72-Hour Go-Bag Checklist

WOMEN'S WORLDWIDE WEB · EMERGENCY READINESS KIT · womensworldwideweb.com/prepared

WATER & FOOD

- [ ] 1 gallon of water per person, per day (3 days)
- [ ] 3 days of no-cook food + manual can opener
- [ ] Baby formula / special diet food if needed

LIGHT & POWER

- [ ] Flashlight + extra batteries
- [ ] Battery or hand-crank radio
- [ ] Charged power bank + charging cables

HEALTH

- [ ] 7-day supply of prescriptions
- [ ] First aid kit
- [ ] Glasses / contacts, hygiene items, masks

MONEY & PAPERS

- [ ] Small bills and coins (ATMs may be down)
- [ ] Copies of ID, insurance cards, life insurance policy
- [ ] Printed family contact card

COMFORT

- [ ] Change of clothes + sturdy shoes
- [ ] Blanket or sleeping bag
- [ ] Whistle, local map, spare keys

Not a substitute for official instructions. Sign up for local alerts at ready.gov/alerts.