

November 24, 2019

Plans, Kits, and Equipment

Kits and Equipment

Kits

There are no recommendations for kits in the list of things we should prepare from our Area Seventy. They have left this up to you as to how you want to handle this personally. FEMA and other emergency agencies are the ones who have authored kits such as 72-hour kits. Many people feel they are a good idea. Here is a list of possible kits you can put together to have on hand and what you might put in them. Use prayerful wisdom as you choose what you think your family might need.

Go-bag—This is a simple bag. You can even use a pillow case from the dollar store. It is kept by the bed in case of emergency evacuation during the night, especially in an earthquake. It would include clothes to slip into quickly, a flashlight with current batteries, shoes, and leather work gloves in case of broken glass and debris. I also like to include a whistle, a bottle of water, and a little tin with snacks.

Escape Bag—This is for someone who may be away from home who needs to walk home after an emergency or who might be caught in civil unrest within a city and need to get out. It is usually kept in a car as a very inconspicuous backpack. It could include a good pair of walking shoes, a jacket, emergency food and tools, flashlight, water, and even a light sleeping bag and shelter. *In this kind of situation, you should count on travel by foot taking longer than it usually would.

Potty Kit—Please see last month's handout on sanitation. This is basically a bucket to convert into a portable potty.

Hygiene Kit—Please see October's handouts on sanitation and hygiene. This is basically a plastic box with necessities for hygiene like soap, comb, toothbrush and toothpaste.

Water Purification Kit—Please see details in March's packet on water. This is basically a way to purify water you may get from rain catchment, a pond, or a stream.

First-aid Kit—Please see details in September's handouts. You should have a basic kit with disinfectant, bandages, elastic wraps, super glue, and other things to take care of injuries for your family. Having plastic gloves is also a good idea.

Sick Kit—This includes things you need when you and family members are sick to get well. This can be things like sports drinks or electrolyte drink, otter pops, Jell-O, bananas (frozen or dried), applesauce, rice, crackers, chicken soup/broth, ginger ale or 7UP, herbal tea, vitamin C, cough drops, or any other things that you and your family regularly use. (Details in September handout.)

72-hour Kit—While some experts are now recommending 120-hour or 5-day kits, here is a list of things you may want to consider for a 72-hour kit:

- Two outfits (one that can be slept in)
- Extra socks
- Flashlight and extra batteries
- Rain poncho
- Jacket
- Activity like a game, coloring book and pencils, notebook
- Tissues
- Band aids and basic first aid supplies
- Age-appropriate tools, like a pocket knife or Leatherman
- Sleeping bag
- Space blanket and fleece blanket
- Water filter or filtering bottle
- Gloves (warm and work)
- Hat
- Ground cloth
- Mosquito netting
- Hand sanitizers (3 small)

- Hygiene kit (tooth brush & paste, soap, wash cloth, small shampoo, deodorant, contact care, brush/comb, hair ties or clips for girls, feminine products as needed)
- Scriptures
- Sturdy Shoes (keep just under or by bed when not in use)
- Personal medications
- Rope or paracord
- Clothespins
- Matches (nice if waterproofed) or lighter
- *I like to have a #10 can with a wire hanger handle tied to the back of the backpack because it can have so many uses.
- Ample food and water for 3–5 days
- Toilet paper

*Babies and toddlers should have a diaper bag with their special needs besides the regular supplies.

*Families should also have a foldable camp shovel and a hatchet to share as well as pocket knives for responsible members.

Equipment

While you can't carry everything away in an evacuation situation, and the mountains may be even less safe than your home, there are some things every family should have on hand even without an emergency. Here are some ideas:

- Shovels
- Pick
- Rake and other gardening tools
- Cart of some kind for transporting water or other supplies
- Wrench for turning off gas if needed
- Water key and other tools for shutting off water lines
- Extended first aid supplies
- Radio that can be wound or that works with batteries if you are willing to keep a supply
- Tent or other shelter alternative
- Alternative cooking supplies (covered in next month's papers)
- Bicycle or other form of people-powered transportation
- People-powered grain mill if you have wheat in your storage

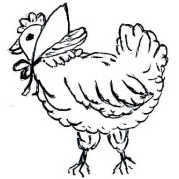
• Food Storage Equipment

Some people are so busy making sure they have food storage that they forget some of the basic tools they need to use it well.

Here are some to consider

- Extra heavy duty can opener
- bucket wrench
- syphon pump to get water from barrels
- Gamma lids to keep buckets sealed once you have opened them (and plastic lids for cans)
- Grain mill
- Canning equipment (in case you need to preserve food when you have no freezer)

Notes from Red Hen



Dear Silkey,

The dreaded "what ifs" are sometimes much worse than the crisis. Just think, you have already made it through a huge crisis when you left your farm, and you have taken some huge steps to be self-reliant. You are strong chickens.

It is not wise to panic, but it is wise to be prepared. Here is how I handle fear and anxiety about disaster. We get together and take time to write down all the possible disasters we can think of. Then we play a constructive game of "what if." We come up with what we might do if these disasters happen. It helps a lot to plan in this way and to be ready just in case.

You can do this!

— Red