

# Eco-Friendly Emergency Survival Kit

An emergency supply kit is a collection of basic supplies to support your household up to 72 hours in the event of an emergency or natural disaster. Pre-made kits are widely available, and certainly make things easier, but the majority remain heavier in single-use plastic than you may think. Therefore, our mission is to transform these kits into the most Eco-friendly, low-waste, affordable, and sustainable alternatives as possible.

Of course, personal safety in the event of an emergency is extremely important, and should never be sacrificed simply for the sole purpose of reducing waste. However, if you follow our guide and recommendations, you can tackle disaster survival as safely, efficiently, and sustainable as possible.



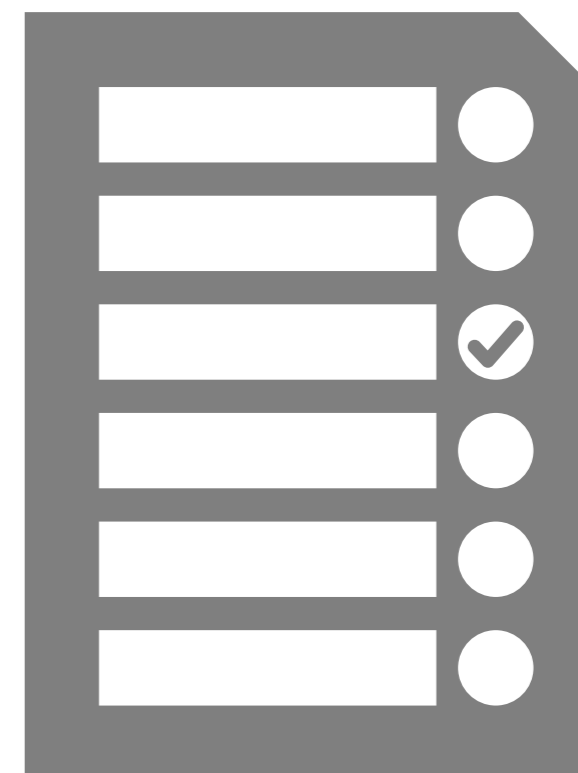
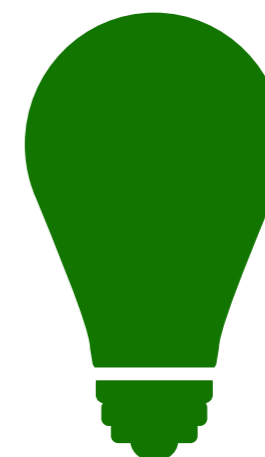
## ***Build Your Environmentally Friendly, Low-Waste, Basic Emergency Supply Kit.***

It's best for households to have a set safety plan set that is reviewed frequently to keep fresh in their minds, so that in the event of an emergency, everyone can be ready. This will also help to instill confidence, security, and calmness among household members should an emergency arise. However, it's easy to forget to make a plan with the busyness of everyday life. So Matter of Trust would like to remind everyone that **September is recognized as National Preparedness Month**, and reinforce that, every year, families and communities should use this month to update their disaster and emergency planning.

### **Peace-Of-Mind Tips That Apply To Any Disaster Response**

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- Rest Often and Eat well.
- Keep a Manageable Schedule and Make a To-Do List to Tackle One Thing at a Time.
- Create a list of 100% essential items (photo albums etc...) that you want to grab in the event of an emergency or evacuation.
- Keep contact information current. Create documents with all phone numbers, addresses, and other contact/emergency information. Distribute these around the house and program them into your phone.
- Begin crate training your pets in order to familiarize them with the experience. Pets with no crate experience may become stressed, anxious and aggressive, so it's important that the crate is associated with something familiar early on.
- Stay educated — learn about your area's risk of natural disasters.
- Talk about natural disasters. Discuss why they occur, how to prevent them, and what to do if one does occur.



## ***Build Your Environmentally Friendly, Low-Waste, Basic Emergency Supply Kit.***

Disaster preparedness is all about having an established safety plan. You may have to evacuate in a moment's notice, without time to search, think or shop for the supplies you will need. By the time the emergency strikes, it's likely already too late. The key to preparedness is planning, so try to assemble your kit well in advance of an emergency.

Here at **Matter Of Trust** we recommend that your emergency kit is stocked with the items on the checklist below. The majority of these items are inexpensive and easy to obtain — one of them could even save your life, so start planning! Of course we've also paid particular attention to the sustainability and environmental friendliness of these items, as well as how they could provide well-being during times of crisis. However, it is crucial, also, that individuals review this list and consider the unique needs of their family in order to complete their emergency supply kit.

- Water for drinking and sanitation
- Food (+ can opener)
- Reusable Utensils
- Food Wrap
- Reusable Bags for Produce or Other Necessities
- Rechargeable Flashlight
- Garbage Bags and Towelettes for Personal Sanitation
- Matches in a Waterproof Container
- Face Mask
- Towelettes for Sanitation
- Personal Hygiene Products
- Feminine Supplies
- Books, Puzzles, or Games
- Basic First Aid Kit
- Important Family Documents (identification, insurance policies, bank records...)
- Whistle to Signal for Help







## *Water*

Staying hydrated in a clean, healthy way is of critical importance to our health, especially during an emergency. But, to reduce both your carbon footprint and the plastic burden of single-use water bottles on landfills and oceans, try taking reusable water bottles. These require less oil to produce, are BPA free, and are more convenient. S'well and Klean Kanteen have been voted amongst the safest reusable Water Bottles brands of 2019.

LARQ (as shown above) is the world's first self-cleaning water bottle, neutralizing up to 99.9999% of harmful and odor-causing bacteria using UV light. However, household chlorine bleach (diluted to 9 parts water: 1 part bleach) can also be used to treat water in the event of water contamination or shortage. Water purifying tablets or self-cleaning water bottles are similar alternatives.



## *Canned Food (+ can opener)*

For an emergency kit, canned foods are much more convenient than perishables. Also, since the metal used in can containers is the most recycled material in the U.S, canned foods are also relatively environmentally friendly!

However, a possible environmental concern of canned food is the lining between the metal and the food itself, which is typically manufactured from plastic containing bisphenol A (BPA), a compound proven to be toxic to aquatic life. For your disaster kit, try selecting brands that use BPA-Free lining in their canned products. Eden foods, Amy's, and Bionaturae are just a handful of examples.





## ***Bamboo Reusable Utensils Cutlery Set, \$9.99***

No longer should you rely on silverware that ruins food with metallic taste and damages the environment. There are numerous alternatives to the flimsy single-use plastic utensils, paper cups, and plates, which are 100% compostable and manufactured entirely from recyclable materials such as wood, hemp, or bamboo. This set of wooden utensils is manufactured using 100% strong fiber, untreated bamboo, and is designed to be completely reusable using bamboo's natural properties. This company uses high quality bamboo, that is fast-growing, all-natural, and equally as durable as wood – it's guaranteed to last years without breaking, warping, splintering, or staining. The set is completely recyclable, BPA-free, and non-toxic.





## ***Beeswax Food Wraps, \$18.00***

Manufactured from organic cotton, sustainably harvested bees wax, organic jojoba oil, and tree resin, this uniquely designed plastic-free and Eco-friendly beeswax food wrap is a natural alternative for plastic-free food storage. All wraps are handcrafted, providing the highest-quality, and are washable, reusable and fully biodegradable. No synthetic wax or chemicals are used, allowing food to stay fresh and safe at all times during an emergency.





## ***Reusable Produce/Food Bags, \$16.99***

Plastic free is the way to be. By switching out the standard plastic bags common to all vegetable aisles of grocery stores for these Eco-friendly, reusable produce bags, you are saving the earth one plastic bag at a time. These bags are crafted from double stitched 100% organic cotton and finished with plastic-free drawstring, keeping food fresh and safe from toxic chemicals. Even the packaging of this product is biodegradable!





## ***Hand Crank Solar Powered Rechargeable Flashlight, \$18.96***

One of the most essential items that you should consider in the event of an emergency is a reliable light source. Unfortunately, the most common batteries for flashlights are Ni-Cad, Alkaline and Lithium batteries, which pose numerous environmental threats. However, this Thorfire solar flashlight is solar powered with a hand crank, so there's no need to depend on external power, and it's perfect for emergencies, power outages or anytime you need light. It is an excellent survival tool for extended power outages, since just 1 minute cranking will generate enough power for an 1 hour long using time. Or, when the battery runs out, the flashlight can be charged immediately by exposing the solar panels to direct sunlight.



## ***Green Earth Compostable Biodegradable Trash Bags, \$16.95***

Biodegradable garbage bags are necessary in case you end up with contaminated bandages and gloves. While plastic itself can remain in landfills for centuries, these Green Earth Eco-friendly and compostable bags decompose completely in both home and commercial composting facilities, leaving only nutrient-rich humus, water, and CO<sub>2</sub>. These bags meet the toughest standards for composting and are manufactured using GMO-free crops to maximize sustainability. 1% of profits are also donated to charities focused on conservation and protecting the Earth.





## ***Greenlight Match Books, \$5.69***

Diamond match stems and booklets are now manufactured from 100% recycled paperboard, creating a strategic biodegradable, and sustainable addition to an emergency kit.



## ***Reusable Fabric Face Masks***

While reusable face masks, or non-medical face masks, aren't as effective at stopping diseases as medical-grade masks, there is an environmental benefit to wearing one. Fabric face masks are reusable, meaning you can wear, wash, and reuse them — just throw them in 60°C wash to help kill the virus particles and then wait for them to dry. Additionally, these masks will help prevent you from unknowingly spreading or contracting a disease, or disrupting the medical-grade mask supply.





## ***Reusable Unpaper Towels, \$15.99***

These durable, vegan and environmentally friendly unpaper towels are a great economical win and zero-waste alternative for disposable wipes — a set of 10 reusable paper towels can replace up to 100 paper towels. The towels, together with the packaging, are 100% biodegradable, manufactured using 100% recycled organic cotton and bamboo. Versatile and easy to use, the tight waffle weave provides a strong lumpy surface to maximize friction and increase the efficiency of cleaning. They towels are fully washable and super absorbent, and dry fast.



### ***All-Natural Pit Cream, \$10.00***

Switch out your chemical laden deodorant for this natural, hand-crafted herbal body care product. Fat and the Moon works with plants that are ethically harvested, organically cultivated, and abundant, and then combine these plants with organic, natural, non-toxic ingredients to create a sustainable alternative to mass-produced and chemical-filled products. Their priority is also to use reusable, recyclable containers, and minimize packaging wherever possible.





## ***Organyc Organic Cotton Tampons, \$4.99***

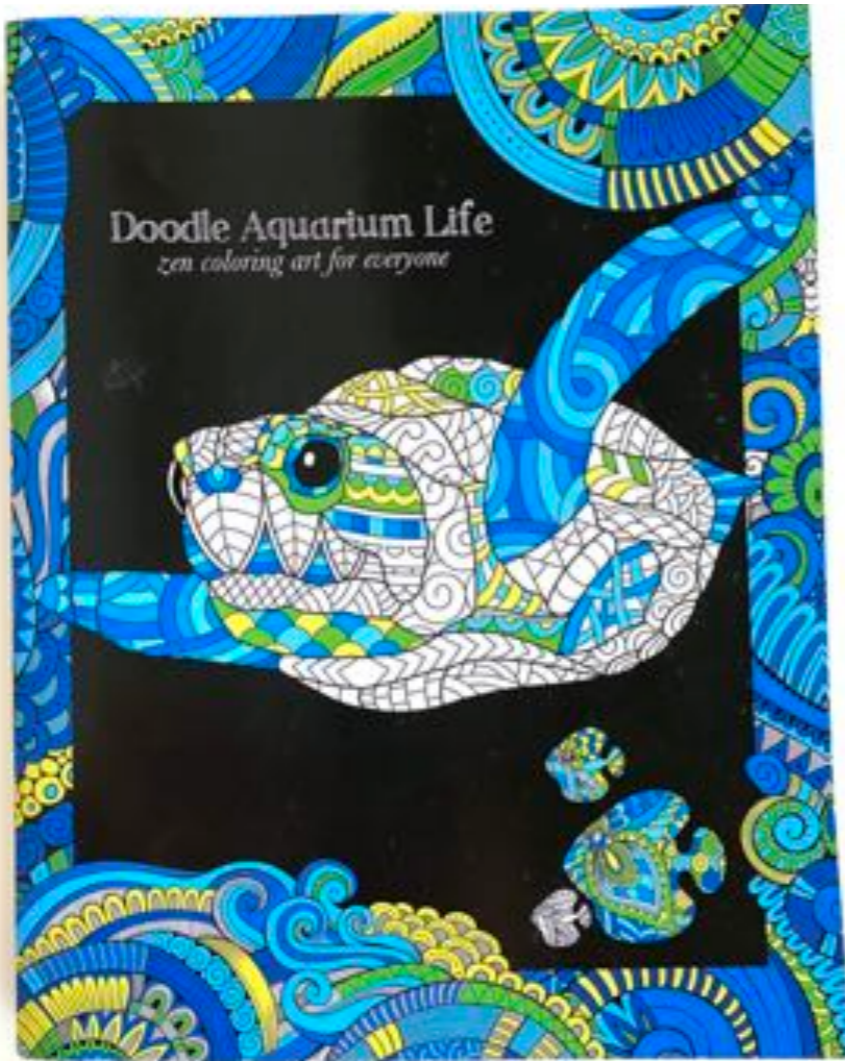
Feminine supplies and personal hygiene items are of huge importance in an emergency. These plant-based tampons from Organyc are manufactured using 100% certified organic cotton, and are free from synthetic elements such as chlorine, fragrances, chemicals, dyes or colors. Chemically treated cotton can result in irritation and discomfort, but Organyc tampons are hypoallergenic, as well as intricately textured for added absorbance and strength.



## ***Eco-Edition Playing Cards, \$3.39***

Board or card games have always been a great way to create enjoyable experiences for both kids and adults alike. Most games can be pretty detrimental to the environment, though, arriving in plastic materials and an abundance of unnecessary packaging. Nowadays, however, there are endless possibilities for greener ways to play. These high-quality playing cards are manufactured with a fully recyclable case and deck. The cards themselves are made with sustainable forest papers, and the designs are printed using starch-based laminating, and vegetable-based inks.





## ***Tree-Free Coloring Book, \$10.87***

Coloring helps to relax the fear center of your brain, creating mindfulness while reducing the thoughts of a restless mind. It's also just a comforting way to just pass the time. This coloring book is made from 100% post consumer recycled paper using wind power, and all designs are printed with solar energy and processed without chlorine. It is 100% recyclable and also ships in a container that is made from 100% recycled content as well.



## Design Your Basic First Aid Kit



Carefully treating injuries and illnesses is extremely important. You're not going to be performing surgery, of course, but we do have a number of recommendations that could aid sustainable care of bruises or cuts, and make many of your first aid practices low-waste.

Before anything, you must decide on how to store the items in your environmentally friendly, low-waste first aid kit. Instead of purchasing something new, up-cycle an old Tupperware container or storage box like us (we have used an old shoe box)! Then begin stocking it with the items depicted below.

\*Please note that not everyone has the same medical needs, so personal prescription medication should also be added to your kit if required\*







## ***Bambaw reusable makeup remover pads, \$11.99***

Conventional cotton pads are a disaster for our environment. Since cotton is grown using huge amounts of pesticides, fertilizers, and water, cotton cannot be used sustainably as a single-use item. Also, traditional cotton pads are packaged in tons of plastic, further exacerbating the problem of plastic pollution. Thankfully, Bambaw has introduced a reusable alternative to these remover pads, empowering users to create and maintain a waste free skincare routine. The pads can simply be washed in the laundry by returning them to the laundry bags in which they arrive.

All products from Bambaw are shipped in carbon dioxide neutrality and all products are packaged plastic free.



## ***PATCH, Natural Bamboo Adhesive Bandages, \$6.99***

These natural, organic, vegan-friendly, cruelty-free bandages are designed with bamboo to help treat minor cuts and abrasions in the most natural way. Bamboo is a rapidly renewable resource that grows many times faster than trees, uses less water, doesn't require pesticides or herbicides, and produces much more oxygen. These bandages contain no plastics or toxins, and are completely compostable and biodegradable. Not only are they perfect natural alternatives to common adhesive bandages and other plastic wound care products, but they also prevent contact of foreign, aggressive chemicals with the skin.





## ***Zincuta Skin Ointment, \$12.50***

Zincuta Ointment is a specialty cream manufactured in the United States of zinc oxide, beeswax and lavender to act as a remedy for insect bites, burns, eczema, chafes, sores, abrasions, cuts, chapped, hand and all kinds of skin afflictions using only the finest and purest natural ingredients. This ointment has both antibacterial and antiseptic properties, which can immediately relieve soreness and promote healing of the infected area without exposing the skin to foreign chemical substances.



## ***Stainless Steel Tweezers, \$9.97***

Tweezers may be needed to remove splinters or a tick in the aftermath of a disaster. Stainless steel tweezers, rather than plastic ones, are manufactured from sustainably sourced materials that could last for the rest of your life. Don't get sucked into buying generic tweezers that are made from cheap and low-grade materials that'll bend out of shape after a few uses.





## ***Wixelene Botanical Jelly, \$12.50***

Wixelene creates the most effective guilt-free personal care products using only pure, natural and organic ingredients. This sustainable alternative to petroleum jelly (the go-to ointment for dry skin, chapped lips, eczema, rashes, minor burns and much, much more) is certified organic, recyclable, cruelty free, petroleum free, and hypo allergenic. It is the solution to so many common problems that everyday people have. Also, for every purchase of a Wixelene product, a tree is planted to offset the carbon footprint from the manufacture and delivery of the item.



## ***Stainless Steel Ice Pack, \$19.95***

This sleek stainless steel ice pack may be super small, slim, and lightweight —it's the size of a small iPod and looks like one too— but it's filled with distilled water and freezes in just a couple hours. It's 100% non-toxic unlike many of the mystery gels contained within traditional plastic ice packs, meaning it can go directly next to your food without there being a risk of contamination or leakage. Alternatively, it could also provide much needed relief for sore backs, headaches, bruises, or bumps. This is a great low-waste alternative!





## ***EO Organic Hand Sanitizer Spray, \$6.69***

Keep your hands refreshed and clean during a disaster using this natural and organic hand sanitizer spray. Derived from non-GMO sugar cane, the alcohol content of this cruelty-free, vegan spray is 99.9% effective against common germs and a great alternative to chemical-laden hand sanitizers that arrive in single-use plastic.



## ***Gauze Pads, \$6.75***

These ultra-soft, latex-free and 100% sterile Gauze Pads are ideal for both cleaning and covering minor cuts, scrapes, or burns without sticking to them. Environmentally conscious, All Terrain's products are manufactured from all-natural ingredients and even the packaging is made from recyclable and biodegradable material.





## ***Cotton Medical Bandage, \$14.99***

Trusted by medical professionals, these FlexForm gauze bandages are an essential in every first-aid situation. They are durable, stretchy, flexible, and easy to apply, perfect for wrapping sprain joints, burns, cuts, and grazes, or to secure nonstick gauze pads to wounds without slippage. The gauze raps are manufactured from 100% pure cotton, one of the most absorbent elements in nature and the easiest to keep sterile. This ensures that wounds can be safely protected from dirt and bacteria in the most environmentally conscious way.

