

72-Hour Emergency Kit Checklist

Three days of self-sufficiency for your whole household. Tick what you have — the rest is your shopping list.

Keep everything together in a bin or backpack that's easy to grab. **Check the kit twice a year — swap expiring food, water, meds, and batteries.**

Water & food

☐	Water — 4 L per person, per day	3-day supply
☐	Non-perishable food	3-day supply
☐	Manual can opener	
☐	Water purification tablets or unscented bleach	2 drops/L, wait 30 min
☐	Pet food + supplies	if you have pets

Light, power & communication

☐	Flashlight + extra batteries	
☐	Battery or crank radio	
☐	Phone charger / power bank	
☐	Whistle to signal for help	
☐	Matches in a waterproof container or lighter	

Health & first aid

☐	First-aid kit	
☐	Prescription meds	7-day supply
☐	Non-prescription meds (pain reliever, anti-diarrheal, antacid)	
☐	Copies of prescriptions	
☐	Dust masks / N95	
☐	Hygiene items — soap, toilet paper, sanitizer, feminine supplies	
☐	Spare glasses or contacts	
☐	Baby supplies (diapers, formula)	if needed
☐	Special-needs items (hearing aids, dentures, mobility, diabetic)	if needed

Tools & sanitation

☐	Wrench or pliers	to shut off utilities
☐	Duct tape + plastic sheeting	shelter-in-place
☐	Garbage bags, plastic ties + moist towelettes	sanitation
☐	Paper map of your local area	

Documents & money

☐	Cash in small bills	
☐	Copies of important documents	<i>IDs, insurance, deeds</i>
☐	Printed copy of your emergency plan + contacts	<i>make one at prepplan.ca</i>
☐	Spare keys (house + car)	

Warmth, clothing & comfort

☐	Blanket / sleeping bag per person	
☐	Change of clothing + sturdy shoes per person	
☐	Rain gear / warm layers	
☐	Deck of cards / small games	<i>comfort & morale</i>

Your own items

☐	
☐	
☐	

Our kit lives:

Last checked (date):

Built with the PrepPlan household emergency planning tool — make your full plan, wallet cards, and get-home bag checklist free at prepplan.ca. Based on Government of Canada (GetPrepared.gc.ca), FEMA / Ready.gov, and Red Cross guidance.