

What Goes into Your Go Bag?

ORGANIZING YOUR EMERGENCY SUPPLIES




WWW.CEDARHILLSREADY.ORG | WWW.QUAKEUP.ORG | FACEBOOK: @CEDARHILLSREADY

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**READY**

**AGENDA**


7:00 PM – Introduction & Welcome

7:10 PM – Are you ready to go?

- Ready, Set, Go
- Under-Bed Kit Basics
- Go Bags for 1 – 2 days away
- Evacuation kits (3 days to 2 weeks)
- Most important emergency supplies

7:55 PM – Question & Answer

8:00 PM – Meeting Adjourns



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**READY**

Level 1: Get Ready!



Be aware of the danger that exists in your area, monitor emergency services websites and local media outlets for information.

Emergency Preparedness Checklist

Flashlight

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### Register for Emergency Alerts

**PublicAlerts**  
Emergencies can happen any time. Let's get prepared. Sign Up  
Portland-Vancouver Region  
Critical alerts for storms, earthquakes  
<https://www.publicalerts.org/>

**ShakeAlert** Because seconds matter.  
If you feel shaking or get an alert, DROP! COVER! HOLD ON! DO NOT WAIT!  
Take Protective Action! DROP-COVER-HOLD ON  
ShakeAlert.org  
Early warning for earthquakes  
<https://tinyurl.com/shakealertoregon>

**NOAA Weather Radio**  
All Hazards  
Emergency Radio Stations  
91.5 FM – KOPB; 1190 AM – KEX  
1610 AM — 3 mi Beaverton City Hall

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### SET Level 2- Be Set

You must prepare to leave at a moment's notice. This may be the only notice given.

*Tip from TVF&R:*  
If you are ready to go, you may want to leave now, to avoid traffic in getting to your safe location.

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### Under-Bed Kit Basics

Sturdy Shoes Hard Hat  
Flashlight Gloves  
Mask Goggles  
Help/OK Sign

Check out the Get Prepared Now! Booklet, pages 8 - 9.

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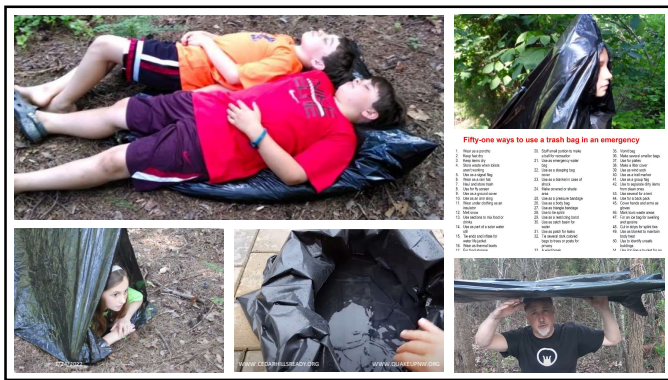
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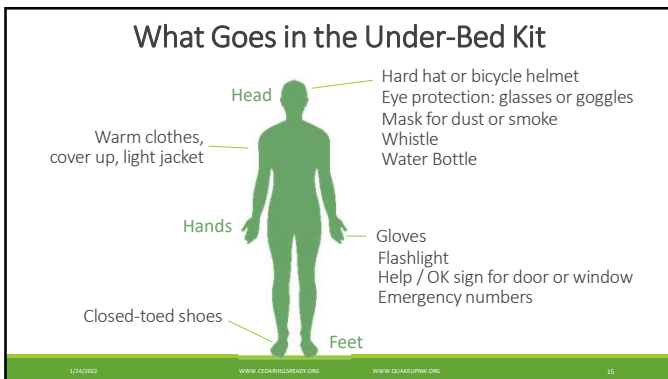
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### Go Bags for Work, School & Car (1-2 day pack)

#### Our Top Ten List

1. Water & food
2. Head & face protection
3. Hands & feet protection
4. Medicines & first aid
5. Communication devices
6. Cash (small bills & coins)
7. List of emergency numbers
8. Copy of family emergency plan
9. Personal hygiene kit (including heavy duty trash bags)
10. Flashlight & whistle

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### What additional things might you need?

THE BASICS, PLUS OUR IDEAS:

- GPS device, compass, local maps
- Fire starting devices
- Knife, multi tool, rope
- Sealable plastic bags
- Blanket, poncho, space blanket

YOUR IDEAS:

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### Evacuation Bags for 3 days – 2 weeks

#### What can't you live without?

- Start with your go bag
- Now think of a longer period of time:
  - Extra clothing, hoodie, jacket, poncho
  - More personal hygiene supplies and medications
  - Tent & camping supplies
  - Tools: rope, knife, can opener, fire starters
  - Name on bag

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### What do you need for an evacuation?

**OUR IDEAS:**

- Copy of critical documents, personal information, photos of everyone & pets
- Family plan
- Extra house key
- Basic first aid kit, disposable gloves
- Extra glasses, hearing aids, batteries
- Radio (battery, solar, hand crank)
- Sleeping bag, plastic sheeting
- Waterproof matches
- Irreplaceable items
- Special needs: pets, seniors, disabled folks

**YOUR IDEAS:**




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### PACK WEIGHT DISTRIBUTION & PACKING ZONES



**1. MIDWEIGHT ITEMS**  
**2. HEAVY ITEMS**  
**3. LIGHTEST ITEMS**  
**4. LIGHTER ITEMS**

**MIDDLE BACK (AGAINST THE BACK PANEL)**  
 Heaviest items, including cookware, hydration reservoir, tent body, food, stove

**SIDE POCKETS**  
 Water bottles, fuel containers

**HIP POCKETS**  
 Phone, camera, snacks, chapstick, pocket knife

**LID**  
 Small items you need access to, like snacks, compass, lighter, first aid, rain cover

**MIDDLE FRONT**  
 Lightest items, including pillow, towel, lightweight clothes, etc.

**BOTTOM**  
 Medium weight gear, including sleeping bag, air mattress, camp clothes, pillow, etc.

<https://images.app.goo.gl/zPuKvngMjBhrkM5E9>

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### Why do an Inventory & Inspect Supplies?



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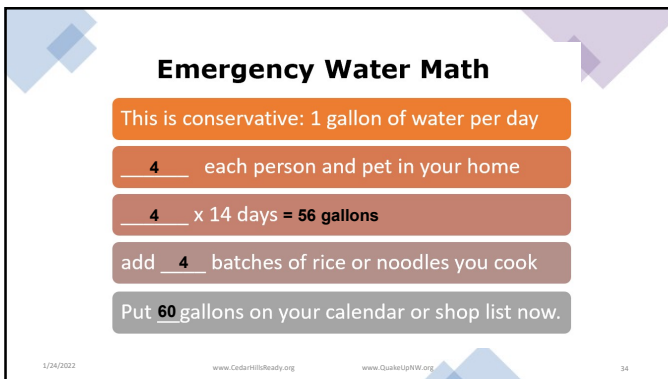
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**How to Store 2-weeks H<sub>2</sub>O**  
Family of 4 (~60 gallons)

Don't store H<sub>2</sub>O in old milk jugs!

20 cases, 16 oz bottles

5 Gallon Storage Jug  
12 Jugs, 5 gallons ea

1 Barrel, 55 gallons

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**Summary – Just Do It! One Step at a Time**  
Start with what you already have!

<p>ASSEMBLE</p> <ul style="list-style-type: none"> <li>• Under Bed Kit</li> <li>• 1 to 2 day Go Bag</li> <li>• Evacuation Kit (includes Go Bag)</li> <li>• Store Water</li> </ul>	<p>SUGGESTED STEPS</p> <ol style="list-style-type: none"> <li>1. Organize your supplies</li> <li>2. Assemble kits by person</li> <li>3. Inventory your supplies</li> <li>4. Inspect your supplies every 6 months</li> <li>5. Store water in multiple locations (1 gal/person/day)</li> <li>6. Store Go Bags on exit route</li> <li>7. Store shelter-in-place supplies safely</li> </ol>
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**Get Prepared Now!**

**Resources & Links**

For links and downloads see:  
[tinyurl.com/chrgobaglinks](https://tinyurl.com/chrgobaglinks)

Contact:  
[Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)

**Planning + Preparedness = Resilience**

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