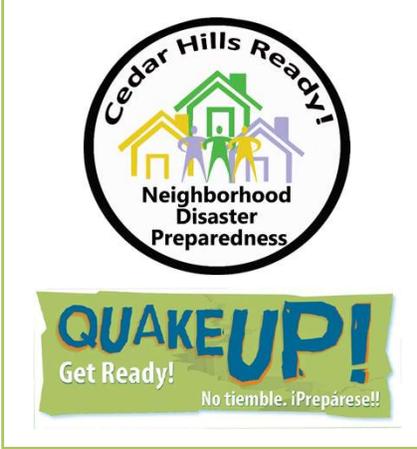


What Goes into Your Go Bag?

ORGANIZING YOUR EMERGENCY SUPPLIES



WWW.CEDARHILLSREADY.ORG | WWW.QUAKEUPNW.ORG | FACEBOOK @CEDARHILLSREADY

(KAREN RH) (*INTRO SLIDE*) [1:30 mins] [**SHARE screen & share audio. TURN ON THE RECORDING!!!!!!**]

Let's get started. Hi Everyone. My name is Karen Ronning-Hall, your neighborhood preparedness evangelist.

Tonight, we will be talking about "Go Bags & Emergency Supplies."

This program is brought to you by Cedar Hills Ready! Quake Up!

Our mission is to create caring, connected, and resilient neighborhoods.

We are committed to making sure every neighbor is prepared and has the best chance of survival in the event of a disaster.

- Cedar Hills Ready! isn't just about my neighborhood, it's about yours, too. It's a movement to connect neighbors with each other; because there is strength (and fun) in numbers.
- Everyone is welcome here.
- We are making our content freely available to everyone. Feel free to share this information with all of your important people.
- We are recording this meeting so that we can make it available to others who could not make it tonight.
- If you happen to be from a neighborhood outside of Cedar Hills and you want to get prepared in your neighborhood, we can help you get connected to the right people.

Cedar Hills Ready! Quake Up! Team



Lincoln Thomas
Cedar Hills Neighbor
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Cedar Hills Ready!
Co-founder

Karen Ronning-Hall
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Cate Arnold
Former Beaverton
City Councilwoman

Want to get involved? Contact Info.CedarHillsReady@gmail.com

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This presentation is a product of the efforts of your neighbors and community members and leaders. I want to thank all of the Cedar Hills Ready! QuakeUp! team who worked on creating this program. As you can see, we have a knowledgeable group of folks who volunteer their time to helping you get prepared -- all of them are experienced community planners in emergency and disaster preparation. We are always looking for new input, if you are interested in joining our efforts, please connect with us at Info.CedarHillsReady@gmail.com.

Our 2022 Program

Neighborhood Ready!



Workshops



Education & Videos



YouTube

<https://tinyurl.com/chr-youtube>

Call to ACTION

1/24/2022 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 3

KAREN [0:30]

Last year we had monthly series of educational meetings, and all of the information and videos from those meetings are available on our website at www.cedarhillsready.org. This year, we are going to be laser focused on helping you take action. What that means is that we want our neighbors to get organized with their next door neighbors, on their streets and cul de sacs. If you give us a call, we'll help you facilitate an organizational meeting with your neighbors. We are making more room for those neighborhood meetings in our program calendar this year, particularly during the summer months when everybody can safely gather outside.

Our second focus is on creating workshops that enable participants to take a step towards greater preparedness. We are hoping to offer one or two in-person workshops this year, assuming we can safely conduct them face-to-face.

Finally, we'll continue to offer educational meetings and exercises throughout the year, with a special emphasis on amplifying our impact with videos. What we discovered is that when we produce short educational videos, the benefit of our efforts can expand way beyond our own community. For example, our video on how to build a two-bucket water filtration system has had over 12,000 views to date. Wow! That's an incredible level of impact! These videos enable you to take action when ever you are ready to do so. You can view our YouTube channel at <https://tinyurl.com/chr-youtube>



KAREN [0:30]

This is our current calendar for the year. Items in tan show times when we plan to offer a general educational meeting, a workshop, or an event.

Topics are subject to change, depending on speaker availability.

Our educational meetings will take place on the 4th Monday of the month. Timing for our workshops are TBD.

The rest of the time, we encourage you to take action. To set up a neighborhood ready! meeting with your neighbors, contact us at Lincoln.cedarhillsready@gmail.com and we'll help you facilitate your meeting. We'll talk a lot more about neighborhood ready! meetings in April, right before summer—a perfect time to schedule a neighborhood gathering outside.

Because you've signed up for this meeting, you'll be getting follow-up email notifications for upcoming meetings and tips about things you can do to get ready now! You can cancel this newsletter at anytime.




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

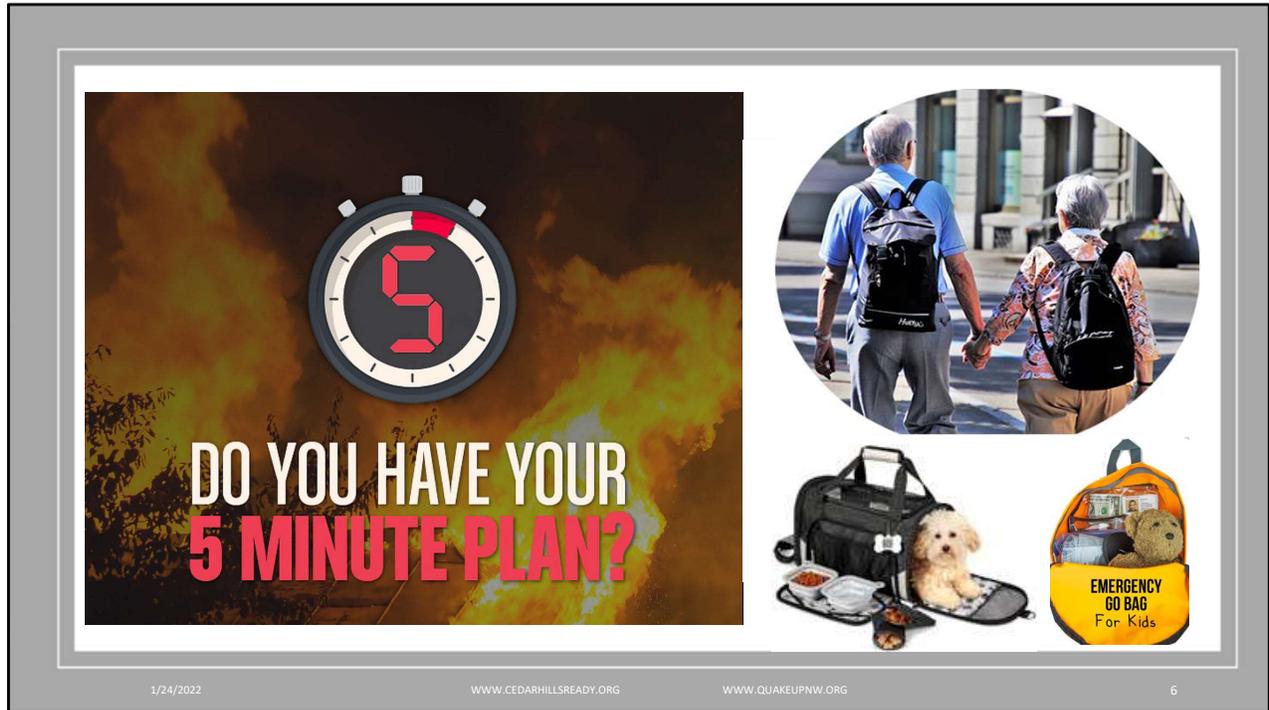
8:00 PM – Meeting Adjourns

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[1:00] Today, we are going to focus on go bags. Thinking about disasters can be stressful and overwhelming, and many just don't want to do it. But I can tell you, its much better to think about it now, than wait until a disaster happens. Bill and I were at the beach recently; we woke up to our phones beeping notifications about a Tsunami. I was momentarily panicked, as I searched for my glasses and clothes. Boy, was I glad we had our go bag packed in the car. We didn't need to evacuate; just to be cautious about going onto the beach. We took the opportunity to call it a drill and practiced the evacuation route.

The reason we had our go bags ready to go is because of the community we've built here. With the power of knowledge and friends, we believe that getting prepared can be a fun and connecting experience. Congrats to those of you who are here to not only learn about go bags, but to also to take actions to put one together or inventory the ones you have. We want you to take action today. At points during the presentation, we'll have breakout sessions where you can share your questions, ideas, and tips.

- We'll first talk about evacuation protocols that our emergency professionals use, so you'll know what to do when a disaster is eminent.
- Then, we'll focus on go bags, which come in a variety of shapes and sizes, depending on their purpose.
- We will start with discussing under-bed emergency kits. These kits are important because a disaster can happen at anytime, including while you are sleeping. This kit helps you get out of the house safely by having what you need available within an arm's reach. In an earthquake, for example, your floor could be covered in glass or other debris. Just getting out of bed could result in injury.
- Then, we'll talk about two other types of go bags – a go bag with supplies for 1 to 2 days; these are just the necessities; something you can grab and go with a moments notice.
- We'll also talk about evacuation kits, which provide for a longer duration (3 days to 2 weeks).
- At the end of the meeting, we'll have a Q&A session, which may go past 8 PM.
- Some of this info may not be new to you; if it isn't, hopefully, it will give you something to share with people you care about who aren't as knowledgeable. Having you participate will help all of us as you share your expertise during this meeting.



KAREN: I'd like to introduce our speaker tonight, Barbara Bracken. Barbara is the Tualatin Ready! Program Coordinator. Barbara, the house is yours!

BARBARA:

Thank you, Karen. What would you do if you were given 5 minutes to evacuate your home? What are your first thoughts if you receive a "GO NOW!" alert? "Fire just jumped the highway, and the wind direction turned." You smell gas in your home, your world is shaking... Let's get started.



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.

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Last year, we listened to the Tualatin Valley Fire & Rescue team talk to us about their readiness and evacuation protocols in the event of wildfire. This verbiage is directly from Oregon Fire Evacuation Protocols AND we feel it is pertinent for several of our possible risk situations: sudden weather event, earthquake, flood, wind, tsunami, etc. The message here: Get Ready=Get Prepared!

Level 1 is defined as: Be aware of the danger that exists in your area, monitor emergency services websites and local media outlets for information. This is the time for preparation and precautionary movement of persons with special needs, mobile property and pets and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system. Level 1 is essentially what Karen experienced at the beach a couple of weeks ago, and she was already ready to go with her go bag in her car.

Level 1 is the time to prepare for possible evacuation.

- Make sure your Go Bags are indeed ready to go. (We will talk about them in a moment!)
- Review your evacuation plans and options
- Charge your portable electronics, hearing aids, medical equipment
- Make sure your car has plenty of gas
- Move any flammable items away from your house

Register for Emergency Alerts



PublicAlerts
Emergencies can happen any time.
Let's get prepared.
[Sign Up](https://www.publicalerts.org/)
(Portland-Vancouver Region)

Critical alerts for storms, earthquakes
<https://www.publicalerts.org/>



ShakeAlert
If you FEEL SHAKING or GET AN ALERT...
DROPI COVER! HOLD ON!
DO NOT WAIT!
Because seconds matter.
Take Protective Action!
DROP-COVER-HOLD ON
ShakeAlert.org

Early warning for earthquakes
<https://tinyurl.com/shakealertoregon>



All Hazards NOAA Weather Radio
NOAA's National Weather Service

Emergency Radio Stations
91.5 FM – KOPB; 1190 AM – KEX
1610 AM — 3 mi Beaverton City Hall



TVFR
Tualatin Valley Fire & Rescue
<https://www.tvfr.com/list.aspx>

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If you haven't registered for emergency alerts yet, take a photo of this slide and then, get registered after the end of this meeting. Communication is going to be key to our survival and resilience. We will include the links for these systems in the chat.

- **PublicAlerts.org** — provides critical alerts only, such as storms and earthquake (not traffic). Counties have own local alert systems, for addresses in that county. Register the address of your home, work, school, other family members, **multiple phones & addresses** etc. to get alerts for that county.
- **ShakeAlert**— The URL is listed on the slide. You must enable "Emergency Alerts" on your smart phone, to get this earthquake info. Aims to send 30-60 second warning alert of earthquake greater than 4.5 based on your location. Allows you to take precautions (drop, cover, hold) & minimize serious injury.
- **Our local Emergency Radio Stations include:** 91.5 FM – KOPB, 1190 AM – KEX. 1610 AM for Beaverton only; people within 3 miles of Beaverton City Hall; activates in a natural disaster, terror threat, or emergency situation. If you live elsewhere in Oregon, you can look up your local stations at the Oregon State University site; we'll put that link in the chat. [<https://emergency.oregonstate.edu/emergency-preparedness/useful-links/radio-stations>]
- One of the best ways to receive radio alerts and notifications is to get an emergency radio designed to receive the NOAA Weather Radio Stations and alerts; get one that has multiple power options, including a hand crank when the power goes out.
- **TVF&R** suggested – Subscribe to NotifyMe with your email. www.tvfr.com



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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Level 2 Condition is more Urgent. Now, you need to get ready to evacuate.

- **You must prepare to leave at a moment's notice:** If this level is communicated by the authorities, it means that there is a significant danger to your area, and you should either voluntarily relocate to a shelter or with family/friends outside of the affected area, or if choosing to remain, to be ready to evacuate at a moment's notice. Residents may have time to gather necessary items but doing so is at their own risk.
- **This may be the only notice given.** Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate. Area media services will be asked to broadcast periodic updates

To get ready:

- Put go and evacuation bags, medical equipment into car, back car into the driveway, and keep keys with you
- Locate pets and check on neighbors
- It's OK and wise to leave early - roads will quickly become jammed
- When you leave, shut all windows & doors, turn off furnace/AC, Leave lights on.



Level 3-
Leave Immediately

Danger to your area is current or imminent.

Evacuate immediately.

If you choose to ignore this advisement, emergency services may not be available to assist you further.

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LEVEL 3!

Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advisement, understand that emergency services may not be available to assist you further. Do not delay leaving in order to gather any belongings or make efforts to protect your home. It's time to go, now!

Remember scenes of hurricane Ida? Some waited. First responders couldn't get back to help them.



So now you know how to get notifications, and you know what to do if an alert goes off. Next, we're going to work on getting your emergency supplies organized into kits and bags.



UNDER BED KIT– not just for earthquake preparedness; also for fire, storms, etc.

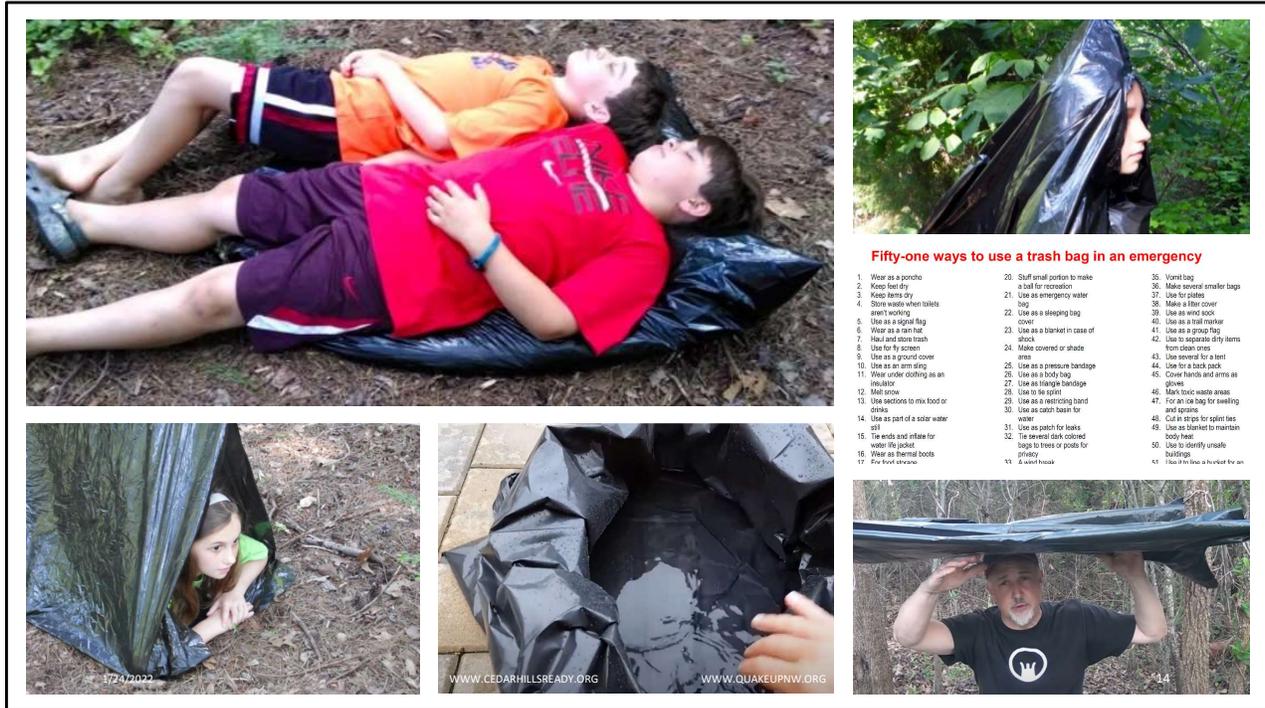
Let's talk first about your underbed kit. If you have one, bring it out. We'll do an inventory.

- Who: Every person in home + guest
- 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 the 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, and you are disoriented.
- Where: tie to Bed legs so it doesn't move, especially with no carpet or slick hardwood floors.



You probably already have a container in your home. Lots of options for storing your underbed kit emergency supplies.

- Backpacks, of course, are great for storing emergency supplies. Easy to carry.
- Old pillowcases are also great. A fun activity for kids: you can let them decorate their emergency pillowcase, such as the one shown in this photo from a Red Cross Pillowcase Project.
- Shipping boxes from Amazon. Who doesn't have one of those?
- Space saver vacuum storage bags
- Bed caddy or pocket –These are great for storing important items that you use everyday, such as eye glasses, a flashlight, and your cell phone. They won't move in an earthquake. You can purchase these for under \$20 or make your own.
- Other ideas: Under-bed plastic storage boxes, wicker baskets, laundry bag, whatever is convenient.
- Heavy duty trash bags. These types of bags have multi-uses in an emergency, including they can be used as a poncho, a ground cover, storing waste when toilets aren't in use. Did you know that there are 51 ways to use a trash bag in an emergency, according to the Tacoma officials?



That's right, 51 uses for a sturdy trash bag!

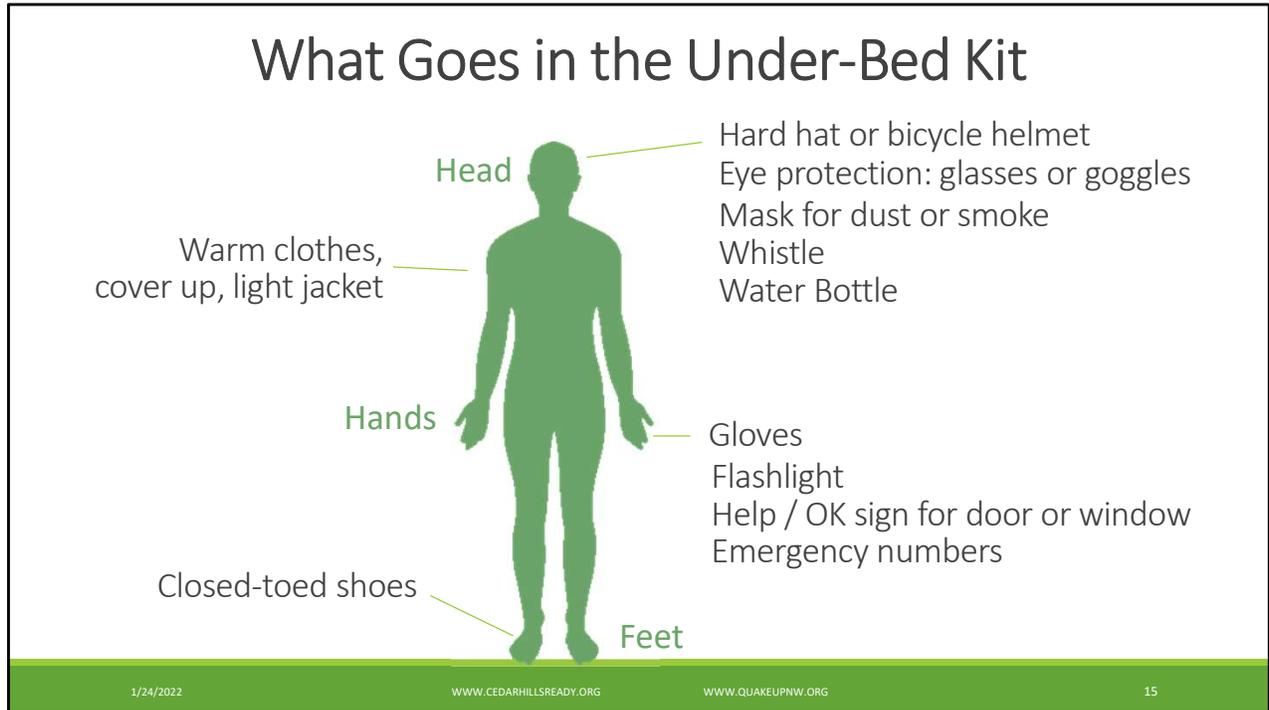
Items that can be used in multiple ways are great to include in your emergency supplies. A heavy-duty trash bag is one of those items.

[Include this link in the chat:]

Storage trash bag ideas: https://www.cityofsoutheuclid.com/mayor-images/The_Bucket_List_7-Day_Emergency_Kit.pdf

Ideas for unconventional emergency storage:

<https://thesurvivalmom.com/15-non-traditional-containers-for-your-bug-out-bagemergency-kit/>



Minimum List:

- Head-hard hat or bike helmet have kids decorate helmet; Purchase a good quality helmet; Not \$6 one because the inside web doesn't hold up
- Eye protection: glasses or goggles
- Mask-KN95 or 3-layer fabric
- Hands-leather palmed gloves -find small gloves BiMart or online
- Feet-sturdy, closed toe shoes, walk on glass-not flipflops
- Hands free Flashlight (not candles)
- Whistle-doesn't require as much air, less particulate intake
- Bottle of Water
- Help/OK signs-download from Cedar Hills Ready booklet (insert); Attach bandaids to make it easy to display your condition in a disaster—ok or in need of help. This helps your neighbors during a search & rescue effort after a disaster

THIS KIT IS EASY TO ASSEMBLE. HAVE IT PUT TOGETHER AND READY AS SOON AS POSSIBLE.

Have one put together for every resident in home. Include frequent Guests.

Make 1, give 1: After you complete your kit, Make it as a gift-birthday, anniversary, Christmas, Mothers & Falter's Day, Grandparents, & kids Day

Next – See that your neighbors have an underbed kit, or if they need help assembling theirs.

We go over this when we facilitate neighborhood ready meetings for you.

Go Bag Fundamentals - Build-Your-Own



Be clear about your mission:

- You need to have access to it at any given time
- Must meet a variety of weather conditions
- Supplies must last at minimum 1-2 days or more

Your go bag:

- Should reflect your own personal needs
- Know how to use everything in it

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Go Bag Fundamentals

Let's shift to talking about Go Bags – items you need to help you feel safe and prepared. Here are some of the known unknowns for a disaster:

- You won't know where you'll be
- You won't know what the weather will be like
- You won't know how long you'll need your emergency supplies

Thinking through these will help you focus on your mission and the purpose for your go bag.

Let's talk about Go Bag Fundamentals: Build-Your-Own Kits

- After an emergency, you may need to survive on your own for several days. You may need to stay at work due to blocked and damaged roads on your normal route.
- 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.
- 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.

Everyone Needs a Go Bag – Suited for Them

Include labels on bags.



The collage features several types of bags: a tan hi-capacity backpack with 'E-S' on it; a tan duffel bag; a blue and tan back-t-back bag; a yellow child's bag labeled 'EMERGENCY GO BAG For Kids'; a black animal bag with a dog; a black baby bag with a teddy bear; and a blue and black bag on wheels. A central circular image shows two elderly people walking together, one wearing a backpack.

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Note the many types & designs of different bags.

For example, seniors & special needs may want roller bags

When organizing your Emergency Kit, consider the following:

- Look for a high-capacity backpack with many built-in 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 bag to hold your additional stuff.
- I tend to overpack- and will wear 2 backpacks-One front, one on my back.

For households with 3 or more family members, consider organizing:

- By Person. Label it 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.
- We'll talk about infants, seniors and pets a little later.



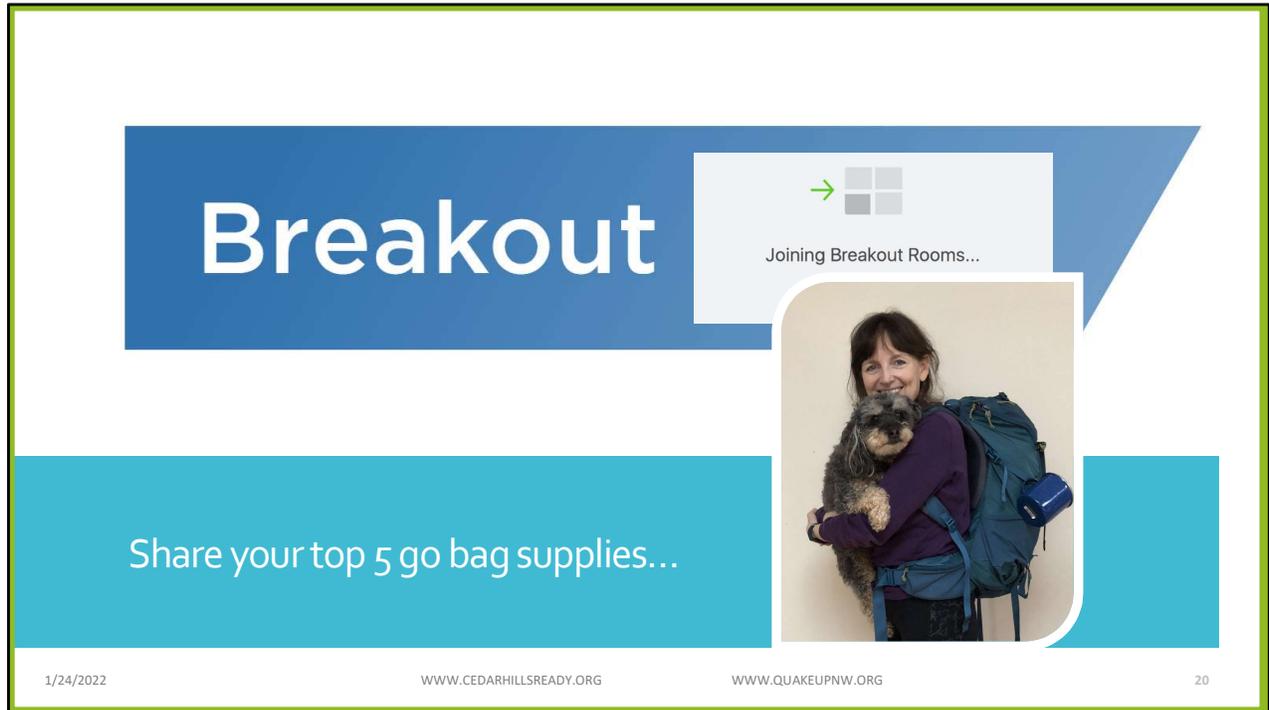
Organize Your Emergency Supplies

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Get your supplies organized

- You will have many of the suggested items already in your home.
- The key is to gather it in one place.
- Every person/ family has different preparedness needs

The most important thing is getting your supplies together. So, use whatever bag you have now, or go to Goodwill. Buy a better bag during sales, such as Christmas.



What are the top 5 priority things that you'd want to include in your go bag? Share this with your neighbors in the breakout session.

Karen will do the breakout rooms.
Length of breakout – 4 minutes

After the breakout, BARBARA:
Share what you learned in the chat box.
This underscores how different everyone is.

[Karen – Reads a few things from chat]

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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Go Bags for Work, School, & Car

OK, let's get a little more specific to help think about your specific needs. You may need to be prepared to shelter in place for 24 hours.

Here's our Top 10 Minimum List by categories: I encourage you to jot these down in your notes.

- Water & food - Bottles or pouches of water; snacks, and a small water filter
- Head & face protection – warm hat or cap, sunglasses, KN95 or N95 mask
- Hands & feet protection – gloves and sturdy, closed-toe shoes
- Medicines & first aid - critical medications, a mini first aid kit, disposable gloves
- Communication: Cell Phone charger or powerbank, crank up radio
- Cash – small bills, coins
- List of Emergency Numbers
- Copy of Family Plan
- Personal hygiene kit – hand sanitizer, toilet paper, WAG bag (stands for: waste, alleviation & gelling bag), trash bag (can be used as a poncho, too)
- Flashlight & whistle

Think about what specific additional items you may want to put into your 1-2 day go bag. Write these down in your notes.

[Pause]



Personal Water Filter Systems

Immediate emergency use for one person

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Personal Water Filter Systems

If you run out of your water supplies, you'll need collect water and treat it by filtering it through a micro-filter. There are a number of one-person filters that can filter water, and they range in price from \$20 – \$70. In a dire emergency, you can usually stick it into a stream and get a fairly quick drink. But, we want to caution you on this. This way of consuming water is risky, and your personal supply of clean water will always be safer than filter or treating water you collect. We recommend having using a water treatment pill in addition to filtering. The last thing you want is to be sick in a disaster. So... it's a good idea to always travel with a couple of gallons in your car.

- These personal water filters are great additions to your go-bag or for camping.
- The drawback is that these have very limited capacity and cannot supply a family's drinking water needs conveniently.

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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NOTES:

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Here are some of our ideas.

Additional Ideas:

- GPS device, compass, local maps
- Fire Starting devices
- Knife, multi tool, rope
- Sealable Plastic Bags
- Blanket, poncho, space blanket

Remember: Keep this bag with you any time you are away from home.

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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Now, I'll speak about a more complex disaster preparedness bag: Evacuation for 3 days to 2 weeks.

You may need to go to a shelter or a friend's home.

Remember 2020's wildfires? Nearly 200 people had to evacuate with sometimes only a 5-minute warning.

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

You may need to go to a shelter or a friend's home - days, weeks, a month

What can't you live without? – Remember – a complete list is available on the Cedar Hills Ready! website.

Minimum List:

- Start with your Go Bag – Remember, those components include: Protection for head, hands, feet. Flashlight whistle, chargers, masks, water, snack, critical medications, money, critical documents.

Now, thinking of a longer period of time, add:

- Extra clothing, hoodie, jacket, poncho
- More personal hygiene supplies and medications for two weeks
- Be sure to put your name on the bag



- Most people build their own using an off-the-shelf school backpack to store their supplies.
 - But, with only one compartment, all of your stuff is dumped in. Like a lady's purse?
 - Locating what you need involves wading through layers and layers of stuff.
 - Supplies on the bottom get crushed, and bags are often too heavy to carry.
- One way to better organize your supplies in a backpack is to use clear cubes or ziplock bags to organize different types of supplies together.
- For example, if you store all of the things that could expire together, it'll make the job of refreshing your evacuation bag much easier. Also, these clear bags make it much easier to find what you need when you are short on time.



How to Pack Your Evacuation Bags

This illustration shows how to balance the different weights, sizes and frequency of use of your Evacuation bag supplies.

- Pack side pockets first-water, food, whistle, first aid kit, map,
- Then pack bulky/lighter items in the bottom-winter jacket, extra clothes
- Heaviest items should go in the small of your back but No sharp items next to your back
- Keep waterproof & rain garments easily accessible
- It should not weigh more than 1/4 to 1/3 your body weight

Special Packs: Infants, Seniors & Pets



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Who do you depend on and who depends on you?

- 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 update their items more frequently than other family members.
- For growing children – pack their clothing 1-2 sizes larger, quiet entertainment, a favorite toy.
- Have a separate bag for pets – extra water & food, collar & restraints. Be sure to include a crate for your pet. Most shelters won't accept uncrated animals.
- Seniors – personal medical equipment, aids, canes, doctors contact information.
- I have made suggested item lists specifically for infants, children and pets. These are available on the Cedar Hills Ready! website.

Why do an Inventory & Inspect Supplies?



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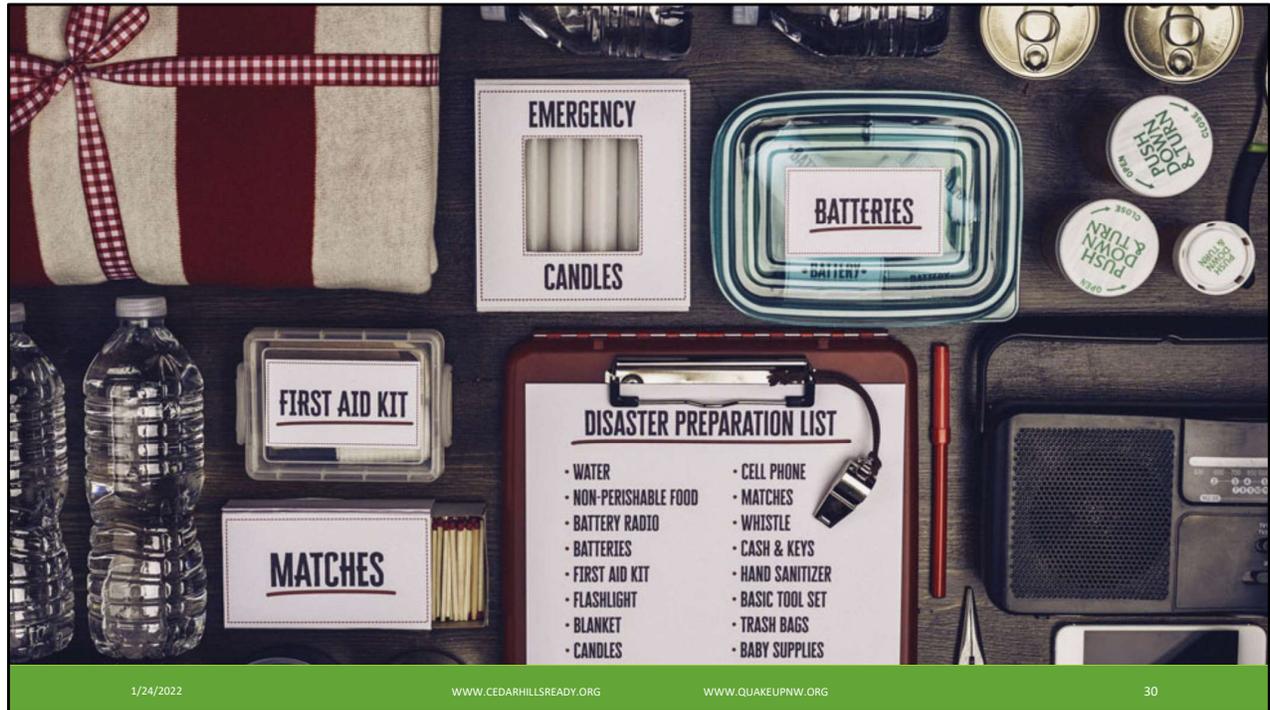
29

It's important to inventory and inspect your bag's contents. This is a great winter project

- Because of temp swings, food & water will need to be rotated more often
- Avoid expensive items
- Review & repack seasonally – I recommend in the Spring and again in the Fall

Keep An 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 to rummage through everything. Ie: Change out seasonal clothes around April and October, as weather conditions change.
- You can also take the additional step of adding the expiration date of each item. That will make 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. (How about daylight savings time changes?)

- Visually Inspect each item in your emergency kit. Do clothes still fit? Have items suffered damage? Did you find duplications? Did you use something and not replace it?
- Replace Expired Items. Make sure to check items in the first aid kit, emergency food and water, batteries, and medications.
- Re-charge power banks
- Replace outdated documents with updated versions. Insurance policies, medical information, and other important document 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 and ages of family members, the number of cars, and the availability of new emergency preparedness products and technology, could all impact the types of item you want to keep in your survival kits.

A graphic for a breakout session. It features a blue rectangle on the left with the word "Breakout" in white. To the right is a photo of an older man with glasses, Bill, eating an energy bar. Below the photo is a teal banner with the text "What do you need to update in your go bag? Share your tips!". At the bottom of the graphic are four small text elements: "1/24/2022", "WWW.CEDARHILLSREADY.ORG", "WWW.QUAKEUPNW.ORG", and "31".

Breakout

What do you need to update in your go bag? Share your tips!

1/24/2022 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 31

What do you need to update in your evacuation bag? Share your tips with your neighbors in the breakout session.

Karen will do the breakout rooms.
Length of breakout – 4 minutes

Karen – OK. That’s my hubby Bill in the photo; when I was doing an inventory of our evacuation bag today, I asked him to try out one of the energy bars. His comment: “It’s hard as a rock, and a bit stale.”

After the breakout, BARBARA:
Welcome back! Share what you learned in the chat box.

[Karen – Reads a few things from chat]

Where & How to Store Go & Evacuation Bags



1/24/2022

WWW.CEDARHILLSREADY.ORG

WWW.QUAKEUPNW.ORG

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Where And How To Store Your Go and Evacuation 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.
- Let everyone know where your 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
- Know who is responsible for what: who checks on who, utility shut off, etc.
- Pay attention to security if you store your bags in your car; make sure to cover it or put it in a hidden area.
- Lastly, Who do you need to let know where you are?

Most Important: Start saving water!

1 gallon per person per day for 2-3 weeks



5 Gallon Storage Jug

1/24/2022 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 33

We are learning every day how critical it is to start saving water. This is even more critical than we previously thought.

- Remember that after an earthquake our water lines will need to be inspected taking weeks/months.
- Fire hydrants will be shut off.
- In my area, we thought we could rely on the Tualatin River for an additional water source, but in recent tests using a CDC-recommended water filter and a bleach-shock treatment FAILED. There were still high & unsafe amounts of bacteria. Our conclusion is that the river is not considered a good option for obtaining usable water.
- All water systems are vulnerable in a disaster. Not everybody gets their water from Bull Run, but the 65 miles of Main Water line from Bull Run inspection will take days/weeks.
- So it's important to save water starting NOW!

The graphic is a white rectangular box with a black border. It features a title 'Emergency Water Math' in bold black text at the top center. Below the title are five horizontal bars of varying colors (orange, light orange, brown, dark brown, grey) containing text. The text in the bars reads: 'This is conservative: 1 gallon of water per day', '4 each person and pet in your home', '4 x 14 days = 56 gallons', 'add 4 batches of rice or noodles you cook', and 'Put 60 gallons on your calendar or shop list now.' At the bottom of the box, there are four small text elements: '1/24/2022', 'www.CedarHillsReady.org', 'www.QuakeUpNW.org', and '34'. The graphic is decorated with blue and purple geometric shapes in the corners.

Emergency Water Math

This is conservative: 1 gallon of water per day

4 each person and pet in your home

4 x 14 days = 56 gallons

add 4 batches of rice or noodles you cook

Put 60 gallons on your calendar or shop list now.

1/24/2022 www.CedarHillsReady.org www.QuakeUpNW.org 34

Here's how you calculate the number of gallons of water you'll need in a major disaster. Take a photo of this page so you can do this and put water on your to do list for tomorrow.

- Now, the average family generally uses 80-100 gallons of water in normal circumstances for drinking, sanitation, washing, cooking & showers. Most of that 80-100 gallons of water is showers and toilets.
- Of course, in a disaster, water may not be coming out of the tap. So, you'll need to store water and conserve it.
- The conservative estimate of what you'll need in a disaster is 1 gallon of water per person and pet per day. Add a gallon of water for each batch of rice or noodles you think you may cook.
- So lets' do the math. I'll use a family of 4 as an example.
- Multiply 4 x 14 days, and we get 56 gallons of water.
- They like pasta, so I'll estimate 4 batches of rice and noodles over two weeks.
- That makes a total of 60 gallons of water they'll need to store.

How to Store 2-weeks H₂O

Family of 4 (~60 gallons)



Don't store H₂O in old milk jugs!



20 cases, 16 oz bottles



5 Gallon Storage Jug
12 Jugs, 5 gallons ea



1 Barrel, 55 gallons

35

What kinds of containers work to store water?

- Purchased plastic water bottles-expensive, last indefinitely, past expiration date (slight taste)
- We have great tap water, but don't store in milk jugs-milk contains bacteria
- What is safe: Still-water, tonic, & soda plastic bottles, and most juice bottles are great options.
- To clean the containers, rinse with bleach, let dry. Then add water & 3 drops unscented bleach to preserve the water.
- Date & change every 6 mo – don't throw out, use to water plants, bird bath, wash car
- Even if you don't change the water every 6 months, starting with the water you stored ahead of time, it's going to be safer and easier to drink than water you collect from the environment. And easier to purify too.
- 5 gal sq tubs=weigh 40# home only
- 55-gal barrels are efficient and compact for emergency water storage, you can store them outside in a cool dry place, and its easy to recycle the water into the garden annually. They are a bit expensive to buy new, but there are some local sources for used food-grade barrels that you can clean and use for a bargain price.
- ONLY use food-grade plastic barrels; never use any containers that have stored toxic substances.

Additional sources of water:

- Toilet tank not the bowl, ice cubes
- Need filtering: rain & ponds
 - Pools & hot tub water not recommended for filtered drinking - concentrated chemicals
 - You'll want to prepare a system to purify water. Filters are available to purchase at cost for \$50
 - We will be talking more about water in our upcoming presentation in March! Don't miss it. ☺



Where to store all that water? Wherever you can find the space!

Right next to your underbed kit is a starting place for indoor storage. When you store plastic containers, be sure not to store them directly on concrete in the garage or the ground outside because leaching can occur and contaminate the water.

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

ASSEMBLE

- Under Bed Kit
- 1 to 2 day Go Bag
- Evacuation Kit (includes Go Bag)
- Store Water



SUGGESTED STEPS

1. Organize your supplies
2. Assemble kits by person
3. Inventory your supplies
4. Inspect your supplies every 6 months
5. Store water in multiple locations (1 gal/person/day)
6. Store Go Bags on exit route
7. Store shelter-in-place supplies safely

Emergency preparedness is a process. Be honest & clear about your personal needs and those that depend on you and you depend upon. You already have many of these items in your home now. This looks like a lot of stuff. Just do a little bit at a time, like I've mentioned before.

- We have lists in the "Get Prepared Now!"
- Remember to sign up for PublicAlerts.org and enable ShakeAlert on your smart phone



Resources & Links

For links and downloads see:

tinyurl.com/chrgobaglinks

Contact:

Info.CedarHillsReady@gmail.com

Planning + Preparedness = Resilience

As mentioned earlier, you can get there via this URL: tinyurl.com/chrgobaglinks. On that site, we also have our Get Prepared Now! Neighborhood Ready! Booklet for you to download. It includes forms, checkoff sheets, a calendar of recommended purchases & activities to help you not be overwhelmed while getting prepared.

Remember: Knowledge means confidence and

Planning + Preparedness = Resilience

Thank you for listening. Thank you for your attention and great ideas. I hope you will share this information with your family, friends, and neighbors.

Karen?



Thank You!

For links and downloads see for this meeting:

<https://tinyurl.com/chrgobaglinks>

To register for our next meeting

Water survival skills for a disaster:

When the water stops, what do you do?

7 PM, Mon, March 28th:

<https://tinyurl.com/chrwater32822>

Contact for Neighbor Ready Meeting Facilitator:

Lincoln.CedarHillsReady@gmail.com

For other questions, contact:

Info.CedarHillsReady@gmail.com

Karen:

Thank you, Barbara! Today, we've highlighted how to organize your emergency supply kits and go bags. I hope you have come away from this workshop with an action plan for getting your emergency supplies into kits and bags or doing an inventory of the ones you have. Before we go into our Q&A session, I'd like to tell you a bit about what's up next for our educational meeting on March 28th. We are going to do a deep dive on preparing water, sanitation, and hygiene for a disaster. We'll talk about several ways of filtering and sanitizing your water, the pros and cons. And how to test your water to make sure its safe. You'll better understand why we recommend that you focus first on storing enough emergency water now to make sure you survive whatever challenge you face--using a filter and other methods as a backup for producing clean, drinkable water. See the link on the slide to register for this meeting in March. We'll also put the link in the chat for you.

Between now and then, take the opportunity to talk to your neighbors about this important information. Consider setting up a neighborhood meeting. Contact us, if you'd like us to facilitate one for you. 😊

So, now I'd like to turn this over to Bill for our Q&A portion of the presentation. We will stay for awhile even after 8 PM to answer your questions. Bill?

[Respond to the questions or comments that have been made and unanswered during the presentation. Then close the meeting. Reinforce address, website, phone number, etc.]