

**Free checklist**

# Basic 72-hour emergency supplies

A practical starter list for three days without electricity, shopping or normal supply.

**Important**

This list is deliberately designed as a starter kit. It helps you get through the first 72 hours in an organised way. For longer scenarios, you will need more supplies, more water and a household plan. This checklist is intentionally practical. It does not replace official warnings, medical advice or expert assessment of specific hazards. In acute danger, emergency services, local authority information and official warning channels take priority.

## 1. Enter household details

| Household detail                                  | Your entry |
|---------------------------------------------------|------------|
| Number of adults:                                 | _____      |
| Number of children:                               | _____      |
| Pets:                                             | _____      |
| Special needs: medication, baby, care, allergies: | _____      |

## 2. Water needs for 72 hours

Plan at least enough drinking water. It is better to store additional water for hygiene, cooking and pets. In hot regions, during illness, physical work or when children are present, the need increases significantly.

| Household | Minimum drinking water | Better practical value incl. reserve |
|-----------|------------------------|--------------------------------------|
| 1 person  | at least 6 litres      | approx. 10-12 litres                 |
| 2 people  | at least 12 litres     | approx. 20-24 litres                 |
| 4 people  | at least 24 litres     | approx. 40-48 litres                 |
| Pets      | plan extra             | depending on animal and climate      |

- ☐ Store drinking water in clean bottles or canisters.
- ☐ Store utility water separately: toilet, cleaning and basic washing.
- ☐ Check and rotate water regularly.
- ☐ Plan an additional reserve for babies, medication and care needs.

## 3. Food for three days

- ☐ Plan 9 simple meals per person.
- ☐ Choose foods that keep without refrigeration.
- ☐ Choose foods that can be eaten without cooking or with very little cooking.
- ☐ Do not forget a tin opener if tins without ring pulls are stored.
- ☐ Take account of intolerances, diabetes, baby food and special diets separately.

### Useful foods

- Bread, crispbread, rusks and crackers.
- Tinned food: beans, sweetcorn, fish, stews, vegetables and fruit.
- Nuts, dried fruit, cereal bars and oats.
- UHT milk or long-life plant-based drinks.
- Ready meals that can be eaten cold or heated quickly.
- Coffee or tea only if water and a safe way to boil it are available.

## 4. Cooking and eating without electricity

- Use camping stoves or gas stoves only according to the instructions and only with safe ventilation.
- Never operate a barbecue, charcoal grill or generator indoors, in garages or in enclosed areas.
- Store fuel that is suitable for the appliance.
- Keep a lighter or matches dry.
- Disposable tableware only as a reserve; it is better to use little crockery and save water.

### Carbon monoxide warning

Barbecues, charcoal, open fires and generators can produce deadly carbon monoxide. Never use them indoors.

## 5. Light, energy and communication

- ☐ Torch for each person, or at least one for each room.
- ☐ Head torch for free hands.
- ☐ Spare batteries suitable for the devices.
- ☐ Power banks charged.
- ☐ Solar or wind-up radio.
- ☐ Paper list with important telephone numbers.
- ☐ Charging cables collected in one fixed place.

## 6. Hygiene, toilet and waste

- ☐ Toilet paper, wet wipes and rubbish bags.
- ☐ Soap and hand sanitiser.
- ☐ Period products, nappies and care products.
- ☐ Bucket, strong bin bags, cat litter or sawdust as an emergency toilet reserve.
- ☐ Disposable gloves and kitchen roll.
- ☐ Store waste separately and sealed.

## 7. Health and safety

- ☐ Check the household first-aid supplies.
- ☐ Keep regular medication for several days within easy reach.
- ☐ Keep paper copies of important prescriptions or a medication list.
- ☐ Complete first-aid kit.
- ☐ Cash in small notes.
- ☐ Document copies packed waterproof.

[ ] Plan pet food and animal medication.

## 8. Shopping checklist to tick off

| Area                 | What is missing? | Done |
|----------------------|------------------|------|
| Water                |                  | [ ]  |
| Food                 |                  | [ ]  |
| Light/energy         |                  | [ ]  |
| Radio/communication  |                  | [ ]  |
| Hygiene/toilet       |                  | [ ]  |
| Medication/first aid |                  | [ ]  |
| Pets                 |                  | [ ]  |

## Technical orientation

The contents have been written independently and structured for Blackout-Tip.com. From a technical perspective, they are based on publicly available recommendations from official bodies:

- Federal Office of Civil Protection and Disaster Assistance (BBK): guides and checklists for emergency preparedness.
- Ready.gov / FEMA: recommendations on emergency kits, water, food and behaviour during power cuts.
- CDC / FoodSafety.gov: food safety guidance during power cuts.

Website note: this PDF is intended as a free download. It may be made available on blackout-tip.com and reused internally. For external source references in article text, the official sources should also be linked.