

72-Hour Emergency Plan Check List



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In a world filled with increasing possibilities of natural disasters, social unrest and interruptions to our nation's food supply, it would be smart to have a solid emergency plan in place. Here is a basic checklist of essential items that every responsible citizen should take the time to pull together. The more we all plan, the less chaos and stress we all have to endure.

Please keep in mind that not all emergency situations will keep you confined to your house. You must also plan for the possibility of an evacuation. **Provisions for food, water, and shelter must be made for yourself and each member of your family including your pets. Everything you prepare must be quickly accessible as well as mobile.**

The goal should be to sustain yourself, your family members, and pets for a minimum of 72 hours in an emergency situation.

Establish Safe Places

- Carve out a small, permanent area in your home to store your essential supply kit and make sure that each family member knows where it is.
- Choose a secondary location outside of your home that each family member knows to meet at if returning to your home is not an option.
- Find a list of local emergency shelters (pet-friendly if applicable) and make a map.
- Make a list of each family member's name, birth date, Social Security number, height, weight, and general physical description (a snapshot if you have them) as well as contact information for important family members, friends, and colleagues.
- Put these contents in a sealed envelope and give it to someone you trust for safekeeping in another city. Having remote access to this information will be invaluable in the event that your family gets separated and you have no ability to return home.
- Make sure to keep a hard copy of that trusted person's contact information in your purse or wallet at all times.



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Get all of the Necessary Gear

- A comfortable, large-sized backpack for each family member or upgrade to an extra-large depending on the size of your family. And remember to include an additional shoulder bag for your pet supplies.
- A change of clothing for each family member; include under garments and outer garments.
- Jackets and coats that are waterproof are always good to have.
- A tagged collar and leash or harness for each pet.
- Blankets and sleeping bags for each family member.
- A tent large enough to accommodate your family.
- Flashlights and fresh batteries.
- Candles and water proof matches.
- Extra cell-phone charger(s).

Personal Documents and Money

Make copies of all necessary paperwork. You may want to include some of these items in your off-site sealed envelope as well.

- Insurance policies.
- Legal documents.
- Driver's license.



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- Birth Certificates.
- Passports.
- Marriage/divorce paperwork.
- Wills or living trusts.
- Medical records and children's vaccination cards.
- List of all credit card account numbers and relevant customer service numbers.
- Hardcopies of friends' and relatives' addresses and phone numbers.
- A set of spare keys to your house and car(s).
- Have at least \$150.00 in small bills.

If it seems like too much trouble to put a plan together, imagine what kind of trouble you would be in without one.

Medications and Personal Care Items

- A first aid kit large enough for your family size.
- Supply of daily medications, prescriptions, and your doctor's information.
- Toiletries, feminine care products, toilet paper and paper towels.
- Soap, hand sanitizer, shampoo and dish soap.
- Children's medications and pain relievers.



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Food and Water for each Family Member for a minimum of 3 days

- A Minimum of 1 gallon of water per person per day for hydration and 1 gallon per day per person for hygiene.
- Three meals per person, per day. We suggest the StoreHouse Foods “3-day meal kit;”, one for each family member. Not only is it delicious, nutritious, lightweight, and portable, it’s simple to prepare. Just add water and in 5-10 minutes your meal is ready.
- Pet food, collapsable bowls, treats and enough bottled water for 3 days.

Essential Tools

- At least one place setting of plastic kitchen utensils for each family member.
- A radio; solar or crank powered (if battery operated have extra batteries).
- A shovel, rope, pocket knife, flashlight, and axe in a protected case.
- Large plastic bags for garbage and waste management. Get a portable potty if possible.
- Pens and small pad of paper.
- Small books, card games, or toys to keep small children or your pets occupied.

A Positive Attitude

- During an emergency, always remember to stay calm and be as kind and helpful to others as possible. People who panic or complain constantly can trigger fear, anger, and negativity, making a bad situation even worse for all of those involved. Be a good example by being positive, optimistic, and hopeful. Talk with your family about this as part of your plan in advance. Everyone benefits from preparing for the worst while hoping for the best.