

CHECK LIST OF SUPPLIES

Water – One gallon per person per day. Emergency water packs are available in both tetra-pak and sealed bag style. Store the easily transportable packs in a backpack, in a vehicle, in a desk at work and in a cool / dark place like your basement. Add a water cooler to your household and the bottles to place on top and you have just upgraded your water supply by several weeks. Add a plumbed in cold water tank to your household supply and you have the ability to have one year of drinking water always available.

Food – High energy foods recommended. Stock up on the good foods that give your body the energy it needs to sustain itself. The best foods are those that do not require a fridge, freezer or cooking. These kinds of foods can be found in your local grocery store. Some ideas for your **LongTermStorage** goodies would include mixed nuts, raisins, granola (bars and cereal), short-bread cookies, jerky (beef, bison, venison, chicken), power-bars, crackers, peanut butter, honey, dried fruits (leather, chips, freeze dried). Again, store the food in easily accessible places like your child's backpack, in vehicles, in your office and in your basement. Make use of rodent and insect proof containers.

Shelter – Easily portable shelters recommended. Visit your local camping stores for a one-person tent that can be setup in your living room, backyard or out in the back-country. Look for a 4-season tent. Large tents are **not** recommended due to the heat-loss experienced in cool regions. In case of power outage in the winter, you can setup the shelter in your living room to stay warm inside of it and you do not need to try to keep the entire home warm for sleeping in. Again, if you have the ability, have a shelter stored in your home as well as one in your vehicle ready to use. Practice setting up and taking down the shelter, test the shelter at least once per season.

Fecal Matter Control – Porta-potty. Visit your local camping stores for a portable washroom with privacy enclosure. A good one to have is a simple “bag-in-a-bucket” style. Store extra toilet paper and chemical to help with the scent and cleanup. Wet-naps are also highly recommended, easily purchased through camping supply and restaurant supply stores.

Communication – Radio / Cell. Have several forms of communication with two-way communication systems (HAM, CB, CellPhone, SatPhone) as well as radio receivers (AM / FM / Short-Wave) that can run on household current, battery, solar, dynamo generators. Never rely on a single form of communication. Also, setup a “note-point” where you can leave a paper note for loved ones in case of being separated during an emergency to inform them that everything is OK or to meet at another safer location.

Personal supplies – Additional. Personal grooming kit (soap, razor, scent control), feminine hygiene supplies, shoes / hiking boots, socks, underwear, first aid, medicines, spare glasses, money in small bills / coins, important documents / identification, tools, spare keys with keychain lights / multi-tools (Leatherman).

Further reading can be found on the internet. Point your browser to:

PreparedSociety.com – International preparedness forum

GetPrepared.gc.ca – Canadian government preparedness information and videos

Ready.gov – USA government preparedness information and videos

PRACTICE

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You never know when something can happen where you will need to rely on the stored gear and supplies listed on the other side of this page. To pack up the gear and hide it in a corner to gather dust is not the way to understanding your preparedness plans. You must plan for different emergencies and use the gear set aside for such events in each season of the year.

If the anticipated emergency is weather related, choose your practice time during that season to make sure that everything should go according to plans. If part of the plan is to walk away from the trouble, make sure that you can walk with your gear comfortably the entire route to your safe-zone. If your plan includes driving away from the emergency, locate and test several routes that in case of unforeseen circumstances, you will not be easily trapped with the rest of the population doing the same thing.

If you make your plans around home or forest fire, practice egress from the home via different routes (window and door escape) and running to the planned safe-zone to meet up with your family. Practice covering your face and eyes just as if there was smoke in the area.

Threat assessment is something to be revisited at least once a year. In your travels around home, school and work see the potential hazards that could affect you and your loved ones. Look at the flight-path of airplanes, the railroad tracks and the types of products that are on those trains. Look at the name of a business to see if they might have chemicals at their location that could be a hazard to your health in a fire or other industrial accident.

Look at the highways nearby and try to count the amount of chemical laden tankers the drive by in an hour. Try to perceive the area of damage if just one of those tankers collides with the supporting towers of an overpass and adjust your plans accordingly.

A terrorist will look at those same daily routines and create their plans for disruption and destruction. If you live in a major center, look at the city as a whole, the areas of primary or secondary attack, then make your plans for what you can do to either prevent a situation of total chaos or what you can do to leave the chaos behind till the situation has worked itself out.

FIGHT OR FLIGHT?

There is no dishonor in flight. Leaving the center of troubles allows you to return to help with the clean-up afterwards and get life back into some level of normalcy. Prepare a place outside of your normal travel routes to go, a friend's place, or national forest. Whichever location you plan to go to must be within one half tank of fuel for your planned vehicle. Always carry extra fuel (freshen fuel regularly) in case the travel time is extended from the expected due to circumstances beyond your control. There are many products that will safely carry extra fuel, research which style suits your vehicles and lifestyle.