

# Basic 3-Day Disaster Survival Kit

## Emergency Preparedness Initiative

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Compiled by Tod Ransdell from a variety of public sources

In the event you need to evacuate at a moment's notice and take essentials with you, you probably will not have the opportunity to shop or search for the supplies you and your family will need. Every household should assemble a disaster supplies kit and keep it up to date. A disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster. Disaster supplies kit items should be stored in a portable container(s) as close as possible to the exit door. Review the contents of your kit at least once per year or as your family needs change. Also, consider having emergency supplies in each vehicle and at your place of employment.

- Three-day supply of non-perishable food and manual can opener
- Three-day supply of water (max. one gallon of water per person, per day)
- Portable, battery-powered radio or television and extra batteries\*.
- Flashlight and extra batteries\*.
- First aid kit and manual
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper)
- Matches (strike anywhere) in waterproof container
- Whistle
- Extra clothing and blankets
- Kitchen accessories and cooking utensils
- Photocopies of identification and credit cards
- Cash and coins
- Special needs items such as prescription medications, spare eye glasses, contact lens solution, and hearing aid batteries
- Tools, pet supplies, a map of the local area, and other items to meet your unique family needs
- Items for infants, such as formula, diapers, bottles, and pacifiers

**\*Note:** I strongly suggest that you consider alternative power sources, particularly kinetic or possibly solar (photovoltaic) charging systems. This eliminates the need to have spare batteries to keep your equipment going in an emergency.

If you live in a cold climate, you *must* think about warmth. It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- Jacket or coat
- Long pants and long sleeve shirt
- Sturdy shoes
- Hat, mittens, and scarf
- Sleeping bag or warm blanket

Basic/everyday supplies for your vehicle include:

- Flashlight, extra batteries\*, and maps
- First aid kit and manual

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- White distress flag
- Tire repair kit, booster/jumper cables, pump, and flares
- Bottled water and non-perishable foods such as granola bars

## Seasonal Supplies:

- ❖ **Winter** - blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, florescent distress flag
- ❖ **Summer** – sunscreen lotion (SPF 15 or greater), shade item (umbrella, wide brimmed hat, etc).