

3-Day Emergency Supply Checklist



When disaster strikes, immediate help may not be available. Every household should have an emergency kit with enough supplies to see you through three days following a natural disaster, health or manmade emergency.

Start out thinking about the basics of survival — fresh water, food, safety, warmth, sanitation and clean air.

For Everyone

- Water (3 gallons per person for drinking and sanitation)
- Non-perishable food
- Manual can opener (if kit contains canned food)
- Battery-powered NOAA Weather Radio and a commercial radio or hand crank radio
- Flashlights and extra batteries
- Sleeping bag or warm blanket for each person
- First aid kit and emergency medical reference manual
- Prescription medications and eyewear
- Mess kits, paper cups, plates and plastic utensils, paper towels, moist towelettes, garbage bags and ties
- Complete change of clothing, including a long-sleeved shirt, long pants, socks and sturdy shoes — add outdoor gear in winter

Additional Items

- Cash in small denominations or traveler's checks and change
- Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container
- Wrench or pliers to turn off utilities
- Matches in a waterproof container
- Household chlorine bleach and medicine dropper (When diluted nine parts water to one part bleach it can be used to disinfect)
- Dust mask (to help filter contaminated air) and plastic sheeting/duct tape (to shelter where you are)
- Local maps
- Books, games, puzzles or other activities for children
- Paper and pencil
- Fire Extinguisher
- Whistle to signal for help

For Baby

- Formula
- Bottled water to mix with formula and to wash bottles
- Bottles
- Blankets (both emergency blankets and receiving blankets)
- Diapers – keep the diaper size current
- Disposable wipes
- Copy of immunization records and other medical information
- Bath towels and wash cloths
- Burp cloths, bibs
- Cotton swabs
- Medications
- Diaper rash ointment
- Binkies and toys

For Pets

- Identification tags on collars
- Medications and veterinary immunization records
- Food, drinking water, bowls, cat litter/pan and can opener
- Sturdy leashes or carriers to transport pets safely (Carriers should be large enough for the pet to stand up, turn around and lie down)
- Towels or blankets
- Current photos of you with your pets
- Feeding schedules, medical conditions, behavior problems, and the name and phone number of your veterinarian
- Pet beds and toys

ReadyWisconsin is an initiative of Wisconsin Emergency Management and the Wisconsin Citizen Corps Council.
For more information, visit ReadyWisconsin.wi.gov

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Water Recommendations

Bottled Water

You can purchase commercially bottled water. Make sure you check the expiration date.

If You Are Preparing Your Own Containers Of Water

Purchased food-grade containers

Purchase food-grade water storage containers from surplus or camping supplies stores.

- ◇ Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap.
- ◇ Follow directions below for filling the containers with water.

Your own containers

Choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them.

- ◇ Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them.
- ◇ Cardboard containers also leak easily and are not designed for long-term storage of liquids.
- ◇ Do not use glass containers, because they can break and are heavy.
- ◇ Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap.

Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water.

- ◇ Swish the sanitizing solution in the bottle so that it touches all surfaces.
- ◇ Thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers

- ◇ Fill the bottle to the top with regular tap water.
- ◇ If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean.
- ◇ If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water.
- ◇ Tightly close the container using the original cap.
- ◇ Be careful not to contaminate the cap by touching the inside of it with your finger.
- ◇ Place a date on the outside of the container so that you know when you filled it.
- ◇ Store in a cool, dark place.
- ◇ Replace the water every six months if not using commercially bottled water.

Food Recommendations

- ◇ Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water.
- ◇ If you must heat food, pack a can of sterno. If you use a barbecue grill for cooking, do not use it indoors.
- ◇ Select food items that are compact and lightweight.
- ◇ Avoid foods that will make you thirsty.
- ◇ Choose :
 - Salt-free crackers, whole grain cereals, and canned foods with high liquid content.
 - Ready-to-eat canned meats, fruits and vegetables
 - Canned juices, milk, soup (if powdered, store extra water)
 - Staples--sugar, salt, pepper
 - High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
 - Vitamins
 - Foods for infants, elderly persons or persons with special dietary needs
 - Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit Recommendations

Consider taking a first aid class, through the American Red Cross.

Things you should have:

- ◇ Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- ◇ Sterile dressings to stop bleeding.
- ◇ Cleansing agent/soap and antibiotic towelettes to disinfect.
- ◇ Antibiotic ointment to prevent infection.
- ◇ Burn ointment to prevent infection.
- ◇ Adhesive bandages in a variety of sizes.
- ◇ Eye wash solution to flush the eyes or as general decontaminant.
- ◇ Thermometer
- ◇ Scissors
- ◇ Tweezers
- ◇ Tube of petroleum jelly or other lubricant
- ◇ Aspirin or non-aspirin pain reliever
- ◇ Anti-diarrhea medication
- ◇ Antacid (for upset stomach)
- ◇ Laxative
- ◇ Cold medications

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