Check & Update Your 72 Hour Kit (Or put a 72 hour kit together if you don't have one!)

Categories : General Prepping

Firstly let me explain the difference between a 72 hour kit and a bug-out-bag.

A 72 hour kit is designed to provide for your needs for three days. FEMA recommend that all US citizens have a 72 hour kit packed and ready to use in the event of an emergency. These kits are largely designed to enable you to survive at home without power, water and access to additional supplies. A bug-out-bag is more of a long-term survival option. Most bug-out-bags are designed to enable you to survive (either at home or in the wild) for an initial 72 hours, but also provide the tools
and gear to enable longer-term survival.

Today I am focusing on 72 hour kit (but this is also good advice for bug-out-bags). I believe everyone should have a 72 hour kit. It makes total sense, even if you don't consider yourself a prepper. Now I am sure lots of you have kit like this stored ready for an emergency, but when did you put the kit together and when was the last time you checked it?

Foods spoil, batteries discharge, children grow, medical needs change. These are just some of the reasons that you should review your 72 hour kit every six months or so. I am going to link to an excellent article from the Moes family about updating and renewing their 72 hour kit. One of the examples they give is that when they checked their kit the diapers no longer fitted their young daughter and they only had baby food and formula packed for her, which she had now outgrown...

I really recommend you read the article below about the Moes' family 72 hour kit. When you have jobs and kids, it can be difficult to keep on top of stuff like checking your 72 hour kit, but I hope that after reading this and their article below, it will motivate you to check (or pack a kit if you don't already have one!) your kit more regularly.

All the advice here also holds true for bug-out-bags. You need to review your kit regularly and update it where necessary. Needs and circumstances change, and so should your kit.

**The Moes Family & Their 72 Hour Kit**

(Photo form: The Moes Family)