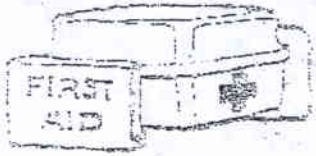


Three-Day Survival Pack

Top Of The Barrel



Flashlight
Radio

First Aid Kit (including)

Drugs:
Antibiotic ointment
Aspirin tablets (5 grain)
Spirit of ipecac (to induce vomiting)
Kaopectate
Medication recommended
by your doctor (examples):
a. Insulin
b. Heart tablets

Dressings

Adhesive tape, 2" wide roll
Sterile bandage, 2" & 4" wide roll
Bandages, large triangular

Bandages, plastic strips
Cotton-tipped swabs
Sterile absorbent cotton
Ace bandage
Butterfly bandages
Gauze pads (4" x 4")

Misc.

Scissors
Tweezers
Thermometer
Petroleum jelly
Rubbing alcohol
Tissues
Pocketknife
First Aid Handbook

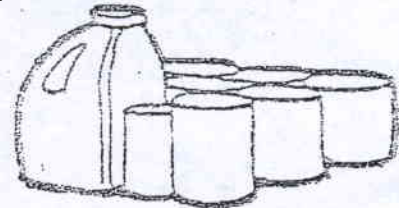
Middle Of The Barrel

Food

Three-day supply of food requiring no refrigeration. Date all food items. Write out a menu for each day.

Examples:

Canned tuna or pork & beans (1/2 lb./person)
Nonfat dry milk (1/2 lb./person)
Graham crackers (1/2 lb./person)
Dried apricots (1/2 lb./person)
Canned orange or tomato juice
Peanut butter (1/2 lb./person)
*This supplies daily 2100 calories
and essential nutrients)

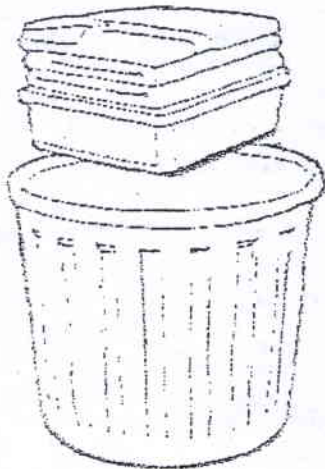


Water

1 gal./person per day, store separately

Bottom Of The Barrel

Bedding
Sleeping bag/blankets
Plastic sheet/tarp
Clothing
One change/person
Personal Supplies
Toiletries
Towel
Good book
Paper/pencil
Fuel & Light
Matches
Candle
Signal flare
Sterno canned heat



Equipment

Can opener
Dish pan
Dishes (disposable)
Utensils (disposable)
Ax
Shovel
Bucket (plastic bag liners)
Infant Needs
If applicable
Personal Documents
See Family Emergency Plan
Money
Cash
Other
Water purification tablets
Liquid chlorine/bleach
Eye dropper

Authorities recommend that every home be equipped with a Survival Pack such as the one described here.

All family members should be aware of its location in the event that disaster strikes.