

Sukyo Mahikari Emergency Preparedness Bulletin: August 2014



Every year, thousands of people are forced to leave their homes due to wildfires, floods, tsunamis and other devastating disasters.

When disasters occur, there may be only minutes to spare before you have to evacuate. Precious time could be lost if you haven't prepared backpacks with emergency supplies for you and your family.

Did you know that Sukuinushisama maintained an emergency backpack and checked his supplies every night before going to bed?

Now that we've entered the peak of the Baptism by Fire, it's more important than ever to be prepared for the possibility that disasters could occur anywhere at any time. Having an emergency backpack will help you to maintain calm and avoid rushing around in a panic looking for things if you have to evacuate.

You may be worried that you don't have the money or the knowledge to prepare an emergency backpack. The truth is that with a little creativity and planning, you can prepare a backpack that will serve your basic needs in the event of a disaster. It's quite possible that you already have several useful supplies in your home.

Check out the *frequently asked questions* and *sample supplies list* on the next page for more details on how you can get started. For guidance on how to prepare backpacks for Holy Objects, such as Goshintai, please contact your local staff member.

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Frequently Asked Questions	Sample Supplies for Emergency Backpack*
<p data-bbox="183 247 626 279"><i>How should I pack my backpack?</i></p> <p data-bbox="183 300 781 646">Separate your equipment into supply categories and, as much as possible, pack each category in a different compartment of the bag. This will help you to stay organized and ensure quick access to what you need. Also, please consider the hazards you could face in your local area. For example, if you live in a cold climate, be sure to pack items to help you stay warm.</p> <p data-bbox="183 667 760 779"><i>I have physical limitations and don't think I could carry a backpack. Could I use a small rolling suitcase instead?</i></p> <p data-bbox="183 800 768 911">Yes, please choose a bag that best suits your personal situation. If possible, please use a bag that is waterproof or water-resistant.</p> <p data-bbox="183 932 781 1005"><i>What is the maximum recommended weight for a loaded emergency backpack?</i></p> <p data-bbox="183 1026 737 1138">Opinions vary, but a person in good shape should be able to carry at least 20% of his/her body weight.</p> <p data-bbox="183 1159 656 1190"><i>Where should I keep my backpack?</i></p> <p data-bbox="183 1211 781 1323">Store your backpack in a secure location at home. Consider keeping modified versions of your backpack in your car and/or office.</p> <p data-bbox="183 1344 776 1375"><i>Should I prepare backpacks for my children?</i></p> <p data-bbox="183 1396 781 1625">Small children 6 years and older could carry a small pack, but the items should be limited to lightweight items, such as clothing, flashlights, and possibly a small toy. Any other items should be carried by adult family members.</p> <p data-bbox="183 1646 737 1680"><i>What should I carry with me at all times?</i></p> <p data-bbox="183 1701 768 1854">Your prayer book, some food and water, a small towel, face mask, flashlight, cell phone charger or emergency battery, small radio, lighter, and a pocket knife.</p>	<ul data-bbox="857 247 1430 1892" style="list-style-type: none">• High-calorie food bars or MREs• Coast Guard-approved water rations• Prayer book• Omitama travel kit with extra wraps and Omitama chain• Ancestor tablet bag• Container for collecting water• Portable, solar-powered radio with hand crank• Flashlight and extra batteries• Pocket knife or Leatherman tool• First aid kit with sanitary gloves• At least 50 ft. of paracord• Cooking/eating gear, including can opener• Extra clothing, including Omitama shirt• Poncho or rain gear• Space blanket• Sun block & hat• Duct tape• Hygiene & sanitation supplies• Matches in waterproof container; spark rod• Water purification gear (e.g., water filter, purification tablets, LifeStraw, SteriPen)• Whistle• Compass & maps of your local area• Face masks• Heavy-duty gloves• Survival candle• Tarp or tube tent• Glow sticks• Small notebook & pencil/pen• Cell phone charger or battery backup• Encrypted flash drive with digital backup of important documents• Cash in small denominations• Items for infants• Comfort items for children• Special needs items (prescription meds, hearing aid batteries, etc.)

*One size doesn't fit all. Please consider your family's unique needs as you prepare your backpack.