



## SHELTER

- TO ASK:**
- Where will we go / stay?
  - temporary safety
  - getting out of town
  - getting out of the country

- TO PACK:**
- wool blanket
  - 8x6 heavy plastic sheeting
  - blankets /mat per person
  - 6 trash bags
  - flashlight

- TO DO:**
- Make arrangements with trusted friends AS SOON AS POSSIBLE
  - in town
  - out of town
  - out of country / neighboring country
  - stay in groups of 5-8, if possible



## SECURITY

- TO ASK:**
- How will I escape danger?
  - How will I protect myself / family?
  - from physical harm
  - from social / emotional harm
  - from environmental harm
  - from thieves

- TO PACK:**
- map with planned escape routes
  - personal weapon, if needed
  - money and items to barter with
  - medical supplies
  - utility tools, flashlight extra batteries
  - rope / nylon cord

- TO DO:**
- Discuss potential scenarios
  - bullet / bomb wounds
  - sexual assault
  - physical beatings / torture / burns
  - environmental exposure (heat / cold)



## WATER / FOOD

- TO ASK:**
- How long can I go without food & water?
  - How will I know food / water I find is safe?

- TO PACK:**
- packaged water
  - high protein snacks, low salt
  - special needs for babies and elderly
  - iodine, chlorine, bleach
  - safe clear container to hold water

- TO DO:**
- You could die after 3 days with no water
  - You could die after 3 weeks with no food
  - You could die in 3 minutes with no shelter or safe place to hide from harm or extreme elements
  - You could die in 3 seconds without a plan in place



## COMMUNICATION

- TO ASK:**
- How will I communicate with others?
  - How will I know whats going on?
  - How will I know where its safe?
  - How will I hear the news?

- TO PACK:**
- cell phones per person
  - back up batteries
  - radio (crank, bring backup batteries)
  - pencil and paper / notepad
  - internet / email access, if possible
  - whistle

- TO DO:**
- document important events
  - share what you see, hear, & experience to your group / trusted friends
  - always let two people know where you are going & how long you expect to take in your activity or return



## MED. / HEALTH

- TO ASK:**
- How will I respond to a medical crisis?
  - What will I need to save a life?
  - What medications will I need to survive?
  - How will I reduce disease / infection?

- TO PACK:**
- first aid kit, tweezers, small scissors
  - bar soap, isoprphyl alcohol
  - sun block, lip balm, ointments
  - non-sterile gloves
  - medications (aspirin, antibiotics, etc)
  - female hygiene products
  - bandages, bandanas
  - wet wipes, toilet paper, hand sanitizer

- TO DO:**
- stock up on medications and supplies
  - bring glasses, toothbrushes, wash cloths, etc for personal health care and hygiene



## MY PAPERS

- TO ASK:**
- How will I prove who I am, where I live?
  - How will I prove I / we are not a threat?
  - How will I prove what I own?
  - How will I be able to identify my family if we get separated / or in a crisis?

- TO PACK:**
- ID, passport, drivers license
  - property, asset documents
  - money, credit cards & cash
  - professional certifications & licenses
  - medical documents, health records
  - travel permissions, visas
  - individual photos of family members

- TO DO:**
- Make 3 copies of everything
  - store money and valuables in different places on your body at all times
  - give /email trusted friends out of country a copy of everything



## CLOTHING

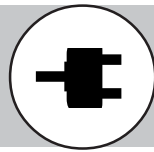
**TO ASK:**

- What will the weather be like if I have to sleep on the street / in the mountains?
- What other situations / needs can certain items of clothing be used for?

**TO PACK:**

- Good shoes (with ankle support)
- 3 days change of clothing several layers (natural fibers is preferred)
- Underwear, socks (four days worth)
- Jacket or coat if cool weather
- Hat (warmth and sun protection)
- Rain Gear
- Foot powder and moleskin (or tape)
- scarves / bandanas
- safety pins

**TO DO:**



## TOOLS

**TO ASK:**

- What else will I need to survive on my own?
- What will I need to fix or build things in an emergency?

**TO PACK:**

- flashlight (EXTRA BATTERIES)
- rope (3 meters or more)
- strong tape, or tape like material
- Knife, cutting tools
- Multi-tool
- Hatchet, saw
- Fishing line/hook/ sewing tools
- 5 Gallon can of Gasoline
- Dental Floss
- Magnifying Lens

**TO DO:**



## TRANSPORT

**TO ASK:**

- How will I travel?
- Where can I safely travel on foot?
- Where can I safely travel on bike?
- Where can I safely travel in a car?
- How much will it cost to travel in a crisis?
- What routes do I take if I have to escape?

**TO PACK:**

- access to a functioning vehicle
- money to pay for emergency transport
- stored fuel / gasoline to fill a tank
- tools to fix break downs, spare tire
- knowledge of road ways
- supple to survive if traveling on foot
- maps

**TO DO:**

Discuss potential escape scenarios

- traveling on foot from different locals
- trusted friends to assist with transport across city, provincial, country boundaries



## BASIC FIRST AID



## REMEMBER

- dont pack more than you can carry, or the weakest person in your group can carry
- leave sentimental items behind. Only take what will keep you alive.
- always travel in pairs - never alone
- shelter together in groups for protection and strength
- stay in communication with trusted friends & family
- SMS can often work where cell phone calls may not
- pack for evacuation NOW. Do not wait!
- plan for worst case event NOW. Do not wait!!!
- expect to survive two weeks or more without help
- memorize plans and trusted friends contact info
- do not rely on help arriving when you need it. You WILL be on your own
- be smart, don't bring attention to yourself
- do what you have to do to survive, no one can ask any more from you than that



## MANAGE STRESS



# CONTACTS TO MEMORIZE

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# IMPORTANT INFO

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# AM I READY TO SAFELY EVACUATE?

## DON'T EXPECT HELP:

- When will help arrive?...Hours, days, weeks, never?
- Your survival depends on YOUR preparedness.
- Who is dependent upon you?

## HAVE AN EVACUATION PLAN IN PLACE:

- Is safe evacuation possible?
- Is there enough time to evacuate? How long will it take?
- Is evacuating more dangerous than staying?
- Can everyone be evacuated? Even at different times?
- Are you prepared to evacuate? Do you have a plan
- Have you talked about the plan with your family?

## BEFORE YOU LEAVE:

- Do you have multiple copies of your important papers?
- Have you liquidated your assets into cash form?
- Do you have family coordination plans / designated meet up places in the city, out of town, out of country?

## EVACUATION TIME:

- Will you be leaving from your home?
- What if evacuation is necessary when your family is in different places?
- What evacuation routes will you take?
- Where will you go? Tonight, tomorrow, next week, long term?
- How will you get there? Car, bicycle, foot, other?
- How will you know the route you've planned is safe when you're ready to evacuate?

## GO BAG:

- You will need to leave very quickly and quietly to survive
- It may take days, even weeks to find safety / rescue
- What would you need to survive in a hard environment, while on the move? Physical needs, psychological, tools, resources, aides, supplies?
- What would you need to survive two weeks on your own? Consider weight – 17 kg's, size = backpack

## SECURITY:

- Keep alert – be aware of your surroundings
- Trust your instincts
- Always know a way out of anywhere
- Travel during daylight, if in extreme weather
- Have a personal and home defense plan

## BASIC GUIDELINES:

- Always Stay warm, stay dry, stay clean = prevent disease and infection
- Protect your feet, head, organs and hands
- Always stay hydrated, stay in communication with others.

## ALWAYS:

- BE INFORMED
- BE READY
- HAVE A PLAN