

Welcome...

SURVIVAL TACTICS

PART 1 — PREPARATION BASIC TRAINING

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What the experts say...

SCRIPTURE:

Proverbs 21:20 In the house of the wise are stores of choice food and oil, but a foolish man devours all he has.

Proverbs 30:24-25 There are four which are little on the earth, But they are exceedingly wise: The ants are a people not strong, Yet they prepare their food in the summer...

RED CROSS:

What is the basis for the Red Cross recommendation to store supplies to last several days to a week? Red Cross recommendations to have food, water, and other emergency supplies on hand are not new, and are considered reasonable in case of any disaster. Our recommendations are to have supplies to last several days to a week. Most reasonable people would not consider such quantities of supplies as a “stockpile” or “hoarding.”

Some families may choose to store supplies to last several weeks or more. Certainly, if they wish to do so, they may. It is always wise to have sufficient food and water supplies on hand in case access to such supplies may be disrupted by a disaster.¹

FEMA (FEDERAL EMERGENCY MANAGEMENT AGENCY)

You may need to survive on your own after a disaster. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Basic services, such as electricity, gas, water, sewage treatment and telephones, may be cut off for days, even a week or longer. Or you may have to evacuate at a moment’s notice and take essentials with you. You probably won’t have the opportunity to shop or search for the supplies you’ll need. Your household will cope best by preparing for disaster before it strikes.²

To be prepared for an emergency, you should have enough water, food, clothing and emergency supplies to last at least three days. In a catastrophic emergency, you might need to be self-sufficient for even longer.³

¹American Red Cross Brochure: “Food Supplies in Case of Disaster.” Available at <http://www.redcross.org/services/disaster/beprepared/food.html>

²FEMA booklet: “Are You Ready?” Available at <http://www.fema.gov>, section: Disaster Supply Kits

³FEMA booklet: “Are You Ready?” Available at <http://www.fema.gov>, section: Evacuation

Homeland Security Advisory System...

Have you seen this before? It's been shown by the media quite frequently:



As a result of the terrorist attacks on 9-11, our government has set up the Homeland Security Advisory System to provide a comprehensive means to disseminate information regarding the risk of terrorist attacks.

- Each threat condition has a corresponding set of “protective measures” to be implemented by federal departments and agencies.
- The level is assigned by the Attorney General in consultation with the Assistant to the President for Homeland Security.
- Oregon’s State Emergency Management Office is under the auspices of the Oregon State Police.
- Do you wonder what we, the public, are supposed to do with it?

- Do you know what alert code we are under today? (*hint: <http://www.whitehouse.gov>*)

LOW CONDITION (GREEN)

This condition is declared when there is a low risk of terrorist attacks. Members of the public can:

- Develop a personal and household disaster plan and assemble a disaster supply kit.
- Obtain copies of three Red Cross brochures: *Terrorism: Preparing for the Unexpected*, *Your Family Disaster Plan*, and *Your Family Disaster Supplies Kit*
- Take a Red Cross CPR/AED and first aid course.

GUARDED CONDITION (BLUE)

This condition is declared when there is a general risk of terrorist attacks. In addition to the measures taken in the previous threat condition, members of the public can:

- Be alert to suspicious activity and report it to proper authorities.
- Update your disaster supply kit, replacing items that are outdated.
- Review your household disaster plan.
- Discuss what members of your household would do and how they would communicate in the event of an incident.
- Decide on places to meet, near home and out of area.
- Apartment residents should discuss with building managers steps to be taken during an emergency.
- People with special needs should discuss their emergency plans with friends, family or employers.

ELEVATED CONDITION (YELLOW)

An Elevated Condition is declared when there is a significant risk of terrorist attacks. In addition to the measures taken in the previous threat conditions, members of the public can:

Homeland Security Advisory System...

- Be observant of any suspicious activity and report it to authorities.
- Ensure disaster supplies kit is stocked and ready.
- Check telephone numbers and e-mail addresses in your family emergency communication plan and update as necessary.
- Contact neighbors to discuss their plans and needs.
- If not known to you, check with school officials to determine their plans for an emergency and procedures to reunite children with parents and caregivers.
- Develop alternate routes to/from school/work and practice them.

High Condition (ORANGE)

A High Condition is declared when there is a high risk of terrorist attacks. In addition to the measures taken in the previous threat conditions, members of the public can:

- Be alert to suspicious activity and report it to proper authorities.
- Review preparedness measures (including evacuation and sheltering) for potential terrorist actions including chemical, biological, and radiological attacks;
- Ensure communication plan is understood/practiced by all family members.
- Avoid high profile or symbolic locations.
- Exercise caution when traveling.
- Have shelter-in-place materials on hand and understand procedure.
- Discuss children's fears concerning possible terrorist attacks.
- If a need is announced, donate blood at designated blood collection center.

SEVERE CONDITION (Red)

A Severe Condition reflects a severe risk of terrorist attacks. Under most circumstances, the protective measures for a Severe Condition are not intended to be sustained for substantial periods of time. In addition to the protective measures in the previous threat conditions, members of the public can:

- Be alert to suspicious activity and report it to proper authorities immediately.
- Avoid public gathering places such as sports arenas, holiday gatherings, or other high risk locations.
- Listen to radio/TV for current information, possible advisories or warnings, as well as instructions.
- Follow official instructions about restrictions to normal activities.
- Contact employer/school(s) to determine status of work/school day.
- Listen to the radio and TV for possible advisories or warnings.
- Prepare to take protective actions such as sheltering-in-place or evacuation if instructed to do so by public officials.
- Discuss children's fears concerning possible/actual terrorist attacks.

Have a Disaster Plan...

- A plan reduces anxiety, and may preserve life...
- Prepare your 72-hour Disaster Supply kit (we'll go over specifics later)
 - essential food, water, and supplies for at least 3 days
 - kept in designated place known to all family members
 - be ready to "grab and go" if you must evacuate immediately
- Additional supplies for sheltering in your home for longer duration
 - Water, food, heat, cooking, light, personal hygiene, etc.
- Additional supplies and instructions for chemical/biological/nuclear attacks, including preparing a "safe room" in your home
- Emergency car kit in your vehicles
- Emergency kit at your office
- Family communication plan – How will mom at the store, dad at the office, and kids at three different schools all end up in the same place together? How will you contact each other?
- Discuss what to do if you must evacuate – how will you go, where will you go, when will you go
- Train each family member how to turn off all utilities at their source
- Pets (they are not allowed in shelters)
- Finances
- Install a carbon monoxide detector in your home

Practice and maintain your plan

If disaster strikes, remain calm and put your plan into action...

Family Communication Plan...

Make a family communication plan and ensure all family members know what to do and where to go. Review with kids every 6 months:

- How will you get in contact with one another if phones are not working?
 - Local telephone service may be disrupted, however long distance lines or cell phone lines may be open
 - The telephone company's emergency telephone network is the pay telephone system. This most likely will be restored before the rest of the system. Have a calling card and change to make a pay call in your vehicle kit and in your 72-hour (evacuation) kit.
 - Pick two (primary and alternate) out-of-area friends or relatives so all family members have a single point of contact in a large-scale emergency
 - Have at least two methods of contact, such as phone, cellular, e-mail, etc.
 - Make a list of necessary phone numbers, office numbers, cell phone numbers, e-mail addresses, school phone numbers, caregiver phone numbers, etc. Laminate it and give to each family member (this can fit on business card size and taken to a print shop to laminate as a "luggage tag")
- Where will you meet?
 - Pick two "reunion" or "rally" points
 - Designate a meeting place right outside your home (in case of fire, earthquake, etc)
 - Designate a meeting place away from your neighborhood, but within or nearby your community (in case you cannot return home)
 - Designate a place inside and/or outside your home to leave a note for family members not with you when you are asked to evacuate your home
- Discuss how will mom, dad and kids at three different schools all end up in the same place together, who picks up whom and goes where, etc.

Your 72-Hour Disaster Supply Kit ...

Gather all the items you would need in case of a disaster or an emergency evacuation (“grab-n-go”) in one easy-to-carry accessible container, such as:

- A large, covered trash container (must fit in your vehicle if evacuation becomes necessary)
- A camping backpack
- A duffel bag
- A cargo container that will fit on the roof of your vehicle

ITEMS FOR YOUR 72-HOUR DISASTER SUPPLY KIT:

- Water & water purification supplies
- Food & eating/cooking supplies
- First aid kit, prescription and nonprescription medications/supplements
- Battery-operated radio & batteries
- Tools & supplies, including flashlight & batteries
- Sanitation supplies
- Clothing and bedding
- Shelter supplies (such as a tent)
- Important documents (in waterproof container)
- Cash & credit cards
- Extra set of keys for cars, RV, home, & where you may be going to (cabin, relative’s home)
- Map of the area and phone numbers of places you could go
- Supplies for pets
- Magazines, books and games

Your 72-Hour Disaster Supply Kit – Water...

WATER

Water is your top priority. It should not be rationed, so store enough for each member of your family and your pets.

- Store enough for at least 3 days, 1 gallon per person per day = 3 gallons per person. It is strongly recommended to store more, if possible:
 - 2 quarts per day per person for drinking. Children, pregnant or nursing women, and people who are ill will need more.
 - Additional 2 quarts per day per person for cooking, personal hygiene and medical emergencies.
- Additional water may be needed if environment is hot or there is much physical exertion.

WATER STORAGE

- Store in sturdy, clean, nonbreakable containers, such as food-grade plastic, fiberglass or enamel-lined metal containers.
- Food-grade drums and containers can be purchased
- Sturdy used pop bottles can be used (easy to store extra behind couch, etc...)
- Rinse containers for water with a diluted bleach solution of 1 part bleach to 10 parts water before use.
- Do not store in used milk containers because they are difficult to sterilize
- Do not store in biodegradable containers
- Do not store in containers that have held toxic substances
- You do not need to pretreat water from a city water treatment facility, but it is advised to pretreat other water, such as from a well
- Seal tightly, label, and store in cool, dark place
- Rotate water stocks every 6 months, replacing with fresh water. Mark the date on the container with a china marker on outside.
- If you purchase commercial bottled waters, these may be stored unopened for up to 1 year. Mark the date with a china marker.
- You may want to put oxygen back into the water if it tastes a bit stale
 - Pour water back and forth between two clean containers
 - “Beat” (stirring hard) the water with an egg beater or large spoon

EMERGENCY WATER COLLECTION

Sources of water in and around your home. You may need to treat this water:

- Hot water tank
 - Turn off electric or gas supply to water heater first to avoid damage. Do not turn back on when empty of water
 - Turn off water intake valve.
 - Open drain at bottom of the tank and turn on a hot-water faucet
- Melted ice cubes from freezer

Your 72-Hour Disaster Supply Kit – Water...

- Toilet tank (NOT the bowl, though pets can drink from the bowl)
- Pipes
 - Turn off main water valve (know where this is) to avoid contamination backflow into your home's system
 - Open the highest faucet in your home a little bit to let air into the system (some water may come out)
 - Open the lowest faucet in your home and capture that water into a clean container
- Juices from canned foods
- Rainwater, streams, rivers and other MOVING bodies of water. Also consider ponds, lakes and natural springs.
 - Must be treated before drinking
 - Do not use if has floating material, an odor or a dark color
- Swimming pool
 - The chemicals used are too concentrated for drinking water
 - Use an advanced water filter system that removes chlorine and other chemicals and impurities before drinking
 - Consider this water for pets, cleaning and personal hygiene needs
- Waterbeds (holds up to 400 gallons of water)
 - Some waterbeds contain toxic chemicals that are not fully removed by purifiers
 - If used as an emergency water source, begin with a new mattress and drain it yearly
 - Refill with fresh water containing 2 ounces (1/4 cup) bleach per 120 gallons of water
 - Do NOT use algicides or other additives other than chlorine bleach
 - Before use, water should be boiled
- Saltwater, only if you distill it first
- Do NOT drink flood waters
- Water from radiators and hot water boilers (home heating system) are not considered safe drinking water sources and should not be used.

WATER PURIFICATION

- **Boiling**
 - Safest method - kills both bacteria and parasites
 - Strain water through clean cloth to remove bulk impurities
 - Bring water to a rolling boil for 3 to 5 minutes
 - Less water will evaporate if you put a lid on the pot
 - Let cool and add oxygen back in before drinking
- **Bleach**
 - Kills microorganisms

Your 72-Hour Disaster Supply Kit – Water...

- Strain water through clean cloth to remove bulk impurities
- Use household bleach containing 5.25 percent sodium hypochlorite
- Do NOT use scented bleaches, color-safe bleaches, or bleaches with added cleaners
- Add 16 drops of bleach per gallon of water, stir, and let stand for 30 minutes (FEMA only suggests 6 drops or 1/8th tsp, but mentions this will not kill parasites)
- If the water does not have a slight chlorine scent, repeat and let stand for 15 minutes
- If there is still no chlorine smell, discard the water and find another water source
- To improve the taste, run through a water filtration system that removes chlorine taste after treating
- **Distillation**
 - Distillation is the boiling of water and collecting the vapors, which condense back into pure water
 - Removes microbes resistant to previous methods, heavy metals, salt, most chemicals, radioactive dust, dirt, and other solid impurities
 - Please note that this method uses a lot of water:
 - Strain water through clean cloth to remove bulk impurities
 - Fill a pot half way with water
 - Tie a cup to the handle of the pot's lid so that the cup will hang right-side up when the lid is upside down
 - Ensure the cup is not touching the water
 - Boil the water for 20 minutes
 - The water that drips from the lid into the cup is distilled
 - Discard any water left in the bottom of the pan.
 - Distillation removes minerals your body needs along with impurities. Many believe distilled water draws minerals from your body. For taste and health, add minerals back in using a couple of drops of ConcenTrace® Trace Mineral Drops (available at Health Food Stores in vitamin supplements section). This is highly concentrated and a little goes a long way.
- **NOT recommended by all emergency folks, but worth considering...**
 - Copper and silver ionization will purify your water much the same as chlorine. If you are interested, research this out. Some claim it is healthier than chlorine or iodine tablets.
 - Aerobic Stabilized Oxygen
 - Water purification tablets sold at camping supply stores, such as iodine tablets. Those with kidney, liver or thyroid problems need to check with their doctor to ask if this is a wise option for them. Use only if you lack supplies for boiling, chlorination and distillation.
 - Portable water filters (such as MSR, Katadyn etc). Treat water first with chlorine to remove viruses



If your supplies begin to run low, remember:

- Never ration water.
- Drink the amount you need today, and try to find more for tomorrow.
- You can minimize the amount of water your body needs by reducing activity and staying cool.

Your 72-Hour Disaster Supply Kit – First Aid...

First Aid

Assemble/purchase a first aid kit for your home, each vehicle, your office and your 72-hour kit. In your 72-hour kit, you will want:

- First aid manual
- First aid kit, well stocked including various sizes bandages, gauze pads, antiseptic, scissors, tweezers, and needle (can be purchased or homemade)

In addition:

- Latex gloves (2 pairs)
- Pain reliever (to reduce swelling as well as pain)
 - Aspirin, Acetaminophen/Tylenol, Ibuprofen/Advil
 - Children's Tylenol or Motrin, if applicable
- Mylar space blanket for warmth and to prevent shock
- Tongue depressor blades (2)
- Thermometer
- Sunscreen
- Bug repellent
- Burn medication
- Anti-itch treatment
- Instant hot and cold packs
- Safety pins, assorted sizes
- Un-petroleum Jelly
- Eye drops
- Syrup of ipecac
- Activated charcoal
- Allergy relief
- Diarrhea relief
- Stomach relief – Antacid or calcium carbonate
- Vitamins
- Apple cider vinegar (for food poisoning, help with digestion)
- Drawing clay
- Aloe Vera (burns, rashes, drawing)
- Colloidal Silver
- Elderberry extract (my personal favorite is Elderberry-C by Quantum)
- Thymus
- Garlic
- Oil of Oregano (from health food store, not grocery store)

Your 72-Hour Disaster Supply Kit – First Aid...

- Cayenne
- Potassium Iodate (KI03)
 - Potassium Iodide (KI) is no longer recommended as new animal studies have shown it to be a carcinogen.
 - To be used ONLY in the event of a nuclear emergency, these tablets prevent the thyroid gland from taking up Radioactive Iodine (I-131)
 - Authorities will tell you if there is a need to take KI03, how much, and for how long
 - Taken within 3 hours of exposure and up to 10 hours after exposure (the sooner it is taken the more effective it is)
 - Recommended “daily dose”: Adults - 2 tablets, Children 3-12 years old – 1 tablet, 1 month - 3 years old – 1/2 tablet, Newborns 1/4 tablet
 - Repeat exposure may require repeat dosing: 1-2 days for “small” reactor leak, 10-14 days for a “minor event”, longer for a catastrophic event.
 - If you have any health issues (including thyroid, kidneys, adrenal glands; dehydration; taking diuretics; sensitive to iodine; skin and blood vessel problems; taking quinidine, captopril or enalapril), speak with your doctor before taking Potassium Iodate.
- Reference books on wild medicinal herbs and nutritional healing using vitamins and herbs (see suggested book list at end)
- If you are childbearing, it might be a good idea to store a birthing kit



Your 72-Hour Disaster Supply Kit – Tools...

Tools and other items:

- Portable, battery-powered or hand-wind radio or television with extra batteries (consider backup batteries to the extra batteries)
- Battery or hand-powered Shortwave radio – to receive information outside your local area – with extra batteries
- Flashlight and extra batteries or hand-wind
- Battery-operated or hand-wind travel alarm clock
- Signal flare(s)
- Matches in waterproof container (preferred over “waterproof matches” for strength & durability)
- Shut-off tools for utilities, including wrench, pliers
 - Instructions for location and how to shut off utilities
- Work gloves
- Pocket knife or Leatherman
- Small shovel (for digging a latrine, etc.)
- Extra set of keys for car, house, RV, and where you may evacuate to
- Duct tape and scissors
- Plastic sheeting
- Disposable dust mask for each family member (earthquakes generate alot of dust)
- Whistle
- Small canister A-B-C-type fire extinguisher
- Small sewing kit
- Bleach to treat water
- Paper plates, cups and plastic eating utensils (saves on water)
- Manual can opener
- Large “zip-lock” bags (2-4)
- Aluminum foil and plastic wrap
- Can of EcoFuel cooking fuel, hot pads
- Sheltering equipment –have available and easily accessible in one place:
 - Tent(s) or tarp(s), twine or rope for shelter construction
 - Lantern, extra mantles and fuel
 - Campstove, extra fuel
 - Cooking pots & utensils
 - Sleeping bags or emergency blankets
 - Sleeping pads
 - Pillows
 - Matches in waterproof container, if stored separately from your main 72-hour kit

Your 72-Hour Disaster Supply Kit – Personal...

- Soap (liquid uses less water)
- Washcloths (enough for 1 per family member or more)
- Hand sanitizer (waterless)
- Toothpaste & toothbrushes
- Deodorant
- Moisture wipes (such as baby wipes)
- Shaving items (disposable razor, not electric)
- Shampoo (consider bar type in container, such as Liggett)
- Comb & brush
- Contact lens supplies (for storage – prepare for switching to eyeglasses after removing contacts)
- Extra eyeglasses
- Lip balm or chapstick
- Hand/body lotion
- Baby powder
- Tissues (kleenex)
- Feminine hygiene items
- Toilet paper
- Bucket w/ lid and plenty of garbage bags with “ties” to fit, 2 sturdy boards “to fit”
 - How to make a **portable emergency toilet**:
 - Dig a hole in private area of yard. Add lime after each use (available where you purchase fertilizer, such as a garden store) and shovel dirt on top to bury; OR
 - Line a bucket with a garbage bag. Make a “seat” out of two boards placed parallel to each other across the bucket (or purchase plastic seat/lid that snaps tightly onto bucket. After each use, pour a disinfectant (such as 1 part liquid chlorine bleach to 10 parts water) into the garbage bag. Cover the bucket tightly when not in use and empty when 1/2 full.
 - Bury garbage and human waste to avoid attracting rats and insects, which can spread disease. Dig pit 2-3 feet deep and 50’ away and downhill from any well, spring or water supply
- Baby needs:
 - Diapers and wipes
 - Means of disposing of diapers (closable garbage bags)
 - Baby soap & washcloths
- Elderly needs
 - Disposable incontinence supplies, wipes, and means of disposing of them
 - Denture needs
 - Hearing aid batteries
 - Spare wheel chair battery

Your 72-Hour Disaster Supply Kit – Papers...

In a waterproof container:

- Small notepad and pen
- Cash (what you might need for your family)
 - Last minute cash withdrawals may result in long lines and funds not being available
 - Local banks may be inaccessible, closed or without power
- Extra checks
- Calling card and change for pay phones
- Copies or originals of (your choice):
 - Prescriptions
 - Insurance policies, contracts, deeds, stocks & bonds
 - Medical records, including immunizations
 - Bank account numbers, social security card
 - List of phone numbers of family, friends, pharmacy, caregivers, business contacts, etc.
 - Passports
 - Credit card numbers and companies
 - Family records (birth, marriage, death certificates), will
 - Inventory of valuables (for insurance recovery)
 - Current family photo (if you are separated and need to identify to hospitals or authorities who you are looking for...)

Your 72-Hour Disaster Supply Kit – Misc...

CLOTHING

- Complete change of clothing for each family member
- Sturdy-soled shoes & heavy socks for each family member
- Extra underwear and socks
- Mittens/gloves and hat for each family member
- Rain gear (emergency rain poncho takes little space)
- Thermal underwear

BEDDING

- Emergency mylar space blanket for each family member
- Sleeping bag and pillow – have these handy in case of need to evacuate

Your 72-Hour Disaster Supply Kit – Food...

Food may be rationed safely, except for children and pregnant women. If activity is reduced, healthy people can survive on half their usual food intake for an extended period or without any food for many days.

Choose foods that are high energy, have storage life, are in unbreakable containers, and are basically ready-to-eat (do not require much preparation or water). It is best to avoid high fat or salty foods. Protect from pests (see longer-term food storage section):

- Ready-to-eat canned foods, soups
 - Remember you may be eating this cold
 - EcoFuel canister to cook. Remove labels and open lid before heating.
- Canned meats
- Dried fruits
- Canned or boxed juices (nonbreakable)
- Crackers (low salt)
- Nutbutters (choose variety) and honey or jelly
- Trail Mix (can be homemade or purchased)
- Powdered non-instant milk
- Infant needs
 - Formula and bottles
 - Happy baby food grinder (nonelectric)
- Cereal
- Instant coffee or coffee packets, tea bags (best to avoid caffeine and alcohol if water supply is disrupted as they cause dehydration)
- MRE meal replacement bars, high protein bars

Your Vehicle Emergency Kit ...

Keep your fuel tank above 1/2 full and the following in your car:

- Battery powered radio and extra batteries (to preserve vehicle battery and needed if you must abandon your vehicle)
- Flashlight with fresh and spare batteries or hand-wind flashlight
- Sturdy-soled shoes and heavy socks, extra clothes
- Emergency mylar space blankets for all family members
- Emergency rain gear
- First aid kit and manual
- Bottled water
- Nonperishable high-energy foods, such as MRE's, granola bars, raisins and dried fruits, canned nuts, etc (can be stored in clean coffee cans)
- Maps & compass
- Jumper cables
- Fire extinguisher (5 lb, A-B-C type)
- Shovel (small collapsible available at camping supply and Army surplus stores)
- Toilet paper
- Baby wipes, sealable "ziplock"-type plastic bags
- Tire repair kit and pump
- Emergency flares
- Extra oil and antifreeze
- Tow chain or rope
- Windshield scraper and brush
- Tools: crowbar, screwdriver, pliers, etc
- Short rubber hose for siphoning

Evacuation ...

Make a plan...

- Discuss what to do if you must evacuate
 - how will you go
 - where will you go
 - when will you go
- Make lists deciding what you will take with you if you are advised to evacuate. Review annually.
 - Immediately, most likely you will return to your home
 - Immediately, most likely you will not be able to return to your home or your home is in danger of being destroyed
 - ½ hour notice, may or may not return
 - 1 hour notice, may or may not return
- Store a couple full gas cans (as for a lawn mower) – you will not want to wait in line at the gas station in an emergency. If time, fill your tank.
- RV – maintain in ready-to-go condition with ample fuel, propane, clean linens, etc
- If you are advised to evacuate or decide you must:
 - If your family is separated at the time of evacuation, implement family communication plan. If urgent evacuation, implement at first best opportunity.
 - Grab your 72-hour kit & sheltering supplies (sleeping bags, tent, etc)
 - Grab any current medications not in your 72-hour kit
 - Take your pets with you (the ones that you can) & their kits
 - Drop fish feeder tablets in tank (if time)
 - Follow recommended evacuation route as others may be dangerous or blocked
 - Stay calm

Plan for Your Pets...

If you do not evacuate:

- Keep dogs on leashes and cats in carriers. Do not allow them to roam loose. Know where they are.
- Do not allow them to consume food or water that may be contaminated
- Make sure they are wearing identification
- Have food and any medications inside waterproof containers stored along with your other emergency supplies. Store extra water for pets.
- Consider a pet first aid book for your emergency supplies

If you evacuate, they go with you:

- Pets are not allowed in shelters, so find a safe place now.
 - The BEST place is with you.
 - Ask family, friends, or others outside your local area if they can shelter your pets in an emergency (and possibly you also).
 - Make a list of alternative shelters and their phone numbers. Look outside the local area in case the disaster is widespread.
 - Pet-friendly hotels/motels (some will allow if in an emergency situation)
 - vets and boarding facilities who may shelter your pets (include 24-hour emergency numbers).
 - Animal shelters. This is only as a last resort.
- Prepare a Pet Emergency Evacuation Kit to include:
 - Sturdy carrier to transport safely. Pet should NOT be able to escape and should be able to stand comfortably, turn around, and lie down. Pet may be in carrier for hours at a time. Consider blankets or towels for bedding and warmth.
 - Pet food, water and bowls for at least 3 days for each pet
 - Manual can opener, if needed
 - Kitty litter and litter box
 - Medication in waterproof container (ie heartworm meds, sedatives, motion sickness pills)
 - Paper towels, newspaper, plastic trash bags, cleaning supplies
 - Sturdy leashes and collars with current license, identification and rabies tags should be firmly attached
 - List of alternative shelters and phone numbers
 - Current photos of your pets, preferably with you in photo, and description of your pets (if you should become separated)
 - Information on feeding schedules, medical conditions, behavior problems, and name and phone number of your vet (in case you must board or place them in foster care).
 - Pet toys (for comfort)
 - Muzzle, if necessary
 - Fish – keep two 1-week feeder tablets near the tank & drop in if you must evacuate
 - Do not release nonnative or dangerous pets (ie certain snakes, spiders, frogs, etc. that are not found natively in your local area)

Plan for Your Pets...

If you are not at home when disaster strikes:

- Arrange (well in advance) with a trusted neighbor to take your pets and meet you at a specified location. Keep this phone number with you at all times (add to your family communication plan phone numbers).
 - Be sure they are comfortable with your pets
 - Let them know where your pets are likely to be
 - Show them where your pet disaster supplies are kept
 - Consider giving them a key to your home

Longer term sheltering in place...

You may need to survive on your own after a disaster. This could last hours, days or weeks. To weather an extended emergency, consider:

WATER

- 14 Gallons of water per person is recommended for two-week supply Consider purchasing a larger heavy-duty plastic barrel or drum with siphon pump (wrench needed to remove cap). 55 gallon drums weigh 400 lbs when full.
- If you do not have adequate supply of drinkable water or water you can treat for drinking, you may need to evacuate. See section on water treatment.
- Have on hand ample means of treating your water until your local water system is restored or an emergency water truck arrives.

HEAT

- What are your heating options if electricity and gas are not available for an extended period?
 - Woodstove or fireplace
 - Have ample wood on hand
 - Kerosene Heater
 - Use K-1 quality kerosene only
 - Store extra kerosene and wicks
 - Only use with a window or door cracked open for fresh air
 - Install a Carbon Monoxide detector
 - Extinguishing and lighting flame outside or in garage before bringing it into the area to be heated will reduce kerosene odor
 - Do not store any fuel near water, food or medicines as they will likely become contaminated, including by fumes.
- Warm, layered clothing; thermal underwear, hat & mittens; space blankets, sleeping bags, huddle together
- Close off areas of home not needed to keep main area(s) warmer

LIGHT

- Kerosene lamps
- Aladdin Lamp with extra wicks and mantles (burns as bright as a 60W light bulb)
- Oil or kerosene for lamps (@ 5 hrs/day: 1 day = ½ pint, 1 week = 2 qts)⁴
- Emergency candles (such as 80 hour liquid paraffin)
- Hand-wind flashlight



Cooking Food

Consider that outdoor cooking may become dangerous as time goes on and people and animals get very hungry. Be cautious of wild or stray animals – they may be hungry & disoriented. Bury food garbage and any animal carcasses to avoid attracting rats.

Longer term sheltering in place...

You may want to use a combination of these suggestions:

- Camp stove (use outdoors only)
 - Extra fuel (@ 4 hrs/day: 1 day = 5 pints, 1 week = 3 gallons)⁴
 - Bottoms of pans will blacken. Use cast iron or put Ivory soap on bottom of pans
- Bar-b-que (use outdoors only)
 - Briquettes style
 - Charcoal briquettes (approx. 25 lbs per week's use)⁴
 - Lighter Fluid
 - Stovetop-style cooking will blacken bottoms of pans. Use cast iron or put Ivory soap on bottom of pans
 - Gas style
 - Extra full tank of propane
 - Side burner for stovetop cooking
 - Only use outdoors
- Dutch Oven
 - Briquettes
 - Lighter Fluid
 - Hole dug in backyard
 - Cookbook specifically for dutch ovens
- EcoFuel Fold-up Stove
 - Each fuel can burns 5 hours on high and 10 hours on low
- Fondue pots, chaffing dishes
 - Have ample fuel cans (EcoFuel) on hand
- Woodstove
 - Not all newer woodstoves are hot enough to cook on top
 - Most pans work on top, cast iron works best
 - Dutch oven to fit inside your woodstove
 - Ample supply of wood on hand
 - Plenty of matches
 - Axe
- Fireplace
 - Dutch oven
 - Campfire grate
 - Cast iron tripod with chain (obtain from a blacksmith)
 - Ample supply of wood on hand
 - Plenty of matches

Longer term sheltering in place...

- Axe
- If you have an RV and can use it's cooking facilities. Have extra filled propane tanks on hand.

⁴*Making the Best of Basics by James Talmage Stevens, pages 224, 226, 227. ISBN 1-882723-25-2*

AMPLE AND HEALTHY food supplies

If electric/gas is unavailable:

- Eat the perishables in your refrigerator first. When in doubt, throw it out
- Next start on food in freezer
 - Freezer can safely last 3-7 days if you do not open it. How long depends on several factors:
 - Chest freezers last longer than uprights
 - Full freezers last longer than almost empty ones. Fill jugs with water to make ice (source of drinking water when melted). Leave 1-2 inches expansion space at top.
 - Freezers set on coldest setting last longer
 - Last longer in cooler weather than hot summer weather
 - If dry ice is available, 25 lbs dry ice will keep a 10-cubic-foot freezer below freezing for 3-4 days. Use care and gloves when handling
 - Meats
 - Cook what you can eat immediately
 - Cure, smoke, or dry what you cannot eat immediately (see *Encyclopedia of Country Living* or research internet for details). Store extra salt
 - Fruits and vegetables
 - Eat what you can
 - Juice them (nonelectric canning juicer)
 - Make desserts
 - Can or turn into jams
 - Use cooking source for stovetop cooking method, such as campstove
 - Canning instructions book
 - Canning supplies
 - Water (lots)
 - Dehydrate
 - Outside if warmer weather
 - Nonelectric woodstove fan – available through Lehman's
 - If you have power, use oven or commercial food dehydrator

Then use your storage foods:

- Foods that have nutritional value and a long shelf life
- Store in food-grade buckets with gamma-seal lids



Longer term sheltering in place...

- Bay leaves (Myrtle tree) will help keep pests out. Put several in bucket.
- Variety – you don't want to eat the same thing every day.
- Learn to eat your storage foods, store what you like to eat.
- Learn to shop for supplies rather than shop for dinner.
- Rotate food and water supplies on a regular basis as a normal life-style habit.
 - mark date with china marker (available at craft and office supply stores)
 - older in front, newer in back
- Learn to make bread from scratch
- Purchase oxygen-free storage foods, desserts, and meals from a preparedness store (such as the Country Store in Vancouver) for long term storage (does not need replacing every 6 months to 1 year)
 - Remember we need to remove all leavening from our homes once a year at Pesach and Hag HaMatzot (Feast of Unleavened Bread), so read labels carefully.
- Plan 2 weeks of menus using your storage foods so that you have a plan, everything you need, and variety
- Protect from light, damp, heat, and pests
 - Buckets with gamma seal lids
 - Bay leaves
 - Vacuum sealed jars
 - Canned foods
- Store “keeper” veggies and fruits in fall through late winter/early spring
 - Apples
 - Onions & garlic
 - Potatoes
 - Winter Squash
- Plant a garden in spring (using non-hybrid seeds)
- Learn and prepare for 4-season and small space/container gardening
- What makes a “complete” protein?
 - Protein is made up of 22 amino acids and our body can produce all but 8 of these amino acids.
 - Complete protein contains all 8 essential amino acids, such as dairy products, meats, fish and poultry.
 - Plant sources of proteins come from legumes (dried beans, peas, lentils, peanuts) and vegetables; grains; and seeds



For a complete protein (combinations can be eaten up to 2 days apart and still combine in the body:

- soybeans (tofu easiest form to digest)
- combine legumes + grains (beans & rice, chili & cornbread, etc)
- combine legumes + seeds
- combine seeds + grains

Longer term sheltering in place...

- combine seeds + vegetables
- combine vegetables + grains

What to store:

- Vitamin & mineral supplements
- Grains
 - Rice (variety of brown, wild, basmati, etc.)
 - Pasta (variety – pasta is made from rice, corn, quinoa as well as wheat)
 - Wheat
 - Spelt
 - Oats (rolled and groats)
 - Barley
 - Rye (if you like it)
 - Amaranth becomes stronger in flavor as it “ages” and Quinoa must be prepared properly before cooking or it can be bitter, so while these are “super grains” and healthy for us, they may not be the best choice for long-term food storage
- Dried Legumes
 - Variety of beans, such as kidney, pinto, black, pink, 11-bean soup
 - Lentils
 - Split green and yellow peas
 - To de-gas beans:
 - Sprouted beans cause less (or no) gas (soak overnight)
 - Discard the soaking water and cook with fresh water
 - Add garlic to fresh cooking water (1 tsp garlic powder or more)
 - Add 3 Tbsp fresh chopped green chiles to soaking water.
 - Add 1 tsp fennel seed to soaking water
 - Regular consumption of beans
 - Beano (available at health food stores)
- Canned beans (commercial or home canned)
- Sprouting seeds & beans with sprouting supplies
 - Soak 2 tablespoons sprouting seeds in water 6 hours or overnight
 - Put in jar or sprouter, rinse, and drain well
 - Rinse 2 times per day, drain well
 - Sprouting system: Sproutmaster or quart jars with cheesecloth (pantyhose can also be used) & rubberbands or jar sealing ring.
 - This will take a couple of days to be ready to eat, so once you have one underway, begin the next batch.

Longer term sheltering in place...

- Do not use seeds intended for agricultural use – these are generally treated with poisonous insecticides. Do not sprout tomato or potato seeds – these are poisonous to humans.
- Powdered milk (non-instant)
 - Drinking and baking
 - Making cheese (have cheesecloth on hand)
 - Making yogurt
- Powdered buttermilk
- Powdered fruit drinks
- Boxed or canned juices
- Olive oil (do not substitute)
- Canned meats, such as tuna. Go easy as these are the most difficult to digest, and therefore can tax the immune system
- TSP (meat substitute) – Textured Soy Protein
 - for 1 cup meat substitute: Cover ½ cup TSP with 1 cup boiling water. Let sit 10-15 minutes. Add to soup, casserole, stir fry, etc.
- Egg substitutes (eggs in recipes act as binder, thickener or leavener)
 - Powdered eggs
 - Flax seeds
 - buy organic not agricultural, store in freezer until needed for storage foods
 - Mix 1 Tbsp finely ground flax seeds + 3 Tbsp water. Let soak for 30 minutes to 1 hour until like egg whites
 - 1½ tsp Ener-G Egg Replacer whisked with 2 Tbsp water
 - ¼ c Mori-Nu silken style, firm or extra firm tofu, pureed smooth
 - 1 Tbsp cornstarch or flour whisked with 1 Tbsp water
 - ¼ c applesauce or pureed bananas (approx. small baby food jar) + ½ tsp baking powder
- Canned chicken stock
- Canned chilli
- Ready-to-eat soups
- Powdered protein drinks (healthy)
- Powdered green drinks
- Dried and canned fruits
- Dried vegetables
- Granola
- Flour
 - Short shelf life (most are rancid when in grocery stores) so store whole grains rather than flour.
 - Consider a grain grinder and make your own flour fresh and from your grains and beans purchased in bulk

Longer term sheltering in place...

- Spices, baking supplies (use non-irradiated, no pesticides brands such as Frontier, Oregon Spice, Spice Hunter, Azure Standard, etc.)
 - What you like to use
 - Sea salt, pepper
 - Baking power, baking soda
 - Yeast (for making bread)
 - Chili Powder
 - Minced garlic, garlic powder
 - Minced Onions
 - Soup bases (do not use if contains MSG)
 - Cinnamon, nutmeg
 - Vanilla (powdered or bean)
 - Mexican seasonings (taco, cumin)
 - Italian seasonings (basil, oregano, sage, thyme)
 - Tamari (soy sauce)
 - Apple cider vinegar, wine vinegars
- Sweeteners (nutritional)
 - Honey – Store in glass jars. As pure honey ages and if it gets cool, it will crystalize. To return it to liquid state, remove lid and place jar of honey in pan partially filled with water and heat on very low.
 - Sucanat
 - Maple Syrup (pure)
 - Molasses
- Crackers (variety)
- Rice Cakes
- Nut butters
- Pudding mix (healthy such as Hain's brand available at health food stores)
- Baby needs
 - Powdered formula
 - Ready to eat formula
 - Ready to eat baby foods
 - Happy baby food grinder (should be in 72-hour kit)

Rotate food and water supplies on a regular basis as a normal life-style habit.

Once you are prepared, *stay prepared!*

Recommended Resources...

LOCAL PREPAREDNESS SUPPLIERS:

Azure Standard – <http://www.azurestandard.com>

Country Store – <http://www.healthyharvest.com>

Bob's Red Mill – <http://www.bobsredmill.com>

Books:

Making the Best of Basics by James Talmage Stevens (ISBN 1-882723-25-2). This book is written for those wanting to store a year's worth of food and supplies. Complete with charts for what to store, the shelf-life of particular foods, and how much is needed per person for a year. Just divide by 12 to get one-month recommendations. Includes recipes for storage foods. Great resource!

Complete Disaster Survival Manual by Ted Wright (ISBN 1-878901-80-X). EVERYTHING you ever wanted to know. Mr. Wright was born in London, England, during a period of violent changes. As a teenager, he survived the bombing of his city in a backyard shelter for almost a year. While living in earthquake country California, he began teaching others how to prepare for disaster survival.

Country Beans by Rita Bingham. Whatever you want to know about beans, it's here. This excellent primer teaches you not only how to store beans, prepare and cook beans, but also how to use beans as flour. Nearly 400 easy, heart-healthy, cholesterol-free recipes for "User-Friendly" Beans. Fast, fat-free and good for you... 3-minute soups, sauces and gravies, and 5-minute dips. Most recipes are gluten free and made in 30 minutes or less.

The Encyclopedia of Country Living by Carla Emery. A wonderful, practical, old fashioned guide to self-sufficiency and the good life on the land. Includes sections on Food Storage, Buying Land, Growing Vegetables, Wood Cook Stoves, Canning & Freezing, Baking Bread, Building a Root Cellar, Feeding and Breeding Livestock, Drying & Smoking Meat, Quilting, Tanning, Soap & Candle Making, and Much More!!

Field Guide to Edible Wild Plants by Bradford Angier. Quick all-in-color illustrative identifier of 116 of the most widely desired, nutritious, easy-to-use edible wild foods in the U.S. and Canada. Many recipes for each.

Field Guide to Medicinal Plants by Bradford Angier. A New England almanac of natural health care from a noted Vermont country doctor. The people of Vermont are renowned for their natural vigor, stamina and longevity. For centuries Vermont families have passed down simple, common sense home remedies from one generation to the next. Explains the usefulness of honey, apple cider, kelp/iodine and castor/corn oil.

Helpful EMERGENCY PREPAREDNESS WEBSITES:

FEMA – <http://www.fema.gov>

American Red Cross – <http://www.redcross.org>

National Fire Protection Association – <http://www.nfpa.org>

The American School of Defense – <http://www.asod.org> (They have presented classes at the Aurora Airport)

The Pharmaceutical Journal – <http://www.pharmj.com/Editorial/20000122/education/travelmedicine3.html>
(Excellent article on Food and Water safety for travellers that discusses various methods of water purification)

Peninsula Emergency Preparedness Committee (Gig Harbor, WA) – <http://www.pep-c.org> (has disaster plan forms to help you through the process as well as a 12-month get-prepared plan to follow)