

## The Redrock Readiness Newsletter

Episode 1: Pernicious Packs

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“The Lord’s way is not to sit at the side of the stream and wait for the water to pass before we cross. It is to come together, roll up our sleeves, go to work, and build a bridge or a boat to cross the waters of our challenges.”

--Dieter F. Uchtdorf, *Providing in the Lord’s Way*

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One of the first things you’ll need to decide about your 72-hour car kit is how you’ll carry it. Now, the purpose of your kit isn’t to hike with it for miles—you just need something readily available in the trunk of your car at a moment’s notice. We recommend a sturdy backpack. School backpacks tend to be made of inferior nylon that’s too thin for the weight of the things you’ll be holding in your pack. Even though the pack will spend most of its time sitting in your car, why not get one that can go the distance if and when you need it to? That said, if you’re looking at any of the expensive mountaineering/climber packs (\$200 - \$500), that’s waaaaaaayyyy overkill for the purpose of this kit!

We recommend a pack with a carrying capacity between 30 – 45 liters. Less space than this means you won’t have enough room for everything you might need, while more than that means you’ll be tempted to pack everything, giving you a beast of a pack that would make a llama faint. It won’t look like a lot of room, but the pack only needs to carry your needed essentials (key word: **essentials!**) for a short distance.

*\*Beau says:* In my own personal experience (which was recently reinforced by building Danielle’s kit) the size of your bag shouldn’t be more (or be able to hold) more than about ¼ to 1/3 of your overall body weight. This will keep you safe from injury should you need to carry the kit around.

Look for multiple pockets and compartments, reinforced yet comfortable pack shoulder straps, and consider getting a model with a waist belt—it can really help with load weight and balance.

*\*Danielle says:* Ladies! Women’s backpacks are not just a gimmick! Good ones will have extra padding and specially-shaped shoulder straps so you can carry the pack without squishing your bosoms. I recommend trying a few on—just note that S, M, and L refer to torso size, not overall height. Google “fitting pack for torso” for more tips on this.

We strongly recommend getting a backpack that'll work with a hydration bladder. Hydration bladders are like water bottles with long tube-like straws, and compartments for them are built right into some backpacks. Hikers love 'em because they let 'em sip water on the trail without digging around in their packs for bottles. Camelbak is a tried and true hydration bladder company that makes their own backpacks: you can find 'em at REI and Sport Chalet.

\*Beau says: I consider hydration bladder compatibility essential! Keep in mind that 1 gallon of water weighs around 8 pounds. Ounces = Pounds, Pounds = Pain!

Don't worry about getting a fancy Gore-Tex pack. But if you get the opportunity to get a pack made in the good ol' US of A, grab it. It may cost a bit more, but the craftsmanship will be reliable. And, as one of Beau's Ranger instructors once asked, "How much is your life worth?"

Speaking of keeping your pack in your car, if you don't have tinted windows (or if you're just headquartered someplace sketchy), you can wrap your pack in a black garbage bag and label it "Clothing to Donate." Bonus! The black garbage bag can also be used for sanitary purposes should it come to that.

**Join us next week to learn about SHELTER, priority numero uno!**



O hai everyone! Being a cat, I can see in the dark just fine, but judging by the way you humans trip around on late night trips to the bathroom, you need help. Better pick up a couple tiny flashlights—one to keep by your nightstand, and one to keep in your car! This way if the power goes out, you won't bark your shins on everything. It also helps if you gotta fix your car or get into your pack at night.

Beau says LED lights powered by regular AA or AAA batteries are best, and that you should aim for at least 40 Lumens.

Target's a good place to grab em. They're only about \$10-20 bucks, which means you'll have extra money to pick me up some tuna! See you next week!