

## How do I make my 72 hour kit last more than 72 hours?

### Water

Most important – you will need more water. Here are a few portable and long term water solutions. It is recommended that you have 4 L of water per person per day (2L for drinking; 2L hygiene and cooking)



#### Blue Can Water

- 50 year shelf life
- 355 ml cans - sold in cases of 24
- 1 case = 8.5L - enough drinking water for one person for 4 days
- Purified, sterilized and disinfected to remove any chemicals or particles in a 12-step multi-stage sterilization process. Stays 100% pure and fresh for decades in epoxy-lined cans



#### LifeStraw Mission - 5L and 12L

- Filters up to 18,000 L of water = 3 years of water for a family of four (4L of water a day per person for all drinking, cooking and hygiene needs)
- Filters out 99.9999% of viruses, bacteria and protozoa (parasites)
- Filtration rate: 9-12 litres/hour



#### 275 & 135 Gallon Super Tanker *\*only available in white*

- Fantastic long term water solution for large amounts of water
- Water has a 5 year shelf life with addition of aerobic
- FDA and HPB approved food grade polyethylene
- Slim design to fit through standard sized doorways in your home



#### Aerobic Oxygen

- For long term water storage in food grade containers
- Natural water preserver
- Keeps water potable for up to 5 years
- 2oz and 8 oz bottles available
- 1 teaspoon treats 20 L

# Food

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Your kit probably contains some type of emergency food bar. These help you survive the first few days of an emergency; but if you are preparing for one or more weeks, then having more nutritious and high quality calories available will be important. Make it easy with freeze dry food that has a 25 year shelf life!



## 72 Hour Food Water & Stove Kit

- Grab with your 72 hour Grab & Go it and you're good to go!
- 2 and 4 person kits contain 3 days of Legacy Food (25 year shelf life), stove, water container and purification tablets, and Millennium bars (5 year shelf life)



## Freeze Dried Food

- Extend your food by adding freeze dried food to your kits
- 25 year shelf life
- GMO free, certified gluten free and vegetarian options available
- Great for camping, hiking, boating too.



## Freeze Dried Fruit and Vegetables

- Up to 25 year shelf life
- Fresh fruit and vegetables that have been freeze dried/
- Simply add water to reconstitute
- Retains more nutritional content than canning or freezing



## Freeze Dried Meat

- Adds protein and quality calories to your kit
- Reconstitute with cold or hot water
- 25 year shelf life

## Heat & Cooking

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Having a means to cook food and boil water will be essential. These non-combustible, easy to store, portable options are perfect for extending your 72 hour kit.



### Stove in a Can

- Compact and easy to throw in your kit
- Comes with 4 hours of fuel and boils water in just 5 minutes
- Refill fuel cell packs available
- Uses non-explosive, 100% waterproof fuel source that is safe and durable.



### Volcano 3 Collapsible Grill / Stove

- Cooks with Charcoal, Propane or Wood
- Collapses down to 5" high and stores easily in its carrying case
- Designed to be portable, adjustable, and an efficient cooker and self-contained fire pit



### Instafire

- Ideal substitution for wood and other fuel sources
- Burns "green" -- no harmful chemicals or vapors; safe for food
- Lights and burns in wind, rain, sleet, and snow
- Non-combustible -- no risk for unexpected fires or flare-ups
- 30-year shelf life

## Light & Communication

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Staying connected to the world will be important. Reliable solar products that charge cell phones, provide radio connections and provide light are essential.



### Hybrid Solar Flashlight/Charger

- Multi-functional flashlight that also charges cell phones
- Waterproof and floats
- Extremely durable and recharges with any light source (even another flashlight)
- Will retain 90% of its original power for 7 years when stored fully charged



### Hybrid Solar Camping Lantern

- Provides 400 lumens of light and charges cell phones
- Runs up to 100 hours on a full charge
- Recharges with any light source (even another flashlight)
- Will retain 90% of its original power for 7 years when stored fully charged



### FRX 3 Weather Alert Flashlight Radio

- Multi-function unit - radio, 7 NOAA weather channels, cell charger, LED flashlight, red flashing beacon, glow in the dark indicator
- Charges in 4 ways - via solar panel, hand crank, built-in rechargeable battery, or traditional batteries
- NOAA weather channels - press ALERT button, audio goes off, but the radio stays on, monitoring for alerts. When one comes in, it will automatically turn the radio on and you'll hear the alert

## Sanitation

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You will need a place to go when the need arises. Managing and disposing of waste properly throughout an emergency situation is also an important health factor.



### Complete Toilet Set

- Bucket and toilet seat/lid comes with all the necessary components to properly dispose of your waste: Blue Gel to absorb liquid and reduce odours, Biodegradable Liners (10 pack), Biohazard Bag (to collect liners until you can safely dispose of them), Nitrile Gloves, Hand Sanitizer, Toilet Paper
- Add a privacy tent for...privacy!