

PACK YOUR PILLOWCASE: Emergency preparedness activity

Task:

Children and adults must pack an emergency preparedness kit by choosing only items that can fit into the pillowcase (reference to pillowcase stems from accounts on St Vincent of people packing their belongings into whatever they could find aka pillowcases, bin bags etc.)

Get them to explain what items they are choosing and steer them towards the most **ESSENTIAL** items.

Items to be packed

Item	Provided in kit	To be added:	Pack? Yes or No
UEA teddy bear	X		NO/YES *
N95 breathing masks – for protection from ash fall	X		YES
Surgical tie fasten breathing masks for adults and smaller masks for children	X		YES
Rope	X		NO**
Safety goggles (x2)	X		Yes
I-pad laminated image	X		NO
Electronic game image	X		NO
Mobile phone image	X		YES / NO****
Fancy dress devil headband	X		NO
Wind up radio and torch	X		YES
Spare t-shirt	X		YES
Other clothing items e.g. scarves		X	YES****
Sturdy shoes		X	YES
High vis jacket	X		YES
First Aid kit (includes bandages, plasters, picture of scissors, antiseptic etc.)	X		YES
Medication (box labelled medication)	X		YES
Emergency heat blanket	X		YES
Non-perishable food		X	YES
Water		X	YES
Sugary foods e.g. chocolate bars		X	YES/NO*****
Photo copy of passport / ID	X		YES

Pillowcase	X		(to pack the items in)

***TEDDY BEAR:** This is a more challenging item, if there are small children can ask them to think about how they would feel about leaving their home, potentially forever and ask whether they would want to take their bear. This item aids reflection on what it means to be caught in a volcanic crisis. Usually we end up taking the bear, because it is important to look after emotional wellbeing as well as physical.

****ROPE:** A trick item, people usually say yes but proper climbing ropes that might be useful in an emergency situation are heavy and require specialist knowledge to use. Ask them, do you know how to use a climbing rope? If they can't give a specific example of where they would use it, they can't take it!

*****MOBILE PHONE:** Useful if you can make emergency calls on it to get help, but be careful! The battery may run out and you might not have anywhere to charge it up. Remind them to turn off the phone until they absolutely need it to save battery. If they (kids in particular) want it for games – then they can't take it!

******CLOTHING:** You may be evacuated for a long period of time, extra clothes in case yours get wet etc may be useful. More importantly though, tying a scarf around your face helps an ill-fitting breathing mask become more effective. Although, this can be hot and uncomfortable. Let them choose YES or NO.

*******SUGARY FOODS:** a great boost of energy, but shouldn't be the only food they are taking. Make sure the kids know why sugary foods are useful.

Once the bag is packed make them lift it!

Remind them that we advise enough food and water **FOR THREE DAYS** for **ALL MEMBERS OF THE FAMILY**. The weight piles on quickly!

Add extra items that you think people should or shouldn't take as you think of them!

Check these websites for more info:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/volcano.html>

https://volcanoes.usgs.gov/vhp/emergency_plan.html

<http://nemo.gov.vc/nemo/index.php/hazards/volcanoes>