

DISASTER DODGER

72-Hour Family Survival Checklist

Family Name: _____

Preparedness Kit Date: _____

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Review/Refresh Every Six Months

Below is the same 72-hour family survival guide, reformatted as a concise checklist using checkboxes. You can print or save this and tick off each item as you assemble your kit.

1. Water (3 gallons per person/pet)

- ☐ Store at least 3 gallons of water per person (and per pet)
 - ☐ Keep water in airtight, food-grade containers
 - ☐ Include water purification tablets or a small filter as backup
 - ☐ Label containers with "Date Filled" and rotate/replace every 6 months
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2. Food (3-day supply, non-perishable)

- ☐ Canned goods (soups, vegetables, beans)
 - ☐ Dehydrated meals (freeze-dried or MREs)
 - ☐ Energy bars, granola bars, dried fruit, nuts
 - ☐ Special dietary items (baby formula, gluten-free, diabetic, pet food)
 - ☐ Manual can opener
 - ☐ Lightweight camping stove or portable burner + fuel canisters
 - ☐ Store food in resealable plastic bags or waterproof containers
 - ☐ Rotate food items every 6-12 months to keep fresh
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3. Medical & First-Aid Supplies

- ☐ First-aid kit containing:
 - ☐ Assorted adhesive bandages (various sizes)
 - ☐ Sterile gauze pads
 - ☐ Adhesive tape
 - ☐ Antiseptic wipes
 - ☐ Antibiotic ointment
 - ☐ Tweezers and small scissors
 - ☐ Thermometer
 - ☐ Basic medical reference (small printed guide or downloaded app)
 - ☐ Prescription medications (at least 3 days' supply) in waterproof, labeled containers
 - ☐ Over-the-counter medications (pain relievers, anti-diarrhea, antacids, allergy relief)
 - ☐ Copies of medical consent forms for dependents, list of blood types/allergies
 - ☐ Disposable gloves and face masks
 - ☐ Check and replace expired items every 6 months
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4. Safety & Tools

- ☐ Flashlights (LED preferred) with extra batteries
 - ☐ Light sticks (chemiluminescent)
 - ☐ Emergency/weather radio (hand-crank or battery/solar powered) + spare batteries
 - ☐ Charged power bank or solar charger for cell phones
 - ☐ Whistle on a lanyard (for signaling if trapped)
 - ☐ Fire extinguisher (ABC-rated) in an accessible location
 - ☐ Gas-shut-off or crescent wrench (to turn off utilities)
 - ☐ Heavy-duty work gloves
 - ☐ Small hand saw or folding saw
 - ☐ Pry bar (for moving debris)
 - ☐ Rope (50 ft of $\frac{3}{8}$ "– $\frac{1}{2}$ " braided nylon or similar)
 - ☐ Multi-tool (pliers, knife, screwdrivers)
 - ☐ Store tools in a toolbox or tool roll, ready to grab
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5. Personal & Comfort Items

- ☐ Waterproof container with:
 - ☐ Copies of IDs (driver's licenses, passports)
 - ☐ Insurance policies and birth certificates
 - ☐ Deeds, bank account records
 - ☐ Household inventory (photos or video of valuables)
 - ☐ Cash in small bills (\$1, \$5, \$10) and coins
 - ☐ Seasonal clothing per person:
 - ☐ Long-sleeve shirts and pants
 - ☐ Jacket or sweater
 - ☐ Sturdy shoes or boots
 - ☐ Blankets or sleeping bags (one per person)
 - ☐ Spare glasses, contact lenses + solution, extra hearing-aid batteries
 - ☐ For children: small toys, crayons, coloring books, stuffed animal
 - ☐ For adults: paperback book or deck of cards, notebook and pen
 - ☐ Comfort foods: candy, chocolate, instant coffee or tea bags
 - ☐ Pack each person's items in their own backpack or duffel bag
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6. Sanitation & Hygiene

- ☐ Toilet paper (2-3 rolls)
 - ☐ Bar soap in a plastic container
 - ☐ Facial tissues
 - ☐ Hand sanitizer ($\geq 60\%$ alcohol)
 - ☐ Moist towelettes or baby wipes
 - ☐ Plastic garbage bags (large and small) for waste and makeshift toilets
 - ☐ Collapsible camping toilet or 5-gallon bucket + toilet seat attachment + biodegradable waste bags (optional)
 - ☐ Feminine hygiene supplies (sanitary napkins, tampons)
 - ☐ Toothbrushes and toothpaste
 - ☐ Comb or hairbrush
 - ☐ Deodorant, lotion, lip balm
 - ☐ Store all hygiene items in resealable plastic bins or large zip-lock bags
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7. Car & Workplace Kit (3-day subset)

- ☐ Water (2–3 liters per person/pet)
 - ☐ Non-perishable snacks: energy bars, granola bars, crackers
 - ☐ Compact first-aid kit
 - ☐ Seasonal clothing: poncho, hat, gloves, emergency “space” blanket
 - ☐ Small LED flashlight and extra batteries
 - ☐ Whistle on a lanyard
 - ☐ Multipurpose tool (small)
 - ☐ Duct tape (6 ft) and small roll of paracord (10 ft)
 - ☐ Copy of ID and emergency contact list (keep in plastic bag)
 - ☐ Check/refill this kit every 6 months
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8. Storage & Organization

- ☐ Backpacks or duffel bags (one per family member) for personal kits
 - ☐ Large plastic bins with tight-fitting lids for communal supplies
 - ☐ Label containers clearly (e.g., “FAMILY 72-HR KIT,” “CAR KIT,” “MEDICAL KIT”)
 - ☐ Place kits in a central, dry, easily accessible location (garage shelf or designated closet)
 - ☐ Keep a small grab-and-go kit near the front door or exit route
 - ☐ Maintain a written or phone-recorded inventory of contents and expiration dates
 - ☐ Use color-coded labels or duct tape (red = medical, blue = water/food, green = tools)
 - ☐ Store heavy items low to avoid injury if shelves shift during an earthquake
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9. Family Preparedness Actions

- ☐ Develop and practice your emergency plan:
 - ☐ Identify two evacuation routes from home
 - ☐ Choose a safe meeting point (neighbor's yard, local park)
 - ☐ Designate an out-of-area contact (friend or family elsewhere)
 - ☐ Teach all family members the "Drop, Cover, and Hold On" earthquake drill
 - ☐ Create a communication plan:
 - ☐ Pre-write text message templates (e.g., "All OK at [address]"; "Need help at [location]")
 - ☐ Ensure everyone knows any family passwords or safe words
 - ☐ Secure critical documents:
 - ☐ Store copies at home and in a safe deposit box or encrypted cloud storage
 - ☐ Keep an emergency savings fund accessible via ATM or travel card
 - ☐ Learn essential skills:
 - ☐ Take a basic first-aid/CPR class
 - ☐ Practice shutting off gas, water, and electricity safely
 - ☐ Learn how to use a fire extinguisher and battery-powered radio
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10. Kit Maintenance & Rotation

- ☐ Rotate perishables (food, water, medications) every 6 months
- ☐ Check batteries (flashlights, radios) and replace as needed (at least annually)
- ☐ Inspect tools (axe, saw, pry bar) for rust or corrosion
- ☐ Update clothing seasonally (swap heavy jackets for lighter layers in warmer months)
- ☐ Review and adjust supplies whenever family composition changes (new baby, elderly relative moving in)

Keep this checklist visible (on the fridge or a bulletin board), and review/refresh your kits every six months to ensure everything stays up to date and ready for any emergency.