


What Goes into Your Go Bag?

ORGANIZING YOUR EMERGENCY SUPPLIES







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(KAREN RH) (*INTRO SLIDE*) [1:30 mins]

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

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

Before we get started, I wanted to point where to go if you need to go in a hurry during this meeting:

- Emergency exits are on the right and left
- And if you have a different kind of emergency, bathrooms are in the hallway



[0:53]

This program is brought to you by Neighbors 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.

On this slide you see the members of our team. We have a knowledgeable group of folks who volunteer their time to helping you get you prepared. I want to thank all our team members who worked on creating this program.

We are always looking for new input, if you are interested in joining our efforts, please connect with us.

Resources & References



Check out what's new!

What's the connection between climate change, disasters, and preparedness? Read our blog, "Climate change threats to your home." Climate change has revved up and super-sized disasters across all regions of the U.S., making it even more important for communities and individuals to get prepared and for everyone to do what they can to reduce their impact on the environment.



www.NeighborsReady.org

[0:11]

Speaking of the website, we have a TON of info there, freely available for you to download. We've created and curated content from reliable sources, like FEMA, Ready.gov, CDC and so on. We have videos of some of our past programs, and informative blogs. We also have a Get Prepared Now! Booklet that includes a calendar for taking an incremental approach to your preparedness activities and purchases. Check it out!

We are going to be talking about a LOT of ideas and suggestions, and I want to assure you that you can find all this information on our website, including a copy of the slide deck. We have handouts here today with lists that will help you organize your own unique kits and go bags. So don't worry about taking too many notes, because we've got you covered.

<h2 style="text-align: center;">Our Speaker</h2>  <p style="text-align: center;">Barbara Bracken Tualatin Ready! Program Manager</p>	<h2 style="text-align: center;">Agenda</h2> <ul style="list-style-type: none">• Introduction & Welcome• Are you ready to go?<ul style="list-style-type: none">❑ Ready Set Go!❑ Under-Bed Kit Basics❑ Go Bags for 2 days away❑ Evacuation kits (3 days – 2 weeks)❑ Shelter-in-Place Emergency supplies• Question & Answer <p style="text-align: center;"><small>WWW.NEIGHBORSREADY.ORG WWW.QUAKEUPNW.ORG 4</small></p>
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I'd like to get an idea of our audience makeup.

- **How many of you live in the Beaverton School District area?** Awesome! Everyone is welcome here, because disasters have no boundaries.
- **How many of you have already packed a go bag?** Great! You may have some great tips to share with your neighbors in this meeting.

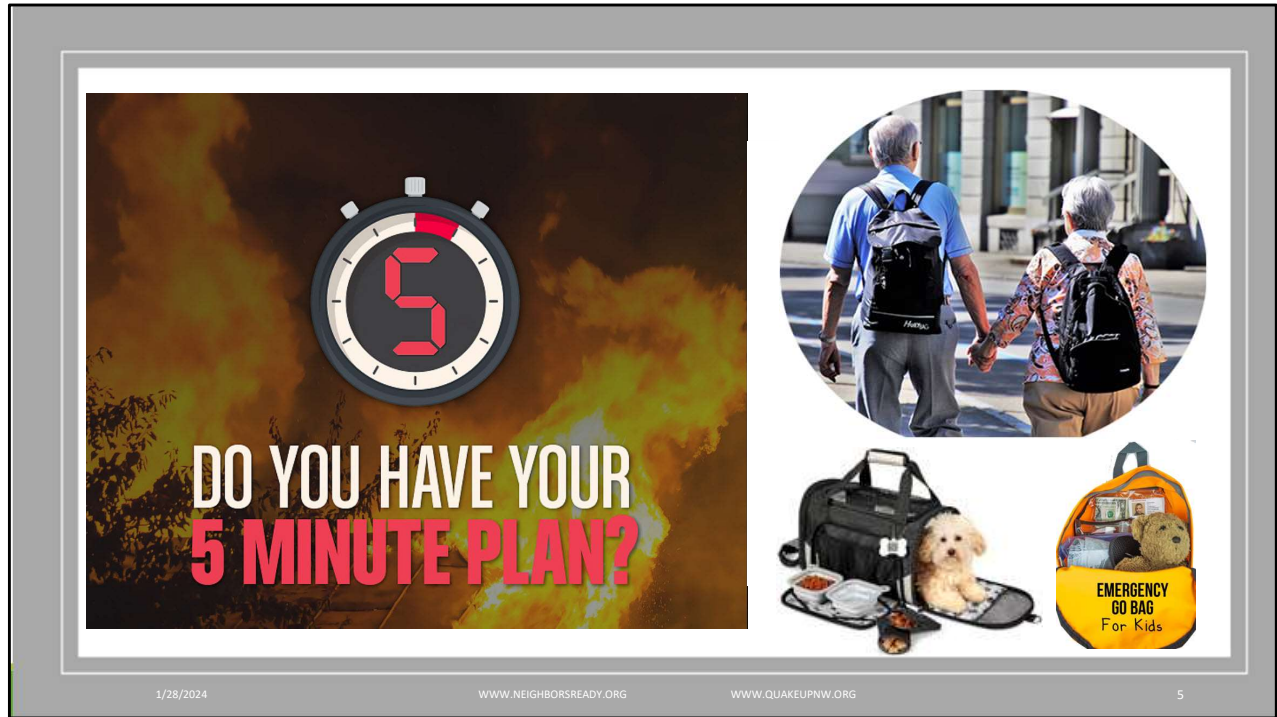
Thinking about disasters can be stressful, but the process of getting prepared doesn't have to be.

- We've all packed for cool vacations, right? Consider the possibility that packing your emergency supplies could be like getting ready for an unexpected vacation in the wilderness.
- The goals and mindset are similar; you just want to make sure that you have everything that you'll need so you'll have the safest and most comfortable experience possible.
- It's a good idea to get ready BEFORE that unexpected vacation—er, disaster—happens.

Personal story: Last January, my family had a house fire caused by a break in the power lines to our house. We were able to evacuate the house within 5 minutes, with all of our important stuff, because we had our go bags ready, including go bags for our dog and cat. We were ready to go because of the community we've built here. We learned as we went along. With the power of knowledge and friends, we believe that getting prepared can be a fun and connecting experience.

We want you to take action today. We are hoping to give you enough information to pack your unique and personal go bags. At points during this presentation, we'll discuss how to organize your supplies into kits—each type of kit has a purpose and each kit becomes a building block for your emergency supply strategy. We'll have breakout sessions where you can share your ideas and tips. At the end of the meeting, we'll have a Q&A session. Some of this info may not be new to you. If so, share your ideas and expertise to benefit everyone here.

Our speaker today is Barbara Bracken. Barbara is the Tualatin Ready! Program Coordinator. She is a member of our Neighbors Ready! leaders group. Barbara, the house is yours!



BARBARA:

Thank you, Karen. Thank you everyone for coming! We appreciate your time and interest.

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 has turned." You smell gas in your home, your world is shaking... Let's get started.

**BE READY.
BE SET.
GO NOW!**

Know evacuation levels and follow advice of emergency officials.
Make the best decision for your safety. Don't wait to evacuate if you feel unsafe!

LEVEL 1
BE READY
PREPARE TO EVACUATE
BE AWARE OF DANGER IN THE AREA

- ✓ Stay informed.
- ✓ Have your plan & go-kit ready.
- ✓ Act early if you or your loved ones can't move quickly.

LEVEL 2
BE SET
BE SET TO EVACUATE
AT A MOMENT'S NOTICE
SIGNIFICANT DANGER IN THE AREA

- ⚠ Follow your evacuation plan & grab your go-kit.
- ⚠ Check news & radio for updates.
- ⚠ Conditions change rapidly. Leave if you feel unsafe.

LEVEL 3
GO NOW!
LEAVE IMMEDIATELY!
EXTREME DANGER IN THE AREA

- 🚫 Leave without delay. It is unsafe to stay.
- 🚫 Do not stop to gather belongings or protect your home.
- 🚫 Do not return until officials announce the area is safe.

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Raise your hand if you know the three evacuation levels. It's a good idea to know what these levels mean so you can make the best decision for your safety. No matter what the level is, don't wait to evacuate if you feel unsafe. Evacuating early is a wise decision.



Level 1 is defined as Be Ready: Be aware of the danger that exists in your area, monitor emergency services websites and local media outlets for information. Level 1 is the time to prepare for possible evacuation. Move people with special needs, mobile property, pets, and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system.

- 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
- Make sure family members know who is responsible for what: who checks on who, utility shut off, who gathers the pets, etc.

The slide is titled "Register for Emergency ALERTS" in large red text. Below the title is a red banner with the word "ALERTS" in white. To the left is a stylized map of Oregon in shades of green and blue, with a blue banner across it containing the text "www.OrAlert.Gov". Below the map are icons for a warning sign, a cell tower, a smartphone, a radio, and an email symbol. To the right is a circular ShakeAlert logo. The logo contains the text "If you FEEL SHAKING or GET AN ALERT..." followed by three numbered steps: 1. DROP! (with an icon of a person dropping), 2. COVER! (with an icon of a person covering their head), and 3. HOLD ON! (with an icon of a person holding on). Below these steps is the text "DO NOT WAIT!". The logo also features the ShakeAlert logo itself with the tagline "Because seconds matter." and the text "Take Protective Action! DROP-COVER-HOLD ON". At the bottom of the logo is the website "ShakeAlert.org". To the right of the logo is a QR code. At the bottom of the slide, there are four small text elements: "1/28/2024", "WWW.NEIGHBORSREADY.ORG", "WWW.QUAKEUPNW.ORG", and "8".

Stay tuned by registering for emergency alerts. If you haven't done this yet, take a photo of this slide and then, get registered after the end of this meeting. Communication is going to be key to your survival and resilience. This QR Code will take you to our "Family Prep > Stay Informed" page of our website, where we have all of the links and information on how to sign up for Emergency Notifications, including:

- **OrAlert.Gov notifications.** You can register multiple phones and addresses for all of the places where you spend time in Oregon to get notifications from these counties. It takes just a minute to sign up.
- **ShakeAlert** is the earthquake early warning system for Oregon, Washington, and California. It's operated by the US Geological Survey. Getting ShakeAlert notifications is as easy as enabling emergency alerts on your cell phone.




You'll also want to have the tools for receiving emergency information. One of the best ways to stay informed is to get an emergency radio designed to receive the NOAA Weather Radio Stations and alerts. Get one that has multiple power options for when the power goes out, such as one with a hand crank and/or batteries. We have a link to a complete list of Oregon emergency radio stations on the "Family Prep > Stay Informed" page our website. See the QR code on this page. You may want to include this list in your go bag with your emergency radio.

Our local Emergency Radio Stations include:

- 91.5 FM – KOPB
- 1190 AM – KEX
- 1610 AM are for people within 3 miles of Beaverton City Hall; activates in a natural disaster, terror threat, or during emergency situation.

If you have a HAM license, you can add the NOAA stations to your memory settings and scan for regular updates.




LEVEL 2

BE SET

BE SET TO EVACUATE AT A MOMENT'S NOTICE
SIGNIFICANT DANGER IN THE AREA

- ⚠ *Follow your emergency plan and grab your go-kit of supplies.*
- ⚠ *Check news and radio for updates.*
- ⚠ *Inform loved ones of your evacuation plans.*
- ⚠ *Conditions can change rapidly. Leave if you feel unsafe.*



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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 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 a light on.



LEVEL 3! Go Now!

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!



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.

The kit strategy builds progressively.

- **Starting with an Under-the-bed kit.** 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 is to have supplies immediately available and this is the easiest place to reach if something happens in the dark, and you are disoriented.
- Next type of kit is **Go Bags and Evacuation kits.** These bags contain survival supplies that you'll need when you are away from home.
- Finally, we'll talk about **Shelter-in-Place supplies**, when you're stuck at home during or after a disaster.

Supplies in your go bag can be used as part of your Shelter-in-place kits to reduce duplicate purchases.

Under-Bed Kit Basics



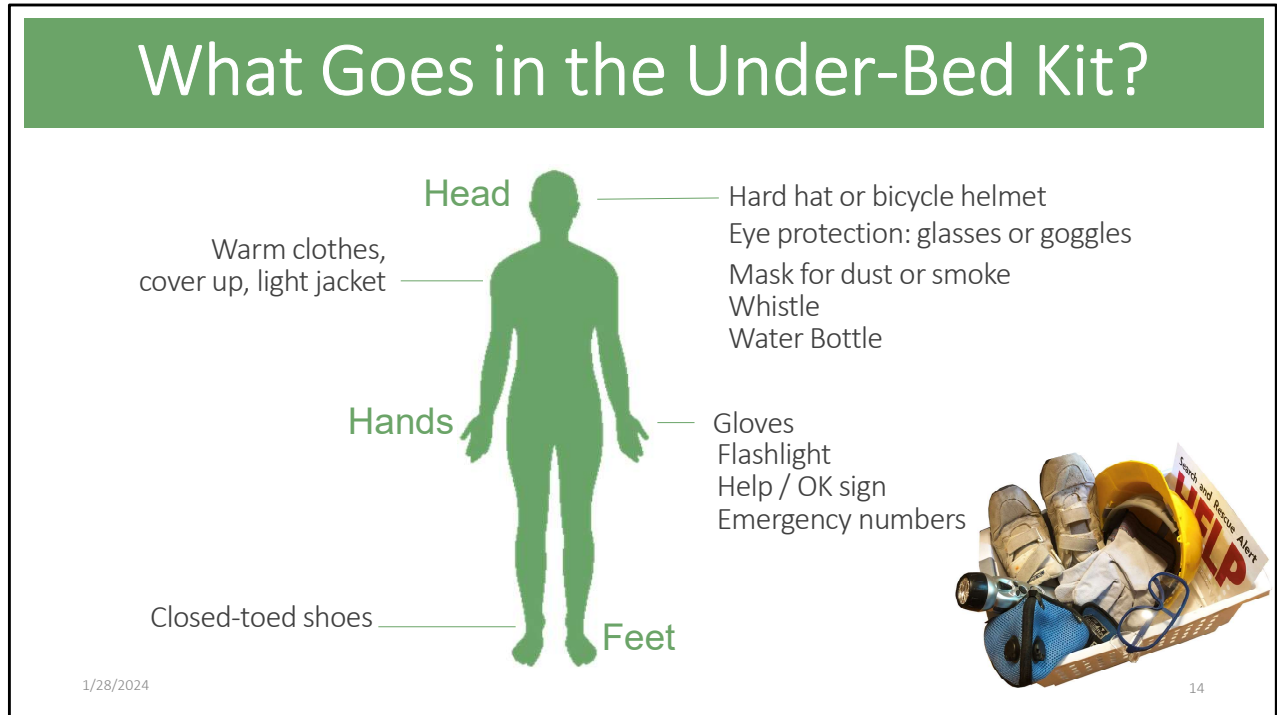
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Let's talk first about your **under-bed kit**.

not just for earthquake preparedness; also for fire, storms, etc.

- Who: Every person in home + guest
- Why: Spend 8 hrs / day. Dark & disoriented. You want a few basic supplies nearby.

Take a moment to look at this slide. We have a display of an under-bed-kit here today.



Let's talk about a minimum list for an under-bed kit:

Remember the jingle that little kids learn? You'll want to protect your ... sing this... Head, shoulders knees and toes, knees and toes.

- **Protection for your body:**
 - **Head:** Hard hat or bike helmet. Or, purchase a good quality helmet; not a cheap one because the inside web doesn't hold up. Have kids decorate the hard hat or helmet.
 - **Eye protection:** glasses or goggles
 - **Mask:** KN95
 - **Hands:** Leather palmed gloves
 - **Feet:** Sturdy, closed toe shoes, walk on glass-not flipflops
- **Flashlight:** No candles. A hands-free flashlight can be zip-tied to your hardhat or helmet.
- **Whistle:** Why would you need a whistle? To help people find you or to communicate. Does anybody know the international distress calls using a whistle? ... three blasts mean "Help Me!" Two mean "Come here". One can mean "Where are you?" ...Whistle reward!
- **Bottle of Water**
- **Help/OK signs:** This helps your neighbors during a search & rescue effort after a disaster. Attach bandaids to make it easy to display your condition in a disaster—ok or in need of help. You can download one that comes with the Get Ready Now! booklet.

THIS KIT IS EASY TO ASSEMBLE.

- **Assemble one ASAP** for every resident or frequent guest.
- **Make 1, give 1:** After you complete your kit, Make it as a gift-birthday, anniversary, Mothers & Father's Day, Grandparents, & kids Day
- **Next:** See that your neighbors have an underbed kit, or if they need help assembling theirs.

Secure the kit to the bed



1/28/2024

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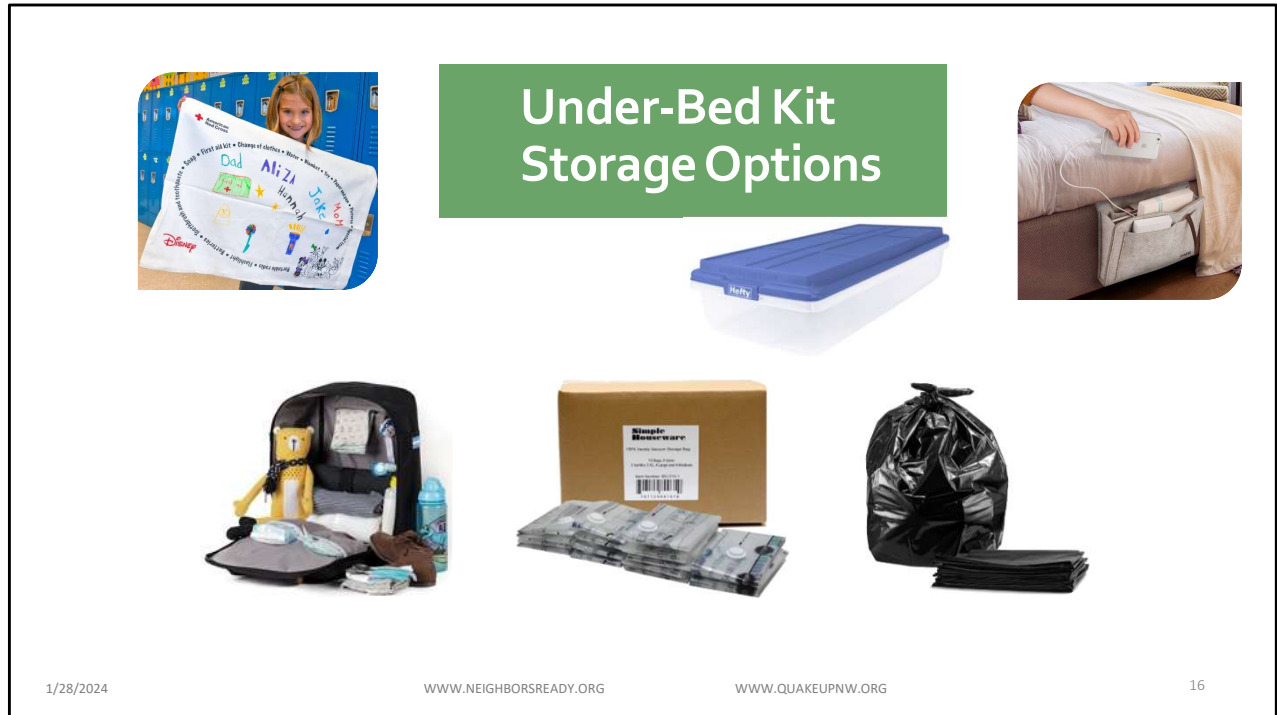
WWW.QUAKEUPNW.ORG

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[35 secs]

Where:

- **Be sure to secure your supplies to the bed**, so that if shaking occurs due to an earthquake and your bed moves, your kit will travel with you. Mine is attached with a bungee cord.
- **I also have a bed caddy**, like the one on this slide, where I store things at night that I use everyday, like my eye glasses, a flashlight and my cell phone, so that these items don't fall off the nightstand in an earthquake.
- You might also store your wallet or purse in the bed caddy or under-bed kit. That way, you always know where it is.



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

Raise your hand if you have some ideas for containers to use for an under-the-bed kit?

[Mention these, if somebody doesn't mention them]

- **Backpacks**, of course, are great for storing emergency supplies. Easy to carry.
- Old **pillowcases** are also great. A fun activity for kids: let them decorate their emergency pillowcase.
- **Shipping boxes** from Amazon. Who doesn't have one of those?
- Space saver **vacuum storage bags**
- Other ideas: Under-bed plastic storage boxes, wicker baskets, laundry bag, whatever is convenient.]

[Links to include in chat:

Ideas for unconventional emergency storage containers:

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

More Ideas for the Under-Bed Kit

<p><input type="checkbox"/> The basics</p>  <p><input type="checkbox"/> Cell phone & power bank</p> 	<p><input type="checkbox"/> Outdoor clothes</p> 	<p><input type="checkbox"/> Extra glasses & Hearing Aids</p>  <p><input type="checkbox"/> Small crowbar or 4-in-1 tool</p> 
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Under bed kits – extras you may want to have quick access to:

- Extra Glasses, Hearing Aids, Cell Phone nearby
- Outdoor Clothes-dependending on bedwear
- Small Crow Bar, especially useful if you sleep with doors closed, as our fire marshals advised you to do. Your doors may jam.

What ideas and questions do you have? You might want to jot some ideas down in your own notes for yourself. <Pause>

Go Bag Fundamentals



Be clear about your mission

- You need access to it 24/7
- Must meet a variety of weather conditions
- Supplies must last a minimum of 1-2 days

Your go bag should

- Reflect your personal needs
- Know how to use everything in it



Let's shift to talking about Go Bags – items you need to help you feel safe and prepared when you are on the go.

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:

- After an emergency, you may need to survive on your own for several days. You may need to stay at work due to blocked or damaged roads on your normal route.
- Prepare a bag for work, school, cars, and home.
- The kit you create should reflect your own personal needs and you should know how to use everything in your kit.
- Take time to research Emergency Plans at places you go frequently. For example, for work, school, adult living facilities, care givers.
- Know & understand their plan, responsibilities and who are the contacts.



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 supplies.
- I tend to overpack- and will wear 2 backpacks-One front, one on my back.

For a family, 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 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, even a grocery bag or a trash bag, or get one at a secondhand store. Buy a better bag during sales, such as Back to school or Christmas.



The slide features a large blue rectangle on the left containing the word "Breakout" in white. To the right is a photograph of a woman with dark hair, wearing a purple long-sleeved shirt, holding a small, scruffy dog. She is wearing a large green backpack with a blue water bottle attached. Below the photo, the text "Share your top 5 go bag supplies..." is written in a light gray font. At the bottom of the slide, there are four small text elements: "1/28/2024", "WWW.NEIGHBORSREADY.ORG", "WWW.QUAKEUPNW.ORG", and "22".

Take a few minutes to share with the person next to you. What are your top 5 priority supplies that you'd want to include in your go bag?

After the breakout, BARBARA:
[Barbara will call on a person or two.]

.....

This underscores how different everyone is.

Go Bags for Work, School & Car (1-2 day pack)



Our Top 10 List

- Water & food
- Head & face protection
- Hands & feet protection
- Medicines & first aid
- Communication devices
- Cash (small bills & coins)
- List of emergency numbers
- Copy of family emergency plan
- Personal hygiene kit (including heavy duty trash bags)
- Flashlight & whistle

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Go Bags for Work, School, & Car

Remember: You don't need to write all this down. We have lists on the website and handouts here today.

OK, let's get a little more specific to help think about your personal needs.

You may need to be prepared to shelter in place for 24 hours.

Here's our Top 10 Minimum List by category:

- **Water & food:** Bottles or pouches of water; snacks, and a small water filter
- **Medicines & first aid:** Critical medications, a mini first aid kit, disposable gloves
- **Communication:** Cell Phone charger or powerbank, crank-up radio
- **Head & face protection:** Warm hat or cap, sunglasses, KN95 or N95 mask
- **Hands & feet protection:** Gloves and sturdy, closed-toe shoes
- **Cash:** small bills, coins
- **Documents:** List of family emergency numbers; Copy of family emergency plan – We have this available on the website.
- **Personal hygiene kit:** Hand sanitizer, toilet paper, WAG bag (stands for: waste, alleviation & gelling bag), trash bag
- **Flashlight & whistle**

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

[Pause]



A special note about water: It's always a good idea to travel with a couple of gallons of water in your car. (Remember to remove water during a deep freeze!) In case you run out of your water supplies in an emergency, a personal water filter is important to include in your go-bag. There are a number of single-person filters available. Lifestraws cost around \$10. Other filters that last longer range in price from \$20 – \$80. We recommend that you also use a secondary disinfection method, such as ... UV pen or disinfection drops -- to make sure that all of the pathogens are killed. We'll talk a little bit more about water purification later on.

More ideas for the 2-day pack?

Compass & Maps



Fire Starters



YOUR IDEAS!



Plastic bags



Emergency Blanket or poncho



Pocket Knife, Multi-tool, Rope



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

What additional items do you think should be included in this bag, beyond the basics?

Here are some ideas:

- GPS device, compass, local maps
- Fire Starting devices
- Knife, multi tool, rope
- Blanket, poncho, space blanket
- Sealable Plastic Bags and a heavy-duty trash bag

50 Ways to Use a Trash Bag



insulator flyscreen shade protection
thermal bandage food trash
drinks poncho waterstill emergency dry flag
armsling cover haul inflate water shock tent snow
waterbag clothing store waste boots groundcover
ball bag case pillow lifejacket items working
covered splint recreation rainhat wear melt transport
solar area sleeping signal blanket

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Heavy duty trash bags have multi-uses....

In fact, did you know there are 50 ways to use a sturdy trash bag, including they can be used as a poncho, a ground cover, storing waste when toilets aren't available. That makes it a handy thing to include in your go bag.

[Include this link in the chat, if online:]

https://hanfordsentinel.com/news/opinion/columnists/preparedness-facts-51-ways-to-use-a-trash-bag/article_2eb4e874-6ce7-11e2-82b7-001a4bcf887a.html

Source for generating word cloud:

<https://www.freewordcloudgenerator.com/generatewordcloud>

Evacuation Bags (3 days to 2 weeks)

What can't you live without?

- Start with your go bag
- Next, think of a longer period of time:
 - Extra clothing, hoodie, jacket, poncho
 - Small roll TP, personal hygiene
 - First aid kit
 - Mylar blanket, tent
 - Tools: rope, knife, can opener, fire starters
 - Quiet entertainment



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Now, let's talk about evacuation from your home for 3 days to 2 weeks. You may need to go to a shelter or a friend's home - days, weeks, a month. Remember 2020's wildfires? Locally, nearly 200 people had to evacuate with sometimes only a 5-minute warning.

Minimum List:

- Start with your Go Bag which already has your basic supplies.

Now, thinking of a longer period. What can't you live without? You may need to be more self-sufficient

- Extra clothing, hoodie, jacket, poncho
- More personal hygiene supplies and medications for two weeks
- Something to entertain yourself

What Goes in an Evacuation Bag?

YOUR IDEAS!

- Start with your go bag

- Cash, critical docs, photos, keys

- Extra cloths, Sleeping Bag, Tent, Tarp

- Communications Equip

- More Hygiene, Meds, Glasses


www.neighborsready.org



GO BAGS

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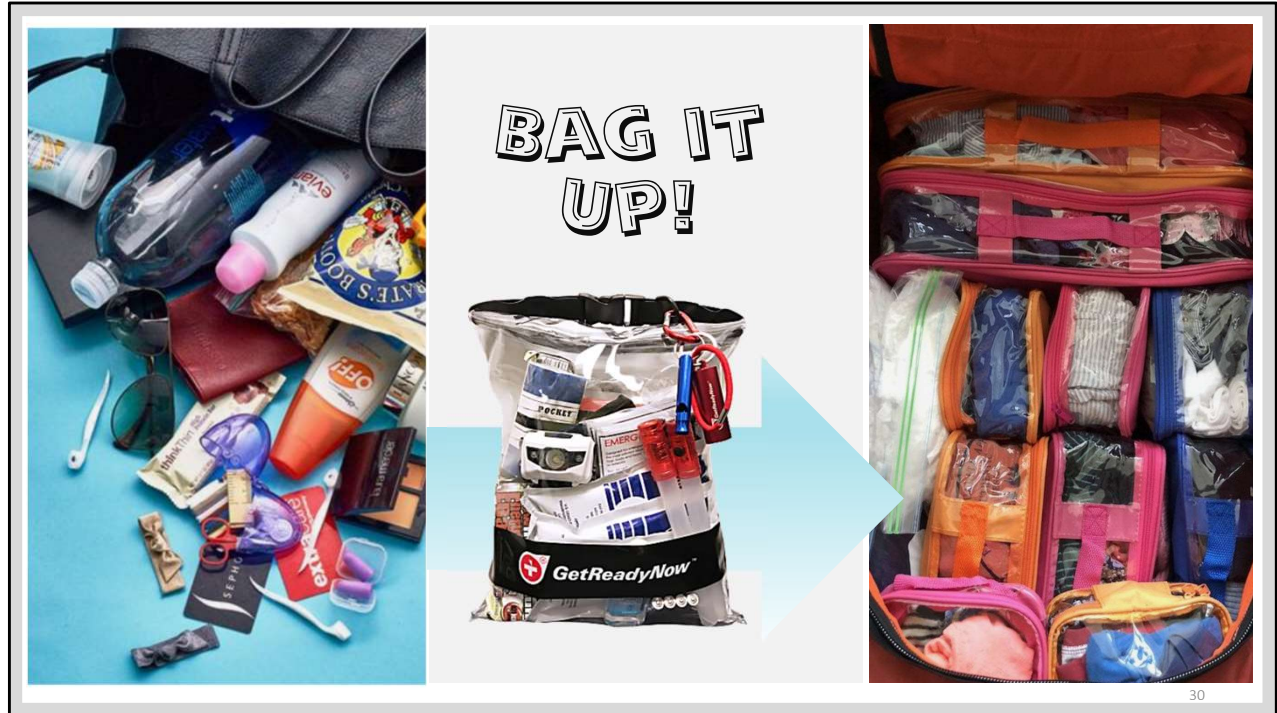
We show some additional items you may want to consider. We have specialized lists—for documents, seniors, disabled, and special needs—available on our website

Think what would you need / want to survive a min. 3 days to 2 weeks.
[Pause for a minute]



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.
- 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 travel crate for your pet; some of these are foldable. 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 our website.



- Most people build their own kit using an off-the-shelf school backpack to store their supplies.
 - But, with only one compartment, all 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 easier. Also, these clear bags make it 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 items in the bottom - sleeping bag, winter jacket, extra clothes
- Heaviest items, for example, food, should go in the small of your back, but no sharp items!
- Keep waterproof & rain garments easily accessible
- It should not weigh more than 1/4 to 1/3 your body weight

[Image: <https://images.app.goo.gl/zPuKnvGmJbhrkM5E9>]

Do an Inventory & Inspect Supplies



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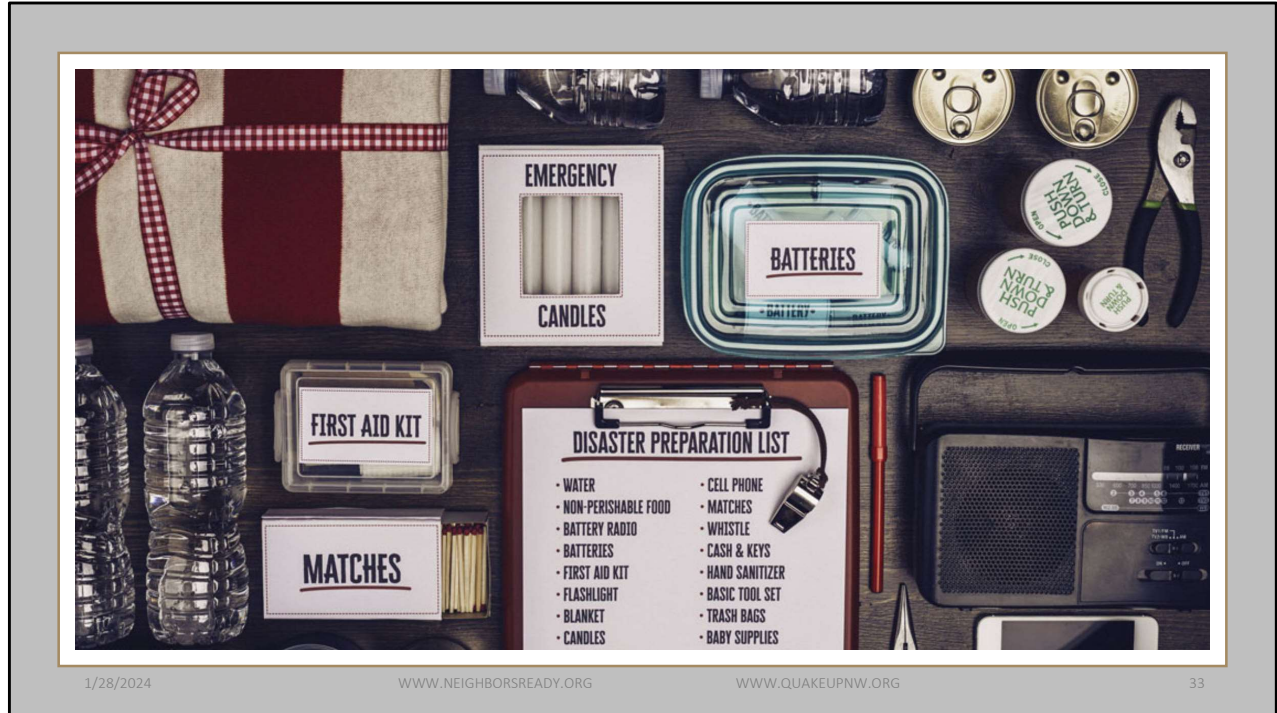
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It's important to inventory and inspect your bag's contents.

- This is a great winter project. For example, with no power, heat, no internet, I was highly motivated to review and repack my emergency bags during the last winter storm. And some of those items were outdated and very stale!
- Under normal circumstances, I recommend reviewing & repacking seasonally – in April and again in October, as weather conditions change.

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 each family member has without needing to rummage through everything.
- 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 Evacuation bag.



Inspect Your Supplies

Most emergency kits have a 5-year shelf life, however, some items may have a shorter life expectancy.

- 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 documents can 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.



Where & How to Store Go Bags

1/28/2024

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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 or car 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 their Go Bags are located.
- If old enough to carry or wear- each person should have their own evacuation bag.
- Keep emergency supplies for infants and pets in their own dedicated backpack.
- Pay attention to security if you store your bags in your car; make sure to cover it or put it in a hidden area, and avoid expensive items.



What about ideas for the car?

- Get in the habit of keeping your tank ½ full. Portland keeps a 2-day supply of gas stored on NW fill-land. Even then, this gasoline supply will be saved only for our Emergency Responders.

We all have basics in the car. What are you realizing you need to add?

Raise your hand...

[Mention these if nobody contributes these ideas:]

Here are some minimum tools to always include 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

One or two gallons of water!



SHELTER IN PLACE

- ✓ Prepare Supplies
- ✓ Charge Devices
- ✓ Stay Tuned

2 – 4 Weeks Supply Kits



Prepare Ahead for Sheltering in Place

- Now, assume you can stay in your home during or after a disaster.
- Be sure to have your devices charged and stay tuned to emergency channels.
- In a major disaster, you likely will have no electricity or water, possibly no gas, no sanitation, cooking, or heat. Sound familiar??
- This isn't just a 1- 2 days, could be weeks or months
- You will want to prepare a minimum duration of 2- to 4-Weeks as you build your home emergency supplies.



Your Go Bags and Evacuation bags serve as the building blocks for home emergency supplies. Create additional emergency supply kits to get you through the longer duration. In the Get Prepared Booklet, we have included a calendar of recommended purchases & activities to spread over time. It's broken out month by month to help You Not be overwhelmed for time or budgets while getting prepared.

What can't you live without?

You may not be able to go or find anything at the store. You may find bare shelves. Do you remember the early COVID days?

The basic components are:

Water

Sanitation-Pee & Poo buckets, and supplies

Food & Cooking - short & long term storage of non-perishable foods. A camp stove and fuel is also a good idea.

Hygiene Supplies

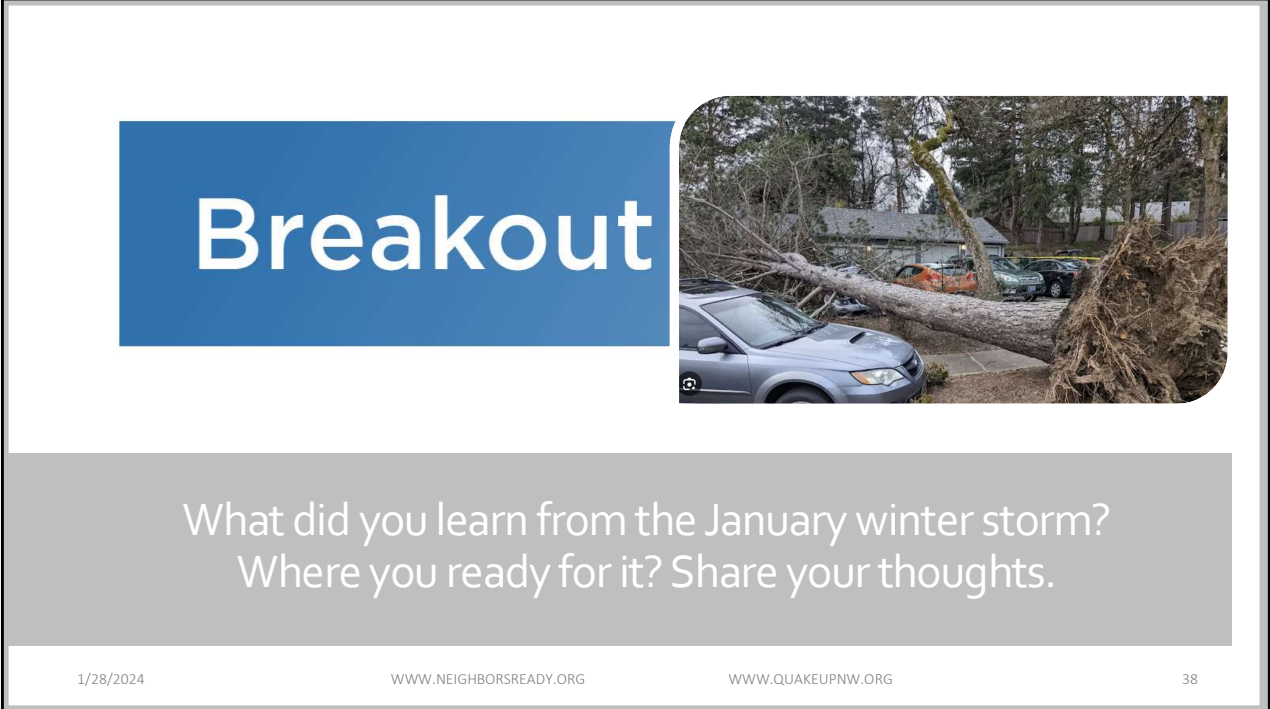
Medicines-prescriptions, First Aid. Pharmacies & hospitals may be closed. Work with your doctors to start building a 3-4 week stash of prescription meds you depend upon.

Tools-

Documents – Store in Watertight baggy, Add critical passwords. Current pictures of each family member and pet

Entertainment

Special Equipment Needs - oxygen, extra batteries



Breakout

What did you learn from the January winter storm?
Where you ready for it? Share your thoughts.

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Breakout:

Think of the recent winter storm. Were you ready for it? What did you learn from it? Share with a person your sitting next to. We'll take a few minutes.

After the breakout, BARBARA:

[Ask a few people to share their ideas, if time allows]



[18 secs]

Speaking of water, it's critical. How long can you survive without water? About 3 days. Clean water is essential for your preparedness, and it is an easy peasy step to take. Always have clean water with you in your car, Go Bags, and at home for Sheltering-in-Place.

The infographic is enclosed in a blue border. On the left, three circular icons are arranged vertically: a person drinking, hands being washed, and a pot on a stove. To the right of each icon are four small glass icons representing cups. Below the first set of cups is the text '8 cups drinking', below the second is '4 cups washing', and below the third is '4 cups cooking'. A large blue bracket on the right side of these items groups them together. To the right of the bracket, the text reads 'How much water Do you need to survive?' followed by '1 gallon per person & pet every day'. Next to this text is an illustration of a one-gallon jug labeled 'One Gallon'. Below the text and jug is a silhouette of a person with their hands raised in a 'V' sign, next to a dog and a cat. At the bottom right of the infographic is a QR code. At the bottom center, there is a URL: 'For more information: <https://www.neighborsready.org/water-supplies.html>'. At the bottom left, the date '1/28/2024' is printed. At the bottom center, the website 'WWW.NEIGHBORSREADY.ORG' is printed. At the bottom right, the website 'WWW.QUAKEUPNW.ORG' is printed. At the bottom far right, the number '40' is printed.

[0:40]

Be sure you have stored enough emergency water for at least two weeks or longer at home. At minimum, store 1 gallon per person and pet for every day. Doing the math for a family of 4, that would be around 56 gallons of potable water. If you don't already have enough stored water, then please do this one thing right now. Add bottled water to your grocery list or fill up clean, food-grade plastic containers with water after this meeting. Do not use milk containers.

For more information about storing water, see our website. The link is on the bottom of the slide.



Where to store water?

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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.

Purifier of Water (PUR)

Removes 99.9% common bacteria, protozoa, viruses



Pour
2.5 gallons

Stir
5 minutes

Settle
5 minutes

Filter
20 minutes

Purified water

+ + =

30 minutes

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What if you run out of your emergency water supplies?

A simple treatment method to use is the P&G, Purifier of Water packet, which was developed in collaboration with the CDC and the World Health Organization and is used widely in developing countries as a way to produce clean water.

This packet can generate 2.5 gallons of clean water in 30 minutes, faster and easier than most methods of purification. We tested this purification method with a local professional lab using raw water from Johnson Creek, and the results showed it to be as effective as filtering and purifying the water. The only downside is that the packets are a bit expensive and the shelf-life is 2 years.

One Step at a Time!

ACTION

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



Under-Bed Kit



1-2 Day Bag



Child's Bag



Pet's Bag



Evacuation Bag(s)



2-week Supplies



2-week Water Supply

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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. Just do a little bit at a time, like I've mentioned before.

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

Resources & References



Check out what's new!

What's the connection between climate change, disasters, and preparedness? Read our blog, "Climate change threats to your home." Climate change has revved up and super-sized disasters across all regions of the U.S., making it even more important for communities and individuals to get prepared and for



www.NeighborsReady.org

[0:11]

As mentioned earlier, you can get information and references from our website. You'll find our **Get Prepared Now! 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?

Be Hazard Smart in Beaverton
Be safe, ready & aware!

Are you Ready for the **BIG one?**

Free Presentation
Sun, 3 PM, Feb 25

REGISTER HERE

<https://tinyurl.com/quakeprep022524>

How safe is your home? Learn from experts about geological hazards in Beaverton – fault lines, liquefaction, landslides & flooding – and how seismic upgrades could improve your safety.

Neighbors Ready!

QUAKEUP!
Get Ready! No tremble. (Preparese!!)

Questions?

www.NeighborsReady.org

Karen:

Thank you, Barbara! Today, we've highlighted how to assemble and organize your emergency supply kits and go bags, and then, doing an inventory twice a year. 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. If you need to leave early before the Q&A, PLEASE fill out a program evaluation form. You'll find that under your chair.

Before we go into our Q&A session, I'd like to tell you a bit about what's up for our next educational meeting on Sun, Feb 25th at 3 PM, here in this room. Join us to hear Aaron Fox, one of the top-notch emergency management coordinators and a noted geologist explain GEO HAZARDS in and around the Beaverton area! You'll learn about **Fault lines, liquefaction, landslides, and flooding**. And you'll learn about available mapping tools to help you understand specific GEO hazards for your home and where you work and play.

What should you be doing to make your home resilient once you know the geo threats? Our second speaker, Rick Eilers from Prepare NW, will present ideas for making your home safer with seismic upgrades. I encourage you to register. You'll find more information on our Website!

[CLICK SLIDE]

So, now we'll take your questions.