72-hour emergency kit checklist

Build a kit for at least 3 days (72 hours), based on Canada.ca's checklist, with space for your own items.

NAME

DATE

BASIC KIT

- [ ] Water: two litres per person per day
- [ ] Non-perishable food (replace once a year)
- [ ] First-aid kit
- [ ] Flashlight and batteries
- [ ] Phone charger or power bank
- [ ] Copies of ID and important documents
- [ ] List of medications and doses
- [ ] Emergency contacts
- [ ] Toiletries and hygiene items
- [ ] Warm clothing and blanket

KIT STORED AT

CHECKED ON (SPRING AND FALL)

SOURCES (CHECKED 2026-11-26)

Canada.ca says emergency kits should cover at least 3 days (72 hours) and suggests two litres of water per person per day.
https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html (checked 2026-11-26)
Canada.ca suggests using the spring and fall time changes to swap or update supplies.
https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits/get-kit.html (checked 2026-11-26)