



72-Hour Grab-and-Go Checklist

Three days of self-sufficiency, plus a go-bag per person — Flash Wildfire Services

Canadian households should be ready to be self-sufficient for at least 72 hours. Build this kit during the calm and keep it where everyone can reach it.

Water first

Public Safety Canada lists a minimum of 2 L of drinking water per person per day; provincial guidance often recommends 4 L per person per day to cover food prep and hygiene. For 3 days, plan 6–12 L per person.

72-Hour Household Kit

- Water — 6 to 12 L per person (3 days), plus a filter or treatment as backup.
- Food — non-perishable, little-or-no-cook: canned protein, energy bars, dried fruit, nuts.
- Flashlight and spare batteries.
- Power bank or portable power source for phones.
- Battery or hand-crank radio for alerts if networks fail.
- First-aid supplies.
- Prescription and non-prescription medications; medical equipment.
- Copies of ID, insurance, and your plan in a waterproof pouch.
- Cash in small bills.
- Whistle, work gloves, dust/smoke masks for each person.

Per-Person Grab-and-Go Bag

- Personal medications and a copy of the prescription.
- Change of clothes and sturdy shoes.
- Water and a few high-energy snacks.
- Phone charger / power bank.
- Copies of key documents.
- Comfort item (especially for children).

Pets

- Food, water, and bowls for each animal.
- Leash, carrier, and recent photo.
- Vaccination and medical records.