



72-HR SOP

Home Emergency Standard Operating Procedure

Vision, Strategy, Clear Direction.

1



Vision and Goals

A simple 72-hour plan so your household can ride out short disruptions without panic.

2



Essentials: Food, Water & Basics

Food, water, and basics mapped for three days using what you already have.

3



Power & Light Plan

Power and light priorities: what must stay on and how you'll keep it running.

4



Home, Meds & Money

Home, meds, and money essentials you can find fast or grab if you need to go.

5



Communication Plan

A basic communication and check-in plan with your key people.

6



Debrief & Next Steps

A quick debrief page to note what worked, what didn't, and what to fix next time.



SOP (Standard Operating Procedure): 72-Hour Plan for Home Disruptions

Home Disruption Checklist

Effective Date:

Owner:
[Your Family Name/Household Lead]

Scope: All Household Members

Purpose & Scope

This SOP provides immediate, step-by-step actions for the first 72 hours following a common home disruption (e.g., power outage, water shutoff, internet failure, minor weather event) to ensure safety, minimize impact, and maintain communication.

Activation Checklist: First 72 Hours Immediately Upon Disruption:

HOUR	Action	Responsible Person(s)	Status (Check)	Notes/Details
H+0	Assess the situation & ensure immediate safety	All Adults	<input type="checkbox"/>	Confirm the nature of the disruption (e.g., "just our house" vs. "neighborhood outage"). Check for injuries/hazards.
H+0	Shut off utilities if necessary	[Designated Adult]	<input type="checkbox"/>	Gas, water, or electric main shut-off as required by the specific disruption (e.g., a leak or fire hazard).
H+0	Establish communication	[Designated Adult]	<input type="checkbox"/>	Use cell phones, a landline, or pre-arranged neighbor contact. Inform emergency contacts that the plan is active.



Hours 0-2: Immediately Upon Disruption:

H+1	Check emergency supplies	All Adults	<input type="checkbox"/>	Confirm status of Go-Bag(s), water supply (1 gallon/person/day), non-perishable food, flashlights, and first-aid kit.
H+1	Begin initial internal communication	All Adults	<input type="checkbox"/>	Brief all household members (especially children) on the situation and next steps. "We have a disruption; the plan is active."
H+2	Secure home (if applicable)	[Designated Adult]	<input type="checkbox"/>	Lock doors/windows if evacuating or if disruption affects security (e.g., broken window).

Hours 4-24: Continuity & External Communication

HOUR	Action	Responsible Person(s)	Status (Check)	Notes/Details
H+4	Check on vulnerable neighbors/family	[Designated Adult]	<input type="checkbox"/>	If safe to do so, confirm the well-being of those nearby who may need help.
H+6	Implement food preservation plan	[Designated Adult]	<input type="checkbox"/>	Minimize opening the fridge/freezer. Plan meals using non-perishables and items that spoil fastest first.
H+12	First check-in with external contacts	[Designated Adult]	<input type="checkbox"/>	Provide a status update to pre-approved contacts (e.g., "Still no power, everyone is safe").
H+24	Review progress & adjust plan	All Adults	<input type="checkbox"/>	Huddle to review water/food consumption and confirm plan for next 48 hours. Conserve device batteries.



Hours 24-72: Recovery & Reconstitution

HOURS	Action	Responsible Person(s)	Status (Check)	Notes/Details
H+24+	Regular communication rhythm	[Designated Adult]	<input type="checkbox"/>	Send updates to external contacts every 12-24 hours until normalcy returns.
H+48	Focus on temporary living stabilization	All Adults	<input type="checkbox"/>	Ensure adequate heating/cooling/shelter . Consider moving to a temporary location (hotel, shelter, family home) if the disruption is prolonged.
H+72	Develop 'return-to-normal' plan	All Adults	<input type="checkbox"/>	Outline necessary repairs, insurance calls, and the safe resumption of utility usage (e.g., boiling water notices).

Post-Disruption Follow-up (After 72 Hours)

- Conduct a family review of how the plan worked and update emergency supplies.
- Contact insurance company and utility providers to begin repairs/claims.
- Safely dispose of spoiled food and clean as needed.
- Restock emergency kit based on items used.