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So far we've discussed why we may want to be prepared to either evacuate, or hunker down at home in the event of an emergency. I mentioned a back pack "Go Bag," but a small, carry-on suitcase would be an option, especially if it has wheels. FEMA and other disaster preparedness groups publish lists of supplies to have in the event of an evacuation, but no one can tell you what to include in your bug-out-bag, or home emergency supplies. We're all different and our needs vary. Some important things to remember however, is enough "stuff" to get you through at least 72 hours. Consider shelter, water and food, sanitation, change of clothes (most importantly clean and dry underwear and socks), medication in prescription bottles, spare eye glasses and important documents, packaged in water resistant containers such as large zip type bags and enough cash to get you through a few days. How much? That's up to you.

I recently viewed a webinar presented by a well known survival expert, who suggested many "must haves." His assumption was that an evacuation would mean living out in the woods and miles of hiking to get there. Possible yes, but not likely in our case. Most evacuations, with few exceptions can be accomplished by motor vehicle and last only a few hours. But, what if you do have to walk and carry all that stuff? You may want to consider a push (or pull) cart, a stroller, wagon, stray shopping cart, etc. Anything with wheels beats carrying a heavy pack. Lots to think about if you find yourself living in your car, tent, or emergency shelter in a middle-school gym somewhere, surrounded by strangers.

The American Red Cross lists several items they consider essential, which can be found on their web site; <http://www.redcross.org/flash/brr/English-html/kit-contents.asp>

The Federal Emergency Management Agency (FEMA) likewise lists many must-have items. https://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist_2014.pdf We can provide additional sources if you wish. Contact me at pioneer4111@gmail.com, but If you can't get onto the Internet, we can still help. Please call, or visit the office and we can print out the information you're interested in.

A word of caution: Many organizations or companies offer pre-packed bags for your convenience, however some are in my opinion over-priced, while some others use aggressive marketing techniques to sell books, videos and other products.

TIP: *Keep medications and critical medical devices in a single location and have a plan to quickly put them into your Go Bag on short notice.*

Ron