

' Print this checklist • ' Check off items as you acquire them • ' Review every 6 months

The first 72 hours after an emergency are the most critical. Disasters — earthquakes, hurricanes, power outages, wildfires — can disrupt water, food, and communication for days. This checklist ensures you and your family are prepared for those 72 hours without outside help.

KEY: &j Critical ! High ~ Medium

### WATER

1 gallon per person per day

- 1 gallon of water per person, per day (x3 days) &j Critical
- Water purification tablets or drops &j Critical
- Water filter (e.g., LifeStraw or Sawyer) ! High
- Collapsible water containers or large pots ! High
- Small hand pump or gravity filter for outdoor sources ~ Medium

### FOOD

3-day supply of non-perishables

- Canned goods: beans, tuna, soups, vegetables &j Critical
- High-calorie snacks: nuts, jerky, granola bars &j Critical
- Manual can opener &j Critical
- Instant meals: ramen, oatmeal, instant rice ! High
- Pet food (3-day supply, if applicable) ! High
- Baby formula / special dietary needs items ! High

### SHELTER & WARMTH

Stay warm, stay dry

- Emergency mylar blankets (1 per person) &j Critical
- Warm clothing, layers, rain gear &j Critical
- Flashlight + extra batteries OR hand-crank light &j Critical
- Sleeping bag rated to local low temps ! High
- Work gloves for debris / glass handling ! High
- Tarp or emergency shelter tent ~ Medium

### FIRST AID

Stop the bleed, treat the wound

- First aid kit with bandages, gauze, adhesive tape &j Critical
- Tourniquets and pressure bandages (Israeli bandage) &j Critical
- Prescription medications (7-day supply minimum) &j Critical
- Pain relievers: ibuprofen, acetaminophen ! High
- Antiseptic wipes and antibiotic ointment ! High
- CPR face shield and nitrile gloves ! High
- First aid manual or laminated quick-reference card ~ Medium

## ☑ COMMUNICATION Stay informed, signal for help

- Battery-powered or hand-crank NOAA weather radio & Critical
- Fully charged portable phone battery pack & Critical
- Emergency contact list printed on paper & Critical
- Whistle (3 blasts = universal distress signal) ! High
- Signal mirror for daylight rescue signaling ~ Medium
- Local paper maps (don't rely on GPS) ~ Medium

## ☑ DOCUMENTS & CASH If you have to go, bring these

- Copies of ID, passport, driver's license & Critical
- Insurance cards and policy numbers & Critical
- Cash in small bills (\$100–\$200 minimum) & Critical
- Bank account numbers and emergency contacts ! High
- Vehicle title and home/rental deed or lease ! High
- Vaccination records (especially for children) ~ Medium

### & Quick Reference: The Rule of 3s

- 3 Minutes** — without air (or in icy water)
- 3 Hours** — without shelter in harsh conditions
- 3 Days** — without water — this checklist covers your water needs
- 3 Weeks** — without food — non-perishable food buys you time

#### ☑ Store Smart:

Keep your kit in one accessible bag or bin near an exit. Rotate food and water every 12 months.

#### ☑ Meeting Point:

Agree on a family meeting spot and out-of-area contact before an emergency happens.

Want deeper survival skills? Visit [FlintReady.polsia.app](https://flintready.polsia.app) for step-by-step guides on fire, water, shelter, first aid & more.