



# Packing Your Bags

Emergency Preparedness Discussion with Tracy Newby, KI6LVL















# Starting With Lists

- Basic Emergency
- CERT Bags
- Go-Bag
- 72-Hour Go-Bag
- Extended Gear
- Personal Gear
- Evacuation?



## Emergency Kit

### Visual Checklist for Disaster Supplies

 Water	 Food	 Prescription Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-dropper
 Mylar Blanket	 Blankets	 Sleeping Bag	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene	 Towelettes
 Towels	 Sanitation	 Plastic Sheeting	 Tube Tent	 Backpack	 Dust Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Knife	 Multi-purpose Tool
 Wrench, Pliers, Crowbar	 Rope / Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Compass	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-way Radios
 Emergency Guide/Plan	 Family Documents	 Maps	 Camera	 Games & Books	 Extra Keys	 Cash, Travelers Checks, Coins

#### References



Letter or Note of Love & Hope

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Ready America

1. Get a kit
2. Make a plan
3. Be informed

Checklist prepared with guidance from Craig Ballman, Tracy Burt, Adam Corneak, Michelle Gregory, Kathleen Klemke PhD, Andy Parish, Lisa Puffer, Matt Brown PhD, Jane Stroup, Tamara Sugiura and Bob Weil. Spring 2011



# Starting With Lists

- ▶ **Basic emergency kit everyone should have in their home:**
  - Water (one gallon per person per day for at least three days, for drinking and sanitation)
  - Food (at least a three-day supply of non-perishable food)
  - Battery-powered or hand-crank radio and a NOAA (National Oceanic and Atmospheric Administration) Weather Radio with tone alert
  - Flashlight
  - First aid kit
  - Extra batteries
  - Whistle (to signal for help)
  - Dust mask (to help filter contaminated air)
  - Plastic sheeting and duct tape (to shelter in place)
  - Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
  - Wrench or pliers (to turn off utilities)
  - Manual can opener (for food)
  - Local maps
  - Cell phone with chargers and a backup battery

# Starting With Lists

## ➤ **Basic emergency kit additional items:**

- Cloth face coverings (for everyone aged 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids, and laxatives
- Prescription eyeglasses with case, and contact lens cases and solution
- Infant formula, bottles, diapers, wipes, and diaper rash cream
- Sleeping bag or warm blanket for each person
- Pet food and extra water for your pet
- Cash or travelers checks
- Important family documents such as copies of insurance policies, identification, and bank account records saved electronically or in a waterproof, portable container, as well as drivers licenses, passports, and work/school IDs
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Paper and pencil
- Books, games, puzzles, or other activities (that don't require batteries) for children

# Starting With Lists

## ► Basic emergency kit maintenance:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly-closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

## ► Storage:

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** If onsite, be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

<https://www.ready.gov/kit>



# Basics for CERT

- ▶ Please remember to follow YOUR Community Emergency Response Team local guidelines for what you can and CAN'T have in your bag.
- ▶ This is for members of CERT teams, but also a good idea for other members of the community. It never hurts to be prepared.
- ▶ Remember safety first and last; never forget to include your PPE (personal protective equipment).
- ▶ Remember to include water and snacks/food for one person for an 8- to 12-hour shift.
- ▶ Keep your pack light enough to stand wearing for several hours at a time.
- ▶ Try to pack for the role you are most likely to be performing, but have a bit of everything just in case.

# Basics for CERT

## ► What's In The Bag?

### **Safety:**

- Hard hat (green with CERT text or logo), ANSI (American National Standards Institute) Z89.1-1997, Type I, Class E & G
- Safety vest (green with reflectors and CERT logo or text), ANSI reflective Type II
- DSW or CERT ID card(s) issued by Parent Organization and or Incident command
- Masks (N95) (>3)
- Latex-free gloves (1 box)
- Work gloves
- Work boots (steel-toed preferable)
- Safety goggles (ANSI-approved with side-guards)
- Knee and elbow pads (optional)
- Hearing protection (foam ear buds and/or other ANSI-approved hearing protection)

# Basics for CERT

## ► What's In The Bag?

### **CERT Deployment tools:**

- CERT backpack and fanny pack (preferably green, with CERT text or logo and owner name)
- Plastic re-sealable water-proof storage bags for moisture sensitive items
- Spark-less 4-in-1 tool or crescent wrench
- General purpose rope (the stronger, the better) (> 20ft)
- 1 roll duct tape
- 1 roll masking tape
- 1 canister of orange marking spray paint
- Triage tags or triage tape
- Caution boundary tape
- 20' of general purpose rope (use appropriate type and strength of rope if you are certified to perform rigging)
- First aid kit: Pack as little or as much as you care to depending on your favored response role, and make sure your kit is updated every year and expired items are replaced.
- No drugs (no pills, no medicated creams or ointments, except for yourself)
- Hot and cold packs
- 4x4 gauze pads (In our drills we use a lot of gauze; some EMR friends of mine highly recommend packing a lot of 4x4 gauze.)
- Triangle bandages
- Roller gauze
- Band-Aids and paper tape (A firefighter I know recommends a large box of Band-Aids for small, non-critical injuries)
- Emergency thermal blankets
- Alcohol, iodine, or BZK swabs
- 4 oz. or more of alcohol hand sanitizer gel
- Flashlight and backup lighting with sufficient batteries and supplies
- Knife (folding blade pocket knife, and/or utility knife)
- Scissors (primarily medical shears, or other sharp and durable scissors are recommended)
- Pens, pencils, permanent markers, grease pencil, paper (notebook, waterproof version if possible)
- CERT Field Operation Guide, deployment protocols (and other documents required by your CERT group)



# Basics for CERT

## ► What's In The Bag?

### **72-Hour Kit: food and shelter supplies for extended deployments:**

- Water-tight storage containers for 72-hour kit transportation and storage
- Tent
- Chair
- Table
- Sleeping bag and cot and or air mattress
- 9 Meals (2000 to 3600 calories per day, non-perishable, low preparation)
- Personal latrine and supplies
- Personal first aid kit with 72 hours' worth of medications and supplies
- Personal decontamination/toiletry/cleaning supplies (personal shower recommended)
- Personal cooking and eating supplies
- At least 1 gallon of water per person per day (>3 gallons)
- Water purification: tablets, micro-pore-filters, etc.
- Durable all-weather clothing for 72 hours plus biohazard bag for contaminated clothing
- Fire building/tending tools
- Trash sacks
- Large re-sealable plastic bags
- Tarp
- This equipment is extremely bulky, so you will want to adjust this list depending on the the length of time deployed and what your task will be.

For instance, if you are working with wounded then decontamination and cleaning supplies are crucial.

A large scale response will often have food, showers, water, and sleeping arrangements supplied, so your 72-hour supplies can be reduced.

# Basics for CERT

## ► What's In The Bag?

### **Seasonal items:**

- Season-appropriate clothing: long-sleeve shirts and pants are preferred.
  - Waterproof boots with backup work boots/shoes
  - Cold weather work gear (winter coat, pants, hat, gloves, etc.)
  - Rain gear (poncho, rain suit with water resistant jacket)
  - Wide-brimmed hat
  - Bandana, cooling cloth, etc.
  - Sunscreen
  - Bug repellent
- (Weather conditions can change quickly, so bring equipment for the worst-case scenario.)

[https://www.emergencykits.com/emergency-kits/c-e-r-t-kits?gclid=EAlalQobChMI55\\_0lrPk6wIVBBx9Ch0aogW3EAAYAiAAEgK1cfD\\_BwE](https://www.emergencykits.com/emergency-kits/c-e-r-t-kits?gclid=EAlalQobChMI55_0lrPk6wIVBBx9Ch0aogW3EAAYAiAAEgK1cfD_BwE)  
[https://www.emergencykits.com/cert-kit-comparison/?gclid=EAlalQobChMI55\\_0lrPk6wIVBBx9Ch0aogW3EAAYAiADEgJiMfD\\_BwE](https://www.emergencykits.com/cert-kit-comparison/?gclid=EAlalQobChMI55_0lrPk6wIVBBx9Ch0aogW3EAAYAiADEgJiMfD_BwE)



# CERT BAG

- Basic PPE
  - Gloves
  - Eye safety
  - Mask
  - Hart hat
  - Safety vest
  - Ear plugs
- Light & Safety
  - Main light
  - Small light
  - Signal mirror
  - Whistle(s)
  - Spare batteries



# CERT BAG

## Tools and Gear

- Wrench
- Screwdrivers
- Pliers
- Wire cutters
- Knife
- Rope
- Bolt cutters
- Pry bar
- Hammer?
- Guides?



# CERT BAG

- Tools and Gear
  - Duct tape
  - Masking tape
  - Markers
  - Basic first aid
  - Emergency blanket
  - Compass
  - Local maps
  - Toilet paper
  - Radio and batteries



# CERT BAG

- Food and Water
  - Water for YOU
  - Food for Shift
    - Snacks (short)
    - Meals (long)



# Some Other Things

## Other Items

- CBRN respirator
- "Easy-Up" shade
- Chair(s)
- Folding table(s)
- Portable sanitation
- Camping gear
- Cot
- Sleeping bag
- Pillow
- Change of clothes





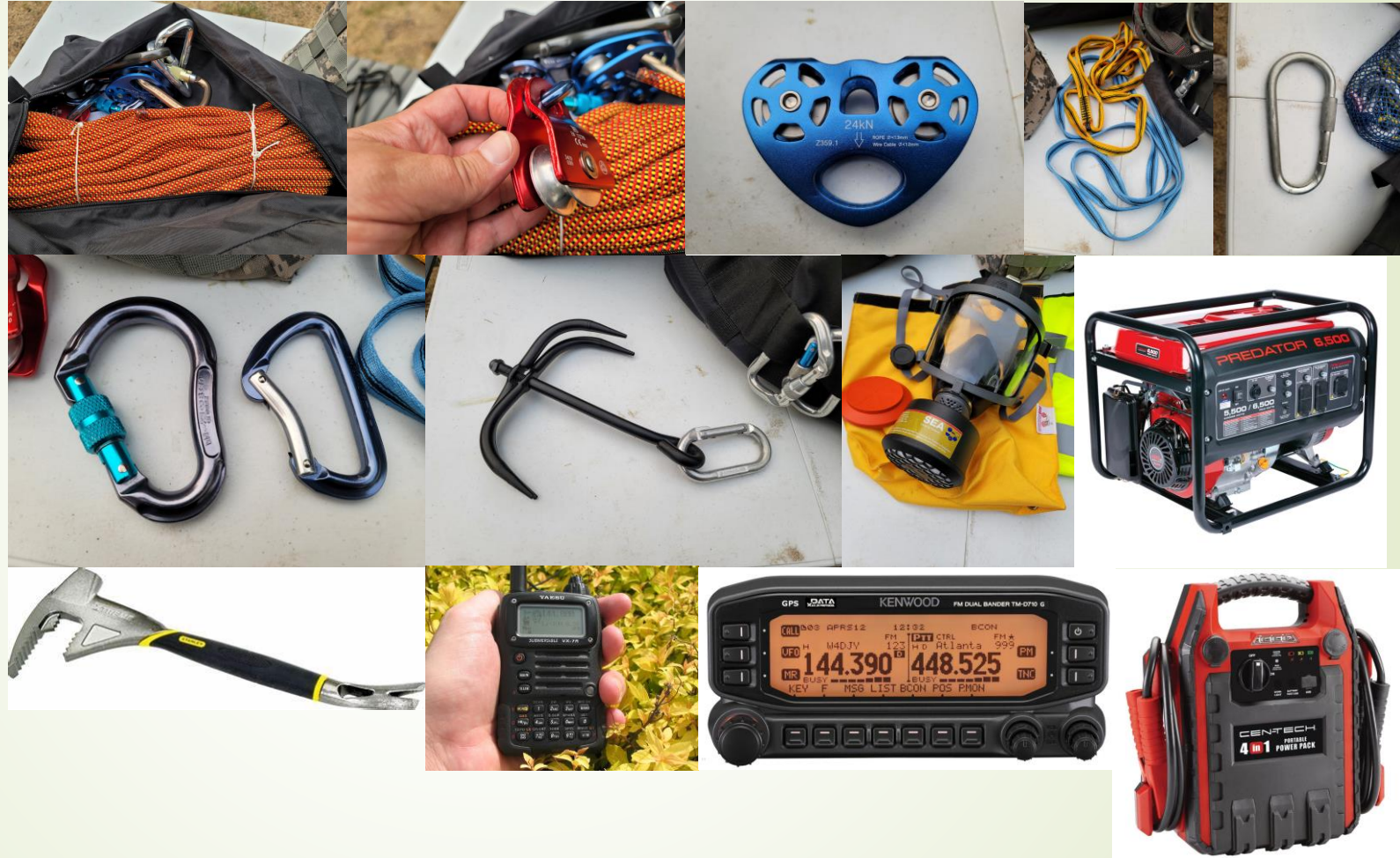
# Outside the Scope of CERT

- Non-CERT Items
  - Better rope
  - Rigging gear
  - Safety harness
  - HAM Radio(s)
  - Demolition tools
  - Generator
  - Work lights
  - Positive Air Pressure Respirator (PAPR)



# Some of My Personal Things

- Safety gear and rigging
- Masks and respirators
- Tools
- Independent power
- HAM radio HT "Handy Talkie"
- HAM radio mobile rig



# Being a HAM...Radio Operator

- ▶ HAM radio requires a FCC license.
  - ▶ Easy to pass test.
  - ▶ NO Morse Code requirement (was removed), but certifications still available.
- ▶ ARES/RACES Program(s) is the use of Hams during emergencies.
  - ▶ Run by the County and/or City.
- ▶ Equipment can be expensive.
  - ▶ Small, hand-held “Handy Talkies” (HTs) are less expensive.
  - ▶ Mobile radios cost more, but are more powerful.
  - ▶ Base stations have the highest power, and the highest costs (typically).
- ▶ County training is VERY important (though some areas have City training).
- ▶ Mutual Aid Communicators
  - ▶ MAC operatives can be dispatched to other areas if needed.
  - ▶ Rating system lets jurisdictions know capabilities of operators quickly.



# Wrapping It Up

- Thanks for participating today!
- Last Questions?
- Thank you to Ann Hepenstal for inviting me, and to Toni-Lynn Charlop for all of her support for CERT!!!