



# 72-Hour Emergency Kit Checklist

A practical first-response checklist for Malaysian families covering essential supplies for the first 72 hours during floods, blackouts, supply disruptions, or emergencies.

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A 72-hour emergency kit helps your family stay safe, hydrated, fed, and prepared during the critical first days of a crisis. Focus on practical essentials that are easy to store, rotate, and access quickly.

## Water & Hydration

Done	Checklist Item
<input type="checkbox"/>	Store at least 3 days of drinking water
<input type="checkbox"/>	Include water bottles or refillable containers
<input type="checkbox"/>	Pack water purification tablets or filters
<input type="checkbox"/>	Keep electrolyte drinks or oral rehydration salts

## Food Supplies

Done	Checklist Item
<input type="checkbox"/>	Ready-to-eat canned food
<input type="checkbox"/>	Rice, noodles, biscuits, or energy bars
<input type="checkbox"/>	Manual can opener
<input type="checkbox"/>	Baby food or special dietary items if needed

## Medical & First Aid

Done	Checklist Item
<input type="checkbox"/>	Complete first aid kit
<input type="checkbox"/>	Prescription medications

<input type="checkbox"/>	Painkillers and fever medication
<input type="checkbox"/>	Bandages, antiseptic, and gloves
<input type="checkbox"/>	Personal medical documents

## Lighting & Power

Done	Checklist Item
<input type="checkbox"/>	Flashlights or headlamps
<input type="checkbox"/>	Spare batteries
<input type="checkbox"/>	Power banks for phones
<input type="checkbox"/>	Solar charger or backup charging options

## Communications

Done	Checklist Item
<input type="checkbox"/>	Battery-powered or hand-crank radio
<input type="checkbox"/>	Emergency contact list
<input type="checkbox"/>	Charged mobile phones
<input type="checkbox"/>	Family communication plan

## Hygiene & Sanitation

Done	Checklist Item
<input type="checkbox"/>	Soap and hand sanitizer
<input type="checkbox"/>	Wet wipes and tissues
<input type="checkbox"/>	Toothbrush and toiletries
<input type="checkbox"/>	Trash bags and zip-lock bags
<input type="checkbox"/>	Feminine hygiene products

## Documents & Cash

Done	Checklist Item
<input type="checkbox"/>	Copies of identification documents

■	Medical records and insurance info
■	Emergency contact information
■	Small emergency cash reserve
■	Important documents in waterproof bags

## Clothing & Shelter

Done	Checklist Item
■	Extra clothes and underwear
■	Raincoats or ponchos
■	Blankets or emergency thermal blankets
■	Comfortable shoes or slippers

## Safety & Tools

Done	Checklist Item
■	Multi-tool or basic toolkit
■	Whistle for emergencies
■	Masks and gloves
■	Fire extinguisher
■	Duct tape and rope

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### Preparedness reduces panic.

Small, practical preparations today can protect your family during unexpected emergencies tomorrow.