72-Hour Emergency Kit

Stay-at-home supply list

Goal: be able to stay home, comfortable and safe, for at least 3 days with no power, no running water or no store access. Government guidance calls for at least 3 days of supplies; many households now plan for 2 weeks. Use this list as your first layer, then build up with the 30-Day guide.

Quantities for a household

Item	Per person	Family of 4 · 72 hrs
Drinking + sanitation water	1 gallon per day (about 3.8 L)	12 gallons
Food (non-perishable, no-cook if possible)	About 2,000 calories per day	24,000 calories total
Light	1 headlamp or flashlight each	4 + spare batteries
Pet food and water	Per pet, per day	As needed for 3 days
Cash	$50–100 per adult in small bills	$200–400

Water

- ☐ Stored drinking water (1 gal per person per day, minimum 3 days); more for hot climates, pregnancy or illness
- ☐ Water purification: unscented household bleach (8 drops of 6% bleach per gallon, stir, wait 30 minutes), tablets or a filter
- ☐ Large containers (collapsible jugs) to fill if you get advance warning
- ☐ Know your water heater: it holds 30–50 gallons of drinkable water; learn how to drain it safely

Food & Cooking

- ☐ 3 days of no-cook or low-cook food: canned meats/beans/fruit, bars, peanut butter, crackers, dried fruit, shelf-stable milk
- ☐ Manual can opener
- ☐ Paper plates, cups, utensils
- ☐ Camp stove or sterno (use OUTDOORS ONLY, never inside), with fuel
- ☐ Comfort foods, baby food/formula, pet food

Light, Power & Information

- ☐ Flashlights and lanterns (LED); avoid candles when possible
- ☐ Extra batteries in common sizes
- ☐ Battery or hand-crank NOAA radio
- ☐ Phone power banks and a car charger
- ☐ Written contact list and paper map

Health & First Aid

- ☐ Family first aid kit and first aid guide
- ☐ 7+ day supply of prescription medications; over-the-counter pain reliever, antacid, anti-diarrheal
- ☐ Thermometer, tweezers, scissors, gloves, masks
- ☐ Hearing aid and glasses spares

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Sanitation

- ☐ Heavy trash bags with ties (also usable as a toilet liner)
- ☐ 5-gallon bucket with toilet seat lid and a bag liner; kitty litter or similar for odor
- ☐ Toilet paper, wipes, hand sanitizer, soap
- ☐ Feminine hygiene and diaper supplies
- ☐ Disinfecting wipes

Warmth, Shelter & Safety

- ☐ Blankets or sleeping bags for each person
- ☐ Seasonal clothing, rain gear, sturdy shoes
- ☐ Fire extinguisher (check the gauge) and working smoke and carbon monoxide alarms
- ☐ Plastic sheeting and duct tape for broken windows
- ☐ Wrench or pliers to shut off utilities (know where your gas, water and electric shutoffs are)

Documents & Money

- ☐ Waterproof pouch with copies of IDs, insurance, deed/lease, and medical info
- ☐ Cash in small bills
- ☐ Family communication plan and meeting place, written down

Never run a generator, grill or camp stove indoors or in a garage: carbon monoxide can kill in minutes. Keep generators at least 20 feet from windows and doors. Check local official guidance for your area's hazards (earthquake, wildfire, flood, hurricane, winter storm).