

# BEGINNER PREPPING CHECKLIST

The Bare Minimum You MUST Have — 72-Hour Emergency Kit

## ■ WATER

- Water — 3 gallons per person
- Water purification tablets

## ■ FOOD

- Food — 3 days' worth per person
- Fiber tablets
- Manual can opener
- Paper cups and plates
- Plastic utensils

## ■ SANITATION & HYGIENE

- Skin-safe cleaning wipes
- Disinfectant wipes
- Hand sanitizer
- Soap
- Personal hygiene items
- Feminine supplies
- Garbage bags

## ■ MEDICAL & HEALTH

- Basic first aid kit
- Prescription medications
- Painkillers
- Anti-diarrhea medication
- Prescription eyeglasses / contacts + solution

## ■ COMMUNICATION & POWER

- Hand-crank weather radio
- Flashlight
- Extra batteries
- Cell phone chargers
- Power bank

## ■ SAFETY & TOOLS

- Lighters (2–3)
- Fire extinguisher
- Utility shut-off tool
- Plastic sheeting + duct tape
- N95 face mask (1 per person)
- Whistle
- Weapon for self-defense
- Printed map of local area

## ■ SHELTER & COMFORT

- Change of clothing for everyone
- Warm blankets or sleeping bags + pillows
- Books, games, puzzles, etc.

## ■ SPECIAL NEEDS

- Baby supplies (diapers, formula, wipes, etc.)
- Pet supplies (food, water, meds, carrier)

Store your kit in a large wheeled tote so you can grab it fast. Check expiration dates annually. This list covers 72 hours — the critical window when you're on your own.