

The Three Must-Haves in Your Home Shelter

Saul Rosen March 01, 2019



It's important to keep essential emergency response items handy in your home shelter which you can quickly grab to help save your life in the case of a natural or a man-made calamity.

(Newswire.net -- March 1, 2019) -- A natural disaster or a man-made disaster can strike anytime. Hence, you must stay prepared for any kind of calamity. The best way to be prepared is to construct a home shelter in your premises where you can take refuge in

case of a natural or a man-made calamity. Of course, in the event of an earthquake or a flood, you cannot stay behind in your home shelter, but you, definitely, can keep some essential things handy in your home shelter. This is to enable you to quickly grab the emergency response items in the case of an unwanted situation and save your life. It is always better to stay prepared rather than waiting for something unwanted to happen and then taking action. In this post, we are going to tell you about the three must-haves in your home shelter.

What are the three must-haves in your home shelter?

- **A thoroughly prepared disaster emergency kit**

As mentioned in the beginning, a disaster can strike anytime without your knowledge. It is extremely important that you stay prepared for the same beforehand. Do not think that you will respond when the disaster strikes or something like this is never going to happen. Be prepared for the worst and keep your disaster emergency kit ready. Following are some of the major essential items that you must have in your disaster emergency kit.

- **Medication:** You cannot leave your home in the event of a disaster to refill your prescription. So, always keep your medications ready for emergencies.
- **First-Aid Kit:** Have a complete first-aid kit handy including thermometers, bandages, latex gloves, gauze pads, band-aids, hand-sanitizers, antiseptic solutions etc.
- **Tools:** Tools such as candles, matches, scissors, can opener, a knife, a radio that runs on battery, torch, a small fire extinguisher etc. can be of great help in the case of a disaster.
- **Hygiene Products:** This includes toilet papers and other associated items.
- **Clothing:** Have a sturdy pair of clothing with you including rain gear and some heavy duty boots.
- **Important Documents:** Always keep your important documents neatly stacked. This includes driver's license, passport, social security card, bank account numbers, a copy of insurance policies and other contracts etc.

Please note that these are only some of the essential items that you must have in your disaster emergency kit. It is important that you think yourself as well and make sure, you do not miss anything essential.

- **Radiation Shield**

Since the utilization of nuclear power is all around us, it may happen that the disaster is a radiological attack. In such events, you require a [radiation shield](#) to protect yourself against the harmful gamma radiation. Of course, you cannot acquire and wear a heavy duty radiation protection suit as that will hamper your mobility. The 360 Gamma Civilian [Gamma Radiation Protection](#) shield protects the bone marrow situated in your pelvic region, the tissue that is most rich in stem cells, from exposure to gamma radiation. This type of targeted protection makes sure that your body's regenerative life-saving processes continue to take place. Moreover, this won't hamper your mobility as well during the time of evacuation.

- **Food and Water**

Last, but not least, you must have enough food and water stored in your home shelter. Food must be non-perishable. It is important to keep vitamins and other important supplements as well. Speaking about the amount of food and water

required a three day supply is the minimum that must be present in your home shelter.

Source: <http://newswire.net/newsroom/blog-post/00108165-the-three-must-haves-in-your-home-shelter.html>