



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

**6 – Carbohydrate Foodbars (3600 calories total)

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

FIRST AID SUPPLIES

1 – Surgical Tape (1-1/2 yds.) No scissors necessary

3 – Sterile Gauze Pads for cleansing and dressing wounds

1 – Sterile ABD Pad for multi-purpose wound trauma dressing

1 – Oval Eye Pad for protecting injury to the eye area

3 – Adhesive Bandages for minor cuts and scrapes

2 – Butterfly Closures for closing lacerations in the absence of sutures

**3 – Antiseptic Swabs – antiseptic towelettes for cleansing

**2 – Antibiotic Ointment for minor cuts/abrasions

2 – Q-tip Swabs (Non-Sterile) for cleansing and ointment application

1 – Pill Vial (Waterproof) for personal medication

1 – Emergency Handbook – Instructions for survival techniques for use in a variety of emergency situations

PERSONAL CARE/HYGIENE

1 – Toilet Tissue (Mini-roll)

3 – Cleansing Towelettes in foil packets

3 – Drinking Cups

3 – Large Trash Bags with Ties for waste disposal

EMERGENCY SUPPORT

1 – Emergency Blanket (52" x 84") retains 80% radiated body heat

1 – Emergency Checklist for emergency information/reference

** 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.