

# Nature Skills School



## Emergency Planning Workshop

# Program Outline

- 1) Emergency Situations - what are the disasters (natural or man-made) that could possibly occur? Given each situation, do you stay or do you go?
- 2) Your “Plan” of action.
- 3) System Concepts - Your gear system and organization for different Emergency Scenarios.
- 4) Important considerations for emergency situations.
- 5) The gear itself, categorized in an organized system.
- 6) A few First Aid Topics (if time permits).

Please note: It's beyond the scope of this class to get into neighborhood defensive situations, or firearm selection for “bugging-in” or “bugging-out”. That could be a multi-day course in itself. This would be something to consider looking into given the past riots and the political climate today. It would not be out of the question to be put into a situation where you may need to get together with neighbors to defend your homes and neighborhood.

# (1) - Emergency situations -Bug Out or Bug In

We hear the term “Bug out bag” so often, it’s easy to assume we need to leave home with our life on our back during any given emergency. Of course there are situations where you may need to leave home, but in most of those cases, you are able to leave with your vehicle. Some situations, however, will dictate you leave home (or abandon your vehicle) with only your backpack.

Disasters...and the decision to stay or leave:

## •Earthquake -

House dweller - you and your family are home - best decision is to stay.

Even if your house is damaged and you need to “Camp” outside, staying close to your “stuff” and the known protection your property offers is ideal.

Apartment dweller - You may have to leave if there is possible structural damage.

Can you leave in your car? Are the roads safe from damage? Was your car in the parking garage under the apartment building and damaged? Lastly... where do you plan to go?

In your vehicle away from home - If there are road closures or possibly you forgot to fill the gas tank, you may have to abandon your vehicle and walk to your home. For this purpose, an “emergency pack” and some general tools should always be in your vehicle.

## •Tornado / Hurricane / Tsunami’s / Volcanoes / Floods / Wildfires -

Normally, you should have enough warning time to evacuate in your vehicle.

In these situations you should be alerted by the authorities when it’s time to leave. Some people choose to stay, a decision you will have to make for yourself.

## •Landslides /Mudslides-

With heavy rains predicted, especially in a recent burn area, it might be best to evacuate until the situation stabilizes.

## •Disease Outbreaks / Pandemics / Biological / Nuclear -

Keeping the situation confined, you may not be allowed to leave and if you decide to leave the area, you may essentially have to “sneak” away with everything on your back.

## •Riots -

Getting away from the epicenter of the riot, in either your vehicle or on foot, is probably the safest avenue. Staying and defending your property is an alternative.

## (2) - Have a “Plan”

Have a plan in place in case you:

### 1) **Stay home (Bug-In)**

- A) There could be damaged infrastructure such as no gas, no electricity and compromised water and/or sewer system.
- B) Your home could be damaged to the point where you are better off living temporarily on your property in a tent, at least until your home is safe to occupy.

### 2) **Need to evacuate**

- A) Where are you planning to go? - “Plan A”
- B) If plan “A” is not viable due to safety or road closures, where will you go? Alternate plans need to be in place.
- C) What about your pets. - Make a plan for your pets.
  - a) Most shelters do not allow pets
  - b) Some relatives may welcome you but not your pets.
  - c) Some relatives have room for your pets but not your family
  - d) Be sure to have the necessary items to take care of your pets if they remain with you.

### 3) **Your family is separated when the disaster occurs.** For example the kids are at school, or out with friends during an earthquake.

- A) It is possible that cell phone service could go down so have a designated meeting spot planned for the family to reunite. Of course your home would be first, however if you need to evacuate your home you should have a meeting spot planned where all the family members can reunite.
- B) Do you have a family member with special needs or an elderly family member that may have difficulty moving around or is bedridden? You need to address this issue with a plan prior to the emergency.
- C) Out of town contacts. Sometimes local calls can not get through, but distance calls can. Use an out of town family member or friend as the go-between if need be. Include this person in your plan.
- D) Your family is separated after you Bug-Out. You may want to leave in two separate cars. During a wildfire evacuation, it’s probably a good idea to take all cars with you. You may become separated after departing and not have cell service. Have a designated meeting spot in case your “plan A” location is not accessible. You will want to meet-up and discuss the next plan.
- E) Create your own gear checklist, one that meets your personal and family needs. You can use this program as a guide.

## (3) - System Organization Concepts

### A good system will break down as follows:

1) **Emergency “Bug-In” gear to have at home:**

This gear would be used in case of infrastructure interruption such as compromised public utilities (especially water), also if food is not available at local stores.

This gear would allow you to continue to live inside your home, or in cases of severe damage, outside on your property.

2) **Gear that you have in your “Emergency / Evacuation Bin / Bag”:**

A large plastic tub to store some of your home “Emergency” gear.

This bin supplemented with other gear and possessions can be loaded into your vehicle in the event of vehicle evacuation.

3) **Vehicle Emergency Gear:** This safety gear is always with your vehicle. Some of this gear can be transferred to your “Emergency pack” if you need to abandon your vehicle.

4) **“Emergency Pack”** : This is your primary pack that you can use to evacuate your vehicle to head home or evacuate your home on foot. This pack would also go into your vehicle if you evacuate that way. This pack should have all gear and supplies needed to sustain you for an average of 72 hours.

4) **Supplemental List** : This is a written list of items that you would like to, if time permits, add to your evacuation pack or bin. These items would include things such as a computer backup, irreplaceable (and portable) valuables, non digital photos, family keepsakes, tools that may be needed, etc.

5) **Personal EDC (every day carry) Gear** : The small amount of items you normally carry on your person on a daily basis. This differs from person to person.

NOTE: My approach is using a single backpack in the 30 to 40 liter range (preferably non-tactical and with a hip belt). Each family member, with the exception of infants, should have their own pack. This pack should primarily, remain in your vehicle. Some of the items in your pack may also be used if you are “bugging in”.

Some people approach this using a BOB as well as a Get Home Bag and an INCH (I’m never coming home again) bag. If this is your preferred method and it works for your needs then, by all means, use this method.

## (4) - Important Considerations 1 of 5

- Take a First Aid class (including CPR/AED)
- Take a CERT (Community Emergency Response Team) course
- Test out your gear! Practice living out of your kit for a night or two. Test out the items you have never used, crank the crank radio and see how it works, test out the water filter and propane stove.
- Use the gear categories and checklist list as a guide to create your own kits. You may not need every item on the list and you may need some items that are not listed. Your experience, knowledge and family needs will dictate how extensive of a kit you create.
- The kit you create must be a self contained unit. For example, having a flashlight in a drawer next to your bed will not qualify as part of your kit. The kit must be a completely separate, portable unit. Each capable family member should have their own kit.
- Do not install batteries into any item until you are ready to use it. This will avoid the possibility of damage due to battery leakage.
- Some items will cross over from one category to another, and some items may be listed in several categories.
- Beware of pre-made kits. I have seen pre-made car kits that include water purification tablets, but no container to purify the water in.
- A standard gun type safe (with shelving) is a great way to protect you valuables in case you must leave your home after an earthquake. A safe is also a great place to store the extra cash you may need once you return home after a disaster.
- If you decide to camp-out at your home after an earthquake, be aware of compromised power lines and possible gas leaks from your house or neighbors homes. The gas to your home should be shut off after a major earthquake, until it can be checked out by the utility company.
- If the temperatures drop inside you house, keep everyone together in the smallest room in the home. It's easier to keep a small room warm with your body heat than a large room.
- Do not light any matches, candles or turn on any light switches after an earthquake until any possible gas leaks have been checked out.

## (4) - Important Considerations 2 of 5

- If you live in earthquake territory, using childproof latches on the kitchen cabinets can help prevent glasses, dishes and such from flying out of the cabinets.
- Cash is King - During a disaster situation, there is a chance credit card terminals will be unable to process credit card transactions. Very few businesses have the ability to manually take credit cards. Carry cash, with most of it hidden on your body. A few dollars worth of coins may be of value if you come across vending machines. ATM machines may limit or be incapable of withdrawals.
- Paper Plates & Cups - Eliminate the need to use precious water to wash, also burning will help eliminate disease transmission.
- Make sure to know where (and how) to shut off your Gas, Water and Electricity and have the tools to do so.
- No more “over the air” television. Your cable T.V. may normally be your source of news during an emergency, but the cable could easily be compromised. Be sure to have a battery operated radio or hand-crank radio as part of your emergency kit.
- Street maps - Your car GPS unit or smart phone GPS may be compromised during a disaster. Be sure to have some printed street maps showing routes to your planned “Bug-Out” destinations just in case your normal route is no longer available or too congested. This also applies to getting home from your work location after an earthquake.
- If you normally wear dress shoes to work, have a pair of comfortable athletic shoes in your vehicle along with your emergency bag, just in case you need to walk home.
- Toilet use. If you decide to “bug-in” there could be a possibility that the sewage system is not working (possible break in the sewer line). Have some extra plastic drum liners (large trash bags) available to use as a toilet liner. Do your business in the bag, once full, double bag and store away from your living space. They also make toilet seats for 5-gallon buckets or you can use a pool noodle on the rim of a 5-gallon bucket for a comfortable seat. The bucket should also be lined with a trash bag. In either case (using a bucket or toilet) it’s best to have two, one for pee and one for poop. Place sawdust in the lined poop bucket or lined poop toilet to help with odors. Consider using septic tank additive if you want longer term usage of your “poop” collection system.

## (4) - Important Considerations 3 of 5

- Water storage at home. Some people use the large 55 gallon barrels which you have to maintain with bleach and such. Or you could use the one gallon water bottles from the dollar store. The advantage of the one gallon water bottles are the ability to take some with you if you bug-out in your vehicle. The disadvantage will be less volume of water on hand. Since they are only \$1.00 per gallon bottle, the price is reasonable and the boxes of (6) bottles are easy to stack and store. Another option would be the “flats” of 1L water bottles which might be easier for apartment dwellers to store as well as easier to throw a couple bottles into a backpack if necessary.
- Water - Bottles for your pack: “Smart Water” bottles seem to be the bottle of choice for thru-hikers. I carry one Smart Water bottle (1L size) and one metal bottle.
- Emergency water at home: Find water at the back of the toilet tank (not the bowl) and hot water heater. Consider keeping your emergency water in separate places so if your storage location is damaged by an earthquake, compromising your water, you have a second location with additional stored water.
- Neighbors - Don’t overlook the value of neighborhood cooperation. Knowing your neighbors and helping each other out during, and after an emergency situation can have tremendous value. In addition, if things really get bad, you can always eat them!
- Medications / Medical Devices - You should have at least several days worth of your Rx medications along with any medical devices (oxygen administration and such) either packed or ready to go.
- Photograph and/or Video to provide documentation of valuable items, appliances and home furnishings for insurance purposes.
- Important photographs/negatives should be stored in a box that is easy to “grab & go”. Consider digitizing your treasured photographs and storing them on your computer and on a back-up hard drive.
- Scan and digitize your critical documents (driver license / passport and such) to store on your computer and back-up hard drive.
- I have set up a separate email account with G-Mail where I email myself copies of important documents this way, they are accessible to me anyplace I can log on to a computer. You can do the same with “Google Docs” as well as using cloud services.



## (4) - Important Considerations 4 of 5

- A complete computer back-up should be done regularly and the back-up drive should be evacuated with you. If you are using a laptop, take the whole computer with you. Depending on how much information you have on your computer, a thumb drive may be enough “grab & go” storage. For those more “Tech savvy” consider cloud back-up’s
- For those unable to carry a backpack, a large, wheeled suitcase/backpack may be a good option. Other options to consider would be a “trail” stroller.
- Use your candles first - Save your flashlight battery power so if you have to travel and take along your flashlight, it will have full power.
- Rechargeable Flashlight - A rechargeable flashlight can re-charge off your battery bank or use a standard flashlight and have several extra batteries.
- Plywood and 2x4’s - Keep on hand to board up broken windows as well as other uses.
- Solar Battery Bank - Look into the various solar powered battery banks to recharge your phone, tablet, flashlight and other devices that recharge via USB.
- Generators - Extremely useful, especially for someone using medical devices that need 110V power. They require you keep gasoline on hand and need some minor up-keep, however, the convenience of having the available electricity for critical devices (and some convenience issues) is not to be overlooked.
- During disasters, the police and emergency services can be overwhelmed, you need to be self sufficient. Avoid the “high crime” center of the disaster area.
- Your level of skill should not influence your gear choices, even if you are an expert at rubbing sticks together to make fire, in an emergency, a lighter is a better choice.
- Know the shut-off procedures, and tools needed to turn off your Gas, Water and Electrical. Once you turn off your gas, only the gas company should turn it back on. If you evacuate turn off the water and electricity as well. Hanging a Gas shut-off key with a zip-tie by your gas shut-off valve keeps it handy for emergency needs.

## (4) - Important Considerations 5 of 5

- Each person capable should have their own “Emergency Bag” that is always with them. The only “shared” gear may be a larger tarp or tent carried by a parent that will take care of children that may be with them.
- Elderly family members in your care may need special considerations. Each situation is different based on their capabilities.
- Refrigerator - If you lose electricity, use up the food in your refrigerator first then freezer.
- Keep dry goods on hand, such as rice, beans, lentils, etc...
- Fire Extinguishers - Have them accessible in various locations throughout your home.
- Unscented Chlorine Bleach has several uses besides purifying water.
- The Amazing Pillow Case - A 100% cotton pillow case can be a valuable tool, some uses:
  - Collection Bag •Improvised Seat Cushion •Improvised Pillow
  - Improvised Backpack (Roycroft or Ladder Frame) •Water Pre-Filter
  - Signaling (if brightly colored) •Scarf •Evaporative Cooling •Dew Collection
  - Emergency Cordage •Emergency Char Cloth •First Aid Uses
- The Amazing clear “Gene Ward Survival Bag”
  - Emergency Poncho •Emergency Tarp •Ground Insulation (filled with leaves)
  - Blanket (filled with leaves) •Flotation Device •Water catcher/carrier
  - Debris Hut Door Plug (filled with leaves) •Transpiration Bag

## (5) - The Foundation of Gear Selection 1 of 2

Before we discuss the emergency gear to have at home,, let's look at how to determine the foundation of what should go into an **Emergency Bag!**

Who do we look to emulate? Who travels for days at a time with everything they need to sustain themselves carried along with them?

Thru-Hikers are a fantastic place to get our kit foundation!

The main difference between our kit and a thru-hiker kit would be that they are going out *purposefully* with their kit, while we are reserving ours for an emergency. So our pack may be more robust due to the conditions we may need to travel in, however the gear inside, may be of less durability since it won't be used nearly as much.

Additionally, we may carry extra items in our "emergency pack", such as tools, back-up hard drives, family photos, etc., that they would not consider carrying.

72 hours seems to be the standard length of time that most "Bug Out Bags" are supplied. The gear does not change, the length of time is dictated by the amount consumable's (food) carried Also, each family member should have their own bag.

**The following is how most thru-hikers organize their gear categories:**

- Backpack - Gray Man or Tactical?
- First Aid Kit
- Footwear (including walking aids such as trekking poles)
- Clothing (layering system) \*Determined by the season - Winter requires warmer clothes.
- Shelter / Sleep System (tent / tarp / sleeping bag / sleeping bag liner / sleeping pad / pillow / line kit) \*Determined by the season - Winter requires warmer gear.
- Water (containers / filtration-purification) - Winter may require a system to melt snow.
- Hygiene (toilet kit / sunscreen / insect repellent / toothbrush / toothpaste / soap / Rx meds / hairbrush / comb / personal items)
- Repair Kit (needle & thread / duct tape)
- Food (food / bowl / utensils / cook kit - if cooking / Better option would be Power Bar type food)
- Fire Kit (lighter / matches / firesteel)
- Navigation (map / compass)
- Signaling (PLB / Whistle / Signal Mirror)
- Electronics (phone / charging bank)
- Essential Items (head lamp / cordage / knife / sunglasses)

## **(5) - The Foundation of Gear Selection 2 of 2**

### **Aside from what hikers carry, our emergency bag would contain:**

- Tools (things to consider such as a prybar, work gloves, silcock key, lock picks, etc.)
- Important documents
- Important photographs
- Irreplaceable (and portable) valuables
- Items used for personal protection (N-95 mask / goggles / firearms / pepper spray / hide-a-wallet / dummy wallet)
- Cash (considerably more than a thru-hiker would carry - don't depend on credit cards)

### **Also, you would want to evacuate with:**

- Items for young children and infants that are not able to carry their own gear.
- Items for the pets you are bringing with you.

### **A breakdown of some of the categories mentioned above:**

### **In certain circumstances, a fire will be beneficial for warmth, cooking or melting snow.**

Carry 2 to 3 methods of fire making:

Lighter(s) / Stormproof Matches / Ferro Rod - are some examples

### **Your Shelter / Sleep system can also be broken down into 4 categories:**

- Something to sleep under (or in) - Tarp or Tent - Note: A military poncho has several uses: Rain poncho (that also covers your pack / Tarp / Pooping privacy.
- Something to sleep in - Sleeping bag / Bag Liner / Emergency Bivvy / Blanket
- Something to sleep on - Insulation from the ground - sleeping pad (Conductive heat loss)
- Line Kit - Cordage and Stakes

### **Your Clothing / Layering system can also be broken down into 4 layers\*:**

- Base Layer - A wicking layer against your skin
- Mid Layer - A layer over your base layer to provide additional warmth and sun protection
- Warmth Layer - A Down or Synthetic Jacket
- Shell- To provide protection from the rain / snow (can double as a wind jacket)

#### **Additionally:**

- Head Cover - Sun Hat / Rain Hat / Beanie / Buff
- Gloves - Lightweight gloves / Heavy gloves (for winter)
- Gaiters (optional)

The Above system works by mixing and matching different layers for different conditions.

NOTE: Cotton does not kill - Stupidity kills! - Cotton is very helpful in hot conditions (evaporative heat loss), however, cotton dries slowly, so if the temperatures drop, be sure to have a synthetic shirt on hand for a change so you avoid getting hypothermic.

# (5) - System Organization & The Gear 1 of 3

**\*some of the items listed below can be taken along with you if there is a need to evacuate.**

## Essential items to have at home

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> First Aid Kit                                   | <input type="checkbox"/> No Rinse Soap                        | <input type="checkbox"/> Large Family Tent                      |
| <input type="checkbox"/> Emergency Water                                 | <input type="checkbox"/> Hand Sanitizer                       | <input type="checkbox"/> Ground Sheet                           |
| <input type="checkbox"/> Electrolyte Replacement                         | <input type="checkbox"/> Paper Towels                         | <input type="checkbox"/> Comfortable Sleeping Pads<br>(or Cots) |
| <input type="checkbox"/> Flashlight (w/extra batteries)<br>(or Headlamp) | <input type="checkbox"/> Moist Towelettes                     | <input type="checkbox"/> Sleeping Bags                          |
| <input type="checkbox"/> Lantern (LED)                                   | <input type="checkbox"/> Bags for Trash                       | <input type="checkbox"/> Pillows                                |
| <input type="checkbox"/> Candles (long burning)                          | <input type="checkbox"/> Portable Solar Shower                | <input type="checkbox"/> Blankets                               |
| <input type="checkbox"/> Light Sticks                                    | <input type="checkbox"/> Towels                               | <input type="checkbox"/> Emergency Food<br>(canned & dry)       |
| <input type="checkbox"/> Fire Extinguisher (ABC type)                    | <input type="checkbox"/> Chlorine Bleach                      | <input type="checkbox"/> Camp Type Stove & Fuel                 |
| <input type="checkbox"/> Gas Line Shut-off Tool                          | <input type="checkbox"/> Additional Personal Hygiene<br>Items | <input type="checkbox"/> Cooking Pots / pans                    |
| <input type="checkbox"/> 5-Gallon Bucket Toilet                          | <input type="checkbox"/> Rx Meds (30 day supply)              | <input type="checkbox"/> Paper Plates & Cups                    |
| <input type="checkbox"/> Bags to line toilets                            | <input type="checkbox"/> Escape Ladder (2nd story)            | <input type="checkbox"/> Manual Can Opener                      |
| <input type="checkbox"/> Sawdust   | <input type="checkbox"/> Generator (optional)                 | <input type="checkbox"/> Aluminium Foil                         |
| <input type="checkbox"/> Battery or Crank Radio                          | <input type="checkbox"/> Heavy Duty Contractor Bags           | <input type="checkbox"/> Zip Lock Bags                          |
| <input type="checkbox"/> Cordage   |   |   |

## Tools

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Hammer & Nails        | <input type="checkbox"/> Large Knife     | <input type="checkbox"/> Adjustable Crescent Wrench |
| <input type="checkbox"/> Shovel                | <input type="checkbox"/> Knife Sharpener | <input type="checkbox"/> Adjustable Pliers          |
| <input type="checkbox"/> Crow Bar / Pry Bar    | <input type="checkbox"/> Saw             | <input type="checkbox"/> 4-in-1 Screwdriver         |
| <input type="checkbox"/> Axe / Hatchet         | <input type="checkbox"/> Safety Glasses  |   |
| <input type="checkbox"/> Cordless Drill/Driver | <input type="checkbox"/> Duct Tape       |   |
| <input type="checkbox"/> Work Gloves           |  |   |

## Children

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Backpack (w/their own gear) | <input type="checkbox"/> Medications      | <input type="checkbox"/> Games / Entertainment |
| <input type="checkbox"/> Extra Clothing              | <input type="checkbox"/> Toiletries       | <input type="checkbox"/> Photos of the parents |
| <input type="checkbox"/> Layering System             | <input type="checkbox"/> Reading Material | <input type="checkbox"/> Parents Phone Numbers |
| <input type="checkbox"/> Comfortable Walking Shoes   |   |  |

## Infants

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Formula       | <input type="checkbox"/> Pacifier                | <input type="checkbox"/> Diapers        |
| <input type="checkbox"/> Bottles       | <input type="checkbox"/> Medications             | <input type="checkbox"/> Extra Clothing |
| <input type="checkbox"/> Portable Crib | <input type="checkbox"/> Backpack Infant Carrier |   |

# (5) - System Organization & The Gear 2 of 3

## Pets

- Pet Carrier
- Leash (short & long)
- Pet I.D.
- Pet Food
- Food & Water Bowls
- Pet Medications
- Ground Screw
- 50' Nylon Cord
- Pet Toys

## Emergency Bag (Backpack)

Size and type to be determined by the gear you intend to carry, how much weight you are willing to carry and the season.

### First Aid

- First Aid Kit

### Footwear / Walking aids

- Comfortable Hiking Shoes
- Socks (one extra pair)
- Sock Liners
- Gaiters
- Walking Stick / Trekking Poles

### Clothing

- Clothing Layering System
- Sleep Clothing
- Change of Undergarments

### Shelter / Sleep

- Tent or Tarp
- Line Kit / Stake Kit
- Sleeping Bag (plus liner)
- Sleeping Pad
- Pillow

### Water

- Water Bottles (one metal)
- Water Filtration System
- Collapsible Water Bags
- Metal Pot (to melt snow)

### Fire Kit

- Lighter(s)
- Stormproof Matches
- Firesteel
- PJ Cotton Balls
- Pocket Bellows

### Hygiene

- Sunscreen
- Insect Repellent
- Mosquito Head Net
- Liquid Soap
- Hand Sanitizer
- Toilet Paper (or baby wipes)
- Trowel
- Floss
- Tooth Brush
- Toothpaste
- Tissues
- Lip Balm (Vaseline type)
- Eye Drops
- Ear Plugs
- Personal Rx Medications
- Personal Hygiene Items

### Food

- Power Bar Type Food (easiest)
- Metal Cup
- Cook Kit (if cooking)
- Bowl / Utensils (if cooking)
- Backpacker Meals (if cooking)
- Sponge / Rag (clean up)
- Electrolyte Powder

### Navigation

- Compass (with mirror)
- Area Maps

### Repair Kit

- Needle
- Thread
- Gorilla Tape

### Signaling

- Whistle
- Signal Mirror
- Flagging Tape

### Electronics

- Phone
- Charging Bank (solar?)
- Cables & Plugs

### Essential Items

- Pack Liner (waterproof gear)
- Headlamp / Flashlight
- Extra Batteries
- Cordage
- Bandana
- Work Gloves
- Important Phone Numbers
- Photos of children
- Knife (robust fixed blade)
- Wood Saw (folding type)
- Multi-Tool w/wire cutters
- Sunglasses
- Note Pad & Pen
- Sit Pad
- Spare Glasses (if needed)
- Reading Glasses (if needed)
- Spare Contacts (if needed)
- Cash (small denominations)
- N-95 Masks (wildfires / dust)
- Goggles (wildfires / dust)

# (5) - System Organization & The Gear 3 of 3

## Emergency Pack Supplemental Items

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Important Documents         | <input type="checkbox"/> Radio (crank / battery type) | <input type="checkbox"/> Ham Radio or Walkie Talkies |
| <input type="checkbox"/> Irreplaceable Photographs   | <input type="checkbox"/> Medical Devices (oxygen)     | <input type="checkbox"/> Personal Protection         |
| <input type="checkbox"/> Irreplaceable Jewelry       | <input type="checkbox"/> Silcock Key                  | <input type="checkbox"/> Hide-a-Wallet               |
| <input type="checkbox"/> Irreplaceable DVD's / Books | <input type="checkbox"/> Lock Picks                   | <input type="checkbox"/> Dummy Wallet                |
| <input type="checkbox"/> Computer Backup             | <input type="checkbox"/> Pry Bar                      |  |
| <input type="checkbox"/> Pillow Case                 | <input type="checkbox"/> List of important phone #'s  |  |
|  | <input type="checkbox"/> Photos of your kids          |  |

## Personal Gear

Personal or "EDC" items will vary from person to person

- |  |   |                                     |
|--|---|-------------------------------------|
| <input type="checkbox"/> Wallet (w/I.D. / cash /c-cards) | <input type="checkbox"/> Pocket Knife or multi-tool | <input type="checkbox"/> Lighter    |
| <input type="checkbox"/> Watch                           | <input type="checkbox"/> Mini First Aid Kit         | <input type="checkbox"/> Bandana    |
| <input type="checkbox"/> Cellphone                       | <input type="checkbox"/> Whistle                    | <input type="checkbox"/> Pen        |
| <input type="checkbox"/> Reading Glasses                 | <input type="checkbox"/> Flashlight                 | <input type="checkbox"/> Note Paper |

## Vehicle Gear

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Water (1- gallon minimum)                       | <input type="checkbox"/> Tissues                        | <input type="checkbox"/> Chemical Light Sticks |
| <input type="checkbox"/> Emergency Food                                  | <input type="checkbox"/> Moist Towelettes               | <input type="checkbox"/> Jumper Cables         |
| <input type="checkbox"/> Emergency Blanket / Poncho                      | <input type="checkbox"/> Cell Phone Charger             | <input type="checkbox"/> Flares                |
| <input type="checkbox"/> Rain Poncho                                     | <input type="checkbox"/> Multi-Tool                     | <input type="checkbox"/> Siphon Pump           |
| <input type="checkbox"/> Hiking Shoes (change out from work dress shoes) | <input type="checkbox"/> Small First Aid Kit            | <input type="checkbox"/> Shovel                |
| <input type="checkbox"/> Cell Phone Charger                              | <input type="checkbox"/> Flashlight (w/extra batteries) | <input type="checkbox"/> Tow Strap             |
|  | <input type="checkbox"/> Note Pad & Pen/Pencil          |  |

## First Aid

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> First Aid Booklet       | <input type="checkbox"/> 4x4's                      | <input type="checkbox"/> Emergency Filling Kit           |
| <input type="checkbox"/> Exam Gloves (non-latex) | <input type="checkbox"/> Non-Adherent Dressings     | <input type="checkbox"/> Irrigation Syringe (or similar) |
| <input type="checkbox"/> Aspirin                 | <input type="checkbox"/> Gauze Roller Bandage       | <input type="checkbox"/> Biohazard Waste Bags            |
| <input type="checkbox"/> Ibuprofen               | <input type="checkbox"/> Triangle Bandage           | <input type="checkbox"/> Moleskin*                       |
| <input type="checkbox"/> Acetaminophen           | <input type="checkbox"/> Wound Closure Strips       | <input type="checkbox"/> Leuko Tape                      |
| <input type="checkbox"/> Tylenol #3              | <input type="checkbox"/> Elastic Bandage (Ace Wrap) | <input type="checkbox"/> Tourniquet                      |
| <input type="checkbox"/> Benadryl Melt-Away's    | <input type="checkbox"/> Tape (1" wide medical)     | <input type="checkbox"/> CPR Microshiled                 |
| <input type="checkbox"/> Benadryl                | <input type="checkbox"/> 1x3 waterproof band-aids   | <input type="checkbox"/> EMT Shears                      |
| <input type="checkbox"/> Pepto Bismal            | <input type="checkbox"/> Knuckle Bandages           | <input type="checkbox"/> SAM Splint                      |
| <input type="checkbox"/> Immodium                | <input type="checkbox"/> BZK Towelettes             | <input type="checkbox"/> Blanket Pins                    |
| <input type="checkbox"/> Hydrocortisone Ointment | <input type="checkbox"/> Alcohol Towelettes         | <input type="checkbox"/> Tweezers                        |
| <input type="checkbox"/> Burn Gel (Lidocaine)    | <input type="checkbox"/> Triple Antibiotic Ointment |  |
| <input type="checkbox"/> 5x9 Pads                | <input type="checkbox"/> H&H Compressed Gauze       |  |

\*Take care of your feet in an emergency situations