



72-HOUR FAMILY CHECKLIST

Everything your family needs to make it through the first three days — the window when help is stretched thin. Built by a U.S. Marine veteran and working firefighter/EMT. Print it, work down the list, close the gaps.

WATER / 3 DAYS

- ☐ 1 gallon per person, per day (drinking + hygiene)
- ☐ Water filter or purification tablets
- ☐ Electrolyte packets
- ☐ Collapsible water container

FOOD / NO-COOK

- ☐ High-protein: canned meat, tuna, peanut butter
- ☐ Protein/energy bars, trail mix, nuts
- ☐ Canned fruit & vegetables
- ☐ Manual can opener + utensils
- ☐ Comfort snacks (kids)

FIRST AID & MEDS

- ☐ Stocked trauma kit (tourniquet, gauze, shears)
- ☐ 7-day supply of prescription meds
- ☐ Pain reliever, antihistamine, anti-diarrheal
- ☐ Bandages, antiseptic, gloves
- ☐ Glasses, hearing aids, personal items

LIGHT & POWER

- ☐ Flashlight + headlamp per person
- ☐ Extra batteries (all sizes you use)
- ☐ Power bank / solar charger
- ☐ Candles + lighter (backup)

COMMS & INFO

- ☐ Hand-crank / battery NOAA weather radio
- ☐ Off-grid mesh radio (Meshtastic) — text your family when cell & internet are down
- ☐ Phone + charging cords
- ☐ Written emergency contact list
- ☐ Family meeting point + out-of-town contact

WARMTH & SHELTER

- ☐ Emergency blankets / sleeping bags
- ☐ Change of clothes + sturdy shoes
- ☐ Rain poncho per person
- ☐ Tarp + paracord

SANITATION & HYGIENE

- ☐ Toilet paper, wet wipes, hand sanitizer
- ☐ Heavy-duty trash bags + ties
- ☐ Soap, toothbrush, feminine supplies
- ☐ Bucket + liners (backup toilet)

TOOLS & SAFETY

- ☐ Multi-tool / knife
- ☐ Duct tape + work gloves
- ☐ Whistle per person
- ☐ Fire starter / waterproof matches
- ☐ Small fire extinguisher

DOCUMENTS & CASH

- ☐ Copies of ID, insurance, medical (waterproof bag)
- ☐ Cash in small bills
- ☐ Spare house / car keys
- ☐ Local paper map

DON'T FORGET

- ☐ Infant: formula, diapers, wipes
- ☐ Pets: food, water, leash, meds
- ☐ Comfort items for kids
- ☐ N95 masks per person