

# ***30 Days 30 Ways***

## **Family Emergency Preparedness**

### **Build a Kit**

After a major disaster the usual services we take for granted, such as running water and electricity, may be unavailable for up to several weeks. Having a 72 hour kit will help ensure your family has essential items necessary to be safe and comfortable. It should be noted that many experts now recommend we be prepared for much longer than two weeks. While this is certainly good advice, I would like to suggest building a 72 hour kit as a first “baby step” during the 30 Days 30 Ways campaign.

Your kit should address these essentials:

- Water
- Food
- Shelter (building, repair)
- First Aid
- Specific medical needs
- Signaling
- Lighting
- Fire building
- Communications plan
- Personal Hygiene



I have included a checklist for your convenience. Cost is frequently cited as a reason for not buying or creating a 72 hour kit. The majority of the items on my list come from the dollar store! There are a couple key items that I suggest investing in. I will highlight those items later this month.

I am frequently asked where I keep my kit. After much consideration I have determined that the trunk of my car is the best place. My car is with me most of the time – Church, school, shopping, work, etc...

There are several good ideas for kit storage. My favorite is a carry-on suitcase with wheels.

Emergency Preparedness Kit		
Flashlight and extra batteries		Hand crank radio
Whistle		Dust mask
Multitool		Cash
Local map and compass		Permanent marker, pen, paper
Prescription medications		Extra prescription glasses
Personal hygiene items		Duct tape
Hand shovel		Tarp
Hammer		Pliers
Screwdriver		Lighters
Candles		Matches in waterproof container
Can opener		Rope
Cell phone charger		Sunscreen
Heavy gloves		Large trash bags
Bleach		Baby wipes
Rain poncho		Hand sanitizer
Cooking utensils		Glow sticks
Mirror		Knife
Scissors		Socks
	Medical Supplies	Food and Water
Gauze pads		Water – 1 gallon per person X 3 days
Alcohol swabs		Food – 2000 calories per person X 3 days
Petroleum jelly		Water purification system
Bandaids		Vehicle Breakdown Kit
Medical tape		In addition to your 72 hour kit
Medical gloves		Small shovel
Tweezers		Tools
Surgical mask		Ice scraper
Burn gel		Tow strap
Antibiotic ointment		Jumper cables
Aspirin		Go Bag
Pepto-Bismol		Sleeping bag
Elastic Bandage		Change of clothes
Antiseptic		Shoes
Benadryl ointment		Personal hygiene items
	Pets	Cold weather items
Food		• Jacket
Water		• Gloves
Medications		• Hat
Leash		• Boots