READY STOCKED

72-Hour Household Plan

Free to print and share
readystocked.com/72-hour-household-plan/

Household _____ Address _____

1. Who lives here

Write how many people are in each group. The figures are for one person for 3 days. Multiply by your count and add them up.

Age group	How many	Water for 3 days	Calories a day	Calories for 3 days
Adults (19 and up)		3 gal	2,000	6,000
Teens (14 to 18)		3 gal	2,400	7,200
Children (9 to 13)		3 gal	1,900	5,700
Children (4 to 8)		3 gal	1,500	4,500
Toddlers (1 to 3)		3 gal	1,000	3,000
Infants (under 1)		3 gal	Formula and baby food, planned with your pediatrician	
Household total				

Water is 1 gallon per person per day for drinking and washing. Hot weather or illness can call for more.

Pets	How many	Water each for 3 days
Small dogs (about 20 lb)		0.5 gal
Medium dogs (about 50 lb)		1.2 gal
Large dogs (about 90 lb)		2.1 gal
Cats (about 10 lb)		0.2 gal

Pet sizes are rough presets. Keep 3 days of your pet's usual food and any medicine it takes.

2. Shutoffs

Water main is at _____

Gas shutoff is at _____

If you turn the gas off for any reason, only a qualified professional can turn it back on.

Breaker panel is at _____

3. Contacts

Power company outage line _____

Water utility _____

Gas utility _____

Out-of-area contact and phone _____

Meeting place near home _____

Meeting place outside the neighborhood _____

Doctor _____

Veterinarian _____

4. Medications and devices

Name	Medicine or device	Dose or model	Device maker phone

Check with the device maker or a clinician about power, water, and backup supplies.

5. When the power goes out

1. Eat food from the refrigerator first, then the freezer, then pantry food.
2. Keep the refrigerator and freezer doors closed. An unopened refrigerator keeps food cold for about 4 hours.
3. A full freezer with the door closed keeps food safe for about 48 hours. Frozen food that still has ice crystals can be refrozen or cooked.
4. When in doubt, throw it out.

6. Treating water

Use this only for water you are unsure about. Let cloudy water settle, or strain it through a coffee filter or clean cloth first.

- **Boil:** bring the water to a rolling boil for 1 minute, then let it cool.
- **Bleach:** add 1/8 teaspoon of unscented household bleach (5.25 to 6.0 percent sodium hypochlorite) per gallon, stir, and wait 30 minutes. The water should smell slightly of bleach.

7. Rotation

Water filled on _____

Replace by _____

Replace water you filled yourself every 6 months. Keep store-bought water sealed and use it by the date on the label.

Sources

- Ready.gov (FEMA), Water
- Centers for Disease Control and Prevention, How to Create an Emergency Water Supply
- FEMA and the American Red Cross, Food and Water in an Emergency
- Ready.gov (FEMA), Food
- Centers for Disease Control and Prevention, Keep Food Safe After a Disaster or Emergency
- Ready.gov (FEMA), Safety Skills: Know How to Shut Off Utilities
- USDA and HHS, Dietary Guidelines for Americans, 2020-2025, Appendix 2 (Table A2-2)
- U.S. Food and Drug Administration, How to Understand and Use the Nutrition Facts Label
- Hill's Pet Nutrition (veterinarian reviewed), How Much Water Should Dogs & Cats Drink Each Day?
- Cornell Feline Health Center, Hydration

Full list: readystocked.com/sources/