***Be Prepared*: Get Home Bags…make *GREAT GIFTS!***

***By Greg Johnston 2025-01-28 Grey = CARRY ON AIR TRAVEL***

***Preparedness is NOT about fear. It IS about Citizenship, Duty, Safety, Effectiveness, Insurance, Investment & Resiliency.***

***YOU are your own ‘First Responder’! Get started. Don’t delay.***

***Priorities (circumstantial):*** First Aid/A-B-C, Water, Food, Shelter, Security, Communication, Energy, Transportation, Hygiene

Items below serve *multiple* purposes. *I hope you never need* this stuff. *If you do, it may be lifesaving…yours or a loved one.*

-**Backpack** – padded straps, waistband, pockets, *ordinary looking*, from [WM-Walmart ($10-13)](https://www.walmart.com/ip/Outdoor-Products-Traverse-Backpack/50109917?wmlspartner=wmtlabs&adid=22222222222038825870&wmlspartner=wmtlabs&wl0=e&wl1=o&wl2=c&wl3=10363881930&wl4=kwd-1103060590953&wl12=50109917_0&wl14=walmart%20backpack%20traverse&veh=sem), Academy, thrift stores

(Concealed in a **dry cleaner’s *drop off bag*** with label visible. ***Bad guys don’t want your dirty clothes!***)

-Victorinox **Swiss Army knife** (~$15)- Small, Classic style w scissors & tweezers

-Victorinox **Swiss Army knife** (~$35) - Large, w/ wood & metal cutting blades OR Gerber **multi-plier** tool w/ saw blade

-**Self-defense**. **O.C. Pepper Spray** – 2+; primary & backup; Unexpired - [POM brand spray 1.4% OC ($13](https://pompepperspray.com/products/pom-clip-model) or [6 for $65](https://pompepperspray.com/collections/pom-6-pack-collections)).

-**Whistle** -referee whistle; saves energy -**Duct tape** - condensed, small roll, first aid, repairs, signaling, toolmaking, etc.

-AM/FM transistor radio & earbuds to extend battery (~$10)

-**Map**s - folding state map to see alternate routes; pieces make a fire starter, leave messages, note taking

-**Compass** -to shorten distances cross country; learn to use it; Don’t trespass. Observe, including looking back as you go.

-**Surveyor’s tape** - 10-20’ bright colored for signaling, marking, backtracking, way finding, alerting others

-**Paper, wooden pencil** - won’t fail, shavings for fire starter, etc.; in ziplock

-**Pamphlets -** Survival, First Aid, Edible Plants, etc; Get [Wild Edible Plants of Texas](https://www.amazon.com/Wild-Edible-Plants-Texas-Identification/dp/0977133397/ref%3Dsr_1_1_sspa?dchild=1&keywords=wild+edible+plants+of+texas&qid=1602107195&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyM0JFTzJCMUNLWVBSJmVuY3J5cHRlZElkPUEwODI5NTU1Mk5QMEJOV1RWOTREVyZlbmNyeXB0ZWRBZElkPUEwMzUyNzc5M000Q0RVOVNWUVRCTSZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=) ($9.95) *Check for your state*

-**Fish hooks** with nylon leaders in original package; variety (fishing, security perimeter, etc.)

-**Bug spray (~$8; w DEET)**, **sunscreen** tube, Chapstick

-**LED headlamp** (w red & white bulbs; $8 at Costco/Sam’s); **LED flashlight**; spare batteries (taped/protected)

-1” **metal jingle bell**(s) & 100’ **fishing line** for security perimeter for nighttime sleeping, fishing!

-**First aid** - Neosporin, dressings, tape, soap, moleskin; Advil, Benadryl/allergic reactions, chewable aspirin/heart attacks.

Priorities: “ABC” = Airway, Breathing, Circulation (bleeding); Have family medications list to help EMS/doctors.

CAT Tourniquet(s); Learn [Red Cross First Aid](https://www.redcross.org/take-a-class/first-aid/first-aid-training?srsltid=AfmBOopL5Ndsc6xAjeuZCGOt0bPkkV7Ztn_nQt5QcKOSN_NMiRLNQCgf), [CPR](https://www.redcross.org/take-a-class?scode=psg00000e017&msclkid=eb345e97271716a24a4339eb358ac22a&utm_source=bing&utm_medium=cpc&utm_campaign=FACPR%20%7C%20Brand%7CSearch&utm_term=red%20cross%20cpr&utm_content=All%20Coursescid=generator&med=cpc&source=google&msclkid=eb345e97271716a24a4339eb358ac22a&utm_source=bing&utm_medium=cpc&utm_campaign=FACPR%20%7C%20Brand%7CSearch&utm_term=red%20cross%20cpr&utm_content=All%20Courses&gclid=CM-ksJrP4YoDFSmDAwgdiPsODg&gclsrc=ds) & [*Stop the Bleed*](https://www.stopthebleed.org/) *classes*. Get your family trained. [**NARCAN** & Training](https://www.bing.com/videos/riverview/relatedvideo?&q=narcan+training&qpvt=narcan+training&mid=19B6CD4A2B80C1A6B63E19B6CD4A2B80C1A6B63E&&FORM=VRDGAR).

[LifeVac Choking Rescue Device](https://lifevac.net/get-lifevac-for-your-fire-or-ems-department/)

-**Bic lighters (~$3) x**2; [Magnesium fire starter](https://www.harborfreight.com/magnesium-fire-starter-66560.html) (~$3; reliable); **Safety pins**- 10+ lg; **Coffee filters** (20); **Cash**

-**Water**: **Nalgene bottle** (~$10); 1 liter; *wide mouth*). Packed with: [Sawyer water filter (~$30 WM)](https://www.walmart.com/ip/Sawyer-Products-SP129-Squeeze-Water-Filtration-System-w-Two-Pouches/24689330?wl13=2133&selectedSellerId=0&adid=22222222222017575492&wmlspartner=wmtlabs&wl0=e&wl1=o&wl2=c&wl3=10375170594&wl4=pla-1105724275919&wl12=24689330_0&wl14=walmart%20sawyer%20filter&veh=sem&msclkid=6fce5e1d26d31defe2c60163647eba2a), [Water tablets ($8 WM)](https://www.walmart.com/ip/Potable-Aqua-Water-Purification-Tablets-With-Pa-Plus-1-Kit/23352230?wmlspartner=wlpa&selectedSellerId=0&wl13=1253&adid=2222222227723352230_117755028669_12420145346&wmlspartner=wmtlabs&wl0=&wl1=g&wl2=c&wl3=501107745824&wl4=pla-293946777986&wl5=9028279&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=local&wl12=23352230&wl13=1253&veh=sem_LIA&gclid=Cj0KCQiAqbyNBhC2ARIsALDwAsDUNbP_wrBJ3Q39XU8ENE0QaVdmxZze7EHOq6VnEeLqn3KCsYeOBXQaAu3BEALw_wcB&gclsrc=aw.ds), 2 chem lights, ‘spork’, Sharpie. IMPT: *Have 3 ways to make drinkable/potable water* (pre-filter, filter, tablets, iodine, boil, UV – solar/electric, bleach-*plain*, unscented); [learn](https://chlorine.americanchemistry.com/Chlorine/Disinfection-of-Water/) about [Calcium Hypochlorite](https://www.amazon.com/gp/product/B01N976ZJ8/ref%3Dppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1). Get: [P&G Purifier of Water Packets](https://www.amazon.com/Purifier-Water-Purification-Backpacking-Traveling/dp/B07PZ27TW6?th=1). Potable water is LIFE!

-**Cup** stainless steel w folding handle ([~$8 WM](https://www.walmart.com/ip/Ozark-Trail-18-Ounce-Stainless-Steel-Cup/21633441?wmlspartner=wlpa&selectedSellerId=0&&adid=22222222227000000000&wl0=&wl1=g&wl2=c&wl3=42423897272&wl4=pla-51320962143&wl5=9027568&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=21633441&veh=sem&gclid=Cj0KCQiAqbyNBhC2ARIsALDwAsAf59RIXRrEzFy1ZA-52kybuwmBRXPWvep9wkwd-5-EoCkN7Pb-s_QaAvflEALw_wcB&gclsrc=aw.ds)), nested with Nalgene bottle; eating, boiling, digging, signaling

-[**Food** - freeze dried **($40 WM)**](https://www.walmart.com/ip/Mountain-House-Weekender-Adventure-Camping-Emergency-Food-Kit-2-Day-6-Pack-12-Servings/247865477), re-sealable, lightweight; buy on-line, Sam’s, Costco; Mountain House

LDS [Home Storage Center](https://providentliving.churchofjesuschrist.org/food-storage?lang=eng) \* – buy on line, in Round Rock TX or 100 other locations (see page 2)

-**Seeds** – [Heirloom,](https://www.smallfootprintfamily.com/the-10-best-seed-companies-for-heirloom-seeds) non-genetically modified, get variety from 2-3 sources; [Baker Creek Seeds](https://www.rareseeds.com/non-hybrid), [Johnny’s Seeds](https://www.johnnyseeds.com/), [Trueleaf Market Seeds](https://trueleafmarket.com/)

-**Toilet paper** – 1 roll compressed in ziplock (fire starter, signaling, pillow, first aid, filter, obvious, etc.)

-[550# paracord](https://rightrope.com/product/paracord-military-spec-550/) or [1250# Pull Tape](https://rightrope.com/product/pull-tapes/) 50’ hanks in ziplocks; LEARN square, bowline & winch; Good knots easily tie & untie

-**Zip ties** – 50 medium, 5 large; make tools, repairs, security; learn to ‘unlock’ & reuse them; Carabiner (learn to use it)

-**Trash bags** – 2-4, contractor grade/size, multipurpose, folded in ziplock; stuffed w leaves = warm mattress & blanket

-Visqueen plastic sheet : 10’ x 10’ 4 mil thick $4; wrap & fold for a *rainproof* shelter, gather potable rainwater!

-**Poncho** – U.S. mil-spec camo is best; shelter, sleeping, hammock, cushion, concealment, water collection, stretcher; folded in ziplock; also see [Ultra-Lite Frogg Toggs](https://www.amazon.com/gp/product/B007X5Z67W/ref%3Dppx_od_dt_b_asin_title_s00?ie=UTF8&psc=1). -**Bivy sack** – solo, waterproof, bugproof shelter

-[**Head net ($2 WM)**](https://www.walmart.com/ip/Ozark-Trail-Head-Mosquito-Net-Black-Model-5102/258923646) for sleeping (!), hunting, concealment, filtering, seining for food/bait, etc.

-**Spare** t-shirt & underwear; Nylon **spandex shorts** to *prevent chafing* esp for chubby people walking distance; in ziplock

-**Walking shoes/Footwear –** good condition; **Socks** – 2 pair thick, good quality, wool blend; no cotton; in ziplock

-**Bandanas** (4) - multipurpose; first aid, drying, filtering, foraging, flagging, cooling, etc.; folded in ziplock

-**Towel** – microfiber for cooling, cleaning, drying, pre-filtering, etc.; Leather **gloves** (*hands are critical*)

-Bathtub emergency drinking water storage. [**WaterBOB**](https://waterbob.com/order-waterbob/)**,** [**AquaPod**](https://www.aquapod.us/products/aquapod-packaged-in-a-bag) or [**AlexaPure**](https://www.mypatriotsupply.com/collections/water-filtration/products/alexapure-emergency-water-bank) **- $17-30**. Great gifts! Water = Life

-[Solar Shower Bag](https://www.amazon.com/Enjylaif-Removable-Switchable-Traveling-Adventure/dp/B08XVWF3NH/ref%3Dasc_df_B08XVWF3NH/?tag=hyprod-20&linkCode=df0&hvadid=507808891678&hvpos=&hvnetw=g&hvrand=2489432346887831724&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1026339&hvtargid=pla-1241515320362&th=1); 5 gal; #1 most immediate desire by Katrina refugees; #1!

-Recommended: [www.paultmartin.com](http://www.paultmartin.com) (print/read [Ready Citizen Manual](https://paultmartin.com/the-ready-citizen-manual)); [www.foragingtexas.com](http://www.foragingtexas.com); [www.renology.com](http://www.renology.com)

**-Ways to Prepare:** Make GHBs as family gifts, Get Home Supplies& Discuss Plan w Family incl. Communication/Meeting Plan (timing, methods, 3rd party check in person, mtg location, etc), Sign up for Alerts/Warnings: [WarnCentralTexas](https://warncentraltexas.org/), [STEAR](https://www.tdem.texas.gov/response/state-of-texas-emergency-assistance-registry), Train (Red Cross First Aid, CPR, Self Defense, etc.), Save $ for Rainy Day, Play “What if” Scenarios, Safeguard Documents, Talk w Neighbors, Know Evacuation Routes, Do Community Involvement, Document/Photo/Video & Insure Property, Prepare to be a Community Leader, Make family code words for (a) safety & (b) distress. [***Make a plan***](https://www.ready.gov/plan)*using* [*www.Ready.Gov*](http://www.Ready.Gov)*. Do NOT delay. Start now.*

-Learn LOTS of USES for common items: Bandanas, 55 gal Trash Bags/Ponchos/Tarps, Paracord, Zip Ties, Duct Tape, Buckets, Foil, etc.

-SHARE this with friend/neighbors. Discuss preparedness. The more who are prepared, the better for ***everyon2025e***!

**Disaster Preparedness Biography (partial):**

-Commissioner, Vice President, Travis County [Emergency Services District 10](https://tcesd10.org/) / CE-Bar Fire Dept

-[CE-Bar Fire Dept](https://tcesd10.org/about/) (24+ years; Reserve); [SFFMA](https://www.sffmatx.org/about-us-1) Certified; Firefighting, Rescue, Vehicle Extrication, PIO, Safety, Traffic, Driver, Engine Operator; Rookie of the Year, Firefighter of the Year

-Responder: Jarrell tornado, Guadalupe River flood, Hurricane Katrina Ocean Springs & Waveland MS (4 trips), Hurricane Harvey Victoria TX, Denham Springs LA 20” flood, Augusta AR tornados, and others.

-Executive Board [Boy Scouts of America](https://www.scouting.org/) / [Capitol Area Council (](https://www.bsacac.org/)2011- ); 15 counties

Chair, Disaster Preparedness & Response Committee (2017- )

-National [Outstanding Eagle Scout](https://nesa.org/awards-and-recognition/outstanding-eagle-scout-award/) Award (NESA; 2019); Eagle Scout Scholarships Committee

-Speaker: [SAFE-D Annual Conf.](https://members.safe-d.org/event-calendar/Details/safe-d-2025-annual-conference-1231385?sourceTypeId=Website) (Texas State Assn of Fire & Emergency Service Districts; ~300 ESDs) *Community Disaster Preparedness*

-Speaker: [National Eagle Scout Assn](https://nesa.org/) (2x), BSA/Capitol Area Council Staff

-Speaker: [Austin Disaster Relief Network](https://adrn.org/) (ADRN) – Member

-Speaker: Riverbend Church (3x), Westlake Rotary Club, Austin Disaster Relief Network Staff

-Speaker: [University of Scouting](https://www.capitolareascouting.org/training/adult/university-of-scouting/) (6 years) – How to Be Prepared (Disaster Preparedness; Get Home Bag demos)

-Speaker/Host, “How to Be Prepared…for Anything” Weakest Link, Threat I.D., Prioritization - 4 hour workshop

-[ALERRT Certified Speaker](https://alerrt.org/course_types/CRCC); Advanced Law Enforcement Rapid Response Training for Civilians (active shooter; 20 hr class)

-[STRATEGOS Certified Training](https://strategosintl.com/church-security-training/); Intruder Awareness & Response for Church Personnel (8 hr class)

-CPR, AED & [Stop the Bleed](https://www.stopthebleed.org/training/) Trained

-[InfraGard Member](https://www.infragard.org/Files/InfraGard_Factsheet_2-24-2022.pdf) – FBI program for citizens with business/clients related to our nation’s 16 critical infrastructures

National Infrastructure & Resilience U ([NISRU](https://nisru.org/))

Emergency Preparedness for Home & Office – 3 hours 2/7/23

Active Shooter: Facility Best Practices & Tactical Mindset - 3 hours 5/18/23

Nat’l Sector Security/Resilience Program: Current Threats/Challenges to Defense Industrial Base Sector 6/29/23

Situational Awareness Specialist Certification – 4 hours + Exam by Vice Commander, USAF, Andrews AFB 9/1/23

**Active Shooter: History, Incidents & Strategies for Prevention & Preparedness – 1.5 hours 10/26/23**

**Emergency Prep & Planning for Organizations and Business – Hal Kempfer, CEO. GRIP, 2.5 hours 1/10/24**

-[HAM Radio](http://www.arrl.org/what-is-ham-radio) License – Technician Class

-[SkyWarn Certified – Advanced Weather Spotter](https://www.weather.gov/mob/spotter_training) - by NWS/Austin-San Antonio

-Friend of [Paul T. Martin](https://paultmartin.com/about), creator of [Virtual Preparedness Conference](https://vimeo.com/ondemand/ptmpreparedness) & other exemplary workshops

**\* Long Term Food:** Home Storage Center owned/operated by The Church of Jesus Christ of Latter-Day Saints

[www.providentliving.org](https://providentliving.churchofjesuschrist.org/food-storage/home-storage-center-locations-map?lang=eng) (**>100 locations in U.S.; find yours;** *go soonest*)

3912 Gattis School Rd, Bldg 5, Ste 104, Forrest Commons Business Park, Round Rock, TX 78664, 512-252-2177

Hours- **Tuesdays: 1:00 pm to 7:00 pm** **Saturdays: 9:00 am to 12:00 pm**

Products: Mainly #10 canned foods such as beans (black, pinto & Great Northern), apple slices, carrots, flour/white, macaroni, milk (nonfat, dry; in pouch), quick oats, regular oats, dry onions, potato lakes, white rice, spaghetti bites, granulated sugar, wheat/hard white, wheat/hard red. Peanut butter & honey if you’re lucky!

~$4.50-$9.00/can. Apples are highest at ~$11.50/can. [Order Form](https://providentliving.churchofjesuschrist.org/bc/providentliving/content/Home-Storage-Center/US%20HSC%20Pricing%202022.pdf?lang=eng) with prices, details, etc.

**For Comparison Purposes:** [Home Storage Center](https://providentliving.churchofjesuschrist.org/food-storage/home-storage-center-locations-map?lang=eng) - #10 size canned foods (case of ***SIX*** CANS)

[My Patriot Supply](https://mypatriotsupply.com/collections/bulk-10-food-cans) - #10 size canned foods (per SINGLE CAN)

[Mountain House](https://mountainhouse.com/collections/10-cans) - #10 size canned foods (per SINGLE CAN)

[Greg C. Johnston, Managing Director](https://www.cushmanwakefield.com/en/united-states/people/greg-johnston), **Cushman & Wakefield – Austin TX**

**Commercial Real Estate Services for Tenants & Occupiers**

512-576-2417

greg.johnston@cushwake.com, gjohnstonaustin@gmail.com, <https://www.linkedin.com/in/johnstongreg/>

**For a digital edition with active links, email** **greg.johnston@cushwake.com****. Put “GHB” in subject line.**