72-Hour Emergency Kit Checklist

Ready in Body, Resting in God — enough for at least 3 days per person

Check items as you gather them. Review and refresh supplies twice a year (when the clocks change).

Water

- ☐ 4 litres per person per day (2 for drinking, 2 for cooking and washing)
- ☐ Some smaller bottles that are easy to carry
- ☐ A plan to rotate or replace regularly

Food

- ☐ Non-perishable food for 3 days (canned goods, energy bars, dried fruit, peanut butter, crackers, granola)
- ☐ Manual can opener
- ☐ Baby formula or pet food if needed

Light & Communication

- ☐ Battery-powered or hand-crank flashlight
- ☐ Battery-powered or hand-crank radio
- ☐ Extra batteries
- ☐ Charged power bank for phones

First Aid & Medications

- ☐ Basic first-aid kit (gauze, bandages, tape, antiseptic, gloves, scissors, emergency blanket)
- ☐ At least one week's prescription medications, plus copies of prescriptions
- ☐ Common over-the-counter items you use

Documents & Cash

- ☐ Copies of ID, health cards, insurance papers, birth certificates
- ☐ A simple household emergency plan with contacts and a meeting place
- ☐ Cash in small bills

Warmth & Clothing

- ☐ Extra layers, socks, gloves, hats, sturdy shoes
- ☐ Blankets or sleeping bags
- ☐ Hand warmers (useful in winter)

Water Treatment

- ☐ Portable filter (LifeStraw or Sawyer) — personal straws do not remove viruses
- ☐ Purification tablets for viruses: Katadyn Micropur MP1 or Aquatabs
- ☐ Filter first, then add a tablet

Hygiene & Sanitation

- ☐ Toilet paper, soap, hand sanitizer, wet wipes
- ☐ Heavy garbage bags
- ☐ Two 20-litre buckets and absorbent material (sawdust, cat litter) if plumbing fails

Tools & Extras

- ☐ Multi-tool or knife
- ☐ Whistle
- ☐ Duct tape
- ☐ Waterproof matches or lighter
- ☐ Spare house and car keys

Special Needs

- ☐ Pet supplies (food, water, leash, medications)
- ☐ Glasses, hearing-aid batteries, comfort items for children or older adults
- ☐ A backup plan if anyone relies on medical equipment

Tips: Build the kit gradually. Keep it in an easy-to-reach place, with a small grab-and-go bag for each person. In Canadian winters, prioritize warmth. In remote areas or for certain hazards, plan for longer than 72 hours; Japan and some other countries suggest a week where possible.

"Cast all your worries upon him because he cares for you." (1 Peter 5:7, NABRE)

"The horse is equipped for the day of battle, but victory is the Lord's." (Proverbs 21:31, NABRE)

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