

## Emergency Supplies for 72 hours

Emergency planning will be most effective if you are prepared with the supplies and equipment that you need to keep children and adults safe. Maintain a three-day supply in these basic areas: water, food, first aid, clothing/bedding, tools and emergency equipment, items unique to the needs of your population.

Water	Food
<ol style="list-style-type: none"> <li>Maintain an adequate supply of bottled drinking water to last children and adults a minimum of 72 hours, with additional water for sanitation.</li> <li>Date and change water supply annually.</li> </ol>	<ol style="list-style-type: none"> <li>Maintain a 72-hour food supply not requiring refrigeration and can be kept for long periods. Choose age appropriate food. Include formula and infant foods if care is provided to this age group.</li> <li>Date and change food supply regularly.</li> <li>Maintain a supply of disposable eating utensils and a non-electric can opener.</li> <li>Plan food for children and adults with medical considerations including allergies, or diabetes.</li> </ol>

First Aid/Health	Clothing/Bedding
<ol style="list-style-type: none"> <li>Maintain adequate first aid supplies, including portable first aid kits that can be transported in the event of immediate evacuation.</li> <li>Maintain an adequate supply of personal hygiene and sanitation supplies e.g. paper towels, toilet paper, diapers, wipes and other sanitation supplies for children and adults.</li> </ol>	<ol style="list-style-type: none"> <li>Assemble extra bedding and blankets to provide warmth and comfort.</li> <li>Each child should have at least two extra sets of clothing available, appropriate for the season. Clothing should be labeled with the child's name and placed in a bag.</li> </ol>

Tools and Emergency Equipment	Items to Meet the Unique Needs of your Population
<ol style="list-style-type: none"> <li>Have multiple ways to communicate including landline phone, and cell phone with calling &amp; texting options.</li> <li>Basic supplies including portable radios, flashlights, whistle to signal for help, phone chargers.</li> <li>Secure batteries of appropriate sizes to power all of your equipment.</li> <li>Ensure each adult maintains a supply of his or her own personal items at the facility.</li> <li>Basic tools such as a wrench or pliers.</li> </ol>	<ol style="list-style-type: none"> <li>Medications and emergency health supplies such as Epi-pens for children with severe allergies.</li> <li>Children's "comfort" items such as soft items, books, toys.</li> </ol>