Grab & Go 72-HOUR KIT CHECKLIST

One bag per person, ready to grab in five minutes. Start with what you already own, then add a little each month. Check items off as you pack them, and write the date you last refreshed food and water.

WATER & FOOD

- [ ] Water: 1 gallon per person per day (3 gal)
- [ ] Water filter or purification tablets
- [ ] 3 days of ready-to-eat food
- [ ] Freeze-dried meals + spoon
- [ ] Snacks, hard candy, electrolyte packets
- [ ] Small pot or metal cup
- [ ] Manual can opener

LIGHT, HEAT & POWER

- [ ] Flashlight + extra batteries
- [ ] Headlamp
- [ ] Waterproof matches + lighter
- [ ] Emergency blankets (2)
- [ ] Hand warmers
- [ ] Phone charger + power bank
- [ ] Hand-crank or battery radio

FIRST AID & HYGIENE

- [ ] First aid kit
- [ ] 7 days of prescription meds
- [ ] Glasses / contacts + case
- [ ] Toothbrush, toothpaste, soap
- [ ] Wet wipes + hand sanitizer
- [ ] Toilet paper (yes, really)
- [ ] Feminine supplies / diapers

CLOTHING & TOOLS

- [ ] Change of clothes + socks
- [ ] Rain poncho
- [ ] Sturdy shoes
- [ ] Multi-tool or knife
- [ ] Duct tape + paracord
- [ ] Work gloves
- [ ] Whistle

DOCUMENTS & MONEY

- [ ] Copies of IDs + insurance cards
- [ ] Emergency contact list
- [ ] Local map with meeting spot marked
- [ ] Cash in small bills
- [ ] Spare house + car keys

COMFORT & EXTRAS

- [ ] Small toy, book or cards for kids
- [ ] Pet food, leash, vet records
- [ ] Notebook + pen
- [ ] Bible or comfort item
- [ ]

Bag belongs to: _____ **Packed on:** _____ **Refresh by:** _____

MAMA TIP Set a reminder to check every bag twice a year, when the clocks change. Swap out food and water, try on the clothes (kids grow!), and test the batteries.

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My PREPPER BINDER

Food, water, plans and people — all in one place, built together.

This binder belongs to: _____

Family: _____

Our meeting place: _____

Out-of-state contact: _____

Year: _____ Last updated: _____

"The prudent see danger and take refuge, but the simple keep going and pay the penalty."

PROVERBS 27:12 (NIV)

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01 FAMILY
02 CONTACTS
03 FOOD
04 WATER
05 FIRST AID
06 POWER
07 KITS
08 PRESERVE
09 RECIPES
10 NOTES

SECTION 01

Together
FAMILY PLAN

WHAT GOES HERE

- [ ] Family emergency plan
- [ ] Meeting places & evacuation routes
- [ ] Shut-off locations
- [ ] Practice drill dates

NOTES FOR THIS SECTION

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SECTION 02

Who to Call
CONTACTS

WHAT GOES HERE

- [ ] Emergency contacts
- [ ] Out-of-state contact
- [ ] Doctors, pharmacy & vet
- [ ] Utilities, insurance & neighbors

NOTES FOR THIS SECTION

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SECTION 03

Our Pantry
FOOD STORAGE

WHAT GOES HERE

- [ ] Food inventory
- [ ] Rotation tracker
- [ ] Three-month pantry plan
- [ ] Shopping bucket list
- [ ] Mylar & oxygen absorber chart

NOTES FOR THIS SECTION

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SECTION 04

Every Drop
WATER

WHAT GOES HERE

- [ ] Water storage math
- [ ] Storage & rotation log
- [ ] Purification guide

NOTES FOR THIS SECTION

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SECTION 05

Care & Comfort
FIRST AID

WHAT GOES HERE

- [ ] First aid kit checklist
- [ ] Family medical info
- [ ] Medication lists
- [ ] Allergy & doctor notes

NOTES FOR THIS SECTION

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06 POWER
07 KITS
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10 NOTES

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SECTION 06

Lights Out
POWER OUTAGE

WHAT GOES HERE

- [ ] Before, during & after checklists
- [ ] Fridge & freezer food safety
- [ ] Generator safety
- [ ] Outage log

NOTES FOR THIS SECTION

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SECTION 07

Grab & Go KITS

WHAT GOES HERE

- [ ] 72-hour kit checklists
- [ ] Car & pet kits
- [ ] Important documents checklist
- [ ] Kit refresh dates

NOTES FOR THIS SECTION

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02 CONTACTS
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04 WATER
05 FIRST AID
06 POWER
07 KITS
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SECTION 08

Preserve

CANNING & FREEZE DRYING

WHAT GOES HERE

- [ ] Freeze dryer batch log
- [ ] Canning records
- [ ] Packaging & labeling notes
- [ ] What worked (and what didn't)

NOTES FOR THIS SECTION

01 FAMILY
02 CONTACTS
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06 POWER
07 KITS
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SECTION 09

From the Shelf
RECIPES

WHAT GOES HERE

- [ ] Pantry meals we love
- [ ] Rehydrating notes
- [ ] Off-grid cooking ideas
- [ ] Family favorites

NOTES FOR THIS SECTION

01 FAMILY
02 CONTACTS
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SECTION 10

Ideas & Lists NOTES

WHAT GOES HERE

- [ ] Plans in progress
- [ ] Things to buy
- [ ] Lessons learned
- [ ] Prayers & blessings

NOTES FOR THIS SECTION

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Who to Call
EMERGENCY CONTACTS

When phones die and nerves are frayed, nobody remembers numbers. Write them here, keep a copy in every 72-hour kit, and have the kids practice saying the important ones out loud.

EMERGENCY	POISON CONTROL	POLICE (NON-EMERGENCY)	FIRE (NON-EMERGENCY)
911	1-800-222-1222	_____	_____

OUR FAMILY

Name	Cell phone	Work or school	Phone there	Address there

OUT-OF-STATE CONTACT

Name: _____

Relationship: _____

Cell: _____

Other phone: _____

Email: _____

LOCAL EMERGENCY CONTACT

Name: _____

Relationship: _____

Cell: _____

Other phone: _____

Email: _____

NEIGHBORS

Name	Address	Phone	Can help with / may need help with

MAMA TIP Save your out-of-state contact in every phone as "ICE" (in case of emergency), and tape this list inside a kitchen cabinet too.

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Who to Call EMERGENCY CONTACTS

DOCTORS & DENTISTS

Doctor / office	For who	Phone	Address

PHARMACY

Name: _____

Phone: _____

Address: _____

Hours: _____

VETERINARIAN

Clinic: _____

Phone: _____

After-hours / emergency: _____

Address: _____

UTILITIES

Service	Company	Account #	Phone to report outage
Electric			
Gas / propane			
Water / sewer			
Internet / phone			
Trash			

INSURANCE

Policy	Company	Policy #	Phone / agent
Home / renters			
Auto			
Health			
Dental / vision			
Life			

CHURCH, WORK & OTHER

Name	Phone	Notes

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Together FAMILY EMERGENCY PLAN

Disasters rarely happen when everyone is home. Talk this through at the dinner table, write it down together, and practice twice a year. Kids feel braver when they know the plan.

WHERE WE MEET

NEAR HOME

Sudden emergency like a fire. A mailbox, big tree or neighbor's porch.

Place: _____

Address: _____

Directions: _____

OUTSIDE OUR NEIGHBORHOOD

If we can't get home. A church, library or friend's house.

Place: _____

Address: _____

Directions: _____

OUT OF TOWN

If we have to leave the area. A relative or friend we can stay with.

Place: _____

Address: _____

Directions: _____

HOW WE GET OUT

EVACUATION ROUTES

Route 1: _____

Route 2 (backup): _____

Route 3 (on foot): _____

Where we'll stay: _____

GETTING OUT OF THE HOUSE

Two ways out of each bedroom: _____

Escape ladder kept in: _____

Kits / go-bags kept in: _____

Car keys kept in: _____

WHO PICKS UP THE KIDS

Child	School / daycare	Picks up	Backup	On pickup list?
				☐
				☐
				☐
				☐
				☐

MAMA TIP Ask each school for its emergency release policy, and make sure your backup person is on the authorized pickup list *before* you need them.

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Together FAMILY EMERGENCY PLAN

SHUT-OFFS

Walk the house together and find these. Tape a tag on each one.

Shut-off	Location	Tool needed & where it is	Who knows how
Water main			
Gas meter			
Main breaker / panel			
Propane tank			

GAS SAFETY Only turn off the gas if you smell gas, hear a hiss, or are told to by officials. Once it's off, let the gas company turn it back on.

COMMUNICATION PLAN

Out-of-state contact: _____

Their phone: _____

Family group text name: _____

We check in at: _____

Alerts we signed up for: _____

Pickup code word: _____

Text first. Texts often get through when calls won't.

PETS

Pets: _____

Who grabs them: _____

Carriers & leashes kept in: _____

Pet food & meds kept in: _____

Pet-friendly place to stay: _____

Microchip #s: _____

FAMILY MEMBERS WHO NEED EXTRA HELP

PRACTICE LOG

Date	What we practiced	How it went / what to fix

FAITH & FAMILY End your practice with a prayer and a treat. It turns a scary topic into a family tradition.

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Care & Comfort
FIRST AID CHECKLIST

A good first aid kit is one you can find in the dark and that isn't full of expired ointment. Check off what you have, circle what you need, and keep one kit at home and a smaller one in each car and go-bag.

WOUND CARE

- [ ] Adhesive bandages, assorted sizes
- [ ] Sterile gauze pads (3×3 and 4×4)
- [ ] Roller gauze & adhesive tape
- [ ] Elastic wrap bandage
- [ ] Triangular bandage
- [ ] Butterfly closures
- [ ] Antibiotic ointment
- [ ] Antiseptic wipes
- [ ] Burn gel or dressing

MEDICINES

- [ ] Pain & fever reliever, adult
- [ ] Pain & fever reliever, children's
- [ ] Antihistamine (allergy)
- [ ] Hydrocortisone cream
- [ ] Anti-diarrhea & antacid
- [ ] Electrolyte packets
- [ ] Saline eye wash
- [ ] Aspirin (adults only)
- [ ] 7-day supply of prescriptions

TOOLS

- [ ] Scissors & tweezers
- [ ] Digital thermometer
- [ ] Non-latex gloves
- [ ] Instant cold packs
- [ ] Emergency blanket
- [ ] CPR breathing barrier
- [ ] Flashlight + batteries
- [ ] Safety pins
- [ ] First aid guide or manual

PERSONAL & EXTRAS

- [ ] Spare glasses / contacts
- [ ] Inhalers or EpiPens (if prescribed)
- [ ] Diabetic supplies
- [ ] Hand sanitizer
- [ ] Sunscreen & bug spray
- [ ] Tick remover
- [ ] Cotton swabs
- [ ] Medical info sheet (next page)
- [ ] Copy of insurance cards

Kit kept in: _____ **Last checked:** _____ **Next check:** _____

MAMA TIP Check expiration dates twice a year when the clocks change, and take a first aid and CPR class as a family. Knowing how beats owning stuff.

NOT MEDICAL ADVICE This is a starting list. Ask your doctor or pharmacist what your family needs, and in an emergency call 911 or Poison Control at 1-800-222-1222.

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Care & Comfort
FAMILY MEDICAL INFO

Fill this in for each person, so anyone helping your family (or a tired, scared you) has the details in one place. Update it when medicines change.

Name	Birthdate	Blood type	Allergies	Medicines & dose	Conditions	Doctor

HEALTH INSURANCE

Company: _____

Member / group #: _____

Phone: _____

SPECIAL NEEDS

Medical devices, mobility, hearing or vision needs, dietary needs

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Grab & Go IMPORTANT DOCUMENTS

After a fire, flood or evacuation, these papers are what get you back on your feet. Make copies, scan them to a secure place, and keep originals together in a fireproof, waterproof box. Check off each one as you go.

Document	Have original	Copy in binder	Digital copy	Where the original is kept
IDENTITY				
Driver's licenses / state IDs	☐	☐	☐	
Birth certificates	☐	☐	☐	
Social Security cards	☐	☐	☐	
Passports	☐	☐	☐	
Marriage / divorce papers	☐	☐	☐	
Adoption, custody or guardianship papers	☐	☐	☐	
Military records (DD-214)	☐	☐	☐	
Citizenship or immigration papers	☐	☐	☐	
MONEY				
Bank & credit card list (with phone numbers)	☐	☐	☐	
Recent tax returns	☐	☐	☐	
Pay stubs / proof of income	☐	☐	☐	
Benefit statements (SS, pension, VA)	☐	☐	☐	
HOME & PROPERTY				
Deed, lease or mortgage info	☐	☐	☐	
Vehicle titles & registrations	☐	☐	☐	
Home inventory photos or video	☐	☐	☐	
Appraisals of valuables	☐	☐	☐	

MAMA TIP Don't try to do it all in one night. Gather one group a week, and in six weeks you're done.

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Grab & Go
IMPORTANT DOCUMENTS

Document	Have original	Copy in binder	Digital copy	Where the original is kept
INSURANCE				
Home / renters policy	☐	☐	☐	
Auto policy	☐	☐	☐	
Health, dental & vision cards (front & back)	☐	☐	☐	
Life insurance policy	☐	☐	☐	
MEDICAL				
Immunization records	☐	☐	☐	
Prescription list	☐	☐	☐	
Medical history & allergies	☐	☐	☐	
Advance directive / health care POA	☐	☐	☐	
LEGAL & FAMILY				
Wills & trusts	☐	☐	☐	
Power of attorney	☐	☐	☐	
Guardian choice for the kids	☐	☐	☐	
Recent photos of each family member	☐	☐	☐	
Pet records, vaccines & microchip #s	☐	☐	☐	
OUR EXTRAS				
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	

WHERE WE KEEP EVERYTHING

Fireproof box / safe: _____

Key or code kept by: _____

Safe deposit box: _____

Digital copies (drive or cloud): _____

Copy given to (trusted person): _____

LAST CHECKED

Date: _____

Date: _____

Date: _____

Date: _____

Review once a year, and after a move, marriage, new baby or new car.

KEEP IT SAFE This binder lives on a shelf. Don't write full Social Security or account numbers in it. Keep those in the locked box, and use only the last four digits here.

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Lights Out POWER OUTAGE PLAN

Most outages are short, but a little planning keeps a few dark hours from turning into a ruined freezer. Run through these lists each fall before storm season.

BEFORE

- [ ] Flashlights & headlamps for everyone
- [ ] Fresh batteries in labeled bag
- [ ] Power banks charged
- [ ] Battery or crank radio
- [ ] Appliance thermometers in fridge & freezer
- [ ] Freeze water bottles to fill gaps
- [ ] Cooler + ice packs ready
- [ ] Plan for medical devices that need power
- [ ] Know how to open the garage by hand
- [ ] Fuel stored safely, away from the house

DURING

- [ ] Keep fridge & freezer doors **closed**
- [ ] Unplug electronics to avoid surges
- [ ] Leave one lamp on to know when power's back
- [ ] Report the outage to the utility
- [ ] Use flashlights, not candles, when you can
- [ ] Check on neighbors and elderly friends
- [ ] Dress in layers or go somewhere cool
- [ ] Never run a generator or grill indoors

AFTER

- [ ] Check fridge & freezer temps
- [ ] Throw out unsafe food (see below)
- [ ] Plug electronics back in slowly
- [ ] Restock batteries & fuel
- [ ] Refill water containers
- [ ] Write what you wished you had
- [ ] Log it on the next page
- [ ] Thank God & your helpers

FRIDGE & FREEZER FOOD SAFETY

4 hours	48 hours	24 hours
REFRIGERATOR	**FULL FREEZER**	**HALF-FULL FREEZER**
keeps food safe if unopened	holds temperature if unopened	holds temperature if unopened

- [ ] Power out more than 4 hours? Toss refrigerated meat, poultry, seafood, milk, eggs, soft cheese and leftovers.
- [ ] Frozen food that still has ice crystals or is 40°F or below can be refrozen.
- [ ] Never taste food to check it. **When in doubt, throw it out.**

Source: FoodSafety.gov / USDA. Keep an appliance thermometer in both so you know for sure.

OUR OUTAGE NUMBERS

Report an outage: _____

Outage map website: _____

Medical equipment supplier: _____

Neighbor with a generator: _____

STAYING COMFORTABLE

- [ ] Cold: close off rooms and gather the family in one
- [ ] Layers, hats and sleeping bags
- [ ] Never heat the house with a gas oven or stove
- [ ] Hot: drink water, rest, and go to a cooling center

MAMA TIP Freeze-dried food doesn't care about the power. That full freezer of food you've freeze dried? It's just sitting pretty on the shelf.

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Lights Out POWER OUTAGE PLAN

GENERATOR SAFETY

- [ ] Run it **outside only**, at least **20 feet** from doors, windows and vents.
- [ ] **Never** in the house, garage, basement, carport or crawlspace, even with the door open.
- [ ] Carbon monoxide alarms with battery backup on every level of the home.
- [ ] Plug appliances into the generator with outdoor-rated cords. Never plug it into a wall outlet; use a transfer switch installed by an electrician.
- [ ] Turn it off and let it cool before refueling.

CO has no smell. Headache, dizziness, weakness, upset stomach or confusion? Get everyone into fresh air and call 911.

OFF-GRID COOKING IDEAS

- [ ] Dutch oven with charcoal briquets (outdoors)
- [ ] Camp stove (outdoors only)
- [ ] Gas or charcoal grill (outdoors only)
- [ ] Rocket stove or fire pit
- [ ] Sun oven on a sunny day
- [ ] Freeze-dried meals: just add hot water
- [ ] No-cook meals: PB&J, tuna, canned fruit

CARBON MONOXIDE Camp stoves, grills, charcoal and generators all make carbon monoxide. They belong outside, every time, no exceptions.

OUR POWER PLAN

Generator stored in: _____

Fuel stored in: _____

Medical devices & backup: _____

Where we go if it's too hot or cold: _____

NO-POWER MEAL IDEAS

OUTAGE LOG

Date	Out	Back on	Food tossed	What we wished we had

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