

Hello and welcome to learning objective 17

Clothing and bedding.

In this learning objective are going to be covering some of the basics of appropriate clothing and bedding for use during an emergency or disaster situation.

'Toto, I've a feeling we're not in Kansas anymore.'



I'm sure many of you are familiar with where that quote comes from.

The iconic quotes of Dorothy from the original Wizard of Oz.

She recognized she was definitely not in Kansas anymore.

You can both be in your city your neighborhood and not be there because of the circumstances surrounding you.

The right clothing helps protect from elements and other things that can harm you.



What makes clothing important to us is the fact that cloths are your first line of defense.

Our clothing is able to directly shield and protect us from the elements.

Keep us warm by trapping our body heat.

Helps keep you cool by wicking moisture to evaporate.

Keeping the flying critters and bugs at bay.

And preventing burn injuries from flash fires.

Your choices will depend where you live, type of climate and what natural disasters occur in your area.



Not all clothing is good for all environments. A rayon Hawaiian Shirt will be a poor choice for an insulating garment in a raging blizzard. A Goose Down Parka may be a bad choice for outer rain gear during a tropical storm.

Depending on where you live, the climate at the moment, and the types of natural disasters that occur in your area, you will decide the types of clothing you need to assemble for your emergency action plan.

Pull out your copy of *When All Hell Breaks Loose*, go to chapter 12 gimme shelter and review the information on regulating body temperature.

If you just want to look at pictures, pay particular attention to pages 98 and 99 and how your body gains and loses heat.

Pages 100 through 105 discusses critical clothing.

Clothing you need for any disaster



It is not necessary to think about if you need to evacuate away from your home or if you're staying in your home.

The circumstances you are in will dictate the type of clothing you should be wearing.

All that matters is that you have decided on a clothing course of action and are following through with it.

Let's cover the specific of clothing for disaster use.



Are you aware of specific types of clothing for disaster use.

We're going to be talking briefly about clothing for hot climates.

Clothing for cold climates.

Additional clothing accessories like headgear, sunglasses, and gloves.

Comfortable footwear

And our bedding.

In every disaster, this will become more important and problematic if you have to evacuate out of your home where your closets are.

Appropriate clothing



Most of us have our own clothing style.

So what is appropriate clothing?

You will be surprised too learn that most people will stick with what they know. Whether it is right or not.

By now I'm certain some of you, have had some experience wearing cloths.

I am not going to get all Cristian Dior on you and create an ensemble for your emergency runway walk.

We will cover some basics to remember when identifying our clothing for disaster/emergency scenarios.

Some common sense and not so common sense stuff.

First of all. Keep in mind, if you plan on stockpiling your cloths and bedding remember to label, date and rotate.

Inspect these items periodical for serviceability. Look for Dry-rot, are they still the right size. ,

Layering is your friend



Layering is your friend.

In hot and cold weather the layering principal can be a life saver.

Layering can be broken down into three different layers. The base layer, insulation layer and the outer layer.

Your base layer is worn against the skin, trapping air close to the body. The base layer should be made from fabrics that insulate while wicking water vapor away from the body. The base layer should be nonirritating and not constricting.

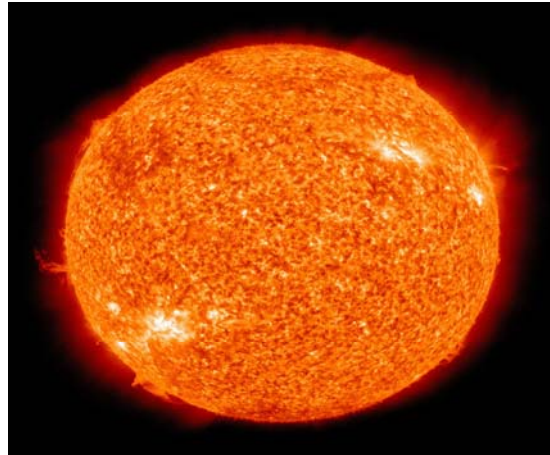
Insulation layers are added or subtracted as needed depending on the outside temperature, and the amount of physical work you may be doing.

Outer layers will protect against outdoor elements such as rain sun snow, insects and debris.

Remember, as you are layering up, the items of clothing need to grow in size so they

do not become constrictive and impede your movement.

Clothing for hot climates



In a hot climate the requirement is to cool off your body.

Excessive body heat can cause heat injury that can be fatal. Refer to the chapter on Hyperthermia pg. 266 in the Survival Medicine Handbook.

Clothing for hot climates should be loose fitting to allow perspiration for natural body cooling.

Long sleeves and long pants protect you from the sun. Which will also protect you from insects, brush and debris.

Your base layer will need to be altered depending on the humidity level of the environment that you are in.

If you live in a hot climate, temperate or arid. You probably already have a good idea of the clothing requirement.

Sunscreen is just as important as the clothing.

Bring at least one complete change of clothing and multiple changes of underwear and sox

Do not forget raingear.

Clothing That Protects You from Insects



Remember;

Even the harshest, driest, arid environment will have bugs.

Long sleeves and long pants will be your friends, depending on the environment a mosquito net might be advisable.

Permethrin Clothing Insect Repellent is a spray on chemical that treats clothing. This is useful as a pre-preparation of outdoor clothing if you expect to be in constant contact with nature.

Insects can attack you through your clothing

Read the direction and follow them. I did say this is a pre-preparation product. Outer clothing only.

Warning; do not spray Permethrin on skin.

Additional Information on Mosquito–born diseases and insect repellent safety, s below this video on the blog.

Clothing for cold climates



In cold climates the layering process will become even more crucial to trap and maintain body heat.

Cotton clothing should generally be avoided in the cold climate. Once cotton gets wet it loses its insulating properties and will not be able to keep you warm. “Cotton Kills” actually means something in cold weather environments.

Polypropylene thermal garments are the current de rigueur base layer.

Wool clothing is one of the best materials for insulating the body in cooler weather. The downside is that it takes up more space than modern synthetic clothing does but it does have its benefits.

If you live in a cold climate, temperate or arctic. You probably already have a good idea of the clothing requirement.

Bring at least one complete change of clothing and multiple changes of underwear and sox

Risk Management



Check the labels when buying base layer clothing.

Polypropylene will easily melt to the skin when exposed to heat. It is also a very good moisture wicking material.

Be aware. Maintain awareness around campfires ,candles flames or anything with high levels of heat while wearing a polypropylene base layer or gloves.

If you live predominantly in one environment Hot or Cold, can you think of a time you may be in the other?

Vacation, business.

It is very common for travelers to disregard the environment they travel through because they have no intent on being in it.

If you can see yourself someplace other than your own back yard. You already know you should review your clothing needs just in case.

Head gear



Headgear in both a hot, sunny and cold climate are important.

Your head is one of the appendages of your body that dumps the most heat. Not. That myth was busted years ago. Wearing headgear in a cold climate will help keep you warm.

In a hot sunny climate you need to keep it loosely covered to prevent the sun from adding more radiant heat onto your head preventing heat loss from your body. A wide brim hat will be useful to keep sun exposure down and off of your face, eyes, and neck.

Beat the heat: To cool the brain, cool the body, says Lars Nybo, a professor of human physiology at the University of Copenhagen, in Denmark. Wearing a broad-brimmed hat can be an effective way to do this—it shields the face, which is densely populated with thermoreceptors, as well as the scalp and the neck. All three are significant absorbers of radiant (direct) heat from the sun. Slurries (crushed-ice drinks) may help, too, says a 2012 BMC Medicine paper. Like most liquids, they replenish water lost by sweat. And as the ice melts in your body, it

absorbs heat from nearby tissues.

Eye Protection



Eye protection is a must have in both a hot and cold environment.

The sun releases energy (radiation) in many forms. The sunlight we see is one form. The heat we feel from the sun is another. Ultraviolet (UV) rays, a third type. UV rays are invisible to the eyes and cause sunburn. They can damage your eyes and harm your vision.

Protect your eyes from ultraviolet rays. According to a recent article published in the Eye & Contact Lens journal, UV light exposure that includes UVA and UVB rays can cause cumulative damage to the eye, cumulative it adds up, which can result in solar crystalline lens — also known as cataracts, corneal and conjunctival lens damage. To avoid possible eye damage due to harmful UV rays, a combination of multiple protective measures should be adopted to protect the eyes. Pucker (the guy that wrote the article) advises wearing polarized sunglasses, UV protection contact lenses if applicable and a large-brimmed hat.

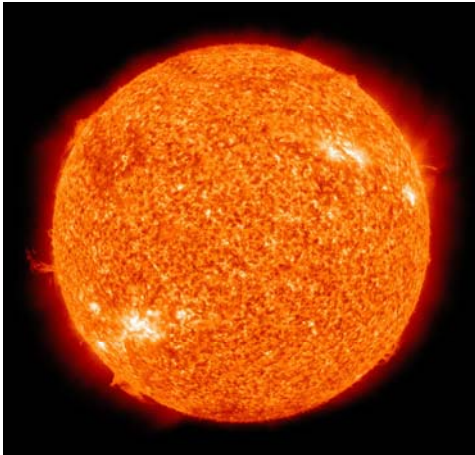
Here I will make recommendations. Oakely, ESS and Revision make approved ballistic eyewear that come with interchangeable grey and clear lenses that block

100% of UVA, UVB & UVC rays I have used all three.

Do not scrimp on your eye-pro. Do your homework before spending your money.

A full coverage military style goggle system is also recommended for the off chance that you will find yourself in a blizzard, sandstorm or chemical environment.

Risk Management



Wear proper eye protection and hats that block UV rays. UV rays can come from many directions. They radiate directly from the sun, they are reflected from the ground, water, snow, sand and other bright surfaces.

Ballistic debris are also a major concern. Flying objects no matter how small can cause serious injury, even high velocity rainwater.

Down range feedback



Let me tell you a story

1992 I was in Ft. Bliss/El Paso, TX

I was a Junior Drill Sergeant at the time and our company was out in the white sands range facility at what is known as the Down Range Feedback range.

The range is 350 meters long. The equivalent of 3.8 football fields in length or 380 yards. The trainees shoot at targets at 50 meter intervals to learn the strike of the round at different ranges.

We were at the far end of the range reviewing targets and out of nowhere the sand came over the hill we were at the base of.

Within moments I could not see my feet and my breathing was labored. Zero visibility and choking hazards.

Fortunately I had brought a pair of Military goggles with me, and a Cravat also

known as a triangular bandage.

I quickly wrapped the cravat around my face covering my nose and mouth and donned the goggles. I could now breath and see a few feet around me. I knew where the privates were. Rounded them up and moved them to the firing line. Eventually we bussed back to post. It was almost laughable because I really was not planning on using the Goggles and I did get lots a grief from several other Drill Sergeants over them when we were leaving the containment area to head out to the ranges. Those same Drill Sergeant seemed to have found some goggles and dutifully brought them during following training events.

Additional stuff



Did I mention

Scarfs

Bandannas

Shemagh

Head, neck face protection. That was my Triangular Bandage/Cravat

Did I mention additional Underwear two or three pair per person minimum

Sox - four to six pair per person minimum

Gloves



Cuts and scrapes, blisters and bruised knuckles are no fun.

Neither are numb fingers because your hands are so cold you cannot feel them.

My simple everyday go to glove for your general hostile environment is the basic Nomex military flight glove. A step up from there will be a military tactical glove with a plastic knuckle overlay.

From there we move on to your heat retention gloves for cold-weather and then maxed out with mittens.

General leather work gloves can come in handy when chopping down trees.

Do not scrimp on the gloves.

Risk Management



Read the labels, do not buy gloves that have a Polypropylene shell.

Polypropylene will easily melt to the skin when exposed to heat.

Maintain awareness around campfires ,candles flames or anything with high levels of heat while wearing a polypropylene glove

Comfortable Footwear



Let's not forget your feet.

Generally if you doing anything besides driving from one place to another or walking through the mall you will need an appropriate set of footwear that will be comfortable and allow you to traverse the terrain with ease without causing yourself any injury.

I recommend the following;

Combat/Hiking Boot provides ankle support, traction and puncture protection. They are recommended when carrying heavy loads. Traversing uneven or difficult terrain. And moving through debris fields.

Hiking/walking shoes are lightweight, provide relatively good traction and are good for trails, sidewalks and open ground while caring a light load. They lack ankle support and lateral puncture protection of the foot.

Teva Sandals are good for when you need to move and air your feet off. They offer absolutely no protection to anything but the sole of your foot.

Water socks are useful for fording shallow water hazards they offer very limited protection for your foot.

Risk Management



Nice cushy driving shoes and leather moccasins do not offer much support or protection for your feet.

Though comfortable they may not be suitable for a long trek.

Keep your feet and footwear dry. Wet feet, sox, boots = Blisters.

Blisters will put you out of action.

If you are sleeping out.

Turn your shoes/boots over and beat them to knock anything out that might have crawled inside over night.

Yes I have knocked scorpions out of my boots.

Bedding



Cant sleep without it.

If you are still at home your normal bedding will be just fine. There is no reason to change it, unless its time to change it anyway.

If you are evacuating, your bedding decision should be determined by;

The climate

Where are you going.

How much can you carry.

At a minimum take a light blanket and a pillow if the weather permits.

As it gets colder you will need to adjust your bedding to accommodate the weather. If you have ever been camping you will have some idea of roughing it.

Should you bring a tent, sleeping pads?

Sleep masks might be a good investment.

Children will feel better if they have something of their own to sleep with.

Table top exercise



This would be a good tabletop exercise.

Think about your clothing and bedding needs over dinner with your family, break it down between different environments hot and dry wet and cold, hot and wet, cold and dry. Here or there.

Pay attention to the emergencies and disasters that you have already identified.

Do they have a seasonal theme.

Are you lacking in something?

Talk this out, make a plan and follow through with it.

'Toto, I've a feeling we're not in Kansas anymore.'



It makes sense, doesn't it.

Realize that your environment can change.

It isn't necessary to plan your wardrobe in absolute detail.

Go for the 80% solution.

The right clothing helps protect from elements and other things that can harm you.



Cloths are your first line of defense.

Able to shield and protect us from the elements.

Keep us warm, keep us cool..

Keeping the flying critters and bugs at bay.

And preventing burn injuries from flash fires.

You probably have whatever you need, but go ahead and try a few new things.

Your choices will depend where you live, type of climate and what natural disasters occur in your area.



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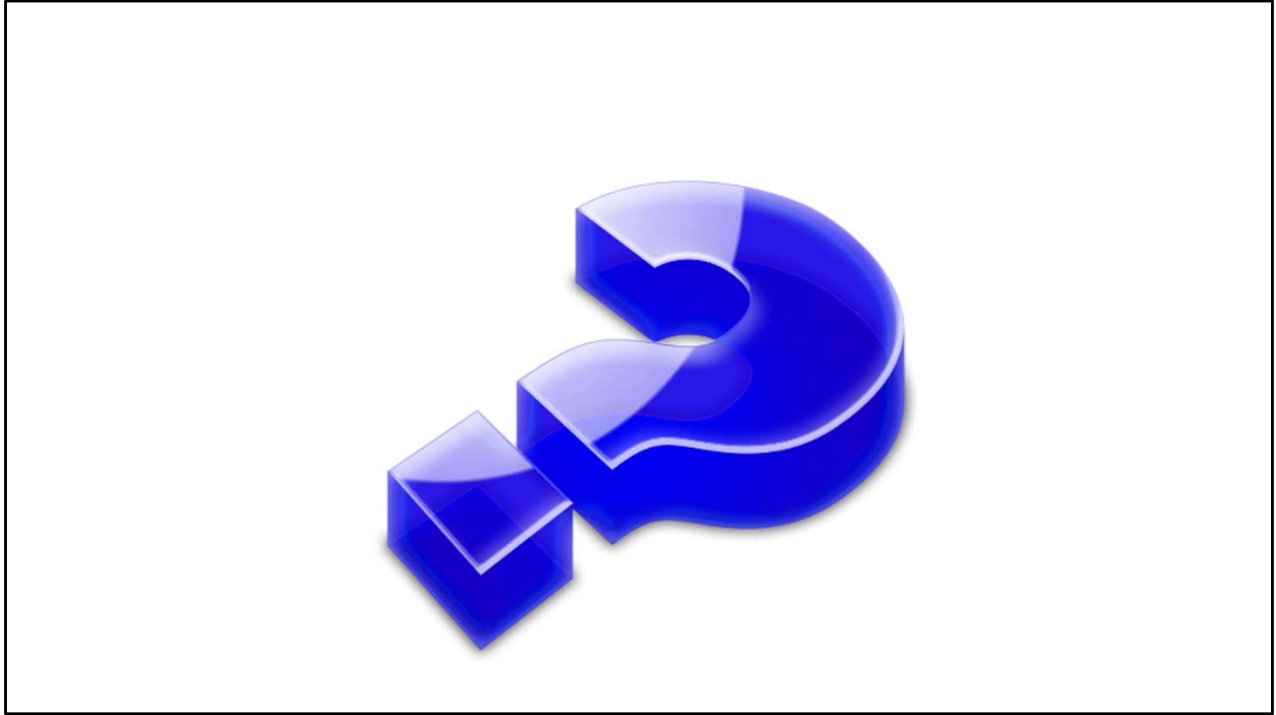
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If you have any questions or concerns, please post them below this blog or on the Facebook page.

I will get back to you.