

90-DAY EMERGENCY PREPAREDNESS CHECKLIST

A practical household checklist for building toward three months of resilience - without trying to buy everything at once.

Household size: _____	Pets: _____
Start date: _____	Next review: _____

WATER

- Stored drinking water
- Appropriate water-storage containers
- Primary water filtration method
- Backup water treatment or purification method
- Potential local emergency water sources identified
- Water plan adjusted for household size and pets

FOOD

- 90-day food target estimated for household size
- Shelf-stable staples
- Canned meats, vegetables and fruit
- Ready-to-eat foods requiring little or no cooking
- Dehydrated or freeze-dried foods
- Cooking oil, seasonings and comfort foods
- Manual can opener
- Food inventory and first-in, first-out rotation system

COOKING

- Backup cooking method appropriate for your location
- Compatible fuel stored safely
- Matches or ignition method if required
- Meals that require minimal fuel and water

MEDICAL & FIRST AID

- Well-stocked first-aid kit
- Personal prescription medications
- Medication and dosage list
- Allergy and medical-condition information
- Pharmacy and medical contact information
- Spare glasses and other essential personal items
- Plan for powered medical equipment if applicable

HYGIENE & SANITATION

- Soap and hand sanitizer
- Toilet paper
- Trash bags
- Disinfecting and cleaning supplies
- Personal hygiene products
- Diapers or other household-specific supplies
- Emergency toilet / sanitation plan
- Pet sanitation supplies

LIGHTING & POWER

- Flashlights
- Headlamps
- LED lanterns
- Spare batteries
- Portable power banks
- Charging cables
- Portable power station or other backup power if needed
- Critical devices and approximate power needs identified

COMMUNICATION

- Battery-powered or hand-crank emergency radio
- Written emergency contact list
- Emergency alert access
- Household communication and meeting plan

HOME & SAFETY

- Working smoke alarms
- Working carbon monoxide alarms
- Fire extinguisher
- Basic household tools
- Work gloves
- Secure doors and windows
- Emergency cash in useful denominations
- Important documents protected and accessible

WARMTH & WEATHER

- Seasonal clothing
- Warm socks and hats
- Blankets or sleeping bags
- Emergency thermal blankets
- Heat-wave plan
- Cold-weather plan
- Safe relocation option for dangerous indoor temperatures

TRANSPORTATION & EVACUATION

- Vehicle maintenance current
- Vehicle emergency supplies
- Fuel strategy
- Printed local and regional maps
- Primary evacuation route
- Alternate evacuation route
- Family meeting locations identified

PETS & HOUSEHOLD-SPECIFIC NEEDS

- Pet food and stored water
- Pet medications
- Leash, harness or carrier
- Pet identification and vaccination information
- Infant or child supplies if needed
- Older-adult needs addressed
- Disability-related equipment and supplies

TWICE-A-YEAR REVIEW

- Rotate food and stored water as appropriate
- Check medications and first-aid supplies
- Test lights, radios and backup power
- Inspect batteries and charging cables
- Review emergency contacts
- Update important documents
- Review pet supplies
- Review evacuation routes and household plans

Build in stages: 72 hours -> 2 weeks -> 1 month -> 3 months. Store what your household actually uses, add redundancy where it matters, and rotate supplies.

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