**72 Hour Emergency Supplies**

**What items are in an emergency pack?** Some of the categories are: water, food, first aid, tools, sanitation, clothing, and personal documents.

**Why do I need an emergency pack?** Emergencies vary from severe storms causing power outages, to tornados and earthquakes. Unfortunately, Texas is vulnerable to most types of catastrophes.

**Where can I find a list of supplies to put in my pack?** Go to [www.ready.gov](http://www.ready.gov) for a basic list from the Dept. of Homeland Security.

**Who do I contact during or after an emergency?** Call 2-1-1 from any landline phone or look online at [www.211.org](http://www.211.org) or <texashelp.tamu.edu>. For a complete list of agencies go to [www.co.collin.tx.us/homeland\_security/public\_health/preparedness/PreparingForTheUnexpectedBooklet.pdf](http://www.co.collin.tx.us/homeland_security/public_health/preparedness/PreparingForTheUnexpectedBooklet.pdf)

**Where do I put my emergency supplies?** Put your supplies in a container such as a large trashcan, a camping backpack, a suitcase, or an ice chest. Keep this pack in an interior room or closet with no windows. You and your family will need to fit in this space for any emergency weather alerts.

**How often do I rotate my emergency food?** Eat the food in your pack every 6 months to avoid spoilage. You also will want to rotate clothes for growing children.

**How to get started:** Make sure to have 1 gallon of water per person per day for 3 days. Put a change of clothes in a plastic garbage bag to keep dry. First aid kits are available at most stores for $20-$25, but I recommend adding a few things like water purification tablets and diarrheic medication. Make copies of your birth certificates, marriage certificate, social security cards, driver’s license, and shot records and keep in a Ziploc bag. Create your own chart similar to this one for food.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 |
| Breakfast | Cereal  Milk | Cereal  Milk | Cereal  Milk |
| Lunch | Peanut Butter  Crackers | Ramen Soup  Juice Drink | Peanut Butter  Crackers |
| Dinner | Refried Beans  Apple Sauce | Canned Soup  Canned Peaches | Madras Lentils  Fruit Snack |
| Snack | Protein Bar | Nuts | Pepperoni Stick |

**Other Resources:**

ReadyShelby.org



72 hours of food



Emergency tools

Lantern, tool to turn off water-line, toilet paper, first aid kit, sunglasses, batteries, water filter, bandana, walkie-talkie, lighter, flashlight/radio, watch, cash, mini-light, compass/whistle, silverware, multi-tool with pliers