

The Family 72-Hour Emergency Checklist

Survivor Ideas — practical family emergency preparedness. No politics, no doomsday framing.

Sourced from Ready.gov ("Build a Kit"), FEMA's Basic Preparedness guide, and CDC emergency-kit guidance. Free to print and share — no email required. v1.0, 2026-10-18.

1. Water & Food (3-day minimum)

- ☐ Water — 1 gallon/person/day x 3 days
- ☐ Non-perishable food, 3-day supply
- ☐ Manual can opener
- ☐ Pet food & water, 3-day supply
- ☐ Infant formula / baby food (if applicable)

2. Core Supplies

- ☐ Battery/hand-crank NOAA weather radio
- ☐ Flashlight + extra batteries
- ☐ Whistle (signal for help)
- ☐ Dust masks
- ☐ Plastic sheeting & duct tape
- ☐ Moist towelettes, garbage bags, ties
- ☐ Wrench/pliers (shut off utilities)
- ☐ Local paper maps
- ☐ Cell phone chargers + backup battery

3. First Aid & Medical

- ☐ First aid kit (dressings, bandages, antibiotic ointment, gloves, scissors) — see our *Home Emergency Medical Kit* guide
- ☐ 7-14 day supply of prescription medications + copies of prescriptions
- ☐ Written list: medical conditions, allergies, doctor/pharmacy contacts

4. Documents (waterproof bag)

- ☐ IDs, insurance policies, bank info (copies)
- ☐ Photos of family members (in case separated)
- ☐ Emergency contact list
- ☐ Cash

Per-person adjustments: Kids — comfort item + correctly sized clothes (recheck every 6 months). Elderly/disabled family members — mobility aids, extra medication, written care

instructions. Pets — carrier + leash + vaccination records.

Before / During / After — Quick Reference

Before (hurricane watch / storm forecast)

- ☐ Fuel vehicle, charge all devices
- ☐ Fill containers with drinking water
- ☐ Check radio/flashlight batteries
- ☐ Secure loose outdoor items
- ☐ Refill medications close to running out

During (warning issued / sheltering)

- ☐ Stay tuned to NOAA weather radio / local officials
- ☐ Shelter in an interior room, away from windows
- ☐ If told to evacuate: leave early, follow official routes
- ☐ Set refrigerator to maximum cold; avoid opening once power is out

After

- ☐ Don't drive on flooded roads or touch downed lines
- ☐ Boil water 1 full minute, or treat with 1/8 tsp plain bleach/gallon, before drinking if advised
- ☐ Report damaged utilities to authorities, don't DIY repairs on active lines
- ☐ Check in with your family communication plan

Sources: Ready.gov "Build a Kit" ([ready.gov/kit](https://www.ready.gov/kit)) · FEMA "Food and Water in an Emergency" · CDC emergency kit checklist guidance · NOAA hurricane preparedness guidance. This checklist is general preparedness information, not medical advice. © 2026 Survivor Ideas. Free to print, copy and share — no email signup, no account required.