

A GUIDE TO PREP FOR A DISASTER

Prepping can take on many different styles. Some preppers focus on bugging in, while others focus on bugging out. There are those who are in the process of turning their homes into homesteads, while others are relying primarily on their stockpiles.

Six basics should be stocked in your home: water, food (human & pet), first-aid supplies, clothing/bedding, personal emergency items (tools, medications, personal hygiene, etc.). Keep the items you will most likely need during an evacuation in an easy to carry container such as a large covered trash container, camping backpack or duffel bag. Keep a smaller version of the disaster-supplies kit in the trunk of your car.

Food is often treated like our number one survival priority, even though it actually comes in third place. Maintaining our body heat and having clean water are higher priorities than food, even though food is also important. Loss of body heat can kill you in 30 minutes and a lack of clean water can kill you in 3 days.

Having an ample supply of clean water is a top priority in an emergency. Plan to store two gallons of water per person per day, (one gallon for drinking and one gallon for washing). A normally active person needs to drink at least two quarts of water each day. During the hot summer months, the amount can double. Children, nursing mothers and ill persons will need even more. You should store at least a two week supply of water for each member of your family.

When thinking about your food storage, think of items that do not require refrigeration, cooking or preparation. You will also need a few things that are not food items. Plan on rotating your food supply every 6 months. When filling the pantry for you and your family's survival think of stocking items like:

Smoked, Dried & Canned Meat	Canned Fruit	Granola Bars	Breakfast Cereal, Instant Oatmeal
Water, Juice, Juice Mixes	Peanut Butter, Nuts, Trail Mix	Canned Sauces Spaghetti, Alfredo	Canned Vegetables
Milk (powdered/canned)	Soups, bouillon, dried cup-a-soup, canned soups	Spices & Condiments (salt,pepper,etc)	Dried Beans/Legumes Pasta, Rice, Flour, Other Grains
Coffee w/Fixins Sugar,Creamer,Syrups	Small Gas Cook Stove & Fuel	Paper Plates & Cups	Fire Starting Kit
First Aid Kit Medications Hand Sanitizer	Pet Needs Food/Water/Medication	Flashlight, Batteries	Non-Electric Can Opener
Garbage Bags, Ties	Toilet Paper, Personal Hygiene	Diapers, Formula, Baby Food	Battery Powered Radio