

POWER IN PREPAREDNESS! Week 5: Emergency Shelter and Clothing

Family Home Evening—Choose what works for your family.

Songs: *Follow the Prophet*, and *Here We Are Together* (Children’s Songbook, p. 110 and p 261); *Come Listen to a Prophet’s Voice* (Hymns, p. 21)

Book of Mormon Story: King Benjamin’s address
Read Words of Mormon 1:17-18, Mosiah 2:1-17.

Discussion Questions:

- 1) What was King Benjamin like?
King Benjamin was a righteous king and a holy man. (Sometimes the people in the Book of Mormon lived in a “theocracy,” when their leader served as both a king and a prophet.)
- 2) When the people gathered together to hear King Benjamin speak, where did they pitch their tents?
Around the temple with their tent doors toward the temple
- 3) What did King Benjamin stand on when he spoke? Why?
A tower, so the large multitude of people could hear him

Objectives:

- 1) We are blessed to be able to gather together to hear the counsel of our church leaders.
- 2) We can make preparations for shelter to protect our families in an emergency.
- 3) We should store clothing as part of our emergency storage.

Activity Ideas:

- 1) Sleep out in a tent together. Set a goal to obtain a form of shelter for your 72-hour kits.
- 2) Store essential clothing in your 72-hour kits.
- 3) When possible, plan and store for future clothing needs.

Treat Ideas:

- a) Fruit Roll-ups (fruit leather)
- b) Blanket Donuts
 1. Separate each biscuit from a can of biscuits.
 2. Smash each biscuit into a round, flat “blanket.”
 3. Place a chocolate Hershey’s Kiss in the center, pull the “blanket” up over it, and pinch the dough together as well as possible.
 4. Fry the donuts in warm oil until quite brown to avoid having raw dough in the middle.
 5. Roll the donuts in powdered sugar.

A Quick View of Emergency Shelter and Clothing

The goal: stay dry and warm

Emergency Shelter

1. Shelter options
 - a. Tube tent (~\$3.95)
 - b. Tent, with a rain fly
 - c. Tarp
 - For a ground cloth under a tent
 - To create a makeshift shelter
 - Needs nylon rope (50 ft.)
2. Choose a good location.
 - a. A dry area
 - b. Away from gullies or peaks
 - c. Away from possible flash floods, high winds, and rock or snow slides
 - d. Near a water and firewood supply, if possible
 - e. Facing the winter sun or turned away from the summer sun

Emergency Bedding

1. 72-hour kit
 - a. Lightweight mylar blanket (~\$1.25)
 - b. Mylar space bag or bivy sack (Thermolite, ~\$23.99)
 - Lightweight, effective at reflecting back body heat
 - Doesn't allow body moisture to escape
 - c. Sleeping bag
 - Down—expensive, clumps together when it becomes wet
 - Synthetic (Qualofil, Polarguard)—good insulators
 - d. Sleeping pad, air mattress
2. Long-term storage
 - Extra blankets, bed sheets, pillows

Emergency Clothing Storage

1. 72-hour kit (rotate clothing with the seasons)
 - a. Leather gloves—for working with a fire
 - b. Winter gloves
 - c. Rain poncho
 - d. Sun hat
 - e. Wool cap or balaclava head “sock”—to retain body heat
 - f. One change of clothing
 - Extra socks, underwear
 - g. Bandana—for protection from wind and sun and for use as a bandage

2. Year's supply of clothing

a. Focus on basics.

Clothing that is less likely to become outdated

Classic, simple styles, colors, and patterns

Clothes that can be mixed or matched

Clothing fundamentals: underwear, socks, shoes, and jeans

b. Plan ahead.

Clothing for the ages of your family members

Clothing suitable for either boys or girls

Keep a list of family clothing needs and sizes.

Plan for baby clothing needs.

c. Store used clothing for younger family members.

Organize shirts and pants by size and gender.

Group generic items by category for easier retrieval of the right size: socks, pajamas, t-shirts, coats, etc.

Store shoes by size in bags, then group the size bags inside boxes. Store shoelaces.

d. Shop for bargains.

End-of-season sales, holiday sales, and sales between Christmas and New Year's

Factory outlets, thrift stores, and garage sales

e. Plan for summer.

Hats that protect from the sun

Lightweight fabrics

f. Emphasize storage of clothing for winter.

Types of fabric

Wool clothing is durable, warm in the winter, and cool in the summer.

Down is durable and has the best warmth-for-weight performance.

Vapor barrier clothing or foam clothing can be worn next to the skin to wick moisture away without allowing it to evaporate close to the skin.

Essential pieces

Wool cap or balaclava head "sock"

Warm coat

Wool socks

Boots

Hand protection

Mittens—work best for retaining heat

Gloves

Thermal underwear or ski pants

g. Store clothing and fabric in a dry, cool, dark environment.

Cardboard boxes

Plastic tubs are effective at protecting from insects and water.

Sewing Supplies

1. Classic, multi-purpose fabric
 - a. Cotton (flannel, muslin), denim, linen, wool, corduroy
 - b. Dark colors do not show soil and wear as quickly as light colors.
 - c. Pellon
2. Patterns
3. Notions
Thread, snaps, zippers, buttons, hooks and eyes, elastic, seam and hem binding, laces and trims
4. Tools
 - a. Sewing machine
Instruction manual, needles, bobbins, machine oil, and brush
 - b. Scissors, seam ripper
 - c. Needles, pins, pincushion, safety pins, thimbles
 - d. Tape measure, chalk
 - e. Iron and ironing board
5. Fiber arts
 - a. Crochet hooks and knitting needles
 - b. Yarn

Protection from the Elements

Learn from pioneer treks—pack protection from the elements.

1. Sunglasses
2. Chap stick
3. Sunscreen, zinc cream
4. Insect repellent