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## Fwd: LDS 72-hour kit experience - Japan

1 message

Mar 29, 2011 at 9:44 AM

*A friend sent this to me and I'm passing this "food for thought" along to you.  
It's worth the time to read.*

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### Japanese Mormon experiences

Hi to family & friends,

I thought this was a good reminder for all of us to be prepared for whatever may happen in the future. Even though we have had 72 hour kits and food and survival storage for years, it gave me a reminder that it would be good to check my supplies. One thing I have been reminded of lately is to have plenty of paper supplies for eating on, then we won't need to use our precious water storage to do dishes. Also refresh first aid supplies, clothing sizes, medicines & perscriptions and TP! WHO WANTS TO BE WITHOUT THAT!!!  
Rachel

Thought you may like to see how people are surviving in Japan,

Hi all,

My cousin has some friends in his ward whose daughter/family live on an military base in Japan. He shared an email with us from the daughter on her experiences and advise for everyone to be prepared. Here it is:

The earthquakes (aftershocks) haven't stopped and I spent all night last night having nightmares about running from collapsing and buckling buildings. The kids are on edge and tantrums are at an all time high.

They keep busy playing during the day, but when it gets dark and we have to ration flashlights and candles it gets extra hard to keep the peace.)

A few things I've been wanting to tell people and note for the future:

\*Get an old school, corded phone. If the power goes out, your cordless won't work. We were lucky to have a corded phone upstairs which helped Doug coordinate with the Branch President to get accountability of church members. (The phones have worked on-base off and on, but we were never able to get a call through to the states.)

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\*Speaking of accountability, in an emergency, if you're going to leave your house--leave a note on the door saying where you are going so when guys from church or work coming looking, they'll know where you are.

\*When the power went out, people off base couldn't get their cars out of their garage. Turns out there is a special crank to use but most of our friends didn't have it or know what it was. Luckily Tami had parked outside and was able to get her kids to our house Friday.

\*We've been cooking with our camping equipment. Note to self: Buy a 20 pack of small propane tanks. We've also used our outdoor BBQ (in the cold) and I'm wishing I had a spare tank of Propane for that. (We still don't have power and don't know when it will come back on On Base. Estimates have said 24 hours (we're way past that) to 1 week, to indefinite.)

\*Plenty of Garbage Bags would also be good to have on hand.

\*Do you have an extra refill of your prescriptions in your 72 hour kit? It's terrifying to imagine running out of the things you take every day. Also, the thought of my kids getting sick and not having enough Children's Advil and/or Tylenol made me pretty nervous until I verified we had some of each.

\*For ONCE I was glad to be doing Dave Ramsey yesterday when we had plenty of cash on hand to shop at the commissary. But we also have a cash and yen emergency fund hidden in the house for back-up which was very comforting.

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\*While I'm making notes to myself: Buy a hand crank wheat grinder and or blender! (We have a freezer full of frozen fruit to make smoothies but no way to blend anything.)

\*Flashlights are a pain in my butt. All of our stupid Rayovac crappy-crap batteries that I had stored for an emergency, LEAKED! So the flashlights are all slowly dying, being over used by the children, and being misplaced. The best source of light the last two nights has been the pillar candles I've had in the cupboard for fancy table settings. They seem to burn pretty slow and shed a lot of light. I've gone through 3 and have 1 left. Wish I had a 20 pack of those in my 72 hour pack! It would be nice not to worry about running out. Small, light weight, energy efficient lanterns would be nice too.)

\*Also, my next house will have a wood burning fire place. This all would have been much easier if we could have been warm.

\*Also, I'm buying all my kids a down comforter. We have one on our bed and we've been fine at night, but the kids need 20 blankets piled up to stay warm. (Actually, the two big boys each have a two layer fleece blanket which is pretty warm, but unfortunately, they're not very big.)

(Poor little Gray had to spend yesterday in his snow suit to stay warm. The poor little guy must be sensing the stress because he's been quite out of sorts. He's always shivering (even when bundled) and very clingy. The kids are all confused and upset but mostly hanging in there. Like I said, it's been nice to have friends to keep us company.)

Sorry, I'm rambling on and on but I've had all this stress for the last two days and my main way to process is by writing my thoughts down. So I've been going a little nuts feeling so disconnected.

A few more random thoughts:

\*The last two days this thought kept running through my head "All are safely gathered in. I can't express enough how glad I was/am to have my family around me." Please say a prayer for our many many friends!

~~with deployed spouses. This is a very stressful time here and it's really sucky for them to be apart. Also, please pray for all the Japanese people who are missing or displaced. So sad.~~

~~\*We were very blessed on base to have running (freezing cold) water! Off base, sewer lines broke and contaminated the water supply they weren't even supposed to touch it!~~

\*Today we sang "I Need Thee Every Hour" at church. Has a lot of meaning right now.

Okay, there are other people who need to use this computer. Everyone on base is coming off base to try to contact family. -

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"And since, after all, storms must eventually yield to fair weather, let us set sail cheerfully, and with a good hope." --Guido of Arezzo

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