

72-hour checklist

Money

- ☐ Cash at home in small bills, enough for three days of essentials
- ☐ A small amount of cash in your wallet or bag
- ☐ Cash kept somewhere secure that isn't obvious

Comms and information

- ☐ Battery or hand-crank radio, tested
- ☐ Written list of key phone numbers: family, doctor, pharmacy, building, landlord, employer
- ☐ One agreed meeting spot or check-in plan with your household

Power and light

- ☐ Flashlight or headlamp for each person
- ☐ Spare batteries in the right sizes
- ☐ One power bank, fully charged

Water

- ☐ At least one gallon per person per day for three days (FEMA/Ready.gov guidance), plus extra for pets
- ☐ Containers dated and stored somewhere cool and dark

Food

- ☐ Three days of no-cook food your household actually eats
- ☐ Manual can opener

Documents

- ☐ Copies of IDs, insurance cards, and prescriptions in a waterproof pouch
- ☐ Printed local map

Health

- ☐ Basic first-aid kit
- ☐ Current medications on hand, plus a written list with doses