Shelter in Place Plan

Kit in a weekend

A 72-hour kit and a family plan in two days, one small job at a time. Saturday is water, food and light. Sunday is health, papers and people.

Day 1

Saturday

Water, food and light

Morning: see what you have

- [ ] Pick how many days you want to cover and who is at home. Print the list it gives you.
  /plan
- [ ] Walk through the house with the 72-hour checklist and tick what you already own.
  /lists/72-hour
- [ ] Choose one spot for the kit: a closet shelf or one or two bins that everyone can reach.

Afternoon: one small shopping trip

- [ ] Buy Water: 3 gallons (11.4 L) per person for three days, at 1 gallon a day. Add more for pets.
  /guides/water/how-much-water
- [ ] Buy Three days of no-cook food your household already eats: canned protein, fruit, crackers, peanut butter, cereal. Plus a manual can opener.
  /guides/food/food-by-calories
- [ ] Buy One flashlight per person, and spare batteries in the sizes they take.
  /guides/home/lighting-in-an-outage

Evening: put it away

- [ ] Store the water somewhere cool and out of sunlight, and put the food with it.
  /guides/water/storing-water
- [ ] Add the best-before dates to the pantry tracker, so you use the oldest food first.
  /pantry-tracker
- [ ] Charge every phone and power bank in the house.
  /guides/power/charging-phones

Day 2

Sunday

Health, papers and the plan

Morning: health and hygiene

- [ ] Check your first aid kit against the list and note what is missing or expired.
  /guides/health/first-aid-kit
- [ ] Buy First aid gaps, hand sanitizer, toilet paper, and a box of garbage bags with ties.
- [ ] Make a note to ask your pharmacist how to keep a few extra days of your regular medicine on hand.
  /guides/health/medication-planning

Afternoon: papers and the house

- [ ] Copy ID, insurance and medical information into a waterproof pouch for the kit.
  /guides/home/protecting-documents
- [ ] Buy A battery or hand-crank radio, and some small bills.
- [ ] Find the water shutoff, the electrical panel and the gas meter. Label them.
  /guides/home/shutting-off-utilities
- [ ] Test the smoke and carbon monoxide alarms, and replace batteries that need it.
  /guides/home/home-fire-safety

Evening: the people part

- [ ] Fill in the family plan together and print a wallet card for everyone.
  /family-plan
- [ ] Pack the kit, label the bins, and show everyone at home where it is.
- [ ] Put a reminder in your calendar for six months from now to check dates and batteries.

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Numbers to keep

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

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