

Family Emergency Plan Checklist

Ready Nutrition Official Website For Natural Living, Sustainable Lifestyle Tips, Health Food Recipes, Family Preparedness and More -

Making the decision to prepare for an emergency begins with a level of awareness. A prepper knows that there are possible threats, and it only makes sense to be as prepared as possible beginning with elemental disaster items to sustain basic needs (food, water, clothing, and shelter) and then adding more preparedness layers onto it. Basic disaster items are intended to sustain a person and their family for 3-5 days. One of the common reasons why people do not prepare is because of the overwhelming nature of it all. Having a guide to help will assist in determining what steps need to be taken by you and your family members when an emergency arises.

Family – Make a Plan

Designate an out-of-town contact. * Designate a local contact.

Create a family and/or neighborhood emergency calling list.

Each person calls the next person on the list to minimize phone time.

Set up a neighborhood meeting place & an out-of-town meeting place.

Create an information list of names and information on each member (contact information such as phone numbers and addresses).

Include important papers (birth certificates, marriage license, insurance information, house deeds, life insurance, car insurance) and vital medical information (allergies, blood types, medical prescriptions needed) on family members and pets ^[1], including doctors phone numbers and veterinary phone numbers and addresses.

Create emergency wallet cards ^[2] with emergency information. * Print the plan to put in G.O.O.D Manual ^[3] and email to family members.

Create a 72-hour menu [4] and pack food.

Keep these considerations [5] in mind with meal planning.

1. Have essential survival tools [6] packed.
2. Create a vehicle 72 Hour Kit [7].
3. Have a water bottle for each family member.
4. Have cash stored away. For a bug out situation carry 10 of each type of bill. This will ensure you have plenty of money for an emergency.
5. Have seasonal clothing packed. A layered approach will reduce space.
6. Have a good pair of walking shoes / hiking boots for every family member.
7. Have an emergency shelter such as a tent or tarp packed.

Collecting Information of Possible Disasters in Your Area and Country is a great way to research the disasters and prepare for them. These links are for the common types of emergency typically prepared for:

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| 1. <u>Flooding [8]</u> | 6. <u>Earthquakes [13]</u> | 11. <u>Nuclear Disaster [18]</u> |
| 2. <u>Fire Safety [9]</u> | 7. <u>Heat Safety [14]</u> | 12. <u>Tsunami</u> |
| 3. <u>Blizzards [10]</u> | 8. <u>Tornado [15]</u> | 13. <u>Volcano</u> |
| 4. <u>Pandemic [11]</u> | 9. <u>Flash Mob [16]</u> | 14. <u>Wildfires [9]</u> |
| 5. <u>Hurricanes [12]</u> | 10. <u>EMP [17]</u> | |

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