

## Under Bed Kit

Who: Every person in home + guest room

Why: Spend 8 hrs / day Dark & disoriented

Fact: The vast majority of injuries that happen in earthquakes don't come directly from the earthquake itself, but from fire and broken glass. The reason to have this kit of immediate supplies under your bed is that you spend a third of your day in bed, and this is the easiest place to reach if something happens in the dark.

Where: Tie to Bed legs so it doesn't move especially with no carpet

How: Make it a gift-birthday, anniversary, Christmas, Mothers & Father's Day, Grandparents & Kids Day

## What Goes in your Under-Bed Kit?

Head-hard hat or bike helmet have kids decorate helmet

Home Depot: Not \$6-inside webbing doesn't hold up

Eye Protection: Glasses or Goggles

Face Masks

Hands-leather palmed gloves -find small gloves BiMart

Feet-sturdy, closed toe shoes walk on glass-not flipflops

Flashlights-Hands Free (not candles),

Whistle-doesn't require as much air, less particulate intake,

Bottle of Water

Help/OK signs-download from Cedar Hills Ready booklet

Attach band aids, put up in front window or door for search & rescue

### This kit is easy to assemble.

Have it put together for every resident in home as soon as possible Include frequent Guests.

#### Additional ideas:

Extra Glasses, Hearing Aids-Velcro adhere case on bedstand

Cell Phone nearby

Outdoor Clothes-depending on bedwear

Small Crow Bar-if you sleep with doors closed

Know who is responsible for what: who checks on who, utility shut off, etc

## Build your own kits Fundamentals:

After an emergency, you may need to survive on your own for several days.

A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

The kit you create should reflect your own personal needs and you should know how to use everything in your kit.

You need access to emergency supplies no matter where you are 24/7.

You never know where and when a disaster will strike; prepare for work, school, cars and home.

Take time to research Emergency Plans for your work, school, adult living facilities, care givers

Know & understand their plan, responsibilities and who are the contacts.

First be clear about your mission:

#### 1. What do you need to do?

Evacuate? Get home? Setup emergency communication station? Etc.

#### 2. What are the conditions you might be in?

Consider: Weather, terrain, your physical fitness level, think: realistic

contingencies

3. How long will you need it?

## Organize Your Emergency Supplies

You will have many of suggested items already in your home.

Gather in one place.

Every person and family have different preparedness needs

Seniors & Special needs folks may want roller bags

Some people purchase a pre-made emergency kit (be aware of expiration dates

Others build one on their own using an off the shelf school backpack to store their supplies.

With only one compartment, all of your stuff are dumped in. Like Ladies purse?

Locating what you need involves wading through layers and layers. Supplies on the bottom get crushed and bags are often too heavy to carry.

## Everyone needs a Go Bag.

**When organizing your Emergency Kit, consider the following:**

Look for a high-capacity backpack with many built-in storage compartments.

Consider something which has multiple storage compartments, and modular pouches with clear tops for

quick and easy identification.

If you need more supplies than will fit in a single backpack, consider adding a duffel back to hold your additional items.

For households with 3 or more family members, consider organizing supplies by person.

Next, label bag with their name and store all of their needs in it including medications and personal items.

Add a personalized container (like a pouch) to your emergency kit for each family member.

Keep emergency supplies for infants in their own dedicated baby duffel bag.

Their preparedness needs change monthly (in terms of food, diaper sizes, etc.). You will want to be able update their items more frequently than other family members.

For growing children-pack their clothing 1-2 sizes larger

Have a separate bag for pets-

## Work/School Go Bags your 1-2 day pack

**How will you get home from work, gym, church, school?**

Be prepared to shelter in place for 24 hours

Because of temp swings, food & water will need to be rotated more often

Avoid expensive items.

Review & repack seasonally

Suggested List:

Head-helmet, warm hat, Sunglasses, Mask

Hands-gloves, hand sanitizer

Feet-sturdy, closed toe

Flashlight, Whistle, Mask, Disposable gloves

Bottles or pouches of Water, Snacks, Critical Medications

Cash-small bills, coins

Cell Phone charger or power bank

List of Emergency Numbers, compass

Poncho

Copy of Family Plan

Fire Starting devices

Small First Aid Kit

GPS device, compass, local maps

Small Personal Hygiene Kit

Sealable Plastic Bags

Toilet Tissue

Knife

Blanket

## **Where And How To Store Go Bags**

Obtaining your emergency supplies is a good first step in getting prepared but throwing an unorganized pile of survival gear into a closet will do little to help you in the event of a real disaster.

For accessibility, choose a storage location close to an outside exit along your evacuation route.

When disaster strikes you need to be able to grab your bag on your way out.

Being smart about storing your supplies will help protect them, preserve them, and make accessing them safe and easy.

Organize Go Bags by Person.

Let everyone know where their Go bags are located.

If old enough to carry or wear-each person should have their own backpack

Keep emergency supplies for infants and pets in their own dedicated duffel bag

Who do you need to let know where you are?

## **Inventory Of Your Emergency Supplies**

**Keep an up-to-date list of all items in your emergency kit.**

When disaster strikes, having a list of items will remind you of what you have without needing rummage

through everything.

Change out seasonal clothes-around April & October for upcoming temperatures & conditions.

You can also take the additional step of adding the expiration date of each item. This makes identifying expired items much easier.

An added benefit of writing it all down, is that you can share your list with other friends and family members. It will help them understand what they might need in their Go Bag

## **Inspect Your Emergency Supplies**

Most emergency kits have a 5 year shelf life, however, some items may have a shorter life expectancy. Some items might degrade well in advance of their shelf life.

Inspect the contents of your emergency kit every six months.

Visually Inspect each item in your emergency kit.

Do clothes still fit, have items suffer damage, did you find duplicates?

Replace Expired Items. Make sure to check your first aid kit, emergency food and water, batteries, and medications.

Re-charge power banks, solar banks

Replace outdated documents with updated versions. Insurance policies, medical information, and other

important documents change frequently, so make sure the documents stored in your emergency kit are up to date.

Take a moment to reevaluate your preparedness needs and add or remove items as necessary. Changes in the number of family members, ages of family members, the number of cars and the availability of new emergency preparedness products and technology, could all impact the types of items you want to keep in your survival kits.

## **Evacuation BAGS 3 days-2weeks**

**You may need to evacuate your home for a longer period of time-**

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

**Begin with your Go Bag-**

Remember, those components include:

Protection for head, hands, feet, Flashlight, whistle, Masks, Water, snack, critical medications

Extra clothing, hoodie, jacket, poncho

Small Cash bills & coins, ID

Charged power bank, solar charger

List of Emergency Numbers

Small roll TP, small bottles of personal hygiene

Mylar Blanket, pup tent

Tools: rope, knife, manual can opener

Fire starters

First Aid kit

Name on bag

## **Additional items.**

Copy of critical documents-Credit Cards, Insurance, Utility numbers

Personal information: Name, social security number, Medical info: (medications, allergies, specialists, doctors, serial]al numbers of equipment)

Family Plan-out of state contacts, meeting locations

Extra house Key

Current photos-family members, pets

Basic First Aid Kit

Extra glasses, hearing aid batteries

Disposable gloves

Radio-battery, solar, hand crank

Sleeping Bag, plastic sheeting

Complete change of clothes

Waterproof matches

Irreplaceable items-pictures etc.

Quiet entertainment -cards, book

Pets-restraint items, food, water, quiet toy, medical records, list of approved shelters

## **Ideas for the Car:**

**Here are some minimum tools to always keep in your car:**

Extra Clothes

Colored Flag (red, orange)

Empty gas can

Jumper Cables, ice scraper

Shovel, tire jack, wrench, pliers, screwdriver

Fire Extinguisher, flares