

Staying Calm in Times of Crisis



Shelle McDermott

Author, Speaker, Prepper

Contact: **cimprint@live.com**



Introduction

Session 2

- Today you will hear **30 more of my favorite preparedness ideas** to inspire you to be prepared before a crisis happens.
- Again how to save time and money.
- Again how to get organized ahead of any crisis and get everyone around you involved.

The next two 1 hour sessions will be:

- Food/Water for Long Term Crisis (1 hour)
- Shelter/Safety for Long Term Crisis (1 hour).



Remember Preparedness is the key!

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



#1 Sanitation

When the water goes off.

- Line home toilet. Line with 2 larger trash bags. Then place a large plastic tray in the toilet. Line the tray with a smaller Walmart bag. Then place a “puppy pee pad” in the Walmart bag to absorb the liquid.
- When finished bring all four corners of the Walmart pad together and drop into a lined bucket ready to take for disposal later.



Sanitation Away From Home

- If outdoors, make toilet buckets. Buy toilet seat for buckets or use a foam noodle. Buy toilet bag for buckets or use a Walmart bag and scoop dirt/litter before and after use.
- If no “puppy pee pads” scoop, line larger bag with Walmart bag and scoop dirt/litter before and after use.
- When done lift bag and drop into larger bag to go to the dumpsters or to be buried later.



More Comfort Sanitation

- A nursing home type toilet provides for stability for older folks. Line the tray with Walmart bag first, then line the Walmart bag with a puppy pee pad, when finished pull the Walmart bag up and out or just the liner by the corners. Drop into bigger bag.
- The puppy pee pad provides **no splash back** and no spillage!
- The toilet was on Amazon for \$35.



Advice for Sanitation

- Put spray bottle of vinegar and water next to the commode to clean between use. Keep latex gloves nearby for clean up.
- Use the spray bottle to clean hands too.
- Each person should have their own bucket or commode to stop the spread of disease.
- A pop up tent for a shower, toilet and dressing room is perfect for a crisis. \$33 Amazon.



#2 Alternative Bedding

- Hammocks (\$20 Amazon)



Convenient, Easy, Inexpensive

- Self Inflatable Blow Up Mattress (Set up on Buckets) \$25
- Self inflatable Car seat mattress \$39



More Long Term Bedding



#3 Store up Eggs on the Cheap!

- Crack and freeze in ice cube trays. Pop out and put in Ziplock bag. Fresh instead of powdered!



Eggs and More Eggs!

- Or skip the ice trays. Place whole or scrambled into Ziploc bags.
- Good for 1-3 years in the freezer, or rotate into your cooking needs.
- Or pick an important date to cook them like for New Year's Eve breakfast to remind you to use them then replace them.
- Buy those laying hens! When stores become obsolete, you will want your own source of eggs.



#4 Long Term Displacement

- Long term displacement. Cabin?
Family? Campground? RV? Tent?
Pick a spot and plan for it!



Pre-Packing for Long Term Displacement

- Prepack for **each person**
- Have bins, bags, boxes pre-purchased to load up supplies or items you are still using some of your supplies.
- Pack higher sizes for children to grow into.
- Used clothing is just fine and will do the job.



Each Person Should Have the Following

- Sleeping bag and pillow. 3 cases.
- Wool blanket and camp blanket.
- 4 or more towels, several aprons.
- Flip flops for showers, 2 shoes for working, hiking shoes, mud shoes and deep winter shoes. A dozen socks.
- Hygiene supplies and hair supplies. Don't skimp.
- Jackets, hoodies, parka, beanies, gloves, scarves.
- Swimsuit for bathing. Belt or suspenders for losing weight.
- Scriptures, journal, pens, art supplies.
- Hats, visors, sunglasses, goggles, Aloe vera gel and sunblock!
- Winter clothing and summer clothing.



Keeping Your Non-Food Supplies Organized

- Make a list of things to pack last minute that you are still using at home.
- Possibly store at alternative location like a cabin or in an RV.
- Optional: Use “banker boxes” to create a uniform storage system and alphabetize your supplies for bugging out. Makes for quick loading. \$2/box Sam’s or Costco.



#5 Quarantine in Home

- Quarantine in home. Masks? Gloves? Sheeting? Disposable dishes? Sanitizers? Old Clothes for burning?
- Bottled water or water filter in case the water supply is compromised.



Make Quarantine Posters

- Warn others you are not answering the door, give them a contact phone number.

**THIS HOUSE
HAS BEEN
SELF
QUARANTINED.**



Please keep clear by 20 feet.

Please Call: 801.458.0000



#6 Evacuation

10 minutes to Evacuation

- Evacuation! 10 Minutes to Leave!
Skip the FEMA Camps by being prepared.
- Grab and Go Bin! Store away from the home. Barn, porch, trunk, detached garage.
- This is similar to the earthquake kit in Session 1 – Grab case of water, bin/backpacks, food bucket and Go! (Can use the EQ kit)



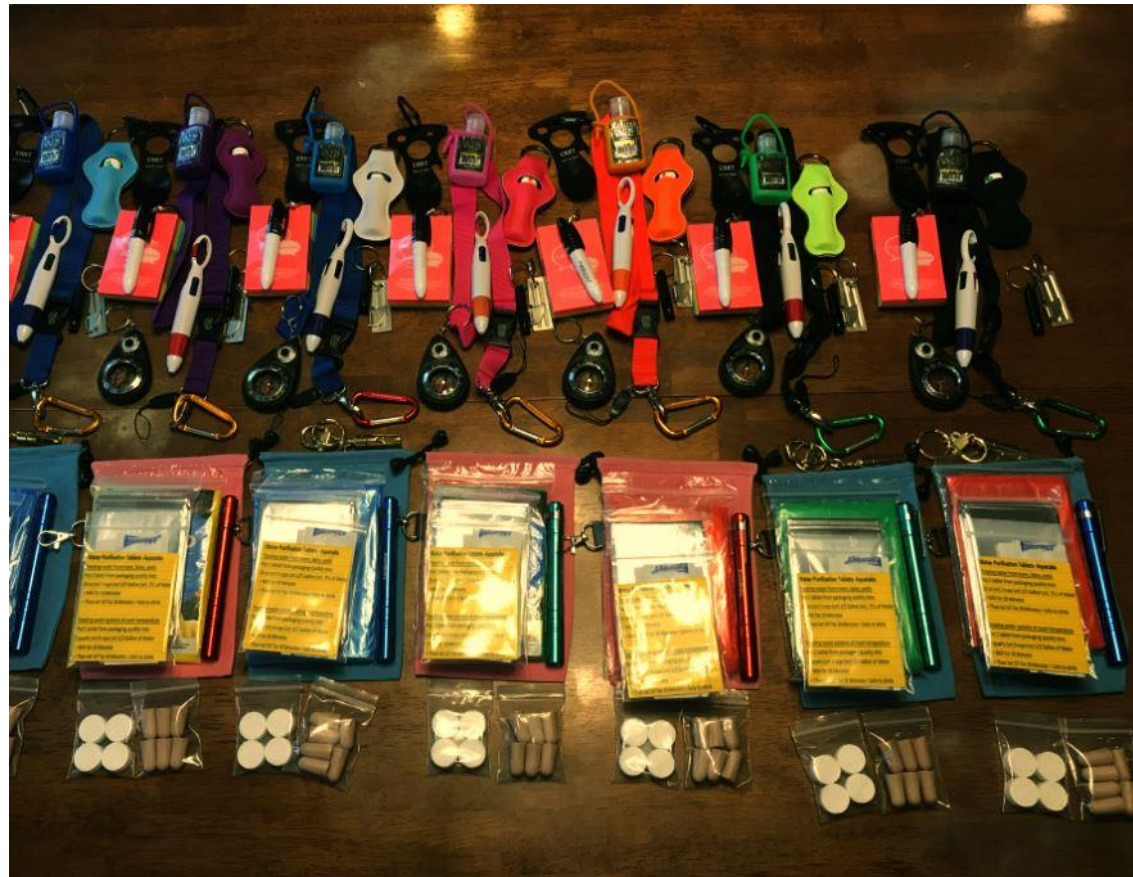
Short Term Supplies Items to Consider

- A bin for each person:
 - change of clothes
 - pair of shoes
 - hoodie/coat/gloves
 - travel size hygiene products
 - towels, sleeping bag, pillow
 - bed: hammock/blow up mattress
 - food and disposable dishes
 - small first aid/lip balm and lotion
 - family documents





#7 Emergency Lanyard



Emergency Lanyards

Pull String Pouch Containing:

Emergency Blanket
Emergency Poncho
Water Purification Pills w/ Instructions (10 each)
Ear Plugs (in plastic baggie)
Pain Killer Pills (in plastic baggie)
Band-Aids (in plastic baggie)
Compacted Wipes (in plastic baggie)
Alcohol Wipes
Bandana
Pen Flashlight (Remove small plastic B4 using)

Other Items Hanging from Lanyard

Notepaper & Small Sharpie
Clip Pen
Spork
Compass / Thermometer
Survival Can Opener
Hand Sanitizer
Consecrated Oil (Men)
Whistle & Extra House Key
Chapstick

16 GB USB Flash Drive - Containing:

JPG Pics AND PDF of:

Driver's License or State ID
Birth Certificates
Social Security Cards
Copy of Home Lease / Mortgage
Pics of Home
Copy of recent Utility Bills
Copy of Home Inventory List / Video
Copy of Home Owners / Renters Insurance Policy
Copy of all Vehicle Titles & Registrations
Pics of Each Vehicle
Copy of all Vehicle Insurance Cards
Pictures of Each Family Member
Pictures of Family as Group
Pics of Each Pet
Pet Vet Records & Assisted Animal Letters



Review of Emergency Documents

- 72 hour bin PRE-PACKED - passports, cash, Extra keys to the house and cars, credit card.



#9 Prepare for Possible Nuclear Fall Out

- If at home, head to the lowest floor (basement), seal off doors and windows. Bring 72 hr. evacuation bin in with you.
- If in the car, avoid watching a blast, roll up the windows, head straight home before the roads become clogged.
- If outside, cover your body head-to-toe and burn anything you are wearing when you get home. Wash your hair.
- Store potassium-iodine tablets or kelp capsules.



Geiger / Radiation Counter



Smart Sensor Handheld Mini Digital LCD EMF Tester Electromagnetic Field Radiation Detector Meter Dosimeter Tester Counter

Features: One EMF Tester for testing the magnetic field radiation and temperature at the same time. - Measure radiation of high voltage power lines, appliances, electrical wires ...

[See more details at Walmart - Save money »](#)

\$21.95

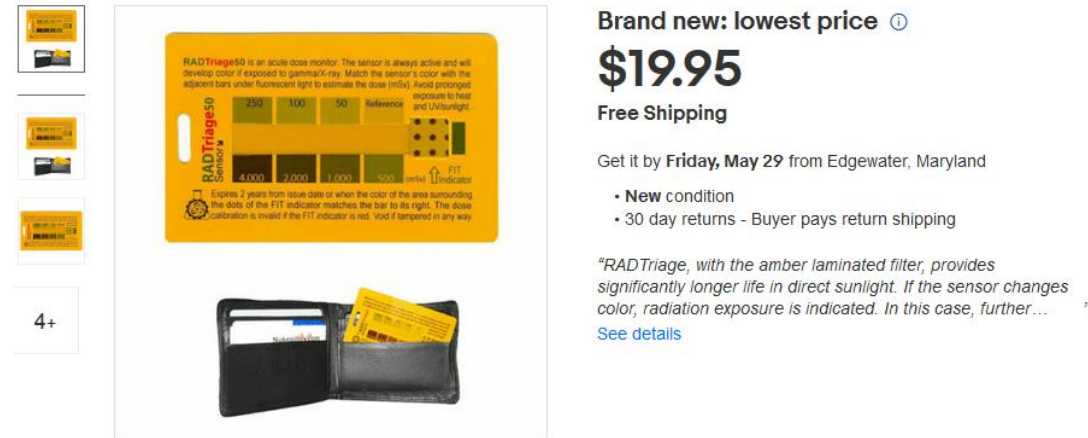
+\$1.59 tax. Free shipping

Walmart - Save money

[Visit site](#)



RAD Card (Ebay) \$19.95



Brand new: lowest price ⓘ

\$19.95

Free Shipping

Get it by **Friday, May 29** from Edgewater, Maryland

- New condition
- 30 day returns - Buyer pays return shipping

"RADTriage, with the amber laminated filter, provides significantly longer life in direct sunlight. If the sensor changes color, radiation exposure is indicated. In this case, further..."

[See details](#)

The **RADTriage 50 Radiation Detector** is a U.S. Military-grade personal dosimeter that instantly detects radiation exposure in the event of a dirty bomb, nuclear reactor accident and other sources of radiation such as Fukushima. This always-on wallet card/badge radiation detector does not require batteries or calibration. The sensor strip instantly turns darker when it detects harmful levels of radiation. .

- Credit card size: 3 3/8" x 2 1/8 " This listing is for one card. Just one. Not 50. Just one. "50" is the model number. Think Boeing 757. Or iPhone 7. Just one. One. ONE.
- Service life of at least 2 years at room temperature. Can be frozen for at least 10 years to extend shelf life.
- Instant detection of radiation from sources such as nuclear reactors (Fukushima) and dirty bombs
- No batteries or calibration needed
- Impervious to an EMP Bomb (electromagnetic pulse)
- Field tested and approved by Dept of Homeland Security
- U.S. Military grade
- Made in the U.S.A
- Fits wallet or badge holder
- Will instantly detect radiation while stored in wallet, badge holder, pocket, etc.



#10 Have Alternative Cooking Sources

- Indoors: Butane and Butane Stove, cheap, easy, safe or Kerosene.
- Outdoors: BBQ, firepit, volcano stove, solar oven, tent stove, propane stove, wood, thermal (thermos) cooking, charcoal, or coal, Dutch oven, etc.



Outdoor Cooking



More Outdoor Cooking Options



#11 Quick 2 Hour Camp Set-Up Bin

- For an easier transition to setting up camp, put the “needed first” items in a bin.
- Tent Stakes and tools
- Just add-water-only foods
- Firestarter, matches, wood
- Lanterns
- Duct Tape, assorted tape
- Batteries
- Trash Bags



Outdoor Kitchen Set Up

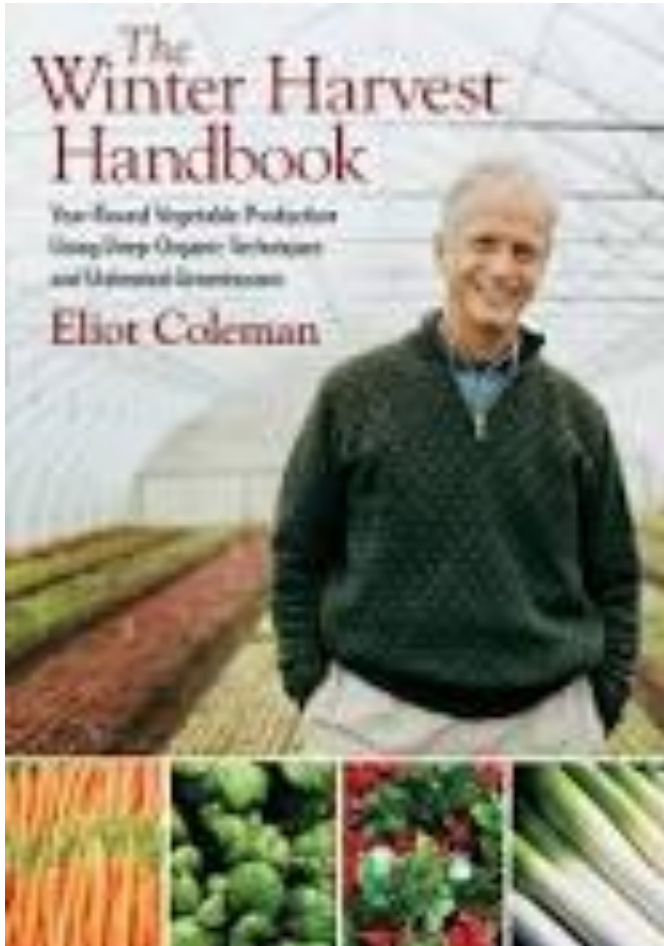


#13 “Zone Within A Zone”

- Put small pup tents inside bigger tents to trap heat.
- Set up large tent in basement to trap heat.
- Layer clothes x3 to trap heat. Do not use cotton next to skin, sweat freezes into mini-ice cubes.
- Lay plastic over garden and cover again with a box to trap heat. Greenhouse effect.



“Zone within a Zone” with growing food.



#14 Organizing Camp in a Crisis

- Have an information area away from sleeping area. Post updates.
- Have a visiting area with chairs around a camp fire.
- Eat meals as pot luck when possible.
- Have daily camp meetings and duty assignments.
- Have buckets for shoes by tent door.
- Have private quiet areas assigned.
- Have communal area for sharing resources.
- Keep smells downwind.

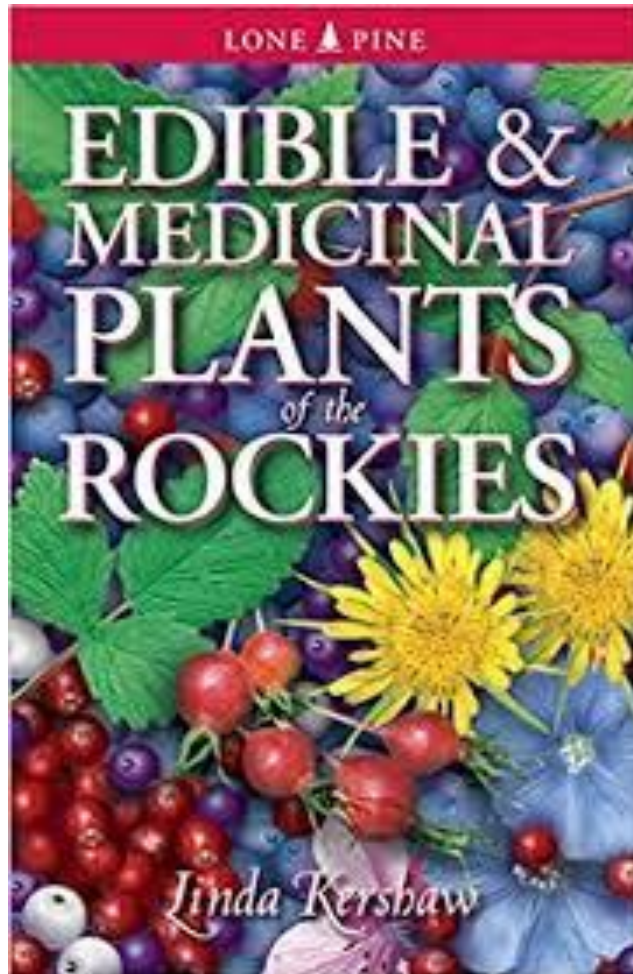


#15 Know Your Wild Plants For Food

- Cat tail (protein)
- Wild Asparagus (veggie)
- Dandelion (Vitamin C)
- Elderberry (immune system)
- Sunflower (seeds)
- Prickly Pear Cactus (grilled)
- Pine needles (Vitamin C)



Good Books for Identifying Plants



#15 Make Temporary Green Houses

- Grow year round if you have windows to set tables with buckets/trays on. (Protect floor)
- Make a wrap over your plants with clear sheeting or cellophane.



#16 Clean Up Station

- Put soap in stocking, hang from tree. Get hands wet, and rub the soap.
- Solar Shower Bag.
- Coleman Hot Water on Demand (batteries and 1 lb propane bottle)



#17 Set Up a Command Station

- Laptop
- Weather Crank Radio
- Clipboard
- Paper/Pens/Pencils/Sharpie
- Solar Charger – phone
- Solar Charger – laptop
- Table and Chair
- Ham Radio/2-way Radio



#18 Alternative Fuel Long Term Storage

- Propane Tank
- Whole House Generator
- Gasoline Generator
- Wood and a good ax. Do not rely on when thousands of others are looking for the same source, wood needs months to cure.



#19 Best Animals for Backyard Meat Source

- Chickens lay eggs daily.
- Rabbits reproduce every 40 days.
- Goats are small and provide milk for cheese.
- Fish are free if you have a water source nearby.



#20 How to Get Healthy Food Quick!

- Sprout seeds! Soak them in water for 24-72 hours and eat the crunchy, leafy, tasty sprouts!
- Sprouts have more protein and essential enzymes than meat.
- Sprouts help immune system, heart disease, stomach acid.
- Faster than waiting on a garden.



#21 Milk Substitution – Rice Milk

Hate powdered milk? You're gonna love this!!

4 cups of cooked rice, rinsed.

4 cups of cold water.

Blend, run through strainer or cheese cloth.

Add: stevia or vanilla



- For “rice shakes”
- Add 1 scoop of protein powder.
- Add 1 frozen banana

YUMMY!

Add any fruit! Use stevia to balance any tart or bitter taste.



#22 Deer Carts



#23 Stoves for Traveling



#24 First Aid Must Haves



#25 How to Make Cheese from Powdered Milk



#26 Camp Dishes



#27 Spice Bucket



#28 Laundry Tips



#29 A MacGyver Bucket



#30 Military & Weapons Bucket



Bonus: #31 Spiritual Bucket



The Next Session

- The ins and outs of storing food long term and short term.
- Storing some water.
- How much food do you need?
- How to plan meals with the food stored.
- My email: cimprint@live.com

