

EMERGENCY & SURVIVAL PREPAREDNESS GUIDE

Information and Materials
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EMERGENCY & SURVIVAL PREPAREDNESS - SHEET #1

WATER STORAGE AND PURIFICATION

The human body can normally go for 3 weeks without food, but only 3 days without water. Water is among the most crucial elements for any preparation for emergencies and survival.

GENERAL RULE

The general rule of thumb is that you'll need one gallon of water per person per day. Half a gallon is used for drinking and the other half can be used for hygiene. For a family of four – that would mean 56 gallons of water for two weeks storage.

STORAGE

Generally plastic containers that are approved for water storage can be used. Storage should be sealed to avoid contamination and bacteria.

Store-Bought Bottled Water can certainly be used – Will be a bit more expensive, but it works – Containers for these can be used.

Water Barrels – Barrels for water storage are available – often 55 gallons – Even some well known retailers like Walmart may have it on line.

Heavy Duty Plastic Bags – like WaterBob can hold up to 100 gallons of water, resting in your bathtub.

Rain Barrels – Placed outside to collect rain is always an option.

Experts recommend that you avoid using a regular old garden hose when filling up your water barrels and instead use a specialty drinking water hose. – Store in a cool dark place.

WATER PURIFICATION & FILTRATION

Water Filter Systems can help – But you have to check to make sure you know exactly what its capabilities are, what it's filtering, etc.

Water Purification Tablets/ Drops – There are tablets and drops available that can purify specific amounts of water – iodine, sodium chlorite tablets, drops, etc. – Available online – or at camping stores.

Water Filter Straws & Bottles - There are products available that consist of a straw system with filters – or filter straws in bottles – Example LifeStraw – Some of these are made to purify water even taken from lakes, streams, etc. Check what each one is for.

Boiling or Evaporation - If one has a working stove or heat source, boiling water is considered the safest method of purifying water. What you do is bring water to a rolling boil for three to five minutes. The water may not taste that great but it will be safe to drink. Another method is to evaporate water and then condense it – This takes time, but if done right produces pure water.

Clorox -.Clorox can be used to purify water - According to the Clorox website: When boiling off water for 1 minute is not possible in an emergency situation, you can disinfect your drinking water with Clorox® Regular-Bleach as follows:

1. Remove suspended particles by filtering or letting particles settle to the bottom.
2. Pour off clear water into a clean container.
3. Add 8 drops of Clorox® Regular-Bleach (not scented or Clorox® Plus® bleaches) to one gallon of water (2 drops to 1 quart). For cloudy water, use 16 drops per gallon of water (4 drops to 1 quart).

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PREP SHEET #2: EMERGENCY & SURVIVAL PREPAREDNESS
KEY NON-FOOD ITEMS

- 1) The first key is to think what you would need for an extended period of time, to get by, and act prepare accordingly.
- 2) What would you need for every eventuality, any cessation of supplies, services, systems.
- 3) Think even outside the above box – things you might take for granted, things you might not think of, greater emergencies – What might you need to have?
- 4) What basic or multipurpose items might be good to have:
 - The following are some key *NON-Food* items considered key in preparation for Emergency and Disaster Preparedness – Most are easy to obtain:

- 1. Aspirin & Fever Reducers**
- 2. Baking Soda**
- 3. Bleach**
- 4. Borax**
- 5. Buckets**
- 6. Bug Spray**
- 7. Can Openers, Lid Openers**
- 8. Charcoal, Matches, Lighter Fluid**
- 9. Duct Tape**
- 10. Super Glue**
- 11. Detergent, Dish Washing Soaps**
- 12. Garbage Bags**
- 13. Paper Towels**
- 14. Toilet Paper**
- 15. Paper Plates, Cups, Utensils, or Plastic**
- 16. Soap**
- 17. Shampoo, Mouthwash, Deodorant**
- 18. Medicine Cabinet Items (Cold Medicines, Etc.)**

- 19. First Aid Kit**
- 20. Hand Sanitizers, Alcohol Wipes**
- 21. Toothbrushes, Toothpaste**
- 22. Vaseline**
- 23. Sewing Materials**
- 24. Medication, Proscriptions, Anything needed for medical**
- 25. Lysol, disinfectant**
- 26. Lotions, Creams**
- 27. Vitamins**
- 28. If have Baby, Diapers, supplies for Baby**
- 29. Jumper Cables**
- 30. Portable car battery charger**
- 31. Air Pump**
- 32. Motor Oil & Car Supplies that may be needed**
- 33. Writing Materials**
- 34. Freezer Bags**
- 35. Shortwave radio**
- 36. Wind up Clock**
- 37. Basic Hand Tools**
- 38. Plastic Wraps**
- 39. Heavy Duty Aluminum Foil**
- 40. Extra Batteries**
- 41. Light bulbs (LED & Low Energy)**
- 42. Flashlights**

Still to Come:

Most Important Food Items To Have on Hand
Energy, Power, Light, & Heat
Other Key Things: Computer, Data, Communication
Keys for Financial Consideration

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PREP SHEET #3: EMERGENCY & SURVIVAL PREPAREDNESS

KEY FOOD ITEMS

Food is, of course, essential for survival. Food considerations for emergency and survival involves different considerations

Calories – The idea is not to lose weight or go on a diet, but can be the very opposite. The idea is to have enough calories - along with other nutritional needs.

Variety & Nutrition – It is still important to seek to have a variety of foods, proteins, carbohydrates, plant foods, fat, etc. – and Vitamins to help provide what's missing.

Storage & Shelf Life – An added key is that food used in storage must last for a good period of time. Some key food types that fulfill this requirement are:

Dry or Dried Foods: Example: Various Powdered food, Grains, Crackers, etc.

Canned Foods: Example: Canned Vegetables, Canned Fruits, Canned Meats

Dried Foods Specifically Prepared for Survival are produced by many companies - Example: Survival Packaged Foods (can be found on the Internet)

Foods which by nature or other preparation are long lasting – Example: Honey, Preserves, etc.

(Water storage goes without saying (See Prep Sheet #1))

Below are some key foods to be considered in preparation:

Dehydrated Powdered Milk – To provide protein and other nutrients

Dehydrated Eggs – For protein and other nutrients

Dehydrated Whey – Protein

Powdered Soups – Need heated water

Coffee, Tea (for those who regularly drink these) - Need heated water

Peanut Butter, or other Nut Butters – One of the most nutritionally & fat dense foods, great for survival

Nuts, Seeds – Fat dense

Honey – A natural sweetener with extended shelf life

Preserves, Jellies, Jams, etc

Vitamins – All the more important to get essential nutrients in such times

Apple Cider Vinegar – Multi purpose

Baking Soda - Multipurpose

Flour, Wheat or Other – If can cook with it

Canned and Dehydrated Meats – From Tuna, Salmon, Chicken, Beef, Fish

Oils, Olive Oil, Canola Oil, etc - For cooking, and for fat content

Dried Rice – Very practical, but need a source to heat it in water

Dried Pasta – Very practical, but need source to heat in water

Other Dried Foods in Supermarkets (where add water) – Mash Potatoes, Potato

Flakes AuGratin, Etc. & similar foods as these are dried and just need water

Plant Protein Powders – Available online and at health or vitamin stores

Protein Bars

Protein Drinks – Available in powdered form

Vegetable powder – To help make up for loss of vegetable sources

Canned Fruit – Can opener

Canned Vegetables – Can opener

Canned Soups – Needs can opener and a heat source

Cereals (Shredded Wheat, Corn, Rice, etc.)

Spices and herbs

Crackers, Chips, Matzah, etc.

Comfort food – Is recommended – not for survival, but comfort in such times

*Note: Since some of the above requires a heating source/element, see Prep Sheet on Energy, Power, Heat, and Light

*Note: Some use an alternate or supplemental approach – planting food, garden, sprouting, etc. Of course this is not possible for all.

*Note: On Prepared Packaged Emergency Foods – Many companies can be found that provide prepared packaged emergency foods, in packets, contained in buckets – Some do so for as low as \$1 for 265 calories. Many offer wide varieties of food – and shelf life of around 20 years.

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PREP SHEET #4: EMERGENCY & SURVIVAL PREPAREDNESS

POWER, ENERGY, HEAT, & LIGHT

In major emergencies and calamities, energy and power sources can fail. This affects several critical areas of life – the use of electricity and anything dependent on electricity, heating, cooling, light, etc. The following is to help in these areas:

ENERGY AND POWER

Generators - Emergency generators can be installed or on hand to give temporary or alternate energy and power in the event of power outages. These may exist in portable or permanent/installed form. Some are built to go on automatically when regular power ceases.

Fuel Powered Generators - These include gasoline powered generators, gas powered, propane powered, etc. For these to work, one must have a source of these fuels, or/and be able to store these in safe containers

Large Batteries, Electric Generators, & Chargers - Large batteries/ generators are available – Which can be kept charged before a calamity – and then provide electrical energy in a time of power loss. These can often power things like lighting, low wattage appliances (low wattage microwaves, etc.) and of course have a limited time before running out, unless by other means can recharge:

Batteries/Chargers, Generators with Alternate Sources of Power - This is the same as above – but with alternate ways to restore power – Many have capability to be recharged with Solar energy – Through attached Solar Panel – Through manual power – Hand or Foot Cranks - Or recharge from electrical sources

Permanent Solar Panels & Batteries - Permanently installed solar panels – placed outside /on rooftops – feeding to batteries – can provide more power to an emergency system because of large potential of solar panel space

Emergency Appliances with Alternate Energy Sources - Some emergency appliances (such as radios, lights, etc.) are made to be powered by alternate energy sources – solar, manual crank, house electrical, other electrical

LIGHTING – One of the critical consequences of power loss that can be more easily remedied is the loss of lighting. Here are some ways of compensating:

Flashlights – Have flashlights ready – and with batteries – LED flashlights work on low energy and last long

Solar Flashlights – made to be powered – recharged by sunlight

Motion Powered Flashlights – Other flashlights are powered by shaking

Other Lighting – Other lights can be powered by the generator and energy sources mentioned above

LED & Other Energy Saving Bulbs – Use and have in store, LED or other energy saving bulbs, not just for financial savings, but these run on a fraction of the energy needed for regular lighting and last longer

HEAT – Perhaps the most critical consequence of power loss for people living in colder climates is the loss of heat - The human body can only take heat loss for a short time, before shutting down – But there are easy ways of avoiding this

Layered Clothing – Effective against cold by trapping heat between the layers

Thermal Clothing, & Warm Hats & Socks – Thermal clothing, or underwear that keeps heat in and the body dry is ideal – Hats & Socks prevent large amounts of heat from escaping the body

Space Blankets – Space blankets are widely available – The cheapest available for a few dollars or less – Metallic, foil-like blankets retaining 80-90% of body heat

Sleeping Bags & Thick or Layered Blankets – Ideal for sleeping in cold conditions

Low Watt Electric Blankets which can be used with one of the generators above

COOKING & OTHER HEATING

Low Watt Microwaves that can be used with the above power sources

Solar Ovens that consist of reflective metal – or foldable foil like panels can cook food simply with sunlight

Low Watt Plug-in Pans, Cooking surfaces that can be used with above sources

Other Fuel Sources - Wood, Propane, Pellets, etc. used according to safety instruct.