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Be Ready with Vehicle 72 Hour Kits

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Words such as "extreme misfortune, ruin, and tragedy" are often used in conjunction with the word "disaster." It is a fearful word that often catches a person off guard and unprepared when they are in the middle of it. But the word "*evacuate*" conjures up thoughts of mass chaos, confusion, crowded highway systems and fear. This word is usually linked with natural disasters such as hurricanes, flooding and fires. If a disastrous scenario occurs, having a kit for your vehicle, as well as having a 72 hour kit for each person in your family will ensure that all basic needs are met.

So what happens if you are in your car when a mandatory evacuation comes to order? Would you be prepared to leave with only the items in your car?

What Is a 72 Hour Kit?

[A 72 hour kit](#) ^[1] is essentially filled with items that will meet your basic survival needs (food, water, safety, shelter) for at least 3 days time. The items placed in the kits should be light weight and functional so that, if need be, carrying the kit will not be a strain due to unnecessary items. Initially, the most important part of preparing for an event is to have a well thought out a [plan](#) ^[2]. This plan should be in place before you evacuate.

To prepare a 72 hour kit for your vehicle, use a plastic container and fill it with:

- 3 Day Supply of Food
- Water – 3 Day Supply
- Water Purification Tablets
- Blankets
- Emergency Shelter
- Flashlight or a Light Source
- Extra Batteries
- Rain Poncho
- Work Gloves
- Knife or Multi Purpose Tool
- Chains For Tires
- Small Shovel or Collapsible Shovel
- Rope
- Air Compressor (to air tires)
- Fix-a-Flat
- Extra Tire
- Waterproof Matches
- Signaling Device such as a Flare, Mirror, Whistle or Light Stick
- Extra Clothes compatible to the season you are in.
- Hand and Foot Warmers (optional but very effective if you need to be in the cold weather for a long period of time)
- 2 Extra Pairs of Socks
- Extra Jacket for Layering
- Toiletries (Toilet Paper, Soap, etc.)
- First Aid Kit
- Survival Book to Look to for Survival Information
- Maps and navigation devices (compass, GPS device, etc)

- 5-10 gallons of extra gasoline

Having a 72 hour kit for your vehicle is a way to curb the feelings associated with being unprepared for disasters. If packed properly, a 72 hour kit will give you everything you need to keep you alive for 3 days. Having one of these for your car can be used in the case of an emergency evacuation, or if your car stalls in a remote location where there is no way to signal to get help. Adding a few items to the trunk for one of these unforeseen disasters or events will not only help you prepare, but also keep you safe and focused on finding a solution in the case that you find yourself in one of these situations.

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URLs in this post:

[1] A 72 hour kit: http://readynutrition.com/resources/are-you-ready-series-72-hour-kits-part-5_04122009/

[2] *plan*: http://readynutrition.com/resources/disaster-its-not-a-case-of-if-but-when_02102009/

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