BEST PREP.

GUIDE 03 · PRINT IT AND KEEP IT WITH YOUR KIT

72-HOUR KIT

What your home needs to last three days without power, water or stores.



3 GAL	2,000	6 MONTHS
of water per person · 12 L	kcal per adult per day	between checks

01

WATER

- 1 gal · 4 L per person per day
- 3 gal · 12 L per person for three days
- More in heat, with babies or pregnancy
- Purification tablets or unscented bleach

02

FOOD WITHOUT A FRIDGE

- About 2,000 kcal per adult per day
- Canned food, beans, nuts
- Eaten without cooking
- Manual can opener

03

LIGHT AND POWER

- One headlamp per person
- Spare batteries (AA)
- Charged power bank
- No candles

04

INFORMATION

- Battery or hand-crank radio (AM/FM)
- Key phone numbers on paper
- A whistle per person

05

HEALTH AND HYGIENE

- Basic first aid kit
- A week of medication and prescriptions
- Spare glasses
- Wipes, sanitizer, paper, bags

06

PAPERS AND TOOLS

- Copies of ID, insurance, deeds or lease
- Cash in small bills
- Multitool, duct tape, lighter
- Know how to shut off water, gas, power

! Check it every six months, when the clocks change. Use what expires first and replace it when you shop.