

# The Great Cascadia Zombie Survival Challenge:

Be Prepared, Not Scared! ©



A Fun Patch Program with a Purpose



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## **Introduction**

On June 7, 2016, more than 20,000 emergency managers in Idaho, Oregon and Washington kicked off Cascadia Rising 2016, a four-day, large scale exercise to test response and recovery capabilities in the wake of a 9.0 magnitude Cascadia Subduction Zone earthquake and tsunami. The exercise involved local, state, tribal and federal partners, along with military commands, private sector and non-governmental organizations.

Cascadia Rising Drill was designed to find out what works and what doesn't, and the biggest reveal was that individuals need to be prepared to be on their own much longer than what had been the conventional wisdom of three days. The Drill, along with lessons learned from Hurricanes Katrina, Harvey, Irma, and Maria as well as the major earthquake in Mexico City is that citizens need to not only be individually prepared but be prepared to help their neighbors. It is not only major disasters that affect our communities, families, and girls. Depending on where you live, you may experience frequent power outages, wind and winter storms, flooding, or landslides.

The reality is this: First Responders are not coming! In the above disasters, the vast number of folks providing aide were neighbors helping neighbors.

Emergency Preparedness is often approached from a place of fear. Let's face it, the subject can be daunting and scary. Girl Scouts of Western Washington wants to make this subject fun for girls and volunteers. It is the intent of this patch program to take the fear away and replace it with empowered Girl Scouts!

Through this patch program, it is our hope to encourage Girl Scouts to engage in building resilience at the neighborhood level. Once completed, Girl Scouts will not only have taken charge of their learning but will be prepared and capable of taking a leadership role in their families and communities about preparedness.

Many communities do not understand the leadership and other skills that are an inherent part of the Girl Scouting program for both girls and adult volunteers. Many in government agencies are surprised to learn that all Girl Scout leaders are required to be First Aid/CPR/AED certified. They do not realize that through our badge and journey programs, most girls have earned their First Aid badge. Many of our older girls are certified baby sitters and some even have earned Shelter Management and Wilderness First Aid Certificates. In a large-scale disaster, and even in a smaller event, Girl Scouts can play a role in resilience and recovery.

The requirements for this patch program can be done individually, as a family, or as a troop. You do not need to do this on your own; however, there are lots of folks in your community who can help. Don't be afraid to reach out to your County Department of Emergency Management, local Fire or Police Department, the American Red Cross, or even your local veterinarian. You might even have your own community organization

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like bainbridgeprepares.org ! Each of the tools or rockers are designed to help girls and adults keep their Zombie (aka their family) alive, while having fun and learning the skills.

This patch program is for all ages, including adults! And as your girl(s) grow and advance, they can take on a new Zombie challenge for their new age level.

The first step of this challenge begins with girls identifying the types of disasters that are pertinent to their community. Once that is done, girls then sign their Zombie Survival Agreement and earn their center patch. Girls can then add Tools to help their Zombie (and their family) survive. These Tools include: Water, Light & Heat, First Aid, Pets, Cooking, Food, Shelter, Communications, and Mutual Aid. The first requirement is required for all age levels for each Zombie tool rocker. For each age level, one additional requirement for Brownies, two for Juniors, three for Cadettes, Seniors, and Ambassadors is needed to earn the rockers.

Throughout this packet you will find **HELPFUL HINTS FOR LEADERS AND PARENTS** to help you, help your girls.

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For more information regarding this patch program, or to purchase the patch program workbook or e-booklet contact the Girl Scouts of Western Washington Retail Stores at 1-800-541-9852.

Patches and rockers will be available at all Girl Scouts of Western Washington retail stores.

### **SPECIAL THANKS**

***Technical Experts: Kari Murphy, Scott James, Jamye Wisecup, Mike Montfort,  
and Donna Koehler***

***Editors: Christina Aitchison, Ken Hulet, Helen Allen, Kristina Petersen, Julie Wendell  
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***Paul Bryant for volunteering to design our patches and for being  
“Man Enough To Be A Girl Scout”.***

## Earning Your Zombie

To earn your Zombie, you must accept the Survival Challenge by signing your Zombie agreement below (see Appendix A for a template of the agreement). By signing this agreement, you promise that you will work hard to help your Zombie survive the challenge.

Your first assignment is to brainstorm just what challenges your Zombie might come across. What emergencies or disasters, natural or man-made might affect you, your troop, your family, and your community and thus your Zombie? This list will help determine what tools you and your Zombie will need to survive.

Consider playing **Disaster Master**, on your computer to help you determine what you are preparing for:

<https://www.ready.gov/kids/games/data/dm-english/>

Or downloading the American Red Cross mobile phone app, **Monster Guard** (this a joint venture between American Red Cross and Disney™).

Or reaching **Preparedness 101: Zombie Pandemic** from the Centers for Disease Control.

### HELPLFUL HINTS

Focus on the disasters, natural or man-made that might affect your specific community? Some examples might include: Power Outages, Wind Storms, Winter Storms, Fires (both House and Forest), Floods, Landslides, Tsunamis, Lahars, Chemical Spills, and of course, Earthquakes.

## The Great Cascadia Zombie Survival Challenge

### Be Prepared, Not Scared! ©

I promise to do my best to help my Zombie, troop, family, and community be prepared for a natural or man-made emergency. I have identified the following emergencies that my Zombie needs to be prepared for:

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- X  
\_\_\_\_\_

*Your Signature and Date*

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As you work through this patch program, you will have the opportunity to earn additional rocker patches to help your Zombie survive, these rocker patches are called tools. Below are the tools you can earn to help your Zombie on their survival journey and challenges you will need to accomplish.



**TOOLS**

Along your journey you can help your Zombie by earning the following Tools:

- Water
- First Aid
- Pets
- Food
- Light & Heat
- Communication
- Cooking
- Shelter
- Mutual Aid

**Earning the Rockers:**

DAISY	BROWNIE	JUNIOR	CADETTE, SENIOR, AMBASSADOR, AND ADULT
<i>Highlighted Requirement</i>	<i>Highlighted Requirement</i>	<i>Highlighted Requirement</i>	<i>Highlighted Requirement</i>
	+1 Additional Requirement	+2 Additional Requirements	+3 Additional Requirements

## The Rule of Three

The Rule of Three's—Humans can survive three minutes without air, three hours without adequate shelter, three days without water, and three weeks without food. These tools should be the first on your journey to help you and your Zombie survive.



### SHELTER

*“Gimme Shelter” is a more than a classic song by the Rolling Stones. It is a call for the basic human need of protection from the elements and a source of physical and emotional security. Although we can live for three days without water and three weeks without food (albeit uncomfortably), we may only survive three hours without shelter in severe weather.”*—Scott James, *Prepared Neighborhoods*

Staying warm and dry is an important part of survival. Determining when to stay and when you need to leave your home is something to bear in mind. This decision will likely be based after the earthquake, flood, storm, etc. You cannot assume that your home will be a viable choice after a disaster. To earn this Zombie Survival Tool, let's look at different types of shelter.

#### HELPLFUL HINTS: SHELTER

Think simple first, then let the girl's imagination go wild. Shelter can be as simple as a large trash bag, Mylar blanket, or blue tarps and paracord. You can then move to tents, trailers, and cabins.

#### Things to do:

- 1. If you had to shelter in place, identify which room(s) you would stay in and what supplies you might need to stage there. Identify different types of shelter in case you had to leave your home.**
2. Locate the nearest emergency shelter to your troop meeting location and your home
3. Try setting up two different types of shelters
4. Choose one type of shelter and try it out overnight
5. Contact your City or County to find out if there are any roles for you to play at your local emergency shelter
6. Research what it takes to be a helper at your local emergency shelter. Consider earning your American Red Cross Shelter Management Certificate.



## WATER

*“Water is life, and clean water means health.” Audrey Hepburn, actress and humanitarian activist*

A widespread natural disaster will likely not only interrupt your water supply but contaminate it for weeks or months after the event. Having multiple methods for securing water is crucial.

To earn this Zombie Survival Tool, we are going to explore our need for water and different methods for making water drinkable.

Things to do:
1. <b>Research and determine how much water your family needs for 14 days based upon where you live. Make a plan to build and store your water reserves.</b>
2. Research ways to treat water to make it drinkable—bleach, water purification tablets, water filters (such as a Life Straw). Then try one of the methods your researched. How did the water taste?
3. Research hidden places where drinkable water might be in your home or school—hot water heater, ice cubes, and water pipes.
4. Put together a water treatment kit for your family kit—include unscented liquid bleach, coffee filters or cheese cloth, liquid oxygen, or purification tablets.
5. Find the water main for your troop meeting place or home. Learn how to turn the water main off.
6. Visit your local water treatment facility or talk to your Public Works Department. How fragile is the system that provides water to your community?
7. Learn how to store your water supply safely.

### HELPFUL HINTS: WATER TREATMENT

If you have used all of your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water. Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, or brushing teeth. In addition to having a bad odor and taste, contaminated water can

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contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid and viral hepatitis.

There are many ways to treat water. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth.

**Boiling:** Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also will improve the taste of stored water.

**Chlorination:** You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

**Distillation:** While boiling and chlorination will kill most microbes in water, distillation will remove microbes (germs) that resist these methods, as well as heavy metals, salts and most other chemicals. Distillation involves boiling water and then collection of only the vapor that condenses. The condensed vapor will not include salt or most other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

<b>Methods</b>	<b>Kills Microbes</b>	<b>Removes other contaminants (heavy metals, salts, and most other chemicals)</b>
Boiling	Yes	No
Chlorination	Yes	No
Distillation	Yes	Yes

Source: <https://www.ready.gov/water>

### **HELPFUL HINTS—HIDDEN SOURCES OF WATER**

**Hot Water Heater**—there is a valve near the bottom. Use extreme caution, let the water cool. Turn off the cold-water supply to the tank. Turn off the gas or electric heater to the tank. Open the drain valve at the bottom. The water may look murky due to sediment, but it will become clear.

#### **Melted Ice Cubes**

#### **Water-Packed Can Goods**

**Water Trapped in Home Piping**—shut off the main water valve, open the valve at the highest point of your property (i.e. a 2<sup>nd</sup> floor shower head), then open the valve at the lowest point, gravity will force the water from the pipes.

Source : Los Angeles Fire Department



## FOOD

We often take food for granted. When we are hungry, we go out to eat or to the store for groceries. Most stores in North America operate on a just in time basis—which means they replenish the shelves every couple of days based upon what sells. After a disaster, you can expect food distribution to be disrupted. If roads are damaged, trucks cannot deliver goods. Most households have food for two-three days. Remember, that widespread power outages are probably a given in a disaster, so food in the refrigerator will only last part of a day if the door remains closed, frozen food for 48 hours, depending on the ambient temperature. In the cold of winter frozen foods could last longer.

When building your disaster food supply, make sure you include food you and your family like to eat. Don't rely on foods you have not tried. After a disaster is not the time to find out you cannot stomach an MRE—Meals Ready to Eat.

Psychologically a normal and healthy diet can lessen the emotional trauma of a disaster. Try to keep your food supply as close to normal as possible. ***Remember to plan for food allergies and special dietary needs.***

It is important to rotate your food stocks every six months. Consider rotating your food stocks when the clocks change.

<b>Things to do:</b>
1. <b>Prepare a disaster food supply list, including treats. Include your favorite foods.</b>
2. Explore what types of food you can eat that do not have to be heated or do not require electricity to cook.
3. How many calories do you need each day for each person in your family? Does your disaster food supply list have enough calories?
4. Try an MRE (Meals Ready to Eat) or other freeze-dried meals.
5. Build a troop or family garden. Choose your seeds based upon the fruits and vegetables you like to eat. Consider donating surplus to your local food bank.
6. Learn how to preserve food. Try dehydrating apples, canning apple sauce, or drying meat.

## **HELPLFUL HINTS—Emergency Food**

**Beverages**—dehydrated or evaporated milk, instant coffee/tea/cocoa, fruit and vegetable juices, sports drinks like Gatorade mixes.

**Grains**—individual serving cereal, instant hot cereal, pancake mix that requires water only, pasta, flour, corn meal, crackers, rice.

**Protein**—bacon, Spam, sausages, chili, beef stew, canned turkey, tuna, and chicken, hard wax wrapped cheese, dried eggs, dried or canned beans

**Fruits and Vegetables**—canned berries, peaches, pears, apricots, plums, citrus fruit, vegetables, dry peas and beans, instant mashed potatoes

**Staples**—salt, sugar, baking soda, honey, and cooking oil/shortening

**Snacks and other**—nuts, peanut or almond butter, hard candy, dried fruit, jerky, dry soup mix, canned soup.

## Additional Tools



### COMMUNICATION

*“It is interesting to contemplate the difference between ‘information’ and ‘communication.’ Information is something we give out...Communication is the science/art/luck of getting the information through.”— Dr. LuAn Johnson, creator of Map Your Neighborhood*

We are used to getting information instantaneously in today’s world of Facebook, Instagram, 24-hour news channels. After a natural disaster, our thirst for information will become even more pronounced. In the aftermath of a disaster, power and cellular communication outages are almost guaranteed. Emergencies knock out our normal means of communication. However, with a little planning, you will not be left in the dark.

<b>Things to do:</b>
<b>1. Establish a troop and family reunification plan. Don’t forget an out-of-state contact. See Appendix C for a worksheet.</b>
2. Practice making a short “out-of-state” call. What information do you need to share? What information do you need to receive? When will you try to reach out again?
3. Learn about how state and local governments communicate weather related or other emergency information. (Washington Emergency Management Division, County Departments of Emergency Management, local Fire and Police Departments, Puget Sound Energy). Check out mobile phone apps and text messaging options.
4. Add a battery operated and/or hand crank operated radio to your emergency kit to stay abreast of weather and news. Consider getting one with NOAA emergency access.
5. Discover different ways to communicate without electricity—signs in your window, two way radios like walkie talkies or even better a FRS or GMRS Two-way radio (larger radius).
6. Talk to an emergency dispatcher or tour your local 911 center.
7. Talk to an amateur radio expert. Consider participating in the Amateur Radio HAM Cram or Field Day in June.
8. Earn the Radio and Wireless Technology Patch-- <a href="http://www.arrl.org/girl-scouts-radio-patch">http://www.arrl.org/girl-scouts-radio-patch</a>
9. Take an amateur radio workshop; consider earning your Ham Radio license.



## FIRST AID

*“Badges are not medals to wear on your sleeve to show what a smart girl you are. A badge is a symbol that you have done the thing it stands for often enough, thoroughly enough, and well enough to BE PREPARED to give service in it. You wear the badge to let people know that you are prepared and willing to be called on because you are a GIRL SCOUT.” --Juliette Gordon Lowe, Founder*

One of the legacy badges that dates to the earliest days of the Girl Scout movement is the First Aid badge. Be Prepared is the Girl Scout motto. Knowledge of basic first aid frees up our first responders in the event of a disaster.

<b>Things to do:</b>
<b>1. Make a personal first aid kit.</b>
2. Build a troop and/or family first aid kit see Appendix B.
3. Earn your age level first aid badge
4. Talk to a Paramedic, EMT, or other First Responder about their role in an emergency or disaster. Ask them to look at your first aid kit and make recommendations for any additions.
5. Take a Wilderness or Sports First Aid workshop
6. Identify Hazards in Your Home or Troop Meeting Space and draft a plan to fix the hazards



## COOKING

*“The thing about food, is you’re a much happier person if you eat well and treasure your meals.” Julia Child, chef*

Being hungry is no fun. With a little preparation, you can make awesome meals without electricity. It just takes a little planning and creativity.

Things to do:
1. <b>Discover different methods of cooking without electricity. Make a list and try one method you discovered.</b>
2. Using the list of your favorite meals, choose one and make it with your troop or family without electricity.
3. Take an outdoor cooking workshop
4. Learn about how to build a fire. What three things do you need? Are there other things that might help if it were raining or windy? (Frito Lay Corn Chips, Doritos, paraffin wax/lint or wood shavings, etc.) What types of fire building methods are there and what are they best used for? (i.e. Tee pee, log cabin). What else might you need before you start your cooking fire? (i.e. Shovel, water bucket or dirt)
5. Find out what an MRE is. Try one.
6. At your next campout, challenge your troop to cook each meal with a different method.

### HELPLFUL HINTS—Outdoor Cooking Techniques

- Foil
- Dutch Ovens
- Pie Irons
- One Pot Meals
- Stick Cooking
- Milk Carton Cooking
- Box Oven
- Solar Oven
- Paper Sack

### HELPLFUL HINTS—Cooking Methods

- Camp Stove
- Charcoal
- Wood Fire
- BBQ
- Backpacking Gas Stove
- Sterno
- Buddy Burner
- Ten Tin (#10 Can)

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## PETS

*"I hope to make people realize how totally helpless animals are, how dependent on us, trusting as a child must that we will be kind and take care of their needs ... [they] are an obligation put on us, a responsibility we have no right to neglect, nor to violate by cruelty." --James Herriot, English Veterinarian and Author*

One of the most difficult things to see during Hurricane Katrina was all the animals that had to be abandoned during and after the storm. FEMA, recognizing that our pets are important members of our families, has established new shelter requirements regarding pets and shelters. But you cannot rely on a shelter, you need to prepare. Whether you have a fish, cat, dog, snake, goat, or horse, you need to prepare for their care during an emergency.

### Things to do:

- 1. If you have a pet, what items will they need in a disaster? Build your pet's disaster kit. If you do not have a pet, consider asking at your local shelter if they are prepared and if there is anything you can do to help?**
2. Visit or invite a veterinarian to discuss your pets and disaster preparedness.
3. Research how pets have been handled in past disasters. Compare, for example, pets in Hurricanes Katrina and Harvey. What has changed?
4. Take a pet first aid workshop and/or earn your pet first aid certification
5. Find out if your local emergency shelter accepts pets. If so, what kinds of pets are allowed? Determine if there are any items that the shelter might need and consider doing a community service project to fulfill the needs.
6. Make sure your pet has identification tags
7. Research different types of working dogs (ie. Military, Search and Rescue, Therapy dogs—or other animals). How do their handlers prepare?

### HELPLFUL HINTS—Pet Emergency Kit

#### Things to have ready for your pet:

- Color photo of your pet
- Leash
- Carrier or Crate
- Food
- Water
- First Aid Kit
- Health and vaccination records





## LIGHT AND HEAT

*"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."  
— Harry Potter and the Prisoner of Azkaban*

No one likes to be left in the dark. Everything seems better when there is light. Being cold or hot can be not only uncomfortable but also potentially deadly.

<b>Things to do:</b>
1. <b>Carry a flashlight with extra batteries, family reunification plan, protein bar, water, and a Mylar blanket in your everyday carry zip lock bag.</b>
2. Research ways to create light without electricity.
3. Explore how to provide light during a power outage.
4. How will you stay cool or warm? Do you have a fireplace in your home? Extra blankets? Hand or foot warmers?
5. Research how to make a swamp cooler for your home or tent for your next campout.
6. Identify how heat escapes your home or meeting place and determine how you can safely mitigate the leaks if you lose power.
7. Make a draft door stopper. ( <a href="http://www.coupons.com/thegoodstuff/diy-draft-stoppers/">http://www.coupons.com/thegoodstuff/diy-draft-stoppers/</a> )
8. Learn the symptoms of heat stress and hypothermia.

### HELPLFUL HINTS—STAYING WARM & COOL

- Extra Blankets including Mylar blankets
- Hot water bottles
- Chemical hand and foot warmers
- Battery operated fans with extra batteries
- Pitch a tent inside for extra warmth

## HELPLFUL HINTS—LIGHT

- Gas Generators
- Solar Powered Generators
- Flashlights! Lots of different kinds: Battery operated, Kinetic, and Solar
- Glow Sticks
- Consider the following family and women owned businesses:
  - <https://luminaid.com/>
  - <https://www.uvpaqlite.com/>
- Have lots of different size batteries on hand, consider rechargeable batteries and a Solar battery charger
- Camping lanterns—battery or gas fueled
- Candles

## WARNING!

**Never bring an outdoor grill inside for warmth or cooking. This is not only a fire danger but also may cause a build up of carbon monoxide which can be deadly.**

**Open flame candles should be under adult supervision at all times to prevent fires.**

**Gas generators should be outside and 7-10 feet from your dwelling.**

**Hypothermia:** Symptoms of chilling to the hands and feet with the core temperature falling leading to a lack of coordination with many people denying that they are feeling cold or needing help at all. The symptoms progress and include drowsiness. The best defense is to dress for the weather and conditions to keep warm but do not sweat.

**Heat Stress:** The act of sweating and raising the body core temperature leading eventually to Heat Stroke or death as the body loses the ability to cool itself.



## MUTUAL AID

*“In the event of a disaster like an earthquake our brave first responders will be overwhelmed and our neighborhoods will be on their own. That’s when community is vital—neighbors helping neighbors—with everyone sharing the common goal of taking care of each other”. Scott James, Author and Entrepreneur*

In the aftermath of most disasters, we often hear stories of every-day heroes, those ordinary people who accomplished extraordinary things. This tool is the last rocker for your Zombie. Once you have ensured that your family or troop is prepared, it is time to look beyond yourselves and look to your neighborhoods and communities. Share your Zombie’s successful survival story with others. You have the power to change your community.

Things to do:
1. <b>With your family and troop, create a family reunification plan. Fill out the form in Appendix C, and once you have your plan, fill out the wallet cards for every member of your family (see Appendix C). Put your card in your Everyday Carry Zip lock.</b>
2. Build a comfort/entertainment box for use in an emergency like a power outage
3. Talk to your troop and family about the things you should have in case of a disaster.
4. Visit your local Fire Department and learn about the Map Your Neighborhood program.
5. With your family/troop, throw a Map Your Neighborhood party.
6. Build a vehicle emergency kit
7. Build a Get Home bag for a parent or if you are driving, for your vehicle.
8. Find out about your local CERT (Community Emergency Response Team) and talk to a member. Investigate the Washington State MyPI program ( <a href="http://www.mypiwashington.org/">http://www.mypiwashington.org/</a> ) for teens interested in CERT.
9. Do a community service project that helps your community get prepared. Some examples might be building an entertainment box for kids at a warming or cooling station during a winter storm or heat wave. Contact your local law enforcement or County Department of Emergency Management (contacts are in Appendix H)

**Appendix A: Survival Challenge Agreement**



**The Great Cascadia Zombie Survival  
Challenge: Be Prepared, Not Scared!©**

I promise to do my best to help my Zombie, troop, family, and community be prepared for a natural or man-made emergency. I have identified the following emergencies that my Zombie needs to be prepared for:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- X \_\_\_\_\_

*Your Signature and Date*

## **Appendix B: Family/Troop First Aid Kit Checklist**

Per the Volunteer Essentials, the American Red Cross recommends the following for a troop of four (add supplies as needed to match the size of your troop):

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)/CPR mask
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

For your family, you can add required over-the-counter medicines like Ibuprofen, aspirin, or Acetaminophen. Consider also something for upset tummies, light burns, and stings. Don't forget any prescription medicines or things unique to your family needs.

Also consider adding feminine hygiene products, they can serve double duty for controlling bleeding. This is important if your troop is Junior and above.

Finally consider a small stuff animal or comfort item.

## Appendix C: Family Reunification Plan

# Emergency Reunification Plan

**Loved Ones (people and pets)**

+	_____	+	_____
+	_____	+	_____
+	_____	+	_____
+	_____	+	_____

**Out-of-State Contacts**

Name	Phone
1. _____	_____
2. _____	_____
3. _____	_____

**Local Authorized Guardians**

Name	Phone	Address
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

### Meeting Spots

1. Outside of home: \_\_\_\_\_
2. Outside of neighborhood: \_\_\_\_\_
3. Off island (King County): \_\_\_\_\_
4. Off island (King County): \_\_\_\_\_
5. Outside Greater Seattle: \_\_\_\_\_

### Agreements

- Self care: applying the rule of 2s (hours, clothes, days, water, snacks, food)
- Who stays put (based on age)?
- Who looks for who first?
- Emergency supplies location(s): \_\_\_\_\_

[Learn more: bainbridgeprepares.org](http://bainbridgeprepares.org) Copyright © 2017 Scott James

***This is a plan from [bainbridgeprepares.org](http://bainbridgeprepares.org). Feel free to make changes based on your location. Once this plan is filled out, fill out the wallet cards on the following page and make sure each family member gets a card.***

**BE PREPARED, NOT SCARED! FAMILY REUNIFICATION PLAN**

MEETING PLACES

Outside of Home: \_\_\_\_\_

Outside of Your Neighborhood: \_\_\_\_\_

Off-Island (King County): \_\_\_\_\_

Off-Island (Kitsap County): \_\_\_\_\_

Other: \_\_\_\_\_

**BE PREPARED, NOT SCARED! FAMILY REUNIFICATION PLAN**

CONTACTS

Local Authorized Contact Name: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Local Authorized Contact Name: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Out of State Authorized Contact Name: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Out of State Authorized Contact Name: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

## Appendix D: Backpack Everyday Ziplock™ Checklist



**HELPFUL HINTS:** It is a good idea to always have a filled, reusable water bottle with you when you leave the house. These water pouches are ideal as they are inexpensive, light, and last for a long time.



**HELPFUL HINTS:** There are many uses for a Mylar blanket including helping to maintain body heat, as a reflector, tent or shelter,



**HELPFUL HINTS:** No one likes being in the dark. Having a flashlight with extra batteries ensures that you will have light when you need it. Consider wrapping duct tape around the extra batteries and the flashlight for another tool.



**HELPFUL HINTS:** Choose a bar that is high in protein. It's important to test drive bars to ensure it is something you will eat if you needed to. Also pay attention to expiration dates.

### Family Reunification Plan Card

Name of Out-of-state Contact

Where will we meet?

**HELPFUL HINTS:** This gives you the details of the plan you and your family have worked out before a disaster.

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## **Appendix E: Shelter-in-place Checklist**

Excerpt from *Prepared Neighborhoods* by Scott James  
(preparedneighborhoods.com)  
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This Shelter-in-Place list should be augmented to last you and your loved ones a minimum of 14 days; more if you expect to be housing additional guests or know of specific natural disasters common to your region. Related but separate is the accompanying Get Home Bag list, designed for just enough time to return home assuming normal commute vehicles/avenues are not available (less than 48 hours), and Go Bag list, a bag kept packed and ready at hand for a three-day evacuation (double check that assumption for your specific area).

This “Shelter-in-Place” list can be used for an individual household, or (my preference) extended to include select neighbors to take advantage of bulk purchases, sharing of tools, and the many other benefits of a strong neighborhood we’ve discussed in the book. Most North Americans certainly do not need to buy more stuff. Instead, we’d do well to reimagine additional uses of our existing possessions for mutual aid, particularly when considered as part of a shared set of materials with neighbors. Since they are likely stored at your home, your Go Bags are part of your Shelter-in-Place kit.

While you do not need to duplicate gear purchases for both, keep in mind the wisdom of redundancy, “Two is one; one is none,” when considering key items that could make life difficult if they were lost or broken without an available replacement (e.g. a can opener). For all items consider a 14-day minimum supply, more if you live in a remote or hard-to reach area (e.g. an island). Many daily-use items such as rain gear or sun hats are not included on this list; they are assumed to already be in your place of residence and in good working order.

- Water: two gallons per person, per day. If you have pets or other domestic animals, take note of their normal water needs and add that to your water storage.
- Multi-person water filter such as the Big Berkey system or Sawyer Products.
- Aerobic K07 drops or similar product for cleansing stored rainwater through hyper-oxygenation.
- Water purification tablets may be preferred.
- Food: non-perishable, easy-to-prepare items that do not require refrigeration. Include food for your pets and domestic animals, too.
- Flashlights: two per person (one large, one small) with batteries stored outside of the units. Consider at least one headlamp per person for hands-free operation.
- Extra batteries.
- Battery-powered, solar, or hand-crank NOAA weather radio.
- Prescription medications and scrips to secure more.
- Backup assistive devices such as glasses, contact lenses/solutions, and hearing aids (with batteries).

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- First aid kit, augmented with additional trauma pads, Celox, athletic tape, suture kit, and practical instruction manual.
- N95 or (my preference) P100 masks and additional daily replacement filters.
- Clear plastic sheeting, larger trash bags, and duct tape for sanitation and weather protection (i.e. covering broken windows).
- Personal hygiene items (e.g. menstrual products, soap and hand sanitizer, moist towelettes, toothpaste).
- Five-gallon bucket with snap-on toilet lid.
- Toilet paper and large trash bag of sawdust (for your five-gallon bucket or pit latrine).
- Unscented household liquid bleach or (my preference) Betadine antiseptic solution and rubber gloves for sterilization and cleansing. Duct tape a medicine dropper to this bottle.
- Extra sunscreen and bug spray if those are an issue in your bioregion.
- Multi-purpose pocket tool.
- Hand tools for dealing with rubble and debris: multi-purpose folding shovel, 18" or larger pry bar, long handled ax, wire saw, and work gloves for each person in the household.
- Small fireproof/waterproof safe that contains extra cash in small bills, an extra set of car keys and house keys, and a binder with copies of personal documents, including pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies, financial/payment records, driver's license, family reunification plans, emergency contact information, etc..
- Normal charger(s) for your cell phone(s) and other small electronic devices.
- Solar-powered charger with generic USB output for all your small electronic devices.
- Emergency Mylar blankets (two per person), extra blankets, and sleeping bags
- Two-way radios (FRS or GMRS) and the instruction manual. Store batteries outside of the units themselves. Under-the-bed items (per your Map Your Neighborhood flipchart): signal whistle, hardhat, headlamp with fresh batteries, sturdy shoes, fire mask (sometimes called an oxygen hood), fire extinguisher, and your MYN flipchart itself, of course!
- Ability to cook food assuming your normal methods are inaccessible: waterproof matches, lighters, camp stove, extra fuel canisters, appropriately sized cooking pots for your camp stove.
- Any tools/supplies you deem necessary to secure your home.
- Wrenches and pliers appropriately sized to turn off your utilities. Best practice: duct tape these tools directly to the meters that need to be shut off.
- Camping tent (does not need to be a lightweight backpacking version) that includes a rain fly and ground tarp.
- Tarps and rope to create temporary overhead protection.

Next, pause for a moment to consider any additional special needs for each member of your household, including pets. Make note of unusual resources you regularly purchase for these individuals (e.g. diapers). Write those items here:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

And finally, take a moment to review the accompanying Go Bag list for additional ideas you may want to also include in your Shelter-in-Place list.

Whew! That's quite the list! To reiterate, this list can be used for an individual household, or (my preference) extended to include select neighbors. Leverage the good neighbor relationships you are building; many hands make for a lighter (and less expensive) load!

## Appendix F: Go Bag Checklist

Excerpt from *Prepared Neighborhoods*  
by Scott James (preparedneighborhoods.com)  
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Make notes directly on this list for required items specific to you and your loved ones, such as medicines, assistive devices (e.g. eyeglasses), and regional-specific gear (e.g. a sun hat for desert dwellers, rain gear for folks in the Pacific Northwest). Also, consider any regional specific natural disasters you may encounter and add those to your list (e.g. swim goggles and P100 breath masks if you'll be sheltering-in-place after a volcanic eruption).

Each member of your household should have a Go Bag, including pets. Balance loads for weight and content across all bags (e.g. don't place 100% of the food in a single Go Bag). After you've assembled your Go Bag, take photos of each bag with its contents nearby. Laminate these photos for easy reference later as to what is in each bag.

- Duffel bag or large backpack to hold items
- Water: two gallons per person per day, 3-day supply for evacuation
- Water purification method: purification tablets, hyper-oxygenation drops, small hand pumps
- Food: 3-day supply of non-perishable, nutrient dense food for evacuation (energy bars)
- Manual can opener if applicable
- Camp stove with fuel canisters
- Small camping cook set with utensils
- Battery-powered or hand crank NOAA Weather Radio with tone alert
- FRS or GMRS two-way radio with instruction manual
- Two flashlights (one handheld, one headlamp) with extra batteries stored exterior to flashlight
- Small first aid kit, supplemented with Celox, trauma pads, athletic tape, suture kit, Betadine, and disposable gloves
- Signal whistle
- Lighter or waterproof matches
- N95 or P100 mask
- Medications (minimum of 7-day supply)
- Glasses, contact lenses with solution, hearing aids with backup batteries
- Personal hygiene and comfort items: menstrual products, lip balm, pain relievers
- Sanitation: toilet paper, moist towelettes, two large garbage bags, five large Ziploc bags, and plastic ties
- Pocket knife
- Work gloves
- Folding multi-tool shovel/saw with compass

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- Cell phone with chargers, battery backup, and/or solar charger
- Sleeping bag or two Mylar blankets and duct tape to make your own emergency version bag
- Tarp with 100' paracord to secure it, or tent, and second ground tarp
- Sturdy shoes
- Change of sturdy clothing including long-sleeved shirt, long pants, two pairs of socks
- Eye protection: sunglasses, safety goggles, and hat
- Weather protection: rain poncho or shell jacket, sunscreen, cold weather jacket
- Regional map with possible evacuation routes marked
- Notebook and pencil
- Sillcock key
- A highly visible reminder note to grab your hidden "stash kit" from your small fireproof/waterproof safe with extra keys to your house/vehicle and copies of important personal documents and cash (small bills)
- Additional highly visible reminder note to retrieve items stored elsewhere (e.g. sleeping bags hung in a nearby closet)
- Important documents on a USB thumb drive.
- PETS: sturdy leash, harness, collar with ID tags; Crate for smaller animals not on voice control; collapsible water bowl; minimum 7-day supply of normal food and medications

## **Appendix G: Get Home Bag Checklist**

Excerpt from *Prepared Neighborhoods*  
by Scott James (preparedneighborhoods.com)  
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A Get Home Bag is a version of your Go Bag stored at your workplace; its purpose is to assist you to get back home, just one time, without access to your normal means of transportation. Store this backpack at your desk; do not assume you will have access to your vehicle or other areas of your workplace.

- Ergonomic small/medium sized backpack to hold items
- Water bottle: rotate fresh water monthly
- Water purification method: purification tablets, hyper-oxygenation drops
- Food: lightweight, nutrient dense food (energy bars)
- FRS or GMRS two-way radio with instruction manual
- Two flashlights (one handheld, one headlamp) with extra batteries stored exterior to flashlight
- Small first aid kit, supplemented with Celox, trauma pads, athletic tape, small bottle of Betadine, and disposable gloves
- Signal whistle
- Lighter or waterproof matches
- N95 or P100 mask
- Backup glasses, contact lenses with solution, hearing aids with batteries
- Sanitation: toilet paper, moist towelettes
- Personal hygiene and comfort items: menstrual products, lip balm, pain relievers
- Pocket knife
- Work gloves
- Cell phone battery backup: recharge per instructions
- Two Mylar blankets and duct tape to make your own emergency version bag
- Tarp with 100' paracord to secure it overhead; second ground tarp
- Sturdy shoes (leave your fancy work shoes at work)
- Complete change of sturdy clothing including a long sleeved shirt, long pants
- Two pairs of socks
- Eye protection: sunglasses, safety goggles, and hat
- Weather protection: rain poncho or shell jacket, sunscreen, cold weather jacket
- Regional map with possible "get home" routes marked
- Notebook and pencil
- Important documents on a USB thumb drive.
- Sillcock key

## **Appendix H: Vehicle Emergency Kit**

[https://mil.wa.gov/uploads/pdf/erg\\_vehicle\\_safety.pdf](https://mil.wa.gov/uploads/pdf/erg_vehicle_safety.pdf)

Emergency supplies for your vehicle:

- One gallon of water per person. Store water in large soft-drink containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- Emergency food. Avoid foods that will make you thirsty. Choose whole grain cereals and foods with high liquid content. Include infant and others with special diets.
- Small shovel, jumper cables, tow chain.
- Road flare
- Battery-operated radio/extra batteries
- Flashlight and extra batteries
- ABC-type fire extinguisher
- Whistle
- Plastic storage bags
- Cash in small bills
- Cell phone, charger, and external battery
- A supply of vital medications
- Sturdy shoes, socks, work gloves
- Rain gear
- Mylar blankets, plastic shelter tarps
- Matches in a waterproof container
- Latex gloves (at least 2 pair)
- Map of the area (for locating shelters)
- Compass
- Games and books for kids
- Pet supplies
- Toilet paper, towelettes
- Feminine and personal hygiene items
- Infant diapers and wipes

## Appendix H: Resources

### Websites:

Washington State Department of Emergency Management--  
<https://mil.wa.gov/preparedness>

FEMA: <https://www.fema.gov/children-and-disasters>

American Red Cross--[www.RedCross.org](http://www.RedCross.org)

Bainbridge Prepares-- <https://bainbridgeprepares.org/>

ARRL--The National Association for Amateur Radio Girl Scout Patch--  
<http://www.arrl.org/girl-scouts-radio-patch>

### Mobile Phone Apps:

American Red Cross-- <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps>

### Books:

*Prepared Neighborhoods: Creating Resilience One Street at a Time* by Scott James

*Tom Brown's Field Guide to Nature and Survival for Children* by Tom Brown

*How to Rebuild a City: Field Guide from a Work in Progress*, edited by Anna Gisleson, Tristan Thompson, and Catherine Burke



NOTES :