Understanding Preparedness & Survival – The 72-Hour Scenario



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Water, Food, and Shelter

- What will you and your family need during a 72-hour "survival" scenario.
- Assumptions -
  - No one will be coming to help (for at least 3 days)
  - You will only have "what is on-hand"
- No never know when an emergency will occur - so base your preparations on -
  - Time of day
  - Time of year
  - All your basic needs







72-HOUR AT-HOME EMERGENCY SURVIVAL: YOUR BASICS KIT



Water

- How much water is enough?
  - For a 72-hour scenario you should store at least two gallons of water per person per day. The individual amount needed depends on age, physical activity, physical condition, and time of year.
  - For a family of four - 24 gallons





- If you have advance notice of a possible water shortage - such as a hurricane.
- Turn your tub into a 100-gallon water storage solution - Amazon $35





Food





- What do need for food to survive!
  - Most people have enough food for a 72-hour scenario (do not forget your pets)
  - The right food – nutritious, shelf stable, and what you normally eat
  - Take-out food (plan on taking it with you in an emergency)
  - Rotate stock
  - Keep track of expiration dates
  - Store your 72-hour food separately (so it is there when needed)
  - Foods that do not need cooking are always preferred



Food



- Food supply for the home

Canned meats (chicken, beef)
Canned fish (tuna, salmon, sardines)
Canned fruits
Canned vegetables
Canned soups
Freeze-dried meals (beef stew, macaroni cheese, chicken & rice)
Peanut butter
Crackers
Granola bars
Nuts Trail mix

Dried fruits
Shelf-stable milk
Powdered milk
Rice
Pasta
Cereal
Honey
Oatmeal
Instant coffee & Tea bags
Bouillon cubes or broth
Cooking oil
Salt and pepper
Sugar

Cooking your Food

- Everyone enjoys a hot cooked meal – why let survival stand in your way
- Assemble a small cooking kit to use at home or "to go"
  - Butane stove with extra fuel
  - Camping pans, shallow bowls and your finest plastic ware





Shelter

- Your home is your best bet – until it is not.
- Spend time making sure that your primary shelter is well maintained and ready for an emergency ahead of time.
- If you are away from home during an emergency – find alternative shelter!
- If all you have is your vehicle – stay with it!





Before an Emergency

- ✓ Understand how your medical, physical and cognitive needs may affect your ability to respond to a disaster or emergency.
- ✓ Take an inventory of items, like assistive devices, you rely on at home that you would need to take with you if you evacuated.
- ✓ Prepare emergency supplies to stay at home and a portable kit of supplies for evacuation: Include basics such as food and water, first aid kit, flashlight, whistle, cash, a change of clothes and sturdy shoes. Make sure you have phone chargers, batteries and battery backup plans for all medical devices.



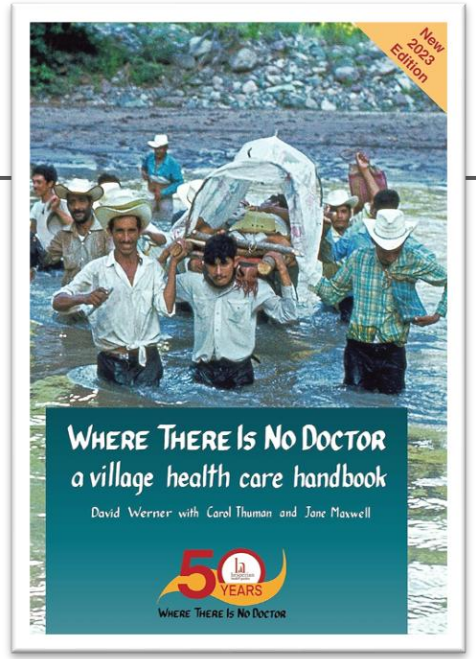
Before an Emergency



- ✓ Gather enough items for yourself and everyone in your household including pets for at least 72 hours. Have a lightweight kit for at least three days for an evacuation and supplies for at least 24 hours if you have a car.
- ✓ Locate important documents: Copy or scan all important documents including household identification (such as ID, social security card, driver's license, marriage license), financial and legal (deeds, loans, credit cards, banking, wills, property insurance) and medical.
- ✓ Gather medical information: Keep an up-to-date list of your conditions, allergies, medications and dosages, doctors, caregivers and health insurance cards.

First Aid

- Part of Survival is staying healthy
  - Start with a good first aid kit
  - Add the items **you** need
  - A “roll up” style kit helps to display your equipment – clearly marked – when time is important









Amazon – SURVIVAL Workplace/Home First Aid Kit USA -$129

Communications



Radio

- A crank style with AM/FM/Weather/Multiband
- Capable of charging small electronics (cell phone)
- With built-in flashlight and solar charging
- Model depicted – Mesqool Emergency Radio Amazon $54



Personal Communications

- Make sure your family has a communications plan
  - Meeting points
  - If/then scenarios – if cell phones are not available then everyone meet at designated location

Emergency Power

- Anker SOLIX C1000 Gen 2 Portable Power Station
  - 2,000W (Peak 3,000W) Solar Generator
  - With 200W Bifacial Solar Panel
  - 2,000W (Peak 3,000W) Solar Generator
  - Converts +12VDC to 115VAC
  - Will run items in your home during temporary power outages.
  - Cost around $789
  - Will run refrigerator for around 30 hours.



Anker Prime Power Bank, 26,250mAh – $200



Preparations



- Assemble your basic car bag needs
  - Everyone should have these items it their car at all times!
    - ✓ Water (4 bottles)
    - ✓ Food – granola energy bars
    - ✓ First Aid kit (extra medications)
    - ✓ LED flashlights (with extra batteries)
    - ✓ Emergency crank radio



- ✓ Mylar blanket
- ✓ Life Straw
- ✓ Multitool
- ✓ Bic Lighter (2)
- ✓ Paracord (100 ft)
- ✓ Hersey Chocolate Bar (to share)

Preparations



- Your “to-go” bag should always be ready
  - If you have a tote full of supplies at home, it will get heavy.
  - One bag that you always have ready to grab as you go out the door will ensure you do not forget essentials you might need until you return.
  - You already have a bag in the car to grab.



- ✓ Extra meds
- ✓ Important documents
  - Insurance copies
  - ID copies
- ✓ Contact list
- ✓ Phone charger (battery)
- ✓ $ in small bills
- ✓ Extra glasses

Preparing Your 72-Hour Emergency Kit

- Build your kit!
  - Find a spot to store your kit so everything is in one place when needed.
  - Stackable - so if you need a few - no problem.
  - Make up an inventory list when adding your items.
  - Anything with expiration dates - replace when needed.
  - Make sure they will fit in your vehicle if you need to leave your home.











Over-the-Counter (OTC)Bag



- Build an Over-the-Counter kit!
  - Think about assembling all those medications, personal hygiene and items you may need when you can not get to the drugstore. Add any items to personalize.

Tylenol
Aspirin
Advil
Aleve
Orajel
Prilosec OTC
Pepto Bismol
Imodium
Nuun - Electrolyte
Neosporin

Daytime Severe Cold and Flu
Nighttime Severe Cold and Flu
Ricola Cough Drops
Vicks Vapor Rub
Sudafed PE
Benadryl Children's Chewable Benadryl
Adult Aquaphor
Anti-Itch Cream
Clotrimazole Anti-Fungal Cream
Saline Nasal Spray

MiraLAX - Laxative
Campho Phenique
Cortisone Cream10
Aspercreme
Pepcid Complete
Children's Tylenol

Rachael Ray Lasagna Lugger, Thermal Insulated Casserole Carrier for Hot or Cold Food, Lugger Tote for Potluck, Parties, Picnic, and Cookouts, Fits 9" x 13" Baking Dish

4.7 ★★★★½ (1,199) | Search this page

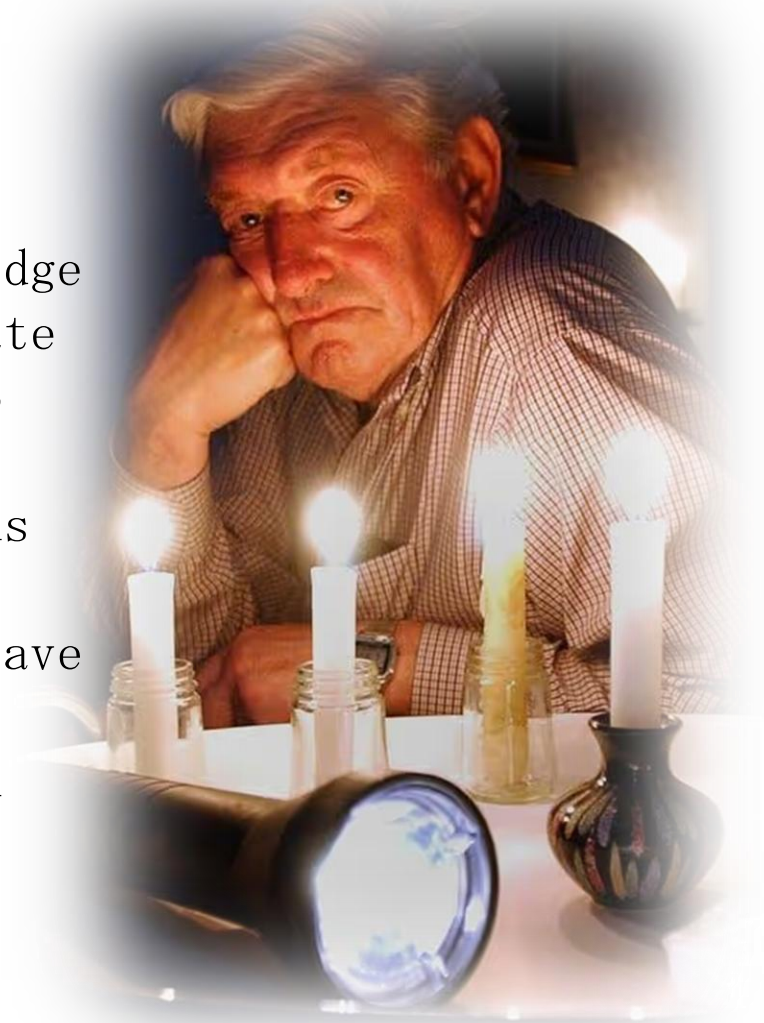
Amazon's Choice

50+ bought in past month

$34.99

Situation - Strong Chance

- **Lost of Electricity - Blackouts**
  - Blackouts turn into a survival situation if the power is out for more than a few days.
  - Water and food become a huge issue. The food in your fridge will only stay good for 1-3 days, depending on the climate in your region. 1-3 days is a long time when you have no power or water.
  - This is why having lots of water and non-perishable foods in your pantry is important.
  - Without heating in areas prone to severe cold it will leave you into a serious life-threatening survival scenario.
  - Make a list of what you need (not want)and make sure you have it and know how to use it!



Situation - Strong Chance

- **Hurricane Preparations**
  - Have an evacuation plan. Where you will go and leave when instructed.
  - Have your “to-go” kit assembled and ready to evacuate.
  - Make sure you have important documents ready to take with you.
  - Your emergency contact list and phone numbers are up-to-date.
  - Secure any items on or around your home so they do not become a danger in high winds.
  - Have a total checklist to refer to prior to the storm.



HURRICANE PREPAREDNESS GUIDE



1 MAKE A PLAN

- Establish evacuation routes
- Design a communication plan
- Designate a meeting place
- Share contact info





2 BUILD A KIT

- Water (1 gallon per person per day, 3 days)
- non-perishable food
- flashlight & extra batteries
- first-aid kit
- whistle
- Important documents
- medications
- hygiene items
- multi-tool



3 PREPARE YOUR HOME

- Board up windows and doors
- Secure loose outdoor objects (patio furniture, trash cans)
- Trim trees & bushes
- Clear rain gutters





4 STAY INFORMED

- Listen to local news & weather alerts
- Download weather apps
- Know your area's risks
- follow evacuation orders



#HURRICANEPREPARED #STAYSAFE

Situation - Strong Chance

- **Blizzards**
  - Stay informed on the latest forecasts.
  - Ensure all your emergency kits are ready.
  - Charge all battery-operated devices including cell phones.
  - Turn up your heating system on high prior to the storm the “pre-heat “ your home.
  - Have safe emergency heating equipment available such as a fireplace with an ample supply of wood.
  - Alternate heating / cooking Butane device. Pictured is the Naturehike Camp Heat - Amazon $64.99.



Situation - Strong Chance

- **Blizzards**
  - Have disaster supplies on hand, in case the power goes out. Include a flashlight and extra batteries; portable, battery-operated radio and extra batteries; a first aid kit; a one-week supply of food (include items that do not require refrigeration or cooking in case the power is shut off); a manual can opener; one-week supply of essential prescription medications; extra blankets and sleeping bags.
  - Stay indoors - stay warm!



At Home Planning & Supplies



- **Don’t forget medicine**

- A home survival medical plan requires a 7-day to 3-month supply of prescription medications, essential OTC drugs and comprehensive first-aid supplies.
- Keep in mind medications that need refrigeration.
- Make a list of medical devices you need to maintain your health and how to mitigate the risk of losing the devices. Like – prescription eyeglasses, cane, walker, CPAP machine, hearing aid batteries, etc.
- Refill prescriptions as early as possible to accumulate extra medication.
- Keep all medications together and stored in a waterproof case or Zip-Loc bags.





At Home Planning & Supplies

- **Documents in One Place!**

  - Assemble copies (or originals) of all your important documents - like:
    - ✓ Passports
    - ✓ Home Insurance
    - ✓ Life Insurance
    - ✓ Banking information
    - ✓ Birth Certificates
    - ✓ Social Security Cards
    - ✓ Financial records
    - ✓ Medical records
    - ✓ Wills
    - ✓ End of Life documents

  - Place all documents in a fireproof / waterproof container that can be carried easily in an emergency.



Amazon COLCASE $45

Stay Prepared - M E D S

➢ Medical Needs

- ✓ Keep at least 30 days of medications, copies of prescriptions, and medical devices (hearing aids, glasses, oxygen) ready.

➢ Emergency Kits

- ✓ Assemble a kit with water, non-perishable food, flashlights, batteries, a battery-powered radio, and a first-aid kit.

➢ Documentation

- ✓ Maintain a file of emergency documents, including IDs, insurance policies, and wills in a waterproof bag.

➢ Support Network

- ✓ Build a list of contacts (family, friends, neighbors) who can help when needed.

Questions?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