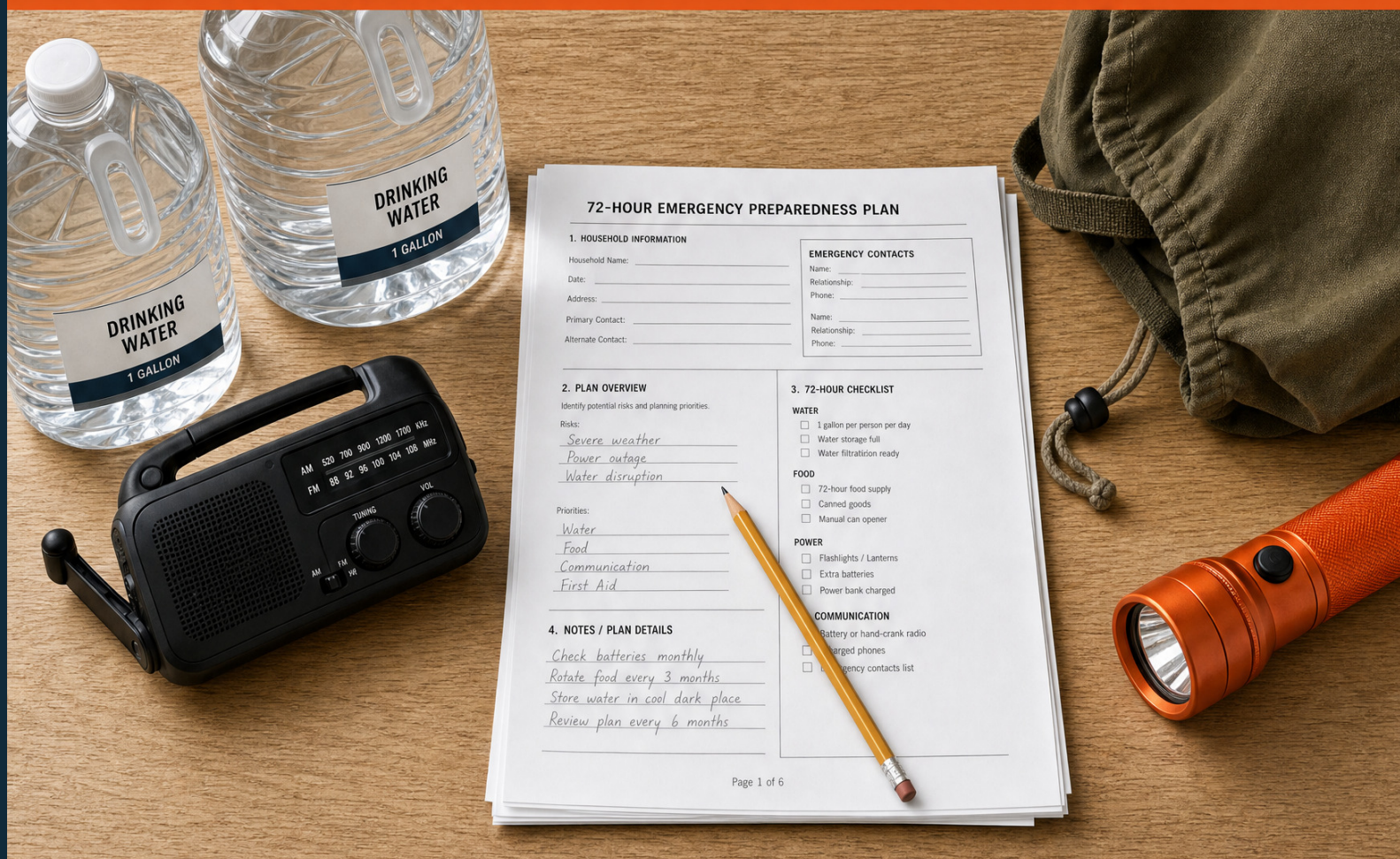


72-HOUR EMERGENCY PREPAREDNESS PLAN



Build your household emergency plan in 60 minutes.

WORKBOOK + CHECKLISTS + CALCULATORS

START HERE | 60-MINUTE SESSION

A plan you can actually use.

You do not need to solve every emergency today. Use this session to make decisions, assign responsibilities and identify your next useful action.

WHAT 60 MINUTES MEANS

Aim to finish a first draft of your household plan in about an hour. Buying supplies, arranging medical support and practicing the plan take additional time. Seventy-two hours is a starting horizon, not a limit on how long an emergency may last.

Time	Make a decision	Pages
00-10	People, health needs and local risks	3-5
10-25	Water, food and a simple three-day menu	6-9
25-35	Essential power, temperature and sanitation	10-12
35-45	Contacts, evacuation and people who need help	13-16
45-55	Go-bags, home supplies and important documents	17-19
55-60	Choose next actions and complete the one-page plan	20-25

USE THE WORKBOOK

- ☐ Fill digitally or print pages. Save a local copy after filling. PDF fields do not calculate automatically; use the companion calculator for estimates.
- ☐ Keep completed copies private: contacts and health information are sensitive. Share a copy with a trusted household contact.
- ☐ Write "N/A" for items that do not apply. An unchecked box is a task to assess, not a reason to buy something.

General planning education for U.S. households, with metric conversions. Follow current local emergency instructions. This workbook does not replace medical, electrical, fire-safety or emergency-management advice. Sources and limitations are on page 26.

04 | WATER CALCULATOR

Know your water target

Plan at least 1 US gallon per person per day for three days. Add household-specific extra water; children count as people.

YOUR BASE CALCULATION

People x days x 1 US gallon = baseline gallons.
Gallons x 3.78541 = liters. For storage, round your liters up.
Example: 4 people x 3 days = 12 US gal, approximately 45.5 L; round up to 46 L.

People	Days (start with 3)	Baseline US gal
Pets: additional US gal	Other extra water: US gal	TOTAL target: US gal
Target x 3.78541: liters	Already stored: same unit	Gap to fill: target - stored

Why extra water is needed / who confirmed the amount

MAKE THE QUANTITY PRACTICAL

Container size / unit	Number of containers	Storage location

PLAN BEYOND THE BASELINE

Heat, illness, pregnancy, pets and extra sanitation needs can increase demand. Ask a veterinarian about pets. Add water used to prepare food. Work toward a longer supply when feasible; do not count an unverified natural source as stored safe water.

Baseline source: CDC, How to Create an Emergency Water Supply. See linked reference on page 26.