

# EMERGENCY PREPARATIONS

*Preparedness, when properly pursued, is a way of life, not a sudden, spectacular program.*

## Neighborhood Preparations:

Block Captain: \_\_\_\_\_ Ph: \_\_\_\_\_  
 Staging Area: \_\_\_\_\_  
 CERT Trained: \_\_\_\_\_  
 CERT Trained: \_\_\_\_\_  
 Walkie Talkie Channel: \_\_\_\_\_  
 Notes: \_\_\_\_\_

## Emergency Phone Numbers:

Police/Fire Dept: 911  
 Poison Control: \_\_\_\_\_  
 Work: \_\_\_\_\_  
 Family: \_\_\_\_\_  
 Neighbor: \_\_\_\_\_  
 Family Doctor: \_\_\_\_\_  
 Hospital: \_\_\_\_\_

FOOD BASICS	1 ADULT PER PERSON QTY	TARGET QTY x by # in Family	ON HAND	NOTES
<i>Example: Iodized Salt</i>	8 lbs.	8 x 4 = 32 lbs.	16	Need 16 lbs.
• Water (2wk supply)	14 gal.			
• Grains	300 lbs.			
Wheat	135 lbs.			
Rolled Oats	30 lbs.			
Cornmeal	30 lbs.			
Pearled Barley	3 lbs.			
Rice, White	60 lbs.			
Enriched White Flour	12 lbs.			
Pasta	30 lbs.			
• Vegetable Oil	8lbs./1 gal.			
• Shortening	7.5 lbs./2.5 cans			
• Mayo & Salad Dressing	1 qt. each			
• Legumes	60 lbs.			
Kidney/Red or Pink	16 lbs.			
Pinto/White	16 lbs.			
Lima/Black	6 lbs.			
Lentils/Split Peas	4 lbs.			
Legume ABC Soup Mix	16 lbs.			
Peanut Butter	4 lbs.			
• Sugar: Granulated, White	28 lbs.			
• Brown Sugar	5 lbs.			
• Powdered Sugar	2 lbs.			
• Honey	5 lbs.			
• Corn Syrup & Molasses	2 lbs.			
• Maple Syrup	2.25 lbs./1-36 oz.			
• Jams and Preserves	2 lbs./2 pts.			
• Fruit Drink (powdered)	2-#10 cans			
• Flavored Gelatin	1.25 lbs./3-6 oz. pkgs.			
• Dry Milk	50-100 lbs.			
• Canned Milk	2 lbs./12 cans			
• Iodized Salt	8 lbs.			
• Yeast	1-2 lbs.			
• Baking Soda	1 lb.			
• Baking Powder	2 lbs.			
• Powdered Eggs	1 lb./1-#10 can			
• Vanilla & Vinegar	1 bottle each			
• Bouillons (chkn, beef)	1 bottle each			
• Powdered Butter	1-#10 can			
• Multi-Vitamins	365 pills (1 a day)			
• Canned meat or fish	24 cans			
• Canned fruits & veg.	24 cans			
• Applesauce	6 cans			
• Spices/Condiments	Assortment			
• Dried Fruits/Vegetables	1 lb. each			
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

## FOOD PREP AND STORAGE

- Towels (Paper, Cloth)
- Aluminum Foil
- Plastic Wrap & Storage Bags
- Hand Grain Mill
- Dish Soap
- Storage Container (55 gal)

ON HAND/NOTES

## WATER

- Storage/Transport Containers
- Chlorine Bleach
- Purification Filter/Tablets
- Rotate every 6 months

## HEAT AND COOKING

- Fuels: Coal, Wood, Kerosene or LP
- Fuel Storage and Stabilizer
- Cooking Stoves and Equipment
- Dutch Ovens
- Alternative Heating Appliances
- Alternative Heating Safety Manuals
- Matches, Flint & Steel
- Fire Extinguisher

## ELECTRICITY AND LIGHTING

- Solar, Wind or Generator
- Fuels: Gas, LP, Diesel or Kerosene
- UPS: (Uninterruptible Power Supply)
- Candles
- Flashlights, Lanterns, Lamps

## FIRST AID AND MEDICAL

- Large First Aid Kit
- First Aid/Medical Manual
- Cold and Cough Medicine
- Eyeglasses, Contacts, Solution
- Disinfectant/Ointments/Iodine
- Medicated Powder & Lotion
- Disposable Gloves
- Pain Reliever & Antacid
- Prescription Medications
- Germicidal wipes or sanitizer
- Mosquito Repellent

## CLOTHES AND SHELTER

- Shoes/Boots/Socks
- Pants/Dresses
- Shirts/Blouses
- Head Gear (Hats, etc)
- Rain Gear/Protection
- Coats
- Under Clothing

- Sewing Supplies
- Sunglasses
- Tents/Tarps/Plastic Sheeting

## PERSONAL HYGIENE

- Soap & Shampoo
- Feminine Supplies
- Toilet Paper
- Towels
- Dental Care
- Hand Sanitizer (waterless)
- Baby Needs (Diapers, etc.)
- Laundry Supplies

## GARDEN

- Tools & Gloves
- Garden Seeds (non- hybrid)

## COMMUNICATION

- Ham Radio
- Walkie Talkies
- Neighborhood Staging Area

## FAMILY RECORDS

- Fireproof storage
- Computer Backups
- Family History-Journals
- Photographs and Albums
- Prep for Lost/Stolen Cards
- Savings and Investment Records
- Stock and Bond Certificates
- Tax Records
- Medical and Immunization Records
- List of Prescriptions
- Insurance Policies
- Inventory of Household (photos/video)
- Birth & Marriage Certificates
- Power of Attorney
- Property Records and Titles
- Will and Trust Documents

## FINANCIAL

- Avoid Unnecessary Debt
- Money Reserve (3 to 6 mos)

## FIRE & EARTHQUAKE

- 2 Escape routes for each room
- Meeting location outside home
- Evacuation Plan (practice it!)
- Water Heater(s) Secured

ON HAND/NOTES

*"Be prepared, self-reliant, and independent. Times of plenty are times to live providently and lay up in store. Times of scarcity are times to live frugally and draw on those stores."*

*-Bishop, Keith B. McMullin*

## 72 HOUR/PORTABLE KIT

ON HAND/NOTES

- Travel Container/Backpacks
- Radio (batteries, solar/handcrank)
- Blankets or sleeping bags
- Can Opener - non electric
- Cash (2 weeks supply)
- Change of clothing
- Water Purification (Tablets, Filter)
- Disinfectant/Hand Sanitizer
- Emergency Preparedness Manual
- Feminine Supplies
- First Aid Kit
- Flashlight and Batteries
- Food for 3 days
- Matches
- Plates and Utensils
- Personal Hygiene Items
- Plastic Garbage Bags
- Small Tool Kit/Leatherman
- Sewing Kit
- Soap/Shampoo
- Special Needs: Diapers, Medicine...
- Toilet Paper
- Utility Knife
- Vitamins
- Water (1 Gal/Person)
- Maps/GPS
- Games, Books, Toys, Crayons
- Whistle/Flare/Mirror
- Portable Toilet

## MISCELLANEOUS

- Batteries
- Fishing/Hunting Supplies
- Flashlights
- Tools, Chainsaw, Hand Saw, Axe
- Respiratory Mask(s)
- Gasoline Storage