

# 72-Hour Emergency Checklist | ReadyBefore.com

Be ready before it happens.

## WATER

- 3 liters per person per day (3-day minimum)
- 2 liters drinking + 1 liter hygiene per person
- Extra supply for pets
- Water storage containers (resealable)
- Water filter or purification tablets
- Straw filter for emergencies

## FOOD

- 3-day non-perishable food supply
- Ready-to-eat meals (no cooking required)
- Energy / protein bars
- Manual can opener
- Baby food if applicable
- Camp stove + fuel canisters

## LIGHT & POWER

- Flashlight (minimum 2)
- Spare batteries (AA and AAA)
- Headlamp (hands-free)
- Power bank (fully charged)
- Portable power station
- Candles + lighter or matches

## COMMUNICATION

- Emergency radio (battery or hand-crank)
- Printed emergency contacts
- Phone chargers
- Agreed family meeting point
- Offline maps of the area
- Whistle for distress signal

## MEDICAL & HYGIENE

- First aid kit (fully stocked)
- Prescription medication (7-day supply)
- Pain relief
- Sanitizer / disinfectant wipes
- Face masks (FFP2)
- Toilet paper and hygiene bags

## WARMTH & SHELTER

- Thermal emergency blanket per person
- Warm clothing and rain jacket
- Sleeping bag or extra blankets
- Sturdy walking shoes
- Work gloves
- Sunscreen and insect repellent

## DOCUMENTS & CASH

- Copies of ID documents
- Insurance documents
- Cash (small bills)
- Spare keys
- Medication overview
- USB drive with digital backup

## TOOLS & OTHER

- Multi-tool or pocket knife
- Duct tape and rope
- Heavy-duty bin bags
- Household emergency plan
- Pet supplies (lead, food bowl)
- Portable gas cooker