

# the PREPAREDNESS *minute*

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*Pres. Hinckley*

*"We can begin ever so modestly. We can begin with one week's food supply and gradually build it to a month and then to three months. As all of you recognize, this counsel is not new. But I fear that so many feel that a long-term food supply is so far beyond their reach that they make no effort at all. Begin in a small way, my brethren, and gradually build toward a reasonable objective."*



## ✧ 72 hour kits ✧

*The Lord has said, "If ye are prepared ye shall not fear" D&C 38:30*

### FROM YOUR COORDINATORS

Clark & Linda Winegar

Brothers and Sisters as we start this New Year and think of goals and resolutions, we hope that one goal on every member's list is to be more prepared for physical and spiritual emergencies that may befall us.



For over 60 years we have been counseled to be prepared for a time of need or emergency. A good place to start is with a 72-hour kit. It generally takes

disaster relief agencies 3-4 days to move in and set up before offering assistance, so a 72-hour kit is a good minimum to start from and build toward the 3-month and then year supply the church encourages us to have. On the back of this newsletter

we've included a checklist for a basic 72-hour kit. We hope this helps you compile your kits or improve what you already have.

### THE Activity Idea!

Practice what you would do in an emergency, where you could leave in the car.

- Grab what you need and meet in the car in 2 minutes.

- See what everyone collected.
- Write down any ideas you'd have for other things the family may need or want to add to the kits.
- Make it fun, go out for Ice-Cream.
- Repeat every 6 months.

**Do you have kits?** Get them ready!

This idea is based on a True Story by Meghan Decker, "Ready to Go!"

Friend, Jul 2007, 8-11 or on LDS.org

