

72-HOUR EMERGENCY KIT INVENTORY

Printable household checklist | Mark each item when physically verified. Write quantities, expiration dates or missing supplies in Notes.

Household: _____ People: _____ Review date: _____

WATER & HYDRATION

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Drinking and basic sanitation water: 1 gallon (3.8 L) per person per day	
■	Extra water for pets, medical needs, and hot weather	
■	Durable water containers and portable water bottles	
■	Water treatment method and instructions (backup)	

FOOD & PREPARATION

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Three-day supply of ready-to-eat, shelf-stable food per person	
■	Food suitable for allergies and dietary requirements	
■	Manual can opener and eating utensils	
■	Infant formula/feeding supplies if needed	
■	Pet food and feeding bowls if needed	

MEDICAL & FIRST AID

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Personal prescriptions and essential medical supplies	
■	First-aid kit: bandages, dressings, antiseptic, gloves	
■	Personal medical information and emergency contacts	
■	Spare glasses, hearing-aid batteries, mobility supplies	
■	Required medical equipment and power contingency	

LIGHT & COMMUNICATION

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Flashlights or headlamps for household members	
■	Extra batteries (correct sizes)	
■	Battery-powered or hand-crank emergency radio	
■	Charged power banks and phone charging cables	
■	Written emergency contact numbers and meeting plan	
■	Whistle for signaling	

HYGIENE & SANITATION

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Toilet paper, tissues and hand sanitizer	
■	Wet wipes, soap and toothbrush/toothpaste	
■	Heavy-duty garbage bags and ties	
■	Menstrual products, diapers, incontinence supplies as needed	
■	Disposable gloves and cleaning supplies	

CLOTHING & SHELTER

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Weather-appropriate change of clothing and socks	
■	Sturdy footwear and rain protection	
■	Warm blankets or emergency thermal blankets	
■	Sleeping bags or bedding if appropriate	
■	N95 masks for smoke/dust as appropriate	

DOCUMENTS & PRACTICAL TOOLS

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Copies of identification and essential documents (protected)	
■	Small-denomination cash and spare keys	
■	Local maps and evacuation route information	
■	Multi-tool and duct tape	
■	Notebook, pencil and household emergency plan	

PERSONAL & HOUSEHOLD NEEDS

CHECK	ITEM / TARGET	QTY / EXPIRY / NOTES
■	Supplies for children, older adults and disabilities	
■	Pet leash/carrier, waste bags and veterinary details	
■	Comfort items and age-appropriate activities	
■	Items assigned to portable evacuation bags	
■	Inventory reviewed and supplies accessible	

Priority gaps to fix: _____

Next review date: _____ Kit storage location: _____

Planning baseline: 72 hours minimum. Customize for local hazards, household medical needs and evacuation mobility. Review every 6 months and after using supplies.

INVENTORY FOLLOW-UP & HOUSEHOLD NEEDS

Use this additional page to track shortages, replacement deadlines, and supplies specific to your household.

PRIORITY GAPS & REPLACEMENT DATES

Supply / gap	Quantity needed	Replace by / review date	Priority

HOUSEHOLD-SPECIFIC REQUIREMENTS

Person / pet / need	Required supplies or contingency	Quantity / notes

Home kit location: _____ Evacuation bag location: _____

Review completed: _____ Next scheduled review: _____