TECH 4 GROWN-UPS

72-HOUR TECH & SCAM CHECKLIST

Be Ready. Not Scared.

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Part 1: The 72-Hour Basics

Aim to look after yourself for at least three days. Use your government's official checklist for exact amounts.

- ☐ **Water.** Canada's guidance is about 4 litres per person per day (drinking and basic hygiene). Check your own country's number.
- ☐ **Food you don't have to cook.** Canned food, crackers, peanut butter, protein bars, plus a manual can opener.
- ☐ **Cash in small bills.** Cards and machines may not work without power.
- ☐ **Medications.** A few days' supply plus a written list of names and doses.
- ☐ **Flashlight and spare batteries.**
- ☐ **Battery or hand-crank radio.** It works when your phone doesn't.
- ☐ **First-aid kit, warm clothing and blankets.**
- ☐ **Pets.** Food and water for them, too.
- ☐ **Medical device that needs power?** Tell your utility company now, not during an outage.

Part 2: Your Tech Go-Bag

Your phone is your wallet, map, address book and link to family.

- ☐ **Power bank + cable for each phone.** Recharge monthly. Put a reminder on your calendar.
- ☐ **Low Power Mode.** Know how to switch it on. Dim the screen, close apps, limit background refresh.
- ☐ **Offline maps.** Download your area in your maps app while you still have a connection.
- ☐ **Paper contact list.** Fill in the sheet on the next page and keep it with your kit.
- ☐ **Official alerts.** Sign up for your country's alert app or service (in Canada: WeatherCAN).
- ☐ **One corded landline phone,** if you still have a landline. Cordless phones need mains power.

Part 3: Documents + Accounts

Do this once. Then get on with your life.

- ☐ **Scan** your ID, insurance, medical records and key account details.
- ☐ **Store them** in cloud storage protected with multi-factor authentication, and keep paper copies in a waterproof pouch.
- ☐ **Print backup codes** for accounts that use two-factor login. Text codes may not arrive if the network is down.
- ☐ **Keep it all together** in one place that everyone in the household knows about.

Paper Contact Sheet

If your phone is dead, you can't read your contacts. Write them down.

Who	Name	Phone	Notes
Family / emergency contact			
Family / emergency contact			
Doctor			
Pharmacy			
Neighbour			
Bank (use number on your card)			
Utility company			
Insurance company			

Part 4: Scam-Proof Your Emergency

Fear is what scammers sell. Scammers often pose as government officials, charities or contractors after emergencies (FTC).

Scam	What it looks like	What to do
Fake emergency alerts	A text or email saying “urgent government notice” with a link.	Don’t tap the link. Real alerts come through your phone’s built-in system. Check the official website yourself.
“Move your money now”	A caller says your bank is freezing accounts and you must move money to a “safe account.”	Hang up. Call the number on the back of your card. Real banks never ask this.
Survival kit and generator scams	Fake stores, countdown clocks, “limited stock.”	Buy from retailers you already know. Pressure to hurry is the red flag.
Fake relief and charity requests	Calls or messages asking for a donation or a fee.	Donate only to charities you look up yourself.
Fake “experts”	Want your email, your card and your fear.	Stick to official sources.

The pattern: urgency, secrecy, authority, fear. Real emergencies don’t come with a countdown timer and a payment link.

STOP. CLOSE IT.

CALL SOMEONE YOU TRUST.

If you’ve been scammed

It is not your fault, and you are not alone. Contact your bank right away. Report it: in Canada, to the Canadian Anti-Fraud Centre: https://antifraudcentre-centreantifraude.ca ; in the U.S., the FTC at reportfraud.ftc.gov.

Go Deeper

Want the full plan, in plain language?

Tech 4 Grown-Ups Academy Toolkit

About 62 pages of plain-language, step-by-step how-tos so you can do things yourself, without calling a stranger or being told what to do by a pop-up.

- It's only $39.99
- Free updates for life
- Seminar 1 included (live on Zoom)
- Digital product, non-refundable

Toolkit: https://www.tech4grownups.com/academy-toolkit

Seminars: https://www.tech4grownups.com/confidence-dignity-seminar

Website: https://www.tech4grownups.com

Official Guidance

Canada: canada.ca/en/services/policing/emergencies/preparedness/get-prepared/emergency-kits.html

U.S.: ready.gov

FTC scam alerts: consumer.ftc.gov

Elsewhere: search for your own government's official emergency preparedness page.

Share It

Send this to one person you love who might get that call. Print it, fold it, and keep it with your kit.

General information only. This guide is not professional emergency, medical or financial advice. Recommendations vary by country and household. Always follow the guidance of your local emergency authorities. Details checked November 2026 and may change.