

POWER IN PREPAREDNESS! Week 7: 72-hour Kits

Family Home Evening—Choose what works for your family.

Songs: *Called to Serve* and *I Want to Live the Gospel* (Children’s Songbook, p. 174 and p. 148); *Israel, Israel, God is Calling* (Hymns, p. 7)

Book of Mormon Story: Lehi and his family leave Jerusalem.
Read 1 Nephi 2:1-7, 15-20.

Discussion Questions:

- 1) Why did Lehi leave Jerusalem and take his family into the wilderness?
Because the Lord commanded him in a dream
- 2) What did Lehi bring with him?
His family, provisions, and tents—no gold, silver, or precious things
- 3) Why did Nephi believe his dad?
He prayed (cried) unto the Lord, who softened his heart through the Holy Spirit.

Objectives:

- 1) We should be obedient and follow the commandments.
- 2) There is safety in following the counsel of the prophets.
- 3) We can prepare provisions in case it is ever necessary to leave our homes.

Activity Ideas:

- 1) Practice evacuating to your family meeting spot.
- 2) Assemble a message jar with pencils and paper. Place it in a hiding place outside your home for family members to leave messages for each other in the event of an emergency that makes your house unsafe.
- 3) Choose a location outside your neighborhood for your family to gather together away from home. Discuss routes from work and school to the family gathering spot. Call your out-of-state contact person.
- 4) Make up a family code word to help children identify trusted adults.
- 5) Assemble or update your 72-hour kits.

Treat Ideas:

- a) Banana splits
- b) Trail Mix
Mix equal parts:
chocolate chips
raisins, or other dried fruit
peanuts

72-Hour Kit

Shelter/Clothing

mylar space bag, tube tent, or two-man tent
tarp, nylon cord
mylar blanket or sleeping bag
leather gloves/winter gloves
rain poncho
sun hat, winter hat
1 change of clothing (socks, underwear,
t-shirt, sweats, tennis shoes)
bandana, sunglasses
chap stick, sunscreen, zinc oxide cream
insect repellent

Fire-starting Tools

spark: lighter, matches, flint & steel
tinder: cotton & Vaseline (“jelly donut”),
magnesium bar, steel wool
pocket knife, ax, saw

Water Equipment

canteen or water bottle with filter
water purification tablets
straw filter or hand-pump filter

Cooking Supplies

stove, fuel
pot, cup, utensils
(baby bottle, pacifier)
light-weight food supplies

First Aid Supplies

first aid cheatsheets
consecrated oil
essential prescription medications
N-95 masks, gloves
needle, safety pins, tweezers
towelettes, alcohol wipes
antibiotic ointment, burn cream
bandages, mole skin, duct tape
acetaminophen, ibuprofen, aspirin
Benadryl, Tums, cough drops
eye drops

Lighting Equipment

cyalume stick
candle
flashlight or headlamp, batteries

Communication

identification cards, health information
copies of birth certificates, contact information
compass, map
radio, batteries
whistle, pencil, paper
cash, coins

Sanitation Supplies

dish soap
dishcloth, scrungie, dishtowel
bags: garbage, Ziploc

Personal Hygiene Supplies

eye glasses or contact supplies
toilet paper (sealed in a bag), shovel
feminine sanitary supplies, make-up
mirror, razor, shaving cream
(diapers, wet wipes)
towel, washcloth
soap, shampoo, conditioner
deodorant, clippers
toothbrush, paste, floss
comb, hairbrush, rubber bands

Separate Supplies to Grab

water
tent, sleeping bag, and pad
coat, keys, wallet
scriptures

72-hour Food Ideas

1. Sample Three-day Menu (seal with a vacuum sealer or in a #10 can)

Day 1

Breakfast: 1 hot chocolate, 1 oatmeal packet, 1 granola bar

Lunch: 1 beef jerky, 1 trail mix

Dinner: 1 can soup (or cup-a-soup for longer storage), 2 crackers

Day 2

Breakfast: 1 hot chocolate, 1 oatmeal packet, 1 granola bar

Lunch: 1 beef jerky, 1 trail mix

Dinner: 1 cup-a-soup, 2 crackers

Day 3

Breakfast: 1 hot chocolate, 1 oatmeal packet, 1 granola bar

Lunch: 1 beef jerky, 1 trail mix

Dinner: 1 ramen noodle, 2 crackers

Misc.

3 fruit rollups

6 hard candies

2. Sample Three-day Menu for Hungrier People (seal with a vacuum sealer)

Day 1

Breakfast: 1 hot chocolate, 2 Pop Tarts, $\frac{3}{4}$ c. apple chips

Lunch: 3 jerky, cheese and crackers, 1 c. trail mix

Dinner: pasta package [+ $\frac{1}{4}$ c. dried vegetable (To cook, add $2\frac{1}{4}$ c. water.)], 2.6 oz. tuna pouch, 2 crackers

Day 2

Breakfast: 1 hot chocolate, hash browns, $\frac{3}{4}$ c. banana chips

[$1\frac{1}{2}$ c. hash browns + 1 tsp. Butter Buds + $\frac{1}{4}$ tsp. salt (To cook, add $1\frac{1}{2}$ c. water.)]

Lunch: 3 jerky, cheese and crackers, 1 c. trail mix

Dinner: Spanish rice package [+ $\frac{1}{4}$ c. dried vegetable (To cook, add $2\frac{1}{4}$ c. water.)], 8 oz. pork and beans, 2 crackers

Day 3

Breakfast: 1 hot chocolate, 2 oatmeal packets, $\frac{3}{4}$ c. raisins

Lunch: 3 jerky, cheese and crackers, 1 c. trail mix

Dinner: mashed potato package [+ $\frac{1}{4}$ c. dried vegetable (To cook, add $2\frac{1}{4}$ c. water.)], 4.5 oz. canned chicken, 2 crackers

Misc.

3 fruit rollups

6 hard candies

3. Seal contents using a vacuum sealer for longer storage.

a. Carefully chosen foods can be stored for approximately five years.

b. Vacuum sealer bags are heavy duty and help protect food.

72-Hour Kit Tips

1. Sources

Emergency kits work best when designed to meet personal needs and when the individual is familiar with the contents. Whether you purchase a commercial kit or assemble your own, take some time to practice using your kit.

2. Weight and storage

a. We can't know in advance the circumstances of the next emergency: we may be packing our kits into the car, into the backyard, or over a mountain on foot. I prefer to put "every needful thing" into my kit—within reason and with weight in mind—and then toss items should it become necessary to lighten the load.

b. Try to store kits as close to an exterior door as possible to (1) improve the chances of having access to the kits and (2) reduce the time it takes to get them outside.

c. Store water bottles outside the kits as they are prone to leaking.

3. Family needs

a. Each parent kit should be self-contained in case family members become separated in an emergency.

b. Young families can start with parent kits with the child-related supplies divided between them.

c. Children can gradually accumulate supplies for an individual kit as they grow.

d. Siblings can be paired together to share a kit, especially older ones with younger partners.

e. Parents should carry copies of their children's birth certificates for proof of relationship.

4. Packing tips

a. Keep a copy of the kit content list in a pocket of each kit. This makes it easy to (1) mark off the contents of each kit, (2) check what is missing when you want to shop (for birthdays, Christmas, etc), and (3) re-pack after a camping trip.

b. Keep a copy of the kit content list for each grown-up child that you want to help with purchasing.

c. Pack supplies by category as mini-kits in smaller bags or containers inside the larger pack for easy rotation of seasonal items and food. Choose supplies in each category to suit your budget and your pack's size and weight limits.

d. Ask each person to write his or her name on all equipment to avoid mix-ups.

5. Priorities

a. Experts prioritize survival needs as (1) protection from exposure (shelter, clothing, fire-starting), (2) water, and (3) food.

b. Redundancy is an important key to survival. Consider packing three ways to start a fire, purify water, and provide light.

c. Comfort measures are emotionally important. Good food, treats, and dry socks can be very comforting.

6. Food

- a. Remember to personalize the menu for babies, diabetics, and other special needs.
- b. When packaging meals, be sure to write on the bag the amount of water that needs to be added.
- c. Pasta and rice packages make approximately three cups of food. This is a good amount for a hungry adult, but may be too much for a child. You can divide the package in half, or you can plan for children to be partners and share the meal.
- d. If packing canned meat or beans, look for small cans that have pull-top lids. Tuna in a pouch works well, but the smell tends to linger.
- e. Avoid:
 - Peanuts and crackers with added oil because they go rancid.
 - Mint-flavored gum because it transfers mint flavor to everything.
- f. Other convenient food ideas
 - stuffing mix package, potato pearls, instant rice, cous cous, dried refried beans, bouillon cube, taco spice, gravy mix packet, cider packet, dried corn/carrots/beans/peas

Tidbits on individual items

- *Leather gloves with a furry lining can double as winter gloves in addition to general camping protection from fire and injury.
- *I buy packages of boys' and men's tube socks and t-shirts and try to give each person a size or two larger than his or her present size.
- *I let each person choose his or her own bandana color and pattern.
- *Backpacking stoves are very quick to boil water. However, they are only good as long as the fuel lasts. Fold-up stoves are handy because they work with any available wood when the canned fuel is gone.
- *Daily Chef Safe Heat canned chafing fuel with a wick is my favorite because it doesn't evaporate, it doesn't have an offensive odor, and it produces enough heat to boil water. One can will burn for six hours.
- *Currently available mess kits will hold less than two cups of food and are very difficult to use with dried food packages. I prefer a three-cup pot or an eight-inch cake pan, available at dollar stores. I use aluminum foil or a nine-inch pie plate as the lid.
- *Utensils are inexpensive at dollar stores and work as well as ones from sports stores.
- *Duct tape has many emergency uses and works very well in preventing and protecting blisters. Wrap it around a popsicle stick in order to carry a small amount.
- *Individually packaged pills are very expensive. Instead, I put pills in small, self-sealing plastic bags that are used for beads and jewelry and are available at craft stores. Be sure to label the bags!
- *Toilet paper has a tendency to roll away when you're out in the woods. I pull out the cardboard roll so that the paper can be pulled from the center.
- *If "every needful thing" includes a razor, tie a string to the handle. I've lost a couple of razors in the lake!

A Quick View of Emergency Evacuation

Advance Preparation

1. Choose a location outside your home for your family to gather and account for each member during an emergency.
2. Assemble a message jar with pencils and paper. Place it in a hiding place outside your home for family members to leave messages for each other in the event of an emergency that makes your house unsafe.
3. Choose a location outside your neighborhood for your family to gather away from home. Discuss routes from work and school to your family gathering spot.
4. Find out where children will be sent if they are in school when an evacuation is announced.
5. Make up a family code word to help children identify trusted adults.
6. Make sure to have an out-of-state contact person.
7. Assemble a notebook with your emergency plans and family contact information.
8. Keep your car filled with gas. Store an extra can of gas.

Immediate Evacuation

1. Gather:
 - 72-hour emergency kit
 - wallet and keys
2. Meet at pre-designated family meeting place.

Evacuation with Advance Notice

1. Warn family members and neighbors.
2. Gather:
 - 72-hour emergency kit
 - wallet and keys
 - camping equipment:
 - tent, sleeping bags, pads
 - food boxes (for two weeks)
 - cooking equipment
 - medicines
 - activities/comfort measures: coloring books, crayons, deck of cards, pillows, blankets
3. Pack clothes:
 - shoes or boots
 - underwear, socks, jeans, shirt
 - coat, hat, gloves
 - personal hygiene supplies
 - glasses
4. Gather important papers, photo albums, genealogy, and valuables.
5. Change clothes, if needed, and use the restroom.
6. Feed, release, or load up pets.
7. Close the blinds and drapes.
8. Lock the house and remaining vehicles.
9. Post a message telling others when you left and where you are going.
10. Listen to local radio or TV for location of emergency shelters or evacuation routes.

A Quick View of Flood Preparedness

Before

1. Learn the fastest escape routes to higher ground from home, work, and school.
2. Valuables
 - a. Keep valuables and copies of important papers in a safe-deposit box.
 - b. Move valuables up to the next floor.
3. Prepare inside your house.
 - a. Install check valves in sewer traps.
 - b. Plug basement plumbing drains.
 - c. Remove furnace motor control units.
 - d. Remove water heater control and burner.
 - e. Protect machinery with grease.
4. Prepare outside your house.
 - a. Attach extensions to down spouts to direct water.
 - b. Secure outdoor objects.
 - c. Board up windows, vents, and doors.
 - d. Open basement windows to equalize water pressure on foundations and walls.
 - e. Use polyethylene-covered planking on the outside of the foundation.
 - f. Sandbag away from house walls.
5. Prepare to evacuate.
 - a. Fill your car with gas.
 - b. Shut off the electricity, gas, and water main.
 - c. Evacuate or go to the top floor. Bring 72-hour kit with you.

During

1. Listen to local radio or TV for information.

A flood WATCH means flash flooding is possible in your area.
A flood WARNING means flooding is already occurring or will occur soon.
2. Stay away from natural streambeds. Beware of flash floods.
3. If driving, do not cross where water is above the car axles. Drive slowly and use low gear.
4. Watch for damaged roads, slides, and fallen wires.
5. If the car stalls, abandon it immediately and seek higher ground.
6. If walking, do not cross where water is above your knees.

After

1. Wear heavy shoes and gloves.
2. Do not step into water unless the electricity is turned off.
3. Check for downed utility lines, structural damage, and chemical spills.
4. Do not use an open flame in case of escaping gas.
5. Watch for snakes.
6. Do not eat or drink anything touched by floodwater.
7. Have wells tested for contamination.