“Building Your Ark…Lessons Learned from Noah”
Presented by Debbie Kent, peaceofpreparedness.com

“Be prepared in all things against the day when tribulation and desolation are sent forth upon the wicked.” D&C 29:8

There are many, many different ways to build an ark and even more choices of what to put in it. Please listen to the Spirit, while you are reading this handout, as it prompts you to know what you need for YOUR ark. There are many lessons that can be learned from Noah, like “Keep the woodpeckers in a cage”, but we are going to focus on some other lessons that help us on our quest to be prepared in all things.

Lesson 1: Noah Was Warned

Noah, being warned of God of things not seen… prepared an ark to the saving of his house.” (Heb. 11:7)

We too have been warned how we can save our house…

Prophets throughout the history of the earth have been shown visions of our day and written about what they saw. Things like: earthquakes, pestilences, flooding, storms, famines and wars that would happen during the dreadful day of the Lord. Latter-day Prophets have taken that a step further and given us counsel on what we can do to prepare both spiritually and physically. Are we taking their warnings seriously? Do we have ears to hear? Do we really think what they say is important enough to act on?

“If anyone has any doubt concerning the terrible things that can and will afflict mankind, let him read the 24th chapter of Matthew. Among other things the Lord says: “Ye shall hear of wars and rumors of wars. … “For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes in divers places. All these are the beginning of sorrows. … For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. He went on to describe many disasters including: the San Francisco Earthquake of 1906, the Black Plague that killed millions, the Chicago Fire, Pompeii, and the Tsunami in Southeast Asia. Then he said, “What we have experienced in the past was all foretold, and the end is not yet. Just as there have been calamities in the past, we expect more in the future.” Occasions such 9/11 pull us up sharply to a realization that “Life is fragile, peace is fragile, civilization itself is fragile. The economy is particularly vulnerable. We have been counseled again and again concerning self-reliance. We cannot provide against every contingency. But we can provide against many contingencies.”

What are some of the contingencies we have been forewarned would come our way?

**Famine/Drought:** "...lay up food that can be preserved; for you will see a day when you will want it; and it will be when we shall feel the effects of famine, and when the United States has not any food." Heber C. Kimball, May 1857

**Pestilences:** The Lord has set loose the angels to reap down the earth, but those who obey the Word of Wisdom along with the other commandments are assured “that the destroying angel shall pass by them.” Prepare Ye, Ezra Taft Benson, 1974

**Earthquakes:** in divers places and increasing in intensity worldwide. When a major earthquake hits the Antelope Valley we will be essentially cut off from outside help for a time. Plan on being able to take care of: yourselves, friends and neighbors. They will be your support system.

**Hurricanes** and **Flooding:** “And also cometh the testimony of the voice of thunderings, and the voice of lightnings, and the voice of tempests, and the voice of the waves of the sea heaving themselves beyond their bounds.” Doctrine & Covenants 88: 88-91

**Terrorism** and **War:** “…Ye shall hear of wars and rumors of wars” Matt. 24:6

“…Nation will rise up against nation, kingdom against kingdom, and states against states, in our own country and in foreign lands.”

Brigham Young , Journal of Discourses, Vol 8, pg 123

**Economies Fail:** Job loss, stores closing, bank failures, Stock Market Crash, housing market crash, national and person debt, bailouts, dollar devalued, etc.

“…Lay up your wheat and other provisions against a day of need, for the day will come when they will be wanted, and no mistake about it." Pres. Wilford Woodruff (Journal of Discourses, 18:121.)

We are also warned by economists, scientists, friends and family. These warnings can be found in newspapers, magazines, books, the internet and through word of mouth. Watch, listen and take heed of these warnings too.
Lesson 2: When God Speaks... LISTEN

Get your spiritual houses in order. You know the drill on this: daily prayer, family prayer, scripture study, following commandments, and attending the temple. I believe one reason there has been such an emphasis on doing these things is that they prepare you for personal revelation. This gift of revelation will not only give you guidance for you and your family, but bring you peace and joy even when things get REALLY HARD. Have you read the scriptures lately about what is to come and then applied that to what life will be like...it is humbling indeed. It will truly take a combination of spiritual and physical preparedness to help us survive and endure these Last Days.

“For many years the leaders of the Mormon Church have recommended ... that every family have on hand at least a year’s supply of basic food, clothing, fuel (where possible), and provisions for shelter...it can and will be useful in many circumstances in the days ahead.” (Ezra Taft Benson, “God, Family, Country” p.331)

Lesson 3: Have Faith. I am sure Noah thought, “How am I ever going to build a boat THAT BIG??? The Answer: one board at a time; one nail at a time, with direction from God and a little help from his family.

The same is true with your preparedness program. It is an overwhelming task if you try to do it all at once and all by yourself. BUT if you just take one item at a time; one level at a time, pretty soon your whole ark will be complete. Just like Noah, the Lord is there to give direction and encouragement, to show us what to do next. Also like Noah we find ourselves needing to be prepared in all things. We are going to look at all these areas needed to build our arks combined with the idea that like Noah we can’t build our arks all at once but rather need to build it up in levels. Things like: clothes, shelter, food, water, sanitation, cooking, medical, communication, tools, lighting, fuel, protection and skills you or others might need.

These are guidelines only. Please use prayer and the promptings of the Spirit to further guide you as to what your family needs and when.

Lesson 4: Noah Gathered Food

Noah was commanded not only store food for his family but also for the animals and did you know they lived on the ark for almost a year? A year supply of food...sound familiar? Now it’s your turn to gather food for your family. Does that sound overwhelming, then take it one level at a time.
Level One: 90 Days Supply

Think SOS

Simple- in case of illness or disaster
One Pot- easy and less dishes
Storable- Shelf Stable food that can be stored at least 6 months

Making Your 90-Day Menu: Make a list of meals for breakfasts that your family likes to eat: pancakes, muffins, cereal, oatmeal, cream of wheat, toast and jam, eggs and hash browns, coffee cake, granola, etc. If you will eat once a week, multiply ingredients by 12, if 2 times a month, multiply by 6. Then do the same for lunch, dinner and snacks.

Putting Your Menu into Action: To make pancake breakfast you need: pancake mix, syrup and maybe Tang to drink. The following table shows the breakdown of amounts of ingredient; how many days you will eat in a 3 month period; how much that totals up to; how much is in a package; how many packages you would need for 3 months. You can do this on index cards: one for each meal or on a chart or whatever works for you. The important thing is to pick your meals and list ALL the ingredients. When you do this and have it all on your shelves then you will have the means to make meals that your family will LOVE to eat.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Ingredients</th>
<th>Amount</th>
<th># of days</th>
<th>Totals</th>
<th>Pkg Amt</th>
<th>Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes</td>
<td>Pancake Mix</td>
<td>4 c</td>
<td>12</td>
<td>48 c</td>
<td>24 c</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Syrup</td>
<td>1/2 c</td>
<td>12</td>
<td>6 c</td>
<td>6 c</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Tang</td>
<td>1/2 c</td>
<td>12</td>
<td>6 c</td>
<td>6 c</td>
<td>1</td>
</tr>
</tbody>
</table>

When you are done with this list, the totals become your shopping list. Take this list with you when you go shopping and pick up a few items each week, especially stocking up with the items that are on sale and ones you have coupons for (see Frugal Gourmet class handout for more details). Before you know it you will have your 90 Day Supply of open and eat foods.

*Repackaging meals in paper bags or cardboard boxes into mylar bags with O2 absorbers will greatly increase their shelf life.
Level Two

Long Term Food Storage – One Person/One Year

“Perhaps if you would think in terms of not what you regularly eat but in terms of what it would take to keep you alive if there was nothing else available” Pres. Gordon B. Hinckley

- **400 lbs Grains** (wheat, rice, oats, pasta, barley, popcorn, rye, millet, spelt, etc)
- **60 lbs Beans** (pinto, black, navy, split peas, lentils, or canned meat)
  (Bean+ whole grain makes a complete protein)

THEN ADD:
- **60 lbs Sugar** (white, brown, powdered, honey, jello, fruit drink, jelly)
- **8 lb Salt** (at least ½ iodized)
- **16 lb Dry Milk** (triple amount for small children and nursing mom’s)
- **4 gal. Oil** (vegetable, canola, olive, shortening, mayo, peanut butter)
- **2 lb. Baking Soda, 2 lb Baking Powder and 2 lb. Yeast**

This is Survival Mode

A Basic Year Supply is about the same amount of food the Handcart Pioneers had per day. It is enough to keep you alive but not thrive. You will be hungry and not satisfied.

Another problem how to void **Appetite Fatigue** (a term coined during Post War WWII). During the war the cities had been almost destroyed. The people scrounged and then started growing food. They only had a few different kinds of food so they ate the same thing, everyday. The older people and children just stopped eating and died. You know how children are if it is not something that is familiar to them, that they like, they just say they aren’t hungry.

**Lesson learned:** Add variety and comfort foods to your storage.

The Third Level…Think Meals

Now that you have your basic year supply, start thinking in terms of meals. What can you make using the basics of grains and beans for breakfasts, lunches, dinners and comfort foods and store accordingly. If you want to make pancakes: do you have a grinder, baking soda, and syrup? If you want to make soup, do you have bouillon, vegetables and spices? A tasty meal is A LOT more satisfying than a bowl of plain rice and beans. So what does YOUR family want to eat?
The Top Level... The Givers

So you have enough food for your family, do you have enough to share with others who did not have the opportunity to store? Maybe you could have some ABC soup mix that you could share with a hungry neighbor? Or are you feeling prompted to help your married kids or other family members? This is the level that moves you from being a survivor to being able to feed His sheep.

Lesson 5: A Place for Everything

With limited space on the ark and many kinds of animals, Noah would have needed to be organized. This is a good lesson learned. The more organized and easily accessible your food storage is the more likely you will use it. Did you know that by cooking with food storage one day out of the week can totally rotate your food storage in seven years?

Optimally, food should be stored in your basement or storm cellar where temperatures remain stable and below 70°. If this is not possible where you live then the garage works for most grains and even canned goods if you rotate often, but definitely NOT for dehydrated or freeze-dried foods or dairy products. They are greatly and quickly affected by heat. Store these in house. After you have done all you can, pray that Heavenly Father will bless and protect your food.

Think you have no place to store in your house? Think again. Did you know you can store a one year supply of basics under a twin sized bed? Under beds, in closets, linen closets, false walls, in the corner or on rotating shelves are just some options for storage. Storing food that is easily accessible will make it not only easier to rotate but easier to find when you need it. Make sure you DATE all items. Rotating your food is the best way to ensure good quality. There are four things that affect the quality (flavor, appearance, texture, vitamins) of your food, these are known as HALT. More info on effects of long term storage on BYU website: ndfs.byu.edu/foodstorage

- Humidity (moisture)
- Air (oxygen)
- Light
- Temperature (temp. above 70 degrees cut storage life by half each year)
Storage Containers

In addition to storing your food in an organized manner and in keeping with the rules of HALT and wanting to keep it free from bugs and rodents, you will want to package it for long term storage. This can be done by packing in one of the following ways:

All Storage Containers (package with O2 packets and store all off of floors)
Mylar Bags: re-sealable, not puncture or rodent proof, store in other container,
#10 Cans: Make sure seal is tight, not re-useable, not airtight once opened, stackable.
Buckets: Food Grade, Stackable, re-useable, re-sealable, easy open with gamma lids.
PETE bottles: cheap, re-useable, not stackable.

Lesson 6: Noah Counted the Animals

Noah had to count the animals to be sure he had what he needed. The same is true with you. Knowing what you have and what you still need begins with inventorying. If you don’t really know what you have, then you can’t know if you have enough or what you still need. How you do this is up to you. Here are a few ideas:

Pencil and paper: Record: item name, date purchased; how much and where it is stored
Index cards: have one card for every bucket or can. Keep these organized in a recipe type box. When you open a new one put that card in the buy pile. Easy way to keep track of inventory.
TrackMyFoodStorage.com: Free site to record and track your food storage
Food Storage Analyzer (beprepared.com): Inventory & analyze your food & nutritional content.
Food Storage Planner: Computer program: 3 levels of lists including food and many other areas of preparedness; keeps track of inventory, recipes, etc.
Lesson 7: Noah Had Water

In pondering drinking water for Noah, I originally chuckled, thinking, “Well it was pouring rain they wouldn’t need to store water”. But then I realized that it only rained for forty days of the almost year they were on the ark. What did they do the other ten months? They had to have stored water.

Water is essential for life. Most of us just take it for granted. We turn on the faucet and clean clear water comes out day and night. It is not until some major disaster or calamity occurs that the true value of water truly becomes apparent. In some cases it becomes “more valuable than gold.” Many of us may be prepared with our 72 hour emergency kits which contain a bottle or two of water. But how many of us are really prepared for an emergency that could last for a week, a month, several months….and yes, perhaps even up to a year.”

“Store enough drinking water for circumstances in which the water supply may be polluted or disrupted. Water is more essential than food in sustaining life.” (Providentliving.org)

There is much differing information out there about storing water. The following are some ideas of what is the best and safest way to store and treat water.

**Store clean water before the crisis.**

Some examples of this 2 week supply: 3-5 gallon jugs; 5-cases of 4 oz water pouches; 3:5 gallon bottles; or 4-cases of 16 oz bottles. PETE bottle: 2 liter soda bottles or juice bottles can also be used if washed really well. Do NOT use Bleach/Soap bottles for drinking water only washing.

**Level One:** FEMA recommends at least 1 gallon of water person for 2 weeks, or at least 14 gallons. Allow more for first aid, cooking, cooling down, etc. (minimum 2 gallons per person per day) PLUS water bottle purifier (can be found at ldscatalog.org – Seychelle $22). This water filtration bottle kit removes up to 99.99 percent of pollutants and contaminants found in drinking water. Produces up to 100 gallons of filtered water, includes extra filter.

**Level Two:** 1-55 gallon drum per person; pump; wrench (to open and close); water treatment

**Level Three:** 2 more 55 gallon barrels per person (3 barrels: 3 months supply-per person).

**Level Four:** A way to collect more water and a GOOD purifier, and creative ways to store.

**Where to Store Water**

Store where easily accessible for emergency use and water source to fill. Best stored in dark, cool place. Can be stored **outside, off of ground, covered, in shade if possible**. Store away from insecticides, petroleum or anything else with a strong odor.
Lesson 8: Put $$$ Away for a Raining Day

I don’t think Noah needed to worry about putting money away, but we do.

"We encourage you wherever you may live in the world to prepare for adversity by looking to the condition of your finances. . . . If you have paid your debts and have a financial reserve, even though it is small, you and your family will feel more secure and enjoy greater peace in your hearts."

“All is Safely Gathered In” Ensign, Feb. 2007

Let us avoid debt as we would avoid a plague; where we are now in debt, let us get out of debt; if not today, then tomorrow. “Let us straightly and strictly live within our incomes, and save a little. Prepare Ye, Benson Ensign 1974

“The Saints have been advised to pay their own way and maintain a cash reserve. Recent history has demonstrated that in difficult days it is reserves with intrinsic value that are of most worth, rather than reserves, the value of which may be destroyed through inflation. It is well to remember that continued government deficits cause inflation; inflation is used as an excuse for ineffective price controls; price controls lead to shortages; artificial shortages inevitably are used as an excuse to implement rationing.”

“Prepare Ye”, Ezra Taft Benson, Ensign 1974

There is no set amount for your family financial reserve. But do what you can. Setting aside even a few dollars each week, or even your change and quickly add up into a nice savings.

*IF you plan to store this at home: store small bills; in fire/water proof container; well hidden. Gold and silver are always safe additions, especially in turbulent times when the dollar may not hold its value.

NEW: Some financial experts are now saying “Put your money in commodities”, not the dollar, or silver or gold. Food is a better investment than gold.

“When we really get into hard times, where food is scarce or there is none at all, and so with clothing and shelter, money may be no good for there may be nothing to buy, and you cannot eat money, you cannot get enough of it together to burn to keep warm, and you cannot wear it.”

(Pres. Clark: Church News, November 21, 1953, p. 4.)
Lesson 9: Noah had Clothing

Clothing is our own personal shelter. Think about it, if there is an earthquake or fire in the middle of the night, and you have to evacuate, you may have nothing but the clothes on your back. Will they be enough to protect you from winds, rain, snow or even severe heat until you can find or erect another shelter. When your body temperature drops to 96° hypothermia sets in. At that time your body and brain function at a slower rate. And what about you commuters, do you have comfortable clothes and shoes stored that you could change into if you needed to walk home? And what about future needs? Do you have clothes for growing children? Do you have supplies to mend and sew?

"Concerning clothing, we should anticipate future needs, such as extra work clothes and clothes that would supply warmth during winter months when there may be shortages or lack of heating fuel. Leather and bolts of cloth could be stored, particularly for families with younger children who will outgrow and perhaps outwear their present clothes. "The day will come, when, as we have been told, we shall all see the necessity of making our own shoes and clothing and raising our own food. ..." (Discourses of Wilford Woodruff, p. 166.)

Level One: (72 hour kit) 1 change of clothes; underwear; socks; shoes; a light jacket; work gloves and a bandana.

Level Two: 3 more changes of clothes, underwear and socks; sturdy shoes; a hat, some warm gloves, and heavier coat; pajamas, bathing suit.

Level Three: Warm Clothes (clothes that would protect you from the elements if you weren’t in a warm house); warm coat, hat, gloves, socks; and rain gear.

Level Four: Extra clothes; bigger clothes for growing children; work clothes; bolts of material and sewing supplies; 1-2 extra pairs of sturdy, comfortable shoes.
Lesson 10: Noah Had Shelter

"For many years the leaders of the Mormon Church have recommended that every family have on hand at least a year’s supply of basic food, clothing, fuel (where possible) and provisions for shelter". -President Ezra Taft Benson (see shelter handout for more info)

I find it interesting that shelter is often mentioned by the Brethren as a preparedness item. Many of us have camping gear, do we think of that as part of our preparedness supplies? For those of you who don’t have camping gear, did you think about the importance of it? What if your home was not safe to live in? What if we had to relocate because our area was not safe to stay in. Do you have a shelter that would stand up to wind, rain or even snow to keep you protected from the elements and offer you some privacy?

**Level 1**: A space/emergency or regular blanket for your 72+ hour kit, trash bag or poncho

**Level 2**: A GOOD sleeping bag (0° or lower), tarp or plastic sheeting.

**Level 3**: A ground pad for comfort and insulation, wool blanket, good 3-4 season tent.

**Level 4**: Cot, backpack, shower/bathroom, cooking tent, table, chairs, tarps, parachute cord

Lesson 11: Noah Ate

Noah, his family ate the food they stored, the question is was it cooked or raw?

“One thing to consider is how you are going to cook your food. We quickly found that eating cold food out of a can was quite unappetizing, even if you are hungry. We were under a fire ban, so building a fire wasn’t an option. I highly recommend learning ways to cook without electricity and storing needed supplies”. Jessica J. (yourfamilyark.com)

**Level One**: No cooking just open and eat foods; can opener, utensils, knife.

**Level Two**: Camping/Rocket stove; bowl/cup; pot w/lid; skillet; mixing bowls; whisk; stirring spoon; plates; spatula; strainer; 3-can openers; matches

**Level Three**: Ice box cooker; Applebox oven; pots and pans; grinder; asst. pans, canning jars

**Level Four**: Solar Oven; bowls; baking pans; large pots; pressure canner; electric grinder; etc
The biggest cause of death from the devastating Indian Ocean tsunami in 2004 that initially killed over 230,000 occurred AFTER the wave hit. These deaths were caused by the lack of clean water and poor sanitation practices in the weeks and months following the event, which led to disease and death. During times of emergency it is critical that sanitation be strictly observed in the cleaning of clothing, bedding materials, and all kitchen and food preparation utensils. Typhoid fever, amoebic dysentery, diarrhea, infectious hepatitis, salmonella and Guardia are diseases that spread rapidly in times of emergency and threaten all, yet are these all diseases that can easily be controlled by simply following the rules of good sanitation. (See Level Lists or WaSH class for further details)

Level One: Bucket; toilet paper: tampons; soaps; bleach; plunger; trash bags; sponge, towels
Level Two: Portable Toilet; trash bags; TP; soaps; laundry soap; clothesline; broom, towels
Level Three: Washboard & tub; clothes pins; shampoo; razors; paper towels; lime, scissors, etc.
Level Four: Toilet Seat; no-Electric washer; wringer; rinse tub; solar shower; mouthwash

Lesson 12: He had Light and...

“Wood, coal, gas, oil, kerosene, and even candles are among those items which could be reserved as fuel for warmth, cooking, and light or power. Some may be used for all of these purposes and certain ones would have to be stored and handled cautiously.”
(Prepare Ye by Ezra Taft Benson)

Noah was commanded to build a window for light. We now have many different ways you can provide light for your family in an emergency. Having a variety of ways to light is even better. Here are some ideas to get you started. More information will be found in the Power Up class later this year.

Level One: 3 Lightsticks (12 hour); flashlight/batteries; tea candles (100); matches for 90 days
Level Two: Extra batteries; lantern or oil lamp and fuel; matches for 90 day; candles/holders
Level Three: 20-100 Hour Candles; extra lantern parts and fuel for 1 year; solar charge battery
Level Four: Garden Solar lights; led light strings for solar lighting; kerosene lantern & parts
Power (fuel)

It is a cold winter day. A winter storm has knocked out the power and officials say it may be days or weeks before it is restored. You are prepared: you have flashlights, lanterns, stoves and even a heater, but alas you have no power sources to fire them up! Kind of like being up a creek without a paddle isn’t it? The recommendation: a **one year supply of fuel**.

**Level One:** Batteries; firewood; newspapers; matches (box 250)
**Level Two:** Stove fuel-3 mo; Lamp fuel- 3 mo.; matches (5 boxes); fire starter
**Level Three:** Charcoal (22 bags); heater; lantern/heater fuel- 9 more months
**Level Four:** Gasoline w/ additive (Sta-bil); fuel pump; matchless lighter; generator/fuel; solar panel/battery/inverter; metal bucket (burning ashes);

**Lesson 13:** Noah was prepared for when the hammer slipped.

It would also be well to have on hand some basic medical supplies to last for at least a year. Ezra Taft Benson, “Prepare Ye”

Common sense tells us that when a widespread disaster strikes we will not be able to depend on medical help for days or weeks later. It is up to us to prepare for and store supplies for not only our day to day medications but situations we normally go to the doctor or hospital for. For these reasons we not only need to have our own medical supplies but need to know how to use them. Having a good wilderness first aid book; taking CERT or first aid training; or taking the First Aid for Emergency class offered in November will help prepare you in this area. Here are some ideas for preparing by Level.

**Level One:** 30 days daily medications; pain reliever; spare glasses; gloves; masks; first aid kit
**Level Two:** 90 days daily medication; burn gel; antibiotics; insect repellent; sunscreen; first aid+
**Level Three:** Splints; medicines; eye wash; moleskin; First Aid Kit ++; First Aid Training
**Level Four:** First Aid Kit +++; burn kit; birthing kit; suturing kit; iodine tablets; CERT
Lesson 14: Way to Communicate

Noah used a dove to get information he needed to know if it was safe to go out. In our day, most use cell phones. But during a disaster situation, even if cell phones are still working the circuits will quickly become overloaded and useless. In order for us to be able to communicate with our family, friends, neighbors, church units and others in an emergency situation, alternative methods must be used. These include: whistles; FRS or GMRS (walkie-talkie type radios); emergency radios where you can listen to news and amateur radios.

Level One: whistle (can be heard from afar); corded phone; cell phone battery charger
Level Two: Emergency radio (for listening); walkie-talkie type radios w/ extra batteries, map
Level Three: Amateur radio license and handheld Ham radio, extra batteries
Level Four: Mobile Ham radio unit, powerful antenna and alternative power sources.

Lesson 15: Noah had Help

Just as Noah had help from the Lord and his family, you too have people who can help you. I have not broken these down into Levels but offer them as suggestions. If you really can’t find anyone to help you then YOU be the help. You study and learn and then share that knowledge; if you have a skill, please don’t be afraid to share it. Here are some suggestions: Stake Preparedness classes and Food Storage Cooking Classes; ward and family classes and activities where you can practice and share skills (cook with food storage and without power; dutch oven cook-off; camping; sewing; quilting; water rotating, etc.; food storage ordering with ward or family or friends (Bishop Storehouse, Emergency Essentials; Walton Feed; Honeyville, etc.) and there are many online sources to build up you talents and supplies.

Ask yourself... “Lord, what wilt thou have me to do?”
Lesson 16: He had Tools and Learned New Skills

Noah had to learn to fell trees, cut boards, make nails, build an ark, collect food for all kinds of animals, collect the animals and all this while enduring jeers from his peers and even his family. The world is changing, many are losing their jobs, and as the economic condition worsens people will return to a simple lifestyle. Skills that once seemed obsolete will become honored again. In addition to this, we all need to contribute to the group. What kind of tools and skills do you have that can contribute to the well being of your family or group?

“Men who can perform useful skills with their hands will be in increasing demand. Handymen, farmers, builders, tailors, gardeners, and mechanics can and will prove a real blessing to their families and their fellowmen.” Ezra Taft Benson, “Prepare Ye”

![Canning](image1.png) ![Dehydrating](image2.png) ![Noah](image3.png) ![Gardening](image4.png) ![CERT Training](image5.png)

“The Savior saw our day as the beginning of sorrows when many would be deceived. He told of wars, famines, earthquakes, and pestilences. This describes the world today. It is essential that the women for the church take hold of their responsibility to be prepared in all things. As leaders of the RS, you can help every sister in every home in every ward and branch become self-reliant. They should be laying up in store money, food, water, and skills that will sustain their families in perilous times.” Gen. RS Pres. Julie Beck, Sept 30th, 2007

Lesson 17: Noah had Protection

Noah had divine protection: if you are following the commandments, you too are entitled to this. What are some other ways we can protect ourselves?

These can include: having insurance, a will or trust; identity theft; fraud schemes; protecting our computers and defending ourselves while walking down the street. In addition to this there is surviving after a disaster. Historically there are two major threats in survival situations: wild dogs/animals, and gangsters/looters. At some point, you may need some type of neighborhood security or security for your family or a way to kill food. If you are going to have weapons as part of your preparedness plan it is important to obtain them now and learn how to safely use and store them and don’t forget the ammunition.
Now what about those who would plunder and break in and take that which we have stored for our families' needs? Don't give this one more idle thought. There is a God in heaven whom we have obeyed. Do you suppose he would abandon those who have kept his commandments? He said, "If ye are prepared, ye need not fear." (D&C 38:30)

**Level One:** Keep the commandments, listen to and follow promptings; family and neighbors

**Level Two:** Insurance, will or trust; protecting identity and computers; ward block units

**Level Three:** Self-Defense class; places of refuge (Stake)

**Level Four:** Guns and ammunition (as led by the Spirit); tactical training

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**Lesson 18: Noah Had Help**

Just as Noah had help from on high, we too have the same access to that power and guidance. We also have family and friends that can support, inspire and push us to get our temporal and spiritual lives in order and with whom we can buy and package food, and learn new skills like canning, gardening etc. to add new levels to our ark. As you learn and grow you can then share these talents with others to help them with their arks.

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**Lesson 19: The Ark wasn’t Built in a Day**

Just as Noah didn’t build his Ark in one day, neither can you do this. I know that being prepared in all things seems a bit daunting, that’s why we do it one board at a time, until our Arks are complete. Think you can’t afford it? Read the story at the end about the family of 15 who acquired their food store in one year for $58.81. We have been given promises that as we do our very best the Lord will help with the rest. I know this to be true. Here are a few quotes concerning this.

"Regularly put into your home storage a few wholesome, basic food items and some water that is safe to drink. Over time you can expand this into a longer-term supply and other staples. As you do your very best, you can be confident that "the barrel of meal shall not waste, neither shall the cruse of oil fail." You shall be prepared, and because you are prepared, you "shall not fear." Bishop Keith B. McMullin “Lay Up In Store”

“Now you ask where do I get the money for these things. The Lord will make it possible, if we make a firm commitment, for every LDS family to have a year’s supply of food reserves...All we have to do is decide, commit to do it, and then keep the commitment. Miracles will take place: the way will be opened and we will have our storage areas filled.

*Vaughn J. Featherstone, April Conference. 1976*
5 Steps to Success

- Pray for confirmation, desire and means
- Inventory what you already have
- Make a List of what you still NEED; want
- Use It: Healthier, rotate, avoid problems
- DO IT! Your survival depends on it

Included in the Steps to Success are the Building Your Ark by Levels guide that you will find at the end of this handout. Start with Level One, checking off as you locate and organize your Ark.

Lesson 20: It wasn’t raining when Noah built the Ark.

- No rain or anything to worry about
- People didn’t believe him
- They thought he was crazy
- They thought it wouldn’t happen

You know the result.

You may find some people who make fun of you for preparing.

Be of good cheer; you are in good company.

Lesson 21: Don’t Miss the Boat

When will all these calamities strike? We do not know the exact time, but it appears it may be in the not-too-distant future. Those who are prepared now have the continuing blessings of early obedience, and they are ready. Noah built his ark before the flood came, and he and his family survived. Those who waited to act until after the flood began were too late. Ezra Taft Benson, “Prepare Ye”, Jan. 1974

“It is true that ominous clouds gather around us, but just as the Savior’s words brought peace to the Apostles in the boat, they bring peace to us today: “And when ye shall hear of wars and rumors of wars, be ye not troubled: for such things must needs be; If ye are prepared ye shall not fear.”

Robert D. Hales, Liahona 2003
"Signs of the Second Coming are all around us and seem to be increasing in frequency and intensity. . . . While we are powerless to alter the fact of the Second Coming and unable to know its exact time, we can accelerate our own preparation and try to influence the preparation of those around us. We need to make both temporal and spiritual preparation for the events prophesied at the time of the Second Coming." "Preparation for the Second Coming" Elder Dallin H. Oaks (2004)

**For Such a Time as This**

Signs are not to frighten us but to enlighten us. To give us HOPE that we not only can survive but that we were actually saved, just as Esther was, “For Such a Time As This”; to use our gifts and talents, to follow the Brethren and the Spirit in knowing what we need to do to prepare our families and be able to help others. I believe the words of the Brethren as they tell us, over and over and with increased intensity to GET OUR HOUSES IN ORDER; both spiritually and temporally. It is my hope and prayer that you will take these things and apply them. That by following this counsel it will bring you peace in these, the Last Days.

We can do this: one step at a time, one level at a time until we are Prepared in all Things.

We need to stay close to the Lord every day if we are to survive the adversity that we all must face. If ever you are tempted to become discouraged or to lose faith…hold on a little longer. You can do this! You are part of a special generation. You were prepared and preserved to live at this important time in the existence of our beautiful planet earth. Know and remember this: the Lord loves you. He remembers you. And He will ever sustain those who “endure in faith to the end”. “Hold on a Little Longer" President Dieter F. Uchtdorf, Liahona, Jan.2010

**Lesson 22:**

No matter how ferocious the storm is, there's always light on the other side.

**He Comes Again... Are You Ready?**

Presented by Debbie Kent  peaceofpreparedness.com
FOUR LEVELS OF PREPAREDNESS

Because our “Ark” is not just built of food and water, but rather all areas; I have broken it down into four levels. All levels cover things we learned from Noah. There is also list a few extra categories. These are: Documents, Babies and Pets and Transportation. They are pretty self-explanatory and should be considered for Level One and then added to if you feel it is needed. **These are guidelines only. Please use prayer and the promptings of the Spirit to further guide you as to what your family needs and when.**

*Also, “organize every needful thing”. You may need to pick up and leave quickly.*

*Having supplies marked in Rubbermaid types of containers could prove invaluable.*

**Level One:** 90 days food/ two weeks of water, “shelter in place” meaning in your own home (earthquake/storm/flu) or evacuation center (fire), but with no power.

**Level Two:** A very sparse year supply and more water, living at home or not.

**Level Three:** Adds a bit more comfort and ease in food and supplies.

**Level Four:** adds more food/comfort and puts you in a position to “be a giver”.

We have found in building our Ark we have had promptings to store things that are either not on traditional lists or have felt the need to store MORE than is logically necessary. Those of you who have completed your traditional year supply will be more prone to these promptings as you are moving out of the area of caring for just your family and are better in a position to store things wherein you can help others. When you feel prompted to store a LOT more food, or medical supplies or winter clothing. **DO IT, someone’s life will depend on it.**
Areas of Preparedness

Documents: Put your important papers, records and documents in folder that can grabbed and taken with you. (Keeping this in freezer will protect in case of fire)

(Do n’t forget your temple recommend-last minute).

<table>
<thead>
<tr>
<th>Bank Account Numbers</th>
<th>Passports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth, Death, Marriage Certificates</td>
<td>Social Security Numbers</td>
</tr>
<tr>
<td>Charge Card Accounts and Contact Numbers</td>
<td>Stocks and Bonds</td>
</tr>
<tr>
<td>Deeds, Contracts, and Loan</td>
<td>Wills</td>
</tr>
<tr>
<td>House and Life Insurance Policies</td>
<td>Baptism/Priesthood Cert.</td>
</tr>
<tr>
<td>Family History-memory stick</td>
<td>Car Titles</td>
</tr>
<tr>
<td>Phone numbers/address of family/friends</td>
<td>Photos-on CD/memory stick</td>
</tr>
</tbody>
</table>

Pets/Livestock: Pets are a great source of comfort for people. Dogs can be useful for protecting and warning, cats can be useful to keep the rodents in check. Be prepared to either have enough food/water for them and a place to keep them secured or to have run wild (pack dangers) or die. Plan for 3-12 months of food, 3 months of water. Have livestock? You will need food and water for them also.

Entertainment: When disaster strikes and the power goes out life changes. No more TV, movies or computer games for the kids. You will need things to keep little ones busy and old ones spirits up. Just a few ideas: cards, rubics cube, cars or dolls, balls, games (store in Ziploc bags w/directions, marbles, jacks, Lincoln logs, legos, paper dolls, coloring books/colored pencils/sharpener, dominos, chess/checkers, also things like: books, puzzles and trivia games. Store things that your family will enjoy.

Transportation: You should always keep car supplies in your car. Things like: a jack, jumper cables, tire pressure gauge, tire sealer, flashlight, rag, small compressor, fuses, antifreeze, oil, wrench, screwdriver, flares, and even a tow strap, etc. and know who to use them. You never know when you or someone else will need them. I also have included the contents of our ditty boxes (odds and ends for survival and practical uses all in one container).

Baby: This is probably one of the most difficult categories. They grow so quickly, yet you need to store supplies for them. These need to be rotated the most. Disposable diapers are expensive and bulky to store but you will probably want to have on hand at least 30 days worth ($36 Costco) in addition to cloth diapers and covers (don’t forget the bleach to wash) for long term.

<table>
<thead>
<tr>
<th>4-36 Outfits (assorted sizes)</th>
<th>Wipes (3-12 mos. worth)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disposable Diapers (100-1200) asst. sizes</td>
<td>Diaper Ointment</td>
</tr>
<tr>
<td>Formula (1-12 months)</td>
<td>Bottles / Pacifiers</td>
</tr>
<tr>
<td>Blanket</td>
<td>Cloth Diapers/Covers</td>
</tr>
<tr>
<td>Bleach</td>
<td>Baby medications</td>
</tr>
<tr>
<td>Chewy Toys</td>
<td>Sippy Cup</td>
</tr>
</tbody>
</table>
LEVEL ONE (home)

Food: 90 Day Supply

Water:
   14 gallons (need to be refilled)
   Water Bottle w/filter

Clothes: (in case of evacuation)
   1-Pants
   2-Shirts
   Tennis Shoes
   2 pairs socks
   2-underwear/bra
   Sweatshirt
   Beanie

Shelter (in house)
   Blankets
   Large Trash bag/cheap poncho

Sanitation:
   Bucket (for carrying waste)
   Trash Bags (45-90)
   12-rolls Toilet Paper
   3 mos. Tampons/Pads
   Anti-Bacterial Soap
   Liquid Laundry Soap
   Bleach-1 gal
   Bucket/Plunger
   Paper Towels (3)
   Trash Bags (45)
   Dish Soap, sponges, towels

Medical:
   90 days of daily medications
   Pain reliever
   Spare glasses
   Disposal Gloves
   Masks
   Bleach

Communication:
   Corded Phone
   Cell phone battery charger
   Whistle

Tools:
   2-Duct Tape
   Pry bar
   Wrench (turn off gas)
   Work gloves
   Shovel
   1-Roll 6 ml. plastic (Lowes)

Lighting:
   Lightstick (12 hour)
   Flashlight
   Tea candles (100)
   Matches for 90 days

Personal:
   Spare Keys to all your locks
   Watch
   Cash ($30, small bills)
   Chapstick
   Comb/Brush/hair tie
   Toothbrush/Paste
   Deodorant
   Fingernail clippers

Cooking Supplies:
   Bowl/Spoon/Cup
   Paring Knife
   Can Opener
   Utensils

Fuel:
   Batteries
   Firewood and newspapers
   Matches (box 250)

Entertainment:
   Cards
   Pencil/Crayons/Paper
   Little Toys
   Scriptures

Sewing:
   Needle/ Thread
   Scissors

Protection:
   Keep commandments
   Follow Spirit
   Family/neighborhood support
LEVEL TWO (home or mobile)

Food: (12 mos. long term)
- 400 lbs. Grains
- 60 lb. Beans
- Milk/Oil/Salt/Yeast
- Bucket Opener

Water:
- 1-55 gallon per person
- 5-gallon jug w/faucet
- Pump
- Bung wrench

Clothes:
- 3-Pants/sweats
- 4-Shirts (2 long sleeve)
- 1- sturdy shoes
- 5 pairs socks
- 5-underwear/bra
- Windproof Warm Jacket
- Hat and Gloves
- Pajamas
- Bathing Suit

Shelter
- Good Sleeping Bag (0°)
- Good Tarp or heavy plastic sheeting
- Good Poncho

Sanitation:
- Portable Toilet w/Lid
- Compacter Trash Bags (300)
- Heavy plastic gloves-3 prs.
- 36-rolls Toilet Paper
- 9 mos. Tampons/Pads
- 2 qts Anti-Bacterial Soap
- 9 mos. Laundry Supplies
- Lg. Trash Bags (200)
- Clothesline
- Dish soap/ 9 sponges/towels
- 2-washclothes, 1 towel
- Broom/dustpan

Medical:
- 9 months of daily medications
- Birth Control (12 mos)
- Spare glasses
- Disposable Gloves/Masks
- Cotton Swabs/Pads
- Lotion (Lg. bottle)
- Nail File
- Insect Repellent

Communication:
- Emergency Radio / batteries
- Walkie Talkies (FRS/GMRS)
- Compass/Map of Local Area

Tools:
- 1-Roll 6 ml. Thick Plastic
- 1-Staple gun w/ staples
- Hammer / Nails (asst. sizes)
- Rope/Twine

Lighting:
- Lantern or Oil Lamp and Wicks
- Matches for 90 day
- Candles/holders and matches

Personal:
- Fire Extinguisher
- Safety Glasses
- ($300 in small/medium bills)
- Debts paid off

Cooking Supplies:
- Rocket or camping stove
- Skillet/Large Pot
- Mixing Bowl/cups/spoons
- Stirring spoons/Spatulas
- Bowl/Plate/Fork/Knife
- Wire Whisk
- Strainer / 4-Rubber Gloves
- 3-Can Opener
- 9 Sponges/4 Hand towels/Hot Pads
- 2-Dishwashing Liquid

Fuel:
- Stove/Lamp Fuel – 3 months
- Charcoal (22 bags)
- Matches (5 boxes)
- Firestarters

Entertainment:
- Card Game Book
- Pencils/sharpener/paper
- Dominos

Sewing:
- Safety Pins, asst. sizes (50)

Protection:
- Insurance; will or trust
- Identity and Computer protection
- Ward Block Units
**LEVEL THREE**

**Food:**
- Fruits/ Vegetables/Meats
- Things to make complete meals

**Water:**
- 2-55 gallons drum per person
- Coffee Filters (300)

**Clothes:**
- 1-Pair Sturdy Boots
- 1 pr. Long Underwear
- Rain Parka/Pants
- Warm Coat
- Winter Gloves

**Shelter**
- 3-4 Season Tent
- Shower/Bathroom Enclosure
- Good, Long, Tent Stakes
- Sleeping Pads
- Wool Blanket
- Heavy Tarp

**Sanitation:**
- Washboard
- Wash Tub
- Clothes Pins
- Shampoo/Conditioner (12 mos)
- Paper Towels (9)
- Powdered Lime for toilets
- 4-Kleenix
- Barber Scissors
- 24-Disposable Razors
- 8 prs-Heavy Rubber Gloves

**Tools:**
- 2-Rolls 6 ml.Thick Black Plastic
- Mouse Traps
- Nails/Screws (assorted)
- Wire and Cutter
- Pliers, assorted
- Screwdrivers
- Hatchet/Axe / Sharpener
- Wood Saw & extra blades

**Medical:**
- Nutri-biotic (natural antibiotic)
- Insect Repellant
- Sunglasses
- Iodine Tablets (nuclear)

**Communication:**
- Ham Radio License
- Ham Radio

**Lighting:**
- Headlamp and batteries
- Recharge batteries and solar charger
- Second Lantern and extra parts
- Lantern fuel for 1 year

**Personal/Protection:**
- 1-3 months of money in reserve
- Shot Gun and lots of ammo
- Gun cleaning equipment

**Cooking Supplies:**
- Lg/Sm Saucepan w/ Lid
- Griddle
- Hand Grain Grinder
- Cooking spoons,
- Paper Products(plates/bowls/cups/et)
- 12-Scrub pads
- 300-Ziploc Bags (sm/lg)
- 2-Bread Loaf Pans
- 2-Cookie Sheets
- Tea Pot (metal)
- Canner and canning supplies
- 100-Canning Jars
- Solar Oven / dark casserole pots

**Fuel:**
- Charcoal 22 bags (1 year)
- Heater
- Lantern/Heater Fuel-9 months

**Entertainment:**
- Games, assorted
- Reading Books
- Balls, assorted

**Gardening:**
- Herb and Non-Hybrid Seeds
- Hoe/Rake
- Fertilizer (Miracle Gro)
- Insecticide
- Sprayer (pump-2 gal)

**Protection**
- Self-Defense training
- Place of Refuge (Stake Center)
LEVEL FOUR (GIVERS)

Food:
- 2+ Year Supply of Food
- Food to Share (givers)
- Fishing Supplies
- Chickens and Beehives

Water:
- High-End Water Filter (SSW)
- Extra Filters
- Way to Save and Store Rainwater

Clothes:
- 1 Pair Sturdy Insulated Boots
- 1 pr. Long Underwear
- 4 pairs warm socks
- Bigger Kids Clothes
- Extra work clothes
- Church clothes
- Temple/Baptism Clothes
- Foam Clothes

Shelter:
- Cot
- Shower/Bathroom enclosure
- Cooking Tent
- Backpack
- Camping Chairs/Tables
- Tarps / Parachute Cord

Sanitation:
- Toilet Seat
- No-Electric washer
- Clothes Wringer
- Rinse Tub
- Solar Shower
- Mouthwash

Tools:
- Nuts and Bolts
- WD-40
- Wood Glue
- Lumber
- Hand Drill, Assorted Tools
- Snow Shovel
- Bungee Straps
- Chainsaw/chain/oil
- Chisel/wedge
- Vice Grips
- 2 man Wood Saw

Communication:
- Mobile Ham Radio
- Antenna/ Alternative Power

Lighting:
- Garden Solar Lights

Personal/Protection:
- Wind-up Clock
- Mosquito Netting
- Binoculars/Night Vision
- Silver and Gold Coins
- Guns, ammo, tactical training

Cooking Supplies:
- Mixing Bowls
- Muffin Pans
- Boning Knife
- Cast Iron Cook Set
- Cheesecloth
- Cheese Culture
- Large Kettle
- Fire Grate
- Pressure Cooker (stovetop)
- Electric Grinder

Fuel:
- Gasoline w/ additive (Sta-bil)
- Fuel pump
- Matchless lighter
- Solar Panel/ battery/inverter
- Metal Bucket (burning ashes)
- Generator/fuel

Entertainment:
- Home School Curriculum
- How to Books

Gardening:
- Perennial flower seeds
- Seed Starter/Styrofoam cups
- Soil Testing Equipment
- Watering can
- Wheelbarrow/wagon
- Tomato cages/stakes
- Rototiller / fuel
- Garden Books
- Solar Greenhouse

Sewing:
- Iron-On Patches
- Patterns
- Lots of Material
- Sewing Machine
- Zippers, buttons, etc.

Transportation:
- Bicycle
- Tire Repair Kit
- Spare Parts and Pump
Ditty Bag
(Car bag-for life’s little emergencies)
Submitted by Karen Tolman

Blast Match or flint and steel
Bags (large trash, gallon ziploc)
Breath Mints
Chapstick
Comb/brush/hair ties
Consecrated Oil w/blessing card
Cord (50 ft)
Deodorant
Duct Tape (10 yards)
Emergency Blanket
Feminine Hygiene Products
Fire Starter
First Aid Kit+(moleskin, Benadryl, Neosporin)
Flashlight-LED w/ extra batteries
Handyman tool w/ knife
Keys, (house, cars, work)
Kleenex
Light stick (12 hr)
Lint Brush, travel size

Lotion
Measuring Tape
Money ($10 small bills)
Nail clippers/nail file/polish
Pain Reliever (24 tablets)
Pandemic(gloves, mask, sanitizer)
Pencil and Small Pad of Paper
Power Bar
Screwdriver w/4 tips
Sewing Kit w/scissors
Shoelaces
Shout Wipes (for spills on shirt)
Toothbrush/paste/ mouthwash/floss
Velcro buttons
Washcloth
Waterproof Matches
Whistle/Compass/Thermometer
Wipes
Wire, bendable
### FIRST AID (By Level)

<table>
<thead>
<tr>
<th>Level</th>
<th>First Aid Supplies</th>
<th>Level</th>
<th>First Aid, Perishables</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Steri Strips</td>
<td>10</td>
<td>Band aids, assorted sizes</td>
</tr>
<tr>
<td>1</td>
<td>First aid manual</td>
<td>1</td>
<td>Hydrogen peroxide/bottle water</td>
</tr>
<tr>
<td>1</td>
<td>Antibiotic ointment</td>
<td>1</td>
<td>Lip Balm (ChapStick, Blistex)</td>
</tr>
<tr>
<td>1</td>
<td>Tweezers</td>
<td>1</td>
<td>Pain reliever (Tylenol, advil)</td>
</tr>
<tr>
<td>1+</td>
<td>Ace bandage</td>
<td>1</td>
<td>Prescriptions (as needed) 30 days</td>
</tr>
<tr>
<td>1+</td>
<td>Band aids</td>
<td>6 large</td>
<td>Thermometer 1</td>
</tr>
<tr>
<td>1+</td>
<td>Gauze, non-stick, 3&quot;</td>
<td>10</td>
<td>Alcohol Moist Towelettes 100</td>
</tr>
<tr>
<td>1+</td>
<td>Bandages Triangular</td>
<td>1</td>
<td>Antacid 1 box</td>
</tr>
<tr>
<td>1</td>
<td>Cold/heat pack, instant</td>
<td>2</td>
<td>Antibiotic (amoxicillin) 1 bottle</td>
</tr>
<tr>
<td>1+</td>
<td>Latex gloves</td>
<td>10</td>
<td>Antiseptic Ointment 2 tube</td>
</tr>
<tr>
<td>1+</td>
<td>Safety Pins, assorted sizes</td>
<td>10</td>
<td>Ibuprofen (Advil, Motrin) 1 box</td>
</tr>
<tr>
<td>1+</td>
<td>Surgical tape</td>
<td>2 box</td>
<td>Nasal Decongestant (actifed, sudafed) 1 bottle</td>
</tr>
<tr>
<td>2+</td>
<td>Bandages, burns</td>
<td>1</td>
<td>Sunscreen (SPF 15 at least) 1 bottle</td>
</tr>
<tr>
<td>2</td>
<td>Burn Free</td>
<td>1</td>
<td>Aspirin 2 (100)</td>
</tr>
<tr>
<td>2</td>
<td>Cotton pads</td>
<td>100</td>
<td>Alcohol 3 bottles</td>
</tr>
<tr>
<td>2</td>
<td>Cotton Swabs</td>
<td>10</td>
<td>Anti-Diarrheal 1 box</td>
</tr>
<tr>
<td>2</td>
<td>Eye pads</td>
<td>5</td>
<td>Burn Ointment 1 tube</td>
</tr>
<tr>
<td>2+</td>
<td>Gauze 2&quot;</td>
<td>3 rolls</td>
<td>Hydrocortisone Cream 1 tube</td>
</tr>
<tr>
<td>2</td>
<td>Sterile pads 4&quot; x 4&quot;</td>
<td>20</td>
<td>Cold/Flu Tablets (Nyquil) 1 box</td>
</tr>
<tr>
<td>2</td>
<td>Tongue Depressors</td>
<td>6</td>
<td>Constipation (xal, dulcolax) 1 box</td>
</tr>
<tr>
<td>3</td>
<td>Bandages (Ace) elastic, 4&quot;</td>
<td>2</td>
<td>Cough Syrup 1 bottle</td>
</tr>
<tr>
<td>3</td>
<td>Burn Dressings</td>
<td>Assorted</td>
<td>Eye Wash 1 bottle</td>
</tr>
<tr>
<td>3</td>
<td>Cold/heat Pack, reusable</td>
<td>2</td>
<td>Itching (calamine) 1 bottle</td>
</tr>
<tr>
<td>3</td>
<td>Eyedropper</td>
<td>1</td>
<td>Meat Tenderizer bites &amp; stings 1 bottle</td>
</tr>
<tr>
<td>3</td>
<td>Menstrual pads</td>
<td>50</td>
<td>Moleskin, blisters 4 sheets</td>
</tr>
<tr>
<td>3</td>
<td>Gauze 3&quot;</td>
<td>5 rolls</td>
<td>Pain, Fever (panadeine) 100</td>
</tr>
<tr>
<td>4</td>
<td>Snake bite kit</td>
<td>1</td>
<td>Petroleum Jelly (Vaseline) 1 jar</td>
</tr>
<tr>
<td>4</td>
<td>Band aids Finger tip</td>
<td>1 large box</td>
<td>activated charcoal 1 bottle</td>
</tr>
<tr>
<td>4</td>
<td>Band aids Knuckle</td>
<td>1 large box</td>
<td>Sunburn Relief (Solarcaine) 1 can</td>
</tr>
<tr>
<td>4</td>
<td>Bandages, gauze, 18&quot; x 36&quot;</td>
<td>1</td>
<td>Pain Reliever with Codeine 50 pills</td>
</tr>
<tr>
<td>4</td>
<td>Birth supply kit</td>
<td>1</td>
<td>Anti-fungal (Lotrimin) 1 tube</td>
</tr>
<tr>
<td>4</td>
<td>SAM splint</td>
<td>1</td>
<td>Antihistamine (Benadryl) 100 pills</td>
</tr>
<tr>
<td>4</td>
<td>Scalpel</td>
<td>1</td>
<td>Bee sting ointment 1 tube</td>
</tr>
<tr>
<td>4</td>
<td>Splints (wrist, ankle, etc)</td>
<td>assorted</td>
<td>Epsom Salts 1 box</td>
</tr>
<tr>
<td>4</td>
<td>Crutches</td>
<td>1 pair</td>
<td>Eye Drops (Visine) 1 bottle</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>Hemorrhoid Relief 1 tube</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>Itching (Dibucaine, Lanacane) 1 tube</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>Nausea, Motion Sickness 1 box</td>
</tr>
</tbody>
</table>