

20/20 A Year of Preparation

Monthly Tip #1

- Twice a year, take out your 72 Hour Kits and check the contents. Are the batteries still working in the flashlights? Rotate food items, and occasionally your stored water.
- While you're at it - check your regular food storage for the same thing!

MARCH TO DO #1

- Make General Conference the time that you do the checks for Monthly Tips 1 & 2.

Monthly Tip #2

- Twice a year, check all the fire extinguishers, first aid kit supplies, flashlight batteries, and smoke/CO2 detectors to make sure they still work.

MARCH TO DO #2 - Home Evacuation Plan

- To help put together a Home Evacuation Plan, look at the attachment in the email.
- The attachment is a grid sheet that you can use to diagram your home and mark evacuation routes. Or, just use a regular sheet of graph paper.

Home 72 Hour Kits / Home Storage.

“Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle” (Thomas S. Monson, quoting Marion G. Romney [in Welfare Services Meeting Report, Oct. 2, 1976, 13]).

HOME 72 HOUR KITS

Bedding & Clothing

The next items to put into your Home 72 Hour Kits are bedding & changes of clothing appropriate for the season, including:

- extra undergarments and socks,
- raincoat/poncho,
- jacket,
- spare shoes,

- sleeping bag,
- blanket and/or emergency heat blanket.

We recommend having a regular blanket and an emergency blanket (Canadian Tire or Walmart). Beware, they are waterproof and do not breathe, which can cause your body moisture to stay on you and then freeze on you.

“Wrap up, warm up, then open enough to breath (let moisture out). Repeat.”

HOME STORAGE

Pasta & Sauces

Look at various types of pastas and sauces that your family likes to eat.

It can be any type - from Kraft Dinner in a box, to bow-tie noodles and a white sauce, to pasta putanesca with a pizza sauce, to ravioli in a can.

There are no wrong types to have in your food storage - as long as you can store it for at least a few months and you/your family eat it. Just make sure to rotate it at appropriate intervals so it stays fresh.

NOTE: Mark the date on the food items with a marker when you put them into your food storage or 72 Hour kits.

This will help you to know when to rotate them.

Cool Items - Water Filtration Follow Up

At our Ward Preparedness Fair on Feb. 22nd, Bro. Eastman showed us how to use 2 water bladders, hooked together with the Sawyer Mini Filtration unit in between, to quickly purify water. Here is a video he

made explaining how to do this:

<https://youtu.be/5lg1WYKeNdo>

You can find the water bladders online (Valhalla Pure Outfitters, Amazon).

If you'd like to purchase a pre-made filtration unit, there is one available on Amazon as well (Platypus GravityWorks High-Capacity Water Filter System).

