

Emergency Preparedness

Part 4: 72-Hour Survival Kit

William P. Flinn

Fort Collins, CO

© 2015

Why Emergency Preparedness?

- ▶ Natural Disasters
 - Tornados
 - Snow storms
 - Floods
- ▶ Accidents
 - Train carrying toxic chemicals derails
- ▶ Terrorists Attacks
 - Localized, or widespread
 - ▶ Fort Collins has a Federal Bldg. Campus, making it a potential target
 - ▶ Sabotage of a dam or water treatment facility
 - Conventional, nuclear, biological, chemical
- ▶ Pandemic
- ▶ Cyber-Attacks
 - Attacks on water & power control systems, manufacturing, banks
 - SCADA Systems
- ▶ Any of the above could cause civil unrest
- ▶ Any of the above could cause you to have to quickly evacuate

Something To Think About!

Commit a weekend to updating telephone numbers, buying emergency supplies and reviewing your emergency plan with everyone.

Emergency Preparation Time-Frames

▶ First 72 Hours

- Do you stay or do you bug out?
- Have enough supplies to allow you to focus on future planning

▶ 1 to 2 Weeks

- Do you stay or do you bug out?
- Where do you go?

▶ 1 Month and beyond

Survival Elements

- ▶ Planning and improvisation skills!
- ▶ Food and water
- ▶ Shelter
- ▶ First aid supplies
- ▶ Hygiene
- ▶ Self defense
- ▶ Hunting, fishing, and food gathering
- ▶ Communications

Supplies

- ▶ To be ready for a disaster, you need to stock six basics in your home that you can grab quickly and go:
 - water
 - food
 - first aid and hygiene supplies
 - Shelter, clothing and bedding
 - Tools: knives, shovels, hammers, fire-starting, etc.
 - Special items, including maintenance medications
- ▶ Keep the items that you would most likely need during an evacuation in an easy-to carry container such as a large, covered trash container, a camping backpack, or a duffle bag

Hints and Tips

- ▶ Pack items with multiple uses (learn to improvise):
 - Bandanas – skin covering, cleaning, filtering water, first-aid
 - Tarp – shelter, storage, signaling
 - Aluminum foil – cooking, signaling, sealing
 - Paracord – many uses
 - Multi-tool – many uses
 - Emergency (space) blankets – warmth, shelter, signaling
 - Anti-bacterial dish washing liquid – wash cooking gear and also personal hygiene
- ▶ Pack (and re-pack) your “Go Bag” for the current season and climate

More Hints and Tips

- ▶ Carry redundant items
 - E.g.: Your bag and spouses bag both have knives, tarps, ponchos, water, food
- ▶ Pack as much water as you can reasonably carry, and have tools to harvest and treat more water along the way (emergency drinking straws, filters, etc)
- ▶ Don't pack items that you don't know how to use
- ▶ Practice using items that you are not familiar with (i.e. fire-starting tools, emergency fishing tools, etc)
- ▶ Pack items that are small, compact, and light
 - Space blankets or casualty blankets
 - Para-cord
 - Bandanas

The 72-Hour Kit

► Why 72 hours?

- It could take at least that long for services to be restored or for emergency crews to reach you.
- You need to be able to “buy time” to plan longer term survival or recovery

► What to include:

- Clothing/shelter
- Food
- Water
- Fire-starting, cooking
- Emergency blankets, ponchos
- Flashlight
- Optional: Firearms and ammunition
- Hunting/fishing supplies

72-Hour Kit

► Examples and Demonstration

A Word About Firearms

- ▶ Minimize the number of different calibers that you will carry
 - .45 ACP or 9mm for personal protection?
 - .223, .243, or .308 for hunting and defense?
 - .22 for hunting small game
 - ▶ Small game (squirrels, rabbits) more prevalent as a survival food
 - ▶ You don't want to destroy the edible meat
 - ▶ But not good for self defense
- ▶ You may have to go somewhere where firearms are not allowed – be aware of locations and issues
 - Firearms not allowed in emergency shelters
 - You may have to pass through an area where your firearms will be confiscated – take an alternate route

Emergency Prep Resources

- ▶ <http://www.ready.gov>
- ▶ <http://www.fema.gov/areyouready/>
- ▶ <http://www.areyouprepared.com>
- ▶ <http://wildwoodsurvival.com>
- ▶ <http://preparedness.com/>
- ▶ http://www.gonzosgarage.net/emergency_prep.html
- ▶ http://urbansurvivallibrary.com/Home_Page.html
- ▶ <http://72hours.org/index.html>