PRINTABLE FILL-IN PLANNER

Family 72-Hour Kit Planner

Size your kit to your own family. Water, food, warmth, first aid, car kit, family plan and a check log, with winter weather tips built in.

Family name: _____ Kit last checked: _____

By Troy Van Valey, former drilling-rig Safety Captain and heavy equipment foreman

How to use this planner

1 Fill in
Start with the Family Snapshot. Your household numbers carry through every page.

2 Gather
Work one page at a time. Check off what you have and list what you still need.

3 Check
Twice a year, rotate water and food and log it on the last page.

No need to do it all at once. One page a week gets you ready in about three months. Print on letter paper; black and white works fine.

Family Snapshot

Fill this in first. Every other page uses your household numbers from here.

Who lives here

Name	Age	Allergies	Daily medicines	Medical devices or mobility needs

Pets

Pet name	Type	Weight	Food and medicine notes	Microchip #

Our household total

People: _____ **Kids under 12:** _____

Pets: _____ **Anyone needing extra help:** _____

Tip: update this page when a baby arrives, a medicine changes or someone moves in or out. It takes two minutes and keeps the rest of the planner right.

Doctors and pharmacy

Who	Name	Phone
Family doctor		
Pharmacy		
Vet		
Insurance		

Blood types (optional): _____ **Kit last checked:** _____

Water

Do the math for your household, then log what you have and when to replace it.

1. Our water math

72-hour kit (minimum)

People _____ × 1 gal × 3 days = _____ gal

Example: 4 people × 1 × 3 = 12 gallons.

At home (goal)

People _____ × 1 gal × 14 days = _____ gal

Example: 4 people × 1 × 14 = 56 gallons.

At least 1 gallon per person per day (Ready.gov, CDC, Red Cross). Red Cross and CDC suggest 2 weeks at home if you can.

Extra for hot weather, nursing, illness or a medical need: _____ **gal**

Pet water (ask your vet): _____ **gal**

2. Water we have

Container	Qty	Gallons	Where stored	Filled or bought	Replace by

Total gallons: _____ **Goal:** _____ **Short by:** _____

Cold weather: water can freeze in garages and cars. Keep most of it indoors (a basement is great), off bare concrete and out of sunlight. Leave a little room at the top of containers stored where it gets cold.

3. Backup ways to make water safe

☐ Unscented household bleach on hand (check the label for the CDC amount)

☐ A pot and a way to boil outdoors or on a working stove. Boil 1 minute, or 3 minutes above 6,500 feet (CDC).

☐ Water filter or purification tablets (type):_____

☐ Replace water you fill yourself every 6 months, store-bought by its date

Food

Plan 3 days of food your family will really eat, with little or no cooking.

Our 3-day menu

Day	Breakfast	Lunch	Dinner	Snacks and drinks
Day 1				
Day 2				
Day 3				

Mark meals that need heat (H) or no cooking (N).

Food we have (eat it and replace it)

Food item	Qty	Where stored	Use by	Eaten on	Replaced on

- ☐ Manual can opener and utensils packed
- ☐ Baby food or formula, if needed
- ☐ Oldest food in front (first in, first out)
- ☐ Allergy or special diet foods packed
- ☐ Cans that are swollen, dented, leaking or rusted thrown out
- ☐ Comfort snacks everyone likes

Power out? Keep the fridge closed. It stays cold about 4 hours unopened, and a full freezer about 48 hours (Ready.gov). Grills and camp stoves are for outdoors only.

Shelter and Warmth

Winter nights can get cold fast. This page makes sure everyone can stay warm if the furnace is out.

Warm gear for each person

Name	Warm layer	Hat and gloves	Wool socks	Blanket or bivvy	Sleeping bag rating

If the furnace is out: our plan

Our warm room: _____ **How we close off other rooms:** _____

Extra bedding is kept: _____ **Window covers (blankets, plastic):** _____

- ☐ Layer clothes and bedding, and wear a hat indoors
- ☐ Gather everyone and pets into the warm room
- ☐ Check on neighbors who live alone

Safety first: run generators, grills, camp stoves and charcoal only outdoors, far from windows and doors, never in the home or garage. Keep a working carbon monoxide alarm with fresh batteries.

CO alarm tested on: _____ **Batteries changed on:** _____

Shelter-in-place supplies

Item	Have it?	Where stored
Plastic sheeting		
Duct tape		
Tarp		
Scissors or utility knife		

First Aid

A stocked kit plus a few days of each person's medicine covers most needs.

Kit contents

Item	Qty	Expires	Item	Qty	Expires
Bandages (assorted)					
Gauze pads and tape					
Antiseptic wipes					
Pain and fever reliever					
Gloves					
Tweezers and scissors					
Thermometer					

Personal medicines

Name	Medicine	Dose	3+ days on hand?	Refill date

Skills in our family

First aid or CPR trained: _____ **Stop the Bleed trained:** _____

- ☐ Masks for wildfire smoke, poor air days and illness
- ☐ Glasses or contacts backup
- ☐ Copies of prescriptions (see Documents page)

> **From Troy:** on the drilling rigs I kept up First Aid training as part of my safety work. A short class at the Red Cross or a local fire station is the best thing you can add to any kit.

Lighting and Power

Good light keeps everyone calm. Plan a light for each person and a way to charge phones.

Lights

Name	Flashlight or headlamp	Where kept	Batteries checked

Room lantern(s): _____ **Kept at:** _____

Battery stock

Size	How many	Bought on	Checked on
AA			
AAA			
C / D			
9V			
Other:			

Phone charging plan

Power bank(s) and size: _____ **Solar or car charging:** _____

Medical devices that need power

Device	Watts (if known)	Backup plan

Habit: keep lights in the same spot so you can find them in the dark, and check batteries when the clocks change.

Communications

When cell service is busy, a plan and a paper list keep your family connected.

Out-of-area contact

A relative in another state is often easier to reach than someone local.

Name: _____ **Phone:** _____

Paper contact list

Name	Relationship	Phone	Other (email, address)

Text first. Short texts often get through when calls do not, and they save battery.

Alerts and news

Weather or alert radio model: _____ **Batteries checked:** _____

County emergency management: _____ **Local news station:** _____

- ☐ Phone emergency alerts turned on
- ☐ Dial 211 for local help and info

Two-way radios (optional)

Who	Radio	Channel	Call sign (ham, if licensed)

Documents and Cash

Copies of key papers make it much easier to get help and get back to normal.

Copies we keep

- ☐ IDs and driver licenses
- ☐ Birth certificates
- ☐ Social Security cards
- ☐ Insurance policies (home, car, health)
- ☐ Deed or lease
- ☐ Vehicle titles and registration
- ☐ Medical cards and prescriptions
- ☐ Pet records and vaccines
- ☐ Bank and credit card contacts
- ☐ Family photos (for finding each other)

Where things are

Originals are kept: _____ **Copies are kept:** _____

Digital copies (USB or secure cloud): _____ **Waterproof bag packed on:** _____

Cash

ATMs and card readers may not work without power. Small bills are easiest.

Amount we keep: $ _____ **Kept at:** _____

Important account contacts

Write only what you are comfortable keeping on paper, and store this page safely.

Account	Company	Phone

Kids

A few familiar things make 72 hours much easier for children.

For each child

Name	Comfort item	Clothes size	Diapers or formula	Medicines

- ☐ ID card with parent phone numbers in each backpack
- ☐ Change of clothes, updated each season
- ☐ Quiet activities: cards, crayons, a book

School and daycare pickup

Child	School	Who can pick up	Reunion location

Talk it over: calmly walk kids through the plan and practice it like a game. Kids feel safer when they know what will happen.

Notes for the people helping our kids

Pets

Pets are family. Pack for them too, and plan where they can stay.

For each pet

Pet	Food (days)	Water	Leash or carrier	Medicines	Litter or bags

- ☐ Vaccine records copied
- ☐ Photo of each pet with an owner (helps reunite)
- ☐ Collar tags and microchip info current
- ☐ Familiar toy or blanket

Places our pets can stay

Place	Contact	Phone	Pet-friendly?
Friend or family			
Boarding			
Vet			
Pet-friendly hotel			

Vet name: _____ **Vet phone:** _____

> Ask your vet how much water and food your pet needs for 3 days.

Winter Car Kit

Snow, ice and road closures can leave you waiting in your car. A kit keeps you warm and safe.

Car kit checklist

Item	Car 1	Car 2
Blanket and warm layers		
Gloves, hat and boots		
Ice scraper and small shovel		
Traction aid (sand, kitty litter or mats)		
Jump starter or cables		
Flashlight and batteries		
Water (can freeze, check it)		
Snacks		
Phone charger		
First aid kit		
Window breaker and seatbelt cutter		
Paper map		
Bright cloth or flares to signal		
Basic tools		
Toilet paper and bags		

Car 1 checked on: _____ **Car 2 checked on:** _____

Habit: keep the tank at least half full in winter, and check road conditions before you go: call 511 or use your state DOT road info site. Check your state's chain and snow tire rules too.

Family Emergency Plan

The heart of the planner. Talk it through together, then practice once a year.

Meeting places

Near home: _____ **Outside our neighborhood:** _____

Out of town: _____ **Who picks up kids:** _____

Who checks on a neighbor or relative: _____

Utility shutoffs

Utility	Location	Tool needed and where
Gas meter		
Water main		
Breaker panel		

Only shut off gas if you smell gas or are told to. The gas company must turn it back on.

Leaving home

Route 1: _____ **Route 2 (if a road is closed):** _____

Where we would go: _____ **Earthquake drill practiced:** _____

Grab in 10 minutes: 1._____ 2._____ 3._____ 4._____ 5._____ Earthquake drill: drop, cover, hold on.

Our home map

Draw exits, the kit, and shutoffs.

Check and Rotation Log

Pick two dates a year, like when the clocks change, and spend 30 minutes on your kit.

Date	Water	Food	Batteries	Medicines	Kids clothes	Car kit	Initials

About this planner

Made by Troy Van Valey for PrepPick. Troy spent about 20 years running heavy equipment and leading crews as a foreman across seven states, then served as a Safety Captain on Nabors drilling rigs, running daily job hazard reviews and equipment audits. This planner brings that same habit home: plan ahead, check it often, keep it simple.

Sources (all checked November 2, 2026)

- Ready.gov (FEMA), Build a Kit: https://www.ready.gov/kit
- Ready.gov, Water: https://www.ready.gov/water
- Ready.gov, Food: https://www.ready.gov/food
- Ready.gov, Power Outages: https://www.ready.gov/power-outages
- Ready.gov, Winter Weather: https://www.ready.gov/winter-weather
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- CDC, How to Create an Emergency Water Supply: https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html
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- National Weather Service, Winter Safety: https://www.weather.gov/safety/winter
- FHWA, National Traffic and Road Closure Information (511): https://www.fhwa.dot.gov/trafficinfo/
- AirNow (air quality): https://www.airnow.gov/

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