



EMERGENCY & SAFETY

The 72-Hour Emergency Kit

One tub, one weekend, done. Everything you need to be okay for three days if the power, water, or roads go out.

Water & food

- ☐ **Water:** 1 gallon per person per day (3 gal minimum)
- ☐ Ready-to-eat food for 3 days (cans, bars, peanut butter)
- ☐ Manual can opener (the #1 forgotten item)
- ☐ Pet food, if you've got a roommate with fur
- ☐ Comfort snack — morale counts

Light & power

- ☐ Flashlight or headlamp (not just your phone)
- ☐ Spare batteries in the right sizes
- ☐ Charged power bank for your phone
- ☐ Battery or hand-crank radio
- ☐ Candles + lighter or matches in a zip bag

Health

- ☐ Basic first-aid kit
- ☐ 1 week of any prescription meds
- ☐ Pain reliever, allergy meds, stomach stuff
- ☐ Glasses or spare contacts
- ☐ Hand sanitizer, soap, toothbrush

Papers & money

- ☐ Cash in small bills (\$50–100 — ATMs need power)
- ☐ Copies of ID, insurance cards, lease
- ☐ Emergency contact list *on paper*
- ☐ Photos of your place (for insurance claims)
- ☐ All of it in one waterproof zip bag

Tools & comfort

- ☐ Multi-tool or basic knife
- ☐ Duct tape (fixes 80% of everything)
- ☐ Work gloves
- ☐ Blanket or sleeping bag
- ☐ Change of clothes + rain layer
- ☐ Whistle (three blasts = help)
- ☐ Trash bags — poncho, ground cover, actual trash

Every 6 months

- ☐ Swap expiring food and water
- ☐ Test the flashlight and radio
- ☐ Recharge the power bank
- ☐ Update meds and documents

Tie it to the smoke-alarm battery check. Same day, twice a year.

Know before you need it

- ☐ Where's your breaker box?
- ☐ Where's the water shut-off valve?
- ☐ Two ways out of your building
- ☐ An out-of-town contact everyone texts
- ☐ A meeting spot if phones are down

Grab-and-go version

If you had 2 minutes to leave:

- ☐ Wallet, keys, phone, charger
- ☐ Meds + glasses
- ☐ The waterproof documents bag
- ☐ Water bottle + snacks
- ☐ Sturdy shoes and a jacket

Keep it all in one backpack by the door or in your closet. Done is better than perfect.

 **Dad's Quick Take:** You're not prepping for the apocalypse — you're prepping for a boring three-day power outage. A plastic tub and one Target run gets you 90% of the way there.