

# 72-HOUR EMERGENCY CHECKLIST

*What You Need to Survive Any Disaster*  
*Designed for earthquakes, floods, hurricanes, wildfires, and more.*

## WATER & HYDRATION

- ☐ 4 liters (1 gallon) of water per person per day
- ☐ Water purification tablets or portable filter
- ☐ Reusable water bottles

## FOOD & NUTRITION

- ☐ 3-day supply of non-perishable food (canned goods, energy bars, etc.)
- ☐ Manual can opener
- ☐ Baby food or specialized dietary items

## FIRST AID & MEDICATIONS

- ☐ First aid kit (bandages, gauze, antiseptic)
- ☐ Prescription medications (3-day supply)
- ☐ Pain relievers, tweezers, antiseptic wipes

## LIGHTING & POWER

- ☐ Flashlight or headlamp (with extra batteries)
- ☐ Portable power bank or solar charger
- ☐ Glow sticks or emergency candles (caution with fire)

## TOOLS & SAFETY GEAR

- ☐ Multipurpose tool or knife
- ☐ Fire extinguisher (ABC-rated)
- ☐ Duct tape, zip ties, rope
- ☐ Emergency whistle

## CLOTHING & WARMTH

- ☐ Change of clothes, socks, underwear (per person)
- ☐ Waterproof jacket or poncho
- ☐ Thermal blanket or compact sleeping bag

## HYGIENE & SANITATION

- ☐ Hand sanitizer and soap
- ☐ Wet wipes or cleaning cloths
- ☐ Trash bags (for sanitation or cover)
- ☐ Toothbrush and toothpaste
- ☐ Feminine hygiene supplies

## IMPORTANT DOCUMENTS

- ☐ Copies of ID, insurance, and medical records
- ☐ Emergency contact list
- ☐ Printed evacuation map and shelter locations

## COMMUNICATION

- ☐ Battery-powered or hand-crank radio
- ☐ Emergency alert apps downloaded
- ☐ Backup phone with prepaid credit (optional)

## KIDS, ELDERLY, PETS

- ☐ Diapers, formula, small toys
- ☐ Pet food, leash, crate, meds
- ☐ Mobility aids, glasses, hearing aids