

North Valley Hospital .pdf



Build It Before It's Too Late

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Division -- Spokane

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Comments:

Continuing our focus on emergency readiness, let's talk about something most people don't think about: until they wish they had.

Whether it's a natural disaster, power outage, bridge collapse, or civil unrest, emergencies can happen fast:and they don't care where you are when they hit. If something shuts the world down for 24:48 hours, do you have what you need to get home:

That's where the Get-Home Bag (GHB) comes in.

What's a Get-Home Bag:

It's not a full survival kit or bug-out bag. Think of it as a medium-sized backpack you keep in your truck, gang box, or by your desk:packed with the essentials to help you get home safely if modern conveniences suddenly disappear.

Why It Matters for Us

We work in multiple states: the PNW, the Heartland, and the Mountain regions, which often are far

from home.

Roads could close. Cell networks might crash. Gas pumps could be useless.

Walking 10:30 miles home or hunkering down safely might be your only option.

What to Keep in your GHB.

Everyone's GHB will be a little different. Your gear should reflect your geography, climate, personal needs, and how far you might need to travel. Here's a starter guide:

The Bag Itself

Medium-sized, comfortable backpack : nothing flashy or tactical-looking.

Navigation and Communication

Fully charged cell phone & power bank or small solar panel.

Paper map of your area & compass.

Emergency radio (hand-crank or solar).

Small waterproof notepad, pen & pencil (highly suggest a grease pencil too).

Whistle, signal mirror & high-visibility flagging tape.

First Aid & Hygiene

Basic first aid kit (bandages, pain relievers, moleskin, etc.).

Any personal prescriptions.

Hand sanitizer, wet wipes, mini-TP roll (nature will call).

Bonus points for a small trauma kit (if you're trained).

Shelter & Warmth

Rain jacket or poncho.

Emergency blanket or bivvy bag.

Hat and gloves (especially for colder climates).

Food & Water

1-2 liters of water + filter straw & purification tablets.

High-energy snacks (granola or protein bars, jerky, trail mix, something you can eat on the move).

Tools & Lighting

Multi-tool or knife.

Silcock tool (for opening hose bibs without handles).

Flashlight or headlamp + spare batteries.

Duct tape and paracord (of course).

Heavy Duty Zip Ties, 12:-24: (super versatile and quick to use).

Lighter, waterproof matches and tinder.

Personal Items

Cash : \$200 in small bills.

ID and few copies in a waterproof pouch.

Safety glasses, bandana or N95 dust masks, spare socks, sturdy shoes.

Tips to keep in mind

Pack light. This is for getting home : not living in the woods.

Test it. Throw it on and take a walk. If it sucks to carry, fix it.

Update it. Swap out expired items and seasonal gear.

Keep it accessible. Vehicle, gang box, office : just don't bury it under junk.

Emergencies don't wait until you're off the clock and in sweatpants. They hit when they hit: on-site, on the road, or at the office. Your Get-Home Bag isn't about being paranoid : it's about being prepared. It gives you options when the unexpected happens.

Remember This!

:You don't rise to the occasion : you fall to your level of preparation.:

Taking a few hours to build and maintain a Get-Home Bag could make all the difference when things go sideways. Whether you're in the field, warehouse, or office, **this applies to you.**

Stay ready. Stay safe. Get home.