

Utah Prepare Conference and Expo Recap



Were you able to attend the Utah Prepare Conference and Expo last weekend? It was a full Saturday of learning everything about being prepared. While I am a strong supporter of being prepared for a disaster, I also really appreciated that fact that they also had preparedness tips and equipment to handle the small emergencies of life. The conference and expo really had something for everyone.



The classes were amazing. I had no idea all the resources locally available during a disaster. The conference provided classes ranging everywhere from how to cook without power, health care without traditional medicine, and preparing for extremes such as terrorism.

The equipment found there was also top notch. It was so inspiring to get myself as well as my family prepared for the small to big disasters of life.



Even though National Preparedness Month is over, it doesn't mean it's too late to prepare! To get started, I am going to put together multiple first-aid kits for cars and home as well as gather 72 hour emergency kits. Where are you going to start?