

## Suggestions in relation to Gathering Tools For a Host of Hazardous Circumstances

### What is a 72 Hour Kit?

A 72 hour kit is a collection of needed survival items during an emergency. They will keep you alive as you wait for relief to come—which, in any given disaster situation, is likely to take up to three days. There should be enough of the basics—food, water, clothing or shelter, basic medical items, and tools for light and communication—for your entire family for 72 hours. You can find 72 hour kits online or in stores wherever survival gear is sold. Or, you can accumulate the materials (which are easy to find) and create your own kit. Depending on where you live or who belongs to your family, you may need to specialize some items in your kit. For example, if you live somewhere rural or hard to reach, it may take longer than three days for help to come—so you will need more supplies. A food storage supply for much longer—anywhere from a month to a year—is also an important method of emergency preparation.

### What are the Benefits of a 72 Hour Kit?

72 hour kits come highly recommended by government and relief agencies and by many churches. When a disaster occurs, the normal means of transporting people and goods and keeping in touch with others are often unavailable. It usually takes about this long for any form of help to arrive to you. When in an emergency, there are some basics we all need: clean water, safe food, some form of shelter and warmth, and adequate clothing. Your life may be at risk if you are unable to meet some of these basic needs. This is especially true for the young and the elderly in your family, as well as anyone with medical issues. When a disaster hits, if you have a 72 hour kit, at least you will be much better prepared to meet all the basic needs of your family.

### Vital Emergency Supplies You Might Not Think to Include

It is easy to over-pack when planning for a disaster. There are a couple of items you may not have thought of that really should be in your kit. Fortunately, each of these items is a small, lightweight addition. The first item is a supply of cash. You may not have any on hand when an emergency hits, and there is no guarantee that you will be able to use a credit or debit card for what you need. Another vital addition is a copy of significant documents. Consider birth certificates, marriage licenses, property titles, insurance information, and your will. Depending on the emergency, damage may occur to the originals, and some of these documents are important to have if you need to file any claims. Another good idea is to include some plastic bags. This will allow you to waterproof extra found or given supplies in an emergency.

### Including Fun Materials In Your Kit

Picture yourself in an emergency. You probably have little access to travel or electricity, and often there is not much you can do for long stretches of time. 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. For the little ones in your family, add some crayons and paper and a few activities. These will greatly help in keeping them, and you, calm. Keep in mind that the materials you pack should be small and light-weight, so that there is enough room for all the essential emergency supplies you will need.

### About the Author

There's no substitute for preparation, so begin to build your now. You'll never regret knowing that your [emergency bag](#) and your family are ready!

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