

# **Personal and Family Emergency Planning**

by  
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# **Personal Experience**

**Baguio Earthquake**

4:26 pm on July 16, 1990

7.7 or 7.8 Magnitude



# Baguio

- A Town of a quarter of million people
- 5,000 feet high
- The summer capital of the Philippines
- Home to many Universities
- 155 miles north of Manila

# FATALITIES

- An estimated **1,621** people were killed in the earthquake.

# **BAGUIO CITY: DAMAGE TO LIFELINE SYSTEMS**

- Electric, water and communication lines were destroyed.
- The main route to Baguio, as well as all other access routes, were shut down by landslides
- Airport runway destroyed

Baguio City was **totally isolated** from the rest of the Philippines for **48 hours** after the quake.







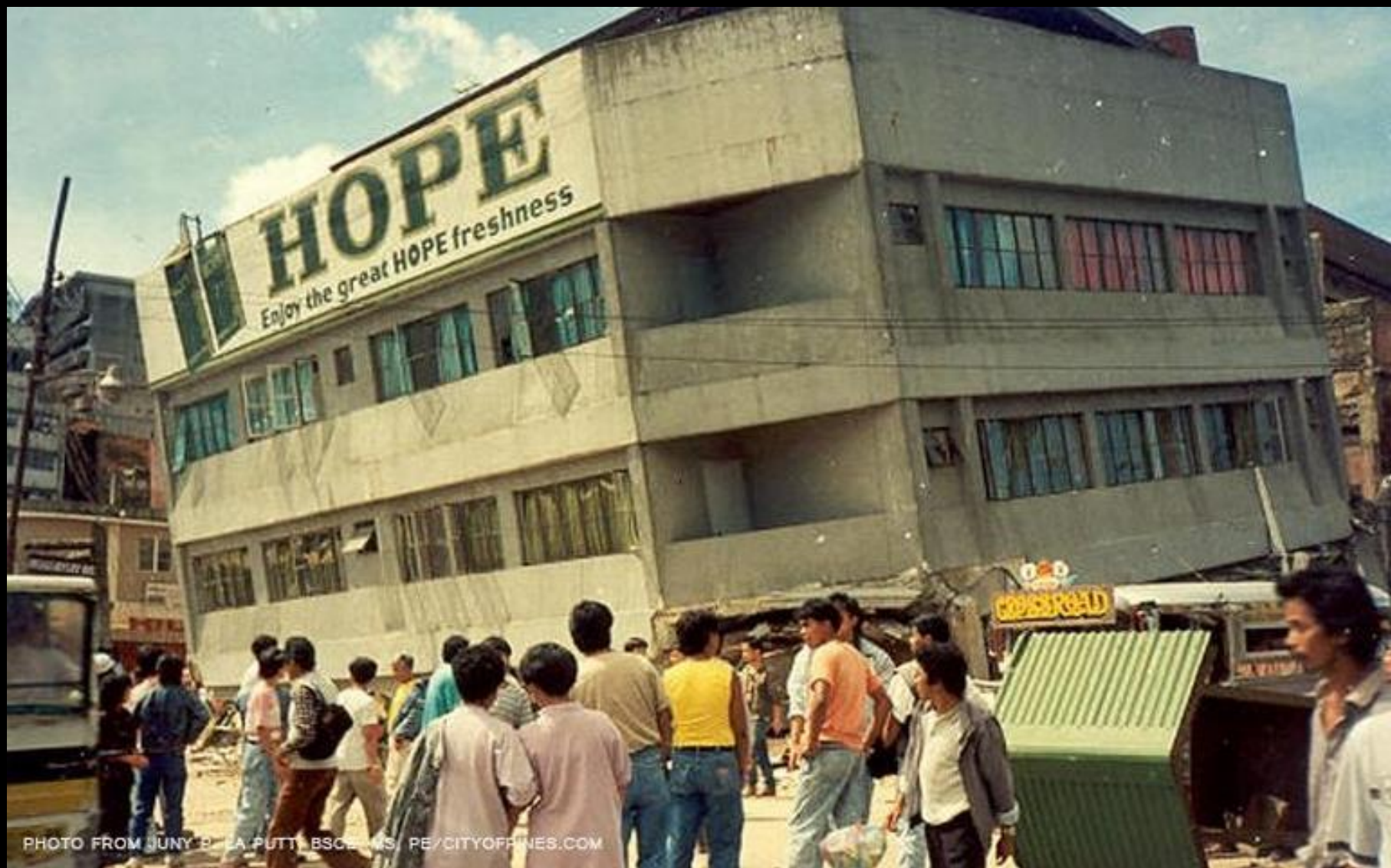


PHOTO FROM JUNY B. LA PUTI, BSCE/MS, PE/CITYOFFICES.COM



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# Communication

- All communication out of Baguio was through three ham stations on the campus of Asia Pacific Theological Seminary.
- Initial relief efforts were between these stations and the UN in Hong Kong.
- Because we had fuel and generators, these stations were available 24 hours a day for the first three days.
- We also had water, food, and cash because we had an emergency plan.

**I believe in  
being as prepared  
as we can for  
emergencies**

# EMERGENCY GO SYSTEM

I. Modular Approach

II. Environments

A. Car/Vehicles (3)

B. Go System Personal (2)

C. Go System Radio (2)

D. Go System Power (2)

E. Home Emergency System

# **A. Car/Vehicles Modules**

1. Car Emergency Go Bag
2. Car Emergency Tool Bag
3. Car Winter Go Bag (October-April)

# Car Emergency Go Bag

**4 Person Kit** weight 20 lbs

- 1 - Backpack
- 6 - 400 Calorie Food Bars
- 4 - Solar Blankets
- 16 - Pouches of Waters
- 4 - Dust Masks
- 4 - Ponchos
- 1 – Flashlight (2 AA)
- 1 – Flashlight (1 AA) in front pocket
- 12 – Energizer Ultimate Lithium "AA Batteries
- 1 - 2 Person Tent
- 1 - 50' Nylon Cord
- 3 - 12 Hr. Light Stick
- 1 - 92 Piece First Aid Kit (General Medi)

- 50 - Water Purification Tablets
- 2 - Waterproof Matches holders (1 in front pocket & 1 in bag)
- 1 - Utility Knife
- 1 – Whistle (in front packet)
- 1 - AM/FM Radio with Batteries
- 1 - Camper's Stove
- 1 - Pair Gloves
- 1 – Compass (in front pocket)
- 1 – Fire striker and flint (In front pocket)
- 1 – Leatherman Wingman (in front pocket)
- 1 – Ccrane Solar Emergency Radio (Also USB power)
- 1 – Lifestraw water filter
- 1 – BIC Lighter

# Car Emergency Go Bag

Adapted from

“Mayday 4 Person Deluxe Emergency Backpack Kit”

<http://www.maydaysupplies.com/product/kex4-4-person-deluxe-emergency-backpack-kits/>

Deluxe Emergency Backpack Kits (KEX4)

# Car Emergency Tool Bag

- Gerber Center Drive Multi-Tool
- 10" Crescent wrench
- 12" Channel lock Tongue and Groove Plier
- 9 1/2" Lineman's pliers
- Electric Tape
- Duct Tape
- Rope
- Flashlight
- Headlight
- Knife Sharpener
- Box cutter
- Small Shovel
- ABC Fire Extinguisher
- LED Flares
- Small Tarp (to use as ground cloth for repairs)
- Zip Ties
- Trash Bags
- BIC Lighter

# Car Winter Go Bag

- Sweatshirt
- Pants
- Socks
- Shoes
- Jacket (Fleece)
- Jacket (wind and rain)
- Gloves
- Stocking Cap
- Yellow emergency vest with reflector tape on it
- Headlamp

# **B. Go System Personal Modules**

1. Personal Go Bag
2. Safe Go Bag

# Personal Go Bag

- Food/drink
- Cash
- Shirt
- Pants
- Coat
- Long johns
- Tee shirt
- Underwear
- Wool socks
- PJ bottoms
- Slippers
- Bag #1
- Powder
- Q-tips
- Shaver
- Floss
- Toothbrush
- Toothpaste
- Kleenex
- Razor
- Soap
- Small flashlight
- Nail trimmer
- Bag #2
- Comb
- Azithromycin
- Shaver charger
- Alarm Clock
- Band-aids
- Lip Balm
- Swiss Army knife
- Lamisel
- Repair kit
- Len's wipes
- Scissors
- Leatherman Micro
- Tide Stain remover
- Plastic sacks
- Bag #3 (REI)
- Flashlight
- Notepad
- Pen
- Battery pack
- 2 Iphone cables
- USB charger
- Splenda
- RX daily medicines
-

# Safe Go Bag

- Cash
- Originals & Masters
- XXX and YYY's Passport
- Marriage license
- XXX's Birth Certificate
- YYY's Birth Certificate
- YYY's Social Security Card
- XXX's Social Security Card
- YYY's Durable Power of Attorney for Property Management and Health Care
- XXX's Durable Power of Attorney for Property Management and Health Care
- YYY's Will
- XXX's Will
- Copy of XXX's Credit cards
- Copy of YYY's Credit cards
- Retirement Financial statement
- Hard Drive with Data
- **Paperwork for XXX**
- XXX's Birth Certificate
- XXX's Social Security Card
- XXX's Passport copy
- XXX's Driver License
- XXX's Medicare Card
- XXX's Insurance Card
- XXX's Durable Power of Attorney for Property Management and Health Care
- Marriage license
- YYY's Birth Certificate
- YYY's passport copy
- YYY's social security card
- Family Social Security numbers
- Jump Drive with Documents
- **Paperwork for YYY**
- YYY's Birth Certificate
- YYY's passport copy
- YYY's social security card
- YYY's Driver's License
- YYY's Medicare Card
- YYY's Insurance Card
- YYY's Durable Power of Attorney for Property Management and Health Care
- Marriage license
- XXX's Birth Certificate
- XXX's Social Security Card
- XXX's Passport copy
- XXX's Driver License
- XXX's Medicare Card
- XXX's Insurance Card
- Family Social Security numbers
- Jump Drive with Documents

# Safe Go Bag



# **C. Go System Radio Modules**

1. VHF/UHF Radio Go Bag
2. HF Radio Go Bag

# VHF/UHF Radio Go Bag

## Outside end Pocket

Safety Vest

## Outside Front Pocket

Screw Driver

Flashlight

Multitool

Headlamp

Gaffers Tape

Electrical Tape

## Outside Top Pocket

Antenna

Emergency Blanket

## Outside end Pocket

Safety Vest

## Klein Tool Bag #1 (Antenna)

Slim Jim 2m/440 J-pole antenna (BNC)

TwoWay RH770 Telescoping antenna

Weaver Throw line and weight

## Bag #2 (Power)

Wall Charger

Car Charger

Powerpole Charger

Powerpole extension cables

## Bag #3 (Batteries)

Icom BP-273 AA Battery Case

Icom BP-271 Battery

Icom BP-272LH Battery (2)

Handheld case

## Bag #4 (END ZIPPER POCKET)

Adapters

## Bag #5 (Manuals)

Jiffy Manual

Short cut card

Manual

Memories List

Emergency call numbers

Ham License

Notepad

Pen

# HF Radio Bag

- Icom 706 MKIIg
- Icom AH-4 (Antenna Tuner)
- Antenna
- Samlex SEC-1235M Power Supply

# D. Go System Power

1. Bioenno LiFePO4 Battery Box (15 amp)
2. Samlex SEC-1235M Power Supply (30 amp)



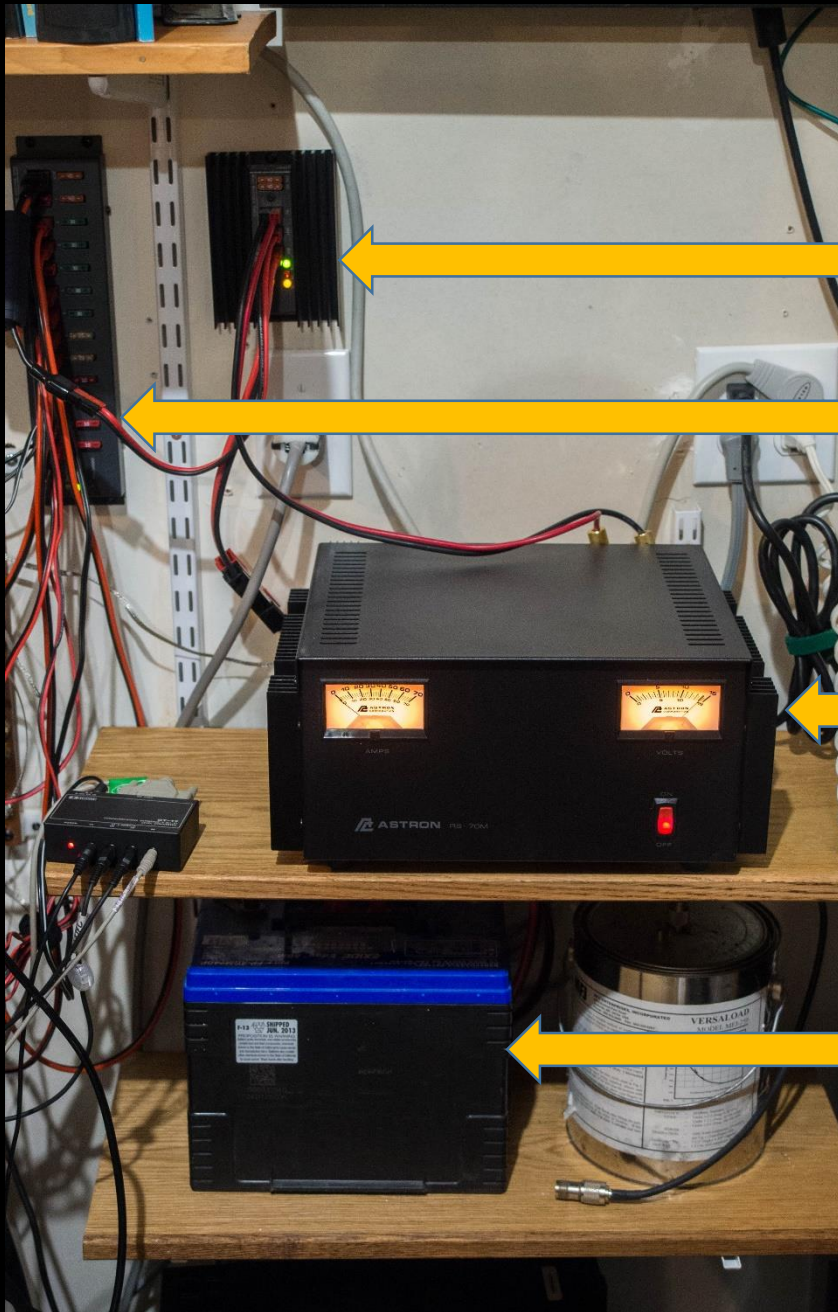
# E. Home Emergency Module

1. 22KW Propane Generator
2. 500 gallon Propane Tank



# E. Home Emergency Module

1. 22KW Propane Generator
2. 500 gallon Propane Tank
3. Well
4. Two weeks food supply
5. 40 gallons drinking water (8 Five Gallon Containers)
6. Backup Battery power in Ham Shack



Super PWRgate PG40S

RIGrunner 4012

Astron 70 Amp Linear  
Power Supply With Meters

12 volt Deep  
Cycle Battery

# E. Home Emergency Module

1. 22KW Propane Generator
2. 500 gallon Propane Tank
3. Well
4. Two weeks food supply
5. 40 gallons drinking water
6. Backup Battery power in Ham Shack
7. Tower & Antenna's



# Antenna System

- SteppIR DB 18 (10, 12, 15, 17, 20, 30, & 40)
- 40 & 80 meter NVIS inverted V
- 60 Meter inverted V
- 80 Meter Inverted V (E-W)
- 80 Meter Loop (N-S)
- 160 Inverted L
- DHDL Receive Antenna (80 & 160 meter)
- 2m/440 J-pole at 95'
- 2m/440 Vertical gain antenna at 45'

# E. Home Emergency Module

1. 22KW Propane Generator
2. 500 gallon Propane Tank
3. Well
4. Two weeks food supply
5. 40 gallons drinking water
6. Backup Battery power in Ham Shack
7. Tower & Antenna's
8. Ham Shack



# Station

- Icom 7600 (SSB),
- Icom 7300 (Digital)
- Icom PW-1 Amp (1K) for HF.
- Kessler Engineering 1,500 watt AT-Auto tuner.
- RadioCraft Pro 3000 SWR/power for SteppIR Antenna
- WaveNode WN-2 SWR/Power for all other antennas
- Heil Boom with PR 781 Mike connected to IPlus by W2IHY.
- Behringer Xenyx 1204 USB Mixer for sound from all radios and computer.
- Kenwood D710GA (VHF/UHF Winlink)
- Kenwood G707 (VHF/UHF Winlink thru Kantronics 3+)

# E. Home Emergency Module

1. 22KW Propane Generator
2. 500 gallon Propane Tank
3. Well
4. Two weeks food supply
5. 40 gallons drinking water
6. Backup Battery power in Ham Shack
7. Tower & Antenna's
8. Ham Shack
9. Emergency Preparedness Plan for Home

# EMERGENCY MODULES

1. Car Emergency Go Bag
2. Car Emergency Tool Bag
3. Car Winter Go Bag (October-April)
4. Personal Go Bag
5. Safe Go Bag
6. VHF/UHF Radio Go Bag
7. HF Radio Go Bag
8. Portable Emergency Power
9. Home Emergency system

# Emergency Preparedness Plan for Home

- Make sure all the family knows the plan
- Make sure the plan is comprehensive
- Regularly test, inspect and update all expendable items (Batteries, water, energy bars, first aid supplies, etc.) We do this twice a year.
- Have a yearly practice run.

# EMERGENCY GO SYSTEM

I. Modular Approach

II. Environments

- A. Car/Vehicles (3)
- B. Go System Personal (2)
- C. Go System Radio (2)
- D. Go System Power (2)
- E. Home Emergency System

# Personal Emergency Plan

1. Is it time to review your personal/family emergency plan?
2. Does your family know and understand your emergency plan?
3. Have you included the different environments in your personal emergency plan?

**Thank You for  
allowing me to  
share my personal  
emergency plan**

If you need help getting  
your station setup for HF  
or doing DX or Contesting,  
just let me know.

# Contact Information

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