

Prepare a 3-Day Disaster Survival Pack

Use something with a tight filling/latching lid such as a 33 gallon trash can
Store in garage or storage shed – prevent tipping or spilling

Bottom of barrel:

- **Bedding:** plastic sheets/tarp, sleeping bag, blankets
- **Cooking/eating equipment:** manual can opener, dishpan, disposable dishes, utensils
- **Clothing:** one change of clothing per person - weather appropriate (rain, cold)
- **Special/Infant needs**
- **Personal Supplies:** books, pencil/paper, toiletries, towels, bandannas
- **Equipment:** axe, shovel, bucket, plastic bag liners, duct tape
- **Fuel and light:** candles, matches, Sterno
- **Other:** eye dropper, liquid chlorine bleach or water purification tablets, \$ in small bills

Middle of the barrel:

Food: three day supply requiring no refrigeration – be sure to date and rotate regularly
consider creating menus (canned fruit, meats, peanut butter, vitamins, energy bars
- try to maintain 2100 calories and essential nutrients

Water: one gallon per day per person
- pet items should be stored in a separately sealed container that will not freeze

Top of Barrel:

Essentials: flashlights, knife, radio (crank and/or battery operated), Rx and testing kits

First Aid Kit: medications, antibiotic ointment, pain reliever, anti-diarrhea, bandages, ace wraps, band aids, triangular and butterfly bandages, gauze bandages and pads or sanitary napkins for use as bandages, adhesive tape, scissors, tissues, tweezers, rubbing alcohol, First Aid book and survival blankets (found in hunting departments), extra eye glasses

Copies: of important papers, prescriptions, phone numbers

The size of your family may require that more than one barrel be used to store your 3-day pack. Compact, durable camping supplies are a good choice. Think about including items that will comfort and entertain children (stuffed animals, books). If you have a tent, store it near your survival pack, it may be your only shelter. Be sure to rotate your food and water.

“Other” items: single burner camping stove, nested cooking pots, coffee, tea, chocolate, soup

FAQ:

Will water go “bad”?

The water will not go bad but the plastic may eventually “leach” into the water.

How will I get in touch with family?

Establish a plan for all family members to call an out of area contact.

What about important papers?

Copies should be kept in a safe place (work, out of area contact, etc).

Where can I get more training?

American Red Cross, join a Community Emergency Response Team (CERT)

Where can I get more information?

www.fema.gov will send you to many sites for state and local programs.