

72-Hour Kit Checklist, Family of Four (costed)

Quantities follow the official Ready.gov Build a Kit list. Prices are what we found item by item at the cheapest verified US retail listings in July 2026 (our study, linked below); they change, the quantities do not. Tick, then write your own price and date.

The eight items that carry the cost

Done	Item	Official quantity (Ready.gov)	Our July 2026 price	Yours
☐	Drinking water	1 gal / person / day x 3 days = 12 gal	\$16.44	
☐	Water purification tablets	Backup treatment	\$34.99	
☐	Food, 72 hours	3-day supply x 4 people	\$59.96	
☐	Flashlights	1 per person = 4	\$17.98	
☐	Power bank	1	\$19.99	
☐	NOAA hand-crank radio	1	\$14.00	
☐	First aid kit	1 family kit	\$23.99	
☐	Emergency blankets	1 per person = 4	\$12.65	
	Total, eight items		\$200.00	

The food warning

A 3,600-calorie ration bar is 1,200 calories a day over three days, against a commonly cited need of 1,600-2,500. Treat the bar as the floor: add about \$30 per person of ordinary shelf-stable food the family will eat (peanut butter, canned fish, crackers, dried fruit).

The rest of the Ready.gov list (low cost, often already at home)

Done	Item	Done	Item
☐	Manual can opener	☐	Whistle (one per person)
☐	Dust masks	☐	Plastic sheeting and duct tape
☐	Moist towelettes, garbage bags, plastic ties (sanitation)	☐	Wrench or pliers (utilities)
☐	Local paper maps	☐	Cell phone chargers and cables
☐	Copies of IDs, insurance, prescriptions (waterproof bag)	☐	Cash in small bills
☐	Prescription medications (7 days) and spare glasses	☐	Infant formula, diapers, wipes if needed
☐	Pet food, water, leash, carrier if needed	☐	Change of clothes and sturdy shoes per person
☐	Sleeping bag or blanket per person	☐	Matches in a waterproof container
☐	Feminine supplies and personal hygiene items	☐	Paper, pencil, books or games for children

Check twice a year, when the clocks change. Water not commercially bottled: replace every 6 months. Date checked: