

Emergency Preparedness Guide for Individuals and Families

As we prepare for storm season, I wanted to encourage you with some practical things you can do. Ideally this is a weekend project but a minimum, dedicate at least one family meeting or meal to discuss the items I have listed.

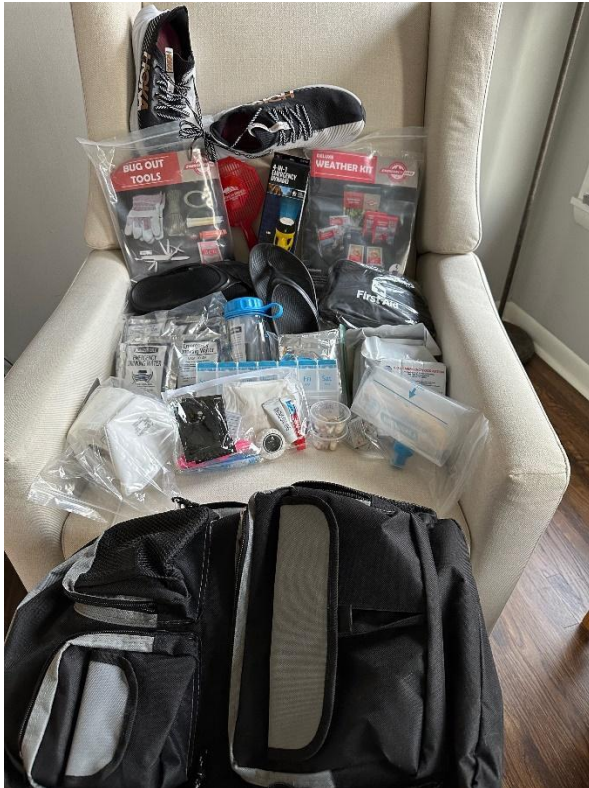
Minimal Preparation:

1. **Make a digital inventory of everything you own at your home.** Photograph or video every room from four angles, every shelf, open cabinets, open closets. Don't forget the outside buildings – Sheds, Greenhouses, Garages, Workshops, and pictures of your landscape. If you have a Forever[®] account or other cloud base storage for photos, put that there and allow one other trusted user admin rights. Or store on 2 USB hard drives, keeping one in a safe or safe deposit and send one to a trusted family member out of the area.
2. **Pack a Go-Bag or a Bug-Out bag** for each member of the household. This will be 3 days supply of food, water, clothes, medications, basic hygiene items, and emergency survival gear. Have a pair of comfortable shoes and a pair of rugged athletic shoes near the Go-bag. I purchased my shell bag with survival gear (for a full list of survival gear, see section 7 below). It came with a water bottle with purification tablets and freeze-dried food. Some have water pouches. Remember it's just an emergency supply. I have a 7-day pill box for meds that I update once a year. It also has some waterproof sheets for covering yourself or for sitting on. I want to add a walking stick that has a seat on it! Try to keep the Go Bag light enough for you the carry by yourself. Help will come.



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3. Prepare your losing your cell phone. Phones break, get lost, and die. This is very important as most people keep important contact information stored in their phones. Write down names, phone numbers, and addresses of your critical contacts and family members. Store this paper list in your Go-Bag.
4. Make an emergency plan. Have an evacuation plan from home, work, or school. Draw a map or have a map. Have a safe or “bug out” location to meet if things go wrong or you are separated from your household members when disaster strikes. Have a meeting place in the neighborhood, in your city and out of town. Have a plan for family members with special needs or elderly. Make sure that you plan with school age children what to do and where to go. Make sure they know/memorize family members actual first and last names and the cities they live in. Communicate this plan with all household and extended family members.
5. Practice the plan! This is the fun part when there is no real danger or loss of property or life. Schedule a camping or fishing trip to practice your survival skills. Make an inventory of food and water supplies you need. Go shopping for survival gear together. Schedule physical activities that are strenuous. Have a contest to see who can build a fire without matches.



Getting prepared like this is like buying insurance or carrying an umbrella. You are less likely to need it if you have it. No one wants to think that disaster will strike them, but statistically they do happen, and it is better to be prepared!

Beyond the Minimal Preparation

If this sounds really interesting to you, I have included a link to my favorite emergency guidebook below and a brief outline.

https://www.emergencyzone.com/products/emergency-preparedness-guide?_pos=4&_sid=f5841586d&_ss=r

Emergency Preparedness Guide for Individuals and Families

Prepare for Life, an emergency preparedness guidebook, Kurk Mayberry, founder of Emergency Zone.
www.emergencyzone.com 866.558.5278

1. How to Prepare without Fear (Not a purchase but a lifestyle)
 - a. Planning
 - b. Fitness
 - c. Skills
 - d. Supplies
2. Become Fit
 - a. Physical
 - i. 7-8 hr sleep every night
 - ii. 30 minutes vigorous exercise 5-6 days per week
 - iii. Strength, endurance, flexibility, and balance
 - iv. Diet of fruits, vegetables, whole grains, if meats, variety
 1. Limit artificial preservatives,
 2. No added sugars, limit sugars
 - b. Financially
 - i. Be debt free or work to get debt free
 - ii. Budget to live below what you make
 - iii. Keep a healthy credit score
 - iv. Make wise investments and prepare for retirement
 - v. Have an emergency fund for 6 months expenses if you lost your income today
 - vi. Keep an emergency cash fund to transport your family in case of an emergency
 - vii. Learn to grow/Grow a Garden
 - viii. Learn to make and repair your own things
 - c. Mental/Emotional
 - i. I Can Do It Attitude
 - ii. See challenges as opportunities
 - iii. Stress management
 - iv. Self esteem
 - v. Learn how to not complain
 - vi. Be BRAVE and courageous
 - vii. Show gratitude and compassion to others
 - viii. Care more about people than possessions
3. Learn Useful Skills
 - i. Mental toughness
 1. Swimming
 2. Navigating
 3. Knot Tying
 4. Sewing
 5. Self Defense
 6. Wilderness Survival
 7. Grow and harvest your own food
 8. How to do well in a job interview

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9. How to start a business
10. First Aid
4. Make and Practice Emergency Plans
 1. Maps
 2. Evacuation Routes from home, neighborhood, and city
 3. Emergency phone numbers and addresses
 4. Safe or “bug out” locations to meet if something goes wrong or you get split up
 5. Procedures for what to do in case of tornado, earthquake, hurricane, etc
 6. Locations of Bug Out bags in the house Different plans depending on the time of day, ie, what if the kids are in school?
 7. Specific plans according to the natural disasters that may occur in your area.
 8. Meeting places – outside the house, in the neighborhood, in town, & out of town
5. Practice the Plan
 1. Schedule camping trip or fishing trip where you’ll practice survival skills
 2. Schedule times for physical activities
 3. Decide what to plant in your garden
 4. Take inventory on food and water storage supplies
 5. Have a game between household members to see who can start a fire the fastest without matches
 6. Have freeze dried deserts as a treat
 7. Go shop for emergency supplies together
6. Have the proper supplies
 - a. Pick up any items you need to stock up on
 - b. Research what you need and what is out there
 - c. View the items and view the reviews
 - d. Trust a neighbor, Ask their reviews
 - e. Purchase and test a few of the items, leave a review
 - f. Stock up on what meets your needs
7. Bug Out Supplies
 - a. Axe
 - b. Tarp
 - c. Rope
 - d. Food
 - e. Water
 - f. Radio
 - g. Seeds
 - h. Generators
 - i. Glovers
 - j. Blankets
 - k. Firewood
 - l. Duct tape
 - m. Pet Supplies

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- n. Survival knife
- o. Sleeping bags
- p. Garden tools
- q. Cleaning supplies
- r. Water filtration devices
- s. Portable toilet with waste bags, toilet paper
- t. Candles or lanterns
- u. Hand crank flashlights
- v. Extra batteries
- w. Clothing suitable for the climate
- x. First aid kits
- y. Medications, first aid kits, contact lenses, eye glasses, etc
- z. Hygiene items
- aa. Sunscreen and insect repellent
- bb. Walkie talkies or other communication device
- cc. Fire starting tools
- dd. Guns and bows
- ee. Self-defense weapons
- ff. Books
- gg. List of emergency contacts
 - i. Family
 - ii. Friends and extended family
 - iii. Out of town contacts

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