PRINT. CHECK. PREPARE.

Family preparedness checklist

A practical companion to The 72-Hour Survivor Blueprint. Start with three days, then build for your household and local risks.

01 / Gather your household essentials

- [ ] Store at least 3 gallons of water per person for 3 days. Allow more for individual needs, heat and pets.
- [ ] Set aside 3 days of shelf-stable meals that your household can eat; include a manual can opener.
- [ ] Pack flashlights, spare batteries, a radio and charged phone power banks.
- [ ] Gather first aid supplies, prescriptions, glasses and necessary medical equipment; plan individual needs with your care team.
- [ ] Add hygiene supplies, waste bags, clothing, sturdy shoes and blankets.
- [ ] Include infant supplies, accessibility aids, pet food and extra water as needed.
- [ ] Keep copies of important records, some cash and local maps together in a portable waterproof container.

02 / Know what you have and what is missing

Household members: _____ Water target: _____ gallons Stored: _____ gallons

Our kit is stored here:

Three things to gather next:

Three days is a starting point, not a limit. Follow local emergency instructions and adjust for your household. This checklist is a planning aid, not a guarantee of safety.

Supply guidance: Georgia Emergency Management and Homeland Security Agency

MAKE THE PLAN TOGETHER.

Your family connection plan

Talk through these decisions before an emergency. Keep a printed copy with your supplies and share the plan with your household.

03 / Decide how you will reconnect

- ☐ Write down the people you will contact and how you will reconnect if separated.
- ☐ Choose a familiar meeting place. Include plans for children, older adults, pets and anyone who needs assistance.
- ☐ Review your local alerts and evacuation guidance together. Assign someone to check supplies and update this plan.

Primary contact / phone:

Backup contact / phone:

Meeting place / alternate meeting place:

Transport, care and pet arrangements:

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04 / Turn the plan into action

NEXT ACTION	OWNER	BY WHEN

Practice date: _____ Next review date: _____

Keep personal details private. Review the plan when your household, health needs or contact information changes. Follow official instructions during an emergency.

Planning guidance: Georgia Emergency Management and Homeland Security Agency