# 72-hour emergency kit checklist

kit72hours.com

Enough for your household to cope 3 days on its own. Water: 3 L (0.8 US gal) per person per day, or 1 US gal (3.8 L) with washing. Check the kit twice a year.

People: ____ Water needed: _____ L Meeting point: _____ Emergency number: _____

Last checked: ___/___/_____

## WATER

- [ ] Drinking water · 3 L (0.8 US gal) per person per day
- [ ] Water-purification tablets · 1 pack

## FOOD

- [ ] Long-life food · 3 days per person
- [ ] Manual tin opener · 1
- [ ] Camping stove and gas · Optional, outdoor use only

## LIGHT AND POWER

- [ ] Torch or head torch · 1 per person
- [ ] LED lantern · 1–2
- [ ] Spare batteries · 2 sets
- [ ] Power bank, charged · 20,000 mAh
- [ ] Portable power station · Optional, ≈ 1 kWh

## INFORMATION

- [ ] Battery or crank radio · 1
- [ ] Paper list of key contacts · 1
- [ ] National warning app installed · On every phone

## HEALTH AND HYGIENE

- [ ] First-aid kit · 1
- [ ] Regular medicines · 7 days
- [ ] Spare glasses or contacts · 1
- [ ] Hygiene supplies · 3 days

## DOCUMENTS AND MONEY

- [ ] Copies of ID, insurance and prescriptions · 1 set, waterproof pouch
- [ ] Cash in small notes · Enough for a few days of essentials
- [ ] Spare house and car keys · 1 set

## HOME AND SAFETY

- [ ] Smoke and CO alarms working · Tested
- [ ] Fire extinguisher · 1
- [ ] Know how to shut off gas, water and power · Everyone in the home
- [ ] Whistle · 1 per person

## WARMTH

- [ ] Blankets or sleeping bags · 1 per person
- [ ] Warm layers, hats and gloves · 1 set per person

## YOUR PLAN

- [ ] Meeting point agreed · Near home and outside the area
- [ ] Grab-and-go bag by the door · 1 per person
- [ ] Kit check in your calendar · Twice a year

## EXTRA FOR YOUR HOUSEHOLD

Babies, pets, medical devices, special diets:

Based on official civil-protection guidance (EU, Ready.gov, national agencies). https://kit72hours.com/printable-72-hour-emergency-kit-checklist/