



72 hour Emergency RediPack for 2 adults

Container

1 X sturdy backpack ~ \$15. Remember these need to be reasonably sturdy but don't go to great expense as they are not items that will receive continued use day after day. Coles Etc has had good ones for around \$9.

Food -

Mainstay Lifeboat Rations – 2 X 3600 calorie packs

Per person - 3 biscuits a day ,each biscuit 400cals =1200 calories. Non-thirst provoking. 5 year shelf life.

Cheapest price in Australia so far are Mainstay @\$20 per 3600 calorie, these are the most expensive part of the kit <http://www.survivalstorehouse.com>

What you personally add as food items is up to you but remember, lightness, self contained, no cooking required, and no additional water required (that includes non-thirst provoking, avoid saltiness)

Water – THE most essential Item

3 X collapsible 2 litre water bags, or 4 litre and 2 or any combination you happen to get the bladders. – wine cask style, reusable.

1 litre per person per day is acceptable standard for emergency survival. Obviously 1 litre a day would be for drinking purposes only.

These bladders are seen within wine casks and sometimes water casks. The lids always come off if you squeeze them slightly elliptical and use firm pressure. The lids go back on and usually give a splendid seal and are very robust. Even washed out cool drink containers may fit the bill, but keep out of warmth and light.

Remember there is nothing wrong with storing 20 litres of water in the house somewhere if you have to survive at home. The International accepted standard is 4 litres per day per person for drinking and other needs. This obviously would not be easily transported on your back if several family members had to evacuate.

Communications

1 X Dynamo torch radio – AM/FM able to charge mobile phone ~ \$15-20

Best place is Ebay although you may find more expensive versions that are not necessarily better at Bunnings and Dick Smith type stores.

First Aid

1 X Very basic First Aid kit ~ \$10 + or simply make up your own.– Your local army surplus or camping stores usually carries a range of these to suit your budget (you don't have to be too elaborate or extensive, triangular bandage, bandaids, sterile solution, antiseptic etc) – **remember your personal medication**



Personal Hygiene

- 1 X small container alcohol hand wash sanitiser \$3 – Coles/ Woolies
- 2 X 15 pack wet wipes \$2 - Coles/ Woolies
- 2 X small pack tissues \$2 - Coles/ Woolies

Survival Gear

- 2 X Space Blankets/Bags –Bags are better than blankets @\$10 each . Have found some very suitable ones at <http://www.survivalstorehouse.com>. Your local Army Surplus stores have these for around @\$8
- 2 X pairs leather gloves – (also for hand warming) \$3 –Your local hardware store Bunnings type place.
- 1 X Multi-tool credit card type ~ \$5 Great lightweight little tool - <http://www.survivalstorehouse.com> or a multifunction pocket knife of your choice
- 1 X 10 metres of cord/rope ~\$5 – Anywhere or whatever you have around. Try for best strength per weight bulkiness factor. Pull start cord is excellent but a little dearer.
- 2 X emergency ponchos, any camping store, army surplus, King Kongs, around \$3 each

Handy Items

- 1 X pack of playing cards ~ 50c – Your local \$2 buck shop type place will have these available cheap
- 1 X notebook and pencil ~ \$1 – Or what ever you have around the house

Personal items and ID to be added:

Personal ID and Information on jump drive or hard copies in water tight bag. Jump drives have become unbelievably cheap. 4GB can now cost as little as \$7. For those tech minded people you will be able to install lots of photo memorabilia on this storage size.

Medications that are required by you or your family. Think carefully about this.

Cash money

Note:

You may have some of these items in amongst your camping gear that will do, but out in the shed in a box hidden away somewhere is not the place to keep it for emergency use.

REMEMBER:

This is YOUR emergency kit and you may have special requirements. However, keep it simple, light and up to date. An annual check-up of your kit and replacement of water should be all it takes to ensure you are Ready to Roll U-4-72.

