



GLOBAL
SURVIVAL BASE

72-Hour Emergency Survival Checklist

Practical Preparedness Guide for Modern Families

A simplified emergency preparedness checklist
for real-world use

Prepared by

Global Survival Base

Prepare • Adapt • Survive

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.

A simple checklist to help you prepare the most essential emergency supplies.

More preparedness resources are available at 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

3. Tools and Safety

4. Planning and Notes

5. Frequently Asked Questions (FAQ)

6. Continue Your Preparedness Journey

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
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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
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3. Tools & Safety

Tools

- Prepare portable flashlights or headlamps
- Store spare batteries for essential devices
- Maintain a battery-powered or hand-crank radi
- 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>

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