

## **\$5.00 EMERGENCY KIT-MAKE IT NOW & PUT IT IN THE CAR!**

**I am going to tell you how to make an individual cold weather emergency kit that will in most situations keep you warm until you can be rescued. It is simple, small in size, and costs less than \$5.00, and you should be able to find many of the items around the house.**

1. Five or six quart size Baggies. This is one of the best items you can have in a snowstorm. You put one on the outside of each sock, one on each hand, and one over your head. Be sure to pinch out nose and mouth holes for the one over your head - but not eyeholes. If you have gloves put the baggies under the gloves, if a cap put it under the cap, and if you happen to have two pairs of socks put the Baggie between the two layers of socks, I have spent hours in the snow with tennis shoes over two pairs of socks and a Baggie and my feet were toasty and warm. The body heat is trapped in and the wet is kept out. If you are skeptical try it at home on a cold snowy day.
2. An extra pair of socks. After twelve hours replace the inner sock. Polypropylene seems to be best.
3. One space blanket. The secret of course is not to lose body heat. One of our space rescue blankets will keep body heat loss to a minimum.
4. Four pink lady candles or eight fuel tablets. Light and heat here - almost as much a psychological help as anything else. These will also last after the batteries in the flashlight and the car go.
5. A box of waterproof matches. Weighs less than an ounce for 50 of them and they are worth their weight in refined uranium.
6. Five ounces of hard candy. This is a minimum and will keep you alive for one to two days and will be good through heat and cold.
7. A large 40-gallon trash bag. You put all of the items in the bag and fold into a neat bundle. In an emergency the bag is used as a  $\frac{3}{4}$  body vapor shield poncho. You cut or tear a hole in the closed end for your head and two in the sides for your arms. If it is just cold, it should be worn between your shirt and coat and on the inside of pants. If it is wet or snowing, put over all your clothing as a poncho.
8. Now go out and put the kit in your car, truck or off road vehicle. Transfer to pocket or pack when you go out hunting, hiking or skiing. You will probably never need it, but if you do you will probably find it will at least save your peace of mind and maybe even your toes or your life.

You can of course add to the kit if you want to. Add aspirin, knife, etc. However, this small kit will get you through 95% of the problems that happen during a 24 to 48 hour storm and if you make the kit too complicated or too heavy you will not put one everywhere you should.

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