

Advice with respect to Gathering Materials For Several Kinds Catastrophe Scenarios

6 Month Emergency Kit Check-ups: Changing Your Stored Clothing

You should update your kit every six months for a myriad of reasons. Clothing is one item that definitely needs to be adjusted. Weight gain or loss and height growth means the clothing in your kit should probably be switched. One of the last things you want is for you or your children to be stuck without a change of clothes because the set in your emergency kit is too small. Second, you should make sure that the clothing hasn't been damaged by moths or become wet due to a leak somewhere in your kit. Part of 72 hour preparation means that your stored clothing is appropriate for the weather. In the spring, most clothing in your kit should be more lightweight. In the winter, clothes should keep you warm. Additionally, add scarves, jackets, gloves, hats, and other winter paraphernalia.

Teaching Your Children About Emergency Situations

Teaching your children about preparing for emergencies is a vital task for parents, and it can also be fun. Though you may be worried about frightening your children, it is better that they are prepared and if done with the right attitude, the process can actually be fun. Teach your children where you keep all of your emergency supplies, and make sure they can reach them. Teach your children about the different types of emergencies and where to go when they occur. Consider doing a first aid class with your kids. Children often enjoy the process of building a 72 hour kit, so be sure to involve them in that project. You may be surprised at the great ideas your kids have!

Do Not Forget the Fun Stuff In Your 72 Hour Kits

Think about what life would actually be like in a disaster situation. There is probably not much you can do and few places you can go. Of course, you are also worried and probably somewhat upset. A little bit of entertainment would go a long way in relieving the helplessness or stress you might feel. Packing a few books, crossword puzzles, a deck of cards, or other forms of entertainment can be a mental lifesaver. If you have children, you will absolutely want to pack some small toys or activity books. These will greatly help in keeping them, and you, calm. However important these items are, survival gear takes first priority, so pick compact, light materials as fun stuff for your kit.

Emergency Preparation is Vital for Everyone

In this day and age, it is pretty easy to get what we want or need almost immediately. After all, we have 911, ambulances, cell phones, and OnStar. There are occurrences, however, when life does not work out this nicely. Natural disasters damage infrastructure, shut down communication, and create a huge group of people in need. We must understand the need to be self-sufficient during an emergency. 72 hour kits, food storage, and other forms of emergency preparation are a way to make sure that we are able to protect our lives. Even if your life is not in jeopardy, you will be much more comfortable and safer if you have adequate emergency supplies. Even in this age of instant satisfaction and interdependence, a little preparation can go a long way.

About the Author

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