

EMERGENCY PREPAREDNESS - 72-hour Emergency Kit

by Jack Ellis, K7SUQ

The words of wisdom, that we have learned following the recent Northridge and Kobe earthquakes, are that it is very wise to prepare-- ahead of time.

All of the members of the Clark County ARES/RACES group have had some classroom advice from some experts on what to do, and how to prepare.

It is evident that following any large scale emergency, you may be without power, water and other utilities for an extended period of time.

The best advice is: Prepare to fend for yourself and your family for at least 72 hours. Develop a family emergency Preparedness Plan. Discuss the types of emergency situations that we may expect in our area. Ask an out-of-state friend or relative to be your "contact person" to call other friends and relatives... it is often easier for someone outside the area to call long distance following a disaster.

Pick two places for the family to meet if separated following a disaster.

Stock emergency supplies, and assemble a disaster supplies kit.

This 72-Hour Kit, as we have described it, should include:

WATER:

(1 Gallon per person, per day) stored in mylar containers, or in durable plastic containers--never old milk jugs).

FOOD:

Ready-to-eat canned meats, fruits and vegetables, soups, powdered or canned milk. Stress foods - sugar cookies, or candy. Staples - sugar, salt, pepper. Juices, smoked or dried meats, such as jerky. Vitamins, and high energy foods, such as peanut butter, nuts, trail mix, etc.

NON PRESCRIPTION DRUGS:

Aspirin, antacids, laxatives, rubbing alcohol, antiseptics, etc.

FIRST AID KIT:

YOU SHOULD HAVE TWO... one at home, and one for the car. Include prescription medication that you or the family need.

TOOLS AND SUPPLIES:

Mess kits, or paper cups, plates and plastic utensils.
Battery operated radio with extra batteries.
Cash, change, travelers' checks
Fire extinguisher, small canister, ABC type.
Pliers
Compass
Aluminum foil, extra Zip-loc baggies

ARES / RACES *Operations & Training Manual*

- Candles, matches in a waterproof container
- Flashlights, and extra batteries
- Non-electric can opener.
- Tube tent
- Tape
- Plastic storage containers
- Paper, pencils
- Whistle
- Maps, etc.

SANITATION:

- Toilet paper, towelettes
- Feminine supplies
- Plastic garbage bags, ties
- Soap, liquid detergent
- Small shovel to dig expedient latrine
- Household chlorine bleach
- Plastic bucket with tight lid
- Disinfectant

CLOTHING AND BEDDING:

- Include at least one change of clothing and footwear for each family member.
- Sturdy work shoes or boots
- Sleeping bags or blankets
- Thermal underwear
- Rain Gear
- Hat and gloves
- Sun glasses

SPECIAL ITEMS:

- Remember family members with special needs such as infants, elderly or disabled.
- Prescription drugs, medication
- Denture needs
- Extra eye glasses

The most important thing is... START NOW to Assemble a 72-hour Emergency Kit.

Don't try and get it all done in one week, or even one month. Start now with the WATER, and then add a little each month. You are a leader in emergency preparation and can set an excellent example... and of course, get your radio, batteries, back-up power supplies, antennas and coax fittings ready to go. A small kit with coax fittings, jumper cables and extra stuff for the Ham Radio is important. Keep batteries charged and handy.

Note: File under Appendix H (Emergency Preparedness Information) in your Training Manual.