

THE GO BAG

Prepared for the September 9, 2017
Bonner Co. Citizens Preparedness Expo

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Bonner County ARES / RACES

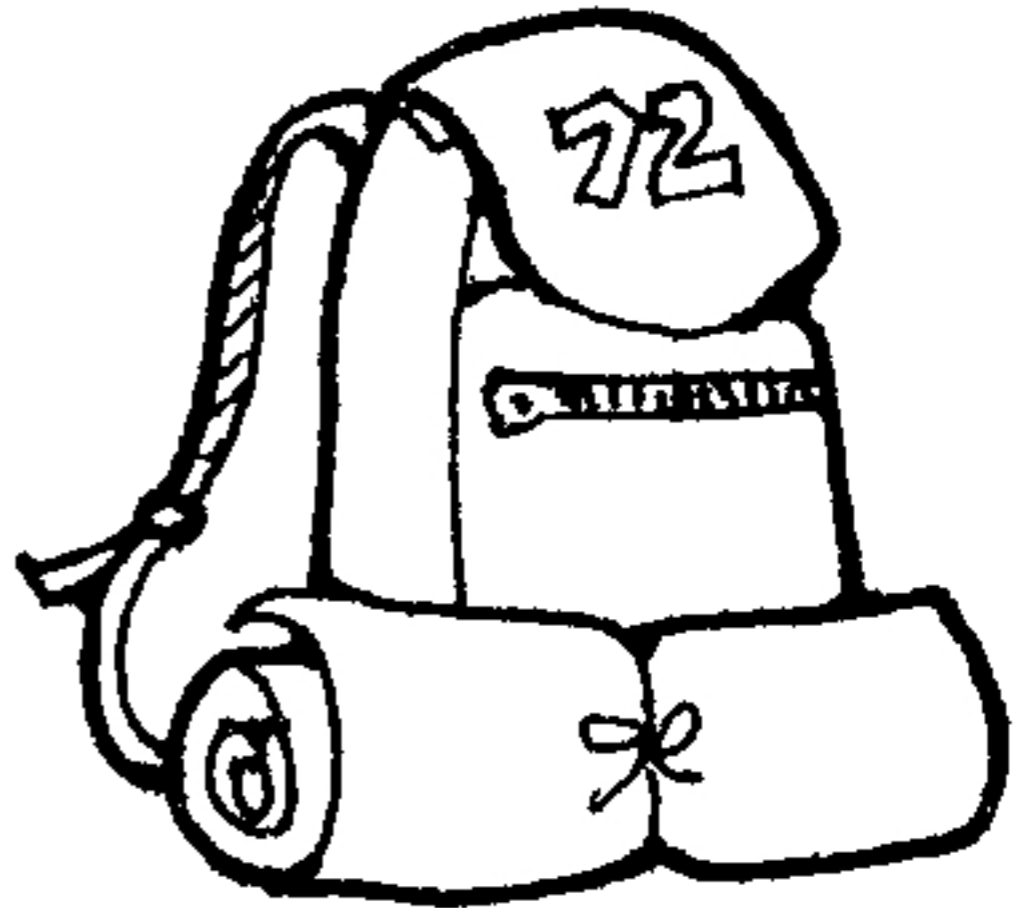
<http://bonnerares.org>



photo source:
Idaho Dept of Transportation

THE “GO BAG” GOES BY OTHER NAMES, TOO:

- ▶ Emergency Response Kit
- ▶ Disaster Supplies Kit
- ▶ Jump Kit / Go-Kit
- ▶ Bug-Out Bag (BOB)
- ▶ Get Home Bag
- ▶ **72-Hour Kit** *(my current favorite)*
- ▶ Grab 'n' Go Bag
- ▶ GOOD (Get-Out-Of-Dodge) Bag
- ▶ PERK (Personal Emergency Relocation Kit)
- ▶ Survival Kit / Sustainability Kit



But these terms can refer to completely different purposes

THE 72-HR KIT

Purpose is to keep you effective and functioning **immediately** after crisis onset – the first 24 hours – and surviving **for at least three days**.

The best kit is the *one you have with you*.

When disaster strikes, you may have to rely on What-You-Know, What-You-Have-On-You, and What-You-Can-Reach.

This kit is to sustain *YOU* while you get to a safer place or wherever you are needed: your home, your work, your church, an aid center*.

* whether to receive aid or render aid.

SOURCES OF THE INFORMATION THAT FOLLOWS



FEMA



**American
Red Cross**



DISASTER AND HAZARD TYPES

NATURAL OR HUMAN-CREATED

geophysical (earthquakes, landslides, tsunamis, volcanic activity)

hydrological (avalanches, floods)

climatological (extreme temperatures, drought and wildfires)

meteorological (hurricanes, thunderstorms, wave surges)

biological (disease epidemics, insect/animal plagues)

cosmological (solar storms, asteroids, supernovae)

DISASTER AND HAZARD TYPES

NATURAL OR HUMAN-CREATED

power grid failures

communications failures

transport/industrial accidents

hazardous materials releases

civil disturbance

terrorism / war

* this is *NOT* a complete list



THE RULE OF THREES:

A person can live...

3 minutes without breathing
(drowning, asphyxiation)

3 hours without shelter
(exposure, heat stroke, hypothermia)

3 days without water
(dehydration)

3 weeks without food
(starvation)

SIMPLE SCENARIOS TO TEST YOUR PREPAREDNESS

To illustrate, in each scenario think about...

1. **How long** would it take you to respond?
2. What **planning should be done** in advance?
3. Do you have required/useful **items on-hand** at the moment you need them?

SIMPLE SCENARIO ONE

You're attending a presentation and the lights go out.



SIMPLE SCENARIO ONE

You're attending a presentation and the lights go out. Like this.

SIMPLE SCENARIO ONE

You're attending a presentation and the lights go out. Like this.
Along with the air conditioning.

SIMPLE SCENARIO ONE

You're attending a presentation and the lights go out. Like this. Along with the air conditioning. Seconds later you smell smoke.

SIMPLE SCENARIO ONE

You're attending a presentation and the lights go out. Like this. Along with the air conditioning. Seconds later you smell smoke. **What will you do?**

SIMPLE SCENARIO ONE

You're attending a presentation and the lights go out. Like this. Along with the air conditioning. Seconds later you smell smoke.

What will you do?



Glad you carry a flashlight that's always accessible!

SIMPLE SCENARIO TWO

You're heading home after work, and discover "you can't get there from here."

Boyer Rd, north Sandpoint Dec 2015

photo source:
khq.com

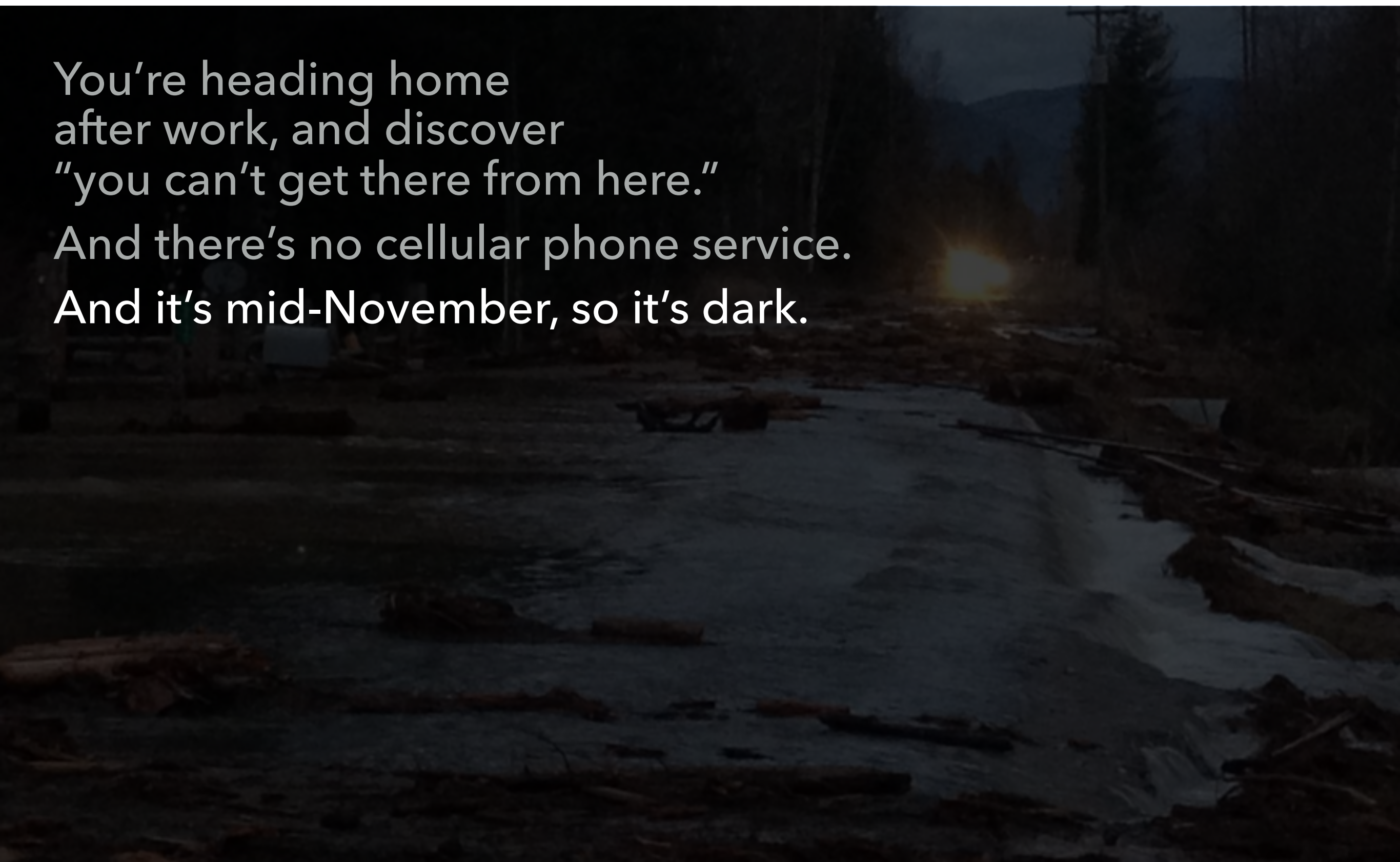


SIMPLE SCENARIO TWO

You're heading home after work, and discover "you can't get there from here."
And there's no cellular phone service.

SIMPLE SCENARIO TWO

You're heading home after work, and discover "you can't get there from here."
And there's no cellular phone service.
And it's mid-November, so it's dark.

A dark, snowy road at night. The road is covered in snow and has some debris scattered on it. In the distance, a car's headlights are visible, illuminating the road ahead. The background shows dark trees and a faint light source, possibly the sun or moon, creating a hazy glow.

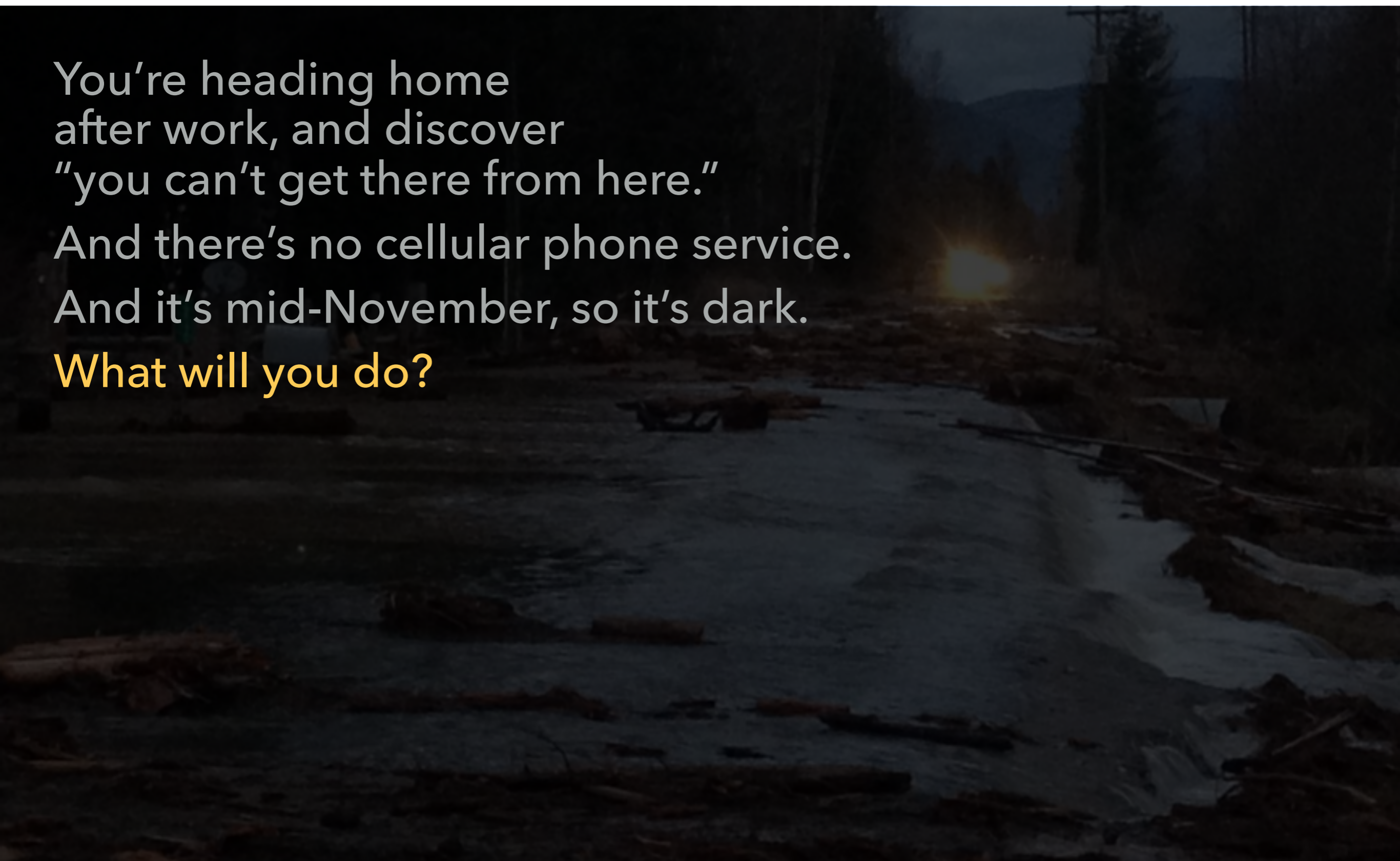
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What will you do?



SIMPLE SCENARIO TWO

You're heading home after work, and discover "you can't get there from here."
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What will you do?

Can you communicate via radio?



SIMPLE SCENARIO TWO

You're heading home after work, and discover "you can't get there from here."

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What will you do?

Can you communicate via radio?
(e.g. FRS, GMRS, CB, Ham bands)



SIMPLE SCENARIO TWO

You're heading home after work, and discover "you can't get there from here."
And there's no cellular phone service.
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What will you do?

Can you communicate via radio?
(e.g. FRS, GMRS, CB, Ham bands)

Maybe not, so your family has pre-arranged meeting locations each direction from town!



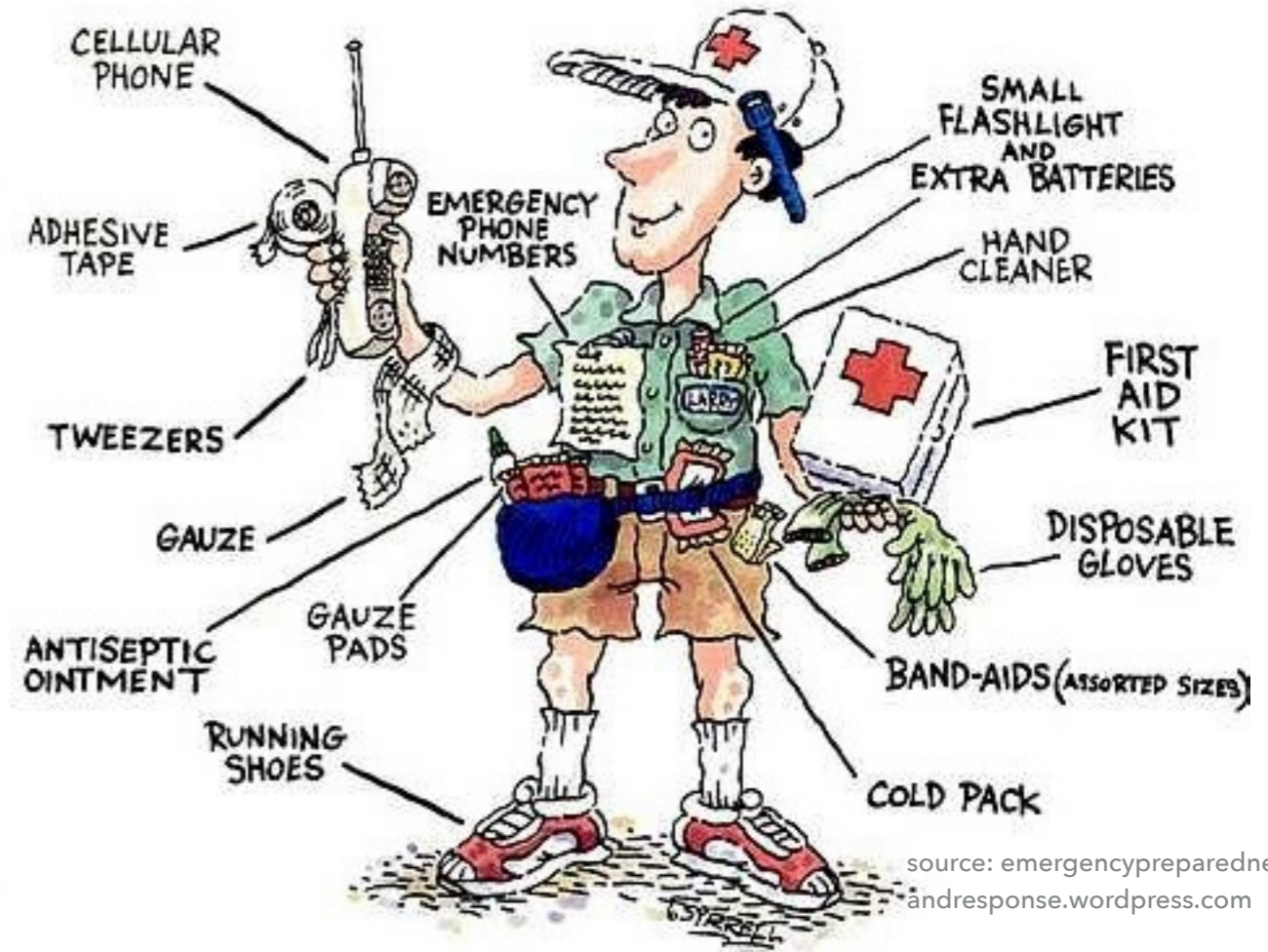
EIGHT PRIORITIES FOR SURVIVAL

Anywhere, whether urban or backcountry:

- ▶ **Positive Mental Attitude** (control fear to think clearly)
- ▶ **Shelter** (includes clothing)
- ▶ **Water** (collection and purification)
- ▶ **First Aid** (includes sanitation and hygiene)
- ▶ **Communications** (modes, methods and plans)
- ▶ **Fire** (for heat and food prep)
- ▶ **Food** (high calories and comfort)
- ▶ **Security** (immediate and ongoing)

WHERE TO PUT IT ALL?

This way **OR** this way?



Type & size & contents of kit needed depends upon the crisis at hand

The Sardine Tin



The Fanny Pack



The Duffle Bag



MREs (4)



Drinking Water (12)



Blanket



Toiletries



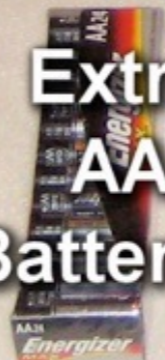
Steel Cups (2)



Ration Heaters (4)



Extra AA Batteries



Washcloth & Hand Towel



Nitrile Gloves



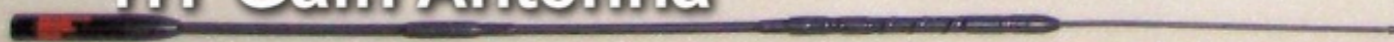
T.P.



Spare HT Kit



HT Gain Antenna



The Sherpa



GUIDELINES

- ▶ **Consider 1 kit for your vehicle, 1 for home, 1 to-go.** That way when disaster strikes and there's no time to think, you will have already done the thinking and preparation.
- ▶ **Your needs may differ; choose what best suits *your* circumstances and financial means.**
- ▶ **Keep it light.** A kit should not weigh more than 25% of the weight of the person carrying it.
- ▶ **Keep it current.** Adapt contents for the seasons and regularly refresh water, food and meds.
- ▶ **Plan for self-reliance.** YOU must plan to provide for your own safety, welfare and comfort.

SUGGESTIONS ON WHAT TO PACK (THE SHOPPING LIST)

▶ Shelter / Clothing:

Protection from the elements: sun, rain, wind, cold... rain poncho, hat, balaclava, shemagh, warmth in layers, heatsheet, sturdy shoes/boots, leather work gloves, 6x8 blue/brown tarp, 25' of 550 paracord, smoke/dust mask or respirator.

▶ Water (collection & purification):

1 gallon per person per day and 1/2 gallon per animal per day
Ready supply, iodine tables, mini filter, expandable water jug, medicine dropper

Ratio for Purifying Water with Bleach

1 Quart 2 Drops, 1 Gallon 8 Drops, 5 Gallons 1/2 Teaspoon

Water is heavy! Weighs ~8 lbs per gallon; ~2 lbs per liter

SUGGESTIONS ON WHAT TO PACK

▶ Communications:

Cell phone, handheld radio transceiver (HT), whistle, signal mirror, pen/pencil & paper, flashlight, headlamp, lightsticks, city/county/state maps, compass, cell phone charger and cable

▶ First Aid / Sanitation:

IFAK, nitrile gloves, hand sanitizer, toilet paper, handy wipes, camp soap, camp towel, moleskin, extra change of socks & underwear, toothbrush, toothpaste, floss, sunblock, chapstick, small container of bleach, foldable N95 mask, aspirin, antacids, laxatives, antiseptics, antihistamines, personal prescriptions, etc.

SUGGESTIONS ON WHAT TO PACK

▶ **Fire:**

storm-proof matches, spark rod, BIC lighter, tinder, fatwood, camp stove, fuel

▶ **Food:**

metal cup, spork, mess kit

Don't need food to survive 3 days but you'll feel better and perform better with food to replenish your energy stores.

Don't rely upon just-add-water foods.

SUGGESTIONS ON WHAT TO PACK

▶ Security:

pepper spray, bear spray, emergency phone numbers, IDs, other licenses, photos of family, personal protection devices

▶ Misc:

cash, rolls of quarters, knife, multi-tool, watch, earplugs, bandana, binoculars, duct tape, **important documents***, meet-up plan locations, contacts' phone numbers and addresses

* If you are bugging out, prepare as if you won't be coming back (see list →)

IMPORTANT DOCUMENTS TO TAKE IN AN EVACUATION

Insurance policies

Prescriptions

Children's immunization records

Birth, death, adoption and marriage certificates

Passports

Drivers license or personal identification

Social Security cards

Wills, deeds, titles and healthcare directives

Recent tax returns

Stocks, bonds and other negotiable certificates

Bank, savings and retirement account numbers

Home inventory

Back-up copies of computerized financial records

Keys to safe deposit box

Combination to safe

Negatives for irreplaceable personal photos

Computer user names and passwords

**See Resources Page
for links to more lists**

ESSENTIAL IDEAS

To provide maximum protection in an emergency, a 72-hour kit should be:

▶ **Portable**

Your kit won't be useful in a relocation or evacuation if you can't carry it. Keep it compact and lightweight.

▶ **Easily accessible**

Keep your kit handy, where you can grab it and go. Don't bury it under clutter.

▶ **Up-to-date**

Rotate food and medications at least every six months. Check the clothing annually to make sure it fits. Check expiration dates on batteries.

▶ **Complete**

Check your kit regularly to make sure you have everything you need for three days' survival.

ESSENTIAL IDEAS

To provide maximum protection in an emergency, a 72-hour kit should be:

▶ **Waterproof**

Put all items inside ziplock bags or tied plastic garbage bags, so they won't be ruined by rain or flood water.

▶ **Usable**

Make sure you know how to use everything in your kit, and that the supplies are of good quality. Don't weigh down your kit with junk.

▶ **Personalized**

No commercial kit or generic supply list will completely provide for your unique needs. Adjust the contents and revisit the list as needs change.

▶ **Versatile**

Make sure your kit contains supplies for sheltering at home as well as for evacuation.

PREPAREDNESS MEANS “DOING THINGS **BEFORE** YOU NEED THEM.”

Do not delay assembling your kit to search for the perfect pack or set of contents.

Do not wait until you have more money. If all you have is a cardboard box, use it for now.



ADDITIONAL RESOURCES (CHECKLISTS, RECOMMENDATIONS, ETC.)

- ▶ RACES/ARES

<https://www.scc-ares-races.org/go-pak.htm>

<http://www.ke7h1r.com/ecw/>

- ▶ FEMA

<http://www.ready.gov/>

<http://www.fema.gov/>

- ▶ Red Cross

<https://www.redcross.org/flash/brr/English-html/kit-contents.asp>

- ▶ CERT

<https://www.fema.gov/media-library/assets/documents/27403> (p1-22)

- ▶ NASAR

http://www.nasar.org/documents_and_downloads

Mount St. Helens erupts



photo source:
Bruce Ely, oregonian.org

Thanks for your attention...
Be Safe Out There!

Lee Lukehart K7AVR

To obtain this presentation,
go to <http://bonnerares.org>

Earthquakes on the Pacific "Rim of Fire"



**Thanks for your attention...
Be Safe Out There!**

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To obtain this presentation,
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Solar Flare Engulfs Earth



photo source:
Victor Habbick Visions
GETTY IMAGES

**Thanks for your attention...
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To obtain this presentation,
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Cascadia Subduction Zone



**Thanks for your attention...
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To obtain this presentation,
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EMP Attack



**Thanks for your attention...
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Portland Flood 1996



**Thanks for your attention...
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Cocolalla Derailment May 2017



photo source:
KBOI News

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