

72 HOUR EMERGENCY KIT SUGGESTIONS

MUST HAVE

Water – one gallon per person per day for drinking and sanitation
Food – at least a three-day supply of nonperishable food
 High energy foods such as peanut butter, jelly, crackers, cereals, granola and trail mix.
*List of Important Phone numbers
Flashlight and extra batteries
**First-aid kit
Whistle to signal for help
Dust mask or cotton T-shirt, to help filter the air
Moist towelettes for sanitation
Screwdriver, wrench or pliers to turn off utilities
Non-electric can opener for food (if kit contains canned food)
Plastic sheeting and duct tape to shelter-in-place
Unique family needs, such as prescription medications, and important family documents
Garbage bags and plastic ties for personal sanitation
Wind-up clock
Extra batteries
Candles
Matches in water proof container
Non-cordless phone (plug-in in case of loss of electricity)
Extra set of car keys and a credit card, cash and/or travelers checks
Warm blanket or sleeping bag

OTHER ITEMS TO CONSIDER

Change of clothing, socks and extra pair of shoes	Hat and gloves
Mess kits, paper cups, plates and plastic utensils	Rain gear
Fire extinguisher	Signal flare
Tent compass	Paper, pencil
Personal hygiene items and paper supplies	Paper towels
Household chlorine bleach	Disinfectant

**First-aid kit should contain

Two pair of latex gloves	Triangular bandages (3)
Sterile dressing for bleeding	Scissors
Cleansing agent/soap and antibiotic towelettes	Tweezers
Medicine dropper	Sewing needle
Antibiotic ointment to prevent infection	Antiseptic
Roller bandages (3 each of 2-inch and 3-inch sizes)	Petroleum jelly
Adhesive bandages in a variety of sizes	Safety pins
Eyewash solution	Extra pair of eye glasses
Hypoallergenic adhesive tape	Sanitation supplies
Prescription medications/ instructions on dosage	Burn ointment
Sterile adhesive bandages, assorted sizes	Special items for children/ elderly
Sterile gauze pads	Thermometer
Non-prescription drugs: Pain relievers, anti-diarrhea medication, antacid, laxative	

***Important phone numbers**

Federal Emergency Management Agency
Web: www.fema.gov/rrr/displan.shtm
Phone: 202-566-1600

US Dept of Housing and Urban
Development
Phone: 202-708-1112
Web: www.hud.gov

FEMA Region III Office
Web: www.fema.gov/regionIII
Phone: 717-651-2001

U.S. Dept of Homeland Security
Web: www.ready.gov
Phone: 202-282-8010

U.S. Small Business Administration
Web: www.sba.gov
Phone: (800-U-ASK-SBA)

National Flood Insurance Program
Web: www.floodalert.fema.gov
Phone: (888)-724-6924

American Red Cross
Web: www.redcross.org
Phone 717-234-3101

NOAA/National Weather Service,
National Hurricane Center
Web: www.nhc.noaa.gov
Click on “being prepared”

Pennsylvania Emergency Management
Agency
Web: www.pema.state.pa.us
Phone: 717-651-2001

ADDITION PLANNING

Birth certificates
Adoption Papers
Citizenship paper
Marriage certificates
Death certificates
Passports
Trusts and ownership paper
Wills
Contracts
Social Security Records
Deeds and titles
Power of attorney
Leases
Retirement information
Medical data
Medical records
Military records
Children’s immunization
records
Bank account numbers
Children’s current school
records
Driver’s license info
Owner card information
Credit Card Numbers