MONTHLY PREPAREDNESS TOPIC

PREPAREDNESS KITS

HOW TO PREPARE:

<table>
<thead>
<tr>
<th>ITEM</th>
<th>SUGGESTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kit Container</td>
<td>Day pack / Backpack</td>
</tr>
<tr>
<td>Food</td>
<td>Energy Bars (enough for 3 meals)</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters Drinking Straw Filter</td>
</tr>
<tr>
<td>Shelter</td>
<td>Rain Poncho Hand warmers</td>
</tr>
<tr>
<td>Light</td>
<td>Small Flashlight Extra Batteries</td>
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<tr>
<td></td>
<td>Light Sticks</td>
</tr>
<tr>
<td>Communication</td>
<td>Cell Phone Portable charger</td>
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<tr>
<td></td>
<td>Small portable radio</td>
</tr>
<tr>
<td>First Aid Kit</td>
<td>Personal Size</td>
</tr>
<tr>
<td>Sanitation items</td>
<td>Hand Sanitizer</td>
</tr>
<tr>
<td>Documents</td>
<td>Emergency contact info</td>
</tr>
<tr>
<td></td>
<td>Personal identification</td>
</tr>
<tr>
<td>Prescriptions /</td>
<td>24-hour supply</td>
</tr>
<tr>
<td>Medications</td>
<td>Personal identification</td>
</tr>
<tr>
<td>Comfort items</td>
<td>Candy, gum</td>
</tr>
<tr>
<td>Pets</td>
<td>Food and Water</td>
</tr>
<tr>
<td>Bedding / Warmth</td>
<td>Emergency space blanket</td>
</tr>
<tr>
<td>Tools</td>
<td>Small Knife</td>
</tr>
<tr>
<td></td>
<td>Ziploc bags</td>
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<tr>
<td></td>
<td>Waterproof matches</td>
</tr>
<tr>
<td></td>
<td>Survival whistle</td>
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<tr>
<td></td>
<td>Nylon cord – 50 feet</td>
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<tr>
<td></td>
<td>Compass</td>
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</tbody>
</table>

MODULAR KITS

The modular concept allows you to develop small kits and not repeat items. Develop a personal 24-hour kit and then develop a 72-hour kit by adding more items to an additional container that you can store in your vehicle or home to grab in an evacuation. Develop a third kit that is a 3-7 day kit to keep in your home in case of an extended emergency situation.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>24-Hour</th>
<th>72-Hour (Vehicle)</th>
<th>7-day (Home)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kit Container</td>
<td>Backpack</td>
<td>Tote or rolling Duffel</td>
<td>Multiple totes, buckets, or containers</td>
</tr>
<tr>
<td>Food</td>
<td>Energy Bars (3 meals)</td>
<td>Canned Food, Foil-packaged items (9 meals)</td>
<td>Can Opener, non-perishable food, juice, utensils</td>
</tr>
<tr>
<td>Water</td>
<td>2 liters Drinking Straw filters</td>
<td>6 liters</td>
<td>1 gallon per day, per person purification tablets, or household bleach</td>
</tr>
</tbody>
</table>

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.

GIVE THE GIFT OF PREPAREDNESS

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!