

This side bar will talk about some concepts, reasons and tips. To get you thinking a bout the why and how of preparing for our unique version of and emergency, Tsunami.

How many people do I intent to supply with this Cache/Kit ?

- ★ One
- ★ One plus
- ★ Two
- ★ Three
- ★ Four
- ★ More \_\_\_\_?
- ★ Pets \_\_\_\_?

An important figure to keep in mind while gathering your supplies.

Example of a tent, a good choice.  
Simple to erect, spacious and stable.  
Though there are many to choose from.



Sleeps four comfortably, six not so much.

Remember the Rule of Three

A person can survive only ...  
Three minutes without Oxygen.  
Three hours of Exposure.  
Three days without Water.  
Three weeks without Food.  
Prioritize your Kit accordingly

## Packing A 55 Gallon Barrel with Essentials

A work sheet for the 8/16/12 Work shop

This text is set up as a checklist to guide you through the process of filling your Cache/kit Barrel, Drum or Buckets. It will give a listing of essential items to gather, either from home or to purchase. It will help in stuffing it all into your Barrel, Drum or Bucket. It will suggest if the 55 gallon is best or perhaps, the smaller Drum will work for you, or two. It is a place to start, a suggestion of possibilities, not a set pattern to follow.

This guide will touch on the major topics of ...

What are the essentials

The flexibility you have in forming your kit.

A brief on Shelter systems

A brief on Food systems

The primacy of Hygiene and Sanitary concerns  
& LIFO !?

As you read through this check list these topics should become clear. The check list guides you through the filling of a 55 gallon Barrel. Following that is the list of Essential items in order of most to least. Reference numbers in the guide relate to this list.

First in, A round of carpet or cardboard, cut to fit the barrel's bottom. Both for padding the content as well as a camp pad to kneel or sit on. Not essential but helpful. #44

- I need this
- I can pass on this

Next, if you choose to cook over a fire include a 21" round grill, #32

- I need this
- I have one to use
- I can pass on this

Next, The interior circumference of the 55 gallon Barrel is nearly 6'. Two 16"x70"x1" sleeping foam pads could fit in this way and double by securing the inside walls with padding. Or you could go with an alternative like an Air mattress. #2b

- I need to purchase, one \_\_\_\_ / two \_\_\_\_ foam pad/s
- I have one \_\_\_\_ / two \_\_\_\_ foam pad/s to include
- I prefer an air mattress or \_\_\_\_\_
- I can pass on this



Portable Loo!

There are several manufacturers who supply this item. A plastic liner bag fits the bucket with chemicals included. When full, seal and take the bag to the proper disposal location.

We ask everyone to consider caching away enough supply to support you and yours for at least a week.

For those of us who make Cannon Beach home and wish to stay and rebuild after the worst has happened. It may be more than a week of fairly rough surroundings.

If you change your mind or your circumstances alter, keep in mind every Spring and Fall will have an opportunity to access your Cache/Kit. This allows for Rotation of Items, make additions or upgrade equipment and supplies.

Next, Shelter, Either a tent, tarp or an assembly of both. Consider this item may be a long package, fit the tent, w/poles and/or the roll of tarp/s in a vertical manner to best fit the barrel. If your tent is more compact wait to put in later, closer to the top. Consider also, if you are expecting several people, a few smaller tents rather than one big one. #1a & #1b

- I prefer a Tent
  - I own one to use, I am certain it will fit in.
  - I need to purchase one or more
- I can make do with a tarp
  - I have a tarp to use
  - I need to purchase one or more tarps
- I will need rope or cord
  - I will need nails, pegs or stakes
- I plan to use tent and tarp combinations
  - I own what I need
  - I need to purchase these

Next, a Five gallon bucket with a handy (toilet seat) lid, #35

- I want a bucket with a Handy lid [see side bar]
  - I own one to use
  - I need to purchase one
- Associated Chemical treatment bags. (See Side bar to the left)
- I prefer a bucket with a normal lid
  - I own one to use
  - I need to purchase one
- I may skip the bucket idea

Tip - when packing your barrel put little things into medium size containers. Little things drift to the bottom and will be hard to find when needed.

An assortment of smaller items that may be stored in the bucket.

Much of this may be found at hand, at home. Below is a check list of these, some you may want, others not.

- Matches or a lighter, #10
  - \_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ Skip it.
- Flat ware, knife, fork & spoons, #16
  - \_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Kitchen knife, #16
  - \_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Serving and slotted spoons, #16
  - \_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Spatula, #16
  - \_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.

## Cannon Beach Prepositioned Container Family Cache/Kit Guide Packing Work sheet



A good wool blanket is well worth having on a cold damp night.

What level of comfort are you looking for, planning for?

This is a personal choice.

Be mindful of your outdoor camping abilities & limitations. This cache/kit is intended to be put away for one use only. It may be upgraded. So, Start slow and plan to improve. Most importantly begin with the essentials then add luxury. This benefits both emergency security and expense.

Nice set of  
Titanium  
cook ware,



Great for backpacking, not so much for your Cache/Kit.

Costs for stuff vary greatly ...

From finding it hiding in the back of your closet or deep in a drawer, to a few coins or dollars at the local garage sale or thrift store. To your local hardware store or big box value mart. Even to specialty high tech gear shops.

What you spend or need to spend on items for your Cache/Kit depend on your comfort level and shopping skill. Once you have an idea of what you need shop with care. Perhaps we will form some collective purchasing effort, keep in touch.

- Tongs, kitchen or barbecue style #34  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Pie tins, or, Paper plates & cups, #18  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Tin or stainless cup/s, #19  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Pot with lid, #20  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Leather glove or hot pad, #21  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Aluminum foil, #22  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Zip lock bags, #22  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Sanitary wipes, #23  
\_\_\_ I have to use, or, \_\_\_ I need to get. Do not Skip
- Towels & paper towels, #14  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Rubber gloves, #29  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Cutting board, or sheets, #36  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Assorted condiments, #31 & 33  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.
- Chemical treatment and bags, #35  
\_\_\_ I have to use, or, \_\_\_ I need to get. \_\_\_ Skip it.

**Next, That old cast iron fry pan, or a Dutch oven, or both #20**

- I have one I never use
- I should get one
- I can pass on this

**Next, sleeping bag/s in stuff bags, or blanket/s, #2a**

- I prefer a sleeping bag
  - I have one to use
  - I need to acquire a sleeping bag
- I prefer a good wool blanket
  - I have one to use
  - I need to get one

**Tip-** Find a fist size rock. Heat it by the fire, not in or over, but BY.

When it is just barely too hot to handle, wrap in a towel and place in your bedding down by your feet. Makes all the difference in the world. Beware though nylon sleeping bags melt, so not too hot and keep it well wrapped in a towel.

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**LIFO .....**

**Last In First Out**

A packing mantra to repeat to yourself as you fill your Barrel.

Take to heart the worst case scenario; a cold wet windy night. The first item out needs to be the most useful and not deep down on the bottom. Did I mention it is cold and wet.

Also compartmentalize stuff. Use stuff bags to bundle like items together. Double package breakable items or things that could leak.

This Guide and worksheet focus on a 55 gallon Barrel. The rules do not change when packing the smaller 30 gallon Drums or even 5 gallon Buckets.

Consider, when selecting your clothing to pack, the kinds and sizes that could be usable by every member of your family. Loose fitting and gender neutral. In an emergency, fashion is less a concern than flexibility. It is reasonable that in your closet there is an old sweater. Be certain though, in the emergency expect to be out of doors for a time, dress for the inclement.

Another rule of three ...

Exposure is a primary concern. Shelter is best portrayed in three layers. A roof over your head, the clothes on your back and the bedroll you sleep in. Shelter should be the number #1 essential in your Cache/Kit.

**Next, cram in stuff bags full of clothing, sorted for reference by color or with name tags. A few smaller ones are easier to pack than one giant one. Choosing clothing is a personal decision, consider the kind of clothing items each family member could share. #38**

- I need a stuff bag or two
- I have an old pillow case that will work
  - I must gather clothing to fill them with
- Extra dry socks, stuff in those little voids between things

**Next, a radio, battery or crank style #42**

- I have one
- I should get one
- I can pass on this

**A ground cloth. #1c**

- I own what I need
- I need to purchase this
- I can do without

**Next, a garden trowel or folding shovel. #6**

- I own one to use
- I need to purchase one
- I can do without

**Next, a medium size container, such as a 6x9x14" rubbermaid tub, Or a number of smaller ones. Such as plastic wide mouth jars, like peanut butter jars. These can fit in those small voids made by the bigger items. #46**

- I have a small tub, kit or bag, to use
- Or a number of plastic wide mouth jars
- I need a small tub

**I will pack in the small tub or jars these items,**

- Water purification tablets, #11  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Garbage bags, #24  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Hand soap, #13  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Hand sanitizer, #13  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.

Continued on the next page

## Cannon Beach Prepositioned Container Family Cache/Kit Guide Packing Work sheet

### Food Systems ...

This is a big direction to take, but I think I can make it simpler to face.

Long term storage of food is made possible by four main groups. Freeze dried, Dehydrated, Canned and The MRE. [ Meal Ready to Eat ]

To choose just one limits your options, I suggest a supply with some of each. To gain the best each has to offer.

MREs are great for a quick, fast & easy meal, they need no cooking equipment. An MRE should range around 6\$ to 9\$. You could go totally with MREs and avoid the pots and pans all together.

Or option to take some level of cooking ability and equipment. Freeze dried meals range around 8\$ to 14\$ but with bulk purchasing we may be able to lower this.

Easy to,  
Just add  
hot water.  
With Large  
Varieties  
available.



Canned goods we are all familiar with. There are suppliers who have vast choices and good shelf life.

Bulk dried foods can be packaged to last well beyond 20 years, and with creative recipes, give good meals at around 1\$ to 3\$ each

So ...

Do some research. Try out some selections. Perhaps we can form some collective purchases and be cost conscious while being Tsunami aware.

- Dish soap, #13  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Sponge, scrub brush or pad, #13  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Paper towels, napkins, #14  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Sewing kit, #26  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Prescription glasses or readers, #40  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Bug spray or lotion, #41  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.
- Toilet paper, well sealed, #23  
\_\_\_ I have to use, or, \_\_\_ I need to get. Do not skip
- reading material, games or a deck of cards, #47  
\_\_\_ I have to use, or, \_\_\_ I need to get, \_\_\_ skip it.

**As the barrel becomes near to full, these next few final items to pack are those you will need first. Here is when 'how you pack' is critical to the moment when you need it most.**

### Next, a good pair of work gloves, #9

- I have a pair to use
- I need a pair

### Next, a knife, perhaps clipped or taped to the rim or top to be readily handy. #4

- I have one to use
- I need a good one

### Next, Basic First-Aid kit. #3

- I have a usable kit
- I need a good kit

### Next, a small Axe or hatchet. Doubles as a hammer. #5 & 6

- I have a spare to use
- I should get one

### Next, an envelope with necessary documents. #27 a & b

- I will collect these to be included
- I plan to keep these safe elsewhere

The next critical aspect of Planning your Cache/Kit will be to attend to Sanitation and Hygiene.

Very Important.

Health and well being while stranded for a week or more is your primary concern. Keeping a neat and tidy camp site, keeping clothing and bodies clean, will take certain supplies. Do not scrimp nor avoid these essentials.

A future workshop topic may be singularly about how to keep a sanitary and hygienic camp. No one could stress how important this may be. There is a big difference from a weekend camp out and a long term refugee camp. Week, month or longer our location put us on a long thin lifeline with outside support.

Food preparation needs special care in refugee situations. Clean up and food handling are critical. If you are cooking be sure to maintain extra caution with disposal of waste and storage of foods. Consider the Barrel or Drum as your vault from critters and vermin.

First Aid, also a concern. Injury and illness will happen. Be prepared. There will be some public care available, but, have your own First Aid Kit.

I have found prepackaged store bought First aid kits good for home or work, but, look at the contents carefully. You may want to supplement with extras and add ons.

**Next, A set of rain gear, jacket, pants and possibly boots, or a good poncho. #8**

- I need to get this  
 I have a set to use

**Next, A lantern or good standard flash light, with batteries stored separate. #7**

- I have one to use  
 I need to get one  
 I have fresh batteries to pack  
 I need to get some

**Also, if you plan to keep foods in the barrel, these can go deep close to the bottom for the most part, though I would place a few MRE near the top, for that first day. #15**

- I plan to use MREs (Meals Ready to Eat) exclusively,  
 I have enough  
 I need to get a supply
- I plan to use Freeze dried packaged meals exclusively  
 I have enough  
 I need to get a supply
- I plan to have a selection of canned goods  
 I have enough  
 I need to get a supply
- I plan to use dry packed bulk foods  
 I have enough  
 I need to get a supply
- I intent to use a combination of the above  
 I am willing to join in a group purchase plan

**An alternative to stuffing it all into one Barrel is to have a second 5 gallon Bucket or two. To store your food and other rotation items in. Such as food, batteries and medications. This will not be 'in' the barrel but easily available for access, leaving the barrel essentially worry free. It being big and heavy and hard to move. At an 'Opening' swap out the bucket for a fresh new one, easy, done.**

- I plan to use separate 5 gal. buckets too,  
 I need one \_\_\_\_, two \_\_\_\_, or more \_\_\_\_\_. With good lids  
 I have buckets to use  
 I want those nifty 'gamma' lids  
 I may go with a 30 gallon drum for this

**This is just a possible packing plan, one to modify as to find fit.**

## Cannon Beach Prepositioned Container Family Cache/Kit Guide Packing Work sheet

The Plan is to open the container every Spring and Fall.

To allow for addition, alterations and rotation of your supplies and equipment. New people may join in. Others may be opting out. You may have family additions enough to warrant an increase in equipment and supply needs. You may have found a new tent style to replace an old.

Every Spring and Fall we will make the 'openings' a community affair. Awareness training, Education and Tsunami enlightenment.

When the container gets full we will expand. To new locations and more boxes, with more Barrels, Drums and Buckets. Perhaps one will appear at a site closer to your home and you may wish to shift your Cache/kit from one to another. Perhaps one site may better serve your business.

Use this bi-annual awareness to drill the family or train the co-worker. Make the 'opening' keystones to your preparedness schedule.

### Tip-

Got wet feet. It is very important to maintain foot care. Dry socks!!!

Find a thumb size rock. Heat it by the fire, not in or over, but BY.

When it is just barely too hot to handle, drop in a sock and hang the sock up. Works best with wool socks, take care with synthetics.

What follows is the list of Essential Items. With some details on each item. Listed in the order of most essential to least. They are not the 'only' necessary items, just those we consider essential.

**Seriously required items that must be in every KIT.**

**Item #1a** - Sleeping Shelter, either a Tent, sized for you and your family with all of it's inclusive parts, or, Large Tarp, grommeted, with Rope, twine, cord, some nails, pegs, &/or stakes. Be sure to have booklet of instructions/plans. Shop around for tents, might consider if you are planning for several folks to go with a few small tents over one large style. For better flexibility in location and use. The local sporting goods store has many choices. **Item #1b** - Extra Tarps for work spaces and/or covering stuff with Duct tape or repair kit. Tarps can be found at hardware stores and big box outlets. An option would be black plastic. **Item #1c** - If you have room, a Ground cloth or floor cover, canvas is best, a luxury not a necessity.

**Item #2a** - Bed Roll, Blankets, wool or fleece, or Sleeping bag in water proof bag for each person. **Item #2b** - A pad, air mattress or at the least a Water proof ground cloth, separate from a tent floor or floor cover. Home Depot has a nice, low price, canvas painters drop cloth with backing, the small one.

**Item #3** Basic First-Aid kit (many to choose from), or ...

Compile your own with such items as; sterile pads and bandages, disinfectant, antiseptic, anesthetic, antidiarrheal pills, pain care, sleep aid, rubber gloves, sanitary wipes, burn/cut type products, etc. Be sure to note shelf life of items. First aid kits are expandable to fit your level of diligence. Be sure all is well identified.

**Item #4** Either; a Fixed blade survival knife, Quality folding pocket knife, Multi-tool, or Utility knife with spare blades.

**Item #5** Axe, or, hatchet.

**Item #6** A small garden trowel or folding shovel.

**Item #7** Standard flashlights. Extra batteries correctly sized. Be aware batteries need regular rotation, in our climate they corrode fast. Store all batteries outside of devises so corrosion has no chance to do damage.

**Item #8** Rain gear, good quality jacket and pants or Poncho and perhaps boots. Good old yellow slicker or fancy high tech all weather gear, be sure to have some.

**Item #9** Gloves, for warmth and protection, good quality. Find these at the Hardware store, or, your own garage.

**Item #10** Matches or Lighter (or both) with tinder or fire starter (suggestion, use wood shavings as packing filler in your KIT). Add a couple of candles too.

**Item #11** Be sure you have Water purification tablets. Optionally you can upgrade to a good quality Water filter straw, bottle or pump, if you choose. Drug store and sporting goods store should have these, also available on the internet.

**Item #12** Be sure to have vessels for Extra Water storage, bottles or canteens.

**Item #13** Soap, Liquid detergent & Bleach, Be sure to have a basin or bucket for this propose, with, Sponge, scrub brush, scotch pad or steel wool. Hand sanitizer, for when washing is just not an option. Sanitary wipes are handy too.

**Item #14** Towels, paper or cloth, or a some of both.

**Item #15** Foods, Several options, all are good. Meals Ready to Eat (MREs), self heating, quick and simple. Canned goods, good shelf life, self contained. If you do cans don't forget the can opener. Freeze dried, many varieties and providers. A variety of each would serve well. If you choose bulk foods be sure and have some Camp cooking recipes, it is easy to forget what works when stressed.

**Item #16** Flat ware, plastic and/or normal kitchen Knife, fork and spoons. Serving spoon, Slotted spoon & Spatula

**Item #17** Fry pan, steel or cast iron

**Item #18** Paper plates & cups. Pie tins are very handy and easy to come by.

**Item #19** Tin or stainless cup, one for each person.

**Item #20** Pot with lid, steel, Dutch oven or a Quality nesting camp cookware set.

## Cannon Beach Prepositioned Container Family Cache/Kit Guide Packing Work sheet

The Plan is to open the container every Spring and Fall.

This will allow Addition, alterations and rotation of your supplies and equipment.

Depending on your food plan. And, perhaps a Kettle for hot water.

**Item #21** Leather glove, Hot pad, heavy towel or dish cloth.

**Item #22** Be sure to slip in some Aluminum foil & Zip lock bags

**Item #23** Toilet paper (plenty) and sanitary wipes.

**Item #24** Garbage bags.

**Item #25** Dry socks, nuff said.

**Item #26** Sewing kit with scissors and safety pins. Historically called a House Wife, not kidding. Gather some heavy thread, needles and pins.

**Item #27a** Documents for your kit, compile a cheat sheet of important numbers and pass words, seal in a water proof envelope, note as private papers with yours and relatives contact info on the outside. **Item #27b** Create an inventory of your Kit content, with a rotation schedule planner for keeping your emergency items up to date. Keep track of things such as, food and medication. Keep a copy at home and include a copy attached to the Barrel, Tub, or Bucket.

**Important Items ..... That help greatly, yet are optional & personal choice.**

**Item #28** Nested set of Steel bowls. Look around at thrift stores or garage sales.

**Item #29** Rubber gloves help, or a bunch of latex gloves.

**Item #30** Consider also an Assortment of well sealed spices, such as cinnamon and vanilla, Sugar, salt, pepper, etc. Especially if your food system is bulk dried foods, not so necessary for MRE's or canned goods.

**Item #31** Small water bucket, or, small fire extinguisher (fires get out of hand easily). This may double as a wash up bucket, just keep it near the fire in case.

**Item #32** Grill, for cooking over a fire. ( after a few days bending over an open fire this is a blessing ). The hardware stores usually carry these.

**Item #33** Packaged comfort foods; candies, tea bags, instant coffee, etc..

**Item #34** Tongs, barbecue or kitchen style, very handy for open fire cooking.

**Item #35** A toilet seat lid makes a 5 gallon bucket very convenient ( far better than a distant little blue room or a hole in the ground) operational with designed bags and chemical treatment. Might add a privacy enclosure tarp. Hard to find the Lid and treatments locally but the internet has many places.

**Item #36** Cutting board, plastic is best, wood is ok if kept clean. Or have several of the thin kind from the kitchen store.

**Item #37** A collection of toiletries; Lip balm, Sun screen, Comb or brush, Feminine supplies, Deodorant, Shampoo, Tooth brush, tooth powder (paste does not last long), etc. An empty peanut butter jar (plastic) is a good container to keep these item in. Several folks? Perhaps one kit for each, well marked.

**Item #38** A change of clothing. One to wear one to wash. Pack for the out of doors. Pack in small duffel or stuff bags with attention to organizing to specific people or items, such as a sock bag, or 'Joe's' bag.

**Item #39** Table cloth

**Item #40** Prescription glasses or readers, possibly Sunglasses too.

**Item #41** Bug spray, Mosquito repellent. Available from Rite aid or similar store.

**Item #42** AM-FM radio with AA batteries, or crank power

**Item #43** Folding saw with extra blade(s) From the hardware store.

**Item #44** Kneeling pad, folding stool or camp chair. Cut a bit of scrap carpet.

**Item #45** Field shower system

**Item #46** A small tub, 6"x9"x14"ish to keep stuff in and use as a wash basin.

**Item #47** Reading material, Games, deck of cards or puzzle book, dice