



WILDERNESS PREPARATION

Stay Ready!

ARE YOU PREPARED QUESTIONNAIRE

Please take a moment to answer the following 10 questions and calculate the results to determine if your family is prepared for a possible natural disaster.

- 1) Do you have enough food stored to feed your family for 3 days?
 YES NO
- 2) Have you stored 3 gallons of water for each family member?
 YES NO
- 3) Do you have a flashlight and batteries?
 YES NO
- 4) Do you have a portable radio and batteries?
 YES NO
- 5) Is each member of you family familiar with the location of all utility shut off valves?
 YES NO
- 6) Do you have a large adjustable wrench to turn off gas if necessary?
 YES NO
- 7) Is you hot water heater strapped to the wall?
 YES NO
- 8) Do you have first aid supplies?
 YES NO
- 9) Has at least one member of your family taken first aid training?
 YES NO
- 10) Does each family member know where your home "safe places" are?

___ YES ___ NO

Total you score here: Total # YES ___ Total # NO ___

If you answered yes to all ten questions you can consider yourself *minimally prepared*.

If you answered no to one or more questions then you are considered to be *inadequately prepared!!*

Survival In the City

Ask yourself the following questions and write down your answers.

- 1) What will you do when there is a full scale depression?
- 2) What will you do is a natural disaster such as a blizzard or another pandemic, or chaos in the streets prevent you from conducting business as usual?
- 3) What will you do if there is no food in the stores and no light (electricity) water or gas available?
- 4) Suppose you could not get any more supplies or service from anywhere for 4 to 6 months, and you had to live off only what you have in your home today:
 - How long could you survive?
 - What would you do?
- 5) What would be your primary source of heat at your survival location? (fireplace, wood stove, kerosene heater...)
- 6) How many competent friends would join your survival efforts?

Make a Plan

Emergency Contacts

Most families are not together during the day. Parents are at work, children may be at school or working afternoon jobs. You may be trapped at the office or traveling outside of Texas when disaster strikes. Make sure you and your family members know where and how to get in touch with each other. You may also want to inquire about emergency plans at places where your family spends time: work, day care, school, place of worship etc...

Every family should have two emergency contact persons, one local and one from out-of-town. Your local contact will be your family's central communications point during a disaster, helping you locate family members, reporting on your situation and providing information about recovery efforts and available help. Family members should call this person and tell them where they are. After a disaster, it may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. For each contact person, you will need to know their:

1. First and last names,
2. Cell phone and home telephone number,
3. E-mail address and any additional means of contact like social media accounts.

Be sure every member of your family knows the phone numbers of the emergency contacts. Post the numbers by each home phone and make wallet cards for each family member. Remember that cell phones should not be counted on as a reliable source of communication during a disaster. Cell towers may be disabled or cell phone services overwhelmed and of little use. Decide on a neighborhood meeting place and an out-of-town location where your family will meet after a disaster. Select locations that are familiar to your family and places that will not be difficult for them to reach. Pick an outside meeting place, far enough away to be safe. A good meeting place might be a tree, telephone pole, mailbox, or neighbor's home.

Emergency Wallet Cards

Creating an emergency card and placing it in your wallet, purse or child's backpack will ensure that everyone has the contact and meeting place information with them. List your emergency contacts and meeting places on an index card, give one to each family member and instruct everyone to keep the card with them at all times.

Family Meeting Places and Evacuation Routes

Pick places where your family will meet if you can't return home after an emergency. Choose two locations: One outside of the immediate area and another place near your home. Learn local evacuation routes and alternate escape routes if major roadways are closed or impassable. Wildfires are a serious threat in Central Texas so know and practice two fire escape routes from your house.

Get to Know Your Neighbors

It's important to know your neighbors in the event of an emergency or disaster situation. Get to know them by joining your neighborhood association, host a National Night Out event in your neighborhood (first Tuesday in October annually), or simply walk door to door and meet them. Make sure a trusted neighbor or friend has a spare key to your home, and knows where to find spare keys for your cars, recreational vehicles and safe deposit box. Let your neighbors know about your emergency plan and encourage them to create one for their family too.

Make a Plan Gather critical information and share it with your family The following types of information can prove to be extremely helpful in an emergency. Use the outline as a guide for making your own emergency contact plan. Store it in a place that is easily accessible during a crisis.

Personal Information Name: _____
Address: _____
Phone: _____
Cell phone: _____
Birthdate: _____

Local Contacts Name: _____
Relationship: _____ Address: _____
Phone: _____
Cell Phone: _____

Out-of-State Contacts (If a disaster should occur, call your out-of-state contact; it is often easier to call long distance.) Name: _____
Relationship: _____ Address: _____
Phone: _____
Cell Phone: _____

Nearest Relatives Name: _____
Relationship: _____
Address: _____
Phone: _____
Cell Phone: _____

Pets Cared For By Name: _____
Address: _____ Phone: _____
Cell Phone: _____

Meeting Places Outside your home: _____
Outside your neighborhood: _____

A specific plan should be created for children in childcare or school, older adults and other immediate family members who need special assistance.

Emergency Kit Basics

Essentials for Home & Long Term Sustainability

Sheltering in Place

In some emergencies, sheltering in place may be safer than evacuating. Tune in to local TV and radio for recommendations from local officials on whether to stay or go. To be prepared to shelter in place, keep these items at home:

Food and Water

- Supply of nonperishable food that needs no cooking
- Hand-operated can opener
- Plastic plates, cups, utensils
- 2 gallons of water per person per day for drinking & sanitation
- Water purifier or collection container

First Aid kit

- Backup prescriptions for essential medications
- Sterile, adhesive band aids in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- 2" Sterile gauze pads (4-6)
- 4" Sterile gauze pads (4-6)
- Triangular bandages (3)
- 2" Sterile bandages (3 rolls)
- 3" Sterile bandages (3 rolls)
- Scissors
- Adhesive tape
- Tweezers, needle
- Moistened towelettes or baby wipes
- Antiseptic, Rubbing alcohol
- Oral Thermometer
- Tongue depressor (2)
- Tube of petroleum jelly or other lubricant
- Extra eye glasses

Personal Hygiene

- Hand sanitizer or disinfectant wipes
- Toilet paper, paper towels, garbage bags
- Dental care and vision products
- Travel-size soaps and other beauty supplies
- Change of clothes, pair of shoes and blanket per person

Clean Air Items

- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting
- Duct tape

Baby Items

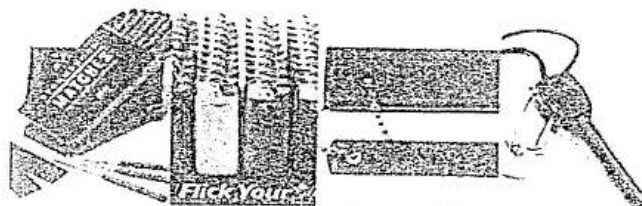
- Formula, bottles, powdered milk.
- Diapers
- Baby wipes
- Diaper rash ointment

Lighting/Fire

- Flashlights for each person with extra batteries
- Fluorescent lanterns for each common area
- 3 sources to start a fire: waterproof matches, a utility (BIC) lighter, and a magnesium fire starter
- Candles, magnifying glass (also a fire starter)

*Three sources of fire are essential for:

- Boiling water
- Warmth and heat (for drying clothes)
- Cooking
- Signaling (light or smoke)
- Protection/repellent (animals, insects)
- Building tools
- Psychological component: feeling of safety and accomplishment
- Light



3 types of fire starters

Family Safety Items

- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Non-scented bleach for sanitization
- Shovel, axe, saw and other basic tools
- Insect repellent, sunscreen
- Wrench or pliers to turn off utilities, bolt cutters to cut through chains or locks

Transportation Items

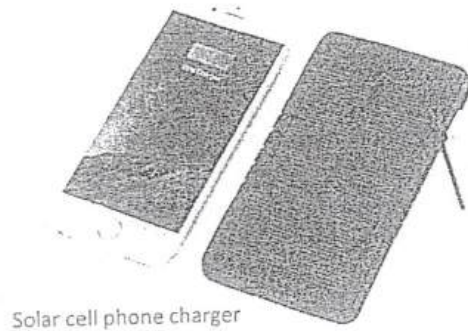
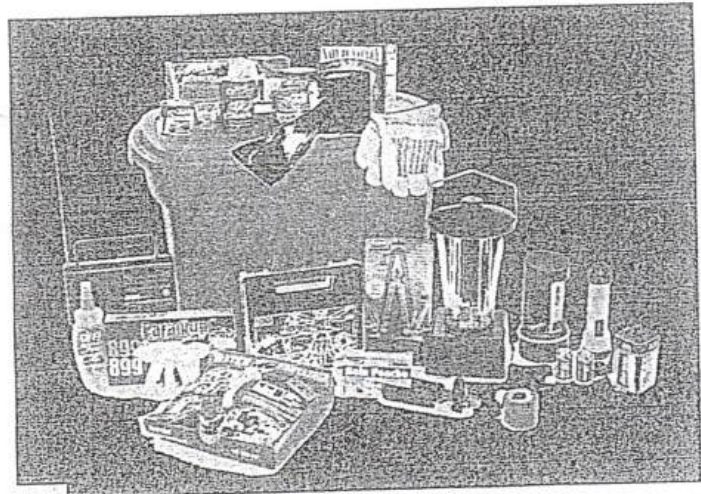
- State and regional road maps
- Basic repairs (tools, tire patch kit, engine oil)
- Games, books, puzzles, deck of cards
- Road safety kit

Pet Needs

- Supply of non-perishable pet food and water
- Cage or pet carrier and leash
- Pet medications and pet first aid kit
- Current photo in case you are separated
- Cat litter and box
- Pet bed and toys

Communication

- Portable, battery-powered or hand crank NOAA weather radio with tone alert and charger and extra batteries
- Land-line phone with long cord as a backup
- Extra batteries for flashlights, lanterns, radio
- Extra cell phone battery, solar battery & car charger
- Whistle, two-way radios/walkie talkies



Bug Out Bag "BOB" Essentials

Evacuating on Foot with a Grab-and-Go Kit

72-hour supply of food, water and necessities

You might have only a few minutes notice to take what you can and make your way to a safe location. Each family member's kit should be in portable container such as backpack or duffel bag near an exit in your home.

- Water and portable purifier
- Multi-purpose tool & signaling mirror
- Flashlight with extra batteries
- Prescription and backup medications
- Extra clothes, sturdy shoes
- Whistle, and compass
- 3 sources of fire: matches, lighter, fire starter
- Sunscreen, insect repellent, rain gear
- Non-perishable food that needs no cooking
- First-aid kit (see below for contents)
- Battery-powered or crank radio with extra batteries
- Document Bag (see below for contents)
- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting and duct tape
- Hand sanitizer, wipes, personal hygiene supplies
- Baby items (formula, bottles, baby food)

First Aid Kit Contents

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 2 packets of aspirin (81 mg each)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1
- Oral thermometer, scissors, tweezers
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- 2 triangular bandages, cotton balls

Document Bag Essentials for your BOB

- At least \$200 cash, current picture I.D.s, important family documents
- Insurance, medical cards, bank account info
- Social Security cards and birth records
- List of medications with dosages and doctors' phone numbers



Evacuating by Car

In emergencies in which you can evacuate by car, take your grab-and-go kits AND essentials kits and all additional supplies in your car. These items include:

- | | |
|---|---|
| <input type="checkbox"/> Reading and sun glasses | <input type="checkbox"/> Phone chargers: car adapter, wall outlet, extra cell phone battery |
| <input type="checkbox"/> Books, games, toys, deck of cards | <input type="checkbox"/> Road maps |
| <input type="checkbox"/> Extra Batteries: C, AA, AAA | <input type="checkbox"/> Clothes, bathing suit |
| <input type="checkbox"/> Soaps, personal hygiene supplies, baby items | <input type="checkbox"/> Blankets and pillows |
| <input type="checkbox"/> Bleach, toilet paper, paper towels, garbage bags | <input type="checkbox"/> Fix-A-Flat, tools, engine oil |
| <input type="checkbox"/> Dental care, hearing and vision products | <input type="checkbox"/> Additional food and water |
| <input type="checkbox"/> *Matches, lighter, fire starter (3 sources) | <input type="checkbox"/> Plastic plates, cups, utensils |
| <input type="checkbox"/> Call your family emergency contact | <input type="checkbox"/> Tent, stakes, tarp |
| | <input type="checkbox"/> Identify gas stations and restaurants on your route |

Before you leave your home:

- | | |
|--|---|
| <input type="checkbox"/> Fill your gas tank, check your spare tire | <input type="checkbox"/> Charge your mobile phone |
| <input type="checkbox"/> Take cash, checkbook and credit cards | <input type="checkbox"/> Get a map of your route |

Notes and Other Considerations

- An AM/FM Weatherband radio that can be powered by batteries AND plugged into an electrical outlet is your best choice for an emergency. However, any battery-powered radio will do.
- Cordless phones won't work during a power outage. A corded phone can be used during a power outage, since it doesn't plug in to an electrical outlet. The long cord means you can take it to the safest part of your house.
- What does bleach do? Non-scented bleach can be used to purify water for drinking or sanitize water for bathing, cooking and cleaning. To purify water, add 16 drops (1/8 teaspoon) per gallon in a large pot or kettle. Stir and let stand for 30 minutes.
- While you might not cage your pet at home, having a pet carrier/cage will help transport your pet safely during an evacuation, and may be required, depending on where you spend the night.
- Why plastic sheeting? It can be used with duct tape to seal doors, windows, and air vents at home, and offers some protection from contaminated air, hazardous materials and bad weather if you must evacuate.
- Personalize your "BOB" for the individual who will be using it. For example, child, pet (children and pets can wear backpacks), special needs, food allergies, etc...
- Consider a solar powered charger for batteries, cell phone and other portable equipment.
- Consider buying equipment that requires the same size batteries (such as AA).
- Consider additional fuel cans and water bottles (refillable).
- Consider purchasing a portable hammock to prevent sleeping on cold, wet ground and the potential for hypothermia
- Consider alternate communication devices such as walkie talkies and GPS.
- Download survival apps on your smart phone or other portable device such as SAS Survival Guide.

Disaster Preparedness/Emergency Preparedness Resources to help you plan, respond and recover

- Amateur Radio Disaster Communications (“Ham”) Team, Indiana Department Homeland Security supports auxiliary communications through the RACES program using amateur radio frequencies and any other means necessary. Log on www.in.gov/dhs/2686.htm. American
-
- Academy of Experts in Traumatic Stress provides planning information for disaster/emergency management and business continuity programs. Call (631) 543-2217 or log on www.aaets.org.
-
- American Red Cross provides disaster services, preparedness information and other health and safety resources and information. Log on www.redcross.org.
-
- Centers for Disease Control and Prevention provide timely resources and information to increase ability to prepare for and respond to public health emergencies. Log on www.emergency.cdc.gov.
-
- Chemical Biological Radiological Nuclear Installation Protection Program Portal provides relevant information, resources and services to help people who live or work on military installations prepare for a CBRN incident. Log on www.cbrn-online.com.
-
- Chemical Education Foundation is a national nonprofit organization that promotes chemical safety. Call (703) 527-6223 or log on www.chemed.org/html-index.html.
-
- Disaster Help provides information on disaster recovery and business continuity planning. Log on www.disasterhelp.gov.
-
- Disaster Preparedness and Emergency Response Association links professionals, volunteers and organizations active in disaster preparedness. Call (303) 809- 4412 or log on www.disasters.org/dera/dera.htm.
-
- Federal Emergency Management Agency provides resources for disaster response and recovery from all hazards. Log on www.fema.gov. Humane Society of the United States provides information to prepare your family — including your pets — for disasters. Log on www.hsus.org/disaster.
-
- InCite BCM Inc. is a resource for anyone seeking help with any aspect of disaster recovery and business continuity planning including preparing for pandemic outbreaks. Log on www.incitebcm.com.
-
- Indiana Department of Homeland Security provides resources to help prevent, protect against, respond to and recover from manmade or natural threats. Log on www.in.gov/dhs/index.htm.
-

- Indiana State Department of Health's Public Health Preparedness provides resources and information on preparedness including biological and chemical agents. Log on www.in.gov/isdh/17855.htm.
-
- National Center for Post-Traumatic Stress Disorder provides research and education on the prevention and treatment of PTSD. Call (802) 296-6300 or log on www.ncptsd.org/index.html.
-
- National Emergency Management Association is a professional network for state emergency management directors. Call (859) 244-8000 or log on www.nemaweb.org.
-
- National Fire Protection Association aims to reduce the burden of fire and other hazards on the quality of life. Call (800) 344- 3555 or log on www.nfpa.org.
-
- National Governor's Association Center for Best Practices, Emergency Management Site provides various resources. Call (202) 624-5300 or log on www.nga.org
-
- National Institute for Chemical Studies helps communities manage risks associated with chemicals. Call (304) 346- 6264 or log on www.nicsinfo.org.
-
- Pandemic Flu.gov provides resources to prepare and deal with the pandemic flu at the local, state and national levels. Log on www.pandemicflu.gov.
-
- Ready Business is a U.S. Department of Homeland Security resource for creating a business disaster recovery plan. Log on www.ready.gov/business/index.html.
-
- U.S. Department of Homeland Security's Ready Campaign educates and empowers Americans to prepare for and respond to all kinds of emergencies. It is a partnership with The Advertising Council. Log on www.ready.gov.
- U.S. Small Business Administration provides small-business owners tips on creating a disaster recovery plan. Log on www.sba.gov/services/disasterassistance/index.html.
- indycert.org
- <https://www.in.gov/health/cshcr/indiana-health-care-quality-resource-center/emergency-preparedness-resource-center/>
- <https://www.homeadvisor.com/r/emergency-preparedness-checklist-for-your-home/>
- <https://www.indianakofc.org/emergency-preparedness-checklist>
- <https://www.ready.gov/>

Ten Actionable Items

“Accountability”

1. Renew/Acquire Passport
2. Work on getting out of debt
3. Accumulate Wealth
4. Downsize possessions
5. Investigate the “right” Visa
6. Position self to be self-sufficient
7. Investigate different types of traveler's insurance
8. Know the process of setting up forward mail
9. *Do research...Do research...Do research*
10. Scout out the land (know the law)