

AHA Home Emergency Kit Checklist

Use this list to build or review your 72-hour kit for sheltering at home. Just check as you pack!



Water & Food

- ☐ 1 gallon of water per person, per day (for drinking & sanitation)
- ☐ Non-perishable food (canned goods, pouches, dry items)
- ☐ Manual can opener



Light & Power

- ☐ Flashlights or headlamps (with extra batteries)
- ☐ Battery-powered or hand-crank radio
- ☐ Portable power bank or solar charger for phones



Health & Hygiene

- ☐ First aid kit (bandages, antiseptic, gloves)
- ☐ Prescriptions & basic medications (pain relief, allergy meds)
- ☐ Soap, hand sanitizer, moist towelettes
- ☐ Toilet paper & plastic bags (for sanitation)



Safety Tools

- ☐ Whistle (to signal for help)
- ☐ Wrench or pliers (to turn off utilities if needed)
- ☐ Dust masks (for poor air quality)



Documents & Cash

- ☐ Copies of ID, insurance, medical records
- ☐ Local maps
- ☐ Small amount of cash (small bills)

AHA Home Emergency Kit Checklist - Cont'd



Household-Specific Needs

- ☐ Baby supplies (formula, baby food, diapers)
- ☐ Pet supplies (food, leash, meds, carrier)
- ☐ Senior items (hearing aid batteries, glasses)
- ☐ Special needs items (dietary, sensory, or mobility gear)



Comfort Items

- ☐ Snacks or treats for stress relief
- ☐ Small toys, cards, or games for kids



Additional Notes