

# LITTLE WHALE COVE

## 72-Hour Emergency Kit

### Be Prepared, Not Scared

It's 8:00 p.m. on a windy fall day. It's been dry for weeks. You just sat down to a good book when the quiet is shattered by a loudspeaker outside warning residents that there is a wild fire and to evacuate immediately. Looking out the window, you see a red emergency vehicle make a sudden u-turn and head back to the end of your street where it stops, blocking the only way out by car. A fireman jumps out and starts directing residents to head towards the north gate on foot. You can already see the flames in the trees only one street over.

It's time to go! What are you going to grab on the way out the door?

Emergencies happen. We hope they won't happen here, but it's best to be prepared. One of the first things residents of Little Whale Cove need is a 72 Hour Emergency Kit. This is your personal "grab and go kit" that will fit on your back in the event of an evacuation on foot, or is thrown in the back of the car if you have the luxury of that mode of transportation. Remember that you may not have a choice!

The LWC Emergency Committee has designated October as Emergency Preparedness Month. Your area captain will be contacting you with suggestions and perhaps even an area-wide workshop on your personal and family grab bag. We hope you will participate in this important event!

For detailed information about what should be included in your pack and how you should be prepared for an emergency, look into the red Emergency Preparedness Guide that was provided to you by your Area Captains. The Safety Committee will provide an updated list. Remember: be prepared, not scared! What follows is a list of suggestions you may want to consider for your own grab and go kit. The contents of this bag may not only save your life, but may also play a crucial role in your ability to recover from the emergency!

## 72 Hour Emergency Kit

### Purpose

The purpose of a 72 Hour kit, also called a "grab and go kit," is to have basic survival supplies ready at a moment's notice so that you can immediately evacuate to a place of safety. The evacuation may be on foot and therefore the kit must be small enough for you to carry or to wheel along with you. The important concepts are "ready," "immediate evacuation," and "basic supplies." In many evacuations, you will be going to an emergency shelter where basic supplies will be available after a while....hence your own 72 Hour Kit.

### Kit Contents (adapted from FEMA web page)

Imagine that for the next three days, you will be without any water, food, clothing, shelter, or medical supplies except what you carry yourself. Everyone's kit is a set of individual choices and decisions based on what you would need for three days balanced by what you can carry. Listed below are some basics to consider having in your kit. Note: Your kit should be kept in an easily accessible place, preferably near your exit point.

### Water

You should plan for at least three days of water. A normally active person needs at least one-half gallon of water daily just for drinking. Note: a gallon of water weighs 8.3 pounds, three days supply is 25 pounds. Carry as much water as you can but do not compromise your mobility. In lieu of bottled water, carry a small

bottle of chlorine bleach and an eyedropper. The bleach can be used to treat stream water to make it drinkable. In determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet and climate
- Children, nursing mothers and ill people need more water
- Very hot temperatures can double the need
- A medical emergency might require more water

### Food

Take at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water and that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. Note: If you pack canned foods, be sure to include a manual can opener. Some possible foods are:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, plan for extra water)
- Freeze-dried camping meals
- Hi-energy foods such as peanut butter, jelly crackers, granola bars, trail mix
- Foods for infants, elderly or those with special dietary needs
- Comfort foods—cookies, hard candy, sweet cereals, instant coffee, tea

### Clothing

When you leave the house, the clothing on your body should include long sleeve pants and shirt, rain parka, hat and waterproof walking shoes. You should have your wallet with ID, credit cards, cash, and important phone numbers. In addition, include in your kit at least one complete change of clothing and footwear per person.

- Jacket or coat
- Long pants
- Long sleeve shirt
- Sturdy shoes or work boots
- Hat, gloves and scarf
- Rain gear
- Thermal underwear
- Blankets or sleeping bags (in a 72 Hour Kit, you may have to substitute an emergency blanket)
- Sunglasses

### Sanitation

Items to consider include:

- Toilet paper
- Soap
- Feminine supplies
- Personal hygiene items
- Insect repellent

### Shelter

A lightweight plastic tarp or a tube tent is recommended; however, if you are dressed for the weather with a waterproof parka and rain pants and waterproof shoes, you can get by with an emergency blanket.

### First Aid Supplies

Items to consider include:

- Sterile adhesive bandages in assorted sizes

- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

#### Non-prescription drugs and supplies

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Contact lenses and supplies
- Extra eye glasses
- Hearing aid batteries

#### Prescription medicines

At least three days supply of all critical medicines and copies of the prescriptions.

#### Tools and Communication Devices

Items to consider include:

- Portable, battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cell phone (although cell phone service may be disrupted)
- Cash or traveler's checks, change
- Manual can opener, utility knife
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Paper, pencil
- Whistle
- Plastic sheeting
- Map of the area (for locating roads and shelters)

#### Personal Items

As mentioned above, you should bring ID, credit cards, important phone numbers, and some proof of

medical insurance. ATM's may not work and credit cards may not be accepted so you will need cash and coins for a pay phone.