

# Personal 3-Day Emergency Response Kit

Use for 3 days of support in case of disaster or severe emergency.

## Emergency Instructions

- 1) Remain calm, think clearly and assess your situation.
- 2) Follow your Emergency Response Plan.
- 3) Use the supplies in this kit for the first 3 days of a severe emergency.

Name: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Emergency Contacts: \_\_\_\_\_

## Ensure Easy Breathing

**Dust mask (1):** Wear mask if breathing becomes difficult. If exposed to dust or other contaminants, place mask over face and bend nosepiece to conform to shape of nose. Breathe regularly.

## Treat minor injuries

**First aid pack (1):** Use supplies in the first aid pack to treat minor injuries or discomforts. In case of major injury or trauma, lie down and cover with **emergency thermal blanket** to reduce shock.

## Signal in an emergency

**Whistle with lanyard (1):** Use to signal in an emergency. **Light sticks** may also be used to warn or signal in darkness.

## Keep warm, dry, and well protected from the elements

**Emergency thermal blanket (1):** Use blanket to provide a waterproof and windproof barrier. For optimal warmth, cover self with blanket once in the fetal position. Each blanket retains and reflects back up to 90% of body heat.

**Emergency poncho (1):** Wear hooded poncho to keep dry.

## Keep well hydrated

**4 oz. emergency water pouches (6):** You should drink a minimum of 8 oz. of water (two 4 oz. pouches) per day. Depending on anticipated length of stay and the amount of clean water available, delay drinking for the first several hours unless you are sick, injured, or in desert conditions. Drink one pouch every 12 hours.

## Maintain proper nutrition levels

**2400 calorie food bar (12 200 calories portions) (1):** You should eat one individually wrapped food bar every 6 hours (4 per day). For conservation in case of extended emergency: do not eat food for first 6 hours of an emergency.

**Allergy warning:** The enclosed food bar contains the following ingredients: wheat flour, vegetable shortening, cane sugar, water, coconut and salt. Please replace with alternative food if necessary.

## Keep area illuminated during awake hours

**Light sticks (2):** Remove light stick from foil wrapper, bend, snap and shake. Light stick will glow up to 12 hours. Once light stick has been activated, it cannot be deactivated.

## Maintain proper bathroom sanitation

**Moist towelettes (6):** Use to maintain proper hygiene.

## Plan for Your Unique Personal Needs

**Add daily prescription medications or other personal items you would require in an emergency.**

Keep in a secure and accessible location.  
Avoid extreme temperatures and direct sunlight.  
See shelf life sticker for content replacement dates.