

# Prepare FOR Life

An Emergency Preparedness Guidebook



**“Better a year early  
than a day late.”**

**-Kurt Mayberry**  
Founder of  
Emergency Zone





# CONTENTS

## Introduction

Being *Truly* Prepared  
for Emergencies **2**

## How to Prepare Without Fear

Become Fit **6**

Physically  
Financially  
Mentally

Learn Skills **8**

Emergency Plans **8**

Family Disaster Plan  
Template

Proper Supplies **12**

## What to Prepare For

General **16**

Food and Water Storage  
Bug Out Bag  
Storage Supplies

Selected Disasters **19**

Earthquake 21  
Flood 22  
House Fire/House Flood 23  
Hurricane 24  
Lightning Storm 25  
Nuclear Disaster 27  
Pandemic 28  
Tornado 29  
Water Contamination 30  
Wildfire 31  
Winter Storm 32

## References

First Aid **34**

Supplies:  
Side-by-Side **47**

Emergency Contacts **52**

© 2016 Emergency Zone, LLC.

Emergency Zone is a wholesale supplier of Emergency Zone brand products to retailers and consumers. Since its founding in 2007, Emergency Zone has supplied tens of thousands of Survival Kits, Emergency Kits, and Bug out Bags. We take pride in providing quality products at affordable prices to help individuals and families get prepared.

1063 S 1675 W  
Orem, UT 84058

866-558-5278  
info@emergencyzone.com  
www.emergencyzone.com

# Introduction

## Being *Truly* Prepared for Emergencies

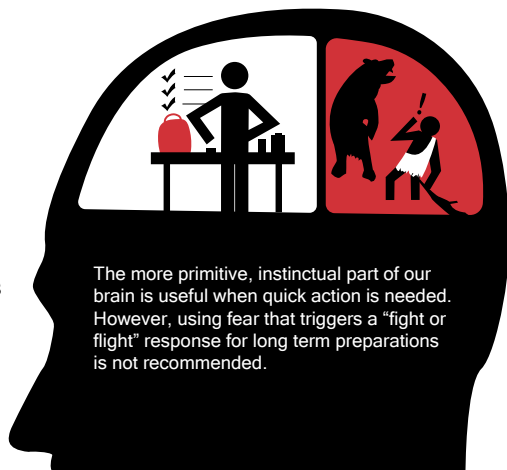
Every time there's a major disaster, fear kicks in and sales on emergency products go up significantly. Fear is a biological mechanism that tells your body to increase adrenaline production, which turns on your "fight or flight" instinct. When you see a car racing towards you, adrenaline can help you jump out of the way in time. In this sense, fear is essential to survival.

Fear as a lifestyle, however, harms us. "Fight or flight" is a reaction that we can't control, and it impedes us from becoming truly prepared for emergencies. How does it impede us? Here's an example:

John is moving to the Gulf Coast, and he's nervous about hurricanes. He buys a hurricane emergency kit and immediately feels safer. He stores it in his closet without looking at it much. A few months later a hurricane actually hits. His house is flooded and among other damages he loses his plumbing. John might respond something like this: "I know have a hurricane emergency kit somewhere, but I didn't realize how hard going without a toilet for a week is. I didn't sign up for this! Get me out of here!"

What happened to John? His fight or flight instinct was to buy a kit, and having satisfied his instinct he became content. He wasn't ready for the reality of disaster and he wasn't willing to adapt to his circumstances. If John

had been living a prepared lifestyle, he might have been more willing to adapt: "Well, the toilet isn't working and I can't keep using it. I better find the portable toilet in the hurricane kit or find a way to dig a hole." Charles Darwin explained the importance of adapting: "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."



The more primitive, instinctual part of our brain is useful when quick action is needed. However, using fear that triggers a "fight or flight" response for long term preparations is not recommended.

It is necessary to make emergency preparedness a lifestyle, not just a purchase. Call it faith, hard work, optimism, mental toughness, or whatever else you'd like, but preparing in this way equips us with the ability to adapt in the event of an actual emergency. Using this booklet will help you create an emergency preparedness lifestyle by learning (1) **how to prepare without fear** and knowing (2) **what to prepare for**.

## Quotable

“The only thing we have to fear is fear itself.”

-Franklin D. Roosevelt

## NOTES

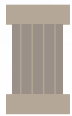


In this section we will cover the Four Pillars of Emergency Preparedness to equip you with a healthy lifestyle and the ability to adapt during emergencies.

# How to Prepare Without Fear



**Become Fit**



**Learn Useful Skills**



**Make and Practice  
Emergency Plans**



**Have Proper Supplies**

# How To Prepare Without Fear

## Not Just a Purchase, But a Lifestyle

When you live a prepared lifestyle, you are truly prepared to adapt to disasters and emergencies. Now you may ask, “What is a prepared lifestyle? How do I begin living one?” To help you on your path, Emergency Zone has developed the 4 pillars of how to live a prepared lifestyle. Like a building held up by columns, being *truly* prepared depends on all four categories:

- Become Fit
- Learn Skills
- Make and Practice Emergency Plans
- Have Proper Supplies



As you continue to read, keep a few things in mind. First, changing your lifestyle and forming habits will take a long time and a lot of commitment. Second, we are not trying to make everyone conform to one way of living. Everyone is unique and should adapt the following suggestions to their own gifts and talents.

### Become Fit

Being fit is the first pillar to being truly prepared. Fitness consists of **physical, financial, and mental/emotional** health. Each of these are intricately woven into each other so that when you improve one you improve the

other. For example, physical exercise makes you feel good and can help your emotional health by boosting your confidence and self-esteem. In this way being fit in each category will help you to be healthy, happy, and truly prepared.

**Physical Health.** In an emergency you may need to walk or swim long distances. It is likely you will need to carry a heavy load, such as an injured person. You yourself may be injured or even sick in bed. To meet these challenges and prevent injury/illness you need to incorporate healthy habits into your daily life. There are a lot of different opinions about how to be healthy, but most agree with each other



on certain key points. Adapt these basic principles to your individual needs. We also recommend you do research for yourself and consult your doctor.

- Sleep 7-8 hours every night
- Get 30 minutes of vigorous exercise 5-6 days a week. In addition to working on your strength, work to improve your endurance, flexibility, and balance.
- Eat lots of fresh fruits and vegetables, as well as whole grains. Eat a variety of meat, including beef, chicken, fish, and other seafoods
- Limit foods with preservatives and unknown ingredients
- Eat and drink as little added sugars as possible (cane sugar, corn syrup, etc)

Find a way to make exercise and nutrition fun! If a diet or workout plan isn't fun then it won't be sustainable and you'll be less prepared for adapting in tough situations.

**Financial Health.** Although saving up for retirement may not be a good way to prepare for the apocalypse, living a prepared lifestyle is about preparing yourself for *anything*, including the “end of the world” happening after your lifetime. Here are some basics on

how to be financially fit for survival. Even though they are incredibly simple they are absolutely necessary for financial health:

- Get rid of debt and stay debt free
- Have and keep a budget to avoid spending more than what you make
- Work to have a healthy credit score
- Make wise investments and prepare for retirement early on
- Save enough money in a separate account to live off of for a few months if you lose your job
- Have plenty of cash on hand, at least enough to be able to transport your family to safety in an emergency
- Grow a garden
- Learn to make and repair things on your own

**Mental/Emotional Health.** When it comes to surviving, your attitude and perspective are powerful. A healthy mind and attitude says, “I can do hard things.” In emergencies you may have to endure pain, discomfort, and less-than-ideal situations. Enduring those things optimistically is learned with experience and effort.

### Quotable

“When you encounter uncomfortable situations, you can either decide to be a victim or an over-comer. Always choose to be an over-comer.”

-Lailah Gifty Akita

To begin developing a healthy mind and attitude, take your daily struggles (like difficult projects at work or trying to be patient with your kids), and start focusing on the positive instead of the negative. When you have improved and built up some momentum, try new things to stretch your mental toughness. Train for a 5k run. Go back and finish college. Do what you've always wanted to do but never took the chance. Here are some other areas of emotional health that you can work on:

- See challenges as opportunities
- Stress management
- Self-esteem
- Learn how not to complain
- Be courageous
- Show gratitude and compassion to others
- Care more about people than possessions

Becoming fit, physically, financially, and mentally is like filling your car up with gas; it gives you energy and you feel less worried. It is the first pillar because it is key to building a lifestyle that will equip you to adapt and survive in emergencies, but it is just one piece of the puzzle.

## Learn Useful Skills

*"The separation of talent and skill is one of the greatest misunderstood concepts for people who are trying to excel, who have dreams, who want to do things. Talent you have naturally. Skill is only developed by hours and hours and hours of beating on your craft."*

- Will Smith

You may have the mental toughness to survive one night in the woods, or the financial wellness to live a few months after losing your job, but if you don't have the skills to light or to get a new job how long will you last?

Having practical skills is where the rubber meets the road. Knowledge is power, and when you practice knowledge it becomes skill. The following list gives you ideas of some useful skills you could learn. Pick one at a time and make it fun! Use them as inspiration to come up with your own ideas. Include your family, look up classes that you can attend, and practice at home:

- Swimming
- Navigating
- Knot tying
- Sewing
- Self defense
- Wilderness survival, i.e. how to build shelters, start fires, etc.
- Growing and harvesting your own food
- How to do well in a job interview
- How to start a business
- First Aid (See p.35 of this book)

Learning useful skills could save your life, but more importantly it will help you create a healthy, fulfilling lifestyle.

## Make and Practice Emergency Plans

The third pillar, **make and practice emergency plans**, brings all four pillars together. Planning gives you the edge against emergencies because it helps you react faster and smarter. Each household member should take

part in the planning and be familiar with it. Take into account your family's specific needs and update and practice your plan so that it becomes an instinct. A plan could include:

- Maps
- Evacuation routes from home, neighborhood, and city
- Emergency phone numbers and addresses
- Safe or "bug-out" locations to meet at if something goes wrong or if you get split up
- Procedures for what to do in case of a hurricane, earthquake, etc.
- Locations of bug out bags in the house
- Different plans depending on the time of day, i.e. what will we do if the kids are at school?
- Specific plans according to which natural disasters occur in your area. See page 19

Once you've created your plan, a copy should be given to every household member and other copies should be placed around the house.

When you meet to create, update, and practice your emergency plans, you can go over the 4 pillars of living

a prepared lifestyle as well and make plans to incorporate them into family activities. Here are some examples:

- Schedule camping or fishing trips where you'll practice survival skills
- Schedule time for physical activities
- Decide what to plant in your garden
- Take inventory on food and water storage supply
- Have a game between household members, e.g. see who can start a fire the fastest without matches
- Have some freeze dried desserts as a treat
- Go shopping for emergency supplies together

Be creative and make it fun. Set family and individual goals that you want to accomplish before the next family planning meeting. Schedule your next meeting and put it on the calendar so each family member can look forward to it.

When a disaster does occur, you'll probably have to change and adapt plans. However, simply having made them in the first place will help you

### See Also!

The next page is an example of an emergency plan you can fill out, make copies, or use the printable version at [emergencyzone.com](http://emergencyzone.com)



# Family Emergency Plan

**Be Prepared with “Ifs” and “Then’s”**

**If we aren’t together, then we will meet at:**

**Just Outside our House:**

**Neighborhood Meeting Place:**

**In-Town Meeting Place:**

**Out-of-Town Meeting Place:**

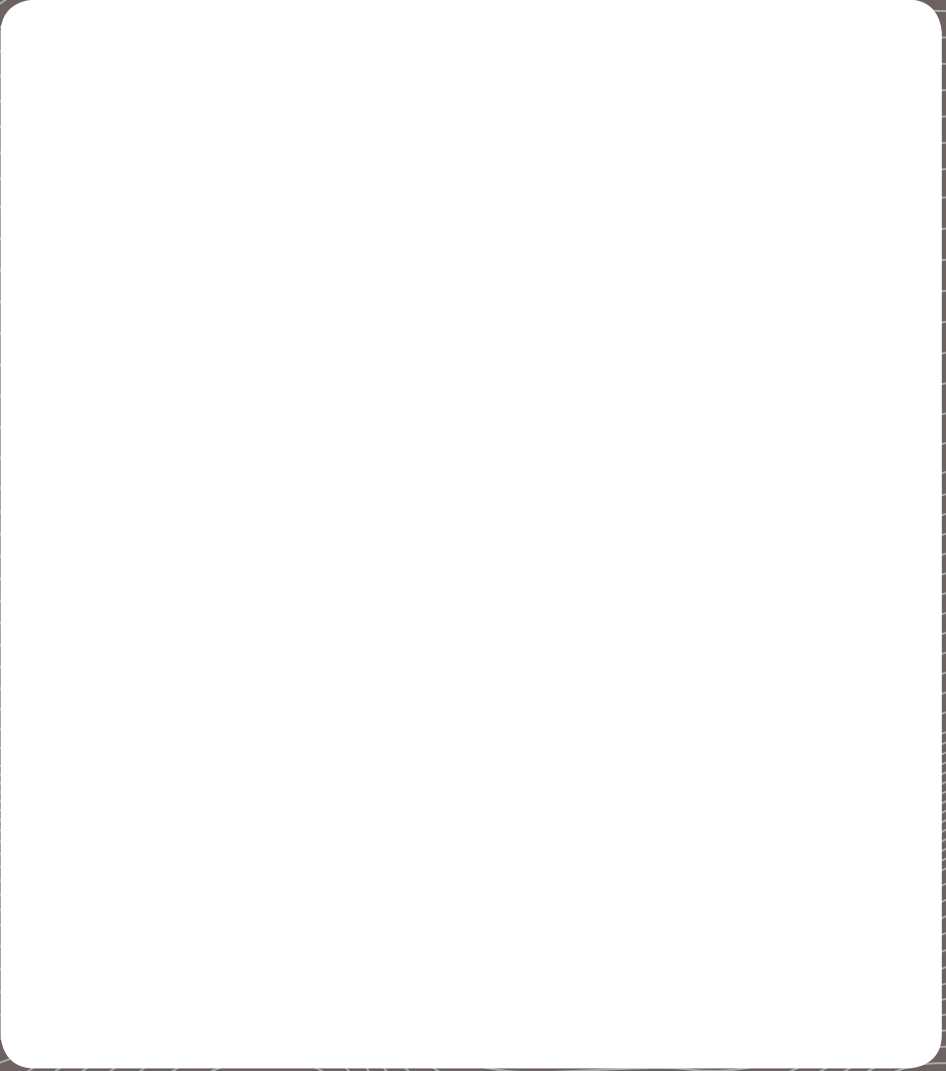
**What will we do if:**

**Kids in school:**

**Parent at work:**

**Family member has special needs:**

**Draw a map of escape routes:**



**See Also!**

The most important thing is staying in touch. You can't count on having a cell phone, so be sure to fill out the emergency contact information in the back of this book.



know how best to adapt them quickly.

## Have Proper Supplies

If you are fit, have useful skills, and make emergency plans then the last pillar of a prepared lifestyle is to have the proper supplies to survive. Look on pages 17-18 for a list of suggested supplies. Before stocking large amounts of supplies, it's important to follow a few steps to avoid spending money on the wrong type of product (or one of poor quality.) Not all of these steps will be the same for each product, so follow the general idea:

- Pick an item you need to stock up
- Research what different types there are and which will work best for your needs
- View videos/pictures of each type and read reviews
- If a trusted friend or neighbor owns one of the products you've researched then ask them for their opinion
- Purchase and test for a few weeks as many of your top choices as practical
- Stock up on the item that most meets your needs

If you're stocking up on an item, these steps will make sure you don't waste money. On page 49 you'll find a side by side product comparison reference for help with step 1, researching. For example, if you want to stock up on blankets, then you can go to the page in this section about blankets and learn the pros and cons to wool, fleece, and emergency blankets. Your

individual needs will decide which one works best for you. If you are stocking bug out bags you'll need a different blanket than if you were stocking your home. Whatever your needs, this side by side comparison is a great reference to have.

There is no practical way to have enough supplies, especially food and water, to last an entire lifetime. Hence the quote, "The more you know, the less you need." You don't need a hundred matches if you can start fires without them.

Use the principle of power in knowledge to your advantage. It's the same idea as the common proverb, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." That is why "Have Proper Supplies" comes after "Learn Useful Skills" in this book. The right knowledge and skills are more powerful than the right supplies.

## Getting There

The four pillars of preparedness living are simple, yet will require commitment and persistence. Don't give up when you get discouraged. Creating a prepared, healthy lifestyle is the most rewarding thing you can do. It will also give you the mental toughness necessary to actually survive in real life emergencies.

*"That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved."*

- Ralph Waldo Emerson

## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Quotable

“The more you know, the less you need.”

-David Wescott  
Primitive Survival Skills Expert



Every emergency requires specific supplies, preparation, and reaction. We go through what these emergencies have in common and then give you a disaster by disaster reference.

# What to Prepare For

## General Emergencies

General Supplies For Emergencies

## Types of Disasters

- Earthquake
- Extended Power Outage
- Flood
- House Fire/Flood
- Hurricane
- Lightning Storm
- Mass Violence
- Nuclear Disaster
- Pandemic/House Quarantine
- Tornado
- Water Contamination
- Wildfire
- Winter Storms



# What to Prepare For

## A Reference for Emergencies

**K**nowing how to prepare without fear is half the battle. The other half is knowing what to prepare for. To prepare for general emergencies you'll need water, food, bug out bags, and some basic supplies. Depending on where you live, you may need to make special preparations for tornados, hurricanes, etc. This section will cover all those things plus other specific emergencies. It's important to adapt these guidelines to your own household, and to review this information often to stay updated.

### General Emergencies

**Water.** Because each family member will have different requirements, you'll need to study how much each person uses in one day. Take into account drinking, cooking, and hygiene. Decide how much they would need and properly store enough for at least 2 weeks. Generally, you should store at *least* 1 gallon per person per day. Ideally, you want a water source near your house that you can filter. If not, plan to store more water.

**Food.** Have two different supplies, short term and long term. Short term food storage consists of food you normally eat (make sure you have the means to cook it without electricity). Have around one month of short term food storage. Long term food storage is different because you can store as much as you want. To play it safe, store at least 3 months-worth. Long term

food storage should consist of foods with a very long shelf life, such as freeze dried food, rice, beans, wheat, oats, and pasta. If storing enough food seems daunting, then just buy a little bit each week and it will add up quickly.

**Bug Out Bag.** Also known as a 72 hour kit or "go bag." A bug out bag is a backpack or other bag that has the food, water, clothes, and other gear to help you survive until you can make it to your bug out location. For your bug out location, choose somewhere that could support you long term and is far enough away to be safe from disasters and riots but close enough to be practical.

Have one or more bug out bags per person in your household and store them in strategic locations so you can grab them quickly. At the same time, don't place them in plain sight. Having survival supplies can make you a target to desperate people in dire circumstances.

You should also have a "get home bag." Stock it with the same supplies as a bug out bag but place one in your office or car. "Get home bags" are to help you get home if you are caught at work or somewhere else in an emergency.

Here's a basic list for stocking your bug out/get home bags. Remember that not everything in this list will fit



your circumstances. You will likely have to hike with this backpack, so

only pack the essentials and purchase lightweight products.

### Bug Out Bag Supplies

- Water
- Water filter or other form of water sanitation
- Food (jerky, freeze dried meals, and energy bars are good ideas)
- Cooking pot/mess kit
- Small hiking stove
- Water bottle
- First aid kit
- Extra clothing appropriate for your climate
- Hiking shoes/boots
- Hygiene items
- Sunscreen
- Insect repellent
- Flashlight/headlamp
- Extra batteries
- Extra socks!
- Poncho or water-proof jacket
- Fire starting tools (ferro rod, matches, lighters, kindling, etc.)
- Survival knife
- Small hatchet
- A tent or tarp for shelter
- Sleeping bag
- Walkie talkies
- Radio
- 550 paracord
- Cash and important documents
- Emergency whistle, flare, and/or signal mirror
- Fishing kit
- Self defense item (machete, pistol, pepper-spray, etc)
- Notepad and pen
- Duct tape
- Maps and compass



### Quotable

"If you know the enemy and know yourself, you need not fear the result of a hundred battles.

If you know yourself but not the enemy, for every victory gained you will also suffer a defeat.

If you know neither the enemy nor yourself, you will succumb in every battle."

-Sun Tzu

### Bugging In

Sheltering in place with storage supplies



### Bugging Out

Evacuating when the shelter or area is unsafe

**Basic Supplies.** These are the supplies you need for when you have to “bug in,” or survive at home. It’s very similar to the bug out bag list, except weight

isn’t an issue and you should stock up enough for as many months as you can, preferably over 3 months:

### Storage Supplies

- Axe
- Tarp
- Rope
- Food
- Water
- Radio
- Seeds
- Gloves
- Blankets
- Firewood
- Duct tape
- Pet Supplies
- Survival knife
- Sleeping bags
- Garden tools
- Cleaning supplies
- Water filtration methods
- Non-electric cooking stoves and fuel
- Portable toilet with waste bags and toilet paper
- Candles or lanterns
- Hand crank flashlights
- Extra batteries
- Clothing suited to climate
- First aid kit
- Prescription medications, contact lenses, eye glasses, etc
- Fire extinguishers
- Hygiene items
- Sunscreen and insect repellent
- Walkie Talkies or other communication method
- Fire starting tools (ferro rod, matches, lighters, newspaper for kindling, etc)
- Gun or bow and arrow for hunting
- Self defense weapons (pepper spray, shotgun, etc)
- Unread books and small treats for good morale

## Types of Disasters



This reference section gives some tips for preparing and surviving selected crises. We have given lists of general supplies for emergencies, but there may be emergency-specific supplies that will be helpful.

### Quick Index

#### **Blizzard**

See Winter Storm

#### **Bomb**

See Mass Violence,  
Nuclear Disaster

#### **Disease**

See Pandemic

#### **Earthquake 20**

#### **House Disasters**

Fire 23

House Flood 23

House Quarantine 28

#### **Hurricane 24**

#### **Fire**

House Fire 23

Wildfire 31

#### **Flood**

Natural 22

House/Plumbing 23

#### **Lightning 25**

#### **Power Outage (Extended) 21**

#### **Mass Violence 26**

#### **Nuclear Disaster 27**

#### **Pandemic 28**

#### **Storm**

Lightning 25

Hurricane 24

Tornado 29

Winter 32

#### **Terrorism**

See Mass Violence

#### **Tornado 29**

#### **Tsunami**

See Flood

#### **Wildfire 31**

#### **Water Contamination 30**

#### **Winter Storm 32**

# Earthquake

An earthquake is a sudden release of energy in the Earth's crust that releases seismic waves. This is felt by people as an intense shaking or a sudden slippage of the ground. Earthquakes usually occur along fault lines. They are unpredictable and strike without warning. The actual earthquake isn't the problem, it is the collapsing buildings or falling objects that cause the most injuries.

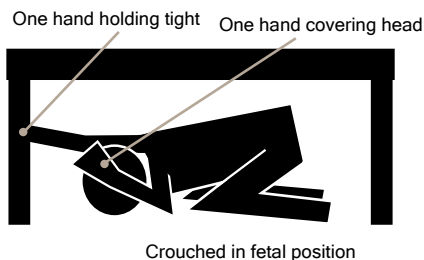
## Prepare for an Earthquake

- Find out if you live by a fault line and know your area's earthquake history.
- Be prepared by having an emergency kit in your home.
- Teach all family members how to shut off gas, electricity, and water main lines.
- Keep a pair of shoes (there may be debris and broken glass) and flashlight by beds.
- Place large, heavy or breakable items on lower shelves.
- Do not hang pictures or objects that may fall over close to beds.
- Place beds away from windows and shelves.
- Fasten hot water heaters and top heavy appliances to a wall.
- Make a plan with your family on what to do and where to meet if they get separated.
- Store bleach, laundry soap, pesticides and other chemicals on the bottom shelf or in a closed cabinet.
- Find a safe place (sturdy table,

door way, inside wall) in each room of your house.

## During and After an Earthquake

- Stay calm.
- If inside stay inside. Find cover and hold on! See below.



- If outside stay outside. Move away from buildings, utility poles/wires, trees and street lights.
- If you are in a car stay in it. Drive away from overpasses, buildings, utility poles/wires, trees and street lights.
- If dust is present cover your nose and mouth with a cloth if possible.
- Don't use any open flames until you are sure there isn't a gas leak.
- Be prepared for aftershocks.
- If you live in a coastal area be prepared for possible tsunamis.
- Do not use elevators.
- After the quake check carefully for cracks in your house, gas leaks, water leaks, and electrical line damage. If any leaks happen turn off the main valve for the appropriate leak.

# Extended Power Outage

Power outages are relatively easy to handle, but they can become difficult over long periods of time. Many disasters can be so severe that it may take a long time to get the grid back online. You should be just fine if you have all the basic supplies we listed earlier, but an extended power outage may be dangerous to those with special medical needs. In this case, you may need to take some of the measures listed below.

Another thing to keep in mind is the entertainment needs of your family. Young kids will need extra planning and supplies.

## Proper Supplies for an Extended Power Outage

- Large plastic sheets
- Portable cell phone charger
- Extra propane
- Prescription medicines

## For those with Special Needs

- Backup generator
- Extra oxygen tanks, insulin, etc.
- Solar or propane powered refrigerators, or a zeer pot for insulin storage.

## During an Extended Power Outage

- Don't open the fridge door at first; keeping it closed will keep the food cold for up to 4 hours
- Don't open the freezer, either. A full, unopened freezer can last 48 hours. If the power doesn't come back on after your food has thawed try to eat it as soon as you can
- Meat, milk products, eggs and other foods should be discarded if kept at or above 40 degrees for more than 2 hours. If kept at 90 degrees, discard after 1 hour
- If you live in a cold climate, isolate a small room using blankets or plastic sheets. It's easier and more efficient to heat a small space than your entire house. See also Winter Storms p.32
- Don't use charcoal or gas grills indoors. They create carbon monoxide, a poisonous gas





# Flood

Floods can come from many different sources, such as rainfall, tsunamis, hurricanes, broken dams, etc. Pay attention to weather reports in order to have plenty of forewarning. Weather reports give flood **watches** and **warnings**. A **watch** means a flood is possible, while a **warning** means a flood will soon start or already has. The government uses this terminology for all disasters.

## Proper Supplies for a Flood:

- NOAA weather radio
- 4-in-1 disaster tool
- Pictures of property before the flood and a camera to take pictures of after the flood for insurance purposes
- N-95 masks to wear while cleaning up mold

## During a Flood:

- When you receive a flood warning, shut off gas, electricity, and water main lines. Make sure each family member knows how to do this.

- Find high ground to evacuate to (this should be in your family emergency plan)
- Avoid touching flood water. Not only is it unsanitary, but just 6 inches of moving flood water can knock you down
- Do not return to your home until you're sure it's safe
- Do not drink flood water
- After the flood, be cautious of downed power lines, broken gas lines, spoiled food, and damaged structures

## Tsunami:

- Warning signs of a tsunami are tremors/earthquakes near coastal areas and the tide moving extremely and unseasonably far out.
- Move to high ground as quickly as possible. If you cannot outrun the water, tie yourself securely to something. Do not rely on just holding on— a tsunami is stronger than you are.



# House Fire/Flood

House fires and house floods aren't widespread disasters, but since they are much more common it is appropriate to know how to respond.

## Proper Supplies for a Fire/Flood

- 4 in 1 disaster tool
- Fire extinguisher
- Shovels (for cleaning up after)

## Before a Fire/Flood

- Clean your gutters to keep water away from your foundation
- Keep your smoke alarms in working order
- Don't leave candles lit when not in the room or awake
- Don't leave a room without turning off any space heaters
- Plan emergency fire escape routes

## During a Home Fire:

- Unless the fire is small enough to put out with a fire extinguisher, leave the house immediately, call 911, and don't return until firefighters have put out the fire and said it's safe

- If flames are high and intense, crawl to avoid breathing in smoke
- Lightly touch door knobs before opening doors; this prevents you from burning yourself and you'll know if there's a fire on the other side or not

## During a house flood:

- Shut off the water, gas, and electricity to the house immediately without putting yourself in danger
- Unplug electrical devices and move to dry ground
- Avoid touching or drinking flood water, it may be contaminated
- Call professional cleaners immediately



# Hurricane

For the United States, hurricane season is June 1 to November 30. Hurricane watches and warnings can occur so frequently that you may become used to them and let your guard down. Treat each threat as a real one, just to be safe.

## Proper Supplies for a Hurricane

- NOAA weather radio
- Heavy duty rain jackets
- Pry bar and/or pick axe for clearing rubble
- 4 in 1 disaster tool
- Rubber gloves and boots

## Before a Hurricane

- Install storm shutters or buy plywood and nails to cover your windows before the storm hits
- Remove large trees that could fall on your home
- Prune your trees so dead or weak branches don't fall during storms

## During a Hurricane

- Close storm shutters or board up windows
- Get rid of all loose objects in the yard, even heavy objects like patio furniture, gas grills, etc.
- Store valuable documents, pictures and money in waterproof bags
- Evacuate if told to do so
- Stay away from windows and doors
- Bring pets inside

## In Case of An Evacuation:

- Unplug all electrical appliances
- Turn off water, gas, and electricity at the main valve
- Take your important documents, bug out bag(s), medicine, food, water, clothing and pets
- Have extra cash (including small bills) just in case
- Leave as soon as possible



# Lightning Storm

While lightning storms aren't as catastrophic as other natural disasters, they can still be dangerous. If lightning strikes your home it can cause fire and electrical damage to anything that's plugged in. In addition, the blast's shock waves can damage your house's structure.

## Before a Lightning Storm

- Install lightning rods to help protect your house.
- If there aren't any buildings nearby, don't lie flat on the ground. Instead, crouch as low as you can. The less surface area touching the ground the less likely that you'll feel the effect of a nearby lightning strike
- Do not submerge yourself in water
- If your hair stands up on end, it means a lightning strike is about to happen close to you
- When you crouch low, hold your hands tightly over your ears to prevent hearing loss

## During a Lightning Storm

- Don't be the tallest thing in your area
- Find a building or car to hide in if possible



# Mass Violence

While in a public place, there is a small chance that a person or group of people may commit violent acts and threaten everyone's life and safety. While they have a variety of motives, the proper preparation and response is the same. You may not be able to prevent it, but there are many things you can do to increase your chances of survival.

It is wise to keep a get home bag in your car, place of work, or any other places you are at on a daily basis. If trained on how to use them, consider knives and pepper spray as additions to your get home bags. Learning a form of self-defense is an even more valuable option because you can take it with you no matter where you go. If you want, carry some sort of weapon on you, whether it's a gun, knife, or kubotan. Make sure you obey all your state's laws and never carry a weapon with you onto an airplane.

## Proper Supplies

- Kubotan
- Pepper spray
- Combat knife
- Concealable firearm

## Before

Mass violence and "terrorism" is literally all about fear, which is what the attackers want. Recognize that of all the disasters we cover here (except nuclear disaster), this one is the least likely. You are far more likely to die when you drive a vehicle, and yet most people are not afraid to ride in a car. See Introduction p.2.

## During

- Follow the three rules of action: First, run. Second, if you can't run, hide. Finally, if you can't hide, fight.
- In the middle of a mass shooting, playing dead could be effective if the attacker has distractions.
- If you are a hostage, in most cases it is best to do what the attacker says and wait for the authorities to handle the situation.
- In the event of a bomb or other mass destruction of buildings, treat the aftermath the same as you would an earthquake, covering your mouth from dust, watching out for live wires, gas leaks, broken glass, etc. Do not use elevators.



1. Run



2. Hide



3. Fight



# Nuclear Disaster

Nuclear disaster can come in the form of a nuclear reactor meltdown (including submarines and other ships), nuclear bombs, “dirty bombs,” attacks on nuclear reactors, etc. The deadliness of a nuclear disaster depends on how far away it is. Although the initial blast is the most powerful part of a nuclear bomb, nuclear fallout is just as dangerous. Nuclear fallout is when wind blows the radioactive waste of a nuclear bomb to other places. The key to protecting yourself is putting as much material, be it concrete walls, dirt, wood, etc, between you and the radiation of the blast in the atmosphere.

## Proper Supplies

- Iodine tablets to protect the thyroid from radiation damage

## Before

- Know of any fall out shelters in your community
- Either build an actual fall out shelter or find the room in your house with the thickest walls (basements are usually best) and designate it as a safe place

## During

- Take Iodine tablets
- 80% of fall out occurs within 24 hours, but in the case of a nuclear explosion high above the ground you may need to stay inside for up to a month.
- Listen on the radio to hear when officials say it's safe and whether or not you need to evacuate



# Pandemic/House Quarantine

A disease is a **pandemic** when it is prevalent throughout an entire country, continent or the whole world; an **epidemic** is when a disease is prevalent over a large area, such as a community. In both situations you want to be able to protect yourself from getting exposed, and, if you've already fallen sick, you want to prevent spreading it to others.

You may also need to quarantine yourself at home due to doctor's orders. House quarantines, depending on a doctor's suggestion, may be 1 to 2 weeks long. Follow your doctor's advice and be prepared to stay at home for that much time.

## Proper Supplies

- N95 masks
- Large plastic sheets
- Extra duct tape
- Extra hand sanitizer
- Medicinal Herbs
- Sterile gloves
- Extra toilet paper, sanitation bags, and other necessary hygiene items since you'll be staying indoors most of the time

## Before

- Wash hands and practice good hygiene
- Be fit, physically and emotionally, in order to strengthen your immune system

## During

- Using plastic sheets and duct tape seal off a small room, such as a bedroom, within your house for the sick
- Fill in holes underneath door and in windows to prevent infected air from entering or escaping
- Use face masks and dispose of them when finished
- Designate one person to take care of the sick instead of several to minimize spreading the disease



# Tornado

There are certain signs that commonly precede tornadoes. For example, large hail or dark, greenish, clouds indicate that a tornado is near. Learn how to tell a tornado from a normal storm and pay attention to weather alerts. Tornadoes have incredibly high speed winds, anywhere from 100 to 300 miles per hour!

## Proper Supplies

- Goggles
- NOAA weather radio
- Pry bar and/or pick axe for clearing rubble
- Heavy duty rain jackets
- Safety helmets

## Before

- Build a shelter in your yard or know where to find community shelters in your area
- You can also build a safe room inside your house by reinforcing the walls

- Get rid of large objects like trees that could fall on your house
- Prune your trees so dead or weak branches don't fall during storms
- Familiarize yourself with how your community announces tornado watches and warnings

## During

- As soon as you hear a tornado warning, get rid of all loose objects in the yard, even heavy objects like patio furniture, gas grills, etc.
- Keep your windows closed and stay away from them
- Go to your shelter or, if you don't have access to one, go to your basement and hide under a sturdy table
- If you are outside when a tornado comes, lie flat on the ground; or, even better, in a ditch, with your hands on your head
- Bring your pet inside



# Water Contamination

For a number of reasons your tap water may become unsafe to drink. This is often concurrent with other disasters. If this happens then you should filter it or use your emergency drinking water supply. Some different filter systems you could use at home include:

- Gravity drip filter
- Distiller
- Chemical treatments
- Boiling
- UV light

If you don't know whether or not your tap water is safe, you can read a report on what's in your water. It's called the Consumer Confidence Report (CCR) and your local water supplier is required to publish this report yearly. You can either contact them directly or look for the report online from the United States Environmental Protection Agency (<https://www3.epa.gov>).

If you hear of or expect a water shortage then immediately begin to fill your tub with water. It can be useful for hygiene or drinking, if filtered, when you don't have tap water.

## See Also!

Learn about your drinking water and community emergency response plans at <https://www.epa.gov/ground-water-and-drinking-water>



# Wildfire

Wildfires start in the wild, but they can easily spread to urban locations. In 2010, wildfires averaged 48 acres in size. The largest wildfires in the U.S. have burned 3 million acres, which is almost the size of Connecticut! Because wildfires can move at up to 6.7 miles an hour, be able to evacuate as soon as you're told to. A bug out bag is essential in case a wildfire starts close to your home and you don't have time to get ready before evacuating.

## Proper Supplies

- N-95 mask or bandanna to keep from breathing smoke
- Fire extinguishers, at least one per floor
- Safety ladder for higher floors

## Before a Wildfire

- Make a neighborhood plan of what to do if a wildfire occurs nearby
- Make sure your address is clearly marked so that fire trucks and police can reach your home
- Clear any dry vegetation or other flammable materials away from your home

## During a Wildfire

- Shut and seal windows, doors, and vents in your home to keep out smoke
- Wet down plants in your yard to keep them alive and more flame resistant
- If you have to evacuate, shut off the main gas line or any propane tanks



# Winter Storm

Winter storms are usually harmless, unless you get stuck in one while driving. You could also get snowed in at home or work without electricity.

## Proper Supplies for Winter Storms

- Hand warmers
- Extra blankets
- Long lasting candles to heat your car
- Winter clothing such as a warm hat, gloves, socks, sweater, etc
- Snow Shovel
- Snow shoes
- Large plastic sheets
- Wood stove for heating

## During a Winter Storm

- Seal off a room with large plastic sheets and only heat up that room to avoid wasting energy heating up the rest of the house
- Don't use charcoal or gas grills indoors. They create carbon monoxide, a poisonous gas

To avoid hypothermia, be aware of its symptoms and stay dry. Also, be aware of wind chill. See the first aid section on hypothermia (page 40) for how to treat it.



## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Did You Know?

According to the CDC, 48% of Americans lack emergency supplies for use in the event of a disaster. Trying to get them after a disaster is difficult. Roadways may be closed, stores stocked out, or even ATMs may not be working.





Prepare by learning as much first aid as you can. This section can also be used as a reference in emergencies, though prior knowledge is better.

# First Aid

## Routine First Aid Measures

Cuts, Scrapes, and Bruises 38

Joint Injuries 39

## General First Aid for Seriously Injured Persons 39

## Life-threatening Medical Emergencies

- Hypothermia 40
- Stopped Circulation 40
- Stopped Breathing 41
- Choking 41
- Severe Bleeding 41
- Internal poisoning 41
- Shock, Internal Injuries and Trauma 42
- External Bleeding 43
- Possible Spinal Injury 43
- Altered Mental Status 44
- Anaphylactic Shock 44

## Long-Term and Wilderness First Aid 45

**F**irst aid is a series of simple, life-saving medical procedures that a layman can be trained to perform in emergency situations, before the intervention of emergency medical technicians or doctors. It is best to obtain training in first aid before a medical emergency occurs. Supplies useful in giving first aid are often kept together in a first aid kit.

Training in first aid is often available through community organizations such as the American Red Cross or the American Heart Association and is a standard part of military basic training.

The following are basic guidelines for how to perform first aid:

**S** Stop  
**T** Think  
**O** Observe  
**P** Plan

When you come across an injured person needing first aid, remember the acronym “STOP” in order to give them the help they need.

Be sure not to panic. Many people learn first aid but are too frightened to use it when it becomes necessary.

It is important that the first aider calmly takes in what he or she sees and forms a plan based on the available information. Most importantly, the first aider must check for possible dangers so as not to increase the number of victims.

## **First: Check, Call, Care**

The American Red Cross suggests “Check, Call, Care” as the sequence of events. First, the scene must be checked for safety, and then the victim must be checked for signs and symptoms. Next, professionals must be

called to help, and then first aid is given as much as it is practical.

The first step, if at all possible, is to contact professional aid by calling for help. Ideally, the first aider sends someone else to call for help; this may not always be possible. Some interventions can be done reasonably simply before leaving a patient to call for help; other times, it can be a difficult choice. Sometimes, the victim must be left somewhere in order to obtain treatment.

If there is more than one person injured, it may be necessary to perform triage. In triage the victims must be rapidly surveyed and treated according to the severity of their injuries.

## Consent

If the patient is conscious, it is important to ask for permission before proceeding. Touching another person without that person's permission is considered assault in most jurisdictions. Consent for treatment is implied if the patient is:

- Unconscious
- Intoxicated
- Irrational (i.e. delusional, insane or confused due to the injuries)
- Not an adult (parent or guardian must give consent if present and able, otherwise consent is implied)

Since the victim will likely be frightened, explaining your actions and talking in a calm, reassuring voice will reduce stress and increase the probability of survival.

## Diagnosis and First Aid

If the patient is breathing and has a pulse with no severe bleeding, the next step is to decide what the injury or illness is and form a plan of treatment. The “nature of illness” or “method of injury” is determined. Even if the first aider cannot help in the field, the collection of this information is invaluable to proper transport

and treatment of the patient by emergency medical technicians and doctors.

In some cases such as abdominal pain it is difficult to determine the seriousness of an injury. Only advanced training and expert advice can help in these cases, and any error should be on the side of caution.

A person trained in advanced first aid may conduct a survey, which is a careful head to toe examination of the injured person for possible additional injuries and symptoms. Often a survey will reveal serious injuries which appear minor but are life-threatening, such as entry and exit wounds from gunshots, a flail chest or collapsed ribcage, or injuries consistent with internal bleeding. A survey at the first-aid level should not involve unnecessary touching of the patient or the removal of clothing unless trained in how to do so safely and with respect for the patient.

Another advanced first aid diagnostic technique is to check for capillary blood pressure (perfusion) by depressing the fingernail and observing the capillary refill. The tissue under a person's fingernail is normally full of blood and refills within 2 seconds after being pressed. In a person with serious blood loss (whether internal or external), the tissue under the fingernail remains white and bloodless. Such a person needs advanced medical care immediately.

## **Routine First Aid Measures**

Most first aid is performed to help with less serious injuries which do not threaten life and may not even require medical attention.

### **Cuts, Scrapes and Bruises**

Cuts, scrapes and bruises should be washed with soap and water. Any foreign objects or dirt should be removed to avoid infection. Apply a clean dressing; it is worth the time to locate a sterile dressing for this purpose.

Any long cut or laceration may require stitches to heal properly, especially on the face and scalp. See medical attention in these cases, although this is not an emergency.

## Joint Injuries

Joint injuries include strains and sprains when a joint is over-stressed. Sports trainers recommend following the acronym RICE:

- **Rest**, which is essential to allow healing
- **Ice**, intermittently applied
- **Compression**, with an elastic bandage
- **Elevation**, above the heart

## General First Aid for Seriously Injured Persons

All seriously injured persons should be treated for shock if their injuries permit. Someone should stay with the injured person if possible and provide comfort and emotional support. This person should watch carefully for any changes in the person's condition and get help if their condition worsens.

In the short term, injured or ill persons should not be given water or anything by mouth. A notable exception is diabetic coma when other injuries are absent. There are multiple reasons for nothing by mouth (gastrointestinal lacerations or bleeding, lacerated esophagus, etc). The main reason though, is that the victim (especially a trauma patient) may have to undergo surgery, and any substances by mouth can be vomited under anesthesia, and aspirated (inhaled into lungs). This can severely damage lungs and cause massive infections.

An injured person should never drive to the hospital alone or with just a driver; a third person should be present to care for them in an emergency. This also helps to avoid a traffic accident and additional injuries to both the patient and third parties.

The safe evacuation of injured persons requires training and technical skills. Even basic tasks such as rolling a person over or putting them into a vehicle require several helpers, special equipment and experience to avoid aggravating the victim's injuries. These skills are an important part of the training of emergency medical technicians.

If you must improvise, remember that an injured part should be splinted as it lies, that C-spine (the part of the spine which is in the neck, called the cervical spine) stabilization should be maintained even if a patient must be transported flat on their back as a result, and that a patient should be moved as little as possible.

## **Life-threatening Medical Emergencies**

There are a number of medical emergencies that pose an immediate threat to a person's life. Some of the most common and responses are listed below.

### **Hypothermia**

Symptoms are shivering, slurred speech, slow shallow breathing, weak pulse, clumsiness, low energy, memory loss and loss of consciousness. If someone shows these symptoms get them to a warm area, start a fire, or give them a blanket if possible. If they are wet remove their wet clothing and dry them as soon as possible. Frostbite can make skin a grayish color, or even blue. The skin may also look waxy and be very cold to the touch. Find the affected area and use warm (not hot!) water to soak it in. Be gentle and protect the area from rubbing or touching other frostbit parts of the body. Get professional help as soon as you can.

### **Stopped Circulation (also known as cardiac arrest)**

Cardiopulmonary resuscitation (CPR) is a manual method used to induce artificial breathing and heartbeat in a victim who has suffered cardiac arrest.



CPR may spontaneously restore natural breathing and heartbeat; if it does not, it may keep the victim alive until professional medical personnel arrive and administer more appropriate treatment.

## **Stopped Breathing**

If a person has stopped breathing but still has a pulse, it is possible for someone else to breathe for them. In rescue breathing, the rescuer alternates breaths taken for his own benefit with breaths into and out of the victim's mouth.

## **Choking**

If the victim is choking on a foreign object lodged in the airway, the object must be removed. The Heimlich maneuver is the standard method for conscious victims. If the victim is unconscious, the object may be removed by reaching in the mouth (using the head-tilt-chin-lift technique from CPR), or with a modified form of the Heimlich maneuver. If the airway is cleared and breathing is not restored, rescue breathing should be applied.

## **Severe Bleeding**

The key element in treating severe bleeding is the application of firm, direct pressure to the wound, using a surgical glove or other infection barrier if available. The wound may be elevated above the heart to reduce blood pressure, though this should not be done if there is a risk of disturbing fractures. Pressure may also be applied to pressure points where blood vessels run close to the surface upstream from the wound. The use of a tourniquet is rarely taught in first aid because it is rarely required to control severe bleeding and poses life-threatening risks. Even wounds from amputated limbs can be controlled with direct pressure, pressure points and elevation.

## **Internal poisoning**

Internal poisoning may not be immediately apparent. Symptoms, such as vomiting are sufficiently general

that an immediate diagnosis cannot be made. The best indication of internal poisoning may be the presence of an open container of medication or toxic household chemicals. Check the label for specific first aid instructions for that poison.

Call for help immediately as advanced medical care will be required. If possible contact a poison control center and provide information about the suspected poison.

Depending on the type of poison, the poison control center may suggest additional first aid measures pending the arrival of emergency medical technicians. These might include dilution with water or milk, administration of syrup of ipecac or activated charcoal, or the use of other common household products as improvised emergency antidotes. Do not apply such measures without the benefit of expert advice of those on the other end of the phone line.

Appropriate first aid measures vary depending on the type of poison. Induced vomiting may do more harm than good, because the poison may harm the alimentary canal or esophagus. Vomit may also block the airway. However, induced vomiting may be necessary with some poisons to save the victim's life. Expert advice and rapid transport to advanced medical care is urgently needed in poisoning cases.

### **Shock, Internal Injuries and Trauma**

Seriously injured persons often suffer hypovolemic shock which can be caused either by external or internal bleeding. Symptoms include rapid breathing (a normal adult rate is 12-20 respirations per minute) and cold, clammy skin.

The patient should be kept warm and the patient's feet should be elevated approximately six inches off the ground (unless spinal or other injuries preclude this). The object is to raise the blood pressure to their inner organs to prevent oxygen starvation of major tissues.

Persons with internal injuries or traumatic injuries often require immediate surgery to save their lives.

The most important way a first-aider can help these victims is to arrange for immediate rapid transport to a trauma center or other equipped facility for immediate transfusion and surgery. The best way to do this is to call for help and let the professionals decide where best to transport the victim.

## External Bleeding

Bleeding is the most common reason for the application of first aid measures. Minor bleeding can be stopped with direct pressure over the wound, as the blood will naturally clot. In order to prevent infection, a sterile or clean bandage should be used.

Severe bleeding can be stopped with the following steps:

- Apply direct pressure on the wound
- Elevate the wound above the heart
- Press down on an artery above the wound (pressure point) to keep blood from flowing to it
- Seek expert medical help if these measures aren't possible

## Possible Spinal Injury

The most important check you can do on a trauma victim is for a spinal injury. The spinal cord is a thick nerve that runs down the neck and back; it is protected by bones called vertebrae. If the spinal cord is injured, this can lead to paralysis. Since the vertebrae protect the spinal cord, it is generally difficult to cause such an injury. Note that only an x-ray can conclusively determine if a spinal injury exists. If a spinal injury is suspected, the patient must be treated as though one does exist.

Signs of a spinal injury:

- Paralysis
- Dizziness
- Mental confusion  
(such as paranoia or euphoria)
- Head, neck or back pain
- Any fall of more than  
three times the patient's height

If a spinal injury may exist, the victim must be kept in the position he or she was found in, if at all possible and safe, and told to move as little as possible. A minor crack in the vertebrae can result in paralysis if the patient moves in the wrong way, so all movement must be minimized.

If possible, one caregiver should hold c-spine stabilization. "C-spine" refers to the part of the spine which is in the neck, called the cervical spine. One person places his or her palms on the victim's ears, with fingers spread open towards the chin. The person holding the c-spine's job is to ensure that the neck does not move and must not let go of the c-spine unless someone else takes over or advanced equipment is used in place.

### **Altered Mental Status**

Sometimes an ill or injured person is disoriented or incoherent, which may mask serious medical conditions or injuries. A level of mental responsiveness can be determined by asking three questions:

- What is your name?
- Where are you?
- What day of the week is it?

A person with an altered mental status who does not recover quickly requires advanced medical care and should be carefully watched. Suspect concussion or other head injury if trauma is among the mechanisms of injury.

## Anaphylactic Shock

Anaphylaxis is a life-threatening medical emergency because of rapid constriction of the airway, often within minutes of onset. It can be triggered by insect bites as well as exposure to allergens. Call for help immediately. First aid for anaphylaxis consists of obtaining advanced medical care at once; rescue breathing (a skill that is part of CPR) is likely to be ineffective but should be attempted if the victim stops breathing. Look to see if a device such as an Epi-pen is available for administration.

## Long-Term and Wilderness First Aid

In some emergencies, such as earthquakes or an isolated accident, emergency services may be unable to arrive for several days or longer. In this case, responders may need to perform longer-term care. For long term treatment in disasters, wound-care and cleanliness is the most important issue.

Proper bedding and dressings are preferable in order to prevent infection, but fresh, unopened newspapers are clean and can be used to improvise dressings, blankets and clean areas. Broken limbs should be splinted in an effort to immobilize the bone (which should not be straightened due to the possibility of a splintered bone cutting an artery). Antibiotics, if available, should be used to prevent infection. This can sometimes prevent later amputation of infected limbs.

Do not remove existing bandages to put on new ones in the prehospital environment, even if care is delayed several days, unless complete wound cleaning and debridement is possible. A “bound-up” wound is less likely to be infected and more likely to heal than one that is opened repeatedly and inadequately cleaned each time. This is derived from World War II prehospital military experience.

If medical care is likely to be delayed by more than a

Patients should be kept in a reasonably warm place. The stress of excessive heat or cold can stress an injury or ill the body further, increasing the danger. Temperatures as low as 55°F or as high as 95°F are a major hazard in longer term care.

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

# Supplies: Side-By-Side

## Blankets



### Wool

**Pros:**

Non-flammable,  
insulates when wet

**Cons:**

Heavy and bulky, real  
wool is expensive, itchy,  
not windproof

### Polar Fleece

**Pros:**

Affordable, lightweight,  
insulates when wet

**Cons:**

Cheaper ones can be  
too thin, not windproof

### Emergency Blankets

**Pros:**

Lightweight, compact,  
affordable, reflective,  
wind/rain proof

**Cons:**

Uncomfortable, harder  
to store after first use

## Emergency Zone Reflective Blankets



### Basic

**Pros:**

Lightweight, compact,  
affordable, reflective

**Cons:**

Fragile

### ThermoSave™

**Pros:**

Lightweight,  
compact, more  
durable, reversible

**Cons:**

A little bulkier than  
other space blankets

### HeatStore™

**Pros:**

Lightweight, extra  
durable, reversible

**Cons:**

Bulkiest, most  
expensive, crinkly



## Cutting Tools



### Survival Knife

**Pros:**

Very portable  
and versatile

**Cons:**

Minimum  
chopping power



### Hatchet/Hand Ax

**Pros:**

Excellent for chopping  
and splitting wood,  
somewhat portable

**Cons:**

Limited uses besides  
wood processing



### Machete

**Pros:**

Great at chopping  
and slashing

**Cons:**

Bulky, difficult to do  
smaller tasks

## Water Storage

Contrary to popular belief, food grade plastic jugs are not suitable for long term water storage if they originally contained milk or fruit juice. Milk and fruit juice leave behind sugars on the jug walls, regardless of how much you wash it, that will help bacteria grow over time.



### Emergency Zone Water Boxes

**Pros:**

Easy to move when  
filled, stackable

**Cons:**

Cardboard not resistant to flood damage



### Tanks/Drums

**Pros:**

Easy to set up, holds  
a lot of water

**Cons:**

Larger tanks are  
impossible to move  
once filled

## Water Filtering/Purification



### Emergency Zone Gravity Filter

**Pros:**

Easy to use,  
purifies effectively

**Cons:**

Slow, must replace  
filter eventually



### Distiller

**Pros:**

Removes any  
possible contaminant

**Cons:**

Also removes healthy  
minerals, slow,  
requires electricity



### Chemical Treatment

**Pros:**

Easy and fast

**Cons:**

Must keep enough  
chemicals on  
hand, poor taste,  
doesn't filter dirt

## Food Storage



### Dehydrated Food

**Pros:**

Long shelf life, light-  
weight, good taste

**Cons:**

Expensive,  
must boil water



### Dry Goods (Beans, rice, flour, etc)

**Pros:**

Affordable,  
long shelf life

**Cons:**

Heavy, must boil  
water, plain on its own



### SOS food bars

**Pros:**

Portable, uses min-  
imum amount of your  
body's water

**Cons:**

Expensive, only 5  
year shelf life

## Cooking Systems



### Propane Stoves

**Pros:**

High temperature, able to vary heat

**Cons:**

Expensive, volatile fuel, can not cook indoors



### Wood Campfire/Stove

**Pros:**

Wood is a renewable source of fuel

**Cons:**

Messy, needs ventilation indoors, wood may be wet or scarce



### Stable Heat™ Fuel Cells

**Pros:**

Safe to cook with indoors, non-volatile fuel, infinite shelf life

**Cons:**

Longer cooking times, only cook at one temperature

## Bug Out Backpacks



### Tactical

**Pros:**

High durability, lots of storage pockets

**Cons:**

Sticks out in urban environments



### Red Emergency

**Pros:**

Easily seen by rescue crews

**Cons:**

Standing out can be undesirable



### Emergency Zone Stealth Tactical™

**Pros:**

Designed as a bug out bag, many storage pockets, durable

**Cons:**

Fewer MOLLE straps around bag than tactical

## Self Defense



### Kubotan or Knife

**Pros:**

Very easy to conceal,  
easy to use

**Cons:**

Must be close to  
attacker to use



### Pepper Spray

**Pros:**

Easy to conceal,  
non-lethal, moderate  
range

**Cons:**

Must hit eyes



### Firearm

**Pros:**

Longer range,  
effective deterrent

**Cons:**

Requires training,  
regulated by law

## Waste Disposal

Blue Gel™ is essential  
for any portable toilet.  
One scoop deodor-  
izes and solidifies one  
gallon of liquid waste.



### Honey Bucket

**Pros:**

Solid construction,  
easy to carry  
by handle

**Cons:**

Bulky and  
awkward to store



### Potty Box™

**Pros:**

Easy to store  
in tight spaces

**Cons:**

Cardboard easily  
damaged in a flood



# Emergency Contacts

## Family Contacts

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Friends and Extended Family in Town

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

United States and Canada dial

911

in emergencies

**Out of Town Contacts**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Government Phone Numbers**

Police: \_\_\_\_\_

Fire: \_\_\_\_\_

Poison Control: \_\_\_\_\_

Crisis Hotline: \_\_\_\_\_

Animal Control: \_\_\_\_\_

**Other Contacts**

Employer: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Employer/School: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

School: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

The image features a dramatic seascape with a stormy sky filled with dark, heavy clouds. In the foreground, the ocean is turbulent with white-capped waves. Overlaid on the scene are three large, stylized shapes resembling topographic contour lines or abstract landmasses in a dark brown color with white internal lines. One large shape curves from the left side towards the center, another is in the upper right corner, and a third is in the lower right corner. A red banner with rounded ends is positioned horizontally across the middle of the image, containing the text "EMERGENCY ZONE" in white, bold, italicized capital letters.

***EMERGENCY ZONE***