

5 WATER SECURITY & SUSTAINABLE HYDRATION

Check Section 2 for detailed **Go Bag** and **Stay Shelf** suggested supply lists.

SECURING CLEAN WATER IN A CRISIS

Water is your most immediate survival need; lack of it becomes critical within 72 hours.

- ① Use sealed containers, rotate stored water regularly, and label the storage date clearly.
- ① Identify multiple local sources in advance: public taps, lakes, rivers, or rain.
- ① If your area depends on electricity or digital systems for water distribution, assume outages may interrupt access.

WATER PURIFICATION & FILTRATION METHODS

Never assume water is safe. Contamination can be invisible and deadly, especially after flooding or infrastructure damage. Boiling water for at least one minute kills most bacteria, viruses, and parasites. This remains the gold standard for disinfection.

Portable filters (e.g. ceramic or carbon-based) and purification tablets (chlorine or iodine) are essential for mobility or evacuation. DIY methods like sand/charcoal filtering or solar disinfection (SODIS) can be used in extended emergencies. The first method should be learned in advance and consists of a plastic bottle containing separate layers of sand, charcoal, and gravel. To use SODIS, place water in a transparent container and leave in direct sunlight for several hours to let UV kill bacteria. Consume within twenty-four hours.

Always pre-filter murky water to remove particles before disinfection, and avoid water near industrial areas or sewage. Straw-style water filters can be purchased inexpensively.

RAINWATER COLLECTION & STORAGE

Rainwater is a free and renewable source if collected and stored properly. Set up catchment systems using gutters, barrels, or tarps leading into containers. Always cover storage to prevent mosquito breeding. Rainwater should be filtered and treated before drinking, as roofs and surfaces may contain debris or animal droppings. If possible, store water off the ground, out of sunlight, and away from chemicals or fuel. In climates with long dry periods, calculate how much rainfall is needed to sustain your household or garden.



DROUGHT RESILIENCE & WATER CONSERVATION

With droughts increasing in frequency, water-saving habits are critical even outside crisis situations. Use greywater (from dishwashing or showers) for flushing or gardening where legal and safe. Fix leaks, use low-flow fixtures, and avoid excessive washing of clothes or dishes during shortages. In outdoor environments, limit sweating by resting during hot hours and moving slowly.

Collect condensation (dew, transpiration, improvised stills) in extreme conditions, especially in arid zones. This can be as simple as setting up a net over a bucket or a plastic sheet on the ground to collect condensation overnight.

