

**Elk Survival Fair
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Workshop Handouts

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**Sponsored by the
Elk Emergency Preparedness Committee**



Go Bag vs. Survival Kits

Along with all the natural disasters the United States saw in 2017, the term 'Go Bag' has been in the news quite a bit lately. While Go Bags are an essential part of a smart survival plan, they are just one part. Another equally important part are your Survival Kits.

Go Bags are filled with the **personal items you deem important to take with you when you need to evacuate your home**. These could include things like your insurance papers, bank statements, other financial papers, legal papers, pink slips, passports, cash, medications, clothing and extra cell phone or computer charging cords.

Survival Kits are most often filled with **items purchased for a particular purpose when the need arises to evacuate one's home**. These items may fall under the categories of First-Aid, Sustenance (easy-to-eat foods & plenty of water), Bedding (tents, folding cots, sleeping bags, pillows, extra blankets), Tools (flashlights with extra batteries, gas shutoff wrench, knives, axes, folding shovels, tarps, duct tape and ropes), Toiletries and Sanitation, just to name a few. It is recommended to have a Survival Kit in each vehicle in case a disaster prohibits you from getting to your home to retrieve additional items, along with one at work and another at home.

Both Go Bags and Survival Kits may be contained in backpacks, duffel bags, suitcases or other types of containers that are suitable for a quick departure. Some people like to utilize (1) backpack that they would wear, leaving both hands free for carrying (2) or more duffel bags or suitcases. Which type of container you choose might best be decided once you've determined what the contents will be. Backpacks are great for organizing things into many small pockets and a few large items. Because the weight is borne on your shoulders and back, they make it easier to carry heavier items or the cumulative weight of many small or medium items. This makes them work well for things like First-Aid Kits and Survival Kits. Duffel bags or suitcases may work best for Go Bags which will contain things like changes in clothing, toiletries, paperwork and warm jackets, gloves, hats, shoes, etc.

Those with pets should have separate Go Bags that contain food & water bowls; leashes; collars or harnesses; small, sealed bags of dry kibble; a few cans of wet food with a can opener, pet blankets and or bedding; cat litter box, litter and scoop; plastic poop bags for dogs; animal medications along with rigid pet carriers for the safe transport of animals. Panicked, frightened animals should be contained within structures inside a vehicle. You do not want them getting under-foot of the driver or getting out and fleeing in unfamiliar or dangerous territory.

People with serious or extensive health issues may want a separate Medical Go Bag that contains specific dressings, ointments, wraps, medications and/or medical devices that may be life-saving or would make your time away from home more comfortable.

Others may have valuable equipment, or favorite items they wouldn't want to be without, such as family photos, artwork or jewelry. It's a very individual thing.

None of the above lists or any additional lists should be considered complete. The potential list of items can be quite numerous and will vary depending upon the needs, resources and desires of each individual or family.

GO BAGS & SURVIVAL KITS - PURPOSES & ORGANIZATION

I find that most people understand the value of having go bags & survival kits ready to go and want to accomplish this, but once they get into the process, they find it overwhelming. So many choices, what do I really need, how do I get all the items, what do I put my items in, where should I store my bags & kits, etc. So here I've tried to break the process down so you can think it thru, go thru different scenarios, create lists based upon your unique needs and circumstances, accumulate your items and containers and store them where they will be the most helpful.

For purposes of this discussion, at this point I'm not going to make a distinction between GO BAGS & SURVIVAL KITS. To get started, it doesn't really matter what you call them, because they are both containers filled with items for a specific purpose. The containers may differ based upon how you will be utilizing them and the contents will differ based upon your current situation and lifestyle.

For example, people who travel by car frequently or commute more than a few miles to work every day may find it prudent to have a survival kit in their vehicle as well as one at work. People commuting to work in larger population areas may decide to stock their survival kit with items they wouldn't be able to access at a shopping center. People who commute long distances or frequently enjoy vacationing by vehicle may want to stock their survival kits with things they will need to get thru the first 72-hours should a disaster occur and they are in a remote area.

All of this is subjective. People who live within forests could be at much higher risk of losing their utilities and even their homes when a quick-moving forest fire breaks out in the middle of the night as opposed to people living near ocean bluffs. But those bluff dwellers may have a higher risk of a tsunami than their forest-dwelling neighbors. And, a large wildfire many miles away can destroy the utility lines that supply your community. So in determining the best survival strategy for you, you may wish to consider your personal lifestyle, your proximity to population centers and their amenities, your environment and the most likely types of disasters you will face there, your personal take on disaster preparation and your budget. While you're considering these factors, don't forget to account for any children, people with disabilities, seniors and pets living with you who will need specialized items to survive or evacuate.

And, while we are having a discussion about things that tend to be mobile, in no way does this lessen the need to have a well-stocked and more extensive survival kit that stays at home for a disaster that may damage bridges and roads prohibiting your access to food, gasoline, medications, water, shelter, heat, etc., or a disaster that may be long-term requiring you to shelter in place for long periods of time eliminating the possibility of obtaining any of these items. There is no right or wrong way to organize these bags & kits, unless you don't plan for all contingencies and therefore don't have what you need, when & where you need it. It's a great idea to do all the planning and logistics before buying any of the gear or bags to contain the gear. Think & talk thru different scenarios that could occur in your situation with a partner, family member, friend or neighbor and organize your bags & kits in such a way that you will have what you need at your fingertips.

Thinking through these different scenarios can be a difficult exercise because our minds want to wander rather than face the possibility that we could literally be subjected to these life-threatening conditions. That's why troubleshooting with other people will help your mind stay focused and will bring more considerations into the discussion. Once you've determined which disaster scenarios you are most likely to encounter, you've decided where you should have disaster supplies stored for your lifestyle, know what items you should have in those locations, it's time to start assembling your bags & kits. **Here's where your friends & neighbors can really help each other: by making each other accountable for completing the task.**

Once all the planning is complete, many people fail to actually follow through with purchasing and assembling their bags & kits. Set deadlines for yourself and ask your friends or neighbors to keep you accountable for completing your bags & kits. Of course, sometimes it takes longer to get the project done than originally anticipated, so set new deadlines when confronted with obstacles and notify your friends of the new date of accountability. Unless you are highly motivated, this is one of the best methods I've seen to make sure you get this life-saving task completed.

Having said all of the above, most people want some direction to break all of this down. A good place to start would be your personal lifestyle. Are you home most days of the week or are you on the road frequently? If the former, you may want to have a few things in your vehicle (Vehicle Survival Kit) and a small container of items you take with you when leaving the house (Go Bag) that can't live in your vehicle. These would include things that can't take the heat of living in a car parked in the hot sun for several hours such as medications, perishable foods like energy bars, extra batteries, etc. The latter may wish to have a fully stocked Vehicle Survival Bag and Go Bag with them on the road at all times.

People who have a higher likelihood of facing a fast-paced disaster such as a forest fire, wild land fire or tsunami may wish to organize their supplies into both vehicle kits and go bags ready at a moments notice. People living in remote locations may decide it's more important to have fully stocked Home Survival Kits while those living near large population centers may feel they can gather most of what they will need in the first 24 hours so don't feel the need to stock much at home. People living in or near large population centers should be aware that in the event of a large-scale disaster, food, water, gasoline, flashlights & batteries, medical supplies, etc., could be completely sold out within the first 12 to 24-hour period. And, getting to those locations may not be possible if streets, bridges or highways are blocked, destroyed or clogged with people trying to evacuate.

Now that we have a basis for making our decisions on what to stock, where to stock it and how much of it to stock, we can take the next step which is making lists of things we want to keep in our vehicle, at our work and in our homes. Here, a basic menu of the items that could be considered for these categories is in order. From these menus, you can go down the list and note next to each item whether you want it in the Vehicle Survival Kit, the Go Bag and/or the Home Survival Kit. Please know that determining all the items for the menu is an endless task. There are literally hundreds if not thousands of these lists available on the internet and they all vary based upon many of the factors stated above. Again, this is a very personal process where each individual needs to determine their current lifestyle and comfort levels before building their Survival Kits and Go Bags, so check out other resources online before putting this plan into action.

The last thing to consider is the container(s) you'll be using to store your survival items. Backpacks are a great container to use as they allow you to carry more weight and still leave both hands free. If you're putting together an extensive Survival Kit and/or Go Bag, they may be the first bag to utilize, but not everything will fit nor will it belong in the backpack. A good bag with a shoulder strap might be your second type of container because once you have your backpack on you can throw the shoulder strap over your head and carry that bag as well, leaving both hands still free. Stronger individuals may be able to carry a backpack and 2 shoulder bags (one on either side). Some items may just live in your car and a duffel bag may be more appropriate for things like your jumper cables, tow strap or emergency vehicle jump starter. And items in your Home Survival Kit may just live in a closet or spare room. One area you may wish to avoid is a basement. Basements are the first areas to flood when an in-home water heater leaks, your washing machine floods or if you are in a flood-prone area.

If your circumstances suggest that rapid evacuation is a strong possibility, some people are opting to store their survival items in a transport trailer. In the 2017 Santa Rosa fires, many people had just minutes to escape. In this scenario, everyone in your family would throw their Go Bags and pets in the vehicle, hitch up your transport trailer and take off. Buy the best quality containers you can afford, as you don't want a strap tearing off, a zipper breaking or a seam tearing open as you're fleeing a disaster. **DON'T PURCHASE YOUR CONTAINERS BEFORE YOU HAVE ALL OF YOUR ITEMS.** It is so much easier to accumulate your items and based upon the size and weight of the items, purchase the right container to suit the items and how you'll be using them. You can always purchase smaller organizing containers or utilize clear, see-thru Ziplock baggies to keep your items sorted within your larger containers. And it's always better to go a little bigger on the container for the flexibility to add items in the future that you discover to be of benefit to your survival. You may be able to find good, used backpacks, duffel bags, small organizing bags and many of the items on your lists at local garage sales and second-hand stores.

I highly recommend that you type a list of all the items in each bag and keep those lists in the bag so you won't have to unpack bags that don't have the items you're looking for. You just check the lists to see which bag it is in. Place lifesaving items where they can be accessed the easiest & fastest such as your First Aid kits and Fire Extinguishers. On your First-Aid kit or bag, label the locations of the lifesaving items like your CPR mask & tourniquet. In an emergency, seconds matter so you don't want to be searching your entire bag for an item. Know how to use your equipment! Most manufacturers now have online videos of how their equipment should be used, so watch them and practice or take classes.

REDUNDANCY is incredibly important when accumulating items for your survival kits. I can't tell you how many stories I've heard where brand new equipment fails right out of the box. Not too much of a problem if it's something ancillary, but what if it's your water filtering system or your back-up power generator? Now that's a problem. If you can afford it, have backup items when it comes to water, food, protection from cold or heat, & life-saving medical items or equipment and the ability to power that equipment. Energy & security items may also be important. Having duplicates or triplicates of these items spread throughout your different bags & kits can save your life.

Last but not least, don't purchase your equipment and then store it away. Make a plan with your family or a group of friends or neighbors to simulate a disaster weekend. If forest fires are your largest concern, simulate just such an event. Pretend your home is about to be over-run

by fire. You only have several minutes to grab your go bag and your home survival kits and evacuate. Can you get your entire family, your pets and all of your survival equipment out of the house and into the car within that time frame? Take a weekend to practice sheltering in place without electricity and running water. Does all of your equipment work? Is it suitable for such a situation? Are you familiar with the operation of all your gear? Did situations arise that made it clear you need other items to make survival a reality? Do you need to reorganize your bags or kits to make them more functional? Did you end up having to abandon any of your survival gear, food or water because you couldn't get it into your vehicle quickly enough? If so, gather those needed items and/or reorganize your survival kits and go bags so they work better for you. Exchange equipment that didn't work when you needed it to.

PROCESS SUMMARY

1. Consider your personal lifestyle, your living environment and what types of disasters you are most likely to be confronted with to determine whether you need a Home Survival Kit, a Vehicle Survival Kit, a Go Bag or all of the above.
2. Go thru the lists presented here AND other lists available on the internet to determine which items should go in which bags and kits. You may want the same item in each kit or in just one kit.
3. Begin collecting your items. Some people who are building Vehicle Survival Kits, Go Bags, Home Survival Kits, Pet Kits, Children Kits, Senior Kits, etc. use paper grocery bags or plastic bins in this process. As items are purchased for different kits, they are placed in the appropriate bag or bin and once all the items have been accumulated, they are already organized for you. Now you can easily look at the volume and weight that each kit or bag will need to contain.
4. Purchase your containers, organize and pack the items for each kit or bag and store them in the appropriate location (Vehicle, Home, by the front door, where you keep your car keys, in a transport trailer, etc.).

Now that you've got your bags & kits assembled and stored where they belong, don't forget to periodically check, recharge and/or replace your perishables. Medications, extra batteries, energy bars & snacks and water should be rotated out of your kits and used in your daily life so they don't go to waste. When these items need to be replaced depends on their individual shelf life. One easy method is to keep all these items in a single Go Bag. This bag goes with you whenever you leave but lives in your house the rest of the time. Enter regular reminders in your smartphone or a calendar to rotate your perishables or recharge items that have rechargeable batteries. That way these items will always be fresh when you need them. The only exception would be large, heavy, rechargeable items like the emergency vehicle battery jump starters that should live in your vehicle and you'll charge them out in the garage.

Remember, this process and the lists provided are not complete for every person and every scenario. It is incumbent upon you, the end user, to think through all the possible scenarios

you could face and determine what items would best suit your situation. Do your research and practice using your equipment so there are no surprises when the time comes.

Just a few extra tips: Some items for your vehicle belong within grasp of the driver such as a device that cuts through your seatbelt and can break your vehicle windows for escape. Some people may want a small fire extinguisher within grasp should an engine fire break out. **Secure these items to the inside of your vehicle within grasp.** If you are involved in an accident or should go off the road, these items can be a danger if not secured and they may not be within grasp after a serious impact.

Don't keep your batteries in your devices in any of your kits. If they go bad prematurely, they can ruin your devices. They also discharge much faster when they are installed. I keep my batteries for each device in plastic cases where they can't touch end-to-end and use rubber bands to secure the cases to the device. That way, they are as fresh as possible and can be installed and utilized when needed. I also set reminders in my smartphone to replace those batteries periodically and put them into everyday use before they are completely drained. When I have a disaster, my batteries will work. I also have several extra of each type of battery my equipment needs (AA, AAA, 9V, alkaline, Li-ion, CR123a, etc.). Be sure to utilize the correct battery the manufacturer specifies. I keep all my extra batteries in my small Everyday Go Bag. Heat reduces battery life, so I don't want mine sitting in a hot car. By keeping them in my Everyday Go Bag, they are with me all the time and I'm usually in comfortable temperatures whether that means in a temperature-controlled store or I'm driving with my air-conditioner on. It also makes it very easy to rotate or recharge batteries because they're all in one location. The only exception is the battery in my emergency vehicle starter and tire inflator. That lives in my vehicle all the time and when it's due for recharging I charge it right in the garage.

GO-BAG, SURVIVAL KIT AND EQUIPMENT LIST

TECHNOLOGY GO BAG-THESE ITEMS ARE IN USE REGULARLY, SO HAVE THE BAG READY SO YOU CAN GRAB THESE ITEMS AND THEIR 110V CORDS. HAVE EXTRA 12V DC POWER CORDS IN THE BAG READY TO GO.

MOBILE PHONES, 110V & DC POWER CORD
TABLETS, 110V & DC POWER CORD
LAPTOPS, 110V DC POWER CORD
EXTERNAL HARD DRIVES & POWER CORD
WIFI ROUTERS & 110V DC POWER CORD

DAILY GO BAG

WALLET WITH DRIVERS LICENSE, CREDIT CARDS, CASH & CHECKBOOK
BANDAGES, WATERPROOF TAPE, ANTIBIOTIC OINTMENT
CASH - SMALL BILLS TOTALING A FEW HUNDRED DOLLARS (\$1, \$5, \$10)/CHECKBOOK
COMPASS
DISPOSABLE LIGHTERS (PERISHABLE)
EMERGENCY WHISTLE
EYEGLOSS REPAIR KIT
FLASHLIGHTS & EXTRA BATTERIES (PERISHABLE)
GLASSES IN HARD CASE - MAGNIFIER & SUNGLASSES
GLOVES - BLACK AUTO REPAIR GLOVES ARE BEST QUALITY
HAND DISINFECTANT - SQUEEZE BOTTLE BETTER THAN PUMP FOR NO LEAKING
HEADLAMP WITH EXTRA BATTERIES (PERISHABLE)
KNIFE - FOLDING WITH SERRATED BLADE
LIFESTRAW WATER FILTER
LIGHT STICKS
MULTITOOL
MEDICATIONS - 72-HOUR MINIMUM SUPPLY (PERISHABLE)
NON-PERISHABLE FOODS - FREEZE DRIED FRUITS, ENERGY BARS, ETC. FOR 72 HOURS
PER PERSON. NUTS WILL DEGRADE AS THE FATS BECOME RANCID, BUT ARE
STILL SAFE TO EAT UP TO A POINT
IMPORTANT PAPERWORK (YOU MIGHT WANT TO KEEP ORIGINALS IN A SAFE-DEPOSIT
BOX, LOAD COPIES ONTO A FLASH DRIVE & MAIL TO FAMILY MEMBER THAT'S
OUT OF STATE AND PUT PAPER COPIES IN YOUR GO-BAG OR SURVIVAL KITS) -
INSURANCE (HEALTH INSURANCE OR MEDICARE CARD, HOME & CAR, FLOOD,
EARTHQUAKE), LEGAL (PROPERTY DEEDS, VEHICLE TITLES, HEALTH RECORDS),
FINANCIAL (BANK & STOCK STATEMENTS, MORTGAGE PAPERWORK,
ACCOUNTING, TAX RETURNS), SOCIAL SECURITY CARD, MARRIAGE LICENSE,
DRIVERS LICENSE, PASSPORT, VEHICLE REGISTRATION, VEHICLE FINANCING
DOCUMENTS
SIGNAL MIRROR
DUAL-BAND FM TRANSCEIVER AND MANUAL, ONLY IF YOU ARE A LEGAL HAM
OPERATOR. IF NOT, A REALLY GOOD HIGH-PERFORMANCE AM/FM PORTABLE
RADIO AND EXTRA BATTERIES (PERISHABLE)

72-HOUR BAG - QUANTITIES & SIZES DEPEND ON NUMBER & SIZE OF OCCUPANTS
CAMPING UTENSILS, PLATE, BOWL, CUP
CASH - SMALL BILLS TOTALING A FEW HUNDRED DOLLARS (\$1, \$5, \$10)
COMPASS
DISPOSABLE LIGHTERS (PERISHABLE)
DRY DOG FOOD (KIBBLE - PERISHABLE) & UNBREAKABLE BOWLS FOR FOOD & WATER
EMERGENCY BEDDING - REFLECTIVE BIVVY, VERY LIGHTWEIGHT SLEEPING BAG,
THERMAL SLEEPING PAD (ONE FOR EACH REGULAR OCCUPANT)
EMERGENCY WHISTLE
FLASHLIGHTS & EXTRA BATTERIES (PERISHABLE)
GARBAGE BAGS
GLOVES - BLACK AUTO REPAIR GLOVES ARE BEST QUALITY
HAND DISINFECTANT - SQUEEZE BOTTLE BETTER THAN PUMP FOR NO LEAKING
HEADLAMP WITH EXTRA BATTERIES (PERISHABLE)
LIFESTRAW WATER FILTER OR KATADYN POCKET MICRO FILTER
LIGHT STICKS
MAGNIFIER GLASSES IN HARD CASE
MANUAL CAN OPENER
MAPS - INCLUDE LOCAL MAPS WITH ALL BACKROADS IDENTIFIED
MEDICATIONS - 72-HOUR MINIMUM SUPPLY (PERISHABLE)
MOIST BABY WIPES IN AIRTIGHT, RESEALABLE ENCLOSURE
MULTI-TOOL
NON-PERISHABLE FOODS - FREEZE DRIED FRUITS, ENERGY BARS, ETC. FOR 72 HOURS
PER PERSON. NUTS WILL DEGRADE AS THE FATS BECOME RANCID, BUT ARE
STILL SAFE TO EAT UP TO A POINT
RESPIRATOR MASKS - N95 OR BETTER
SHOP TOWELS - BLUE ONES LAST & CAN BE WASHED & RE-USED
SIGNAL MIRROR
SOLAR PANELS - SMALL, PORTABLE PANELS WITH CHARGING CORDS FOR MOBILE
PHONES, TABLETS, RADIOS, BATTERY CHARGERS, ETC.
TARP & NYLON CORD - SIZE DEPENDENT ON NUMBER OF PEOPLE OR PETS
TOILET PAPER
TOILETRIES - SHAMPOO & CONDITIONER, COMB OR BRUSH, SOAP, DEODORANT,
LOTION, WASHCLOTH, TOWELS, TOOTHPASTE & BRUSH
WARM CLOTHING - USE LAYERS - HOODIES, SWEAT PANTS, FLEECE JACKETS, 3/4 RAIN
& WINDPROOF JACKET, BEANIE OR SKULL CAPS, GLOVES - WATER RESISTANT
SEALSKINZ OR BETTER, SOCKS, OLD BOOTS OR OTHER ROUGH TERRAIN SHOES
WRITING IMPLEMENTS - PENS, PENCIL, WRITE IN THE RAIN PAPER

FIRST-AID KITS

VARIETY OF DIFFERENT SIZE & SHAPE BANDAGES-USE CLOTH NOT PLASTIC BANDAGES
WATERPROOF TAPE
VARIETY OF SIZES - STERILE, NON-STICK PADS
STERILE GAUZE ROLLS
ISOPROPYL ALCOHOL & HYDROGEN PEROXIDE
ANTIBIOTIC OINTMENT
BURN OINTMENT
HYDROCORTISONE OINTMENT
HAND SANITIZER IN SQUEEZE BOTTLE

SURGICAL GLOVES
VARIOUS SIZE ELASTIC WRAPS
INSTANT COLD PACKS
FINGER SPLINTS & SAM SPLINTS
TRIANGULAR BANDAGE
QTIPS
ASPIRIN, BABY ASPIRIN, TYLENOL AND/OR OTHER ANALGESICS
SUNSCREEN
TWEEZERS
TAPING SCISSORS
THERMOMETER
MENSTRUATION PADS (EXCESSIVE WOUND BLEEDING) & TAMPONS (BLOODY NOSES)
TOURNIQUET
ISRAELI BANDAGES
QUIK-CLOT DRESSINGS
CHEST SEALS
REFLECTIVE BLANKET
REGULAR BLANKET FOR GROUND INSULATION
CPR MASK FOR 2-PERSON CPR
FIRST-AID MANUAL

VEHICLE KITS

DISPOSABLE LIGHTERS (PERISHABLE)
FLARES
FLASHLIGHT WITH EXTRA BATTERIES (PERISHABLE)
FOLDING SHOVEL
GARBAGE BAGS
GLOVES - BLACK AUTO REPAIR GLOVES ARE BEST QUALITY
HEADLAMP WITH EXTRA BATTERIES (PERISHABLE)
JUMPER CABLES
LIFESTRAW WATER FILTER
LIGHT STICKS
MAPS - INCLUDE LOCAL MAPS WITH ALL BACKROADS IDENTIFIED
MEDIUM PRY BAR
MOBILE PHONE 12V CHARGING CORD
MOIST BABY WIPES IN AIRTIGHT, RESEALABLE ENCLOSURE
REFLECTIVE BIVVY BAG
RESPIRATOR MASKS - N95 OR BETTER
SHOP TOWELS - BLUE ONES LAST & CAN BE WASHED & RE-USED
SLEEPING BAG (SYNTHETIC FOR MY SITUATION)
SOLAR PANELS - SMALL, PORTABLE PANELS WITH CHARGING CORDS FOR MOBILE PHONES, TABLETS, LAPTOPS, RADIOS, BATTERY CHARGERS, ETC.
SPARE WHEEL - MANY NEW VEHICLES DO NOT INCLUDE SPARE WHEELS ANYMORE
TARP & NYLON CORD - SIZE DEPENDENT ON NUMBER OF PEOPLE OR PETS
TIRE FIX COMPRESSOR KITS - THESE DON'T USE PRESSURIZED SEALANTS THAT CAN EXPLODE IN A HOT CAR
TOILET PAPER
TOOL KIT - HAMMER, VISE GRIP PLIERS, CRESCENT WRENCH, PHILLIPS & STANDARD SCREWDRIVERS AT MINIMUM

TOW STRAP WITH HOOKS AT EACH END
UMBRELLA
VEHICLE EMERGENCY JUMP STARTER AND TIRE INFLATOR, LIQUID TIRE SEALANT
(GREEN SLIME)
VEHICLE MULTI-TOOL WITH SEATBELT CUTTER, WINDOW PUNCH, SOME ALSO HAVE
FLASHLIGHTS, FLASHING BEACONS AND/OR EMERGENCY WHISTLES
WARM CLOTHING - USE LAYERS - HOODIES, SWEAT PANTS, FLEECE JACKETS, 3/4 RAIN
& WINDPROOF JACKET, BEANIE OR SKULL CAPS, GLOVES - WATER RESISTANT
SEALSKINZ OR BETTER, SOCKS, OLD BOOTS
WATER - 1 GAL PER PERSON PER DAY + ANIMALS (PERISHABLE - REPLACE REGULARLY)
WORK GLOVES - HEAVY DUTY
WRITING IMPLEMENTS - PENS, PENCIL, WRITE IN THE RAIN PAPER

ADDITIONAL ITEMS FOR INFANTS & CHILDREN

FORMULA, DISPOSABLE BOTTLES, NIPPLES
DIAPERS & WIPES
INSTANT BABY CEREAL
BOWL & SPOON
SUNSCREEN
AT LEAST 2 CHANGES OF CLOTHING
WARM JACKET
THERMOMETER
MEDICINE DROPPER & MEDICATIONS
PEDIALYTE, ELECTOLYTE REPLACEMENT SOLUTION
FIRM SOLED SHOES
TOYS, BOOKS, STUFFED ANIMALS
AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR FORM, COMPLETED
ANY OTHER MEDICAL OR DAILY ITEMS THAT YOUR CHILD IS CURRENTLY USING

ADDITIONAL ITEMS FOR SENIORS & DISABLED

FOOD FOR SPECIAL DIET NEEDS
BATTERIES FOR HEARING AIDS, WHEELCHAIR, WALKER, CANE, ETC.
LIST OF MODEL & SERIAL # OF MEDICAL DEVICES
SPECIAL SUPPLIES: OXYGEN, CATHETERS, ETC.
PRESCRIPTIONS FOR EYEGASSES (NOT OLDER THAN 1 YEAR)
PERSONAL SANITARY ITEMS (PROTECTIVE UNDERGARMENTS, DISPOSABLE BAGS, TIES,
WIPES)
ANY OTHER MEDICAL OR DAILY ITEMS THAT YOU ARE CURRENTLY USING.

PET BAG - QUANTITIES & SIZES DEPEND ON NUMBER & SIZE OF PETS

BLANKETS
DRY DOG FOOD (PERISHABLE)
MEDICATIONS - 72-HOUR MINIMUM SUPPLY (PERISHABLE)
PAPER TOWELS
REFLECTIVE BIVVY BAG
THERMAL SLEEPING PAD(S)
TICK REMOVER
UNBREAKABLE BOWLS FOR FOOD & WATER
WATER FOR EACH PET

PET BAG - FULL EVACUATION

COLLARS, HARNESSSES, LEASHES
LITTER BOX, SCOOP, BAG OF LITTER
PET CARRIERS
FULL QUANTITY OF MEDICATIONS
PET BEDS & BLANKETS
DOG POOP BAGS
TOYS AND PET TREATS

VALUABLES IF YOU HAVE THE TIME - DO NOT RISK YOUR LIFE FOR THESE

FAMILY PHOTOS, HEIRLOOM JEWELRY, COIN COLLECTIONS, FIREARM COLLECTIONS,
RARE OR SENTIMENTAL PAINTINGS OR OTHER FAMILIAL ITEMS OF PERSONAL OR
FINANCIAL VALUE. CREATE A LIST ON YOUR SMARTPHONE OF ITEMS YOU WOULD TAKE
IF ALLOWED THE TIME.

HOME SURVIVAL SUPPLIES

FOOD PREPARATION

FIRE STARTER OPTIONS - MANGANESE STRIKERS, DISPOSABLE LIGHTERS,
WATERPROOF MATCHES, COTTON BALLS & PETROLEUM JELLY, LINT, DRY WOOD
CHIPS & KINDLING, FIREWOOD.
BIOLITE COOK STOVE (BIOLITE USES ANY TYPE OF SMALL WOOD AS A HEAT SOURCE)
BIOLITE BASECAMP STOVE
BIOLITE GRILL(S)
ROCKET STOVE (ALSO USE SMALL TO MEDIUM SIZE WOOD FOR HEAT SOURCE)
SUNOVEN SOLAR OVEN - CAN ALSO BE USED TO DRY OUT KINDLING FOR STOVE &
GRILLS MENTIONED ABOVE
FREEZE-DRIED FOODS
MANUAL CAN OPENER
POT, PAN, PLATE, BOWL, UTENSILS, PREP KNIFE

WATER & STERILIZATION

STAINLESS STEEL MANUAL WELL PUMP
STAINLESS STEEL BUCKET & ROPE TO RETRIEVE WATER FROM TANK OR CREEK
SURVIVAL STILL WATER DISTILLER
ROCKET STOVE FOR WATER DISTILLER
LARGE WATER CONTAINERS FOR STERILE WATER STORAGE
SMALL, PORTABLE WATER CONTAINER WITH SHOULDER STRAP OR LOOP TO CARRY
WITH YOU WHILE WORKING OR FORAGING
BACKUP WELL & WATER TREATMENT PARTS MOST LIKELY TO NEED REPLACING

ENERGY PRODUCTION & UTILIZATION

ALKALINE, RECHARGEABLE Ni-Mh & Li-Ion BATTERIES
SOLAR PANELS - PORTABLE OR STANDARD
SOLAR BATTERIES - MUST BE COMPATIBLE WITH ALL OF YOUR DEVICES

SOLAR BATTERY CHARGER(S) - MUST BE COMPATIBLE WITH **ALL** OF YOUR
BATTERIES
SOLAR LANTERN
SOLAR HEADLAMP
BACKUP SOLAR SYSTEM PARTS MOST LIKELY TO NEED REPLACING

SECURITY

FIREARM TRAINING CLASSES - REDWOOD PRACTICAL SHOOTERS IN FORT BRAGG &
UKIAH RIFLE & PISTOL CLUB
FIREARMS - CALIFORNIA LEGAL MODELS AND LEGALLY ACQUIRED
AMMUNITION - LEGALLY ACQUIRED
BEAR SPRAY - CS TEAR GAS COMBINED WITH OLEORESINS CAPSICUM PEPPER SPRAY
THAT SPRAYS IN A STREAM (**NOT** AN AEROSOL, FOG OR FOAM) IN A LARGE,
HANDHELD CONTAINER THAT SPRAYS 25-30 FEET.
STUN GUNS

COMMUNICATION

CORDED PHONES IF PHONE LINES STILL OPERATING
CELL PHONES IF CELLULAR ANTENNAS AND NETWORKS STILL FUNCTIONING
HAM RADIOS IF YOU ARE LICENSED
SATELLITE PHONES
BATTERY-OPERATED RADIOS

SHELTER

TENT(S)
COTS
THERMAL SLEEPING PADS
SLEEPING BAG THERMAL LINERS
SLEEPING BAGS RATED FOR THE COLDEST WEATHER YOU COULD EXPECT
PILLOWS
EXTRA BLANKETS
TARPS, TENT STAKES, NYLON ROPE FOR EMERGENCY SHELTER OR TO PROTECT YOUR
SURVIVAL GEAR FROM THE WEATHER

HYGENE

TOILETRIES - SHAMPOO & CONDITIONER, COMB OR BRUSH, SOAP, DEODORANT,
LOTION, WASHCLOTH, TOWELS, TOOTHPASTE & BRUSH, CHAPSTICK, MANICURE
KIT, TWEEZERS, MIRROR, HAND SANITIZER, ALCOHOL, SUNSCREEN.

SANITATION

5 GALLON BUCKET WITH TOILET SEAT LID
PLASTIC TRASH BAGS
CARTONS OF TOILET PAPER AND PAPER TOWELS
BABY WIPES
BLEACH

ENTERTAINMENT

COMPACT DVD PLAYER IF YOU HAVE SOLAR POWER OR GENERATOR
DVD MOVIES
BOOKS
DECKS OF CARDS
JIGSAW PUZZLES
BOARD GAMES

INFECTIOUS DISEASE

MOSQUITO NETTING FOR BED
MOSQUITO REPELLENTS
RESPIRATOR MASKS - N95 OR BETTER

WILD FIRE PREPARATION

FIRE HOSE FITTINGS INSTALLED ON WATER TANKS
FIRE DEPT LOCKED GATE KEY STORAGE DEVICES

EMP ATTACK

FARRADAY CAGE - METAL TRASH CAN FILLED WITH ELECTRONIC DEVICES NOT CURRENTLY IN USE: OLDER MODEL CELL PHONE, EMERGENCY RADIO, PORTABLE HAM RADIO IF LICENSED, TABLETS, LAPTOPS, ANYTHING WITH ELECTRIC CIRCUITRY.

MISCELLANEOUS

TAKE PICTURES OR VIDEO EVERYTHING IN YOUR HOUSE. DON'T FORGET TO CAPTURE BRAND, MODEL & SERIAL NUMBERS ON ITEMS. SMARTPHONES CAN DO BOTH OF THESE. BACKUP YOUR PHOTOS TO THE CLOUD OR ON THUMB DRIVES STORED IN SAFE DEPOSIT BOXES OR WITH DISTANT FAMILY MEMBERS SO YOU DON'T LOSE THEM IN A DISASTER. SYNC YOUR CONTACT LISTS TO MULTIPLE DEVICES.

SURVIVAL FOODS

This topic is extremely complex. There are many ways to accomplish the same thing and much of that depends upon how much time you have to spend on this, how much money, any food allergies, food preferences, health considerations, etc. The following is just a foray into this complex topic, so use it as just that and do your own research to determine which options will be best for you and your family.

Remember, most shelves will be empty within 24-hours of a serious emergency. Future deliveries may be delayed significantly by roads being impassable, electric grids being down preventing orders from going out, etc. Freeze-dried foods are the best option for Survival Food. They are much lighter weight with the water removed, can last 15-30 years if stored properly (in temperatures less than 75 degrees, low-humidity, out of sunlight and in sealed containers that omit oxygen), and even comes in pre-prepared meals. All you need is hot water or the ability to make hot water.

There are many companies that produce freeze-dried foods. Often they come pre-assembled in 5 gallon buckets and claim to feed X number of individuals for X number of days. Many people will still be hungry with these pre-assembled buckets. It's not the number of meals per day you should be looking at, but the number of calories per day per individual that's important. Most individuals need 1700-2000 calories per day. Remember, you'll be under stress, you may be camping out and using more energy throughout your day than you normally would. And even if you don't need to consume that many calories in a day, someone else in your group may need those extra calories or it just means your food supply will last you a little longer. So before purchasing, do the math and add up the total calories and divide by the number of people to be fed and that will tell you how many meals that container will actually provide.

Survival experts recommend that you buy foods you and your family will enjoy eating. We've all heard the stories of people losing their appetites because their food options are unpalatable or there's a lack of variety. While these may not matter in a short-duration scenario, they will if the disaster involves removing and replacing large-scale infrastructure such as the nation's electrical grid or major highways and bridges.

A good option is to purchase enough freeze-dried fully-prepared meals for the first 1-2 weeks of a disaster. Your stress level will be high, you may feel extremely fatigued and emotionally drained. Now is not the time to add in meal planning. As time progresses and you get your legs under you to deal with disaster circumstances, you can open up the freeze-dried single-food items and create your own meals. If possible, order some additional fully-prepared meals to use throughout the ordeal for those times when you just need a bit of a break.

This subject wouldn't be complete if we didn't also cover good storage options and preparation options. Depending upon where you live, you may have a wide range of competitors for your food. Ants, rodents, small to large mammals and even ravens have discovered stored food supplies. One of the best suggestions I've seen are to use threaded, large-lidded, food-grade, plastic barrels. They'll keep out most of the competitors listed above. For other competitors such as bears and even other humans, it's where you store those barrels that will be important. If you live in an area where the temperature is frequently above 75

degrees, you may want to create or find an alternative storage location. One article I read recently discussed the abundant number of used air-conditioners on the market from the collapsed indoor-marijuana industry. One person purchased such a system and built a room within his large garage that was air-tight and automatically cooled to 70 degrees whenever the temperature went higher than 75 degrees. Some people build underground root cellars for their food storage. If it rarely goes above 75 degrees where you live than your food won't spoil, it's shelf-life will just be reduced.

Now, we need to think about food preparation. If you're living off freeze-dried foods, then you just need to be able to heat water. Usually not a problem. But some disasters may leave you with untreated water and without electricity or gas to heat it. Now what? There are simple, large, water distillers on the market that work without electricity or gas fuels. The advantage of these distillers is that some disasters may contaminate your water supply beyond what boiling and chlorine can deal with. They can operate over open fires or rocket stoves that create very high-temperatures in short periods of time. If you live in a rural area with lots of wood in supply, then this may be your best option. Begin to store wood chips and kindling in a dry area and in open containers so they continue to dry and you have an abundant supply of dry, fire-starting material for your fires. Some people also store lots of Bic lighters, magnesium fire-starters, strikers and quick-igniting materials like dry sawdust, laundry lint, petroleum jelly-coated cotton balls, used egg cartons and newspapers, etc.

Lastly, compare the cost of different companies' foods by the dollar per calorie. That's the correct way to determine the value of the food you're purchasing. Pre-prepared, freeze-dried foods are a premium product. The cost gets less expensive when you purchase large, sealed cans or 5-gallon buckets of freeze-dried vegetables, grains and other food items. The least expensive method I've seen utilizes buckets or cans, Mylar bags and oxygen depletion products that you purchase from Mormon food warehouses. You fill up these containers with Walmart packaged rice, dried beans, wheat, pasta and other foods with very long perishable dates. Supplement these foods with other canned food items that you can rotate thru your regular everyday meals so they are always fresh. This is by far the cheapest method I've seen to put away long-term food supplies.

I'd like to suggest that before you go out and buy in bulk, try a couple of different company's food items. See which company you prefer and which of their entrees you enjoy before placing that bulk order. Many of these companies will give discounts on really large orders, so go in with your families, friends and neighbors to get more bang for your buck.

A final note: most emergency, first-aid & survival entities are now recommending a MINIMUM of 2-3 weeks of food per person and don't forget about your pets. If it's a large-scale disaster and you are unable to get to a shelter, 2-3 months of stored food may be more realistic.

RESOURCES

The Survival Still from Socrates Water: socrateswater.com

Rocket Stoves: just do a search of these online and you'll find many manufacturers with different features and different price points.

Mormon Food Supplies: providentliving.lds.org

Emergency Essentials: beprepared.com

Food4Patriots: secure.food4patriots.com

When to Stay or Go

This has become a complex topic. Generally, we rely on first-responders, law enforcement or other disaster officials to make this call. However, recent events have demonstrated the shortcomings of our modern communication systems. They are still one of our best notification sources so make sure you are enrolled in your local emergency notification services. In addition, bookmark real-time disaster webpages such as your local sheriff, Office of Emergency Services, CalFire, etc., and do it now before you need to use them. Use your battery-operated radio to listen to local stations covering the disaster and stay in touch by phone with friends located closer to the disaster to learn what they may know. California fire officials have stated to evacuate immediately when told to do so. The current state of fires in California is such that they are burning far too hot for anyone to shelter-in-place and they cannot risk the lives of their firefighters to rescue you if you ignore the warnings to evacuate.

Know When and How to Shelter-in-Place

In an emergency, local officials may tell you to seek safe shelter or “shelter-in-place.” Shelter-in-place means to stay inside or go in the nearest building when a disaster strikes. It is a way for you to stay as safe as possible until the emergency is over.

If you are told to shelter-in-place, follow the steps below to keep you and your family safe during an emergency.

Print this Fact Sheet and Keep it in Your Wallet or Purse in Case of an Emergency

1. Shelter

Go inside your home or the nearest building.
Choose an inside room with as few windows or doors as possible.
Bring in pets, if possible.

2. Shut

Shut and lock all windows and doors to create a better seal.
Turn off the heater or air conditioner. Make sure the fireplace damper and all ventilation fans are closed.
If you are told there is danger of explosion, close the window shades, blinds or curtains.

3. Listen

Local officials are your best source of information. Keep listening to your radio or television until you are told it is safe to leave the shelter or to evacuate.
When you leave the shelter, follow instructions from local officials to avoid any harmful materials outside.
Do not use the telephone unless you have a life-threatening condition to keep lines free for emergency responders.

Additional Information on Shelter-In-Place

Chemical, Radiological and Biological Emergencies

There are three types of emergencies where you may be told to shelter-in-place. Keep the tips below in mind for each type of emergency.

1. Chemical

A chemical emergency can happen anywhere harmful materials are manufactured, stored or shipped including chemical plants, highways, railways and storage containers at local swimming pools. Examples of chemical emergencies could include chlorine, mustard gas, ricin, sarin gas or arsenic.

In the case of a chemical emergency, an above-ground shelter-in-place is better because some chemicals are heavier than air and may seep into basements even if the windows are closed.

If your eyes are watering, your skin is stinging and you are having trouble breathing, you may have been exposed to a chemical. If possible, take a shower with warm water and soap, change your clothes and put what you were wearing in a plastic bag.

Any clothing that needs to be pulled over the head should be cut off instead.

After a chemical emergency, open all doors and windows, turn on your heater or air conditioner to ventilate the house and go outside.

2. Radiological

In a radiological emergency, you may be told to shelter-in-place or leave the area. Examples of radiological emergencies could include bombs that contain radioactive materials (called a “dirty bomb”), an explosion at a nuclear plant or of a small nuclear device. In the case of a radiological emergency, the safest place is a centrally-located room or basement.

If you think you have been exposed to radiation, take a shower with warm water and soap, change your clothes and put what you were wearing in a plastic bag. Pets should also be brought inside and washed with warm water and soap.

Only take potassium iodide (KI) if local officials tell you to do so. KI only protects the thyroid gland and does not protect from any other radiation exposure. It should only be taken in an emergency that involves the release of radioactive iodine, such as an accident at a nuclear power plant or the explosion of a nuclear bomb. A “dirty bomb” most likely will not contain radioactive iodine.

3. Biological

A biological emergency involves the release of germs or other substances that can make you sick. Examples of biological emergencies could include smallpox, salmonella or anthrax. Many biological agents must be breathed in or eaten while others can enter through a cut on the skin. Some, like smallpox, can be spread from person to person while others, such as anthrax, cannot.

If you think you have been exposed to smallpox, stay away from others and call your county health department, your local doctor or health clinic immediately.

If you see a package or envelope that you believe may contain anthrax, do not open it. Leave the area, close any doors and take actions to prevent others from entering the area. Immediately wash your hands with soap and water. Call 911 or local law enforcement for additional instructions.

4. Things to Keep in Mind During Shelter-In-Place

Most likely you will only need to shelter-in-place for a few hours. Choose a room with a hard-wired telephone in addition to any cellular phones you may have. Cellular telephone equipment may be overwhelmed or damaged during an emergency.

Gather essential disaster supplies ahead of time including canned food, a hand-operated can opener, bottled water, battery-powered radios, a first aid kit, flashlights, batteries, duct tape, plastic sheeting and plastic garbage bags. Remember not to drink water from the tap as it may make you sick.

Make sure all necessary medicine is convenient. Ask your doctor about storing prescription drugs such as heart and high blood pressure medication, insulin and others.

If your children are at school, they will be sheltered there. Unless you are told to do so, do not try to get to the school to bring your children home. Taking them from the school will put them, and you, at increased risk.

You should not shelter in a vehicle, as this does not provide enough protection against harmful materials.

5. Things to Keep in Mind for Those with Special Needs

Make sure you have all the supplies that a baby or child will need. Remember to include formula, diapers, bottles, medications and diaper rash ointment.

Seniors and people with disabilities should include extra eyeglasses, hearing aid and/or wheelchair batteries, oxygen tanks, or other special equipment in their disaster kits. Also include a list of style and serial numbers of medical devices such as pacemakers. Make sure that others know how to operate equipment such as wheelchairs.

People with disabilities should create a support network to help them in an emergency. Make sure someone knows where your disaster supplies are and can get into your house or apartment in an emergency.

6. Tips in the Workplace

In addition to the instructions above, use the following guidelines in the workplace: Close the business. Ask customers, clients or visitors to stay in the building.

If the business has a voicemail system, change the recording to say that the business is closed and that staff and visitors are remaining in the building until officials advise it is safe to leave.

Write down the names of everyone in the room and call your business' emergency contact to report who is in the room with you and their relationship with your business (i.e. employee, client, customer, visitor, etc.).

PRE-EVACUATION PREPARATION STEPS

When an evacuation is anticipated, follow these checklists (if time allows) to give your home the best chance of surviving a wildfire.

Home Evacuation Checklist – How to Prepare for Evacuation:

Inside the House

- Shut all windows and doors, leaving them unlocked.
- Remove flammable window shades, curtains and close metal shutters.
- Remove lightweight curtains.
- Move flammable furniture to the center of the room, away from windows and doors.
- Shut off gas at the meter; turn off pilot lights.
- Leave your lights on so firefighters can see your house under smoky conditions.
- Shut off the air conditioning.

Outside

- Gather up flammable items from the exterior of the house and bring them inside (patio furniture, children's toys, door mats, trash cans, etc.) or place them in your pool.
- Turn off propane tanks.
- Move propane BBQ appliances away from structures.
- Connect garden hoses to outside water valves or spigots for use by firefighters. Fill water buckets and place them around the house.
- Don't leave sprinklers on or water running, they can affect critical water pressure.
- Leave exterior lights on so your home is visible to firefighters in the smoke or darkness of night.
- Put your Emergency Supply Kit in your vehicle.
- Back your car into the driveway with vehicle loaded and all doors and windows closed. Carry your car keys with you.
- Have a ladder available and place it at the corner of the house for firefighters to quickly access your roof.
- Seal attic and ground vents with pre-cut plywood or commercial seals.
- Patrol your property and monitor the fire situation. Don't wait for an evacuation order if you feel threatened.
- Check on neighbors and make sure they are preparing to leave.

Animals

- Locate your pets and keep them nearby.
- Prepare farm animals for transport and think about moving them to a safe location early

TAKE ACTION IMMEDIATELY WHEN WILDFIRE STRIKES

When immediate evacuation is necessary, follow these steps as soon as possible to get ready to GO!

Evacuation: What to Take and Do:

1. Review your EVACUATION PLAN CHECKLIST.
2. Ensure your EMERGENCY SUPPLY KIT is in your vehicle.
3. Cover-up to protect against heat and flying embers. Wear long pants, long sleeve shirt, heavy shoes/boots, cap, dry bandanna for face cover, goggles or glasses. 100% cotton is preferable.
4. Locate your pets and take them with you.

WHEN TO EVACUATE

Leave as soon as evacuation is recommended by fire officials to avoid being caught in fire, smoke or road congestion. Don't wait to be ordered by authorities to leave. Evacuating the forest fire area early also helps firefighters keep roads clear of congestion, and lets them move

more freely to do their job. In an intense wildfire, they will not have time to knock on every door. If you are advised to leave, don't hesitate!

- Officials will determine the areas to be evacuated and escape routes to use depending upon the fire's location, behavior, winds, terrain, etc.
- Law enforcement agencies are typically responsible for enforcing an evacuation order. Follow their directions promptly.
- You will be advised of potential evacuations as early as possible. You must take the initiative to stay informed and aware. Listen to your radio/TV for announcements from law enforcement and emergency personnel.
- You may be directed to temporary assembly areas to await transfer to a safe location. The terms "Voluntary" and "Mandatory" are used to describe evacuation orders. However, local jurisdictions may use other terminology such as "Precautionary" and "Immediate Threat." These terms are used to alert you to the significance of the danger. All evacuation instructions provided by officials should be followed immediately for your safety.

Do not return to your home until fire officials determine it is safe. Notification that it is safe to return home will be given as soon as possible considering safety and accessibility.

WHEN YOU RETURN HOME:

- Be alert for downed power lines and other hazards.
- Check propane tanks, regulators, and lines before turning gas on.
- Check your residence carefully for hidden embers or smoldering fires.

Information adapted from [Centers for Disease Control and Prevention](#), [Contra Costa County](#), the [American Red Cross](#), the National Institute for Chemical Studies and the [U.S. Department of Homeland Security](#).

EMERGENCY ALERTS

If you're a resident of Mendocino County, these are the online registration pages for Reverse-911 and the NIXLE emergency alert systems:

For landline calls, cell texts & calls and email notifications:

<https://member.everbridge.net/index/892807736722865-/signup>

For landline calls and cell text alerts:

<https://local.nixle.com/register/>

EMERGENCY PHONE APPS

Immediate Assistance:

Crowdsource Rescue

Shelter:

Harmany

Airbnb

Updates:

Weather Underground

FEMA

Hurricane by the American Red Cross

iHeartRadio

Communication:

FireChat

Zello

Nextdoor

WhatsApp

Glympse

Supplies:

GasBuddy

Well-Being:

Red Cross Apps

Headspace: Meditation