

FREE PREPAREDNESS STARTER KIT

**READY FOR
ANYTHING**

THE 72-HOUR EMERGENCY SURVIVAL CHECKLIST

**A SIMPLE STEP-BY-STEP GUIDE TO PREPARING YOUR
FAMILY
FOR THE FIRST THREE DAYS OF AN EMERGENCY**

**WATER • FOOD • FIRST AID • POWER •
COMMUNICATIONS**

**CHILDREN • SENIORS • PETS • EVACUATION •
GO-BAGS**

BE READY. STAY READY. BE READY FOR ANYTHING.

START HERE

ARE YOU READY FOR THE FIRST 72 HOURS?

Emergencies rarely happen when it is convenient. A storm knocks out power. A water main breaks. Flooding closes roads. A wildfire forces an evacuation. A winter storm isolates your family. A supply disruption empties shelves faster than expected.

The first 72 hours can be confusing and stressful. Utilities may be interrupted. Stores may be closed or crowded. Roads may be difficult to travel. Communication systems can become unreliable.

The purpose of this checklist is simple: help your household become capable of taking care of its basic needs for at least 72 hours.

You do not need a bunker or thousands of dollars in survival equipment. You need a practical plan, basic supplies, and a willingness to start before the emergency happens.

HOW TO USE THIS CHECKLIST

- HAVE IT — Available and ready to use.
- NEED TO CHECK — Locate, test, inspect, or replace it.
- NEED IT — Add it to your preparedness shopping list.

BUILD PREPAREDNESS IN LAYERS

- 72 HOURS — Your first objective.
- 7 DAYS — Build breathing room.
- 14 DAYS — Strengthen household resilience.
- 30 DAYS — Create a serious emergency buffer.

ACTION STEP

Do not try to buy everything today. Identify your biggest gaps and close them one at a time.

SECTION 1

EMERGENCY WATER CHECKLIST

If you prepare for nothing else, prepare for a water emergency. A practical minimum planning guideline is approximately **1 gallon per person per day**.

- ☐ Three-day drinking water supply
- ☐ Extra water for cooking
- ☐ Extra water for pets
- ☐ Portable water bottles
- ☐ Food-grade water storage containers
- ☐ Backup filtration method
- ☐ Backup water treatment method
- ☐ Stored water clearly dated
- ☐ Family knows where emergency water is stored

People in household: _____

Gallons needed for 72 hours: _____

Gallons currently stored: _____

Additional gallons needed: _____

ACTION STEP

Before the end of this week, store enough drinking water for every person in your household for three days.

SECTION 2

72-HOUR EMERGENCY FOOD CHECKLIST

Start with familiar, shelf-stable foods your family will actually eat. Choose simple foods requiring little preparation.

- ☐ Ready-to-eat foods: peanut butter, crackers, bars, trail mix, nuts, dried fruit
- ☐ Shelf-stable proteins: canned chicken, tuna, salmon, beans, nuts
- ☐ Breakfast foods: oatmeal, granola, cereal, dried fruit
- ☐ Simple meals: soup, chili, stew, pasta, rice, beans, canned vegetables
- ☐ Comfort foods: coffee, tea, hot chocolate, chocolate, favorite snacks
- ☐ Manual can opener, utensils, cups, paper towels, trash bags
- ☐ Safe backup cooking method and appropriate fuel, if needed
- ☐ Three breakfasts
- ☐ Three lunches
- ☐ Three dinners
- ☐ Snacks for three days

Breakfast gap: _____

Lunch gap: _____

Dinner gap: _____

ACTION STEP

Plan nine simple meals—three breakfasts, three lunches, and three dinners. Buy those foods first.

SECTION 3

FIRST AID & MEDICATION

Your goal is not to replace medical professionals. Your goal is to manage basic needs and provide appropriate first aid until professional care is available.

- ☐ Adhesive bandages in multiple sizes
- ☐ Sterile gauze pads and rolls
- ☐ Medical tape and antiseptic supplies
- ☐ Disposable medical gloves
- ☐ Tweezers and medical scissors
- ☐ Thermometer and instant cold packs
- ☐ Elastic bandage and basic wound care supplies
- ☐ First aid reference guide
- ☐ Current medication list
- ☐ Dosages and schedules documented
- ☐ Doctor and pharmacy contact information
- ☐ Prescription supply checked
- ☐ Medication refrigeration requirements identified
- ☐ Medical conditions and allergies documented
- ☐ Insurance information available

First aid kit location:

Pharmacy:

Primary doctor:

ACTION STEP

Open your first aid kit today. Locate it, inspect it, and replace missing, damaged, or expired supplies as appropriate.

SECTION 4

POWER, LIGHTING & EMERGENCY TOOLS

A power outage is one of the most common household emergencies. Do not rely on one flashlight hidden in the garage.

- ☐ Flashlight for each household member
- ☐ Headlamp and LED lantern
- ☐ Spare batteries
- ☐ Charged phone power bank
- ☐ Charging cables and vehicle adapter
- ☐ Backup plan for essential medical devices
- ☐ Adjustable wrench and pliers
- ☐ Screwdrivers and utility knife
- ☐ Work gloves and duct tape
- ☐ Heavy-duty trash bags
- ☐ Plastic sheeting or tarp
- ☐ Cordage
- ☐ Fire extinguisher

- ☐ Electrical panel located
- ☐ Main water shutoff located
- ☐ Gas shutoff located, if applicable

Electrical panel location: _____

Water shutoff location: _____

Gas shutoff location: _____

ACTION STEP

Take five minutes and locate your home's utility controls. If unsure how or when to shut off a utility, get guidance from the utility provider or a qualified professional.

SECTION 5

EMERGENCY COMMUNICATIONS

Your phone is useful—but it is not a complete emergency communication plan.

- ☐ Cell phones and charging cables
- ☐ Charged power banks
- ☐ Battery-powered or emergency radio
- ☐ Weather information source
- ☐ Printed emergency contact list
- ☐ Printed local emergency numbers
- ☐ Primary family contact identified
- ☐ Out-of-area contact identified
- ☐ Primary meeting place selected
- ☐ Secondary meeting place selected
- ☐ Family members know the plan

Primary meeting place:

Secondary meeting place:

Out-of-area contact:

Contact phone:

ACTION STEP

Write emergency contacts on paper. If your phone is lost, damaged, or dead, you should still have critical numbers.

SECTION 6

CHILDREN, BABIES & SENIOR CARE

Ask: **What does this family member need every single day?** Make sure your 72-hour plan supports those needs.

- ☐ Formula or appropriate feeding supplies
- ☐ Baby food and bottles
- ☐ Diapers and wipes
- ☐ Age-appropriate medications
- ☐ Extra clothing and blankets
- ☐ Comfort items
- ☐ Books, coloring supplies, or small games
- ☐ Written family contact information
- ☐ Senior medication list and prescription supplies
- ☐ Mobility aids
- ☐ Spare batteries for appropriate devices
- ☐ Hearing or vision supplies
- ☐ Special dietary foods
- ☐ Medical information sheet
- ☐ Emergency contacts
- ☐ Transportation assistance plan

Special daily need:

Supply needed:

Backup plan:

**ACTION
STEP**

Add specialized supplies now. A generic emergency kit may not meet the needs of every person in your household.

SECTION 7

PET EMERGENCY CHECKLIST

Pets depend on you for food, water, transportation, medical records, and evacuation planning.

- ☐ Three-day minimum pet food supply
- ☐ Emergency pet water
- ☐ Food and water bowls
- ☐ Leash and harness
- ☐ Secure carrier
- ☐ Backup collar and current ID tag
- ☐ Current pet photograph
- ☐ Medications and instructions
- ☐ Vaccination records
- ☐ Veterinarian information
- ☐ Waste bags or litter supplies
- ☐ Cleaning supplies
- ☐ Favorite toy, blanket, or familiar bedding
- ☐ Pet-friendly evacuation location identified
- ☐ Pet-friendly hotel options researched
- ☐ Carrier is easy to access

Pet name:

Veterinarian:

Veterinarian phone:

Medication / special needs:

ACTION STEP

Put your pet's leash or carrier where you can reach it quickly. In an evacuation, minutes matter.

SECTION 8

VEHICLE & EVACUATION CHECKLIST

Some emergencies require staying home. Others require leaving quickly. Your family should be prepared for both.

- ☐ Drinking water and emergency snacks
- ☐ First aid kit and flashlight
- ☐ Charging cable and power bank
- ☐ Blanket and seasonal clothing
- ☐ Work gloves
- ☐ Basic vehicle emergency supplies
- ☐ Printed map and emergency contacts
- ☐ Fuel level checked regularly
- ☐ Tires and spare tire checked, if equipped
- ☐ Vehicle maintenance current
- ☐ Two evacuation routes identified

- ☐ Primary and secondary destinations selected
- ☐ Medications and documents ready
- ☐ Pet transport plan ready
- ☐ Official emergency instructions will be followed

Route 1: _____

Route 2: _____

Primary destination: _____

Secondary destination: _____

ACTION STEP

If your normal route were blocked, which way would you go? Choose an alternate route now.

SECTION 9

THE 72-HOUR GO-BAG

A go-bag is a portable emergency kit designed to leave with you. It should contain essentials—not everything you own.

- ☐ Water and water bottle
- ☐ Portable water treatment option
- ☐ Ready-to-eat food
- ☐ First aid supplies
- ☐ Prescription medications
- ☐ Flashlight and headlamp
- ☐ Spare batteries
- ☐ Power bank and charging cable
- ☐ Emergency information source
- ☐ Change of clothing
- ☐ Weather-appropriate clothing
- ☐ Sturdy footwear
- ☐ Hygiene supplies
- ☐ Emergency blanket
- ☐ Cash
- ☐ Copies of important documents
- ☐ Printed emergency contacts
- ☐ Local map

My go-bag is stored:

Family members know the location:

ACTION STEP

A perfect kit buried under twelve boxes is not a practical evacuation kit. Keep it accessible.

SECTION 10

HOME KIT, DOCUMENTS & CASH

Create a central emergency supply area and protect the information your household may need during recovery.

- ☐ Water and emergency food
- ☐ First aid supplies and medications
- ☐ Flashlights, lanterns, and batteries
- ☐ Power banks and emergency radio
- ☐ Basic tools and fire extinguisher
- ☐ Hygiene and cleaning supplies
- ☐ Trash bags and emergency cooking supplies
- ☐ Pet supplies
- ☐ Identification and driver's licenses
- ☐ Passports and birth certificates
- ☐ Insurance information
- ☐ Medical and prescription information

- ☐ Property and vehicle information
- ☐ Pet vaccination records
- ☐ Emergency contacts
- ☐ Waterproof document storage
- ☐ Appropriate digital backup
- ☐ Reasonable emergency cash reserve in small bills
- ☐ Backup payment method
- ☐ Emergency fund started

Main emergency supply location: _____

Secure document location: _____

Backup location: _____

ACTION STEP

Create one secure emergency document folder. Protect sensitive personal and financial information appropriately.

YOUR 72-HOUR READINESS SCORECARD

Be honest. This is not a test. It is a tool for identifying the gaps that deserve attention first.

AREA	READY	NEEDS WORK	NOT STARTED / N/A
Water	☐	☐	☐
Food	☐	☐	☐
First Aid	☐	☐	☐
Medications	☐	☐	☐
Lighting	☐	☐	☐
Backup Power	☐	☐	☐
Communications	☐	☐	☐
Family Plan	☐	☐	☐
Children / Senior Needs	☐	☐	☐
Pets	☐	☐	☐
Vehicle	☐	☐	☐
Evacuation	☐	☐	☐
Go-Bags	☐	☐	☐
Important Documents	☐	☐	☐
Emergency Cash	☐	☐	☐

YOUR TOP FIVE PREPAREDNESS GAPS

1.
2.
3.
4.
5.

ACTION
STEP

These five gaps are your priorities. Fix these first.

YOUR ACTION PLAN

SHOPPING & MAINTENANCE

Turn your gaps into a short, affordable shopping plan.

PRIORITY	ITEM	EST. COST	DONE
1		\$	☐
2		\$	☐
3		\$	☐
4		\$	☐
5		\$	☐

Total preparedness budget:

MONTHLY QUICK CHECK

- ☐ Check emergency water and food
- ☐ Check prescription needs and first aid supplies
- ☐ Test flashlights and check batteries
- ☐ Charge power banks
- ☐ Check emergency radio
- ☐ Review pet supplies
- ☐ Check vehicle kit
- ☐ Confirm emergency contacts
- ☐ Inspect go-bags

SEASONAL / ANNUAL REVIEW

- ☐ Replace clothing for current weather
- ☐ Review severe weather risks
- ☐ Check home safety equipment
- ☐ Review evacuation routes and meeting locations
- ☐ Update family and medical information
- ☐ Review insurance and pet records
- ☐ Conduct a family emergency drill
- ☐ Reassess preparedness goals

ACTION STEP

Preparedness equipment that is never checked, charged, rotated, or practiced cannot be fully trusted.

YOU HAVE TAKEN THE FIRST STEP

YOU NOW KNOW WHERE YOUR PREPAREDNESS GAPS ARE.

Most families never stop to ask whether they are ready for a three-day emergency. You did. Now take action. Buy one extra case of water. Add three emergency meals. Check your first aid kit. Locate your utility shutoffs. Write down your emergency contacts. Prepare your pets.

Preparedness is not built in a single shopping trip. It is built one decision at a time.

READY TO GO BEYOND 72 HOURS?

THE COMPLETE READY FOR ANYTHING PREPAREDNESS PACKAGE

READY FOR ANYTHING eBook

Water • Food • Supply disruptions • Extended outages • Natural disasters • Medical preparedness • Sanitation • Communications • Evacuation • Pets • Recovery

EMERGENCY PREPAREDNESS PLANNER

Goals • Inventories • Emergency contacts • Maintenance • Family drills • Expenses • Progress

**GET BOTH FOR
\$49.95**

**BUILD THE PLAN. FILL THE GAPS. PROTECT THE
PEOPLE AND PETS WHO DEPEND ON YOU.**

BE READY. STAY READY. BE READY FOR ANYTHING.

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