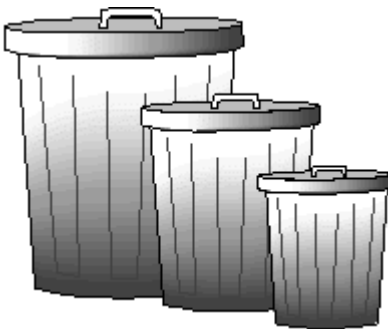


# Three-Day Survival Pack



Authorities recommend that every home be equipped with a **Survival Pack** such as the one described here. All family members should be aware of its location in the event that disaster strikes.



## Top of the Barrel

### Flashlight

### Radio

### First Aid Kit (including)

#### Drugs:

- Antibiotic ointment
- Aspirin Tablets
- Spirit of Ipecac
- Kaopectate
- Benedryl
- Medication recommended by your doctor (examples)
  1. Insulin
  2. Heart tablets
  3. Epi-pen (allergies)

### Dressings

- Adhesive tape, 2" wide roll
- Sterile Bandage, 2" & 4" wide roll
- Bandages, large triangular

## Middle of the Barrel

### Food

3-day supply of food requiring no refrigeration. Date all food items. Write out a menu for each day.

#### Examples:

- Canned tuna or pork and beans (1/2 lb/person)
- Nonfat dry milk (1/2 lb/person)
- Graham crackers (1/2 lb/person)
- Canned orange or tomato juice
- Peanut butter (1/2 lb/person)

(\*This supplies daily 2100 calories and essential nutrients)

### Water

- 1 gal./person/day, store separately

## Bottom of the Barrel

### Bedding

- Sleeping bag/blankets
- Plastic sheet/tarp

### Clothing

- One change/person

### Personal Supplies

- Toiletries
- Towel
- Good book
- Paper/pencil

### Fuel & light

- Matches
- Candle
- Signal flare
- Sterno canned heat

- Bandages, plastic strips
- Cotton-tipped swabs
- Sterile absorbent cotton
- Ace bandage
- Butterfly bandages
- Gauze pads (4" x 4")

### Miscellaneous

- Scissors
- Tweezers
- Thermometer
- Petroleum jelly
- Rubbing alcohol
- Tissues
- Pocket knife
- First Aid Handbook



### Equipment

- Can opener
- Dishes (disposable)
- Utensils (disposable)
- Ax
- Shovel
- Bucket (plastic bag liners)

### Infant Needs

- If applicable

### Personal Documents

### Family Emergency Plan

### Money

- Cash

### Other

- Water purification tablets
- Liquid chlorine/bleach
- Eye dropper