

Emergency Preparedness Workshop

August 17, 2019

with Bonnie and Arlan Cage



Introduction and Experience - Eagle Scout and Campfire Girl, Back Packing, High Altitude Mountaineering, Wilderness Camping, Self Sufficiency, Homesteading, Emergency Preparedness, Martial Arts, Survival Skills, hunting, fishing, produce and medicinal gardens, basic construction and repair ... **Become your own MacGyver**

Outline;

1. Have a Plan (short term, long term, evacuation) for Home, Travel and Emergency Evacuation
2. Survival Rule of 3 and Survival Priorities (Children, Animals, Elderly and Handicapped)
You can survive for 3 Minutes without air (oxygen) or in icy water
You can survive for 3 Hours without shelter in a harsh environment (unless in icy water)
You can survive for 3 Days without water (if sheltered from a harsh environment)
You can survive for 3 Weeks without food (if you have water and shelter)
3. Water (Pros and Cons), Drinking Water, Toilet, Dishes, Laundry, Cleaning, Bathing, Purification, Storage.
4. Food (Quality and Preservation), Short Term, Long Term, Emergency, Heating, Cooking, Rotation, Shelf life.
MREs – Meal Ready to Eat, meals that can be eaten without heating or preparation. MR -Meal Replacement, Protein bars and drinks that contain all the necessary vitamins and mineral required in a meal.
5. 1st Aid and Emergency Medical, 1st Aid Kits, necessary supplies and How to Use them.
6. Emergency Supplies; shelter, supplies for Home, Auto and Evacuation, Air filters and masks.
7. Emergency Guidelines Natural Disasters (fire flood smoke freeze/cold Drought/Heat, earthquake), self-defense, civil unrest, war, epidemics, disease, mental emotional Health, sickness, death, children, animals.
8. Emergency Kits: Everyday Essentials, 72hr kits, Car Emergency Kits, Animal Kits, Storage, Rotation, Ready
9. *Short- and Long-Term Food, Water and Supply Storage (Overview); 3-month, 1 year, and 30 year*

Demonstrations:

- 72hr Kit with water, how to pack how to use
- Basic 1st Aid; Snake Bit, Tourniquet, Skin rashes, blisters, slings and braces, concussion,
- Mini Kit – build a mini kit for purse, glove box or backpack

Resource Lists:

Everyday emergency supplies: Mini Kit (purse, glove box, backpack), and Day Pack/Fanny Pack (basic essentials)
Emergency Car Kit – 72hr kit for (2+ persons), plus tools, jumper cables, and supplies for basic car repair
72hr Emergency Kit – (1 person) ready to meals, 1st Aid kit, extra clothing, shelter, and emergency equipment, pack
3-Months Food/Supply Storage (household 2+) – Water, Food (MREs and bulk items), medical supplies, toiletries

References (books and links)

- Zen Back Packing List <http://zenbackpacking.net/BackpackingPackingListLight.htm>
- Old School Boy Scout Manual <https://www.scouting.org/health-and-safety/gss/toc/>
- Stocking-up <https://www.goodreads.com/book/show/10501913-stocking-up>
- Heal Your Life Heal the World, Dr. Arlan Cage <https://www.drcagesays.org/>
- First Aid (include what you use, homeopathic) <https://www.webmd.com/first-aid/first-aid-kits-treatment#1>
- Provident Living - LDS Church self sufficiency <https://providentliving.churchofjesuschrist.org/food-storage?lang=eng>

Short and Long Term Food Storage; 3-month, 1 year, and 30 year

3-Months Food and Supply Storage (household 2+) – Water, Food (MREs and bulk items), medical, toiletries

1 year Supply – <Water> Regular foods with a shelf life, Preserved Foods from your Kitchen, MRES (Ready to eat meals), Bulk items for cooking (grains, flour, oil, milk, eggs, herbs and spices, dried fruit and veggies, etc.), also Supplies for cooking and cleaning, fuel wood, propane, generator, soap and detergents, medical supplies, extra blankets, clothing, etc.

Retail suppliers (shop carefully, purchase on-line with caution)

Discounters verses Sporting Goods Stores – Walmart will have cheap supplies made in Asia, sometimes that is OK (Day packs, snake bit, compass etc.). Sporting Goods Store are usually way overpriced and may or may not have quality products made in America (note that many European Companies also have quality products, (i.e. Lands Ends, North Face, Patagonia)

Army Surplus – (sometimes inexpensive), Military grade Outdoor and Survival gear

REI (outdoor outfitters) – Lightweight professional gear for extended outdoor preparedness

Food Storage; Buy what you eat, eat what you buy, (30-year shelf life)*

- Know where your food is coming from. Buy local, community gardens, farmers markets, herd shares, co-ops, greenhouses, UV Cloth, container planting, Heirloom Seed banks,
- Food Quality: Organic, non-GMO, Whole Grain, Shelf Life, Rotation, Storage Temperatures, Oils, bugs/pests
- Food Preservation: Canning, Dehydrating, Freezing, smoking, fermenting, distilling, herbs and spices, teas, tinctures, oils, medicine (Use fresh, semi ripe in season produce, quality supplies, follow instructions)
- Water; sources, storage methods, rotation, conservation, Filtration, emergency precautions,
- Supplies; Toilet Paper, Paper Towels, dish soap, laundry soap, shampoo, deodorant, feminine hygiene
- Family/community needs verses individuals; buying in bulk, individual tastes and needs, enough for all

Steps planning your Food and supply storage;

1. Diet/Menu Breakdown; What do you and your family eat? What will you eat when times are hard?
2. Menu plan for 1 week – List all ingredient and weekly grocery shopping needs, figure bulk needs
3. Multiply your weekly needs by 13 weeks (3 Months), and by 52 weeks (1 years)
4. Determine what you have, what you are missing or in low supply. Supplement your supply.

Cost of One Year Supply for 1 Adult

This chart was created in 2009. Because the price of food fluctuates, prices might be different than the ones represented in the chart.

<https://www.churchofjesuschrist.org/topics/food-storage/longer-term-food-supply?lang=eng>



			Shelf Life		
400	Pounds	Grains			
100	Pounds	Rice	30+ years	\$41.40	\$41.40
200	Pounds	Wheat	30+ years	\$47.20	\$47.20
100	Pounds	Oats	30 years	\$30.00	\$30.00
60	Pounds	Legumes			
60	Pounds	Pinto Beans	30+ years	\$34.68	\$34.68
16	Pounds	Powdered Milk	20 years	\$15.87	\$15.87
10	Quarts	Cooking Oil			
10	Quarts	Olive Oil	10 years*	\$60.00	
10	Quarts	Vegetable	varies		\$22.50
60	Pounds	Sugar or Honey			
60	Pounds	Honey	Indefinite	\$180.00	
60	Pounds	Sugar	30 years		\$31.68
8	Pounds	Salt		\$1.61	\$1.61
			TOTAL	\$410.76	\$224.94

Food Storage Supply Companies: “Caveat emptor” ... "let the buyer beware”

- Scams (pop-ups, Too Good to be True, Buy Now), Army Rations, Non-GMO, packaging, portions, “guaranteed shelf life” ... realistic shelf life and food rotation.
- Test Products before investing; Order Samples. Major Discount Stores, Costco, Amazon, Ordering direct
- Raw Materials verse prepackaged foods and (MRES)
- Food Allergies and Sensitives, special needs, (baby formula and foods, diapers, medications,
- Shelf Life, Rotation, Expiration dates (Grocery Outlet), dents and damages, broken seals,
- Home Food Preservation: canning, drying freeze drying, freezing, cold storage, smoking, fermenting, etc.

4 Patriots (Not My Patriot Supply*) <https://4patriots.com/>

3-month bucket	\$300-500	(Comparative Prices)
1-Year Supply (1 person)	\$2000	
Emergency Foods and Supplies	\$5000	
Portable Solar Generators	\$2000	
Mini Solar Generator	\$300	
Solar Device Charger	\$100	
Back-up Power for Car	\$100	

Misc. Water Filters, and Health Products, endorsed by Dr. Cage

<https://cdn.4patriots.com/downloads/pdf/product-catalog-spring-2019.pdf>

Emergency Essentials – <https://www.beprepared.com>

Non-GMO, Artificial colors and additives. Good quality and prices. Good sources for survival gear.

72hr Kits beginning at \$70 - \$110 and up ...

(Emergency Essentials continued)

COOKING

SANITATION

WARMTH & SLEEPING

POWER

DIY (DO-IT-YOURSELF)

LIGHTING

FIRE & FUEL

TOOLS & NAVIGATION

COMMUNICATION

FIRST AID KITS & SUPPLIES

BACKPACKS

Survival Frog <https://www.survivalfrog.com/collections/survival-food-emergency-water/Survival-Food>

Good for assorted supplies and basic MRES, Mountain House Products (available direct, Costco)

Survival Gear

Food & Water

Energy & Radio

Kits

Camping

Organic resources;

Numanna <https://numanna.com/>

Aquanetics H2O

Combo Packs

Defender Packs

Family Packs

Food Storage

Grab-n-Gos

Meats

Milk

Non-Gluten

Organic

Premium Organic and

Hormone-Free Milk

Powder

Sample Pack

Silver Fire Stoves

Water and Water Filters

Water Purifiers

Prepsos <https://www.prepsos.com/product-category/food-storage/organic/>

Food Storage

72 Hour Food Kits

Gluten Free

Natural

Non-GMO

Organic

Vegan

Vegetarian

Whole Food

Freeze Dryers

Generators

Seeds:

- HEIRLOOM

- NATURAL

- NON-GMO

- NON-HYBRID

- OPEN

- POLLINATED

- ORGANIC

Solar Power

ACCESSORIES

Water

REPLACEMENT FILTERS

WATER FILTERS

WATER STORAGE

Northwest Fork <https://www.northwestfork.com/>

all-natural, free from any chemicals or preservatives, gluten-free, soy-free, non-GMO, and simple. Vegan options.