

72 Hour Kit Printable Checklist

Use this helpful checklist to help motivate progress on your Emergency Preparedness journey. Each of the 10 steps give actionable ideas and guidance with suggestion timeframes to help your planning.

Read all the details and find the original printable in the blog post here:

<https://www.amomstake.com/72-hour-checklist/>

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We would love to hear ideas on how to improve and additional ideas for use of our printables! We welcome your feedback and experiences! You can also share your experiences using the hashtag **#AMomsTake** on your favorite social media channels.

Thank you for your support!

The Complete 72 Hour Kit Printable Checklist

Emergency Basics

Include in EVERY 72hr Kit:

Food & Snacks:

- Breakfast: Granola bars, Belvita, fruit pouches, oatmeal packet
- Lunch: Tuna/chicken salad kit, peanut butter, top ramen, canned soup
- Dinner: Freeze dried meal, ready rice or pasta, beans, chili, meat pouches, instant potatoes
- Snacks: Nuts, granola bars, fruit leather, beef jerky, protein shake, dried fruits, raisins, fruit cup, crackers

Water & Filtration:

- 6+ Water Bottles / Water Pouches
- Hydration Multiplier
- Lifestraw or filtering water bottle

Clothing:

- Long pants
- Long sleeve shirt
- Short sleeve shirt
- 2 pairs of socks
- 2 pairs of underwear

Toiletries:

- Hand sanitizer
- Baby wipes
- Toilet Paper
- Toothbrush
- Toothpaste
- Soap (unscented)
- Washcloth
- Tissue pack
- Feminine Hygiene
- Brush/comb
- Lotion
- Chapstick
- Hair elastics
- Deodorant

Emergency Essentials:

- Mylar thermal blanket(s)
- N95 mask, face masks
- Poncho
- Neck Gaiter – heat loss, mask, sun protection
- Flashlight and/or head lamp
- Extra batteries
- Whistle
- ID Card with photos / emergency plan
- Playing cards, coloring book, toy

72hr Supplies for the Group

ONE set per every 1-4 people:

Health & First Aid:

- First aid kit
- Mole skin
- Bleed-stop
- Cold compress
- Hot hands
- Medicine: pain relief, migraine, sleep aid, anti-diarrhea, allergy, ointment, nasal decongestant
- Prescription medicines
- Antibacterial wipes
- Latex gloves
- Tweezers
- Nail clippers
- Eye drops
- Sunscreen
- Bug spray

Emergency Essentials:

- Water filter pump
- Water purification drops
- Collapsible Hanging Lantern
- Fishing line, Paracord, Bungee
- Pocket knife
- Waterproof matches / Lighter
- Solar/crank Radio & Charger
- Charging cords
- Cooking Pot & Fuel
- Work gloves
- Sharpie
- Cash – in small bills
- Duct tape
- Tarp / shelter
- Carabiners
- Multitool
- Notebook and pen
- Garbage bags
- Ziploc bags
- Copies of important papers

Babies & Toddlers under 2 Add:

- Additional set of extra clothes
- Diapers
- Formula
- Bottle
- Pacifier
- Swaddling blanket
- Teething gel
- Hat (sun/cold protection)
- Infant carrier

Beyond 72 hours Supplies:

Store all items inside a 5-gallon bucket. The bucket(s) can then be used for hauling water, as a toilet, as a chair/table, etc.

Sanitation:

- 5-gallon bucket toilet lid
- Trash bags
- Urinal
- RV sanitizing toilet packets

Shelter & Warmth:

- Small tent or hammock
- Sleeping bag
- Travel pillow
- Beanie, Gloves, Scarf
- Backpacker's Towel

Cooking:

- Camp stove & fuel
- Small cast iron skillet
- Firewood
- Additional food & water
- Camelback

Tools & Supplies:

- Shovel or gardening trowel
- Large knife
- Saw
- Bible / Book
- Plastic sheeting
- Trauma supplies: tourniquet, shears, ace bandage, brace, butterfly bandage
- Weapon
- Pool noodle for flotation

Pet Kit – 1 set supplies per pet:

- Pet food & water
- Collapsible water bowl
- Leash
- Small comfort item: toy, blanket
- Poop bags

Grab & Go Checklist:

- 72-hour backpacks
- Shoes
- Keys
- Phone
- Wallet / Purse
- Jacket
- Camelback filled with water
- Turn off Water, Gas and Power
- Lock doors / set security alarm

Ultimate 72 Hour Kit – Shopping & Packing Guide

Food & Snacks: Look for ready-to-eat foods, especially those that do not require water. Check expiration dates to find food items that will last for 1-year to reduce the need for updating your 72hr kit. Keep in mind weight, size, and calories to find the best options for your family.

Recommended daily calories:

Children:	2-8: 1,400	9-14: 1,800
Females:	15+: 2,000	51+: 1,800
Males:	15+: 2,500	51+: 2,200

We have mentioned some suggested food items to help you get started, but keep in mind any food allergies, diets, restrictions, and food preferences. The easier to prepare, the better it will be for your kit. Choose a variety of snack-like foods that can be simply consumed and meals. Contain all food together in a 2-gallon Ziploc bag to keep it separate or in 1-gallon bags per day for easy distribution.

Water & Filtration: Water is your most important commodity. With many natural disasters, you may not be able to access clean water sources. It is also very heavy, and one of the most difficult things to pack. Adding hydration multipliers will help you stay hydrated while lessening the load. Make sure to also add options for purifying or filtering water in case your emergency lasts longer than your water.

Amazon is a great source for finding filtration options. Store water bottles or water pouches in a Ziploc bag so your water is preserved if they happen to leak or are punctured.

Clothing: Choose clothes that currently fit or are a little on the large size. You would rather have clothes one-size too big than too tight. For children, opt for one full clothing size larger. Keep in mind your local weather for extreme highs and lows and pack accordingly. It is better to be extra warm than freezing. Pick sturdy clothes that can get you through rough conditions and will not rip easily. Jeans are best and a thermal type of top works great. Add an extra set of clothes for young children. Pack a pair of older tennis shoes, when possible. Shoes can be strapped to the outside of the pack.

Keep clothes with stains that you no longer want in your closet instead of donating! Or shop second-hand stores for inexpensive clothing to add to your kit. Store in a gallon Ziploc bag that can be reused for other needs!

Toiletries: Choose very small, travel sized, items for your toiletries. You are planning supplies for 72 hours to get you by a worst-case scenario.

Shop dollar stores or Target dollar spot to find small sized items or repackage into small containers. Save any sample packs for your 72 hr kit supplies! Store all of these supplies in a quart Ziploc bag or a small packing cube to avoid leaks.

Emergency Essentials: Shop for your emergency essentials for both your individual and group needs at a variety of stores. Don't be afraid to shop around for the best prices and add to your supplies as you are able to.

You can pick up a set of items like mylar blankets, ponchos, and flashlights, for example, at a discount over buying individually. Then store essentials together in a Ziploc bag. Keep important supplies in a front or side pocket like a flashlight, mask, and poncho.

Identification & Papers: Create a single half sheet document with photos of each family member and any extended family members you might be with during an emergency. Include names, birthdates, phone numbers, addresses, and any important medical needs, allergies, and blood type. This can help you find your loved ones if separated or ID for medical needs or if they should die. Laminate this document and add to each bag's front pocket.

A record of your accounts, payment sources, and identification, and other important information will help you should your home become compromised and unavailable to you such as in a fire, tornado, or flood.

Health & Hygiene: It is very likely that in an emergency you will find an increased need for medical supplies and medications. You are more likely to be physically active and out of the home in situations you are not used to. It is very important to keep a first aid kit and basic medications.

If you are on any prescription medications, you will want to ensure you have access to these as well. Consider backup plan for modern medical devices such as: blood sugar testing, pumps, pacemakers, inhalers, oxygen, etc. That may not be as reliable in an emergency.

Babies & Toddlers: Young children will likely need to be carried when evacuating and traveling during an emergency. An infant carrier will be an enormous help. Even if you are breastfeeding, consider adding formula and a bottle as your milk production may be impacted during a crisis. A pacifier, even for children who may have outgrown one, will help to comfort and soothe a young child during a difficult situation.

Pets: Keep a smaller backpack or cinch pouch ready to go with an emergency kit of supplies for your pets. Be mindful of something that will be easy to carry with your already full backpack 72hr kit. You will want to include the food, water, maybe a treat or two, and most importantly a leash to help keep your pet contained and safe during the emergency.

Weight: Keep your 72-hour kit to 20 lbs or no more than 30 lbs. Aim for 10% of your body weight or 20% if you are fit.