

EMERGENCY SURVIVAL CHECKLIST PREPARE NOW, LEARN HOW

***Three day supply per person**

- Flashlight and batteries
- Radio and batteries or crank radio
- Spare batteries (for radio or flashlight)
- First-aid Kit
- Candles and matches/lighter
- Extra car keys and cash
- Important papers (identification)
- Food and Bottled Water
- Clothing and footwear
- Blankets or sleeping bags
- Toilet paper and other personal items
- Medication
- Whistle (to attract attention)
- Playing cards, games
- Backpack/duffel bag (to hold all the emergency survival kit items)

EMERGENCY FOOD AND WATER KIT

Have at least a three-day supply of food and water. Four liters of water per person per day. Some suggestions: canned food, crackers, biscuits, peanut butter, jam/honey, condiments, beverages, foods that don't require refrigeration, purification tablets, formula for babies, pet food for family pets.

Equipment:

- cutlery, disposable cups and plates
- manual can opener, bottle opener
- fuel stove and fuel (**DO NOT** use barbecue indoors)
- waterproof matches and plastic garbage bags
- pocket knife or multi-tool

CAR SURVIVAL EQUIPMENT KIT

- shovel
- sand, salt or kitty litter
- traction mats
- tow chain
- compass
- cloth or roll of paper towels
- warning light or road flares
- extra clothing and footwear
- emergency food pack
- axe or hatchet
- booster cables
- ice scraper and brush
- matches and a “survival” candle in a deep can (to warm hands, heat a drink, an emergency light)
- road maps
- fire extinguisher
- flashlight
- methyl hydrate (for fuel line and wind shield de-icing)
- first-aid kit with seatbelt cutter
- blanket (special “survival” blankets are best)