FIELD SHEET

72-HOUR CHECKLIST

Three days of autonomy, the European recommendation. Tick it, note where it's stored, date it.

ITEM	QUANTITY GUIDE	WHERE IT'S STORED	CHECKED ON
WATER AND FOOD			
☐ **Water**	3 L per person per day		
☐ **No-cook food**	3 days, no tin opener needed		
☐ **Children's / special diets**	3 days, specific		
POWER AND LIGHT			
☐ **Flashlight**	1 per person + spare batteries		
☐ **Power bank**	Charged, with its cable		
☐ **Candles / lighter**	Careful use, never unattended		
INFORMATION AND COMMUNICATION			
☐ **Battery or crank radio**	1 per household, frequencies noted		
☐ **Paper contact list**	Copied out by hand		
☐ **Household emergency plan**	Sheet 04, filled in and displayed		
HEALTH AND HYGIENE			
☐ **First-aid kit**	Complete, in date		
☐ **Personal medication**	7 days ahead		
☐ **Basic hygiene**	Soap, wipes, bin bags		
DOCUMENTS AND PAYMENT			
☐ **Cash in small notes**	Enough for 3 days		
☐ **Copies of key documents**	Paper + a copy off-site		
☐ **Spare keys**	Home and vehicle		
MOBILITY AND SHELTER			
☐ **Tank above half**	A permanent habit		
☐ **Warm clothes, closed shoes**	1 set per person, accessible		
☐ **Emergency blanket**	1 per person		

THREE PRINCIPLES

- The first 12 hours are the most likely scenario. Size for them first, not for collapse.
- What isn't stored somewhere everyone knows doesn't exist. The “where it's stored” column is the important one.
- Check twice a year, at the clock changes. Expiry dates and batteries give no warning.

Free to share, personal use. Adapt quantities to your household and your home.