

# Backpacking and Preparedness

How can backpacking as a recreational activity help us prepare for disasters?

- Living outdoors in a self-sufficient manner mimics what life may be like (at least temporarily) following a disaster.
- The gear is usually tested in extreme conditions, is durable, and is relatively simple to use.
- It is **FUN**, so you do it. Great family activity, good practice for kids.
- What if you can't go backpacking? (age, health limitations, etc.) You do your best.

# **comfort•ability (noun):**

The ability to get comfortable under  
any circumstance.

As you use your gear, your **comfortability** will increase. Why?

1. COMFORT: familiarity, experience, you develop a relationship with your equipment.
2. ABILITY: you develop skills and confidence and become an asset to your family and community.

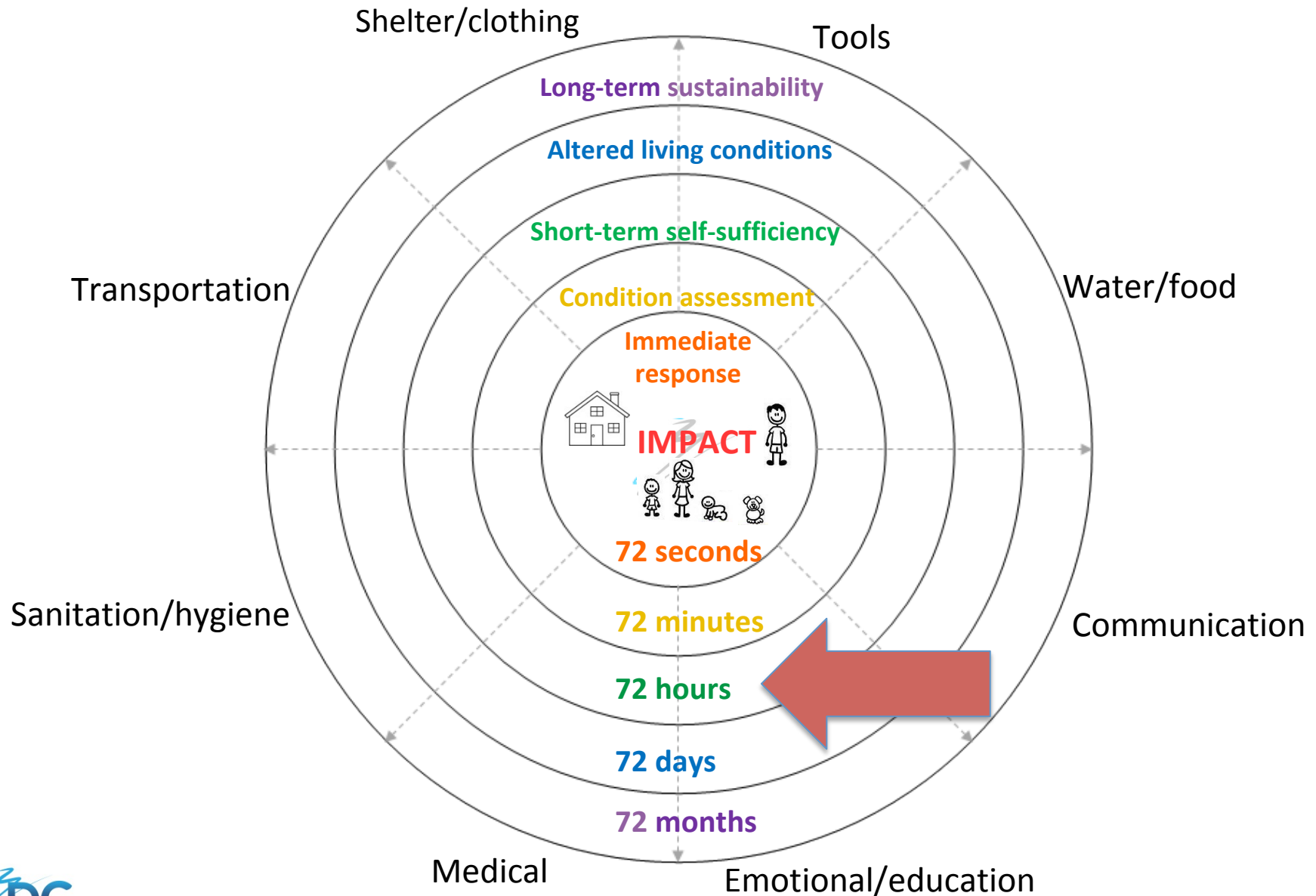
Discomfort often comes from poor equipment, fear, intimidation, and lack of experience or education.

# The bottom line:

- Get outside and use your gear!
  - Inventory what you have.
  - Know what each piece does and how it works.
  - Know the weak spots: make upgrades where needed (birthdays, Christmas, Mother's Day etc.). Use your \$\$ wisely.
- Importantly, get your kids out! They love this stuff. Instill confidence at a young age.

# Rebound in 72™

Your Preparedness Plan for Resiliency



# 8 Areas of Preparedness:

- Water and Food
- Shelter and Clothing
- Communication
- Sanitation/Hygiene
- Emotional/Educational
- Medical
- Tools
- Transportation

As you plan preparations for each member of your family (this includes infants and pets) think of that individual's specific needs as they relate to each of these areas.

# Disclaimer

This presentation is based on personal experiences with specific gear items, I'm not being paid by any manufacturers or endorsing anything. I've just used the gear I'll be talking about and like it, or I wouldn't be telling you about it!

# WATER

- Redundancy is a must.
- Consider your existing water (1 gal. per person per day) and your ability to get more
- Filters: 0.2 microns or smaller (use pre-filters)
  - Charcoal inserts to remove chemical taste
- Heat: Boiling uses lots of fuel
- Chemical treatments: chlorine products
  - Aquamira removes crypto too! Comes individually packaged (longer shelf life) but tabs take 4 hours.





# FOOD

- Stuff you (and your family) actually WANT to eat!
- Rotation
- Things to consider...
  - Cost
  - Weight
  - Preparation convenience – remember the stress factor
  - Palatability
  - Personal preferences (Who's going to eat it? Picky eaters etc.)
  - Calorie and nutritional content
  - Shelf life



# SAMPLE GROCERY STORE MENU

Not as lightweight, but perhaps more family friendly.

72 Hour Kit Sample Menu				
Day 1				
Breakfast	Snack	Lunch	Snack	Dinner
Oatmeal Packets Granola Box of Raisins Quart of Milk Hot Cocoa Packet	Fruit Leather Nuts Crackers	Tasty Bites Lentils and Rice Fruit Drink Powder	Granola Bar Beef Jerky	Canned Soup Dried Udon Noodles Hot Cocoa Packet
Day 2				
Breakfast	Snack	Lunch	Snack	Dinner
Oatmeal Packets Granola Box of Raisins Quart of Milk Hot Cocoa Packet	Dried Fruit Granola Bar	Crackers Peanut Butter and Jelly or Mac & Cheese Fruit Drink Powder	Fruit Leather Nuts Crackers	Canned Chili Minute Rice Hot Cocoa Packet
Day 3				
Breakfast	Snack	Lunch	Snack	Dinner
Oatmeal Packets Granola Box of Raisins Quart of Milk Hot Cocoa Packet	Fruit Leather Nuts Crackers	Crackers Tuna Fish Packets Fruit Snacks Fruit Drink Powder	Granola Bar Beef Jerky	Spaghetti Sauce Angel Hair Noodles Parmesan Cheese Hot Cocoa Packet

# COOKING/DISHES

- Tupperware vs. paper products
- Consider foods you can eat without cooking
- Get a good quality, lightweight STOVE
  - Keep things simple: boiling water
  - JetBoil or MSR Pocket Rocket, for example
  - Fuel considerations (canisters vs. refillable)
  - Use it beforehand! Practice!

# SHELTER: Tents and Sleeping

- 3-season tents are ideal. Tube tents are not.
  - Practice setting it up often with your kids
  - Keep it together as 1 piece (don't split the weight)
- Tarps – a variety of uses
- Sleeping bags (good ones) are ideal. Cheap space blankets are not.
  - Temperature ratings are survival ratings, not comfort ratings. Go warmer (lower temp. rating).
  - Down (wonderfully warm and lofty but useless when wet) vs. Synthetic (more durable, esp. if damp; less compressible)
  - Lightweight and space-saving with compression stuff sacks
  - Can be expensive, and DO NOT store compressed.

# SHELTER: Sleeping

- Blankets (synthetic or wool) are versatile, but can be more bulky
- SLEEPING PADS:
  - Foam: durable but bulky, good at insulating, less \$
  - Inflatable: Can be more \$\$, but more comfortable
    - Be SURE you have a patch kit (and know how to use it)
    - Space-saving and comfortable

# CLOTHING

- Synthetic or wool layers are key. Cotton is Rotten
- Pack real rain gear and outerwear (not cheap bags/ponchos)
- One outfit about every 2 days
- Innovative laundry devices (Scrubba)
- Sun protection: hat, sunscreen, sunglasses
- Umbrellas
- Kids are tricky! They keep growing! = \$\$\$
  - Put visible/durable “GRAB THIS” list tags on their kits esp. for shoes, boots, and outerwear
  - Pack long shirts and pants. You can always cut them off.
  - Rotate often, just like food.
  - Don’t forget diapers, etc.

# COMMUNICATION

- As simple or fancy as you want/can afford
- Weather radios
- Anything from cell phones to satellite phones
- Radios or Walkie Talkies
- Tailor to your family's needs
- Redundancy and Rechargeability
- Ham Radio training possibilities?



# SANITATION/HYGIENE

- HANDWASHING!!
  - Nail brushes, liquid soap
- Bathing
  - Solar Showers
- Toileting
- Laundry
  - Scrubba
- Gender considerations
  - Menstrual Cup and Go Girl/She Wee

# EMOTIONAL/EDUCATIONAL

- Goes back to “comfortability” and familiarity
- Try to achieve some normalcy esp. for elderly and kids
- Books, scriptures, games, dice, art supplies, journals, music, etc.
- Set up simple routines and systems – it’s best if you’ve practiced these beforehand. Go camping!
- Kids and toddlers are tricky
  - Pack their “favorites”
  - Variety

# MEDICAL

- GET TRAINING!
- Assemble/buy a quality First Aid Kit
- Know how to use what's in the kit
- Prescriptions/other medical needs
- Know your resources
  - Neighbors, family, community
- Stay current on your training.
  - Recommendations change based on research.

# TOOLS

- Headlamps are nice (a must)
- Fire starting supplies (redundancy!)
- Repair kits for your devices and duct tape
- Batteries for everything you're carrying
- \$\$ in small bills
- Knife, hatchet, saw
- Mirror, signaling devices etc.
- Nylon cord
- Compass and GPS
- Work gloves/masks
- Great list at: [graywolfsurvival.com](http://graywolfsurvival.com)

# TRANSPORTATION

- Good, sturdy pair of broken-in boots/shoes and wool socks (again, not cotton)
- Keep gas tanks  $\frac{1}{2}$  full always
- Each vehicle needs a car kit including \$\$
- Make plans for school, daycare, work
- Bikes, wagons, strollers, bike trailers for more extended use

## **OUR FAVORITES: THINGS WE'VE USED AND LOVED (and Retail Pricing)**

### **WATER PURIFICATION:**

Katadyn Hiker Filter pump (\$70)  
Aquamira Water Treatment Drops or Tablets (\$15-30)  
Sawyer Mini Filter (\$25)

### **WATER STORAGE:**

MSR Dromedary (\$30-50)  
Platypus collapsible bladders (\$40)

### **FOOD:**

Tasty Bites: precooked rice packets and Madras lentils (\$12 for 6)  
Mary Jane's Farm organic (\$8-10)  
Mountain House dehydrated meals (\$7-10)  
Good to Go dehydrated meals (\$11)  
MRE's (\$4-6)

### **STOVES:**

MSR Pocket Rocket (\$40 + fuel)  
Jet Boil (\$100-200 + fuel)

### **TENTS:**

Mountain Hardware (varies)  
Sierra Designs (varies)  
Marmot (varies)

### **BACKPACKS:**

Osprey (varies)  
Talon for shorter trips (\$100-150)  
Aether or Aura for longer trips (\$250)

### **SLEEPING PADS:**

Thermarest NeoAir (\$130-180)

### **SLEEPING BAGS:**

REI Brand (\$70-300)  
Marmot (\$100-300)  
Mountain Hardware (\$150-250)

### **MISC. EQUIPMENT:**

Headlamps: Petzl or Black Diamond (\$20-100)  
Knives: Spiderco or Gerber or Leatherman (\$30-100)

### **SHOPPING SITES:**

Amazon.com, LibertyMountain.com, REI, SierraTradingPost.com, Backcountry.com  
Look for sales!!