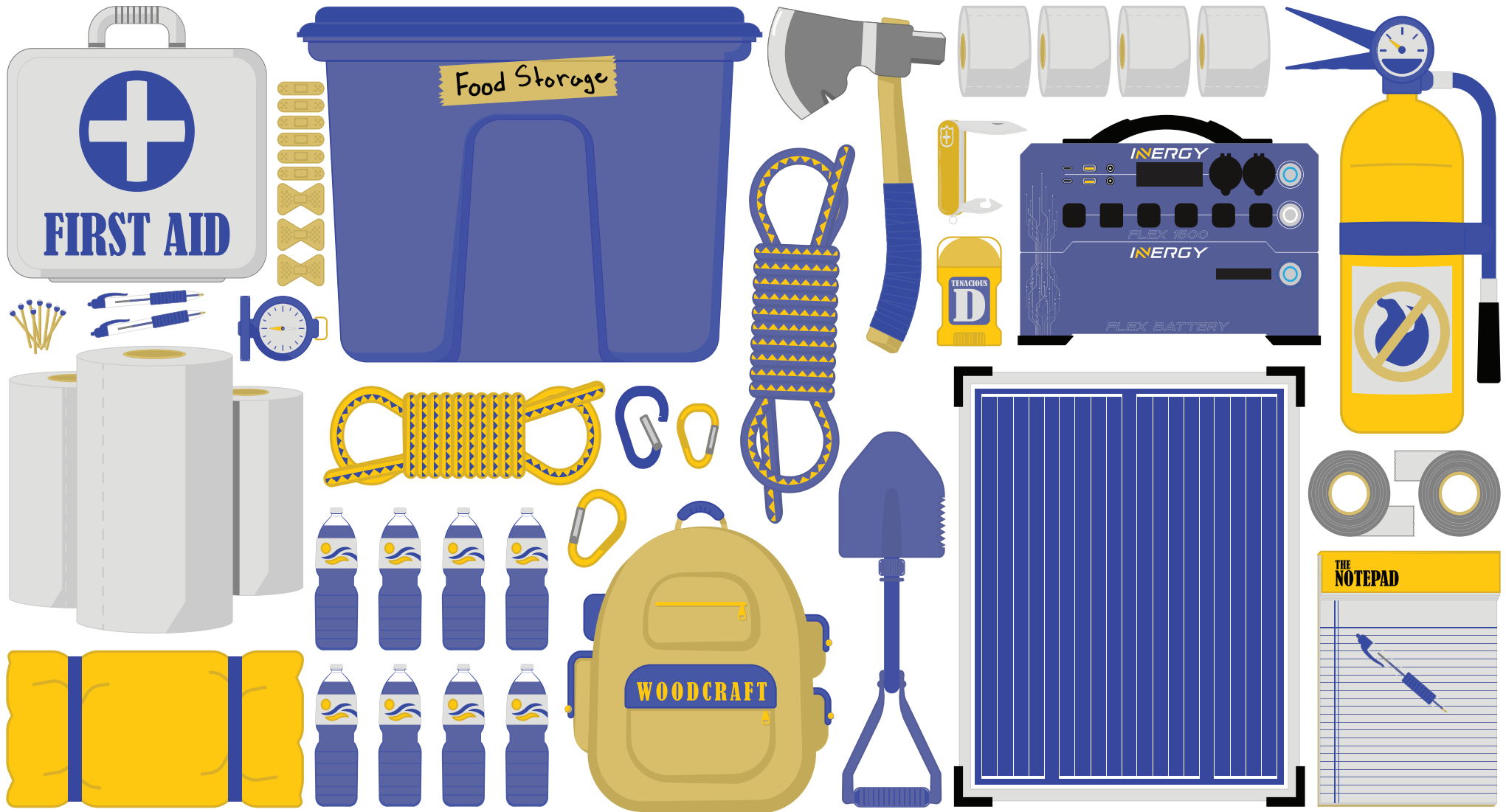


WHAT WE PUT IN OUR EMERGENCY KIT



EMERGENCY KIT CHECKLIST

FIRST AID KIT

Bandages:

- Strip Band-Aids
- Butterfly Band-Aids
- Gauze
- Elastic wrap bandage (Ace wrap)
- Self-adhering wrap
- Medical tape
- Triangular bandage or a bandana (can be used as a sling)
- Rubber tourniquet

Disinfectants and Sanitizers:

- Hand sanitizer
- Hydrogen peroxide
- Antibiotic ointment
- Sterile wipes
- Sterile saline solution (for flushing/rinsing wounds)

Personal Protection:

- Surgical or N95 mask(s)
- Exam gloves
- Eye protection

Tools:

- Tweezers
- Thermometer
- Cotton balls
- Cotton swabs
- Scissors
- Finger splints
- Superglue
- Syringe
- Turkey baster (for flushing/rinsing wounds)

Medications:

- Backup prescriptions
- Epi-pen (if needed)
- Pain medication (Ibuprofen or Acetaminophen)
- Aspirin
- Antihistamine (allergy relief)
- Hydrocortisone cream
- Cough and cold medicine
- Petroleum jelly
- Calamine lotion

Miscellaneous:

- Emergency contacts list
- Notepad and pencil/pen
- Medical consent forms
- Medical history
-
-
-
-

72 - HOUR KIT

Adults:

- 2.5 - 3 gallons of water
- Non-perishable food (~2500 calories per day)

Children:

- 1.5 - 2 gallons of water
- Non-perishable food (~2000 calories per day)

General:

- Emergency medication supply
- Backpack
- Flashlight

- Moist towelettes
- Emergency blanket
- Hand warmers
- Eating utensils
- Can opener (if you have canned food)
- Change of clothes
- Sleeping bag

TOOLKIT

- Duct tape
- Flashlight
- Extra batteries
- Matches
- Glow sticks
- Multitool
- Towels
- Rope
- Two-way radio
- Fire extinguisher
- Camp stove
- Backup power source

- Must - have
- Recommended
- Advanced
- Add your own

FOOD STORAGE

NON-PERISHABLES STORING FOOD

Canned Foods:

- Vegetables
- Fruit
- Beans
- Soups
- Chicken
- Fish
- Coconut Milk

Dried Foods:

- Vegetables
- Fruit
- Beans
- Nuts
- Rice
- Oats
- Dry mixes (pancake mix, cornbread, etc).
- Flour, sugar, salt, and other baking ingredients.

Miscellaneous:

- Peanut butter and other nut butters
- Honey
- Cooking oils
- Milk alternatives (soy, almond, or powdered)
- Jerky
- Nut mixes (like trail mix)
- Granola and protein bars
- Pet food (if applicable)
- Bottled water
- _____
- _____
- _____
- _____
- _____

- In a cool, dark, dry place that is free from pests (bugs or rodents)
- Food storage should be kept at a consistent temperature
- The recommended temperature for food storage is 75° F (23.8° C)
- Non-canned food should be stored in a plastic bin with a tight lid
- Catalog your food storage. Keep a list of what foods can be found where, and note when the food was initially put into storage
- Rotate your food storage regularly

STORING WATER

- Store one gallon per person per day. If you own pets, store additional water for them
- Store more water if you live in a hot climate or have someone pregnant or sick in your family
- Be conscious of the expiration date on storebought water
- Label your drinking water and note the date it was put into storage
- Cycle out your bottled water regularly
- Store in a cool, dark place, out of direct sunlight
- Store water away from toxic substances like gasoline or pesticides

NOTES: