



Week 4 Weekly Challenge

Module 4: Get Home On Your Own Challenge

If only we could count on being in the comfort and safety of our homes when every emergency hits! Unfortunately, for some of us, it's more likely we'll be out running errands, at work, at school, or otherwise on the road.

In those cases, could you walk home or to some other place of refuge? This week's challenge is all about calculating distances from your home to places you most frequent, and then determining how long it would take to get home.

STEP 1: Other than home, what are 5 other places you commonly frequent and how many miles from your home are they?

Examples: your workplace, grocery store, kids' school, a family member's home, or church.

- 1. _____ Miles _____
- 2. _____ Miles _____
- 3. _____ Miles _____
- 4. _____ Miles _____
- 5. _____ Miles _____

STEP 2: Now, suppose you were at each of these locations during an emergency and had no way to get home other than to walk. How long would that take? This information will help you make decisions regarding the contents of your emergency kits/bug out bags, possible forms of alternate transportation, and points of refuge along the way.

Before making random guesses, actually get out, walk ¼ of a mile, and track the amount of time it takes. At the end of that walk, are you tired out or could you continue for another full mile or more?

If you typically have other people with you as you travel to and from these locations, you'll have to take into consideration their walking speed and any mobility issues.

So, take that ¼ mile walk and calculate how long it takes: _____ minutes

STEP 3: Based on your own speed of walking, how long will it take for you to get home from each of the locations you listed in STEP 1?

- 1. _____ Minutes _____
- 2. _____ Minutes _____
- 3. _____ Minutes _____
- 4. _____ Minutes _____
- 5. _____ Minutes _____

What problems, if any, do you foresee getting home from these locations?



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With this information, what might you need to add to your bug out bag, get home bag, or in your vehicle?

STEP 4: One final consideration is the routes you could use to get home from each location. Over the next couple of weeks as you go to these places, be on the lookout for multiple routes home – routes to avoid parts of town that could become dangerous rather quickly, routes to avoid bridges or other chokepoints. Which route is most direct? Which would take you to intermediate safe refuges, such as the homes of friends or your church?

Additional tips for preparing for and surviving this challenge, be sure to read “Get Home On Your Own” in the Articles section of Module 4.