

# 72-hour emergency kit

## **ACTION CHECKLIST**

**Start with at least three days of safe water, ready-to-eat food, essential medicines, lighting and communication supplies. Include one gallon of water per person per day as a starting point, and account for pets, heat, medical needs and accessibility.**

### **[ ] Inventory what you own**

Gather usable supplies before buying duplicates.

### **[ ] Cover essentials**

Choose safe water, shelf-stable food, a can opener, light, radio, batteries and phone charging.

### **[ ] Personalize**

Add medication arrangements, eyeglasses, infant needs, pet supplies, hygiene and accessible equipment.

### **[ ] Maintain the kit**

Label dates, rotate food and water as instructed and check supplies routinely.

## **WATCH FOR**

A standard checklist is only a starting point; three days may not cover a prolonged disruption.

## **IF HELP IS UNAVAILABLE**

If shops close today, inventory water, shelf-stable food, medicine and batteries already at home. Put them together and write down gaps. Build a usable kit in stages; a partly stocked kit is more useful than waiting for an expensive perfect one.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/preparedness/72-hour-kit/>

72-hour emergency kit · official guidance