

Emergency Prep Newsletter - Draper Utah Suncrest Stake

January 2023

January: 72 Hour Emergency Kit

“When the time for decision arrives, the time for preparation is past.”

THOMAS S. MONSON

It's time to update our 72 Hour kits! Here are 12 simple items to include:

1. Bedding - fleece, sleeping bag, or emergency reflective blanket (useful for warmth/augmenting shelter)
2. Shelter - Tent/Tarp (consider weight and space)
3. Clothing - look for light and thin clothing that still provides the insulation you need for your climate. Roll them up so they pack more easily. Keep closed toed shoes by your bed so you can get out in a hurry if needed.
4. Hygiene – toilet paper, glasses/contacts, toothbrush and toothpaste, hand sanitizer, etc.
5. Activities - Boredom is brutal. Notepad and pen, playing cards, something to read, small toys, etc.
6. Food & Water - Water is heavy, consider pouches and water filters. Pick calorie-dense foods that keep well, are compact, and you would actually eat.
7. Food prep items - mess kit, tools to eat and drink and cleanup
8. Emergency items - radio, flashlight, batteries, emergency whistle, gloves, first aid kit, trash bags
9. Important Papers - detailed area map, medical prescription, emergency contact lists, family photo
10. Money - cash in small bills, avoid heavy coins, in a waterproof container
11. Containers - backpacks, luggage, wagons, and water-tight containers are all important items to consider when moving your 72-hour kit around
12. Other things for your circumstances - prescriptions, spare fuel tank for your vehicle, portable toilet, etc.

Here are some helpful links to help you get started or update your 72 Hour Kits:

[72 Hour Kit Checklist](#)

[72 Hour Kit Guide and Information](#)

[General Emergency Kits](#)

Helpful Websites - Emergency Prep

www.ready.gov

www.redcross.org (American Red Cross)

www.fema.gov (Federal Emergency Management Agency)

www.dem.utah.gov (Utah Division of Emergency Management)

www.emergency.cdc.gov (Center of Disease Control and Prevention)



Stake Emergency Prep Calendar

Monthly Focus

Feb 2023 – **Wildfire Prep**

Mar 2023 – **Communications**

Apr 2023 – **Block Captains**

Apr 20th – Utah Great Shake Out Drill

May 2023 – **Get Trained**

June 2023 – **Food Storage I**

July 2023 – **Earthquake Prep**

August 2023 – **Water Storage**

Sept 2023 – **Food Storage II**

Oct 2023 – **During the Disaster**

Nov 2022 – **Sanitation**

Dec 2022 – **Family Emergency Plan**

Stake Presidency Message

Our Stake is moving forward in being more prepared for natural disasters – focusing on the communications with our members and community. We urge you to prepare your family and neighbors to have a communication plan.

Stake Emergency Preparedness Committee

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