

## The Redrock Readiness Newsletter

Episode 3: Water in your vessel

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“But the wise took oil in their vessels with their lamps.”

--Matthew 25:4, the Parable of the 10 Virgins

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Water has been called the elixir of life, and for very good reason: 95% of your body is made of it—and it doesn't take much for you to start feeling its absence! **Even mild dehydration will cause your body's function to suffer.** Severe muscle cramps can cripple you physically, preventing you from achieving simple tasks—but your mental faculties will also suffer, reducing your ability to comprehend and even solve mild problems. That's why **water is a vital, essential, UN-LEAVE-OUT-ABLE part of your car kit!**

Since this is a 72-hour EMERGENCY kit, forget about packing water for hygiene for (Beau: Baby wipes will work for that). **Your kit water will be used only for drinking.**

The easiest, quickest and simplest solution is **a case of water from one of the box stores.** 24 bottles = a little over 2 gallons of sweet H<sub>2</sub>O. You'll need **one case per individual for 72 hours.** For example, 3 people = 3 cases of water.  
(Beau: If you go this route, do yourself a favor and **switch out the case every year or so.**)

The other way you can go is to have **a plastic Naglene bottle or Camelbak hydration bladder with an inline filter** to get rid of any microscopic crawlies that might give you the creeping awfuls. See, unless you're up in the high timberland and above the tree line, **never assume your potential water supply is safe or potable to drink.** Just a few sips of unsafe water can reward you with a crippling case of **energy-sapping diarrhea**, leaving you unable to continue your quest.

Danielle: Here's how I figure it--in our triple-degree summers, it'd be wise to sacrifice trunk space for your case of water. If you break down in the middle of the city, the water will make the wait safer and more comfortable, sure—but if you break down in the middle of nowhere, that case could save your life!

If you decide to go with a filter, Beau recommends any of the **Katadyn series of small filters.** Another awesome choice is the **Camelbak's "Groove" series of bottles that have their own inclusive filters.** While there are other filters out there, a lot of them don't perform as well.

So in summary:

**WATER. GET SOME.**



**Next week: Survival Snacking!**



My furry little paws that are pretty tough, but by the way I have seen some of you humans hopping around and screaming when you grab a hot pan, yours aren't. Maybe you should look at getting a good pair of gloves! My human likes the Mechanix series he gets at the hardware store—he says they are super useful if you ever have to change a tire or do other dirty work. (That's what you get for not grooming yourself with your tongue!). They'll cost you about ten human monies—but that's still enough to buy an extra can of tuna for yours truly! See you next week!