

Staying Calm in Times of Crisis



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Introduction

Session 1

- Today you will hear **20 of my favorite preparedness ideas** to inspire you to be prepared before a crisis happens.
- How to save time and money.
- How to get organized ahead of any crisis and get everyone around you involved.
- Next month, there will be a **3 one-hour courses**:
 - 30 More Prepping ideas (1 hour)
 - Food/Water for Long Term Crisis (1 hour)
 - Shelter/Safety for Long Term Crisis (1 hour).



Preparedness is the key!

The chaos doesn't end, you just become the calm....



#1 Get Home Bag

Small, inexpensive bag in car to walk several miles home should the roads become blocked.

- **Not a 72 hour kit.**
- Store in an old school backpack but only walk with a sling to stop looters and to remove extra weight for walking.



You Want to Avoid This



Bring a fresh water with each car trip.



Items in “Get Home Bag”

- Old shoes for walking. Often we are in business shoes, sandals or poor soled shoes for walking.



Old hoodie or jacket with hood to wear as sun goes down.



Gloves for removing debris and for warmth
or covering your hands from fallout.



Space Blanket with a safety pin for rain poncho, for sun protection, for ground cover, shield for fall out, or a privacy wall.



☑ Emergency shelter

☑ Ground cover

☑ Sleeping bag liner

☑ Wind/Rain blocker



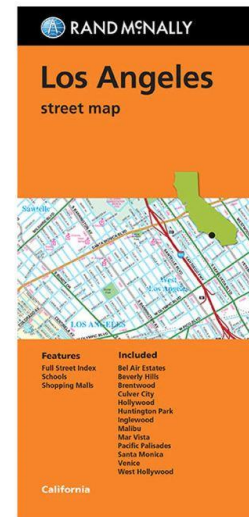
More Gear for “Get Home Bag”

- Flashlight or headlamp for walking in the dark. (Prefer headlamp for walking.)
- Small foldable knife to remove debris and for protection. (Keep in pocket.)
- 2-Way Radio with family instruction card. (See #2 Idea)
- Consider carrying an umbrella stroller for children, an elderly person or supplies.



Additional Items for a “Get Home Bag”

- Breathing masks or bandanas for debris.
- Maps of the area for short cuts.
- Child ID Cards for rescue.(See #3 Idea) If separated, give card to who takes your children.



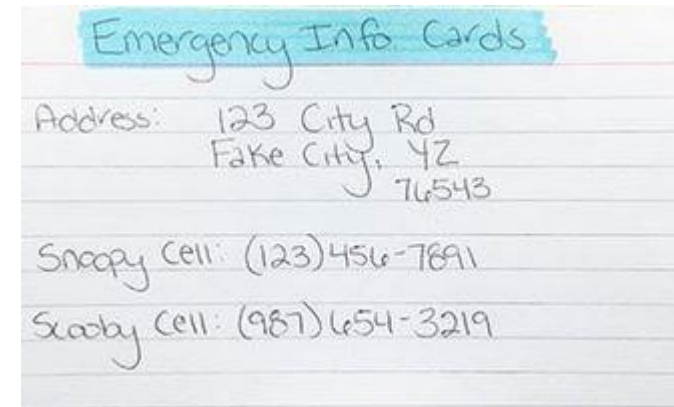
#2 Family Meet Up Location and Check-in Instructions

- Have a family council. Discuss potential need to rescue or find each other in a crisis such as an earthquake, hurricane, tornado, etc.
- Pick a “go to” location if home is destroyed. Neighbor? Street corner? Overpass? School? Park?



#2 Family Meet Up Location and Check-in Instructions

- Each adult member/car should have a 2-way radio. Pick a channel number to communicate on. Clip instruction card to radio. Use “middle names” as code names.
- Have an out-of-state family member every one can call or text with status/location. Often cell towers are “busy” during local crisis, but will get messages out. Write on card and put in bag.



#3 Child ID Cards

- In the tsunami of 2004 in Indonesia, tens of thousands of children became orphans with no family names or contacts for the rest of their lives!
- If you are injured or worse and your children are taken to safety, give the card to who takes them or put the card in their pocket.



JOHNNY DOE
DOB: 02/12/2010
Sex: Male
Eyes: Blue
Hair: Brown
Height: 4'1"
Weight: 52lbs
Severe peanut allergy
Emergency contact: John & Jane Doe
302-555-4312

The image shows a completed child ID card for a young boy named Johnny Doe. The card includes a photo of the child, his personal details (DOB, sex, eyes, hair, height, weight), a medical note about a severe peanut allergy, and emergency contact information for his parents. The card is framed with a blue border and has a small blue tab at the top.



The image shows three blank templates for child ID cards, each with a designated area for a recent photo. The first template is titled 'PERSONAL ID CARD' and includes fields for name, date of birth, sex, eyes, hair, height, weight, and emergency contact. The second template is titled 'MEDICAL ID CARD' and includes fields for name, date of birth, sex, eyes, hair, height, weight, and medical conditions. The third template is titled 'HELP M.E. (Medical Emergency) Information Card' and includes fields for name, date of birth, sex, eyes, hair, height, weight, and medical conditions. Each template also has a small red cross icon in the top right corner.



#3 Child ID Cards

- If your child is special needs or takes medicines, this information is critical!
- Teach them where the cards are in the car backpack. Put names, address, several contacts, and special instructions. Even put finger print! Make extra copy for school back pack.



#4 – Food Robbers?

Red Herring Location

- Don't throw out expired food! Save it in a closet, bin, under the bed, etc., and when people come to rob you of your food preps, take them to the “red herring” food. Hopefully they will be satisfied that is all you have.



#5 Lazy Man Gardening

Bucket Gardening

- Drill 5 holes in bottom of 5 gallon buckets.
- Fill with dirt mixed with fertilizer soil.
- Place in appropriate sunlight on top of long boards for draining.
- Water as scheduled.
- Enjoy. Take with you if you need to evacuate.

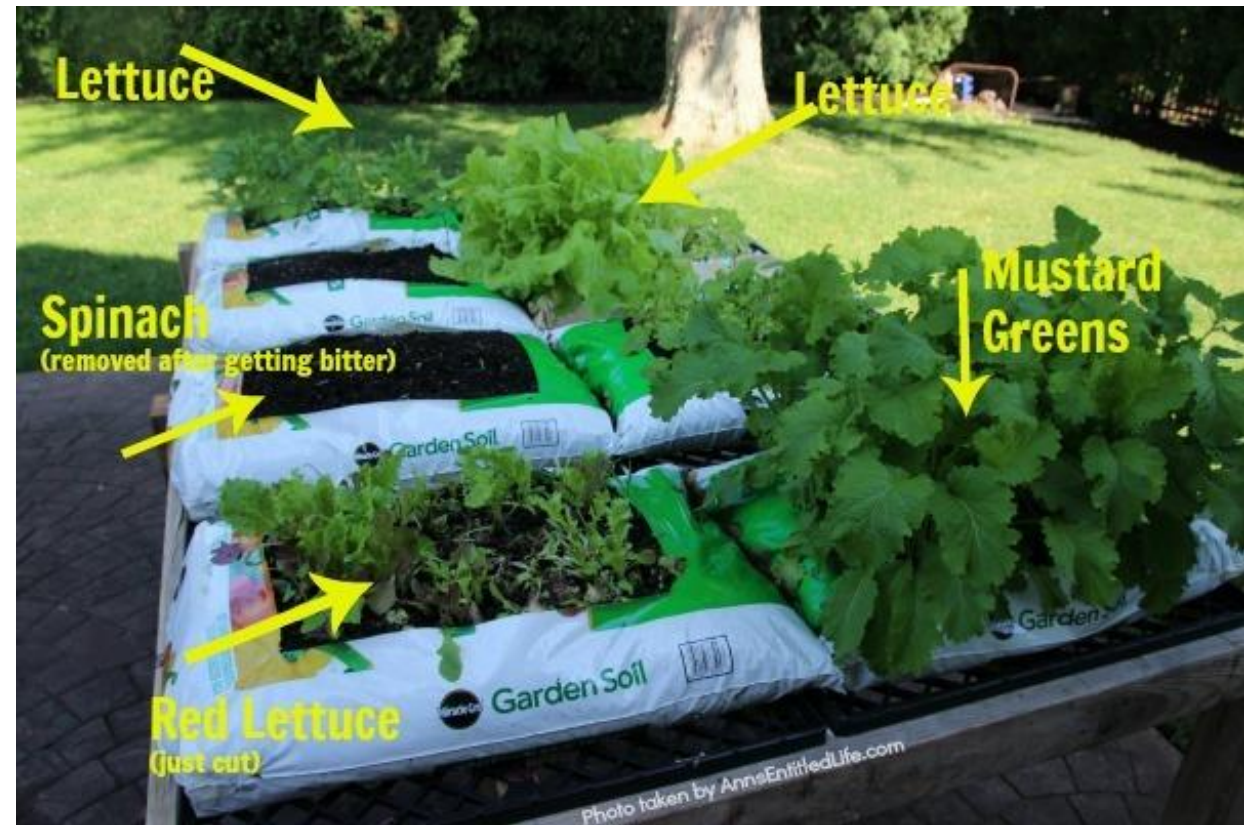


Mound Gardening Method

1 shovel of dirt in a mound then plant a seed. Good for ground vines.



Bag Gardening for Shallow Root Plants



Start a wild potato garden!

- Cut “eyes” from old potatoes.
- Bury them around the yard, on empty lots, in buckets, in flower beds.
- They will continue to grow underground on their own.



#6 “Free Prepping Activities”

1. Make lists!

- What to pre-pack
- What to organize
- Recipes
- Family papers/documents
- Inventory
- Location of supplies
- Instruction manuals
- Contact Lists

Best website for materials:

<https://www.diypreparedness.net/how-to-make-your-own-family-emergency-binder/>

The

**Family Preparedness
Binder**



Free Prepping Activities

2. Refill water bottles with beans, rice, wheat.

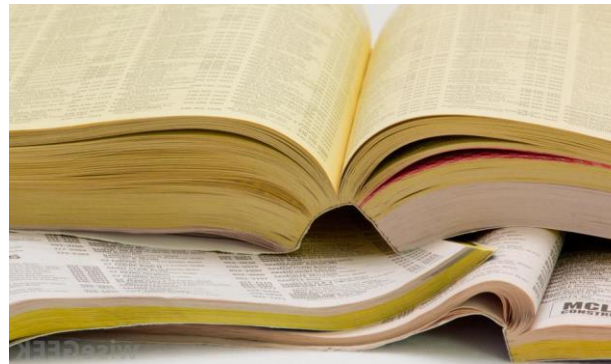
- Easy to help others
- Collect oatmeal packets
- Collect gravy packets
- Collect sample size hygiene products



Free Prepping Activities

3. Save Wal-Mart bags to line smaller bucket inside of a toilet buckets to lift out and dispose.

4. Save phone books. Each page makes great toilet paper.



Free Prepping Activities

5. Turn toilet paper rolls into fire-starters. Add dryer lint, a touch of Vaseline or old crayon for longer burn.



6. Collect wood scraps from the mountains, bundle them for kindling.



More Fire Starters

Easy DIY Cotton & Wax **FIRESTARTERS**



Make Newspaper Logs For Fire Starters!



More Free Prepping Ideas

7. Collect seeds from plants for gardening or start vegetables from cuts of your scraps.



8. Ask neighbors if you can collect fallen fruit. Bottle it. Juice it. Dehydrate it.



More Free Prepping Ideas

9. Collect coins and \$1 bills

- Sometimes only cash is accepted in a grid down situation.



10. Collect your old candles and save expired oil.

- Excellent for lighting in grid down situation.



#7 Store Family Papers

- Scan all your important documents. (birth certificates, social security, marriage license, blessings, family pics, etc.)
- Load onto 2 flash drives. Put one in a safe or buried can. Take one with you.
- Email the files to yourself. Print off and put into binder.



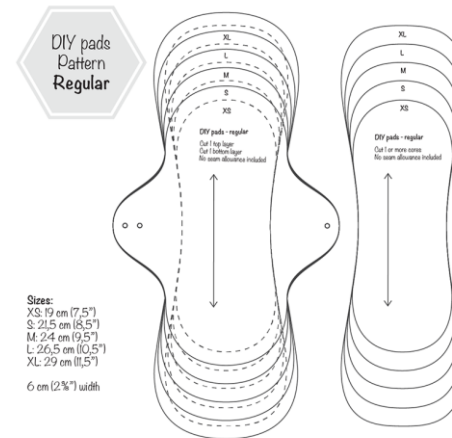
#8 Alternative to Bathroom Products

- Fill any empty squirt bottle with warm water. Also called a peri bottle. Squirt and wash yourself off. Using an assigned dry towel or sewn squares, dry yourself off.
- You can add lavender oil drops for healing and smell control.
- Wash your towel with the laundry.



Alternative to Disposable Feminine Products

- Sew cloth pads or order them.
- Feminine cup.



#9 Baby Items

- Many children are orphaned during a crisis. Supplies will help.
- Diapers, bottles, binky, toys, wipes, formula, juice mix, blanket, onesies, etc.



#10 Alternatives to Lighting

- Solar Yard lights for indoor lights
- Flashlights and headlamps
- Lanterns
- Solar charger for phones/computers
- Solar units (costly, heavy, light service)
- Candles



Lanterns

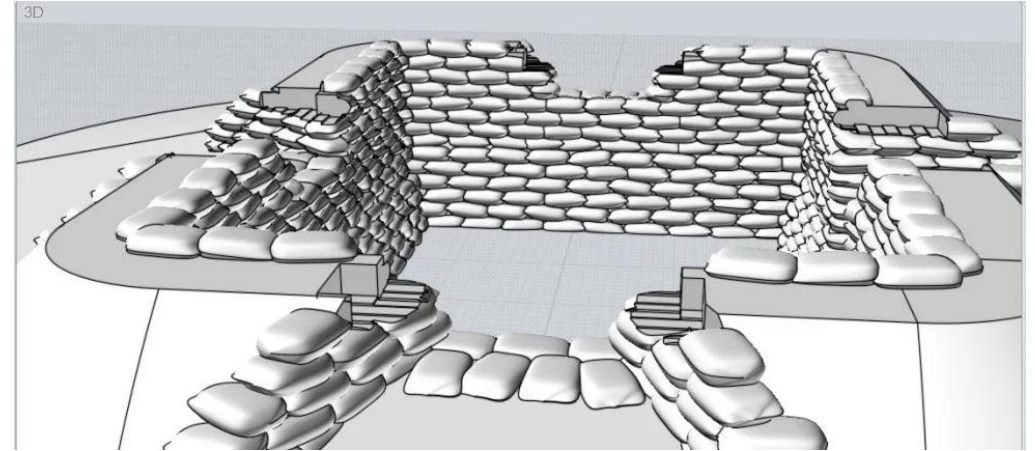


More Lighting Options



#11 Uses for Sandbags

1. Keep your tent from flooding.
2. Make a cold storage area.
3. Stop your home from flooding.
Use as support for weak wall.
4. Collect **coated bags** (dog food, rice, wheat, etc.) to make sandbags. 1,000 bags on Amazon for about \$160
5. Make a fox hole for protection.



1860 Cabin Restoration w/Sandbag Basement



#12 Store up Hygiene, Medical & Cleaning Supplies

- When access to stores is limited, it is wise to have a few items on hand. Buy full size from the dollar store.

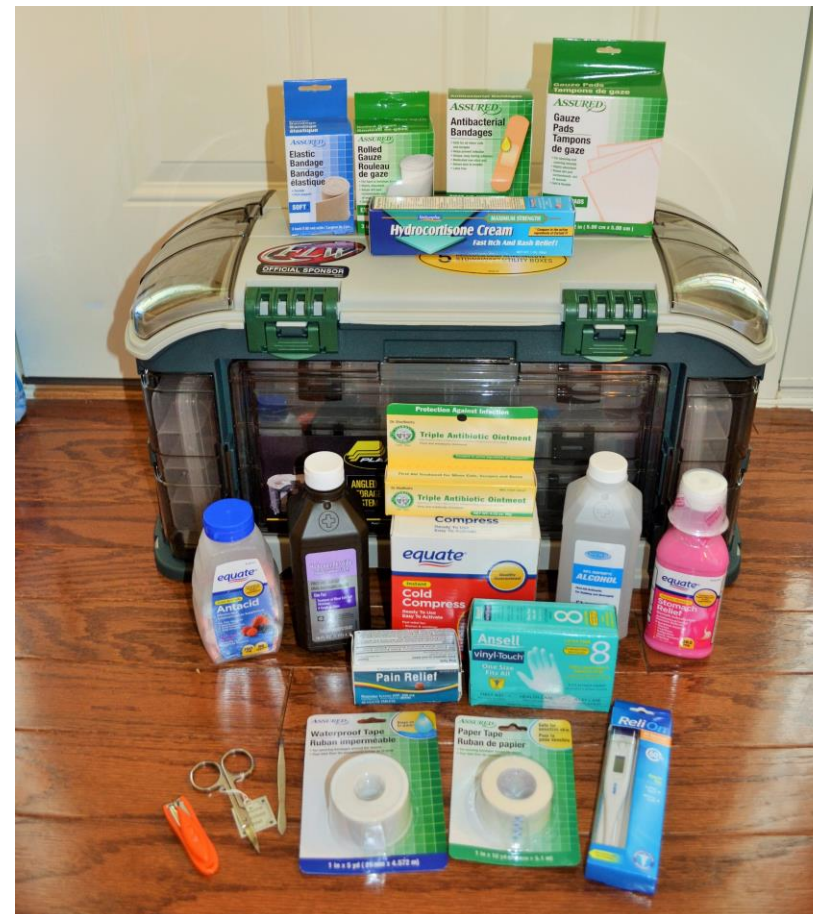
- Shampoo/Conditioner
- Toothpaste
- Lotion
- Shave cream/shavers
- Body Wash
- Medicines
- Band-Aids, gauze, wraps, etc.

Stock up on acid reducers, antidiarrheals, and stomach pain relief medicines.

Often after a disaster there is water contamination causing upset stomachs and disease. Having plenty of these medications on hand can help your family & others and also be used for barter.



Dollar Store Finds



Consider A Medicinal Cabinet



Store up Cleaning Supplies

- Keeping your environment clean during a crisis is paramount.
 - Dish soap
 - Hand soap
 - Laundry soap
 - General Purpose Cleaner
 - Wash Cloths/Brushes



#13 Store up Aprons

- Protect your clothing when working, when culling animals, gardening, cooking outdoors, doing laundry, etc.,
- You may not be able to wash or replace your clothes in a long term crisis.
- Sam's Club restaurant section.



#14 Store up Assorted Gloves

- Protect your hands! From weather, from clearing debris, from gardening, from mechanics.
- Children are famous for not having gloves to keep warm.
- Latex for dealing with “muck” and spreading diseases.



#15 Store up Gasoline

- Enough for a **one-way trip** to get away to a place of safety.
- Store ***ethanol-free*** to prevent gumming. (Maverik stations)
- Use and replace or use *Sta-Bil* once a year.



#16 Store up an Earthquake/Emergency Kit

- Store away from your home (porch, barn, garage) where you can get to it.
- Headlamps, flashlights, work gloves, keys to cars, hatchet, saw, debris masks, blankets and jacket, small first aid kit, credit card and cash.
- Keep shoes by bed, keep extra jacket away from the house OR retrieve your 72 hr. bin. Grab phone.



Additional important things in your earthquake kit.



#17 Children's Games & Toys Bucket

- Keeping children calm and distracted in a crisis is easy! Just have some games and toys for them.



#18 Store up a Box of Treats!

- In stressful situations, it's always fun to open a box with treats.
 - Candy
 - Gum (store separately)
 - Mints (store separately)
 - Granola Bars
 - Fruit Snacks
 - Cookies



#19 Establish a Secret Communication Point

- For hand written notes with instructions where to go or when and where others left. Back of refrigerator, inside dryer door, fake rock or back yard buried can behind garage, etc.
- Have a call in status update with a relative.
- Find out who your ham radio operators are in your area. They will know how to get information relayed.
- Have distress signal/sign set up to warn others to get help. Upside down picture in window corner, fake flower on porch, upside down flag, etc.



#20 Store up a Water Purifier

- Water gets contaminated and shut off all the time.
- Store up bottled water, but store up filled bath tubs, water barrels, rain collectors, 5 gallon buckets, etc., and run the water through a filter for cooking, bathing, cleaning.



Good Luck! Have Fun!
Get the whole family involved!

The chaos doesn't end, you just become the calm....

