**Emergency Food, Water Storage, Supplies, Info**

**Prepared by Peggy Werner. Please note: all listed here is my personal opinion and not intended as medical or professional guidance or advice in any way.**

**Where to start: Ask yourself, What would I need if there is no electricity? We are dependent on electricity for water, food, light, telephone, heat or air conditioning, cash, gas for the car, food in the fridge, and so on.** Yes, generators are great – however they have to be outside at least 10 feet from your home/away from open doors, windows, vents, and you have to be able to store the gas for them in a safe and sheltered place away from your home. Per the Red Cross: generators cannot be used in rain or wet conditions.

**MAKE SURE ALL YOUR EMERGENCY SUPPLIES ARE EASY TO GET TO AND CARRY. (I use a large duffle bag on wheels. I will be getting reflective tape to put on it so it is easy to find in the dark.) You may also want to have a smaller kit in your car with food, water, emergency radio, flashlight, blanket, etc.**

**If you have to leave in a hurry:**

**DO NOT ASSUME YOU WILL GET BACK HOME IN ONLY A FEW DAYS. IF THERE IS A RECOMMENDATION OR ORDER TO LEAVE – THEN LEAVE. FIRST RESPONDERS SHOULD NOT HAVE TO RISK THEIR LIVES BECAUSE SOMEONE DIDN’T LEAVE.**

**Make a Plan:**

Plan several ways to leave (escape routes) in case one direction or another is blocked. If you have family with you or in your town, plan where all of you will meet up if you are not all at home at the time of the emergency. Plan who is the one person each of you will call (or text, skype, email) to say you are ok and where you are. This person needs to live out of your area and preferably out of state. The phones in your area may not work or may all be jammed. After Hurricane Katrina, for the first 3 months, I had to dial the phone 200 to 300 times to get through to my family in Louisiana once. Many cell towers were down and everyone needed to be on the phone.

**DOCUMENTS**

It is very important to have copies of your important documents: driver’s license/photo id, passport; insurance policies (including account number/how to contact the company/details of your coverage); credit cards (front and back of the card – so you have all the info including the phone number for the company), will, trust, any copies of documents from family members (parent’s will, etc.) and whatever else might be needed in your area. Put this in a water-tight container or well-sealed and sturdy plastic bag. Put a spare car key, house key, other important keys in this container as well. If you have to leave very suddenly you may not have time to look for keys. Do not rely on only having this info in your computer/tablet/phone. If there is no electricity you may not be able to access any of that.

**Solar-Powered USB Charger**

I recently purchased this. You can charge one or two usb items, phone/tablet, etc. with this device. It also has a flashlight in it. The device can be charged by the sun or you can plug it in. I got it on Amazon for about $18.00 US. It does come in a choice of colors.

[Foreverrise 10000mAh Solar Charger Dual USB Battery Pack Portable Phone Solar Power Bank Waterproof Battery Charger with LED Light and Carabiner with Compass Pack for Most USB Devices(Blue)](https://www.amazon.com/gp/product/B01IVNBOE8/ref%3Dod_aui_detailpages00?ie=UTF8&psc=1)

Sold by: [Foreverrise](https://www.amazon.com/gp/help/seller/at-a-glance.html/ref%3Dod_aui_sellerprofiles00?ie=UTF8&isAmazonFulfilled=1&marketplaceSeller=1&orderID=108-0142788-7085829&seller=A1QLL2XCDWBHTB)

You might want to put an extra power cord for your phone/tablet, etc. into you kit so you will have it to use with this device. It works great.

**FOOD:**

From HSN.com: This is the bucket of food for one month for one person that I purchased. At least once a year they have a special offer where the price is a little less and/or you can pay for it in monthly payments.

Wisefoodstorage.com, one month for one person or one week of food for four people

Be sure to watch the video on this page for details. They also sell supplemental packs: snacks, fruits, veggies, protein, etc.

<http://www.hsn.com/products/wise-company-1-month-emergency-food-supply-kit/8140531?query=8140531&isSuggested=True&>

**You can get a free sample of one of this maker’s food packets:**

<http://www.wisefoodstorage.com/?gclid=CLet2eDX884CFU-SfgodM7QAkA> (top of page)

Also, you can compare the prices on HSN.com with the prices on the maker’s website. I like that this food keeps a long time, can be eaten out of the package and takes cold or hot water (heating water takes more supplies and effort). FYI Marie Osmond has been on tv in the past promoting this company’s food.

**Wise Food Storage.com also sells Water Bricks for water storage.** On their website click on the video for the Water Bricks (3 for $74.99) to find out more about these. In the video I especially like the part with the bear! I bought mine through a company on Amazon because the price was better and I could buy them individually if I wanted. I also purchased a spigot to use on mine. With the Water Bricks keep in mind that water weighs 8 ½ lbs/gallon and choose accordingly. I chose a size that ends up weighing 33lbs per brick – which I figure I can carry. Larger sizes would be too heavy for me. I fill mine with filtered water, not directly from the tap. The “bricks” can be stacked up for storage until needed. I saw one ad where the bricks were stacked up behind the sofa!! They have to be cleaned first before use. Go on youtube and you can find several videos about this. I suggest you do put filtered water into these containers when ready to store your water.

<http://www.wisefoodstorage.com/6-4-gallons-of-water-storage-4-square-waterbricks.html>

Water filter I use one that hooks up to my kitchen tap, lasts for 25,000 gallons [25 years!], water tastes good and does not require filter changes: “Clean & Pure” from HSN.com, $29.95 + shipping, they have the best/least expensive prices for this item. This is a best-seller for them for years now so will most likely be back in stock soon if it is currently sold out. It saves me lots on bottled water!

Camping stores have portable water filters. These are generally not inexpensive. And, if the water is no good you sure can’t drink it! Filters have different degrees of effectiveness. I have not researched these filters.

**Books:**

I have: “SAS Survival Handbook, The Ultimate Guide to Surviving Anywhere by John ‘Lofty” Wiseman,

There are several versions of this book. I have heard that the older versions are better for outdoor skills (when you can’t stay in your home). One of the newer versions includes skills for those in an urban setting.

https://www.amazon.com/SAS-Survival-Handbook

# I am ordering: “The Knowledge: How to Rebuild Civilization in the Aftermath of a Cataclysm” Reprint Edition by [Lewis Dartnell](https://www.amazon.com/Lewis-Dartnell/e/B007AIGBGM/ref%3Ddp_byline_cont_book_1) (Author)

This is an amazing book for creating/building all kinds of things you may need like electricity, clothing, etc.

Amazon link:

[https://www.amazon.com/Knowledge-Rebuild-Civilization-Aftermath-Cataclysm/dp/0143127047/ref=sr\_1\_1?ie=UTF8&qid=1472927239&sr=8-1&keywords=the+knowledge+how+to+rebuild+our+world+from+scratch](https://www.amazon.com/Knowledge-Rebuild-Civilization-Aftermath-Cataclysm/dp/0143127047/ref%3Dsr_1_1?ie=UTF8&qid=1472927239&sr=8-1&keywords=the+knowledge+how+to+rebuild+our+world+from+scratch)

Costco (warehouse store) has been selling preparedness books for a few months now. They have a new one out, here in San Diego. Look at these books in bookstores also, and second hand, perhaps on Amazon. Find one that helps in multiple areas including creating shelter, finding food, first aid, and generally areas of resourcefulness. As you read through these books look and see what kind of supplies you might need, such as a good sharp knife, waterproof matches (found anywhere that sells camping supplies), a whistle, compass, pliers, wrench, etc. For all in earthquake country: if you have a gas stove/heater in your house attach a wrench to the outside shut off valve for your gas supply. Some hardware stores have a wrench specifically for this that will not rust. You also might want to make sure you know how to turn off the water supply to your home and have any tool that is necessary to do that, and any other supplies or tools. I have flashlights that shake and flashlights that crank (no batteries needed) and also a radio that can be powered in several ways: solar, batteries, crank. I have one in my home and one in the car. You can also get a solar charger for your rechargeable batteries. Do not use candles that require an open flame. This is dangerous. I have battery operated candles that I got at Costco. These have a timer in them. I set them for the time I am coming home, so I don’t have to come into a dark house, and also for when I am not home it looks from the street like I am home – without having to add to my electricity bill.

**Online:**

There is a lot of info from the Preppers (prepping) – These are the folks who are focusing on “living off the grid” and are preparing themselves and their families for dramatic circumstances. You will have to wade through the many websites and videos to see what makes sense for you. I stay away from all the gun info/focus.

**Online Information:**

**Red Cross has good, clear instructions for emergencies:**

<http://www.redcross.org/get-help>

FYI When packing your copies of your important documents, I suggest you put them inside of double Ziploc baggies to keep them dry.

I also suggest taking a basic First Aid class from the Red Cross and keep the manual in your Emergency Kit, same for CPR training. They also offer a special training for being a Preparedness person in your neighborhood – involves leadership training. I don’t remember the name of the program and have not taken it. When I worked in an elementary school for 5 years taking care of the health needs of 500 kids I maintained a current certification in First Aid and in CPR… Both the Red Cross and the American Heart Association offer CPR training. I think the American Heart Association may cost less. Some areas may offer the training for free, especially if they are having a preparedness fair or day, etc. The Red Cross or Emergency Training in some towns may offer Ham Radio Operator training (I think it is Red Cross), so you could be able to help out in that way. You may be able to receive a Ham Radio Operator license due to the training. And you get to learn Morse Code!

Speaking of First Aid:

I have a “Professional First Aid Station” that I keep in my kitchen. It comes in a large plastic box with a handle. It “meets all first aid specifications from the U.S. Department of Homeland Security” and “meets federal OSHA requirements”. It is designed for home and business. I think I got it at Costco, several years ago.

Travelers Insurance Company has a few pages of info about preparing for emergencies.

Here is one: <https://www.travelers.com/resources/weather/emergency-preparedness/how-to-build->

**If you are not a camper or outdoors person, your local camping supplies store (like REI) may offer classes to get you familiar with the equipment, etc. Sometimes in emergencies it can be safer to sleep outside. Or ask family or friends who are outdoors people to show you how! REI in Berkeley, where I used to shop, has equipment to rent, and they will teach you how to use it. I am guessing all of their stores do this. See what is available in your area. Even if you and the family only sleep one night in your backyard it will be very helpful if you ever need to do that again. My first campout, at age 9, was in my friend’s backyard in Atlanta, as a requirement for a Girl Scout merit badge. We heard a sound in the middle of the night and thought it was a bear!!! (neighbor’s dog!!!!!!!!!) We also put our unopened can of beans right in the fire and were incredibly lucky that we were not near the fire when the can exploded. (Always put a hole in the top of the can to let the steam out.)**

Put something in your bag that makes you happy, such as a family photo, etc. Keep it small. This could help in keeping you in emotional balance, no matter what is going on.

For those who will be taking their calligraphy scrolls with them: go to an art supply store and get a sturdy plastic case to put them in. These cases usually expand in length. This way the scrolls are protected from water and in other ways.

If you have other suggestions please share them. It is much, much better to have knowledge and supplies ‘just in case’ and never need them, than to not have the knowledge and supplies when needed