

# Staying Calm in Times of Crisis



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# Introduction

## Session 4

- Shelter, Safety and Camp Life



# Leaving Your Home Long Term

*Violence or complete devastation prevents returning.*

- Shutting off utilities, water and gas.
- Paying taxes.
- Things to leave behind.



# Plan for Pets

## Supplies:

- Leash
- Tie Down
- Kennel
- Toys
- Food



# Dealing with Family & Friends

- Master Plan in writing.
- Pre-organizing and what to leave behind.
- Contact Info



# Suggested “to do’s” for an evacuation – delegate!

- Prayer. Remain calm. Keep a level head.
- Lock all windows and doors. Shut off water and gas valves on the property. Email utility companies for shut off. Send email to family & friends about your plans.
- Store keepsakes and valuables away from the property.
- Load the food. Load the mattresses. Load the gear, tools, etc. (Store up tie-downs, lots of them!)
- Hook up the trailer or trailers. Fill up vehicles on the way out.
- Room to room list for last minute grabs. Tape a list from each room on a bucket or bin and assign a room to gather items.



# Questions for Pre-Packing

- Where are you going?
- What clothes, shoes, and gear will you need if stores are no longer available?
- What kind of food will you need?
- What kind of water considerations should you make?
- What kind of sleeping arrangements will you have?
- What kind of gardening tools will you need if long term?
- What kind of shelter will you need? The smaller the better for heating purposes.
- What kind of fuel sources will you need?



# Moving and Packing Your Preps

- How much do you have?
- Trailers, RV's, Trucks, and more.
- Mattresses.
- Packing for security and maximum space.
- Moisture and Rodents.
- Garbage Bags.





# Arriving at Camp – First Things First

- Layout considerations.
- Bathroom and garbage.
- Quiet Areas
- Children's play areas.
- Messaging system.
- Laundry area.
- Animal area.
- Food prep and shared firepit area.



# Medical Triage

- Who is skilled with medical knowledge and treatment?
- If someone gets hurt, do they know where to go?
- Is there a common medical cabinet that can be shared?
- Are there medical devices like crutches, boots, wraps that can be shared?
- Is there a blood pressure cuff and suture kit available?
- Are there essential oil and tinctures available and who can administer them?



# The First 72 Hours

- Add water only food, canned food, ice chest food, etc.
- Separate critical items for setting up a tent for quick retrieval.
- Have activities for children to be distracted or helping.
- Have treats that provide a happy positive environment.
- Have group meetings and prayer often. Children handle trauma better than adults.
- Have an assignment list to keep everyone engaged and helping.



# Living Peaceably with Others in Camp

- We cannot control others, but we can control our own reactions. Pray constantly for self restraint.
- We can strengthen ourselves spiritually so we can endure injustice.
- Making a Master Plan for settling our differences. There needs to be rules and consequences. There needs to be love and patience. There needs to be trust.
- Leadership, personal responsibility, and delegating.



# How Much Ammo & Guns Do I Need?

- How big is your group?
- Will there be hunting for food?
- Will there be security and protection?
- Will there be training and practice for protection?
- Will there be a structure or system for authority?



# A Review of Different Camp Items to Store

- Dishes
- Pans
- Prep Dishes



# Spice Bucket





# Food Buckets – Long and Short Term!





# Water Containers

- Purifiers
- Empty Containers
- Cases of Water Bottles
- Sports Bottles
- 5 gallon buckets
- Rain water containment barrels
- Office coolers
- 1 gallon containers



# Disease Control Bucket (toilet)



# Shower Bucket



# Tool Bucket





# Quarantine Bucket



# Laundry Bucket



# Cleaning Supplies – Stop Disease!



# Utility Bucket (MacGyver Bucket)





# Hygiene Bucket (per Person)

## Dollar Store Finds



# Sewing Bucket



# Candle Bucket





# Library Bucket



# Military Bucket



# Shoe Bucket

- 2 tennis shoes
- 1 hiking boots
- 1 snow boots
- 1 galoshes
- 1 flip flops (showers)
- 1 sandals
- 2 dozen socks (winter/summer)



# What About Precious Metals?

- Dollar Devaluation
- Historical Patterns
- Benefits of Gold
- Benefits of Silver
- Other bartering tools



# Mental and Emotional Strength

- Begin with the end in mind.
- Getting camp set up to accommodate everyone.
- When others are not adequately prepared.
- Pulling on strength greater than our own.





# Preparedness is the key!

*You become the calm.*

