

EMERGENCY PREPAREDNESS PLAN

See the [Master Checklist](#) sheet for a summary of all the components of your: Family Plan, Disaster Kit, and Evacuation List

FAMILY PLAN

CONTACT INFO

DISASTER KIT

72-HOUR FOOD KIT

EMERGENCY BINDER

EVACUATION LIST

CAR KIT

GRAB LIST

For more detailed information on the subcategories:
Contact Info, 72-Hour Food Kit, Emergency Binder, and Car Kit,
Click on their respective sheets found at the bottom of the excel file or on the boxes.



Emergency Preparedness Plan - Master Checklist

Family Emergency Plan:

[CONTACT INFORMATION \(For full list click here\)](#)

- meet with family members to discuss how to respond to the dangers of fire, severe weather, earthquakes, and other emergencies.
- find the safe spots in your home for each type of disaster
- discuss what to do about power outages and injuries
- draw a floor plan of your home and mark two escape routes from each route
- post emergency phone numbers near telephones
- teach children how and when to call 911, police, and fire
- instruct family members to turn on the radio for information
- pick one out-of-state and one local friend/family member to call in a disaster
- teach children the phone numbers
- pick two reunion locations, one right outside of your home, and one away from your neighborhood in case you cannot return
- take a basic first aid and CPR class

Disaster Supplies Kit: (including 72-Hour Food Kit & Emergency Binder)

[72-HOUR FOOD KIT \(For full list click here\)](#)

[EMERGENCY BINDER \(For full list click here\)](#)

- supply of water (one gallon per person per day)
- first aid kit and prescription medications
- extra pair of glasses, or contact solution
- credit cards and cash
- change of clothes and sturdy shoes
- battery powered radio, and extra batteries
- blankets or sleeping bags, rain poncho, body warmer, glow stick, tarp to make a tent
- list of emergency plan contact info
- booster cables for car, car shovel, rope, N95 dust mask, working gloves
- flashlight with batteries, or hand-crank flashlight
- wind/waterproof matches, and candle, plastic trash bags
- personal hygiene products (baby stuff, soap, tooth care, toilet paper, hair ties, wet wipes)
- games, books, hard candy, toys
- tire repair kit and pump, duct tape, swiss army knife, maps of surrounding areas, sewing kit, blank CD or SOS for signaling for help, whistle, multi-purpose tool (screwdriver, knife, saw, pliers, can opener etc), PowerCap (baseball type hat with built in headlights)

NOTE: Keep this kit in an easily accessible place in your home in case of evacuation

Evacuation List:

[CAR KIT \(For full list click here\)](#)

[GRAB LIST \(For full list click here\)](#)

- listen to a battery powered radio for the location of emergency shelters
- make arrangements for pets
- wear protective clothing and sturdy shoes
- take your disaster supplies kit
- lock your house
- use travel routes specified by local officials
- shut off water, gas, and electricity
- let others know when you left and where you are going



for more information:
<http://foodstoragemadeeasy.net>
updated: 1/1/2009

Emergency Contact Information

Out-of-State-Contact:

Name:
City:
Telephone:

Local Contact:

Name:
Telephone:

Nearest Relative:

Name:
City:
Telephone:

Family Work Numbers:

Mother:
Father:
Other:

Emergency Telephone Numbers:

Police Department:
Fire Department:
Hopsital:

Family Physicians:

Name:
Telephone:
Name:
Telephone:

Reunion Locations:

Right outside home:
Address:
Away from home:
Address:
Telephone:
Route to try first:

72-Hour Food Kit

[*visit http://foodstoragemadeeasy.net for more details](http://foodstoragemadeeasy.net)

Food Item	# per Kit	# of Kits	Total #
Tang (1/4 cup each serving)	2 servings		
instant oatmeal	2 packets		
granola bars	2		
cocoa mix (1/4 cup each)	2 servings		
single serving stew or pasta with "pop top" lid	1		
gum	10 sticks		
jolly rancher candy	9 pieces		
beanie weenies with "pop top" lid	1 can		
.5 oz fruit roll-ups	3		
single serving Lipton Noodles	2 envelopes		
1 oz. package raisins	1 package		
1 oz. package beef jerky	2 packages		
plastic spoons	3		
matches	1 package		
snack-size zip lock bags for Tang and cocoa	4 baggies		
clear packing tape to close	NA		
wing stove	1		
fuel pellets	3 packages		

for more information:

<http://foodstoragemadeeasy.net>

updated: 1/1/2009

Emergency Binder

Contents:

- birth certificates
- passports
- social security cards
- copies of your credit cards front and back
- homeowners insurance policy
- auto insurance policy
- life insurance policy
- bank statements
- retirement statements
- [*internet passwords \(banking, personal, work etc\)](#)
- immunization records
- utility statements
- utility statements
- work/tax documents that would be difficult to replace
- CASH - keep a variety of small bills on hand

for more information:

<http://foodstoragemadeeasy.net>

updated: 1/1/2009

Car Kit

Contents:

- Water (a case of bottles would be excellent)
- 72 hour kit food, high calorie meal bars, or other snacks
- Cash (\$20-30 in small bills and include some change)
- Diapers/Wipes if you have kids
- Emergency blankets/hand warmers (or an old spare comforter)
- Jumper cables
- Car shovel/pick
- Pocket knife
- First aid kit
- Radio
- Package of batteries (for flashlight and radio)
- Toilet paper roll
- Spare clothes for small children
- Coffee can heater

*NOTE: Some of these items are also in the Disaster Kit
Feel free to decide whether you keep these items in your car or kit

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List of things to Grab in Evacuation

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Internet Passwords - BONUS sheet for you

Website	User Id	Password	Other

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