

Emergency Household Checklist

A practical, budget-friendly checklist for preparing your household without panic, pressure, or trying to buy everything in one day.

A gentle reminder

You do not have to do everything at once. Start with what matters most, use what you have, and take the next right step.

A practical resource from The Daily Bread Project

Start with the first 72 hours

Think about what your household would need if the power went out, stores closed, transportation stopped, or you had to leave quickly.

Water and food

- ☐ Drinking water for each person
- ☐ Shelf-stable food your household will actually eat
- ☐ Manual can opener
- ☐ Baby food or formula, if needed
- ☐ Pet food, if needed
- ☐ Disposable plates, cups, and utensils

Light, power, and communication

- ☐ Flashlights or solar lanterns
- ☐ Extra batteries
- ☐ Charged power banks
- ☐ Battery or hand-crank radio
- ☐ Printed emergency contacts
- ☐ Car charger

Health, hygiene, and comfort

- ☐ First-aid supplies
- ☐ A few days of essential medication, when possible
- ☐ Soap, sanitizer, wipes, and toilet tissue
- ☐ Feminine-care products
- ☐ Diapers and baby supplies
- ☐ Masks and gloves
- ☐ Blankets or warm clothing
- ☐ Comfort item for children or elders

Important documents

- ☐ Copies of identification
- ☐ Insurance information
- ☐ Medication list and allergies
- ☐ Emergency contact list
- ☐ Lease, mortgage, or housing information
- ☐ Bank and benefit contact numbers
- ☐ Birth certificates or key family records
- ☐ A small amount of cash in smaller bills

Protect your privacy

Keep copies in a sealed waterproof pouch or password-protected digital folder. Do not store sensitive documents where they are easy to lose or steal.

Make a household plan

Our meeting place near home

Our meeting place outside the neighborhood

The person everyone will contact

Transportation backup plan

Special needs for children, elders, pets, or medical care

Home safety check

- ☐ Know how to turn off water, gas, and electricity safely.
- ☐ Test smoke and carbon-monoxide alarms.
- ☐ Keep exits clear.
- ☐ Store a fire extinguisher where adults can reach it.
- ☐ Write down local emergency numbers.
- ☐ Review the plan with everyone in the household.

Build your kit a little at a time

Week 1

- ☐ Water
- ☐ Flashlights
- ☐ Emergency contacts

Week 2

- ☐ Shelf-stable food
- ☐ Can opener
- ☐ Basic hygiene supplies

Week 3

- ☐ First aid
- ☐ Medication list
- ☐ Document copies

Week 4

- ☐ Power bank
- ☐ Blankets
- ☐ Household-specific items

**No shame in
starting small**

One flashlight, one gallon of water, and one written phone number is still preparation. Add what you can, when you can.

This checklist is for general preparedness and does not replace instructions from local emergency officials, medical professionals, or public safety agencies.