

Build a 90-day household reserve

Start with 3 days. Grow to 2 weeks, then 30, 60 and 90 days. This is an optional extended planning goal, not a universal government requirement.

WATER

Plan at least 1 gallon per person per day for drinking and sanitation; allow more for heat, illness and individual needs. Add animal water separately. People ____ x 90 = ____ gallons minimum. For 2 people: 180 gallons. Use food-grade containers; never reuse chemical containers. Follow local advisories. Filters do not remove every hazard.

FOOD

Count portions, not packages: people ____ x meals per day ____ x 90 = ____ meal portions. Choose familiar shelf-stable foods, including no-cook meals. Include dietary needs, a manual can opener and safe cooking equipment. Never cook with outdoor fuel-burning equipment indoors.

HEALTH + HYGIENE

List prescriptions, first aid, soap, toilet paper, menstrual supplies, trash bags and sanitation needs. Ask your pharmacist about lawful refill options and medicine storage. Do not ration prescriptions to build a reserve. Plan backup power and an alternate location for medical equipment.

BUY, STORE, ROTATE

Set a weekly budget: \$____. Add a few useful items each trip. Store cool, dry and off the floor. Label dates, use the oldest suitable items first and check packaging instructions. Keep a portable evacuation kit separate from the home reserve.

INVENTORY

Item / daily use / 90-day target / on hand / still needed / check date

References: [ready.gov/kit](https://www.ready.gov/kit) | [ready.gov/pets](https://www.ready.gov/pets) | [cdc.gov/food-safety](https://www.cdc.gov/food-safety)