

COLLEGE STUDENT EMERGENCY KIT

collapsible cup
light stick
pocket facial tissue
travel toothbrush
liquid soap
dry shampoo
deodorant
comb
hand warmer
pencil
mini flashlight
grandparent's telephone number or
other close relative
phone money (roll of dimes) or a non-
expiring phone card
Dad's business card (for identification)
rain poncho
space blanket
shirt
socks
cash in an envelope
pocket first aid kit
acetaminophen
playing cards
rope
feminine needs (for girls)
pocket sewing kit
water and wind proof matches
towel
notepaper
toilet paper (one roll flattened in a re-
sealable bag)
camp trowel
pocket knife
9 aseptic water packs (**buy at
Emergency Essentials**)
3 milk boxes
6 juice boxes
2 food containers
list of pack contents

Two food containers contain:

2 granola bars
1/3 lb. graham crackers
5 (1.4 oz.) pkg. sandwich crackers
6 (.5 oz.) fruit roll-ups
4 (2 oz.) pkg. trail mix
5 (1.5 oz.) pkg. raisins
6 to 7-1/2 oz. peanut butter
3 oz. cans or foil packs tuna
7 beef jerky
1 pkg. gum
fork
spoon
knife
18 individual wet wipes
food list and menu

(A 3600-calorie food bar may be
substituted for all of the food)(**buy at
Emergency Essentials**)

All lists, cards, and matches are in
plastic re-sealable bags or containers.

Personal items are travel size, where
possible.

Store everything in a backpack

