



When Disaster Strikes

How to Prepare for the Worst



Water

- 1 Metal Vessel in Which to Boil Water
- 1 Large Water Container (Jerry Can)
- 2 Smaller "Canteen" Style Water Bottles
- 1-2 Packets of Water Purification Tablets
- 1 Water Filter
- 1 Solid Fuel Stove and spare fuel
- 20-50 Small Plastic Bags

NOTE!!!

1. Water is your **primary** concern.
2. All water that is not from **sealed** bottles is to be considered **CONTAMINATED**.
3. All contaminated water is to be filtered **AND** boiled for at least **3 minutes**.
4. If the source is **doubtful**, use step three **AND** the water purification tablets (follow instructions).



Shelter

- 1 Foam Sleeping Mat
- 2 Tarps or Ponchos
- 50 ft of 550 Cord
- 5 Bungee Cords
- 1 Lightweight Sleeping Bag
- 1 Bivy Bag
- 6 Steel Tent Pegs
- Foil blanket



Your Disaster Readiness Kit

1. Make your kit **PERSONAL**
2. Keep your kit in your **CAR**
3. Check your kit once each **QUARTER**
4. Have a **THUMB DRIVE** with photocopies of your I.D. documents

“GOOD LUCK IS A RESIDUE OF PREPARATION.”

- Jack Youngblood

Fire

- 1 Fire Steel striker
- 2 Bic Lighters
- 2 Solid Fuel Sources (Esbit)
- 2 Tampons

NOTE!!!

1. Make at least two Fire Kits!
2. Pack them in **different** places!
3. Pack your Fire Kit with dry kindling!
4. Small fires are as hot as big fires!
5. Only build fires in safe places!
6. Put your fires out when you leave!



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How to Prepare for the Worst



Food



- Pack for 10 days
- Each 24 hr pack should be able to last 48 hrs
- Mix dried foods with ready to eat foods
- Double bag by meal, then mark Breakfast, Lunch, Dinner
- Remember that food feeds the soul as well as the body; pick foods YOU want to eat
- Pack more than food
- Be aware of expiration dates
- Be creative. If you HAVE to eat from these packages, treat yourself - pack yourself presents!

Trauma Kit



- 1 Packet of Tampons
- 2 Pillow Case (triangular bandages)
- 1 SAM Splint
- 1 Tourniquet
- 8 Female Sanitary towel (heavy)
- 1 Roll of Duct Tape
- 1 Foil Blanket
- 1 Chilly Pad
- 1 Packet Pain-killers



Tools

- 1 Multi-Tool
- 2 Head-Lamp (LED)
- 1 Folding Saw
- 1 Small pry bar
- 2 Rolls of Duct Tape
- 1 Superglue



Creature Comforts

- 1 American Red Cross Radio

Car Kit (Glove Compartment)

1. 1 ABC Fire Extinguisher (SECURED)
2. 1 Multi-Tool (SECURED)
3. 1 Water Bottle (SECURED)
4. 1 Whistle
5. High Visibility Vest
6. Headlamp (LED)

