The kit you create should be unique and should reflect your own personal needs. You should know how to use everything in your kit and avoid the addition of items that could ruin or contaminate your kit, such as chemicals and toxic or flammable items.

HELP SOMEONE START THEIR LIFELONG PREPAREDNESS WITH A PREPAREDNESS KIT GIFT! PURCHASE THE CONTAINER (USUALLY A BACKPACK OR ROLLING BAG) AND ADD ONE OR TWO ITEMS TO GIVE THE KIT A START. ADD THE PREPAREDNESS LIST INCLUDED TO THE LEFT AND TALK TO THEM ABOUT THE IMPORTANCE OF PREPAREDNESS!