

Emergency Preparation Guide



There is peace in preparedness, which in turn brings calm in the storm.

Picture on cover: Albion Basin on the trail to
Cecret Lake

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When an emergency hits, you don't want to look like you're reenacting a scene from the Three Stooges.



Nor do you want to feel like you're this guy.



Introduction

If you are checking various news sources on a regular basis and listening to the hundreds of voices out there warning us to prepare for food shortages, war around the world (even the possibility of WWII), nuclear fallout, civil unrest, new and improved pandemics, etc., it's easy to be filled with despair, gloom, hopelessness... There are warnings all around us to get a good food supply before it's too late, and to store water, first aid supplies, fuel for cooking & heating, power in case the grid is lost, sanitation supplies in case the sewer and water aren't working, and on and on. It sounds overwhelming to people who haven't started preparing, but it's a wake-up call for everyone to hurry and finish, add to or start their preparations. We've always said, "It's never too late to get started with your emergency storage preps." However, I now believe that we might have a day, sooner than later, when it sadly just might be too late. So, what do you do if you're a beginner? This booklet is for you. Begin. What do you do if you've started, but want to do more? Peruse this booklet and find areas when you could improve your personal and family preparedness level.

First thing - take a deep breath, look around you and remember that God has blessed us with beauty and peace. However, with the understanding that peace could depart quickly, I pray every morning and night that our community might continue to be blessed with peace.

The most important attribute or gift in an emergency is to know how to listen to the spirit and receive revelation. I add my encouragement to remain focused on a daily devotional of scripture study and prayer.

On the temporal side of things, if you don't have much in the way of preps for a rainy day or for an emergency, let me offer some suggestions. The first nine items are

the ones to focus on, so please don't skip them for other more interesting items further down, especially if your funds are limited.

Any direct reference to a product in this document is not an endorsement. I include them solely because so many people ask for a suggestion of something to look at to better understand what I'm talking about.

When collecting supplies for an emergency, consider adult children who might return home during such a time.

May this proverb not be a reflection of our preparations:

While we consider when to begin, it becomes too late.

Latin Proverb

Consider this:

If you have a 2-week supply of water, food and fuel, you have an awesome start.

What is your plan to survive day 15?

1. Water. If the water lines aren't working due to an earthquake or compromised city water purification system, you will need lots and lots *and lots* of water. And then more water. You need to have water for drinking, cooking, hydrating all of your freeze dried and dehydrated foods, plus for washing, cleaning, sanitation, etc. A couple cases of bottled water just won't cut it if your culinary water is shut off. We recommend that you have several 55 gallon barrels



filled with water, at least one per person if you have space. The typical barrel is 35 inches tall and 23 inches in diameter. For survival only, you need to store 1 gallon of water per person per day for a minimum of 14 days. If you have several people in your household and want to hydrate your freeze dried and dehydrated food, cook, wash, clean and sanitize, then you will want to have barrels instead of water bottles. There are even larger containers available for water storage and here are two examples:



This is a 275 gallon square white tote with metal ribbing that can be stacked two high. Each tote is 48 inches deep by 39 inches wide by 45 inches high and weighs 120 lbs. It has a 6 inch lid on top for filling and a 2 inch valve near the bottom of the 39" side for drainage. One seller lists them for \$180, completely clean and ready for filling, or \$120 for tanks you would need to clean yourself. It's recommended to put in 1 and 2/3 cups of chlorine bleach into each tank while filling with water.

Note: due to the size of these tanks, they would most likely need to be stored in your garage or shed. They are even rated to be stored outdoors.

The second example is a 250 gallon blue tank measuring 37" deep by 67" tall. There are many different versions of this type of tank, including ones that are larger in diameter, providing storage of up to 500 gallons or more. They can cost over \$700 depending on the manufacturer.



It's also advisable to have 5 gallon containers in addition to the larger containers, since 5 gallon containers are portable and can be used in an evacuation. To prepare for a water outage, 1 gallon jugs of water are an easy size to use in the bathroom for toilets and bathing. Once, while living in our current home, I was taking a shower and the water shut off. Since I keep a gallon of water under my sink for an emergency, I grabbed it and was able to rinse off. It's also a good idea to keep a gallon jug of water in your car. My wife and I were on an outing with our daughter and her family, when one by one our grandkids went up to their parents begging for water because their water bottles were empty. We grabbed the gallon jug from our car and everyone was able to get enough water to get them home without perishing. 😊

General info for water storage.

Chlorine Use Instruction Card

Chlorine Bleach to public utility water:

2 drops per quart,

4 drops per 2-quarts, 2 liters, or ½ gallon,

8 drops per gallon or 4 liters,

1 1/8 teaspoons per 5 gallons, **2 ½**

tablespoons per 55 gallon barrel

Untreated or collected water:

16 drops (1/8 teaspoon) of chlorine bleach to **1 gallon of water** - let it stand for ½ hour.

If chlorine smell is present, it is okay to use.

If no chlorine smell is detected, add **16 more drops** (1/8 teas.) of chlorine and repeat the process.

If no chlorine smell is present after the **2nd treatment**, don't use – run it through a good water filter or throw the water away.

No chlorine available and no filter:

Boil water - for **5 to 10 minutes**.

How long can you live without water?

Maximum: a week

More typical: 3-4 days

How does dehydration cause death?

Our bodies constantly lose water. If lost water is not replaced, the total volume of body fluid can fall and blood volume may drop.

When too little blood circulates in the body, blood pressure can fall to fatal levels. Body temperature rises when sweating stops.

Two life-threatening problems:

- 1) sweating stops and body temperature rises,
- 2) blood pressure decreases because of low blood volume.

Under such conditions, death can occur.

- 2. Water purification.** There are numerous water purification products for personal use such as water bottles with filters, water filter straws for drinking directly out of the unfiltered water source, and

various countertop water filter systems. You can google any of the water filter types and find something that fits your budget and that meets your specific needs. Here are a few examples:

Frontier Straw – Small, portable, drink right from the water source, 99.9% effective, filters 30 gals.

LifeStraw – Small, portable, drink from water source, 99.9% effective, filters 260 gals.

Seychelle Bottle – Portable, holds 28 oz., 99.9% effective, replaceable filter, filters 100 gals. *Katadyn* – Portable, 99.9% effective, replaceable filter, up to 500 gals. per filter.

Berkey – Many consider this to be the top of the line for home water filtration. Their units range from 1.5 to 6 gallons and the filter is 99.999% effective. The filter is washable and handles up to 10,000 gallons.



Make your own – The instructions for making your own stainless steel 8 quart water filtration system can be found in Appendix B. This is an easy project and I built mine (pictured here) in an hour. Go online, order the parts and when they arrive you will have your own water filtration system in no time.

Regarding water, when all you can find is dirty or even muddy water, be sure to run it through a double layer of cloth, such as muslin, before running the water through your filtration system. This can be done simply by draping some muslin (2 layers thick) over a pot or bucket (use clothespins or clips to hold the cloth in place), gently pour the dirty water onto the cloth and let it drain into the bucket. This will not only remove the mud and gunk, but will greatly prolong the life of your filters, which is another reason to purchase rinseable filters for your system. A rinseable/washable filter will greatly increase the

number of gallons you can put through it effectively. I highly recommend every household have a water filtration system since water is the number one prep item for an emergency.

3. Renewable water collection plan. It is important to have a plan for water collection in case of a long term loss of utilities. One idea is a 50-gallon barrel that collects rain water from a rain gutter downspout. Components: downspout diverter, water barrel and a base for the barrel, if required (see pictures below). If this water is needed for drinking, sanitizing or cooking, run it through your water filtration system prior to use (see Appendix B for instructions on making your own filtration system). Usually, this water can be used without filtering for tasks such as washing clothes or watering a garden. In fact, your garden might do better with this natural rain water than it does with our chemically treated city water. Here are the typical components for a rain barrel water collection system:

Downspout Diverter



50 gal Barrel



Barrel Stand



A second water collection idea is to stake out a large tarp during a rainstorm and funnel the rain it collects into a bucket or barrel.

4. Food Storage – 2 Weeks. Fill your pantry with a minimum of *two weeks* of food, including condiments, spices, and specific health or age-related dietary needs - i.e., special food for babies, elderly and people with medical needs or allergies. Have on hand at least two *manual can openers* (they can break so having several is optimal). The key is to store what you eat on a typical day – well, anything that's not take-out. Include snacks and comfort food. During the first two weeks of an emergency there is so much stress that you don't want to add to your stress by making a big change in your diet. Even the government is asking us to have at least 2 weeks of food and water at all times.

5. Food Storage – 3 Months. Obtain *three months* worth of food as described in #2 above. Every time you're out and about, buy more food. Remember to get your canned fruit, canned veggies, soup, canned chicken, Spam, tuna, beef or other protein, etc. If it has been a while since you purchased extra food for storage, make a special trip today to add to your supply. Don't procrastinate the day of your ... trip to the store. 😊

6. Food Storage – 1 Year. Obtain a *year supply* of food. Include dehydrated and freeze-dried meals, especially if you have stored up a large amount of water or have access to water. Also include powdered milk, butter, peanut butter and eggs; grains, rice, beans, cooking oil, potato flakes, pancake mix & syrup, drink mixes, flour, pasta, canned meat, etc. The key is to store food that you can use and even cycle through on a regular basis. The link below will take you to a chart on how many pounds are needed per person for a year supply of the basics. It opens to a list of stake emergency prep

specialists, which you are invited to contact for assistance in your prepping efforts. Click on the second tab at the bottom: **Basic Year Supply**.

https://docs.google.com/spreadsheets/d/1cQTNc7hank2N_mopYCDDJHZMCMR_dqcTSaD5Y2a92CQ/edit#gid=0

Here is a quick look at what's on the spreadsheet for one person per year:

- Nonfat Dry Milk – 16 lbs
- Sugar or Honey – 60 lbs
- Legumes (beans & lentils) – 60 lbs
- Grains (wheat, oats, rice) – 400 lbs
- Cooking oil – 2.5 gals
- Salt – 8 lbs

Age	Percentage of Adult Portion
3 and under	50%
4 to 6	70%
7 to 10	90%
11 and up	100%

Regarding the year supply planner link above, copy the spreadsheet and use your copy, not the public blank copy. Important: Adjust the number of pounds per item above based on your family's diet and what you stored in your two week and 3-month supply. In addition to storing the grains, beans, cooking oil, milk and salt listed on the chart (or as much as you feel your family needs), add canned meat, soups, and canned fruit and vegetables for complete meals. The more you have of canned goods, the less you'll need of the basics in the list above. If you purchased wheat, buy a wheat grinder. If you have

the funds, purchase an electric grinder plus a hand grinder for backup. Some models will do both.

Think of the meals your family enjoys eating and be sure to get the ingredients, including spices, for those meals. Canning is another great method of storing up fruits, vegetables and meat. There are several canning specialists in our stake if you need some assistance in learning this skill.

The Church Home Storage Center is a great place to get grains, powdered milk, dried onions, potato flakes, pasta, beans, hot cocoa mix, etc. Here is the link to their website:

<https://providentliving.churchofjesuschrist.org/foodstorage/home-storage-center-locations-map?lang=eng>

Note that they have two price lists – a cheaper price if you go to their store and pick up what you want, and a price list that’s a bit more expensive if you order online and have it shipped. You can purchase by the case or by the can/bag. Due to the incredible demand for food around the world, it’s best to call first to make sure the Home Storage Center has in stock the items you want (Sandy, Utah store: 801-561-8104). The address for the Sandy Home Storage Center: 615 East 8400 South, Sandy, UT. *See Appendix E for a look at a recent product and pricing list.*

Two final points: 1) Collect recipes for meals that use the food you purchased, especially for your longterm storage. Store all the ingredients, including spices, for those recipes. 2) Have sealable bins. These are important for storing flour, sugar, cake mixes and other food items that are in bags and boxes, but not in cans or mylar bags. For long term, consider buying your flour, wheat, rice, etc. in #10 cans or resealable buckets. Mice and weevil can

destroy your food storage in a matter of days if the food isn't stored properly. If you want to use a bucket, make sure it has the stamp on the bottom: HDPE 2, which identifies the plastic as food grade. If you use buckets in your storage, having the wrench pictured here will help you get the lid off each time you access your food supply. They range in price from \$4 to \$12.



- 7. Sanitation.** Store sanitation wipes, hand sanitizer, feminine products, toilet paper, waste treatment, and garbage bags to dispose of waste. If your home is habitable, such as after an earthquake, but there is no sewer or water, place a garbage bag in the toilet. I recommend also storing a bucket with a toilet lid in case your home toilet can't be used. It's important to plan on how to dispose of body waste so that it doesn't become a health issue. If you bury it in your yard, do so deeply enough to hide the scent from dogs who would dig it up and spread it around (but hopefully people are keeping their animals secured on their property during a crisis). It's helpful to have something that breaks down the waste and toilet paper, as well as limits the odors. One option is CAMCO RV Toilet Treatment and another is to have packets of Enzyme 300 to sprinkle in the toilet. Other options are to have some dirt, sawdust or kitty litter to sprinkle on the body waste while it's in the garbage bag and in your toilet. This will help solidify the waste and will reduce the odors a bit. *Air freshener spray will be invaluable!*

Finally, inventory the sanitation supplies you use on a regular basis and stock up on enough for your family. Wet wipes can be used for an alternative to

bathing. A quick 3-point cleaning with a wet wipe will help you feel and smell better.

- 8. Medical.** Where to start: Medications, pain relief pills, first aid supplies, lip balm, lotion, sunburn treatments, mosquito spray, etc. You will need more than a box of band-aids to help family members who have been burned, suffered severe lacerations or broken bones - all of which are common in earthquake situations. First Aid books with detailed illustrated instructions on how to specifically treat wounds and injuries will be invaluable. The old Boy Scout manuals have great First Aid info. For supplies, look in Dollar Stores, online, and pharmacies. Be prepared to save a life.



Basic First Aid Kit

- First Aid Manual or Guide
- Band-Aids (various sizes)
- Gauze (various sizes)
- Triangular bandages
- Elastic bandages with Velcro/pins
- Cotton balls or cotton square pads
- Non adherent sterile pads (various sizes)
- Sanitary napkins (pressure dressing)
- First aid tape or micropore adhesive or paper tape
- Antibacterial ointment (Neosporin, bacitracin, etc.)
- Burn cream
- Eye wash/saline solution
- Iodine pads or plastic bottle
- Petroleum jelly
- Rubbing alcohol swabs or plastic bottle
- Hand soaps
- Salt
- Hand wipes (antiseptic)
- Rubber disposable gloves

- Small splints, popsicle sticks
- Non-aspirins, pain relievers, ibuprofens, essential medications
- Laxatives or diarrhea medicine
- Chemical ice pack, hand warmer packets
- Safety pins (various sizes)
- Scissors, tweezers, pocket knife, razor blade, etc.
- Thermometer
- N95 mask, basic masks
- Water pouches

Also consider:

- A supply of critical personal medications / a medication list.
- Being up to date on all immunizations, including Tetanus vaccine.

Learn how to:

- Stop severe bleeding
- Secure broken or fractured bones
- Protect burns
- How to give CPR (30 compressions to 2 breaths)

9. Fuel. You will need fuel for your vehicles, as well as for cooking and heating. First, let's talk about vehicles. In every disaster, the news shows long lines of cars at gas stations waiting to fill up just so they can leave the disaster area. That's a huge mistake that could be avoided in two ways: 1) Keep your gas tanks full. Create a habit of not going home before filling up your gas tank if it is less than half full. 2) Store two to four 5-gallon gas cans (a shed is usually a good place for this). If an emergency hits where you and your family need to evacuate immediately and your car's gas tank isn't full, dump your 5-gallon gas cans into your vehicle before leaving. If you are able to fill your vehicle's gas tank, bring the rest of your fuel for your journey. If you

don't have enough gas to fill your tank, but you have enough gas to get out of town, it could be easier to fill up in a community located further away from your disaster since it might not be as severely impacted (the lines at the gas station could be shorter). Just don't drive too far and run out of fuel.

Second, let's talk about an emergency where we are *hunkering down at home*. I can't overstate the importance of storing the fuels required by the devices you'll be using for cooking and heating, plus battery back-up power for communicating and lighting. If public utilities are unavailable, you will need the capability to cook on portable stoves using propane, butane, wood, solar or generators, which in turn needs gas, propane or solar. Store multiple means of starting a fire including matches, flint & steel, butane lighters and a propane torch. For starting a fire, you can save dryer lint, empty toilet paper rolls and even some twigs and branches from your tree pruning. Other important tools: ax, hatchet, saw, knife, wood grenade and blade sharpeners. Since you know what types of stoves and heaters you have, store a good amount of the fuel they require. *For more insights into fire-starting tools, see Appendix C.*

- 10. Cooking.** Again, in case of the loss of utilities, have at least two ways to cook, such as a rocket stove that uses wood, cardboard, sticks, etc., and a propane or butane stove with a good supply of fuel. A third option is to have a small electric hotplate such as a Cusimax or Elite Gourmet (single burner). The hot plate option requires AC power, which means you will need to have a power station, generator or solar panels wired to an inverter and battery. Don't forget that you



will need appropriate cooking pots for each option. For example, cast iron would be great for the open fire, while regular cooking pots can be used on hot plates and propane stoves. For those who don't have very much experience cooking on an open fire, here's a suggestion: have tools to remove the pot if the handle is too hot to touch, such as a flat shovel, thick leather work gloves or plier grips. When removing the pot off the fire, have a place prepared to set it down that is flat, stable and can handle the heat. Food and water are precious at any time, but especially during an emergency, so thinking this through might prevent spillage due to your hands getting burned, or because the grip wasn't sufficiently strong to handle the weight, or where you placed the pot wasn't stable. In any of these situations, you would likely drop the pot, lose its contents and possibly cause a burn injury.

11. Lights/Power. There are many reasons we could lose power: construction that cuts a power line, a lightning storm taking out service, wind storm taking down power lines, an earthquake, vandalism, cyberattack or EMP. Here are some suggestions for lights and power. LED lanterns that have 3 ways of charging – solar, AC or batteries – are ideal. One



such lantern is the LETMY LED Camping Lantern 4pack, Model X2500, and costs around \$35. Having many different tools for light is suggested, as long as you have the ability to charge or refuel them (i.e. kerosene and propane lanterns; battery, solar and rechargeable flashlights and lanterns). Having generators will be very important in an emergency as they could help keep freezers and refrigerators going. Hopefully you can store enough fuel to keep the generators going

long enough to consume the contents of your freezer and fridge. Generators can be used to charge or run radios, tools, electric appliances, lights, etc. Solar is a great option, but remember that solar only works during the day and even then, only when the sun is not hidden behind dark clouds, which means that after dark you would need to have stored power in batteries. At night you would carefully use that stored power, especially if you're trying to keep a freezer and refrigerator cold. The best solution is to not open the door to your fridge or freezer at night so that the cold air isn't released.

See topic "20. Generators" for additional details and suggestions regarding generators.

Finally, I suggest having a couple of small chargers (some will fit in your pocket), that will charge your phone, iPad and other low wattage devices. One of my favorite models is the TechnicPro P26, 26800mAh. It has 3 USB inputs, measures 6 inches x 3 x 1 and costs around \$35. Finally, don't forget to have a supply of rechargeable batteries and a charger.

Recommendation: If you have more than one refrigerator and freezer, work through your frozen and refrigerated food to quickly consolidate down to one unit in order to conserve fuel for the generator. Another suggestion is to have a mini fridge since it has a much lower watt and amp draw than your full-sized units. Once you use up most of your food, you can switch to the mini fridge to maintain leftovers and small amounts of items that say on the packaging: Refrigerate After Opening. You can also keep your powdered milk cold after mixing up a batch. See topic "20. Generators" for additional information on small solar powered generators that can keep a mini fridge going indefinitely.

Here's some info for folks with solar panels, but not batteries, or those considering solar:

I've noticed a lot of homes with solar panels on the roof, which is awesome and very encouraging. However, if you are hooked up to Rocky Mountain Power (RMP) and don't have a battery, such as LG or Tesla, you likely won't have any power in an emergency. RMP uses your roof as an energy collection source and credits your bill for every kWh it collects. Here's a very simple example. If during the month you used 800 kWh from RMP and during that same month RMP collected 900 kWh from your roof, your bill would be handled as follows (in round numbers): 800 kWh used $\times .10$ resulting in a charge of \$80. 900 kWh collected $\times .05$ "exported credit earned" for a credit of \$45. Your net bill would be \$35.

However, if your solar installation included a battery, then your home would be set up differently. While the solar panels are collecting energy from the sun, the power requirements of your home are taken care of before any power is sent to RMP. In other words, kWh's collected by your solar panels will power your home first and then the excess is sent to RMP where a credit is applied to your bill in a similar manner as stated above. There are two advantages to battery back-up: 1) The cost for any power you use in your home that comes directly from the solar panels or your battery is zero; 2) In an emergency where the power is lost, instead of sending 100% of your power to RMP, you would have power in your home from your solar panels and battery. If you've added solar panels solely to save some money, okay, but if you want to have solar for an emergency, you need to have at least one battery so that the home is wired to deliver

power to your home first. The downside is that batteries are expensive.

Let's use the same billing example from above, but with a battery. In that example, you collected 900 kWh from your solar panels, used 450 kWh in your home and sent the rest to RMP. After the sun sets, you could use the battery until it reached its maximum discharge threshold, at which point your system would automatically revert to RMP. Unfortunately, we tend to use more power at night when solar isn't working. Back to the pricing example: Since you used 50% of the 900 kWh collected, you have 450 kWh that aren't billed at all, plus a 450 kWh credit from RMP. Your home used 800 kWh, but 450 kWh came from solar, leaving 350 kWh that came from RMP. $350 \text{ kWh} \times .10$ equals \$35. $450 \text{ kWh credit} \times .05$ equals \$22.50. Your bill in this simplified example would be \$12.50, plus you would have control over your own solar power.

I know I likely confused many people who read this, but the net is, if you want power in an emergency, I recommend you pair a battery with your inverter. It will also lower your monthly bill a bit.

12. Cash. It will be crucial to have cash on hand if the grid fails. It is very likely we could experience a situation where credit cards won't be accepted, only cash. People ask, "How much cash should I have on hand?" The amount to pull out of your bank is a personal risk issue since loss of cash – by theft or fire – usually isn't covered by home owner's insurance. Check with your insurance provider to make sure. Also check out discussion item "19. Safes." Find your comfort level on how much cash to have on hand in case the financial world shuts down for any reason, but I recommend storing enough cash to keep you running for at least two

months. If your bank closes or fails, how will you pay your bills or purchase gas and goods? One additional point to consider: If you stash some cash, include smaller denominations because if you want to buy a loaf of bread and all you have is a one hundred dollar bill, that loaf of bread will likely cost you \$100. Have lots of \$1, \$5 and \$10 bills.

- 13. Communication.** It's important to have a battery operated AM/FM radio so you can hear news, including updates on your disaster and any recovery efforts. If cell towers are still up, but not reliable due to the high volume of traffic, try texting. Voice calls use much more bandwidth than texting, so sometimes texts are allowed to be transmitted when voice calls are not. Walkie talkies, ham radios and a CB are awesome additional comm tools. Be sure to have a *printed* list of family & friends and how to



contact them if cell service is down. When using walkie talkies or ham radios as part of your emergency plan to communicate with family, have a prearranged channel for everyone to tune to and have it part of your written

plan. Have a family plan on where to meet or hole up during an emergency, especially if it happens when any member of your household is not at home.

- 14. Home Security.** First, do you have any level of electronic surveillance, such as cameras and motion detectors? Second, how difficult would it be to jimmy the locks on your doors and windows? If you have window wells, an intruder could quickly drop down into the well and be out of site while they casually break in. Installing lockable steel window well grates are part of the solution. The other part would be to install motion detection inside and outside the house.

How is your security system powered and will it work if you lose commercial power? Battery back-up is crucial and can be handled by connecting your direct-wired security system to a Power Station or have rechargeable batteries and a way to charge them for security systems that are battery powered. Do a thorough check of every ingress to your home and property and determine if there are ways to help you be more secure. Having cameras strategically positioned around the outside perimeter of your home, with the ability to monitor activity, is ideal. In an emergency, you don't want to become an easy prey for desperate people.

Should you have guns for security? I only mention this because the question is asked so frequently. This is a personal decision that you will need to make for you and your family. If you have guns, how familiar are you with them? Holding a gun needs to be second nature so that no one is injured by an inexperienced person with a weapon. No one wants to shoot another human being, but sometimes having a weapon is a deterrent to an intruder. If you're terrified of guns, please don't get one. Again, you need to be comfortable loading, firing and cleaning your gun if you choose to own one.

- 15. Pets.** Have extra food and supplies, plus a leash and a tether for dogs. Canned food generally lasts longer than dry pet food. The best options for long term pet food storage are making your own pet food or freeze-dried pet food, which is becoming more available. Does your pet ever get sick or need a vet? Learn how to treat your dog or other pets for common ailments. And finally, have a shovel and a plan on how to dispose of your pets' body waste. Note: During a crisis, a dog on the loose could create a serious event in the neighborhood if it were to attack someone – especially if the attack required

medical treatment, eats the precious food a family has outside cooking, digs up garden grow boxes, knocks over and breaks survival equipment such as solar panels, knocks down clean clothes drying on a clothes line, etc. Please keep *all* pets secured in your home or on your property. You don't want to start a war between neighbors when we're already in a crisis.

16. Fast charging equipment and tools. A tool that requires electricity sometimes has a fast-charging model. For example, my previous electric razor required 7-8 hours to charge. When it needed replacement, I specifically looked for a fast charging option. The same brand had a model that charged in 1 hour. I purchased the fast-charging model, but I also grabbed a bag of disposable razors and some shaving-soap in case I wasn't able to charge the shaver. The point is, that in an emergency you don't want to tie up solar panels, power stations and generators with items that take way too long to charge. *See topic "20. Generators" for info on quick charging generators.* As you replace appliances, and anything requiring electricity, choose models with lower watt, amp and voltage requirements.

17. Earthquake and Other Disaster Preps. An earthquake can leave your home with a wide range of damage, from being completely uninhabitable to being habitable even if there are cracks in the walls and broken windows. Be prepared to secure your home in case you have those broken windows or large cracks, since a strong earthquake could shatter many of your windows and possibly every window in the home.

Wind storms can carry debris that could break a window. Accidents happen, such as tossing a ball,

and windows are broken. In an emergency there won't be anyone to call to replace the windows, so it will be important to have supplies ready to seal off a room to make it useable. Supplies include plastic sheeting, duct tape, tarps, plywood and screws. Gorilla makes a heavy duty construction adhesive in a tube for dispensing in a caulk gun that can be used to get plywood or sheeting to stick to the wall or roof.

Plastic sheeting and duct tape can also be used to seal off a room in case of an air-born plague or nuclear fall-out. Even if wars don't happen in our community, our accommodating jet stream can carry fall-out for thousands of miles, possibly even to where we live. A fire could also burn part of your home and you'll need to partition off the habitable area to provide a safe living space.

18. Important documents. Collect and place into one folder all important family documents, such as wedding and birth certificates, deeds, printed phone lists, emergency contact info for utilities, insurance, doctors, hospitals and people who could be helpful in an emergency. Print the lists, place them in a folder and store it in a fireproof safe or an easy-tograb location that is known by family members in the event you're not available.

19. Safes. To protect your valuables in a fire, it is recommended to use a safe that is rated to handle 1200 degrees for a minimum of 30 minutes. Fires generally don't burn in one small area for longer than 30 minutes, such as right around the safe. Unless there is some kind of accelerant, the temperature of the fire is usually around 750 degrees. One manufacturer example: Liberty has models that are rated to preserve the



contents for 40 minutes in up to 1400 degrees. This level of protection will usually make sure that important paper documents, cash, precious metals, ammo, guns, etc. will not be damaged during a fire that doesn't exceed those specifications.

Recommendation: Get your water and food supply before spending money on a safe. In a disaster, you can survive without the items in your safe, but if all you have are the contents of your safe because you spent your limited funds on a safe instead of items 1-9, you're toast.

20. Generators. If you are planning on using a generator in an emergency – i.e., the portable type that isn't directly connected to your home's grid to power the entire home, you should have multiple 50 and 100 foot extension cords to reach the tools and appliances you want backed up. *The cord's gauge is very important.* If you're using a generator and you want to plug in multiple items, I suggest plugging the extension cords into a 2-foot tri-plug cord that is 10 or 12 gauge. Also, have at least one 12 gauge 50 foot cord to handle higher amps/voltage. The gauge will determine the distance you can be from the generator as well as the power (watts, amps and volts) it can support.



Gas generators should be outside for proper ventilation and shouldn't even be operated inside a garage even if the door is open, meaning you'll need cordage to reach into the garage as well as into the house. Propane generators are rated for outdoor use and sometimes for indoors if there is excellent ventilation (good airflow). Be very careful with using a propane generator indoors and be sure to have a carbon monoxide detector nearby. The other

decision about indoor vs outdoor for a propane generator is the noise. Some are specifically made to be quieter, but that doesn't necessarily equate to being safer for running indoors. Next, since you will want to locate gas generators, and most propane generators, outside while they're running, you will want to protect them from the elements (rain and snow) if your generator is not rated for operation in bad weather.

One other thought about noise. In an emergency, the noise made by an operating generator will identify your home as a place that is prepared with food and other necessities, which in turn could bring unwanted attention. We all want to share, but we have to be careful with who shows up at our home and their intentions (see topic 14. Home Security).

This brings us to the third generator option – solar. As the generator's wattage capacity increases, so does the cost. An excellent option is to have a smaller and more portable generator, such as a 750W DieHard for smaller jobs and something like an EcoFlow 1300 that can help at night with appliances. Both are quiet and safe for indoor use. A good 2000 watt option is the FFpower.

I performed two tests on the EcoFlow using a fridge and an upright freezer located in the garage. The first test was during the winter when the garage is cold, and the second test



was during the summer when the garage is hot, even during the night. For the winter test I plugged both appliances into the generator and was able to run them together all night (over 9 hours). For the summer test I plugged in the same appliances, but due to the heat in the garage, the compressors were running much of the time, limiting the run time to 4.5 hours. In an emergency, this should get me through

the night and let me recharge the generator in the morning – if there is sunshine. Note, the solar generator did its job very quietly, meaning no one was disturbed at night while it was running or alerted to its presence. It is also safe to use indoors.

Next, it's important to know what cords come with the portable generator. For example, the DieHard was listed as a solar generator, but it didn't come with any solar cables, whereas the EcoFlow did come with solar cables. Next, you need to have the correct size solar panels based on the generator's specs for both wattage and voltage. Panels of similar wattage can have different voltage so pay attention to both, especially when linking panels together.

In addition, since you likely want to have the generator in a secure or dry location, having extra cables is important. For example, the solar cable that came with the EcoFlow was 11 feet long. If I want to place the generator more than 11 feet from the panels, I would need MC4 cables to provide flexibility with where to set the generator while it's charging. *Note:* there is some minor energy loss on longer cables (you can get up to 100 ft lengths), so I recommend buying two shorter cables to provide flexibility on how much cable length to use.

Very important point: the DieHard takes 7-8 hours to charge on a direct plug-in to an AC outlet while the EcoFlow, despite it having 2.4 times greater wattage capacity, is at 80% in an hour and fully charged in less than 90 minutes. The quick charge capability means it can be back in use very quickly. That's critical in an emergency situation! There is another important feature to consider: passthrough capability, meaning you can use the generator while it is charging.

Generators come in multiple sizes, capacities and noise. When looking for the right generator for you, consider the surge Watts and the running Watts of the items you want to power, add them up and get a generator that will handle the calculated load. Then learn how fast it goes through a pound or gallon of fuel and store enough fuel to get you through your emergency. Example: a generator engineered to handle 4000 surge watts and 3250 running watts will, with a 50% load, go through a 20 lb tank of propane (barbecue grill-size tank) in 10 hours. As you increase the load, you decrease the number of running hours. Also, be sure to store the correct oil for your generator.

To compute your watt requirements, find the label on your appliances that specifies watts, volts and amps. An easy solution is to purchase a tool that you plug into an outlet and then plug your tv, laptop, phone charger, appliance, etc. into the tool. It will tell you the watts, volts, hertz, amps and even kWh for your device. One such tool is Kill A Watt model P4400.01 pictured here and is made by Intertek. It costs around \$30.



There are generators that will run your entire home, such as Generac, which uses LP or it can be directly connected to your home gas line. There are large diesel generators that will also run the entire home. Both can be configured to automatically switch on within seconds or even milliseconds of the loss of AC power. However, if you want to be prepared for the loss of *all* utilities including gas, your challenge will be fuel storage since most communities do not allow for large propane, gas or diesel storage tanks within city neighborhoods.

With generators, the key factors are budget, watt capacity vs desired watt back-up, and fuel storage.

Remember that in an emergency, not everything in the house needs to be backed up, just life-saving items. After that, it's simply a budget issue to add comfort considerations.

- 21. Fire extinguishers.** Have a couple extinguishers in your home and know how to use them. Here are some helpful tips for choosing a fire extinguisher.

Fire extinguishers are classified by fire type. The A, B, C rating system defines the kinds of burning materials each fire extinguisher is designed to fight.

The number in front of the A, B, or C indicates the rating size of fire the unit can extinguish. A is for Trash, Wood, Paper; B is for flammable liquids; and C is for "live" electrical equipment.

Each category is then rated with a number and a Class. For example, to achieve a Class "A" rating, the extinguisher must be capable of putting out the



wood crib, wood panel and excelsior (shredded paper) tests. Ratings are based on the size of the material that can be repeatedly extinguished. The higher the number in front of the Class A rating, the stronger and larger the fires it can extinguish. Fire extinguishers rated 2-A, 10-B:C, 4-lb and rechargeable, would be great for most situations.

- 22. Cold winters without commercial power.** Have on hand heavy quilts and blankets and/or cold weather sleeping bags (rated for 0 degrees) for every family member in case of the loss of power. Also have cold weather clothing. If you don't have a way to heat your home when all of the utilities are lost, you'll be living in the cold 24/7 and proper clothing will save your life. You could die more quickly from the cold than from the lack of water and

food if you don't have the right clothing. What is the right clothing? Wool socks, long underwear, boots that protect your feet from snow and cold, mittens or gloves rated for -10 to +15 degrees, head gear to keep body heat from escaping through the scalp and face and to protect the skin from frostbite, sweaters and wearing multiple layers. Anyone who will be out in the wind and elements will need the best protection possible. If you are an avid skier or snowmobiler, you likely have the right gear.

Another idea for surviving in the cold is to set up a tent in your family room so that you only have to heat a small area with something like a Mr. Heater Buddy propane heater. Be sure to have your carbon monoxide detector in any space where you are using propane. And don't forget to have a good supply of propane.

23. Dealing with Mice and Insects. In an emergency, such as an earthquake, everything in nature will be disturbed. Mice, vols, insects and even snakes could invade your home through new cracks in the foundation, walls or broken windows. Since mice



and insects can carry disease, it could be life-saving to have a dozen **mousetraps**, a gallon of **insect killing spray** that is rated indoor/outdoor (one suggestion is Ortho Home Defense Max), a few tubes of sealant for the cracks, and a caulk gun. As far as the snakes go, be alert, cover openings and seal up cracks! You might want a different **caulk/sealant** for concrete vs drywall or windows. A quick-fix option is to patch gaps in the drywall with duct tape, but a good caulk is the best way to go if the crack isn't too wide. Move perishable food items away from your new cracks

where moisture could enter and ruin your food storage.

24. Entertainment. Have **books, games,** and other entertainment that don't require electricity. Also, add supplies for your **hobbies.** We won't be able to rely on phones, tv or computers for entertainment. [A little humor: A fellow said, "I was playing video games when the power went out and my tv didn't work, so I went in the other room and visited with my family. They seem like nice people.]

25. Seeds. Choose varieties that your family enjoys and



that you will be able to grow in your yard. It might be helpful to have a bin or two in which to plant your seeds to get them started. If you have a well-established garden, you might just need a hoe. Otherwise, you will need shovels and crowbars to move rocks or a jackhammer to get through the hard dirt.

Store potting soil and fertilizer. Refer to topic "3. Renewable Water" for ideas on collecting water for a small garden.

26. Important tools: Shovel, rake, ladder, crowbar, hammer, saw, screwdrivers, bailing wire, twine, paracord, rope, duct tape, tape measure, wire cutters, nails & screws. Add other items according to your occupation, skill set and needs. Learn how to tie knots: See Appendix D for an overview of some key knots. For more detailed instruction on knots, try this link: <https://www.greenbelly.co/pages/how-totieknots>



27. Tarps. These can be used as shelter for people or goods, for collecting rain water, and can be used to cover broken windows or holes in the roof. Some tarps are made of stronger material than others. Tarps with eyelets can be very useful for tying them down or securing a load. I recommend that you store several different sizes of tarps, plus at least one 100-foot roll of paracord.



28. Air and Oil Filters. First, let's address *air filters* for your furnaces and cars. Why? 1) Fires in our community have filled our homes with smoke over the past few years, sometimes requiring professional cleaning help. Having spare filters for our furnaces is really important. 2) California and other states frequently share their thick forest-fire smoke with us, which in turn challenges the blowers in our furnaces. Frequent filter changes will deliver purer air and prolong the life of the blower. 3) Currently, there is an unusual amount of volcanic activity around the world. We have many volcanoes along the west coast from Canada to Mexico and if just a couple went off, the jet stream would bring their ash and smoke to us, immediately clogging our furnace and car filters. It's always better to be prepared with several spare filters in case we can't get to a store to pick one up when we need it.

Second, *oil filters*. We have experienced supply chain issues that have brought higher prices and shortages. Imagine going to a shop to have your oil changed and they explain that they don't have the oil filter your car requires; or they have the filter, but your car engine requires 5W-30 oil and they are out of it. Pick up an oil filter and a 5 quart container of the oil your engine requires and do it for all of your vehicles. Then if you run into this situation, you can

hand them your filter and container of oil and let them do the job. Or, learn how to do the job yourself.

29. Items for extreme weather. A few suggestions:

- Snow chains – have at least one set that will work on your tire size. If you have just one set, place them on the front tires for front-wheel drive or the rear tires for rear-wheel drive. If you have 4WD, most car manufacturers recommend putting the chains on the rear tires, but check your manual to make sure.
- Have a pair of snowshoes in case we receive a lot of snow and the roads aren't passable.
- Have the proper footwear, head gear, gloves, and clothing/layering for extreme cold weather.
- Rubber boots in case we receive lots of rain and everything is muddy. You can ruin expensive hiking boots in one outing wading thru muck. Consider having rain gear that includes more than an umbrella, such as gore-tex or similar water proof pants and jackets.
- Water proofing sprays and roll-on sticks could be useful for clothing and tents.
- Propane or butane for heaters; wood for a woodburning stove or fireplace.

30. Have a Bug-out list. The wildfires we have experienced have taught us to have two bug-out lists. The first one is for an emergency when you have less than five minutes to evacuate your home. The second list is for an emergency that gives you up to an hour to evacuate. The second list only needs to contain items that aren't on your first list – if you post them next to each other. On each list, identify the item and where it is located. Tape the lists inside your closet where you can see it every day and add to it as you remember or acquire new

items. If it makes logistical sense, put some of the items closer together, especially for your 5-minute list, so you can collect them faster.

A few suggestions for your 5-minute evacuation list: your wallet/purse, medications, laptop, phone, folder with your important docs, your cash stash, water bottle (always have water in your car) and of course, your family and pets. *Very Important:* Before racing out the door, put on appropriate footwear and outerwear for the season, especially for rain and snow. If you have a bug-out bag and it's not in your car, throw it in. If you have gas cans, bring them. If you have a super-special heirloom that is small and easy to carry, grab it on your way out the door, but only if by pausing to do so won't endanger you and your family. Most important: grab that stash of chocolate hidden in the back of your sock drawer.

31. Mishmash of ideas.


- **Compressed towelettes.** *Portawipes* sells boxes of 500 or 1000 tablets that can be hydrated with just a few drops of water. These can be used for cleaning your backside, especially during diarrhea episodes, or for other sanitation needs.



- **Windable alarm clock**, in case there's no electricity. Marathon is one company that has a mechanical wind-up alarm clock.
- A separate **Carbon Monoxide Alarm** that you can move to a room or tent you are using for sleeping, especially if you are using propane heaters and stoves. One example is the *Kidde FireX* and it comes with batteries. It's important to have



rechargeable batteries on hand and a charger.

- A tub of 50 or more [ear plugs](#), which will be useful when the family all sleeps in the same room for warmth and safety. *Mack's ultra soft Earplugs* has a jar with 50 pair. 
- If you have kids, store some [treats and goodies](#) that you can give out on holidays and birthdays if the emergency happens over those days.
- [Oven Thermometer](#). When cooking in a propane or solar oven, you will want to know what temperature you are cooking at so that you can adjust your cooking time. An oven thermometer will help you do that.
- [Writing paper](#), post-it notes, pens, pencils and pencil sharpener. Scotch tape and masking tape. Glue. Scissors. Coloring books and crayons for the youngsters.
- [Thumb drives](#) for storing important docs and pictures. They are small and are a great back-up in case the “cloud” is not available.
- [Sewing supplies](#). We live in a throw-away society, but in a long-term emergency we won't have the luxury to buy replacement clothes. If you don't have a sewing machine and power to run it, purchase packets of needles, straight pins, safety pins, Velcro circles and tape, packages of thread that contain multiple colors and iron-on patches. While you're at it, get extra shoe laces in case one breaks.
- [Automobile tire repair](#). This is a must for every home/vehicle. We can get a flat tire any time, but during a crisis such as an earthquake, it becomes much more likely that you would drive over nails and debris that would puncture your tire. Here are a few items to have in your car: tire repair plugs, Fix-A-Flat, tire repair kit, Slime, and a hand pump or foot pump to reinflate your tire.

32. Washing & Drying clothes. With the loss of utilities comes the challenge of how to wash and dry our clothes. It will take a mental adjustment and habit change if you are someone who washes your clothes after wearing them just once. In an emergency you will want to wear your clothes multiple times unless they have been obviously soiled. There are multiple ways to wash your clothes and it's important to have the tools on hand. About the cheapest solution is to have a couple of buckets and a plunger or similar tool. Put water and detergent in one bucket, toss in your clothes and use the plunger to agitate the clothing. The second bucket would have your rinse water. *For ideas on how to have enough water for washing clothes, see topic "3. Renewable Water Storage".* There are options for small washing machines that are hand operated and designed for RV's and small apartments.



One is the EcoWash pictured here. It can handle 5 pounds of clothes, is gentler than the bucket and plunger method, is operated via a hand crank and

washes in minutes. There are several different types of hand crank washing machines, so if this option interests you, choose a capacity and functionality that works for you.

For drying your clothes, you will need clothesline or a free-standing clothes dryer rack such as the one pictured here. There are many styles and sizes of dryer racks so choose the one that gives you the linear feet of drying space you



need. *It's mentally and medically healthy to have clean clothes.* Of course, don't forget the detergent and clothespins.

33. Precious Metals vs other Commodities. In a failing economy it could be helpful to diversify one's financial platform with commodities. Gold has been a currency for millennia, but so have food, spices and lumber. I wouldn't worry about this one until items 1-32 are completely finished. If you are comfortable with your preparations in 1 thru 32, you could consider adding some precious metals to your preps. One ounce bars or coins will be easier to use for trade and barter than larger bars, especially with gold.



When there is a wide-spread disaster, such as a massive earthquake, EMP, cyber-attack or war, especially if it takes out our utilities, two things generally happen.

- 1) The trucking industry halts, which leads to the emptying of store shelves within hours, and no delivery of fuel. In addition, the fuel and water already in the community, i.e., gas stations and community water tanks, can't be used because they require electricity to operate their pumps. Without utilities, we have no water, sewer, heat, light, ability to cook and even personal security systems could be down. Financial institutions are closed, which leaves us without access to our funds.
- 2) Sadly, history shows that within just 3-4 days of the loss of utilities, there is social unrest. And within a week of losing its utilities, the community frequently falls into complete chaos. This is due to the large percentage of the population being completely unprepared – having no food or water, not to mention the lack of sanitation and first aid supplies. What you want to do when the utilities shut down is to stay home and take care

of your family. That is not the time to join the hordes fighting over very limited food and water supplies at Walmart.

In this scenario it wouldn't take very long for us to recognize that our food, water and other commodities could be worth infinitely more than cash and possibly even precious metals. In a long term disaster, people will want to trade for usable items such as meat, rice, wheat, fruit, water, ammo, propane, seeds, clothing, bedding and first aid supplies. A bar of gold simply won't satisfy you when you're starving.

Note: In a worst-case national or even global scenario, I believe that cash and then precious metals will have a small window of purchasing power. As I mentioned earlier, when that window closes, people will want to trade for commodities that will help them survive. They won't want IOU's from a credit card, worthless paper money or possibly even gold or silver. If this sounds too extreme, I get it and apologize, and suggest that you ignore topic 33 and focus on topics 1-32.

Conclusion

If the news is making you nervous, that could be a good thing. Harness those feelings into action and add to your preps, then add some more.

When you have the food and tools to take care of your family in an emergency, peace will come into your heart and home.

For a quick review, the four basic levels of emergency are:

- 1) **Personal** issues affecting only your household such as loss of income, death of a spouse, or housefire
- 2) **Community-wide** emergency such as a blizzard, wildfire or power outage
- 3) **Regional** wide-spread disaster such as:
 - a powerful earthquake (no utilities, no ability to leave area)
 - volcanic activity, especially along the west coast (heavy rain, no sunshine, ash, no air travel)
 - widespread loss of the electrical grid (banks, stores, gas stations close)
- 4) **National & Global** crisis with bank failures, food shortages, rationing, civil unrest

It's important to think about, and plan for, all four issues listed above.

I hope something in this booklet triggered you to do something today to become better prepared. If you have any questions regarding this information, or you have other prep concerns, please don't hesitate to

search the list of specialists listed in the link under “6. Food Storage – 1 year”, or contact your Ward Emergency Prep Specialist, or contact me.

May we all be blessed with a home that is ready for tough times. At that point, we will be much more emotionally prepared as well, able to deal with the stress of a crisis because we know we have the preps to get us through.

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Community Emergency Response Plan

In the case of an emergency such as an earthquake, your church building will be the gathering place for information and assistance.

The City of Herriman and State of Utah have encouraged communities to organize an easy-to-implement emergency response and reporting process. Their suggestions include the following steps: Provide 3 emergency tags per home.

- 1) **EVACUATED** – blue card indicates you have successfully evacuated (such as a wildfire)
- 2) **HELP** – red card is for easy recognition of where help is needed
- 3) **OKAY** – green card indicates all is well

Suggestion: We recommend that the tags be stored in a coat closet or some other convenient place close to the front door. We've discovered that after a couple of years, very few people know where the tags are located, or even remember receiving them.

Regardless of the emergency, if it is determined that you need to leave home, each household would tape to their glass door, or window closest to the front door, the **EVACUATED** card before leaving. Some people are rightfully concerned that posting this card will let looters know the home is empty, so our recommendation is to let the emergency determine its usage. For example, if we have to bug out due to a wildfire, there will be police and fireman all over the Cove and by posting the blue card, emergency responders can at a glance know the home is empty. If you are at home and need assistance, you would post the **HELP** card so that emergency responders would be able to quickly identify where their assistance

is required. The third card, **OKAY**, would be posted when you have determined that all occupants of the home are okay and the home is safe to occupy, such as after a big earthquake.

Our community's top emergency concerns: wildfire, earthquake, pandemic.

1. **Wildfire.** In case of a mandatory evacuation, such as we've experienced with wildfires in the past, the occupants of each home would quickly post the **EVACUATED** card and then orderly drive out of the community.

Action item for today: You might have less than 5 minutes to evacuate, so in preparation for such an event, it is recommended that every home have items ready to grab-and-go such as bug-out bags, folders with critical information such as property titles and deeds, birth and marriage certificates, written contact information, and other personal documents you wouldn't want burned in a fire. These items should be placed in a location that is easy to get to. When an emergency hits, that's not the best time to start searching for and gathering important documents.

Suggestion: Make a list of important items you wish to grab in a bug-out situation and post it in your closet and on your phone. Include the exact location of those items.

If you are unable to leave your home due to physical limitations, post your **HELP** card and you will be assisted.

2. **Earthquake.** The State of Utah not only predicts a 6.5 or greater quake along the Wasatch front, but they say we're overdue. Additionally, the 5.7 quake in Magna 2 years ago was only a mild version of

what they expect to occur. In the case of a severe quake, it is anticipated that our community will be cut off and we will need to shelter in place. It is expected that all utilities will be lost - electricity, gas, water, sewer, garbage pick-up and very likely cell phone service as well. In addition, bridges could be out and many roads not usable.

Response: Evaluate your family's condition and post the **HELP** card if that is needed. If you or first responders deem your home to not be habitable, please post your **EVACUATED** card before leaving. If your home is determined to be habitable and all family members are safe, post the **OKAY** card. Next, where possible, send at least one adult or older teenager to the church where communication and assistance will be available.

3. **Pandemic.** Our current situation (COVID-19) has been a wake-up call for this event. It is anticipated that we could experience a severe pandemic where it would require families to stay inside their home for long periods of time. In this scenario, when help is needed post the **HELP** card. Contact will be made in an appropriate manner to ascertain what is needed: medical supplies, food, water, and even burial.
4. We are also planning for **Civil Unrest, EMP and other disasters.** Currently, the plan is to secure your family in your home, place the appropriate card in the window, and if emergency assistance is needed, contact your neighbor or preidentified community resource personnel. For planning purposes, it's important to realize that an EMP or cyberattack could knock out some power back-up systems and utilities, including water (water pumps that send water down the line could be out). Once

again, it's important to have plenty of water and other resources on hand.

When your personal family situation is under control, send an adult or older teenager to the church to report your situation, assist in helping those around you and to get information from community leaders regarding the scope of the disaster and their recovery plans as it pertains to our local community. We will be looking for volunteers to take a clipboard with a list of 8-15 addresses and quickly check each of the homes to see if any help is needed and then report back to the command center at the church.

"Be strong and courageous. Do not be terrified, do not be discouraged for the Lord your God goes with you wherever you go." Joshua 1:9

Making Your Own Water Filter System

Components

- 2 8-quart stainless steel stock pots (Walmart for approx. \$9 ea.)
- 1 stainless steel spigot to match the pots, but plastic will work. Stainless steel is \$13 ea. or \$19.91 for a 2-pack at Walmart.
- 1 Ceramic water filter (\$19.95 - There are many varieties and prices, but a ceramic cone shaped filter that is washable is the place to start.)

Tools Needed

- Drill bits the size of your spigot and filter stems (5/8" is common)
- Metal file to smooth edges of drilled holes
- Wrench to tighten the nut on the spigot

Steps

- Remove the label from both pots (may require rubbing alcohol to remove glue).
- Top pot: This pot will contain the water you want to filter. Drill a hole in center of the bottom of the pot for the ceramic water filter.
- Bottom pot: This pot will collect the filtered water. Measure $\frac{3}{4}$ " from bottom of pot (outside) and midway between the handles and drill a hole for the spigot.
- Clean the drilled holes with a file or some other metal tool to smooth any rough edges.
- Insert the stem of the filter into the hole of the top pot (the filter will be standing upright in the bottom of the pot), placing one washer inside the pot under the filter and the other on the outside of the pot on the bottom. Screw the nut down tightly onto the stem sticking through the bottom of the pot. The top pot is done.



- Insert the stem of the spigot into the side hole of the bottom pot, making sure to have washers on both the inside and outside of the pot. Tighten the nut securely with a wrench.
- Place the top pot into the top of the bottom pot. The handle rivets of the bottom pot will support the top pot.
- When you are ready to start using your water purifier, pour 1 gallon of clean water into the top pot and allow it to run through the filter to clean it from any factory dust or particles. It is ready to give you clean filtered water! Note: If you are in an emergency, use that gallon of water you just ran through the filter for washing clothes, cleaning, or watering your garden. In an emergency, use everything.

To prolong the life of your filter: When using dirty water, run the water through muslin / cotton cloth, doubled up (2 layers of muslin). I purchased 2 yards of muslin at Walmart for \$5.33 and I keep it with the water filter system. With dirty/muddy water, use a separate container/bucket to collect the water when running it through your cloth so as to not clog up your filter. For best results, boil for 5-10 minutes to

kill all the little creatures and then pour the water into your top pot (the one with the filter) to filter out the debris.

Bottom line: This *8-quart* stainless steel water filter system cost me \$43.79. Not bad when compared to a *6-quart* Berkey system that costs \$345. However, Berkey has some amazing filters and you can purchase a 2-pack for around \$66 on amazon. [From the Berkey website: The filter is washable, cleans 10,000 gallons, will filter 1 gallon per hour, and says it will clean ANY water. “This bacteriostatic nano-silver coated ceramic filter removes 99.999% of bacteria such as Cryptosporidium and Giardia down to .2 microns as confirmed by an FDA Registered Laboratory.]

If these instructions are confusing (very likely), please contact me for assistance.

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Fire Starting Tools

Many of you likely have a child in your home who has the talent to start fires and is very successful at setting the barn, field or house on fire. However, if you're looking for a more conventional way to start a fire, this information might be helpful. There are numerous safe and efficient ways to start a fire for cooking or warmth, but we'll keep this list simple. *Store enough fire starting materials for long term use.*

Notice that some ideas are the fuel and others are tools.

Fire Starting Tools

- Strike Anywhere Matches – a challenge to find, regular matches
- Waterproof Matches
- Magnifying Glass
- Lighters (come in various sizes)
- Tactical or Atomic flameless rechargeable lighters
- Propane torch
- Fuels such as Propane, Butane, Gasoline
- EZ Fire
- Trioxane Compressed Fuel – easy start
- Magnesium Tinder Rod w/Fire Steel – Flint & steel (and steel wool)
- Candles
- Bow & Drill
- Dryer lint – as you clean the filters, store the lint in a garbage bag
- Empty toilet paper tubes – store with the dryer lint & fill the tube with lint. Add some wax for best results.
- Red pine needles

- Paper – Junk mail, paper files, newspaper, annual stock reports (They have thin pages that are ideal for an easy light.), worthless books, magazines, used paper bowls and plates (Let them dry after your meal and use them to start a fire or as fuel for cooking. Also, by using paper goods, you won't need to use precious water to clean your plates & bowls.)
- Sticks, scrap wood from construction sites, dead branches, fallen trees, cardboard
- Ax, hatchet, log splitter, wood grenade, saw, whittling knife
- Minimum of 1 gallon of water to put out the fire.
- Shovel – used for digging a hole in which to cook, putting out the fire with dirt or snow, retrieving food from the fire
- Gloves

Best practices: Use a bin to keep all of your supplies together. Find your go-to fire starter tool and store lots of that item, but have a good variety of tools that will be available in case of a long term need. Practice getting a fire started using your fire starting tools so that your first attempt isn't during an emergency.

Knot Tying

Knot tying is a great skill to have, as well as the knowledge of which knot to use in any given situation. Here are some examples of great knots to learn.



CLOVE HITCH

Also used for making a line fast to a piling, rail or post. Will not slip once it is taut, yet easy to untie.



SQUARE OR REEF KNOT

Properly tied (with the parallel lines coming out on the same side as shown) this knot will not slip or jam. It is most frequently used for tying two lines of the same size together.



SHEET BEND

Most commonly used to tie two lines of different size together.



FISHERMAN'S BEND

Used to secure a rope to a buoy or a line to any anchor. Also called Bucket Hitch because it is often used for tying a line to a bucket.



BOWLINE

(Pronounced Boh-lynn) - Sometimes called the king of knots. It makes a loop that will not jam and cannot slip.



BELAYING OR MAKING FAST TO A CLEAT

Make one complete turn around the cleat followed by one or two figure-eight movements and finish with an underhand loop.



TWO HALF HITCHES

Easy to learn and easy to tie. A very useful knot for making a line fast to a piling, rail or post.

Home Storage Center Products and Pricing

[As of 12/1/2023]

Product	Store Price*	Online Price*	More Information
Apple Slices	\$60.84	\$65.85	View Product Page
Black Beans	\$57.18	\$62.15	View Product Page
Carrots	\$57.00	\$62.00	View Product Page
Dry Onions	\$53.70	\$58.70	View Product Page
Granulated Sugar	\$53.70	\$58.70	View Product Page
Hard Red Wheat	\$41.28	\$46.25	View Product Page
Hard White Wheat	\$40.92	\$45.90	View Product Page
Macaroni	\$33.06	\$38.05	View Product Page
Nonfat Dry Milk	\$89.64	\$94.65	View Product Page
Pinto Beans	\$54.30	\$59.30	View Product Page
Potato Flakes	\$46.98	\$52.00	View Product Page
Quick Oats	\$38.28	\$43.25	View Product Page
Regular Oats	\$40.86	\$45.85	View Product Page
Spaghetti Bites	\$32.22	\$37.20	View Product Page
White Beans	\$50.16	\$55.15	View Product Page
White Flour	\$38.40	\$43.40	View Product Page
White Rice	\$48.72	\$53.70	View Product Page

*Prices by case. Prices vary between home storage centers and online orders due to shipping costs.

If you shop in the physical Home Storage Center, you don't need to buy a full case, but you can purchase individual bags and single #10 cans.

Address and phone number for the Sandy Home Storage Center:

615 East 8400 South

Sandy, Utah

801-561-8104

Quotes About Preparedness

*Prepare ye, prepare ye for that which is to come,
for the Lord is nigh. – D&C 1:12*

I'll conclude this booklet with some quotes from leaders of The Church of Jesus Christ of Latter-day Saints. Elder Bednar reminds us that the urgings of prior church leaders to store up every needful thing, provides a consistent message of the importance of heeding their counsel.

Some Church members opine that emergency plans and supplies, food storage, and 72-hour kits must not be important anymore because the Brethren have not spoken recently and extensively about these and related topics in general conference. But repeated admonitions to prepare have been proclaimed by leaders of the Church for decades. The consistency of prophetic counsel over time creates a powerful concert of clarity and a warning volume far louder than solo performances can ever produce.

– David A. Bednar, General Conference, Oct. 2020

Should the Lord decide at this time to cleanse the Church ... a famine in this land of one year's duration could wipe out a large percentage of slothful members, including some ward and stake officers.

Yet we cannot say we have not been warned.

– Ezra Taft Benson, General Conference, April 1965

I ask you earnestly, have you provided for your family a year's supply of food, clothing, and where possible, fuel? The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah. – Ezra Taft Benson, General Conference, Oct. 1987

We encourage families to have on hand this year's supply and we say it over and over, and repeat over and over

the scripture of the Lord where He says, "Why call ye me, Lord, and do not as I say?" We also hope that you are maintaining your year's supply of food, clothing, and where possible, some fuel and cash savings. – Spencer W. Kimball, General Conference, April 1976

Recent surveys of the Church members have shown a serious erosion in the number of families who have a year's supply of life's necessities. Most members plan to do it. Too few have begun.

– Thomas S. Monson, Ensign, September 1986

I stand before the Church this day and raise the warning voice. It is a prophetic voice, for I shall say only what the apostles and the prophets have spoken concerning our day. It is a voice calling upon the Lord's people to prepare for the troubles and desolations which are about to be poured upon the world without measure. For the moment, we live in a day of peace and prosperity but it shall not ever be thus. Great trials lie ahead. All of the sorrows and perils of the past are but a foretaste of what is yet to be. And we must prepare ourselves temporally and spiritually. – Bruce R. McConkie, General Conference, April 1979

Relief Society officers are in a position to materially assist the women of the Church to respond obediently to the advice of our leaders regarding home production and storage, that each family may be prepared to take care of its basic needs for a minimum of one year. Latter-day Saint women should be busily engaged in growing, producing, and conserving food, within their capabilities to do so.

Barbara B. Smith, General Conference, April 1976

Lay up your stores, and take your silks and fine things and exchange them for grain and such things as you need and the time will come when we will be obliged to

depend upon our own resources; for the time is not far distant when the curtain will be dropped between us and the United States.

– Heber C. Kimball, Journal of Discourses, vol. 5 p.10

Many more people could ride out the storm-tossed waves in their economic lives if they had their year's supply of food – and were debt free. Today we find that many have followed this counsel in reverse: they have a least a year's supply of debt and are food-free.

– Thomas S. Monson, Church News, May 12, 2001

Plan to build up your food supply just as you would a savings account. We urge you to do this prayerfully and do it now.

– Ezra Taft Benson, General Conference, Oct. 1980

We feel the need to emphasize with greater clarity the obligation for members of the Church to become more independent and self reliant.

– Gordon B. Hinckley, General Conference, April 1983

The counsel to have a year's supply of basic food, clothing, and commodities was given fifty years ago and has been repeated many times since. Every father and mother are the family's store keepers. They should store whatever their own family would like to have in the case of an emergency...store a year's supply...that might keep us from starving in case of emergency.

– James E. Faust, General Conference, April 1986

Let every head of every household see to it that he has on hand enough food and clothing, and, where possible, fuel also, for at least a year ahead. – J.

Reuben Clark, General Conference, April 1937

I am suggesting that the time has come to get our houses in order.

– Gordon B. Hinckley, General Conference, Oct. 1998

For the righteous, the gospel provides a warning before calamity, a program for the crises, refuge for each disaster. **The Lord has warned us of famines, but the righteous will have listened to the prophets and stored at least one year's supply of survival food.**

– Ezra Taft Benson, General Conference, Oct. 1873

Acquire and store a reserve of food and supplies that will sustain life. Obtain clothing and build a savings account on a sensible, well-planned basis that can serve well in times of emergency. **As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities.** I would guess that the years of plenty have almost universally caused us to set aside this counsel. I believe the time to disregard this counsel is over. With events in the world today, it must be considered with all seriousness. – L. Tom Perry, General Conference, Oct. 1995

The First Presidency recommends that Church members “begin their home storage by storing the basic foods that would be required to keep them alive if they did not have anything else to eat.” After they have a year's supply of the basics, they may then add other foods they are accustomed to eating regularly. (See First Presidency letter, Jan. 20, 2002.)

How much would the Church be able to help its members in case of widespread disaster or economic collapse? Would the bishops' storehouses be able to take care of everybody?

The bishops' storehouses have always been geared to care only for the “poor and needy and distressed” among us at normal, everyday levels of need. Therefore, the storehouse system carries only a year's supply of commodities to meet the present level of member needs. It is not possible to maintain a backup

supply to cover the needs of all the families of the Church. In cases of *localized* emergency—Idaho’s Teton Dam disaster, for example—the Church Production Distribution Division is able to call upon Church resources, including the bishops’ storehouses, to send aid to those in need. But if a major, widespread disaster were to occur, the storehouse supplies would be depleted very quickly.

This is one of the reasons why the family’s year’s supply is so important. During good times, our welfare projects can meet ordinary commodity needs and pay their own operating costs. But if times were to become more demanding, the members of the Church would be obliged to live from their food supplies while they and Church leaders worked to produce adequate crops and other supplies.

Let me here conclude by repeating a challenge I offered in that same talk that **we ought to have a year’s supply of food**... I mentioned that the Lord would open up the way to help us achieve that goal. Let us then recommit ourselves to reducing or eliminating our vacation if we do not at present have a year’s supply of food and use that money to buy our year’s supply. Let us spend part or all of our Christmas money on a year’s supply. Let us cut our recreation budget in half. Let us be very frugal and store the basics: wheat or grains of your community, salt, sugar or honey, dry milk, and water—these are the basics.

It is thrilling to live in a Church with vision, with charity and love, a Church that has a modern prophet to guide us. In his talk at the general conference welfare meeting, President Kimball referred several times to the statement by the Lord, “Why call ye me, Lord, Lord, and do not the things which I say?” ([Luke 6:46](#).) It was very impressive and powerful as he said this over and over again. Why, indeed? May the Lord bless us to call him Lord, Lord, but also to do what he asks us to do.

– Bishop Vaughn J. Featherstone



When the shelves at grocery and hardware stores are empty, may your shelves be overflowing.

