

# THE GO BAG

Prepared for the September 22, 2018  
Inland Northwest Preparedness Expo

by Lee Lukehart K7AVR  
Radio Operator  
Bonner County ARES / RACES  
<http://bonnerares.org>



photo source:  
Idaho Dept of Transportation

# 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.

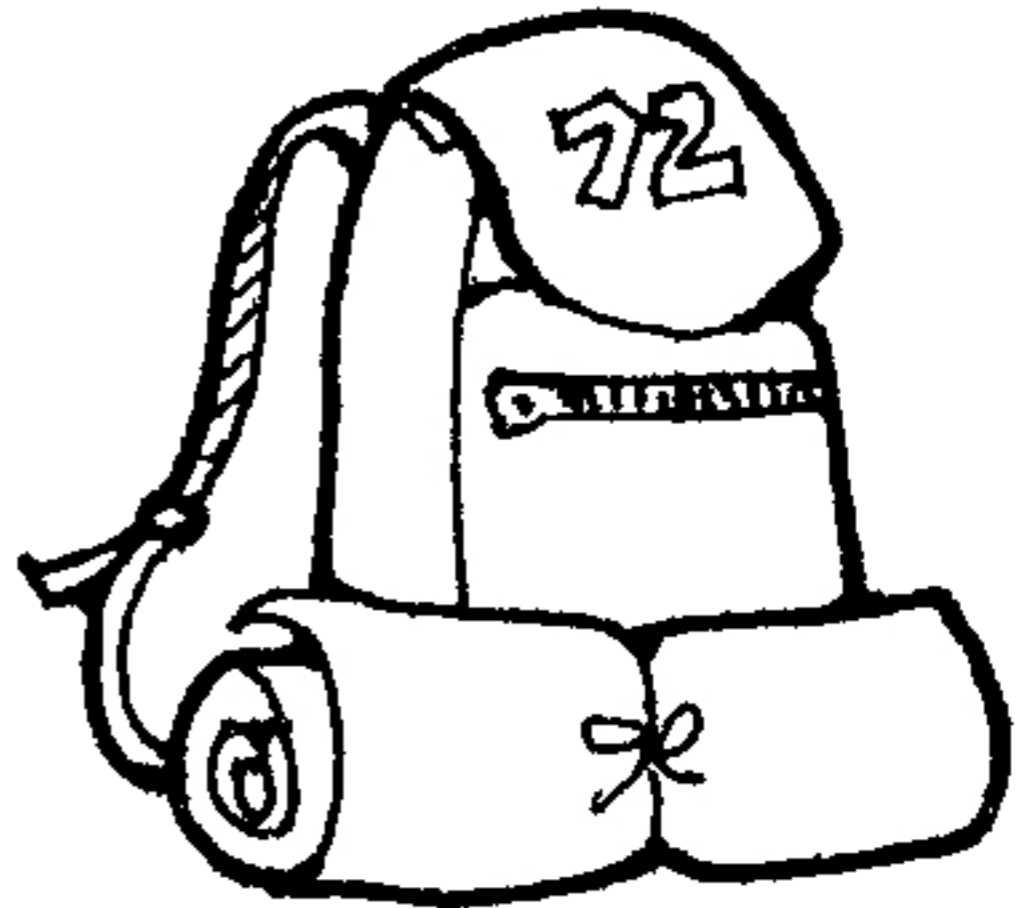
This kit is to sustain *YOU* while you get to a safer place or wherever you are needed: your home, your work, your church, an aid center\*.

\* whether to receive aid or render aid.

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# 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)
- ▶ INCH (I'm Never Coming Home) Bag



But these terms can refer to completely different purposes

# 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.



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Along with the air conditioning.

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**What will you do?**

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**What will you do?**



**Glad you carry a flashlight that's always accessible!**

# SIMPLE SCENARIO ONE

What will you do?

And as you went in  
you noted where  
the exits are located!



## 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



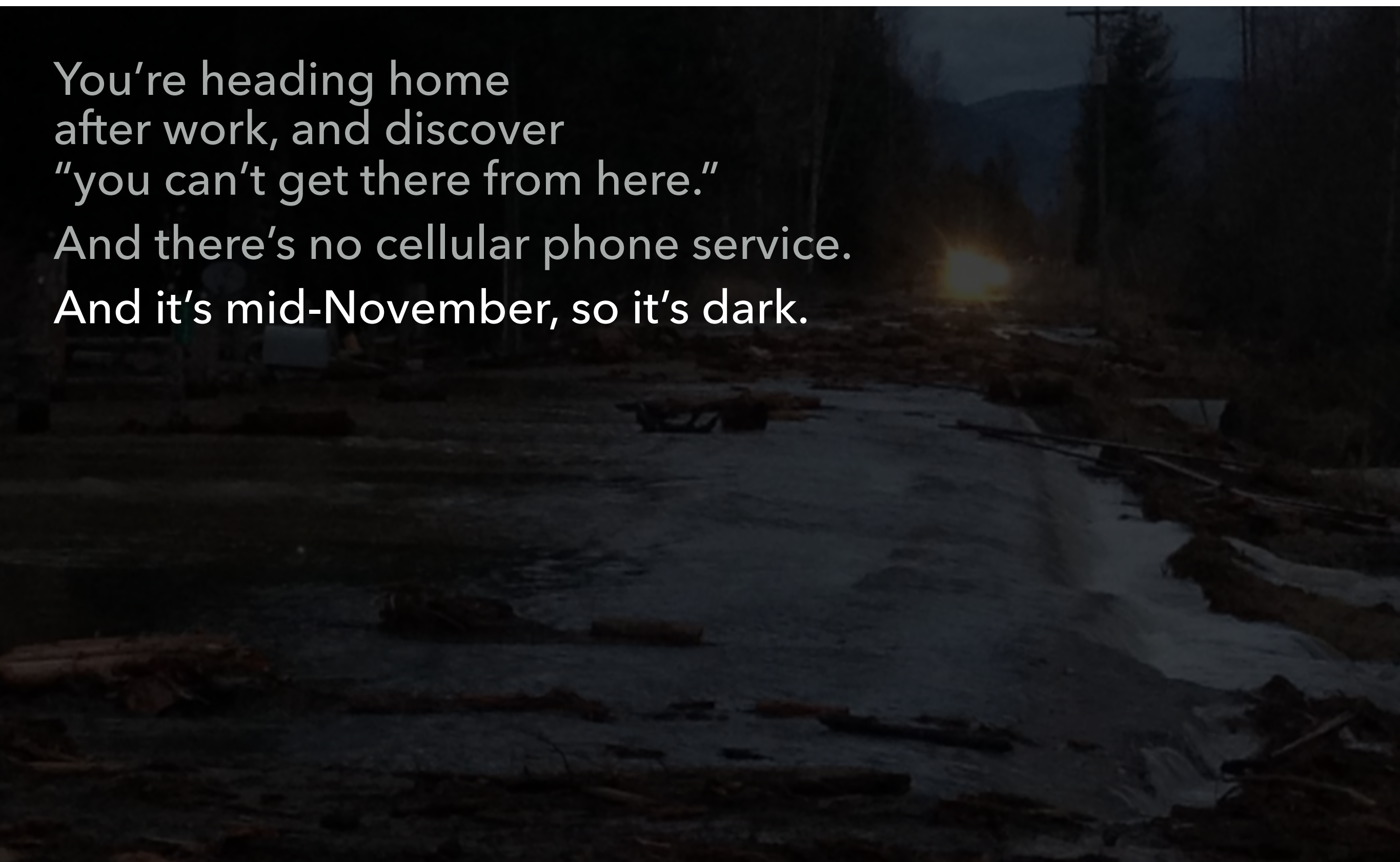


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And there's no cellular phone service.

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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 a few dark spots, possibly tire tracks or debris. 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.

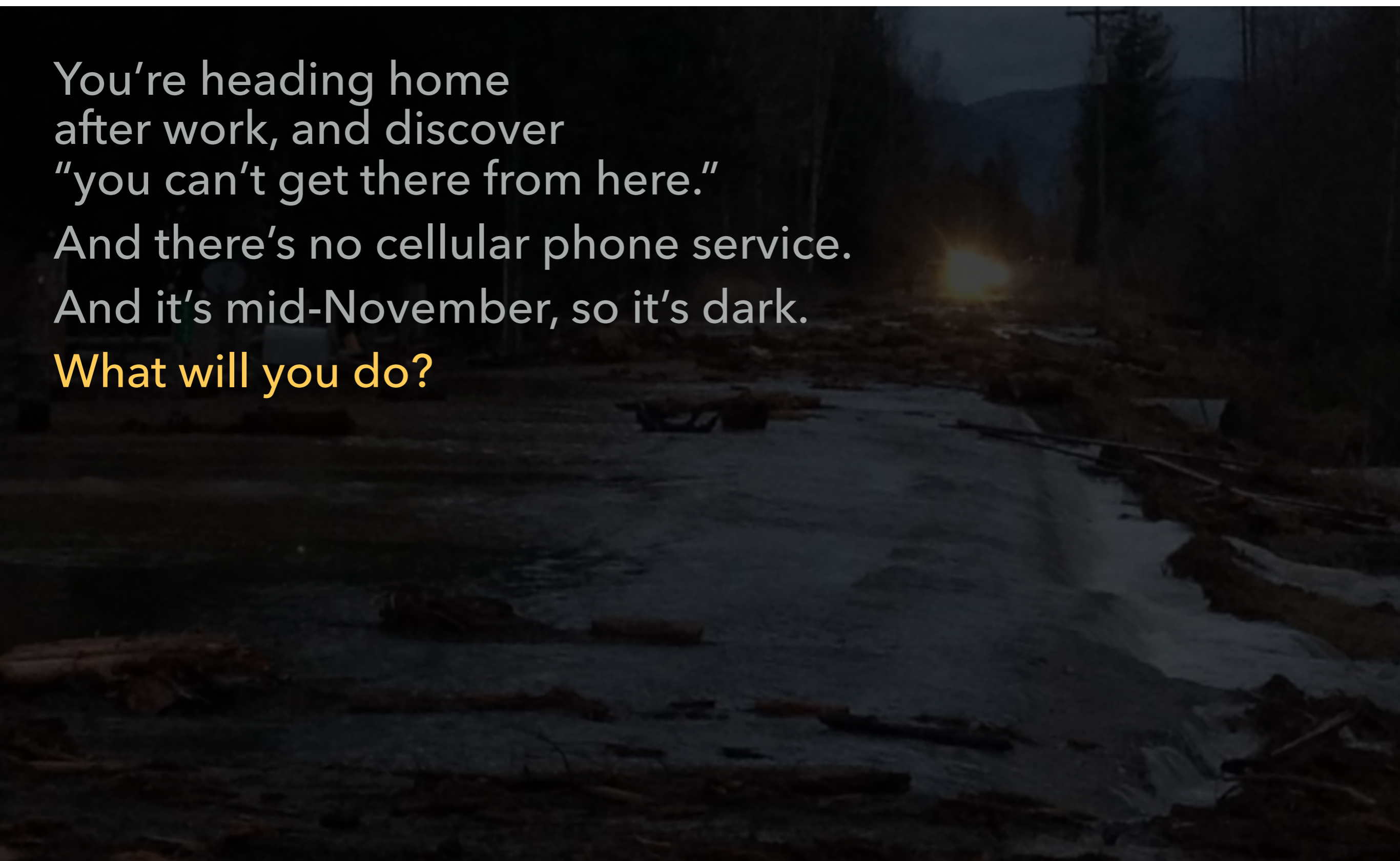
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**What will you do?**

Can you communicate via radio?



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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!



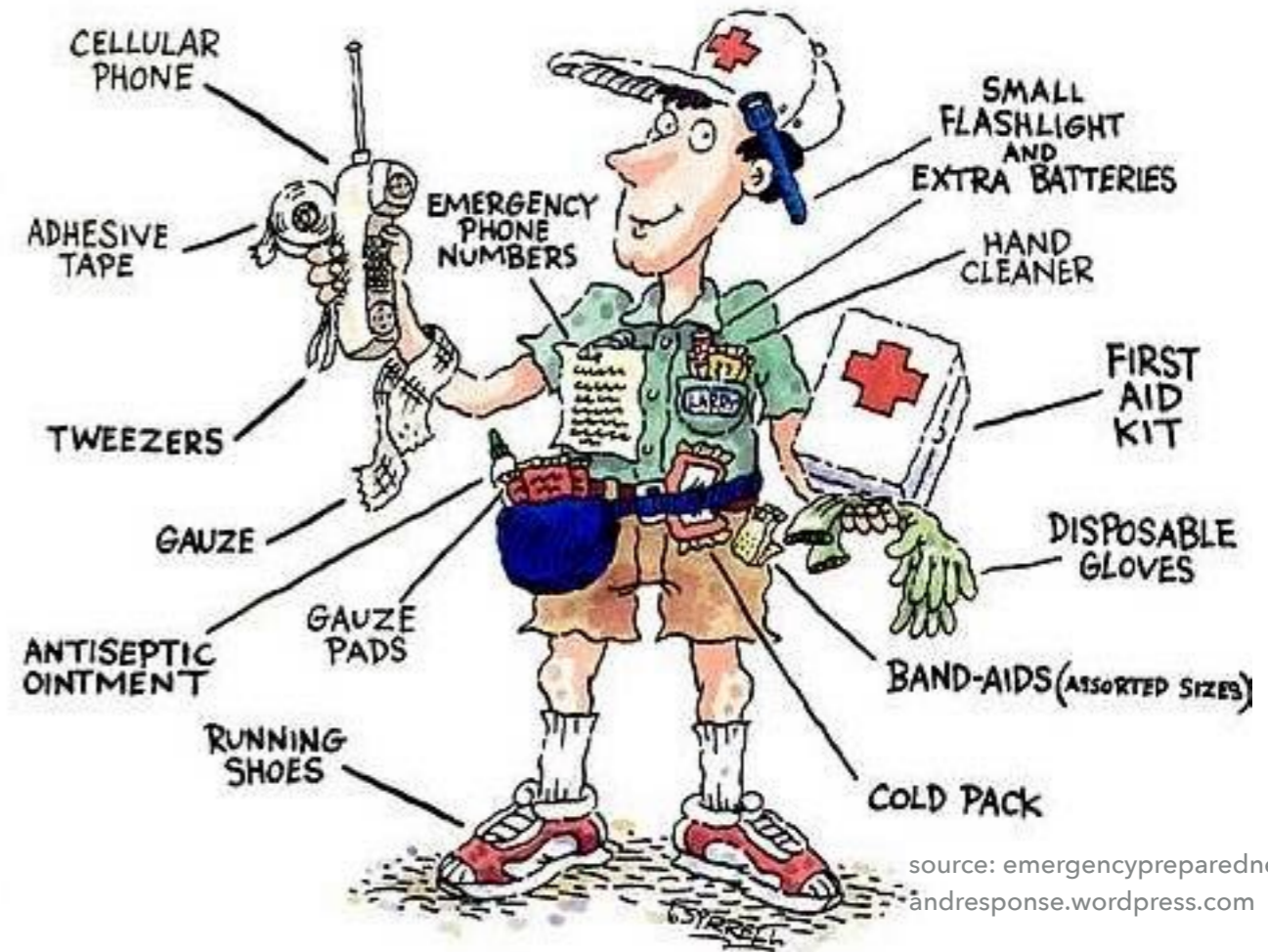
## EIGHT PRIORITIES FOR SURVIVAL

*Anywhere*, whether urban or backcountry:

- ▶ **Positive Mental Attitude** (control fear/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?



source: emergencypreparedness  
andresponse.wordpress.com

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.
- ▶ **Make** 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 still 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](http://www.nasar.org/documents_and_downloads)

Mount St. Helens erupts



photo source:  
Bruce Ely, oregonian.org

**Thanks for your attention...**  
**Be Prepared 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...  
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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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EMP Attack



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## Portland Flood 1996



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Cocolalla Derailment May 2017



photo source:  
KBOI News

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