



Are You **READY** WISCONSIN?

✓ Get a Kit

✓ Make a Plan

✓ Be Informed

3-Day Emergency Supply Checklist

Get a Kit

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
- 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 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

➤ **More on back of page**



Are You **READY WISCONSIN?**

✓ Get a Kit

✓ Make a Plan

✓ Be Informed

3-Day Emergency Supply Checklist

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

Food Suggestions

- 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

Pack a can of Sterno if you want to heat your food. If you plan to use a barbecue grill, don't use it indoors.

First Aid Kit Suggestions

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