



The 72-hour family kit, item by item.

Everything a household needs for three days with no help, and nothing it does not.

1 Water



- One gallon per person per day, three days
- Half for drinking, half for everything else
- Store-bought bottles are the easiest start

2 Food that needs no cooking



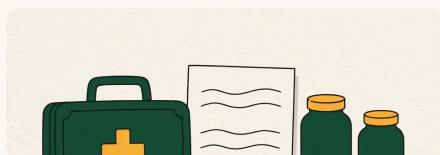
- Three days of what your family actually eats
- Bars, nut butter, crackers, canned fruit and beans
- A manual can opener and a spoon per person

3 Light



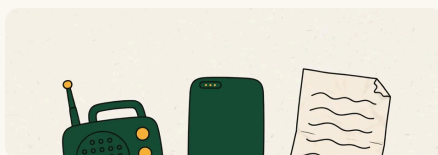
- A flashlight per person plus a lantern
- Spare batteries in a sealed bag
- Headlamps for working with both hands

4 First aid



- A real kit, plus pain reliever and antihistamine
- Any prescriptions, seven days
- A list of each person's medications and allergies

5 News and contact



- Battery or crank radio
- Power banks for phones
- Paper list of phone numbers

6 Hygiene



- Wipes, hand sanitizer, soap, toothbrushes
- Toilet paper and trash bags
- Feminine products, diapers if needed

7 Documents and cash



- Copies of IDs, insurance, deed or lease
- Cash in small bills
- Sealed in a zip bag, or photos on the phone

8 Tools



- Wrench for the gas shutoff, pliers, multi-tool
- Duct tape, work gloves, a tarp
- Whistle to signal for help

9 Warmth and shelter



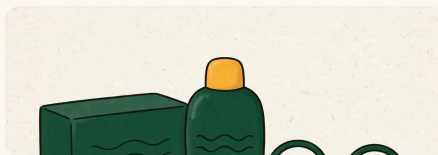
- A blanket or sleeping bag per person
- Space blankets as backup
- A change of clothes and sturdy shoes each

10 Pets



- Three days of food and water for each animal
- Carrier, leash, vaccination records
- A photo of each pet with you in it

11 Masks and protection



- N95 masks for smoke and dust
- Glasses if you wear contacts
- Sunscreen and bug spray

12 Comfort and kids



- A book, cards, a small game
- Something familiar for each child
- A note of what to grab if you must leave fast

Build it in one weekend. Check it twice a year, when the clocks change.

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