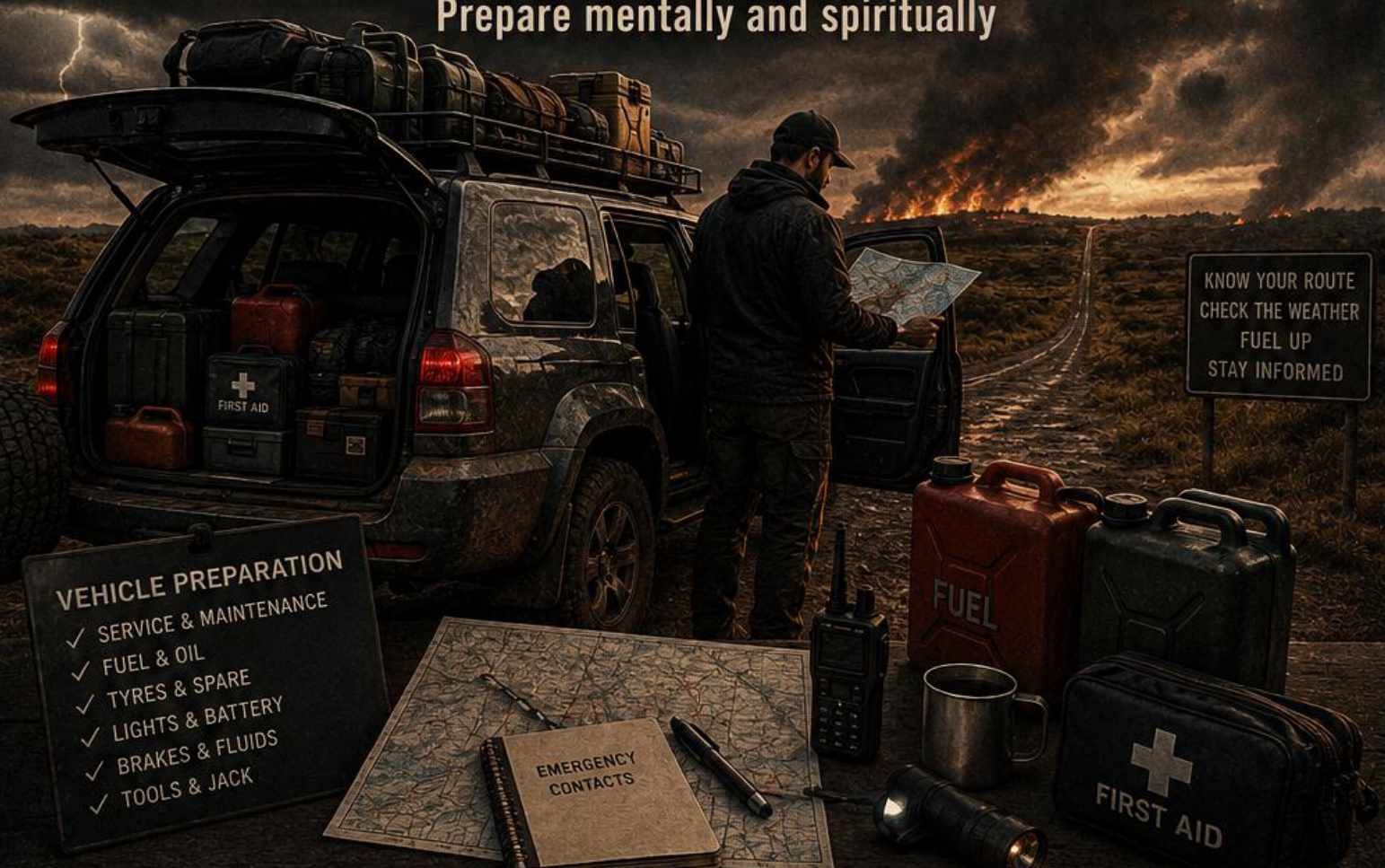


PLAN A – EVACUATION BY VEHICLE

Evacuate in an organised manner
Preparation of motor vehicle
What is your “Plan B?”
Prepare mentally and spiritually




KNOW YOUR ROUTE
CHECK THE WEATHER
FUEL UP
STAY INFORMED

- VEHICLE PREPARATION**
- ✓ SERVICE & MAINTENANCE
 - ✓ FUEL & OIL
 - ✓ TYRES & SPARE
 - ✓ LIGHTS & BATTERY
 - ✓ BRAKES & FLUIDS
 - ✓ TOOLS & JACK



 **EVACUATE IN AN ORGANISED MANNER**

- Follow official instructions
- Stay calm
- Leave early
- Keep documents and essentials ready

 **PREPARATION OF MOTOR VEHICLE**

- Check vehicle condition
- Pack emergency kit
- Ensure fuel sufficient
- Remove unnecessary weight

 **WHAT IS YOUR “PLAN B?”**

- Identify alternate routes
- Know safe places to stop
- Have backup communication

 **PREPARE MENTALLY AND SPIRITUALLY**

- Stay focused
- Support one another
- Keep faith
- Remain hopeful

Despite of all the planning and preparation, we know that things don't always go according to plan. During an evacuation, your car may break or the roads may be dangerous or inaccessible. Whatever the situation, it is important to have a backup plan if things go wrong.



The decision to evacuate is a major one. There are quite a few factors that must be taken into consideration before doing it. Although your reasons to evacuate might depend on the situation, they all have one thing in common – you are running against the clock. If you are not properly prepared, you tend to be more hesitant to evacuate. On the other side, if you wait too long, you might have to make reactive decisions that might even worsen the circumstances if you haven't properly planned. If you are unprepared, you might have a shortage of supplies i.e. food, fuel and cash. Therefore, it is important to plan according to the different scenarios you set for yourself. It will help you to proactively identify emergency situations and to evacuate in time, when needed.

Since time is always a factor, it is essential that your family understands the necessary emergency drills and procedures as well as the different responsibilities expected from each other. You also have to decide:

- ✓ What equipment and supplies you will take with you.
- ✓ Which family member is responsible for the collection of which items?
- ✓ What method of transport will be used?
- ✓ Which routes to take.
- ✓ Plan two to three destinations.
- ✓ Should something go wrong, what is your backup plan or “Plan B”?

7.1 EVACUATE IN AN ORGANISED MANNER

During an evacuation, as you're preparing to leave your home, tensions are usually at an all-time high. The last thing you want is have a last-minute, frantic run-around for food, water, blankets, your child's teddy bear and personal documents. You'll probably also need to collect sentimental items that can't be replaced. Similar to the 'Koeberg scenario' earlier in this guide, you might only have maximum 10 minutes to grab your most important belongings before you have to evacuate.



To ensure that important things are not forgotten, make a checklist of these items and keep it in front of your grab bag (see next chapter "PLAN B - BUGOUT BAG").

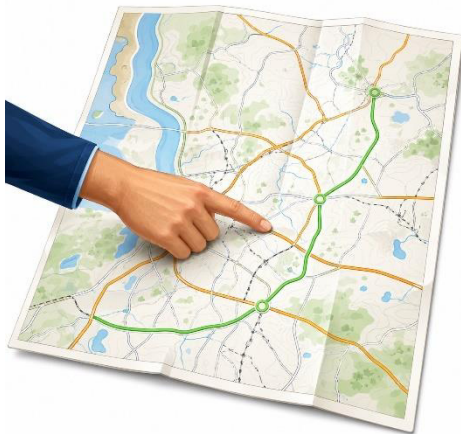
7.1.1 STRENGTH IN UNITY

To simplify the evacuation process, divide duties and responsibilities amongst family members. Make sure each family member has his/her own check list. This way you will know what to expect from one another. This will ensure efficiency, reduce duplication of efforts, and will prevent you from forgetting important items because you thought that someone else would pack it.

An effective way to divide responsibilities amongst family members is to categorise the different items and duties accordingly. Categories such as:

- ✓ Medical
- ✓ Sanitation and hygiene
- ✓ Sentimental Items

7.2.1 PLANNING YOUR ROUTE



When one think of evacuation scenarios, one usually imagines a mass exodus like we saw on television with storms such as hurricane or cyclone Aida where roads were completely blocked making them impassable.

One complicated factor in our major metropolitan areas such as Cape Town, is the fact that our road infrastructure is not adequately designed for massive evacuations. Having sufficient capacity to evacuate an entire population of a city in just a few hours is economically not feasible. Most of our roads are not adequately designed to handle peak-hour traffic.

The last thing you want to do is to get stuck in your vehicle for hours, especially with a threatening storm that can come down at any moment. If you have made the decision to evacuate, you need to be organised and ready to go as soon as possible. This will give you a head start over other people who might only leave their homes an hour later.

- ✓ Keep maps at hand with all the routes that you have planned.
- ✓ Stay away from highways if possible.
- ✓ During the evacuation, listen to the radio by tuning into the local news channel to remain updated with the latest developments. Traffic reports can warn you of any possible traffic congestions, road works, roadblocks or even car accidents.
- ✓ Discuss with your spouse who will be picking up the kids if a disaster happens during school hours.

7.2.2 DESTINATION

By choosing your destination in advance, you reduce the likelihood of separation from a family member. If everyone knows where to go, in the event that you are unable to travel together, you will be far more likely to be reunited quickly.

A local destination should be chosen, as well as one that is more distant in case of a large regional disaster. Map a minimum of 3 different routes to these locations. Be sure you have money available in small denominations of cash. Figure out how much you need to make it to your destination. Consider fuel expenses and lodging costs. Destinations can include:

- ✓ Hotels
- ✓ A family members house
- ✓ A friend's house
- ✓ A camping area
- ✓ Your holiday home

7.2.3 KEEP CASH IN HAND

During a disaster, debit and credit card machines might not be unusable due to the lack of communication or electricity. For this reason, it is important to always have cash on hand. Your cash should preferably be in small denominations. Have enough cash to pay for a hotel room, food and to cover other travel expenses. Some people use small number of precious metals like gold or silver coins as another form of payment.



7.3 WHAT IS YOUR “PLAN B”?

Despite the most careful planning, the very nature of a disaster makes it likely that something will go awry. Anticipate the possible failure of your initial plan by formulating a “Plan B” for all eventualities. Remember to designate a person outside of the area as a primary contact for the family. This person will be able to coordinate messages and locations for family members in the event that you are separated.



The following actions and items take priority in a walking evacuation.

- ✓ Hiking backpack that leaves your hands free and are not prohibitive in weight,
- ✓ Pre-planned walking route avoiding populated areas if possible
- ✓ Camping gear
- ✓ Important documents stored or saved on a flash drive
- ✓ Personal defence and security
- ✓ Extra food to compensate for the additional energy expended by walking with a fully loaded pack
- ✓ Comfortable sturdy footwear

In the following chapter “PLAN B - BUGOUT BAG” is described in more detail.

7.4 PREPARE MENTALLY AND SPIRITUALLY

By far, the most important preparation in an evacuation is mental. If all of your best-laid plans deteriorate, a positive mental outlook and a problem-solving attitude can mean the difference between survival and failure. A little seed of hope can go a long way.

Finding faith in hard times can be compared to walking through a desert and finding water. It can save your life and give you the endurance to carry on. In the midst of disappointment and frustration, faith and hope can keep your positive momentum going. Concentrate on all that is good and positive.



“Don’t count your problems; count your blessings.”

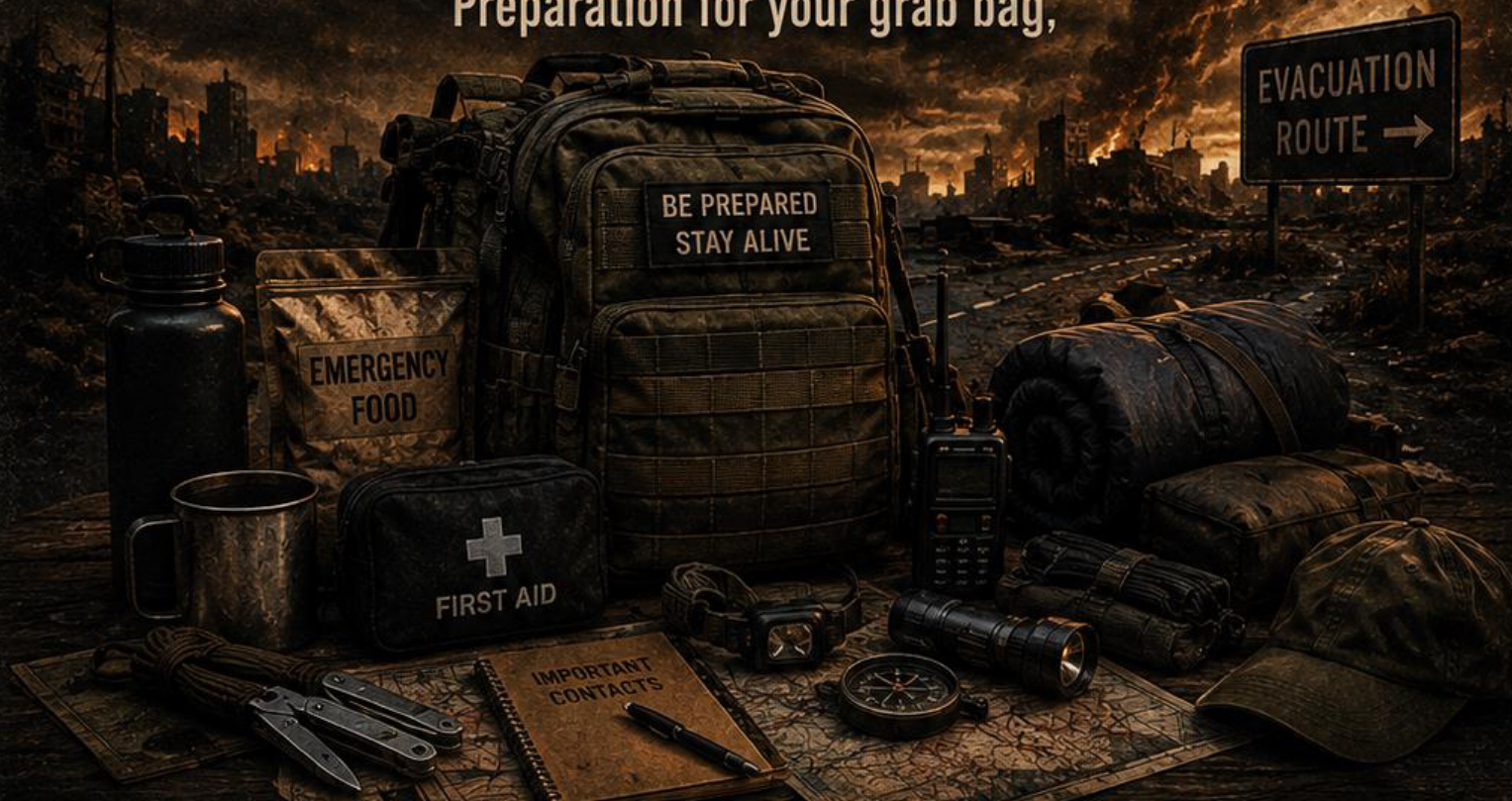
7.5 SUMMARY

- 1) Create an evacuation plan including an emergency meeting area for family members, multiple evacuation routes, and a list of emergency phone numbers.
- 2) Assemble evacuation packs.
- 3) Place packs in an easy-to-access area.
- 4) As a family, discuss the evacuation plan, and include a discussion on the protocol and emergency exits. Make certain that all family members thoroughly understand the plan.
- 5) Get a tune up of the vehicle you plan to evacuate with.

EMERGENCY PREPAREDNESS FOR SOUTH AFRICA

PLAN B – BUGOUT BAG

Stock and equipment for 72 hours,
Preparation for your grab bag,



WATER

- 3 litres per person per day
- Water purification tablets / filter



FOOD

- Non-perishable meals
- High energy snacks



FIRST AID

- First aid kit
- Personal medication



LIGHTING

- Flashlight / headlamp
- Spare batteries



COMMUNICATION

- Two-way radio / cell phone
- Power bank



CLOTHING

- Weather-appropriate clothing
- Rain jacket / thermal layer



SHELTER

- Emergency blanket
- Tarp / poncho



TOOLS

- Multi-tool / knife
- Duct tape & paracord



DOCUMENTS

- IDs / copies
- Emergency contacts



PERSONAL CARE

- Hygiene items
- Wet wipes / toilet paper



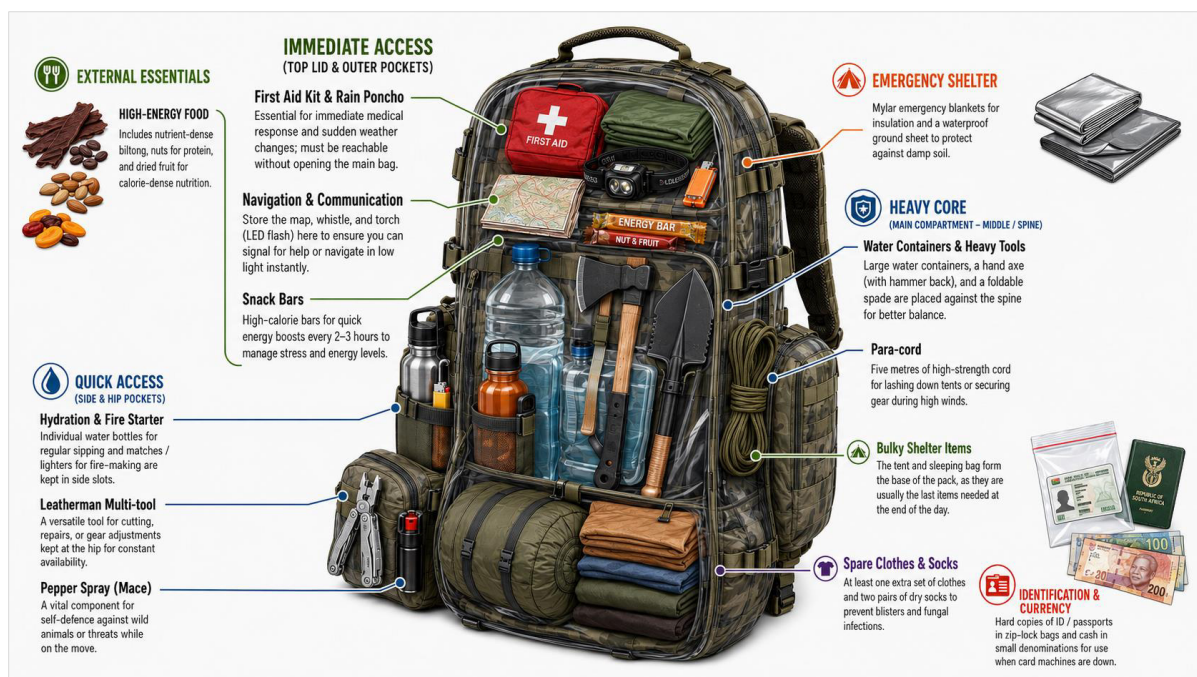
PACK SMART. STAY MOBILE. BE READY TO LEAVE AT A MOMENT'S NOTICE.

Making the decision to “bug out” will undoubtedly be different depending on the scenario you are facing. In fact, have you considered that due to extraneous circumstances, you may be left with no other option but to “bug out” by foot? Therefore, think about the different “bug out” situations you could be faced with.

1. Mass evacuations due to natural or man-made disasters.
2. Disasters with little or no warning.
3. Massive infrastructure damage that will cause long term implications and road blocks.
4. Widespread crime waves and lawlessness

8.1 STOCK AND EQUIPMENT FOR 72 HOURS

According to a report of the International Red Cross, emergency services are usually overwhelmed during large-scale disasters. Depending on your circumstances, the average time that it can take for emergency teams to come to your rescue is 72 hours. Some people prefer to prepare their grab bags for a longer period, but other factors such as weight and awkward size can limit your movement.



Here are some tips to combine your 72-hour bags:

1. Sports bags, large plastic containers, backpacks or suitcases can be used to store your equipment.
2. Many experts recommend that the bag or container be waterproof.
3. Every person in the family must have their own 72-hour bag.
4. Be aware that there may be a situation where the only way to evacuate is by foot. Ideally, the best grab bag is a multi-compartment backpack that can help you keep stock and equipment organized and easily accessible.
5. Let each family member walk with his or her own bag to make sure the weight is not too heavy and that it can be worn comfortably.
6. Find equipment that is lightweight, functional and versatile, so you don't carry an unnecessary load.

7. It's important that you and your family take time to test out your grab bags. Take one weekend out of your busy schedule to go camping with your family and to test all the equipment in your bag. In this way you will quickly find out what is superfluous as well as what you are short of.
8. Please remember to refresh what's in your grab bag from time to time.

8.2 PREPARATION FOR YOUR GRAB BAG

8.2.1 WATER

Adults require about 4 litres of water per 24 hours. However, 12 litres of water adds up to 12 kg, which, when combined with your other gear, may add too much weight to your 72-hour bag. Because of this, many people carry about 2 litres of water and pack either water purification tablets or a water filter.

Some possibilities are:

- ✓ Individual water bottles or gallon jugs in the pack
- ✓ Canteen
- ✓ Collapsible water container
- ✓ Water filter
- ✓ Water purification tablets

You can also consider adding drink mixes or vitamin powders to water to increase your calories and add some nutritional content. Also keep in mind that many of the meals packed will require some sort of water for preparation.



8.2.2 FOOD

One thing is for certain, if you are walking with a backpack, walking for long periods and climbing up and down hills, you will get irritated, hungry, thirsty and tired. The right food will make a big difference in maintaining your energy levels as well as keeping the hunger at bay.

When you prepare your grab bag, you want a diet that provides you with enough calories, carbohydrates, proteins, vitamins as well as fats. However, keep in mind that age, as well as gender plays a role in the number of calories consumed. In high stress levels situations, it is important that your stress levels be managed as efficient as possible. With this in mind, it is important that you treat yourself with a small meal such as a snack bar every 2-3 hours.



The best approach to ensuring you have enough food for 72 hours is to sit down and put together an emergency menu based on your family's preferences. This will help you prepare, organize and simplify your shopping list. However, your menu must be realistic to make sure your body is satisfied with the necessary energy needs.

8.2.2.1 THE FOOD COMPOSITION

Research has proven that foods that are high in complex carbohydrates and dietary fibre are more effective and will make you feel fuller for longer periods.

Some energy-efficient food sources to consider are:

- ✓ **Fruits / Vegetables** – Having this dehydrated will lighten the load and give you something nutritious to snack on. Keep in mind that dehydrated foods can last for 12 months or longer, provided they have been stored properly. Pack fruits and vegetables that are the most calorie dense. Look for small boxes of dried fruits for easy meal assembly.
- ✓ **Whole vs. White** – We all know that whole grains are better for you. But did you know that they also keep you fuller longer? Whole grain breads with seeds and nuts can provide added nutrition. Look for whole grain pancake mixes, crackers, pasta, and bread to get good sources of whole grains.
- ✓ **Nuts** – This is one of the most nutrient dense foods and is also full of fibre to help you stay full longer. Due to the high protein count of these lightweight nutrition powerhouses, they can be an efficient meat replacement. Look for non-salted nut varieties to keep you hydrated longer.
- ✓ **Meat Source** – Protein sources are imperative during an emergency and can also cut down on stress. The amino acid in meat, specifically tryptophan, binds to protein and becomes a precursor for the neurotransmitter serotonin. Increased levels of serotonin may help you cope with stress. Freeze dried meats or TVP (textured vegetable protein), dehydrated meats, or cans of beef, chicken or tuna would be good choices to add to your pack.

FOOD STOCK

- Pasta
- Dried fruits and nuts
- Peanut Butter and Crackers
- Instant Oatmeal
- Powdered milk
- Biltong
- Rice and mash potatoes
- Dried soup powder
- Bubble gum
- Instant pudding
- Powder cold drink (Game, Kool-Aid)
- Camping cutlery
- Lollypops
- Energy bars (Granola bars)
- Small gastophilia as well as small pots to prepare food.

8.2.3 CLOTHING

When it comes to the packing of clothes, it can be a sensitive topic as women and children have different views to what they consider as

important. If a person doesn't pack the appropriate clothing, harsh elements such as rain, cold and snow can have a catastrophic impact on the human body. This means that you must have the right tools and clothing to handle any emergency. Take into account temperature changes, climate as well as the seasons when deciding which clothes to pack in your grab bag.

PRACTICAL TIP:

It is advisable to vacuum pack individual garments. This will ensure that you have dry clothes and socks if you have to go through a river or if your grab bag falls into the water.

- ✓ Keep at least one set of extra clothes in your bag and two extra pairs of socks.
- ✓ Good pair of hiking boots with deep treads in the soles.
- ✓ For colder climates or weather, a warm jacket, cap, and waterproof pants.
- ✓ Work gloves
- ✓ Rain jacket or poncho
- ✓ Hat to protect your face and neck against sunburn

8.2.3.1 PROTECTION AGAINST THE ELEMENTS

Overheating can be as much of a problem as being cold. If you sweat when it is cold, the body chills when you stop sweating and your sweat-soaked clothing will act as a conductor to draw away body heat into the air. The best way to prevent this from happening is to layer your clothing. This provides you with a greater ability to control your body temperature in response to environmental factors and exercise.

Proper Layering Techniques:

- ✓ **Underwear** - Thermal underwear should be worn close against the skin.
- ✓ **Shirt** - A woollen or wool mixture shirt should be worn over the thermal underwear.
- ✓ **Jersey** - On top of this layer should be a woollen or good woven fibre sweater or jacket (woven fibre tends to be better because it is warmer and more windproof).
- ✓ **Jacket** - A jacket filled with synthetic fibre should be worn over the last layer. It is advised not to wear a down jacket as it tends to lose its insulating properties when it gets wet.
- ✓ **Wind Breaker** - The final layer must be windproof and waterproof. This jacket is the outer shell of the thermal protection gear. It should also be made of a "breathable" fabric such as Gore-Tex, which allows sweat to evaporate through the fabric into the atmosphere while at the same time stops rain and water from getting in. These last two layers can be combined into a single jacket.
- ✓ **Hat** - It is estimated that between 40 and 50% of heat loss emanates from your head. So, make sure you wear a warm cap to control your body heat. In warm weather, a broadband hat is needed to protect you from the sun.

72-HOUR BUG-OUT BAG: TYPICAL CLOTHING



8.2.4 THE RIGHT SHOES

Good shoes have everything to do with survival. A good pair of waterproof boots will protect your feet from the natural elements. Boots with flexible soles and deep treads are the most suitable option when it comes to wet and rough terrain.

There is quite a lot of debate whether one should buy leather boots that can be heavy sometimes or rather invest in a lighter-type canvas boot. Several studies have shown that wearing a 500-gram shoe or boot is equivalent to wearing 2.5kg extra weight on your back. There are many reviews of hiking shoes online to guide you to make the best choice for you.



8.2.5 SOCKS



Socks are essential to keep your feet warm and dry. Without a good pair of socks, the feet tend to swell and form blisters. Whether you're wearing two pairs of thin layered socks or wearing two thick pairs is entirely up to you. Put at least two pairs of socks in your backpack because if one gets wet, you will at least have a dry pair on hand. Always keep socks as clean and dry as possible to prevent fungal infections on your feet.

8.2.6 SHELTER

If you find yourself in an emergency where you have to evacuate on foot and with only the items you are carrying in your bug out bag, then you must have some type of emergency shelter. The weather may not be ideal and you will need some sort of shelter to protect you from the natural elements and maintain your body temperature. A small, light, two-person tent which you can easily fit into your grab bag.



- Decent Sleeping Bag
- A small, foldable Mylar emergency blanket that you can throw over your sleeping bag for extra insulation.
- A waterproof ground sheet. Tents' inseminated ground sheets are not always adequate for damping.
- The waterproof soil sail can also be used in an emergency if a tent.
- Thick garbage bags can be folded small and different objectives can be improvised and applied.

8.2.7 COMMUNICATION



For the purpose of this chapter, we will lightly touch on the subject of communication as we have already discussed this (See chapter on COMMUNICATION). There are a few points that I would like to emphasise when it comes to preparing your grab bag.

If you vacate on foot, chances are very high that you will be totally cut off from the outside world. Ideally, you want to find a way to contact friends and family so you can co-ordinate your locations and movements. A two-way radio is a good idea. It is also important that you have access the latest news. The news reports can tell you whether you're moving in a safe direction or when the emergency situation is over and you can return home safely.

8.2.7.1 EMERGENCY FLOWS AND EMERGENCY CABLES

Another important means of communication is a whistle as well as emergency flares. The human voice is easily disguised by strong winds, waves or rivers that are coming down. In such cases, a shrill emergency whistle can lead rescue workers to your location where the visibility is poor or where you are pegged under a heap or rubble.

8.2.8 TOOLS

Tools and equipment can be used for various reasons. Equipment for use during hunting, fishing, cutting and navigation purposes is all essential items for a 72-hour grab bag.



- ✓ Knives (a large machete and a smaller Gerber hunter)
- ✓ Multiple tool kit (Leatherman)
- ✓ Foldable spade
- ✓ Hand axe with a blunt back which you can also use as a hammer
- ✓ A waterproof LED flash as well as a headlight.

- ✓ Foldable fishing rod with hooks, line, bobbers, etc.
- ✓ Maps, compass or GPS devices
- ✓ Five metres of Para chord to tie down your tent a strong wind.

8.2.9 SELF DEFENSE

As already discussed under the chapter "SAFETY AND SECURITY", it is important that I only emphasise the following points for the purpose of evacuation on foot.

To maintain safety, you must have the ability to defend yourself. Threats could include wild animals or even other people. Weapons are a vital component of your bugout bag.

- ✓ Handgun or shotgun
- ✓ Extra magazines and ammunition
- ✓ Hunting knife
- ✓ Taser or stun gun
- ✓ Pepper Spray (mace)



8.2.10 HYGIENE

To keep you clean is extremely important for maintaining health. Some hygiene items to pack are:

- ✓ Toilet paper
- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Baby wipes
- ✓ Soap
- ✓ Shampoo / Conditioner
- ✓ Detergent
- ✓ Sanitary towels / tampons



8.2.11 WRITTEN RESOURCES

In a high stress situation, it is easy to forget things you have studied in the past. By having some written information for quick reference with you, you can make life more bearable for yourself and your loved ones.

- ✓ Survival guides
- ✓ First aid manual
- ✓ A Bible, as well as a collection of spiritual texts and versions
- ✓ If children are with you, a favourite children's book for the usual bedtime story.



8.2.12 MAKING A FIRE

In your grab bag you want pack items to start a fire. Making a fire will help protect you against the cold, allow cooking as well as boiling water for coffee. Some of the following items can be packed in your grab bag:

- ✓ Waterproof matches
- ✓ Magnesium fire starters work particularly well with damp wood
- ✓ A BIC cigarette lighter (best) and block flash wrapped in plastic
- ✓ Small camp stove
- ✓ Fuel for the camp stove



8.2.13 PERSONAL DOCUMENTATION AND IDENTIFICATION

When evacuating to another location, you need to have identification and emergency information (See chapter on *ESSENTIAL INFORMATION*). To save some packing space in your grab bag, you can load a copy of your important documents onto a flash drive. Hard copies of important documents such as your ID or passport can be placed in a zip-lock bag.



8.2.14 CASH

Often in a disaster, debit/credit card machines are inoperable due to a down-grid situation. Therefore, it's always important to have cash with you. Your money should be in small denominations in case change cannot be made. You should have enough money to pay for a hotel room, food, and/or other travelling expenses. Many people also take a small number of precious metals, such as gold or silver coins, in order to have another form of currency



8.2.15 FIRST AID KIT

There is no guarantee that everything will go as planned. Taking a basic first aid course now is instrumental in providing the right type of care. Packing a well-stocked first aid kit is essential in the event that someone gets injured. First aid kits should be filled with every type of first aid gear that could be needed.

- ✓ Band-Aids
- ✓ Antiseptic
- ✓ Gauze pads
- ✓ Medical tape
- ✓ Tourniquet
- ✓ Triple antibiotic cream
- ✓ Betadine pads
- ✓ Antiseptic spray
- ✓ Insect repellent
- ✓ Sun block and/or zinc oxide cream
- ✓ Calamine lotion
- ✓ Vaseline
- ✓ Pain and fever relief medication (both children and adult varieties)
- ✓ Anti-diarrheal medicine
- ✓ Anti-nausea medication (or other motion sickness pills)
- ✓ Prescription medicine
- ✓ Cold/flu medicine
- ✓ Antihistamine medication
- ✓ Provision for those who have severe allergies
- ✓ Scissors
- ✓ Bandages for blisters



8.3 IMPORTANT THINGS TO REMEMBER

8.3.1 INFANT/BABY NEEDS

Any parent can tell you that getting out the door with an infant or toddler just to go to the store for a couple of hours requires almost military precision as well as enough gear to rival a week-long holiday from your pre-baby days. A baby's grab bag contains many of the same requirements, plus their baby paraphernalia.

8.3.2 PETS

Plan ahead for your furry friends. Leaving home in a bug-out situation is a traumatic event that you don't want to compound by leaving your pets behind to their fate. Invest in a "dog pack" – these look like saddlebags and have pockets to put your dog's gear in. A dog can safely carry his own weight.

- ✓ Dog food / cat food
- ✓ Water
- ✓ Tray for food and water
- ✓ Leashes
- ✓ Extra ID label
- ✓ Inoculation Records

8.3.3 BAGS FOR THOSE WITH SPECIAL NEEDS

If a member of your family has a disability, it becomes even more important to prepare. Through careful planning and forethought, you can provide the things to keep your family member safe and healthy throughout an emergency evacuation. Consider the type of bag you are using – some bags can easily be attached to a wheelchair, if needed. Another family member may need to carry most of the items for the person, as they may tire more easily. These are some additional items that may need to be added to the 72-hour bag of a person with special needs and should be carried by the person themselves in a smaller bag.

- ✓ Prescriptions
- ✓ Medical devices: i.e. glucose monitors, blood pressure gauges
- ✓ Medical records
- ✓ Extra Medic-Alert bracelet
- ✓ Comfort items

8.4 SUMMARY

- ✓ Put a grab bag together and ensure that you know how to use the content. Leave or add items according to your needs.
- ✓ Make sure all family members have a grab bag. As for your children, make sure you spread the added weight evenly between them.

