



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	Food needed (72hr) × 2,000 cal/person
	× 3	× 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)
Ask your doctor for an extra fill

- 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)

- | | | |
|--|--|---|
| <input type="checkbox"/> Jumper cables or jump starter | <input type="checkbox"/> Emergency blanket | <input type="checkbox"/> Tire repair kit / fix-a-flat |
| <input type="checkbox"/> Flashlight + batteries | <input type="checkbox"/> Water (3 bottles minimum) | <input type="checkbox"/> Rain poncho |
| <input type="checkbox"/> Basic first aid kit | <input type="checkbox"/> Granola bars / food bars | <input type="checkbox"/> Phone charger cable |

NOTES / ITEMS TO BUY
