



Flight Tower Books

72-HOUR EMERGENCY PLAN

Household Quickstart

A simple three-day plan so your household can ride out short disruptions without panic.





72-HOUR EMERGENCY PLAN

Household Snapshot

Fill this out once so nobody has to guess under pressure.

Household name: _____

Address: _____

Main contact (phone/text): _____ / _____

Backup contact (phone/text): _____ / _____

Where this plan is kept (binder, drawer, wall) _____

Your 72-Hour Priorities

Check items that matter most for your household in a short disruption:

- Keeping food safe
- Keeping water available
- Keeping meds and medical devices stable
- Keeping basic heat/cooling
- Staying in contact with key people
- Being able to leave quickly if needed

One sentence goal for this plan:

"For the first 72 hours, we must be able to _____."



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Simple 3-Day Grid

Use this grid to answer one question for each box:

- “What will we actually do in this area on this day?”
- Keep it realistic and based on what you already own.

Today / Setup	Day 1 (0–24 hrs)	Day 2 (24–48 hrs)	Day 3 (48–72 hrs)
Food & Water			
Power & Light			
Home, Meds & Money			
People & Check-Ins			



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Roles & Locations

Who does what when things wobble?

Plan Owner / Coordinator:

Backup / Second Adult:

Key locations:

Emergency kit lives here:

Flashlights & batteries:

Water storage:

Meds & go-bag:

Printed contact list:





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Communication Plan

- **Primary group text / chat name:**
- **Out-of-area contact (name & phone):**

If cell service is out, we will:

- Use landline**
- Use radios**
- Pre-agreed meetup spot:**

Check-in rule:

"If a disruption lasts longer than _____ hours, we will check in every _____ hours by _____"



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10-Minute Drill

Once this plan is filled out, do one 10-minute drill:

- Everyone finds a light source in under 60 seconds.
- Everyone knows where the water is.
- Everyone can point to the emergency kit and printed plan.
- One adult walks through how to shut off main power / water / gas (if needed in your area).

Write what you learned:

- One thing that worked: _____
- One thing to fix or move: _____

