

Family Emergency Preparedness Kit

OK Rotarian, so you've resolved to get going. What's your next step?

FIRST STEP IS NOT TO GET OVERWHELMED!!!

Yes, I know, this can seem like a huge task when done all at once, sort of like having to eat a whole elephant. But you CAN DO IT *if* you do it one small bite at a time. Make your preparedness planning in bite-size chunks. For those with means, you may want it all done in one pop, and that's ok, too. In that case go to page 9 of my list for a shortcut.

Here's What It is Recommended You do to Get Started:

- **1)** Determine first what you will be preparing for, i.e., earthquake, hurricane, flood, tornado, possible job layoff, bird flu quarantine, etc.
- **2)** Determine what length of time you want to prepare for, 72 hrs. etc.
- **3)** What will you do about food, water, light, cooking, heat, sanitation, first-aid, etc? Look at the suggestions listed below to get ideas for getting started.
- **4)** Make an emergency contact list for family members. Include names and phone numbers; have a contact out of State for all to report to during an emergency. (phone lines and cell phones will be jammed or not working for local use during an emergency, out of state contacts will be available).

Don't get overwhelmed. Take it in small bite size chunks. Set a date to complete your kit(s) and start gathering supplies. Get your family involved in the planning and preparation. Call me should you get stuck or have questions.

Above all, get started NOW. Stop procrastinating. It's time to get it done!

Below is a helpful checklist for gathering recommended foods and supplies that will help you to get better prepared. If you control+click on the underlined items it will take you to the website where the item is located. This checklist is not intended to be all-inclusive for every situation, but instead provide you with an excellent starter list for you and your family or re-review of your existing supplies.

Check the list, you may already have these items available at home!

WATER & PURIFICATION

Store a minimum of 2 gallons per day per person for 2 weeks (approximately 30 gallons per person).

For added safety, store 55 gallons per person which would provide about for 4 weeks of water per person (55 gallon barrels also the least expense per gallon for storage use). Use only BRAND NEW, NEVER USED containers for your water storage reserves.

Emergency Water Suggestions:

- Heavy Duty Plastic Water Storage Barrels** for Home Water Barrels*

- Oxy-Stabile or Aerobic 07 Five year water stabilizer (for stored water) [Water Storage Preserver](#)
- Home Counter Top Gravity Water Filter such as the Katadyn gravidyn/Ceridyn or AquaRain filters [Gravity Filter*](#)
- Camping Water Filter [Water Filters](#)
- Emergency Water Rations (pouches) [Water Pouches*](#)
- Collapsible Water Container(s) [Water Carrier](#)
- Plastic Sheeting (for sheltering, catching rain water)
{can find at most paint departments or stores}
- Chlorine Bleach (Ratio for water purification: 2 drops per quart, 1/2 teaspoon per 5 gallons. Double dosage if water is cloudy)
- Water Purification Tabs - Mircopur, Potable Aqua or Iodine Crystals

(Suggestion: If you regularly get bottled water delivered to your home in 5 gallon plastic bottles, consider ordering up to 10 or so additional bottles [store in the garage] along with their stackable storage crates. Rotate this water weekly as used).

EMERGENCY FOOD

Next to water, food is a vital part of any preparedness plan. Food considerations you should be looking at when making your 72 Hour Emergency Kits are emergency foods that have a long storage life and that are made to be non-thirst provoking and are not effected by extreme heat or cold. Lifeboat "Emergency Rations" are ideal for this use.

Foods for home reserves should consist of both normal grocery store bought foods (a 2 to 4 week supply on hand minimum [3 months would be ideal]) and a variety of long storing freeze-dried or dehydrated foods. Remember to store what you eat and eat what you store. If you're not a regular scratch cooker, don't store bulk grains unless your family normally uses them. Buy food items your family is familiar with and will eat without a problem.

Foods should be lightweight, compact, and require no refrigeration, preparation or cooking. For long term storage, **FREEZE-DRIED** foods is the #1 recommendation. Freeze-dried foods, have up to a 25 year shelf-life, making them ideal for emergency backup. In addition they require much less water and require **NO COOKING & NO PREPARATION**.

One other emergency food you may wish to consider are military [MRE's](#) (Meals Ready to Eat). These are excellent for run-and-go quick evacuations. 12 Meals typically come in a case. Shelf-life is usually about 5 years if stored at room temperature. Not recommended for kit stored in your car.

Emergency Food Suggestions:

- Extra 2 to 4 Weeks of store bought non-refrigerated foods (canned goods, crackers, boxed drinks, cereals, oatmeal, etc.)
- Freeze-Dried Foods in Pouches or #10 SizeCans [Freeze-Dried Foods*](#) (Mountain House #10 can foods have up to a 25 year shelf-life, pouches 5-7 years)
- Military MRE Ready to Eat Meals [MRE's*](#) (excellent for run & go evacuations)
- Emergency Food Ration Bars for Kits (3600k) [Food Rations*](#)
- Survival Food Tablets [Food Tablets*](#)
- High-Energy Powdered Drinks [Energy/Electrolyte Supplement Drink](#)
- Long Storing Vitamins (Super Spectrim) [10 Yr. Storing Vitamins](#)
- Instant Powdered Soup Mixes
- Instant Oatmeal Packets

- Disposable Bowls, Cups & Utensils
- Foods for your Pets
- High Energy Hard Candy [High Energy Candy Bulk Candy](#)

Recommendation: Write the purchase date on all food packages before placing in your pantry or cupboard. Most store bought foods will require rotation within 12 months.

FIRST-AID SUPPLIES

Having a good quality first-aid kit on hand at home and one in your 72 hour kit is like money in the bank. Wounds treated immediately lessens the possibility of becoming life threatening.

Medical assistance may be hours to days away when disaster strikes. Be prepared with a good supply of first-aid supplies. In addition, it is **highly recommend taking some basic first-aid & CPR classes** from your local Red Cross chapter, hospital or your local fire department. First-aid help after a disaster is critical and usually overwhelmed with others. You could save a life...perhaps someone you dearly love.

First-Aid Suggestions:

- Group Size Comprehensive 1st-Aid or Trauma Kit [Comprehensive First-Aid Kit*](#)
 - Compact Car/72 Hour Kit First Aid Kit(s) [KnuckleMender™] [Compact First-Aid Kit](#)
 - Oral Re-hydration Salts [CeraLyte®] [Oral Re-hydration Salts](#)
 - Extra Prescription Medications (4 to 8 weeks for Home Use)*
 - Personal/Family Prescriptions Medications (for 72 hour kit)*
 - Extra Bandages, Gauze, etc.
 - Surgical Exam Gloves (for wound cleaning) [Nitrile Exam Gloves](#)
 - Extra Aspirin & Ibuprofen*
 - Dental Emergency Kit [Dental Kit](#)
 - Chapstick or Blistex*
 - Emergency Surgical/Suture Kit [Surgical/Suture Kit](#)
- (In an major disaster, it will be easier to find a medical professional who can use your supplies than expecting to find a medical person who has the supplies themselves)
- Detailed & Easy to Understand First-Aid Book or Manual [First-Aid Book*](#)

SANITATION

After water, food and first-aid, sanitation considerations are essential. Sanitation is often overlooked. Most don't want to think about it, but it is of utmost importance. Unsanitary conditions bring about disease and dysentery (lower intestinal tract producing severe pain and diarrhea). Put this area high on your preparedness list.

Sanitation Suggestions:

- Toilet Tissue Rolls (buy in bulk) [Compact Toilet Tissue Rolls*](#)
- Instant Hand Sanitizer [Hand Sanitizer*](#)
- Alcohol Wet Wipes or Alcohol Gel [Wet Wipes*](#)
- Portable Chemical Toilet (home) [Portable Toilet*](#)
- Toilet Odor Chemical (Bio-Blue) [Toilet Chemical](#)
- Heavy-Duty Toilet/Trash Bag Liners (double bag to minimize breakage) [Red Toilet Liners*](#)
- Large Rubber Bands (to seal liners)
- Liquid/Bar Soap

- Latex or Nitrile Gloves [Nitrile Exam Gloves](#)
- Plastic Storage Barrel for Waste Storage [Storage Barrel](#)
- Chlorine Bleach (used as a sanitation disinfectant)

Specially marked trash cans or sealed survival cache barrels normally used to store your supplies can be used afterward to store sanitation waste for later disposal. See our plastic storage container above.

PERSONAL HYGIENE

Not as essential but will make life more comfortable living in disaster conditions.

- Toothbrush & Paste
- Comb or Brush
- Hair Shampoo
- Solar or Hotman Shower [Solar Shower](#)
- Shaving Razor
- Contact Lens & Solution
- Feminine Hygiene Supplies
- Chapstick Lipbalm
- Small Plastic/Metal Mirror [Acrylic Mirror](#)
- Bar or Liquid Soap
- Wet-Wipe Towelletes or Alcohol Gel [Hand Sanitizer](#) [Wet Wipes](#)
- Small Tissue Packs [Compact Toilet Tissue Rolls](#)

FIRE PROTECTION

You may need to quickly put out a small fire when help is unavailable. Don't cut corners here. You've got to much to loose. Cheap insurance for any home or car.

Fire Protection Suggestions:

- 2-4 (one for each level of your home and one for your garage) LARGE 5 to 10 lb. A-B-C extinguisher rated for all fire types (grease, electrical & paper/cloth). Be safe. Get several. You'll be on your own! (Find at "Depot", "Club" or "Mart" stores)
- One 2 lb. fire extinguisher for each car
- Several Boxes of Baking Soda [Arm & Hammer]* (helps put out small kitchen grease or electrical fire by smothering the flames when throwing a handful at the base of the fire)

COMMUNICATIONS

The need to know what is happening and recommended evacuation routes is essential. Also helps the time pass faster and lessens stress when no TV or power is available.

Communication Suggestions:

- Cell Phone w/ 12volt Car Battery Charger Plug/Cord
- Quality Am/Fm Radio (battery operated with built-in solar and/or windup power generator [FreePlay Plus]) [Solar/Windup Radio](#)
- Am/Fm w/ TV, Weatherband or SW Radio [Am/Fm/TV Battery/Dynamo Radio](#)
- 12 volt Battery TV
- BATTERIES Spares for each Flashlight, Lantern, Radio, etc. Get several sets/sizes for each! (Alkaline,

Rechargeable Metal Hydride and 10 Yr. Lithium batteries recommended. Minimum 3 sets)*

- Solar Battery Charger [Solar Battery Charger](#)
- Loud Whistle [Whistle*](#)
- List of Important Phone Numbers
- Police Scanner
- Compass & Detailed Map of Your Area [Compass*](#)
- Pen, Pencil, Paper pad, small roll of duct tape*
- Stamped Postcards (the mail will go through)

Suggestion: Have all family members know an outside contact person to check-in with if the family is separated when disaster strikes.

EMERGENCY LIGHTING

Have several backup sources of light. Be sure to store plenty of extra batteries & bulbs. LED flashlights and lanterns will provide longer light use but not as bright of light.

Lighting Suggestions:

- Multiple Flashlights w/ Spare Batteries & Bulbs [Flashlights](#)
- LED Flashlights & Lanterns [LED Flashlights](#)
- Solar Rechargeable Lantern [Solar Lantern](#)
- Extra Batteries (alkaline / lithium) Min. 3 sets*
- Instant Lightsticks (Green, Yellow or White are best) [Lightsticks](#)
- Kerosene Lamps or Lanterns (Dietz® or Aladdin® recommended) [Kerosene Lamps](#)
- Battery-Powered Camping Lantern [Solar Lantern](#)
- Long-Burning Candles [100 Hr. Candles](#)
- Propane Lantern—when safe to use
- Spare Lantern Mantles
- Waterproof Matches [Waterproof Matches](#)
- Propane Fuel Bottles or bulk BBQ tanks
- Power Generator (Portable Size: 1-2,000 Watt, Home Size: 3500 8000 Watt)
- Generator/Auto Gasoline Storage (Find at "Mart", "Depot" or autoparts stores)
- Fuel Storage Preserver [Fuel Presever](#)

HEATING & COOKING

Small folding stoves.

Heating & Cooking Suggestions:

- Kits: Folding Esbit® or Jetboil Stove [Compact Stove](#)
- Nuwick® Candle w/Folding Stove [120 hr Candles](#)
- Replacement Fuel Tablets [Fuel Tablets](#)
- Waterproof Matches [Waterproof Matches](#)
- Firestarter Sticks [Fire Starter Sticks](#)

- Instant Hand/Body Warmers [Hand Warmers](#)
- Magnesium Fire Starter Stick [Magnesium Fire Starter Stick](#)
- Home: Kerosene or Propane combo Heater & Cooker
- [Wood Fireplace w/ Lots of Wood](#)
- [Spare Propane \(16 oz. or 5 bulk tanks w/ hoses\)](#)
- [Kerosene Fuel \(5 to 10 gallons. Find at "Mart", "Depot", or most paint stores. Only use #1 Grade Clear Kerosene\)](#)

Blankets & Shelter

A variety of choice for you to consider. How will you keep warm in the middle of winter? Traveling? At home?

Blanket & Shelter Suggestions:

- Kits: Compact SPACE® Blankets [SPACE Blanket](#)
- Reinforced All-Weather Blankets [All-Weather Blanket](#)
- Utility Wool Blankets [Wool Blanket](#)
- Thermo-Lite Bivy Bag [Bivy Bag](#)
- Compact SPACE® Sleeping Bag [SPACE Sleeping Bag](#)
- Survival Sleeping Bag [Fuel Presever](#)
- 0° to 20° Rated Seeping Bags [Sleeping Bag](#)
- Heavy Winter Jackets
- Popup Camping Tent

OTHER SURVIVAL GEAR

Survival Gear Suggestions:

- Pre-Made 72 Hour Kits [72 Hour Kits](#)
- Surgical/Dust Masks [Surgical Masks](#)
- Leather Work Gloves [Leather Gloves](#)
- Duct Tape
- Rolled Plastic Sheeting 3 mil Thickness
- Fire Escape Ladder for 2nd/3rd Floor Homes
- Smoke Detector & Carbon Dioxide Detector
- Plastic Tarps (for shelter or protecting exposed personal property)
- 3 to 4' Crowbar
- Gas/Water Shutoff Tool or Adj. Wrench [Gas/Water Shut-Off Tool](#)
- Folding Shovel [Folding Shovel](#)
- 3-4' Bolt Cutters
- Camping Wood Saw & Spare Blades
- Chain Saw w/ Spare Chain Set, Oil & Fuel
- Construction "Bump" Helmet [Bump Helmet](#)

- 100 to 500' of Heavy Nylon Rope (shelter, towing, heavy pulling, etc.)
- Assorted tools, screw-drivers, hammers, etc.
- Plastic Eye Protection Goggles

- Plastic Zip-Ties (hundreds of uses)
- Self-Contained Motor Home (The ultimate evacuation vehicle)
- Potassium Iodide Radiation Tablets [Radiation Potassium Iodide Tablets](#)
- Personal Protection Items (pepper spray, stun guns, handgun, rifle, ammo, etc.)

KNIVES

Used for a variety of uses. Multi-Tools are especially useful.

Knife Suggestions:

- Multi-Function Pocket Knife [Multi-Function Pocket Knife](#)
- Multi-Plier Tool (SOG/Leatherman/Gerber)

EVACUATION MASKS

Used for breathing dust-free air in an emergency.

Mask Suggestions:

- N95 or N100 Hospital Grade Dust Masks [Hospital Grade Dust Masks](#)
- Evac-U-8 Smoke Hoods [Fuel Presever](#)
- Evacuation Gas Mask (Adult, VChild/Pet) [Evacuation Gas Mask\(s\)](#)

STORAGE CONTAINERS

Should be strong, water-resistant, and lightweight.

- Cache Storage Barrel [Storage Barrel](#)
- Plastic Buckets [Plastic Buckets](#)
- Backpack or Tote Bag —for your 72 hour gear [Backpack/Tote Bags*](#)

INFANTS & TODDLERS

Think of your child's specific needs.

Suggestions:

- Baby Formula and/or Dry Cereal and snacks*
- Large Box of Disposable Diapers*
- Baby Wet-Wipes*
- Baby Blanket/Jacket & Knit Cap*

Cash/Money

It is important to have a "cash reserve" on hand for use in a disaster. The phone lines will be down that authorize credit cards and checks. **REMEMBER:** Most businesses only take cash in a disaster.

Cash Suggestions:

- Phone change (when the phones are active again). 1 to 2 rolls of quarters

- Small bills \$1, \$5, \$10's (Goal: \$200-\$500 or more. No \$50's or \$100's) Banks will not be open. ATM's will not working. Change may be limited. Stores take CASH ONLY.
- Longer Term Cash Reserve (1 to 3 months living expenses) stored away from the bank.
- Phone Card(s) might be useable.

Morale Boosters

It's recommended to have a variety of morale boosters on hand to help occupy children and adults. These can consist of books, games, crossword puzzles, card games, etc.

Morale Boosters:

- Small games, Puzzles, Playing Cards*
- Small set of Holy Scriptures
- Pocket Books
- Chewing or Bubble Gum
- Hard Tack Candy [Hard Candy](#)
- Other Favorite Treats or Snacks

Recommended Books

We have found the following books useful and provide helpful suggestions.

Book Suggestions:

- "Sense of Survival" Book [Sense of Survival](#)
- "Preparing for Emergencies" Book [Preparing for Emergencies](#)
- "A Year's Supply" Book [A Year's Supply](#)
- "Survival in Today's Turbulent Times" Book [Survival in Today's Turbulent Times](#)
- See our other books offered under "Books" [Other Preparedness Books](#)

* Items marked with an (*) are items recommended to acquire first, then add as many additional items as your budget will permit.

I told you it would feel overwhelming, so I've included an easy way to accomplish the task.

Since we all generally want it all now, you can go to this link www.redcrossstore.org . There are a multitude of items that may interest you. I included a sample kit to this list which can be found on the website and costs about \$70.

Now, it seems that if you buy al la carte, things can be more expensive so make sure you take a look at the kit lists and then look around the house. You may already have some of them in your closet or pantry. Or the next time you are in the grocery store pick up an item or two on the list. If you don't have a back pack to store the items then grab an old suitcase on wheels and start collecting the items on the list.

Points to Remember

- Remember that your kit has to accommodate the number of persons it will be supporting.
- You most likely won't be at home, so have a small kit in your car and/or work place.
- If your children drive cars, put a kit in their car for emergencies away from home.
- The costs of kits can vary so make it to fit your needs and buy items over time.
- Make sure you make that emergency contact list.
- Include emergency numbers that go direct to the local public services not using 911. Your local 911 may be overwhelmed and your cell 911 goes to CHP and may be jammed with calls.
- Check your kit periodically for replacement of time sensitive items.

The most difficult thing about this is getting started. But if you read any of this, guess what, you already started!



Zoom

Deluxe Emergency Preparedness Kit (Adult, 3-Day)

Part #321322

SKU #321322

UOM: EA

Now includes a personal hygiene kit!

Whether you are at work or home, be prepared when an emergency strikes with the Deluxe Emergency Preparedness kit designed to include the following items:

- Backpack
- Battery Powered Flashlight (batteries included)
- Battery Powered Radio (batteries included)
- Emergency Blanket
- Food Bars (4,800 calories total)
- Work Gloves (one pair)
- Light Sticks (3 each; one lasts 12 hours)
- Moist Towelettes (6)
- Breathing Mask (NIOSH-N95)
- Plastic Sheeting (10'x10')
- Rain Poncho
- Personal First Aid Kit
- Roll of Duct Tape
- Water (2 quarts)
- Water Container (2.5 gallon)
- Whistle
- Personal Hygiene Comfort Kit (includes shampoo/body wash, wash cloth, toothbrush and toothpaste, comb, and deodorant)
- First Aid and Emergency Preparedness Guide

Product Features

- Backpack: Constructed with 600 D. high-resolution durable polyester and self-repairable zippers. It has "S" type shoulder straps and a padded back for added comfort. The back has additional pouches to hold a water bottle, cell phone, and pens or pencils.
- Radio: The radio is water resistant for added security that it will work in wet conditions. It takes three AA-cell batteries (included) allowing for more power and better reception.
- Whistle: The whistle is RINA approved. RINA is the holding society of the RINA Group, and provides assessment, inspection, certification and research activities in accordance with national, EU and international laws relevant to materials, projects, technologies, products and installations, including the performance of work commissioned by Public Administrations and other Authorities.
- Plastic Sheeting: Home Guard Barrier Sheeting which was tested in accordance with United States Mil Std 282 (Titled: Filter Units, Protective Clothing, Gas Mask Components and Related Products: Performance Test Methods). The testing protocol tests the permeability of the deadly agents through the plastic sheeting. When using the plastic sheeting as a barrier between the individual and the deadly agents the results of these tests demonstrate how well the product performs.

