Emergency Preparedness – The 72 Hour Kit

Considerations for an Efficient and Effective Emergency Preparedness Kit
Overview

- Introduction to One Aspect of Emergency Preparedness
- Audience will Learn Today with Real Examples
- Learn How all the Individual Topics Fit Together and What Should be Done Immediately Following Today’s Session
Introduction

- Preparedness (One Phase of the Larger Emergency and Disaster Management Discipline)
  - Preparedness - Ongoing
  - Mitigation – Always Occurring
  - Prevention/Protection – Actions Prior to an Incident
  - Response – Occurs When an Incident Happens (With Focus on Life Safety)
  - Recovery – Occurs During, But Primarily After the Incident has Ended
    - All-Hazards and/or Disaster Approach
      - Personal; Family; Community; and/or, Organization
      - Home; Transportation; Workplace; Public

- Disasters Can Occur Suddenly and Without Warning
  - Identify the Potential Hazards/Disasters in Your Locale

- Survey Results Report Only 19% of American Families Felt They were ‘Very Prepared’ for a Disaster
  - Normalcy Bias
Introduction

- All-Hazards and/or Disasters are Initially Local
- Local Government
  - First-Responders
    - Fire
    - Emergency Medical Services
    - Law Enforcement
    - Local Volunteers
    - Red Cross
- First Responders Can Quickly be Overcome by the Circumstances
- Higher Levels of Government Response and Recovery Take Time to Initiate and Implement; Plans Define Within 72 Hours (3 Days)
Introduction

- Some Hazard/Disaster Events may Require Evacuation With Little to no Notice or Time to React
  - Advisory/Voluntary vs. Mandatory
  - Temporary Relocation
    - Designated Public Shelter
    - You’re On Your Own (YOYO)
Introduction

- The Time to Prepare for an Evacuation Based-Event is not During or Immediately After the Event, as Your Ability to Search for and Acquire the Needed Supplies May Not Be an Option.

- With Training, Knowledge and Skills Practice You Can be Self-Reliant, Resilient and Not Dependent on Others (Or the Government) for Your Physical, Psychological or Overall Well-Being.
  - Adopt and Practice and Individual Preparedness Mindset

- Emergency Preparedness ‘Tools’
  - Everyday Activities and Associated Items Used are Useful in an Emergency and Visa-Versa, thus Giving You the Ability to Create, or Enhance an Existing 72-Hour Kit.
The “72 Hour Kit," also known as:

- “Bug Out Bag (BOB) Kit”
- “Emergency Kit”
- “Get Out Of Dodge (GOOD) Kit”
- “Grab And Go Kit”; “Go Bag” or “Go Kit”
- “Preparedness Kit”
- “Survival Kit”
Components of a 72-Hour Kit

- Water
- Food
- Fire
- Shelter
- Clothing
- Protection
- Communications/Signaling
- Tools
- Medical Supplies
- Hygiene
- Miscellaneous
- Load Carrying
Water

72-Hour Kit
The Average Person Needs to Consume at a Minimum One (1) Gallon of Fresh, Potable Water Per Day to Maintain Proper Body Fluid Levels, and Individual Needs Vary.

- 1 Gallon/Person/Day x 3 Days (This Does not Include Water for Hygiene or Cooking).

- One (1) Gallon of Water Weighs Approximately Eight (8) Pounds.

- Portable Water Storage Options are Critical.

- Portable Water Treatment Options are Critical.
STAGES & SYMPTOMS OF DEHYDRATION

Mild Dehydration
- Thirst
- Reduced appetite
- Skin flushing
- Dark colored urine
- Dry mouth
- Fatigue
- Mild headache
- Chills
- Dizziness

Significant Dehydration
- Decreased sweating and urination
- Increased heart rate, respiration, and body temperature
- Extreme fatigue
- Muscle cramps
- Severe headaches
- Nausea and constipation
- Tingling and numbness

Severe Dehydration
- Muscle spasms
- Vomiting
- Rapid pulse
- Dim vision/temporary blindness
- Painful urination
- Confusion
- Respiratory depression
- Neuromuscular seizures
- Chest pain
- Unconsciousness

Source: www.hydration.net.au/
Water

- Portable Water Storage Options are Critical
  - Recommend Commercially Prepared Bottled Water, Stored in a Cool, Dark Place.
  - Food-Grade Water Storage Containers:
    - Metal, Military-Grade Canteen is Practical for Storage of Purified Water and/or for Boiling Water (If Necessary).
    - 1 Gallon Collapsible Soft Container, Reduces Bulk.
Portable Water Treatment Options are Critical

- Collapsible Cone Style Coffee Filters to Remove Particles in Unpurified Water Before Boiling or Purification.
- Small, Sturdy Metal Pot for Boiling Water.
- Water Purification Tablets are Inexpensive, Easy to Use and Will Eliminate Most Harmful Bacteria and Viral Contamination in Questionable Water. However, Purification Wait Times Can Range from 30 Minutes to 4 Hours.
- Water Purification Filters Greatly Reduce the Time Required to Purify Water. Store Extra Filters (Albeit Expensive, but Critical). Select Filters Able to Remove 99.9% of Giardia, Cryptosporidium, and Chlorine, Fluoride, Heavy Metals, Organic Sediment, etc.
Food

72-Hour Kit
Food

- Food that Does Not Require Refrigeration, Cooking, Water or Special Preparations is Preferred.
  - Food Bars are High Calorie (3,600 Calories), Low Bulk and Weight Options.
    - 3 3,600 Calorie Bars/Person
      - Mainstay
  - Meals Ready to Eat (MRE) are Complete Meal Kits, Approximately 1,200 Calories Per Meal.
    - 12 1,200 Calorie MRE’s/Person
  - Ready-to-Eat Canned Meats, Fruits, Vegetables (and a Can Opener)
  - Granola, Nuts, Crackers, Dried Fruit
  - Vitamin Supplements
• Cooking and eating utensils
  ◦ Small Cooking Pot
  ◦ Titanium Spork
• Scrubbing Sponge/Soap for Pot and Utensils to Avoid Illness
• A Portable Solid-Fuel-Tablet Stove for Boiling Water/
  Cooking and Fuel Tablets
  ◦ Esbit Stove
Fire

72-Hour Kit
Fire

- **Ignition Source**
  - Different Methods to Create Fire
    - Magnesium Striker, Bic Lighter, Waterproof Matches (More Than You Plan to Use).

- **Fire Tinder**
  - Materials Guaranteed to Light
    - Wetfire, Steel Wool

- **Candles**

- **Waterproof Case to Store These Materials**
Shelter

72-Hour Kit
Shelter

- Tarp of High Quality Light Nylon, Can Be Used in a Number of Effective Ways as Temporary Shelter.
- Tent Offers More Protection from Elements and Easier to Set up, However, Bulkier and More Space Intensive.
- Sleeping Bag, Lightweight Mummy Style with Degree Ratings Based on Climate(s).
- Foam Pad Provides Insulation from Ground and Enhanced Sleeping Comfort.
Clothing

72-Hour Kit
Clothing

- Boots – Durable and ‘broken in’ (not necessarily packed, but ready to go)
- Underwear (3 pairs)
- Wool Hiking Socks (3 pairs)
- Pants, Lightweight Rip-Stop Material
- Wicking Undershirt
- Long-Sleeve Shirt, Lightweight Rip-Stop Material
- Fleece Jacket for Layering
- Hat for Sun Protection
- Leather Gloves
- Bandana (Multiple Uses)
- Rain Poncho Large Enough to Cover Self and Shouldered Pack
- Sewing Kit

➢ Store Clothes in a Plastic Garbage Bag to Keep Dry and Use for Miscellaneous Items During the Emergency Event
Protection

72-Hour Kit
Protection

- Sunscreen
- Insect Repellent
Communication/Signaling

72-Hour Kit
Communication/Signaling

- Cell Phone (and charger [solar])
- Compass and Maps (specific to your area or planned travel areas) and Waterproof Map-case
- Light Weight Battery Powered or Hand Crank Emergency Radio AM/FM/Shortwave (NOAA capable)
- Important Documents (Identification, Medical Records, Insurance Policies, Finances, etc.) and Waterproof Storage Bag
  - Thumb Drive
- Notepad and Pencil, Sharpie Marker
- Signal Mirror, Whistle
Tools

72-Hour Kit
Tools

- Multi-Tool
  - Leatherman
- High Quality ‘Survival Knife’
- Hatchet and/or Manual Chain Saw
- 550 Paracord (50 feet)
- Zip Ties
- Duct Tape
- Shovel
- LED Headlamp
- Flashlight
  - Battery Powered or Hand Crank
  - Multiple Settings (Blinking, etc.)
- Batteries
- Resealable “ZipLoc” Bags
- Garbage Bags (42 Gallon Heavy Duty and Large Sizes)
Medical Supplies

72-Hour Kit
Medical Supplies

- N95 Mask
- Scissors
- Tweezers
- Petroleum Jelly or Other Lubricant
- Potassium Iodide Tablets
- Prescription Medicines
  - Insulin, Heart Medicine, Asthma Inhalers
- Over the Counter Medicines
  - Aspirin or Non-Aspirin Pain Reliever
  - Anti-Diarrhea Medication
  - Antacid
  - Laxative
  - Antihistamines
- First Aid Kit
  - Sterile Gloves
  - Antibiotic Wipes
  - Antibiotic Ointment
  - Burn Ointment
  - Bandages in a variety of sizes
  - Eye Wash Solution
  - Oral Thermometer
- Emergency Blanket
Hygiene

72-Hour Kit
Hygiene

- Wet Ones
- Hand Sanitizer
- Soap
- Toothbrush and Toothpaste
- Toilet Paper
- Small Pack Towel
- Mirror
- Foot Powder
- Special Needs
  - Dentures
  - Contact Lenses and Supplies
  - Eye Glasses
  - Feminine Products
Miscellaneous

72-Hour Kit
Miscellaneous

- Cash

- Morale Boosters
  - Religious Book
  - Deck of Cards
  - Reading Book(s)
Load Carrying

72-Hour Kit
Load Carrying

- Duffel Bag
- Shoulder Bag
- Backpack
  - Water Resistant
  - An Internal Frame
  - Shoulder, Chest and Waist Support Straps
  - Water Bottle Holder
  - Multiple Pockets Inside and Out
  - Large (2,500+ Cubic Inches of Storage Space)
  - Looped Webbing for Attaching Miscellaneous Gear
Assembly

72-Hour Kit
Assembling the Components of a 72-Hour Kit

- Water - Store in a bottle within side pouch for easy access
- Food – Store in the main compartment
- Fire – Store in a front or side pouch for easy access
- Shelter – Store in the main compartment
- Clothing – Store a change of clothes in the bottom of the main compartment
- Protection – Store on your person (preferably concealed)
- Communications/Signaling – Store in the front pouch for easy access
- Tools – Store in the same front pouch as the Communications/ Signaling
- Medical Supplies – Store in the main compartment
- Hygiene – Store in the main compartment
- Miscellaneous – Store in the main compartment
Summary

- Review of today’s learnings
- Identify ways to apply training
More Information

- Resources
  - Books
  - Articles
  - Electronic Sources
    - https://www.ready.gov
    - http://mema.maryland.gov