

7-day checklist

Everything on the 72-hour list, plus:

Money

- ☐ Cash reserve sized to a week of essentials for your household
- ☐ Paper sheet with bank phone numbers and bill due dates (no passwords or full account numbers)
- ☐ A running log to record cash spent and charges owed

Comms and information

- ☐ Offline maps downloaded on your phone
- ☐ Daily check-in time agreed with a neighbor
- ☐ Knowledge of how to enter your building if buzzers or smart locks fail

Power and light

- ☐ Enough power bank capacity for a week of phone and radio use, or a battery power station if you rely on powered medical devices or need to work
- ☐ Battery CO alarm if you have any gas appliances
- ☐ A lantern for shared spaces

Water

- ☐ One gallon per person per day for seven days
- ☐ A way to treat water: CDC guidance for household bleach or purification tablets used exactly as labeled

Food

- ☐ Seven days of no-cook or low-cook food
- ☐ Plan to eat perishables first during a power outage
- ☐ Pet food for seven days

Documents

- ☐ Copies of lease or deed, insurance policies, and vehicle documents
- ☐ Emergency contact card in each person's bag or wallet

Health and hygiene

- ☐ Talk to your clinician about a refill buffer for prescriptions
- ☐ Soap, sanitizer, trash bags, and menstrual or incontinence supplies for a week
- ☐ Backup plan for any powered medical device (ask your clinician and utility)

Home

- ☐ Walk your stairs once in the dark with a flashlight
- ☐ Shoes, keys, and a light staged by the door
- ☐ Basic tools: screwdriver, duct tape, scissors