

For our 96 hour kit this month we want to discuss **Emergency Cooking Appliances**. A lot of people already have some kind of a barbecue or cooking stove for camping. Some of these will work great for our 96 hour kit, but remember some barbecues are not very mobile, so you will need to have something that will work with your kit.

As we discuss some different options for cooking, just remember, **never use any kind of cooking device inside of a structure or in an enclosed area**. Some stoves can produce quite a bit of heat, but they can also produce carbon monoxide, which is a colorless and odorless gas that will kill you.

When looking at stoves we need to consider a couple of different things, like what kind of fuel type, size and weight of a cooking device we want to have in our kit.



These smaller propane stoves seem to work quite well. Most of them are big enough for a family and are simple to use. You can also buy an adapter to use a larger propane tank if needed. We like these smaller propane stoves because fuel could be an issue in a disaster situation and the small propane bottles are easy to store and unopened, propane bottles will store indefinitely. The cost of a propane stove will start around 45 dollars and up.

They do make some dual fuel stoves, just be careful because some can be difficult to light. If you do get one, just make sure you understand how to use it.



There are other kinds of cooking devices like “stove in a can”. These come with their own heat source and are easy to light. They are small and easy to pack in a 96 hour kit. Some can even last up to a week. The stove in a can will start around 35 dollars and up. It would be a good idea to have some extra waterproof matches in your kit.

Small backpacking stoves work well too. They are often Butane and are much smaller to store than propane appliances. One note about Butane – Butane may be difficult to ignite and cook with in cold weather because its ignition temperature is higher than propane. Propane will ignite and burn well at below 0 degrees Fahrenheit, butane may have to be 30 degrees Fahrenheit or warmer to ignite and burn well. Both gases burn very clean when used in a well ventilated area. But, don't take any chances, only use them outside to avoid carbon monoxide poisoning.





Lastly, small single burner Butane stoves are available from several different sources and are very reasonably priced – under \$30. This is a good option too. The fuel canisters are usually under \$2 each and are small and



easy to store too.

(Many MRE type food packs come with a warming bag that only needs a small amount of water to activate it and it will warm your MRE Meal quite nicely – no cooking appliances necessary.)

Remember to put another 15-20 dollars cash in your kit.