

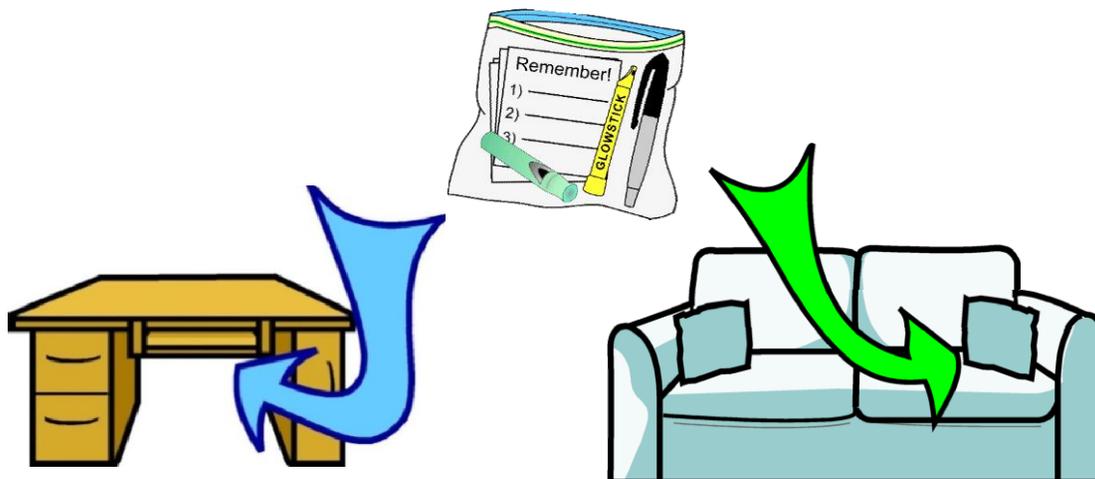
SKIP (Safety Kept In Place) Kit
and Everyday Preparedness Tools



What is a SKIP Kit?

START HERE!

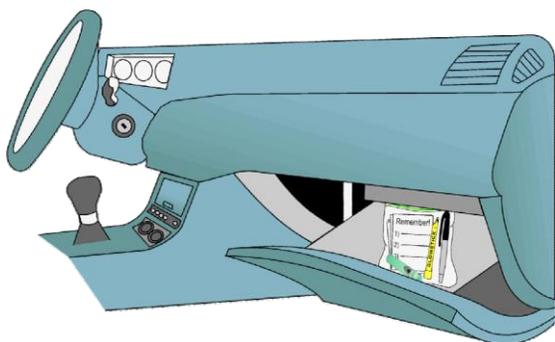
From *SKIP Kits & Everyday Preparedness Tools*



Imagine that the next time you face an emergency situation, you have a few key resources waiting for you close at hand. A note to remind you of what's important. Tools to help you see, to call out a warning or ask for help, to keep you safer and more organized. Just a little bit of Safety Kept In Place – that's what "SKIP" Kits are all about.

These things are inexpensive and easy to use! Many simple, everyday objects are powerful preparedness tools– if you make it a habit to be resourceful and to practice your creative thinking. The SKIP ("Safety Kept In Place") Kit is simply putting some of these inexpensive, useful items in place. Store this kit in a convenient place where you spend a lot of time. For 9-to-5ers, it could go under your desk. If you drive a lot, keep one in your glove compartment. If you use a wheelchair, keep it with you. If you spend quality time the couch, just tuck it under the cushions!

Wherever you spend your time, make sure you have a little Safety Kept In Place – so in an emergency or an everyday pinch, you can "SKIP" the suffering and go straight to taking action!



The MacGyver Game

From *SKIP Kits & Everyday Preparedness Tools*

Chances are, you've heard of some of the amazing ways people use duct tape to solve their problems and make life easier. Repairing luggage; hanging tarps; removing lint. There are wallets, hats and prom dresses. People hold contests and parades that celebrate the cleverest ideas. You can use duct tape to do just about anything.

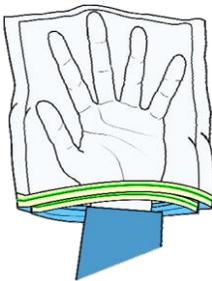
Duct tape is great, but it's far from the only thing that lets us be that creative and powerful. If you've ever seen the TV show "MacGyver", in every episode, the hero was known for inventing brilliant solutions out of whatever was in his immediate environment. A Swiss Army Knife and a roll of duct tape are meant for that kind of all-purpose flexibility – but YOU can use ANYTHING creatively if you practice thinking that way. To flex those creative-thinking muscles, consider the ziptop sandwich bag that holds your SKIP Kit items. It's not just an inexpensive way to keep these kits together – the baggie itself is a powerful preparedness tool with thousands of uses.

- Imagine you wanted to share directions to the new evacuation site with many people. Why would it be helpful to put those directions inside a plastic ziptop bag?
- What can I create by cutting one corner off a bag? What can I use it for?

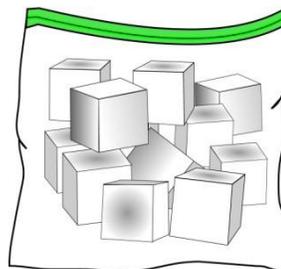
What could YOU do with a ziptop bag? Let's say this was the only tool you had to work with – how could it help you? Imagine there is an emergency, but you don't have a disaster kit, but you DO have LOTS of ziptop bags. All sizes, shapes and colors; as many as you could want! Think about what you CAN DO!

To get the most out of this game:

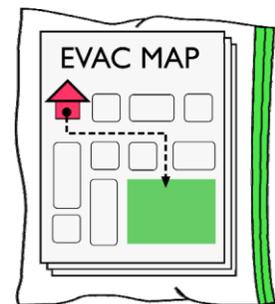
- Share your ideas with the group. Let everybody participate.
- Ideas can be serious, silly, practical, sentimental – anything.
- Be creative – think outside the box. There are many different KINDS of ideas.
- If you get stuck for a moment, just pass – you can always share some new ideas later.
- If someone else "steals" your best idea, get over it. It's just a game!



emergency gloves



ice pack



low budget sheet protector

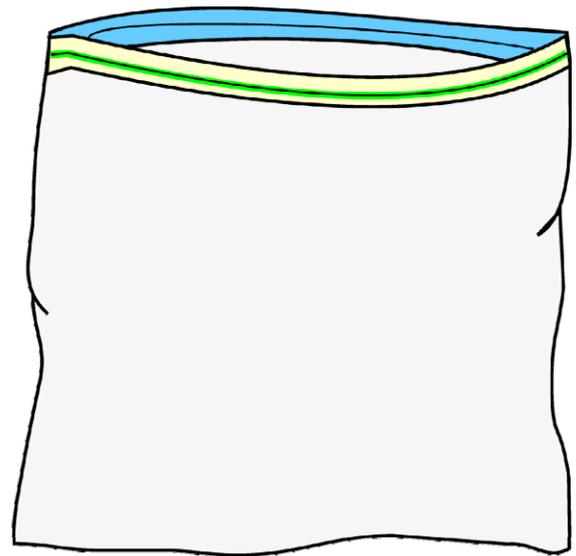
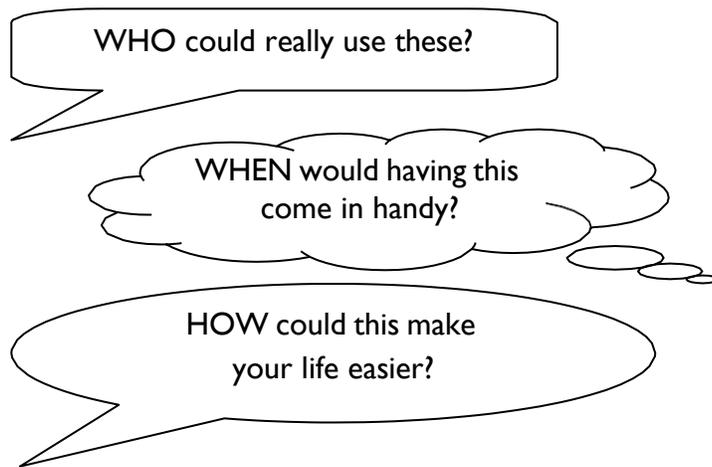
Ziptop Bags

From *SKIP Kits & Everyday Preparedness Tools*

The CARD SKIP Kit comes in a humble ziptop baggie – the perfect example of a powerful preparedness tool disguised a simple, inexpensive, everyday item. You can do quite a lot with a ziptop bag ... or ten. Some of CARD's favorite examples:

- Place your flashlight inside a transparent ziptop bag to make it water-resistant.
- To do first aid, if you have no gloves: wear multiple baggies on your hands to be a little safer.

Imagine this is what you have, and you want to make a difference. What can YOU do?



Ziptop storage bags come in all kinds and sizes!
Many products are shipped in custom 1 inch x 1 inch bags.
Ziploc's "XXL Big Bag" is 2 feet x 2.7 feet!

Marker

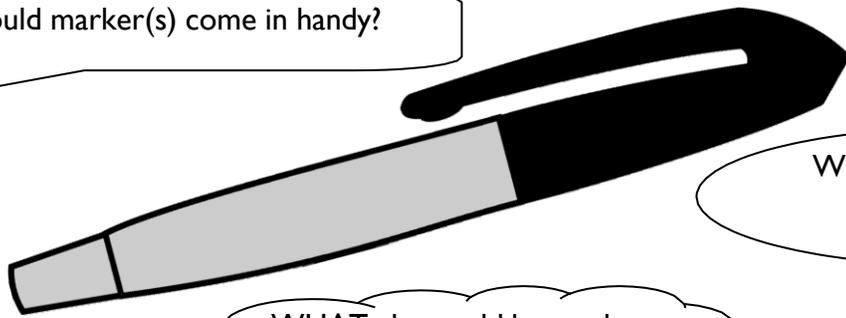
From *SKIP Kits & Everyday Preparedness Tools*

Hurricane Katrina left many people in tremendous need. All kinds of preparedness supplies could have helped – but imagine the good that could have been done with nothing fancier than some permanent markers. If people could have simply put their names in big letters on their shirts:

- It would have humanized the situation. Instead of nameless strangers, they would have been more of a team or community – making a safer and more tolerable environment.
- Satellite images, video and photographs of evacuees would help people know the status of their friends and family, and help them reconnect more easily.
- Even people who did not survive could have been identified and returned to their families more quickly, helping loved ones to grieve and begin the recovery process.

Imagine this is what you have, and you want to make a difference. What can YOU do?

WHEN would marker(s) come in handy?



WHERE could you keep marker(s) safely?

WHAT else could be used the same way?

Although they're called "permanent" markers, you can purchase products to erase this kind of ink from many surfaces. Simple rubbing alcohol can often do the trick.

Bandana

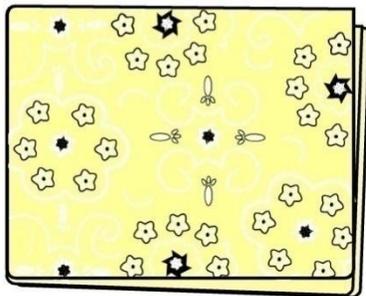
From *SKIP Kits & Everyday Preparedness Tools*

A “kerchief” originally meant a head covering; a “bandana” is named after the paisley patterns that are very popular today. These, or any type of cloth, can be a useful tool. Choose light colored, or even pure white, cloths in case you want to write on them.

- When smoke, dirt or other hazardous airborne materials are a threat, you can keep yourself safer by holding a damp cloth over your mouth and nose. The water is an important part of this protection.
- When staying in a shelter or other temporary arrangements, you can keep clean using a bandana as a washcloth or a towel.

Imagine this is what you have, and you want to make a difference. What can YOU do?

WHO would be great at using a bandana?



WHERE can you get bandanas?

WHEN would you have to be careful with a bandana?

People around the world use cloths for a variety of purposes. The Japanese furoshiki, Korean bujagi, Swahili kanga, and Polynesian sarong have many uses. In some cases, however, such as the sari or dhoti of India, it is culturally important to use the cloth only for its original purpose.

Flashlight / Glowstick

From *SKIP Kits & Everyday Preparedness Tools*

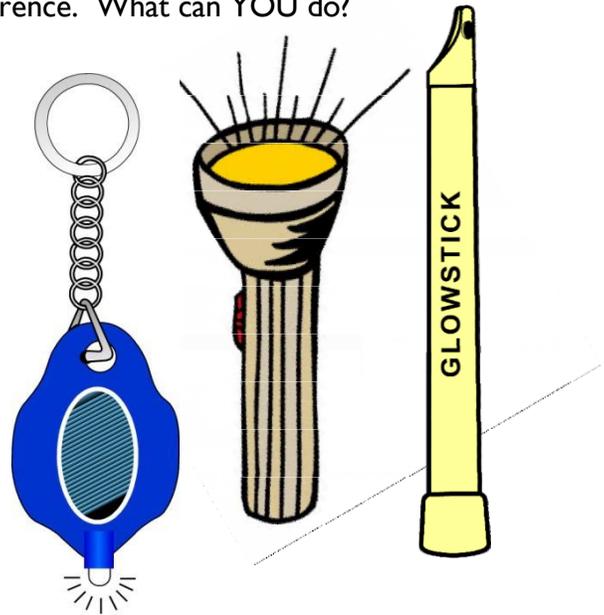
A reliable source of light is invaluable: for making your way in the dark; for seeing to read or work; for general comfort. It doesn't just help you see; it helps people see you – which makes a flashlight a great tool for everyone.

- CARD recommends using this simple code: 1 for Yes, 2 for No, 3 for Help. It works with anything that can make light or noise, and it helps you communicate over distances.

A glowstick is another great source of light that doesn't need batteries, has a long shelf life, and is safe in environments where an electric spark could be dangerous.

- To keep track of your kids as they run around, fasten a glowstick to each one so they're easy to spot.

Imagine this is what you have, and you want to make a difference. What can YOU do?



The first portable electric lights – invented in 1896 – were considered novelties. By 1916 the “American Ever Ready Company”, which clearly understood the preparedness value of a flashlight, printed 101 suggested uses – including signaling in Morse code.

Whistle

From *SKIP Kits & Everyday Preparedness Tools*

Like the flashlight, a whistle is a valuable communications tool. The simple code of “1 for Yes, 2 for No, 3 for Help” works well. Tiny, lightweight whistles can be easily carried in pockets, purses or other convenient locations. Imagine if everyone carried a whistle, every day!

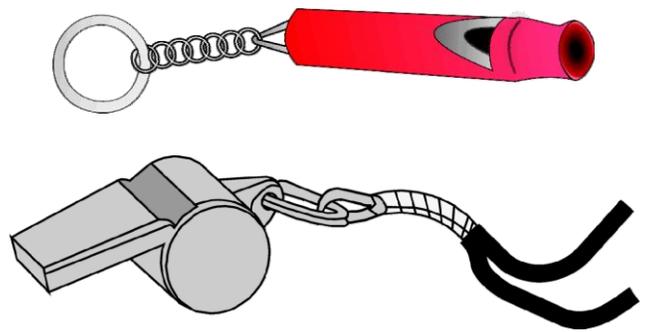
- You can call for help with a whistle, and it will last longer and travel farther than your voice.
- You can use a whistle to warn someone when they’re in danger.

Imagine this is what you have, and you want to make a difference. What can YOU do?

WHO would be safer with a whistle?

WHERE could you keep a whistle?

WHAT problems could you solve with a whistle?



***The most expensive whistle listed on eBay is offered at \$3,500.
The cheapest is a penny.***

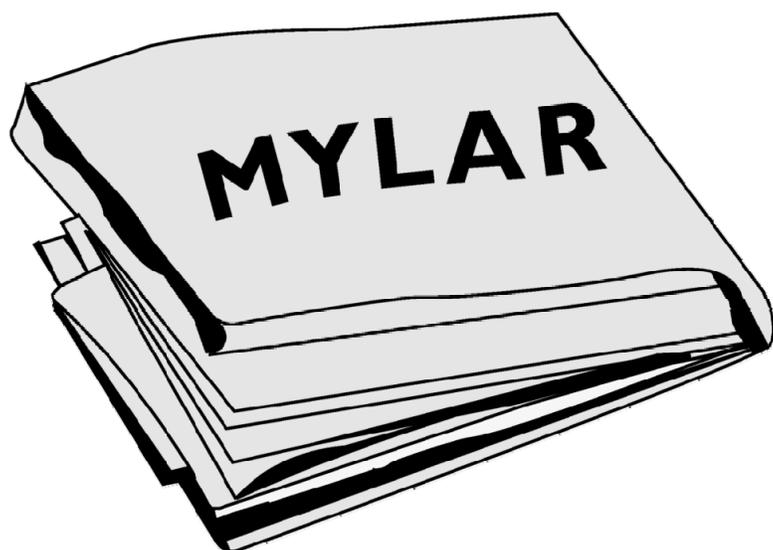
Mylar Blanket

From *SKIP Kits & Everyday Preparedness Tools*

Mylar stays good for years, doesn't need batteries, stores almost anywhere, and can keep you warmer in all kinds of conditions. It holds in 80% of your body heat, reflects light, resists moisture, and blocks wind! What more could you want? A Mylar blanket is endlessly useful. Some of CARD's favorite examples:

- Wrap it around yourself to walk safely beside the road at night. Drivers will be sure to notice you if you look like a giant baked potato!
- Cover up windows, doors or skylights with mylar blankets to keep heat in and drafts out.

Imagine this is what you have, and you want to make a difference. What can YOU do?



WHO could use a mylar blanket in their ordinary life?

WHERE could you store mylar blankets?

WHY is a mylar blanket such a great preparedness tool?

Mylar's heat-reflective properties are less effective when the material is tight against your skin. To make the most of your mylar, leave a little air between you and the blanket.

String

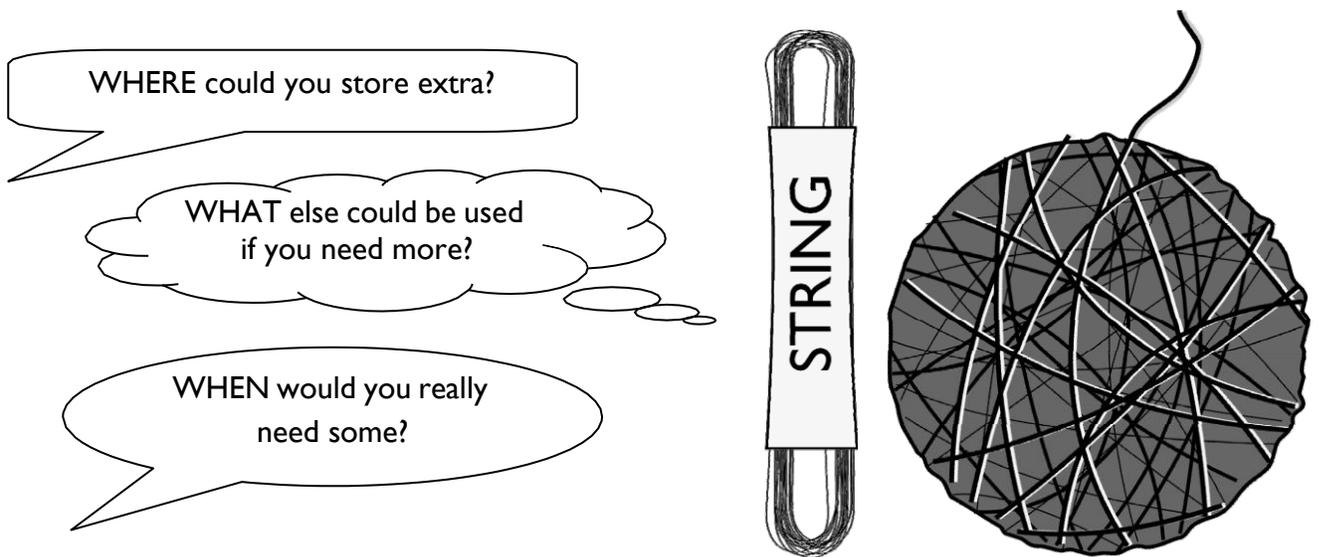
From *SKIP Kits & Everyday Preparedness Tools*

SKIP Kits come with six feet of string in the form of a red ribbon. String is useful in endless ways, and is easily obtained. Many uses of string apply just as well to rope, thread, chain, dental floss, ribbon, wire or other materials you can find. Different materials have different advantages: some may be stronger and some more lightweight; some bright and vivid and some nearly invisible; some rougher and some smoother.

Some of CARD's favorite uses:

- Use ribbon to measure out six feet of space between you and other people. This is the recommended "social distance" advised by Public Health, to help keep you safe in certain public health emergencies.
- Use it to tie other supplies together.
- Replace a broken shoelace.

Imagine this is what you have, and you want to make a difference. What can YOU do?



The world's largest ball of twine, in Cawker City, Kansas, has over 7,000,000 feet of sisal twine. It would take more than five thousand times that amount to give everybody on Earth six feet of string to measure safe social distance.

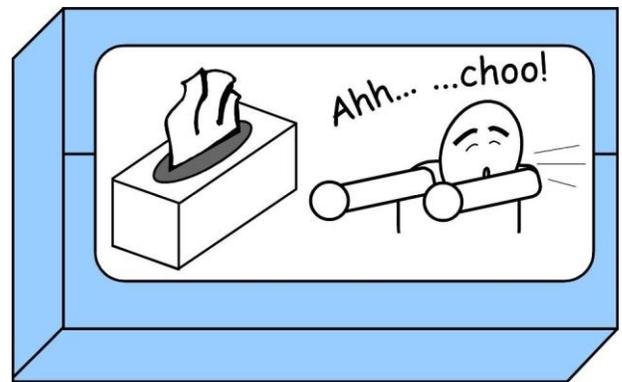
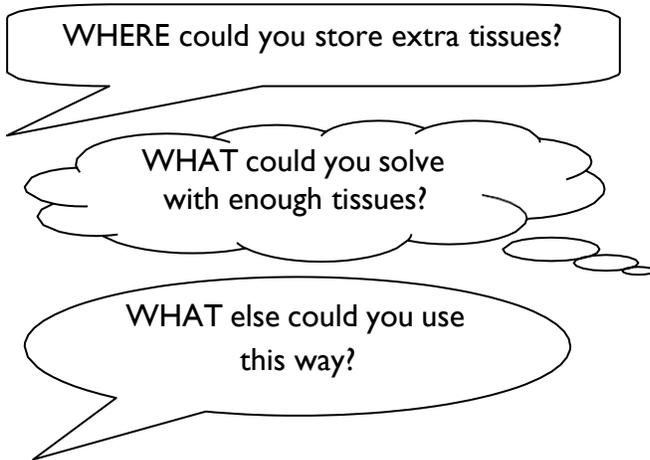
Tissues

From *SKIP Kits & Everyday Preparedness Tools*

Tissues are easy to take for granted when you have them, but when you don't, they get awfully valuable, awfully fast! Low-cost tissues, whether in boxes, travel packs or even rolls of toilet paper, have many helpful uses. Some of our favorites:

- Let bored kids play with them. Tissues are soft and quiet, and can be used for juggling, origami, coloring, writing or other purposes you (or your kids) invent.
- If you're carrying something valuable but fragile, pack it in tissues while you travel or stay in temporary shelters.

Imagine this is what you have, and you want to make a difference. What can YOU do?



The Kleenex company – almost synonymous with “tissues” – originally sold their product as a make-up remover. But when people chose to use it for blowing their noses, Kleenex began marketing them for that.

Hand Sanitizer

From *SKIP Kits & Everyday Preparedness Tools*

Consider storing travel-sized hand sanitizer in your SKIP Kit. The alcohol-based gel is a great way to support your hygiene in between proper hand-washing. Hand sanitizer is most often used for killing germs and bacteria when you lack access to soap and water. Hand sanitizer has other uses as well, beyond cleaning your hands:

- If you have no other way to do it, it can help clean cups, plates, counters or other dirty surfaces.
- Using hand sanitizer can also help conserve valuable water when you need it.
- As an alcohol, it can help erase ink from permanent markers on some surfaces. It can also help to resurrect a drying permanent marker, if the marker is alcohol-based (such as Sharpie brand pens).

Imagine this is what you have, and you want to make a difference. What can YOU do?

WHEN would hand sanitizer make a big difference?

WHAT is a creative way to share hand sanitizer?

WHO would benefit from having access to hand sanitizer?



Most hand sanitizers are made from ethyl alcohol. It is not meant for consumption. Although the typical dollop for cleaning hands is considered safe, pay attention to children's use of the cleaner. Hand sanitizer is also NOT A SUBSTITUTE for proper hand-washing, but can supplement good hygiene practice.

Key Reminders

From *SKIP Kits & Everyday Preparedness Tools*

The Key Reminders document is a vital part of your SKIP Kit. The reverse of the SKIP Kit explanation sheet is kept blank for you to fill in for yourself or someone else. Take advantage of it by writing down the information you'd most want to have with you in those first moments of dealing with an emergency. That might be as simple as the locations of safety supplies and key phone numbers. It might reflect personal concerns, such as how to check up on your loved ones. The Key Reminders page will be different for everybody – customize yours with the information that matters most to you. Some possibilities:

- Record phone numbers for all of your children's schools, day care centers, etc.
- Write down an inspirational quote, poem or prayer to help you focus and take control of your reactions.

Imagine this is what you have, and you want to use it to make a difference. What can YOU do?

WHO could help you decide what to include?

WHAT could you use this for?

WHEN would you want to have these reminders?

REMEMBER!

Write things people forget under stress, such as: Where is the emergency exit? First aid kit? Fire extinguisher? Where is the Rally Point where people will meet after evacuating?

Remember the emergency code for whistles and flashlights:
1 for "Yes", 2 for "No", 3 for "Help!"

- 1) Jason's school: (5 10) 555-1234
- 2) Jessica's daycare: (5 10) 555-6789
- 3) Insulin: Experimix 16Uqd. mornings
- 4) Asthma: Asthmerid no more than 1 in 2 hours
- 5) Out of State Contact: Mom (211) 555-0192
- 6) _____
- 7) _____
- 8) _____
- 9) _____

CARD (Collaborating Agencies Responding to Disasters)
(510) 451-3140 | www.FirstSteps.org | info@firststeps.org
CARD is a 501(c)(3) nonprofit organization. To make a donation, call (510) 451-3140

"Life is just a blank slate; what matters most is what you write on it"

Christine Frankland

T-Shirt

From *SKIP Kits & Everyday Preparedness Tools*

If you keep your SKIP Kit in a sandwich-sized ziptop bag, consider a few items that might not fit, but still make great everyday preparedness tools. That old t-shirt you never wear is a good example: a change of clothes can be highly desirable after a day or two (or three) wearing just one outfit. Even if you have plenty of clothes, a t-shirt can offer a lot. Some of our favorite uses:

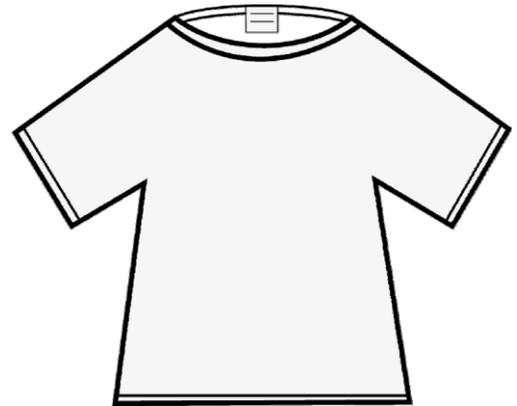
- With blank t-shirts for everybody, you can create a simple uniform. If you want to organize people to work together in a response, consider identifying them by writing their names and/or their roles on their shirts.
- Rip an old shirt into rags to stuff a homemade diaper for anyone who needs one.
- Write name, contacts and medical conditions on a shirt for someone who can't do it for themselves.

Imagine this is what you have, and you want to use it to make a difference. What can YOU do?

WHEN would you really wish you had a t-shirt?

WHAT could you use a t-shirt for?

HOW would you store t-shirts to keep them handy?



"The man who rolls up his sleeves seldom loses his shirt."

Thomas Cowan

DUCT TAPE

From *SKIP Kits & Everyday Preparedness Tools*

We sang the praises of Duct Tape earlier in this booklet. You're probably already convinced that this classic tool really does have a million uses. It might be hard to fit a roll inside your SKIP Kit, but it's just as much an Everyday Preparedness Tool. Here are some of our favorite uses at CARD:

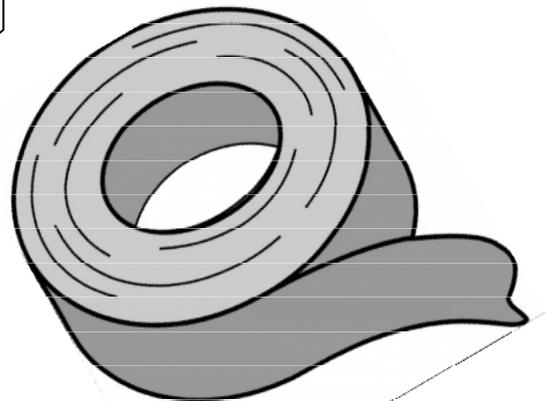
- Block off certain areas, such as by putting tape across any doors to unsafe rooms.
- Spell out messages in giant writing with tape: signs on the front of your building, or to be seen by rescuers flying above, or to help people keep a safe distance during a public health advisory.

Imagine this is what you have, and you want to use it to make a difference. What can YOU do?

WHAT could you create with duct tape?

WHERE could you store some duct tape?

WHO do you know that would be an expert at using duct tape?



"Duct tape is like the force. It has a light side, a dark side, and it holds the universe together."

Carl Zwanzig

GARBAGE BAGS

From *SKIP Kits & Everyday Preparedness Tools*

Garbage bags are easy to overlook, but tremendously valuable tools. Like ziptop bags, they have many uses, but a few important distinctions: they're often opaque instead of see-through; they're usually quite large; and they don't have ziptop seals. These differences make garbage bags better at some jobs. A few of CARD's favorites:

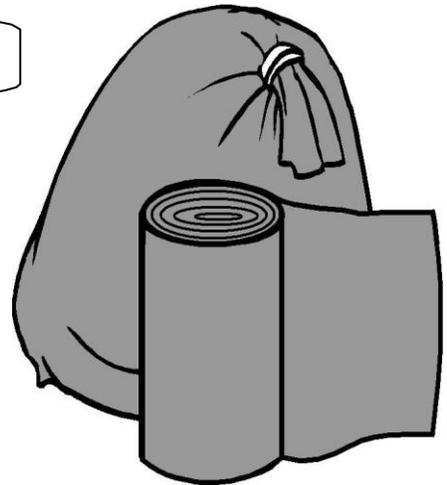
- Build privacy screens out of several bags. In a sheltering situation, it may be desirable to have separate areas for families or others needing extra privacy.
- Carry water from a safe source to where you need it.
- Build a simple port-a-potty – for public health reasons, it is much better to collect waste, rather than letting waste flow into the ground, unless you have proper chemicals.

Imagine this is what you have, and you want to use it to make a difference. What can YOU do?

WHAT problems could garbage bags solve for you?

HOW would you store enough garbage bags?

WHERE is a good place to get garbage bags?



Garbage bags have been popular the world over since their invention in 1950. They come in many sizes, shapes and colors. When buying bags for yourself, note the thickness: the bags around 1.0 mm thick are a good strength for general use. Keep an eye out for biodegradable bags as they become more popular.

FOOD

From *SKIP Kits & Everyday Preparedness Tools*

Food is a pretty obvious preparedness supply, but the approach you take is important. Specialty “emergency food”, with a long shelf-life, serves a useful purpose, but it’s far from the only option.

Consider:

- Store food you like to eat. You will probably want to eat it and replace it regularly to stay prepared. Tip: Choose healthy, tasty food. If you do end up eating it during a disaster– why make your life harder by having unpleasant food?
- Take a look at the food you already keep at home: some of it can double as preparedness supplies. Consider stocking some extra of the food you eat normally.
- Meals can be a valuable part of the recovery process, by providing a return to normal routine. Use food to help create this important structure for yourself and others.
- Just knowing that food is available makes a huge difference to people’s attitude and emotions. Help everyone focus on constructive things by eliminating that worry.

Imagine this is what you have, and you want to use it to make a difference. What can YOU do?

WHAT potential concerns should you address?

WHAT would having food let you do?

WHAT would be the easiest way to keep food available?



While the average healthy human being can survive for days without food, by having regular meals, you can help keep everyone healthier, less grumpy and able to think clearly and make good decisions.

WATER

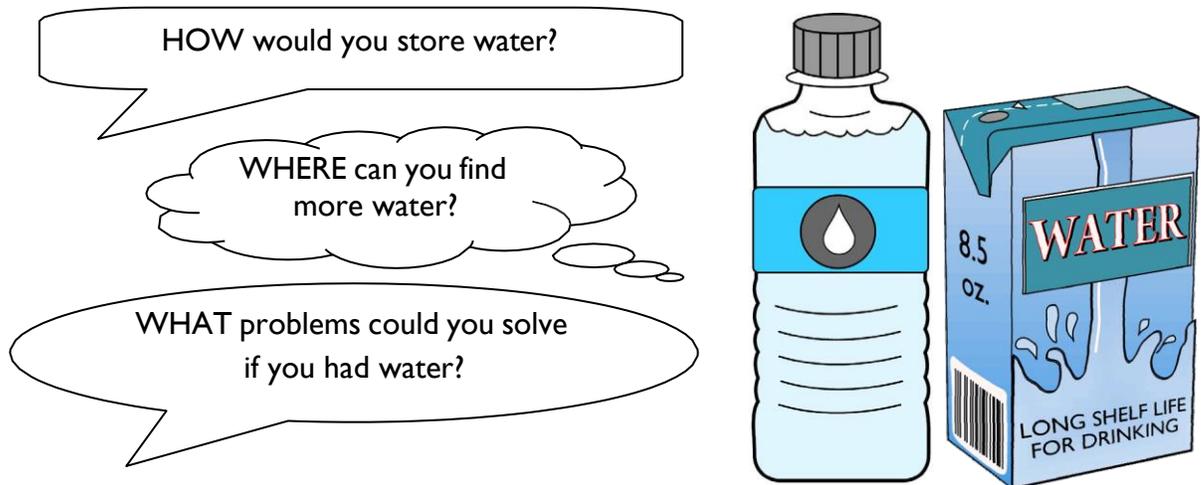
From *SKIP Kits & Everyday Preparedness Tools*

Water is vital. We recommend storing one gallon of water per person, per day, for a minimum of three days. This is the standard, recommended minimum – depending on your activities, you may need more. Also remember that you can store and find water in more ways than just bottles.

Water offers many benefits. Take note of some useful points:

- As with food, just knowing that water is available is extremely important. How quickly would you get thirsty if you thought you had no water?
- There are many applications for water in first aid and hygiene: rinsing, washing or diluting as the situation dictates.
- Different types of storage have different benefits. Giant “water cooler” bottles hold a lot, but are hard to manipulate, and one leak can cause a large loss. Ordinary drinking bottles are easy to ration, easy to cycle through, and a leak will probably cause only a small loss. Specialty “emergency water” costs more, but has a very long shelf life and convenient packaging.
- People with limited physical dexterity should look for easy open options, as some bottles require both strength and dexterity.

Imagine this is what you have, and you want to use it to make a difference. What can YOU do?



***“There is nothing softer and weaker than water,
And yet there is nothing better for attacking hard and strong things.
For this reason there is no substitute for it.”***

-Lao-Tzu

SKIP (SAFETY KEPT IN PLACE) KIT AND EVERYDAY PREPAREDNESS TOOLS

**Distributed as part of United Way of Lane County's Emergency
Preparedness Trainings for Rural Community Organizations
Spring 2022**

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(Collaborating Agencies
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