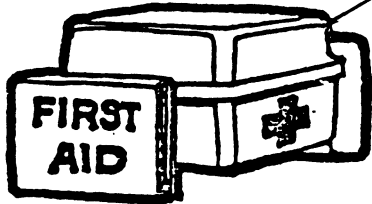


“Three-Day Survival Pack”

TOP OF THE BARREL



Flashlight, Radio

FIRST AID KIT

DRUGS

Antibiotic Ointment
 Aspirin Tablets (5 Grain)
 Spirit of Ipecac (to induce vomiting)
 Kaopectate
 Medication recommended by your
 Doctor (examples):
 a. Insulin
 b. Heart Tablets

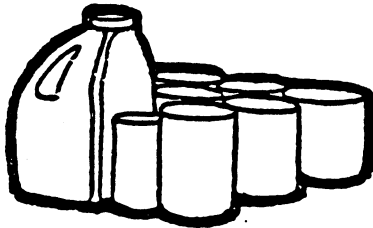
Cotton-Tipped Swabs
 Sterile Absorbent Cotton
 Ace Bandage
 Butterfly Bandages
 Gauze Pads (4" x 4")

MISCELLANEOUS

Scissors
 Tweezers
 Thermometer
 Petroleum Jelly
 Rubbing Alcohol
 Tissues
 Pocket Knife
 First Aid Handbook *

DRESSINGS

Adhesive Tape, 2" W roll
 Sterile Bandage, 2" W roll, 4" W roll
 Bandage, Large Tri.
 Bandages, Plastic Strips



MIDDLE OF THE BARREL

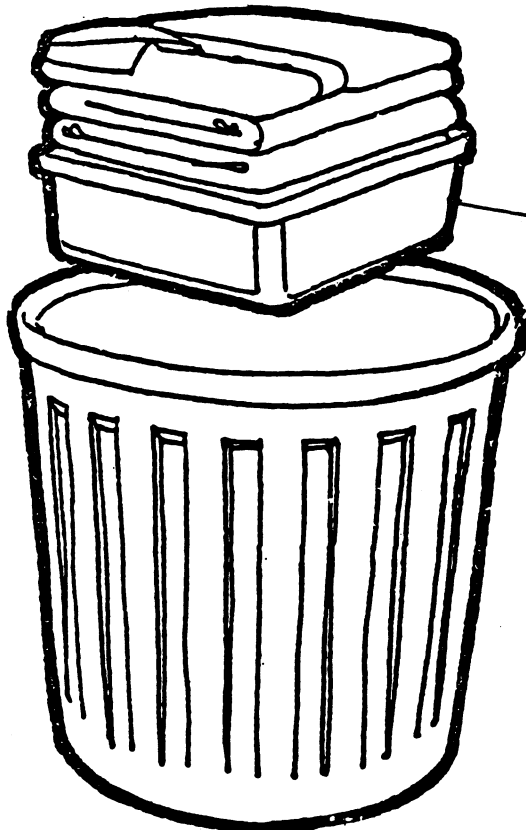
FOOD

3-day supply of food requiring no refrigeration. Date all food items.
 Write out a menu for each day.

Examples:

Canned Tuna or Pork & Beans
 (½ lb./person)
 Nonfat Dry Milk (½ lb./person)
 Graham Crackers (½ lb./person)
 Dried Apricots (½ lb./person)

Canned Orange or Tomato Juice
 Peanut Butter (½ lb./person)
 * This supplies daily 2100 calories
 and essential nutrients.
 Water (1 gallon/person)



BOTTOM OF THE BARREL

BEDDING

Sleeping Bag / Blankets
 Plastic Sheet / Tarp

CLOTHING

One Change / Person

PERSONAL SUPPLIES

Toiletries
 Towel
 Good Book
 Paper / Pencil

FUEL & LIGHT

Matches
 Candle
 Signal Flare
 Sterno Canned Heat

EQUIPMENT

Can Opener
 Dishpan
 Dishes (disposable)
 Utensils (disposable)
 Ax
 Shovel
 Bucket (plastic bag liners)

INFANT NEEDS

If applicable

PERSONAL DOCUMENTS

See Family Emergency Plan

MONEY

Cash

* FIRST AID HANDBOOK
 Standard First Aid and
 Personal Safety (The American
 Red Cross, Garden City, NY,
 Double Day and Co. Inc.)

Water Purification Tablets
 Liquid Chlorine / Household
 Laundry Bleach
 Eye dropper