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 | ready.gov/pets | cdc.gov/food-safety

When the power goes out

Keep this sheet beside a flashlight. Leave early for a safe location if your home cannot meet medical, heating or cooling needs.

BEFORE

[ ] Charge phones and power banks. [ ] Locate flashlights and batteries.
[ ] Test smoke and carbon monoxide alarms. [ ] Write utility outage number.
[ ] Plan backup power with your medical-equipment provider.
[ ] Identify a safe alternate location and transportation.

FIRST STEPS

[ ] Check household members and animals. Use flashlights instead of candles.
[ ] Check official alerts and report the outage. Keep fridge/freezer doors closed.
[ ] Unplug sensitive electronics; leave one light on to signal restored power.
[ ] Keep away from downed lines and flooded electrical equipment.

GENERATOR + FUEL SAFETY

Run portable generators outdoors, at least 20 feet from doors, windows and vents, with exhaust directed away. Never use in a home, garage or carport. Never use grills, camp stoves or a gas oven to heat indoors. Do not backfeed a wall outlet. Use a qualified electrician for a transfer switch. Let equipment cool before refueling.

FOOD + TEMPERATURE

With doors closed, a refrigerator generally keeps food safe about 4 hours; a full freezer about 48 hours, half-full about 24. Use a thermometer. Discard refrigerated perishables after 4 hours without power or another safe cold source. Never taste food to test safety. Follow official food-safety guidance for exceptions.

WRITE IT DOWN

Power lost at: _____ Utility phone: _____
Alternate location: _____ Ride/contact: _____
Medical power runtime: _____ Leave-by trigger: _____

References: ready.gov/kit | ready.gov/pets | cdc.gov/food-safety

Every animal needs a plan

Complete one sheet per animal. Ask your veterinarian about species-specific food, water, temperature and medication requirements.

ANIMAL RECORD

Name: _____ Species/breed: _____ Weight: _____
Microchip / ID: _____ Carrier location: _____
Vet / phone: _____ Emergency vet: _____
Backup caregiver / phone: _____

DAILY NEEDS

Food type: _____ Daily amount: _____ 90-day amount: _____
Water per day (vet guidance): _____ 90-day amount: _____
Medicine / dose / timing: _____
Storage / refrigeration instructions: _____
Allergies / behavior / handling notes: _____

PACK THE ANIMAL KIT

[ ] Food and water; bowls. [ ] Medicines and dosing instructions.
[ ] Carrier, leash/harness, ID tag and recent photo with you.
[ ] Vaccine and veterinary records in a waterproof pouch.
[ ] Litter / waste bags / bedding / comfort item / cleaning supplies.

EVACUATION + OUTAGES

Confirm two destinations that accept your animal; do not assume a general shelter accepts pets. Include service-animal needs in the household plan. Arrange transport and a caregiver who can reach animals if you are away. Leave before dangerous temperatures develop. Never leave an animal in a parked vehicle.

DESTINATIONS + REVIEW

Destination 1 / phone: _____
Destination 2 / phone: _____
Transport / backup caregiver: _____
Last reviewed: _____ Next supply check: _____

References: ready.gov/kit | ready.gov/pets | cdc.gov/food-safety

A safer household, a clearer plan

Focus on communication, safe exits and avoiding hazards. Follow local emergency instructions. In an immediate emergency in the U.S., call 911.

COMMUNICATE

Choose a nearby meeting place and one outside the neighborhood. Pick an out-of-area contact. Keep phone numbers on paper. Agree who checks on children, older adults, people with access needs and animals. Text when networks are congested.

HOME + EVACUATION

[ ] Know two exits where possible; keep paths clear.
[ ] Test smoke/CO alarms and locate the fire extinguisher.
[ ] Keep shoes, flashlight, keys and a go-bag within reach.
[ ] Save copies of IDs, insurance and essential contacts securely.
[ ] Learn utility shutoff procedures from your provider; do not guess.
[ ] Plan accessible transportation and two evacuation routes.

AVOID PREVENTABLE HARM

Stay out of floodwater and damaged buildings. Keep away from downed lines. Verify alerts through local authorities. Avoid confrontations; move to a safer place and seek help. Keep medicines, tools and other hazardous items secured from unauthorized access. Do not post your evacuation location publicly.

CHECK BEFORE YOU ACT

Verify a caller or contractor using a number you independently trust. Do not share financial details or pay under pressure. Use trusted local assistance channels. Keep a modest emergency payment option only if it fits your budget.

HOUSEHOLD CONTACT CARD

Nearby meeting place: _____
Outside-neighborhood meeting place: _____
Out-of-area contact / phone: _____
Local emergency management: _____
Evacuation ride / accessible support: _____
Household check-in time: _____ Reviewed: _____

References: ready.gov/kit | ready.gov/pets | cdc.gov/food-safety