

Disaster Preparedness Kit



Introduction

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. This document will assist you in preparing for emergencies. Your goal is to prepare yourself to take care of your own basic needs and those of your family for at least the first 72 hours following a major disaster. Remember, emergency preparedness reflects far more than natural disasters. It entails the appropriate readiness in areas of your physical well being and basic needs.

NOTE: The American Red Cross is another valuable source for information pertaining to emergency preparedness.

The following three areas are the fundamentals of disaster preparedness. Each area is important in and of itself, but together they form the basis for your self protection and well being before, during and after a disaster or other emergencies.

1. **CREATE A PLAN** - Your family's plan should be based on your vulnerability to all types of hazards. You should keep an updated written plan and share your plan with other friends or family. Once your plan is complete, you should meet with your family at least annually to go over emergency plans and make any adjustments, if necessary. Your emergency plan should include family pets.
2. **CREATE A DISASTER KIT** - There are certain items you need to have regardless of what type of disaster you encounter. The disaster supply kit is a useful tool if you have to evacuate, as well as making you as safe as possible in your home. (See Below)
3. **SECURE YOUR HOME** - There are things that you can do to make your home more secure and able to withstand storms or terrorist attacks. You should review the information on the Federal Emergency Management Agency's website(s) (www.fema.gov) or (www.ready.gov) and follow their guidelines for safety and security.

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Objectives:

- Define the need for a Disaster Preparedness Kit
- Define what should be included in your Disaster Preparedness Kit
- Be able to calculate how much food you need to survive in a Disaster



NOTE: You should use a video camera to take a video of your home and property for insurance purposes. Make multiple copies and store them with family and friends in multiple locations.

On-line Vulnerability Information

There are a number of web sites available that can provide you information about your community’s vulnerability to specific hazards. These include terrorist attacks and hurricanes as well as other weather related incidents.

GLOSSARY OF TERMS

Meal, Ready-to-Eat (MRE) is a self-contained meal in lightweight packaging produced by the United States of America for its soldiers in the battlefield where organized food facilities are not available. They replaced C-rations in the early 1980s.

The MRE was adopted as the Department of Defense combat ration in 1975. A large-scale production test began in 1978 with delivery in 1981. MRE I (1981) was the first date of pack.

Cyalume, as used in a lightstick, emits light by chemoluminescence of a fluorescent dye activated by cyalume reacting with hydrogen peroxide in the most efficient non-enzymatic reaction known. When the activated fluorescent dye decays to a lower energy level, light is given off.

Disaster Preparedness Kit

Everyone should have a disaster preparedness kit. It is one of the most important elements in preparing for a disaster and could save your life. Below you will find our recommendations for the contents of a well thought out kit. You should modify your kit with additional items as you feel necessary. You should store your kit in an air tight, movable container(s) in a convenient place. You should keep a smaller version of the kit in the trunk of your vehicle. Replace the stored food every six months unless using MREs (Meals-Ready-to-Eat). Replace batteries and ammunition annually. Update important documents as needed. Rethink your kit as your family or other needs change. Ask your physician about storing prescription medications.

Given the behaviors witnessed in recent natural disasters, many individuals have decided to purchase a home defense class firearm. This class of weapon is typically a 12 gauge shotgun, with a synthetic stock and a very short barrel. The ammunition of choice is 12 gauge bird shot. This is up to the individual and is optional. Should you decide to include this in your disaster preparedness kit, you should take a gun safety and shooting class from a reputable firearms training professional. It is also important for all members of your family or household to have a predetermined meeting place in case of disaster. It is equally as important to have a communication plan for contacting everyone locally as well as other persons of interest.

Disaster Kit Contents



Drinking Water

You should have 1 gallon of drinking water per person, per day.

Calculation:

$$\begin{aligned} & \text{_____ Number of People} \\ & \times \text{Number of Days _____} \\ & = \text{_____ Total Gallons} \end{aligned}$$



Sanitation Water

You should have ½ gallon of washing water per person, per day
 (_____ Number of People x Number of Days _____) x ½
 = _____ Total Gallons



Food

You should have 3 MREs (Meals-Ready-to-Eat) or equivalent non-perishable food products per person per day. Be sure to include baby food and special dietary needs if applicable.

(_____ Number of People x Number of Days _____) x 3
 = _____ Total Meals

It is also a good idea to accumulate a two-week supply of canned food and water along with a can opener, utensils, paper plates, cups, paper towels and pre-moistened sanitary wipes.

The following is a list of suggested food items, but it is by no means all inclusive.

- Canned meats & fish
- Spaghetti/pasta
- Soup
- Chili
- Canned fruits

- Canned vegetables
- Fruit Juices
- Vegetable juices
- Cheese Spread
- Non-Fat Dry Milk
- Melba Toast
- Jams, Jellies & Preserves
- Cocoa Mix
- Instant Coffee
- Crackers
- Peanut Butter
- Sugar or Sweetener
- Salt & Pepper
- Energy bars (1 per person per day)
- Vitamins

NOTE: It is a good idea to date each perishable food item with a pen. You should rotate these items with fresh purchases on an as required basis.



Shelter

- 1 Tent large enough for a family or a heavy duty plastic tarp with 25' of ¼ rope



Sleeping Bags

- 1 sleeping bag for every person or two wool blankets per person



Camp Stove

FACTS

There are more than 3 million earthquakes in the world every year – that's one every 11 seconds! Most are very small 'microquakes'.

Out of every 100 people in the world who die as a result of a natural disaster, 96 of them live in poor countries.

In 2004, weather-related disasters caused nearly \$105 billion in economic losses.

Hurricane Katrina which struck the Gulf Coast of the United States in September, 2005 was the worst natural disaster in the nation's history, leaving approximately 400,000 people homeless and causing billions of dollars in damages and hundreds of lost lives.



Cooking Pots & Pans

- Mess Kit with utensils – large fork, large spoon, tongs, knives
- 1 package of plastic plates,
- 1 package of plastic cups
- Box of plastic knives, forks and spoons
- Paper towels
- Pre-moistened hand wipes
- Zip-lock sandwich bags
- Zip-lock gallon size bags
- Box of 55 gallon garbage bags
- Manual can opener
- Scissors
- Aluminum foil



Lighting

- Flash lights with three sets of batteries
- 10 Cyalume Light Sticks (12 hour)
- 6 long burning candles
- Mantle lantern with extra fuel

NOTE: You should rotate the batteries with freshly purchased ones on an annual basis.



Duct Tape

- Two large rolls per day



Sheeting

- Two 12'X12' plastic sheeting or two 12'X12' plastic tarps with grommets (to be used as shelter)



Tools

- Medium Phillips head screw driver
- Medium straight screw driver
- 1 pair medium wire cutters
- 1 pair medium slip joint pliers
- Spade shovel
- Axe
- Hand axe
- Hammer
- Utility knife with spare blades
- 8" adjustable wrench
- 12" pipe wrench
- 50 foot of 3/8 nylon rope
- Medium size ABC fire extinguisher
- Indelible markers (2)
- Leather work gloves



First Aid Kit

- Bottle of Potassium Iodide Tablets (radiation exposure)
- First aid manual
- Burn gel

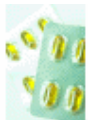
FACTS

The Indian Ocean tsunami generated by the most powerful earthquake (a 9.0 magnitude) in decades was on December 26, 2004. It is believed to have killed more than 150,000 people and made millions homeless, making it perhaps the most destructive tsunami in history.

The October 8, 2005 magnitude 7.6 earthquake in Pakistan was not especially large, but the more than 40,000 victims has raised it to the level of a major catastrophic disaster.

The worst flood in history occurred in China in 1931. The death toll from this flood was 3.7 million.

- Kling Gauze (gauze that adheres to itself)
- Large box of bandages
- Family medications
- Whistle with neck cord
- Small metal mirror
- Emergency reflective blanket
- Sterile adhesive bandages in multiple sizes
- Assorted safety pins
- Cleansing towelettes
- 2 pair latex gloves per person
- 2" gauze pads, 2" rolled gauze
- 4" rolled gauze
- 6 triangle bandages
- Tweezers
- Needles
- Antiseptic
- 6 tongue depressors (they make good splints for fingers)
- Thermometer
- Chlorine bleach



Non-prescription Drugs

- Aspirin
- Other pain relievers such as Advil, Tylenol or Aleve for both adults and children
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac
- Laxatives
- Activated charcoal
- Insect bite ointment



Electronics

- Spare battery and car charger for cell phone
- \$20 prepaid phone card
- Regional map and compass
- Crank-radio
- Satellite radio preferred with car adapter
- 12V DC car adapter to low power 120 VAC



Comfort Items

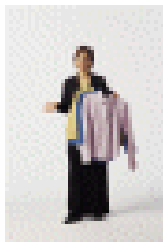
- 1 roll of toilet paper per person
- Kitchen garbage bags for make-shift toilet
- 13 gallon trash can with trash bags
- 1 pair of rubber gloves per person
- 1 dust mask per person per day
- Bottle of disinfectant
- Bar of soap per person
- Tooth brush & tube of tooth paste per person
- Tissues
- Feminine products
- Razor
- Sewing kit
- Hard candy
- Gum
- Book
- Cards
- Sun glasses per person
- Spare eyeglasses if applicable
- Pet food and drinking water
- Cash money
- Pillows
- Pen and pencil
- Paper
- Plastic wire ties
- Roll of quarters
- Comfort snack food

**Additional
Training Brief
Topics**

- Corporate Espionage*
- White Collar Crime*
- Computer Crime*
- Corporate & Industrial Terrorism*
- Information Warfare*
- Unmanned Aerial Vehicles*
- Body Armor*
- Armored Vehicles*
- Human Intelligence Gathering Techniques*
- Digital Spying*
- How Spies Get Caught*
- Interrogation*
- Terrorism Strategies & Tactics*
- Long Range Microphones*
- Dirty Bombs*
- Biological Weapons*
- Chemical Weapons*
- Directed Energy Weapons*
- Electronic Bugging Systems*
- Personal Security*
- Travel Security*
- Security Systems*
- Biometric Security Devices*
- Computer Hacking*
- Digital Footprints*
- Identity Theft*
- Social Engineering*
- Money Laundering*
- Situational Awareness*

...and many future
topics of interest
all available on

www.Spy-Ops.com



Clothing

Per Person – climate appropriate:

- Jacket
- Long pants
- Long sleeve shirt
- Leather boots or shoes
- Hat
- Gloves
- Rain poncho
- 2 changes of underwear per person
- 3 pairs of socks per person



Documents & Information

Every effort should be made to safeguard these records from loss BEFORE a sudden disaster strikes. You should make copies or create scanned images on a disk or CD of critical documents.

- Automobile registration
- Automobile title
- Bank books, bank account numbers
- Birth certificates
- Citizenship papers
- Contracts

- Credit cards, credit card numbers
- Deeds
- Driver's license
- FEMA emergency preparedness manuals
- Income tax records
- Inventory of property and belongings, especially high value items-photo and video records are good idea
- Insurance policies (home(s), apartment, vehicle(s))
- Marriage records
- Medical records, medical insurance cards, copies of prescriptions
- Military records
- Passport
- Phone numbers of important contacts
- Prepaid burial contracts
- Pet registrations
- Social Security cards
- Stocks and bond certificates
- Titles to deeds
- Warranties
- Wills
- Video or photos of your property and belongings
- Inventory of high value items
- Death certificates
- Important phone numbers
- FEMA emergency preparedness manuals

NOTE: It is important to note that everyone's special circumstances may require additions to the above listed equipment and documents.

REFERENCES

Red Cross
http://www.redcross.org/static/file_cont1409_lang0_628.pdf

Next of Kin Registry
<http://nokr.org/nok/restricted/home.htm>

Emergency Message Center
<http://www.emergencymessagecenter.com/index.cfm?google=Y>

Department of Homeland Security
<http://www.dhs.gov>

Federal Emergency Management Agency
<http://www.fema.gov/>

DHS Ready Program
<http://www.ready.gov/business/st2-promotefamily.html>



4017 Washington Road
 MS 348
 McMurray, PA 15317
 P 888-650-0800

www.Spy-Ops.com