

Prometheus 2A Defense

**Emergency
Preparedness
Checklists**



72-Hour Preparedness Checklist

This is a basic, and general checklist that each person and household should have to survive the first 72 hours of a disaster.

Water:

- Minimum: 1 gallon, clean water, per person, per day
- Recommended: 3-5 gallons per person per day (1 per person, for each; drinking, cooking, hygiene - children under 5 and elderly may require more)

Food:

1. Proteins:

- Canned chicken, tuna or spam (3-6 cans)
- Peanut butter or nut butter (1 jar)

2. Carbs&Fillers:

- Instant rice or pasta (1-2 packs)
- Instant mashed potatoes (1-2 boxes)
- Crackers (1 pack)

3. Ready-To-Eat:

- Canned soups and chili (3-6 cans)
- MREs or meal bars (relatively inexpensive & has long shelf life)

4. Fruits & Extras (Moral Boosters)

- Canned fruits or apple sauce (2-4 cans/cups)
- Trail mix or nuts (1 bag)
- Granola/protein bars (6-9 bars)



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Medical:

- Band Aids for minor scrapes, scratches and cuts (various sizes)
- Bandages (various sizes, cravats, etc.)
- Gauze pads and rolls (minimum of ten each)
- Medical tape (ten rolls)
- Sam Splint (2-3)
- Antiseptic wipes & spray (2 boxes & 2 bottles)
- Antibiotic ointment (2 tubes)
- Alcohol prep wipes
- Latex/Nitrile gloves (10 pair)
- EMT/Trauma shears
- Tweezers
- Thermometer
- Pain reliever (OTC - Tylenol, Ibuprofen, Naproxen, etc.)
- Allergy meds (Benadryl or similar)
- Personal Prescriptions (3-7 day supply)

Recommended Additions:

- 1. Tourniquet (intermediate preparedness and training)*
- 2. Pressure Bandage*
- 3. Chest Seal (advanced preparedness and training)*

TRAINING!!! Medical and First Aid Kits are useless if you do not know how to use them.



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Fuel:

- 10 - 20 gallons of fuel, stored safely
- fuel stabilizer (for long term, 3+ month storage)
- Rotate every 3-6 months

*Store in approved containers (not all fuel cans are the same), in a cool, dry, away from heat sources

Backup Power, Lights and Phones:

- Gas, Diesel, Solar, Propane fueled generator (minimum 2k generator, recommended 4.5k+ generator)
- Power strip w/ surge protector
- AAA, AA, C, D and 9v batteries (30 each)
- Flashlights/head lamps
- Charger/Batter brick
- Spare charging cords



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If all else is lost, you will need these documents as proof of identity. Keep these documents in a waterproof red folder.

Documents:

- List of Prescriptions (Drug name and Dosage) for every family member.
- Health Insurance Cards.
- School transcripts, per person – Diplomas, Degrees, Honors, etc.
- Military/Service Records (dd-214)
- Contact List (top 10 persons to contact for emergencies, include address)
- Wills, Trusts, and POAs
- Marriage/Divorce Certificates and Orders (includes custody documents)
- Adoption paperwork for minor children
- Driver's Licenses (Color Copy - Front & Back)
- Birth Certificates / Social Security Cards
- Passports
- Concealed Carry Permits
- Homeowners Insurance Policy (Declaration Page with Policy # and Phone #)
- Car Insurance Cards
- Property Deed / Lease Agreement
- Recent Bank Statement (First page only - to prove account numbers)

Digital Backup:

- USB/Externa Drive containing scanned PDFs of all the above. (Encrypt with a password).



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Home Readiness (Quick Hits):

- Secure loose outdoor items
 - Check Fire extinguishers
 - Test smoke/CO detectors
 - Identify Safe Area
 - Plan Shelter-in-place
 - Blankets/sleeping bags ready
 - Lock doors/windows
 - Check exterior lights
 - Waterproof/fireproof document storage
- ***For pets and livestock
- 3+ days of feed and water
 - backup fencing/containment plan

Top 5 Mistakes People Make:

1. Waiting until last minute
2. Not storing enough water
3. Buying gear without training
4. Over-complicating everything
5. No communication plan with family and friends

