

NYC

Get Home

Emergency

Plan

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**Evacuating from New York City to New Jersey in the Event of a Man  
Made or Natural Disaster and Emergency Situation**

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## READ FIRST - Important Introduction

If you unsealed the plastic sheath this document is in, then you must be in an emergency situation. If this is the case, there are a few things you need to do in order to reduce the stress factor(s) you may face in the immediate future.

First, S.T.O.P., meaning:

1. **SIT**
2. **THINK**
3. **ORGANIZE**
4. **PROCEED**

**SIT** – Sit down and think about what is happening around you. Do not get caught up in the drama that will unfold around you. If you cannot sit, find a spot as soon as you can and stop to assess the situation and what you must do.

**THINK** – Once you are in a spot to sit or relax your body and mind for a moment, formulate your tactical plan:

- Assess the situation
  - How much of a threat is it?
  - How large is it?
  - How many people will be trying to do what I am about to do?
- Figure out which Rendezvous location is best
- Communicate the situation
- Await the SMS/Text Response
- Take the next steps

**ORGANIZE** – Organize the next steps in your mind, so that you have a clear plan of action, and know what your goals are. In some cases you may not be able to leave Manhattan immediately, and therefore may be forced to shelter in at your location until you can take the next steps. In this example your organizational steps may be:

- Inventory your emergency gear, so you know what you have, and what you need.
- Pull out your emergency radio, and listen to any stations that may be providing detailed news on the situation at hand
- Assess the situation and take next steps.

**PROCEED** – Once you have taken all the above steps, and feel comfortable with moving on to the next steps in your plan, you may proceed.

Note: If the situation warrants it, you may need to S.T.O.P. and reassess your plan and what is going on around you. By no means should your initial plan be the only one you have in your head if you can formulate a couple contingency plans. Please keep this in mind.

The following information should give you a guideline for making the right decision in your situation in the event you must Bug Out of New York City.

## Universal Help Signal

Growing up, you may have heard that if you needed help you could use the Morse code S.O.S signal being “dot, dot, dot, dash, dash, dash, dot, dot, dot,” as SOS or being a universal distress signal. However, the truth is that the universal distress signal in any situation is simply three repetitions of any kind. That said, if you find yourself trying to be rescued by emergency services personnel, and they need to locate you, S.T.O.P. and simply do this:

- If it is dark, use your flashlight, and blanket three times pause, and then blanket again three times. This will signify to those that are searching that you are in need of emergency assistance.
- Also located in your kit is an orange whistle, which includes a mirror so that you can reflect light the same way you would flasher flashlight for help, three times. The mirror is located underneath the compass, so simply unscrew the cap and you will see the mirror underneath. As an aside, the whistle also contains one dozen strike anywhere, waterproof matches. Simply blow the whistle three times pause and blow the whistle again three times to help emergency services locate you.
- If you're located in your office building or any building that you cannot get out of, find something that you can strike a pipe or door with three times to signify the universal help signal so that emergency services personnel can locate you.

Persistence in continuing to signal for help is a high requirement. It should be noted that you can easily become discouraged if you do not get immediate help. Do not stop if you can help it. The more you signal for help the higher the opportunity of someone coming along and hearing your signal and trying to get you out and/or communicate with you.

## Last Introduction Note

As a last name in the introduction, what you're about to read, will provide you with some of the basic information that you need to get out of Manhattan or provide yourself with the amenities that you need to survive, you should make it a point to try to think outside the box when looking at and using the gear that has been provided to you. Not everything in the kit requires it to be used exactly as intended. For instance if you need tinder to start a fire to boil water, or to cook food, work to make coffee, you could use one of the N95 facemask can be used to actually start the fire is tinder. Because you might have used a piece of the facemask as tinder. you could also use some of being enclosed duct tape to tape the portion that you used to start a fire to your face wow you have to mask on to not let in any dust particles.

So please be sure to try to think outside the box in an emergency situation if you find yourself in one.

## Types of Emergencies

The types of emergencies that you will encounter, Will vary depending on the situation at hand. Some of them may overlap such as “earthquake, fire, flood,” or “9/11 type, bomb.” These are just two examples but any one of the below mentioned types can probably be combined with one another because the situation creates a ripple effect due to the nature of the disaster.

### *Weather Related*

- Flood
- Hurricane
- Heat
- Cold
- Fire
- Earthquake

### *Terrorist Attack*

- NBC (Nuclear, Biological, Chemical)
- 9/11 Type
- Bomb
- Multiple Gunman

### *Utility*

- Grid down / Blackout
- Gas Explosions

## Comms (Communications)

Communications early in an emergency situation in the NY, NJ, CT, geography is of the utmost importance. If a major disaster of any kind happens, Comms will be one first utilities to be disrupted, as during 9/11. Communicating the following should be done AS SOON AS information about the emergency can be ascertained and understood. The following will be protocol.

1. Text the situation, severity code, and what evacuation route you expect to use.
2. Call to verify via voice that the SMS was received, more importantly understood, and to go over any last minute details regarding the bug out / get home plan.
3. Based on which evacuation route chosen, identify the following:
  - a. When you plan on leaving and utilizing that route,
  - b. Expected ETA at such a route based on the address in the city you are located at currently, and what time you expect to leave
  - c. Will you be alone or with others, if with others, how many others,
  - d. What supplies will you be taking with you aside from your “Emergency Kit” and additional water.

## Methods of Communication Utilization

Because everyone carries a mobile phone with them, it is assumed in a disaster, that “if” there is Wifi or Cellular service, the form of primary communication between parties will be SMS/Text. It is the fastest, most efficient way to convey location/geography, demographics, current status, state of mind, emotion, health, etc.

Example: During Hurricane Sandy, Jack communicated with others in NJ via SMS/Text as it used less power, was faster, and one can be more concise about the information they want to provide.

While voice service is important to hear and understand a person’s state of mind, it will be considered a luxury during an emergency situation.

Secondary communication methods that should be considered if SMS/Text and Voice are not available are the following, and will be a requirement to download the following on your device:

- Skype
  - iPhone: <http://www.skype.com/en/download-skype/skype-for-iphone/>
  - iPad: <https://itunes.apple.com/app/skype-for-ipad/id442012681>
  - Android Store: <https://play.google.com/store/apps/details?id=com.skype.raider&hl=en>

QR Codes for Links. **Please use a QR Code Scanner to retrieve the Links:**



Once you have downloaded Skype, you need to set up a new account and invite me to connect via Skype. You can send me a Skype invitation at “jackiebeans,” and I will accept.

Skype will work via both WIFI and Cellular signal. You may have to wait to open it and initiate a conversation until you get to a WIFI location that may be working.

## Contact Information

**COMPREHENSIVE CONTACT INFORMATION GOES HERE:**  
**PHONE NUMBERS**  
**EMAIL ADDRESSES**  
**SKYPE NAMES**  
**ETC**

## Emergency Solar/Crank Radio

Also included for informational communications is a solar/crank emergency radio. This radio will allow you to tune into both FM and AM stations to get critical news about what may be happening in Manhattan during the emergency / crisis situation.

## Communication Severity Codes

The following levels should be indicated based on your best guess regarding the severity of the emergency situation, and will help to determine which evacuation route should be used:

- Severity Level 1: **WHITE**
- Severity Level 2: **YELLOW**
- Severity Level 3: **ORANGE**
- Severity Level 4: **RED**
- Severity Level 5: **BLACK**

**Severity Level One (1) - WHITE:** You will only use Severity Level WHITE when you have evacuated, or been evacuated, and arrived safely at your rendezvous location. Prior to indicating Severity Level WHITE, you will have acquired shelter with:

- Safe shelter where you can remain dry.
- Heating or cooling depending on the time of year, and
- Food
- Waiting for help to arrive

This would also indicate your day-to-day activity without incident.

**Severity Level Two (2) - YELLOW:** Yellow means there is a threat, and you are aware of what is happening around you, but you do not perceive a potential threat to be imminent. Your mindset should be prepared for something to happen, based on news and other information that may be provided by law enforcement, media, etc... Everywhere you go, you should be in Condition Yellow going forward after you receive potential threat information. You should keep a pretty good watch on the people around you, and continuously rate each person's danger level in your mind.

There is no specific threat situation. Your mindset is that "today could be the day I may have to get out of the city in an emergency." You are simply aware that the world is a potentially unfriendly place and that you are prepared to defend yourself, if necessary.

You use your eyes and ears. You don't have to be armed in this state, but if you are armed you should be in Condition Yellow.

You should always be in Yellow whenever you are in unfamiliar surroundings or among people you don't know.

You can remain in Yellow for long periods, as long as you are able to "Watch your six." (In aviation 12 o'clock refers to the direction in front of the aircraft's nose. Six o'clock is the blind spot behind the pilot.)

In Yellow, you are "taking in" surrounding information in a relaxed but alert manner, like a continuous 360 degree radar sweep.

**Severity Level Three (3) - ORANGE: SPECIFIC ALERT.** It means that there is a potential threat that has gotten your attention. This can be almost anything and usually results in nothing, at which time you go back to yellow. An example of Condition Orange could be when you spot a firearm under that bulky coat, or someone has reported one or several abandon packages in areas such as Penn Station, Port Authority, and / or Grand Central Station... Instantly, you determine what you're going to do if there is an event that is executed.

Something is not quite right and has your attention. Your radar has picked up a specific alert. You shift your primary focus to determine if there is a threat (but you do not drop your six). Your mindset shifts to "I may have to bug out of the city shortly", focusing on the specific target(s) which has caused the escalation in alert status.

In Condition Orange, you set a mental trigger: "If 'X' happens, I am going to do 'Y' immediately. I will need determine which route I am going to have to take, and be ready to send the text and make the call ASAP." Staying in Orange can be a bit of a mental strain, but you can stay in it for as long as you need to. If the threat proves to be nothing, you shift back to Condition Yellow.

**Severity Level Four (4) - RED: EMERGENCY EVENT.** It means that you are in a high state of alert, because there has been a man made disaster or other organic event that has taken place, and you have just received the information and are processing it. At this point, you implement your action plan that was determined during Condition Orange. This doesn't always mean bug out of NYC immediately. If there are too many people and too much panic around, and are afraid of getting caught up in the masses, your best plan might be to wait and see what happens or even retreat and shelter in for a short period of time.

Your mental trigger (established back in Condition Orange) has been tripped. "If 'X' happens I will do 'Y.'"

**Severity Level Five (5) - BLACK: CIVIL UNREST and/or CHAOS due to the nature of the emergency event.** In our case we will use condition BLACK to mean that there is rioting and chaos in the streets post an emergency event, Nuclear, Biological, or Chemical event not withstanding. Movement is dangerous, but necessary to get out of the city and back to NJ. Extreme caution will be required while in NYC Movement may be slower, but there will be constant movement and possibly an interim location to shelter in between your starting location and your to a fallback/rendezvous location.

## **Conclusion**

In short, the Color Code helps you "think" in an emergency situation. As the level of danger increases, your willingness to take certain actions increases.

If you ever do go to Condition Red or Black, the decision to use get out is made by default, and you should try to use whatever means to meet at the destination rendezvous location at the estimated rendezvous time slot. Should plans change due to unforeseen intervention, route change, etc., you should use whatever means you have to generate a message to your rendezvous partner.



## NYC Evacuation Routes

These routes are designed as rendezvous locations in the event of a man made or natural disaster in NYC.

**In ALL cases Jack will meet you at the designated rendezvous location ASAP based on your estimated time of arrival, from your communication(s).**

**Special note:** Should emergency services, whether they be local, State, Federal, Services be providing egress from Manhattan be sure to ask what their destination point is. You do not want to take emergency services and be corralled with others in a location such as Giants Stadium, as access to the stadium will be restricted by Juan law and government officials, ala Hurricane Katrina. We do not want you to be a situation where I cannot evacuate you from the situation you are in.

### Rendezvous Location A: Tarrytown, NY

#### *Local Bridges and Tunnels Closed, and Very Limited Access (if any) to Ferry's & Path*

Conditions **BLACK** would necessitate using Rendezvous Location A only unless deemed applicable.

**It should be noted this route is in the event of a worst-case scenario and the only route you can go is the furthest destination. You should also be aware, that this may also be the most dangerous destination due to the following criteria:**

- A large scale disaster will have law enforcement and EMS in other areas rendering suspect geographies more dangerous due to proximity and chaotic human interaction which may occur.
- Weather issues, whether extremely hot or cold weather
- Weather patterns based on Nuclear, Biological, or Chemical event, including airborne debris
- This

In the event that the GW Bridge, Brooklyn Bridge, Lincoln Tunnel, Midtown Tunnel, Holland Tunnels, and Path Train(s) are closed. In addition, you have VERY limited, if any access to water way travel it may be necessary to more north of the city by emergency vehicle or walk to Tarrytown, NY from Manhattan. Tarrytown, NY provides access to NJ via and is north of NYC by connecting NY and NJ via the Tappan Zee Bridge Bridge. Across the Tappan Zee Bridge is South Nyack and Nyack, NY.

**NOTE:** Upon arrival in Tarrytown, you will need to find out if the Tappan Zee Bridge is open or closed, and communicate that via Skype, SMS/Text, or Voice. If it is closed, you may need to make accommodations in Tarrytown in the short term. Should I arrive prior to you, I will assess the bridge security situation and communicate this to you.

It will take approximately eight (8) to nine (9) hours to walk non-stop from 37<sup>th</sup> Street and 7<sup>th</sup> Avenue in NYC. You will go to the following address, and the directions are below:

**ADDRESS OF FALLBACK/RENDESVOUS LOCATION**

Directions:

Starting Location: 37<sup>th</sup> Street and 7th Ave  
New York, NY 10018

- Head northeast on 7th Ave toward W 38th St - 0.4 mi
- Slight left onto Broadway - 0.7 mi
- At the traffic circle, exit onto Central Park West - 2.5 mi
- Slight right to stay on Central Park West - 262 ft
- At the traffic circle, take the 4th exit onto Frederick Douglass Blvd - 0.6 mi
- Slight left onto Saint Nicholas Ave - 1.4 mi
- Slight right onto Donnellon Square/St Nicholas Pl, Continue to follow St Nicholas Pl - 0.3 mi
- Turn right at W 155th St - 56 ft
- Turn left - 0.2 mi
- Keep left to continue toward Harlem River Dr - 2.0 mi
- Turn right onto Harlem River Dr - 59 ft
- Continue onto 10th Ave - 1.0 mi
- Continue onto Broadway - 0.4 mi
- Turn left onto W 228th St - 0.1 mi
- Turn right onto Marble Hill Ave - 489 ft
- Turn left onto W 230th St - 0.2 mi
- Turn right onto Riverdale Ave - 0.7 mi
- At the traffic circle, take the 1st exit onto Henry Hudson Parkway East -0.9 mi
- Turn left onto Riverdale Ave - 30 ft
- Turn right to stay on Riverdale Ave - 2.3 mi
- Continue onto Warburton Ave - 4.6 mi
- Turn left onto Broadway - 1.5 mi
- Turn left to stay on Broadway - 2.9 mi
- Turn right onto Old Croton Trailway State Park - 0.3 mi
- Turn right onto Sheldon Ave - 0.2 mi
- Turn left onto Meadow St - 0.2 mi
- Turn right to stay on Meadow St - 0.1 mi
- Turn right onto White Plains Rd - 292 ft
- Slight left to stay on White Plains Rd - 0.5 mi
- Turn left - 0.1 mi
- Turn right - 410 ft
- Turn left - Destination will be on the right

Tarrytown, NY Route Visual route from Midtown Manhattan



## Location B: Fort Lee, NJ

### *George Washington Bridge Evacuation Route*

In the George Washington Bridge remains open in an emergency disaster, the tunnels are closed, and you decide that the easiest route to take is the GW Bridge. Assuming, this is the route that has been communicated in the SMS/Text and via voice, your destination location will be:

#### **ADDRESS OF FALLBACK/RENDESVOUS LOCATION**

Estimated time to walk to this location may be 4 ½ to 5 ½ hours.

Starting Location: 37<sup>th</sup> Street and 7th Ave  
New York, NY 10018

- Follow 8th Ave and W 57th St to NY-9A N - 1.9 mi
- Continue on NY-9A N. Take I-95 S/George Washington Bridge to NJ-4 E in Fort Lee - 10.2 mi
- Turn right onto NY-9A N (signs for New York 9A N/Henry Hudson Pkwy N) - 5.5 mi
- Take exit 14 for I-95/George Washington Bridge toward Cross Bronx Expy/W 178 St - 0.4 mi
- Keep right at the fork, follow signs for Interstate 95 Lower Level S/New Jersey/George Washington Bridge and merge onto I-95 S/George Washington Bridge, Entering New Jersey - 2.2 mi
- Take exit 72A on the left for New Jersey 4 W toward Paramus - 0.4 mi
- Merge onto NJ-4 W - 0.6 mi
- Take the Jones Road exit - 0.2 mi
- Turn left onto Jones Rd - 0.1 mi
- Turn left onto the New Jersey 4 E ramp - 0.1 mi
- Merge onto NJ-4 E - Destination will be on the right

## Location C: Hoboken, NJ

### *Path/Bus/Ferry Running with Limited or Slower Transportation*

Assuming you will be able to make it to Hoboken via Ferry, Bus, or Path, the rendezvous location will be the **X RENDESVOUS LOCATION** in Hoboken. **X RENDESVOUS LOCATION** is located on:

- **ADDRESS Hoboken, NJ**

## Urban Emergency Kit Contents

1. 32 OZ Water Bottle
2. Mini First Aid Kit (White box)
3. Mini Carabineer Holding first aid kit to water bottle)
4. 32 Oz Water Bottle
5. LED Flashlight – New AAA Batteries 8/24/2014
6. Plastic zip lock bag
7. Multi – tool
8. Folding knife
9. Fixed Blade Knife
10. Knife Sharpener
11. Emergency Poncho
12. Emergency Blanket
13. Lighter
14. Light stick
15. Compass/Whistle
16. Water Purification Tablets – Instructions below
17. 5 feet of Duct Tape (in first aid kit)
18. 10 feet of cordage
19. Radiation Sticker Level Sticker (Instructions in Ziploc bag)
20. Potassium Iodide (prevent radiation poisoning of Thyroid, Instructions in Ziploc bag)
21. Emergency Cell Phone Charger with two AA Batteries
22. Three N95 masks to filter out debris
23. Three Days of Food Rations, and comfort food amenities.
24. Emergency Solar/Crank Radio

## Water and Water Purification Instructions

If an emergency occurs, you should immediately fill your 32 oz water bottle with potable water. You should then gather together as many full water bottles as you can carry in a backpack, as you may need them for hydration should you have to walk any distance to a rendezvous location.

For your knowledge, one gallon of water weighs seven (7) pounds, and if you can carry it in a backpack the weight distribution will be much better than if you had to carry it by hand.

**If you think water must be purified, or have been told it must be purified prior to drinking, other than boiling:**

1. Add two tablets of the iodine tablets to 32 OZ of water. Your water bottle holds 32 OZ of water.
  - a. The iodine tablets will be the bottle with the white cap on it.
2. Put the cap on the bottle loosely, and swirl/shake the water around until it leaks from the lid. This gets purified water on the rim of the bottle in case you get tainted water on there. Let sit for five minutes.
3. Screw down the cap.
4. Wait 30 minutes.
5. After the 30 minutes of purification, you can add two tablets from the bottle with the yellow lid. Shake and let dissolve for three (3) minutes. This takes the iodine taste and color out of the water.
6. Tablets do not have to completely dissolve to be effective.

## Emergency Food Rations

Emergency food rations will provide you with basic fat, carbohydrates, and sustenance that you may need while getting to your rendezvous location. The rations will provide you with 3600 calories over 72 hours. Each brick will contain approximately 400 calories per serving. In addition you will be provided with coffee, sweetener, creamer packets, as well as chocolate so that you have some comfort food for psychological purposes.

1. Emergency ER Bar Rations
2. Pike Place VIA Coffee – Qty 6
3. Creamer Packets – Qty 6
4. Sweetener Packets – Qty 6

First and foremost, if there is an emergency situation, you should gather as many full water bottles as you can carry. Assuming it takes more time to get to the rendezvous location than anticipated, staying hydrated will be of the utmost importance for you and anyone you bring with you.

The emergency food rations will be in the silver foil wrapping. They do not require cooking, or rehydration.

As per their description, each brick in the pack has indentations for dividing it into 9 portions (three meals a day for three days). Due to the dense and dry nature of the food (essentially enriched flour, sugar and fat, no leavening), it has a tendency to crumble and did not break into even pieces, but as the indentations are merely portion guides. Each Mylar/foil package is zip lock resalable.

Taste is a mild lemon/vanilla flavor, not overpowering yet not flour and sugar bland either. It tastes a bit like a shortbread cookie with a much denser texture. Texture is somewhat crumbly, even powder-like when bitten or ground off a block/serving.

Like most foods, eating nothing but ER Bars for even three days may be taxing, but in a true emergency situation, you are eating to replace and replenish the basic substances your body needs to continue to function properly. They should not make you thirsty, but make sure you have some purified water to drink with them to help you better digest the food through your system.

There are several reasons we are also including coffee in this kit:

- Improve the flavor of poor quality water
- Increase alertness and energy
- Increase moral via psychological comfort and reduce depression

## Breathing Apparatus / N95 Respirators

The three (disposable) N9 respirators included in this kit should be used to filter out debris in the event of a disaster whereby debris not unlike that of 9/11 is airborne. They are disposable, and not reusable. You should use one for each day up to three days if required while you are exposed to any airborne debris.

These masks will filter at least 95% of airborne particles.

It should be noted that these will not filter Nuclear, Biological, or Chemical agents from the air. This is only for airborne debris.

## Potassium Iodide and Radiation Sticker

Both the Potassium Iodide and the Radiation sticker have been provided in the event of a dirty bomb or small-scale nuclear attack on Manhattan. Geography is particularly important to understand in an attack such as this. If an attack occurs downtown in the financial district, depending on it's size, you will have a better chance of getting out of town safely vs. something happening in Times Square, per se. Again, this depends on the type and size of the attack.

In either case, a nuclear attack should be considered a **Severity Level Five (5) – BLACK** event and you should try to get out of the city as soon as you possibly can, safely. Should you be in the radiation zone, follow the directions for the radiation sticker and potassium iodide pills in your kit, and we will get you to a hospital for radiation treatment as soon as possible.

The Radiation sticker is a bit like a Geiger counter telling you how much radiation you are being exposed to, and the potassium iodide will help prevent your thyroid from absorbing the radiation you are being exposed to.

## Emergency Cell Phone Charger / Cell Phone Instructions

We all know from experience in NYC that the city itself will drain your phone's power dramatically as it searches for a tower with a signal. In the event of an emergency, down towers and your phone taxing itself may drain your battery faster. Here are a few instructions for using your mobile phone during an emergency:

1. Post initial communication, if you are going to leave your phone on, make sure you do three things:
  - a. Turn off WIFI when not in a WIFI area
  - b. Turn off Bluetooth
  - c. Put your phone in Airplane Mode, turning off it's antenna and search for a signal.

This accomplishes two goals, it keeps your phone from taxing it's battery, and it allows you to turn on the phone's antenna faster than if you turned your phone off and turned it back on and let it boot.

ONLY, turn off Airplane mode to quickly check for:

- Cell signal
- WIFI
- SMS/Text Messages

Respond if you have signal and get a message, and put it back in airplane mode as soon as you can.

Should your battery get low, you can use the emergency cell phone charger to charge your phone until the batteries die, or you feel it is temporarily charged enough. This will help prolong communications in the event you cannot get to your rendezvous location as soon as you would like.