

YOUR EMERGENCY PACK



YOUR EMERGENCY PACK

In the event of a nuclear attack, all utilities and other supplies would likely be cut off or be very limited for several days. There is also the possibility that food and water would be contaminated by radioactive fallout. During this period you will need water, food and other essentials in order to survive. These items should be stored ahead of time and be

ready to use in a shelter in or near your home, or to take with you if you evacuate.

This pamphlet contains suggestions for your Emergency Pack. This Pack should include enough water and food for a minimum of seven days — preferably for fourteen days.

PACK SHOULD INCLUDE: WATER, FOOD, EATING UTENSILS, OTHER ITEMS

RECOMMENDED PACK FOR ONE ADULT FOR SEVEN DAYS

ITEM	AMOUNT	ALTERNATIVE ITEMS	REMARKS
WATER	2 gallons or 2 quarts —more if possible	For shelter For trunk of car.	(1) Use water from an approved source. (2) Store in well cleaned, tightly covered containers such as: —large thermos jugs —new, unused fuel cans —large glass jars, bottles, plastic containers. (3) Change water once a month. (4) Clean hot water bags are convenient containers which quickly can be filled with water to take with you.
	or as much as can be carried.	For those without their own cars.	
	These quantities are for drinking purposes.		

<p>FOOD</p> <p>Milk Juices Fruits Vegetables Cereals, Biscuits Main Dish Items Other Foods</p>	<p>7 cans evaporated (6 oz. size) 2 cans apple juice (20 oz. size) 2 cans orange juice (10 oz. size) 2 cans peaches (10 oz. size) 2 cans pears (10 oz. size) 1 can peas (10 oz.) 2 cans tomatoes (20 oz. size) 7 individual packages cereal 1 lb. crackers 1 package cookies 2 cans corned beef (7 oz. size) 1 can luncheon meat (12 oz.) 1 can salmon (3¼ oz.) 3 cans baked beans (individual size) 1 small jar cheese 1 can vegetable soup (10 oz.) 1 small jar honey 1 small jar peanut butter 1 lb. hard candy Sugar 1 small package tea bags 1 jar instant coffee (2 oz.) Salt and pepper</p>	<p>Instant skim milk powder (½ lb) Grapefruit juice, lemon juice, tomato juice Applesauce Green beans Corn Instant potatoes Pre-cooked cereal (infant type) Graham wafers Canned date and nut bread Packaged melba toast Beef and gravy Tuna fish Sardines Other canned soups Dehydrated soups Jam Jelly Marmalade Syrup, Molasses Instant tea Instant chocolate powder Instant rice</p>	<p>(1) The amounts of food suggested will provide adequate meals for 7 days. They could be extended to cover a longer period if necessary.</p> <p>(2) Choose foods which keep well and store easily.</p> <p>(3) Consider family food preferences and individual appetites.</p> <p>(4) Select foods in cans, glass jars, sealed packages or repack in same.</p> <p>(5) Choose cans which contain just enough for one meal, according to the size of your family.</p> <p>(6) Select foods which require little or no preparation.</p> <p>(7) Include infant foods and special foods if required.</p> <p>(8) Date the food when purchased, and rotate it through normal use at least once a year.</p>
<p>EATING UTENSILS</p>	<p>1 package paper cups (or mug) 1 package paper plates (or plate) 1 spoon 1 knife 1 fork 1 can opener 1 cooking pot</p>		<p>(9) Turn cans of evaporated milk end to end every three months to prevent curdling.</p> <p>(10) Keep the food in a cool, dry place in a container(s) which can be carried easily.</p>
<p style="text-align: center;">SPECIAL REQUIREMENTS OF CHILDREN</p> <p>(1) For each infant, include 7 large cans evaporated milk (16 oz. size), 3 gallons water, and infant food for 7 days.</p> <p>(2) For each child up to 3 years, include 4 large cans milk, and 3 gallons water. Decrease amounts of other foods according to appetite.</p> <p>(3) Food for older children can be the same as for adults; adjust amounts according to appetite.</p>			<p>Suggested Containers:</p> <ul style="list-style-type: none"> —suitcase —strong cardboard carton tied with strong cord —strong mesh shopping bag —canvas or utility bag with handle —covered picnic basket
<p style="text-align: center;">IF YOU DO NOT HAVE YOUR OWN CAR, DECIDE NOW HOW MUCH WATER AND FOOD YOU CAN CARRY</p>			

OTHER ITEMS

In addition to food and water, there are other items which should be included in your Emergency Pack to ensure survival, to make living easier, to improve sanitation, and to guard against strain.

Some of these items are **essential** for both a shelter and for the trunk of the car; **desirable** items are a matter of choice.

If you do not have your own car, keep at least the "starred" essential items with your water and food.

ESSENTIAL

- ★ Blanket (at least one per person)
- ★ Blanket pins (8)
- ★ Safety matches
- ★ One pair wool socks (per person)
- ★ Infant care items (if required)
- ★ Essential medicines (e.g. insulin, heart medicines)
- ★ First aid kit
- ★ Candles, Flashlight and batteries, Axe, Shovel

DESIRABLE

- ★ Plastic-type raincoat
- ★ Hand towel (one per person)
- ★ Soap
- ★ Personal items (toothbrush, comb, razor, sanitary supplies, etc.)
- ★ Pocket knife
- ★ Personal papers and valuables
- ★ Extra sweater, Change of clothing
- ★ Non-electric type cooking unit and a safe supply of fuel

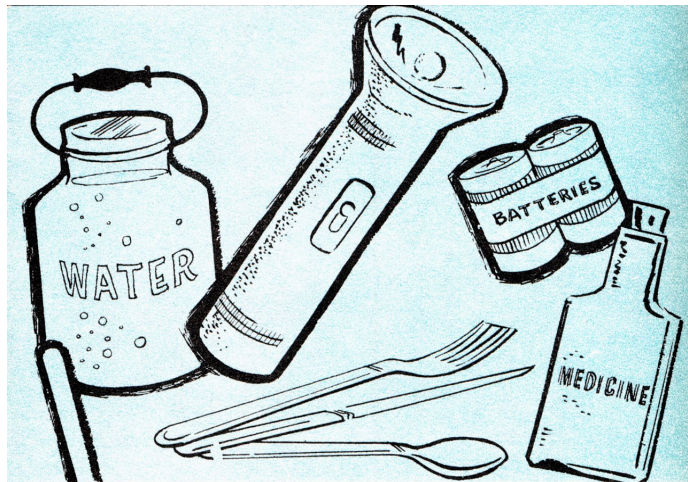
Lantern with spare fuel in safety tin,
Sash cord rope, Waterproof sheet,
Nails, Newspapers, Facial tissues,
Whistle, Reading material, Games.

ADDITIONAL ITEMS FOR SHELTER

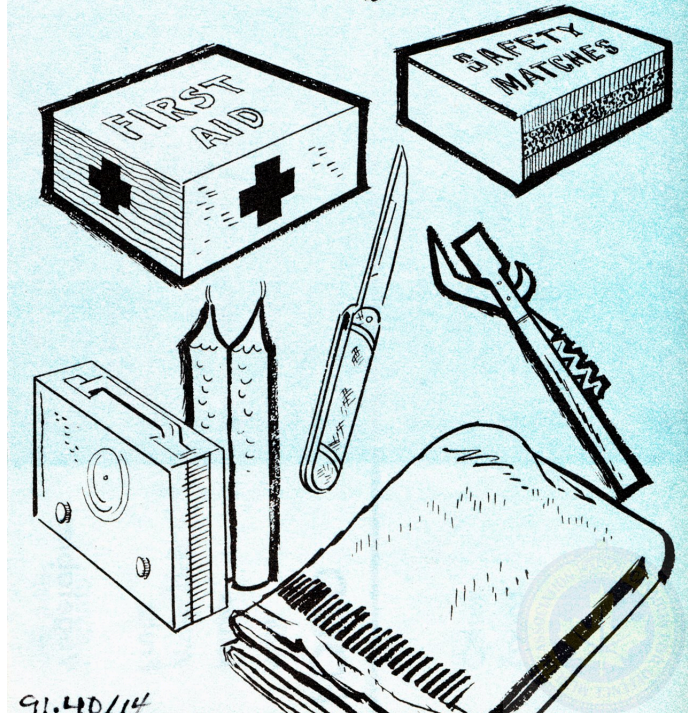
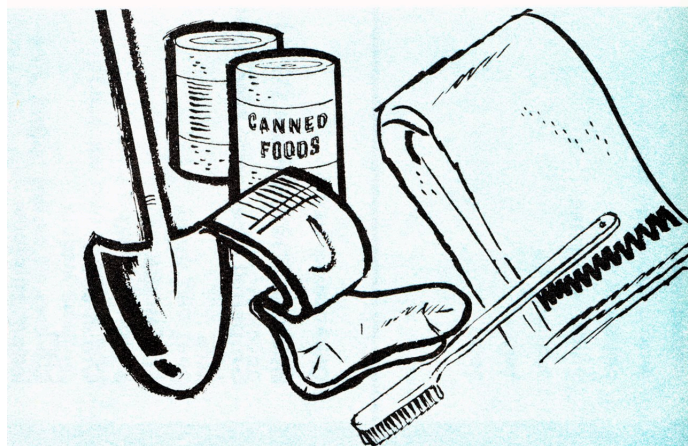
Extra water for washing purposes
Hand basin
Disinfectant
Detergent
Paper towels
Battery radio
Bunks or folding cots
Covered can or chemical toilet
Polyethylene bags for toilet
Toilet tissue
Covered garbage cans
Garbage bags
Fire extinguisher (non-carbon tetrachloride)

GAS: Never let your car tank get less than
half full of gasoline.

Produced for
Emergency Welfare Services Division
by Information Services Division
Department of National Health and Welfare,
Canada
by authority of the Minister
the Honorable J. Waldo Monteith
1962



YOUR EMERGENCY PACK



91.40/14