THE 72-HOUR KIT CHECKLIST

Everything your household needs for the first three days — verified by a human, priced daily.

PREPPING BARGAINS · v1.0 · 2026

How to use it: check HAVE for what's already in the house, NEED for what's missing — then never pay full price for the gaps. We track the current best price on every item below, updated daily.

Current best prices for this entire list: preppingbargains.com/kit

WATER — THE FIRST PRIORITY

people forget: fill BEFORE the event

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Drinking water — 1 gallon per person per day	3 gal / person (don't forget pets)
☐	☐	Portable water filter (squeeze or straw type)	1 per household minimum
☐	☐	Unscented household bleach OR purification tablets	backup treatment method
☐	☐	Collapsible water container (5 gal)	1–2 — for filling before a storm

FOOD — 3 DAYS, NO COOKING REQUIRED

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Ready-to-eat food, ~2,000 calories/person/day	canned, pouched, or freeze-dried
☐	☐	Manual can opener	1 — the classic fatal oversight
☐	☐	Freeze-dried meal pouches + way to boil water	lightest option per calorie
☐	☐	Comfort food / snacks (morale is gear)	especially with kids

POWER & LIGHT

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Headlamp per person + spare batteries	hands-free beats flashlights
☐	☐	Power bank, 10,000mAh or larger, charged	1 per phone in the house
☐	☐	Battery or hand-crank NOAA weather radio	1 — information is survival
☐	☐	Portable power station (the comfort upgrade)	optional — runs fridge/CPAP/fans
☐	☐	Lighter + candles or lantern	plus matches in a dry container

FIRST AID & MEDICAL

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	First aid kit (bandages, gauze, tape, antiseptic)	1 home + 1 vehicle
☐	☐	Prescription medications — 7-day supply	rotate so they stay current
☐	☐	OTC basics: pain reliever, anti-diarrheal, antihistamine	small amounts, labeled
☐	☐	N95 masks	2 per person — smoke, dust, illness
☐	☐	Mylar emergency blankets	1 per person — cheap, tiny, effective

SHELTER, WARMTH & CLOTHING

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Wool blanket or sleeping bag per person	warmth without power
☐	☐	Rain poncho per person	cheap insurance
☐	☐	Full change of clothes + sturdy closed shoes	packed, not ‘I'll grab some’
☐	☐	Hand warmers	box of 10 — morale in a pouch
☐	☐	Tarp + 50 ft paracord	shade, rain, ground cover, repairs

TOOLS & ESSENTIALS

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Multi-tool	1 — quality matters here
☐	☐	Fixed-blade or sturdy folding knife	1
☐	☐	Duct tape + work gloves	fixes half of everything
☐	☐	Loud whistle per person	signal beats shouting
☐	☐	Paper map of your area	phones die; roads close
☐	☐	Cash in small bills	$100–200 — cards fail with the power

COMMUNICATION & DOCUMENTS

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Copies of IDs, insurance, deed/lease in waterproof bag	photos on phone too
☐	☐	Written emergency contact card per person	memory fails under stress
☐	☐	Family two-way radios, charged	when cell networks jam
☐	☐	Out-of-state check-in contact chosen	everyone knows who to text

SANITATION & HYGIENE

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Toilet paper + wet wipes	more than you think
☐	☐	Hand sanitizer + camp soap	illness is the second disaster
☐	☐	Heavy trash bags (contractor grade)	sanitation, rain gear, storage
☐	☐	Feminine hygiene supplies	as needed
☐	☐	5-gallon bucket + liner bags	the humble emergency toilet

YOUR PEOPLE (CUSTOMIZE THIS SECTION)

HAVE	NEED	ITEM	QTY / NOTES
☐	☐	Infants: formula, diapers, wipes — 3 days	sizes change; check quarterly
☐	☐	Pets: food, water, leash, carrier, meds	they're on the manifest too
☐	☐	Spare glasses / contacts + solution	per person who needs them
☐	☐	Kids: one comfort item + cards or games	calm is contagious

Don't pay full price for a single item on this list.

Prices on this gear move every day — that's why this checklist has no prices printed on it.
We track the current best price on every item, verified by a human, updated daily:

preppingbargains.com/kit

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