



HOUSE SUPPLIES

- TO ASK:**
- Where will we go / stay?
 - temporary safety
 - getting out of town
 - getting out of the country

- TO HAVE:**
- lots of blankets and rugs
 - 8x6 heavy plastic sheeting
 - blankets /mat per person
 - 6 trash bags
 - flashlight

TO DO:



DEFENSE

- TO ASK:**
- How will I escape danger?
 - How will I protect myself / family?
 - from physical harm
 - from environmental harm
 - from thieves
 - from mobs

- TO HAVE:**
- map with planned escape routes
 - personal weapons, if needed
 - money and items to barter with
 -
 - utility tools, flashlight extra batteries
 - rope / nylon cord

TO DO:



WATER / FOOD

- TO ASK:**
- How long can I go without food & water?
 - How will I know food / water I find is safe?

- TO HAVE:**
- packaged water
 - high protein snacks, low salt
 - special needs for babies and elderly
 - iodine, chlorine, bleach
 - safe clear containers to hold water

- TO DO:**
- You can only live three days without safe drinking water



COMMUNICATION

- TO ASK:**
- How will I communicate with others?
 - How will I know what's going on?
 - How will I know where it's safe?
 - How will I hear the news?

- TO HAVE:**
- cell phones per person
 - back up batteries
 - radio (crank, bring backup batteries)
 - pencil and paper / notepad
 - internet / email access, if possible
 - whistle

- TO DO:**
- document important events
 - share what you see, hear, & experience to your group / trusted friends
 - always let two people know where you are going & how long you expect to take in your activity or return



MED. / HEALTH

- TO ASK:**
- How will I respond to a medical crisis?
 - What will I need to save a life?
 - What medications will I need to survive?
 - How will I reduce disease / infection?

- TO HAVE:**
- first aid kit, tweezers, small scissors
 - bar soap, isopropyl alcohol
 - sun block, lip balm, ointments
 - non-sterile gloves
 - medications (aspirin, antibiotics, etc)
 - female hygiene products
 - bandages, bandanas
 - wet wipes, toilet paper, hand sanitizer

- TO DO:**
- Discuss potential scenarios
 - bullet / bomb wounds
 - sexual assault
 - physical beatings / torture / burns



POWER/ENERGY

- TO ASK:**
- How would I keep my home from freezing in the winter if energy were unavailable for a long period of time? Do I have some type of backup fuel burning heater? What about hot water?
 - Do I have back-up cooking facilities if an earthquake made natural gas unavailable for a month or two? Could you heat hot water?

- TO HAVE:**
- What if you lose both electricity and gas?
 - Would you be willing to rely on batteries and candles for illumination if a major power outage lasted more than a week?
 - Do I have extra tanks of potable water should public water supplies be cut off or contaminated? Do I know how to collect and filter my own water if none was available for a long time?

- TO DO:**
- If a shelling damaged windows and walls in your home, would you have sufficient plastic sheeting and repair materials to quickly enclose the open areas from open weather?



TRAVEL

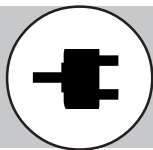
TO ASK:

- What will the weather be like if I have to sleep on the street / in the mountains?
- What other situations / needs can certain items of clothing be used for?

TO HAVE:

- Good shoes (with ankle support)
- 3 days change of clothing several layers (natural fibers is preferred)
- Underwear, socks (four days worth)
- Jacket or coat if cool weather
- Hat (warmth and sun protection)
- Rain Gear
- Foot powder and moleskin (or tape)
- scarves / bandanas
- safety pins

TO DO:



TOOLS

TO ASK:

- What else will I need to survive on my own?
- What will I need to fix or build things in an emergency?

TO HAVE:

- flashlights (EXTRA BATTERIES)
- rope (3 meters or more)
- strong tape, or tape like material
- Knife, cutting tools
- Multi-tool
- Hatchet, saw
- Fishing line/hook/ sewing tools
- Dental Floss
- Magnifying Lens

TO DO:



VEHICLE

TO ASK:

- How will I travel?
- Where can I safely travel on foot?
- Where can I safely travel on bike?
- Where can I safely travel in a car?
- How much will it cost to travel in a crisis?
- What routes do I take if I have to escape?

TO HAVE:

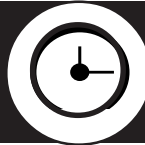
- access to a functioning vehicle
- money to pay for emergency transport
- stored fuel / gasoline to fill a tank
- tools to fix break downs, spare tire
- knowledge of road ways
- supple to survive if traveling on foot
- maps
- 5 Gallon can of Gasoline

TO DO:

- Discuss potential escape scenarios
- traveling on foot from different locals
- trusted friends to assist with transport across city, provincial, country boundaries



BASIC FIRST AID



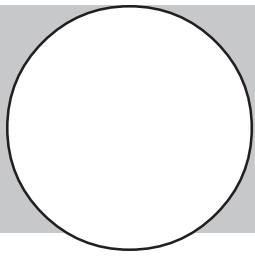
REMEMBER

- dont pack more than you can carry, or the weakest person in your group can carry
- leave sentimental items behind. Only take what will keep you alive.
- always travel in pairs - never alone
- shelter together in groups for protection and strength
- stay in communication with trusted friends & family
- SMS can often work where cell phone calls may not
- pack for evacuation NOW. Do not wait!
- plan for worst case event NOW. Do not wait!!!
- expect to survive two weeks or more without help
- memorize plans and trusted friends contact info
- do not rely on help arriving when you need it. You WILL be on your own
- be smart, don't bring attention to yourself
- do what you have to do to survive, no one can ask any more from you than that



MANAGE STRESS

DO I GO...OR DO I STAY?



STAY OR GO?

You must decide FIRST if you need to prepare where you are, or attempt evacuation. The nature of the threat, your prior preparations, and your confidence in your sources of information should direct your decision. If you know already you will be preparing to stay at your own home or, at least, the immediate local area, here are some resources to improve your quality of life and safety.

If you are considering evacuation, your decision requires very high confidence that it is worth the risk. You do not want to get stuck between your current location and your hoped for destination, as there will probably be no easy moving forward or getting back. If you fail to get to your destination, you may be exposed without shelter, in a dangerous situation, perhaps among panicked hordes of refugees. Whatever supplies you have may be limited then to what you can carry on foot. IF you are in a big city or near a military target, AND you have relatives or friends in the country that you know are awaiting you, AND the roads between you and them are clear, AND the authorities are not yet restricting traffic, AND you have the means and fuel, evacuation may be a viable option for a limited time. DO NOT attempt evacuation if all of the above is not clearly known, or if the situation is deteriorating too quickly to assure the complete trip. You do not want to get stuck and/or become a refugee being herded along with panicked masses.

If evacuation is truly a viable option:

do not wait - GO NOW!

Do so with as many of the supplies listed in the evacuation cards as possible. Better to be two days too early in arriving than two hours too late and getting snagged mid-way, potentially exposing your family to a worse fate than having stayed where you were.

WHAT YOU NEED TO DO FIRST

Because time is of the essence, you need to first delegate and assign to different adult family members specific tasks so they can all be accomplished at the same time. Your first priorities to assure your family survival are Shelter, Water, and Food/Supplies. While some are working on the water storage and shelter at home, others need to be acquiring, as much as possible, the food and supplies.

FOOD/SUPPLIES

Because much of the food and supplies listed in this guide may quickly become unavailable, you need to assign someone NOW to immediately acquire the items on each card!

WATER

Begin storing water IMMEDIATELY! Lack of clean water will devastate your family much more quickly and more severely than any lack of food. Without clean water for both drinking and continued good sanitary practices in food preparation and for bathroom excursions (which could become less sanitary than normal), debilitating sickness could rampage through your family with little hope of prompt medical attention. That is a likely but, avoidable, disaster, ONLY IF you have enough water.

Every possible container needs to be filled with water RIGHT NOW! It will be very hard to have stored too much water. When the electricity/pumps go down or everybody in your community is doing the same thing, thus dropping the water pressure, what you've got is all you might be getting for a very long time. Empty pop

bottles (1-3 liter) are ideal for water storage, also filling up the bathtub and washing machine. Anything and everything that'll hold water needs to be filled up quickly RIGHT NOW!! You may not need it...but if you do - this will make all the difference. BE ASSURED, YOU CANNOT STORE AND HAVE TOO MUCH WATER!