72-Hour Kit Checklist

Print this page, tick off what you already have at home, then fill in the rest one room at a time. The goal is not to be perfect in a day: it is to know exactly where you stand if the power or the water stops for three days.



HOW TO USE IT

1. Tick each item you already have, where it really is.
2. Write down what is missing in the Notes section on page 2.
3. Store the completed checklist with your kit, and review it when you change the batteries or the water jugs.

Family: people | Checked on: | Next check:

EXAMPLE: 2 ADULTS + 1 BABY, FOR 3 DAYS

You need **36 litres of water** - that is **9 jugs of 4 litres** - and **27 meals**. Check your own amounts with the water and food calculator on the Maison Prête website.

1 Water and food

Priority No. 1

- [ ] Water: 4 L per person per day, for 3 days
- [ ] In dated 4 L jugs, plus small bottles for the bags
- [ ] Canned meals and protein (tuna, beans, lentils)
- [ ] Nut butter, crackers, bars, dried fruit
- [ ] Oatmeal, cereal, shelf-stable milk, juice
- [ ] Manual can opener
- [ ] Food and water for pets (if applicable)

The rest of the kit: light, health, warmth and papers

2 Light and information

When the power goes out

- [ ] Flashlight for each adult + a headlamp
- [ ] Crank or battery radio, spare batteries
- [ ] Charged 20,000 mAh power bank + cables
- [ ] Candles, matches / lighter in a waterproof container

3 Health and hygiene

To last 3 days

- [ ] Complete first aid kit
- [ ] Prescription medication: 7 days ahead
- [ ] Written list: medication, dose, prescriber
- [ ] N95/KN95 masks, hand sanitizer
- [ ] Toilet paper, wipes, garbage bags
- [ ] Diapers, wipes and baby formula (if applicable)

4 Warmth, shelter and papers

To stay warm and reachable

- [ ] Blankets / sleeping bags for everyone
- [ ] Change of clothes and sturdy shoes for each person
- [ ] Whistle, working CO detector on every floor
- [ ] One-page family plan and copies of important documents
- [ ] Out-of-town contact person, two meeting places
- [ ] Cash in small bills

The point almost everyone forgets: water. We think about flashlights, batteries and blankets - then the tap stops. Start with your dated 4 L jugs, count 4 L per person per day, and add the small bottles for the bags. It is the first box to tick, not the last.

NOTES - WHAT IS MISSING, WHERE THE KIT IS STORED

WHAT NEXT

1. Store the kit somewhere accessible, known to the whole family.
2. Follow the Maison Prête guides: power outages, water, Canadian winter, baby and family.
3. Get one practical tip a week by staying on the Maison Prête list.