

The Redrock Readiness Newsletter

Episode 22: The 5-Minute Drill that Might Save Your Life

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“But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father.”

—Mark 13:32

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"We had to leave the steaks we were cooking on the barbecue to pack up and get out."

"I ran back inside and went back up to her and said 'We need to leave right now. We were able to get her daughters and dogs out in time.'"

"Our home is right where the fires started. We didn't have a lot of time to prepare for anything. No warning."

These are all actual quotes from Californians living near San Diego who had to abandon their homes to save themselves from the wildfires encroaching upon their neighborhoods.

In a high-pressure situation like that, it would be very easy to forget important necessities or leave IDs and documents behind. In order to simulate this chaotic situation, we've come up with the following:



The Wise Five-Minute Drill

Step 1: **Set a timer for five minutes.** Start it.

Step 2: **Gather whatever things you think you'd need in case of emergency** (including, but not limited to, prescriptions, cash, IDs, pets).

Step 3: **Get in your car.**

Step 4: **Stop the timer.**

Did you make it? If not, how many minutes did you go over time?

Now look at what you collected. Do you have all the things you feel you'd need in an emergency? If not, how could you store them so you'd have your necessities ready to go in under 5 minutes?

We have encouraged y'all to have a car kit ready to go exactly for this reason: no digging, just grab it. But if the car kit seems like too much, maybe just put together a Zip-Loc or a tote with some important stuff and leave it in a closet by the front door.

Danielle: This drill made me realize my kit needs to be modified. See, being adopted from a foreign country means I only have single copies of certain citizenship documents in the house. If I had to evacuate, there's no guarantee I'd ever see those documents again—heck, the Katrina disaster showed us that you may not be let back into your neighborhood, let alone your house for quite some time! While the gub'ment advises you not to copy certain docs, I can't help think it'd be a good idea to keep copies on-hand for emergencies like this.

Beau: You could also scan your important documents and IDs and keep them on a zip drive you keep in your kit. Once it's done, BAMMM! you don't have to worry about it.

Danielle: That's true, but I guess I worry about a zombie apocalypse where there's no computers, and thus, no way to read your flash drives. So maybe I could be super-safe with paper copies in Zip-Loc bags AND a zip drive.

In any case, you'll have to customize what you do to your situation!

Action Steps:

- **Try out the Wise 5-Minute Drill above.**
- **See how you did. Then make changes so that you could grab what you need and get out in case of emergency.**

See you next week! Be safe out there!



Time to phone a friend! Pick a friend or family member outside the state and ask 'em to be your Designated Emergency Contact! Once they agree, let your peeps know about 'im—this way, if the Dogpocalypse occurs, you call your contact, who can tell your other peeps where you are and how you're doin'!