

Your household. Your plan.

Ten fillable worksheets to use with The First 72 Hours starter.

FILL IT ONCE, TEST IT TOGETHER

Use the companion guide to complete these sheets. Type into the fields or print at actual size. Save a new copy, reopen it and check the values. Keep sensitive medical and contact information private. Give the people who need it a way to access it during an outage.

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IMPORTANT

These are planning sheets, not standalone treatment instructions. In an immediate emergency, take the necessary protective action rather than completing a form.

Household decision sheet

Complete before an emergency; update when conditions change.

Household / date / plan owner

People, pets and who helps each dependent

Immediate hazards and official instruction / source / time

Primary safe location and when it is appropriate

Backup destination / contact / accessibility confirmed

Leave trigger / transport / safe route / alternate route

Next reassessment time / person responsible

- ☐ Everyone knows the safe location.
- ☐ The backup destination has been contacted.

Water count and shortfall

Use U.S. gallons. Exclude sources whose safety is uncertain.

People ___ x 3 days x 1 gallon = baseline ___ gallons

Extra needs: pets / heat / care / food preparation

Our total target ___ ; safe water on hand ___ ; gap ___

Containers: number x volume / location / fill or expiry date

Resupply location / contact / hours / transport / backup

Advisory type / official source / time checked

- ☐ The water is accessible to the people who need it.
- ☐ I have printed the treatment instructions relevant to our plan.

Three-day food planner

Enter actual household quantities; match allergies and care instructions.

Day 1: breakfast / lunch / dinner / snacks / quantities

Day 2: breakfast / lunch / dinner / snacks / quantities

Day 3: breakfast / lunch / dinner / snacks / quantities

Special diets / infant and pet needs / safe substitutes

Water, fuel and opening tools needed; no-cook fallback

Shopping gap / owner / date to complete

- ☐ Every meal can be prepared with our available supplies.
- ☐ Package labels and portions were checked.

Care continuity plan

Keep private. Complete with the relevant clinician, pharmacist or supplier.

Person / essential care task / allergy or access need

Medicine or device / instructions / supplies / storage

Prescriber, pharmacy and supplier contacts

Verified backup / tested duration / source of confirmation

Action trigger before interruption / transport / destination

Caregiver / backup caregiver / review date

- ☐ The backup is suitable for the exact device or treatment.
- ☐ A care-capable destination and transport are confirmed.

Essential power plan

Do not test by interrupting life-support equipment. Use provider instructions.

Device / priority / compatible supply and connector

Power in watts / daily hours / daily watt-hours

Battery model / rated watt-hours / output limit / reserve

Measured safe runtime / conditions / date / person

Recharge source / duration / location / safe-use check

Fallback and action trigger if recharge fails

- ☐ Medical-device compatibility was checked with its provider.
- ☐ No improvised house-wiring connection is part of this plan.

Cold-food decision record

Use the food-by-food source linked in Step 8. Do not taste-test safety.

Outage start / last known temperature / thermometer location

Check 1: time / food / measured temperature / action

Check 2: time / food / measured temperature / action

Check 3: time / food / measured temperature / action

Cooler or alternate cold source / temperature checks

Discard list and replenishment priorities

- ☐ Food with uncertain safety is separated from usable food.
- ☐ Medicine storage decisions were handled separately.

Family contact and departure card

Carry a paper copy; keep sensitive personal data secure.

Out-of-area contact / phone / agreed update schedule

Local helper / school or care pickup contact / phone

Nearby meeting place / outside-neighborhood meeting place

Destination / host / phone / pet and access arrangements

Transport / driver / alternate / paper-map location

Grab last: medicines / devices / documents / pet supplies

- ☐ Each person can access contacts without the internet.
- ☐ We have practiced a check-in message and meeting plan.

72-hour status and resupply log

Update at planned reviews and whenever conditions materially change.

Time / people / location / official update

Safe water / complete meals / essential care coverage left

Power / sanitation / temperature / transport status

Next resource to fail / latest safe action time

Resupply: verified stock / hours / payment / route / owner

If resupply fails: fallback / departure trigger / contact

☐ Pending deliveries are not counted as supplies on hand.

☐ Our next decision has an owner and a time.

Inventory and buying list

Mark only items you can locate and use. Add quantities and locations.

Water and food: HAVE / NEED / QUANTITY / LOCATION

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Alarms, lighting and communications: HAVE / NEED / LOCATION

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Medicines, care, hygiene and sanitation: HAVE / NEED / LOCATION

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Documents, money, clothing, transport and pets: HAVE / NEED

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Top three gaps / spending limit / responsible person

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Model, seller, recall check, warranty and test date

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- ☐ The household has tried the food and operated the equipment.
- ☐ Safety essentials are covered before optional upgrades.

Practice drill and improvement record

Use the 30-minute tabletop drill. Keep all essential services operating.

Date / participants / scenario / accommodations

Time to find light, contact card and safe place

Can we prepare one meal without power? What was missing?

Can we locate and carry the departure essentials safely?

Three failures found / specific fixes / owner / deadline

Retest date / what passed / remaining gap

- ☐ We did not shut off medical equipment or practice hazardous operations.
- ☐ The next practice is scheduled after the highest-priority fix.