

**zippo**<sup>®</sup>

OUTDOOR

# TO THE RESCUE

A pocket guide to surviving emergencies and disasters.





# PREPARE. STAY CALM. SURVIVE.



Around the world, life-threatening situations occur quickly, often with little or no advance warning. Surviving the aftermath and danger of an earthquake, tsunami, hurricane, tornado or blizzard depends on your ability to provide first aid, food, water and shelter for yourself and your family.

After a major disaster, it is unlikely that emergency responders will be able to meet everyone's needs. Emergency preparedness is the key to survival. This brochure will help you plan and prepare for emergency situations, and show you how to build emergency kits with tools you'll need to stay alive.

**zippo**<sup>®</sup>  
OUTDOOR



# HOW TO BUILD A SURVIVAL KIT

Following a major disaster, whether it is weather-related or man-made, you may not have electricity, running water or telephone service. Experts recommend that you should be prepared to be self-sufficient for at least three days. They also suggest creating both a household disaster kit for use when you can stay in your home following a disaster, and a portable, traveling disaster kit in case you must leave your home quickly.

## Household Disaster Kit

Store your household disaster kit in an easily accessible location. Put contents in a large, watertight container that is always accessible and easily moved, such as a plastic garbage can with a lid and wheels.

Your basic household emergency kit should include:

- 🔥 Water: one gallon per person per day
- 🔥 Food: ready to eat or requiring minimal water
- 🔥 Several reliable sources of fire, such as Zippo lighters
- 🔥 Manual can opener and other cooking supplies
- 🔥 Plates, utensils and other eating supplies
- 🔥 First aid kit & instructions
- 🔥 A copy of important documents & phone numbers
- 🔥 Warm clothes and rain gear for each family member
- 🔥 Heavy work gloves
- 🔥 Disposable camera
- 🔥 Unscented liquid household bleach and an eyedropper for water purification
- 🔥 Personal hygiene items including toilet paper, feminine supplies, hand sanitizer and soap
- 🔥 Plastic sheeting, duct tape and utility knife for covering broken windows
- 🔥 Tools such as a crowbar, hammer & nails, staple gun, adjustable wrench and bungee cords
- 🔥 Blankets or sleeping bags
- 🔥 Large heavy-duty plastic bags to line a plastic bucket for waste and sanitation
- 🔥 Any special-needs items for children, seniors or people with disabilities
- 🔥 Water and supplies for your pets





## Traveling Disaster Kit

Put the following items in a backpack or other portable container in case you must evacuate quickly. Prepare a traveling kit for each family member, and store them inside the Household Disaster Kit. Make a separate kit to store in your car.

- 🔥 Flashlight, battery-operated radio, extra batteries
- 🔥 Zippo butane or windproof lighters, extra fuel
- 🔥 Zippo Emergency Fire Starter Kits
- 🔥 Whistle
- 🔥 Dust mask
- 🔥 Pocket knife
- 🔥 Local map
- 🔥 Emergency cash in small denominations
- 🔥 Sturdy shoes, a change of clothes, and a warm hat
- 🔥 Some water and food such as protein bars
- 🔥 Permanent marker, paper and tape
- 🔥 Photos of family members and pets for re-identification purposes
- 🔥 List of emergency point-of-contact phone numbers
- 🔥 List of allergies to any drug (especially antibiotics) or food
- 🔥 Copy of health insurance and identification cards
- 🔥 Extra pair of prescription eye glasses, hearing aid or other vital personal items
- 🔥 Prescription medications and first aid supplies
- 🔥 Toothbrush and toothpaste
- 🔥 Extra keys to your house and vehicle
- 🔥 Any special-needs items for children, seniors or people with disabilities
- 🔥 Don't forget to make a traveling bag for your pets



# A RELIABLE FIRE SOURCE CAN SAVE YOUR LIFE

In many emergency situations, building a fire quickly increases your chances of survival. A small fire will help keep you warm, dry wet clothing, cook a meal, boil water for drinking, prevent the onset of shock, and serve as a signal to rescue teams. Make sure you have reliable fire-starting tools in your survival kits. Zippo can help in this area:



## Emergency Fire Starter Kit

This fire starter kit fits in your pocket, and doesn't rely on any fuel to get a fire started. It uses a flint wheel to light water-resistant waxed tinder sticks, stored in a waterproof case. In emergencies where matches or lighters are unavailable, this kit can help you start a fire and may save your life.

## Cedar Fire Starter

Starting a fire requires dry kindling, but it's not always available, so make sure you have some of your own. The Zippo Cedar Fire Starters are made of compressed cedar sawdust and wax. Each starter breaks apart to light four fires. They light quickly and help you start a fire, even when other wood in the area is wet.



**zippo**<sup>®</sup>  
OUTDOOR

## Hand Warmer

Staying warm is a key to surviving cold temperatures. Store several Zippo Hand Warmers and extra Zippo Lighter Fluid in your emergency survival kits. They will help keep you warm when you are stuck outdoors. They also serve as a great heat source when you can remain indoors but there is no heat due to power outages. They provide up to 12 hours of heat before they require refilling.



## Windproof Lighter

A pocket lighter may save your life. Should an emergency strike when you are away from home and without your emergency survival kit, it will help you start a fire as well as ignite emergency cooking and lighting equipment.

**Flexible Neck Utility Lighter**  
Grills, lanterns, cook stoves, even small fires require a certain degree of precision to get them lit and burning properly. This unique lighter has a flexible neck, slim nozzle that fits into small openings and features wind-resistant, dual-flame technology. Keep it in your disaster survival kit.



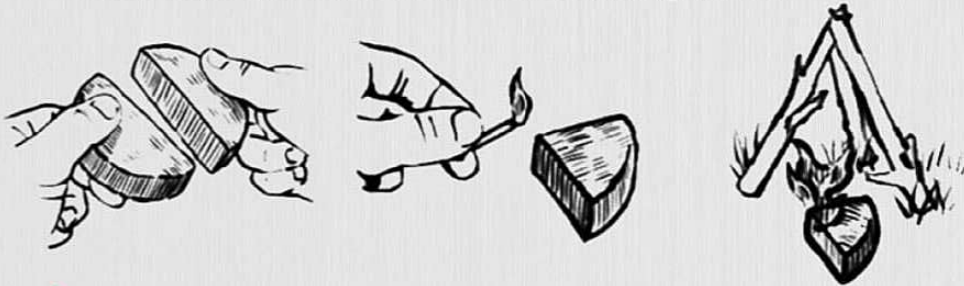
## Extra Supplies

You may need the ability to start fires for an extended period of time. Be sure to have extra supplies.

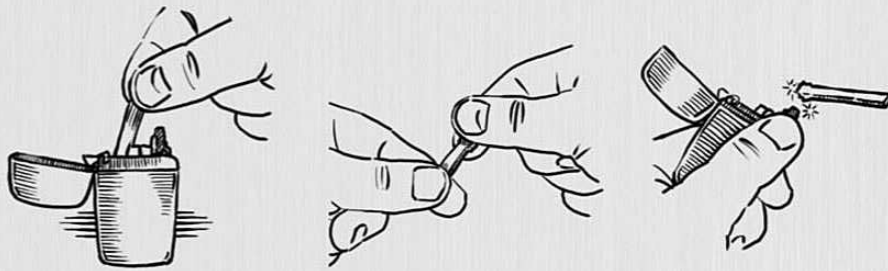


# HOW TO MAKE A SURVIVAL FIRE

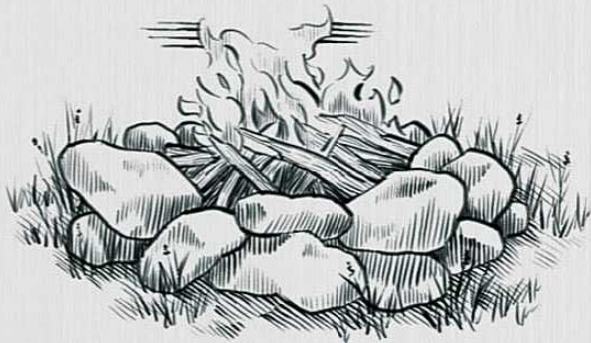
- 🔥 Choose and prepare a safe location for the fire.
- 🔥 Gather small sticks and dry kindling.
- 🔥 Pile some of the sticks and kindling in a teepee style where the fire is to be situated.
- 🔥 If there is no dry kindling, Zippo Cedar Fire Starters are excellent for starting fires.



- 🔥 Use a Zippo lighter or Emergency Fire Starter Kit, ignite the kindling at the center base of the pile.



- 🔥 If necessary, carefully blow on the lit tinder to keep the fire going.
- 🔥 Build up the fire by adding larger sticks.
- 🔥 Maintain the fire as needed.
- 🔥 Put out the fire when it is no longer needed.





# PLAN TO HAVE FOOD AND WATER

In the event of a natural or man-made disaster, food and water are the staples of personal survival. You can live up to 3 weeks without food, but only about 3 days without water. Here are some basic survival tips regarding food and water.

- 🔥 Store some protein bars, freeze dried meals, peanut butter, trail mix and beef jerky in your emergency kits. They provide good nutrition and have a long shelf life.
- 🔥 If you are home but have lost electrical power, you can cook food on a propane grill, camp stove or over an open fire in your back yard or evacuation area. Keep a supply of Zippo lighters and Cedar Fire Starters in all your emergency kits.
- 🔥 In extreme cases away from home, if necessary, you can forage for edible plants (using a guidebook so you don't eat anything poisonous), catch fish if you have or can make a fishing pole, and trap or shoot small animals such as squirrels or game birds if you have a firearm.
- 🔥 Have a supply of water on hand at home, in your emergency kits and, if possible, carry drinking water if you must evacuate.
- 🔥 Water from lakes and streams contain organisms that can make you sick. Before drinking it, add water purification tablets, run the water through a portable water purifier or build a small fire and boil the water in a small pot or metal can. To quickly and easily build a fire, use Zippo lighters or an Emergency Fire Starter Kit, and Cedar Fire Starters.





# HOW TO MAKE A RESCUE/SIGNAL FIRE

If you are lost or far from home and injured, a signal fire with lots of smoke will help rescuers spot you, especially if they are flying overhead in an airplane or helicopter. A triangle of three fires is the international distress signal.

- 🔥 Choose a spot in a clearing so you don't set other trees on fire.
- 🔥 Make a tripod frame out of three branches that's as tall as you are.
- 🔥 Tie them together at the top with wire or small green branches.
- 🔥 Tie three shorter branches around the tripod about a third of the way up.
- 🔥 Lay sticks across the branches to form a platform and add kindling such as Zippo Cedar Fire Starters, dry grass, paper or birch bark that will ignite quickly.
- 🔥 Lay small twigs over the kindling.
- 🔥 When you believe rescuers are in the area, light the kindling using a Zippo Windproof Lighter or Emergency Fire Starter Kit.
- 🔥 Add larger dry branches to the fire once it is burning.
- 🔥 Hang a large amount of green leafy branches from the top of the tripod to create smoke above the fire.
- 🔥 Continue to add dry branches at the base and green branches on top to build smoke that can be seen from long distances.







## KNOW HOW TO TREAT HYPOTHERMIA

Hypothermia is a drop in the temperature of your body's inner core. It can happen if you are in water for an extended period of time, or on land if you are wet or sweaty and exposed to cool temperatures, or are lost and must spend the night outdoors.

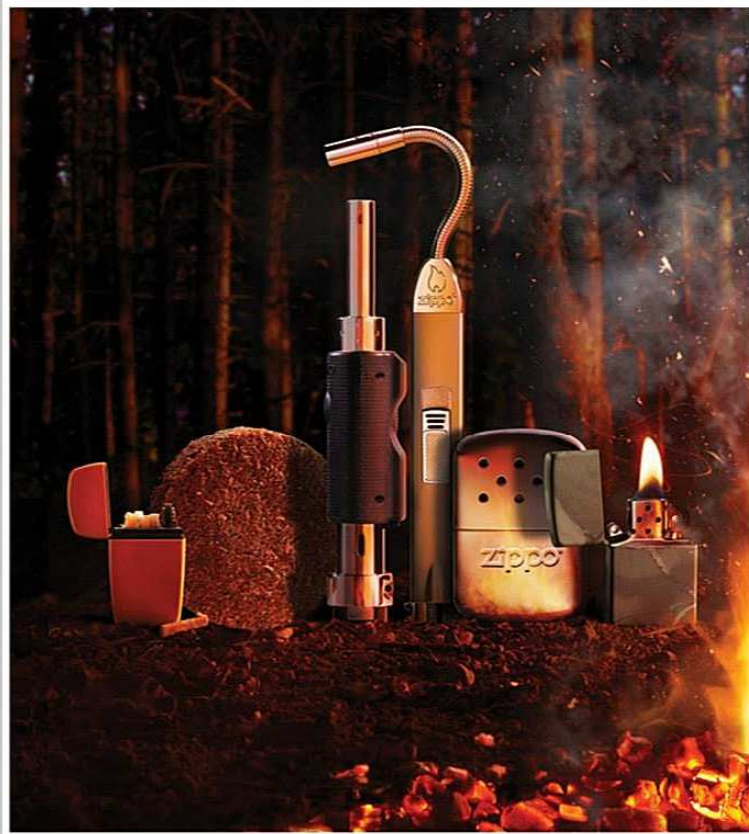
Symptoms of hypothermia include: continual shivering, poor coordination, increasingly numb hands and feet, confusion, slurred or slow speech, dilated pupils.

Treatment of hypothermia: move to a sheltered area; do not massage or jostle the victim; remove any wet clothes and put on loose dry clothes or wrap in a blanket; build a fire and make some hot, sugary tea, hot chocolate or bouillon, always drinking it slowly; actively re-warm by building a small fire using Zippo Cedar Fire Starters, small twigs and branches. Zippo Hand Warmers are also an excellent source of heat.





A *trustworthy* COMPANION THROUGH  
EVERYDAY LIFE AND UNCOMMON ADVENTURES.™



**zippo**®

OUTDOOR

Zippo Manufacturing Company  
33 Barbour Street  
Bradford, PA 16701  
Zippo.com



11DISASTERBROC