

# Home Supplies / Go/Stay Kits

*Just Start!*

- September 29, 2020

Under-Bed?	Go-Bag?	Home?	Work?	Car?	Item:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clothing, shoes, hard hat / helmet, gloves
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Whistle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flashlight / headlamp
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dust mask and goggles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Glasses / contacts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tools (gas wrench, shovel, crowbar, knife)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contact lists (in-state, out-of-state)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Copies of ID / important documents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Batteries, battery pack, & charging cables
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medications / Copies of Prescriptions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	First-aid supplies and emergency blanket
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water and food (long shelf-life)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Portable radio
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Toiletries (sunscreen, tissue, hygiene items)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cash (small bills)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maps (local and regional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet supplies (food, water, toys, leashes)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Litter / sand (spills, traction)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jumper cables, spare tire, inflator, jack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flares / road hazard lights
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item _____

*Choose... what makes sense for YOU and where to keep it!*

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**LaVinnia Pierson**

Associate of Pastoral Care and Outreach, Los Altos Lutheran Church

[losaltoslutheran.org](http://losaltoslutheran.org)



# Personal

- Lived in Bay area for almost 40 years
- Experienced the Loma Prieta Earthquake of 1989, 13 miles from the epicenter, started an emergency kit then
- Family emergencies, cosmetic bag and first aid kit is always packed
- After the fires of 2018, we got serious about other items for an emergency/disaster kit
- Friends who had to evacuate last month

# Pastoral Care Role

- Position at Los Altos Lutheran, pastoral care
- Churches as community partners
- Faith based organizations are in the relationship business
- When we are prepared at home, we have more resources with which to love our neighbor, and help those in need

# Emergencies and Disasters

- In California we must prepare for
  - Earthquakes
  - Fires
  - PSPS (Public Safety Power Shutoff)
  - Pandemic
  - Emergency travel
- Some of these require “Go kits” and others require “Stay Kits”
- Some items are useful for either.

# Phases of a Disaster

- Pre-Disaster: fearful, shock, disbelief
  - Impact: Concern for self and loved ones
  - Heroic: Love for responders
  - Honeymoon: Together we will overcome
  - Disillusionment: Reality and limitations sink in
  - Reconstruction: the new normal becomes normal
- 
- From Nick Arnett: Stress into Strength





# Home Supplies / Go/Stay Kits

## Water:

- 1 gallon of water per person
  - for at least 3 days
  - ideally up to 2 weeks
- Water filter, Aquatabs (to purify water if needed)



# Home Supplies / Go/Stay Kits

- **First Aid Kit**

- Prescription Medications, Band aids, anti-bacterial cream, anti-inflammatory (Advil), salt, athletic tape, pepto bismol, anti-diarrheal, eye drops, gauze bandages, butterfly band aids, scissors, tweezers, vinyl gloves, emergency phone numbers, first aid manual, eye glasses, hearing aid/batteries

- **Hygiene Kit**

- Soap, Hand sanitizer, Toothbrushes, toothpaste, shampoo, deodorant, sunscreen, lotion, chap stick, Toilet paper, feminine products, etc.
- Hand towel, washcloth





# Home Supplies / Go/Stay Kits

- Portable Toilet
- Toilet paper
- Black Garbage bags or purchased kit
- (“Lugable Loo” – 5 gallon bucket with a seat that seals)
- Useful for pandemic travel or loss of water



# Home Supplies / Go/Stay Kits

## Food – Shelf Stable, Replace often

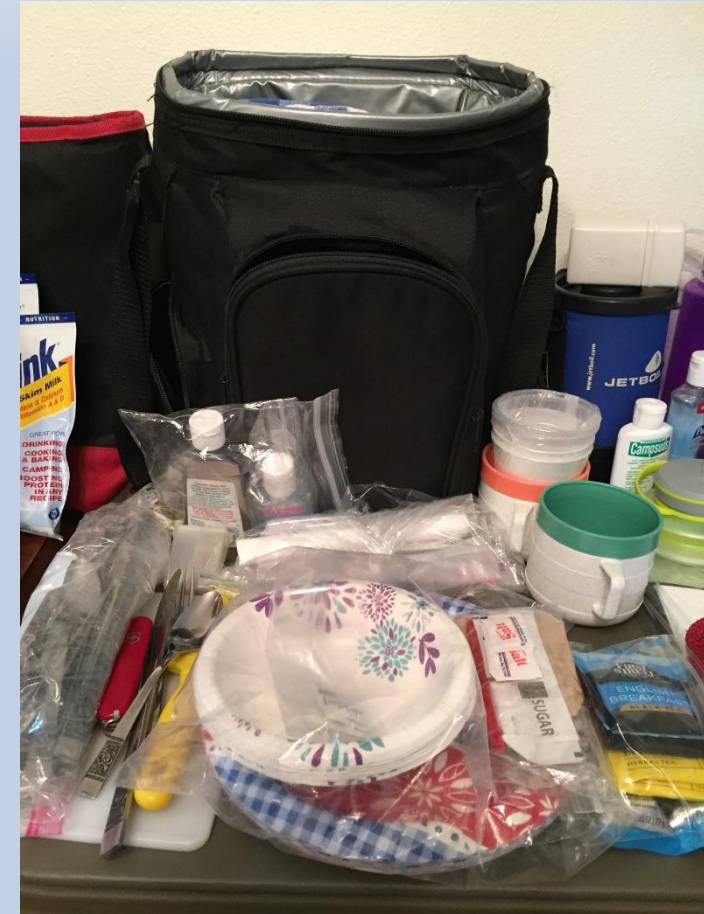
- Dehydrated food (i.e. Mountain House brand)
- Peanut or other nut butter
- oatmeal packets,
- canned chili, canned soup, canned beans, canned vegetables
- canned tuna or chicken
- dried fruit, trail mix
- tea or coffee packets



# Home Supplies / Go/Stay Kits

## Cooking Supplies

- Plate, bowl, cup, fork, spoon for each family member
- Sharp knives, cutting board
- Swiss Army knife, utility knife, Small tool kit (screwdrivers, pliers, wrench, etc.)
- Aluminum foil, garbage bags, plastic sandwich bags, quart zip lock bags
- Paper towels





# Home Supplies / Go/Stay Kits

## Other emergency Supplies

- Candle, matches, Mirror, Whistle
- Flashlight, headlamp, extra batteries
- Emergency blanket, tool kit
- Masks, N-95 (for smoke)
- Para cord (strong, thin rope)
- Battery powered radio
- Extra copy of important documents, passwords
- Extra Cash, small bills and change
- Extra keys



# Home Supplies / Go/Stay Kits

- Laptop
- Charging Cables
- Flashdrive, password protected
- Battery power bank
- Documents folder





# Home Supplies / Go/Stay Kits

- Shoes under your bed
- Extra Clothes
- Pants, Shirt,
- Socks, Underwear
- Jacket



# Home Supplies / Stay Kits

## Pet Supplies

- Kennel
- Food
- Dishes
- Water
- Litter and waste bags
- Leash



# Go Kit for Car

- Extra masks
- Hand sanitizer
- Jumper Cables
- Tow Rope
- Tools
- Flashlight
- Maps of area
- Water (take a fresh water bottle every time you go)
- Sunscreen
- Charging cables for phone
- Nitrile gloves
- Towels

# Additional Preparations for a Pandemic

- Have a 2-4 week supply of food, medical supplies and paper goods, especially for this winter
- Shelf stable foods
- Frozen foods (meats, veggies)
- Fresh food that lasts (carrots, apples)
- Milk and eggs will last several weeks in the frig
- Coffee, tea, chocolate or other favorites
- Flu friendly foods: rice, soups, ginger ale, teas

# Additional Preparations for a Pandemic

- Medical supplies
  - Prescriptions
  - OTC medications
  - Health and Hygiene items
  - Paper goods
  - Cleaning supplies
  - Pet food and supplies
- GET A FLU SHOT!



# Other Ideas

- Air Purifier for smoke management
- Generator for PSPS
- Don't open your refrigerator or freezer
- Keep some drinking water frozen to use as ice block, drink it,

# Other Thoughts

- Just Start!
- Don't feel overwhelmed, just start somewhere
- Buy a little at a time.
- Rotate your supplies to keep them fresh
- Think in terms of categories:
  - Water
  - Food, Cooking supplies
  - Medications
  - Cleaning supplies, paper goods
  - Other emergency supplies

# Preparations for peace of Mind

- When you are prepared, you can act instead of react in a stressful time
- You can choose how you can help others
- You can trust you have what you need

# Q&A

Thank you to Ann Hepenstal  
for this invitation!

Thank you for taking the time to  
attend!