

72 Hour Kits...What Do You Really Need

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Have you ever wondered what you really need in a 72 hour kit. I sure have. Over the years I have put together lots of them, some were good and some bad, some small and others that included everything but the kitchen sink! But none of them ever seemed just right. I spent the past few months researching everything from the Pinterest versions to the end of the world Survivalist versions and this is what I learned.

72 hour kits are geared to help you survive for 3 days after something BIG has happened: earthquake, flooding, hurricane, tornado, EMP, etc. In other words, a disaster where the power is out, your house is likely unsafe (or you would be staying there) or you are at work and need to get home and you are on the move taking your kit with you, hopefully in a car, in worst case scenarios on foot. Maybe you only have to travel a mile or two to get somewhere safe or maybe you have to travel a long distance, either way the hope is your kit can carry you through until you arrive safely. These kinds of **Survival bags** usually contain the barebones of survival, keeping them somewhat small and lightweight and relying heavily on the skills of the person carrying them. Their contents include items for: first aid, fire starting, simple tools and shelter, food and food procurement, water and filtering, light, personal items and safety. (see **72 Hour Kit: Survival Bag** list below for more details)

I think I have a handle on these kinds of survival kits, but what about other kinds of disasters where people have to evacuate to a family or friends house, a hotel or an evacuation center or are just suddenly stuck somewhere? Recently we have seen some pretty good sized natural disasters here in the USA. They include the wildfires on the west coast and the flooding in Louisiana where 10,000's or even 100,000's had to flee their homes not knowing if there would be anything left when they came home. Would these kind of survival kits help them?

Then there are smaller "mini disasters" where people get stuck away from home for hours or days at a time without notice and with no supplies. This includes things like: a flash flood on the Freeway trapping people in their cars overnight; getting stuck on roadways in your car for up to 24 hours during fires, snowstorms or bad accidents; a family member, especially a young child, becoming suddenly, seriously ill and spending days with them in a hospital; or even your car breaking down, far from home. Now imagine these happen when you have several small children with you. Things can quickly get complicated when adults and children are confused, antsy and scared.

These kinds of "disasters" are much more likely to happen to us, probably more than once in our lifetime? In these kinds of instances, a traditional **Survival bag** isn't going to help you much. The water and the survival food may come in handy, but you probably don't need to start any fires, hunt for any squirrels or whistle for help. You would need very different kinds of supplies.

I finally realized that what we REALLY need on a day to day basis, is so simple and so useful. We need a bag that we can grab on our way out, or even keep in the car, that would help us if we have to spend a few extra hours or days away from home. This "**Go Bag**" is essentially an overnight bag that contains some clothes, toiletries, things to keep busy, personal items and some food and water, kind of like a big people diaper bag, except in a more grown-up bag. (see photo) Think about it. Diaper bags contain everything a baby needs while away from home: food, drink, snacks, a change or two of clothes, bibs, first aid (diaper rash ointment, teething medicine), diapers and wipes, blanket and favorite toys. If we had **Go Bags** in our car, with these kind of staples, we would look and feel better no matter what detour life takes us on. You still should have a **Survival Bag**, to cover all your bases, but a **Go bag** will get lots of use over the years. It is for use now; not for when the world ends. Start today, these are easy to put together and will save your sanity and perhaps even your life someday. (See **Go Bag** List for details)