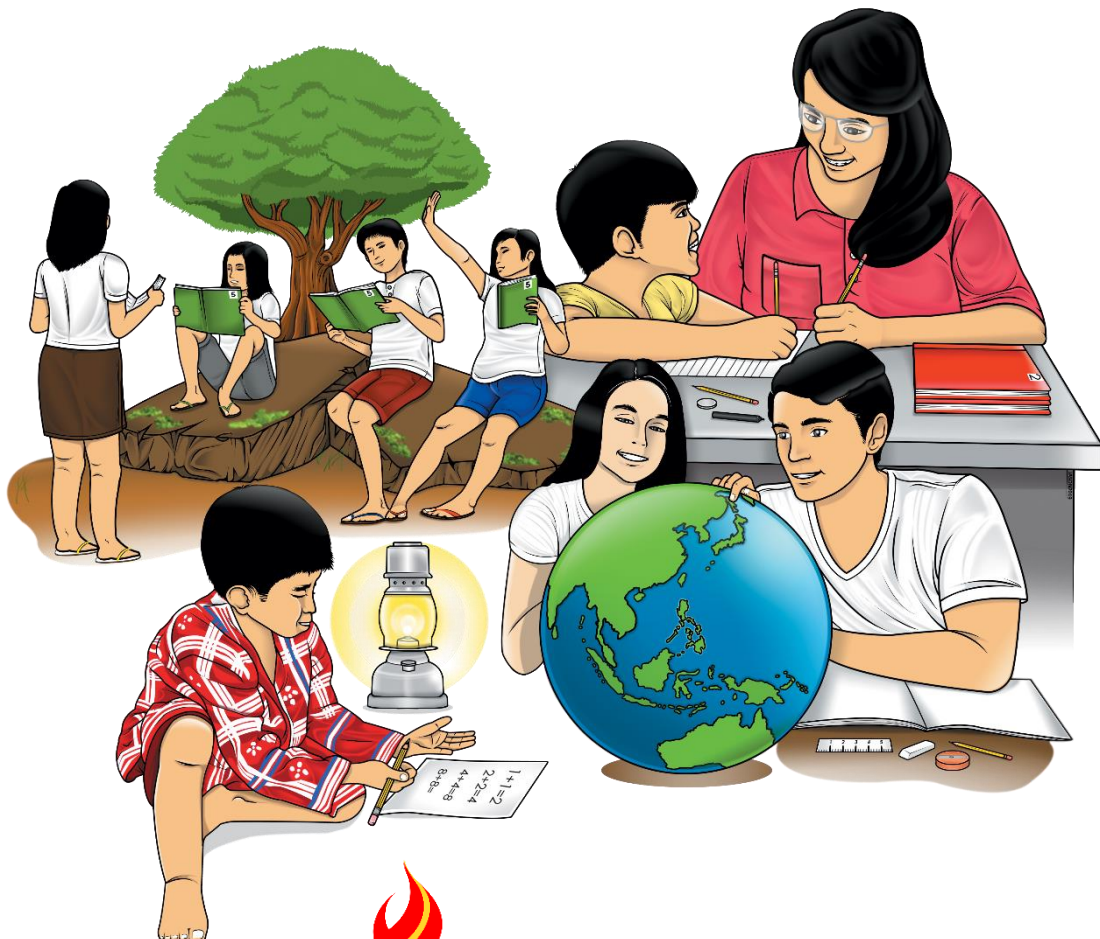


# Disaster Readiness and Risk Reduction

## Quarter 2 – Module 18: Survival Kits and Materials



**Disaster Readiness and Risk Reduction  
Alternative Delivery Mode  
Quarter 2 – Module 18: Survival Kits and Materials  
First Edition, 2021**

**Republic Act 8293, section 176** states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

**Development Team of the Module**

**Writers:** Angelyn T. Natividad

**Editors:** Aries B. Manalo, Riza Mae S. Sanchez

**Reviewers:** Desiree D. Vista, Doris D. Abogado, Ana Rose I. Colarina,  
Mildred DO. Rodriguez

**Illustrator:** Leumel M. Cadapan

**Layout Artist:** Dyessa Jane P. Calderon

**Management Team:** Francis Cesar B. Bringas  
Job S. Zape, Jr.  
Ramonito Elumbaring  
Reicon C. Condes  
Elaine T. Balaogan  
Fe M. Ong-ongowan  
Hereberto Jose D. Miranda  
Neil G. Angeles  
Edna F. Hemedez  
Jackie Lou A. Almira  
Maribeth G. Herrero

Printed in the Philippines by \_\_\_\_\_

**Department of Education – Region 4A CALABARZON**

Office Address: Gate 2 Karangalan Village, Brgy. San Isidro, Cainta, Rizal  
Telefax: 02-8682-5773/8684-4914/8647-7487  
E-mail Address: lrm.d.calabarzon@deped.gov.ph

# **Disaster Readiness and Risk Reduction**

## **Quarter 2 – Module 18: Survival Kits and Materials**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

In this module, the learner will be able to prepare essential items needed for their own disaster kit.



*Emergency kit clipart [online image](N.d). Retrived June 10, 2020*

### **Learning Competency**

Prepare survival kits and materials for one's family and for public information and advocacy (DRR11/12-IIg-h-46)

### **Objectives:**

By the end of the lesson, the students must be able to:

- a. define and enumerate the materials that are included in a survival kits;
- b. state the use and importance of each material included in a survival kits;
- c. prepare a list of items needed for survival kits; and
- d. create an advocacy plan in promoting public information about survival kits.



## ***What I Know***

Before you proceed to study this module let's find out first how much you already know about the topic.

Directions: Answer the questions below by shading the letter of the best answer on the separate answer sheet provided.

1. Which of the following items should NOT be included in the "Go Bag"?
  - a. Food and water
  - b. Chips and fruit juice
  - c. flashlight and whistle
  - d. important documents and money
  
2. How long should supplies in the disaster kit last?
  - a. 12 hours
  - b. 20 hours
  - c. 72 hours
  - d. 100 hours
  
3. The following items are essential in disaster kit **except** \_\_\_\_
  - a. First aid kit
  - b. Food
  - c. Gadgets
  - d. Hygiene kits
  
4. How much water does each person need per day?
  - a. 2 water bottles
  - b.  $\frac{1}{2}$  liters
  - c. 1 gallon
  - d. 2 gallons
  
5. What other individual needs should you consider when packing your emergency kits?
  - a. Pet supplies
  - b. Baby supplies
  - c. Medical supplies
  - d. All of the above

6. It is a bag that contains supplies that one would require to survive when evacuating from disaster.
  - a. Makeup Bag
  - b. Sanitary Bag
  - c. Medical Bag
  - d. Survival Kit Bag
  
7. The following items are used for light and signaling instruments **except** \_\_\_\_
  - a. Flashlight
  - b. Matches
  - c. Mirror
  - d. Whistle
  
8. Robert was tasked to prepare their “go bag” in case of emergency. Which of the following is **not** a proper way to prepare for the “go bag”?
  - a. Store perishable food.
  - b. Food should be sufficient for three days.
  - c. Number of person in your family.
  - d. Keep the important documents inside a plastic bag.
  
9. How long can a person survive without food intake as long as there is water?
  - a. 1 day
  - b. 3 days
  - c. 5 days
  - d. 10 days
  
10. When should we check the survival kits to make sure the items are functional and in good condition?
  - a. Every month
  - b. Every quarter
  - c. Every three months
  - d. Every six months

Check your answer on page 16. What score did you get? What did you feel while taking the test? If you got a score of 7 and above you did an awesome job. This indicates that you have a great background about Survival Kits and their Materials. It is well appreciated that you will still study this module to review what you already know. If your score is 6 and below, this module is crafted for you. It will help you to understand and apply these concepts in your real life.

You may now go to the next page to begin the next lesson.

**Lesson****1****Survival Kits and Materials*****What's In***

In the previous chapters, you learned various aspects about hazards that include prevention, mitigation, and preparedness. At the same time, you learned about different agencies involved in Disaster Risk Reduction of the country. These agencies have specific responsibilities and contributions in securing the safety and welfare of the Filipino people in time of calamity or disaster. As the main reason for studying this module is to minimize the casualties and the effects of disaster, now it is time to put this understanding into actions. One basic responsibility of each Filipino family is to prepare survival kits. In this module, you will be able to realize the importance of preparing survival kits and each material included in it.

**Activity 1: Four Thematic Areas in Disaster Risk Reduction Framework**

Directions: Explain the following concept in your own words.

1. Disaster Prevention and Mitigation

---

---

---

2. Disaster preparedness

---

---

---

3. Disaster response

---

---

---

4. Disaster rehabilitation and recovery

---

---

---



## Activity No 2: Roles and Goals

Directions: Complete the table below by providing the following data.

Acronym	Name of the Agency	Role/s	Goal/s
DOST			
DSWD			
NEDA			
DILG			



### *What's New*

## Activity 3: What You Know About Survival Kits?

It was an ordinary night for you and your family. You just had your sumptuous dinner and were watching your favorite teleserye. All of a sudden, a commotion happened outside your house and there were people shouting “SUNOG”; there was already a big fire on the other side of your barangay.

1. What would you feel when you hear people shouting “SUNOG”?

---

---

---

---

---

---

---

---

2. If you had to leave the house in a hurry because of the fire, what were important items you should take with you?

---

---

---

---

---

---

---

---

3. In three to four sentences, what do you know about survival kits?

---

---

---

---

---

---

---

4. If you are going to create a survival kit for your family, what are things that you need to consider?

---

---

---

---

---

---

---



## ***What is It***

Disaster is very unpredictable. Our country is commonly stricken by typhoons, volcanic eruptions, fires, and other disasters, that is why we should be prepared and be aware of what will happen next. According to Philippine Red Cross, the first 72 hours after a disaster is very crucial. There might be shortage of food supply and water, and unavailability of electricity and communication. In addition, access to safety services, rescue, clinics, and hospitals may not also be available. An emergency kit/first aid kit is very essential in times of disasters. Emergency or survival kits are things that are commonly found inside our home like water, flashlight, and hygiene kits. Families should be prepared to be independent and be able to survive for at least 3 days or 72 hours. To be able to do this the kits must be organized and easy to access, it should be checked every six months to make sure the items are still in good condition and far from expirations.

According to Philippine Red Cross, the following items are essential in a disaster kit:

### **1. Shelter**

- ✓ Tents
- ✓ Sleeping bag
- ✓ Tarp

## **2. Water**

- ✓ According to Philippine Red Cross, a person can survive without food intake for 5 days as long as there is water intake. Prepare clean water in clean airtight containers for washing, drinking and cooking: 1 gallon or equivalent of 4 liters per person per day (1 liter for drinking and 3 liters for sanitation)
- ✓ Stored water must be changed to maintain its freshness, effectiveness and avoid contamination.

## **3. Food**

- ✓ Store only non-perishable food like canned foods.
- ✓ According to Philippine Red Cross, food should be sufficient for three days consumption of every family member.
- ✓ Include also eating and drinking utensils.

## **4. Tools**

- ✓ Maps with indication of evacuation sites and routes
- ✓ Emergency Number to call
- ✓ Whistle
- ✓ Flashlight with extra batteries (or self-powered flashlight)
- ✓ List of Emergency numbers to call
- ✓ Multi-purpose knife
- ✓ Matches or lighter and candles
- ✓ AM radio transistor with extra batteries or self-powered
- ✓ Blankets
- ✓ Sleeping bag

## **5. Fire starting**

- ✓ Matches
- ✓ Lighter
- ✓ Candle

## **6. Light and signaling Instruments**

- ✓ Flashlight
- ✓ Mirror
- ✓ Whistle

## **7. First aid kits**

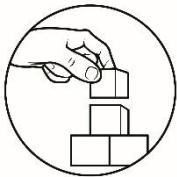
- ✓ Disposable Gloves
- ✓ Adhesive Strips
- ✓ Sterile medical tap
- ✓ Thermometer
- ✓ Adhesive Bandage
- ✓ First aid manual
- ✓ Pain reliever and antibiotics
- ✓ Anti-diarrhea medication
- ✓ Prescription medication (if needed)

### 8. Personal effects and hygiene kit

- ✓ Extra Clothing (Short and long sleeved shirts, pants, jackets, socks, etc.)
- ✓ Undergarments
- ✓ Antibacterial soap
- ✓ Toothbrushes
- ✓ Toothpaste
- ✓ Comb/ hairbrush
- ✓ Tissue paper

### 9. Others



- ✓ Important documents Birth certificates, passport, marriage contract, diploma, insurance certificates, land titles, etc.
- ✓ Keep these in a plastic envelope or any waterproof container
- ✓ Money should be in the form of cash and loose change (ATM machines may not be working)
- ✓ Prepaid cards
- ✓ Batteries
- ✓ Emergency charger
- ✓ Clothes











## *What's More*

### Activity No 4: Disaster Kit Scavenger Hunt

Identify which of the following items are essential items needed for the survival kit. Put check (/) if it is essential but (×) if it is not.

			
1.	_____	2.	_____

			
3.	_____	4.	_____
			
5.	_____	6.	_____
			
7.	_____	8.	_____

			
9.	_____	10.	_____

**Guide Questions:**

1. Which of the items above you considered necessary items for emergency survival kit?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Why did you choose those items?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. How was the activity? What things did you learn from the activity?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Activity No 5: My Family Survival Kit

If you're going to create survival kit for your family for three days, what are 15 things that you're going to include? Make a list of items including the quantity depending on the number of family members and give its importance. Consider also if there are elders, infants or in need.

- a. Number of Family Member: \_\_\_\_\_
- b. Number of Elders (60 years old and above): \_\_\_\_\_
- c. Number of Infant: \_\_\_\_\_
- d. Number of in need (with health condition): \_\_\_\_\_

Item	Quantity	Importance
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

### Guide Questions:

1. What did you consider in choosing items for creating a list for a survival kit?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. If you going to pack the items you listed above, in which part of the house are you going to put them?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What suggestion can you give for those who want to create their own survival kits?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What is the advantage of having a survival kit at home?

---

---

---

### Activity 6: Which is which?

Given the two items, choose one that is more important or necessary than the other depending on your own value judgement. Explain your answer.

- Tent vs. canned goods

---

---

---

---

- Lighter vs matches

---

---

---

---

- Water vs. juices

---

---

---

---

- Torch vs. whistle

---

---

---

---

- Water vs. Food

---

---

---

---



- First aid kit vs. Food

---

---

---

---

---

- Swiss knife vs. radio

---

---

---

---

---

**Guide Questions:**

1. Did you find choosing an item over the other difficult? How did you address that difficulty?

---

---

---

---

---

---

---

2. What did you consider in choosing your preferred item/s?

---

---

---

---

---

---

---

3. How was the activity? What did you learn?

---

---

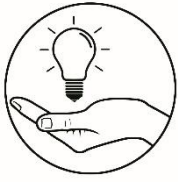
---

---

---

---

---



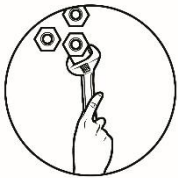
## ***What I Have Learned***

### I. Fill in the blanks.

1. \_\_\_\_\_ a packed of basic supplies and tools prepared for survival in an emergency.
2. Families should be prepared to be independent and be able to survive for at least \_\_\_\_\_ days
3. A person can survive without food intake for \_\_\_\_\_ days as long as there is water intake.
4. In case of emergency or disaster, you should bring money in the form of \_\_\_\_\_.
5. In packing emergency kits, Store only \_\_\_\_\_ foods.

### II. Complete the following phrases with ideas you have gained from this lesson.

1. I learned that \_\_\_\_\_.
2. I realized that \_\_\_\_\_.
3. I hope to learn more on \_\_\_\_\_.
4. I am having difficulty on \_\_\_\_\_.



## ***What I Can Do***

### **Activity 7: Advocacy Campaign**

Make a slogan conveying the importance of a disaster kit.

- A. **For those students with internet access.** Post it on your Facebook wall and tag your school or your barangay/community as a part of your advocacy campaign.
- B. **For those students with no internet access.** Write the slogan on a cartolina and post it on your school or your barangay hall or community as a part of your advocacy campaign.

**Slogan:**

---



---



---



---

## Rubrics

Criteria	5	4	3	2
<i>Relevance</i>	<i>The words or phrases was highly relevant to the topic</i>	<i>The words or phrases was quite relevant to the topic</i>	<i>The words or phrases has little relevant to the topic</i>	<i>The words or phrases has no relevant to the topic</i>
<i>Originality</i>	<i>Excellent use of new ideas and originality to create the slogan</i>	<i>Good use of new ideas and originality to create the slogan</i>	<i>Average use of new ideas and originality to create the slogan</i>	<i>No use of new ideas and originality to create the slogan</i>
<i>Creativity</i>	<i>Slogan was exceptional creative</i>	<i>Slogan was creative</i>	<i>Slogan was little creative</i>	<i>Slogan does not show creative</i>
<i>Overall impact</i>	<i>The slogan clearly and effectively express message to the audience</i>	<i>The slogan express message to the audience</i>	<i>The slogan unclear ineffectively express message to the audience</i>	<i>The slogan did not express message to the audience</i>

## Activity 8: Survey Says

1. Conduct a survey within your community. Ask them the following questions (survey 15 households).
  - A. Do you know what a survival kit is?
  - B. Do you have survival kits at home?
  - C. If you have survival kit, what are the items inside it?
  - D. How long do the items last?





## **Assessment**

Direction: Answer the questions below by shading the letter of the best answers on the answer sheet provided.

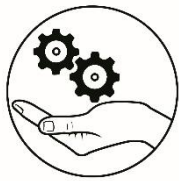
1. Which of the following items should NOT be included in the survival kit?
  - a. Food and water
  - b. Chips and fruit juice
  - c. Flashlight and whistle
  - d. Important documents and money
  
2. How long should supplies in survival kit last?
  - a. 12 hours
  - b. 20 hours
  - c. 72 hours
  - d. 100 hours
  
3. In using matches or lighter which must be given consideration?
  - a. Gas Leaks
  - b. Sunlight
  - c. Type of Lighter/matches
  - d. Number of household members
  
4. The following items are essential in disaster kit **except** \_\_\_\_\_.
  - a. First aid kit
  - b. Food
  - c. Gadgets
  - d. Hygiene kits
  
5. What is the main use of radio?
  - a. Sound trip
  - b. To make noise
  - c. To monitor news
  - d. None of the above
  
6. How much water does each person need per day?
  - a. 2 water bottles
  - b.  $\frac{1}{2}$  liters
  - c. 1 gallon
  - d. 2 gallons

7. What other individual needs should you consider when packing your emergency kits?
- Pet supplies
  - Baby supplies
  - Medical supplies
  - All of the above
8. If you were three in the family, how many gallons of water would you need for three days?
- 3 gallons
  - 6 gallons
  - 9 gallons
  - cannot be determined
9. It is a bag that contains supplies that one would require to survive when evacuating from disaster.
- Makeup Bag
  - Sanitary Bag
  - Medical Bag
  - Survival Kit Bag
10. The following items are used for light and signaling instruments **except** \_\_\_\_\_.
- Flashlight
  - Matches
  - Mirror
  - Whistle
11. Robert was tasked to prepare their “go bag” in case of emergency. Which of the following is **not** a proper way to prepare a “go bag”?
- Store perishable food.
  - Foods should be sufficient for three days.
  - Count the number of person in your family.
  - Keep the important documents inside a plastic bag.
12. How long can a person survive without food intake as long as there is water?
- 1 day
  - 3 days
  - 5 days
  - 10 days
13. When should you should check the survival kits to make sure that the items are functional and in good condition?
- Every month
  - Every quarter
  - Every three months
  - Every six months

14. Why should money be in the form of cash?
- a. limited stores resources
  - b. stores will not accept cards
  - c. credit limit will not be sufficient
  - d. ATM machines may not be working
15. Which of the following is more necessary item in survival kits than the other?
- a. Food
  - b. Radio
  - c. Tent
  - d. Water

**Take your time ☺**

Compare your answers with the Answer Key found on page 19. If your score is 12 or above, well done! You have learned about the survival kits and materials. You may already proceed to the next activity. If your score is 11 or below, you need to review this lesson before proceeding to the next activity.



## ***Additional Activities***

Make a short essay (10-15 sentences) about “Remember: when disaster strikes, the time to prepare has passed” by Steven Cyros.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

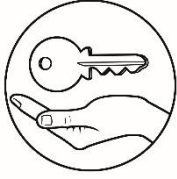
---

---

---

---

---



# Answer Key

<p><b>What I Know</b></p> <p>1. A 2. C 3. C 4. C 5. D 6. D 7. B 8. A 9. C 10. D</p>	<p><b>What's In</b></p> <p>Activity No 1: Thematic Areas</p> <p>1. Disaster Prevention and Mitigation - the outright avoidance of adverse impacts of hazards and related disasters. It is the lessening or limitation of the adverse impacts of hazards and related disasters.</p> <p>2. Disaster preparedness effectively anticipate respond to, and recover from, the impacts of likely, imminent or current hazard events or conditions.</p> <p>3. Disaster response - The provision of emergency services and public assistance during or immediately after a disaster in order to save lives, reduce health impacts, ensure public safety and meet the basic needs of the people affected.</p> <p>4. Disaster rehabilitation and recovery - The restoration, and improvement where appropriate, of facilities, livelihoods and living conditions of disaster-affected communities.</p>
---	---

<p><b>What's In</b></p> <p>Activity No 2: Roles and Goals</p> <p><b>1. DEPARTMENT OF SCIENCE AND TECHNOLOGY</b></p> <p>Goal: Avoid hazards and mitigate their potential impacts by reducing vulnerabilities and exposure and enhancing capacities of communities</p> <p>Role : Reduce vulnerabilities and exposure to health hazards</p> <p><b>2. DEPARTMENT OF SOCIAL WELFARE AND DEVELOPMENT</b></p> <p>Goal Provide life preservation and meet the basic subsistence needs of affected population based in acceptable standards during or immediately after a disaster</p> <p>Role: Decrease the number of preventable deaths and injuries</p> <p><b>3. DEPARTMENT OF THE INTERIOR AND LOCAL GOVERNMENT</b></p> <p>Goal: Establish and strengthen capacities of communities to anticipate, cope and recover from the negative impacts of emergency occurrences and disasters</p> <p>Role: Increase level of awareness of the community to threats and impacts of all hazards</p> <p><b>4. NATIONAL ECONOMIC AND DEVELOPMENT AUTHORITY</b></p> <p>Goal: Restore and improve facilities, livelihood and living conditions and organization capacities of affected communities, and reduce disaster risks"</p> <p>Role: Restore people's means of livelihood and continuity of economic activities</p>
--



**What's More**  
 Activity No 4: Disaster Kit Scavenger Hunt

1. /  
 2. X  
 3. /  
 4. /  
 5. X  
 6. /  
 7. /  
 8. /  
 9. X  
 10. /

**Assessment**

1. C  
 2. A  
 3. C  
 4. C  
 5. C  
 6. C  
 7. D  
 8. C  
 9. D  
 10. B

11. A  
 12. C  
 13. D  
 14. D  
 15. D

**What's New**  
 ACT 3  
 -Answers may vary

**What's More**  
 ACT 5, ACT 6  
 -Answers may vary

**What I Can Do**  
 ACT 7, ACT 8  
 -Answers may vary

## **References**

Emergency kit clipart [online image] (n.d). Retrieved June 10, 2020 from <https://kissclipart.com/emergency-kit-clipart-survival-kit-first-aid-suppl-z2qgkwl/>

Daimsim, April Rose. (n.d.). A Detailed Lesson Plan in STEM 11 DRRR Survival Kits and Materials. Retrieved June 10, 2020 from [https://www.academia.edu/38060542/A\\_Detailed\\_Lesson\\_Plan\\_in\\_STEM\\_11\\_DRRR\\_Survival\\_Kits\\_and\\_Materials](https://www.academia.edu/38060542/A_Detailed_Lesson_Plan_in_STEM_11_DRRR_Survival_Kits_and_Materials)

Family Emergency Preparedness plan (n.d).Retrieved June 10, 2020 from <http://www.prep4agthreats.org/All-Hazard-Preparedness/family-emergency-planning>

Philippine Red Cross. (n.d.). Red Cross Lifeline Kit: Be ready all the time! Retrieved June 10, 2020 from <http://www.redcross.org.ph/getinvolved/volunteer/item/837-red-cross-lifeline-kit-beready-all-the-time>

Tordesillas, Ellen.(May 25, 2015).The Red Cross 72-hour Lifeline Kit. Retrieved from June 10, 2020 from <https://news.abs-cbn.com/blogs/opinions/05/25/15/red-cross-72-hour-lifeline-kit>

**For inquiries or feedback, please write or call:**

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)