

Emergency Kits

“This is not about long term living, this is about short term survival”

- 1) 72-hour kits
- 2) Car kit
- 3) Office Kit
- 4) School Kit
- 5) First Aid Kit
- 6) Blackout kit
- 7) Exterior bug-in kit

1) **72-hour kit**

The purpose of a 72-hour kit is to provide you and your family with the food, water, shelter and supplies to sustain you in an emergency until either help arrives or the emergency is over. The size of your kit, what you pack it in and what you pack in it is a personal choice that should be made with care and prayer.

The weight of the kit depends on your physical fitness and if you are willing to train your body to carry your pack. Those who are very fit can easily carry up to 25% of their body weight. Those who are average in their fitness should aim for 15-20% of their body weight, everyone else and children should aim for 7-10% of their body weight. There is also the option of utilizing an outside source to transport your kit such as a wheelbarrow, wagon, garbage can with wheels, stroller (not just for children), hand cart... you get the idea. Take care that the tires on your wheeled devices are the kind that do not pop because it may not be a smooth road you have to hike down. The key is portability. If you have to evacuate you need to be able to take your supplies with you.

There are 4 areas that need to be addressed in your kits: 1) water 2) food 3) shelter and 4) sanitation.

- 1) Water a bare minimum just to maintain hydration is half your weight in oz. Such as if a man weighs 150 pounds then he will have to drink a minimum of 75oz of water to maintain hydration. More if it is hot or he is exerting a lot of energy. This ratio does not include any water that you may need to prepare food or for washing up, you will need to adjust your amounts accordingly. Or you can use the easy rule of 1 gallon per person per day.
- 2) Food needs to be not only calorie rich but nutritionally rich as well. If you have emergency bars that are just empty calories you will need to include a multi vitamin to get you through. Foods that are easy to prepare that don't require cooking are best. Avoid “pop-top” style cans as they have proven to not last as long and can even pop open by themselves and make a terrible mess in your kit. Remember this is for 3 days so 3 breakfasts, 3 lunches, 3 dinners and possibly 3 snacks.
- 3) Shelter this can be as simple or complex as you desire. The key is weight. Some options are of course a tent, but there are also tarps and rope. The size and style will vary by family and budget so do some research and pray about what is best for your family.
- 4) Sanitation is something that doesn't usually get mentioned but is necessary to address for the health and safety of not only you and your family but also the community as a whole.

Here is a list of items for each section based on essentials, good to have and luxury items. I suggest you get all the essentials first then move onto the next, then the next sections. This is not an all inclusive list nor is it one that has to be followed to the letter it is simply a guideline of a good place to start. Check and update your food, water, meds and clothing sizes (especially for children) every 6 months (general conference weekend activity). These should be stored in an easy to access location near an exit from the house such as a front hall closet, in the garage near the exterior door or in a secure outbuilding (tool shed). Do not store these in the corner of your basement if you are evacuating you may only have a few minutes and will not have time to go looking for them.

Water

Essentials	Good to have	Luxury items
Water bottles	Extra filters	Flavoring additive
Water filtration system		

Food

Essentials	Good to have	Luxury items
Protein source	Dried fruit	Addition snack foods
Protein/granola bars	Canned juices	Fruit snacks
Canned meats and/or beans	Candy/gum (moral booster)	"treats"
Trail mix	"emergen-c" type drink	
Crackers/cereal (snacking)		

Shelter/Clothing/Bedding

Essentials	Good to have	Luxury items
Tent	Jacket	Ground pads
Tarps	Raincoat/poncho	Pillow
Sleeping bag/wool blanket	Cloth sheet	Extra clothes
1 change of clothing		
2 changes of underwear		
4 pairs of sturdy socks		
Mylar emergency blankets		

Sanitation

Essentials	Good to have	Luxury items
Heavy weight plastic bags	Soap	Campo chem
Light weight plastic bags	Lugable Loo	Privacy tent (tarps or popup)
Baby wipes	Hair brush/comb & hair ties	Dry shampoo
Hand sanitizer	Dish soap	
Lady products (if needed)		
Toilet paper		

Gear

Essentials	Good to have	Luxury items
Flashlight (extra batteries)	Rope	Hymn book
Lighter	Pen and paper	games
Waterproof matches	Axe	

Candles	Book (scriptures)	
Can opener	Comfort items	
Dishes/utensils (paper, plastic)	Cash (small bills and coins)	
Shovel		
Radio (extra batteries)		
Rope		
Pocket knife/multi tool		
First aid kit		
Medications		
Prescriptions (for 3 days)		
Personal Papers		
Baby needs (diapers, food...)		

I have 3 different 72-hour kit levels.

- 1) Adult: carries personal items (clothing, food, water), those for the youngest who cannot carry their own, family gear (tent, axe, first aid kit...)
- 2) Youth: carries personal items (clothing, food and water), Items for the family to share the burden.
- 3) Child: carries some of their own personal items that are lighter weight like their clothing and perhaps their snacks, comfort items (small stuffed toy, coloring book and crayons). Be careful of weight and realize that there may be times when you are carrying not only your own pack but theirs as well.
- 4) BONUS Pet: if you are planning on bringing your pets along, you will need to either put them in a pet carrier (another thing to consider in weight) or on a leash. Dogs can actually carry their own food and water. There are products out there that are like doggy saddlebags. You will need to train your dog to get used to it. If you have a large muscular breed you can actually train them to not only carry their own gear but also help carry gear for the family. If you really want to have fun you can actually train them to pull a small cart that can hold a lot more.

In the end don't feel over whelmed just grab a bag or bucket and do a scavenger hunt around your house and start building your kits. Take your kits camping and see what you need to adjust. What was helpful, and what was not. But as always invite the spirit to guide you as you prepare.

2) Car Kit

This is a kit that you put together and keep in your car at all times. It will contain basic needs for if you are stranded in your car. Helpful tip is to never let your car get below half a tank of gas! If it is at half it is empty.

Essentials	Good to have	Luxury items
Water bottles	Umbrella	Book
Emergency food	Mylar emergency blankets	Jacket(s)
Work gloves	Reflective indicators	Blankets
Flashlight (extra batteries)	Flares	Light sticks
Book of maps	Comfort items	Candles and lighter
Bucket	scriptures	

Jumper cables	Plastic bags	
Extra pair of socks and shoes	Multi-tool (leatherman type)	
First aid kit	Cash (small bills and coins)	

The bucket not only can store all the supplies but doubles as a toilet if it came down to that. If you store your kit in the trunk of your car make sure there is a way to reach it from inside of your vehicle.

3) **Office Kit**

This is a kit that you keep in your office just in case of an emergency and you cannot drive your car home and have to walk, or you are stranded there for a period of time. Not as extensive as your full 72-hour kit but enough to “get you by”.

Essentials	Good to have	Luxury items
Change of sturdy clothes	Multi-tool (Leatherman type)	
Good shoes and socks	Hat	
Bottled water	Umbrella	
Emergency food (no cook)	Cash (small bills and coins)	
Map w/ routes home marked	Jacket	
Flashlight (extra batteries)		

4) **School Kit also known as a “Comfort Kit”**

This is for children who go to school outside of your home. It is intended to be small enough to fit into a gallon sized zip top bag. If their school does not have a designated safe spot to hold onto these kits then have them keep them in their bag or locker. Only pack foods that are familiar to them and they like.

Essentials	Good to have	Luxury items
Bottled Water	Photo album of family w/info	Stickers
Snack food	Coloring book and crayons	Small first aid kit
Flashlight (extra batteries)	Small toy	
	Emergency blanket	
	journal	
	Encouraging letter from parent	

Make sure you explain that this is not for playing with.

5) **First Aid Kit**

This is not going to be a tactical field surgery kit, or an EMT kit. This is a basic first aid kit for the average family. If you want to get or build an amazing and extensive kit by all means go for it. This is just intended to be a starting point. There are plenty of amazing premade kits available for just about any budget so I am not going to make a chart of all the items that you should have. I would just urge you to make sure that it contains some of the basics such as: bandages, alcohol prep pads,

gauze and tape, triangle bandages, tweezers, nail clippers, ace bandage, basic medicine (acetametaphin, ibuprophen, and allergy med). You can buy a basic one and add to it as budget allows. Again do what feels right for your family.

6) **Black Out Kit**

This is a kit you keep in your home in an easy to access location for use during a black out. It is a simple kit that will consist of some or all of these items: flashlights (one per family member), extra batteries, candles, candle holders, lighter, and any other items that would be helpful for your family.

7) **Exterior "Bug-in" Kit**

This is a kit that you can put together in case of an emergency that renders your home uninhabitable but you are not evacuating your property. It should be stored in an out building that is secure. You do not have to worry about weight because you are not carrying it any distance. It should consist of similar items to your 72-hour kit but can feature more luxury items and heavier duty gear. Make sure you have water, food, shelter and sanitation covered.

Special note: Take our diverse weather into account and make sure that you have a way to keep warm in the winter and cool in the summer. Please pray about what preparations you need to make for your family. If you have a loved one that is dependent on medication or a medical devise make sure that is addressed. You don't have to do these all but the more you prepare now the less of a stress an emergency will be. Pick one and work on it, then move onto the next. It is better to start preparing 1 year too early then 1 minute too late. You can do this!