

# **PREPARING FOR HARD TIMES - EMERGENCIES AND DISASTERS**

Things happen that disrupt our daily life. Some disruptions are weather related like snow, ice or high wind that can take down power lines for varying durations of time. Other disruptions can be caused by earthquakes and last a lot longer. Some are human caused by civil disobedience. Others can result from government policy changes. Lastly, it's possible some rogue nation could detonate a nuclear device in the upper atmosphere causing an electromagnetic pulse that would wipe out anything that uses a computer chip to run. If that happened, we would all travel back in time from 2022 back to the 1800s. The social upheaval would be off the charts. Everything you now rely on would be devastated and you would be on your own. This is why we prepare ahead of time.

## **PREPARING AHEAD OF TIME WILL MAKE YOU A REFUGE**

## **FAILING TO PREPARE WILL MAKE YOU A REFUGEE**

We have prepared a list of **RECOMMENDATIONS** for you to consider in your preparations for what may lie ahead. Our recommendations are based on a long-lasting worst-case scenario. They are also not the cheapest things on the market but are items of excellent quality that will last. Where possible we will try to include where you can get them. You will find a lot on Amazon, at Costco, Home Depot and Lowes.

The Boy Scout motto fits here just fine: **BE PREPARED**

## **WATER:**

### **WATER IS LIFE**

You will only live 3 days without water. This is your most critical need above all other needs. We have divided this topic in 3 sections:

Water collection, Water purification and Water storage.

**OUR RECOMMENDATION** = 2 GALLONS PER PERSON PER DAY for 30 days. One gallon for drinking and cooking and 1 gallon for hygiene.

### **WATER COLLECTION**

A lake, stream, or rain water off the roof or from a tarp rigged to funnel rain into a bucket are the best sources. You can use a ladies nylon sock to filter out larger flotsam. If the water is cloudy with sediment, allow it to sit for several hours at least so the sediment settles before proceeding.

**OUR RECOMMENDATION** = 3-5 NEW 5-gallon buckets with lids. (Home Depot or Lowes)

**OUR RECOMMENDATION** = 2 NEW 12X12 or larger blue tarps for rain collection. (Costco, Home Depot or Lowes)

## **WATER PURIFICATION**

There are several methods you can use to purify the water you collect. You need to be sure to get rid of Giardia, Cryptosporidium and E. coli bacteria so you don't get sick.

**OUR RECOMMENDATION** = A Berkey Water Filter is by far the best filter on the market. This is the filter that the vast majority of missionaries take with them to foreign countries. They are gravity fed and require no electricity. They come in stainless steel and plastic and range in volume and price. Amazon has them from \$274 to \$427.

**OUR RECOMMENDATION** = THE LIFE STRAW, this is a pocket model that you stick into the water source and drink through the other end. Each straw will give you up to 1,000 gallons of water with proper maintenance. This is a great device for hiking and camping. They also have water bottle versions. They range in price from \$17.47 to \$46.95 at Amazon.

## **ALTERNATE METHODS**

1. Boiling the water This requires a least 20 minutes at a rolling vigorous boil. It will require a lot of fuel or power and a large pot.
2. Chemical agents Potable Aqua will treat up to 25 quarts. Cost is \$8.14 at Amazon. Iodine based.
3. Chlorine Bleach Standard gallon of PLAIN UNSCENTED chlorine bleach has a 6-month shelf life before potency starts to degrade. It takes 3-6 drops per gallon. If you like the taste of chlorine and its possible negative effects in your body, it's the cheapest way to go. You'll find it at any grocery store.
4. Pool Shock This is a highly concentrated chlorine bleach in granular form. It is Calcium Hypochlorite and the best chlorine on the market. A 1-pound bag is around \$20.00. You can find it at pool/ hot tub supply stores. Mix 1 teaspoon in 1 gallon of water. **(DO NOT DRINK THIS GALLON!)** Wait a while and mix the treated gallon as follows; 1 part solution (from the treated gallon) to 100 parts of water.

**IT IS BETTER TO HAVE IT AND NOT NEED IT THAN TO NEED IT AND NOT HAVE IT!**

## **WATER STORAGE**

Water weighs 8.3 lbs. per gallon and is also bulky so the bigger the container, the heavier the weight. You can buy gallons of water at the grocery store for little money. It is best to store it in a cool, dark place (like the bottom of a closet to prevent algae growth). Rotate your stock

every 6 months and refill your empty containers with new purified water. A 5-gallon jug with on-off pour spot is about \$12.99 on Amazon.

**OUR RECOMMENDATION** = 2 gallons per person for 30 days minimum. 1 gallon for drinking/cooking and 1 gallon for hygiene.

## **FOOD**

Everybody loves to eat! From our food we get energy, strength and comfort. In emergencies and disasters, the question becomes, will we have enough food and will it still be safe to eat? There are two options to choose from. Regular grocery store food which is bulky and has a limited shelf life or freeze-dried food which is less bulky and usually has a 25-year shelf life. We don't know when an emergency or disaster will strike. It could be next month or 5 years from now. The long shelf life of freeze-dried foods makes them very appealing in that you don't have to always rotate your stores before they expire.

The downside of freeze-dried foods is that they are a bit more expensive than regular groceries.

**OUR RECOMMENDATION** = Enough freeze-dried food to last each person 3-6 months minimum. 1 years' worth is a good goal. You can buy this food in pre-built combination packages in varying sizes or you can buy cans or cases of individual foods. Your only limitation is what you like to eat and how much you want to spend at a time. Buying a couple of cans at a time will reduce the financial burden. Don't forget to include milk, soup, coffee, tea and drink mixes for some variety.

Costco has buckets packed with 124 servings of freeze-dried food for about \$59.00. This is probably the cheapest way to go although it will be high in carbohydrates.

Here are some other sites to check out:

[www.thrivelife.com](http://www.thrivelife.com) they have a large selection of pre-made packages, small cans, #10 cans and cases. The food is excellent and shipping is fast. (Jerry and Karen buy mostly from them).

[www.mypatriotssupply.com](http://www.mypatriotssupply.com)

[www.4patriots.com](http://www.4patriots.com)

Do a search on-line for emergency food and you'll find lots of sources to choose from.

## **BE READY AHEAD OF TIME**

### **FIRST AID KIT**

Hopefully, we won't have to deal with anything more than a splinter or small cut but if we do, we need to be prepared. There are two ways to go about having a substantial first aid kit. You

can make up one yourself, by buying all the components and then using parts to make up your kit. This is the expensive way to do it. You'll end up with a good kit with lots of left-over parts or you'll have a huge kit that takes a wheelbarrow to move around.

The second option is to buy one already prepared. Amazon has lots of choices, from very small to large and expensive. You should have a larger kit for home use and a smaller kit for in your car.

**OUR RECOMMENDATION** = Buy the largest most complete kit you can afford for home and a smaller one to keep in each car.

### **FIRST AID KIT ADD ONS**

After you have your kit be sure to look it over and see if there are a few more things you'd like to add to it. Perhaps some sterile gloves, Ace bandages, N-95 masks, pain relievers, hot or cold packs. The more complete you make your kit, the better prepared you'll be to handle any emergency. Don't forget to include a first aid manual.

### **MEDICATIONS, VITAMINS AND OVER THE COUNTER MEDS**

If you take prescription medications on a regular basis, see if your doctor will give you an extra 90-day supply to include in your preparations. The same with your vitamins and any over the counter medications you use.

### **PETS**

If you have pets, they can be a source of comfort and emotional support during hard times. Be sure to have a couple of bags of food for them set aside. Some pets are great natural alarm systems as well.

### **STAY OR GO**

This is an existential question. There are advocates on both sides of the issue with lots of good arguments for their positions. If you decide to go here are some questions to ask yourself.

Do I have a plan on where I'm going?

Can I get wherever I'm going to go on one tank of gas?

Do I have enough space in my car to take all my preparations with me?

What if there is a traffic tie up on the way and traffic is stalled?

Will my destination be safer than at home?

Am I prepared to camp out on the way and when I get there?

**If you decide it's safer to stay at home, ask yourself these questions:**

Is my home still structurally sound and safe to live in?

Do I need to shut off the gas or electricity?

Do I have the right tools and know how to shut off the utilities?

Do I have enough supplies to last a few months without help?

What about the neighbors?

Do I have friends or family that can help me?

## **COOKING**

Food preparation is important. If the electricity and the gas are off, you'll need an alternate source for cooking. A one or two burner camp type stove will be invaluable for survival.

If you own a propane barbecue grill, be sure to have a couple of extra 5-gallon propane bottles filled and set aside.

If you own a barbecue grill that uses charcoal then purchase a couple of extra bags of charcoal or briquets.

It would also be good to have a 1 or 2 burner propane or butane camp stove in your supplies. You can also find dual fuel stoves that can use both. Be sure to include extra fuel bottles.

**Caution: Never use these grills indoors!**

There are also propane lanterns for night time light. Be careful to use your propane appliances outside or with good ventilation inside. Amazon has camp stoves from \$25 to \$79. You can find stoves at any sporting goods or camping store.

## **CLOTHING**

In addition to your usual clothing also consider having on hand thermal clothes including warm hat and gloves for cold weather. Living in the Northwest, a good set of rain-gear including hat, gloves and boots is also essential. A good pair of sturdy, comfortable work boots and some waterproof rubber boots will keep your feet happy.

A couple of bandanas, some sunglasses and a hat for shade will be helpful also.

## **SANITATION AND HYGIENE**

Keeping clean and disposing of waste will greatly improve your health and your attitude. A 5-gallon bucket with toilet seat and lots of plastic trash bag liners will make a good toilet if needed. You'll need extra bottles of all your hand soaps, dish soaps and washing detergents. Feminine products will be needed for the ladies. Don't forget the toilet paper, paper towels and wet wipes.

## **MISCELLANIOUS TOOLS AND SUPPLIES**

Here is a list of miscellaneous tools that will be good to have:

Hand Axe

Folding saw

Slip joint pliers

Multi tool in belt pouch

Locking blade pocket knife

Fixed blade hunting knife (3" to 4" blade)

Utility razor knife with extra blades

Eating utensils

3 or 4 flashlights with lots of extra batteries

Battery operated NOAA weather radio

Large zip-lock bags

Heavy gauge aluminum foil

A-B-C fire extinguisher(s)

Cash and junk silver coins

Duct tape, masking tape and packaging tape

Water proof and heat reflective ground tarp

Tube tent

Space blankets

Emergency sleeping bag

Z fold insulated mat

Air mattress

3-5 Bic cigarette lighters

3-5 Bic long stem candle lighters

Waterproof matches in waterproof case

Box of chemically activated hand warmers  
3 New 5-gallon buckets with lids  
Whistle  
Notepad, pencil and Sharpie  
Fire tinder  
Ferrocium rod and striker  
Propane or battery lantern and extra batteries or fuel  
Bag of clothes pins  
200 feet of tarred nylon bank line  
Multi-gearred Bicycle with fat tires and wire pack baskets

## **DOCUMENTS**

Keep extra copies of important legal documents in large zip lock bags.

Birth, marriage, death certificates  
Social Security cards and award letters  
Bank account numbers and credit card numbers  
Loan information and mortgages  
Passports  
Family and friends phone numbers  
Driver's license, registration, car insurance and titles  
Any concealed carry permits or gun owner's permits  
Bible

## **HELPFUL WEBSITES**

Here is a list of helpful websites where you can find useful supplies.

[www.amazon.com](http://www.amazon.com)

[www.costco.com](http://www.costco.com)

www.homedepot.com

www.lowes.com

www.survivalresources.com

www.surviveoutdoorslonger.com

www.4patriots.com

[www.sportsmanswarehouse.com](http://www.sportsmanswarehouse.com)

[www.lehmans.com](http://www.lehmans.com)

All of the above lists are merely **OUR RECOMMENDATIONS.** You can add or delete as you see fit. Please seek the Lord's guidance for yourself and your own family.

**Just remember.....**

**PRIOR PREPARATION MAKES YOU A REFUGE.**

**NO PREPARATION MAKES YOU A REFUGEE.**

**PLANNING = SUCCESS NO PLANNING = FAILURE**

\*\*\*Prices quoted are the prices as of 02/25/2022 and will probably rise in the future.