

# The Family GoBag

a Practical Guide to  
Building your Emergency Kit



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a Practical Guide to  
Building your Emergency Kit

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*“Given the geopolitical circumstances, we advise you to have at least 7 days' worth of food and water at home. We also recommend stocking up on extra provisions, including for your pets!”*

— Randy Roso



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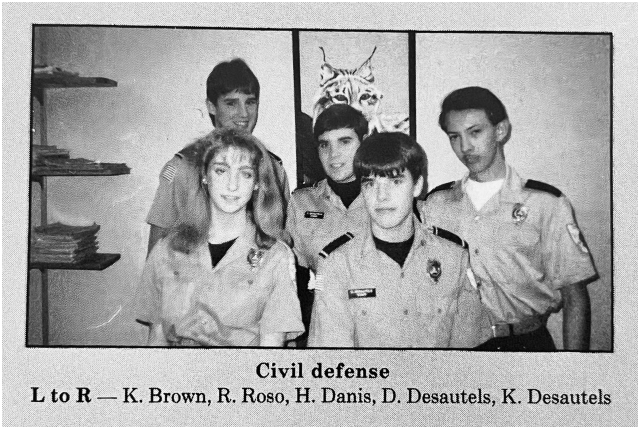


## Foreword

I had my first First Aid course and diploma at age 11, and in High School I joined the Leicester Civil Defense department. It would be correct to say that the sense of emergency and helping others in case



of an emergency started at a young age. Thus, I am a former American Civil Defense volunteer from Massachusetts, and abroad a former Dutch Red Cross and GHOR Officer (Dutch Red Cross Regional Coordinator for National Emergency Aid) and a Specialist in (Emergency) First Aid and Safety. I have witnessed firsthand the importance of being prepared for emergencies. The world around us is changing rapidly. We increasingly hear reports of cyberattacks, geopolitical tensions, and natural disasters. I urge you to be proactive and prepare yourself and your family for potential emergencies. Whether it's a disruption in energy supply, such as gas and electricity, or a disruption in water supply, not to mention natural disasters like the increasingly frequent flooding and storm damage.

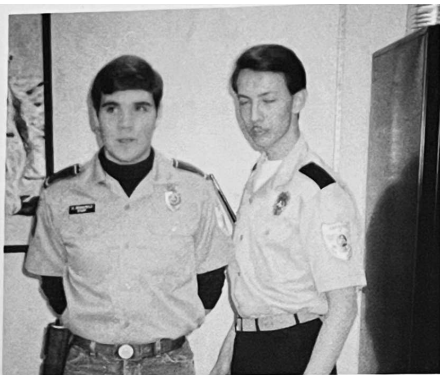


LHS Yearbook photo

One of the most important steps you can take is to acquire or assemble an emergency kit tailored to your situation. Many of you may already have an emergency kit, but it's crucial to keep it up to

date. This involves more than just having a backpack, barrel, or container filled with essentials; it's also about being aware of your own situation and surroundings in case of an emergency. Consider what you have at home and what you don't, and how you would get through a winter day without heating, water, and electricity. Do you have enough water at home for drinking, washing, cooking (and what heat source?), and how would you flush the toilet if there is no running water? These are just a few small things to think about, but they can have a significant impact in an emergency. In several parts of the Netherlands, such as Limburg, waterlogging occurs regularly.

Are your emergency supplies stored safely downstairs, or is it better to keep them on a higher floor?



## *Leicester Civil Defense*

Civil Defense is a disaster response/recovery team made up of volunteer citizens. Its primary function is to protect the town in states of emergency, usually incurred by natural disasters such as floods, tornadoes, and hurricanes. Dur-

ing the 88-89 school year, several students, under the guidance of CD Director Donald T. Brown, incorporated an Explorer post affiliated with this organization. These students have taken on projects in one or more of the following areas: com-

munications, radiation, shelter operations, and advanced first aid. All of these skills were demonstrated for the public at the annual Scout Show held in April at the Worcester Memorial Auditorium.

LHS Yearbook photo