



July - Sept 2010

## 72 HOUR KITS

The objective of the Family 72-Hour Emergency Preparedness Kit is to have, previously assembled and placed in one location, all of those essential items you and your family will need during a 72-hour time period following an emergency. When an emergency occurs you will probably not have the luxury of going around the house gathering up needed items, especially if you have to evacuate your home on short notice. Take time now to gather whatever your family needs to survive for three days (72 Hours) based upon the assumption that those items are the only possessions you will have. Store these kits in a closet near the front door or some other easily accessible place where they can be quickly and easily grabbed on the way out the door. Pack all items in plastic Zip-loc type bags to keep them dry and air tight. This will prevent a liquid item from spilling and ruining other items in your kit and keep rain and other forms of moisture away from the items stored. Keep a list of the dates when certain items need to be reviewed, especially

foods, outgrown clothing and medications so that they may be properly rotated.

Emergency supplies are readily available at preparedness and military surplus stores. Fear may well be responsible for more deaths than exposure, hunger and injury combined. Realizing you have fears and that these are normal emotions in unfamiliar situation, you will be aware of them and better able to cope with them as they appear. Fears can be expected in any outdoor problem situation. Fear of the unknown and fear of your ability to cope with the situation will be foremost, along with a fear of being alone, darkness, suffering, or death. **Fear is usually based on lack of self-confidence and lack of adequate preparation and experience.** Knowledge and experience (practice sessions), will help to instill confidence and help to control fear.

**Water**

Advised amounts of water for a kit vary. The Utah County Sheriff's office recommends a minimum of two quarts per day for each adult. However, a person can survive quite well on less, and the load of carrying six quarts of water with a pack is great. Outdoor survival course veterans agree that a two-liter bottle should be adequate. Water purification tablets or crystals need to be a part of each kit. Refer to Emergency Water Supply for treatment methods and information on portable water filters.

### **Food**

You should include in your kit a three-day supply of non-perishable food. The food items should be compact and lightweight, in sealed packages. MRE's (Meals Ready to Eat) are a good choice because they require little or no preparation. Freeze-dried foods are lightweight but require extra water in your kit. Canned goods are heavy with extra refuse. Plan nutritionally balanced meals, keeping in mind that this is a **survival kit**. Include vitamins or other supplements, if desired.

#### **Possible foods for a kit might include:**

- MRE's
- snack crackers
- hard candy
- dried fruits
- instant oatmeal
- powdered milk
- jerky
- bouillon cubes
- raisins/nuts
- instant rice/potatoes
- dried soups
- gum
- granola bars
- instant pudding
- powdered drink mixes

Also include a mess kit or other compact

equipment for cooking and eating. A can opener may also be useful.

### **Car Mini-Survival Kit**

Your car is frequently your home away from home. Most of us spend many hours in our cars each month. Anything from a jammed-up freeway to a major disaster could force you to rely on your car for short-term shelter and survival. It is a wise practice to keep simple provisions for emergencies in your car. A self-made cold-weather car kit, as described in some preparedness stores, is also good to keep in the car.

The following items would be useful for you to record and keep in your kit:

- **Family History records**
- **Full name and social security numbers** of all family members
- **Listing of vehicles**, boats etc. with identification and license numbers
- **Listing of all charge account card numbers** and expiration dates, bank account numbers (both checking and saving), insurance policy numbers, securities, deeds, and loan numbers showing the company name, address and telephone numbers.

### **CPR CLASS**

**First Tuesday of Each Month**

**6:00-10:00 p.m.**

**Taylorsville Fire Station #18 – Comm. Rm  
5317 S. 2700 W. Taylorsville, UT**

Cost of the **one-time class** is **\$30 per person**.

**To register for the four-hour class**, call **Neisha Collins (U.F.A.)**, at **801-743-7243**

Other helpful websites:

[www.taylorsvilleut.gov](http://www.taylorsvilleut.gov)

[www.fema.gov](http://www.fema.gov)

[www.redcross.org](http://www.redcross.org)

[www.redcross.org](http://www.redcross.org)

[www.bereadyutah.org](http://www.bereadyutah.org)

[www.des.utah.gov](http://www.des.utah.gov)

[www.prepare.org](http://www.prepare.org)

[www.ready.gov](http://www.ready.gov)

[www.seis.utah.edu](http://www.seis.utah.edu)

[www.unifiedfireauthority.org](http://www.unifiedfireauthority.org)