

Practical Emergency Preparedness

**Recommended Steps to
Developing Your Own Plan**

What is an Emergency?

- A sudden unforeseen crisis (usually involving danger) that requires immediate action
- **State of Emergency** - a time of crisis, declared by a government, during which normal laws and civil rights can be suspended
- **Martial Law** - rule by military authorities, imposed on a civilian population when civil authority has broken down

Potential Sources of Crises?

- Pakistan / Taliban
- Israel / Iran
- Iraq / Afghanistan / War on Terror
- U.S. and global economic instability
- Extreme weather events / natural disasters
- Pandemic Flu (swine, bird, etc.)
- Terrorist threats
- Civil unrest (political, economic, racial, etc.)

What Can I Do?

- Take personal responsibility for the safety and welfare of your immediate family.
- Avoid placing the lives and safety of your family into the hands of others.
- Avoid becoming a refugee in a “shelter”.
- Heed the clear recommendations of the U.S. DHS, American Red Cross and others.
- Build a kit, Make a plan, Stay informed.
- Consider laying up extra for others in need.



Progressive Planning

1. Three days of emergency supplies
 - For “Bugging In” or “Bugging Out”
2. Three weeks of emergency supplies
 - Primarily geared towards staying put
 - Can also be the basis for pre-staged supplies at a remote location
3. Three months of emergency supplies
4. Long term strategies

Some Brief Definitions

- EDC – Every day carry bag (daily – think ‘man purse’)
- GHB – Get home bag in vehicle and/or at work (24 hrs)
- BOB – Bug out bag (portable 72-hour kit)
- Bugging in – means staying put and riding it out; the better your preparations, the easier it is on everyone
- Bugging out – requires travel from Point A to Point B. It can be difficult, stressful and risky, especially in a SHTF situation
- Crunch Backpack/web-gear packed in garage/basement – (bugging out for three weeks or more – likely dangerous)

Three Days (Bug Out Bag)

- “72-hr Emergency Kit” / “Disaster Supply Kit”
- Basic emergency supplies kit intended to support basic needs for at least three days
- Supplies should be packed in a portable bag (e.g. backpack) to facilitate “bugging out”
- Three day BOB will form the foundation for further preparedness planning and action

Bugging Out

Due to any number of emergencies, you may be forced to leave the area quickly to ensure the safety of you and your family. This means leaving your place of residence for someplace safer, possibly for a long time (friends, relatives, some property you may own, etc.) A bug out bag (BOB) is intended to get you to your destination safely.

If you have planned accordingly, you have multiple routes to get there with maps and you have driven/walked one or more of these routes at least once. You have the basic gear required to get your group safely to its destination and you have practiced with your gear and know how to use it. All those in your group know the routine in the event of a bug out, including those who are away at the moment of crisis, and there is a clear plan for communicating and/or meeting up together away from the emergency (GHB would come in handy).

Your destination has been prearranged and staged with basic necessities to sustain your group long enough until you can safely return home. There may be a reciprocal arrangement and it may be your friends/family who are the ones bugging out to your location.

Typical Preparedness Categories

- Food
- Water
- Shelter / Clothing
- First Aid / Medical
- Illumination
- Fire / Heat
- Tools / Knife
- Sanitation / Hygiene
- Communication
- Navigation
- Cooking
- Comfort / Personal
- Documentation
- Security

Some Category Examples

- **Food**

- MREs
- Dehydrated food pouches
- Tuna, chicken pouches
- Rice, pasta, soup mix
- Lipton, Zatarian, Idahoan, etc
- Energy bars
- Electrolytes
- Trail mix
- Spices
- Baby formula, cereal, food

- **Shelter / Clothing**

- Tent, pegs
- Tarp
- Camp rope
- Sleeping bag / blanket
- Change of clothes
- Diapers
- Wicking socks, underwear
- Convertible pants/shorts
- Sturdy walking shoes
- Hat, gloves, long johns(?)
- Gortex shell
- Poly pro fleece liner
- Rain poncho
- Mosquito netting
- Bandana, handkerchief
- Emergency blanket
- Contractor grade plastic garbage bag

- **First Aid / Medical**

- Basic First Aid Kit
- Field Trauma kit
- Israeli Emergency Bandage
- Medical Superglue
- Tweezers, EMT shears
- Latex gloves
- N100 Particulate Mask
- Moleskin
- Prescription drugs
- Insect repellent wipes
- Zanafel (poison ivy)
- Bacitracin, Neosporin
- Sun screen
- Lip balm
- Advil, Tylenol, aspirin
- Allergy medicine
- Immodium AD
- TUMS
- Eye drops
- Safety pins
- Hydrogen peroxide, alcohol
- Potassium Iodide tablets

- **Water**

- Water filter
- Purification tablets
- Survival straw
- Platypus bag
- Nalgene bottle
- Hydration system

Category Examples (cont.)

- **Illumination**
 - LED headlamp
 - High quality flashlight
 - Spare batteries
 - Chem lights
 - Emergency candle
- **Fire / Heat**
 - Water-proof matches
 - Bic lighter
 - Firestarter (BlastMatch, dryer lint, etc.)
 - Hand / toe warmers
- **Tools / Knife**
 - Zip ties
 - Multi-tool
 - Duct tape
 - Fixed blade knife
 - Folding pocket knife
 - Sharpening stone
 - 550 paracord
 - Small fishing kit
 - Small sewing kit
 - Carabineer
 - Work gloves
 - Wire saw
 - Small spade/hatchet
- **Sanitation / Hygiene**
 - Plastic garden trowel
 - Toilet paper, Facial tissues
 - Baby wipes
 - Zip lock bags
 - Tooth brush, paste
 - Hand sanitizer gel
 - Wash cloth
 - Camp soap
 - Deodorant
 - Shaving kit
 - Feminine hygiene
 - Chlorine bleach
- **Communication**
 - AM/FM/TV/NOAA/SW radio
 - Walkie talkies
 - Cell phone, charger
- **Navigation**
 - (Lensatic) Compass
 - Maps (road, topo)
 - GPS
 - Binoculars / monocular
- **Documentation**
 - Survival Handbook
 - Basic first aid manual
 - USB memory stick w/ vital documents scanned in
- **Cooking**
 - Pot to boil water
 - Backpacker stove, fuel
 - Aluminum foil
 - Cooking utensils
 - Eating utensils
 - Can opener
 - Scour pad
- **Comfort / Personal**
 - Pocket bible, book
 - MP3 player
 - Coffee, tea bags
 - Spare eyeglasses
 - Multi vitamins
 - Paper, pencil, Sharpie
 - Cash (small bills), coins
 - Sunglasses
 - Small games, cards, etc.
 - Generator, fuel
- **Security**
 - Pepper spray
 - Whistle
 - Signal mirror
 - Signal flare
 - Handgun
 - Spare mags, ammo
 - Gun cleaning kit

Some Considerations For Developing *YOUR* Personal Preparedness Plan

- What are the most likely emergencies to prepare for?
- Where do you need to be to minimize exposure to threats?
- Do you have 'bug out' option(s) (where to evacuate to)?
- Where is your 'bug in' site (where to ride it out)?
- Do you live in an apartment or own your own home?
- Do you live in the city, suburb or small town? On a farm?
- Do you have children (ages)? Pets? Disabled or elderly?
- Do you have special medical considerations to address?
- Do you have anyone outside your immediate household to care for; i.e. elderly parent(s), children with previous spouse, neighbors?
- What other unique considerations should you consider?

Contents of Example BOB #1

- MountainSmith Bridger 4000 Backpack (Int. Frame)
- (6) bottles water
- (2)empty water bottles
- Katadyn Water Filter
- Water Purification Tablets
- (3) Mountain House Entrees
- (3) Mountain House breakfast meals
- (3) bags of trailmix
- (1) large bag of beef jerky
- Mess Kit
- Spork
- MSR Pocket Rocket Stove
- (2) Fuel canisters
- Leatherman
- (2) pocket knives
- Beltcutter/glass breaker tool
- Small flashlight
- Watch
- (3) lightsticks
- 30' paracord
- GPS
- Toilet Paper
- Floss
- Toothbrush/paste
- Antibacterial hand gel
- Sunscreen
- Bugspray
- Deodorant
- More wetwipes
- Chapstick
- Goldbond powder
- Body wash soap
- Pocket radio am/fm/shortwave (Inbound)
- AA batteries for light/gps/radio
- Gerber Handsaw
- Phone charger
- Mirror
- Lighter
- Matches
- Firestarting gel
- Magnesium Firestarter
- Duct tape
- Hatch gloves
- Change of Clothes (Pants, shirt, 2pair socks, belt)
- (6) zip ties
- (2) adjustable utility straps
- \$100 cash
- \$10 in Quarters
- Rain Poncho
- Emergency blanket
- Sleeping bag
- Large Tarp
- Small microfiber towel
- (2) 1-gal Ziploc bags
- (2) large kitchen type garbage bags
- First Aid Kit (rubber gloves, EMT shears, hemostat, band-aids, dressings, gauze, Steri-strips, tissue adhesive, alcohol prep pads, toe nail clippers, splinter tweezers, wet wipes, tourniquet, Stingeze, Roloids, Immodium, Advil, Bacitracin, iodine swabs, etc.)
- SoTec Bail Out Bag (contents classified)

Example BOB #1



Contents of Example BOB #2

- 3 pairs of underwear
- 3 pairs of socks
- 3 MREs
- 3 Mainstay 3600 rations
- Poncho
- 30F sleeping bag
- 100ft. of 1000lb. test paracord
- Pentagon X3 9v LED flashlight
- LED headlamp
- Signal flare
- 2 boxes of water/windproof matches (20ea)
- Magnesium firestarter
- 2 BIC lighters
- K-bar knife
- Compass
- MIOX water filtration system
- MIOX water filtration system parts kit
- 60 Katadyn water treatment tablets
- Trangia alcohol stove
- 8oz bottle of denatured alcohol
- Glock 21 w/ TLR1
- 3 Glock 21 magazines loaded w/ 230gr HST
- Pair of medium-weight gloves
- 20 Propel packets
- 24 Chewable vitamin tablets
- Waterless hand sanitizer
- Travel-size deodorant
- Travel-size toothpaste
- Travel-size shampoo
- 2 baggies of trail mix
- 8oz baggie of jerky
- Roll of toilet paper
- 10 CR123 batteries
- Aluminum mess kit
- 25ft. roll of Gorilla tape
- SOG Powerlock multitool (not pictured)
- Blackhawk 100oz Turbine hydration system (not pictured)
- Corsair 16GB flash drive (water and shockproof, has scans of all important documents such as resume, birth certificate, vehicle titles, property deed, paystubs, etc.)
- First Aid Kit (band-aids, gauze, elastic bandage wrap, iodine, suture kit, Celox, syringes, waterproof tape, iodine wipes, alcohol wipes, nitrile gloves, hydrogen peroxide, etc.)



Example BOB #2

Additional Considerations

- ***Food, water*** and ***shelter*** are most important! Prioritize these basic necessities first.
- You can't carry 72 hours of water for even one person if bugging out; knowing where to find and treat and/or filter water is very important.
- Maintaining a BOB keeps critical emergency gear together in one location and organized; it can be used for “bugging in” or “bugging out”.
- Each person’s emergency preparedness plan is unique and personal; what works well for one family may not work at all for another family.
- How bad does it have to get for you to bug out? Are you prepared physically, spiritually and mentally?

Additional Considerations (cont.)

- It takes time and money to accumulate a decent BOB so begin chipping away now; as it begins to come together you will build momentum and confidence.
- BOBs can become oversized, overweight and overcomplicated with "necessities" – Use those extra supplies to begin the foundation for three weeks of emergency preparedness.
- Your BOB contents should be reviewed at least twice/year (seasonal weather, expiration dates on meds/food/etc., family changes, geographic locations, etc.)
- Backpacks – recommend you go to "Outfitters" and get properly sized, otherwise you may start ditching gear if having to walk.
- When on foot - less is more (weight is king). If your legs are your only means of transportation and they stop – you stop! If one person in your group stops, your whole group likely stops!

Recommended Next Steps

- Identify your family's unique circumstances and emergency preparedness requirements.
- Create a checklist and start gathering items to support three days of disruption.
- Begin to USE your items – practice!
(hiking, camping, simulated “bug outs”, etc.)
- Plan – Do – Review cycle: identify problems, make necessary changes and test it again.
- Start thinking about extending your time horizon to three weeks and preparing for more people.

Resources

- **Hurricane Katrina –First-Hand Accounts:**

- <http://www.apha.org/membergroups/newsletters/sectionnewsletters/comm/fall05/2019.htm>
- https://www.dpchallenge.com/forum.php?action=read&FORUM_THREAD_ID=266236
- <http://www.theplacewithnoname.com/blogs/klessons/index.html>

- **How to Prepare:**

- http://www.usa.gov/Topics/Usresponse/Protect_Yourself.shtml (US Government)
- <http://www.ready.gov/america/index.html> (US Department of Homeland Security)
- <http://www.bt.cdc.gov/> (Center for Disease Control)
- <http://www.fema.gov/areyouready/> (FEMA)
- http://www.nhc.noaa.gov/HAW2/english/disaster_prevention.shtml (National Hurricane Center)
- https://www.prepare.org/services/prepare/0,1082,0_239_,00.html (American Red Cross)
- <http://theepicenter.com/howto.html>
- http://www.standeyo.com/News_Files/INFO_Files/Plan_for_Emergency.html
- <http://www.72hours.org/index.html>
- <http://www.readymoms.org/>

- **Commercial web sites:**

- <http://www.bugoutbagz.com/>
- <http://beprepared.com/Default.asp?bhcd2=1241909658>
- <https://www.usaemergencysupply.com/>
- <http://www.dougitter.com/>
- <http://www.ultimatesurvival.com/>
- <http://www.chinookmed.com/>
- <http://www.ps-med.com/index.html>

- **What's Your Readiness Quotient?**

- <http://www.whatsyourrq.org/>

“God Will Provide!”

When Tom heard the emergency advisory on TV warning of the coming flood, he shrugged it off. "I'm staying put--God will provide!"

When the cop cars drove through the neighborhood urging evacuation over loudspeakers, he thought, "Yep, God will provide," and stayed put.

When the water was two feet high, the National Guard ordered Tom out but he wouldn't budge. Water covered everything Tom could see including the first floor of his home. He leaned out of a second story window and waved off the rescue boat.

He felt safe; "God would provide".

He ignored the helicopter as he clung to the chimney. The house floated down-river yet Tom shouted into the wind, "Go away; I trust in God's Providence!"

After drowning, Tom stood before the Lord bitter and angry. God let him die despite trusting in Him and Tom demanded an explanation.

God replied, "Tom, I did help you. I spoke to you through the announcer and police. Who do you think sent the warnings, the truck, boat and helicopter?"