

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE STAKE

## FIRST 3 HOURS



Emergency Radio  
Battery powered or self crank AM radio



First Aid Kit



Fire Extinguisher



Search and Rescue  
Equipment



Important  
Documents  
Stored in an easily  
accessible location that  
is safe from fire and  
water damage.



Tools to shut  
off utilities

This newsletter is all about baby steps, so this is just part one of our preparation for the First 3 Hours. Feel free to gather the other items in the photo, but this month we're focusing on starting a *Go Binder*. Sometimes it's called an *Emergency Notebook*, a *Grab 'N'Go Binder*, or a *Redbook*. Whatever you want to call it, it is simply a notebook with copies of important documents and information. It's one of the best ways to prepare for a disaster. However, it will be full of important personal information that you don't want falling into the wrong hands, so it's important to keep it safe. Store it in a place where it's easy to grab if you need to evacuate your home. You may want to "disguise it" as something like a collection of recipes or kids' artwork, so it's not obvious what it is.

In it's simplest form, you can just photocopy key documents and throw them in a folder. A better option is to copy *and* scan items. Put the copies in sheet protectors in a sturdy notebook, save the scans on your computer and/or on a thumb drive or external hard drive safely stored away from your home. (Think safety deposit box or other safe location.) It's best to encrypt the data if you can. Keep your originals stored in a fire-proof lockbox.

**IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:**

**March's ONE Thing**  
**Start a Go Binder & pick a safe place to store it.**

## WHAT SHOULD GO IN YOUR "GO BINDER"?

The Power of 3 outline lists the basics of what to put in your binder, but to do a very thorough job, I suggest reading the posts linked on the other side of this page. You'll find great ideas on what to store, how to store it, and how to keep your information secure. There are also free checklists and forms to guide you in your preparations. Start this month by getting a sturdy notebook, extra wide divider tabs, and a big box of sheet protectors. Then review some of online articles and mix and match the free resources to customize your binder. Be warned that it does take a while to gather and copy all this information, but having a Go Binder will give you great peace of mind and will be invaluable if your home is severely damaged or destroyed and this is all you could save.



This year we are gradually getting better prepared by going through the Power of 3 Member Preparedness Plan.

You can find the Power of 3 plan at <https://www.orangestakelinks.com/>

It's the fifth item down the list on the Local Links tab.

# Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

## GOT WATER?



**YOU CAN SURVIVE 3 WEEKS WITHOUT FOOD, BUT ONLY 3 DAYS WITHOUT WATER.**

Although it comes later in the Power of 3 program, storing water is a vital to emergency preparedness. ***Storing water should be your number one priority and is the single most important thing you can do to help you and your family survive a future disaster.*** We will discuss it more in depth in future newsletters, but for now, keep in mind the general rule of thumb to store at least one gallon of water per person per day for at least three days. This is a bare minimum and will mostly just keep you hydrated. To account for cooking and hygiene needs, you should really store 4 gallons per person per day.

An easy way to get started is to purchase a few cases of water bottles and store them in your home or garage. You can also purchase 3 gallon water bricks, 5 gallon jugs, or 55 gallon drums. The important thing is to just get started NOW. Be sure to write the date you purchased the water on the package, regularly rotate through your supply, and don't store them directly on cement. (Put wood or cardboard underneath to keep chemicals from leaching in.)

## EMERGENCY PREPAREDNESS FUND

If you don't already set aside money for emergency preparedness, now is a great time to start. Although you may have many items on hand for preparedness, you'll want to purchase items like a radio, fire extinguisher, food storage, water storage, and other "big ticket" items in the future.



## GO BINDER RESOURCES

**Here are some links for more info about how to set up and what to include in your Go Binder:**

- From FoodStorageMoms.com  
<https://www.foodstoragemoms.com/free-emergency-binder-download/>
- From IWillPrepare.com  
[http://www.iwillprepare.com/evacuation\\_files/Emergency\\_Kits\\_Red\\_File.htm](http://www.iwillprepare.com/evacuation_files/Emergency_Kits_Red_File.htm)
- From FoodStorage Made Easy.com  
<http://foodstoragemadeeasy.net/2012/11/16/how-to-create-an-emergency-binder/>
- From MomWithAPrep.com  
<http://momwithaprep.com/make-a-family-emergency-binders-free-download/>

**AlertOC**  
ORANGE COUNTY

Stay informed about local emergencies.  
Register your devices at:  
**AlertOC.com**

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared. If you have any questions, comments, suggestions, or corrections, please email me at [OrangeStakePreparedness@gmail.com](mailto:OrangeStakePreparedness@gmail.com). Happy Preparing! You can do this!