

EMERGENCY PREPAREDNESS: SUPPLIES AND SUGGESTIONS

THE IDE : This is not an extensive, or an exclusive, list of things to have available, or things to do. You know yourself, your family, and your own situation better than anyone else. This listing may suggest items to be added, or other sources for emergency supplies and methods. All suggestions will be welcomed.

WHAT IT'S ABOUT:

Prepare to live outdoors, outside your house, and possibly with very limited access to your house, for ___ days [the period could be 3 days, or 7 days—in our Berkeley situation, I'm guessing 3 to 4 days is about right. Adjust quantities of food and medical supplies as appropriate to the number of people and pets, and the number of days you want to plan for. Here are what I think are the basic principles:

- **STAY WARM**
- **STAY DRY**
- **DON'T DEHYDRATE**
- **FEED YOURSELF**
- **GET STUFF DONE**
- **DON'T BLEED TO DEATH**

STAY WARM:

ITEM	ADDITIONAL COMMENTS
Tent(s)	Rain fly essential
Sleeping bag(s)	In this climate, 30° F rating is sufficient
Closed cell foam or inflatable pad(s)	
Ground cloths(s) for all above	Simple, heavy-gauge painters'; plastic is OK
Grommited plastic tarp(s) + bungees and nylon cord rope	Can be alternative or additional tent, if necessary
Heat-retaining emergency "blanket"	
Fleece gloves	Without fingers makes tasks easier
Fleece vest	
Wool or fleece ski hat	
Silk long underwear	Luxury item!
Extra socks	To sleep in, or replace wet ones
Large safety pins	Emergency, temporary repairs of clothing and equipment [~ Stay Dry]

STAY DRY:

ITEM	ADDITIONAL COMMENTS
[See above re tent, rainfly and groundcloths]	
Gore-Tex or similar rain jacket—and pants if you have them.	Modern Gore-Tex or similar fabrics/treatments keep you drier inside the jacket and therefore also warmer.
Extra socks	Same as stay warm
Small foldable umbrella(s)	
“Baseball” cap, or ~ rain hat	

DON'T DEHYDRATE:

Case(s) of bottled water [e.g., Crystal Geyser] for drinking throughout the day	
Gatorade or ~ electrolyte drink(s)	
Several gallons of bottled water for cooking and washing	
Heavy duty plastic cup(s)	
Tang or Gatorade powder	
Iodine tablets	
Water filter kit	
Tea, instant coffee, instant chocolate	Assuming there's a propane stove or a small fire

FEED YOURSELF:

“Breakfast” or other snack bars	Highest calories count available; and consider sweet taste—best for kids
Chocolate	High calorie count—best
Progresso or other brand self-open cans of soup	Beef + vegetable; chicken + vegetable or rice are basically a meal
Canned spaghetti or ~ products	
Dried fruit [e.g., apricots]	
Nuts	
NOTE: THE ABOVE ASSUMES NO ADDITIONAL, AVAILABLE POTABLE WATER, AND NO HEAT OR STOVE FOR COOKING OR BOILING	
Ramen and similar products	Short cooking time saves fuel vs. regular pastas and noodles
“Instant mountain meals”	Hot water—only add required
Couscous	No additional cooking after boiled water
Dehydrated soups	
PET FOOD; INFANT FOOD(S)	You know best ; ALSO, THEIR MEDS.

GET STUFF DONE:

Flashlight(s) + batteries —you’ve got to be able to see to get anything else done in the dark!	Two very important new technologies: (1) LED flashlights have much longer battery life (2) “Shaker” no-battery flashlights
“Wearable” flashlight (headlamp)	
LED lantern(s)	
Waterproof matches	
Emergency candles	
1 or more knives	Swiss Army, etc., are great, but simpler also works
25-50 feet of good “rope”	Rock-climbing or boat-grade best
Whistle(s) and strobe lights	Find and be found
Lighter twine	Endless improvisation
Scissors	
Multi-head screwdriver	
Hammer; small pry-bar; hatchet	
Vise-grip pliers; needle-nose pliers; cutting pliers or “dikes”	
Duct tape	
Small box of basic nails (e.g., 2–3 in.)	
Large safety pins and rubber bands	Endless improvisation

Work Gloves (multiple pairs)	Avoid injuries while doing stuff
Latex or other ~ surgical gloves	For nasty tasks or very light duty tasks
Can and bottle opener	
Cell phone + extra batteries	If cell systems are working
Toilet paper	Explanation not required

DON'T BLEED TO DEATH:

NOTE: Whatever the medical team says is bound to be better than this. The layman's concept is simply to be able to deal with non-life threatening events and not to become a victim.

Bandages—various	Consider waterproof for hands & feet
Gauze pads	FD adds Kotex—good for heavy bleeding
Scissors (above)	
Adhesive tape	
Ace bandages	
Alcohol; alcohol wipes	
Hydrogen peroxide	
Paper towels	
Clean newspaper	“Clean” surface + rolled up = splint
Antihistamines; mosquito/tick repellent	
Pain relief: Tylenol	Advil and other ~ products enhance bleeding
YOUR OWN MEDICINES—HAVE A SMALL SUPPLY READILY AVAILABLE IN ONE CONTAINER	

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FINAL NOTE AND SOURCES:

At the minimum, get a “dry box” to store essential first aid supplies, and other items common sense tells you should be kept dry. All items should also be stored in a way that is intended to keep them dry and free of mold.

Sources for supplies:

Local : REI; West Marine Supply; Costco; local hardware, drug stores, and supermarkets.

Internet: REI; West Marine Supply; and Cabela's [cabelas.com]