



This H.E.L.P. kit is specifically designed for one person and includes a 3-day supply of food, water and medical supplies. Be sure to store this in a place that provides easy access. To prepare yourself for a catastrophic event and to increase your chances of survival, familiarize yourself with the contents of this kit now, before an emergency strikes.

CONTENT LIST

FOOD & WATER (3-Day Rations, Shelf Life 5+Years)

Expiration Date

**4 – Carbohydrate Foodbars (3600 calories total)

**24 – Packets of Purified Drinking Water (24 ounces)

FIRST AID SUPPLIES

- 2 – Surgical Tape (1-1/2 yds.) No scissors necessary
- 10 – Sterile Gauze Pads for cleansing and dressing wounds
- 2 – Sterile ABD Pad for multi-purpose wound trauma dressing
- 2 – Oval Eye Pad for protecting injury to the eye area
- 10 – Adhesive Bandages for minor cuts and scrapes
- 4 – Butterfly Closures for closing lacerations in the absence of sutures
- **6 – Antiseptic Swabs – antiseptic towelettes for cleansing
- **5 – Antibiotic Ointment for minor cuts/abrasions
- 5 – Q-tip Swabs (Non-Sterile) for cleansing and ointment application
- 4 – Tongue Depressors for use as splints & other medical uses
- 2 – Pill Vial (Waterproof) for personal medication
- 1 – Emergency Handbook – Instructions for survival techniques for use in a variety of emergency situations

PERSONAL CARE/HYGIENE

- 4 – Toilet Tissue (Mini-roll)
- 24 – Cleansing Towelettes in foil packets
- 12 – Drinking Cups
- 1 – Water Carrier (2 gallon)
- **1 – Bottle Water Purification Tablets (Contains 50 tablets)
- 3 – Large Trash Bags with Ties for waste disposal

EMERGENCY SUPPORT

- 4 – Emergency Blanket (52" x 84") retains 80% radiated body heat
- 1 – Emergency Checklist for emergency information/reference
- ** 1 – AM Radio with Battery*
- ** 1 – Flashlight with Batteries*
- 1 – Box Waterproof Matches
- 5 – White Campers Candles – up to 5 hours burning time each

*Batteries have a 3-5 year shelf life- will function at 100% up to 3 years, 80-85% from 3 to 4 years, 70-75% from 4 to 5 years.

** Above items have a limited shelf life. This should be noted on this content list as a reminder to replace these items prior to expiration.