The 72-Hour to 2-Week Blackout Checklist

A free printable from Brothers Homestead. Preparedness without panic.

Officials recommend being ready to care for your household for several days, and some recommend up to two weeks. Florida asks for at least 7 days. This checklist helps you see in about 10 minutes what your house has and what it is missing, at three levels: 3 days, 7 days, and 14 days.

Build in steps. Nobody has to finish this in one weekend.

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1. Water

Ready.gov guideline: **1 gallon per person per day.** Count pets too, and add more for hot weather or anyone nursing or sick.

People in home	3 days	7 days	14 days
1	3 gal	7 gal	14 gal
2	6 gal	14 gal	28 gal
4	12 gal	28 gal	56 gal
6	18 gal	42 gal	84 gal

- ☐ Stored drinking water for our household size: ____ gallons
- ☐ A way to treat or filter extra water
- ☐ Water for pets: ____ gallons

2. Food in the fridge and freezer

Ready.gov guidance during an outage: - A closed fridge stays cold for **about 4 hours.** - A full closed freezer holds for **about 48 hours.** - Throw out perishable food that has been **above 40°F** for 2 hours or more.

- ☐ Appliance thermometers in fridge and freezer
- ☐ A cooler and ice packs ready to go
- ☐ Plan: which fridge foods we eat first

3. Shelf-stable food

The Red Cross recommends non-perishable food and water for **at least two weeks** for power outages.

- ☐ 3 days of food that needs no cooking
- ☐ 7 days of food (Florida guidance)
- ☐ 14 days of food (Red Cross guidance)
- ☐ Manual can opener

- ☐ Pet food for the same number of days

4. Light, power, and information

- ☐ Flashlights or lanterns, one per person
- ☐ Extra batteries
- ☐ Charged power banks for phones
- ☐ Battery or hand-crank radio
- ☐ If using a generator: outdoors only, at least 20 feet from windows and doors (Ready.gov). Working CO alarm inside.

5. Health and medications

Florida guidance suggests keeping at least **2 weeks of prescription medications** on hand. Talk with your doctor or pharmacist about what is right for your family.

- ☐ Medications on hand: ____ days
- ☐ Written list of medications and doses
- ☐ First aid kit
- ☐ Plan for anything that needs power or refrigeration (ask your provider)

6. Documents, cash, and contacts

- ☐ Copies of IDs, insurance, and key records in a waterproof bag
- ☐ Some cash in small bills, in case card readers are down
- ☐ Written list of family and emergency phone numbers
- ☐ A meeting spot if we get separated

7. Where are we today?

Circle one: **Under 3 days / 3 days / 7 days / 14 days**

Next step this week: _____

This checklist is general information for planning only. It is not medical, legal, or safety advice and does not guarantee any outcome. Follow your local officials during any emergency.

Sources

- Ready.gov, Build A Kit: https://www.ready.gov/kit
- Ready.gov, Power Outages: https://www.ready.gov/power-outages
- FEMA Power Outage info sheet: https://www.ready.gov/sites/default/files/2024-08/ready.gov_power-outage_info-sheet.pdf

- American Red Cross, Power Outage: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html
- Florida Division of Emergency Management, Hurricane Season: https://www.floridadisaster.org/planprepare/preparing-for-hurricane-season/
- Florida DEM Disaster Checklist: https://www.floridadisaster.org/contentassets/329b22e6379444f1938b066bf10e4a58/disaster-checklist.pdf