

Thoughts concerning Being Equipped With a Myriad of Disaster Scenarios

Keeping Your 72 Hour Kit Waterproof

As you assemble your 72 hour kit, using waterproof supplies is vital. Many disasters, such as floods or hurricanes, will ruin your supplies unless they are properly stored in waterproof materials. In other emergencies, there is still the possibility of your supplies getting wet. Some supplies are a given in terms of whether or not they should resist wetness. Tents and other shelters are one example of these. Another good choice is to include sleeping bags that keep you dry. Every kit should include a rain slicker or poncho for each family member. The container you use to store some of your emergency equipment should definitely be waterproof. You cannot risk letting communication devices, flashlights, or batteries get ruined by rain. A waterproof cooler is a good idea for your food supplies as well.

Standard 72 Hour Kit Items

You may be overwhelmed at the task of putting together an emergency kit. After all, there are so many things to prepare for, and so many items you may need! As you begin, gather the most important items first. The most basic things you will need involve food, shelter, communication, and health care. No-fuss, sustaining foods that store well are one element you should look for. For shelter, you will need somewhere to stay (a tent or sleeping bag) and materials to keep you warm—which includes supplies needed to build a fire. As far as keeping in touch, you will definitely need a radio so you know what is going on; you can also include supplies such as phone cards or cell phone chargers to try to call others. The final vital element to your kit is a set of emergency and hygiene supplies.

What to Add to Your Store-Bought Emergency Kit

Prepackaged 72-hour kits are a great, easy option to help yourself be prepared in an emergency. No matter how great the kit you choose is, however, there are items you should add to meet the individual needs of your family members. 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. Also, check the included food and medicine to make sure it is safe for anyone in your family with allergies. 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). Do not forget to pack a change of clothes for the family. Finally, you should add any and all important documents and phone numbers that you do not want to lose.

A Few Things to Consider When Choosing Food For 72 Hour Kits

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! Gum and hard candy are a surprising but much appreciated item that should be added to your kit. They take the taste out of your mouth if your meal has been less than perfect, and they keep your mouth feeling hydrated. However, do not include mint flavored gum unless you want everything in your kit to taste like mint! Also, some hard candies, like Jolly Ranchers, will melt if it is very hot outside. Some have found that it is better to include regular cans in their kit rather than ones 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. This way, you can find out the best-tasting foods to include in your kit.

About the Author

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