Shelter in Place Plan

72-Hour Shelter-in-Place Checklist

Water

- [ ] Store 3 gallons (11.4 L) of water per person
- [ ] Add extra for pets, illness, pregnancy or hot weather
- [ ] Unscented bleach, 5% to 9%, for treating water if needed

Food

- [ ] About 6,000 calories of no-cook food per adult (general guide: 2,000 a day)
- [ ] Ready-to-eat canned protein, fruit and vegetables
- [ ] Peanut butter, crackers, cereal, granola or protein bars
- [ ] Baby food or ready-to-feed formula if needed
- [ ] Manual can opener
- [ ] Plates, cups and utensils

Light and information

- [ ] Flashlight for each person
- [ ] Spare batteries
- [ ] Battery or hand-crank radio
- [ ] Phone charger and a full power bank
- [ ] Written list of phone numbers

Health and hygiene

- [ ] First aid kit
- [ ] Prescription medicine and medical supplies (talk to your pharmacist about extra)
- [ ] Glasses and contact lens supplies
- [ ] Soap, hand sanitizer (at least 60% alcohol) and moist towelettes
- [ ] Toilet paper, garbage bags and ties
- [ ] Menstrual products if needed

Warmth and home

- [ ] Sleeping bag or warm blanket for each person
- [ ] Change of clothes and sturdy shoes
- [ ] Working smoke and carbon monoxide alarms with battery backup
- [ ] Wrench or pliers for shutting off utilities
- [ ] Whistle, dust mask or N95, duct tape, scissors and plastic sheeting

Documents and money

- [ ] Copies of ID, insurance and medical information in a waterproof pouch
- [ ] Small bills and coins
- [ ] Spare house and car keys

Pets and children

- [ ] Pet food, water and any medicine
- [ ] Books, cards or games

Numbers to keep

Emergency **911**
Poison help **1-800-222-1222**
Local help and services **211**
Weather alerts **weather.gov**
Official preparedness **Ready.gov**

Printed from shelterinplaceplan.com/lists/72-hour