

# Disaster Preparedness Kit and What's in it.

By Bill Laughing-Bear May 2026

GREETINGS FROM ALASKA,

*I HAVE BEEN ASKED FROM MULTIPLE PEOPLE AROUND THE COUNTRY TO SEND A LIST OF WHAT I CARRY IN MY EARTHQUAKE KIT.*

AS A YOUNG MAN MY MUM TAUGHT ME TO HEED PROVERBS 13:14, "THE INSTRUCTION OF THE WISE IS LIKE A LIFE-GIVING FOUNTAIN; THOSE WHO ACCEPT IT AVOID THE SNARES OF DEATH." TO SUM IT UP, THIS ALASKAN LEARNED TO LISTEN AND EMBRACE THE TEACHINGS OF WHAT WE CALL THE ALASKAN BUSH RATS, THOSE WHO LIVE REMOTE AND HAVE TO BE READY FOR WHATEVER HAPPENS IN THEIR TRUDGE THROUGH LIFE. THIS WISDOM PREVENTS DISASTER.

I, AS ONE SMALL EXAMPLE, HAVE ALWAYS KEPT AN EARTHQUAKE KIT IN MY DOG MUSHING TRUCK - MY OTHER RIG - INSIDE MY DOG SLED, AND MY CABIN. THIS HAS HELPED ME GO THROUGH EARTHQUAKES THAT PREVENTED ME FROM GETTING HOME, ONE TIME FOR OVER THREE WEEKS. IT HAS HELPED WITH TWO FOREST FIRES, BLIZZARDS SO STRONG THAT I COULD NOT SEE THE FRONT LEAD DOG WHILE MUSHING IN THE BUSH, AND FLOODS THAT SHUT DOWN ROADS, ALONG WITH OTHER UNEXPECTED LIFE EVENTS. THIS KIT IS JUST PART OF WHAT I DO TO LIVE THE SIMPLE LIFE I PREFER, THAT OF BEING MOSTLY OFF GRID.

I ALWAYS CARRY MORE THAN I NEED AS IT IS WRITTEN IN MARK 9:41, "*FOR WHOEVER GIVES YOU A CUP OF WATER TO DRINK IN MY NAME, BECAUSE YOU BELONG TO CHRIST, ASSUREDLY, I SAY TO YOU, HE WILL BY NO MEANS LOSE HIS REWARD.*" AS CHRIST-FOLLOWERS, WE ARE TO SHARE. OUR FATHER PUT THIS LIST ON MY HEART AFTER I WAS ASKED BY MANY ACROSS THE U.S. AFTER WE HAD SO MANY QUAKE. *YOU MAY WANT TO USE IT AS A GUIDE TO MAKE YOUR OWN KIT BECAUSE THE BIBLE MAKES IT VERY CLEAR THAT EVEN HARDER DAYS ARE COMING!*

AS AN ALASKAN, I HAVE BEEN THROUGH MORE EARTHQUAKES THAN I CAN COUNT. THE ONE IN 2002 WAS A 7.9 IN THE INTERIOR OF ALASKA AND THE ONE IN 2018 WAS A 7.1. THIS ONE DID SUCH MASSIVE DAMAGE THAT IT SHUT DOWN MY ABILITY TO TRAVEL AND I WAS UNABLE TO DRIVE HOME FOR OVER THREE WEEKS. IF I HAD NOT HAD AN EARTHQUAKE KIT, I WOULD HAVE HAD SERIOUS PROBLEMS. WORLDWIDE THERE WERE OVER 677,000 TOTAL EARTHQUAKES IN 2025.

THE BIBLE MAKES IT VERY CLEAR IN THE FINAL DAYS THAT EARTHQUAKES WILL INCREASE: BIRTH PAINS. GET YOURSELF AN EARTHQUAKE KIT. PUT ONE IN THE CAR AND KEEP ONE IN YOUR HOME IN CASE YOU GET SEPARATED FROM YOUR HOME AND FAMILY.

BLESSINGS FROM ALASKA, JUST ME, LAUGHING-BEAR

	<b>WHAT I KEEP IN MY EARTHQUAKE KIT</b>
Bible!	
Kite	A non-expected stand out signal tool that will be noticed! Make sure it's bright in color. I like pocket kites, no sticks needed.
Emergency sleeping bag and emergency first responder blanket	The silver ones can be used for signaling.
72-hour food kit	
Spork	A spoon/fork combination.
Tea/coffee bags	
Metal cup	Can be used for boiling water, cooking, drinking from, or eating out of.
Stove and fuel	I like the Esbit folding stove and fuel tabs. Compact, works well for making coffee, heating food, and warming hands.
Water bottle	I like the ones with built-in filter.
Water purification tablets	
5-gallon water bottle filled	IF weather is not freezing.
AM/FM weather compact radio	
Flashlight	Get a waterproof one that is bright.
Extra batteries	
Compact knife sharpener	
A sharp Leatherman wave tool	OR similar style tool, or a good Swiss Army knife.
Fire starter kit	Magnesium sparking insert/flint/steel, cotton balls covered in Vaseline. Place in an Altoids can with the flint attached to outside of can.
A two-to-three-foot 3/16-inch rubber hose with a six-inch copper tube shoved in one end of the hose.	Flatten the end furthest away from the tube but leave it a little open; you use this to blow on coals, smoldering wood, and small flames to get a fire going that is causing you grief.
Road flares	Good for signaling and can be used to start a fire.
Pocket chainsaw	Fits in a little can for those who are or go remote. Firewood can save your life.
Life-straw	You can drink out of a ditch, pond, creek, etc... remember if the quake is bad enough, the water may have picked up pollutants. If it is winter you may have to keep the life-straw inside your coat so it will not freeze in a zip lock baggie.
First Aid Kit	Don't scrimp, it may save your or someone else's life!

Hand warmers/foot warmers and small zip lock bags	If a hand warmer is still working well and you are done with it you can put it in the small zip lock bag and squeeze out all extra air. It will quit working until you need it again. Take out and shake, it will start back up. Caution, don't drop as dogs will be poisoned if they eat it them.
Glasses and eye glass cleaner packets if you need them	Even an outdated pair is better than no glasses
Emergency whistle	
A snare for small game animals if you're remote	
Wool stocking cap	Cotton gets wet and loses its ability to keep you warm. An Alaskan saying, " <u>cotton kills!</u> "
Mittens	Fingers kept together rather than separated stay warmer.
Clothing	In winter a coat, winter pants, boots, wool socks, heavy wool sweater, etc... in summer a light jacket, solid seasonal weather wear. All of this can be old as long as it is still functional. Bright colors help you get located. Remember " <u>cotton kills!</u> "
Arial flares	Helps a plane you see/locate you.
Snap-light safety light sticks	Snap and you'll have needed light that is waterproof, safe, and can also help you become more visible at night for those trying to find you.
Trip wire	Can be used for holding branches together so you can make a tee-pee frame and cover with tarp. Wire is very light, small, and strong.
Tarp	You might want a bright color so you can be spotted easier.
Strike anywhere matches in waterproof holder	You can take these matches and dip them in melted wax to make them waterproof.
Bick lighter	In cold weather these lighters will not work unless you keep them inside warm clothing.
Pen or pencil and paper	
Playing cards	I like the ones that have wilderness survival info on all 52 cards. Keeps you entertained and also full of useful, need to know information.
Compact fishing gear kit	If you are one who lives out or goes out to the bush often.
Mosquito head net and mosquito repellent	I suggest the stuff with built in sunblock. I like Avon Skin-So-Soft.
Rain Poncho	
Toilet Paper	Also known as "mountain money." Oh, you have a candy bar, I have TP that you need. I'll trade you it for seven squares.
Tampons or pads	If you have a woman that will be using the kit. Also known as "mountain money." Oh, you have two candy bars, I have these that you really need!!!
Warm sleeping bag and pad.	
A compass with a built-in mirror for signaling	Be sure to get one that has an adjustable magnetic declination. It is wise if you have a kit built for two people to have two compasses. if you want to signal something like a helicopter or some truck you see even a couple of miles away, take one hand and spread two fingers, like a sight so you can see the object between fingers. Then with the mirror get the reflection to shine between those fingers as you wiggle it. They will be able to see

	<p>where you are. if the sun is behind you, have the other person shine their mirror into your mirror while they face the sun. This will light up your mirror and works very well. I have done this and signaled several miles away.</p>