

CAN YOU SURVIVE FOR 3 DAYS?

A 72-HOUR KIT FOR YOUR HOME

Prepare yourself for a minimum of 3 days.

Due to overwhelming need or no road access, you may be on your own for several days after a major disaster.

Storing Emergency Supplies

Layer supplies and keep them together in a container such as a sturdy plastic bin or plastic garbage can with wheels. For larger kits, you can stack bins or use two garbage cans. Check every six months for children's clothing sizes, food expiration dates, etc.

Keep the items you might need immediately, like a flashlight or first aid kit, on top.

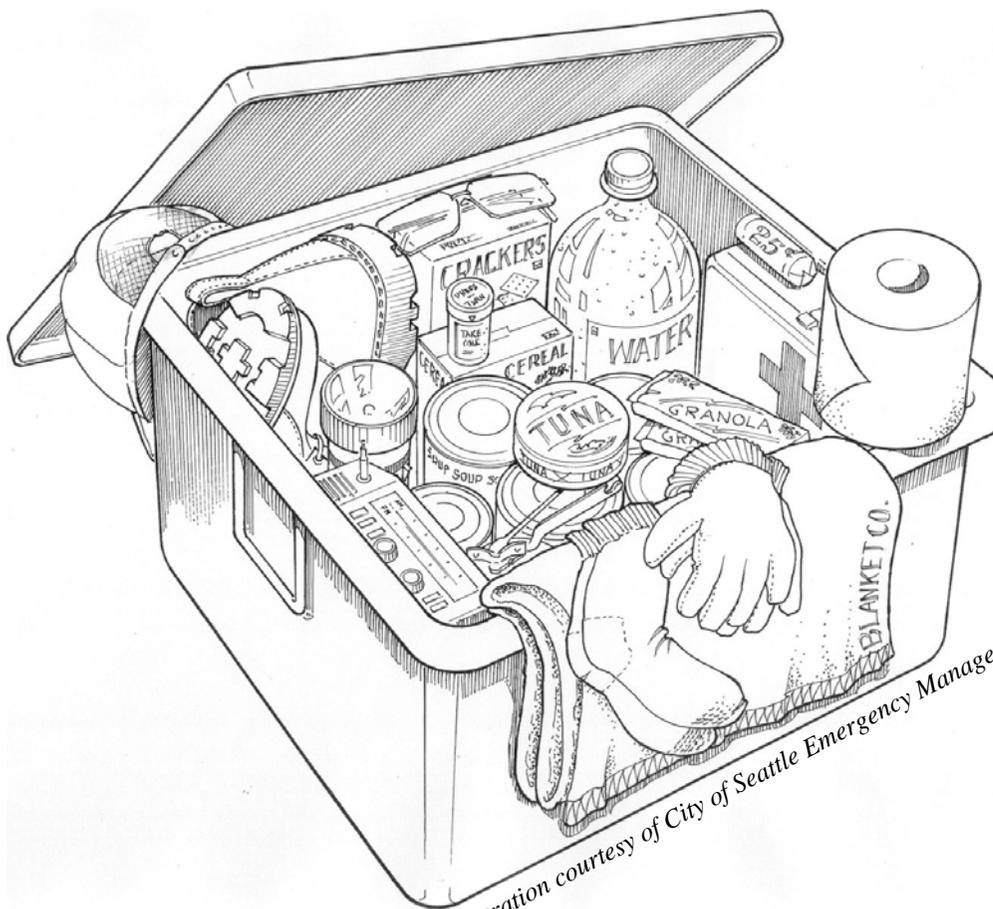


Illustration courtesy of City of Seattle Emergency Management

- **Choose a location** such as a closet or "safety corner" in the garage, where it is cool and dark. If you live in an apartment or have limited space, be innovative. Other possible storage locations include under the bed, under stairways, or even in a large box or plastic tub that can be covered with a tablecloth and used as an end table.
- If you are dependent on **prescription medications**, remember that your pharmacy may not be able to provide the medications you need for many days. Having at least a week's worth of essential medications at all times is a good idea.
- **Start with what you already have.** If you're a camper or backpacker, you've got a head start. Your cook stove, tent, and other gear can double as emergency supplies.

Being prepared is just another form of insurance

FOOD:

- Use canned foods for easy storage and a long shelf life. Choose ready-to-eat canned meat, fruits, and vegetables that your family likes. (During a disaster is not the time to try new menu items. You're under enough stress!) Keep food fresh by checking dates and replacing outdated items every year.
- Also recommended are canned or dried juice mixes; powdered or canned milk; high energy food (peanut butter, jelly, crackers, unsalted nuts, and trail mix); cereals, and rice.
- Store foods in single/or family meal-size packaging. Unrefrigerated leftovers can lead to food poisoning.
- Don't forget your pets. Store canned and dry pet food along with an extra collar and leash. Pets are not allowed in most shelters. Have a plan for how you will care for your pets if a disaster requires you to evacuate.
- Add a manual can opener, cooking and eating utensils, and basic food seasonings.

WATER:

- Store a three-day supply of water for each family member. One gallon per person per day is recommended for cooking, drinking, and washing. Remember to include water for your pets. Write the date on the water containers and replace them every six months.
- Learn how to remove the water from your hot water heater just in case you need it. Be sure to turn off the gas or electricity to the tank before draining off water for emergency use.
- Purify water by boiling it for 5 to 10 minutes or by adding drops of household bleach containing 5.25% hypochlorite. The Federal Emergency Management Agency (FEMA) recommends 16 drops of bleach per gallon of water. Water purification tablets or a filter system such as those designed for campers and backpackers also work.

OTHER ITEMS:

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| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Fire extinguisher | <input type="checkbox"/> Ax, shovel, broom |
| <input type="checkbox"/> Blankets | <input type="checkbox"/> Trash bags | <input type="checkbox"/> Pliers, wrench, pry bar |
| <input type="checkbox"/> Battery-powered clock | <input type="checkbox"/> Medications | <input type="checkbox"/> Household bleach |
| <input type="checkbox"/> Candles | <input type="checkbox"/> Copy of prescriptions | <input type="checkbox"/> Map of area (for identifying evacuation routes or shelter locations) |
| <input type="checkbox"/> Flashlights | <input type="checkbox"/> Extra eye glasses | <input type="checkbox"/> Diapers, baby formula |
| <input type="checkbox"/> Battery-powered radio | <input type="checkbox"/> Hearing aid batteries | <input type="checkbox"/> Vaccination records |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Cook stove with fuel | <input type="checkbox"/> Hygiene products |
| <input type="checkbox"/> Matches | <input type="checkbox"/> Heavy gloves | <input type="checkbox"/> Warm set of clothes for each family member |
| <input type="checkbox"/> Money (coins) | <input type="checkbox"/> Duct tape | |
| <input type="checkbox"/> List of insurance policy numbers | <input type="checkbox"/> Sturdy shoes for each family member | |

GET YOUR NEIGHBORS INVOLVED:

- Working through your neighborhood or homeowners' association, arrange to share more expensive equipment items such as chain saws, generators, and 4-wheel drive vehicles. (If there is no formal organization in your neighborhood, start with your immediate neighbors and expand from there.)
- Start a "buddy squad" to check on elderly or disabled neighbors during and after disasters such as extended power outages or winter storms. Also check on children who may be home alone.
- Turn your organizing efforts into a neighborhood social event, such as a block party. (Draw them in with food, then make your presentation!)