Your 72-hour starter checklist

Don’t panic. Prepare. Three days is a starting point—not a guarantee. Follow local evacuation orders and plan for longer disruptions when practical.

Household: _____ People: ____ Pets: ____ Reviewed: _____

Water & food

☐ Water: baseline 1 gallon per person per day for drinking and sanitation. For 3 days: people × 3 = ____ gallons. Add for pets and individual needs.

☐ At least a 3-day supply of nonperishable food matched to dietary needs.

☐ Manual can opener, utensils and simple serving supplies.

☐ Pet food, infant feeding supplies and extra water as needed.

Light & information

☐ Flashlight for each person; working spare batteries.

☐ Battery or hand-crank radio; NOAA Weather Radio with tone alert where available.

☐ Charged phone, cables and backup battery.

☐ Official local alerts enabled; paper map and written contacts.

Health & hygiene

☐ First-aid kit; prescriptions organized with clinician/pharmacist guidance.

☐ Glasses, hearing-aid batteries and accessibility supplies.

☐ Soap, wipes, trash bags, menstrual and sanitation supplies.

Warmth & essentials

☐ Climate-appropriate clothes, sturdy shoes and blankets.

☐ Whistle, dust mask and basic shelter-in-place supplies as appropriate.

☐ Cash and copies of identification/insurance in a waterproof portable pouch.

☐ Tools for your household plan; learn utility procedures from the utility before an emergency.

The family plan

☐ Meeting place: _____

☐ Out-of-area contact: _____

☐ Evacuation route / destination: _____

☐ Transport and accessible shelter plan for everyone, including pets.

☐ Know where supplies are; keep a grab-and-go version ready.

Check, don’t guess

☐ Inspect dates and batteries; replace expired items.

☐ Review needs at least yearly and when the household changes.

☐ Never run a generator or fuel-burning camp stove indoors or in an attached garage. Follow official guidance.

Free official guidance: ready.gov/kit • ready.gov/power-outages • local emergency management. During an emergency follow official instructions; do not rely on this sheet alone.

FTC disclosure: Survival Ace may earn commissions from affiliate links in separate promotional content. This checklist has no affiliate links and requires no purchase. General preparedness information, not medical advice. “Two is one, one is none”—but start with the basics your household actually needs.