ReadyGuidance Emergency Kit Checklist

readyguidance.com · 72-Hour & 2-Week Home Preparedness

FREE DOWNLOAD

How to use this checklist: Start with the 72-hour kit 72hr — the minimum for any emergency. Then expand to the 2-week kit 2 wk for extended disruptions. Check off items as you acquire them. Store in a cool, dry, accessible location.

Your Household Targets

_____	_____ gal	_____ cal
People in household	Water needed (72hr) × 1 gal/person/day × 3	Food needed (72hr) × 2,000 cal/person × 3

WATER

- [ ] Stored water 72hr — ___gal
  1 gal/person/day minimum
- [ ] Extended water supply 2 wk — ___gal
  14 gal/person target
- [ ] Water storage containers
  BPA-free, food-grade only
- [ ] Portable water filter
  Sawyer or LifeStraw recommended
- [ ] Water purification tablets
  Backup to filter
- [ ] Unscented liquid bleach
  8 drops per gallon for treatment
- [ ] Collapsible water containers
  For transport if needed

FIRST AID & MEDICAL

- [ ] Comprehensive first aid kit
  Not a travel-size kit — a real one
- [ ] Tourniquet (CAT or SOFTT-W)
- [ ] Trauma bandage / Israeli bandage
- [ ] Hemostatic gauze (QuikClot)
- [ ] Prescription medications (7-14 day supply)
  Arrange prescription supplies with your pharmacist.
- [ ] OTC medications
  Pain, fever, antacids, antihistamine
- [ ] Medical records & prescription copies
- [ ] Glasses / contacts + solution
  If needed
- [ ] First aid manual

FOOD

- [ ] 72-hour food supply `72hr`
  Ready-to-eat, no prep required
- [ ] 2-week food supply `2 wk`
  Shelf-stable, 2,000 cal/person/day
- [ ] Manual can opener
- [ ] Camp stove + fuel canisters
  For cooking without power
- [ ] Disposable plates, cups, utensils
- [ ] Comfort foods / snacks
  Important for morale, especially kids
- [ ] Special dietary items
  Allergies, infant formula, pet food
- [ ] Vitamins and supplements `2 wk`

LIGHT & COMMUNICATION

- [ ] Headlamp for each person
  Hands-free light is essential
- [ ] Extra batteries (AA, AAA)
  At least 2 sets per device
- [ ] Flashlight (heavy duty)
- [ ] NOAA hand-crank weather radio
  Critical for emergency alerts
- [ ] Portable phone charger / power bank
- [ ] Portable power station `2 wk`
  For medical devices, charging
- [ ] Solar panel for recharging `2 wk`
- [ ] Candles + waterproof matches
- [ ] Whistle (signal for help)

DOCUMENTS & FINANCIAL

- [ ] IDs and passports (copies)
  Store in waterproof bag
- [ ] Insurance policies (home, auto, health)
- [ ] Bank account & card information
- [ ] Medical records & vaccination history
- [ ] Emergency contact list
  Printed — don't rely on your phone
- [ ] Waterproof document bag
- [ ] Cash in small bills $___
  $100-300 recommended
- [ ] USB drive with scanned documents `2 wk`

TOOLS & SAFETY

- [ ] Multi-tool or pocket knife
- [ ] Gas/water shutoff wrench
  Know how to use it before you need it
- [ ] Duct tape
- [ ] Paracord (50ft minimum)
- [ ] Fire extinguisher (ABC type)
- [ ] Smoke & CO detectors (tested)
- [ ] Crowbar / pry bar

SANITATION & HYGIENE

- [ ] Toilet paper (extra supply)
- [ ] Hand sanitizer (alcohol-based)
- [ ] Soap and body wipes
- [ ] Feminine hygiene supplies
- [ ] Heavy-duty garbage bags
- [ ] 5-gallon bucket with lid
  Emergency toilet if needed
- [ ] Portable toilet bags / deodorizer
- [ ] Toothbrush, paste, basic hygiene kit

🏠 SHELTER & WARMTH

- [ ] Emergency mylar blankets
  One per person minimum
- [ ] Sleeping bags or warm blankets
- [ ] Extra clothing (layered)
- [ ] Rain gear / ponchos
- [ ] Heavy-duty tarp
- [ ] Work gloves
- [ ] N95 respirators
  For smoke, dust, air quality events

👶 SPECIAL NEEDS

- [ ] Infant formula / baby food
  If applicable
- [ ] Diapers and wipes
  If applicable
- [ ] Pet food (3-day minimum)
  If applicable
- [ ] Pet medications & vet records
- [ ] Mobility aid supplies (batteries, parts)
- [ ] Activities for kids
  Books, games, comfort items

🚗 VEHICLE EMERGENCY KIT (KEEP IN YOUR CAR)

- [ ] Jumper cables or jump starter
- [ ] Flashlight + batteries
- [ ] Basic first aid kit
- [ ] Emergency blanket
- [ ] Water (3 bottles minimum)
- [ ] Granola bars / food bars
- [ ] Tire repair kit / fix-a-flat
- [ ] Rain poncho
- [ ] Phone charger cable

NOTES / ITEMS TO BUY

Fuel safety: Never use grills, generators or camp stoves indoors or in a garage.

Checked by: _____ Date: _____ Review again: _____