



# DON'T READ THIS

*There isn't enough time if you haven't already prepared*

A few simple ideas squeezed onto one page from Frank Cox, Marin County OES Auxiliary Staff, **June 10, 2014.** *(not bad for one page max - but you can do better if you try)*

## On your Body:

- Out of State Contact that ALL family / close friends report where + how they are, and their plans, after ***The Bad Thing*** happens. Lists all names, phones, emails etc.
- Wallet / purse: IDs, smalls bill cash, key phone/contact list, \$\$ cards (good luck). Small LED flashlight, Alcohol swabs in foil, band-aids, small pocket-knife, pens, 3x5 cards, pre-loaded smartphone, essential meds, some 25 ¢ coins - payphones?.

## In your Car / Work Desk:

- Backpack containing more of the above PLUS Cranky / battery radio, LED etc. flashlights, first aid stuff, nitrile gloves, work gloves, windbreaker or other light extra clothing, hat, undies, Water, and more Water, lo-salt nuts in can or other long lasting snacks, local maps, space blanket, T-Paper & Sanitary stuff, foil handi-wipes, plastic trashbags + duct tape for toileting, flares, Leatherman or similar, ABC Fire extinguisher or baking soda, flares, car battery smartphone / laptop charger, encrypted thumbdrive with critical personal and/or disaster-response forms + response info, and A HALF TANK OF GAS! (really).

## In your Home:

- More of the above PLUS, Instant Hydration (Just add water - 1 Gal per person a day), stable (canned) food that you, kids, elders, and pets all approve, manual can opener, picnic type utensils + plates + cups, alternate cooking source (Propane BBQ with an extra can in storage?), unscented chlorine + cleaning stuff, tent + sleeping bags, many extra alkaline (not rechargeable) batteries that fit your devices, dust mask + goggles, bucket with toilet lid and LOTS of 8 gallon plastic bags held down with duct tape, more first aid + hygiene stuff, wrench pre-set for gas line in a plastic bag strung onto the gas line (easy to find), ABC Fire extinguishers & baking soda in kitchen for grease fire, more radios, flashlights, **and the above stuff.**
- Download free manuals + more lists and info at <http://www.daretoprepare.org/> and <http://readymarin.org/> and <http://www.redcross.org/ca/san-francisco> and <http://www.ready.gov/> & <https://www.disability.gov/> & <http://www.sf72.org/home>
- DISCUSS all this and PRACTICE it with the whole family and your friends.