary and swallowing needs

[ ] Plan for refrigeration-dependent medicine or equipment

[ ] Service-animal supplies and records if applicable

Pets

[ ] Three days of food and water

[ ] Medicine and copies of veterinary records

[ ] Leash, harness, carrier, and waste bags

[ ] Food and water bowls

[ ] Current photo and identification information

[ ] Comfort item, blanket, and cleaning supplies

Season and location

[ ] Cold-weather layers, hand warmers, and traction aids

[ ] Hot-weather sun protection and extra water

[ ] Rain gear and waterproof bag covers

[ ] N95 respirators where smoke, ash, or dust is a likely hazard

[ ] Local hazard information and evacuation-zone details

[ ] Paper map showing more than one route

Vehicle or shared family tote

[ ] Additional water and food that are too heavy for a backpack

[ ] Larger first aid and sanitation supplies

[ ] Blankets, tarp, and basic shelter supplies

[ ] Battery cables, warning triangle, tire supplies, and basic tools

[ ] Extra chargers, batteries, radio, and lighting

[ ] Supplies for the person who cannot carry a full bag

Personal grab list

[ ] Wallet, phone, keys, and current medicines

[ ] Hearing aids, glasses, mobility devices, or medical equipment

[ ] Refrigerated medicine in an insulated carrier if required

[ ] Pet carriers and daily-use pet medicine

[ ] Items that cannot remain packed year-round: _____

[ ] Other: _____

_____

Fuel safety

Do not use a camp stove, grill, generator, or other fuel-burning device inside a home, garage, tent, or other enclosed space. Pack foods that can be eaten without cooking whenever possible.

Pack it, store it, and keep it ready

A smaller kit you can lift and find is more useful than an overloaded bag buried in storage.

Packing check

[ ] Every person can safely lift or roll their assigned bag

[ ] Most-used items are easy to reach

[ ] Waterproof pouches protect medicines and document copies

[ ] Food is familiar and works with allergies and dietary needs

[ ] Nothing requires a tool, fuel, or water that is not packed

[ ] Bags are labeled without displaying sensitive personal details

Storage check

[ ] Kits are near an exit and easy for the household to reach

[ ] Location is cool, dry, and protected from pests

[ ] Everyone knows where the kits and family tote are stored

[ ] A smaller kit is kept at work, school, or in the vehicle if useful

[ ] Fuel and hazardous items are stored safely and legally

Six-month review

[ ] Replace expired food, water, medicine, and batteries

[ ] Update clothing sizes and seasonal items

[ ] Recharge power banks and test radios and flashlights

[ ] Update contacts, routes, medical details, and document copies

[ ] Confirm children and adults can carry their assigned bags

[ ] Run a short grab-and-go practice

Family plan

[ ] Meeting place near home:

_____

[ ] Meeting place outside neighborhood:

_____

[ ] Out-of-area contact:

_____

[ ] Contact phone:

_____

[ ] Primary evacuation route:

_____

[ ] Backup evacuation route:

_____

[ ] Pet-friendly destination or shelter:

_____

[ ] School or care pickup plan:

_____

Kit record

[ ] Kit location:

_____

[ ] Family tote location:

_____

[ ] Vehicle kit location:

_____

[ ] Last reviewed:

_____

[ ] Next review:

_____

[ ] Person responsible:

_____

Notes

Trusted guidance used for this checklist

Ready.gov Basic Emergency Supply Kit; CDC How to Create and Store an Emergency Water Supply; American Red Cross Survival Kit Supplies. Visit the full EZ-Prepping guide for links, explanations, and updates: ezprepping.com/72-hour-kit-checklist-pdf/