

**Time to Get Started “Prepping”!!!**

**Join our Kickoff Meeting, Thursday, August 20, 6:30-8:30p at The Ark**

**1307 E. Citrus Ave., Redlands, CA**

**Special Guest Speaker - Bob Colbert, Cal Quake Inland Empire**

**Learn the Essentials of Personal Protection and Survival and**

**What You Need to Prepare and Protect Your Family in an Emergency**

1. **Water**
   1. **Water storage, minimum two weeks, 55 gal barrel supplies family of 4 for 2 months.**
   2. **Water filtration and purification system, in-home and portable**
   3. **Bottled water, lightweight and portable**
2. **Food**
   1. **Portable Backpacks for autos and hiking, 3 day supply**
   2. **Home storage for canned goods and dried foods, up to 1 year**
   3. **Medications, two weeks ahead minimum**
3. **Sanitation**
   1. **Sanitation bags for auto travel**
   2. **In-home potty and disposable sanitary bags**
4. **First Aid**
   1. **Bandages, tourniquets, antiseptics,**

**blankets, masks, gloves**

* 1. **Learn CPR, triage techniques and take CERT training**

1. **Communication**
   1. **Ham Radios or battery-operated radios**
   2. **Networking and Telephone Chain**
2. **Shelter, Stay or Flee**
   1. **Flashlights, Candles, solar power generator**
   2. **Map and shelter locations, travel routes for auto, bike and on foot**
   3. **Network of shelter locations**
   4. **Grab & Go Bag for cash in small bills, medications and legal papers**
3. **Self-Defense – (last but not least)**
   1. **Firearm training and permits**
   2. **Pepper spray, warning whistle**
   3. **Physical attack response maneuvers**

***When the emergency or disaster strikes it is too late to prepare or train.***

***More Info: Carolyn Hays,*** [***carhays@yahoo.com***](mailto:carhays@yahoo.com)***, Ph: 951-205-3690***

***Bob Colbert, Cal Quake IE*** <http://www.calquakeinlandempire.com/>

***Resources and Training Team: Rachel Eugley, Ron Gravette, Claudia Millan, Sam Wong***

**Disaster Prep Products and Service Locations in the IE:**

<https://hub.biz/Redlands,CA/Earthquake-Products>

**Local Redlands Warehouse**

[**Simpler Life Emergency**](https://simpler-life-emergency.hub.biz/)

<https://simplerlife.com/>

**EARTHQUAKE PRODUCTS AND SERVICES IN REDLANDS, CA**

**2035 W Park Ave Ste 1**

**Redlands, CA**

**(909) 798-8108**

**Large warehouse well-stocked. Example:**

**3 DAY EMERGENCY FOOD SUPPLY $74**

[](https://cdn.shopify.com/s/files/1/0277/2123/products/0083608-3-day-emergency-food-supply-kit_1000x810_343008dd-012f-4172-a51d-1fa7dd1f1410_1024x1024.jpg?v=1592250738)

**Online Resource Located in Highland, CA:**

<http://www.calquakeinlandempire.com/>

**Example:**

**  
 55 Gallon Water Storage Barrel Only**

**BRAND NEW**, Heavy-Duty **BPA** (Bisphenol-A) **FREE** and

**FDA FOOD GRADE APPROVED**.

**You may pick up water barrels in Highland, CA 92346**

**Water Drum Only ~~$59.95~~ $54.95 Limited Time Sale**

**Water barrels for pickup only. Other purchases over $49, shipping is free**

**Famous Berkey Water Filtration Systems**

**Example: In-Home Counter Top Filters 6,000 gallons – Approx. $250**

**Available by Special Order Local Contact: Ron Gravette, Ph: 626/625-6293**

