

## MAINSTAY® ARK III SURVIVAL KIT - ONE PERSON 3 DAYS



The ARK III provides enough compressed food and packaged water to sustain one person for up to three days, and a compact, lightweight emergency blanket for shelter.

**The food** is Mainstay® Emergency Food Rations, a good-tasting ready-to-eat bar that contains essential vitamins and minerals, and provides nine servings for a total of 3,600 calories.

**The Water** is also Mainstay: 6 pre-measured 4 oz air tight sterilized metallic packets that withstand temperatures from -40 to +230 degrees F.

**The Blanket** measures 53" x 82-1/2" (135cm x 210cm). The mylar-type material is extremely light, and retains 90% of body heat to offset hypothermic reactions.

Food and water are Coast Guard approved, and have a 5-year shelf life. The ARK III is an easy and inexpensive way to be prepared for natural disasters, and is appropriate for aircraft, watercraft, automobiles, and homes. Especially useful for those living in areas prone to floods, hurricanes, earthquakes and tornadoes!

Package measures 11" x 6-1/4" x 2-1/2" (28cm x 16cm x 6.4cm).  
Package weighs 3 lbs (1.4 kg).

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## **Mainstay™ Water Packets**

### **Key Benefits:**

5 year Shelf Life

No special storage required - it can withstand temperatures from (-40°F to 210°F)

No Oxygen Transfer *(In other words, no chance of bacterial contamination)*

No Cups Needed!

Easy to Transport - just 18 lbs. (8.17 kg) per case of 60 packets.

Pre-Measured Packets make the water easy to dispense, and potential for loss is minimized. If a packet is destroyed, only 4.224 ounces (125 ml) would be lost.

U.S. Coast Guard Approved

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## **Mainstay™ 3600 Food Packet**

### **Key Benefits:**

5 year Shelf Life

Withstands Temperatures of -40° F to 300°F (-40°C to 149°C)

Ready to Eat: Each package contains 9 pre-measured 400 calorie meals. Protein Level is 3 grams, moderate carbohydrate. Non-astringent. No water required for ingestion.

Enriched with vitamins and minerals exceeding the RDA requirements.

Contains no cholesterol or tropical oils

Non-Thirst Provoking and lemon flavored

The Mainstay® food is Kosher, and it meets the dictates for Halal

Individualized Portions eliminate the messy breaking-up that occurs with other bars. Allows for on-land emergency consumption in a high-stress active situation.

Meets US Coast Guard standards (160.046/23/0). Packaging meets the stringent guidelines set by the Department of Defense (SOLAS 74/83), and has been approved as a military ration. Food has been approved for Humanitarian Aid under USAID PL 480 Title II Programs.

**Percentage of U.S. recommended daily allowances**

Based on daily consumption of 1-2.67 oz. serving.

Serving Size: 3-2.67 oz. (76gm)

Servings per container: 9

Vitamin A	50%	Calories	1200
Vitamin C	60%	Protein	9 Grams
Vitamin B-6	90%	Carbohydrate	138 Grams
Vitamin B-12	20%	Fat	69 Grams
Vitamin D	50%	Sodium	69 mg
Thiamine B-1 C	15%	Cholesterol	0 mg
Riboflavin B-2	25%		
Folic Acid	35%		
Niacin	30%		
Calcium	50%		
Iron	10%		
Phosphorous	40%		
Magnesium	30%		
Pantothenic Acid	100%		

**INGREDIENTS**

Enriched flour, (Added) Vitamins A, B-1, B-2, D, E, B-6, B-12, Niacin, Iron, Folic Acid, Magnesium, Pantothenic Acid, Calcium, Phosphorous, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oils), Granulated Sugar, Corn Starch, Corn Syrup, Natural Lemon Flavor, Artificial Butter Flavor, Artificial Vanilla Flavor, (Tartarazine, FD&C Yellow #5, FD&C Red #40), Artificial Color, Ascorbic Acid (Vitamin C), Gamma/Delta Tocopherols as a natural antioxidant.