

BRAINSTAMPED.

Your Emergency Preparedness Checklist

A practical, no-panic guide to being ready for anything.



Water

72-hour minimum

- 1 gallon per person per day (3 gallons minimum per person)
- Water purification method (filter, tablets, or boiling setup)
- Water storage containers (food-grade)
- WaterBOB or bathtub liner for advance warning situations



Food

72-hour minimum, ideally 30 days

- 3-day supply of non-perishable food per person
- Manual can opener
- Paper plates, cups, utensils (if water is limited)
- Baby food / formula (if applicable)
- Pet food (if applicable)
- 30-day extended supply (rice, beans, canned goods, freeze-dried)



First Aid

- First aid kit (bandages, antiseptic, gauze, tape, scissors)
- Prescription medications (7+ day supply)
- Pain relievers (ibuprofen, acetaminophen)
- Antihistamines
- First aid reference guide

Pro tip: Review your supplies every 6 months. Swap out expired food, check batteries, and update your documents. Set a calendar reminder for January and July.



Light & Power

- Flashlights + extra batteries
- Battery-powered or hand-crank radio
- Phone charger (*portable power bank, solar charger*)
- Candles + waterproof matches / lighter
- Generator or portable power station (*optional but valuable*)



Documents & Cash

- Copies of important documents in waterproof bag (*ID, insurance, bank info*)
- Cash in small bills (*ATMs may be down*)
- Emergency contact list (*printed, not just on phone*)
- USB drive with digital copies of documents



Tools & Safety

- Multi-tool or basic tool kit
- Duct tape
- Whistle (*for signaling*)
- Fire extinguisher
- Wrench (*to turn off gas / water utilities*)



Comfort & Hygiene

- Warm blankets or sleeping bags
- Change of clothes per person
- Rain gear
- Toiletries (*toilet paper, soap, hand sanitizer, feminine products*)
- Garbage bags
- N95 masks



Communication Plan

- Family meeting point agreed on
- Out-of-area emergency contact designated
- Know how to turn off gas, water, electricity
- Local emergency frequencies noted

Your Notes

Brainstamped

Take the free Emergency Readiness Scan at brainstamped.com/scan/emergency

Made with care by brainstamped.com

Print this checklist and put it with your emergency supplies.