

Stoneybrook Village

Your Emergency Supplies

AGENDA

- What are you Preparing for? (20 min)
- What is YOUR plan? (20 min)
Rules of 3
- What is the Right Emergency Kit? (20 min)
Common Elements (
- Let's Make Some "Kits" Together (60 min)

1

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Brief intro for Aaron (background, occupation)

What is a Disaster?



2

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A disaster is when our needs exceed our resources.

Disasters always begin at the local level. If local resources are exhausted, additional help will be required by State and then Federal assets.

City least likely to be hit by a disaster?

- 2011: NY Times article ranks Corvallis as the safest city in the U.S. in terms of natural disaster vulnerability
 - But what natural hazards are we at risk to?
-



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Local Hazards



4

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Briefly discuss manmade hazards and high-impact low frequency incidents like pandemic infectious disease, WMD, EMP, etc.

Zombie Apocalypse?



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5

Discuss CDC Zombie Apocalypse PR campaign

“The Big One”

- The Juan de Fuca tectonic plate is subducting beneath the North American plate: The Cascadia Subduction Zone (CSZ)
- 37 percent chance of occurring in the next 50 years (ORP, 2013)
- Potential for 9.0-9.5 magnitude earthquake and a resulting 50-100 ft. tsunami (ORP, 2013)
- Average return time of approx. 250 years
- Last CSZ Quake: January 1700 AD



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Point out the difference between subduction EQ and crustal/Faultline EQ

CSZ Impacts



- FEMA: 13,000 fatalities, 27,000 injuries, 1 million people displaced, and at least 2.5 million requiring food/water (ORP, 2013).
- Transportation: Collapsed bridges, damaged roads
- Communication: Cell towers lost, phone and internet down
- Commerce: Inability to buy goods and services, economic impact
- Utilities: No power for 6-12 months in many areas, no water
- Energy: Nearly all fossil fuel will need to come from the outside

7

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Emergency support functions are interconnected and losing

Transportation Issues...



8

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Fear vs. Being Realistic

- Fear is often used to scare people into preparedness
- Fear can paralyze people into inaction
- Rather than being afraid, be realistic about the way the world is and build confidence through becoming more prepared and self-reliant



9

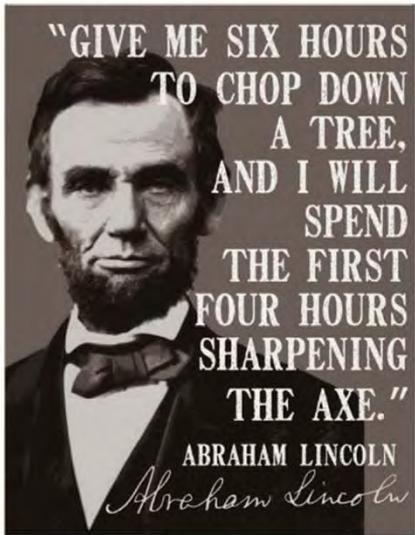


Emergency/Disaster Plans

- “The Seven P’s”
- You can’t effectively plan/prepare for everything, but...
- Many disasters have similar impacts:
 - loss of electrical services
 - water contamination
 - food and supply shortages
 - mass hysteria, evacuations
 - mass casualty incidents
 - overloaded capabilities of first responders and critical infrastructure

10

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11

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Talk about the seven “p’s”

The Rules of Three

Physiological needs that are present in any scenario.

You can die in:

- 3 seconds after severe trauma to your CNS
- 3 Minutes without oxygen
- 3 Hours without Thermoregulation (Hypothermia or Hyperthermia)
- 3 Days without water
- 3 Weeks without food (Probably closer to 30 days)



12

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The 3 Second Rule

You may only survive 3 seconds with serious trauma

- Sudden accelerations and/or decelerations: Falls, struck by object, car crash
- Life is hard = wear a helmet
- Hypovolemic shock: drop of blood pressure
- Blunt trauma or penetrating trauma (GSWs)
- Prevention is the best strategy



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13

The 3-minute rule

You may survive for 3 Minutes without air (oxygen) or in icy water.

- Chemical spills, carbon monoxide, and smoke will deplete available oxygen. Install smoke and CO detectors. Never use portable generators indoors. Prepare to shelter in place with plastic sheeting and duct tape.
- Drowning is a serious concern during major flooding or in the event of a tsunami.
- “Turn around, don’t drown.”
- Head for high ground along marked evacuation routes immediately post-EQ



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The 3-hour rule

You can survive for 3 Hours without shelter in a harsh environment

- **3 hours** to die from exposure resulting in the inability to thermo-regulate
- Statistically, hypothermia or hyperthermia are the most dangerous threats in a survival situation
- Humans are homeo-thermic, needing to maintain a fairly constant core temperature of 98.6 degrees F (37 degrees C)
- Hypothermia: Core temp 95 F (35 C) or below
- Hyperthermia: Core temp 100.9 F (38.3 C) or above



15

Talk about how hypothermia is possible even in moderate ambient temperature

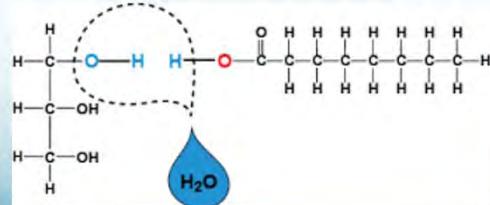
The 3-day Rule



It takes 3 days to die from severe dehydration

- Water is required for countless biological processes,
- The body is 50-70% water, an avg. adult male has about 11 gallons, females have about 8 gallons. 75% of humans are chronically dehydrated
- A person needs about 1 gallon per day and a gallon weighs 8.34 lbs.

16



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The 3-Week Rule

You can go 3 weeks or more without food

- Your body will use glucose, glycogen, fat, and then muscle as energy for your brain and basic metabolic function.
- Hunger and its effects on the body will impair your morale, judgement, and physical ability.
- Even though you can go awhile without food, surviving a disaster is much easier when you keep your energy

17



Food Plan



- Old recommendation: 72 hours. New: 3 weeks or more.
- After shelter and water needs are covered, food becomes the primary concern
- Select food with long-shelf life, good nutrition for the money, and at least some that is lightweight in case you must bug out.
- Store in airtight containers, away from sunlight and moisture.
- Have means to cook the food: wood stove, solar oven, Coleman stove/grill, charcoal, rocket stoves, backpacking stove

18

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Rice and dried beans are good nutrition for the money that can last a long time.
Most of us have canned foods in the cupboard that should be good.
Be sure to have extra propane if you plan to use your BBQ for cooking

Power/Lighting Plans



- Gas-Operated Generator with fuel for at least seven days operation. Rotate fuel or use stabilizing agent
- Propane: Used for lights, heaters, stoves, even vehicles
- Solar: Panels are getting cheaper, small versions can power USB chargers etc.
- Human-Powered: Recumbent Bike Generator
- Lighting: Headlamps, flashlights, oil lamps, solar lanterns



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19

Headlamps>flashlights for most purposes

Without power we lose much of what we take for granted normally. It may be for a few days or for a few months or more after certain disasters.

Sanitation/Hygiene Plans

- With decreased access to medical services, sanitation and hygiene become vital. These products will become very valuable after a long-term disaster
- For a short term toilet: 5 gal. bucket w/ plastic bags.
-Long-term: composting toilet.
- Stock up on: TP, Wet Ones, paper towels, liquid soap, shampoo, feminine hygiene products, deodorant, oral hygiene products, bleach, disposable razors, non-latex gloves, N95 masks, baking soda, hand sanitizer, diapers, trash bags, scrubbers



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20

1:10 concentration of regular bleach or hydrogen peroxide for surface decontamination
Note that a bucket of water from the pond can be used to flush the toilet.. But be aware the sewers might be broken

Pet(s) Plans

- Food
- Water
- Medications
- I.D. and rabies tag, leashes
- Crates
- Doggy Pack for evacuation



21

Also Vet name and contact info

What is the Right Emergency Kit?

- Is it this?



22

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Have you seen these? What might be in this can? What circumstances might this be appropriate?

Bring up using an Altoids container for making charcloth.

The smallest and most essential items for survival. Requires skill and practice.

What is the Right Emergency Kit?

- Maybe a bit bigger?



23

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A well stuffed bottle! What might be in this? Maybe something you could have in your hiking pack or in your vehicle? Having a water container is critical so this is a good method for this size of a kit.

What is the Right Emergency Kit?

- How about this?



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24

Here is an interesting looking kit. What do you see?
Consider having a separate kit for car trouble in addition to a “go bag”

What is the Right Emergency Kit?

- Way Bigger?



- Safety Gear**
- 106-pc. Family-size First Aid Kit
 - Flashlight with spare long-life Batteries
 - Solar Dynamo Radio/Lantern
 - 8 Chemical White Light Sticks
 - 5-in-1 Whistle/Survival Tool
 - 3 Hand-launch Aerial Flares
 - Fire Extinguisher (type AB)
 - 4 Bright Safety Vests
 - Gas Shut-off Wrench

- Survival Gear**
- 4- 2.5 gallon Water Cubes with 5-year Water Preserver
 - 5-gal. Collapsible Water Jug
 - Water Purification Tablets with Flavor Neutralizer and Flavoring
 - 4 Emergency ("Space") Blankets
 - 50-ft. Nylon Cord
 - Emergency Survival Food (sustain 4 people for 3 days)
 - 1-pk. Waterproof Matches
 - Lock-blade Knife
 - Multi-tool
 - 2-pr. Work Gloves
 - 2 two-man Tube Tents
 - 50-ft. Rescue Rope (1/2-inch)
 - 4-oz. Sunscreen / Insect Repellant
 - 30-yd. Duct Tape
 - Plastic Sheeting
 - Combo Shovel / Saw
 - Plastic utility bags

- Hygiene Supplies**
- Emergency Toilet
 - Bio-degradable Toilet Paper
 - Folding Sink
 - 2 Extra-absorbant Towels
 - Hygiene Kit, containing
 - Wash Cloth
 - Liquid Dish and Hand Soap
 - 4 Tooth Brushes
 - Tooth Paste
 - Sanitary Napkins

- Food and Comfort**
- 4 Thermo-Lite Sleeping Bags
 - Propane Cook Stove
 - Propane Catalytic Heater
 - 3 Propane Cylinders
 - Complete Cook Set
 - 6 Single-pot-prepared Hot Meals (each makes 4 portions)
 - Coffee, Cocoa, and Soup packets
 - Food Seasonings
 - 4 Sets Eating Utensils
 - 2-pr. Work Gloves
 - 8-pc. Hand Warmers
 - 4 Rain Ponchos
 - Sewing / Repair Kit
 - Playing Cards and Game to occupy time

25

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You can not read this. It looks like the mother of all kits! If you bought this, that would be all you need... right? Hmm. How can you determine that? How about a 55 gallon garbage can on wheels?

What is the Right Emergency Kit?

The Answer:

IT DEPENDS

- ON CIRCUMSTANCES
- ON YOUR EMERGENCY PLAN

26

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It depends

Click

What are your circumstances:

What are you preparing for? Where will you be? Who is with you? What special needs might you have?

Click

What you need should be dictated by your Plan...

You all have an emergency/disaster/preparedness plan, right?

Types of Kits

➤ Day Kits ➤ Going for a Hike?



What Might You Need?

- Water
- Food
- First Aid Kit
- Flashlight
- Batteries
- Fire Starter
- Whistle
- Tent
- Gloves
- Rope
- TP
- Hygiene Supplies

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27

There are lots of different types of kits depending on what it is for and your plan.

Brainstorm: if going on a day hike, what may you need?

Click

Here are some of the things we thought of.

Types of Kits

➤ Car Kits ➤ For car trouble



What Might You Need?

- Tools
- Jumper Cables
- Flashlight
- Batteries
- Safety Vest
- Warning Triangle
- Tow Rope
- First Aid Kit
- TP
- Fire Extinguisher
- Water
- Ice Scrapper

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28

How about going on a car trip?

Brainstorm: what may you need?

...Click

Here are some of the things we thought of.

Self-heating meals is one you may want to consider if going over the mountains in the winter!

Types of Kits

➤ Car Kits

- For car trouble
- For a disaster

What Might You Need?

- Tools
- Jumper Cables
- Flashlight
- Batteries
- Safety Vest
- Warning Triangle
- Tow Rope
- First Aid Kit
- TP
- Fire Extinguisher
- Water
- Ice Scraper

And:

- Food
- More Water
- Water Treatment
- More Batteries
- Shelter (tent/tarps)
- Fire Starter/Matches
- Rain Gear
- Hygiene Supplies
- Shovel
- Working Radio
- An Evacuation/Shelter Kit

A separate 72 hr. Kit?

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29

What if a disaster struck while you are out in your car and cannot get home?

Click

Here are some additional things you may want to consider.

Types of Kits

- **Evacuation Kit**
 - What do you need with you at an evacuation/relief center?



30

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Let's say you survived a disaster and are being asked to evacuate to an evacuation center somewhere.

Brainstorm: what might you need to bring?

Types of Kits

➤ Go Bag

- For few-day incidents
- For local (not Regional) disasters.
- Good idea to keep one in your car.



31

What Might You Need?

- Water
- Water Treatment
- Food
- First Aid Kit
- Lights
- Face Masks
- Shelter (tent/tarps)
- Rain Gear
- Hygiene Supplies
- Non-Electric Radio
- Duct Tape
- Evacuation/Shelter Kit

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You may have heard that everyone should have a 72 hour kit for major disasters. Well, that is overly optimistic.

But, for lower level disasters: a severe storm, large snow fall, a few day power outage, etc. A 72 hour kit might be part of your plan.

Brainstorm: What might you need for 72 hrs.

Click

Here are some of the things we thought of.

As on the previous slide, you may want one of these in your car if you are away from your home during an incident.

How to pick the Right Kit? What is YOUR Emergency Plan?

- Are you a Survivalist that can get by with a knife, flint and steel?
- Are you dependent on others who will take care of you?
- Are you near a fire station that you are counting on to respond?
- Are you planning for a day trip? A day or two? A week or three?

32

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The gear you pack should be personalized to your plan, your environment, your skills and physical abilities, and if you are solo or with a group.

If money, space, and resources allow you may want to have each of the kits we mentioned.

Preparedness Rule of Thumb:

Plan for the worst then you will be prepared for whatever comes.

- For Us, the worst is a region-wide Subduction Earthquake
 - 1-3 weeks or more without:
 - ✓ Power
 - ✓ Running Water
 - ✓ Stores
 - ✓ Bridges
 - ✓ Gasoline

33

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Brainstorm: What would you need to survive 3 weeks with no power, no running water, no stores, no passable roads? (It may be more like 3 months or more without power or water post-Cascadia.)

You could also argue that Cascadia isn't the worst disaster this region could face. Pan flu or a coordinated domestic or foreign terrorism attack on US infrastructure could potentially be worse...

What is the Right Emergency Kit?

- Way Bigger?



- Safety Gear**
- 106-pc. Family-size First Aid Kit
 - Flashlight with spare long-life Batteries
 - Solar Dynamo Radio/Lantern
 - 8 Chemical White Light Sticks
 - 5-in-1 Whistle/Survival Tool
 - 3 Hand-launch Aerial Flares
 - Fire Extinguisher (type AB)
 - 4 Bright Safety Vests
 - Gas Shut-off Wrench

- Survival Gear**
- 4- 2.5 gallon Water Cubes with 5-year Water Preserver
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 - 1-pk. Waterproof Matches
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 - 2-pr. Work Gloves
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 - 3 Propane Cylinders
 - Complete Cook Set
 - 6 Single-pot-prepared Hot Meals (each makes 4 portions)
 - Coffee, Cocoa, and Soup packets
 - Food Seasonings
 - 4 Sets Eating Utensils
 - 2-pr. Work Gloves
 - 8-pc. Hand Warmers
 - 4 Rain Ponchos
 - Sewing / Repair Kit
 - Playing Cards and Game to occupy time

34

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Maybe something like this kit is not so unreasonable after all?

What is the Right Emergency Kit?

- Or this?



35

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Maybe your plan calls for something more extensive?
Hmm. 3 weeks without light, water, food...?

Again... it depends on you plan.

We will now talk about some of the things you may want to consider that are common in the various kits.

Common Elements

- **Light**
- **First Aid**
- **Water**
- **Food**
- **Communication**
- **Tools**
- **Shelter**
- **Warmth**

Common Elements

➤ Light



37

What Kind of Light?

Flashlight, Lantern, light stick

LED, Halogen, incandescent

Power-fail light?

Where are they?

Kitchen? Attic? Bathroom ?

How many spare batteries?

Batteries stored in lights or out?

Batteries kept in fridge?

What about fuel if propane lantern?

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Light is often thought of first for emergency kit. Power failure is the most common emergency that can be a disaster for some.

But, there are some things you need to think about in selecting lights to buy

what kind of light do you need for your plan?

Click

There are many types to select from. Generally, we recommend you stick with LED lights for reliability and battery life.

(demonstrate light stick if no one knows what they are)

Click

Everyone has 1 or more flashlights in their home. But, where are they?

Click

Are they where you will be when the lights go out? One tip- light sticks are inexpensive enough to put one in every drawer or shelf where you will be at night.

Click

One somewhat difficult decision is how many batteries or how much fuel for propane or kerosene lanterns? Generally, lithium batteries last

longer in your light and in storage.

Common Elements

➤ First Aid

- What kind of injuries might you expect?
- Probably NOT the standard band-aids and aspirin kit
 - Trauma pads, splints, bandages
 - Clotting agents
 - Sewing kit or wound closing tape/glue



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38

Selecting a First Aid Kit takes some thought:

What kind of injuries might you expect for the circumstances you are planning for?

The right kit might actually be a small pocket kit if it is something you want to carry on you.

Otherwise, you need to be thinking of broken bones, large lacerations, etc. Things like listed here.

Consider making a kit based on your training level and taking 1st aid training

Common Elements

➤ Water



39

1-2 gallons a day per person!

- Carry it with you?
- Store or Filter?
- How long can you store?
- How to use your hot water heater
- Kinds of filters
- Sources of water



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Water is probably the most essential need. As you have seen, one might only expect to live up to 3 days without water and you need a gallon a day per person to drink and probably another gallon a day for hygiene. If you are just planning a short trip or hike, you may just want to take some water bottles with you.

For longer term:

The “classic” solution is to store 55 gallon barrels of water in your basement. But: how do you move it? How do you preserve it and for how long? And, we don’t have basements!

There are treatments that will kill any bacteria and allow the water to be drinkable for 5 years. Then you have to empty, refill, and retreat it.

Or, you can use your hot water heater as a source of water. But, that takes some planning as well.

There are a variety of water treatments and water filters that will allow you to take water from almost any source and make it drinkable. Even water from the Stoneybrook pond!

Common Elements

➤ Food

- Can you eat it cold
- How might you cook?
- Storage life of various foods
- #30 cans of freeze dried – brand differences
- Beans, pasta, etc
- Hunting



40

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I can speak to the viability of hunting, fishing, trapping etc. post-disaster
(Not likely with this population)

Common Elements

➤ Communication

- With immediate family
- With out of area family
- Disaster information
- Types of radios: FRS, HAM
- Crank AM/FM radio



41

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Land lines may be down or jammed
Cell towers may be down or jammed
Text gets through better-eventually
Show: Crank Radio, FRS radio, Ham radio

Common Elements

➤ Shelter

- Post 1990 Homes may survive
- Must be bolted to foundation
- If not- is there a neighbor you can plan to stay with?
- Evacuation to a Shelter (what might you need to bring?)
- Other shelters- RV's?

42

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Consider the shelter you may need to survive after a disaster if it happens when you are away from civilization or if you are forced to evacuate to a shelter on foot.

Most Stoneybrook homes are expected to survive even the worst. Some homes may be too badly damaged, but others will still be habitable and many of us have spare bedrooms.

But, there may come a time when we are asked to evacuate in a hurry- Do you have pre-packed what you might need to go to a shelter?

If you have an RV within walking distance, it might make a good emergency shelter.

Common Elements

➤ Warmth

- Fireplace
- Dangers of Propane heaters
- Lots of blankets & clothes

43

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Fire can be used for heating, cooking, signaling and more. But do you have a supply of wood?

Do you have the means to process wood?

Do you know how to start a fire in the rain and when all your fuel is wet?
(fires not a likely solution here, but on a car trip?)

Lets “Make” some Kits

- **Group activity: 6 per table**
- **In front of you will be sheets with lists of some possible supplies give one per person at the table**
- **We will give you a description of some circumstances.**
 - Discuss what supplies you might wish you had
 - Check off each selected supply
 - Remember budget- these things cost money
 - Label the top with what kind of kit it is:
Travel? Stay in place? Road Kit? Whatever has meaning for you to read later
- **You can take these home and use to build your own real kits!**

RESIDENT NAME: _____					
KIT NAME: _____					
In Kit?	Qty	WATER	In Kit?	Qty	FOOD
<input type="checkbox"/>		Water bottle or carrier	<input type="checkbox"/>		Freeze-Dried #20 Cans
<input type="checkbox"/>		Stored water bottles	<input type="checkbox"/>		Beans & Rice
<input type="checkbox"/>		Water from hot water heater	<input type="checkbox"/>		Canned foods
<input type="checkbox"/>		Stored water drum	<input type="checkbox"/>		Military-style MRE
<input type="checkbox"/>		Means to boil water	<input type="checkbox"/>		Self-Heating Meals
<input type="checkbox"/>		Water filter	<input type="checkbox"/>		Bars & Quick Energy
<input type="checkbox"/>		Water Treatment			
LIGHTS				COOKING	
<input type="checkbox"/>		LED flashlight	<input type="checkbox"/>		Propane Camp stove
<input type="checkbox"/>		LED lantern	<input type="checkbox"/>		Propane BBQ
<input type="checkbox"/>		LED headlamp	<input type="checkbox"/>		Fire in Back Yard
<input type="checkbox"/>		Crank or Shake Light (with or without radio)	<input type="checkbox"/>		Fuel
<input type="checkbox"/>		Propane or kerosene lantern			
<input type="checkbox"/>		Light Sticks	<input type="checkbox"/>		SLEEP AIDS
<input type="checkbox"/>		Power Fail light	<input type="checkbox"/>		ear plugs/ear muffs
<input type="checkbox"/>		Candle	<input type="checkbox"/>		eye masks
<input type="checkbox"/>		Spare batteries (type?)	<input type="checkbox"/>		sleeping pills
COMMUNICATION				FIRST AID	
<input type="checkbox"/>		HAM radio	<input type="checkbox"/>		>100 pc Travel First Aid kit
<input type="checkbox"/>		AM/FM battery radio	<input type="checkbox"/>		>300 pc first aid kit
<input type="checkbox"/>		Vehicle radio	<input type="checkbox"/>		Trauma kit
<input type="checkbox"/>		Crank radio	<input type="checkbox"/>		Assembled first aid supplies
<input type="checkbox"/>		Cell Phone	<input type="checkbox"/>		Splints
POWER				<input type="checkbox"/>	Triangle Bandages
<input type="checkbox"/>		Generator	<input type="checkbox"/>		Trauma pads
<input type="checkbox"/>		Battery power packs	<input type="checkbox"/>		Antiseptic
<input type="checkbox"/>		Spare batteries (type?)	<input type="checkbox"/>		
<input type="checkbox"/>		Crank cell phone charger			
STORAGE				HYGIENE	
<input type="checkbox"/>		Backpack	<input type="checkbox"/>		Hair comb/brush
<input type="checkbox"/>		Sports Bag	<input type="checkbox"/>		Toothbrush
<input type="checkbox"/>		Foot Locker/Chest	<input type="checkbox"/>		Toothpaste
<input type="checkbox"/>		Closet	<input type="checkbox"/>		Soap
<input type="checkbox"/>		Shelves	<input type="checkbox"/>		Washcloth
<input type="checkbox"/>		Plastic Bins	<input type="checkbox"/>		Towel
<input type="checkbox"/>			<input type="checkbox"/>		Deodorant
<input type="checkbox"/>			<input type="checkbox"/>		Sanitary needs
<input type="checkbox"/>			<input type="checkbox"/>		Hand Sanitizer

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What do you need?

- You are in bed, and are jolted awake by a loud noise- your power-fail light is on and the night table light won't turn on.
- You check with neighbors the next day, none of them have power. You phone the Power company and they say there has been a major failure and the power may be out for 3-5 days

Click for part 1 & part 2 (on same kit page)

What do you need?

- You are on a car trip to California in the winter, crossing the Siskiyou's, and decide to go up a side road to visit a great view point you heard about. A ways up the road, you get stuck in a snow drift. No matter what you cannot get loose. You try calling AAA- oops! No cell reception!
- There is a freak winter snow storm dumping 3 ft of snow on Corvallis with drifts up to 6ft! Power is knocked out and phone lines are jammed with calls. Its predicted to get to -20 degrees tonight!

47

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Click for part 1 & part 2 (on same kit page)

What do you need?

- A wild fire has started in the fields around Stoneybrook. We have been ordered to evacuate to Adam school on 35th St.
- The worst has happened. The Cascadia Subduction Zone Earthquake erupted! It has effected this area as a 7.0! The shaking has finally stopped.

48

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Click for part 1 & part 2 (on same kit page)

PRIZES!!

Donated by

Stoneybrook Preparedness Committee

Samaritan Regional Medical

Everyone who helps themselves by getting prepared is one less problem in a disaster.

49

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Each can take a light stick home.
Pick raffle tickets for the rest.