

# for girls only! activity page

MARCH 2019

## MY EMERGENCY KIT

*Do you know what to pack in an “Essential Emergency Kit”?*



### **TO PACK:**

#### **Essential Emergency Kit for 3 days:**

- \*non-perishable food items  
(dried/canned/cup of fruit, canned  
tuna/turkey/chicken, crackers, peanut  
butter, nuts, etc.)*
- \*Water— a gallon a day per person*
- \*Flashlight*
- \*Toiletry items*
- \*Clothing*
- \*Old shoes/sneakers/boots*
- \*first aid kit*
- \*can opener*
- \*plastic/paper goods & utensils*
- \*books, puzzles, magazines, games*
- \*comfort toy/item*
- \*whistle*
- \*batteries*
- \*cell phone charger*
- \*sleeping bag/pillow*
- \*blanket*
- \*hand-cranked radio*
- \*emergency contact list*
- \*cash*