READY & RESOURCEFUL / FREE HOUSEHOLD PLANNING SHEET

72-HOUR EMERGENCY KIT

Check quantity, condition and location before ticking a category.

- [ ] **Water**
  At least 3 U.S. gallons per person for three days; add for pets and other needs.
- [ ] **Food and opener**
  Three days of familiar, ready-to-eat meals and snacks; manual can opener and utensils.
- [ ] **Medicines and care**
  Personal medicines, medical information, glasses and equipment-specific backup plan.
- [ ] **First aid**
  A suitable first-aid kit with instructions and supplies you know how to use.
- [ ] **Light**
  Flashlight or headlamp; shared lantern if needed.
- [ ] **Phone power**
  Charged compatible power bank and correct cables.
- [ ] **Official updates**
  Battery-powered radio and written local alert information.
- [ ] **Hygiene**
  Soap, toilet paper, waste bags, dental and personal-care items.
- [ ] **Clothing and warmth**
  Suitable layers, change of clothes, sturdy shoes and blanket.
- [ ] **Cash, documents and keys**
  Modest small-bill reserve, protected copies, written contacts and spare keys.
- [ ] **Children, pets and access**
  Feeding and animal supplies; essential assistive equipment.
- [ ] **Plan and maintenance**
  Meeting places, assistance contacts, safe destination and review date.

A planning aid, not a safety certification. Three days is a starting reserve; follow local instructions and adapt for medical needs, children, pets and your hazards.

WATER + HOUSEHOLD INVENTORY

U.S. baseline: people x days x 1 U.S. gallon, plus your additional allowance.

People: _____ Days: _____ Baseline: _____ gallons

Extra allowance (pets / other needs): _____ gallons

Total target: _____ gallons Already stored: _____ gallons

Still needed: _____ gallons Storage locations:

For 3 days: 1 person = 3 gallons (11.4 L); 2 people = 6 gallons (22.7 L); 4 people = 12 gallons (45.4 L). Add for household needs. One U.S. gallon is about 3.785 litres.

CATEGORY	HAVE / NEED	LOCATION / REVIEW
Water and food		
Medicines and care		
Light and phone power		
Radio and written contacts		
Hygiene and clothing		
Personal / pet supplies		

Store self-filled water in clean food-grade containers; label and replace every 6 months. Follow dates on commercially bottled water. Keep away from heat, sunlight and chemicals. Source: CDC emergency water supply guidance.

CONTACTS + REVIEW PLAN

Keep private details secure. Write a plan you can use without a phone connection.

Nearby contact / phone:

Out-of-area contact / phone:

Meeting place / alternative:

Assistance and transport arrangement:

Care team / pharmacy / storage instructions:

Grab-last items and who collects them:

Next review date / person responsible:

Practise finding the light, opening a meal, charging the phone and lifting the bag. Recheck after use, changed treatment, household changes or seasonal risks.

Sources and complete guidance: readyresourceful.com/news/eu-72-hour-preparedness-guidance/ | FEMA / Ready.gov kit checklist; CDC water, care, infant and pet guidance; American Red Cross kit guidance. No medical prescription or product test is claimed.