



# The Preparedness Store

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## 72 HOUR KITS

### **What** is a 72 Hour Kit?

A 72 Hour kit is a supply of products that are designed to provide a person or family with the essential items needed in the event of an emergency. This kit would contain the items needed to either help or provide you with the means of supporting yourself in some of the following areas: Water, Food, Shelter, Tools, 1st Aid, Light, Clothing, Books, Heat, Communication, Sanitation, etc...

Throughout North America, there are so many different natural and man made disasters that take place. Examples of this are, Earthquakes, Fires, Floods, Drought, Tornados, Hurricanes, Hail Storms, Snow Storms, Mud Slides, Truck Strikes, loss of Job, Hazardous Material Spills, War, Water Contamination, Electrical Failure, Broken Pipes. Each of these can result in a small inconvenience or escalate into a serious situation or even death. Whether we're at home or work, driving or on vacation, each of us are at risk. With a little planning and a 72 hour kit, you will be better able to deal with any emergencies that might arise.

### **Why** have a 72 Hour Kit

The first 72 hours of any emergency is considered the most crucial time. Outside resources from family, church, Red Cross and government agencies usually takes 72 hours to get set up and become organized to deal with the problems at hand. You then will be responsible for the first 72 hours. The 72 Hour Kit would have water, food, shelter, candles, matches, 1st aid supplies, a radio and/or any items that you have stored to help you survive.

We all carry insurance on ourselves, our car and homes. A 72 hour kit is survival insurance. Consider for a moment: How well would you and your family have faired in the aftermath of Hurricane Andrew or the Arizona Floods of 1983? How about the riots in L.A. or the snow storms back east in 1994, or how about the California Earthquakes? How well would you do with no running water, electricity, gas, heat or stores open for 2- 3 or even 4 days? Your 72 hour kit will allow you the peace of mind to know you are prepared and will better be able to weather the storms ahead.

If you know of a problem before it happens, you can then prepare for it. In some cases, we might not have the time or resources to prepare, and you might only have the time to grab your 72 hour kit and run.

## HOW TO PUT A 72 HOUR KIT TOGETHER?

Once you understand the need to have a 72 hour kit and decide where to put them, (home, car, RV, office, school) then its just a matter of deciding what you want in the kit. The kit in your home should be a very complete kit, covering all areas of concern. Your office kit could be a very basic kit (food, water, light, heat). This is all up to you and your needs.

*The following lists are suggestions for the different kits.*

- 1. WATER:** 2 liter bottles, foil packs, purification devices (iodine, water tablets, filters),canteens, solar still, water bags.
- 2. FOOD:** food bars, MRE's, canned meat, peanut butter, stew, non-cooking items.
- 3. COOKING ITEMS:** mess kit, utensils, pots, dish soap, wash cloth, pot holders, canned stove, folding stove.
- 4. SHELTER:** family tent, tube tent, sleeping bag, ground cloth, space blanket, survival bag.
- 5. TOOLS:** ring saw, folding saw, rope, compass, map, knife, axe, shovel, trowel, scissors.
- 6. FIRST AID:** First aid kits, snake bite kit, antiseptic wipes, manual/book.
- 7. CLOTHING:** Poncho, sewing kit, gloves, extra shoes, extra set of clothes, light/heavy jacket.
- 8. HEAT:** Canned fuel, matches, folding stove, hand warmers, fire starter.
- 9. LIGHT:** Candles, lantern, flashlight, lightsticks.
- 10. COMMUNICATION:** Signal mirror, whistle, emergency strobe, radio, paper.
- 11. SANITATION:** Tissues, insect repellent, trash bags, soap, personal hygiene products
- 12. MISCELLANEOUS:** Books, sunglasses, aluminum foil, duct tape, wire, money.
- 13. CONTAINER:** Backpack, bucket with lid, plastic box, trash can.

With this list, you now have a road map to put your kit together. There are no right or wrong ways of doing this. Get what you can afford *now!* Make plans today on what and when you will acquire the rest of the items. Come in to The Preparedness Store for FREE advice and ideas. Call The Preparedness Store at 208-524-8300 or go on line to [www.thepreparednessstore.com](http://www.thepreparednessstore.com).