

Clark County Washington ARES®



Your 72 Hour Kit

Presented by
Tim Kuhlman – KD7RUS

Purpose of this Presentation



- What is a 72 hour kit?
- What does it consist of?
- What you need to consider for your Kit?
- Resources

What is a 72 Hour Kit?



- We are not talking about your Radio To-Go Kit.
- A “72-Hour Kit” consists of the basic items you need to survive for 72 hours.
- According to FEMA, during a disaster it may take up to 72 hours for outside assistance to reach you.
- This is an estimate. For Hurricane Katrina victims, it took longer than this.

Planning – Who is this for?



- **For ARES – It's you the radio operator**
 - Consider your personal needs
 - The environment you may be operating in
 - Portability
- **Consider your family**
 - You can't leave to do ARES work if your family doesn't have survival supplies.
 - Don't forget your pets.
- **Potentially 1 Kit for you and another for the entire family.**

72 Hour Kit Components



- What do you need to survive for 3 days?
- Consider your physical and mental well being.
- The basics:
 - Water
 - Food
 - Warmth
 - Medications
 - First Aid
 - Light
 - Sanitation
 - Hygiene
 - Communications (In & Out)
 - Tools
 - Entertainment
 - Batteries

Selection Criteria



- **Transportable**
 - For your personal use: Contained in one container that is easy to carry and does not need assembly when it's time to go.
Think Grab & Go
 - Light weight
- **Long Term Storage**
 - Shelf Life of Products: Food, water, battery, meds. Target a 1 year shelf life.
- **Practical: Water resistant, Rodent Resistant. Easy to find.**
- **Maintainability: Organized, Include a Checklist**

Buy Versus Building Your Own



- **Consider a Combination of both.**
 - Option 1: Buy a 72hr kit and augment
 - Option 2: Buy a first aid kit and packaged food, assemble the rest.
 - Option 3: Assemble from scratch.
- **Keep the Selection Criteria in mind while you assemble your kit.**

Where to Start



- **72 Hour Kit – Resources**

- Get a Check List: Someone has already thought about this.

- CCARES Website:

- <http://www.ccareswa.org/resources/72hour.php>

- http://www.ehow.com/how_2315089_hour-kit.html?ref=fuel&utm_source=yahoo&utm_medium=ssp&utm_campaign=yssp_art


- <http://www.ready.gov/america/getakit/index.html>

- <http://www.nationalterroralert.com/72hourkit/>

- <http://www.pdxprepared.net/72hour.php>

FEMA Checklist

Recommended Items to Include in a Basic Emergency Supply Kit:

- 
- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
 - Food, at least a three-day supply of non-perishable food
 - Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
 - Flashlight and extra batteries
 - First aid kit
 - Whistle to signal for help
 - Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
 - Moist towelettes, garbage bags and plastic ties for personal sanitation
 - Wrench or pliers to turn off utilities
 - Can opener for food (if kit contains canned food)
 - Local maps
 - Cell phone and chargers

Through its *Ready Campaign*, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.


Ready
Prepare. Plan. Stay Informed.



U.S. Department of Homeland Security
Washington, DC 20528

Ready to Buy Kits

- Red Cross:
<http://www.redcrossstore.org/>
- \$44.95



Ready to Buy Kits



- Red Cross:
<http://www.redcrossstore.org/>
- \$69.95



Ready to Buy Kits



- <http://www.ultimate72hourkits.com/>
- <http://www.safetykitstore.com/>

Food



- Ready-to-eat canned meats, fruits and vegetables, soups, powdered or canned milk.
- Stress foods - sugar cookies, or candy.
- Staples - sugar, salt, pepper. Juices, smoked or dried meats such as jerky.
- Vitamins, and high energy foods, such as peanut butter, nuts, trail mix, etc.
- Consider the shelf life of the food you select. 6 months to 1 year should be the target. 1 year is preferable.

Food



- MRE's – Meals Ready to Eat
- www.TheReadyStore.com



Water



- 1 Gallon per person, per day
- Stored in Mylar containers, or in durable plastic containers-- never old milk jugs).
- Once you properly clean containers, fill them with potable, or safe, drinking water. All public water supplies are already treated and should be free of harmful bacteria. However, as an additional precaution, it is recommended that you add 5-7 drops, about 1/8 teaspoon, of chlorine bleach per gallon of water stored. This precaution protects you against any lingering organisms in storage containers that may have been inadvertently missed during the cleaning process. – Source: www.ready.gov
- There is no such thing as instant water.

Components



- **Warmth**
 - Space Blanket
 - Hand Warmers
- **Medications and First Aid.**
 - Get a First Aid Kit and Augment
 - Consider your own Pharmaceuticals. You know best.
- **Sanitation & Hygiene**
 - Disinfectant, Soap, Wipes, Tissues, Toothbrush.

Components



- **Light** : Flashlight or lantern, light sticks
- **Tools**: Knife, Tape, twine or rope, Maps, Contact List
- **Batteries**
- **Communications**
 - Ham Radio? Maybe, but not your primary radio. Consider a radio that uses disposable batteries not stored in the radio.
 - FRS: 1 or 2
 - FM & AM Broadcast Receiver.

Resources



- 72 Hour Kit – Resources
 - CCARES Website:
<http://www.ccareswa.org/resources/72hour.php>
 - http://www.ehow.com/how_2315089_hour-kit.html?ref=fuel&utm_source=yahoo&utm_medium=ssp&utm_campaign=yssp_art
 - <http://www.ready.gov/america/getakit/index.html>
 - <http://www.nationalterroralert.com/72hourkit/>
 - <http://www.pdxprepared.net/72hour.php>
- <http://www.ultimate72hourkits.com/>
- <http://www.safetykitstore.com/>
- www.theReadyStore.Com