

Prepare for disruptions to water, power, transport and essential services.**1 WATER & FOOD**

Start with essentials.

**Drinking water**

Aim for about 4 L per person per day, if practical.

**Ready-to-eat food**

Pack 3 days of familiar, shelf-stable food.

**Safe feeding**

Include baby food, formula and pet supplies.

**Can opener**

Add utensils and a manual can opener.

2 LIGHT, POWER & CONTACT

Stay informed.

**Light**

Torches, spare batteries; avoid candles.

**Updates**

Battery or hand-crank radio for alerts.

**Phone backup**

Charged power bank, cables and contacts.

**Family plan**

Meeting point, emergency numbers, paper map.

3 HEALTH & PERSONAL NEEDS

Plan for everyone.

**First aid**

Basic first-aid kit and hygiene items.

**Medication**

Prescriptions, instructions and extra supplies where possible.

**Personal needs**

Glasses, mobility items, nappies and period products.

**Warmth & care**

Clothes, blankets, sturdy shoes and comfort items.

4 PACK, STORE & PRACTISE

Make it usable.

**Grab-and-go**

Use a portable bag; avoid making it too heavy.

**Keep copies**

Protect key documents and contact details.

**Check risks**

Adapt kit to your area, climate and warnings.

**Review together**

Check dates, batteries and needs regularly.

MY FAMILY PLAN

Meeting place: _____ Emergency contact: _____

72-HOUR KIT: SAFETY NOTES

Keep this page with your visual family checklist.

1

WATER: PLAN FOR YOUR HOUSEHOLD

A common starting point is about 1 gallon (3.8 L) per person per day for drinking and basic sanitation, for at least 3 days. Needs may rise with heat, illness, pregnancy or physical activity. Follow local advice.

2

FOOD & HYGIENE

Choose food that needs little or no cooking and suits allergies and dietary needs. Store safely, rotate before expiry and keep a manual can opener. Include soap, sanitiser, toilet supplies and waste bags.

3

MEDICINES & MEDICAL EQUIPMENT

Ask a pharmacist or healthcare team how to prepare a safe medication reserve and store it correctly. Plan for refrigerated medicines, powered medical devices and accessibility needs. Never change doses to stretch supplies.

4

STAY INFORMED AND READY TO LEAVE

Keep copies of essential documents in a waterproof pouch, plus emergency contacts on paper. Know evacuation routes and a family meeting place. Leave immediately when local authorities direct you to evacuate.

CHECK YOUR KIT EVERY 6 MONTHS

Replace expired items; recharge batteries; update phone numbers, medicines and clothing sizes. Put supplies somewhere everyone knows and can reach.

Official reference points (check guidance for your country):

[ready.gov/kit](https://www.ready.gov/kit) | [redcross.org/get-help/how-to-prepare-for-emergencies.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html)

[Local emergency management, public health and weather services](#)