AMAZING FINDING

Emergency Supplies Checklist: 3 to 90 Days

Tick each box as you stock it. Start with Tier 1 and finish a tier before you start the next. Most official household guidance asks for 3 days as a minimum; the Red Cross suggests 2 weeks at home; Germany suggests 10 days. The 90-day figure in the news is a military planning standard for bases, not household advice.

Planning math for one person

Days	Water at 1 gallon per day	Food at about 2,000 cal per day
3	3 gallons (about 11 liters)	About 6,000 calories
7	7 gallons (about 26 liters)	About 14,000 calories
14	14 gallons (about 53 liters)	About 28,000 calories
30	30 gallons (about 114 liters)	About 60,000 calories
90	90 gallons (about 340 liters)	About 180,000 calories (plan to treat water instead of storing it all)

Calories are a common planning figure for adults. Children, older adults and people with medical needs differ. Add water for pets, heat and illness.

Tier 1: 3 days (72 hours)

- ☐ Water: 1 gallon per person per day for 3 days, plus extra for pets
- ☐ Food that needs no cooking or refrigeration, enough for 3 days
- ☐ Flashlight or headlamp with spare batteries
- ☐ Battery-powered or hand-crank radio
- ☐ Charged power bank and phone cables
- ☐ First aid kit
- ☐ 7-day supply of regular medications (ask your doctor or pharmacist)
- ☐ Sanitation: wipes, toilet paper, trash bags
- ☐ Cash in small bills and coins
- ☐ Copies of IDs and insurance papers; printed list of phone numbers
- ☐ Blanket or warm layers
- ☐ If needed: ready-to-feed formula, diapers and wipes for babies; food and water for pets

Tier 2: 7 days (add these)

- ☐ Double the water and food from Tier 1; include foods you can eat cold
- ☐ Manual can opener
- ☐ Outdoor-only cooking method, such as a camping stove, with matching fuel
- ☐ Second light source and spare batteries
- ☐ Pet food and any special dietary food
- ☐ Request prescription refills early (the UK checklist says at least 5 working days before you run out)

Tier 3: 14 days (the Red Cross at-home figure)

- ☐ Shelf-stable staples: rice, pasta, oats, beans, peanut butter, canned fish, vegetables and fruit
- ☐ Water containers, plus a filter or purification tablets as a backup
- ☐ Emergency toilet supplies and extra trash bags
- ☐ More first aid supplies; respirator masks if you choose to keep them
- ☐ Battery-powered carbon monoxide detector and a fire extinguisher
- ☐ Warm bedding and clothing for your climate; games or books for morale

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Tier 4: 30 days (optional)

- ☐ Written rotation list: date every item and use the oldest first
- ☐ Larger food reserves, with long shelf-life meals as a backup
- ☐ More cooking fuel, stored safely outside living space and following local rules
- ☐ Water treatment capacity for the whole household, not just stored water
- ☐ Backup plan for charging phones and medical devices

Tier 5: 90 days (only if Tiers 1 to 3 are done)

- ☐ Plan how to find and treat water; storing 90 gallons per person is impractical
- ☐ Large pantry you rotate through normal meals so nothing expires
- ☐ Talk to your doctor or pharmacist about a safe medication reserve

Reminder: the 90-day figure comes from Pentagon planning for military bases. We found no government that asks households to keep 90 days.

Safety reminders

- Never run generators, grills, camp stoves or charcoal devices inside a home, garage or carport. Keep generators at least 20 feet from doors, windows and vents (CDC).
- A closed refrigerator keeps food cold about 4 hours, a full freezer about 48 hours and a half-full freezer about 24 hours. Never taste food to test it.
- Replace water you bottle yourself about every 6 months.
- Never give honey to a baby under one year old.
- Use torches or flashlights instead of candles where you can.

Sources and notes

Figures checked on 5 November 2026 from the American Red Cross (Be Red Cross Ready), the UK Be Ready campaign (launched 22 October 2026), Japan's disaster management minister, Germany's BBK brochure, the CDC and WVU Extension. Agencies update their advice, so check your local authority for the latest. This list is general information, not medical or legal advice. Full guide with sources and shopping links: amazingfinding.com/emergency-supplies-checklist-3-to-90-days/