

# WILDFIRE

## EMERGENCY PLANNING GUIDEBOOK



For more information visit us at: [MCFD6.COM](http://MCFD6.COM).

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## Mason County Division of Emergency Management

### MAKE A PLAN

Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations.

Ready.gov has made it simple for you to make a family emergency plan. Download the Family Emergency Plan (FEP) and fill out the sections before printing it or emailing it to your family and friends.

You should also inquire about emergency plans at places where your family spends time: work, daycare and school, faith organizations, sports events and commuting. If no plans exist, consider volunteering to help create one. Talk to community leaders, your colleagues, neighbors and members of faith or civic organizations about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

**Plan for Your Risks** – There are actions that should be taken before, during and after an event that are unique to each hazard. Identify the hazards that have happened or could happen in your area and plan for the unique actions for each. For more information see <http://www.ready.gov/plan-for-your-risks>

**Considerations For...** - As you prepare, tailor your plans and supplies to your specific daily living needs and responsibilities. Most or all individuals have both specific personal needs as well as resources to assist others. For more information see <http://www.ready.gov/considerations>

**Plan to Protect Yourself and Your Family** – Prepare yourself and your family for a disaster by making an emergency plan. Your emergency planning should also address the care of pets, aiding family members with access and functional needs and safely shutting off utilities. For more information see <http://www.ready.gov/emergency-planning-checklists>

**Tribal Planning** – Could you get along on your own for a few days if your reservation, village or pueblo experienced an emergency? Each family should make preparations now for immediate or potential situations that threaten life, property or the environment. Preparing today will speed up recovery time in an emergency. For more information see <http://www.ready.gov/indiancountry>

**Plan for Locations** – While there are warnings for many types of potential disasters, many emergencies and disasters occur without any warning. Since you can't predict where you will be for disasters, it is important to have plans and supplies for the locations you and your household go to regularly. For more information see <http://www.ready.gov/plan-for-locations>



# HOW TO PREPARE YOUR HOME FOR WILDFIRES

WILDFIRE RISK REDUCTION STEPS THAT CAN MAKE YOUR HOME SAFER DURING A WILDFIRE



## ■ VEGETATION MANAGEMENT

### 1. HOME IGNITION ZONES

To increase your home's chance of surviving a wildfire, choose fire-resistant building materials and limit the amount of flammable vegetation in the three home ignition zones. The zones include the **Immediate Zone**: (0 to 5 feet around the house), the **Intermediate Zone** (5 to 30 feet), and the **Extended Zone** (30 to 100 feet).

### 2. LANDSCAPING AND MAINTENANCE

To reduce ember ignitions and fire spread, trim branches that overhang the home, porch, and deck and prune branches of large trees up to 6 to 10 feet (depending on their height) from the ground. Remove plants containing resins, oils, and waxes. Use crushed stone or gravel instead of flammable mulches in the **Immediate Zone** (0 to 5 feet around the house). Keep your landscape in good condition.

## ■ FIRE RESISTIVE CONSTRUCTION

### 3. ROOFING AND VENTS

Class A fire-rated roofing products, such as composite shingles, metal, concrete, and clay tiles, offer the best protection. Inspect shingles or roof tiles and replace or repair those that are loose or missing to prevent ember penetration. Box in eaves, but provide ventilation to prevent condensation and mildew. Roof and attic vents should be screened to prevent ember entry.

### 4. DECKS AND PORCHES

Never store flammable materials underneath decks or porches. Remove dead vegetation and debris from under decks and porches and between deck board joints.

### 5. SIDING AND WINDOWS

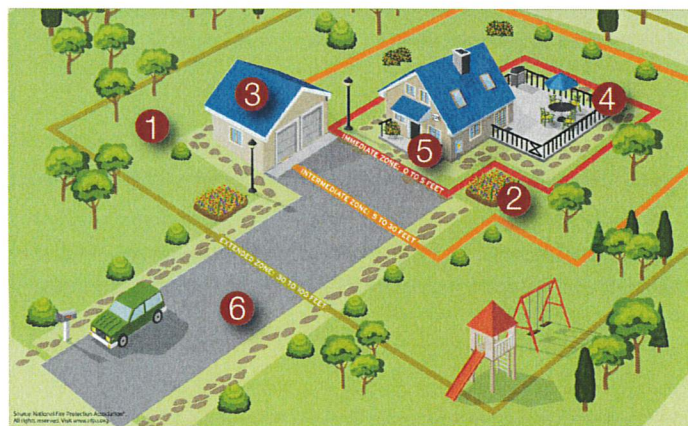
Embers can collect in small nooks and crannies and ignite combustible materials; radiant heat from flames can crack windows. Use fire-resistant siding such as brick, fiber-cement, plaster, or stucco, and use dual-pane tempered glass windows.

## ■ BE PREPARED

### 6. EMERGENCY RESPONDER ACCESS

Ensure your home and neighborhood have legible and clearly marked street names and numbers. Driveways should be at least 12 feet wide with a vertical clearance of 15 feet for emergency vehicle access.

- Develop, discuss, and practice an emergency action plan with everyone in your home. Include details for handling pets, large animals, and livestock.
- Know two ways out of your neighborhood and have a predesignated meeting place.
- Always evacuate if you feel it's unsafe to stay—don't wait to receive an emergency notification if you feel threatened from the fire.
- Conduct an annual insurance policy checkup to adjust for local building costs, codes, and new renovations.
- Create or update a home inventory to help settle claims faster.



**TALK TO YOUR LOCAL FORESTRY AGENCY  
OR FIRE DEPARTMENT TO LEARN MORE  
ABOUT THE SPECIFIC WILDFIRE RISK  
WHERE YOU LIVE.**



**FIREWISE USA®**  
RESIDENTS REDUCING WILDFIRE RISKS

VISIT [FIREWISE.ORG](https://www.firewise.org) FOR MORE DETAILS

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Order a Reducing Wildfire Risks in the Home Ignition Zone checklist/poster at [Firewise.org](https://www.firewise.org)



# IMMEDIATE (NONCOMBUSTIBLE) ZONE

Why is it important to create and maintain 5 feet of noncombustible space around the exterior of a building?

Wildfire risks are on the rise, but there are ways home and business owners can take control of their vulnerabilities. Changes made to a structure and its surroundings within 100 feet can make a big impact. Research from the Insurance Institute for Business and Home Safety (IBHS) shows that the first 0 to 5 feet around the structure, known as the immediate zone or noncombustible zone, has the greatest impact on your risk. IBHS and the National Fire Protection Association® (NFPA®) recommend keeping this zone well-maintained and clear of combustible materials.

## IBHS Research

The main objective of the 0-to-5-foot zone is to reduce the potential that embers landing near a building will ignite fuels and expose the area around a home to a direct flame (Figure 1). Removing anything that can ignite from embers is critically important. To verify how effective a 5-foot noncombustible zone is around a building, more than 180 tests were conducted in 2018 at the IBHS Research Center to evaluate fire behavior and heating of buildings (Figures 2a & 2b).

## Key Observations

- For combustible landscaping, such as wood mulch, the thickness of the mulch bed, wind speed, and location of the flame and building all impact the potential of mulch to ignite and how quickly fire can spread to the building.
- Burning mulch generates embers that can ignite nearby mulch, increasing the chances of direct flame contact spreading to the building.
- When flames are 5 feet away, a building's surface temperature is below temperatures that could cause ignition. However, corners of a building (45-degree angles) experience a higher temperature when exposed to flames, even when a 5-foot space is present. Testing showed that corners can be more vulnerable due to fire spread through fuel (such as mulch) on the ground, because at the same wind speed, wind blowing directly at a wall (90-degree angle) will result in taller flames and more radiant heat, while wind on a corner (45-degree angle) will result in longer flames that are closer to the ground.

## Recommendations

- Keep the corner areas of a building clear of combustible materials due to the higher probability of having direct flame touching the surrounding ground.
- Keep gutters free of debris and use metal gutters.
- Install hard surfaces, such as a concrete walkway, or use noncombustible mulch products, such as rock.
- Keep the lawn well irrigated and use low-growing herbaceous (non-woody) plants. Shrubs and trees are not recommended in the 5-foot zone.
- Remove dead vegetation and implement a maintenance strategy to keep the 5-foot zone clear of dead plant materials.
- Mitigating home ignition zones shouldn't stop at 5 feet from the building. It should be combined with the footprint of an attached deck and area that extends away from the building up to 100 feet or to the property line.



**Figure 1** – Creating and maintaining home ignition zones (defensible space) around your property are proven ways to reduce risks of property damage during a wildfire, as tests at the IBHS Research Center have shown.



**Figure 2a** Experiments conducted at the IBHS Research Center to study the effectiveness of creating a noncombustible space around buildings.



**Figure 2b** Embers impacting a building: left side with combustible (wood) and the right with noncombustible (rock) mulch.

© Insurance Institute for Business & Home Safety

## Learn More

- ▶ For online training and other resources, see [nfpa.org/firewise](https://www.nfpa.org/firewise).
- ▶ Access the latest research from IBHS at [ibhs.org](https://www.ibhs.org).



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RESIDENTS REDUCING WILDFIRE RISKS



# Wildfire Evacuation Checklist

Make leaving safely second nature



Plan, prepare and practice these simple tips that can help make leaving your home quicker, easier and safer in the event of a wildfire and reduce your risk of injury.

## Pre-fire: Plan, prepare and practice before a wildfire occurs.

A wildfire may make it necessary for you and your neighbors to evacuate. Plan, prepare and practice wildfire evacuation together and with your local emergency services. This can help save lives!



### Pre-fire: plan

- ✔ Sign up to receive local emergency alerts and warnings on all home phones, cellphones and other devices.
- ✔ Know what your community's emergency notification and evacuation plans are.
- ✔ Plan an evacuation route away from your home and other alternate routes in case the first route is closed or threatened by wildfire.
- ✔ Make sure your designated contact knows your plan and to communicate with you to know you are safe.
- ✔ Know the evacuation plans for locations where household members regularly are such as workplaces, schools and commuter routes.
- ✔ Plan to evacuate family, friends or neighbors who have disabilities.
- ✔ Maintain roads and bridges on your property and in your community if you are responsible for them. Improve roads to have 2 ways out and make them wide enough for emergency vehicles. Make sure everyone can open gated roads. Post load limits on bridges. Build culverts with materials that won't melt.



### Pre-fire: prepare

- ✔ Prepack emergency supply kits.
- ✔ Back vehicles into your garage or park them in an open space facing the direction of escape.
- ✔ Keep the gas tank in vehicles at least half full.



### Pre-fire: practice

- ✔ Practice often with everyone in your home, using at least 2 ways out of your neighborhood.
- ✔ Participate in community wildfire drills. If something could keep you from leaving successfully, such as a locked gate, address it immediately.
- ✔ Practice evacuating animals and pets, including how to operate trailers and other vehicles needed to transport them. Know what resources are needed for their care in case of evacuation.





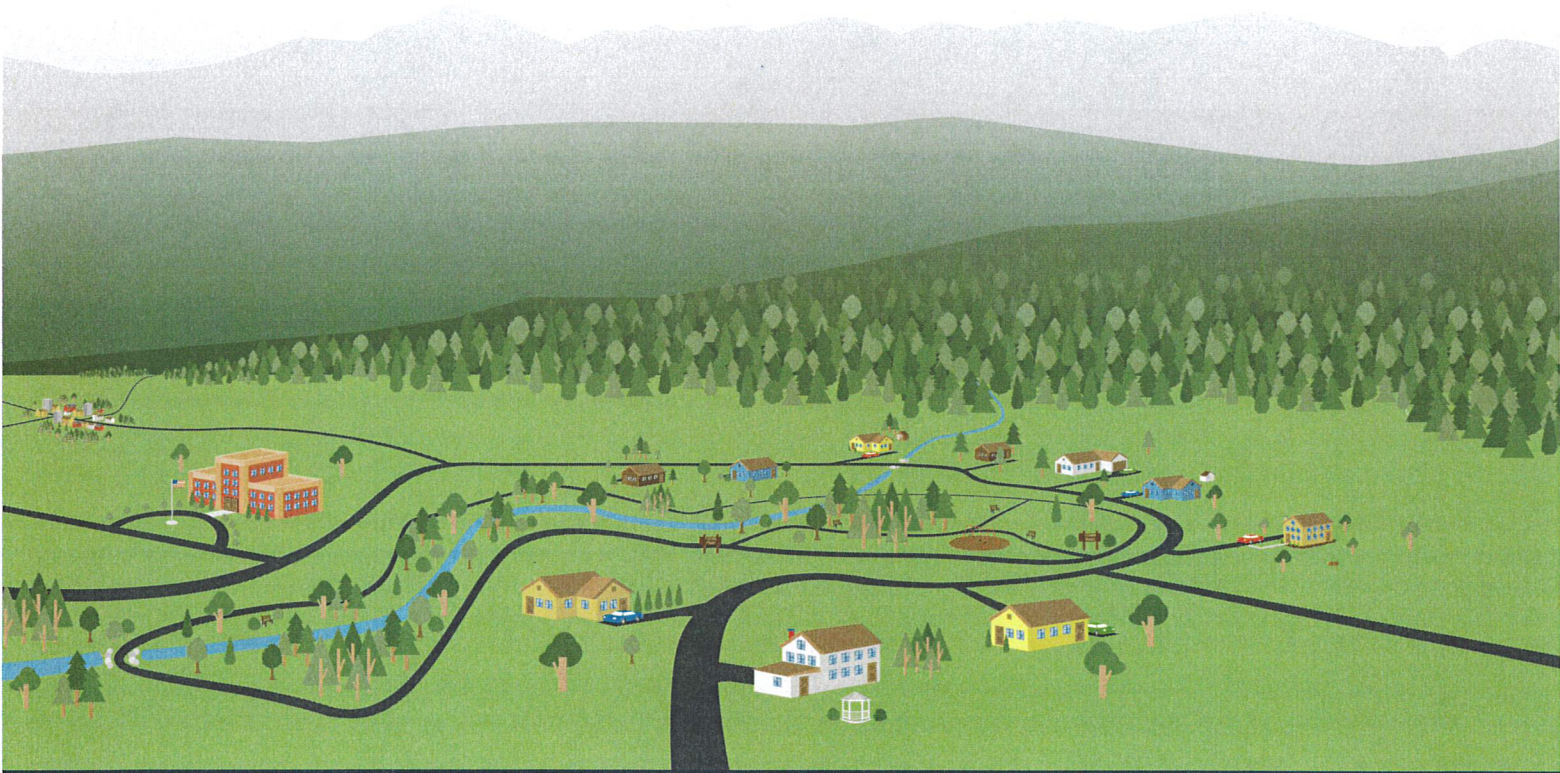
## During a wildfire event

- ✔ Charge all cellphones in case of power loss.
- ✔ Know the local fire conditions and be prepared to leave at a moment's notice.
- ✔ Leave early if you are concerned. It may take more time than you think to evacuate due to heavier traffic and decreased visibility, or if you have small children, pets or livestock, or have physical challenges.
- ✔ Go promptly when told to evacuate.
- ✔ Don't drive out with trailers or large vehicles like RV's, especially if you are unfamiliar with operating them. A stalled or abandoned vehicle makes it hard for others to leave and first responders to get into the area.
- ✔ Keep your car windows up and the air conditioning on to prevent embers and smoke from entering the vehicle.
- ✔ Continue to listen for additional evacuation instructions.



## After evacuating

- ✔ Make sure that everyone is okay once you are out. If someone is injured or not feeling well, get immediate assistance.
- ✔ Inform your designated contact as soon as you are safe.
- ✔ Don't return to your home until you are told you can safely do so.
- ✔ Follow safety guidance, including bringing in fresh water and other supplies.







## Know the three levels of wildfire evacuation

Fire season requires residents to be at an increased awareness for the dangers of wildfire. Your local fire agency takes every precaution to help protect you and your property from fire. During a large wildfire, there may not be enough fire engines or firefighters to defend every home.

Your local law enforcement agency orders evacuations. If you feel threatened by a wildfire, do not wait for an official evacuation order.

There are three levels of evacuation.

- **Level 1 evacuation means “BE READY” for potential evacuation.** Residents should be aware of the danger that exists in their area and monitor emergency services websites and local media outlets for information. This is the time for preparation and precautionary movement of people with special needs, mobile property, and (under certain circumstances) pets and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system.
- **Level 2 evacuation means “BE SET” to evacuate.** You should be ready to leave at a moment’s notice as this level indicates there is a significant danger to your area, and residents should either voluntarily relocate to a shelter or with family/friends outside of the affected area. Residents may have time to gather necessary items but doing so is at their own risk.
- **Level 3 evacuation means “GO” evacuate NOW – leave immediately!** Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advisement, you must understand that emergency services may not be available to assist you further. DO NOT delay leaving to gather any belongings or make efforts to protect your home.

If you are advised to evacuate, take your emergency supply kit, lock your home and choose a route away from the fire hazard. Watch for changes in the speed and direction of the fire and smoke. Tell someone when you left and where you are going.

Remember the eight Ps in case an immediate evacuation is required: people, pets, personal computer, prescriptions, paperwork (important documents), pictures, phone (cell), and plastic (credit/bank cards).

Information was provided by the [Office of the State Fire Marshal](#).

Download the Oregon state evacuation levels flyer in [English](#) and in [Spanish](#).

### Previously titled Wildfire Evacuation







# DURING A WILDFIRE BE READY, BE SET, GO!



Your local law enforcement agency orders evacuations. If you feel threatened by a wildfire, do not wait for an official evacuation order. There are three levels of evacuation:

## LEVEL 1

### BE READY:

Prepare, monitor, and pack your valuables.

## LEVEL 2

### BE SET:

Be set to evacuate at a moment's notice.

## LEVEL 3

### GO:

Leave immediately!

**#BelieveInFireSafety**

Photo: Office of the State Fire Marshal  
September 2020



Carrie Berger  
Fire Program Manager  
Office of State Fire Marshal

Source URL: <https://extension.oregonstate.edu/community-vitality/disaster-prep/know-three-levels-wildfire-evacuation>



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# How to Protect Yourself From Wildfire Smoke

July 5, 2022

Share



As anyone from [Oregon](#), [Washington](#), or [California](#) can confirm; you don't need to live next door to a wildfire to be exposed to its smoke. Smoke pollution from wildfires can travel tremendous distances, with particulate from California fires creating hazy, unhealthy air conditions as far away as New York, Philadelphia, and eastern parts of Canada.<sup>1</sup> **No matter where you live, it is important to learn how to protect yourself from wildfire smoke to preserve your health while preparing for the possibility of additional adverse conditions.**

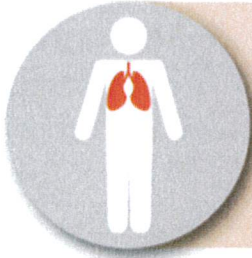
## Who Is Most Susceptible to Wildfire Smoke?

[Wildfire smoke can have detrimental effects](#) on anyone exposed to it. Some individuals are more susceptible to adverse health issues from smoke, so it is essential to know if you fit into one of the high-risk categories.

Four population demographics are at the greatest risk of experiencing health issues from wildfire exposure.



# Who is Susceptible to Wildfire Smoke?



## Lung & Heart Conditions

Symptoms can worsen with smoke exposure.



## Elderly

More likely to have existing lung & heart conditions.



## Pregnant

Increased respiration can lead to greater smoke inhalation.



## Children

Developing air passages & time outside increase risk of greater smoke inhalation.

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Are you or a loved one in at high risk for adverse health effects from wildfire smoke?

## 1. Existing Lung / Heart Conditions

The first category includes people with an existing lung or heart condition. Symptoms from asthma or COPD often worsen when exposed to wildfire smoke.

## 2. Elderly

Older adults also tend to be more affected by smoke than younger people, which comprises the second category. This issue might be due to the higher risks of having existing lung or heart problems.

## 3. Pregnant

The third category involves expectant mothers. The physical changes that occur during pregnancy, such as an increase in natural breathing, can cause more smoke to be inhaled. There could also be risks for preterm births or newborns with below-average birth weight due to smoke inhalation. <sup>1</sup>

## 4. Children

Children are the final high-risk category. Since a child's air passageways are still developing, they breathe more air than adults when measured per pound of weight.<sup>3</sup> Kids are also more likely to spend time outside when wildfire smoke is in the environment.

Due to their greater sensitivity, children are also at higher risk of experiencing emotional distress, such as grief and anxiety, following a fire.<sup>3</sup>

# What Are the Symptoms of Wildfire Smoke Exposure?

The health effects of breathing wildfire smoke for people in a high-risk category could include any or all of the following symptoms.<sup>3</sup>

- Lightheadedness or dizziness
- Shortness of breath
- Tightness in the chest
- Unusual fatigue
- Heart palpitations
- Sharp pain in the chest, shoulder, back, or neck

The wildfire smoke long-term health effects can contribute to future breathing problems, including asthma. Depending on the particles included in the smoke, more serious conditions can also develop.

## Tips for Protecting Yourself from Wildfire Smoke

Dry conditions increase the potential for wildfires. If you live nearby to or visit a wilderness area, it's crucial to stay alert for smoke. It can hurt your eyes, cause respiratory system irritation, and worsen chronic lung or heart conditions.



The best way to protect yourself from wildfire smoke is to be prepared for a wildfire.

- Know the [evacuation plan](#) for the area you're visiting or where you live
- Take the time to drive the evacuation route to a designated shelter so that it becomes familiar
- Have plans for pets, livestock, and other animals for which you are responsible

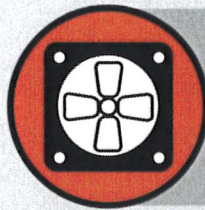
Once you have these essentials prepared, the following tips can help protect you from wildfire smoke.

## PROTECT YOURSELF FROM WILDFIRE SMOKE



### Check Air Quality Reports

Reference local news or the Air Quality Index. Weather apps may also include information about air quality.



### Keep Indoor Air Clean

Keep exterior windows and doors closed, and use an air filter or run your air conditioner with the outside air intake closed.



### Check Your Local Visibility Guide

If particulate is high, consider adjusting your activities to limit time spent outdoors, or wear a respirator if time outside is unavoidable.



### Avoid Polluting Activities

Using a gas stove, burning candles, smoking, and vacuuming are examples of activities that negatively affect indoor air quality.



### Follow the Correct Evacuation Route

Knowing the safest and most expedient route away from a wildfire zone will reduce your exposure to wildfire smoke. Listen to local news and authorities.



### Protect Yourself From Ash

Wear clothing that will protect your skin from ash, and wash off any ash that gets in your eyes, on your skin, or in your mouth as soon as it is safe to do so.

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Follow these tips to protect yourself from wildfire smoke.

## Check Air Quality Reports

If a wildfire is in your area, it helps to watch the news or listen to reports of health warnings related to smoke. Some communities provide information to the [Air Quality Index](#). Many weather apps also include an [air quality](#) feature.

You can also check the [AirNow smoke map](#) for additional information.

When you know a fire is close, pay attention to any public health messages or emergency broadcasts so that you can implement appropriate safety measures.

## Keep Indoor Air Clean

The health effects of [wildfire smoke](#) can be dangerous, even if you're indoors.

When local authorities advise people to stay inside because of wildfire smoke, the goal should be to keep the air indoors as clean as possible. One option is to operate your air conditioner with the air intake closed to prevent outdoor air from getting inside.

Most homes have an interior room that can be closed off from the outside air. It helps to have a portable filter or air cleaner available in this space to ensure there's at least one area where relief is available.

If you don't have an air conditioner and staying inside is too warm with the windows closed, seek safety at a designated shelter.

## Avoid Polluting Activities

Anything that adds pollution to the indoor environment should be avoided whenever possible when wildfire smoke is outside. **Gas stoves, fireplaces, and candles reduce air purity.** Even vacuuming (which stirs up dust particles) should be postponed.

The [effects of wildfire smoke on health](#) should not be underestimated. Even a small reduction of pollution-generating activities indoors can have a positive impact on health.

## Check Your Local Visibility Guide

Some communities offer a guide that measures the particle content of the air. This information provides guidelines for people to determine if there is enough pollution to limit outdoor activities.

If you need to go outside during poor conditions, use a respirator that filters ash and smoke before the air reaches your lungs. The people who are the most susceptible to wildfire smoke should have this tool in their emergency supplies.

Dust masks won't provide protection from the tiny particles that wildfire smoke contains. Follow the advice of your healthcare provider or doctor to ensure you can stay safe in these conditions.

## Follow the Correct Evacuation Route

It is important to use the safest and most expedient route away from a wildfire zone to reduce your **exposure to smoke**. Although [evacuation](#) paths are designated when wildfires develop, those routes can be subject to change. Listen to the news or follow the instructions of local authorities to ensure you're following the current orders. When someone says it's time to go, make sure you know where to evacuate.

Only take essential items with you when you must leave your home because of a wildfire. It also helps to plan alternative routes in case of heavy traffic and blockages.

It helps to have safety packs already prepared for each person. The Red Cross offers one example of this idea with the [Pillowcase Project](#), listing everything that should be packed in advance so that you can grab it



and go during an emergency.

## Protect Yourself From Ash

When you receive wildfire smoke exposure, you can have ash and other materials deposited on your skin and clothing. These particulates can irritate your skin, nose, and eyes.

It helps to wear long-sleeved shirts, long pants, gloves, socks, and shoes to protect yourself. Goggles can help protect your eyes, even if you already wear glasses.

Wash off the ash that gets in your eyes, on your skin, or in your mouth as soon as it is safe. Children should be assisted by a trustworthy adult.

It is possible for plumbing systems and well water to become contaminated from wildfire and / or smoke. The water might have a different odor or color than normal. If water in your home is affected, try to flush the lines until the smell is gone and don't drink it until professional testing occurs.

Wildfires can generate plenty of smoke, but you can protect yourself from its adverse effects. If you don't have a plan to follow yet, start making one today so that you and your family can stay safe.

## Sources

1. NPR, "[The Western Wildfires Are Affecting People 3,000 Miles Away.](#)" Accessed June 29, 2022.
2. Centers for Disease Control and Prevention, "[Wildfire Smoke and Pregnancy.](#)" Accessed June 29, 2022.
3. Environmental Protection Agency, "[Which Populations Experience Greater Risks of Adverse Health Effects Resulting from Wildfire Smoke Exposure?](#)" Accessed June 29, 2022.

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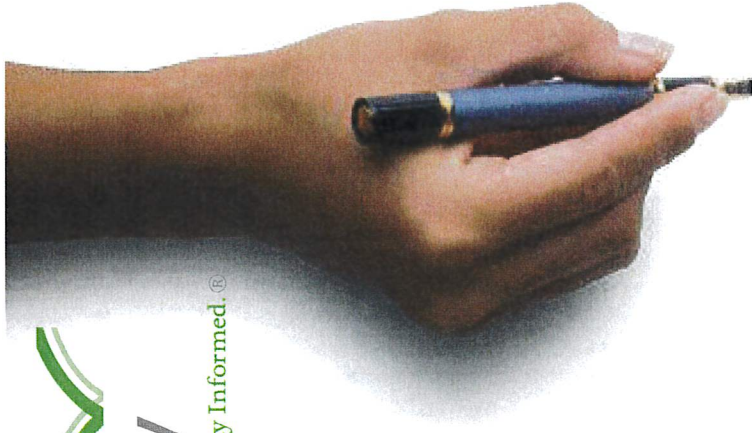
### Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



# Ready

Prepare. Plan. Stay Informed. ®



# Emergency Supply List



# FEMA

[www.ready.gov](http://www.ready.gov)



## Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days
- Extra cell phone battery or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps

**FEMA's Ready Campaign** educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



**FEMA**

**Federal Emergency Management Agency**  
Washington, DC 20472

# Do You Have a 72 Hour Kit for You and Each Member of Your Family? Here's a few reasons why you should...

Article courtesy of "shopfoodstorage.com".

We say it time and time again...the first step to take when building your emergency supply is to build/get a 72 hour kit for you and each member of your family. But, why is that, and what exactly does a 72 hour kit contain?

## Why You Need a 72 Hour Kit

Predicting when a disaster may strike is easier said than done. If we knew exactly when bad things were going to happen, then preparedness would be much easier. But, we don't.

Even when we have days notice in advance (like hurricane Harvey, Irma, and others) many people still fail to prepare properly. Arrange prepare. Following hurricane Katrina, even local, state, and federal government agencies got on board with the idea of people having 72 hours of food, water, medical, and other supplies available.

Reason being, typically it takes up to **3 days** for emergency personnel to respond following a disaster. Following Katrina, many people were left stranded without food, water, and power for 3 days (some even more) before FEMA and others were able to reach them. **Would you and your family be ready for that?** 3 days with no food, water, or power.

That's where the 72 hour kit comes in. Now this isn't to say we should simply get a 72 hour kit and expect things to always be fine again after 3 days because the government will step in. If history has shown us anything, it's that **bureaucracies are inefficient and slow to respond**. As preppers, we must prepare to help ourselves, not rely on the government to help us following a disaster. A 72 hour kit is the first step in doing that.

**By having a 72 hour kit, you'll know that if disaster were to strike, you would have immediate supplies you could rely on at your home, or if you had to leave and take it with you.**



## What Does a 72 Hour Kit Typically Contain?

A 72 hour kit is typically a backpack (or at times a bucket) stocked with vital items you may need in an emergency. These kits can range from very basic, to advance. No matter your experience level, any kit you buy and or build should have, at a minimum, the following:

- 1) 3 days worth of water
- 2) 3 days worth of food
- 3) A first aid kit
- 4) A stove/fuel source to cook food (if hot water is needed)
- 5) Copies of your drivers license and other vital documents stored in a water proof zip lock bag
- 6) Some cash

That is the bare minimum of what every kit should have. You want to know that you'll be ok for 3 days on Food and water, and that you have some medical supplies if needed. You'll also want copies of vital documents just in case you need to grab your bag and go and your home is destroyed.

Beyond that, a good 72 hour kit should also have items like a flashlight, batteries, matches, a fire starter, a water filter, iodine tablets, a good knife and/or multi tool, a change of clothes, etc. See the kit checklist for all the recommended items.

Having a 72 hour kit will give you peace of mind knowing that if disaster were to strike, you would have the essential supplies you need to survive the initial fallout. It is the first step everyone should take when building their emergency supply!

If you do not have a 72 hour kit for you and each member of your family, make sure to get one today!

Happy Prepping!

Article courtesy of "shopfoodstorage.com".