

## PERK bag – Emergency Supplies -- for one individual -- for one week

Item	Description	
1	Nylon or canvas duffel bags	One or two to hold all essential items in these lists
2	Toilet tissue and Paper towels	Half roll of each. Many uses; to filter debris from water, use as napkins, etc.
3	Other important papers	See Important Documents – page 7
4	Plastic trash bags with handles	Waste disposal, double bag for water buffalo, poncho; many uses.
5	Spare medications and necessities	Spare meds for 1 week, eyeglasses, contacts, hearing aid, dentures, etc.
6	Other necessary medical or other aids	Cane, walker, crutches, blood sugar tester, etc.; whatever is normally used
7	Potable water; 1 quart per day (min.)	If ½ gallon jugs too heavy, buy bottled or in pouches-- <b>Essential to have</b>
8	Water purification tablets or liquid	Aquamira™ kit, Potable Aqua tablets, or similar (click blue link to see below).
9	Bar or liquid soap (anti-bacterial)	Also can be used as a lubricant, clean wounds, etc.
10	Tooth brush and paste, mouthwash	Small tube and sample size bottle. Baby items if PERK for child.
11	Scissors and sharp pocket knife	Swiss Army knife – to cut trash bags to make raincoat, drop cloths, tent, etc.
12	Compass and whistle	Learn how to use a compass. Whistle to use as alarm signal
13	Pencils, pens, markers, and tablet	Medium size notepad for messages, notes, etc.
14	Portable toilet with liner and gel	Toilet seat or Throne system, SBG-1 gel – Use kitchen trash bags for liner
15	Candles – one per night	Consider the weight to determine how many you should have in the kit (M)
16	Books of matches, or lighters or both	Keep in zipper-locked sandwich bags to keep waterproof
17	Sources of cooking heat –, etc.	Backpack stove, small grill for boiling water for meals and water purification
18	Mess Kit or aluminum pots and pans	If your mess kit has no utensils; include spoon, fork, etc., don't use plastic
19	Flashlight–good quality	With spare batteries – “Forever flashlight (aka. Everlight)” works very well.
20	Work gloves (light & heavy)	A pair of cotton, and leather gloves (\$) & (M) ←hold “I” cursor over yellow
21	Petroleum or KY jelly	Protection for burns and cuts, sealant, lubrication, etc.
22	Transistor or small, portable radio	AM or FM (AM&FM is best) with spare batteries (\$) & (M)
23	Plastic tarp or drop cloth & duct tape	Small roll of tape. tarp to make poncho, tent, windscreen, etc. (\$) & (M)
24	First aid kit – with manual or book	Read the manual or book, periodically, to refresh your knowledge
25	Ball of cotton twine or nylon cord	Tourniquet, sling, tying plastic tarp or drop cloth to make a tent
26	Dried foods/Prepared packaged food	Nourishment, see Foodstuffs list
27	Rain hat or (baseball) cap	Keep rain out of eyes and face. Folding umbrella, if manageable with kit (\$) & (M)
28	Candy bars or nutrition bars	Nourishment, energy – comfort food
29	Hard candy and chewing gum	Preoccupation, energy, tension reliever
30	Instant drinks; water & milk based	Nourishment, see Foodstuffs list; use powdered milk with water
31	Metal or plastic cup and plate	Hot and cold foods and drinks; enamelware cup and plate is best (M)
32	Condiments – in packets, if possible	If not in your first aid kit, include salt (used for heat injuries) and sugar
33	Antihistamine tablets (10 – 15)	If not in your first aid kit – crucial if allergic to bee or wasp stings
34	Pepto-Bismol, and antacid tablets	Remedy for diarrhea, upset stomach. Antacid for heartburn & sour stomach.
35	Handkerchiefs, bandanas	Tourniquet, sling, bandages, headwear (\$) & (M)
36	Light-weight blanket –nylon or cotton	Warmth, privacy; if very cold, use in tandem with space blanket (\$) & (M)
37	Bath towels – terry cloth – bath size	Drying off, pillow, 2nd blanket or shoulder warmer for sleeping (\$) & (M)
38	Plastic drop cloths – typically 8' x 10'	Get at least two. Use for temporary shelter, water collection, etc. (\$) & (M)
39	Roll of quarters, dimes, and nickels	Phones, food, vending machines, etc.
40	Spare wallet with money; spare keys*	<u>Duplicate (copies)</u> important information; ID, credit cards, driver's license
41	Paperback books (one or two)	Pastime, preoccupation – get your mind off things for a while
42	Roll of aluminum foil with box	Use for storage and to form containers for cooking or catching found water.
43	One change of (comfortable) clothes	Shirt, pants, underwear, socks, comfortable shoes; expendable if necessary.
44	Map of your prospective destination	Mark locations, help, resources, shelter, hospital, clinic, snow routes, etc.
45	Cellular phone (make a phone list)	Emergency numbers, contacts list. If no cell phone; list for public phone
46	Other daily personal consumables	Cigarettes, pipe, tobacco, cigars, etc.; for seven days
47	Rain hat and coat or other rain gear	Nylon or other lightweight rain gear that comes in a small bag
48	Plastic dust mask with spare filters	Alternative; paint and dust masks (paper with elastic band)
49	Spare watch with sweep and alarm	Alternate; wind up alarm clock (traveler's ) or inexpensive digital (\$) & (M)
50	Plastic goggles	Eye protection from dust and debris, may be helpful in smoke, etc. (\$) & (M)

**Comment [Pc1]:**  
The (M) symbol indicates that this item can typically be found in a Mart Store

**Comment [Pc2]:**  
The (\$) symbol indicates that this item can typically be found in a Dollar Store


**Comment [Pc3]:**  
The (M) symbol indicates that this item can typically be found in a Mart Store

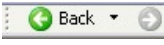
**Comment [Pc4]:**

# PERK bag – Instructions and Suggestions – Details of above checklist

Comment [MJPS]:

If these supplies not available to you locally, Internet sources for these supplies can be directly accessed by clicking most images or hyperlinks












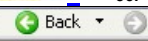
Click on hyperlinks (blue underlined text) to see more information – click on  symbols to jump back to previous place in the checklist

**DON'T FORGET TO USE YOUR BROWSER BACK ARROW**  **TO RETURN TO THESE WORKSHEETS FROM WEB SITES**





✓	Item	Description	You must be connected to the internet to use hyperlinks
1	Waterproof nylon duffel, overnight, or suite cases. Suggested layers to for packing shown with arrows.  Shown is a 36" bag with two straps to carry duffel on back, and a 48" bag with a handle for hand carry; select one to hold your supplies, or 36" with additional overnight bag.  Optional is a 30 inch wheeled duffel.		<ul style="list-style-type: none"> <li>← Bath towel</li> <li>← Smoke mask</li> <li>← Foodstuffs</li> <li>← Supplies</li> <li>← Supplies</li> <li>← Medical aids</li> <li>← Bath towel</li> <li>← Documents</li> <li>← Clothes</li> <li>← Luggable loo</li> <li>← Light blanket</li> </ul> <ul style="list-style-type: none"> <li>- towel on top to catch any water</li> <li>- If no mask; quick access items</li> <li>- freeze-dried, dehydrated, etc. –</li> <li>- stove, fuel, mess kit, water treatment, gel, etc.</li> <li>- Include a first aid kit</li> <li>- use as pillow as a shawl</li> <li>- in plastic folder; then plastic bag</li> <li>- plastic bag for safeguard of water</li> <li>- toilet bucket has room for clothes and/or blanket when stored.</li> </ul>
2	Toilet tissue, and paper towels	Half roll of each. Many uses; to filter debris from water, use as napkins, etc.	
3	Other important papers 8=) Include written plan on where family meets; distribute to all; copy in bag	<b>Copies</b> of certificates, Life, medical, car, house, and other insurance documents, Will, passport, medical records, Marriage and birth certificates. house deed, rental contract, list of phone numbers, credit cards, etc. - <a href="#">see list</a> .	
4	Plastic trash bags with handles	Double bag for water buffalo, dispose of trash and body waste, poncho, etc.	
5	Spare medications and necessities	Spare meds, 1 - 2 weeks – list and dosages (see <a href="#">Medical Emergency Cards</a> )	
6	Other medical paraphernalia Individual items - personal hygiene	Cane, blood sugar tester, eyeglasses, hearing aid, etc. eyeglasses, contacts, hearing aid, dentures, whatever is generally needed or whatever you normally use; baby items; formula, diapers, etc. <a href="#">List items for a child on page 7</a> .	
7	Clean, filtered water – at least 1 qt. per day for drinking and meals	Heaviest item, if ½ gallon jugs are too heavy, buy bottled or water pouches <b>WATER IS ESSENTIAL TO HAVE. It is more important than food;</b> (see 8).	
8	Aqua Mira Water Treatment, Aqua Mira Solution, or similar water treatment for found water (e.g., rain) Case of 4.2-ounce water pouches. Case of 8.4 ounce AquaBlox Filter and fill 1/2 gal. plastic bottles. Collect found water - stream, etc.	 <p>Aqua Mira Potable H<sub>2</sub>O water pouches AquaBlox ½ gallon</p> <p>← A small funnel with coffee filters is useful to filter debris from found water.</p>	
9	½ bar anti-bacterial soap, moist towelettes, or no rinse body wash	Soap can be used as a lubricant, clean wounds, and to induce vomiting in case of poison (swallow a pea size piece of bar soap). See no rinse source (row 14).	
10	Tooth brush and paste, mouthwash	Small tube of toothpaste, small (plastic) bottle of mouthwash (optional).	
11	Scissors and sharp pocket knife	Swiss Army knife- cutting trash bags to make raincoat, drop cloths, tent, etc. (\$)	
12	Compass and whistle	Learn how to use a <a href="#">compass</a> . Whistle to help locate you, or to signal for help.	
13	Pencils, pens, markers and notepad	Communications, planning, maps, messages, notes, pastime, etc.	
14	Portable toilet with accessories Use <u>sturdy wastebasket trash bags</u> to line the 5-gallon pail. "Throne system" has seat, liner, pail, & gel. Click image hyperlinks at right →	 <p>"Throne" seat "Loo" gel no rinse</p>	
15	5 candles with cover or wind screen	For a few hours of light (about 7 nights). Alternate: white chemical light sticks	
16	Books of matches, lighters or both	Keep in zipper-locked bags to waterproof – both items are recommended	
17	Sources of cooking heat: Small backpack stove like the Esbit or Quick cook stoves. Safe portable source of heat like fuel tablets, sterno, etc. (enough for 12 meals with 2 heated items per meal). <a href="#">Practice using the stove</a> .	 <p><a href="#">Quick cook stove</a> Hot water is required to prepare most foods.</p>	 <p>Esbit stove <a href="#">Pocket stove 1</a> -- <a href="#">stove 2</a> Hot water is needed for hot drinks and soups....</p> <p><a href="#">Fuel tablets 1</a> -- <a href="#">2</a> Have at least 12 tablets; 18 - 24 would be better.</p>

NOTE: try to keep the PERK bag as light as possible

## PERK bag – Instructions and Suggestions – Details (continued)

✓	Item	Description	You must be connected to the Internet to use links		
18	Mess kit or small aluminum pot, pan and cup; use metal cutlery Cleaned cans of various sizes can be used to boil water or heat food. Use a wire coat hanger to make handles for cans.	If your mess kit has no <b>cutlery</b> ; include two spoons, two forks, and two steak knives. Don't use plastic.			 (\$ ) & ( M ) stainless steel
19	Flashlight—good quality	With spare batteries – “ <a href="#">Forever flashlight</a> ” (uses no batteries) works very well			
20	Work gloves	A pair each of light cotton and heavy leather gloves			
21	Petroleum or KY jelly	Protection for burns and cuts, gas mask sealant, lubrication (keep in First Aid kit)			
22	Transistor or small, portable radio	Include spare batteries for the radio (\$ ) & ( M )			
23	Plastic tarp or drop cloth duct tape	Make poncho, tent, temporary shelter, windscreen,			
24	<a href="#">First aid kit</a> – with manual or book	Make a kit (\$ ) & ( M ). Read the <a href="#">manual or book</a> , periodically, to refresh yourself			
25	½ ball of cotton twine or nylon cord	Tourniquet, sling, tying plastic tarp or drop cloth			
26	Dried foods/Prepared packaged food	Nourishment, see <a href="#">Foodstuff list</a> ; next page			
27	Rain hat or baseball cap	Keep rain out of eyes and face. Folding umbrella, if manageable with kit			
28	Candy bars or nutrition bars	Nourishment, energy			
29	Hard candy and chewing gum	Preoccupation, energy, tension reliever			
30	Instant drinks; water & milk based	Nourishment, <a href="#">Foodstuff list</a> ; next page			
31	Metal or plastic cup and plate	Hot and cold foods and drinks; enamelware cup and plate is best ( M )			
32	Condiments – in packets, if possible	Include salt -- used to prevent heat injuries (heat stroke, dehydration, etc.)			
33	Antihistamine tablets	If allergic to bee, insect bites, or allergies (keep in First Aid kit bag)			
34	4 oz. Pepto-Bismol & antacid tablets	Remedy for diarrhea, upset stomach. Few antacid for heartburn & sour stomach			
35	Handkerchiefs, bandanas	Tourniquet, sling, bandages, headwear, etc.			
36	<a href="#">Light-weight blanket</a> - nylon or wool	Warmth, privacy; if very cold, use in tandem with silver or gold <a href="#">space blanket</a> .			
37	Bath towels – terry cloth – bath size	Drying off, pillow, additional blanket or shoulder warmer for sleeping.			
38	Plastic drop cloth – typically 8' x 10'	Temporary shelter, raincoat, water collection; many uses; cloth measuring tape			
39	Roll of quarters, dimes, and nickels	Phones, food, vending machines, etc.			
40	Spare wallet with money; <a href="#">spare keys</a>	<a href="#">Duplicate</a> (copy) important information; ID, credit cards, driver's license, <a href="#">see p.7</a>			
41	Paperback books (one or two)	Pastime, preoccupation			
42	Roll of aluminum foil	Use for storage and to form containers for cooking or catching found water.			
43	<b>One</b> change of clothes; <b>resist more</b>	Shirt, pants, underwear, socks, light sweater, comfortable shoes			
44	Maps of important destinations	Mark locations, help, resources, shelter, hospital, clinic, snow routes, etc.			
45	Cellular phone (make a phone list)	Emergency numbers, contacts list. If no cell phone; list for public phone			
46	Other daily personal consumables	Cigarettes, pipe, tobacco, cigars, etc.; for 7 days			
47	Rain coat, <a href="#">suit</a> , or other rain gear	Nylon or other lightweight rain gear that comes in a small bag (\$ ) & ( M )			
48	Smoke mask with spare filters	Alternative is a half mask respirator kit			
49	Spare watch with sweep and alarm	Alternately, a wind up alarm clock (travelers type)			
50	Plastic goggles	Eye protection from dust, would also be helpful in smoke with mask or respirator			
NOTE: From these lists, gather what you feel you need; see what you can eliminate; can you go a week with same clothes?					
47.	Rain hat and coat, poncho, or any other rain gear Bee and insect sting wipes.				
50.	Emergency mask Half Mask Respirator.				
20.	Forever flashlight.				
36.	Space blanket; also called emergency blanket or, NASA blanket (silver or gold).				
20.	Emergency smoke mask.				
36.	Lightweight blanket.				<= sting relief 2
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**PERK\* bag – Instructions and Suggestions (continued)**

----- Nice to have, but not crucial -----	
Item	Description
✓ Hand warmers Toe/feet warmers Sawyer poison extractor kit Bee and insect sting wipes Wound closure kit	 Hand warmers    Toe warmers    Sawyer kit    Sting wipes    Closure kit
<p align="center"><b>Canned foods – NONE- You must make your PERK bag light as possible – no canned or bottled foods</b>  <b>Suitable if you have your own transportation or shelter – not recommended if you must carry your PERK bag</b></p>	
Stiff wire (e.g., coat hanger)	Bend to make handles, hooks, struts for campfire, can holder (makeshift pot)...
Gas masks are expensive and need to be fitted for effectiveness. More useful alternates would be an Air Aid Emergency mask, honeycomb mask, or Half-mask respirator with a pair of goggles. Some have a degree of bio-protection	 Gas mask <sup>1</sup> filter    balaclava    Pepper spray    Hatchet    Machete
<p><sup>1</sup>Note: A gas mask with spare NATO filters are <b>not recommended</b> for the basic PERK bag – information on masks will be covered in another document entitled 'What to do during a Nuclear, Biological, or Chemical (NBC) attack to be available from the Primal-Scream shop later this year.</p>	
Balaclava or ski mask	Keeps head and face warm; useful for keeping dust or liquid droplets off skin
Pepper spray or mace	Protection from animals and some people
Small hatchet or machete	Chop wood for a campfire, protection (local or online Military Surplus stores)
Cellular phone	If you have a spare, keep it in good working order (fresh batteries, pre-programmed, phone list, etc.) and keep it in your bag.
Needle and thread	To suture a cut wound; an alternate to closure strips
Personal alarm	Bring attention to yourself, if trapped; possibly scare off intruders
Flashing stick or safety flasher	Bring attention at night (Dollar and drugstores often carry emergency flashers)
Burn kit would be valuable should Medical Aid is at a remote location that you cannot easily travel to. Commercial First Aid kit. Honeycomb mask for smoke and dust Spare GI can opener for canned food*	 Burn Kit    First Aid Kit    Honeycomb    Can opener    Hand warmer 2
Closed Foam <a href="#">Sleeping Pad</a>	Repackage burn and First aid kits in quart size zip-lock bags to reduce bulk.
Heated facemask – Welcome in a Winter emergency. Canteen, can be attached to a pistol belt or PERK bag to have immediate access and free up some room in your PERK bag; has a spare cup.	 Heat mask    Canteen    Pistol belt    Alarm    Flash stick    Flasher


\* If you have stored canned foods in the trunk of your car or basement of your home – don't forget a good can opener

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 Put this note on your PERK bag handle: ✂

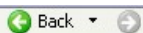
**Leave ample food, water, and playthings for pets**

**Secure your home before you leave**

**PERK\* bag – Portable Foodstuffs -- for one individual - - for one week**




<b>From the Portable, Freeze-dried, and MRE's, choose foods you like and <u>just enough for 20 meals</u></b>	
Transfer meal sized portable foods from their containers into sandwich size zip-lock bags to reduce space and weight. Use a fine tip permanent ink pen (Sharpie or similar) to mark zip-lock bags with preparation instructions from the boxes.	
<b>Portable Food</b>	<b>Suggestions</b>
Instant Rice	Filling and nutritious – ratio is typically ½ cup rice to 1 cup boiling water
Instant oatmeal packets	Regular oatmeal will take longer to cook.
Instant coffee	Ground coffee with coffee filters and a small funnel (to fit cone filters).
Tea bags	if you drink tea - good calmativie
Pre-sweetened fruit drink powders	Kool-Aid, Crystal light, Country Time, Tang, etc. (or similar).
Dried fruits - raisins, apricots, etc.	you can reconstitute many with a hot water or overnight cold water soak
Peanuts, cashews, assorted nuts, etc.	also, select trail mixes, dried fruit bits, fruit wraps
Assorted crackers, Trail mixes, etc.	Saltines, cheese, peanut, etc.
Non-fat dry milk	Write proportion of milk powder to water on zip bag with permanent ink pen
Hot chocolate packets	Most use water – you can use mixed powdered milk for richer taste
Flavored coffees	Usually come in small cans; repackage in zip-locked bags
Cold breakfast cereals (variety packs)	Use non-fat dry milk; determine ratio of dry milk to water to suit your taste.
Hot cereals	Cream of wheat, Farina, cornmeal, grits, etc. – pre-measure
Soup mixes	Many varieties are available - Raman noodle soups are filling
Dried beans (many varieties available)	Plump dried beans with an overnight soak; peas, lentils, etc. are available.
Specialty rice mixes	Red beans and rice, saffron rice
Instant potatoes	Mashed, hash, au gratin, etc.; use packaged products that mix with water
Dry Gravy mixes	Chicken, beef, pork, white sauce, etc. spaghetti sauce mix is also available
Dried meats	Beef jerky, slim Jims, pepperoni, steak bites, etc.
Bread mixes	Make pan bread, etc. write directions on zip bag with permanent marker
Biscuit and pancake mixes	Use 'just add water' types – mark ratio of water to mix on zip bag
Powdered eggs	Add soy-based bacon bits for additional flavor. Use in mixes needing eggs
Pasta and/or packaged pasta meals	Small, fast cooking pastas and noodles, H <sub>2</sub> O-based meals;cheese mac etc.)
Cheese (small blocks)	Small packaged types (unopened); and small packet Parmesan for flavoring
Packets of salt, pepper, ketchup, etc.	Save a few from fast food places
Sugar or sugar substitute packets	Save a few from fast food places
Pre-cooked foods not needing a fridge	Vacuum sealed Armour bacon, <b>small</b> cans of ham, chicken, tuna, etc.
Shaker of butter buds	Other flavorings to make dried foods taste even better.
Vegetable shortening - 1 stick; and/or 1 pint vegetable cooking oil in a plastic squeeze bottle (like a cleaned mustard bottle; place in a zip-lock bag)	Plain or butter flavored; has a long shelf life,  but replace unopened stick every six months.
Oil: transfer about a pint into a small plastic squeeze bottle; put in zip bag	
Popcorn (self contained)	Foil packed pie plate type, or regular popping corn with oil in aluminum foil
Vacuum sealed foods (or sealing kit)	Look for foods not needing freezing or refrigeration – can prepare your own
Meals Ready to Eat (MRE's)	Entrees, side dishes, desserts, snacks, and full meals are available (see page 6, below). MRE's can be eaten hot or cold.
Small packets of herbs and spices	Use small plastic bottles, or make packets with foil – label the containers.
Freeze dried foods and meals	See list and sources on the next page. Reconstitute with hot or cold water.
<b>Spend some time in a supermarket to look for additional foodstuffs that you might like.</b>	
<a href="#"><u>Freeze Dried Gourmet Food Pouches</u></a>	
<a href="#"><u>Dehydrated and Dry Foods in #10 Size</u></a>	
<a href="#"><u>Provident Pantry Freeze-dried foods</u></a>	

## PERK bag – Freeze Dried Foods and “Meals Ready to Eat” (MRE’s)



**DON'T FORGET TO USE YOUR BROWSER BACK ARROW**

**TO RETURN TO THESE WORKSHEETS FROM WEB SITES**

<p><b>This list shows some types of easily prepared meals</b></p> <p><b>Freeze dried meals (typical serving sizes available)</b></p> <p>Beef Stroganoff single-serve (one 13oz serving)</p> <p>Beef Teriyaki double-serve (two 10oz servings)</p> <p>Beef Teriyaki with Rice (Servings 11 -1 cup)</p> <p>Blueberry Cheesecake (4 - ½ cup servings)</p> <p>Chicken a la King double-serve (two 10oz servings)</p> <p>Chicken Polynesian double-serve (two 10oz servings)</p> <p>Chicken Stew (Servings 10 - 1 cup)</p> <p>Chicken Teriyaki double-serve (two 10oz servings)</p> <p>Chicken Teriyaki with Rice (Servings 9 -1 cup)</p> <p>Chili Macaroni with beef (two 10oz serving)</p> <p>Corn (Servings 22 - 1/2 cup)</p> <p>Diced Beef (Servings 15 - 2/3 cup)</p> <p>Diced Chicken (Servings 14 - 3/4 cup)</p> <p>Garden Green Peas (two 4oz servings)</p> <p>Golden Sweet Whole Kernel Corn (two 4oz servings)</p> <p>Granola w/Blueberries &amp; Milk (Serving Yield 8 oz.)</p> <p>Green Beans (two 4oz servings)</p> <p>Grilled Chicken Breast w/Mashed Potatoes</p> <p>Hamburger Patties w/Cheese Mashed Potatoes</p> <p>Hearty Stew w/Beef Single-serve (one 13 oz serving)</p> <p>Ice Cream Sandwich (serving size one bar)</p> <p>Lasagna w/Meat Sauce single-serve (one 13oz serving)</p> <p>Macaroni &amp; Cheese double-serve (two 10oz servings)</p> <p style="text-align: center;"><b>Source for the above freeze-dried meals</b></p> <p>550 Chunky Potato</p> <p>555 Chicken Flavored Noodle</p> <p>560 Southwestern Chili</p> <p>565 Creamy Vegetable</p> <p>570 Potato Bacon Flavored</p> <p>575 Cream of Broccoli</p> <p>576 Italian Minestrone</p> <p>577 Vegetable Beef Flavored</p> <p>580 Grandma's Country Gumbo</p> <p>584 Creamy White Sauce/Soup</p> <p>586 Navy Bean &amp; Ham Flavored</p> <p>587 Classic Clam Chowder</p> <p style="text-align: center;"><b>Sources for Meals Ready to Eat</b></p> <p><b>Check your local Military Surplus stores for MRE's</b></p> <p><a href="#">Online source 1 for Meals Ready to Eat (MRE's)</a></p> <p><a href="#">Online source 2 for Meals Ready to Eat (MRE's)</a></p> <p>Try <b>"Samplers"</b> to taste a variety of entrees &amp; side dishes</p> <p>MRE's can be eaten cold or hot -- heater packs for hot →</p> <p>Full Meals are also available – see online source 1 (above)</p>	<p><b>Choose foods you like, and just enough for 20 meals</b></p> <p><b>Freeze dried meals (typical serving sizes available)</b></p> <p>Mexican-Style Chicken w/Rice (two 10oz servings)</p> <p>Neapolitan Ice Cream Bar (serving size one bar)</p> <p>Noodles &amp; Chicken double-serve (two 10oz serving)</p> <p>Oriental-Style Spicy Chicken (two 10oz servings)</p> <p>Pasta Primavera single-serve (one 13oz serving)</p> <p>Pilot Crackers (Servings 70 crackers)</p> <p>Pork Sausage Patties (2 patties)</p> <p>Potatoes &amp; Beef w/ Onions (two 10oz servings)</p> <p>Potatoes &amp; Cheddar w/ Broccoli (two 10oz servings)</p> <p>Precooked Eggs w/Bacon (two 4oz servings)</p> <p>Precooked Scrambled Eggs/Ham (Serv. 17 - 2/3 cup)</p> <p>Raspberry Crumble (4 - ½ cup servings)</p> <p>Rice &amp; Chicken single-serve (One 13oz serving)</p> <p>Scrambled eggs precooked</p> <p>Scrambled eggs w/ham precooked</p> <p>Seafood Chowder double serve (two 10oz servings)</p> <p>Spaghetti w/Meat Sauce (one 13oz serving)</p> <p>Sweet &amp; Sour Pork w/Rice (one 13oz serving)</p> <p>Turkey Tetrazzini single-serve (one 13oz serving)</p> <p>Vegetable Lasagna double-serve (two 10oz servings)</p> <p>Vegetable Stew with Beef (Servings 8.5 - 1 cup)</p> <p>White Rice (Servings 24 - 3/4 cup)</p> <p>Wild Rice &amp; Mushroom Pilaf (two 10oz servings)</p> <p>← Source for the freeze-dried soup mixes at left</p> <p><a href="#">Source for a wide variety of dried soup mixes</a></p> <p><a href="#">Freeze-dried ice cream (no kiddin')</a></p> <p><a href="#">Another source for a variety of freeze-dried foods</a></p> <p>NOTE: Perform additional searches on the Internet using freeze-dried, MRE's, and dehydrated foods as keywords for the search engine—there are many sources.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>MRE's</p> </div> <div style="text-align: center;">  <p>MRE heater packs</p> </div> <div style="text-align: center;">  <p>Beef Steak w/gravy Sample MRE</p> </div> </div> <p><b>Don't over do it – keep the PERK bag as light as possible</b></p> <p><b>Remove MRE, Freeze-dried, and dehydrated foods from boxes or large packages, and place meal size portions in sandwich or quart sized zip-locked bags to reduce space in PERK bag.</b></p> <p style="text-align: center;"><b>-- Keep all foodstuffs in a heavy duty clear plastic bag --</b></p>
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## Important documents

<div style="display: flex; justify-content: space-between;"><span>✓</span><span>✓</span></div> <ol style="list-style-type: none"> <li>1. - Birth certificate</li> <li>2. - Marriage certificate</li> <li>3. - Diploma(s)</li> <li>4. - Checkbook(s)</li> <li>5. - Mortgage documents</li> <li>6. - Rental agreements</li> <li>7. - Bank savings account card - statements</li> <li>8. - Bank (or other) loan agreements</li> <li>9. - Property deed(s)</li> <li>10. - House Insurance</li> <li>11. - Life insurance policy</li> <li>12. - Health or medical insurance card</li> <li>13. - Driver's registration</li> <li>14. - Driver's license or other Identification</li> <li>15. - Vehicle title(s)</li> </ol>	<ol style="list-style-type: none"> <li>16. - Vehicle insurance</li> <li>17. - Passport</li> <li>18. - Business ownership – Tax ID number – license,...</li> <li>19. - Critical business software backups (on CDs)</li> <li>20. - Program installation disks (originals)</li> <li>21. - Credit card(s)</li> <li>22. - Savings bonds (list of numbers and amounts)</li> <li>23. - Investment certificates (list)</li> <li>24. - Military separation (DD214) and discharge papers</li> <li>25. - Photographs of family members</li> <li>26. - Last Will and Testament</li> <li>27. - Organ donor card</li> <li>28. - Living will – have one typed on a wallet size card</li> <li>29. - Phone numbers (list) – see blank list table below</li> <li>30. - Maps of your locale (copy or cut from phone book)</li> </ol>
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**Keep original documents in a waterproof/fireproof box along with valuables, bonds, etc.  
Make copies of what documents you can. Keep copies in waterproof or plastic envelope in PERK bag**

## Important Phone Numbers

Check your local phonebook for numbers you might need  
Type or hand print information into this card for clarity

Name	Number	Name	Number
Hospital			
Emergency Management			
Local/National weather station			
Police			
Poison Control Center			
National Response Center			
Health department			
City government office			
County government office			
State government office			
FBI			
Federal government office			
Physician			
Pharmacy			
Schools:			
1. - _____			
2. - _____			
3. - _____			
4. - _____			

**Print, cut, fold on blue |. Keep one card in wallet or purse. Keep one in PERK bag.  
Copy and print an additional copy if required – fold into a small, wallet sized, booklet**

## Your general notes and miscellaneous information:

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## Individual First Aid Kit ^

**Put together a light-weight kit with just items you might need;  
store in a quart size zip-lock bag to reduce bulk for PERK bag**

Alternately, buy a commercial First Aid kit and transfer listed items from case to zip-lock bag

6 - 4" X 4" or 3" X 3" sterile gauze pads Assorted safety pins (\$)	Eye irrigation solution or eye drops Single-edge razor blades (or X-acto knife with two new blades).
Pain relief tablets; aspirin, Acetaminophen, ibuprophen, etc. *	3 pair of disposable latex gloves (mooch from your doctor); alternate: one pair of reusable rubber gloves (playtex or similar).
Sterile wound closure strips	Ointment or gel for burns; alternate is a burn kit (see nice to have...)
Electrolyte tablets or powdered drink mix with electrolyte (optional)	Antihistamine tabs for allergies (especially for bee stings or insect bites).
<a href="#">Sting relief pads</a> or ointment* (note: these come with a Sawyer Kit)	Small tube/can of anti-itch cream or spray (hydrocortisone or similar) *
Triple antibiotic ointment*	Baby food jar filled with rubbing alcohol – use with toilet tissue as swab
Antiseptic towelettes	4 – 6 Cellophane cigarette pack wrappers – good to stop blood from a wound (old Army trick). <a href="#">Wound closure kit</a> (nice to have; not essential)
Roll of 1/2" X 10 yards. Adhesive tape	2 dozen assorted rubber bands
3" X 5 yards or 2" X 5 yards of gauze bandages	<a href="#">Sawyer extractor kit</a> . (insect and snake bite venom suction device)
Assorted sizes of band-aids – out of can or box for first aid kit	
Pepto-Bismol and antacid tablets *	

\* Select items that work for you

## Medical Emergency Cards ^ >6

If you have Microsoft Word, type information (with an 8 point font) into this card for clarity

Medical Emergency Card		
<b>Name:</b> Victor J. Lazar		
<b>Address:</b> 5104 East Spruce Avenue Wilkes-Barre, Pennsylvania 187005-10376		
<b>Diabetic</b>		
<b>Age:</b> 47	<b>Date of Birth:</b> July 10, 1957	<b>Sex:</b> F
<b>Home phone:</b> 570-824-4389	<b>Work phone:</b> Same	
<b>In emergency, contact:</b> Carol Denardo - <b>Rel:</b> Sister		
<b>Phone:</b> 000-000-0000		
<b>Primary Physician:</b> Dr. Frank Zappa; W-B, PA		
<b>Phone:</b> 000-000-0000		
<b>Religion:</b> Catholic	<b>St. Marks Church; W-B, PA</b>	
<b>Contact:</b> Fr. Tom Hazzar	<b>Phone:</b> 000-000-0000	
<b>Comments:</b> US Army veteran – for extended hospitalization, take me to a Veterans Administration hospital.		
<b>In case of death:</b> NO autopsy – NO embalming. <b>Inter:</b> Burial		

<b>Conditions:</b> Diabetic – Type 2		
<b>Blood type:</b> AB neg.	<b>Organ donor:</b> N	<b>Living will:</b> Y
<b>Drug Allergies:</b> None		
Current Medication	Dosage	
Metformin	500 mg. 2 tabs - 2 X per day	
Amiltriptylene	50 mg. 2 tabs - 1 X per day	
Glipizide	10 mg. 2 tabs - 2 X per day	
Diovan	80 mg. 1 tab - 1 X per day	
Zocor	40 mg. 2 tabs - 1 X per day	
Actos	15 mg. 2 tabs - 2 X per day	
Clonazepam	0.5 mg. 1 tab - 1 X per day	

SAMPLE

Medical Emergency Card		
<b>Name:</b>		
<b>Address:</b>		
<b>Condition</b>		
<b>Age:</b>	<b>Date of Birth:</b>	<b>Sex:</b>
<b>Home phone:</b>	<b>Work phone:</b>	
<b>In emergency, contact:</b>		
<b>Rel:</b>		
<b>Phone:</b>		
<b>Primary Physician:</b>		
<b>Phone:</b>		
<b>Religion:</b>	<b>Phone:</b>	
<b>Contact:</b>	<b>Phone:</b>	
<b>Comments:</b>		
<b>In case of death:</b>		
<b>Inter:</b>		

<b>Conditions:</b>		
<b>Blood type:</b>	<b>Organ donor:</b>	<b>Living will:</b>
<b>Drug Allergies:</b>		
Current Medication	Dosage	

Medical Card 1

Print, cut, fold on blue line, glue backs, and laminate in plastic. Keep one card in wallet or purse, one in PERK bag



## What the family should do during an emergency

Write clearly, or type general notes pertinent to your family or situation

Family rendezvous points:

primary \_\_\_\_\_

secondary \_\_\_\_\_

tertiary \_\_\_\_\_

What is the evacuation plan at your workplace: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Instructions for family members:

Assigned tasks \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Medical Emergency Cards

You cannot edit a Word document with WordView

If you do not have Microsoft Word, hand print your information into one of these cards instead of the above cards

<span style="font-size: 1.2em;">+</span> Medical Emergency Card <span style="font-size: 1.2em;">+</span>		
Name: _____		
Address: _____		
Condition: _____		
Age: _____	Date of Birth: _____	Sex: _____
Home phone: _____		Work phone: _____
In emergency, contact: _____ Rel: _____		
Phone: _____		
Primary Physician: _____		Phone: _____
Religion: _____		
Contact: _____		Phone: _____
Comments: _____		
In case of death: _____ Inter: _____		
Conditions: _____		
Blood type: _____	Organ donor: _____	Living will: _____
Drug Allergies: _____		
Current Medication	Dosage	

### Medical Emergency Card 1

**Print, cut, fold on blue line, glue backs (glue stick), and laminate in plastic.  
Keep one card in wallet or purse. Keep another in PERK bag.**

