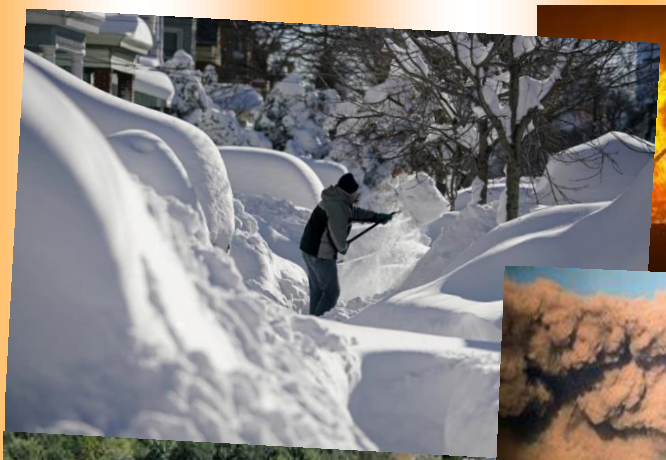


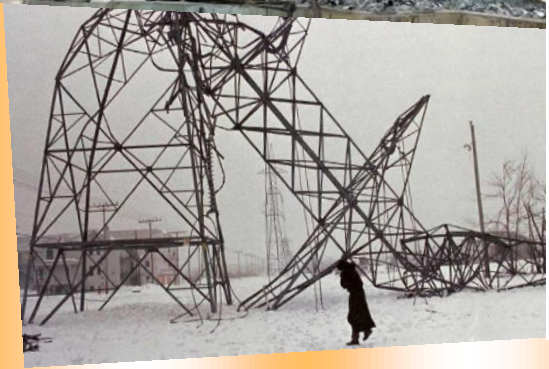



An
Introduction
to

Emergency Preparedness for Christians








Thomas McLennan Jr
2020
SECOND EDITION
Version 2.5

FOREWORD

The **first edition** of this material was published in 2016. Originally conceived as a workshop, I realized that approach would have a limited reach. Therefore, I redesigned the materials in the current format: an interactive, self-directed workbook which can be easily distributed by PDF and printed for personal use in a 3-ring binder.

The design is quite intentional. Part 1 is a self-assessment of your personal preparedness. It is intended to provoke interest. Part 2 is a consideration of your need for preparedness due to potential natural and man-made disasters or emergencies which could affect you or others around you. In a worse-case scenario, Part 3 describes what a wide-ranging infrastructure collapse might include. It is intended to invoke some "shock" at the potential severity of such an event. All of this sets up the Christian believer to reconsider biblical imperatives and admonitions presented in Part 4. The subtitle captures its essence: *Clarifying and honing your convictions for a time of crisis.*

From there, you are provided specific considerations for contingency planning in Part 5. This is formatted as an amplified outline for easy assimilation of the most pertinent information. Complementing this, Part 6 stimulates your creativity as you delve into practical ways to begin and continue your prepping. Part 7 concludes with a rationale for why we need to be thinking and practicing preparedness—so that we develop a natural awareness of the real world around us.

This **second edition** includes some new and important materials. A special focus was placed on expanding and clarifying aspects of Part 4 on biblical foundations, since this is the whole basis for a Christian approach to preparedness. There are other things which could have been included, but it is my intent to keep this material easy to read and reference. There have been other minor changes related to clarifying or adding new comments where the text seemed unclear or incomplete in the first edition.

This resource has been developed toward consideration of the American context. However, the biblical principles are always universal. All the other content can (and should be) modified as appropriate for contexts outside the USA.

Please address questions or comments to: TMCLENNAN4@GMAIL.COM.

Introduction

Today you can find a plethora of information on Emergency Preparedness. Generally, it is looked at with some suspicion because of negative press, those who espouse rather extreme views, and those who really don't know what they are talking about! However, Emergency Preparedness is a subject that should attract everyone's attention.

In this "Introduction to Preparedness," you will discover reasons why preparedness is relevant for you and your family. You may or may not face apocalyptic events, but there is a relatively high probability that you will face times of crisis. Step into this material with anticipation of what you may learn. The adventure awaits!

Contents

Improvised double paddle for a small boat in a remote lake in the Adirondack Mountains

My Story:

I was not yet six years old when my family moved to a rural home on a large wooded lot in Texas. For the next 11 years I grew up experiencing a boyhood dream: lots of places to roam without houses, places to hike and explore, the "ole fishin' hole," room to hunt and camp out. Because I was physically uncoordinated, I was poor at team sports – but in the outdoors, that was where I excelled! Every month I looked forward to receiving my *Outdoor Life* magazine in the mail, and I read and saved every copy for years.

When I was 16 years old, my family moved to a small community 40 miles NW of Chicago. I was active in a Christian boy's club, and continued to pursue my interests in the outdoors. I learned how to design survival and emergency kits, make my own fishing tackle, and how to save for and purchase quality camping gear.

In college, I majored in Biological Sciences, anticipating a career in the outdoors. However, after my third year, I changed my major to Christian Education with plans to work in year-around Christian camping. For five summers I worked on the staff of a wilderness boy's camp in northern Wisconsin as a specialist in wilderness survival, backpacking, fishing, canoeing, and riflery. Before my senior year, I participated in a one-month mobile Outward Bound course in the Oregon Cascades which included a three-day solo in the mountains with just 10 items.

Following five years of college, I married my sweetheart a month before reporting for duty with the U.S. Army. After three years of active duty, including a tour in Viet Nam, I used the G.I. Bill to earn a Master of Arts degree in Christian Education at seminary.

For the next 26 years I served as a Christian Education Pastor in four churches. During those years I served on the Board of Directors of two Christian camps. I also participated in Canadian wilderness canoe trips, initiated Family Caravan Camping events, wilderness youth retreats, Father and Son Coffee Can Weekends, enjoyed summer backpacking trips with my son and daughter, and built two Folbots. Over the past 18+ years as missionaries, Carol and I lived in Russia for six-and-a-half of those years, which included opportunities to go camping in the Caucasus Mountains. After moving to Colorado Springs, I traveled back to Russia three times and, within a seven-year period, I traveled to India nine times. We recently had our fourth trip to Russia. My wife and I now reside in NW Indiana.

Throughout my life as an outdoor enthusiast I have refined my interest in emergency preparedness. Out of that interest and my passion for Christian education has come this resource: "An Introduction to Emergency Preparedness for Christians." **My desire is that Christians will see the relevance of preparedness as an extension of their calling to be faithful Ambassadors of the Lord Jesus Christ.**

Tom McLennan


Dutch oven cooking in Colorado

Part 1 BASIC PHILOSOPHY and Personal Assessment

Emergency preparedness frees believers to be available to serve others in times of crisis, rather than being concerned for their own immediate safety and survival needs. *(You need to be free as an Ambassador of Christ instead of a victim of the crisis.)*

Preparedness is a kind of insurance: you have it but hope you don't have to use it. But in case you do have to use it, it is there! And just like insurance, if you do not have it when you need it, you are fully responsible for the consequences.

Preparedness is like an insurance you can borrow from as long as you agree to pay it back. It is a resource or supplement…

- for short-term emergencies
- for a long-term crisis
- during the loss of a job
- during retirement
- for camping and traveling
- for unexpected guests
- for practical gifts
- for helping others in need
- during an economic downturn
- as an investment (for future resale, barter, or personal savings): long-term storage food and other basic supplies will be worth more in the future due to inflation, scarcity, or demand!

Personal Assessment of Your Preparedness

How many of the following things have you done to prepare for an emergency? Circle "Y" (yes) or "N" (no); add a clarifying note if you wish.

1. What would you do if all the stores were out of food?

Y N We have enough **food** set aside for one week. (One month? Three months?)

2. What would you do if you turned on the faucet and there was no water?

Y N We have stored at least two gallons of **water** per person per day for our family for one week. (One month? Three months?)

3. What would you do if there were no emergency medical services and all pharmacies were closed?

Y **N** We have a **complete first aid kit** including extra **prescription medicines**.

4. What would you do if you could not flush your toilet?

Y **N** We have alternate **sanitation/toilet supplies** and a means of disposal.

5. What would you do if a loved one stopped breathing or had a laceration?

Y **N** Someone in our family has had **CPR** and/or **first aid** training.

6. What would you do if all banks and ATM's were closed for two weeks?

Y **N** We have set aside **emergency cash** (at least $200-$300 in small bills).

7. What would you do if you had to protect your important records?

Y **N** Our **important records** are stored somewhere safe and easy to obtain.

8. What would you do if you had only 5 minutes to evacuate?

Y **N** We have a **ready-to-go bag** for each family member (for at least seven days).

9. What would you do if you had to evacuate and all the motels were full?

Y **N** We have a **place to stay** in an emergency (temporary accommodations away from our normal residence, which may include a large tent).

10. What would you do if you couldn't take your pets with you?

Y **N** We have special arrangements for accommodating our **pets**.

11. What would you do if no neighbors were aware of your crisis situation?

Y **N** We have an out-of-area **emergency contact**.

12. What would you do if you faced an imminent disaster or crisis?

Y **N** We have a **disaster plan** and resources for our family.

13. What would you do if you were awakened suddenly and had to make quick life-saving decisions?

Y **N** We have **practiced** for a disaster. (Which ones: _____)

14. What would you do if you had to leave quickly and all gas stations were closed?

Y N Our **car** is always ready for a crisis, including a gas tank at least half full all the time.

15. What would you do if you were stranded or isolated in a crisis?

Y N We have assessed the **skills** we possess and the ones we need to learn for coping with a crisis.

16. What would you do if you had to prepare for or recover from a disaster?

Y N We have sufficient **tools** and **equipment** for coping with a disaster.

17. What would you do if you needed to verify the authenticity of a message?

Y N We have secret **code words/phrases** that are known only by our family.

18. What would you do if all local churches were closed due to a crisis?

Y N We have sufficient Bibles and **Christian resources** for our family. (& neighbors?)

Personal Notes:

A. Considering your responses to the above assessment, how would you rate your overall preparedness for an emergency or crisis? (Circle your response.)

Excellent	Very Good	Good	Weak	Poor	Very Poor

B. Based on this brief exercise, what are some of your concerns or questions about your <u>overall preparedness</u>?

1)

2)

3)

4)

5)

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Part 2 Our Vulnerability: Reasons for Preparedness

A. Considering your personal life and the supporting community infrastructure, *list as many things as you can think of that depend on electricity*. Put each idea under one of the following categories:

- communications & entertainment: *cell phone, television,…*
- comfort & convenience: *electric lights, hair dryer,…*
- appliances: *refrigerator, freezer,…*
- life necessities: *banking, drinking water,…*
- transportation: *fuel pumps,…*
- health related: *medical records,…*
- other:

B. Make two lists. On one, identify as many potential *natural disasters* you can think of. On the other list, identify *man-made disasters or emergencies* that could potentially threaten you or your family.

Natural Disasters	Man-made Disasters
tornado flood	airplane crash explosion

Do not go to the next page until you have written responses for "A" and "B"!

Comments on this exercise

The interconnectedness of our societal/public infrastructure is very specialized, forcing us to depend on its continued success. In an emergency or time of crisis, this interconnected infrastructure is very vulnerable—and one might even say "fragile"! The failure of one part can have a domino-effect on other parts. Wisdom says we must be prepared. Remember, regardless of the situations you may face, every Christian believer is always an ambassador of the Lord Jesus Christ! Preparedness should be a part of your forethought as you consider how you will fulfill that responsibility.

Our Dependency on Electricity

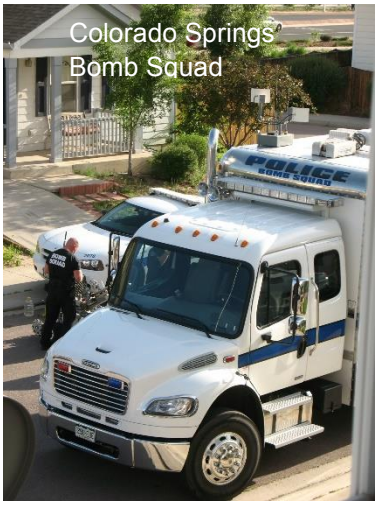
Note the following impact potential if there were an electrical system failure over a large area for an extended time (more than a week or two):

ELECTRICITY-DEPENDENT INFRASTRUCTURE	IMPACT POTENTIAL (what could be affected)
Water and Sewer (pumps/controls)	availability of potable water; well pumps; fire hydrants; toilet and sink drain backups; personal hygiene; water filtration and purification; sump pumps…
Lighting	indoor and outdoor lights (residential and commercial facilities)
Refrigeration	spoiled food (residential and commercial sites)…
Household appliances	stove; microwave; dishwasher; washer and dryer; kitchen gadgets; clocks; alarm systems; garage door opener; power tools; electric chain saw…
Heating and Cooling	furnace; thermostat; A/C; hot water heater; fans; generators (with limited fuel)…
Transportation	fuel supply (pumps); traffic control; street lighting; personal vehicles (limited fuel); bus and taxi services; airlines; trains; GPS; truck transport of food & supplies…
Entertainment and Communications	TV; cable systems; radios; internet; computers; tablets; printers; land-line and cell phone services…
Gas supply (sensors/controls)	no service for residential and commercial buildings
Commercial infrastructure	availability of groceries; clothing; household maintenance/repairs/supplies; postal and delivery services; cash registers and payment systems; industrial shutdown…
Banking	monetary supply; ATM's; access to safe deposit boxes; credit and debit card services…
Medical	emergency services; hospitals; pharmacies (OTC and prescription medications); medical records…
Protective services	police/fire/ambulance notification and response…
Nuclear power plants	the monitoring and cooling systems for these plants are dependent on pumps and back-up generators, but they only have several day's supply of fuel available; there is a serious threat of radioactive contamination from multiple Chernobyl-type incidents if the systems fail!

Natural and Man-Made Disasters

The following lists identify some of the most common or potential disasters:

NATURAL DISASTERS: hurricane; tornado; hail; severe rain; flooding; flash flood; lightning; earthquake; heat wave; volcano; blizzard; avalanche; severe cold; landslide; forest/grass fire; tsunami; drought; sandstorm; sinkhole; severe wind; wind-shear; severe solar flare (EMP); meteorite; pandemic (bird flu, Ebola, SARS, plague); or other medical/health-related crises (small pox, cholera, etc).



MAN-MADE DISASTERS or EMERGENCIES: toxic chemical spill (via train derailment, truck, pipeline, etc.); toxic gasses or biological weapons (via accident, terrorists, military, etc.); explosions; electro-magnetic pulse (HEMP from nuclear explosion); terrorist activity; airplane crash; vehicle crash; contamination from a nuclear explosion, "dirty bomb," or nuclear power plant failure; structure fire(s); [declared martial law]; criminal gangs; computer hacking affecting infrastructure, finances, etc.; military invasion; financial collapse; polluted water supply; interruption to fuel supply (via man-made or natural disaster).

Personal Notes:

A. Considering your responses to the above areas of vulnerability, how would you rate your overall awareness of your need to prepare? (Circle your response.)

Excellent	Very Good	Good	Weak	Poor	Very Poor

B. Based on this brief exercise, what are some of your concerns or questions about your vulnerability in a crisis?

1)

2)

3)

4)

5)

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Part 3 Implications of a Widespread Infrastructure Collapse

Just how severe could a statewide or region-wide infrastructure collapse be if an emergency or crisis lasts more than a week or two without relief? Most likely, it would affect everything! – power, food, water, fuel, transportation, communications and emergency response. This level of crisis could lead to a number of critical events:

1) **Timespan and extent** issues – the longer and more widespread the crisis, the more devastating the impact because of insufficient resources or inadequate response!

2) **Social breakdown** mainly due to inadequate preparedness for a crisis on both the personal and community levels.
   a) Widespread PANIC as people realize the severity of the situation, their lack of preparation and/or their ability to meet their daily needs!
      - This will be especially true in urban areas, on university campuses, with travelers away from home, and many other situations.
   b) Riots/Looting/Stealing as people try to acquire necessities (or "wants")
   c) Survival and/or escape mentality (some will live by the "law of the jungle")
   d) Serious increase in crime due to inadequate law enforcement

3) **Martial law** declared to curb lawlessness and to combat gangs:
   a) Suspension of constitutional rights
   b) Potential mobilization of National Guard and other military personnel to assist (or replace!?) local law enforcement. (UN Peacekeepers?)
   c) Gun/weapon/ammunition confiscation (house searches)
   d) Curfews
   e) Travel restrictions/checkpoints
   f) Mandatory evacuations
   g) FEMA camps

   ➢ NOTE: There is the potential that martial law, too, will ultimately collapse depending on the extent of the emergency because responders may well begin having their own problems!

4) **Government shutdown**: local, state and/or federal (depending on the nature and extent of a crisis):
   a) The larger the crisis, the more overwhelmed will be government entities/services (medical, police, fire, utilities).
   b) Civil servants and government employees will be victims of the crisis as well!
   c) Without communications, computers or other infrastructure systems, government will not be able to function; they do not have adequate redundant contingencies.

d) If there are multiple fronts to a crisis, government responses and resources will be easily overwhelmed.
e) **Prisons** may fail due to lack of services and security, allowing dangerous convicted criminals to escape and wreak havoc.

- NOTE: Some have suggested this could lead to the intervention of the United Nations or other foreign power—setting the potential for real chaos.

5) Without relief, **STARVATION** could begin in a matter of weeks, especially with the feeble, elderly, frail and weak (hospitalized, nursing homes, infants and young children). An extended crisis could mean:
   a) Limited/diminished food and water supplies.
      - Grocery stores will be depleted within a couple of days; club warehouse stores will be looted or food and supplies confiscated by authorities.
      - Clean water will likely be in short supply; severe thirst causes people to drink from unsanitary sources resulting in sickness and disease.
      - Healthcare facilities, hospitals, nursing homes, etc., only have sufficient food reserves for several days, at most, and are dependent on the public water supply! Staff will be quickly overwhelmed.
   b) Ways of cooking will be limited to independent propane systems, backyard grills, fire pits, fireplaces w/ wood, oil-burning stoves, solar ovens, etc.
   c) The inability to preserve perishables (dairy, fresh meat, produce, etc.).
   d) Rampant food-borne illnesses from contaminated food and water supplies.
      - This could lead to an outbreak of cholera, typhoid, salmonella and other life-threatening diseases.
   e) Long term, farmers will not be able to plant or harvest crops, feed livestock or poultry, transport produce, manage pests, etc., amplifying the food scarcity.

6) **Medical infrastructure failure** – hospitals, clinics, nursing homes, and pharmacies will be overwhelmed or non-functioning; people who are dependent on certain medications or medical treatments (dialysis, diabetics, chemo therapy, emergency surgery, etc.) will be at high risk; an increase in deaths and sicknesses; a greater potential for pandemics; pharmacies will be pillaged for "drugs of choice" by desperate people, addicts and criminals.

7) **Transportation** systems will fail due to lack of available fuel and traffic control systems; this will affect the delivery of goods and services, emergency response capabilities, and limit the mass movement of people by personal vehicles, busses, trains, trucks, airplanes, etc.

8) **Crippled relief effort** or no response at all due to insufficient personnel and equipment, poor information and communications, and inadequate supply and distribution systems – and responders will likely begin having their own problems.

9) A complete **Banking shutdown** and possible collapse of the **Monetary system**; no banking, ATM, or credit/debit card transactions! Bartering may become necessary. In other words, you must have what others are willing to trade for. But beware! – others might try to steal what you have!

- NOTE: Your personal bank accounts are maintained electronically. Without electricity, you have no account and no money! Even so, banks do not have a sufficient supply of hard currency on hand for high demand.

10) **Communications** are dependent on electricity, and without it, there will be no internet, radio, cable or satellite TV; landline and cell phones will be dead or useless. (Battery operated two-way radios may work, but have limited range.)

11) **Season and Weather issues:** no AC or ventilation fans in the hot summer; no heat in the cold of winter; no snow plows; no weather forecasts; greater "felt" impact of storms or drought.

12) **Fire suppression** response would be severely limited or collapse with no water available resulting in an increase of structure fires. Wind and dry conditions can contribute to explosive conditions! Apartment buildings and entire neighborhoods could burn due to the dangerous proximity of structures! Forest and brush fires would burn unabated.


Waldo Canyon Wildfire, Colorado

13) **Unsanitary conditions** due to nonfunctioning toilet facilities, contaminated water, and poor hygiene resulting in serious health issues, infections, sicknesses, and epidemics.

Personal Notes:

A. Based on this summary of implications, what are some of your concerns or questions about your preparedness if there were a <u>widespread infrastructure collapse</u>?

1)

2)

3)

4)

5)

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Part 4 Biblical Foundations, Truths and Principles

Clarifying and honing your convictions for a time of crisis

Christians need to know what the Scriptures teach since they are the foundation of our faith and convictions. Pray not only for godly wisdom and discernment, but also your courage to respond appropriately to God's Word. Consider studying aspects of this section with other Christians. Read the Scriptures and discuss your thoughts together on the topics presented.

During a crisis, Christians need to avoid acting impulsively out of fear. Come to your own convictions, but don't force others to accept them as the only Christian response. Remember, *God still reigns, even if everything disintegrates!* Times of crisis may be the most significant times you will ever have to provide a bold witness as a follower of the Lord Jesus Christ. Be prepared to step into the gap.

How is it that we tend to get more serious about our faith at times of crisis? Throughout the centuries, Christians have suffered hardships, persecution and crises, sustained by their faith and hope in the promises of God's Word. Your daily walk with Jesus should prompt you to learn more and more that He is Lord of all. May your desire be to follow Him regardless of your life situation.

The Joseph Principle*

This principle is based on the biblical story found in Genesis 41. Briefly, when Joseph interpreted Pharaoh's dreams, he recommended that they store up one-fifth of the grain from the 7 years of plenty in order to have a reserve for everyone during the 7 years of famine (verses 25-37). In this case it was a God-inspired plan.

The principle, then, is that **in times of plenty** it is a good thing to store up or to set aside a percentage of one's abundance for the future **if** it is for the right purpose, such as being prepared to feed or care for the needs of yourself and others in a future crisis. The stored grain of Egypt was enough for the Egyptians and for surrounding peoples who came to buy it during the extended famine (verses 56-57).

Proverbs 6:6-8 and 30:25 – The **ants** are an example of creatures that store up in times of plenty. Today we might use the example of **squirrels** in the Fall as they prepare for winter. The difference is that **ants** are storing up for the benefit of the colony, but **squirrels** hide their provisions for themselves, which is why we have the phrase, "to squirrel away."

> Remember the parable in Luke 12 (verses 16-21) about the wealthy farmer who planned to build bigger barns to store his abundance? He was called a "fool" because he did not know that he would die suddenly and someone else would acquire his wealth. Jesus concludes the parable with these words (v. 21): *"So is the man who stores up treasure for himself, and is not rich toward God."*
>
> The rich farmer's purpose was all about himself and his wealth with no regard for others.

Consider, though, that the biblical principle of **storing up in times of plenty** for yourself and others is very different than trying to accumulate necessities when the demand is

exponentially greater than the supply, when everyone is competing to acquire what they need from limited resources.

For instance, you have probably seen news clips of people rushing to the stores when they know a severe storm is coming, whether a blizzard or a hurricane or some other calamity. (Perhaps you have been part of that crowd!) People hurry because they know there are many others doing the same thing – and the store shelves are quickly depleted. Had they been wise and prepared in advance for a time of crisis, they would not need to panic.

Panic stimulates **Hoarding**. Hoarding is putting yourself first when things are scarce. You are out to grab or scrape up all you can for yourself at the detriment of others. Hoarding is a serious form of selfishness and greed because it takes away from limited resources on which everyone is dependent – and THAT IS condemned in Scripture.

How different than setting aside for the future when resources are plentiful ! That is NOT hoarding. For this reason I call this **"the Joseph Principle."**

But Joseph had an advantage over us. God revealed through Pharaoh what He was about to do and the timeline. We don't have that advantage. Although sometimes we do get some pre-warning such as with a severe storm, that just puts us in the same situation as everyone else if we have not prepared ahead of the warning.

- **NOTE:** *Distinguishing the difference between STORING UP and HOARDING is critical, and this biblical event is very instructive about the benefits of preparing in advance when resources are plentiful.*

*This event in Genesis 41 is only part of Joseph's story (Genesis 37-50). There are many other important lessons from the life of Joseph and this time of history. This principle is just one of those.

Additional Key Scriptures

Following are some important biblical considerations for Christians who desire to have a holistic understanding of God's expectations and our role in preparedness. The **BOLD** topics deserve special attention:

1) Great Commission -- Christ's mandate is still clear – to represent Him in the world; and the biblical priorities have not changed – to make disciples who are learning to obey all that Jesus taught. -- Mt. 28:19-20; Acts 4:7-8; John 3:16
2) **Ambassadors of Christ** – We are diplomatic representatives of Christ in this world. We hold dual citizenship—in the country to which we pledge our allegiance, but more importantly our true citizenship is in heaven. -- Phil. 3:20

   As ambassadors of Christ, we carry His message of reconciliation and eternal HOPE. And hope gives life! This is especially relevant during a crisis. Therefore, we are to speak boldly, because the authority of our message is from God. We are motivated because we know that we will have to give an account to our Lord and Savior for how we fulfilled our responsibility. -- 2 Cor. 5:9-11, 14-21; Eph. 6:18-20
3) **Call to Suffer** -- Only if we are people of conviction will we be willing to make sacrifices. Since suffering has always been an earmark of the church, our opportunity may be just

around the corner. (Certainly it was for Peter and other believers at the time he wrote his epistles.) -- 1 Peter 3:13-17; 1 Peter 4:12-19; 1 Peter 5:10

a) We cannot expect to escape suffering. Our suffering gives credibility to the Gospel; you can make your suffering a ministry to others.

b) There is nothing wrong with trying to eliminate or minimize suffering.

c) There are also circumstances when hiding from danger is prudent in order to avoid suffering (Prov. 22:3; 27:12).

4) **Prayer** -- A sincere petition, in faith, for God's help and wisdom in a time of crisis is our admission of inadequacy before God and our dependency on Him. -- Philippians 4:6-7; James 1:5-8

5) Prudence (vs. foolishness) – We are admonished to be cautious and judicious (wise), thoughtful; not careless or foolish. -- Matthew 25:1-13; Proverbs 14:15; Proverbs 27:12

6) **Providing for Others** -- Realize that your decisions can affect the welfare of others: children, the elderly, and those unable to prepare for and cope with a potential crisis. -- 1 Timothy 5:8; Philippians 2:3-4

   NOTE: unlike Joseph, you probably cannot provide for everyone who will need help. You will need discernment of true needs within your means. It will likely require you to say "No" to some in order to help others, or to respond minimally to some and more adequately to others. All the more reason to pray for wisdom!

7) Trust in the Lord – Have faith that God is sovereign and confidence that there is nothing outside His control – including the effects of a natural or societal crisis! -- Proverbs 29:25; Zechariah 4:6; Psalm 27:1-3, 14

8) Dependence on the Lord -- He is the One who will provide for your needs. (Strong individuals depend on their own resources; a so-called weak person knows his own limits and needs, and thus depends wholly on God.) -- 2 Cor. 12:9-10; Nahum 1:7

9) Christian Integrity – A severe crisis may well test you in this. Your inner and outward character should match your profession of faith, moral values and convictions. Remember, God is your refuge and strength! -- Matthew 7:16-20; 1 Peter 2:12

10) **Generosity** – This is a choice of the will. It means to be unselfish; to have a heart willing to give or share; to be openhanded; seeking to meet the needs of others. -- 2 Cor. 8 & 9 (8:9 & 9:12)

    a) Christian generosity is prompted by love and a recognition that we are stewards of what God has provided for us.

    b) Consider the context of Paul admonishing the Corinthian church to join with the Macedonians in assisting, generously, in meeting the needs of their suffering brothers whom they had not met. -- Galatians 6:9-10

11) Faithfulness -- We are called to faithfulness, not success. This attribute has eternal implications. -- Matthew 25:14-30; Luke 16:10-13; Revelation 2:10 & 17:14

12) Contentment – This means you have freedom from anxiety about your position, possessions or circumstances. It is learning to be satisfied with what the Lord provides. It is the opposite of envy. -- Philippians 4:11-13, 19; 1 Thessalonians 5:16; Hebrews 13:5-6

13) Peaceable – We are to be non-aggressive, without hostility, and not quarrelsome. However, this is not the same as being cowardly, a wimp or a pacifist! You may need to protect yourself and others. -- Proverbs 16:7; Mark 9:50; Romans 12:18; James 3:18

   a) This is similar to meekness, which means "strength under control." (Jesus)

   b) Having courage to stand strong and resist evil requires "holy boldness."

   c) Ultimately, it is a spiritual struggle, and we have the victory -- Ephesians 6:10-17

Witness of the Christian and the Church

No one can bring spiritual light and salt to the world but the Christian! (Matthew 5:13-16; Romans 13:8; Romans 12:20-21; Philippians 2:14-16)

To isolate yourself from interaction with others as a safeguard during a crisis may be tempting, but it could also cause you to lose a credible witness and unique opportunity to represent the Lord Jesus Christ, especially since you have prepared. Mutual encouragement and support from fellow believers becomes essential during times of crisis, especially if you are seeking to help others in need. Pray for wisdom about how to respond appropriately.

For example, consider the Pros and Cons of a ***Community*** (city on a hill) vs. ***Individual*** (single light) response in a time of crisis -- (study Mt. 5:14-16).

> First of all, what do you notice about a city on a hill from this text (v. 14)? It cannot be hidden!! WHY? Because in that day thousands of olive oil lamps caused a city to literally glow in the darkness! It could be seen for miles around, especially because it is on a hill. Jerusalem was such a city! Nowadays we have a wide variety of light sources, and cities have lights everywhere.
>
> Second, what do you notice about a lamp (v. 15)? It gives light to all in the house. WHY? Because it is on a lampstand and is NOT hidden under a basket!! Oil lamps from that time often had more than one wick. So obviously, the more wicks, the brighter the lamp – like us putting in a higher wattage bulb to get more light today.
>
> We all know that the purpose of LIGHT is to ***make a difference in the darkness***. In order for us to see, God has designed our eyes so that they respond to light. With light we can distinguish things about our environment; we can see to walk safely, and we can discern danger. THAT illustrates the role of Christians in our world. And the brighter the light, the greater the impact over the darkness.
>
> In this text, you should also notice the small connective word "nor." It sets up a contrast that is often missed. What is significant about the city on a hill is that it CANNOT be hidden! Did you catch that? It CAN NOT be hidden. In today's world, you could potentially hide a city on a hill by a city-wide power failure. But that was not possible with thousands of oil lamps!
>
> > God used an Indian pastor from the Himalayan foothills to give me a new insight into this text. He said rather matter-of-factly, "The city on a hill is the church." I had never thought about that before, and probably never would have. My focus had always been on the lamp, not the city. But it captured my imagination. "Of course," I thought, "the church is made up of multiple lights in one place. Therefore, the light of a church cannot be hidden. Even if some

within the church tried to hide their single light because of embarrassment or personal sin, the light of the community of believers would continue to shine!"

This text actually reflects a non-Western way of thinking. In most of the world outside these United States, people do not think so independently or individualistically. Life is much more tied to the family and community. From a community mindset, everyone in the community contributes to the functioning of the community. A person's life is intertwined with those around them.

From this point of view, then, it was much more natural for the Indian pastor to see the significance of Jesus' reference to the "city on a hill" from a collective or community perspective.

A group response can have a greater overall impact during a time of crisis. There is also safety in numbers! It is prudent to build alliances with others BEFORE a crisis, especially within your church community! Also, pay attention to verse 16, because that addresses our motivation for making a difference.

In Acts 2:47 we read that the early Christians had favor with all the people (a good reputation) which prompted many others to also become believers! This is an important goal for Christians who wish to make an impact for the kingdom of God in this world – and times of crisis are pregnant with possibilities!

Every Christian believer is a member of the true church of our Lord Jesus Christ regardless of their denominational affiliation or preferences. Times of crisis require each believer to fulfill their responsibility in the Body of Christ and know how to serve others.

Eternal Values and Treasures

It is not uncommon for people to generally have a twisted view of earthly possessions. Read the following two references with an eye toward a biblical perspective:

Matthew 6:19-21 (NASB) -- *"Do not store up for yourselves treasures **on earth**, where moth and rust destroy, and where thieves break in and steal. But [do] store up for yourselves treasures **in heaven**, where neither moth nor rust destroys, and where thieves do not break in or steal; **for** where your treasure is, there your heart will be also."*

1 Timothy 6:17-19 (NASB) -- *"Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, **but** on God, who richly supplies us with all things to enjoy. Instruct them **to** do good, **to** be rich in good works, **to** be generous and ready to share, storing up for themselves the treasure of a good foundation for the future, so that they may take hold of that which is life indeed."*

Our treasures are our dearest possessions, the things that occupy our mind and our heart – things we esteem valuable. They are the things that affect us emotionally when we worry about them or they prompt jealousy, coveting, anxiety or greed. Sometimes they are the things we boast about or that give us a sense of esteem.

Dr. Gene Getz (a pastor, theologian and Christian author of *A Theology of Material Possessions*) says this: *"When Jesus warned us not to store up 'treasures on earth' but rather to store up 'treasures in heaven,' He never intended to give the impression that it is*

wrong to accumulate material possessions. Rather, He was teaching us that our focus should always be on eternal values and accomplishing the will of God by the way we use our material possessions."

The point of Jesus' contrasts is NOT to say one is bad and the other good. As with much of Jesus' teachings, it is not as simple as that. That is why Jesus goes on to say (Mt. 6: 21), "…***for*** *where your treasure is, there your heart will be also."*

You see, Jesus is actually commending those believers who are consistently thinking how they can use their material possessions to bless others, to meet other's needs, to invest in God's work, to prepare for the future needs of their family and others, who look for ways to demonstrate the love of Jesus, or any number of other creative ways to further the kingdom of God. In this way a person is actually *"storing up for themselves* ***treasures in heaven!****"* And it brings them **joy**!

It is important to recognize a subtle sub-point here as well. Jesus is NOT distinguishing between the "material" and "spiritual." Rather, it is a matter of the heart! What possesses us? What motivates us? Jesus' words about **earthly treasure** are **not** about the **treasure**!! This is not about how much we have, **but our heart attitude** toward however much or little it is we do possess. If we focus on earthly things, we miss the opportunity for investing in heavenly treasure.

As you think of your response to emergency preparedness, keep these truths in mind. They speak to your ultimate motivation and focus for doing what you do. Every believer needs to cultivate "heavenly mindedness" as a natural part of their daily life. Pray for God to strengthen your resolve to be an example of faith in Christ and obedience to His Truth (1 Timothy 1:5; 4:12; 2 Timothy 2:15; 3:16-17).

There is no singular, right Christian response to emergencies or social crises!

Ultimately, you must respond as a matter of conscience before the Lord based on your understanding of the applicable Truths of Scripture. *(Read the Scripture references identified with the topics above.)*

Crises can manifest themselves in a number of forms depending on what is affected, the geographical extent to which things are affected, the length of time of the crisis, and the season of the year. Our corporate response as Christians, "a city on a hill," will be a greater witness to this world than individual lamps! Work with others.

You can find a wide spectrum of suggestions of how to prepare and what to do during a crisis. There are resources and web sites that range from strict survivalist approaches to those who think that personal crisis planning is fruitless. Look for ones that do not compromise biblical standards or your convictions.

Stepping forward in times of crisis requires you to have "courageous bold humility." It is serving others out of choice. It is serving in the strength of Christ, for His glory. It is living with the conviction that kingdom values are superior to earthly values, and that we are truly pilgrims on this earth because our true citizenship is in heaven (Phil. 3:17-21).

Negative Personal Attributes

The following are some of the attributes identified in Scripture that are inconsistent for a follower of Jesus. They are also detrimental to you and others in a time of crisis.

1) Impatience -- When you do things in a hurry or at the last minute, you don't take time to pray and seek counsel as you should, and shortcuts may end up as dead-ends! -- Psalm 37:7, 34; Proverbs 21:5
2) Independence & Self-sufficiency -- Although these can be positive attributes, they can also be a sign of pride when you don't take time to talk and pray with others and seek wise counsel. You need to recognize your own limitations and allow God to bring a Spirit-filled Barnabas or two into your life.
   - Paul's Epistles are filled with "one another" admonitions that clearly teach our need for others in the Body of Christ. This implies an interdependent relationship for positive spiritual growth and development, as well as for meeting practical needs in each other's lives. – Romans 12:10, 16; 13:8; 14:19; Galatians 6:2; Ephesians 4:2, 32; Philippians 2:3; Colossians 3:13; (and others).
   - Proverbs 15:22 teaches the value of multiple counselors.
3) Presumption – This means expecting God or others to provide all you need without any responsibility on your part. -- Matthew 6:31-33; 2 Thessalonians 3:6-13
4) Fear -- To be anxious or afraid of things out of one's control or to have feelings of dread can lead you to act rashly. It can be a sign of not trusting God, His provisions, or His promises. -- Matthew 10:26, 28, 31; Joshua 1:9; Psalm 20:6-7; Psalm 37:39-40
   - NOTE: Fear can also be a warning sign to you that you have not adequately done all you can, with God's help, to prepare for uncertain circumstances. Take courage! You are not alone. Pray for wisdom, clarity, and courage. – James 1:5-8.

Practical Suggestions

Especially during an extended crisis, it will be important to have Christian literature, Bibles, or other printed Christian resources available for distribution.

- Identify and begin collecting various types of printed **CHRISTIAN resources** you may want to have available for distribution**:** Bibles & New Testaments; Gospels; Scriptures for comfort; explanation of the Gospel; Bible promises; Psalms of hope and encouragement; "Statements of Truth & In Christ" *[by Neil Anderson]*; various tracts.

It would also be prudent to be able to provide **GENERAL self-support information.** It will be a demonstration of your care and concern as a Christian. Since printing may not be possible during the time of crisis, it would be necessary to have such things available in hard copy and set aside for such times. Purchase materials to give away, or consider preparing your own materials and printing in a smaller font size on both sides to get more information on a sheet. Distribute in sheet protectors to increase durability.

- Consider information on food storage and preparation; water storage and/or purification; health & hygiene concerns; basic first aid; fire craft; emergency cooking techniques; staying warm/cool; general emergency techniques; sources of light; conservation of resources, basic camping skills, etc.

Personal Notes:

A. Considering your awareness of the above biblical truths, how would you rate your overall spiritual readiness for facing an intense crisis? (Circle your response.)

Excellent	Very Good	Good	Weak	Poor	Very Poor

B. Based on this exercise, what are some of your concerns or questions about your spiritual preparedness?

1)

2)

3)

4)

5)

Part 5 Contingency Planning for a Crisis

Considerations for what and how to prepare

Prudence would indicate planning for contingencies. This means you should plan for alternate or substitute infrastructure systems in order to sustain yourself and others. The numbered categories below should be given careful consideration.

A key principle of preparation is **"layering."** It is structuring your preparations in order to have a redundancy of resources, such as having more than only one of an item so that you can put them in different locations or have a backup. Consider what you should have at home, in the car, in your boat, in a secure place, in the garage, in each room of the house, or possibly in each Ready-to-Go bag. Remember this mantra: **"Two is one and one is none!"**

- ALWAYS think in terms of multiple uses of common items and alternatives. This can reduce the need for a large quantity of items. Practice brainstorming as many potential uses of common items as you can think of **[see Part 6, M]**.

Remember, the longer the crisis, the more you will need long-term preparedness (1 month vs 1 week; 4-6 months vs. 1-3 months, etc.). This relates primarily to exhaustible supplies like food, water, fuel, sanitation/hygiene, and medical supplies.

Personal Notes

1) Water

a) Plan a bare minimum of 2 gal./person/day for drinking, cooking and minimal hygiene. Water consumption recommendations vary according to age, climate, season of the year, and the amount of activity; a family's combined reserves may average less per person.
   - Staying hydrated is essential to health, especially in hot weather.

b) Use PBA-free storage containers. Two-liter soft drink bottles work well. (DO NOT use plastic milk containers for drinking water! Residual milk proteins will taint the water.)

5-gallon water containers

c) Know how to filter and purify water. Learn to use a purchased unit or how to make your own. Have water purification tablets (chlorine dioxide) on hand.

d) Know how to access hidden water reserves in and around your home, such as the hot water heater, water lines, toilet tanks, freezer ice, etc.

e) Have tools and materials on hand for water collection and storage (buckets, bins, tarps, barrels). A hand operated siphon pump, water hose, and well-bucket are recommended to have on hand.

Personal Notes

f) Personal cleanliness is especially important due to increased risks of sickness, infections and disease. Use sanitary waterless methods when you can.

g) Water is important for proper sanitation: keep your eating and cooking implements clean, as well as preparation surfaces.

h) Design a water usage plan so that excess water goes toward the next level down: for instance, from drinking to cooking, cooking to hygiene, hygiene to sanitation, sanitation to gardening; always use excess or waste water for other purposes.

2) Food

a) Food preparation considerations – Consider what requires cooking and that which does not. Have alternate cooking means available in case gas and/or electricity are not available.

b) Fresh Produce & Meat – The commercial variety will likely not be available in a crisis. What you have on hand must be consumed or preserved quickly before it spoils, especially if there is no refrigeration.

c) Cans & Jars and Packaged Food – These usually have a shelf-life of **1 – 3 years**. Consider the expiration date as a suggestion vs. the throw-away date, especially if it has been kept unopened in a cool, dark, dry environment and there are no indications of compromise. Set up a rotation to use these short-term products before they expire.

- "Meals Ready to Eat" (MRE's) are foods prepared and packaged to military standards for longer-term shelf-life and can be consumed cold or heated. When kept below 70 degrees they will last over **5 years**. They tend to be high in sodium.

d) **Dehydrated** – The lower moisture content helps preserve the food longer **(5+ years)**. Keep it in a moisture-proof container with an oxygen absorber, in a cool place away from light. Some dehydrated food must be rehydrated before consumption while others can be eaten as-is.

e) **Freeze Dried** – This type of food has a very low moisture content, and the processing retains much of the food's shape and nutritional elements. Best when oxygen has been removed from packaging through an oxygen absorber or nitrogen flushing. Shelf life of **25+ years**! Preparation time is only 5 to 10 minutes and requires water.

f) Dried whole grains (wheat, oats, barley, corn, rice) and legumes (beans, lentils) store well and have high nutritional value. Store in sealed mylar bags (with an oxygen absorber) in a food-grade bucket. Properly stored, they will last for **25+ years**.

- A hand-cranked grinder can turn whole grains into flour, meal or cracked grain which can expand your consumption options.

Personal Notes

g) Emergency Food Bars – These are usually manufactured to supply high caloric ingredients and concentrated nutritional elements. Some are for quick energy, others for sustaining energy. Some varieties have a shelf-life of 5+ years. Consider those approved by the U.S. Coast Guard (Datrex, Mainstay, Mayday, SOS, etc).

h) Nutrition – The standard rule-of-thumb used on food labels today was developed decades ago. Most food labels show percentage of nutritional content based on these standards. During a crisis or high-stress situation, adults generally need more than the "recommended" 2,000 calories per day (to as much as 3,000 calories per day!). Be sure to assess the nutritional values of the "recommended serving size" listed on the label. The recommended portions may be too small for your nutritional needs in a crisis.


Nutrition Facts
Serving Size 1 Cup (54g) Dry Mix
(Makes 1 cup prepared)
Servings Per Container About 2.5
Amount Per Serving
Calories 240 Calories from Fat 60
% Daily Value*
Total Fat 7g 10%
Saturated Fat 2.5g 12%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 650mg 27%
Potassium 400mg 11%
Total Carbohydrate 31g 10%
Dietary Fiber 3g 11%
Sugars 3g
Protein 12g 25%
Vitamin A 20% • Vitamin C 15%
Calcium 4% • Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

i) Comfort foods – These are foods that may or may not be nutritionally sound, but something you enjoy eating. Whether it is candy, chocolate, dried fruit, cookies, pretzels or other things, they are recommended to have on hand as a way to relax or just to enjoy a sense of normalcy. (Chips may not store well due to their oil content.)

3) Shelter

a) Shelter-in-place means you have the necessary preparations to stay in your home for an extended period of time. Services may or may not be functional. Backup systems are recommended.

b) An evacuation or bug-out situation may require you to be self-sufficient, including shelter – especially if motels or other lodging are full or unavailable. Having a comfortable tent or a large tarp shelter should be considered essential. Your mode of transportation, whether you will likely have a vehicle or whether you will need to go on foot, should be factored-in when determining size and style.

4) Sleep

a) According to the Mayo Clinic, the quality of sleep is as important as the quantity. Therefore, you need to consider adequate bedding for getting the sleep you need.

- Adults may function mentally and physically with little sleep for a couple of days, but sleep deprivation will quickly take its toll. Sleep is essential to health, mental alertness, and physical wellbeing.

b) A season-appropriate sleeping bag for each family member is the bare minimum. A closed-cell foam pad for under the sleeping bag should also be included since compressed insulation is less effective. This sort of pad insulates as well as protects the sleeping bag from the ground.

- Insulation "loft" refers to fluffiness, which is an indication of how well it will retain heat. Be aware that some insulation materials are less efficient than others (cotton is a poor insulator; wool and

Personal Notes

synthetics have better loft and stay dryer; goose or duck down is great, but only if it is kept dry).

- Your bedding should "breathe." This means your body moisture can escape through the material. Cotton tends to retain moisture, whereas wool does not. Damp bedding (or clothes) will leave you chilled and uncomfortable. NOTE: emergency mylar blankets may reflect body heat, but most are also impermeable to moisture!
- Insulation under you is as important as what covers you. Compression reduces insulation effectiveness, so consider what you use. Closed-cell foam mats have little compression and do not absorb moisture. A personal inflatable mattress is more comfortable, but not necessarily good for cold weather due to convection of heat in the air chambers.

c) Get in the habit of laying out clothing before going to bed every night so that you can put them on quickly if the need arises. (These may not necessarily be the clothes you intend to wear the next day.) Have essential items like keys, billfold/purse, and other items already in the pockets or nearby and easy to grab. Emergencies can occur at night, too!!

5) Alternate Power

a) Batteries – Consider what size batteries you need to have on hand. Keep a reserve of long-lasting alkaline batteries. If you use rechargeable batteries, you will need an alternate way to charge them, such as a solar charger.

- Consider a "Faraday Cage." It may protect batteries and electronics from the effects of an **EMP** or **HEMP**.
  - An EMP (Electro Magnetic Pulse) can be caused by a severe solar flare from our sun resulting in a geomagnetic storm. This is referred to as the Carrington Effect and can induce huge currents in our electrical grid, potentially destroying anything connected to it. A "High Altitude EMP" (HEMP) is caused by a high altitude nuclear detonation. A HEMP would cause even greater devastation and destroy all micro-circuitry (which is the basis of our electronic age), phones and computers whether or not they are connected to the power grid! (Look for information on the internet for making a Faraday Cage to protect electronic circuitry.)

b) Solar panels and/or chargers – Some are stationary, others are designed to be portable. Be aware of their energy output and what equipment they will support.

c) Generator – Be aware of the fuel consumption rate! Have an appropriate reserve of fuel, but also recognize the limited amount of time it will last. Plan how to "ration" its use.

d) Wind and/or water – These were harnessed years ago, but smaller portable units are hard to find.

e) Hand/leg powered – These include crank generators or specially designed units for generating power; usually difficult to find.

6) Heat

a) Principle – Heat the individual rather than the environment. What this means is: don't try to keep the house, room or tent warm. Rather, dress in layers to keep your body warm.

Personal Notes

b) Keep a supply of one-time-use hand, body, and/or toe warmers. They come in different sizes and usually state the effective time they will generate warmth. Those that are activated with oxygen-contact have non-toxic natural ingredients.

c) Fires and heaters are nice, but they take precious fuel. Have a sufficient supply of fuel (wood, wood pellets, propane, kerosene, etc.) available to last for a week or more.

- In a crisis, fire is for essential purposes, not ambiance!
- A large fire is usually unnecessary. Use fuel wisely. Be sure to have proper ventilation in enclosed spaces to avoid carbon monoxide poisoning! With open flames, always be alert to fire or burn dangers. Have fire extinguishers easily available. Keep a larger fire extinguisher in the hallway, the kitchen, and garage; more if you can.

7) Cooling

a) Principle – Cool the individual rather than the environment. What this means is: dress to stay cool. Fans are for circulating air around people, and the old-fashioned hand-held folding fans are one type of effective cooling device.

b) Protect yourself from the sun because sunburn can be serious! Wear a large-brimmed hat or use an umbrella. Wear 100% cotton fabrics as most synthetics are not as cool in hot weather. A light long-sleeved cotton shirt can actually keep you cooler than a short-sleeved one.

c) Evaporation takes away heat and is most effective in low-humidity environments (desert water bags and "swamp coolers" use this principle). A damp cloth on the head, forehead or neck will help you feel cooler. A mist sprayer for your body and clothing works, too.

d) Avoid heat exhaustion or heat stroke caused by the body overheating and/or the loss of electrolytes. Drink plenty of water to stay hydrated. Salt tablets or rehydration salts are important if you sweat a lot. Sorry, but beverages with caffeine cause fluid loss and should be avoided.

8) Light

a) Take advantage of natural light when possible. Learn to live with ambient light before resorting to other sources.

b) Have an assortment of various light sources: hand-held flashlights, headlamps, candles, battery-powered lanterns, kerosene or propane lanterns, etc. Be sure to stock an adequate supply of the appropriate fuel or batteries.

Small portable LED battery lanterns

Personal Notes

c) Remember that open flames pose a fire danger. Use appropriate caution (including ventilation), and have fire extinguishers available.

d) Consider an alternate light source for every room. Family members should know where to find it and how to use it. Label each one for a particular room so it can be returned if moved.

9) Medical/First Aid

a) Recommended resources: *Where There is No Doctor*; *Medicine for Mountaineering*; *Where there is No Dentist;* or others of your choosing.

b) Have redundant preparations: a First Aid Kit for the home, the vehicle, travel, and personal. Make a sample list of contents for each of these. What do you want to have available in case emergency services are not available?

c) Keep a heavy-duty sealed plastic bag with bottles of reserve prescription medicines in the freezer to extend their shelf life (ask your pharmacist which med's can be frozen). Consider storing antibiotics. Keep a written inventory in the bag and in the main first aid kit.


"Freezer" Prescriptions

d) Consider having selected over-the-counter (OTC) medications in reserve: anti-diarrhea, stool softeners, pain medications, antihistamine, throat lozenges, cough & flu meds, anti-bacterial ointment, anti-itch cream, antiseptics, eye drops, sterile saline solution, etc.

10) Hygiene and Sanitation (personal; clothing; dishes and cookware; bedding; etc)

a) Use *Wet Ones* (1 package of 15-20 sheets will last about one week) or packs of *Ready Bath Select* for personal cleanliness in lieu of a bath or shower (keep them in an airtight bag). These pre-moistened towelettes provide a waterless means of cleaning your body and you don't need to rinse it off. Clean from extremities toward body core and private areas.

- An alternative: improvise a hand-held mini-shower by using a 2-liter plastic bottle with 6-12 holes melted through the cap with a hot needle. Squeeze out the water you need on the places it is needed. It is a good way to conserve water! You can even warm the water beforehand for bathing.


Hand-held mini-shower

b) Have a reserve of liquid hand sanitizer (62% or higher alcohol content) because it is antiseptic and waterless, whereas soap requires

Personal Notes

you to use precious water to wash and rinse. Even so, keep bar soap available, too.

c) Use liquid detergents for dishes and clothes. Use a 3.5 to 5-gallon bucket for washing clothes, a few items at a time.
   - Idea: Convert a new toilet plunger into a clothes washer by cutting [or drilling] eight to ten 3/8"-inch holes around the lower perimeter to allow water to swish around as you plunge it up-and-down in the bucket of clothes. Works surprisingly well.

d) Use disinfecting solutions for surfaces: unscented bleach (dilute for use), rubbing alcohol (70 or 90%), Lysol disinfecting spray, or Clorox towelettes. Be sure to have cleaning cloths available as well.

e) Use a labeled 3 to 5-gallon bucket with a secure lid to store reserve hygiene supplies: toothbrushes, toothpaste, disposable shavers, shave cream, hand and body soap, hand sanitizer, shampoo, wash-cloths and/or hand towels, Wet Ones, deodorant, unbreakable mirror, combs/brushes, hair-cutting scissors, small wash basin, toilet paper, tissues, etc.

f) A 5 to 6 gallon bucket can serve as a portable toilet. Line the bucket with a heavy-duty kitchen garbage bag. Toilet seats with a lid for 5-gallon buckets are available, or improvise your own.
   - Idea: slit a 38-inch length of a hollow "swimming pool noodle" lengthwise along one side to place around the rim of the bucket. It will hold the plastic bag in place and is easy to sit on. Being a closed-cell plastic, it is easy to wipe clean, too.
   - Reduce odors with kitty litter, diluted bleach, baking soda, an enzyme packet, wood ashes, or some toilet deodorant for porta-potties or holding tanks.

11) Tools

a) Acquire the Basics: tool box with a removable tray or HD canvas bag, carpenter's claw hammer, assorted flat-head and Phillip's screw drivers, slip-joint pliers, needle-nose pliers, grove-joint pliers (plumber's pliers), side wire cutters, locking-grip pliers, adjustable wrench, hacksaw, short handsaw, box cutter (w/ extra blades), HD pencil, retracting measuring tape, metal file, hole punch, small square, level, HD scissors, hand-powered drill and assorted bits, and a staple gun with staples (assorted sizes).

b) Larger hand tools: long-handled spade shovel, snow shovel, axe, sledge hammer, hand saw, brush saw, pick axe, large crowbar or pry bar, collapsible ladder, etc.

c) Power tools may be of limited use (if at all!) if there is no electricity. What back-ups do you need to have on hand?

Larger hand tools

Personal Notes

d) Consider other specific tools for various categories of need: crisis preparation and repairs, "shelter-in-place", home maintenance, vehicle maintenance and repair, recovery from a crisis, etc.

e) General supplies: HD duct tape, coil of wire, 550 paracord, electrical tape, WD-40 spray, 3-in-1 oil, super glue, assorted selection of nails and screws, etc.

NOTE: planning redundancy of certain tools is OK, even recommended (as some may break, get lost, or be needed by others).

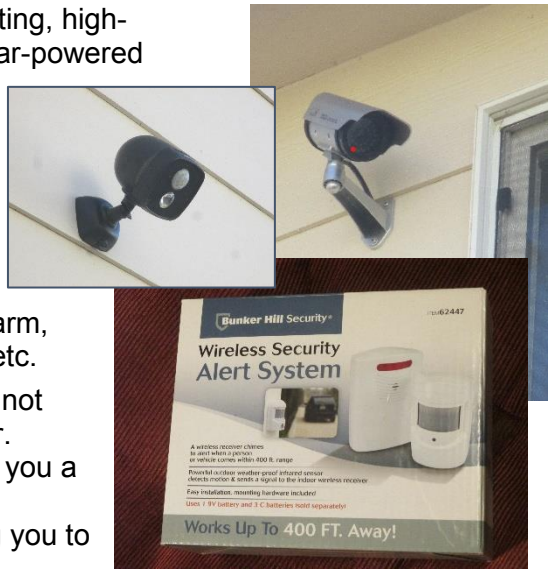
12) Security and Defense Measures – Categories: active–passive; interior–exterior; day–night; general home–safe room; etc.]

a) Active Security – firearms, stun-guns, pepper spray/gel/foam, baseball bat, fire extinguishers, martial arts, improvised weapons, electric fence, large dog.

Pepper Gel Sprays

- During a time of crisis this is an important consideration, whether it is for yourself and/or others, or property and possessions. There are many forms of security, some of which can be lethal. The types you choose are a matter of personal conviction. There are also laws which regulate certain forms of security and define the legal use of force. Know your legal limits.
- Keep a "low profile" in your preparations so as not to attract attention.
- Consider having ready access to more than one form of defense, but keep dangerous items secure from children.

b) Passive Security – outside lighting, high-powered flashlight, alarms, solar-powered motion sensors with lights or alarm, key locks, secure doors and windows, security cameras (even fake ones may help), safe room, secure vehicle, trip wires, pest glue boards, spray paint, air horn, remote wireless sensor and alarm, hand-held night-vision scope, etc.



- These forms of security do not physically affect an intruder. They are intended to make you a less tempting target and/or provide a means of alerting you to intruders.
- Typically, passive defenses are used in multiple layers. They may still require you to have forms of active security available.

Personal Notes

13) Communication [From a survival perspective, you need to think in terms of things that make you *effectively* bigger (to be seen easier) or *effectively* louder (to be heard from a distance).]

a) With electricity – landline phone; cell phone; electronic devices (e-mail, social media).
   - Remember the fragility of the electrical grid. Don't count on it alone!

b) Without electricity – 2-way radio (batteries or solar rechargeable); whistle; horn; light; flares, flags; signal mirror; smoke; courier; AM/FM radio (batteries or solar rechargeable); etc.

14) Financial reserve; barter items

a) Keep $200 - $300 in small bills on hand since banks and ATM's may not be open.
   - Also, consider a potential **cash reserve** equal to one month (or more) of typical expenses. Remember, prices tend to escalate in a time of crisis or if there is scarcity, especially on the black market.
   - Lockable (and hidden) secure safe for cash, valuables and key documents. You may want more than one hidden security safe.

b) Have a reserve of items for **barter:** salt, sugar, spices, basic food items, coffee/tea, viable vegetable seeds, batteries, water and water filters, toilet paper, matches/lighters, fuel, candles, [ammunition], medicines, tarps, or other essentials.
   - dispense small trade items in zip-lock bags when you can

15) Evacuation plan (& potential destinations)

a) Have paper or laminated maps: a local route map, a topographical map, and a regional or state map. Store a hand-held compass with the maps (and know how to use it).

b) Mark evacuation routes with a pencil or colored marker. Identify potential water sources, camping areas, police and fire stations, alternate housing, etc., and color-code each.

16) Recovery after a crisis (your important records) – Keep them in a secure place but easily accessible in case you need to grab them and leave quickly. Use sheet protectors or gallon Ziploc bags to keep your documents dry.

a) Insurance documents (life, health, home, auto, long-term care, etc.)
b) Social Security records
c) Birth certificates
d) Marriage license
e) Military discharge papers
f) Adoption records
g) Financial assets with account numbers (keep security codes in a separate secure spot)
h) Inventory of important personal property (It is recommended to have hard-copy photos since digital photos and/or video may or may not be useful depending on the ability to replay them.)
i) Deeds and Purchase documents

j) Education records, Diplomas and Certifications
k) Health Records/History
l) Others: _____

Personal Notes


High decibel doorstop alarm

17) Home

a) In every room consider having a flashlight and/or battery lantern, whistle, pepper spray (out of reach of children), other: _____.
b) Reinforce exterior doors with deadbolt locks, reinforced latches and/or door frame; bar locks for sliding glass doors; door/window alarms. Use longer screws in the latch.
c) Windows with keyed locks, set-screws, bar locks, etc.; clear and/or opaque 4-6 mil plastic sheeting that can be taped and/or stapled over windows; rolls of HD duct tape.
d) Fire extinguishers throughout your home and in the garage (some visible, some in closets, etc.); smoke alarms (have extra batteries); carbon monoxide alarms.


In the hallway

18) Rodent and Pest Control

a) Keep a supply of rat and mouse traps available; learn to build snares, live-traps, or bucket-trap alternatives.
b) Store insecticide sprays for ants, spiders, roaches, flying insects, and wasps; concentrated insecticides that can be mixed with water in a ½ or 1-gallon pressure sprayer are effective as well; diatomaceous earth is a good deterrent for crawling insects; consider having a bedbug killer spray; bug-bombs can also be useful.
c) Pest glue boards are multipurpose for small rodents, insects and spiders—and they don't dry out; fly glue-strips are also effective.
d) Have a supply of insect repellant: 40-100% DEET in lotion or spray is best for repelling mosquitoes and ticks; consider alternatives if you are sensitive to DEET; citronella candles or wicks can help to repel mosquitoes in a limited environment.
e) A mosquito net bed-covering is important protection in many areas; long-sleeved shirts, long pants and socks are very useful for keeping pests off your body. (IDEA: tucking pant cuffs into socks helps deter


Mosquito bed nets in India

ticks outdoors. Spray your socks and pant legs with DEET or PERMETHRIN.)

- Permethrin is a mosquito and tick repellant/killer for clothing only. Sprayed on, it will last for about 6 weeks or through 6 washings. Apply to clothing as directed on the container.

19) For Those Who Are Traveling

a) There is no guarantee that you will be at home when a crisis or emergency hits! You could be isolated from all the things you have set aside for such a time. Obviously, if it is possible to safely return to your home, do it right away.

b) If you are traveling in your **personal vehicle**, you will have access to any emergency supplies you have hidden or stored in advance. Depending on your travel situation, you will have access to things you packed especially for your trip. Think carefully about what you might want to have stored in your vehicle in case you are delayed by an emergency.

- Consider a "Get Home Bag" with some essential items that could sustain you for a day or two until you can get home. A small portable day pack would probably be adequate, and can be carried if your vehicle is disabled and you have to walk.
- The season of the year and weather conditions are important considerations. Always take precautions to have essential items in the vehicle – even if it is just a quick trip to the store!
    - For example, in the winter you may be tempted to leave your coat at home because the vehicle has a good heater. But what if your vehicle was disabled? How would you stay warm?
- [See Part 6: numbers 1, 3, 10, 12, and 16 for ideas on prepping your vehicle.]

c) **Air travel** poses some limitations. Always have a carry-on or large personal bag (and travel vest) with essential items which are legally allowed by the TSA. What if you are stuck in an airport without your checked luggage? What would you need to have with you?

- Minimally, consider these things for your carry-on and/or personal bag: one change of clothes; hygiene items; snack and energy foods (sufficient for at least one day); basic first aid supplies; whistle; small compass; flashlight (and batteries); mylar emergency blanket; hand sanitizer and/or Wet Wipes; prescription medications; ear plugs and eyeshades; travel pillow (the small inflatable type is adequate); small notebook and pencil; cell phone and charger; 4-ft. roll of duct tape (wrapped around a pencil); 15'-20' of paracord; map of your destination area; six feet of 1/8" aircraft cable with a lock to secure personal items together (in case you need to sleep).
    - This is one reason I wear a **travel vest** for air travel. The multiple pockets (17 in all) allow me to carry a number of the above items, plus tickets and passport/ID's, separate from my carry-on allowance – and I have those things with me!

    - Always have a full water bottle (purchased or filled after the TSA security check; a good reason for a filter bottle or at least some water purification tablets)
  - Remember, during a crisis or when weather conditions curtail all flights for more than a day, airports are notorious for running out of food, beverages and basic comfort items, and the sanitation facilities are easily overwhelmed. Best to travel prepared.

d) At **hotels**, you will probably have access to everything you brought with you. Consider how you would answer these questions:

- What additional emergency items did you bring in your checked bag(s) or vehicle?
- How would you provide for your basic needs if there was a crisis (emergency food and water, safety, light, hygiene, etc.)?
- What if there is no electricity, water or functioning toilets?
- Do others in your party also have emergency supplies?
- Are you aware of the emergency exits and locations of fire extinguishers?
- Do you have a map of the geographical area?

Personal Notes:

A. Considering these contingency topics, how would you rate your current <u>overall contingency planning</u> for facing a crisis? (Circle your response.)

Excellent	Very Good	Good	Weak	Poor	Very Poor

B. Based on this exercise, what are some of your concerns or questions about your own <u>contingency planning</u> for a crisis?

1)

2)

3)

4)

5)

6)

Part 6 Prepare, Plan and Practice

Personal and family preparedness activities

According to the Joseph Principle, the time to store-up for future needs for yourself and others is when supplies and food are readily available. Overall, the economy is prospering, and everyone has access to anything they may want to have on hand. If you wait, a crisis or emergency may quickly change everything!

Begin planning for food and supplies for 1 week. After you have this level of preparation, **plan for 1 month,** and then for **3-6 months or longer:**

1. Start planning by identifying your areas of greatest concern or need.
   a) Consider the *Personal Assessment* [in Part 1] and *Implications* [Part 3]. Highlight the key things you want to address.
   b) Use the above list of categories in *Contingency Planning* to start your preparations [Part 5].
      - First, begin by making a checklist of items you want to acquire, without regard to priority.
      - Secondly, rate the items on a "need" scale: "A" = essential; "B" = high want; "C" = desired; an alternative is to rate them by "timing": "A" = immediate; "B" = in next six months; "C" = within one year; "D" = after one year (at which time you may want to reassess your preparations).
2. Begin keeping an inventory or database of resources you have set aside (by categories), as well as a list of items you wish to acquire. *[See the sample in the Addendum.]*
      - Inventory items you already own – consider things that can be repurposed, improved or improvised for your preparedness needs to save money.
3. Set a budget:
   a) Work out two basic budgets:
      - a bare bones economy budget – What can you afford to set aside as a minimum from your current budget? Identify priority items or areas you want to address, then save for it and purchase when funds are adequate.
      - and a "Hope to Have" budget – What items or preparations are beyond your ability to acquire or implement at this time? Prioritize them. Try to determine how much they will cost or how else you could acquire it.
      - Set realistic expectations for both; set dates for accomplishing various steps of preparation. It is highly recommended that you <u>*do not*</u> go into debt in your preparations.
   b) Even on a tight budget, you can begin collecting food and other specific items with longer-term preparedness in mind:
      - Purchase a few extra items on each shopping trip. (Use a shopping list.)
      - Purchase food items in bulk for discount prices. (Some stores only have such products available online.) Share or divide a bulk order with other families.

- Learn to repackage some food items for longer-term storage.
- Watch for special sales and take advantage of coupons.
- Garage and yard sales can offer good bargains.

c) Consider encouraging preparedness in your gift-giving to loved ones.
d) Forego or shorten a vacation and apply the saved money toward preparedness.
e) Apply a portion of unexpected financial gifts, tax returns or bonuses toward preparedness.
f) Simplify your lifestyle: limit meals out and entertainment to conserve finances, and then apply the money saved toward preparedness.
g) Other ideas:

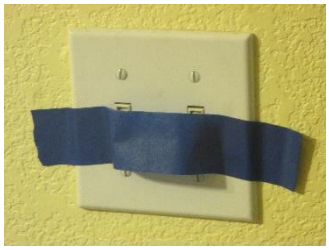
Personal and Family Preparedness Activities

There is really no excuse for not being prepared for a crisis. In fact, there are a number of creative ways to **prepare, plan and practice**. Below are some ideas you may want to implement. Feel free to modify, expand or otherwise change any of these to better fit your purpose. Involve the entire family. Have fun learning and preparing!

1) Have each family member put together their own **Ready-to-Go Bag** (RTG) [sometimes referred to as a "Bug-Out-Bag," or BOB] in case you have to evacuate quickly. It should be something each person can carry, such as a sport bag with a wide shoulder strap or a backpack, because a wheeled suitcase does not work on rough ground. The purpose is to have items that are sufficient to sustain you for 3 to 7 days and are already packed and ready to grab. It should contain personal hygiene necessities, seasonally appropriate extra clothing, medications, full water bottle, personal water filter, personal first aid kit, flashlight, compact food, emergency cash, reading materials, a Bible, etc.

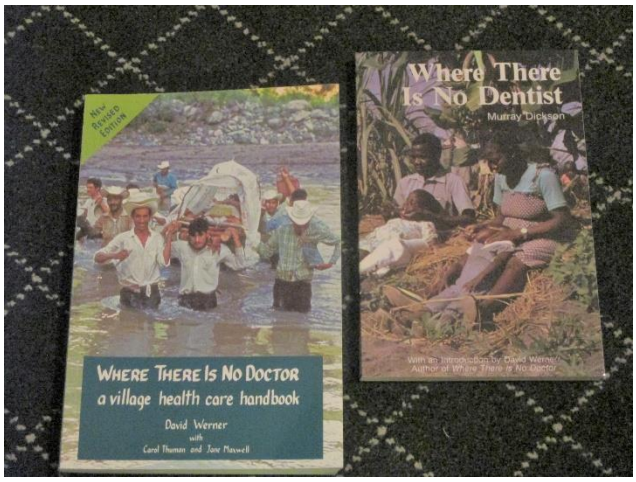
a) For a family, you might also want a separate family Go-Bag with emergency food and eating utensils, cook kit and single-burner stove (with fuel), butane lighters and/or matches, group water filter, plastic tarp, emergency kit, multi-tool, paracord, maps, emergency cash, larger first aid kit, and important documents. Keep portability in mind!
b) Things like sleeping bags, a tent (with poles and pegs), a lantern, and a saw may be considered if you have the space and capability of carrying/transporting them. Keep these basics together in a duffle bag.
c) Find a place to keep the bags together and accessible. An interior closet near an exit door is a great place. ("Ready-to-Go" means just that!!)
d) What if a situation required that you had to carry everything? As a family, practice carrying your RTG Bags. How far can you go before needing to rest? Think like

a backpacker: light weight, multi-use, bare necessities. Once you have those, add only what you can carry. Consider alternate means of transport: hang your bags from a bicycle (the kind with wide tires), and walk along with it; use a wheelbarrow or hand yard-cart with bicycle tires; a cross-country baby stroller, etc., …anything to ease the load.



2) **Declare a 2 to 3-day family emergency situation:** accept the challenge to NOT use any electrical or electronic devices. Use painter's tape to cover light switches, tape the refrigerator door and microwave shut, and lock up your electronics. Use flashlights and lanterns for light.

   - During the event, keep a list of ideas or things you would like to have; think of contingencies; aim at simplicity and innovation – improvise, adapt and be resourceful; think of multiple uses of common items; consider doing this at different times of the year and perhaps in different locations…



3) Sign up for a **First Aid course**; take CPR training; purchase a good First Aid book with pictures and clear instructions (such as *Where There Is No Doctor* and *Where There is No Dentist*).

   a) Outfit a large **family First Aid Kit** for emergencies, perhaps using a tackle box or toolbox and identifying it with a large red or white cross on the lid or side; keep one at home and a smaller one in your vehicle. Be sure to talk about the use of items in the kits with the whole family. Practicing first aid skills is very helpful.

      - Putting together an adequate first aid kit may take some extra planning, but don't procrastinate. This is a critical element of your preparedness.
      - Stay up-to-date with immunizations (for flu, pneumonia, tetanus, etc.), and maintain a healthy lifestyle. Fitness is essential for most crisis situations!

   b) Consider making a **supplemental** medical kit for special circumstances, assuming that first-responders and emergency care facilities are not available. A mid-size clear plastic tote bin works well. Add items for treating larger wounds, trauma situations, burns, and broken bones – such as a variety of sterile gauze wraps and pads, medical tape, elastic bandages, antibiotic ointment, sterile cleansing wipes, steri-strips, splints, bandage scissors, medical face masks, sterile gloves, etc.

4) Plan a **weekend camping trip** with just the basics. Perhaps limit yourselves to your Ready-to-Go bags. Discuss ways to simplify and conserve your resources. What did

you bring that was unnecessary? What redundant resources would have been helpful? What would you do or how would you prepare differently for the next time?

5) **Assess your family's medical needs regarding medications,** both *prescription* and *over-the-counter (OTC)*. Begin setting aside a reserve of each category, taking into account the entire family. Assume that no pharmacies will be open during the crisis. Keep an inventory of medications (name of product, expiration date, available doses, etc.) and keep the information labels for directions and warnings. Some meds keep longer in the freezer (read the storage info.).

- Examples of medications: cold and flu, allergy, pain, breathing, gastrointestinal, skin, antibiotics, sleep or anxiety, children's meds., etc.]

6) **If you only had a ten-minute warning,** what would you gather together to put in the car to evacuate with no certain time for returning. Talk about priorities and essentials versus sentimental or impractical items. Make a list and tape it inside a kitchen cabinet for quick reference and for review. Set a timer and actually gather all items into one spot. Evaluate your efficiency and whether the results represent essentials for every family member. Would your family be self-sufficient for a week?

7) **Whether or not you own a firearm,** you should know how to handle one safely and how it operates. Arrange to attend a class on gun safety and visit a gun range, or even take shooting lessons. Treat every gun as if it is loaded and lethal (practice with toy guns). Always reinforce gun safety rules with your children.

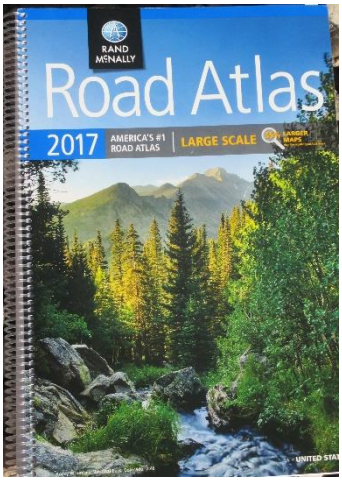
8) **Practice useful emergency skills, such as:** setting up a tent; various means and methods for laying and starting a fire; cooking a variety of foods over an open fire; construct and use a latrine; catch fish with a throwline (where legal), then clean and cook the catch; learn how to set a snare, build a trap or make a deadfall (where legal); learn to identify wild edible plants in your area; learn how to filter and purify drinking water; learn how to use a hand-held map and compass; practice signaling with a mirror; practice using handheld 2-way radios. Help children to learn useful skills as well. Practice these and other skills in various settings and seasons. Many of these can be made into a game or challenge. Focus on fun and skill development.

"Bow and drill" for fire starting

9) **Collect a mini-library** of good reference books about useful subjects (since

electronic media may not be available): general emergency preparedness; camping; outdoor cooking; outdoor survival; first aid; edible plants; urban preparedness; household maintenance, etc. Books with pictures and illustrations are a great help. Watch for books at yard sales, discount stores, Goodwill, outdoor stores, online book sales, etc. Keep them in an accessible crate that can be evacuated with you.

- Everyone should learn to use this as a special "reference library." Practice locating pertinent ideas for various situations and settings. Share the information and talk about its usefulness or situational relevance.



10) **Acquire up-to-date maps** of your city, county, state or region of the country. Learn how to use them. Become familiar with the legend and map symbols on each map. Some regions have topographical maps available. These are especially useful for locating specific geographical features such as water sources. Mark the location of your home, the nearest emergency services, and campgrounds in the region. Plan potential routes for evacuation. Be aware of alternate routes and how to avoid traffic congestion. Have a magnifying glass available, if needed, to see details.

11) **Practice emergency water conservation.** Experience the stress of limiting each person to two gallons of water per day (for drinking, cooking, hygiene) for a weekend. Shut off the water main to the house and only use water from designated water containers. Assess the total actually used per person. Think creatively. As a family with combined water resources, how can you reduce your total requirements? Consider "averaging" your total water consumption so you can modify your emergency preparations. Consider the best means of storing the water needed. Have personal and refillable water containers available; the kind with a built-in filter are great.

    - You will need to use an improvised toilet and wash area, since there will be no water for the commode or sinks. [See *Contingency Planning*, #10-a & f.]

12) Assess all the available **"hidden" spaces in your vehicle,** such as under seats, glove box, console, side compartments, trunk, wheel well, etc. Brainstorm ways you can utilize those spaces for your preparedness. Remember, vehicle interiors are subjected to temperature extremes, so whatever you store must be heat and cold tolerant. Consider using metal or plastic containers that "fit the space." A strip of self-adhesive Velcro "hooks" attached to the bottom of a container will hold to carpet and prevent slipping. You may want to bolt down a secure container in the trunk with emergency supplies.

13) **Creativity Games:** make learning fun for everyone. Besides the games below, you may find some commercial games and idea books useful as well.

    a) "Outside-the-Box" game: discover new and practical ways to use common household items. Take turns adding a new purpose or use and explaining or demonstrating it. Make lists of your brainstormed ideas. See how many ideas you can generate!

- Ideas of common items: paperclip, newspaper, toothbrush, 9-volt battery, pencil, butter knife, plastic grocery bag, water bottle or milk jug, bar of soap, dental floss, duct tape, candy wrapper, Zip-Lock bag, etc.

b) "What is this?" game (similar to above): point to real objects (or use pictures); everyone takes a turn making up a name and describing what it "can" be used for without saying its obvious name and purpose. The idea is to see how many other names and purposes can be invented for an object. If the new purpose is actually possible without changing the object, the suggestion is acceptable.

c) "Map Scavenger Hunt." Have a variety of paper/multi-fold maps available: (1) maps that include your location; (2) a multi-state map; and (3) a topographical map of your region. Make a list of specific destinations, important places, water sources, and camping areas, etc. Give points for each "find." A great exercise for learning how to use a map and compass (vs a GPS), find locations, estimate distances and travel time, and identify specific map features.

14) Learn how to set aside food for longer-term use. One way is to purchase MYLAR bags and oxygen absorbers for this purpose. Food-grade buckets with airtight lids provide security from pests. Choose dry food to re-package for longer-term storage: rice, beans, lentils, cereal, grains, pasta, powdered milk, spices, etc. Another way is to learn or practice canning.

a) Learn how to label self-packaged stored food properly: name, quantity, number of servings, nutritional labels, how to prepare, date stored and/or "recommended use by…" date.

b) Learn how to dehydrate food. Multi-tray home dehydrators can be purchased. Label and store dehydrated food properly in an airtight container or mylar bag and keep it away from light in a cool, dry place.

Self-packaged mylar bag of buckwheat with oxygen absorber and labels

15) Keep an inventory of your current food storage. [See the Addendum for examples.] Record what you've already got on hand. Determine how much you want to have available for short-term and long-term. Consider nutritional needs, balanced diet, calories per person, storage stability, etc.

a) Make plans to purchase the difference if you don't have enough stored already.

b) Set up a rotation system so your every-day (3-month supply) food storage items are regularly used in the order they were purchased.

- With a permanent marker, write the product name and the expiration date on the lid in case the label comes off. Covering this with a piece of clear adhesive tape will help keep it from being rubbed off as well. (see photo)

c) No real need to rotate long-term storage foods (25 years+). Use the above marking system on these items, too.

16) Make a habit of keeping your **vehicle gas tank above the half-tank mark.** In many vehicles, the gas gauge does not accurately measure the actual quantity of fuel. You may need to estimate the half-tank point based on fuel capacity and miles per gallon.

a) Monitor your mileage for "around-town" as well as "on the open road"; this will help when you need to estimate possible travel distances with your in-tank fuel.

b) Estimate the distance you could go in an emergency with just a half-tank of fuel (assuming no additional fuel is available and roads will be crowded). On a map, draw a radius to indicate the potential extent of travel on a half-tank of fuel.

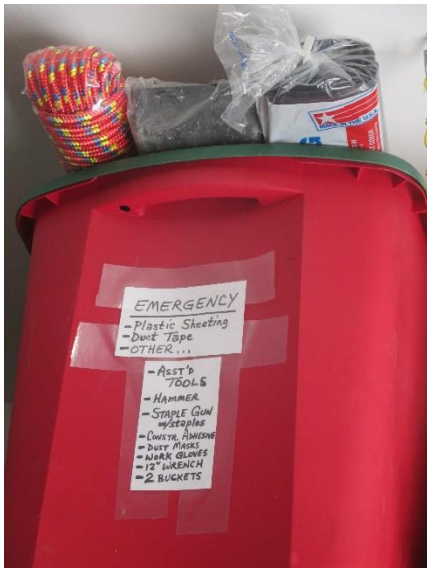
c) Hide a reserve of cash (in $5 and $10 bills) in your vehicle for emergency use only. In a crisis, gas will likely cost more!

d) Exercise caution if you choose to store a reserve of fuel for your vehicle. Using a fuel stabilizer is recommended for stored fuel. Store it in an "approved" container in a well-ventilated area. NEVER store volatile fuels in your home!

17) Build a Basic Tool Kit. Use a heavy-duty canvas bag, metal or plastic bucket, or commercially purchased tool box. As a family, decide what kind of tools you need to put in the kit. Watch for good tools at yard sales, second-hand stores, or special sales. Set a budget and try to see how much you can purchase for only ??? ($20, $30, $40…). [See suggestions under "Preparation Categories."]

- Talk about how different tools are used, and find ways to practice with them. This is especially necessary for older children or others unfamiliar with tools.

18) Accumulate special "Shelter-in-Place" items: several large HD tarps; roll of 4-6 mil plastic sheeting; rolls of duct tape; staple gun & staples; multi-purpose all-weather caulk and caulking gun; HD plastic packaging tape; camping stove with fuel for at least one week (use in a well ventilated area only!); flashlights and battery lanterns (with extra batteries); buckets; sand bags (store empty bags; fill with sand from outdoor play area, beach, or sand pile if/when needed); 100' of 550 paracord (w/ 7 internal strands); etc.



a) Consider reasons you might need to shelter-in-place: airborne pandemic or toxic chemicals, local catastrophe, serious air pollution, civil unrest, active shooter, etc.

b) Talk about how you could seal-off your home to prevent outside air from entering (around doors and windows, furnace intake, chimney, bathroom and kitchen

power vents, air vents to basement/crawlspace, etc.), or sealing-off (to isolate) certain parts of the home; reinforcing windows to reduce break damage; etc.

c) Consider how you could make emergency repairs: seal windows that get broken (on purpose or by accident); covering a compromised roof; isolating a space/room to conserve heat; etc.

d) Purchase medical-quality face masks (rated for "swine and bird flu") and consider having disposable hazardous-materials cover-all's for all family members.

Personal Notes:

A. Considering these *prepare, plan and practice* topics, how would you rate your overall ability or capacity for handling a crisis? (Circle your response.)

Excellent	Very Good	Good	Weak	Poor	Very Poor

B. What are some of your concerns or questions about *preparing, planning and practicing* for a crisis?

1)

2)

3)

4)

5)

C. **NOW is the time to set up a plan of action for *preparing, planning and practicing*.**

1) First of all, go back over these suggested activities and select FIVE that you would like to try out. Choose activities that will be the most helpful in moving you forward in your preparations. (Also consider the "fun factor" for children.) You may want to prioritize your choices.
   - Keep your budget in mind. Prepping does not have to be expensive!
2) Put these top choices "on the calendar." Discuss with your family what dates would work best. It is recommended that you schedule at least one significant activity per month. Begin as soon as you can, and try to include all family members at some level. The goal is to build awareness and competence.
3) Plan a short time for debriefing together after your experiences. Discuss questions such as: What did you learn? What did you like the best/least in this activity? If we did this again, what would we need to do differently?
   - Remember, you are prepping for crisis or emergency situations.
   - What can you share with others about preparing? What can you teach others?

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Part 7 Final Thoughts for Preparedness

Emergency preparedness is really more than just an accumulation of food, water and other supplies. While these are important, they are incomplete without spiritual convictions, some of which we considered in Part 4. Another critical component of your preparation has to do with your mind.

How the Brain Learns

In recent years there have been a number of new insights coming through scientific research into how our brain learns. The psalmist proclaims, *"You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; wonderful are Your works, and my soul knows it very well"* (Ps. 139:13-14). When we ponder the intricate capabilities of the human brain, we should echo those words of praise.

Each of us have unique qualities. Nonetheless, God has designed our brains to function much the same. Therefore, we can gain insight from the research that has been done, especially in regards to emergency preparedness.

Through your five senses, your brain receives massive amounts of information every second. Of course not all that information is useful or necessary, so the brain is designed to filter out the irrelevant. On the other hand, it is also wired to pay attention to certain things, and to determine how long it will retain that information.

What this means is that we tend to remember what catches our attention and what we consider important. In fact, there are two key questions your brain uses to filter input.

a) The first is, "Does it make sense?" If something doesn't make sense and you cannot understand it, your brain does not have a category by which to process it. That is why explanations, stories, and examples are useful. They provide a connection for the brain to process the new information and compare it to what is already known. Once the information makes sense, the brain can process it.

b) Secondly and perhaps more importantly, the brain asks, "Is the information relevant to me?" The answer to this question determines whether the information catches your brain's attention. This is critical for your learning and teaching of others. Since people are different, what is important for you may not be to someone else. The brain has to assess the significance of the information. If it is significant, the brain puts it into your memory.

- Interestingly, research has also discovered that emotions play a part in remembering. If we are tired, bored, distracted, frustrated or unhappy, the logic center of the brain goes dormant. On the other hand, when we enjoy a topic, hear a joke or funny story, our brain pays attention. *"A wise person makes learning a joy"* (Prov. 15:2 LBT).

Because your brain receives massive amounts of information every second, it also has a protective mechanism to prevent overload. In a sense, it just shuts down. It stops processing information and does not pay attention. Similar to this is another protective process known as "cognitive regurgitation." Basically, just like eating too much can trigger an involuntary response to regurgitate, you brain can as well. When there is too much input, your brain can forget everything it has just taken in, and in some cases even unlearn things it knew before you started.

Here are some implications of brain research for emergency preparedness:

a) When you face new or unfamiliar circumstances in an emergency or crisis, your brain can become overloaded so that you cannot process the information. In such cases, it has been observed that people will either revert to prior habits or become mentally paralyzed regarding the danger. Therefore, you need to always be thinking of your response to various scenarios. What contingencies are possible? Are there things you can do to prepare yourself for such an event? In other words, prepare your brain for action!

   - Examples: Every time I fly, I take note of the emergency exits and how they operate as well as other safety information. In buildings, I try to take note of exits and fire extinguishers. Just a mental review to refresh my awareness.

b) You need to always be building positive habits into your life, because they become the non-thinking foundation to quick responses in a crisis. That is why people practice certain skills over and over, so that actions become automatic. Then, if you face a challenging situation, you have pre-programmed your brain with positive responses.

   - We can all cultivate simple habits like stopping at stop signs and red lights, carrying a purse or billfold, or acknowledging God's presence. What other habits do you need to cultivate?

   - Practice skills that may be useful in an emergency or crisis. In that way your brain does not need to process options, but can move right into purposeful action. Also, detailed mental review can be as important as physical practice.

c) There is a "10-80-10" theory of survival: in any given disaster, 10% of the people will pull themselves together rather quickly, reengage their brain and respond proactively; 80% (the vast majority) will remain stunned, paralyzed or bewildered, and the last 10% will totally freak out! If fear or terror take over, our rational thought processes are short-circuited. Be "pre-prayered" and prepared!!

   - In a crisis, your brain relies on the familiar. If you have not thought about or practiced for various scenarios and responses, it will revert to what it does know, which may be totally inappropriate for the circumstances. If it is overwhelmed by a totally new situation, it can actually block logical thinking.

Living by Faith

Understand the necessity of living by faith. It is a cultivated lifestyle. Emergencies are stressful, and having confidence in God and a positive God-focused attitude helps keep

your mind alert and focused. Here are some things that can help you to keep spiritually and mentally prepared before and during a crisis:

a) Read and memorize Scripture. The Psalms and Proverbs can be especially encouraging. Study God's promises to believers.
b) Pray. You may find it helpful to follow a process such as "ACTS": (adoration, confession, thanksgiving, supplication). Make conversation with God a normal part of your life. Freely share your fears and uncertainties, and trust Him!
c) Sing. Find spiritual songs and hymns that express sound biblical truth.
d) Stay clean, have routines, get enough sleep, tell stories, play games, have (or develop) a plan, and have daily and longer-term purposes.

- Prior to a crisis you may have been very productive with the use of your time. During a crisis, keep your daily "TO-DO List" relatively short. Trying to do more than the situation allows only adds to your stress. Pace yourself.

If there is a "total meltdown" of social/civil structure, perhaps this is evidence of a judgment of God on our nation. If so, preparation will ultimately prove fruitless! However, judgment does not always mean the end of something, because God uses it to grab our attention and to turn people toward Himself. Yet in spite of our circumstances, God expects us, as His people, to be faithful Ambassadors of eternal hope because of the Gospel of our Lord Jesus Christ! He is sovereign and holy. Be ready; stand strong; walk with the King!

> *"…the goal of Christian mission is not success, but faithful witness; not power, but proclamation; not technique, but truth; not method, but message."* [Power Religion (1992), p. 15]

For Such a Time as This

We never know when we will be faced with an emergency or crisis. The day will probably begin as usual, and life will seem quite normal. We will have our plans for the day and go about our lives as we are accustomed to doing. Although there may be forewarnings of things that are about to impact us or those we love, we may just as well be caught completely by surprise. Emergency preparedness is for either.

> *6 Go to the ant, O sluggard, observe her ways and be wise, 7 which, having no chief, officer or ruler, 8 prepares her food in the summer and gathers her provision in the harvest.* (Prov. 6)

In a real sense, **becoming a "Christian prepper" requires a shift in your lifestyle.** You may live pretty much as you always have, but now you are developing a deeper awareness of the real world around you and the uncertainties of what you have often just taken for granted. Recognizing that procrastination can be a deadly trap, you must take time NOW to work out a plan and begin the journey of preparing. Do it intentionally for the glory of God.

The truth is that the vast majority of Christians in the USA have never had to face a serious or extended crisis. Praise God for that evidence of His mercy and grace. On the other hand, this *"Introduction to Emergency Preparedness for Christians"* may be one way God is getting you ready *for such a time as this*! All believers have a role in God's plan to reach this world with the life-changing, hope-building message of the Gospel. ***It is my prayer that you will be prepared for any crisis, freeing you to be an extension of God's love rather than one of the countless unprepared and fearful victims.***

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ADDENDUM

Resources for Emergency Preparedness

There are a number of good resources on the internet. A few of them are listed here. It is recommended that you try several sources to compare prices before you purchase something.

Recommended Food Sources:

Not all long-term storage foods are of equal quality or value. Be aware that purchasing a bulk supply of food preselected by the distributor may include items you may not like or want. Stay with name-brand products. Watch for special sales or bulk discounts. Order samples you can try to be sure it is something you want to have on hand.

Emergency Essentials ..... www.beprepared.com
Camping Survival..... www.campingsurvival.com
Walmart ..... www.walmart.com/browse/meal-solutions-grains-pasta/emergency-food/
Sam's Club ..... www.samsclub.com/sams/emergency-foods-supplies/
Survival Warehouse..... www.survival-warehouse.com
The Ready Store..... www.thereadystore.com
The Epicenter ..... www.theepicenter.com

Specialized Equipment & Supplies:

Look for essential and multi-use items. Equipment does not have to be new to be useful. Also watch for special sales, look at yard sales, auctions, etc.

Campmor ..... www.campmor.com
REI..... www.rei.com
Cabela's..... www.cabelas.com
Bass Pro ..... www.basspro.com
Sportsman's Guide ..... www.sportsmansguide.com
Cheaper Than Dirt ..... www.cheaperthandirt.com

Preparedness Information:

You may want to start saving and printing good articles and preparedness ideas and keeping them in a notebook for future use. (Remember, hard copies are preferred.)

Emergency Preparedness ..... www.emergencydude.com
FEMA..... www.fema.com
LDS *[Although Mormonism is a cult, this article has good information on food storage.]* www.lds.org/topics/food-storage/longer-term-food-supply?lang=eng#4
St. John Ambulance..... http://www.sja.ca/English/Safety-Tips-and-Resources/
Ready.gov..... www.ready.gov

BOOKS: (most are available on Amazon)

There are lots of good books available. Be sure to look at yard sales, outlet and discount stores, as well as places like Goodwill. A good book does not have to be new to be worth its weight in gold! Sometimes older books actually illustrate important skills that many of the newer books omit. Here are a few recommendations:

Wilderness Camping & Hiking, 2nd Edition, by Leonard Paul Tawrell, (2007). – Loaded with over 6,500 color illustrations and extensive information for almost any climate, region, or outdoor situation. [The 1996 edition, *Camping and Wilderness Survival*, is larger with easier to read print and the same illustrations, but each page is only in two colors and the photos are black and white.]

Outdoor Survival, by Garth Hattingh, (2003), published in U.S. by Stackpole Books, Mechanicsburg, PA. (www.stackpolebooks.com) – ample color illustrations and photos.

SAS Survival Guide, Revised Edition, by John "Lofty" Wiseman; Collins gem (2010). – "For any climate in any situation."

Survivor Kid: A Practical Guide to Wilderness Survival, by Denise Long; IPG Books, Chicago (2011). – For ages 9 and up, it teaches young adventurers the survival skills they need if they ever find themselves lost or in a dangerous situation in the wild.

Where There is No Doctor, Revised Edition, by David Werner; Hesperian, Berkeley, CA, 2010. (www.hesperian.org) – highly recommended; lots of illustrations.

Where There is No Dentist, Updated and Expanded, by Murray Dickson; Hesperian, Berkeley, CA, 2009. (www.hesperian.org) – highly recommended; lots of illustrations.

Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergencies, 6th Edition, by Paul S. Auerbach, MD MS FACEP FAWM; Elsevier/Mosby (2015). – Very thorough with lots of illustrations; 555 pages.

Wilderness Medicine: Beyond First Aid, 6th Edition, by William Forgey, M.D., FalconGuides (2012). – Illustrated text for anyone venturing into the outdoors.

There are numerous outdoor **magazines** on the market. They tend to be pricy when new, so you might look for older issues through various outlets. Look at information about the contributors and the content of the articles they write. Illustrations and photographs are usually much more useful and interesting than text alone. Consider those magazines that advance your outdoor or survival knowledge and skills. If you have children, look for articles that might be of interest to them as well.

Developing an Inventory or Database

Here are some examples of various ways to track what you have in storage. If kept electronically, remember that you will need to have hard copies if electricity goes down. Each storage container should be numbered and identified. For example, you may have more than one container for "Basic Emergency Supplies," "Food" or "First Aid."

BASIC EMER. SUPPLIES (non-food) (#__) 5 gal. bucket

Quantity	Description	Size	Weight	Exp. Date?	Notes:

Packaged & Canned Food (#__) Lg. footlocker

Quantity	Description	Servings	Size / Weight	Exp. Date	Notes:

Freeze Dried & Dehydrated Food (#10 cans in Numbered Boxes)

Amount of Cans	Description	Servings	Size / Weight	Exp. Year	Notes -- including Box Ref. No.]

FIRST AID & Wound Care (#__) 18 lt. clear plastic bin w/ handle

Quantity	Description	Units	Size / Weight	Exp. Date	Notes:

WATER Reserves

Quantity	Description	Potable?	Total Amt.	Exp. Date	Notes:
POTABLE WATER RESERVES: (accessible) [for drinking & cooking]					
XX	**TOTAL POTABLE WATER**	**XX**			(approx. ___ days for ___ persons @ 2 gal./person/day)
Non-Potable Water Reserves: (accessible) [for sanitation & hygiene]					
XX	**TOTAL Non-Potable Water**	**XX**			

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