

**To Every Shareholder:** In case of any emergency each shareholder (resident) is responsible for her/his own welfare by having on hand a supply of what will be needed thus being prepared. It is important that you realize that the Golden Rain Foundation and your mutual have no legal obligation to assist you. In some mutuals shareholder (residents) have organized groups in their immediate area in the effort to be better prepared by having additional needed items available. Check with your Emergency Chair or Parcel Director for a list of existing groups or form a new group where needed.

## **EMERGENCY GRAB & GO BAGS**

### **Recommended Items to Include In A Basic Home & Car Emergency Supply Kits**

**HOME SURVIVAL KIT:** *(Important - please prepare a kit for your caregiver if necessary)*

- ☐ **Prescription Medications:** For fourteen (14) days or more with a written list of the names of those prescriptions/dosage etc. being used.
- ☐ **Non-Prescription Medicines:** Aspirin, sunscreen, etc.  
Rotate the prescription and non-prescription drug items every six (6) months
- ☐ **First Aid Kit:** Which should contain: wound cleanser, triple antibiotic ointment, Band-Aid's, Ace bandages, surgical non-allergenic tape, sterile dressings, wrap for dressings, burn cream, instant cold packs.
- ☐ **Change of Clothes:** Extra socks, underwear.
- ☐ **Shoes:** Sturdy, comfortable walking shoes.
- ☐ **Outerwear:** Jacket, hat, scarf, gloves.
- ☐ **Extra Set of House & Car Keys:**
- ☐ **Towel, Wash Cloth, Wipes:**
- ☐ **Blanket:** Light weight.
- ☐ **Personal Hygiene Products:** Soap, toothbrush, toothpaste, hand sanitizer, toilet paper, adult diapers, disposable gloves and feminine supplies.
- ☐ **Items for Personal Sanitation:** Moist towelettes, garbage bags, bucket for human waste and plastic ties for personal sanitation.
- ☐ **Whistle:** To signal for help.
- ☐ **Flashlight:** With batteries. NO candles as they can cause a fire.



- ☐ **5-Gallon Paint Bucket:** With lid and eight (8) gallon trash bags. This can be used as a toilet if plumbing is damaged or to line your toilets with the plastic bags.

### **FOOD AND WATER:**

- ☐ **Water:** Each person usually needs one (1) gallon of water per person per day. Have at least a two-week (2) supply. Label with storage date and replace every six months or purchase specially packaged water that can last 5 years.
- ☐ **Food:** At least a two week or more supply. See attached list for recommendations.

### **FOR DISABLED or those with SPECIAL NEEDS:**

- ☐ **Food for Special Diet:**
- ☐ **Batteries:** For hearing aids, wheelchairs, etc.
- ☐ **Medical Devices:** List of style and serial numbers.
- ☐ **Special Supplies:** Oxygen, catheters, etc.
- ☐ **Personal Items:** Depends, disposable bags, wipes.
- ☐ **Prescriptions:** For medication and eye glasses.

**You should discuss your special needs with your physician for recommendation on how best to cope in an emergency setting.**

### **CAR SURVIVAL KIT:**

- ☐ **Jumper Cables:**
- ☐ **Water:**
- ☐ **Non-Perishable Food:**
- ☐ **First Aid Kit:**
- ☐ **Change of Clothes:** Extra socks, underwear, sturdy comfortable walking shoes, jacket, and gloves.
- ☐ **HELP Sign:**
- ☐ **Gas:** Always maintain 1/2 tank of gas.
- ☐ **Fire Extinguisher:** Class ABC
- ☐ **Personal hygiene Products:** Soap, toothbrush, toothpaste, hand sanitizer, toilet paper.
- ☐ **Whistle:**
- ☐ **Flashlight:** Small with batteries.



## **Emergency Foods Consider Having on Hand**

I recently had the question put to me about what foods should be set aside for an emergency. In our Parcel we are encouraging persons to have some similar items so that if it becomes necessary to share it will be easier to prepare food rather than having a little bit of this and a tad of that.

First of all Do Not purchase foods which you do not regularly eat as they may just sit in your food storage area and get out dated. Take a look at what you regularly eat and Do Consider having an additional three or four cans or boxes of those items. Then as you eat and your inventory gets low you rotate what is in the closet to the front or on the shelf. Then when you purchase the new item you store in back of what is available. Then Food will not get out dated.

Here are some suggestions about foods which will not perish. You will need all the nutrients of a regular diet for adequate calories.

### **Protein:**

Peanut butter, nut spread	Bean/Lentil Soups
Canned Tuna, Salmon, other fish, chicken	
Chile beans with meat	Canned beans
Spam	Vienna Sausages
Canned Evaporated Milk	Powdered Milk
Less nutritious but store easily...Top Raman type mixes with meat	

### **Carbohydrates**

Canned Fruit and Fruit Juices	
Canned Vegetable Juices	Canned vegetables
Pasta and Spaghetti Sauces	Dried cereal or instant cereals

## **Miscellaneous**

Jam or Jellies

Instant coffee and teas

Pots for cooking

Disposable dishes, eating ware

Hand Can Opener

Cooking spoons, ladles, knives

**Shareholders with BBQ's should keep a supply of butane on hand**

**Critical Importance: Adequate drinking water for more than 2 weeks.**

These are just a few ideas for those who have not begun to get ready. I am sure I may have forgotten some easy to store items so just add them to your list. Other shareholders have some good ideas that they will be glad to share. If you are able to get out you can get some supplies at Earthquake Management which is located at 15031 Golden West Circle in Westminster. Their phone number is 1-800.925.9744. Call to make an appointment or ask your Mutual Emergency Coordinator if they plan a visit and will purchase some items for you.

When it comes to the **Grab and Go Bag/Survival Kit** many of us have put these together between the 99 Cent Store, the sporting department at Target and/or have asked family members to provide a kit as a gift. At a carport or apartment sale you can pick up a used smaller suitcase on wheels and this makes the job easier to move it as you need. My neighbor has her **Grab and Go Bag** under a small end table that has a table cloth over it and therefore it's handy. Others have placed a plastic garbage can with wheels on the porch and filled the items they know they will need in an emergency situation.

Don't forget having a small survival kit in your car and do not forget your pet/s.