

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"> 1. Maintain an adequate supply of bottled drinking water to last children and adults a minimum of 72 hours, with additional water for sanitation. 2. Date and change water supply annually. 	<ol style="list-style-type: none"> 1. 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. 2. Date and change food supply regularly. 3. Maintain a supply of disposable eating utensils and a non-electric can opener. 4. Plan food for children and adults with medical considerations including allergies, or diabetes.

First Aid/Health	Clothing/Bedding
<ol style="list-style-type: none"> 1. Maintain adequate first aid supplies, including portable first aid kits that can be transported in the event of immediate evacuation. 2. 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. 	<ol style="list-style-type: none"> 1. Assemble extra bedding and blankets to provide warmth and comfort. 2. 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.

Tools and Emergency Equipment	Items to Meet the Unique Needs of your Population
<ol style="list-style-type: none"> 1. Have multiple ways to communicate including landline phone, and cell phone with calling & texting options. 2. Basic supplies including portable radios, flashlights, whistle to signal for help, phone chargers. 3. Secure batteries of appropriate sizes to power all of your equipment. 4. Ensure each adult maintains a supply of his or her own personal items at the facility. 5. Basic tools such as a wrench or pliers. 	<ol style="list-style-type: none"> 1. Medications and emergency health supplies such as Epi-pens for children with severe allergies. 2. Children's "comfort" items such as soft items, books, toys.