



**GLOBAL**  
**SURVIVAL BASE**

# 72-Hour Emergency Survival Checklist

## Practical Preparedness Guide for Modern Families

Prepared by

Global Survival Base

Prepare • Adapt • Survive

[globalsurvivalbase.com](http://globalsurvivalbase.com)

## Introduction

Modern systems are complex and often fragile. Power outages, supply disruptions, natural disasters, and other unexpected events can disrupt daily life quickly.

Prepared families respond with calm and organization rather than panic.

This checklist provides practical steps to help households strengthen preparedness and improve resilience during emergency situations.

More preparedness resources are available at [globalsurvivalbase.com](http://globalsurvivalbase.com)

In any emergency, preparation and organization can make a critical difference. Complete the information below to personalize this checklist and ensure your preparedness plan is clear, organized, and ready when it matters most.

### SURVIVAL PREPAREDNESS CHECKLIST

Name	
Location / Household:	
Emergency Contact	
Date Completed	
Next Review Date	



## Preparedness Guide Contents

- 1. Step By Step Instructions**
- 2. Preparation and Storage**
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- 4. Planning and Notes**
- 5. Frequently Asked Questions (FAQ)**
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# 1. Step-by-Step Instructions

## **1. Review the Scenario**

Read the overview section to understand the type of emergency situation this checklist is designed to address.

## **2. Start with Preparation**

Begin by identifying your household needs and determining which supplies or actions are required.

## **3. Organize Storage**

Store supplies in safe, accessible locations where all household members know how to find them.

## **4. Gather Essential Tools**

Collect the equipment and tools needed to support emergency preparedness activities.

## **5. Review Safety Considerations**

Ensure that safety procedures are understood and that supplies such as medical kits and emergency lighting are available.

## **6. Complete the Planning Worksheet**

Use the planning section to document emergency contacts, meeting locations, and evacuation routes.

## **7. Review the Checklist Regularly**

Preparedness plans should be reviewed every six to twelve months to ensure supplies remain functional and up to date.

**Okey Lets Get Started**



## 2. Preparation & Storage

### Preparation

- Assess household needs for the first 72 hours of an emergency
  - Calculate drinking water requirements per person
  - Identify shelf-stable foods suitable for short-term emergencies
  - Select a safe location in the home for emergency supplies
- 

### Storage

- Store at least 3 days of drinking water per person
  - Prepare shelf-stable food that requires minimal preparation
  - Use sealed containers for water storage
  - Keep emergency supplies organized in one location
-

## 3. Tools & Safety

### Tools

- Prepare portable flashlights or headlamps
- Store spare batteries for essential devices
- Maintain a battery-powered or hand-crank radio
- Keep a multi-tool or basic utility tool available

### Safety

- Assemble a basic household first aid kit
- Store essential personal medications
- Maintain hygiene supplies such as wipes and sanitizer
- Keep emergency blankets or warm clothing available

## 4. Planning & Notes

### Planning

- Prepare a written emergency contact list
  
- Identify a family meeting location
  
- Print copies of important documents
  
- Review the emergency plan with all family members

### Notes

- Preparedness Notes
- 
- 
- Emergency Meeting Location
- 
- 
- Important Contacts
-

## 5. Frequently Asked Questions (FAQ) ?

### ? What is a 72-hour emergency survival kit?

A 72-hour kit is a collection of essential supplies designed to support individuals or families during the first three days of an emergency.

### ? Why are the first 72 hours important?

Emergency services may be overwhelmed immediately after disasters, making self-sufficiency important during the early phase of a crisis.

### ? How much water should be stored for 72 hours?

Preparedness guidelines commonly recommend approximately three liters of drinking water per person per day.

### ? What foods work best in a short-term emergency kit?

Shelf-stable foods such as canned meals, energy bars, and ready-to-eat foods are commonly used.

### ? Where should a 72-hour kit be stored?

Emergency kits should be stored in easily accessible areas known to all household members.

### ? Should emergency kits include communication tools?

Yes. Flashlights, radios, and phone chargers help maintain communication during emergencies.

### ? How often should the kit be inspected?

Emergency kits should be reviewed every six months to replace expired supplies.

### ? Can this kit be used for natural disasters?

Yes. 72-hour kits are useful for many emergency scenarios including storms, earthquakes, and infrastructure disruptions.

### ? Should every household member have their own kit?

In many cases families prepare a shared kit while also keeping personal items for each member.

## 6. Continue Your Preparedness Journey

### Continue Building Your Preparedness


Preparedness is a continuous process. Small steps taken today can significantly improve safety and resilience during unexpected disruptions.

Explore more practical survival guides, preparedness strategies, and printable resources designed for modern families.

### Share This Checklist

If you found this checklist helpful, consider sharing it with others who may benefit from being prepared.

More survival resources available at:

 Visit Global Survival Base  
<https://globalsurvivalbase.com>

 Explore the Checklist Library  
[globalsurvivalbase.com/free-survival-checklists](https://globalsurvivalbase.com/free-survival-checklists)

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