

- Enrique Morales, Ambassador; Macy 4-H Club

Being ready to last 72 hours without access to running water or a food source is the perfect place to start getting ready for a natural disaster. This month, I will focus on preparing an emergency survival kit.

Packing an emergency kit can be as easy as buying something ready-made or visiting your local grocery store for some simple supplies. Taking into consideration the area you live in; you should be prepared for your potential local natural disasters. For example, here in California, earthquakes are our primary threat. Survival kits should include: Water, Food, Battery Powered Radio for news updates, Flashlight, First Aid, a Whistle to signal for help, Dust Masks, and manual can openers for food. Other supplies such as tool sets and extra batteries can also be included. If you spend a substantial amount of time in your car, consider keeping a survival kit in your trunk. Disasters can strike at any time.