

## Clothing and Bedding

Many people think of emergency preparedness as having camping supplies. Most people have sleeping bags, and truly sleeping bags would be nice in a pinch, especially in really cold weather. However, if you had to use a sleeping bag over a long period of time it could become pretty rank without washing. Sleeping bags can be complicated to wash and dry.

You may not need sleeping bags or camping equipment for a crisis. You just might need life to go on in as normal a way as possible. Here are some scenarios that may not require camping equipment. You would just need to have clothing and bedding to last for a year or so.

- Loss of employment
- National financial crisis
- Widespread civil unrest
- Martial law enforcement
- Widespread power outages
- Transportation Crisis
- Serious pandemic
- Import blocks
- War

I have read a lot of accounts of events that happened during the Great Depression and World War II. Very few of us have lived through anything similar. In fact, the majority of people alive today have only known prosperity and can hardly imagine anything else. However, over and over again history repeats

itself, and we are counseled to have the basic necessities including bedding and clothing. I don't know about you, but I think it is wise to follow counsel when it is given. After all, it wasn't raining when Noah built the ark.

If you want more details about clothing and bedding you are welcome to read the July 2019 part of the preparedness guide on ProvidentPapers.com. Assuming that you already know what this is all about, here are some possible goals July 2020  
you might set to start working on this part of preparedness.

Level 1—Choose one goal to work on

1. Consider and write down what articles of clothing each member of your family should have to take care of their needs for a year. How many of each item would be needed? Then inventory what each member has and what needs to be added. If you are doing school shopping this might be a good time to do this anyhow.
2. Organize a way to store clean bedding and off season clothing. Make it a goal to check it once a year and make sure it is fresh.
3. Do all members of your family have cold weather clothing like warm coats, boots, heavy socks, and warm gloves as well as sweaters? If not, this might be a good thing to focus on for Christmas. While we are so used to warm homes, warm public buildings, and warm cars, these things could change. Find out what you and your family members need to be ready for the cold, and plan how you will get these things.
4. Evaluate your sheets, pillows, and pillow cases. Do any of them need to be replaced? Should you buy a couple of extra sets to have on hand if they wear out?

Level 2—If you have all the above taken care of, you might choose one of these things to do.

1. How is your family's bedding holding up? Is this a good year to have new quilts or blankets ready for everyone for Christmas? If so, you may want to start now to acquire these things?

2. If you can't get new clothing it may be necessary to repair what you have. Do you have sewing supplies or kits in case you need to repair clothing in a pinch? You may want to put some of these things together for an emergency.
3. Do you have extra laundry supplies so that you can keep the clothing you have clean even in a crisis? This may include having clothesline and clothespins.

Level 3—If you are well put together in the area of clothing and bedding you may consider one of the following goals to work on.

1. Do you have enough bedding that you can put extra sets together as bed rolls in case you need to grab them and go? Organizing bedding in this way may be a good way to store it.
2. Brush up skills in sewing, laundry, mending, knitting & crochet that might help you create or maintain things to wear.
3. You may want to have a small supply of fabrics and some very basic patterns so that if things got desperate you could create clothing or accessories in the sizes needed.

Extra ideas and thoughts:

Nice Laundry Accessory—Make yourself a clothespin apron to keep with your laundry supplies. You will find a pattern for this under ideas on the Provident Papers website. Choose a cheerful fabric that will make hanging the laundry more fun. \*These sold out at one of the preparedness fairs I visited.

Extra Bedding—In a pandemic it may be necessary to change bedding more often or even burn it. Would you have enough then? What if another family or two needed to come live with you? Would you have enough bedding to take care of their needs?

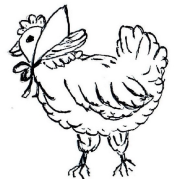
If the crisis situation required you to do physical labor would your clothing hold up over several months?

Do you have basic, plain clothing that would serve you well if it became wise not to stand out? In some emergency situations it is good not to draw attention.

Sometimes towels and bedding can smell stale after several months even if they were put away clean. Fabrics, like food should be properly stored. Mice, moths, and mildew can cause all kinds of problems if fabrics are not cared for properly. Here are some tips:

1. Make sure that clothing and bedding are clean before storing.
2. Make sure they are completely dry before storing.
3. Fold loosely and/or add white tissue paper between layers and folds. Do not over pack containers causing permanent folding to occur.
4. Store in plastic containers with tight snap-on lids if you are using a storage unit or other place that is less than ideal. However, airflow is also important. An organized linen closet or under-bed storage are good ideas.
5. Consider strewing herbs instead of moth balls. Over time the chemicals in moth balls can compromise fabrics. Cedar will discourage moths. For many years lavender and mint were also used between layers to discourage bugs and mice.
6. Store in cool, dry, dark conditions for best results.
7. Shake out and re-fold every year or two.

### Notes from Red Hen



Dear Journal,

*Today I watched the farmer's wife hang clothing and bedding on a clothesline to air. As a chicken, it is nice not to have to worry about changing and washing a lot of clothes and pillows and blankets. When our feathers get ragged we just grow new ones. We don't have to find space for storage. Today I am thankful to be a chicken.*

-Red Hen