

Advice relating to Equipping For an Array of Hazardous Situations

Insidersâ€™ Tips for Emergency Food Storage

Thank goodness for the experience of others—many who had to use their emergency kits have learned some vital lessons for the rest of us! For example, gum and hard candy are great for your emergency kits. They help to keep you from feeling thirsty, and they leave your mouth feeling fresher (after all, some of the food you will be eating is not gourmet). Be warned, however: mint gum flavors everything in your kit with mint. Pick a different flavor! Be a little picky about your hard candy too: Jolly Ranchers and a few other types of candy will melt in the sun if it is very warm. Consider using a can opener rather than purchasing cans with self-opening tops. Because they have a weaker seal, the cans are more likely to open up in your kit and create a mess. You should replace your food storage supplies every six months or so to keep your supply fresh. Rather than throwing or giving these items away, try them yourself. Gradually, you will learn which foods you do—and definitely do not—want to eat in case of an emergency.

Storing Water in Your 72 Hour Kits

Every 72 hour kit should contain three gallons of water for every person in the family. One of the many considerations you will have to make with your 72 hour kit is how what to store your water in. One option is to purchase pre-bottled water. One advantage to this method is that it is easy to measure how much water you have left in an emergency. Also, these are easy to store in bags and shift around if someone's pack is too heavy. You can also use plastic containers such as 2 liter soda bottles. Stay away from milk containers because it is easy for the water to leak out or become contaminated. You may choose to use 3-gallon canteens with sturdy handles. These allow you to keep the water separate from your other emergency supplies, leaving you with a maximum amount of space. Just be sure that each member of your family can carry these in the event of an emergency. Whatever method you choose, remember to replace the stored water every 6 months.

Emergency Supplies You May Not Think About But Will Wish You Had

When preparing for an emergency, you will have to resist the temptation to include just one more thing many times. There are a couple of items you may not have thought of that really should be in your kit. Happily, these inclusions will take very little room away from your kits. 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. A second item you may wish you had is a copy of some of your most important documents, such as insurance forms, titles to property, birth certificates and marriage licenses, and your will. Since you may not be able to access these during an emergency, or they even be destroyed, you will be glad you had them on hand in your kit. A third, easy to pack item is a supply of plastic bags. This will allow you to waterproof extra found or given supplies in an emergency.

Updating Your Emergency Supplies

72 hour kits are a critical component to emergency preparation. If you have taken the time and effort to prepare one for your family, way to go! Keep in mind, though, that your kits cannot just be left alone for years. For a number of reasons, you should check your supplies twice a year. Several items may have expired and should be replaced, such as food and batteries. You should also definitely change your water every time you check your kit to make sure it is fresh. Anything that is damaged or missing should be taken care of. Sometimes, you can replace an item in your kit with a lighter, slimmer version. Family circumstances also create the need to change your kits. For example you may need to add a new kind of medication, take out diapers if a toddler had been potty-trained, or change the clothing for a growing child. Daylight savings time is a perfect time to develop the habit of checking your kits: it occurs about every 6 months and you will have plenty of reminders!

About the Author

Don't worry about the future—just prepare for it with [survival supplies](#)! With a good stock of [bug out bags](#), feel safe and secure about whatever comes your way!

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