

20/20 A Year of Preparation

Volume 12

December 2020

Monthly Tip #1

*STUCK IN THE SNOW - NOW WHAT?

“Don’t ever leave your vehicle - period” says Dr. Gordon Giesbrecht (known as Professor Popsicle), a leading authority on freezing to death.

“Cold, wet and wind are the deadly triad of hypothermia” he explains.

If your car slides into a snowbank, or you run out of gas or break down, do not leave to look for help.

First, remain calm and pull off the road, away from traffic.

Next, figure out where you are by checking your GPS or identifying nearby landmarks.

If you’ve been in an accident or are hurt, call 911.

For a tow truck, contact AMA or another tow truck company and provide as many details as possible. Keep the number of a tow truck company/AMA in your cell phone!

Then, wait it out. “95% of searches are successful within 24 hours” Griesbrecht says.

(cont’d on next page)

Vehicle Emergency Kits / Home Storage.

Elder David A. Bednar recently taught that,

Some Church members opine that emergency plans and supplies, food storage, and 72-hour kits must not be important anymore because the Brethren have not spoken recently and extensively about these and related topics in general conference. But repeated admonitions to prepare have been proclaimed by leaders of the Church for decades. The consistency of prophetic counsel over time creates a powerful concert of clarity and a warning volume far louder than solo performances can ever produce. (Oct. 2020 General Conference, “We Will Prove Them Hear-with”)

VEHICLE EMERGENCY KITS

Next on our Vehicle Emergency Kits are some additional items that you should consider having.

Additional Items

- *Antifreeze / fuel line antifreeze.
- *Windshield washer fluid.
- *Fire extinguisher.
- *Road maps.
- *Sand, salt or cat litter for traction.
- *Tow rope/strap.
- *Jumper cables. Here is a video on how to use them: https://www.youtube.com/watch?v=i11o2hNy2hE&ab_channel=ChrisFix
- *Engine oil.
- *Spare tire (know where it

is and test trying to access it).

- *Jack & tire iron/crossbar (know where it is).
- *Pressure gauge.
- *Umbrella.
- *Phone charger/cords.

HOME STORAGE

Household Items

Some other household items to have are household cleaning supplies, such as:

laundry soap/spot cleaners/bleach, dryer sheets, toilet bowl cleaner, general cleaning solution, windex/glass cleaner, hand soap, dish soap, scrub pads, & dish cloths.

A sewing kit is another useful item.

Cool Items - Heated CLOTHES!

Having trouble staying warm when outside in the cold weather?

Here is a solution - an electric heated vest.

https://www.amazon.ca/s?k=heated+vest&ref=nb_sb_noss



You can also get other heated clothing, such as **pants, socks, and gloves**:

https://www.amazon.ca/s?k=heated+pants&ref=nb_sb_noss_1

https://www.amazon.ca/s?k=heated+socks&ref=nb_sb_noss_1

(cont’d on next page)

20/20 A Year of Preparation

Volume 12

December 2020

Monthly Tip #1 (cont'd)

Stranded drivers tend to think they'll never be found, but they will. There's also a tendency to panic about freezing to death within a few hours. "Even at -40 C, you can easily survive 24 hours in your vehicle." To stay warm, clear your exhaust pipe of snow (to avoid carbon monoxide poisoning) and intermittently run the vehicle for heat. When running the engine, crack a window for ventilation.

Of course, prevention is the best medicine. Before leaving home, ensure you have a full tank of gas, an emergency kit, and your vehicle is in good working order.

Pack a sleeping bag, phone charger, spare parka and boots, warm gloves, and food (like chocolate bars).

[Winter 2020 AMA Insider article]

Monthly Tip #2

*FULL GAS TANK IN YOUR VEHICLE(S)

In the extreme cold winter weather, if you keep your gas tank over half-full all the time, it helps to avoid condensation, which can cause fuel lines to freeze.

That is the last thing you need when its that cold outside.

Rotating Canned Storage

With all the food storage you've been accumulating this year you may want to consider purchasing or building a rotating canned storage container.

If you have the time and talent, here's a great website for how to build your own rotating canned storage container. It has written instructions/diagrams and a video:

<https://www.wikihow.com/Build-a-Rotating-Canned-Food-Shelf>

And here's another website with instructions on how to build your own rotating canned storage container:

<https://www.instructables.com/81-Can-FIFO-Bulk-Can-Dispenser-Organizer/>

*Here are a couple small storage units you can buy:

https://www.amazon.ca/dp/B06ZZ3L8GN/?co-liid=I19B8QTIWM9F8H&colid=25QZ4CZTF8EPL&psc=1&ref_=lv_ov_lig_dp_it_im



https://www.amazon.ca/dp/B004DB7XCA/?co-liid=I1Z2004SB5U6P&colid=25QZ4CZTF8EPL&psc=0&ref_=lv_ov_lig_dp_it_im

*Here are some videos that show how to build a few different types of units:

<https://www.youtube.com/watch?v=qLoBaXVDBzg>

<https://www.youtube.com/watch?v=NLouoGGI6ok>

[youtube.com/watch?v=xdMTW6q-an8&ab_channel=Bob%27sWoodStuff](https://www.youtube.com/watch?v=xdMTW6q-an8&ab_channel=Bob%27sWoodStuff)

https://www.youtube.com/watch?v=qC0Ue9bLwBg&ab_channel=SteveRamsey-Woodworkingfor-MereMortals

https://www.youtube.com/watch?v=fZYZsakHcLg&ab_channel=AnaWhite

Cool Items - Heated Clothes / Portable Boost

https://www.amazon.ca/s?k=heated+gloves&ref=nb_sb_noss_1



Search "portable battery booster" on Amazon.ca

