EMERGENCY PREPAREDNESS

Hints, tips, and suggestions

For those hard times that are a-comin’!

Envision Emergency Solutions

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November 2009

**FAMILY EMERGENCY PROCEDURES**

Everyone in the family, including small children, can and should learn what to do in an emergency. This involves identifying what types of disasters are possible, how to prepare each member of the family for those disasters, and how to act if they occur. This is a process that will take some thought, time, and effort to accomplish, but when faced with an emergency, it will be well worth the effort.

**Involve the entire family in planning**

Preparedness works best when everyone participates so make specific assignments or tasks so they remember what to do in an emergency.

**Plan escape routes from your home**

Make a map of the home and show two ways out of each room. Walk through and discuss how to get out of each space with different scenarios. Be sure to identify a nearby family meeting place outside of the home that each person will go to regroup. Stress that it is imperative that everyone meet there. Then practice your escape plans.

**Post emergency numbers**

Make a list of emergency numbers and post them by the telephone. Include your out-of-state contact person as a way of getting and giving information if the local lines are down or jammed. Teach young children how and when to call 911 or other emergency numbers as appropriate.

**Learn first aid and CPR**

Everyone in the home should take some sort of basic medical training when old enough to understand the concepts. Contact the local Fire Department or the American Red Cross for available classes.

**Know how to shut off the utilities**

Make sure that everyone knows the locations of the main electrical panel, the main water valve, and the natural gas shut-off. Teach those old enough in the family when and how to shut off the utilities. Be sure to affix the proper shut-off near the valve, i.e., a wrench near the gas meter.

**Install and test smoke detectors**

Make sure there are smoke detectors on each level of the home, especially near the bedrooms. Avoid placing them near air vents. Clean the detectors and change the batteries every six months. Doing this at the Daylight Savings time change in the spring and the fall is a good way to remember.

**Secure large furniture and appliances**

Anything that can topple over or break loose in an earthquake presents a serious hazard. Strap or fasten those items into wall studs or rearrange heavier items on or near the floor. Be sure that the water heater is fastened tightly to the wall.

**Become familiar with local emergency plans**

Know how you can receive emergency notifications and how the fire and police departments will respond in a disaster. Have a battery-powered radio on hand in the event of power outages.

**FIRE DRILLS**

Young or old, a fire in the home is a frightening, nerve-testing experience. Fire drills are still an important part of preparedness. Here are a few suggestions from a firefighter with children of his own. These suggestions are not written in any order of importance and are pertinent to young and old.

* Change the batteries in your smoke and fire detectors. Keep them updated.
* Plan a meeting place outside of the home.
* Draw a basic plan of your house, indicating each door and window. Find 2 possible ways out of each room. Wait until it is dark, blindfold your children/grandchildren and have them crawl out of the house. Time them to see how long it takes to get out. This fireman also spins his children around before giving them the signal to get out.
* Teach everyone to touch the closed door to see if it is hot. Everyone should check for heat using the back of the hand, and not the palm. In case the door is hot enough to burn the hand, having the palm burned makes it more difficult to crawl or use other methods of escape.
* Teach the kids not to hide if trapped in a room. They can lie on the floor next to a wall and yell for help. The firemen will feel their way along a wall in a smoke filled room. The sound of a whistle carries better than a child’s voice. Consider keeping whistles by the bedside. Flashlights and light sticks by each bed can also make a difference in being able to see to get out. If you suspect a gas leak, go for the light stick.
* Consider visiting a fire station for a family activity.
* ![C:\Documents and Settings\SWeller\Local Settings\Temporary Internet Files\Content.IE5\GBZVECP9\MCj02150140000[1].wmf]()When away from home, be aware of which direction to exit a room and how many doorways to pass to reach a stairway or outside exit.

**Carbon Monoxide**

There are concerns about the number of deaths reported because of carbon monoxide poisoning, especially where power is out and people are trying to warm their homes. Check your CO monitor and see if it works only when there is electricity; if so, it will not detect carbon monoxide when the power is out. CO monitors labeled AC *and* DC current plug into the wall *and* have a battery back-up. Lowe’s and Home Depot carry them.

**EMERGENCY: THE LIGHTS ARE OUT!**

1. Check breakers or fuse box to determine if the cause of the outage is a blown fuse or tripped breaker, then look for lights in your neighbor’s homes.

2. If it is not a breaker or fuse box, call to report the outage at **1-877-548-3768 (1-877-LITESOUT). Keep your account number handy.**

3. Turn off all electrical equipment to prevent overloading the circuits when power is restored.

4. If your lights are very dim or unusually bright when the power returns, turn them off again and call the power company again. There may still be a problem.

5. Be sure to check on friends or neighbors who may need extra help.

Above information found at: <http://www.rockymountainpower.net>

**GOOD IDEAS**

Create your Power Outage kit now. A power outage kit should have:

(**NO CANDLES! IF YOU HAVE CHILDREN OR PETS)**

**flashlights**, extra batteries **battery powered radio**

**non-electric clock corded telephone**

**Glow sticks** for your kids can help you keep track of them, as well as adding excitement instead of fear. **Glow sticks** don’t create a spark and are the **ONLY SAFE FORM** of lighting when gas may be present.

**Misc. items**

**Small cook stove and fuel Matches**

**Burn Free Emergency blankets**

**Hand warmers Hats and gloves**

**Duct tape and thick plastic (enough to seal off a door if necessary)**

**All of the above items can be stored in a backpack or a bucket with a lid.**

* Make sure your smoke detector and carbon monoxide detector has a battery backup.
* A glow stick in each room at night can help prevent tripping and falling. During the day, gather them up and put them in your windowless rooms (bathroom).
* Plug a 3-in-one light into an outlet. This light acts as a night light, will come on when the power goes out, and then can be used as a flashlight. (Comes in a 2 pack at Sam’s Club or Costco)
* Turn all light switches to the off position (leave one on so you will know if the power comes back on).
* Unplug electrical equipment
* Once power is restored, wait at least 15 minutes before plugging them in again.

**If you anticipate a long term power outage, consider the following:**

* Water systems won’t work when the power is out. Put a 5-gallon bucket (or whatever you have) in your tub, fill it full of water, and then fill your tub with water also. You may need water to flush(you have to pour the water in yourself) your toilet. *Only flush after bowel movements.*  If you’ve never done this, practice flushing the toilet using a pitcher of water so you know how much you will need in an emergency.
* Fill containers full of water and leave them on your kitchen counter for drinking water.
* If you have a basement, plug all holes and drains**,** *including toilets,* to keep sewers from backing up into your basement.
* Use foods first that can spoil most rapidly.

**REMEMBER:**

**DO WE STAY OR DO WE GO?**

Depending on the situation and the conditions involved, you may be ordered to evacuate, shelter-in-place (sealing off part of your home for safety) or stay in your home. It is important to know the difference and how to prepare for each situation. Monitoring TV or radio stations is important to keep informed on the latest conditions. If you are specifically told to evacuate or seek medical treatment, do so immediately.

**Evacuation**

Planning how and when to assemble your family whether at home, at work or at school should be part of your evacuation plan. Creating and using a Family Communications Plan will help keep your family in touch and informed.

* Be sure your 72 hour evacuation kit is accessible, up to date and portable.
* Make sure your car has enough gas to get to your destination.
* Keep cash and coins in your 72 hour evacuation kit in case electricity is down for credit/debit cards.
* Be sure to lock your home
* Make sure the routes you are taking are safe.
* Be sure to leave a note telling people where you are going, when you left and how to contact you.

**WHAT TO TAKE WHEN YOU EVACUATE**

**![C:\Documents and Settings\SWeller\Local Settings\Temporary Internet Files\Content.IE5\GBZVECP9\MPj04393080000[1].jpg]()5 Minute Evacuation Time**

* 72 hour kits
* Prescription medication
* Bring pets indoors with food/water
* Important papers envelope (birth/marriage certificates, passports, SSN cards, deeds, home insurance policies, inventory of valuable household goods, wills, stocks & bonds, immunizations records, bank account numbers, credit card account numbers & companies, important telephone numbers)
* Back up discs or flash drive (a.k.a. jump drive, memory stick)

**15 Minute Evacuation Time**

* All of above for 5 minutes
* Comprehensive Family 1st aid kit
* Extended survival supplies (MREs dehydrated food, folding shovel, ax, folding saw, water purification system, tarps, pop-up tents, infant and elderly nutritional needs, outdoor winter needs, basic outdoor cooking needs)
* One (or more) priceless beloved items (heirlooms, pictures, books, jewelry, quilts)
* “Fire safe” safes

**30 Minute Evacuation Time**

* All of the above for 15 minutes
* Camping trailers, RV’s, car carriers
* Computer tower
* Pets in carriers with supplies
* Extended camping supplies (large tents, blankets, pillows, cots, food utensils, pots, cooking stove, food storage, clothing, generators, extension cords)
* Tax returns/business records
* Photo Albums, Family history & videos, journals, scriptures, scrapbooks

**Shelter-in-place**

Sheltering-in-place means staying inside a building and making the building as safe as possible until help arrives. Local authorities may issue a shelter-in-place order during a release of a hazardous material where air quality may be threatened.

If you receive official instructions to shelter-in-place, take the following precautions:

* Take your children and pets inside immediately. Cover your mouth and nose with a damp cloth.
* Close all windows and doors in your home as well as the fireplace damper.
* Turn off all fans, heating and air conditioning systems and any other ventilation.
* Go to an above ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
* Wet some towels and jam them in the crack under your door. Tape plastic sheeting or garbage bags over the door, window, exhaust fan, vents and outlets.
* Stay in the room until you are told all is safe. Once you are told to stop sheltering-in-place, be sure to vent your house.

**Staying in Your Home**

This order means simply that, stay put. It is important to realize that no matter the disaster, certain everyday essentials like water and electricity may take a while to be restored. Know how to utilize your home without these resources and be prepared with enough food and water for up to three weeks. Please keep in mind other elements such as extreme heat and extreme cold when identifying supplies to keep on hand.

**![C:\Documents and Settings\SWeller\Local Settings\Temporary Internet Files\Content.IE5\25B85CJA\MCBD06922_0000[1].wmf]()EARTHQUAKE**

**What would/should you do?**

1. Have you ever had an earthquake drill in your home, including an

 evacuation drill?

* During an emergency, rational thinking goes out the window. Practice reduces panic.

 2. What will you do to protect yourself from falling objects?

* If you are inside during an earthquake, stay inside until the shaking has completely stopped. Crouch under something, “Duck and cover,” put blankets, pillows, couch cushions over you to protect you from falling objects. You can even stand in a doorway, holding onto the door frame. Stay away from windows, glass, brick walls, and chimneys.

 3. Do you have a safe form of lighting?

* Safe lighting includes light sticks and flashlights that don’t create a spark from the battery. In case of a gas leak, don’t be flipping light switches. This can create a spark, igniting gas fumes.

4. Do you have a pair of shoes by your bed, and are they turned over so they

 won’t fill with broken glass?

* If you don’t have shoes to immediately step into, you will be cut by broken

 glass. Ones that are filled with broken glass are just as bad, or worse. (Cut feet

 are the most common injury)

5. Do you have a bike helmet or hard hat and leather gloves with your shoes?

* Head protection and gloves protect head and hands. Objects continue to fall,

 especially as aftershocks come.

6. Do you have your water heater, storage shelves, book cases, heavy mirrors, etc, secured to a wall?

* Broken water heaters create water and gas problems. Toppled book cases or other large furniture can kill or seriously hurt someone.

7. Do you have heavy objects placed on lower shelves?

* Falling heavy objects can seriously injure a person – children can be especially susceptible.

8. Once the shaking stops where will you evacuate to immediately?

* You have to be able to account for every person in your home immediately. Lives can depend on this.

9. Will you take your fire extinguishers with you when you leave the house?

* If everyone takes his or her extinguishers outside, you may be able to put out a small fire. You cannot count on the fire department to get to you.

10. Do you need to take your 72 hour kit with you when you leave the house?

* You may only have one chance to get your kit out. Aftershocks can still bring down your house.

11. Do you have leather gloves in your 72 hour kit? What about a whistle?

* You’ll need gloves to protect your hands as you clear debris or search for a lost loved one trapped in a house. If people are trapped, can you hear them? A whistle by the bed, under pillow or mattress, etc. is louder, prevents some inhalation of dust, and saves your voice.

12. Do you have a poncho? Blanket? Jacket/coat?

* It could be raining or snowing. Staying warm and dry prevents hypothermia and allows you to concentrate on other critical aspects of your situation.

13. Do you have your personal information with you?

* Do you know whom to call? What’s your bank account number? What will your insurance cover? If your spouse is incapacitated, and they do all of the finances, do you know where vital information is located?

14. Do you have cash with you?

* You will eventually need to buy things but ATM machines and cash registers will be out of order during extended power outages. Keep cash available.

15. If you smell gas, do you know how to turn off your gas? Can you turn the

 electrical breakers off so you won’t get damage from a power surge?

* If you didn’t turn off your gas and you needed to, you may lose your home to fire. (if you turn off your gas, you must have a gas company employee turn it back on).

16. Do you know how to shut the water off to the house?

* Shutting the water off at the house main where it comes into your home will protect your water heater. The clean water in your water heater is critical in emergency. Broken pipes in your lawn and away from your house can allow gravity to pull the water out of your toilet tank, water heater, and pipes. Cracked pipes may allow contaminants into the water supply.

17. Do you have a useable radio to get emergency information? How widespread is this

 emergency? Do you need to evacuate away from the area? How will you know? Radio

 broadcasting will give you needed information.

* Battery run and/or crank radios will keep you in informed if radio stations are able to broadcast.

18. Do you have a first aid kit?

* First aid supplies are needed. Do you know first aid skills? We probably will not get emergency personnel to come to our area until hospitals and vital areas are taken care of.

19. Can you get to your water, and is it useable?

* Store water in more than one area. You need a gallon of water per person per day. If your basement is inaccessible, or filled with raw sewage, what will you use for water if it is all stored downstairs?

20. Can you get to your food storage?

* Same as 19. Don’t keep all of your food storage in one area. Disperse it throughout your house.

21. Do you have a way to cook, or do you have food you can eat if cooking is not an

 option? You must food for nourishment and energy. Hot liquids can warm you from the

 inside out.

* Propane or butane cookers, dutch ovens, wood fueled stoves, and emergency stoves are great if you store the appropriate fuel. You might invest in a solar oven or learn ways to cook using a small amount of fuel then thermal wrapping your pot to finish cooking.

22. Do you have an out of state contact and do you have their phone number memorized or

 easily accessible? How is your extended family? How can you let them know where you

 are, or how you are doing?

* Each person should carry a contact list.

23.Do you have an alternative way to heat your home, other than gas/or electricity? If your

 home is safe, can you heat it? Can others come and stay with you?

* However you choose to warm your home, make sure your smoke detectors and CO detectors are in working order. Ventilate your home.

24.Do you have a generator? If yes, check out the next questions.

* Using a generator correctly can preserve your refrigerated or frozen foods, provide light, and run appliances.

25.Is the generator secured? Hurricane Katrina taught us that people will steal generators. All

 they have to do is follow the sound of one running, or see the lights on in your home with all

 other homes in darkness.

* Padlock portable generators to something that can’t be moved.

26.Do you have appropriate fuels stored for the generator?

* Most generators run on gasoline or propane. They are only as good as the length of time your fuel holds up. Check for restrictions outlined by your city ordinances.

**TREATING WATER FOR PURIFICATION**

Human health and water quality have always been closely linked throughout history. It is now understood that fecal-borne bacteria, viruses, and protozoa’s are responsible for most water-borne diseases. If you are unsure of the safety and purity of the water before using it for drinking you should treat it. Always strain the water through a cheese cloth or clean linen, water sock, paper towels, or coffee filters to remove any particles. Then treat it in one of the following ways:

 1 - **Boil vigorously for 10-12 minutes**, or

2 - **Add liquid chlorine bleach** (never use color safe or scented bleach). The amount of bleach used depends upon how strong the active ingredient of sodium hypochlorite is. Clorox Liquid Bleach uses a 6% ratio of sodium hypochlorite and has been thoroughly tested for water purification for drinking purposes. Use:

 \* 4 drops per quart

 \* 16 drops per gallon

 \* 80 drops per 5 gallons

 ALWAYS allow the treated water to stand for 30 minutes before drinking. Properly treated water should have a slight chlorine odor. If not, you may repeat the dosage and let stand an additional 15 minutes. Chlorine dissipates somewhat as it sits. You can also agitate the water or pour it back and forth between two containers to help the chlorine dissipate. For further information on disinfecting water using Clorox Liquid Bleach, call 1-800-292-2200.

3 - **Add dry chlorine** (swimming pool chlorine)

 Very little dry chlorine is needed to purify water. For one gallon, add just 1/8 teaspoon of dry chlorine. Mix well and let water sit for 24 hours with the lid or cap ajar. Once again, chlorine dissipates as it sits. Because dry chlorine is so potent, you should test the water before drinking. High levels of chlorine intake can make you ill and can even be fatal. If you store dry chlorine and plan to use it to purify water for drinking, store chlorine test strips. After adding the initial dosage of chlorine, let the water sit for 24 hours before testing using a chlorine test strip.

* **If chlorine is indicated on the test strip** this means that living organisms have been killed and excess chlorine is in the water. Allow the water to sit for another 12-24 hours for chlorine to dissipate before drinking.
* **If no chlorine is indicated on the test strip** this means that the chlorine was used up killing organisms and there may still be more living organisms in the water. Add another 1/8 teaspoon of dry chlorine to the water and again let it sit for 12-24 hours before retesting. Repeat this process until chlorine levels are left in the water. Allow the water to sit another 12-24 hours for chlorine to dissipate before drinking.

Dry chlorine and chlorine test strips can be purchased at any swimming pool supply store and are very inexpensive. One pound of dry chlorine will purify hundreds of gallons of water.

Please note that a good water filtration system will filter out chlorine. However, people often make two mistakes:

a. The water must sit for a period of time after the chlorine is added for the chlorine to kill the living organisms (in other words, don’t run the water through your filter too soon).

b. Best NOT add more bleach than necessary simply because you plan to run your water through your filtration system to remove it. You don’t want to clog up your filters with chlorine. Remember, it is not necessary to run the water through your filter because the chlorine will dissipate over time making the water safe to drink.

4 - **Pasteurize the water**

Contrary to what many people believe, it is not necessary to boil water to make it safe to drink. Heating water to 149º F for a minimum of 6 minutes, or to a higher temperature for a shorter time, will kill all harmful germs, viruses, and parasites. This process is called pasteurization. What is the difference between sterilization and pasteurization? Sterilization kills all of the organisms in the water, while pasteurization kills only those organisms that can cause harm to humans. The following common disease organisms are killed by pasteurization: Giardia, cryptosporidium, entamoeba, the eggs of worms, cholera, shigella, salmonella bacteria and those that cause typhoid, the enterotoxogenic strains of E. Coli, Hepatitis A, and also rotavirus which is a major cause of disease in children. If using solar energy to heat the water, then using a Water Pasteurization Indicator (WAPI) helps you know when it is ready. The WAPI is a clear plastic tube partially filled with a soybean wax that melts at about 158º F. With the solid wax at the top end of the tube, the WAPI is placed in the bottom of a black container of water that is solar heated. If the wax melts and falls to the bottom of the tube, it ensures that water pasteurization conditions have been reached. The WAPI has a stainless steel washer around it to keep it at the bottom of the container, which is the coolest location when solar heating water. Since top water temperatures are often hotter than bottom water temperatures, lower WAPI placement helps to further insure that pasteurization conditions have been achieved.

5 - **Water Filter System**

Portable water filter systems are used to obtain drinking water from untreated sources. The objective of these systems is to make unchlorinated water safe for drinking. Because we don’t have control over the animal world when it comes to our natural water sources, we MUST filter it! Streams and springs may be contaminated by animal waste. It is not uncommon for there to be dead animals upstream. Giardia and Cryptosporidium, (both of which cause diarrhea), are common in the United States. Activated charcoal and ceramic filters do a good job of cleaning the water and making it suitable for drinking. There are many good portable water filtration systems on the market. Most will filter the bacteria at 99.99%.

**BASIC 72 HOUR KIT (One Adult)**

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**Warmth & Shelter**

 1 Solar Blanket

 1 Solar Sleeping Bag

 1 Tube Tent

 1 Poncho

 3 Pair of Hand Warmers

**Food & Water**

 18 Datrex™ (or similar) Emergency Rations

 9 Water Pouches

**Light & Heating**

 1 Crank Flashlight

 1 12-Hour Lightsticks

 1 Bag of InstaFire™ (2 cups)

 1 Box Waterproof Matches

**Sanitation & Hygiene**

 1 Toilet Paper Roll

 9 Wet Wipe™ Packets

 2 Plastic Bags

 1 Toothbrush

 1 Toothpaste

 1 Comb

 1 Mirror

 1 Deodorant

**Miscellaneous**

 1st Aid Kit 1 Pad/Pen

1 Crank Radio 1 Card Deck

 1 Swiss Knife™

 1 Multi Tool

 1 Whistle

 1 50’ Nylon Cord

 1 50’ Nylon Rope

 1 Leather Gloves

 3 Dust Masks

**DELUXE 72 HOUR KIT (One Adult)**

**Warmth & Shelter**

 1 Solar Blanket

 1 Solar Sleeping Bag

 1 Tube Tent

 1 Poncho

 3 Hand Warmers

**Food & Water**

 18 Datrex™ (or similar) Emergency Rations

 12 Water Pouches

 3 Mountain House Pouch™ (6 Freeze Dried Meals)

 3 Gatorade™ Packets

 1 Water Filter Bottle

**Light & Heating**

 1 Crank Flashlight

 3 12-Hour Lightsticks

 1 Bag of InstaFire™ (2 cups)

 1 Box Waterproof Matches

 1 Folding Stove

 1 120 Hour Emergency Candle

 1 Mess Kit

 1 Utensil Combo (including can opener)

 1 Magnesium Fire Starter

**Sanitation & Hygiene Miscellaneous**

 1 Toilet Paper Roll 1 1st Aid Kit

 12 Wet Wipe Packets 1 Leather Gloves

 2 Plastic Bags 1 Crank Radio

 1 Toothbrush 3 Dust Mask

 1 Toothpaste 1 Swiss Knife™

 1 Comb 1 Multi Tool 1 Card Deck

 1 Mirror 1 Whistle *3 N95 Masks*

 1 Deodorant 1 50’ Nylon Cord *1 Folding Shovel*

 1 Hand Sanitizer 1 Nylon Cord Twine 1 Pad/Pen

**BASIC 72 HOUR KIT (One Child)**

**Warmth & Shelter**

 1 Solar Blanket

 1 Solar Sleeping Bag

 1 Poncho

 3 Hand Warmers

**Food & Water**

 18 Datrex Emergency Rations

 9 Water Pouches

**Light & Heating**

 1 Crank Flashlight

 1 12-Hour Lightsticks

**Sanitation & Hygiene**

 1 Toilet Paper Roll

 9 Wet Wipe Packets

 2 Plastic Bags

 1 Toothbrush

 1 Toothpaste

 1 Comb

**Miscellaneous**

 1 1st Aid Kit

 1 Crank Radio

 1 Whistle

 3 Dust Masks

 1 Pad/Pen

 1 Card Deck

**DELUXE 72 HOUR KIT (One Child)**

**Warmth & Shelter**

 1 Solar Blanket

 1 Solar Sleeping Bag

 *1 Tube Tent*

 1 Poncho

 3 Hand Warmers

**Food & Water**

 18 Datrex Emergency Rations

 12 Water Pouches

 *3 Mountain House Pouches (6 Freeze Dried Meals)*

 *3 Gatorade Packets*

 *1 Water Filter Bottle*

**Light & Heating**

 1 Crank Flashlight

 3 12-Hour Lightsticks

 *1 Bag of InstaFire(1 cup)*

 *1 Box Waterproof Matches*

 *1 Mess Kit*

 *1 Utensil Combo (including can opener)*

**Sanitation & Hygiene**

 1 Toilet Paper Roll

 12 Wet Wipe Packets

 2 Plastic Bags

 1 Toothbrush

 1 Toothpaste

 1 Comb

 *1 Mirror*

 *1 Hand Sanitizer*

**Miscellaneous**

 1 1st Aid Kit *1 50’ Nylon Cord*

 1 Crank Radio 3 Dust Masks

 *1 Swiss Knife* 1 Pad/Pen

 *1 Multi Tool* 1 Card Deck

 1 Whistle *3 N95 Masks*

**AUTO KIT**

**(Mountain Road Warrior)**

This kit fits most all road emergency situations. All items are packed in a heavy-duty backpack.

Kit Contents:

 30 Minute High-Intensity Light Stick

 Tow Rope

 Auto Spot Light

 Jumper Cables

 First Aid Kit

 Flashlight with Batteries

 Fire Extinguisher

 Solar Sleeping Bag

 Waterproof Poncho

 Swiss Style Army Knife

 Drinking Water

 Leather Gloves

 Whistle

 Duct Tape

 Utility Knife

 Wet Naps

 Reflecting Triangle

 Tire Inflator

 2400 Calorie Food Bar

 Emergency Instructions & Help Sign

 Distress Banner

**HYGIENE KITS**

**13 Piece Personal Hygiene Kit – Female**

Kit Includes:

 1 – Plastic Comb 2 – Anti-Bacterial Soap

 1 – Hand Sanitizer 1 – Hand & Body Lotion

 1 – Toothbrush 1 – Pocket Tissue

 1 – Toothpaste 3 – Wet-Nap Towelettes

 1 – Deodorant 1 – Maxi Pad

**14 Piece Personal Hygiene Kit – Male**

Kit Includes:

 1 – Plastic Comb 2 – Anti-Bacterial Soap

 1 – Hand Sanitizer 1 – Hand & Body Lotion

 1 – Toothbrush 1 – Pocket Tissue

 1 – Toothpaste 3 – Wet-Nap Towelettes

 1 – Deodorant 1 – Aerosol Shaving Cream

 1 – Razor

**PET KITS**

**“DogGoneIt PEMA”**

 **Kit for Dogs**

![C:\Documents and Settings\SWeller\Local Settings\Temporary Internet Files\Content.IE5\HCO7PHC5\MCj04381690000[1].wmf]()Kit Includes:

 2 – Food 12 – Water

 2 – Blankets 1 – 50’ Rope

 2 – Lightsticks 6 – Poop Bags

 2 – Dog Bowls 1 – Can Opener

 1 – Tennis Ball 1 – Bloodstopper

 1 – 3 gal. Bucket w/ Lid 1 – 58 pc First Aid Kit

 1 – Leash 1 – Pet Disaster Information

 1 – Collar 2 – Chew Sticks

**“CATastrophy” Kit for Cats**

Kit Includes:

![C:\Documents and Settings\SWeller\Local Settings\Temporary Internet Files\Content.IE5\25B85CJA\MCj04381670000[1].wmf]() 2 – Food 12 – Water

 2 – Blankets 1 – 50’ Rope

 2 – Bowls 6 – Poop Bags

 1 – Cat Toy 1 – Can Opener

 1 – 3 gal. Bucket w/ Lid 1 – Bloodstopper

 1 – Leash 1 – 58 pc First Aid Kit

 1 – Collar 1 – Pet Disaster Information

 2 – Lightsticks

**Emergency Survival Food for Cats and Dogs**

5 year shelf life

 Special vacuum sealed packaging of Brand name formula

 Complete balanced nutrition for all dogs and cats

Formulated to meet the nutrition levels established by the AAFCO profiles for all life stages

**EARTHQUAKE KIT**

INCLUDES:

(1) Putty – Museum Collectors Hold

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 (1) Whistle w/ lanyard

 (1) Solar Sleeping Bag

(1) Poncho

(1) Crank Flashlight

(1) Crank Radio/Flashlight

(2) Dust Masks

(1) Corded Phone

(1) Power Failure Light

(1) Fold Up Stove

(1) Canned Cooking Fuel – 8 oz

(1) Waterproof Matches – box of 40

(6) Emergency Drinking Water Pouches – 5 yr shelf life

(1) BurnFree - 2 oz squeeze bottle

(5) Light Sticks

(1) Goggles

(1) Leather Work Gloves

(1) Solar Blanket

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SOURCES

American Red Cross

Center for Disease Control

FEMA

Sandy City

The Blue Chip Group

West Jordan City

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

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

[www.rockymountainpower.net](http://www.rockymountainpower.net)