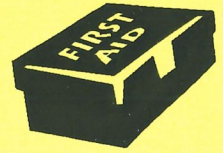




72 HOUR DISASTER KIT



Food & Water

- ◇ Water: 1 gallon/person
- ◇ Water purification tablets/bleach
- ◇ Protein/granola/power bars
- ◇ Canned meats (tuna, etc.)
- ◇ Dried fruit, dried soup
- ◇ Nuts, crackers
- ◇ Dry cereal
- ◇ Canned juice
- ◇ Comfort/Stress foods (candy/gum)
- ◇ Non-electric can opener

Bedding & Clothing

- ◇ Change of clothes (short and long sleeve shirts, pants, socks, jackets, etc.)
- ◇ Sleeping Bag
- ◇ Plastic sheet/tarp
- ◇ Travel or Inflatable pillow

Fuel & Lighting

- ◇ Flashlight with extra batteries
- ◇ Flares
- ◇ Candles (long burning)
- ◇ Lighter
- ◇ Waterproof matches

Equipment

- ◇ Can opener
- ◇ Mess Kit/Dishes, plates, cups and utensils
- ◇ Metal drinking cup
- ◇ Shovel
- ◇ Radio with extra batteries or hand-cranked
- ◇ Pen and paper
- ◇ Pocket knife/multi-purpose tool
- ◇ Rope (50feet)
- ◇ Plastic bags (4)
- ◇ Duct tape
- ◇ Aluminum foil
- ◇ Portable stove (sterno)

Personal Sanitation & Medication

- ◇ First Aid kit
- ◇ Toilet paper/towelettes
- ◇ Feminine hygiene
- ◇ Toiletry kit
- ◇ Hand sanitizer
- ◇ Soap/shampoo
- ◇ Dish soap
- ◇ Medication
 - Anti-diarrhea, Antacid, Syrup of Ipecac, Activated charcoal
- ◇ Prescription Medication for 3 days

Personal Documents & Money

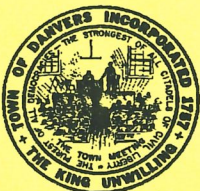
(place in waterproof container)

- ◇ Immunization records
- ◇ Family records
 - birth/marriage certificates
- ◇ Legal Documents
 - (wills, passports, contracts, deeds, vehicle titles, Insurance policy and telephone numbers)
- ◇ Banking Documents
 - Checking/Saving/credit card account numbers and telephone numbers, Mortgage account numbers and telephone numbers)
- ◇ Medical Documents
 - Medical & Dental insurance numbers and telephone numbers of insurance company
 - Optional: Medical history and medication list
- ◇ Cash & Coins
- ◇ Credit cards
- ◇ Pre-paid phone cards
- ◇ Emergency contact numbers

Miscellaneous

- ◇ Compass
- ◇ Whistle
- ◇ Emergency Evacuation Plan
- ◇ Map of area (to locate shelters)
- ◇ Specialty needs for elderly/Infant/Toddler
- ◇ Games (cards) and books

* Update your kit every 6 months to make sure that: all food, water and medication are fresh, clothing fits, documents are up-to-date and batteries are charged.



DANVERS PUBLIC HEALTH
Building healthy partnerships...
... is what we're all about

Information for this Fact sheet obtained from
www.REDCROSS.org

Taking Baby Steps in Preparedness

In breaking down your preparedness goal you first need to determine exactly what you want to accomplish. If you plan to set aside a little money each week or month to go towards your family's preparedness, you will be surprised what you can afford.

To start, you could plan a budget for buying emergency supplies that deal with water. Water is the first item we recommend to store because it is the most crucial item to have available during an emergency. It is recommended to have both portable and stationary water sources. There are different water storage containers to choose from. From a 55 gallon barrel to the 1 gallon. You could also plan out a budget to buy a really good portable water filter or purifier. There are also different types of prepackaged water you can purchase, such as water in pouches or foil-lined cardboard "juice boxes" filled with water. These small containers are excellent for small children and babies.

Another step to reach your preparedness goal is to set up a schedule of certain things you want to buy each month. Maybe you want to be prepared by having 72 hour kits for everyone in your family. Perhaps you want a total preparedness package consisting of 72-hour kits and a year's supply of food storage for each member of your family.

One month you could buy emergency preparedness items that deal with warmth, such as emergency blankets/sleeping bags, hand and body warmers, wool blankets, and warm sleeping bags. Another month you could focus on purchasing items that deal with light, such as 100 Hour Candles, kerosene lamps, light sticks, matches, or a hand-generated flashlight. This may seem like a lot of items to buy, but purchasing them in stages will help ease the stress on your pocketbook.

The next step you need to think about is setting a goal to save enough money to buy food storage. You can accomplish this by setting aside a weekly amount, then at the end of the month, buy food storage with that money. By rotating your food storage into your daily meals, you can eat the foods you enjoy and you don't have to worry about the expiration dates on your food storage items. One good way to rotate food is to buy 2 or 3 cans of canned goods especially when they are on sale. This way you slowly stock up on food storage without budgeting. So if you actually use your food storage and you are constantly rotating and eating it, your food storage cost will never exceed the original investment. Remember, canned vegetables and fruit come in smaller cans, have a shorter shelf life and can only stack so high. They are also packed with excess water. Freeze-dried or dehydrated #10 cans of food are a lot more compact in a smaller area and can store over 5 years compared to the 1 year shelf life of store bought canned food.

Encourage your neighbors and family members to start preparing as you are. Maybe this year you can decide to give gifts of preparedness to help your family members and loved ones get prepared.