

+ PREPARING YOUR FAMILY  
EMERGENCY PLAN

# + We Are Currently Living in “Interesting Times”!

- Recent events demonstrate that our lives can be greatly disrupted with little or no warning.
- What sort of challenges and emergencies could occur in the world in the near future?
- What sort of challenges and emergencies could occur in the United States in the near future?
- What sort of challenges and emergencies could occur in Sanpete County in the near future?



# + Earthquake?



# + Wildfire?



# + Flash Flood?



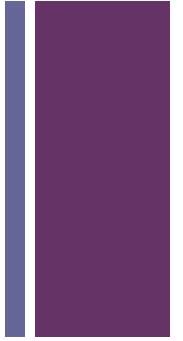
# + Landslide?



# + Train Derailment?



# + Major Power Outage?





# + Major Windstorm?



# + Major Snowstorm?



# + Another Pandemic?





# So, how do you prepare for these possibilities?



- Make sure that you have necessary survival “stuff” (Every Needful Thing).
- Make sure that it is up to date.
- Make sure that you can find it quickly.
- Make sure that, if you have to leave, you can pack it safely and quickly, and that you can transport it.
- Make sure that you know how to use it.
- Make sure that you use it within the Lord’s parameters.



# What are your preparedness priorities for this year?



- What spiritual preparation have you done? What do you need to do?
- What skills do you have? What skills do you need to develop?
- What physical preps do you have? What physical preps do you need?
- How are you going to organize your physical preps?
- What goals are you going to set this year to satisfy these needs?



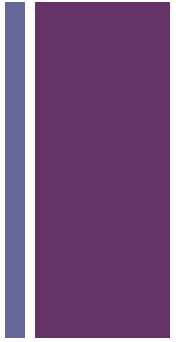
# We All Know Something But None of Us Know Everything!



- How can we help each other to satisfy our needs for spiritual preparation, skill development, and physical preparation?
- What do you want to learn about in this forum this year?
- Who do you know who you would like to learn from this year?
- What do you know that you would like to share with this forum?
- Community is vital. Develop a network of people you trust.



# Some Questions and Ideas to Spark Your Physical Preparation Goals for Potential Emergencies



# + Physical Preparation and Organization Ideas

- Will you be able to shelter in place?
  - If so, do you have equipment, supplies, and skills to do so?
- Will you need to evacuate? If so, for how long?
  - If so, do you have equipment and supplies to do so?







# Do you need a 72-Hour Kit Or A Longer-Term Bug-Out-Bag?



- How long do you anticipate being gone or sheltering in place?
  - Short Time - 1 to 3 days
  - Longer Time – 4 days to 4 weeks
  - Permanently
  
- Where do you anticipate going? What facilities are available there?
  
- How do you plan to get there?
  
- Do you have a “Plan B?”
  
- These factors determine what and how you prepare.
  
- The prudent person prepares for flexibility.



# Do you need a 72-Hour Kit Or A Longer-Term Bug-Out-Bag?



- Assume:
  - Surprise! Less than an hour to prepare.
  - More work to do than time available.
  - Possible difficult travel
  - Potential loss of important things left behind
  - Don't plan to bug out to a government prepared location. Remember the Superdome during Katrina.
  - Don't count on government assistance any time soon.



# Do you need a 72-Hour Kit Or A Longer-Term Bug-Out-Bag?



- What kind of transportation is available?
  - Foot only
  - Bicycle with panniers
  - Handcart or deer carrier
  - Small car
  - Truck
  - Trailer(s)
  
- What you take will be limited by your mode of transportation.
  
- What if the roads are impassable due to earthquake or flood?
  
- What if there's a huge traffic jam? What if there are road blocks by local authorities?



# Do you need a 72-Hour Kit Or A Longer-Term Bug-Out-Bag?



## ■ Coping strategies:

- Organize and prepare NOW so you can (a) effectively shelter in place or (b) load, turn off utilities, lock, and leave.
- Mitigate difficult travel by keeping gas tank half full, packing with travel in mind, being prepared to leave early, and storing extra gasoline.
- Minimize loss by focusing on and preserving highest value items.



# Do you need a 72-Hour Kit Or A Longer-Term Bug-Out-Bag?



## ■ Container Criteria:

- Carryable by one person
- No cardboard
- Labeled, waterproof, lockable, secure, unbreakable
- Fits in your vehicle.
- Prioritize boxes. Load box 1, box 2, etc. That way you have highest priorities loaded if you run out of time and room.
- Focus not on current value but post-event value



# Do you need a 72-Hour Kit Or A Longer-Term Bug-Out-Bag?



- Yes!
- Prepare BOTH! A 72-hour evacuation and Bugout Bag are very different things for different purposes.
- Each individual must prepare and carry their own

# + 72-Hr Kit And Bug-Out Components

- Your 72-hour kit is your basic kit. You for short or long-term events.
- For a long-term bug out situation and/or a shelter-in-place situation, you may want to consider additional kits depending upon your transportation modality and your destination.



# + Possible Components



- Box 1: 72-Hour Kit
- Box 2: Car Kit
- Box 3: Nuclear Kit
- Box 4: Water Kit
- Box 5: Portable Office
- Box 6: Camping Supplies
- Box 7: First Aid Kit
- Box 8: Personal Wardrobe
- Box 9: Kitchen Box



# + Possible Components



- Box 10: Food
- Box 11: Traveler's Workshop
- Box 12: Library
- Box 13: Treasures
- Box 14: Sanitation
- Box 15: Communication
- Box 16: Gardening
- Thanks to Andrea Urban for many of these ideas.



# 72-Hour Kit Considerations:



- Purpose: Kit must sustain you while you are away from home for a short time.
  - Implication 1: Personal choice of survival items.
  - Implication 2: You cannot just buy a bugout bag or 72-hour kit off the shelf.
  - Implication 3: Your kit may also be a basis for your shelter-in-place items.



# More 72-Hr Kit Considerations:



## ■ General Rules:

- Pack light (20 lb excluding food). Any heavier and you will be throwing things out to lighten your load.
- Do not buy junk (e.g., off-the-shelf commercial 72-hour kits).
- Do not dress in camo or open-carry weapons.
- Forget bushcraft kits.
- Know your route, and have alternatives.
- Carry critical documents.
- Learn first aid and put together a kit.
- Chose a quality pack that won't break or hurt you.
- Put an inventory list in your pack.

# + Box 1: 72-Hour Kit



## ■ Container

- Backpack (recommended)
- Duffle bag
- Suitcase

## ■ Shelter and sleeping

- Tube tent or lightweight tent
- Sleeping bag
- Foam pad
- Space blanket or fleece blanket

# + Box 1: 72-Hour Kit



- Tools and equipment
  - 50 foot nylon paracord
  - Flashlight and/or headlamp with extra batteries
  - Battery powered radio with extra batteries
  - Waterproof matches, butane lighter, and/or other fire starting supplies
  - Whistle
  - Quality pocket knife and/or Leatherman
  - Small roll of STURDY duct tape

# + Box 1: 72-Hour Kit



- Clothing
  - Change of sturdy, warm clothing
  - Change of underwear
  - Warm socks
  - Poncho or rain gear
  - Leather gloves
  - Warm gloves and hat
  - Jacket! Even in summer
  - Stored in ZipLoc bags!

# + Box 1: 72-Hour Kit



- Grooming and sanitary items
  - Toothbrush and toothpaste
  - Comb and small brush
  - Small mirror
  - Soap and face washing supplies
  - Sanitary napkins (women)
  - Backpacking towel
  - Toilet paper and/or flannel wipes and peri bottle
  - 2 garbage bags

# + Box 1: 72-Hour Kit



- First Aid Kit
  - Band Aids
  - Disinfectants/Antibiotic Creams
  - Pain Relievers
  - Moleskin
  - Essential Oils or Tinctures
- Personal medications



# + Box 1: 72-Hour Kit



## ■ Water

- Full Nalgene bottle, metal water bottle, or canteen
- Water purification tablets
- Katadyn Hiker or other water purifier and Nalgene bottle

# + Box 1: 72-Hour Kit



- Cooking Equipment
  - Can opener
  - Mess kit
  - Backpacking pans/cookware
  - Backpacking silverware
  - Small cooking utensils
  - Dish soap and scrubber
  - Small cook stove with fuel

# + Box 1: 72-Hour Kit



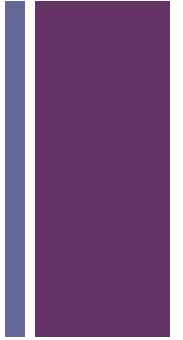
- Ready-to-eat food for **AT LEAST 7 DAYS!**
  - Mountain House or similar freeze-dried meals
  - MREs
  - Auguson Farms or equivalent 2-week kit
- Mini Sprouting Kit
- Hard Candy

# + Box 1: 72-Hour Kit



- Office
  - Pens
  - Small notebook
  - Money in small denominations and coins
  - Copies of important family documents (on flash drive)

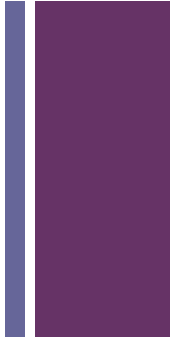
# + Box 1: 72-Hour Kit



## ■ Pets

- Leashes and/or portable cages
- Food bowls
- Water
- Food
- Muzzles and leash (for dogs)
- Vaccination records

# + Box 1: 72-Hour Kit



- Personalize your components based upon your needs and the above considerations.
- Practice using each component.



# Shelter-In-Place or Bug-Out Considerations:



- Items must sustain you for an indefinite time without planning to exit from or return to your home:
  - Consider probable scenarios.
  - Consider primary and secondary destinations.
  - Consider primary and secondary routes to destinations.
  - Consider probable means of transportation to any destinations, but assume you may be on foot most of the way.



# Further Bug-Out Considerations:



- Check out possible bug-out scenarios.
  - Check out routes to destinations and routes on Google Earth and/or maps.
  - Travel these routes using probable means of transportation – car, bicycle, foot
- Objective: Get to your destination as quietly and expeditiously as possible with a minimum of conflict and delays.



# + Box 2: Car Kit

- Container: Rubbermaid Tote



# + Box 2: Car Kit



- Necessary Items:
  - Vice grips
  - Tire inflator
  - Screwdrivers (phillips and flat)
  - Pliers (needle nose and regular)
  - Tire pressure gauge
  - Jumper cables
  - Retractable box cutter
  - Rags
  - Flares
  - Tow rope
  - Small first aid kit
  - Light
  - Ice scraper

# + Box 2: Car Kit



## ■ Personal Safety

- Cell phone and car charger
- \$100 in small bills (hidden)
- Rain poncho
- Fleece blanket
- Plastic tarp
- Fire extinguisher (multi-purpose dry chemical, including electrical fires)

# + Box 2: Car Kit



- Additional Items:
  - Oil
  - Antifreeze
  - Breaker bar
  - 18" handle for wheel lugs
  - Locking lug nut key
  - Sockets for lug nuts
  - Duct tape
  - Plywood square for jack platform (3/4")
  - Leather work gloves

# + Box 2: Car Kit



## ■ Basic Tools

- Hydraulic bottle jack
- Wrenches
- Sockets
- Pliers
- Hammer
- Wrench
- Vise grips

# + Box 3: Nuclear Kit



- Waterproof Container
- KI/KI03 (potassium iodide/iodate) sufficient for your family
- Battery powered radio
- Solar or car charger
- Radiation meter
- “Nuclear War Survival Skills” Cresson Kearny



# Box 4: Water Kit



- 5 to 10 gallons water per person
  - 2 liter water bottles and/or
  - 5 gallon water containers and/or
  - Flats of bottled water
  
- Water filter
  - Long-term: Big Berkey or AquaRain
  - Short-term: Backpacking filter
  - Extra filters
  - Water sock(s)
  - Water Purification Compounds

# + Box 5: Portable Office



- Possible containers:
  - Large brief case
  - Portable file box
  - Plastic accordion file (waterproof)



# + Box 5: Portable Office



- Purpose:
  - Pay bills
  - Manage credit cards
  - Correspondence
  - Insurance claims
  - Income taxes

# + Box 5: Portable Office



- Possible contents:
  - Box of new checks and record booklet
  - Bank, credit card and utility account information
  - Last year's tax return
  - This year's paycheck stubs
  - Deductible receipts
  - Stamps and envelopes
  - Employment records
  - Wills
  - Family History

# + Box 5: Portable Office



- Possible contents:
  - Deeds
  - Car titles
  - Marriage records
  - Birth certificates
  - Insurance policies
  - Passports
  - Social security records
  - Copies of ID cards or drivers' licenses
  - Financial planning documents

# + Box 5: Portable Office



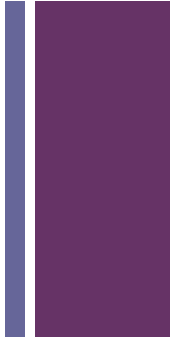
- Possible contents:
  - Vaccination records or exemption forms
  - Resume
  - Thumb drive with scanned version of each of these documents
  - Laptop with power cords, wall chargers, and car chargers
  - Backups and external hard drives

# + Box 6: Camping Box



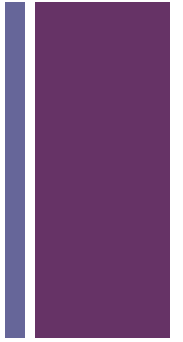
- Container:
  - Wooden box
  - Heavy duty Rubbermaid box

# + Box 6: Camping Box



- Fire starting supplies
  - Matches
  - Flint and steel
  - Butane lighters

# + Box 6: Camping Box



- Gear (in box):
  - Lanterns (solar or kerosene)
  - Flashlights and batteries
  - Small shovel
  - Tarp(s)
  - Rope
  - 550 paracord
  - Rain gear/ponchos
  - Hatchet/Axe

# + Box 6: Camping Box



- Gear (not in box):
  - Tent
  - 4 season sleeping bags and sleeping bag liners
  - Cots
  - Small folding table



# + Box 7: First Aid Kit



- Container:
  - Fishing tackle box
  - Soft-sided bag with lots of compartments
  - Paramedic bag
  - CERT bag
  - Ammo box

# + Box 7: First Aid Kit



- Possible contents:
  - Medications (30-day supply – at least)
  - Burn treatments
  - Bandages of all sizes
  - 4x4 gauze pads
  - Tape
  - Suture kits
  - Betadine
  - Antiseptic or alcohol wipes

# + Box 7: First Aid Kit



- Possible contents:
  - Antibiotic ointments
  - Tweezers
  - Saline eye drops
  - Duct tape
  - Rehydration solution
  - Tums
  - Pepto bismol
  - Blisters: needle, moleskin, bandages

# + Box 7: First Aid Kit



- Possible contents:
  - Pain relievers
  - Essential oils
  - Herbal tinctures, infusions, and salves
  - Sprains: ACE bandages, triangular bandages, SAM splints, adhesive wraps
  - Allergic reactions: Benadryl, epi-pen if needed, seasonal allergy remedies
  - Non-latex gloves

# + Box 7: First Aid Kit



## ■ Possible contents:

- Glucose gel and hard candy for diabetic reactions
- EMT shears
- Pen light
- Nail clippers
- Safety pins
- Bandanna
- Q-tips

# + Box 8: Personal Wardrobe



- Container: Duffel bag, one large suitcase or equivalent
- Items:
  - Good, sturdy shoes
  - Toiletries, washcloth, towel
  - Underclothing
  - Street clothes
  - Cold weather clothing / foam clothing
  - Hat
  - Job interview and church clothing

# + Box 8: Personal Wardrobe



- Do not keep this packed, but decide what to take in advance. Make and update a list.
- Roll clothing to keep it small.
- Store clothing in ZipLoc bags.

# + Box 9: Kitchen Box



- Container:
  - Rubbermaid tote
  - Wooden box
  - Chuck Box
- Container serves as cupboard space for utensils.
- Container may also double as work surface.



# + Box 9: Kitchen Box



- Contents:
  - Eating utensils:
    - Metal knives, forks, spoons
    - Metal plates, bowls, cups
  - Cooking utensils:
    - Cutting board(s)
    - Measuring cups and spoons
    - Knives (large, bread, paring)
    - Potato peeler and masher

# + Box 9: Kitchen Box



- Contents:
  - Cooking utensils (cont.)
    - Stirring spoons, spatulas, ladles
    - Wire whisk
    - Strainer
    - Mixing bowls
    - Colander
    - Tongs
    - Stock pots (use large one for grey water under 5 gal container)

# + Box 9: Kitchen Box



## ■ Contents:

- Pots and pans (cast iron or stainless steel):
  - Stock pot
  - Hot water pot
  - Fry pan
  - Bread pan
  - Square pan
  - Hot pads/Oven Gloves

# + Box 9: Kitchen Box



- Contents:
  - Dutch Oven(s)
  - Dutch Oven tools
    - Lid lifter
    - Tongs
    - Gloves
    - Charcoal cylinder
  - Solar oven
  - Thermal cooker
  - Rocket stove / “Stoven”

# + Box 9: Kitchen Box



- Clean up:
  - Dish pans
  - Dish soap
  - Dish towels
  - Dish cloths
  - Clothes pins
  - Scouring pads
  - Clorox
  - Hand soap

# + Box 9: Kitchen Box



- Miscellaneous:
  - Multiple can openers
  - Pepper
  - Salt
  - Garlic Salt
  - Cinnamon
  - Garlic powder
  - Tablecloth
  - Fly swatter
  - Fire starter stick
  - Matches



# Box 10: Food Kit



- **Container:** Keep canned or dehydrated goods in plastic tote pans or boxes on the shelf so they can be grabbed when needed. Designate evacuation worthy foods in advance.
- **Goal:** 30-day supply of food that does not require refrigeration.
- If you use dehydrated food, you must also have some water and a water purifier.

# + Box 10: Food Kit

- Breads and grains:
  - Crackers
  - Oatmeal
  - Bread
  - Rice





# + Box 10: Food Kit



- Meats and protein:
  - Canned and freeze dried tuna and chicken
  - Canned and freeze dried soups with meat
  - Canned and freeze dried beef stew
  - Canned and freeze dried chili
  - Beef jerky



# Box 10: Food Kit



- Fruits and vegetables
  - Canned, dried, or freeze dried fruit
  - Canned or freeze dried vegetables
- Bread making ingredients
  - (note: grain mill may be necessary for this)
- Basic cooking ingredients including sweeteners, syrups, and fats and oils
- Sprouting tray(s) and small bottles of sprouting seed



# Box 11: Traveler's Workshop



- Woodworking tools:
  - Brace and bits
  - Wood chisels
  - Hammer
  - Hand saw
- Metalworking tools and tin snips



# Box 11: Traveler's Workshop



## ■ Sewing tools

- Needles
- Pins
- Shears
- Thread
- Buttons and other fasteners
- Elastic
- Thimbles

## ■ Repairs

- Fabric for tent and clothing repair
- Tent repair kit with sewing awl if you have a canvas tent
- Tape and adhesives, duct tape, electrical tape, Gorilla glue, WD-40, bailing wire, assorted nails, screws and bolts, etc.

# + Box 12: Library



- Containers: Small and waterproof.
- Criteria: Irreplaceable or has useful information.

# + Box 12: Library



- Possible contents:
  - Scriptures
  - Hymn book
  - Personal family history books and photos
  - Outdoor skills, gardening, cooking, vehicle repair, and medical/herbal manuals
  - Great literature
  - Educational materials
  - Recipes

# + Box 13: Treasures



- Designate them now.
- Criteria:
  - Quickly packagable for travel
  - Loadable into vehicle by one person
  - You have room for it.
  - You are willing to put everything else at risk for it

# + Box 13: Treasures



- Examples:
  - Heirlooms and antiques
  - Professional tools
  - Garden tools
  - Gold/silver bullion stash
  - Hunting equipment
  - Electronics
  - Musical instruments
  - Family photos





# Box 14: Sanitation



- Toilet paper and/or personal bidet kit (peri bottle, flannel wipes, disinfectant, cleaning bottle, gloves)
- Cleaning supplies – biodegradable if possible
- Shovel
- Port-a-potty
- Solar shower
- Pool shock

# + Box 15: Communication



- FRS and/or Ham radios
- Chargers, solar if possible
- Antennas
- Manuals
- Contact information

# + Final Suggestion



- Keep an inventory of each box in a small binder.
- Include:
  - An item-by-item list of contents of each box
  - A record of where each box is located
  - A record of any items that should be included in the box but are stored elsewhere, including the location(s) of the item(s)
- Update each time the box is used, added to, or moved.



# We All Know Something But None of Us Know Everything!



- How can we help each other to satisfy our needs for spiritual preparation, skill development, and physical preparation?
- What do you want to learn about in this forum this year?
- Who do you know who you would like to learn from this year?
- What do you know that you would like to share with this forum?

# + The Law Of The Harvest



- Remember that the Law of the Harvest applies here.
- Listen to the advice of the Brethren – Prepare every needful thing.
- If you are prepared, it will be an adventure.
- If you are not prepared, it will be a stress filled ordeal.
- You cannot reap where you do not sow.
- Get prepared and get organized!