

3-DAY SUPPLY KIT

FOOD: Per Person (Suggested menu, adjust to your tastes!)

Breakfast

- ☐ Large box high fiber cereal -OR-
- ☐ Box of 6 assorted Instant oatmeal, cream of wheat, etc.
- ☐ Dried fruit, raisins.
- ☐ Milk (Parmalait)
- ☐ Instant coffee, tea, creamer, sweetener

Lunch

- ☐ 3 - Cans of soup, stew, chicken, tuna, spaghetti, etc.
- ☐ 3 - Cans of fruit or fruit cocktail, assorted
- ☐ Small plastic bottle (4 oz) peanut butter
- ☐ Small plastic bottle (4 oz) Jam or honey
- ☐ Melba Toast or Club crackers
- ☐ Powdered drink mix
- ☐ Crackers or chips

Supper

- ☐ 3 - Pouches of commercially pre-cooked main entrée's: Jambalaya, chicken, Spaghetti, Stew, etc.
- ☐ 3 - Pouches of commercially pre-cooked rice, pasta, or potatoes
- ☐ 6 - Cans assorted vegetables
- ☐ Crackers, chips, breadsticks, etc.
- ☐ Cookies, snack cakes, solid chocolate bars, etc.

Snacks

- ☐ Trail mix
- ☐ Unsalted nuts
- ☐ Hard candies
- ☐ Granola bars
- ☐ Dried fruit mixes

(NOTE: ALL OF THESE CAN BE EATEN WITH MINIMAL HEATING OR WITHOUT COOKING IF NECESSARY)

BEVERAGES Per Person

- ☐ 6 – gallons of clean, safe drinking water (May use empty & cleaned plastic gallon or ½ gallon milk jugs filled with tap water)
- ☐ Powdered drink mixes
- ☐ Powdered milk
- ☐ Instant coffee, tea with powdered creamer & sweetener
- ☐ Reconstituted lemon, lime, or other fruit juices

(NOTE: AVOID SODA OR ALCOHOLIC BEVERAGES. THEY MAY COMPOUND THIRST AND TEND TO BE NUTRITIONALLY POOR.)

3- Day Supply List

Clearwater Home OR Public Shelter Kit

COOKING AND EATING SUPPLIES per person

- ☐ 2 – mechanical can openers
- ☐ 2 – ‘church key’ bottle openers
- ☐ 10 – paper plates
- ☐ 10 sets plastic knife, fork, spoons
- ☐ 10 – Plastic, paper, or Styrofoam cups
- ☐ 1 – “Safety Fuel” heating stove (Uses jelled alcohol, like Sterno or Chafing fuel)
- ☐ 3 – cans “Safety Fuel”
- ☐ 2 – small pots (1 – for heating food, 1 – for heating water)
- ☐ 1 – small fry pan (optional)
- ☐ 1 ea – sturdy plastic/nylon spatula and cookspoon
- ☐ 1 – pint plastic bottle cooking oil
- ☐ Small plastic bottles favorite spices
- ☐ 1 – pint plastic bottle hand dishwashing detergent
- ☐ 1 – plastic/nylon dish sponge/scrubber
- ☐ 3 – rolls paper towels
- ☐ 12 – assorted “Ziploc” or similar plastic bags
- ☐ 12 – tall kitchen trash bags
- ☐ 2 – boxes of 50 wooden safety matches (sealed in “Ziploc” bags)
- ☐ 1 – small fire extinguisher

CLOTHING & BEDDING per person

- ☐ 2 – pair jeans or heavy workpants
- ☐ 1 – pair shorts
- ☐ 4 – heavy work shirts and t-shirts
- ☐ 2 - belts
- ☐ 4 - sets underclothing
- ☐ 4 - pairs work socks
- ☐ 1 – set raingear
- ☐ 1 – windbreaker light/medium weight jacket
- ☐ 1 – set sweatpants/shirt
- ☐ 1 – pair work shoes or work boots
- ☐ 1 – pair sneakers
- ☐ 1 – cap or work hat
- ☐ 2 – set sleeping wear
- ☐ 2 – shower/bath towels
- ☐ 2 – washcloth
- ☐ 1 – set bedding sheets & blanket
- ☐ 1 – cot, air mattress (Full size, max), or sleeping bag
- ☐ Pillows
- ☐ 1 – small flashlight
- ☐ 1 – battery powered book light
- ☐ 1 – battery powered AM/FM/Cassette/CD player with earphones
- ☐ 3 – sets replacement batteries for each above

MEDICATIONS & HYGIENE per person

- ☐ 30 – day supply of ALL prescription medications in original prescription containers
- ☐ 1 – small box Aspirin, or other OTC analgesic
- ☐ 1 - small bottle of OTC allergy antihistamine
- ☐ 1 - small bottle of rubbing alcohol
- ☐ 1 – small box band aids, antiseptic ointment
- ☐ 1 – small bottle OTC ant diarrhea medication
- ☐ 1 – bottle antacids
- ☐ Feminine hygiene supplies
- ☐ Toothbrush & toothpaste, floss, etc.
- ☐ 1 – small plastic bottle antiseptic mouthwash
- ☐ Shaving supplies and kit (manual only, no electric)
- ☐ Small box of pre-moistened “baby wipes”.
- ☐ Shower/bath soap, shampoo, etc.
- ☐ Hair care products
- ☐ Skin care products, makeup, etc.
- ☐ 1 - Plastic bottle (4 - 8oz) Mosquito repellent (With DEET)
- ☐ Small sewing kit with needle, thread, spare buttons, etc.
- ☐ Spare glasses, hearing aids, contact lenses, etc.
- ☐ 1 – roll Toilet Paper
- ☐ 1 - Plastic Bottle (4 – 8oz) SPF 30 Sunscreen

STORAGE of Supplies

- ☐ 2 – 18 Gallon (or larger) Plastic Storage Tubs with snap on lids (Lockable is optional).
- ☐ 1 – Small hard sided luggage (for personal hygiene, medications, etc.)
- ☐ 1 – Medium-sized Backpack (for portability)
- ☐ 1 – Metal lockable box for cash and personal papers

MONEY and PAPERS per person (Sealed in “Ziploc” bags)

- ☐ Cash in small bills (\$1, \$5, \$10, & \$20) sufficient for 3 – 5 days until access to banks or ATM’s can be established.
- ☐ Social Security Card
- ☐ Health Care Insurance Card
- ☐ Home Insurance Card or Policy Number
- ☐ Driver’s License (make sure address is current!)
- ☐ Vehicle Insurance Card
- ☐ Birth Certificate
- ☐ COPY of Warranty Deed (to prove home ownership)
- ☐ List of critical personal and family addresses and phone numbers.