

3 Day Emergency Supply List

Get More Information at <http://www.home-storage-solutions-IOI.com/emergency-preparedness-kit.html>

- Bottled drinking water (one gallon per person, per day)
- Canned or packaged foods that do not need to be either refrigerated nor cooked (enough for three meals per person, per day) (don't forget about any special food needs of specific family members)
- If you've got a baby, any baby supplies necessary such as formula, baby food, diapers, wipes and/or bottles (and consider baby wipes in your supplies even if you don't have a baby -- great for quick clean ups when there is no running water)
- Plastic eating utensils, dishes and cups
- Non electric can opener
- Pet food and extra water for your pets
- Utility knife
- Battery powered radio, with extra batteries (or hand crank radio)
- Battery powered flashlight, with extra batteries (or a hand crank flashlight)
- Paper towels, toilet paper, soap, detergent, feminine hygiene products, and other personal hygiene products
- Household chlorine bleach (unscented) and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water.
- Prescription and nonprescription medicines
- Extra eyeglasses, contact lenses and supplies, denture supplies, etc.
- Plastic garbage bags for trash and waste disposal
- Plastic sheeting and duct tape for creating shelter
- Blanket or sleeping bag for each family member
- Change of clothing and an extra pair of shoes for each person (if you live in a cold climate, consider also coats, gloves, etc.)
- Basic tools (wrench, hammer, screwdriver, and scissors)
- Matches in a waterproof container
- Whistle (used to signal for help)
- Cell phone (with solar or hand crank charger)
- Fire extinguisher
- Cash, including both small bills and change
- Important phone numbers and information (you can [keep a copy of this emergency contact list](#) with your kit)
- First aid kit and first aid manual (you can get a [full first aid kit contents list here](#))
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Pencil and paper
- Books, puzzles or other activities for children (optional, but can be greatly appreciated)