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## Alapine Preparedness Series #5: Water

1 message

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### Subject: Alapine Preparedness Series #5: Water

Water, water everywhere...ah not so much....unless, of course, you are prepared. Yes, it's water time, the MOST important part of your preps. Why? Because without water you have less than 3 days to live without serious health issues. Don't think the water will stop flowing? Remember the ice storm? Water lines freeze. Storms? Lines break, power goes out at the pumps. Accidents/contaminants? Water companies can have them All the time. So let's get into it.

Three things to thin about regarding water.

- 1) how to obtain it
- 2) how to sanitize it
- 3) how and where to store it

Yup, you have more homework to do.

#### HOW TO OBTAIN

Well, the easiest way is through the faucet. I highly recommend that while you, you stock your water from the faucet. It is chlorinated and mostly bacteria free. Yes, none of us want chlorine in our water or other chemical goodies but we are dealing in reality here and water must be kept clean for long term storage.

Also, take a look around, can you obtain water from another source? Rain water, stream, pond, etc.. doesn't mean you will need it but it is good to know your options in an emergency.

#### HOW TO SANITIZE

Boiling-first let's make a distinction between pasteurization and boiling. Water needs to be heated to 149 degrees Fahrenheit For one full minute to pasteurize (kill microorganisms). Water boils at 212 degrees Fahrenheit. So if your boiling water to tp purify it, the 212 degrees is overkill but the job will be done. Why do I mention this? If it comes to this and your water needs to be pasteurized you may also have limited fuel to do it with. So, 149 degrees uses a lot less fuel that 212 degrees, just something to think about.

Bleach-cheap, easy and handy. Use bleach with NO additives. Bleach loses Half its effectiveness after only 6 months. When you buy a new bottle put the expiration date on the outside where you are sure to see it. Store the new bottle and use one you had in storage. Bleach has a shelf-life of 16 months. Rotate, rotate!

Water Amount	Cloudy Water	Clear Water
1 quart	4 drops	2 drops
1 gallon	16 drops	8 drops
5 gallons	1 teaspoon	1/2 teaspoon
55 gallons	4 tablespoons	2 tablespoons

Calcium Hypochlorite-this is an excellent alternative to liquid bleach, as long as it is in granular form. It has a shelf life of several years. It is more commonly known as pool shock. You can get it really inexpensively At Walmart. Make sure you get the kind without stabilizers. The only active ingredient should calcium hypochlorite at 65%.

Add 1 heaping teaspoon to 2 gallons of water. This is basically homemade bleach and can be used for cleaning and laundry. The safest level of chlorine in drinking water is 2ppm. Get a pool test kit so you get it right. Then, to purify, add 1 1/4 teaspoons of this solution to 1 gallon of water and allow to sit for 30 minutes. If it smells too chloriny pour between two containers until smell dissipates. One pound of calcium hypochlorite can purify thousands of gallons of water, like I said cheap and shelf stable. You can run it through your Brita filter or Berkey if you want too. Remember this is for water that NEEDS purifying, not regular tap water unless you see things taking up residence in your stored water! 🙄

UV LIGHT-this is basically a lighted wand on a timer. Yes, they work beautifully without chemicals and Yes, they are expensive. They come in multiple sizes so I leave it up to you and your budget.

ADDITIONAL METHODS-Water purification tablets are popular and good for small amounts of water. A popular brand is Potable Aqua. They should not be used by pregnant wimmin or those allergic to iodine. Vitamin C tablets can be used to neutralize the iodine for drinking. Please note vitamin C alone will not purify water adequately for drinking if there are critters microscopic or otherwise in the water.

Filtration: I keep this separate from purification because filtration is NOT purification. Filtration removes particulates And some microorganisms. Purification kills microorganisms. I am talking purification here of microorganisms of the smallest size. Britas and PUR filters jugs are just that...filters. The only filtration system that comes close is the Berkey system with Berkey black filters. They are by far the best and they do filter out the smallest of microorganisms. But (there is always a but) they are not cheap. Do I recommend you get one? absolutely. It is a great investment but we are dealing with reality here and no everyone can afford one. One alternative is to buy the filters (go to Berkey.com) and make the system on your own. Yes, it can be done. Yes, there are YouTube videos on it.

## HOW TO STORE

### Layer #1

General rule of thumb is 1 gallon per day per person, MINIMUM. our bodies lose 2x3 quarts of water per day through sweat, breathing and urine. If it is not and humid you need almost twice as much. Also remember cold weather tends to be very dry and cause dehydration without you realizing it!

You can begin with baby steps of two 2-liter bottles per day per person. Fourteen of these with be enough water for 1 person for 1 week, increase amount per your needs AND YOUR PETS!!

Storage can begin with smaller Containers that are easily portable. Commercial water bottles of 2-5 gallons are also excellent choices. Buckets come in handy for scooping out water for toilets and bathing and cleaning. Do not use milk containers as they are biodegradable and will leak with time (ask me how I know 😊).

### Layer #2

Commercially bottles water. Hey, it works and is available. We are not the prepping police here. You do whatever works for you but please store water!!

### Layer #3

Commercially produced water drums (30-55 gallons) Or water bladders. These are not inexpensive but can be picked up used and then cleaned and violà a perfect storage vessel. Remember once they are filled they are NOT being moved. 😊 if you have outside animals you can store water outside and scoop into bowls or buckets. Also, if stored outside make sure it is sealed so you don't create a mosquitos resort!

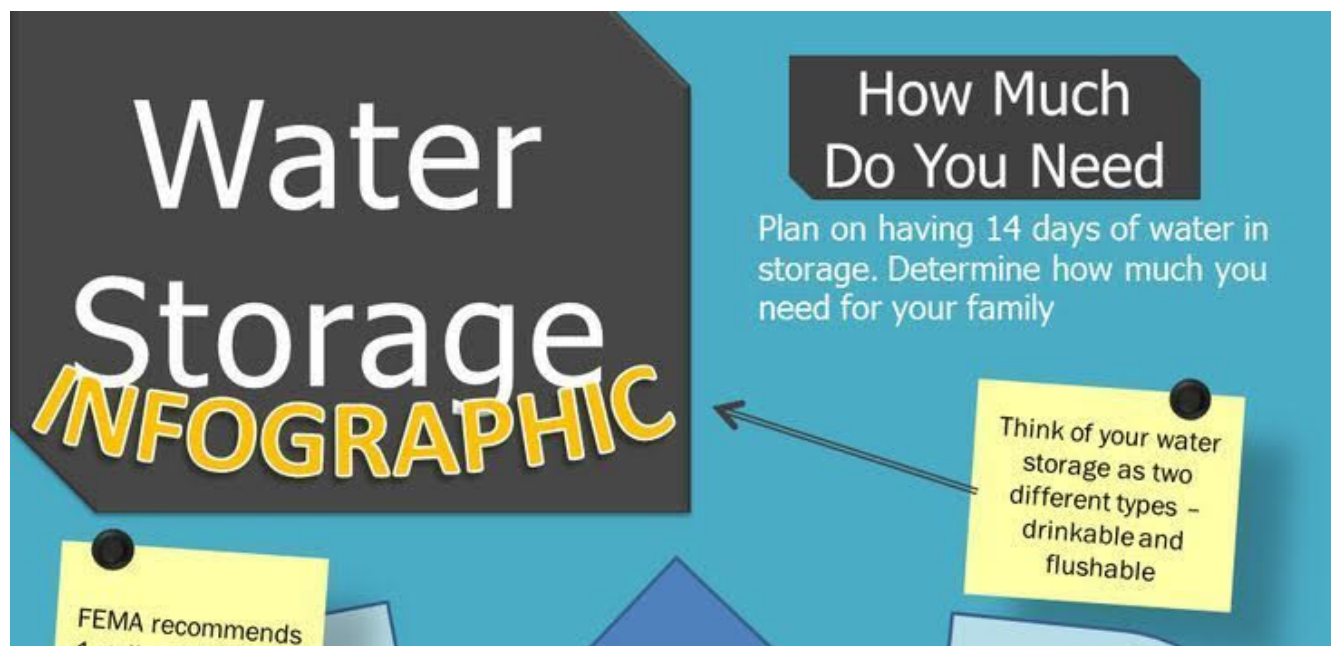
Where do I store it? EVERYWHERE...that is not in direct sunlight. Plastic can degrade in sunlight. In a perfect world we would all store water in glass but as I said, we are dealing with reality here and glass is heavy as is water at 8.34 pounds per gallon! So unless you are looking to get real buff I am talking about plastic for larger containers.

We have already discussed how much but remember you also need to store water for your pets, hygiene, cleaning, and laundry. Time to look at how you use water and estimate how much for these areas. You are preparing for a month so keep that in mind.

Okay, there is the info, your mission should you decide to accept it is to start storing water and estimating your ancillary uses.

Questions? Just ask. 😊

Barb 🌻



1 gallon per person / per day as a starting point

Consider increasing if you have infants or aged people in your home

Live in an area with extreme heat? – you will need additional drinking water

Freeze dried or dehydrated food will require more water storage

## Water Storage Containers

Look around your house for the things you already have to store water. Don't use bleach bottles, milk jugs or metal containers.

There is no need to treat tap water with another clarifier



Simple Start – Two liter pop bottles and empty canning jars. Fill the bottles to the brim with no airspace and cap



Next – Purchase 1 to 5 gallon containers, available at most outdoor stores



More Water Storage Needed? Consider 55 gallon food grade barrels

Remember water is heavy – so fill these containers where they will be stored

## Water Sources

Once the power is out and water stops flowing where can you find water in your home:

The average person in the United States lives somewhere

- Your water storage and/or
  - Bottled water
  - Stored canned fruit juices
  - Hot water tanks



**Water Treatment Methods**

- Toilet tanks (NOT the bowl!)
- Pools or hot tubs for flushing and washing

uses from 80-100 gallons of water per day. Flushing the toilet actually takes up the largest amount of this water

Those on wells will have a supply in their tank but will need a generator or hand pump to get it out

First Step: Filter out the debris with coffee filters, cheesecloth or paper towels

Consider a water filter or purifier

Boil It - Rolling boil for at least 5 minutes from the time it starts-- Not when you put it on the stove

Bleach it 2 drops per qt or 8 drops per gallon. Double it for cloudy water

Iodine Tablets or drops. Wait 30 minutes after mixing

Water storage is an important part of your emergency preparations. Learn more at:

[www.PreparednessMama.com](http://www.PreparednessMama.com)

Preparedness mama

Labeling the scared out of being prepared!

“Meditation is the art of radically tolerating yourself.”