72-Hour Home Emergency Kit

Small steps. Practical preparation. Keep this page where you can find it.

WATER, FOOD & FIRST AID

- ☐ Store 1 gallon of water per person per day: 3 days total, plus extra for pets.
- ☐ Stock 3 days of no-cook food: bars, peanut butter, canned meat, crackers, jerky.
- ☐ Pack a manual can opener in your kit and keep one in your kitchen.
- ☐ Build a first aid kit: bandages, gauze, tape, meds, gloves, and 7-day prescriptions.

LIGHT, WARMTH & DOCUMENTS

- ☐ Give each person a headlamp; add a lantern and flashlight with spare batteries.
- ☐ Keep a charged power bank and a hand-crank NOAA weather radio ready.
- ☐ Store Mylar blankets, a 30°F sleeping bag, warm layers, and sturdy shoes.
- ☐ Pack copies of IDs, insurance, meds, and $100-$300 cash in a waterproof bag.

SAFETY NOTE Check and rotate stored water, food, and prescription medications regularly; prescriptions should be refreshed about every 6 months and kept in original labeled bottles.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/72-hour-home-emergency-kit/

Safety reference: https://www.ready.gov/sites/default/files/2022-04/ready_checklist.pdf