



3Days3Ways

Emergency Kit Supplies

Water for 3 to 5 days

1 gallon per day, per person. Pre-packaged or fill clean, food-grade containers yourself. Do not use dairy containers to store water. 2 liter pop bottles work well (2 bottles = 1 gallon). Larger containers (2.5gal, 5gal) work well also.

Non-perishable food for 3 to 5 days.

Use foods that do not need refrigeration and use little to no water or cooking to prepare. Foods can be canned or dry. Be sure to include some portable items in case you need to leave home. Include dry formula and baby food if needed.

First aid supplies

Include bandages of various sizes, pain & fever reducer, hand sanitizer, scissors and bandaging tape.

Items for shelter

Tarp or tent, plastic sheeting for window repairs.

Items for warmth & sleeping

Blankets or sleeping bags. Also, one set of extra clothing, sturdy shoes, socks, coat, hat and gloves and rain poncho.

Alternate lighting

Flashlights with extra batteries. A few hand crank flashlights are handy also.

Communication

Hand crank or battery operated radio with extra batteries (some come with cell phone charger port).

Sanitation

Large garbage bags, toilet paper, diapers, hand sanitizer and wet-wipes.

Personal Hygiene

Toothpaste/brush, soap, feminine supplies.

Tools

Utility knife, wrench for turning off utilities, pry bar, ax, rope, duct tape, ABC fire extinguisher.

General items

Whistle, dust masks, extra cash in small denominations and a backpack in case you must leave home, extra set of car and home keys.

Personal documents

Copies of insurance policy, birth certificates, driver's license, marriage certificate, social security cards, list of credit cards and bank accounts.

Medications

Extra supply of required medicines, extra prescription, list of required medications.

Medical and vision aids

Extra eyeglasses and/or contacts, contact lens case and multipurpose solution, extra wheel chair battery or cane and other required assistance aids.

Add Your Own Essentials

- _____
- _____
- _____
- _____
- _____

Helpful Hints:

- ◆ Store food and water in cool, dry location.
- ◆ Include re-useable place setting, utensils and pot for boiling water.
- ◆ Include a hand-operated can opener for canned foods.
- ◆ Water purification: Boiling water 2-3 minutes is best. Liquid chlorine bleach (no perfume or dyes) may be used 30 minutes prior to use. 1/8 tsp per gallon of water.
- ◆ Having a Boy Scout or similar survival guide may be useful.
- ◆ Have a few comfort items like books, games, cards and a pad of paper and pens.
- ◆ Include a list of friends, family, physician, kennel and other emergency phone numbers (keep in mind cell phones may be lost, so having numbers written down is important).