EMERGENCY
Preparedness Plan
If we are prepared, we shall not fear.

Quentin L. Cook
Planning for emergencies can be a daunting task, but it’s extremely important to have one. Unfortunately, many people don’t consider it until it’s too late. Kudos to you for doing this now and thinking ahead. The first thing you want to do is to think about what natural disasters you might experience where you live. Consider what kinds of disasters could happen in your area (such as tornadoes or hurricanes) and plan around those scenarios. Even if the chances are slim that such an emergency might occur, planning for it is still prudent because there’s always a chance nothing will come of it but better safe than sorry! Use the space below to consider them and how prepared you currently are.

- What are the most likely disasters to happen where you are?

- What are you doing to prepare for these already?

For these, do you consider yourself:

- Very Prepared
- Sufficiently prepared
- Under prepared

- What are some less likely situations you’d still like to prepare for?

- What are you doing to prepare already?

For these, do you consider yourself:

- Very Prepared
- Sufficiently prepared
- Under prepared
EXPECT THE BEST.
PREPARE FOR THE WORST.

- ZIG ZIGLAR
Kitchen

- Small camping stove
- Gas for stove
- Kettle
- Coffee percolator
- Washing tub
- Cooler
Stock Your Pantry

- Bottled water
- Freeze dried food
- Canned meat
- Canned vegetables
- Dried meat
- Rice
- Canned beans
- Canned sauces
- Ramen noodles
- Flour
- Yeast
- Sugar
- Powdered milk
- Coffee/Tea
Most emergency situations leave you without power. However, in case of food shortages, a well-stocked refrigerator/freezer can be helpful.

- Meat
- Potatoes
- Frozen vegetables
- Cooked food
- Zip lock bags of water (for ice to keep freezer cool in case of power outage)
REMEMBER.

WHEN DISASTER STRIKES, THE TIME TO PREPARE HAS PASSED.

- STEVEN CRYOS
Short & Long Term Power Outage Checklist

- Backup batteries for phones and/or computers
- Flashlights with extra batteries
- Lanterns with extra batteries
- Cooler for perishable refrigerator food if outage is longer than 4 hours
- Water for washing
- Disposable eating utensils (plates, cups, etc.)
- Books/board games/things to do
- Battery powered fans if it’s hot
- Blankets if it’s cold
- Sleeping bags
- Generator
Power/Fuel Supply

- AA batteries
- AAA batteries
- C batteries
- D batteries
- 9V batteries
- Coin/button batteries for hearing aids etc.
- Generator
- Fuel for generator / vehicles
- Propane
- Firewood
- Charcoal
- Solar panels
- Solar panel batteries
Planning Your Food Supply

Earlier, we made a list of the food you want to stock in your pantry and freezer. But having a list is not sufficient. You also need to plan for enough food for everyone in your household and for how many days you want to stockpile. This is what we’ll do here.

- How many people are in your household?
- How many days worth of food & water are you planning for?
- How much food does that come to?
- How will you store this food?
- If you don’t have space right now, what spaces can you rearrange to make room?

Food - even canned - needs to be refreshed. Calendar the dates you will remove the oldest ones and re-stock with fresher supply. Ideally, once a quarter. Note the dates below and check off as you go.

☐ Quarter 1 date: ____________________________
☐ Quarter 2 date: ____________________________
☐ Quarter 3 date: ____________________________
☐ Quarter 4 date: ____________________________
Prepare Your Home

**Cold Weather**
- Caulk/Seal windows and doors
- Insulate water pipes
- Check attic/wall insulation
- Inspect chimney
- Check smoke detector battery
- Check carbon monoxide battery
- Thermal blankets
- Keep NOAA Weather Radio
- Fire extinguisher

**Warm Weather**
- Install window air conditioning units
- Weather strip doors and windows
- Check sunblock supplies
- Check sunburn treatment supplies
- Keep NOAA Weather Radio
- Secure outdoor items
- Designate a shelter area
IT WASN’T RAINING WHEN NOAH BUILT THE ARK

- HOWARD HUFF
Personal Care

☐ Toothpaste
☐ Toothbrush
☐ Soap/Body wash
☐ Baby wash
☐ Contact lenses
☐ Prescription eye-glasses
☐ Hearing aids
☐ Jackets
☐ Coats
☐ Hats
☐ Gloves
Much of any kind of emergency preparedness calls for a first aid kit. Use this list to help you assemble at least one. While you’re at it, assemble a few for different spots of your home.

- Gloves
- Burn gel/ointment
- Cold pack
- Splint
- Gauze pads
- Gauze rolls
- Antiseptic wipes
- Bandage
- Adhesive bandages
- First aid tape
- Breathing barrier
- Thermometer
- Tweezers
- Paramedic scissors
- Thermal blanket
- Emergency numbers
Medication & Health

- Prescriptions
- Asthma inhalers
- Blood sugar/pressure monitors
- Epinephrine injectors
- Defibrilators
- Supplements
- First-aid supplies
Get Your Vehicle Ready

- First-aid supplies
- Prescriptions
- Asthma inhalers
- Blood sugar/preLantern/flashlight
- Backup phone batteries
- Spare tire with tools
- Keep gas tank topped up
- Flares
- Whistle
- Glass breaker
- Working jumper cable
- Portable air pump
- Shovel
- Reflector
- Fire starter
- Pocket knife
- Tire repair kit
- Ice scraper
- Blankets
- First aid kit
- Hand sanitizer
- Blood pressure monitors
- Epinephrine injectors
- Defribilators
- Supplements
There's no harm in hoping for the best as long as you're prepared for the worst.

- Stephen King
Financial Preparedness

Not every emergency involves catastrophic weather or a cache of supplies. Sometimes, an emergency will impact your finances. This is why it’s always important to have a basic financial plan you can fall back on in the event of a financial emergency. A good rule of thumb to follow when it comes to having an emergency fund, is to have about 6-8 months worth of bills and other expenses saved up. Use the space below to a financial plan for emergencies.

- Do you have cash on hand if your cards get stolen or cancelled without your knowledge?
  - [ ] Yes
  - [ ] No

- How much cash do you have on hand right now?

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- How much more do you need to be safe for at least 6 months?

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If this number is giving you anxiety right now, do not panic. By thinking through these things, you’re already more prepared than most. Use the 52-Week Savings Plan to help you save.

- It’s always a good idea to have contact information for your banks, credit cards and such in one place so you’re not scrambling to find them when the shoe drops. Record them below.

<table>
<thead>
<tr>
<th>Bank</th>
<th>Account</th>
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Preparing For The Elderly

Unfortunately, emergencies happen regardless of age and physical capabilities. Elderly people may be on medication, wheelchair bound, need walkers, have certain conditions that make emergencies harder to deal with, and more. Use this page to make a plan for any elderly people in your home or in your care. (Keep in mind what we talked about in chapter 15 about medical supplies.)

- Who are you planning for?

- Where or how will you house them?

- If you are housing them, what special preparations do you need to make that you don’t already have?

- List any medical equipment they need.

- List all the prescriptions and medical supplies they are on.
Preparing For The Disabled

Just like the elderly, depending on the disability, your loved one has conditions that make emergencies difficult. Make your plan below.

- Who are you planning for?

- Where or how will you house them?

- If you are housing them, what special preparations do you need to make that you don’t already have?

- List any equipment they need, medical or otherwise.

- List all the prescriptions and medical supplies they are on.
Preparing For Small Children

Small children are completely dependent on you. So it’s up to you to make a plan for them. For older children, consider involving them in making a plan for themselves.

- Who are you planning for?

- Are there special foods they need?

- What do you need to keep them occupied when sheltering in place? Keep in mind, you may not have power.

- What do you need to keep them occupied if you need to evacuate?

- What else can you think?
Preventing For Pets

Pets are family, and probably one of the first things to come to mind when you start thinking about emergency preparedness. Below, build a plan to provide for your pet in an emergency.

- Name: __________________________________________________________
  Medication: ____________________________________________________________________________________________
  Transportation Equipment: __________________________________________________________________________________
  How to transport: _________________________________________________________________________________________

- Name: __________________________________________________________
  Medication: ____________________________________________________________________________________________
  Transportation Equipment: __________________________________________________________________________________
  How to transport: _________________________________________________________________________________________

- Name: __________________________________________________________
  Medication: ____________________________________________________________________________________________
  Transportation Equipment: __________________________________________________________________________________
  How to transport: _________________________________________________________________________________________
The nature of emergencies is, they are unexpected. You may find yourself in a situation where you have to evacuate your home without much time for preparation. That’s why having a Go Bag at the ready is a good idea. Use this page to plan what will go inside your go bag, then pack one. We’ve helped you get started with a few basics.

**Go Bag(s)**

The nature of emergencies is, they are unexpected. You may find yourself in a situation where you have to evacuate your home without much time for preparation. That’s why having a Go Bag at the ready is a good idea. Use this page to plan what will go inside your go bag, then pack one. We’ve helped you get started with a few basics.

- Clothes
- Toiletries
- Passport
- Other travel documents
- I.D.’s
- Cash

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<tr>
<th>Item</th>
<th>Description</th>
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<td>Clothes</td>
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<td>I.D.’s</td>
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<td>Cash</td>
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Evacuation Plan

Being ready to evacuate is one thing. Knowing where you’ll go is another. Now is the time to consider this.

- How will everyone in the family get in touch with each other?

- Where will you meet?

List a few places you can go of varying distances. If the places listed are homes of family members, consider reaching out to let them know so they are prepared to accept you should it come to that.

Review your local government’s evacuation plans - if they have one. Which route will you take? Keep in mind, some roads may not be accessible at that time so plan a few alternates.

- Route 1

- Route 2

- Route 3
After a disaster, you may have to deal with your home insurance company. They’ll often ask for a list of possessions that you may not recall. Below, make a list of what items in your home that have value.

## Home Inventory

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<thead>
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<th>Item</th>
<th>Description</th>
<th>Market Value</th>
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Prepare Important Documentation

Emergency situations are chaotic. Documents may not be the first thing on your mind, but they are almost always the first things you will need after the fact to file for insurance, claim ownership and so on. List all the important documents you have and may need. Store in one spot so you can grab them quickly. Consider getting a fire safe carrier to store them.

- Vehicle titles
- Home title
- Mortgage papers
- Bank documents
- Social security cards
- Passports
- Insurance policies

...
An emergency plan is no good if it’s outdated or not refreshed. Use the checklist below to help you review your plan every quarter or 6 months.

- First aid kit  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Power outage  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Pantry  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Freezer  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Power/Fuel supply  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Kitchen  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Home prep  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Personal care  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Medication  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Vehicle readiness  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Outdoor survival kit  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Financial prep  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Go bag  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Evacuation plan  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Home inventory  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4

- Important documents  
  - Quarter 1  
  - Quarter 2  
  - Quarter 3  
  - Quarter 4
## Readiness Check

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Checklist