

## Information for Preparations With a Variety of Hazardous Situations

### 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. First, keep in mind that children grow up and adults often change or lose weight. The extra set of clothing will not help your family if it is the wrong size. Clothes can become wet or damaged if something in your kit breaks or leaks, so check to make sure that has not happened. You need to have adequate clothing based on the seasons of the year. Obviously, you will want lighter clothes during the summer months and heavier ones in the winter. Additionally, add scarves, jackets, gloves, hats, and other winter paraphernalia.

### Do Not Forget the Fun Stuff In Your 72 Hour Kits

Think about what life would actually be like in a disaster situation. Chances are, you are pretty limited in terms of where to go or what to do. Of course, you are also worried and probably somewhat upset. It would help a lot if you had something fun to do to take your mind off of things. Adults might enjoy a card game, some books or magazines, or crossword puzzles. Kids should also have fun books, games, or drawing materials. If they have something to do, theyâ€™and youâ€™will have less to worry about. Though these items are important, do not take up too much space with themâ€™in the end, you would probably prefer to have more food over an extra toy.

### The Importance of Emergency Preparation

Our culture is getting quite accustomed to accessing what we want or need instantly. The Internet, cell phones, and programs like OnStar are all ways we can do so. 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. 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. Thousands more will be spared uncomfortable or medically dangerous situations. Doing our part to prepare for emergencies can make a big difference, even in this day and age.

### An Explanation of 72 Hour Kits

When an emergency hits, you will need a few basic things to survive. A 72 hour kit is a set of those necessary items. They allow you to survive for three days on your own while you wait for help to arrive. There should be enough of the basicsâ€™food, water, clothing or shelter, basic medical items, and tools for light and communicationâ€™for your entire family for 72 hours. 72 hour kits can be bought or personally assembled. Depending on where you live or who belongs to your family, you may need to specialize some items in your kit. Some people choose to create kits that will last for seven days rather than three. In addition to your 72 hour kits, it is a good idea to look into preparing some long-term food storage supplies.

### About the Author

There is no more practical purchase or gift than . Begin your own [emergency supplies](#) today!

Source: <http://www.kiarticle.info>