






# Cooking, Fuel & Light

## Cooking Supplies

Since these supplies are for a 72-hour kit, always think of the smallest sizes. There are several types of stoves that would be adequate and small enough.

Here are some sample small stoves:

<b>Flat-Fold Stove w/Heat Cell</b>	
 An orange plastic flat-fold stove with a red heat cell and a small metal fuel canister.	<p>A Flat-Fold Stove is a convenient accessory for emergencies, power outages, and camping.</p> <p>Available at <a href="#">Emergency Essentials</a></p>
<b>Folding Stove with Fuel Tablets</b>	
 A silver metal folding stove with a fuel tablet holder.	<p>The Folding Stove with Fuel Tablets comes with all you need for an emergency, some light cooking, or as a heat source. The Folding Stove is light and compact and can easily fit into a backpack or emergency kit.</p> <p>Available at <a href="#">Emergency Essentials</a></p>
<b>Optimus Crux Canister Stove</b>	
 A black and silver Optimus Crux canister stove with a green fuel line.	<p>The Crux canister stove has a unique foldable burner which provides ultimate compatibility.</p> <p>Available at <a href="#">Emergency Essentials</a></p>
<b>Alco-Brite Stove Kit w/Heat Gels</b>	
 A small metal stove with a fuel canister labeled 'EMERGENCY HEAT'.	<p>Compact, economical, and easy to use. Used for either cooking or heating--indoors or out. Its alcohol gel-based fuel is smokeless, odorless, clean burning and is also environmentally friendly (gives off harmless CO2 &amp; water vapor).</p> <p>Available at <a href="#">Nitro-Pak</a></p>

Standard Folding Stove	
	<p>This compact Folding Stove fits both 44 Hour and 120 Hour Nuwick Candles or most varieties of low profile canned fuel gels like Sterno Fuel. Can be used for Cooking or Heating.</p> <p>Available at <a href="#">Nitro-Pak</a></p>

## Fuel

There are several types of fuel as well as just plain matches. Here are some to choose from (choose two different types – just for back up should one fail). I found all these at [Emergency Essentials](#).

- 36-Hour Emergency Candle – Can be used for fuel or light
- Waterproof Matches (need 25-30)
- Fire Sticks – Easy, ready to use.
- Trioxane Fuel Bars – Clean, nontoxic
- Spark Light Firestarter – Flint & steel kit
- P-25 Strike Master Firestarter – has up to 25,000 strikes
- Block Magnesium Fire Starter

## Light

- Flashlight & batteries
- Instant Light Sticks – 12 hour (comes in green or yellow)
- Emergency candles – Can be used for fuel or light. (I would not have more than one in a 72-hour kit – they are quite heavy compared to a flashlight or light sticks.)