PrepSignals

72-Hour Emergency Checklist

A practical starter list for ordinary households. Adjust for local guidance, medical needs, weather, pets, and official evacuation instructions.

Water

- ☐ Store at least one gallon per person per day.
- ☐ Add pet water and a small planning buffer.
- ☐ Use containers people can safely lift when full.
- ☐ Label fill dates and rotate as needed.

Food

- ☐ Choose familiar shelf-stable meals and snacks.
- ☐ Keep a manual can opener with canned food.
- ☐ Include food that does not need cooking.
- ☐ Check allergies, sodium, and expiration dates.

Light and Power

- ☐ Keep one flashlight or headlamp per person.
- ☐ Add a room lantern for shared spaces and stairs.
- ☐ Charge power banks and store matching cables.
- ☐ Keep spare batteries where they are easy to find.

First Aid and Health

- ☐ Stock a refillable first-aid kit.
- ☐ Track medication names, doses, and refill contacts.
- ☐ Include masks, gloves, soap, and hand sanitizer.
- ☐ Follow clinician guidance for medical equipment backup.

Documents and Contacts

- ☐ Copy IDs, insurance, prescriptions, and emergency contacts.
- ☐ Keep a printed household meeting plan.
- ☐ Back up important documents digitally and off-site.
- ☐ Include pet records and vehicle information if relevant.

Sanitation

- ☐ Store trash bags, wipes, soap, and toilet paper.
- ☐ Plan a safe toilet backup for water interruptions.
- ☐ Keep cleanup supplies away from children and pets.
- ☐ Know local disposal guidance after severe outages.

Communication

- ☐ Enable local emergency alerts on phones.
- ☐ Consider a NOAA weather radio for storm-prone areas.
- ☐ Write down key phone numbers.
- ☐ Decide how household members will check in.

Pets and Car

- ☐ Add pet food, water bowl, leash or carrier, and records.
- ☐ Keep basic car supplies for light, warmth, phone power, and visibility.
- ☐ Adapt supplies for heat, winter weather, and evacuation routes.
- ☐ Review the kit every season.

Prepared by PrepSignals. Educational checklist only; follow official emergency, medical, utility, and public-safety guidance.

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