

~ PREPARE FOR EVACUATION ~
BE READY FOR POTENTIAL WAR ON U.S. SOIL.

THIS IS ONLY A DRILL

This year at the R3 BIPOC Family Camping Retreat we will have an Evacuation drill/discussion presented by Afrovivalist.

This is how it will work:

As you are packing up your camp supplies, act as if you are evacuating the city to go to your BOL (Bug Out Location). Your BOL will be the campout location, Oxbow Regional Park.

Discuss the topic of evacuation with your family and or group. Take notes of what you would do if you have to vacate your home due to a man-made or natural disaster. Bring those notes with you to the campout for the group discussion. Although this is only a **DRILL**, when planning for a **REAL** evacuation, it is important to remember that you may not return home due to the situation and/or damage to your home. Now is the time to think about where you will go during or after a disaster. Once you have determined where you will go, do the following:

1. Create 3 routes to that location.
2. Drive each route and make note of what is on that route, i.e. stores, gas stations, campgrounds, etc.
3. Once at location, determine what you will need at your evacuation location and start stocking with supplies to use during a future disaster.

PREPARE NOW!
DON'T WAIT FOR THE DISASTER TO HAPPEN.

EMERGENCY EVACUATION SUPPLY LIST

Here are basic lists of emergency supplies to help you get started on the Evacuation drill. The lists are **NOT** complete so make sure to customize them to your needs. When creating your kit, remember to consider where you live and the needs of your family. This is a combination of wilderness and urban survival items because you may have to evacuate your home to an outdoor location. Even if it is your backyard. Place items in a container and add personal items to customize the kit to you and your family needs.

Foods: Create a list of foods that you and your family like to eat. Remember Freeze Dried and Dehydrated food weigh a lot less than canned foods. This is NOT a complete list.

<ul style="list-style-type: none"><input type="checkbox"/>. Water (1 Gallon, per day, per person)<input type="checkbox"/>. Cutlery and Manual Can Opener x2<input type="checkbox"/>. Seasonings<input type="checkbox"/>. Instant potatoes (flavored)<input type="checkbox"/>. Ramen noodles<input type="checkbox"/>. Canned Sardines, salmon, oysters<input type="checkbox"/>. Fruit or fruit cocktail<input type="checkbox"/>. Rice<input type="checkbox"/>. Spaghetti noodles and sauce<input type="checkbox"/>. Egg noodles<input type="checkbox"/>. Gravy mixes<input type="checkbox"/>. Whole or sliced canned potatoes<input type="checkbox"/>. Green beans, carrots, greens, peas, veggies<input type="checkbox"/>. Bouillon Cubes: Chicken, Beef<input type="checkbox"/>. Canned stew<input type="checkbox"/>. Canned Meat: Chicken, Tuna, Beef<input type="checkbox"/>. Canned Ham<input type="checkbox"/>. Refried beans<input type="checkbox"/>. Ravioli or Spaghetti O's.<input type="checkbox"/>. Sugar	<ul style="list-style-type: none"><input type="checkbox"/>. Oatmeal<input type="checkbox"/>. Instant Rolled Oats<input type="checkbox"/>. MRE's (Meals Ready to Eat)<input type="checkbox"/>. Cornbread mix<input type="checkbox"/>. Flour<input type="checkbox"/>. Cooking oil<input type="checkbox"/>. Dry beans<input type="checkbox"/>. Peanut butter<input type="checkbox"/>. Yeast<input type="checkbox"/>. Breakfast cereal<input type="checkbox"/>. Tomato Paste or Tomato Sauce<input type="checkbox"/>. Soups: Stews, Broth<input type="checkbox"/>. Dehydrated and Freeze Dried Foods<input type="checkbox"/>. Kool aid, Juices or Gatorade<input type="checkbox"/>. Coffee and Tea<input type="checkbox"/>. Powdered coffee creamer<input type="checkbox"/>. Candy/Gum<input type="checkbox"/>. Jerky, dried meats<input type="checkbox"/>. Cigarettes, if you smoke or use it to barter<input type="checkbox"/>. Liquor, if you drink or use it to barter (airplane bottles)
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When Packing Food Items:

- Consider your family's taste, needs and comfort foods to lift spirits.
- Choose foods that do not require electricity, special preparation and refrigeration.
- Always check the expiration date. Use the oldest dates first.
- Use tight-seal containers when storing perishable foods.

Survival Tools (Non-Food Items)

This list includes tools for hunting, shelter-making, first-aid and items to assist with preparing for your survival.

<ul style="list-style-type: none"> <input type="checkbox"/> Map of City and State you live in <input type="checkbox"/> Map of United States <input type="checkbox"/> Camp stove and fuel <input type="checkbox"/> Camping Gear (Tent, sleeping bag, etc.) <input type="checkbox"/> Tarps (Various sizes) <input type="checkbox"/> Headlamp, flashlights and batteries <input type="checkbox"/> Fishing pole and tackle box <input type="checkbox"/> Wet wipes (for toilet paper and cleaning) <input type="checkbox"/> Seasonal Clothing <input type="checkbox"/> Hand Crank Solar Radio / Charger <input type="checkbox"/> Bic Lighters or Waterproof Matches <input type="checkbox"/> Tea lights (for light & fire making) <input type="checkbox"/> 550 Paracord of various lengths <input type="checkbox"/> Duct Tape <input type="checkbox"/> Non-Insulated Stainless Steel Water Bottle & Water Filter <input type="checkbox"/> Extra AA, AAA, C, D and 9v batteries <input type="checkbox"/> Camp pot, pan, plates and cups <input type="checkbox"/> Personal Hygiene Kit for each family member <input type="checkbox"/> Magnesium Rod and striker (fire kit) <input type="checkbox"/> Irish Spring Soap (Insect Repellent) <input type="checkbox"/> Tampons and pads (for the ladies and deep wounds) <input type="checkbox"/> Solar or Gas Generators 	<ul style="list-style-type: none"> <input type="checkbox"/> Needles and Thread <input type="checkbox"/> First Aid and Surgical kits <input type="checkbox"/> Emergency whistle and signal mirror <input type="checkbox"/> Pepper Spray or Wasp Spray <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Assortment of Bandages <input type="checkbox"/> Multi-tools <input type="checkbox"/> Saw and Ax <input type="checkbox"/> Hand Sanitizer (for sanitation & fire making) <input type="checkbox"/> Deck of Cards, dice and/or board games <input type="checkbox"/> Heavy Duty Garbage Bags various sizes <input type="checkbox"/> Machete <input type="checkbox"/> Fire Starter, Vaseline Cotton Balls and Kindling <input type="checkbox"/> Bleach - for Sanitation and Water purification 1 gallon regular household bleach (DO NOT USE scented, color-safe, or bleach with added cleaners). <input type="checkbox"/> Medicine dropper for WATER purification 8 drops of bleach per 1 gallon of water. <input type="checkbox"/> 2x 5 gallon buckets (for Pee and Poo) <input type="checkbox"/> Toiletry items <input type="checkbox"/> Firearms, Bow & Arrows, Slingshot, etc. <input type="checkbox"/> Gasoline and/or Propane tanks
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OTC Medications and Other items

If you do not have in-depth knowledge of medicinal plants, then these OTC's (Over The Counter) medications are must have survival items to combat small to serious health issues or help ease your ailments. Don't forget your prescription medications. Here's a short list of items to get you started:

<ul style="list-style-type: none"> <input type="checkbox"/> Prescription Medications <input type="checkbox"/> Tylenol (Acetaminophen) <input type="checkbox"/> Advil (Ibuprofen) <input type="checkbox"/> Benadryl (Diphenhydramine HCl) 	<ul style="list-style-type: none"> <input type="checkbox"/> Aspirin <input type="checkbox"/> Pepto Bismol <input type="checkbox"/> Cough Drops/syrup <input type="checkbox"/> Vicks VapoRub
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Additional Items Your Family will Need:

Family photos of each person in the family.

Infant Items: Formula, diapers, bottles, pacifiers; powdered milk, infant medications, etc.

Adult/Senior Items: Prescription medications, vision care items (extra glasses/contact lenses & supplies) diabetic supplies, dentures, and hearing aid batteries, etc.

Persons with Disabilities/Special Needs: Specialized care items (oxygen, catheters, etc.), a list of prescription medications (including dosage and physician's name) and the type and model numbers of required medical devices, portable wheelchair. Wear a medical alert ID and register with the office of emergency services in your area. If you are dependent on a dialysis machine or other life-sustaining equipment or treatment, know the location and availability of more than one facility in your area. Make sure your support network knows this information and can operate any devices needed to assist you.

Pet Items: Your pets should wear a collar and ID/rabies tags. Include food, water (1 gallon per day), bowls, leash/harness, crate/carrier, etc, medical and vaccination records, sanitation needs (cat litter, litter box, newspapers, and plastic bags). Also place a photo of you and your pet in your kit.

Important Documents

You should have copies of every family member's passport, credit cards (front and back), driver's licenses, pet records, important phone numbers, most importantly, Deeds, titles etc. A printed map with directions to your evacuation location. Don't rely on your cell phone because the systems can be overwhelmed in the aftermath of a major disaster, so smartphone maps may not work.

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REMEMBER during an emergency or disaster situation,
STAY CALM and **DO NOT PANIC**.



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