



# 3-Day Emergency Kit

## Month 1: October

### Canned Food Items (Quantity):

- Tuna (4)
- Chicken (2)
- Chili (2)
- Canned Pasta (8)
- Soups (2)
- Vegetables (8)
- Juices (1 six pack)
- Fruit (3)
- Peanut Butter (1)

### Other Items:

- Powder Milk (1)
- Box Cereal (1)
- Granola Bars (1 box),
- Trail Mix (1 box)
- Jelly (1)
- Crackers (1 box)
- Sugar
- Salt/Pepper
- Water (1 gallon per person per day)

## Month 2: November

### Personal Hygiene Items:

- Toothbrush (4)
- Toothpaste (1)
- Moist Wipes (2)
- Hand Sanitizer (1)
- Toilet Paper (1)
- Feminine Items
- Brush/Comb (1)
- Bar Soap (1)
- Prescription medicines
- Baby items

### Cooking Supplies:

- Charcoal (1)
- Lighter Fluid (1)
- Aluminum Foil (1)
- Paper Plates (1)
- Paper Bowls (1)
- Plastic Cups (1)
- Plastic Ware (1)
- Paper Towels (2)
- Manual Can Opener (1)
- Zip lock Bags (2)

## Month 3: December

### Miscellaneous:

- Radio FM/AM Weather (1)
- Flashlight/Battery Operated lamps/oil lanterns/light sticks (several)
- Batteries – Different sizes (Several)
- Good Basic First Aid Kit (1)
- Matches/Butane Lighters (1)
- Storage Containers (2)
- Whistle (1)
- Trash Bags (1)
- Bleach (1)
- Disinfectant (1)
- Aspirin (1) (Not recommended for children)
- Anti Diarrhea

- Antacid (1)
- Pencil/Paper (1)
- Corded Phone (1)
- Candles (Several)
- Blankets (4)
- Basic Tools
- Plastic Sheeting
- Duct Tape
- Clothing Items
  - Sturdy shoes
  - Work Gloves
  - Hat
  - Rain Gear
  - Extra Socks
- Other Items:

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