



#### Disclaimer

The 72-Hour Emergency Kit Checklist eBook is provided for informational and educational purposes only. While every effort has been made to ensure the accuracy, reliability, and usefulness of the information shared, the author and publisher do not guarantee the completeness or applicability of the content to every individual situation.

We encourage readers to:

Use their own judgment and discretion when assembling emergency supplies.

Follow local laws, regulations, and guidelines for emergency preparedness.

Seek expert advice where necessary, especially for medical, legal, or specialized survival concerns.

The author and publisher disclaim any liability for loss, injury, or damages resulting from the use or misuse of the materials or recommendations in this guide. By using this eBook, you agree to take full responsibility for your personal safety, preparedness, and decision-making.

Remember: Emergency preparedness is a personal responsibility. Stay informed, stay safe, and adjust your plans to fit your household's unique needs.



#### lntroduction: Why You Need a 72-Hour Emergency Kit

When an emergency strikes, you may have little to no warning — and even less time to react. Natural disasters, power outages, severe weather, floods, fires, or unexpected events can leave you and your family without access to necessities for days.

That's where a 72-hour emergency kit comes in. Having the right supplies ready to grab at a moment's notice could be the difference between chaos and calm — between danger and survival.

A 72-hour kit isn't about living in fear. It's about living with confidence — knowing that no matter what happens, you're prepared to take care of yourself, your family, and even your neighbors if needed.



What Is a 72-Hour Emergency Kit?

A 72-hour emergency kit is a collection of essential supplies — food, water, medical items, tools, clothing, and important documents — designed to sustain you for at least three days after a disaster.

This gives you the time you need to:

Wait for help if services are delayed

Relocate to a safer area if necessary

Handle immediate survival needs without panic



Who Needs a 72-Hour Kit?

Everyone. Emergencies don't discriminate by age, location, or lifestyle.

Whether you live in a big city, small town, rural area, or suburban neighborhood — whether you rent a studio apartment or own a large home — having a 72-hour kit gives you a vital safety net.

If you have kids, elderly parents, pets, or medical needs, having a plan and a kit is even more critical.

🚨 What You'll Learn in This Guide

In this eBook, you'll discover:

Exactly what you need in your 72-hour kit

How much food, water, and supplies to pack

How to tailor your kit for babies, pets, seniors, and special needs

How to store, maintain, and update your kit throughout the year

Bonus printable checklists to make preparation easy!



#### Schapter 1: Water Supplies

In any emergency, water is your first survival priority. The human body can survive for weeks without food — but only a few days without water. That's why securing a safe water supply is absolutely critical when building your 72hour emergency kit.

How Much Water Do You Need?

The minimum recommended amount is:

1 gallon of water per person per day.

That's 3 gallons per person for a 72-hour (3-day) period.

Example: A family of four needs at least 12 gallons of water in their kit.

This covers:

Drinking (primary need)

Food preparation (if cooking is necessary)

Basic hygiene (washing hands, brushing teeth)

Pro Tip: Plan for extra water if you live in a tropical climate, if you're pregnant, if you have small children, or if you're caring for pets.



Best Ways to Store Emergency Water

1. Store-bought Bottled Water
Convenient and ready to go.
Watch the expiration dates — rotate your supply every 6–12 months.
2. Large Water Containers (5 to 7 gallons)
Heavy-duty, reusable containers are ideal for storing bulk water at home.
Choose BPA-free, food-grade plastic.
Label the container with the date you filled it and sanitize it regularly.
3. Water Pouches
Individually packaged emergency water pouches have long shelf lives (often 5+ years).
Perfect for grab-and-go kits or smaller spaces.
Water Purification Options
In a genuine emergency, even stored water can become contaminated — or you might have to collect water from unknown sources. Adding purification tools to your kit provides a critical backup plan.
Essential Purification Options:

Water Purification Tablets: Lightweight and effective against bacteria and viruses.

Portable Water Filter (like a Life straw): Small, easy-to-use device for safe drinking straight from lakes, rivers, or taps.

Boiling Water: If you have a heat source, boiling water for 1–3 minutes kills most pathogens.

#### Chapter 2: Food Supplies

While water is the top survival priority, food is your energy source. During a crisis, you'll need easy-to-prepare, calorie-dense foods that keep your strength and morale up with no need for fancy cooking tools.

Building a smart emergency food supply is simple — it's all about choosing the right types and quantities.

How Much Food Do You Need?

Plan for:

At least 2,000 calories per person, per day for adults

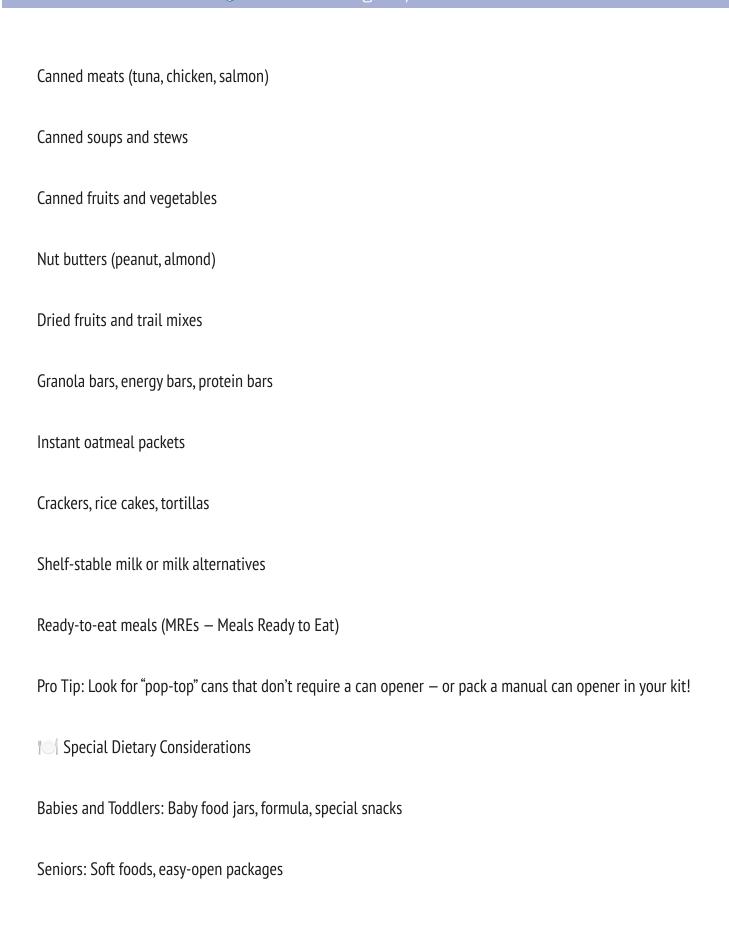
Higher amounts for children, pregnant women, or active individuals

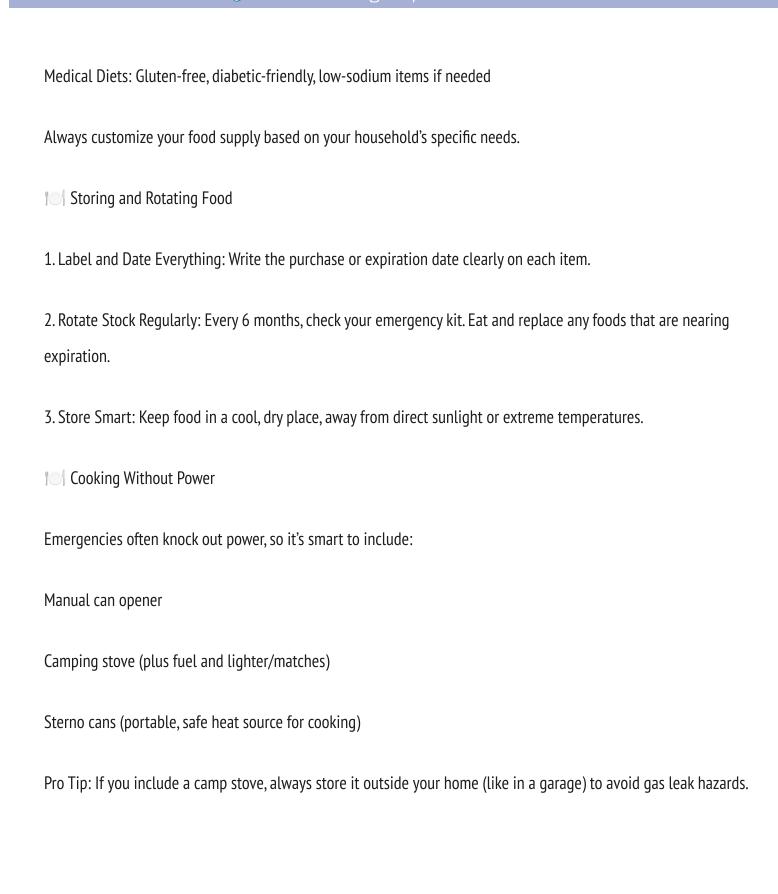
Multiply that by 3 days to cover the full 72-hour period.

Pro Tip: Choose foods your family actually likes. Comfort foods boost morale in stressful times!

Best Food Choices for Your 72-Hour Kit

No-Preparation or Minimal-Preparation Foods:







#### Chapter 3: First Aid and Medications

Emergencies often bring minor injuries — and sometimes major ones. Having a well-stocked first aid kit and critical medications ready can make the difference between a quick recovery and a serious complication.

In a crisis, professional medical help might not be immediately available — you'll be your own first responder.

Let's make sure you're prepared.



Your kit should include:

Adhesive bandages (various sizes)

Sterile gauze pads and adhesive tape

Antiseptic wipes and antibiotic ointment

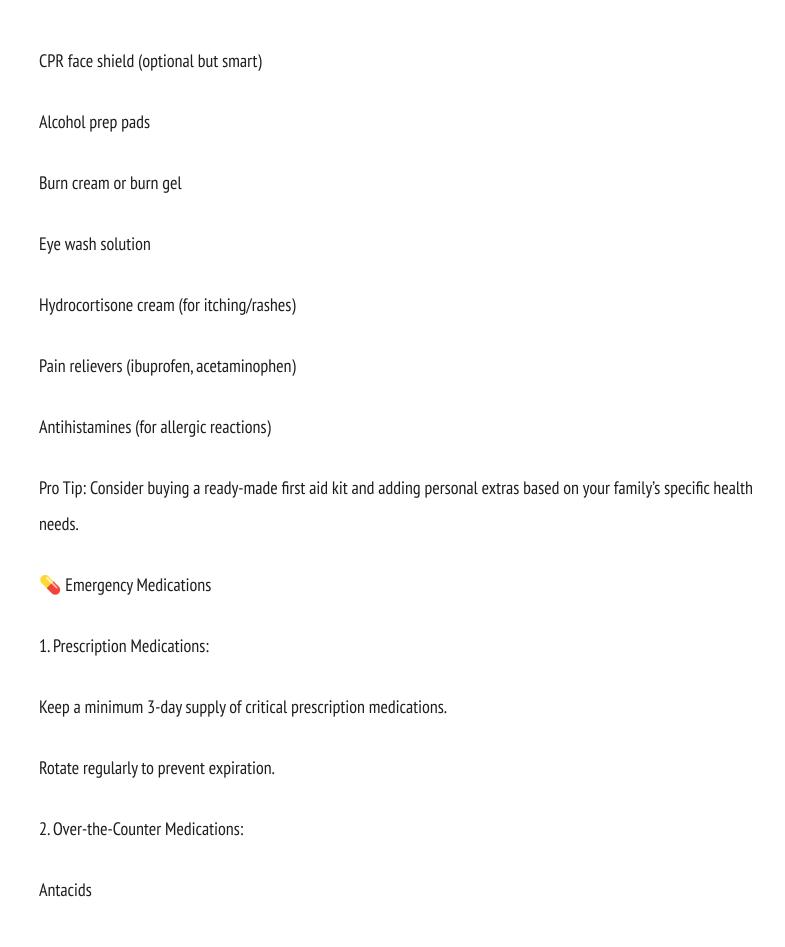
Tweezers and scissors

Elastic bandages (for sprains and strains)

Instant cold packs

Thermometer

Disposable gloves (nitrile preferred)





Anti-diarrheal medication
Electrolyte powders (for dehydration)
Cough drops
3. Specialized Needs:
EpiPens (for severe allergies)
Inhalers (for asthma)
Insulin (if needed — consider cool storage options)
Pro Tip: Store medications in waterproof bags and keep a printed list of dosages and prescriptions for your kit.
Medical Documentation to Include
List of allergies
List of current medications
Copies of insurance cards
Emergency contact information
Physician's contact info



Pro Tip: Place documents in a waterproof pouch and consider a digital backup on a flash drive.

Special Considerations for Babies, Seniors, and Pets

Baby supplies (infant pain reliever, teething gel)

Senior needs (hearing aid batteries, denture care)

Pet first aid (vet records, extra flea/tick medications)

Tailor your first aid supplies to match the unique needs of your household.

#### 📚 Chapter 4: Tools and Equipment

In an emergency, the right tools aren't a luxury — they're a lifeline. Whether it's cutting through debris, signaling for help, or finding your way in the dark, having simple, durable tools can make all the difference.

Let's pack the essential gear every emergency kit should have!

## 1. Flashlights

Why You Need It: Power outages are common during emergencies. Flashlights provide safe, focused light for moving, working, and signaling in the dark.



Pro Tip:

Pack extra batteries (store them separately)

Include both hand-held and headlamp options for hands-free use



2. Multi-Tool or Pocket Knife

Why You Need It: A good multi-tool combines pliers, knives, screwdrivers, scissors, and more — all in one compact package.

Pro Tip: Choose a durable, stainless-steel model with locking tools for added safety.



Why You Need It: When power and cell service are down, a battery-operated or hand-crank emergency radio keeps you informed of weather alerts, evacuation orders, and important updates.

Pro Tip: Look for models that also charge phones via USB!

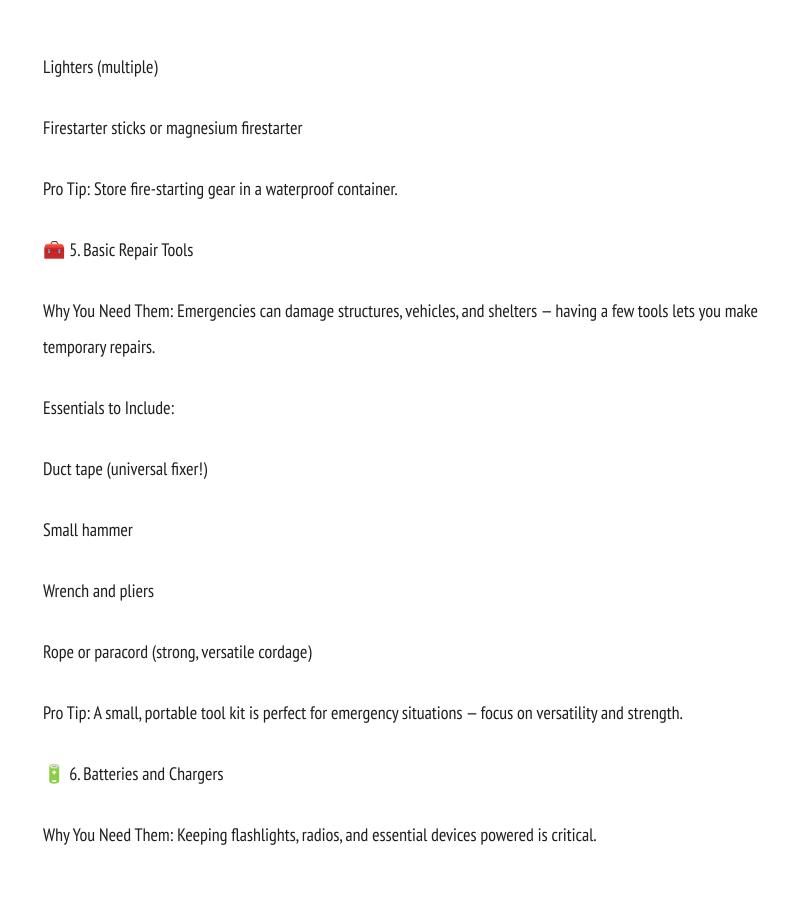


4. Fire Starters

Why You Need It: Fire is essential for warmth, signaling, and even cooking if needed.

Essentials to Pack:

Waterproof matches





Essentials to Pack:

Extra batteries (AA, AAA, D — whatever your gear uses)

Solar chargers or portable battery packs for phones and radios



#### Chapter 5: Clothing and Personal Items

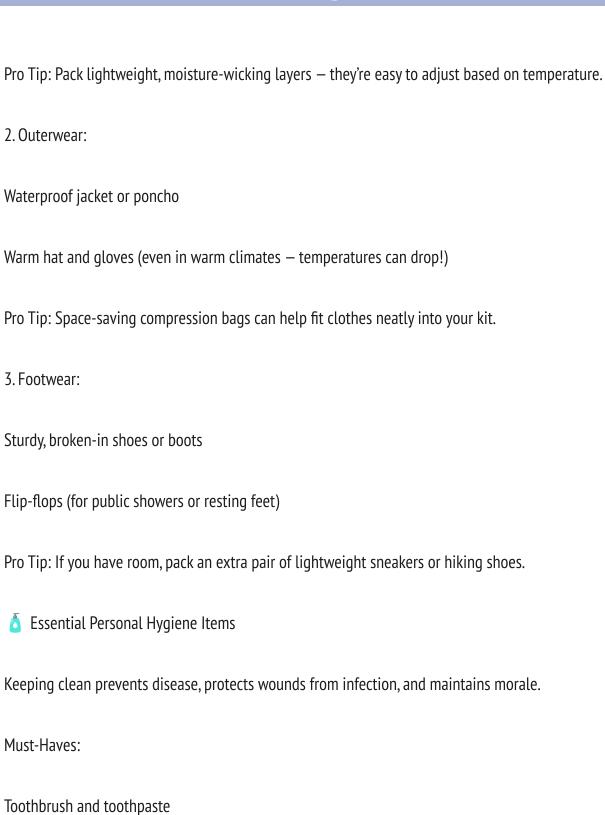
In an emergency, staying dry, warm, and clean is more than just about comfort — it's about survival. Packing the right clothing and personal items in your 72-hour kit protects your health, boosts morale, and helps you adapt to unexpected conditions.

Let's break down what you need.



Essential Clothing to Pack

- 1. Extra Clothes (for Each Person):
- 1-2 sets of underwear
- 1-2 pairs of socks
- 1 long-sleeve shirt and 1 short-sleeve shirt
- 1 pair of durable pants
- 1 warm sweatshirt or jacket



Soap (small bar or travel-sized liquid soap)



Hand sanitizer
Baby wipes or wet wipes (for quick cleanups)
Deodorant
Feminine hygiene products
Towel or microfiber cloth
Razor (optional)
Comb or brush
Pro Tip: Choose compact, travel-sized hygiene items to save space.
Additional Personal Comfort Items
Toilet paper (pack small rolls or compressed wipes)
Lip balm (dry conditions and wind)
Sunscreen (yes, even during storms or winter)
Bug spray or insect repellent
Eye drops (helpful if you're exposed to dust or smoke)

Pro Tip: Store hygiene supplies in a waterproof bag to prevent leaks.



Special Considerations

Babies/Toddlers: Diapers, wipes, formula, baby lotion

Seniors: Denture care, special hygiene needs

Pets: Waste bags, grooming wipes



In an emergency, access to the right documents — and having a little cash on hand — can make an enormous difference. Whether it's proving your identity, accessing medical care, or paying for emergency supplies when digital payment systems are down, being prepared is critical.

Let's make sure you have what you need safely packed.

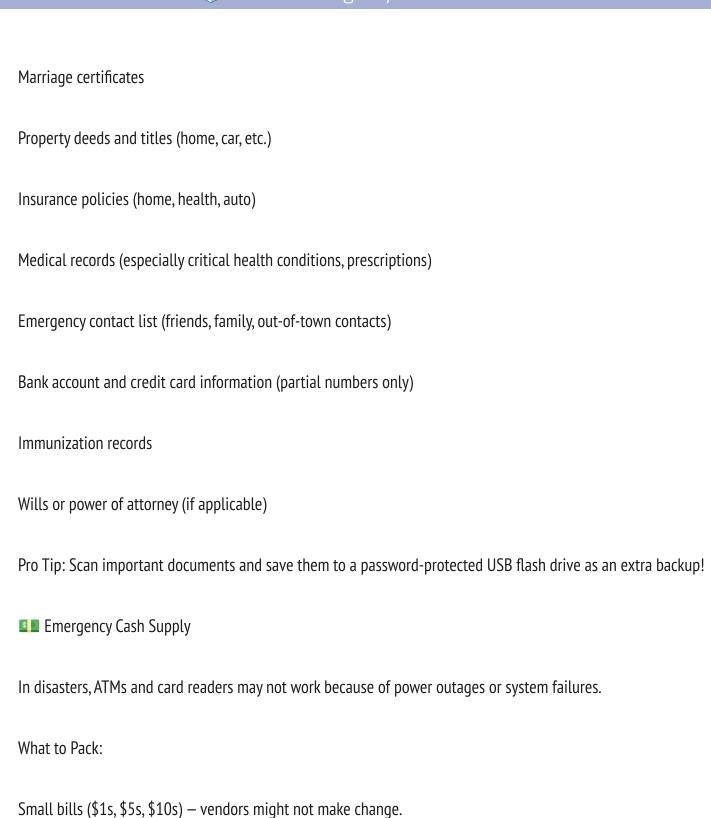


Make copies (never originals) of the following, and store them in a waterproof pouch or fireproof folder:

Personal identification (driver's licenses, passports)

Social Security cards

Birth certificates



At least \$100-\$300 in cash, if possible.

Coins for pay phones (yes, they still exist in some areas!) or vending machines.

Pro Tip: Divide your cash into several sealed envelopes and store them in different parts of your kit.



**Best Practices:** 

Use waterproof, fireproof containers or heavy-duty zipper bags.

Keep copies with your emergency kit and a second set in a secure location (like a trusted relative's house or safe deposit box).

Review and update your documents every 6 months.

#### Chapter 7: Communication and Power Backups

In an emergency, staying informed and staying connected could save your life. Whether you're receiving evacuation orders, checking weather updates, or reaching out to loved ones, reliable communication and power are crucial.

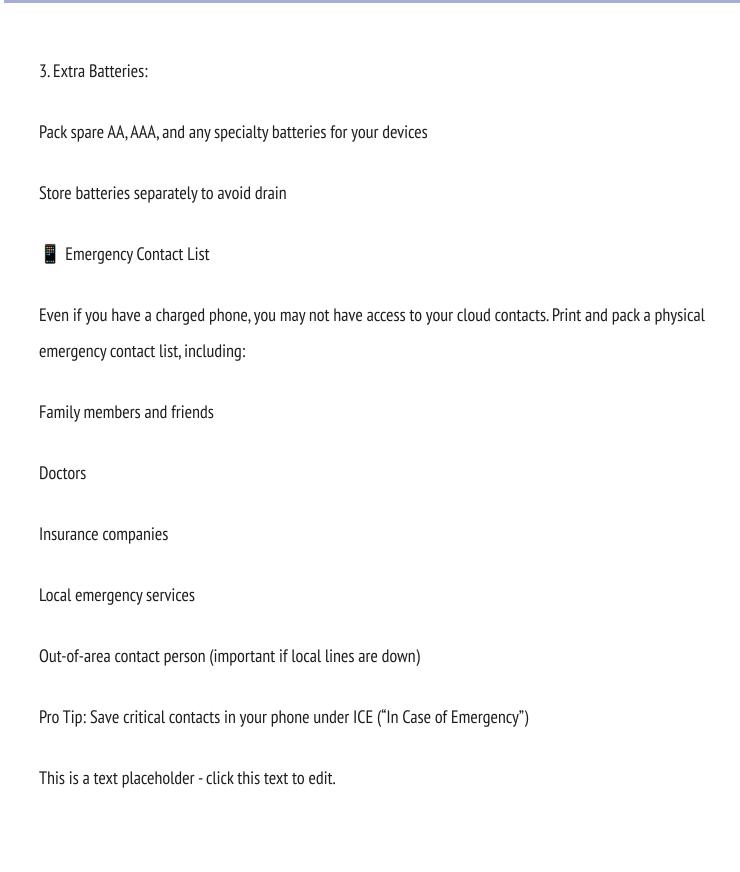
Let's make sure you can stay connected — no matter what.

Emergency Communication Essentials

1. Battery-Operated or Hand-Crank Radio:

Listen to emergency broadcasts (NOAA weather alerts, local updates)

Hand-crank models are ideal — no batteries needed! Pro Tip: Choose a radio with multiple power options: battery, solar, and hand-crank. 2. Two-Way Radios (Walkie-Talkies): Stay in touch with family members if separated nearby Useful when cell towers are down Pro Tip: Practice using them beforehand — and agree on emergency channels to monitor. Power Backup Essentials 1. Power Banks and Portable Chargers: Keep phones, flashlights, and small devices running Choose models with at least 10,000 mAh capacity for multiple charges 2. Solar Chargers: Harness the power of the sun if electricity is unavailable for long periods Great for phones, radios, and rechargeable flashlights Pro Tip: Test your solar chargers regularly — they work best when fully exposed to direct sunlight.





#### Chapter 8: Special Needs Items

Every household is unique — and so is every emergency kit. A truly complete 72-hour kit isn't just about generic supplies — it's about tailoring it to meet the specific needs of the people (and pets!) you love.

Let's make sure no one gets left behind.

#### 1. Babies and Toddlers

Babies have special needs that require extra preparation.

Pack:

Diapers (at least 10–12 per day)

Baby wipes

Formula and bottles (even if breastfeeding – emergencies can interrupt nursing)

Baby food jars or pouches

**Pacifiers** 

Small blankets

Baby carrier or sling (for mobility)

Pro Tip: Rotate baby supplies every few months as your child grows!



Older adults may require additional support during emergencies.

Pack:

Extra medications

Hearing aid batteries

Glasses and/or backup prescription lenses

Mobility aids (cane, walker, wheelchair essentials)

Denture supplies

Adult incontinence products (if needed)

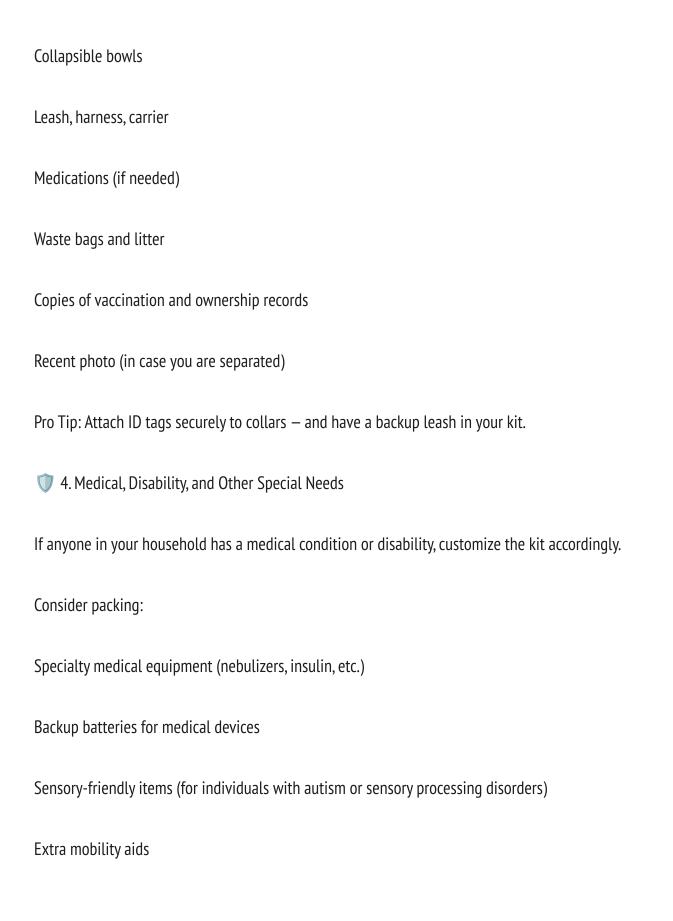
Pro Tip: Include a written copy of medical conditions and treatment plans for quick access.

🐾 3. Pets

Our furry family members need emergency kits too!

Pack:

3-day supply of food and water

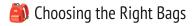


Pro Tip: Include clear, easy-to-read instructions for medical devices — helpful for others who may assist.



You've gathered the right supplies — now it's time to pack them smartly! In an emergency, speed, organization, and accessibility are key. Your kit should be ready to grab at a moment's notice — no digging, no guessing.

Let's pack it right.



**Best Options:** 

Backpacks: Great for portability and individual kits (one per family member if possible).

Duffel Bags: Spacious and easy to toss in a car.

Plastic Storage Bins: Best for home storage; waterproof and stackable.

Pro Tip: Choose bags that are lightweight, durable, and have multiple compartments for better organization.

Packing Strategy: Layer Smart

#### 1. Accessibility First:

Keep flashlights, first aid kits, and important documents at the top or in outside pockets.

2. Protect Fragile Items:

Wrap batteries, electronics, and medication in soft clothing or zippered pouches. 3. Balance Weight: Heavy items (water, canned goods) near the bottom and close to your back if using a backpack. Lighter items (clothing, hygiene supplies) toward the top. Pro Tip: disperse weight to avoid straining your shoulders and back when carrying. Creating Family Kits vs. Individual Kits Family Kit: One large bag for the entire household's essential shared supplies (food, water, first aid, tools). Individual Kits: Smaller backpacks for each person with their own clothes, personal hygiene, documents, and a flashlight. Pro Tip: Color-code or label kits for each family member to make grabbing and organizing faster. Where to Store Your Kits Home: Near an exit (like a closet by the front door or garage)

Car: Small emergency bag with basics (water, food bars, first aid, blanket)

Work: Mini-kit in your office or locker

School (for kids): Small emergency supplies in backpacks (where allowed)

Pro Tip: Tell family members exactly where the kits are stored — don't assume they'll know in an emergency.

#### Schapter 10: Maintenance and Updates

Congratulations — you've built your 72-hour emergency kit!

But here's the truth: a kit that sits forgotten will not help you when disaster strikes.

The best emergency kit is one that's fresh, complete, and ready at a moment's notice.

Let's keep your kit updated and dependable.



# 1. Schedule Regular Checkups

**Every 6 months**, review and refresh your kit:

- Check expiration dates on food, water, and medications.
- Replace batteries in flashlights, radios, and other electronics.
- Inspect clothing for correct sizes (especially for growing kids).
- Update important documents if addresses, insurance, or contact info changes.

#### Pro Tip:

Use daylight saving time changes as reminders — check your emergency kit when you adjust your clocks!



# 2. Adjust for Seasonal Changes

Emergencies don't always happen in summer sunshine.

Adjust your kit based on the season:

- Winter: Add extra blankets, hand warmers, heavier clothing, ice scraper
- **Summer:** Add sunscreen, bug spray, electrolyte drinks
- **Storm seasons:** Double-check tarps, ropes, and waterproof gear

#### Pro Tip:

Keep a small "seasonal add-on bag" nearby for quick swaps.



# 3. Update Special Needs Supplies

As your household grows and changes, update:

- Baby supplies (size up diapers, bottles, food)
- Pet supplies (new medications, updated tags)
- Senior care items (mobility aids, health care needs)
- Medical conditions (new prescriptions or devices)



# 4. Practice Family Drills

Knowing you have a kit isn't enough — practice using it:

- Hold a "grab-and-go" drill with your family once a year.
- Practice using radios, fire-starting tools, and first aid kits.
- Review emergency contact lists together.



#### Pro Tip:

Turn practice drills into family games — prizes for the fastest bag grab or best radio communication!

#### Congratulations!

You've now built — and know how to maintain — a complete, smart, life-saving **72-Hour Emergency Kit**. You're better prepared than most people ever will be.

#### Remember:

Preparation isn't about fear — it's about **confidence**, **courage**, and **caring** for those who matter most.

Stay safe, stay smart, and stay strong! 🕡 🏡



- Nicholas Ifill

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