72-Hour Go-Bag Checklist

One bag per person, ready to grab and go. Keep it by the door or in the car, and check it every 6 months.

Water and food

- ☐ Water: 1 gallon per person per day. Pack what you can carry, plus a water filter or purification tablets.
- ☐ 3 days of ready-to-eat, non-perishable food (bars, pouches, canned goods).
- ☐ Manual can opener, utensils and a cup.
- ☐ Pet food, water and a leash or carrier for each pet.

Light, power and info

- ☐ Flashlight or headlamp with extra batteries.
- ☐ Battery or hand-crank radio, ideally a NOAA Weather Radio.
- ☐ Phone charger, charging cable and a charged power bank.
- ☐ Whistle to signal for help.
- ☐ Paper map of your area with two evacuation routes marked.

Health and safety

- ☐ First aid kit.
- ☐ At least a 7-day supply of prescription medicines, with a list of doses.
- ☐ Spare glasses or contacts and solution.
- ☐ Dust masks, hand sanitizer and moist towelettes.
- ☐ Personal hygiene and feminine supplies.
- ☐ Infant formula, diapers and wipes, if needed.

Clothing and shelter

- ☐ A full change of clothes and sturdy, closed-toe shoes.
- ☐ Rain jacket or poncho and a warm layer.
- ☐ Emergency blanket or compact sleeping bag.
- ☐ Work gloves.

Tools and supplies

- ☐ Multi-tool or pliers and a wrench (for utilities).
- ☐ Duct tape, plastic sheeting and zip ties.
- ☐ Garbage bags for sanitation.
- ☐ Matches or a lighter in a waterproof container.

Documents and money

- ☐ Copies of IDs, insurance policies and medical info in a waterproof bag (or saved securely online).
- ☐ Cash in small bills. Card readers and ATMs may be down.
- ☐ Printed contact list, including your out-of-area contact.
- ☐ Spare house and car keys.

Comfort

- ☐ A book, cards or a small game for kids.
- ☐ A comfort item for each child.

Keep it ready

- ☐ Check the bag every 6 months, for example when the clocks change.
- ☐ Replace expired food, water, batteries and medicines.
- ☐ Update clothing sizes and needs as your family changes.
- ☐ Keep a smaller kit at work and in the car.

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