

72-hour emergency kit

SHOPPING LIST

Check what you already own. Adapt quantities to your household; these supplies are for preparation, not a reason to delay urgent action.

[] Bottled water / food-grade water containers

Quantity needed: _____ Already have: _____

[] Shelf-stable food and manual can opener

Quantity needed: _____ Already have: _____

[] Flashlight and spare batteries

Quantity needed: _____ Already have: _____

[] Battery radio

Quantity needed: _____ Already have: _____

[] Power bank and charging cables

Quantity needed: _____ Already have: _____

[] First aid supplies

Quantity needed: _____ Already have: _____

[] Hygiene supplies

Quantity needed: _____ Already have: _____

[] Pet and infant supplies as needed

Quantity needed: _____ Already have: _____

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