PREPAREDNESS: WATER

The most important part of a preparedness plan – and the one that is often the most overlooked – is water.

Fact: The average person will die without water in 3 days.

While an individual could live as long as 30 to 60 days without any food as long as the proper water intake is present, survival is impossible without water daily. The average man should intake 8 glasses daily while the average woman should intake at least 6 glasses daily.

Keep in mind that whether you have city water or a well, chances are that you will be without water if there is a power outage. In the event of an EMP attack, civil unrest, weather catastrophe, or a similar emergency, it could be weeks or longer before power is restored. How would you provide water for your family?

Every family should have these water resources:

- Bottled water for each person to last minimum of one week
- Longer-term water plan (lake, pond, river, pool, relocation)
- Water filtering equipment (not something on the faucet)

No matter what your longer-term water plan, you should have some way to safely filter out bacteria, pollutants, and, in the case of pool water, chemicals in order to make it safe for your family. The last thing you need in an emergency is another emergency. Types of filter devices could include portable filters for use on the go or high volume “gravity” filtration systems for the whole family (these look similar to an upright coffee urn).

Recommended water filter resources:

- BerkeyFilters.com
- KatadynGroup.com

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