

# 10-Person Extended Support Kit

Use with LifeSecure™ Emergency Response Kit for 24-hours of support during disaster or severe emergency.

## Emergency Instructions

- 1) Take control of the situation by establishing calm and order.
- 2) Follow your emergency response plan.
- 3) Use the supplies in your **LifeSecure™ Emergency Response Kit** before opening this kit.

### Emergency Contacts:

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## Keep everyone well hydrated

### 4 oz. emergency water pouches (20):

- Each person should drink a minimum of 8 oz. of water (two 4 oz. pouches) per day.
- To avoid premature water consumption, distribute water pouches only when it is time to drink. Depending on anticipated length of stay and the amount of clean water available, delay drinking for the first several hours unless you or others are sick, injured or in desert conditions.
- Drink one pouch every 12 hours.

## Maintain proper nutrition levels

### 2400 calorie food bars (4) (48 200 calories portions):

- Each person should eat one individually wrapped food bar every 6 hours (4 per day).
- Each outer package contains 12 individually wrapped bars of 200 calories each.
- To avoid premature or unequal consumption, distribute individual food bars only when they are to be eaten.
- For conservation in case of extended emergency: Do not eat food for first 6 hours of an emergency.

**Allergy warning:** The enclosed food bars contain the following ingredients: wheat flour, vegetable shortening, cane sugar, water, coconut and salt. Please provide alternative food if necessary.

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

### Emergency thermal blankets (10):

- Emergency blankets provide a waterproof and windproof barrier.
- For optimal warmth, cover individual with blanket once they are in fetal position.
- Each blanket retains and reflects back up to 90% of body heat.
- For individuals in shock, lie them down and cover them with blanket.



## Keep area illuminated during awake hours

### Light sticks (5):

- 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.

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