

## Views relevant to Assembling Tools For Numerous Types Catastrophic Occurrences

### Changing Your 72 Hour Kit Clothing Every Six Months

Every spring and fall, you should examine your 72 hour kits and rotate any clothing that needs to be changed for one reason or another. Weight gain or loss and height growth means the clothing in your kit should probably be switched. You do not want to be in an emergency and realize that your only other set of clothes no longer fits you. Clothes can become wet or damaged if something in your kit breaks or leaks, so check to make sure that has not happened. 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. You should also include some wintertime necessities like jackets, gloves, hats, and scarves.

### Essential Additions to a Store-Bought 72 Hour Kit

Often, it is easy to get a store-bought version of a 72-hour kit and consider yourself ready to go. Keep in mind, though, that no store-bought kit will contain all of the necessities your family needs. For example, if anyone in your family needs a specific medication regularly, that should be included. You do not necessarily need a lot, but a week's worth is definitely a good idea. Be careful if a member of your family has allergies: check the food and medication included in the kit and make sure they are ok. Including a spare set of contacts or glasses is a helpful idea if someone in your family uses them. The very old, very young, pregnant, and/or nursing members of your household will each need a specialized set of supplies (diapers, for example). Store-bought kits do not include an extra set of clothing, so pack some for each family member. The last item you will want to add to your kit is a set of clothing for everyone.

### Emergency Supplies Should Be Kept Where?

Storing your emergency kit can be a troublesome question. Avoid storing your supplies anywhere that is hard to get to, since you may have little or no time to leave your home. At the same time, they are not tools you need all the time, so you do not want them in the way of daily life paraphernalia. If you are willing to give up your coat closet, it can be an ideal spot for your emergency supplies: it is close to an exit and easily accessible, but the goods are out of the way. Remember that attics and basements are not good locations for your emergency kits. Disasters sometimes cut off the upper or lower levels of your home: for example, fire may block a stairway, or flooding might ruin everything in your basement. One idea that many opt to use is to store emergency supplies in a car trunk. That way, you do not even need to grab anything in an emergency—you can just run out the door. Finally, remember that you or your kids may spend a lot of time at work or school. Keep a small supply of emergency goods there as well.

### Emergency Preparation is Vital for Everyone

In some ways, our society has grown used to obtaining things instantly, from news reports to food to help in a crisis. After all, we have 911, ambulances, cell phones, and OnStar. Certain times and circumstances, however, change our ability to have instant access. Catastrophic events not only affect our ability to communicate or move around, but they put many other people in the same situation of needing help. We must understand the need to be self-sufficient during an emergency. Preparing for emergencies (through 72 hour kits and adequate food storage) can mean the difference between life and death for some. This preparation also helps those whose lives are not in danger feel more comfortable and have better medical care, if needed. Even in this age of instant satisfaction and interdependence, a little preparation can go a long way.

### About the Author

Protect your loved ones and family by creating your own [emergency packs](#). Your gives you more than protection--you also get peace of mind.

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