



## Survival In A Can

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Here is a simple way to begin your home preparedness plan.

Fill a plastic container with enough supplies to last you or your family for 72 hours. [\[Insert Graphic here\]](#)

### Choose a Container

Plastic containers come in all shapes and sizes, they're water and rodent proof, and are fairly durable. Choose the size that suits you needs. Be sure container comes with a securing lid.

### Top of Container:

2 quarts of water per person per day in durable containers, flashlight, portable radio, first aid kit, first aid book, blankets or sleeping bags for each person, work gloves, dry chemical fire extinguisher, clock or watch, and a crescent wrench for turning off the gas main.

### Middle of Container:

Include food items like: juices, peanut butter, crackers, nuts, dried fruit or raisins, a change of clothing (one per person) including foul weather gear. For sanitary supplies, include diapers, bleach, paper towels, and toilet paper. Store miscellaneous supplies such as candles, matches or lighter, hand operated can opener, batteries (wrap- ped in plastic), pencils, marking pens, paper for leaving notes. You may also want to include a good book, a couple of magazines, newspaper, crossword puzzles, and some simple toys.

### Bottom of Container:

Canned foods that are eatable warm or cold, and pet food; cooking utensils, including Sterno, stove, fuel, cooking pot, paper plates, aluminum foil and garbage bags; tools such as screw- drivers, pliers, hammer, rope, wire, duct tape etc.

Label the container **EMERGENCY SUPPLIES**, and place the it in a safe and easily accessible place.

Modified from: The American Red Cross