

US 72-HOUR EMERGENCY ESSENTIALS

National Preparedness Checklist | SeismicPrep.com

CORE SURVIVAL ITEMS

- Water:** 1 gal per person/day (3 days)
- Food:** Non-perishable, high-calorie
- Light:** Flashlight + extra batteries
- Radio:** NOAA Weather Radio (Hand-crank)
- First Aid:** Kit + 1 week of meds
- Tools:** Multi-tool or Swiss Army knife
- Sanitation:** Moist wipes, garbage bags

PERSONAL / FAMILY PREP

- Documents:** IDs, Deeds, Insurance (Copies)
- Cash:** Small bills (ATMs may be down)
- Contact Info:** Printed list of relatives
- Chargers:** Portable power bank + cables
- Whistle:** To signal for help
- Warmth:** Emergency Mylar blankets
- Map:** Local paper map of your area

US GOVERNMENT EMERGENCY HOTLINES

Immediate Life Threat:	911
Non-Emergency Services:	311 (In most US cities)
FEMA Registration:	1-800-621-FEMA (3362)
American Red Cross:	1-800-RED-CROSS
Poison Control:	1-800-222-1222
Disaster Distress (SAMHSA):	1-800-985-5990

MY EMERGENCY CONTACT DIRECTORY (WRITE BELOW)

Fill this in and store a copy in your 72-hour bag.

Local Police Dept:	_____
Family Out-of-State Contact:	_____
Primary Care Physician:	_____
Home/Auto Insurance Policy #:	_____
Utility Company (Gas/Electric):	_____