



The 72-Hour Checklist

Room by room — built on fire science, not fear.

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Print me. Stick me on the fridge.
Check what you have, acquire what's missing.

WATER

Kitchen / Bath

- ☐ **LifeStraw** (or any filter) in the go-bag
- ☐ **WaterBob bladder** staged under the bathroom sink
- ☐ 1 gal/person/day minimum for drinking + hygiene
- ☐ Fill every container + tub **at first warning** — water pressure fails before power

Bathtub = 100 gallons if you fill it in time. That's the whole trick.

FOOD

Pantry

- ☐ **72-hr kit** (ReadyWise or similar) — check expiry date
- ☐ **Manual can opener** — electric one dies with the grid
- ☐ Comfort item: coffee, chocolate. Morale is a survival metric.

MEDICAL

Bathroom

- ☐ **First aid kit** — 200-piece min, grab-ready case
- ☐ **7-day supply** of critical meds, rotated
- ☐ **N95/KN95 masks** — wildfire smoke is particulate; cloth won't cut it

FIRE & LIGHT

Utility drawer

- ☐ **Instafire pouches x2** — lights wet wood, burns on a spark
- ☐ **Ferro rod + fatwood** backup (matches get damp)
- ☐ **ABC extinguisher** near the kitchen — check the gauge
- ☐ **Headlamp per person** — hands-free beats every flashlight

COMMS & POWER

Charging station

- ☐ **Hand-crank NOAA radio** — works with zero batteries
- ☐ **20,000mAh power bank** charged above 50%
- ☐ **Written contact list** — phones die, paper doesn't
- ☐ Solar panel if you have one; test it monthly

Cell networks overload in the first hour of any event. Text beats calls.

GO-BAG

By the exit door

- ☐ Packed and staged — **not** "things I'd grab"
- ☐ Copies of IDs, insurance, deeds on a USB + paper
- ☐ Cash in small bills (card readers go down)
- ☐ Car fuel **above half** at all times during fire season

RED-FLAG DAY

Outdoors

- ☐ Move combustibles **30 ft from the house** (chairs, doormats, firewood)
- ☐ **Hose pre-stretched** + shutoff nozzle on the spigot
- ☐ Close every vent, window, and dog door — embers seek airflow
- ☐ Know **two exit routes** from your neighborhood
- ☐ Park nose-out for a 60-second departure

Homes ignite from embers, not fire fronts. Prep the weak points.

FAMILY PLAN

Kitchen table

- ☐ **Meet point** if separated — one near, one far
- ☐ Out-of-state contact everyone texts to check in
- ☐ Pet plan: carrier staged, vet meds packed
- ☐ Everyone knows where the gas shutoff is

THE 72-HOUR MATH

- ☐ Water: 3 gal per person
- ☐ Food: 6 ready meals per person
- ☐ Light: 1 headlamp per person
- ☐ All of it fits in **one duffel**. Start today.

72 hours is the national standard. Most households are 4 items and one afternoon away from ready.

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The Shopping Lists

Every tier, item by item — the exact picks behind the store.

THE ESSENTIAL 72 ~\$212		THE READY HOUSE ~\$423		THE FORTIFIED HOMESTEAD ~\$1,200	
LifeStraw Personal Filter	\$20	Sawyer Squeeze System	\$38	Jackery Explorer 240	\$200
WaterBob Bathtub Bladder	\$40	WaterBob Bladder	\$40	SolarSaga 100W Panel	\$200
Instafire Pouches (2-pk)	\$12	Anker 20,000mAh Bank	\$50	Gravity Filtration System	\$110
Black Diamond Spot Headlamp	\$45	Goal Zero Nomad 10 Solar	\$100	Garmin inReach Mini	\$350
First Aid Kit (200-pc)	\$25	Ferro Rod + Fatwood	\$20	Solo Stove Bonfire	\$250
Crank NOAA Radio + Light	\$30	Baofeng UV-5R Handheld	\$35	Mountain House 5-Day Kit	\$90
ReadyWise 72-Hr Food Kit	\$40	Trauma Kit Upgrade	\$60		
		Augason Farms 30-Day Bucket	\$80		

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