



6 STEPS TO YOUR QUICK WIN EMERGENCY KIT

By Shelle Wells | ©2017 PreparednessMama, LLC

6 Steps to Your Quick Win Emergency Kit

Find Your Local Disasters

Start in your home - Make a list of the common disasters that could happen at your home. I'm using the term disaster loosely; unemployment can be a real disaster for your family if you're not prepared. Here are a few things to consider:

- Fire: kitchen, fireplace, or wood stove
- Unemployment
- Accidental poisoning
- Household accidents
- Power outage

Next, **take a look at your neighborhood** - the list may be long, but put down everything you can think of. What businesses are within one mile of your house? Are there any that may have chemical storage or other hazardous materials – things that might blow up? Have there been any issues of flooding? What is the crime rate?

- Hazardous materials spill – Take a look at the [Hazmat Diamonds](#) used by firefighters and learn how to decipher them. These are found on every commercial building and give firefighters a heads up about the chemicals that can be found in the building. Don't be afraid to ask your local fire department for clarification. They will have a list of businesses that have hazardous materials in your area.
- Train derailment - trains have their own marking system to notify emergency responders in case of trouble. If you are close to train tracks, look at the HazMat signs and learn to decipher what chemicals are going through your town. See [echo US DOT HazMat Placards \(EnvironmentalChemistry.com\)](#) - HazMat placards are required when shipping hazardous materials in the United States, Canada, and Mexico. These pages provide US DOT definitions for each hazmat placard.
- Flood areas
- Landslide
- Crime rate
- Sinkholes
- Dam failure

Now take a look at what might affect **the region where you live**, each one will have its own specific challenges. No place is free from natural disasters and luckily, no place will have all of them!

- wildfire
- winter storm
- hurricane
- volcano

- tornado
- windstorm
- earthquake
- heat wave
- drought
- thunderstorms
- pandemic
- terrorism
- nuclear power plants
- tsunami

It's time to verify your ideas and get some information from your county. It's not necessary to visit each of these sites, but they will give you a lot of information about your area.

- **Visit the online atlas for your county** and look at different risk area maps for your neighborhood. Most local counties call this their "GIS" system, (which stands for geographic information system). Just do an internet search - GIS ...YOUR COUNTY...YOUR STATE. You will find information about earthquake, wildfire, watersheds and any other local hazards that are relevant.

- Go to usa.com and see what natural disasters are common in your area. Put your city and state into the search bar and then pay special attention to the weather and natural disaster tabs.

- Go to Trulia.com and take a look at their [interactive heat map](#) to get information about natural hazards in your area. This is a cool site that lets you not only see the risk of flooding, earthquake, wildfire and tornado's but also lets you take a look at the crime rate for the area you live.

- Take a look at the FEMA course "Are You Ready? An In-Depth Guide to Citizen Preparedness" These parts may help you decide what local disaster you might be preparing for - [Natural Hazards # 1](#) and [Natural Hazards #2](#) information sheets or the [Technological Hazards](#) sheet.

- Visit the Red Cross website and see their "[types of emergencies](#)" page. You will find in-depth planning ideas. Will any of these local disasters be something your family may need to prepare for?

Take a deep breath! Prayerfully consider how you or your family will respond to each local disaster you have identified. Discuss with your family the disasters that are most

Remember, you can do this - one step at a time. Now you've taken the time to identify your disasters, what are your main priorities?

Emergency Kit Supplies

A basic kit should include:

- Water - 1 gallon per person / per day / for 3 days
- Food - 3 day supply of non-perishable food, and a can opener
- Radio – Hand crank / Battery powered with NOAA Weather Radio and tone alert
- Flashlight and extra batteries for each person
- First aid kit
- Clothing for 3 days
- Written copy of Emergency Phone Contact list
- \$20 Cash (small bills)

Consider these additions for a well-rounded kit:

- Dust mask, plastic sheeting and duct tape
- Baby wipes, garbage bags, and plastic ties
- Wrench or pliers
- Cell phone charger, inverter or solar charger
- Whistle
- Compass
- Extra pair of glasses

- Prescription medications
- Water purification method (like a life straw or iodine tablets)
- Blanket, sleeping bag, or emergency blanket
- Local map

These items may help you be more comfortable:

- Head lamps to replace a flashlight.
- Glow Sticks
- Extra batteries (for each piece of equipment in your kit that requires them)
- Information Binder- a full copy of your family plan and vital information should be included
- Ziploc baggies (gallon size)
- Work gloves for ALL family members
- Sewing kit
- Waterproof matches and tinder
- Pocket Knife
- Sturdy shoes
- Mess kit and utensils
- Eye protection
- Ham Radio
- Hat

Basic Food for Your Kit

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food
- Choose foods your family will eat
- Remember any special dietary needs
- Avoid foods that will make you thirsty
- Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water, or special preparation. Be sure to include a manual can opener and eating utensils.

The following items are things to consider when selecting emergency food supplies. You may already have many of these on hand. These will have a long shelf life and do not require cooking before they can be eaten.

- Ready-to-eat canned meats, fruits, and vegetables (pack a can opener if necessary)
- Protein, granola, or fruit bars
- Dry cereal, granola, or trail mix
- Peanut butter + jelly packets
- Dried fruit or fruit roll-ups
- Nuts
- Low sodium crackers
- Pouched or boxed juices
- Non-perishable pasteurized milk
- Vitamins
- Food for infants or special diets
- Dry fruit drink packets (crystal light)
- Comfort/stress foods (cookies or hard candy)

Aim for at least 2000 calories per day.

If you have to evacuate, you may be walking to get to the shelter area, which will burn calories. Even if you can drive to the location, you do not want to be in a stressful situation and not have enough food to support the extra calories that your body will require.

Menu Planner

	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Notes:			

Where to look for supplies

This basic kit emergency kit is just the tip of the ice burg.

You'll pay more for a kit that is already assembled, a lot more! Keep a look out for supplies at these places and put it together for a fraction of the price.

- Second hand stores
- Thrift stores
- Dollar store
- Garage sale, yard sale
- Army surplus store
- Antique shop or salvage yards
- Dumpster diving
- Garbage day / neighbors getting rid
- Barter
- Craig's list
- Facebook groups
- Your own home

6 Steps to your Quick Win Emergency Kit

1. Prepare for your disaster
2. Get the basic supplies list
3. Purchase a case of water
4. Make your food list and collect food for 3 days from your pantry
5. Get your family involved and have a scavenger hunt. Let them help you gather all the supplies. This will teach them why you are putting the kits together and where they are in case of emergency.
6. Place it all in an 18-gallon tote in the hall closet or by the garage door exit

Make plans for the items that you want to purchase to round out your kit.

Remember to store your completed kit by an exit so it is easy to grab. Consider a front hall closet or by a garage door exit. Above all, don't bury it in the middle of the house.

Backpack

Easy to carry – Inexpensive - Easy to over pack - Only one person



Rolling suitcase

Easy to pack - Easy to find things
Works for more than one person,
Costs more

Rolling tub

More than one person's supplies -
Gets messy - Hard to stash in
closets



Fishing vest

For kids and adults - Special needs
Comfort for kids

For More Information

Learn to [Make a Family Plan](#) for emergencies.

Try one of these specialty kit ideas:

[Build a 72-hour Kit](#)

[Dollar Store First Aid Kit](#)

[72-hour Emergency Food Kit](#)

[Infant 72-hour Kit](#)

[Car Kits](#)

[Pet Survival Kits](#)

Help others: Check at your local Red Cross for CPR training, set up a plan to [communicate with your family in an emergency and join the community effort.](#)