

72 HOUR B.O.B. BUG OUT BAG A FAMILY SURVIVAL PLAN

KNOW BEFORE YOU GO.

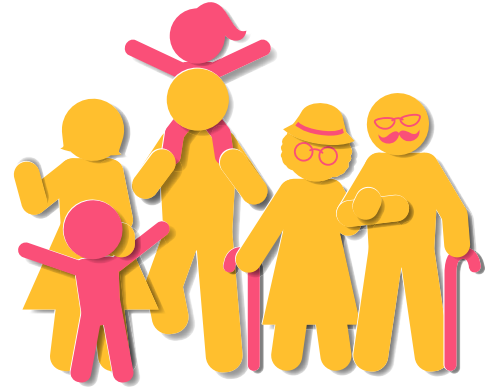
It's important to have a prepared, rehearsed contingency plan ready for when you need to get away from the house quickly. Don't wait until the last minute to make decisions about where you'll go because you won't have the best decision-making skills in an emergency situation.

ELITE  **HOSPITAL**
K I N G W O O D

23330 US Hwy 59 N,
Kingwood, TX 77339
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FAMILY FIRST

On Thursday, August 17, 2017, our world was changed forever. Causing about \$125 billion in damage, Harvey ranks as the second-most costly hurricane to hit the U.S. mainland since 1900. September is National Preparedness Month and Elite Hospital Kingwood is joining our local community with preparedness activities that will mitigate personal loss and help save lives.



72-Hour B.O.B. Kit (Bug Out Bag)

This kit is a downloadable PDF that can be easily printed and filled out by family members. It contains vital information regarding contacts, food, clothing, documents and more. It's all of the things each member of your family will need to survive for 72 hours in an emergency situation, packable in a "Bug Out Bag"; that bag we grab as we're on our way out the door to safety.



Please check our website for information on upcoming events such as First Aid, CPR and other seminars and classes that will help your family be safe, healthy and prepared.

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THE BASICS

Personal Wheeled Backpack: Daily Needs
Rolling Suitcase: Family Clothes and Blankets
Plastic Storage Tote or 5 gallon handled bucket with lid: Food, Water, First Aid Kit

- Water Bottles
- Water pouches
- Bladder bags
- Water purification tablets
- Water straws
- Life Straw (Personal Water Filter)
- Sawyer Mini (Water Filtration)

h2o



Food



- Granola Bars
- Emergency Food Bars
- Protein Bars
- Oatmeal packets
- Beef jerky
- Peanut butter snack cups/crackers
- Freeze-dried meal pouches
- (remember to pack enough water to use with these)
- Dried Fruit & Vegetables to snack on
- Homemade MREs
- Meat in a tin or pouch
- Canned ready-meals
- Camping Plates/Utensils (you shouldn't need a cup as your water bottle will double)
- Can opener
- Comfort foods and special dietary foods



Bring whatever cooking canisters you'll need depending on the kind of cooking you intend to do. Remember to keep it small and lightweight. Include at least one item that can be used to boil water.

Purchase supplies and build a practice shelter so that you'll have the basic understanding of what you need to do. Trying to set up for the first time in a harsh weather event will make things even worse.

If you're having to be outside, fire can be a great way to warm you, to cook your food or even be a signal. Keep a couple of different kinds of fire starters in different areas of your pack, safely wrapped from the elements. You'll also have to think about portable cook stoves if you won't be able to start a full fire in order to cook your food.

Fire



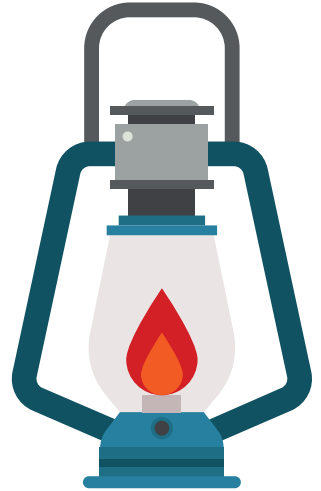
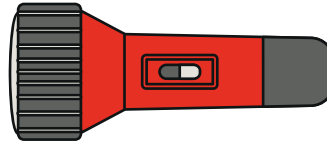
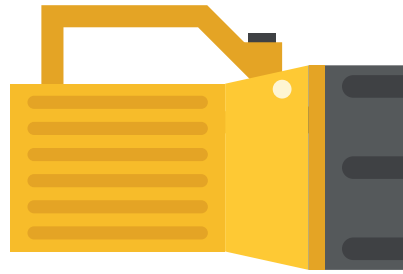
- Matches** If you are going to use matches, be sure to store them in a waterproof case, even if they are waterproof matches.
- Lighters** Get a high-quality disposable lighter or Emergency Fire Kit.
- Portable stove** Small portable stoves that can burn wood like a rocket stove and save some weight.
- Portable grill for campfire** If you decide to cook food over a campfire, having a portable grill grate will provide a stable platform to cook on.

Don't just rely on battery operated flashlights because there is a whole world of solar power lighting options available to you that are much better than they used to be. Invest in good lights.

Here are some options:

- Glowsticks**
- Headlamps**
- Lantern**
- Personal Flashlight**

Light



Sanitation & Hygiene

Let's face it, the need to go to the bathroom is going to come up. And you need to be able to clean yourself, even if only gone for a few days or until help arrives, because being sweaty and dirty will just lead to feeling dirty and uncomfortable when you're away from home. While doing something homemade may seem a great idea here, this is a time for convenience!

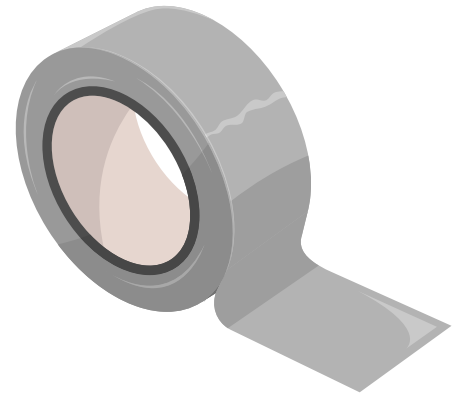
- Wipes** - bleach wipes to help clean surfaces, dishes, gear and more. We store these in zip-top bags or vacuum seal them to keep them fresh instead of lugging around the container.
- Toilet Paper** - just because.
- Toothbrush/Toothpaste** - or toothpaste dots/floss
- Soap** - you may choose to purchase body wipes for quick wipe downs instead of soap, but having a bar of hard soap is going to be useful for doing things like washing clothes, your hair, etc.

- Feminine Hygiene Products**
- Trash bags** - put your trash in as you generate it.
- Tips** - Tuck a few large trash bags into your pack. Not only are they good for carrying and sitting on, they are good to cover your gear or your body as a rain protector if you didn't pack ponchos.
- Tips** - Remember, you'll need to think about water for sanitation as well as drinking when planning your 72-hour kit.

Having some convenience products to clean with helps take a load off carrying more water, but don't discount needing water to clean with altogether.

Tools & Gear

- Axe** - for cutting firewood.
- Shovel** - to bury trash or waste product, put out campfires/ protector if you didn't pack ponchos.
- Duct Tape** - Remember, you'll need to think about water for sanitation as well as drinking when planning your 72-hour kit.
- Knife** - whether a sheathed knife or a large multi-tool, you need to have a sharp blade for many jobs around camp.
- Tips** - Use a bright color of duct tape that can also be used to mark trails or signal directions in wooded areas or on buildings.



ATM's and banks may not be available during a local emergency. Nor will credit and debit cards be operational if there are interruptions in power or satellite in your area.

Cash

Be sure to have extra cash stashed in small denominations to be able to purchase things if purchasing is an option

Have an extra set of clothes suitable for whatever season you're in, plus extra socks. Keep a good, sturdy pair of shoes handy in case you have to walk. You'll want to have dry clothes available if you get wet, be able to layer on more if it is cold, and change into something clean if you get hot and sweaty or dirty. If you're wet, having something dry to change into is a morale booster.

Clothes



Hat

Gloves/Coat

Extra Sturdy Shoes

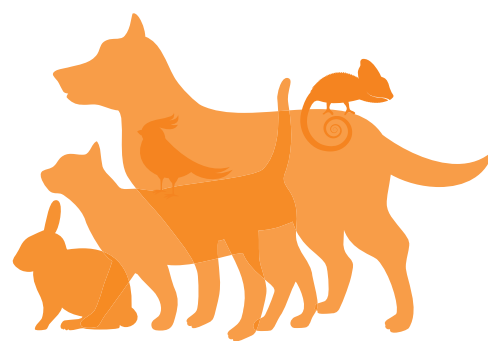
Diapers

Poncho/Trash Bag/Rain Gear

If you have small children or elderly family members, 2 or 3 changes might be needed for accidents and diaper changes. Be sure to also include any extra diapers and diapering equipment you might need. Small children might revert to pre-potty trained days because they might be scared or you can't make quick potty stops as often as they need them.

- Collapsible
- Pet Food
- Treats
- Collar & Tags
- Poop Bags
- Leash
- Tie-Out
- Bed / Sleeping Bag
- Water Cooler
- Jacket
- Backpack
- Toys
- Veterinary Records
- Medication

Pets



Veterinarian Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: (____) _____

Notes: _____

Communications

A pre-paid cell phone (with numbers already programmed into it), walkie-talkies, a crank powered radio, back-up chargers – things to help you be able to stay connected if communications are still available.

- Cell Phones**
- Walkie Talkies**
- Signaling Devices**

IMPORTANT CONTACTS

Name: _____ Relationship _____

Phones Number: _____ Email _____

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Documentation

- Driver's License Number
- Social Security Card Number
- Bank Account Number
- Birth Certificates
- Voter Registration
- Medical Information
- Immunization Records
- Will
- Passport
- Safe Deposit Box Keys



Make photocopies of every one of these documents and put copies in your B.O.B. Pack. Put the originals in a fireproof, secure location such as a safety deposit box or fireproof document bag.

NOTES

CPR & First Aid



Elite Hospital Kingwood is invested in our local families and communities.

As a partner in health, we offer monthly CPR classes to parents, childcare workers, senior caregivers, educators, healthcare workers - anyone who cares for another.

**Pre-registration is required.
Please check our website for upcoming classes at:**

EliteKingwood.com/events

If your school or organization requires CPR + First Aid and would like a dedicated class, please contact our Marketing Department at (832)777-6165 to make special arrangements.

EMERGENCY RESOURCES

FIRST RESPONDERS

All Emergency Services, such as police, fire and ambulance transport can be accessed by dialing 911 for assistance.

EMERGENCY PREPAREDNESS

<https://www.ready.gov>

TEXAS PLAN FOR DISASTER & KIT

<https://www.texasprepares.org/>

RED CROSS

For Emergency Assistance, Call 713-526-8300

<http://www.redcross.org/>

DISASTER RELIEF RESOURCES: INDIVIDUALS AND FAMILIES

<http://www.tdhca.state.tx.us/disaster-resources/>

Official Twitter account of the Texas Division of Emergency Management. All-hazard emergency preparedness and disaster information for Texas.

<https://mobile.twitter.com/TDEM>

You can also use the FEMA text message program to receive a link for the FEMA App for your device. They'll reply with a link back to your device's app store.

Apple devices: text APPLE to 43362 (4FEMA)

Android devices: text ANDROID to 43362 (4FEMA)



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