

DISASTER PREPERADNESS LISTS

PHILIPPINE RED CROSS 72 HOUR SURVIVAL KIT

WATER ✓ 3 bottles of DRINKING WATER (5 gallons/bottle)

FOOD ITEMS ✓ 10 kilos RICE ✓ 10 cans CANNED GOODS (2 cans meatloaf, 2 cans corned beef, 6 cans sardines) ✓ 7 pouches INSTANT NOODLES ✓ 1 kilo SUGAR ✓ 1/2 kilo SALT ✓ 1 liter VEGETABLE OIL ✓ 1 pack ASSORTED BISCUITS ✓ 1 pack CANDIES or CHOCOLATES



NON-FOOD ITEMS ✓ 2 pieces FLASHLIGHTS with extra batteries ✓ 1 piece AM/FM RADIO TRANSISTOR with extra batteries ✓ 5 pieces WHISTLE (or 1 whistle/person) ✓ 1 piece POCKET KNIFE/MULTI-PURPOSE TOOL with can opener ✓ 1 piece LIGHTER or 1 BOX OF MATCHES ✓ 1 roll PLASTIC OR GARBAGE BAG WITH TIE (medium) ✓ 1 set EXTRA CLOTHING FOR EACH MEMBER OF THE FAMILY ✓ 5 pieces RAIN GEAR ✓ 1 piece WATERPROOF ENVELOPE (containing copies of personal documents, passports, birth certificates, insurance policies, etc.) ✓ 1 piece DUCT TAPE ✓ 1 pair SCISSORS ✓ 1 set of GAMES AND ACTIVITIES for children ✓ 5 pieces FAMILY EMERGENCY CONTACT INFORMATION CARD

HYGIENE KIT ITEMS ✓ 2 bars SOAP ✓ 5 pieces TOOTHBRUSHES ✓ 1 tube TOOTHPASTE (225 grams) ✓ 2 pieces SANITARY NAPKIN ✓ 5 pieces PERSONAL TOWEL (14" x 27") ✓ 5 sets CLEAN CLOTHES (long-sleeved shirt/long pants/underwear) ✓ 2 rolls TOILET PAPER ✓ 1 pack COTTON BUDS (100 pieces) ✓ 1 bar DETERGENT SOAP

FIRST AID KIT ✓ 20 pieces STERILE GAUZE PADS (4x4) ✓ 4 pieces SANITARY NAPKIN ✓ 6 pieces ROLLER GAUZE BANDAGE (4") ✓ 6 pieces ROLLER ELASTIC BANDAGE (4") ✓ 4 pieces TRIANGULAR BANDAGE ✓ 3 pieces PLASTER/ADHESIVE TAPE (1" width) ✓ 30 pieces BAND-AID ADHESIVE STRIPS (assorted sizes) ✓ 1 piece BANDAGE SCISSOR ✓ 1 piece TWEEZER (plastic) ✓ 3 pairs STERILE GLOVES (medium) ✓ 2 pieces PERSONAL FACE MASKS ✓ 5 pieces TONGUE DEPRESSORS ✓ 10 pieces COTTON APPLICATORS ✓ 1 bottle POVIDONE IODINE (100ml) ✓ 1 bottle HAND SANITIZER (100ml) ✓ 1 bottle CALAMINE LOTION (50ml) ✓ 1 tube BURN OINTMENT (25g) ✓ 1 piece PENLIGHT ✓ 1 piece THERMOMETER ✓ 1 piece CPR ONE-WAY VALVE FACE SHIELD ✓ 1 piece INSTANT COLD COMPRESS ✓ 2 bottles DISTILLED WATER (500ml) ✓ 1 piece EMERGENCY CALL CARD ✓ 1 booklet FIRST AID/EMERGENCY GUIDE ✓ 2 pieces EMERGENCY THERMAL BLANKET ✓ 1 piece CLEAR PLASTIC CONTAINER BOX (Water Proof)

COMMON MEDICATION ✓ 15 tablets PARACETAMOL (500mg) ✓ 15 tablets IBUPROFEN (200mg) ✓ 15 tablets LOPERAMIDE HYDROCHLORIDE (2mg) ✓ 15 tablets ANTIHISTAMINE (10mg) ✓ 10 pieces ORESOL PACK