

# MY EMERGENCY PREPAREDNESS PLAN

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## FAMILY PLAN

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Includes a list of topics to discuss with your family, emergency protocol to follow, contact info, meeting locations and education.

An emergency is no time to figure out what you should be doing. Make it a habit of reminding young children of your plans and protocols.



## 72 HOUR KIT & EMERGENCY BINDER

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Includes a list of items for your disasters kit to have on hand, along with options for you to get a 72-hour food kit put together.

We've also included a list of important documents for you to gather in case you have to "rebuild" your life.



## EVACUATION LIST AND CAR KIT

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Includes measures to take when evacuating your home including a list of important things to grab should you need to evacuate.

You never know when you may be stranded on the road, so make sure to keep your car prepared for emergencies.

# FAMILY PLAN

It's a good idea to be on the same page with your family as to what you would do in case of an emergency. Review these concepts every few months as we all can be forgetful.

## DISCUSSION POINTS:

- ★ Meet with family members to discuss how to respond to the dangers of fire, severe weather, earthquakes, and other emergencies
- ★ Find 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 room
- ★ Post emergency phone numbers near telephones
- ★ Teach children how and when to call 911, police, and fire
- ★ Instruct family members to turn on radio for information
- ★ Pick one out-of-state and one local contact person to call in case of a disaster.
- ★ Teach children 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
- ★ Revise and review the plan often with your family regularly

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IN CASE OF EVACUATION  
CONSIDER LEAVING A NOTE  
ON YOUR DOOR FOR PEOPLE  
WHO MAY COME TO YOUR  
HOUSE LOOKING FOR YOU

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## TO FILL OUT:

### OUT-OF-STATE CONTACT:

Name:

City:

Telephone:

### LOCAL CONTACT:

Name:

Telephone:

### NEAREST RELATIVE:

Name:

Telephone:

### FAMILY WORK NUMBERS:

Mother:

Father:

### EMERGENCY TELEPHONE NUMBERS:

Police Department:

Fire Department:

Hospital:

### FAMILY PHYSICIANS:

Name:

Telephone:

Name:

Telephone:

### REUNION LOCATIONS:

Right outside home:

Address:

Away from home:

Address:

Telephone:

Route to try first:

# 72 HOUR KITS

72 hour kits contain items you may need to deal with different situations in a disaster along with food and water to last you at least 72 hours. Food will be covered in the following pages.

## ITEMS TO INCLUDE IN YOUR KIT:

- ✓ Supply of water
- ✓ Food (see next page)
- ✓ First aid kit
- ✓ Prescription medications
- ✓ Extra pair of glasses
- ✓ Contact solution
- ✓ Credit cards and cash
- ✓ Change of clothes
- ✓ Sturdy shoes
- ✓ Battery powered radio
- ✓ Extra batteries
- ✓ Blankets or sleeping bags
- ✓ Rain poncho
- ✓ Body warmer
- ✓ Glow stick
- ✓ Tarp or a tent
- ✓ List of contact info
- ✓ Booster cables for car
- ✓ Car shovel
- ✓ Ropes
- ✓ Swiss army knife
- ✓ N95 dust mask
- ✓ Work gloves
- ✓ Flashlights
- ✓ Wind/waterproof matches
- ✓ Candles and candle
- ✓ Trash bags
- ✓ Personal hygiene products
- ✓ Baby supplies
- ✓ Games and books
- ✓ Pet supplies
- ✓ Sanitation supplies
- ✓ Tire repair kit and pump
- ✓ Maps of surrounding areas
- ✓ Sewing kit
- ✓ Blank CD for SOS
- ✓ Whistle
- ✓ Multipurpose tool
- ✓ PowerCap

## PURCHASING ITEMS FOR YOUR KIT:

- ★ Start by gathering things from your home that you already have
- ★ Make gathering your supplies a fun family activity
- ★ Create a scavenger hunt, or treasure hunt with small kids
- ★ Spread your purchases out over time, don't go into debt
- ★ Remind your family preparedness products make great gifts
- ★ Purchase trial size toiletries, or save hotel toiletries for your kit.

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SAVE ROOM IN YOUR KITS BY  
STORING THINGS YOU MAY  
NEED FOR COLDER WEATHER  
IN A SEPARATE BAG

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CONSIDER PURCHASING  
EXTRA CLOTHES FOR YOUR  
KIT FROM THRIFT STORES

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# 72 HOUR KITS: Food Options

The next few pages will tackle food for your 72 hour kit. You should tailor the food in your kits to your needs.

## TO CONSIDER:

Regardless of what you pack for food here are some universal considerations:

### COOKING SUPPLIES:

- ✓ Plastic utensils
- ✓ Paper plates
- ✓ Cups
- ✓ Matches
- ✓ Can opener (if needed)
- ✓ Fire starter packets
- ✓ Cooking stove
- ✓ Fuel

### ROTATION IDEAS:

- ★ Rotate according to shelf life
- ★ Rotate the same time of year
- ★ Use food on camping trips
- ★ Purchase foods you like so rotating won't be hard
- ★ Check your food often to make sure it's still good

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IN CASE OF EVACUATION IF CIRCUMSTANCES PERMIT, GRAB ALL THE FOOD FROM YOUR PANTRY AND KITCHEN YOU CAN

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## DETAILED INSTRUCTIONS

If you want it all laid out for you including a step-by-step shopping list and contents list, follow our 72 hour kit milk jug instructions.



## CREATE YOUR OWN

If you want to have more flexibility, you can customize your kit using our meal planner worksheet and choose foods from our sample menus.



## PURCHASE READY MADE

If you don't have the time (or energy) to build your own kits there are a lot of options available for purchase that may suit your needs.

# 72 HOUR KITS: Detailed Instructions For Food

These are instructions for putting together 72 hours worth of food. The shopping list, and menu found on the next page contain the foods you will need to buy and a menu for eating them over 72 hours.

## MILK JUG KIT INSTRUCTIONS:

**STEP 1** – Make sure you have cleaned 1 milk jug per person and a 2 liter bottle of water.

**STEP 2** – Multiply the number of kits you want by the items listed in shopping list and purchase the food items.

**STEP 3** – Purchase a wing stove and fuel pellets from an emergency preparedness store. Only one stove is necessary per family, but they are pretty cheap so if you'd like to have one per kit that is fine too. It will make it much more convenient in a true emergency.

**STEP 4** – Cut straight down the middle of a milk jug diagonal from the handle. Go about 1/3 of the way down. At the bottom of that cut, make a horizontal slice coming from each side but leave about 2 inches of the jug intact. This should make a sort hatch that you can pull open and insert the items in.

**STEP 5** – Place the necessary items into each milk jug according to the contents list. Put the Tang and cocoa servings into small zip-lock bags (1/4 c. per serving). If you have extra food left over, stick it in as space permits. Tape the milk jug up. Tape the contents list to the outside of the jug and record today's date and the family member who will use that kit.

\*Please note this kit is very basic and may not be enough food to stay comfortable. However some people like it's simplicity, detailed instructions, and the fact that you can fit it all into a milk jug.



# 72 HOUR KIT: Milk Jug Kit Shopping List and Menu

## SHOPPING LIST:

	# per kit	# kits	Total to buy
Tang (1/4 cup each serving)	2 servings		
Instant oatmeal	2 packets		
Granola bars	2 servings		
Cocoa mix (1/4 cup each)	2 servings		
Single serving stew with "pop top lid"	1 can		
Gum	9 sticks		
Candies (that wont melt)	9 pieces		
Beans and Wieners with "pop top lid"	1 can		
Fruit roll-up	3		
Single serving Lipton noodles	2 pouches		
1 oz package raisins	1		
1 oz package beef jerky	2 packages		
Plastic spoons	3		
Matches	1 package		
Snack-size zip lock bags for Tang and cocoa	4 bags		
Clear packing tape to close	6 inches		
Wing stove	1 stove		
Fuel pellets	3 packages		
Misc extras			

- ➔ This kit requires a 2-liter bottle of water to reconstitute the foods included
- ➔ Mix 3/4 cup water with Tang and hot cocoa mix
- ➔ Save and reuse the Beans and Wieners can to heat other foods if needed
- ➔ 3 (2-liter) bottles of water are suggested for each person

## MENU:

### DAY 1 - BREAKFAST:

Tang  
Oatmeal

### DAY 1 - LUNCH:

Beans and Wieners  
Fruit Roll-Up

### DAY 1 - DINNER:

Granola bar  
Beef jerky  
Hot cocoa mix

### DAY 1 - SNACK:

3 pieces of gum  
3 pieces of candy

### DAY 2 - BREAKFAST:

Hot cocoa  
Granola bar

### DAY 2 - LUNCH:

Lipton soup  
Raisins

### DAY 2 - DINNER:

Stew  
Fruit roll-up

### DAY 2 - SNACK:

3 pieces of gum  
3 pieces of candy

### DAY 3 - BREAKFAST:

Tang  
Oatmeal

### DAY 3 - LUNCH:

Lipton soup

### DAY 3 - DINNER:

Beef Jerky  
Fruit roll-up  
Hot cocoa mix

### DAY 3 - SNACK:

3 pieces of gum  
3 pieces of candy

NAME: \_\_\_\_\_

DATE PACKED: \_\_\_\_\_

(use within 1 year)

# 72 HOUR KITS: Create Your Own Options

Here are some ideas based on your diet and preferences you can use to fill out our meal planner worksheet found on the next page. Don't be afraid to tailor your 72 hour kit of food to your own liking. Remember vacuum sealing foods can help extend their shelf life.

## SAMPLE MENUS:

### REGULAR FOOD OPTIONS:

- Granola bars
- Chocolate candy/chips
- Dried fruits/dehydrated fruits
- Tuna pouches
- Wheat crackers for the tuna
- Raw almonds
- Hot cocoa
- Fruit drink mix
- Raman noodles/cup a noodles
- Jerky
- Pouches of soup mixes
- Canned raviolis or like foods,
- Peanut butter
- Small jar of jellly
- Small container honey
- Banana chips
- Protein powder
- Gatorade

### MINIMAL ROTATION OPTIONS:

- Emergency food bars
- MRE meals: spaghetti, chili mac, breakfast skillet, chicken and rice, beef stroganoff
- MRE Meals can last up to 25 years remember to store water and cooking fuel

### "HEALTH'IER" OPTIONS:

- Plain instant oatmeal
- Apple chips (foodsaver them)
- Bush's baked beans pop top
- Pouches of "squeeze" fruit
- Chunk light tuna in water
- 2-3 foil packets of condiments
- Shelton's Chili
- Granola bars
- Resealable bags of dried fruit
- Yummy Earth lollipops
- Lunchbox size packs of crackers
- Laughing Cow cheese wedges
- Himalayan pink salt
- Crystal Light Pure
- Packet of Emergen-C

### GLUTEN FREE OPTIONS:

- Larabars
- Lundberg Rice Cakes
- GF Granola (like Bakery on Main)
- Beef Jerky
- Can of Chicken or Tuna
- Mary's Gone Crackers
- Dinty Moore Beef Stew
- Hormel Chili
- Applesauce
- Canned Fruit
- Fruit Leather
- Fruit Roll-up or Fruit Snacks
- Raisins
- Boxes of Pacific Almond Milk
- Peanut or other Nut Butter
- Honey

### VEGAN OPTIONS:

- Cliff bars
- Lara bars
- Nut bars
- Vitamin B12 tablet
- Bar of vegan dark chocolate
- Peanut butter
- Nuts packaged in food saver bags
- Seeds packaged in food saver bags
- Prepackaged precooked meals (like the indian dishes that can be found in mylar bags)

### NO COOK OPTIONS:

- Cereal bars
- Crackers
- Peanut butter
- Pudding cups
- Fruit cups
- Fruit roll-ups
- Cans of vegetables
- Pork and beans (can eat cold)
- Granola bars
- Chocolate candy/chips
- Dried fruits/dehydrated fruits
- Almonds

### FRIENDLY FOODS:

- Tuna pouch
- Chicken pouch
- Canned peas, carrots
- Crackers
- Craisins, & other dried fruit
- Fruit snacks or other candy treat
- Cheerios in sealed bag
- Canned fruit
- Single serving milk packets
- Granola bars
- Hormel complete meals – chicken & rice or turkey & mashed potatoes
- Include games, books, crayons etc

### CONSIDERATIONS FOR BABIES:

- Instant formula
- Plenty of diapers or cloth diapers
- A travel package of wipes
- Pacifiers
- 3 cotton/flannel wraps
- Baby food
- Washcloths
- Small comfort toy/s.
- Clothes – and plenty of them!
- Ziplock bags
- Bulb nose syringe and saline
- Infant tylenol/motrin.
- Desatin or other diaper rash cream and travel-sized baby powder

### CAT KIT (alter for other pets):

- 1 gallon of water
- 1 plastic gallon jug with dry food
- 1 12 pack box of wet food packets
- 1 small bag of treats
- Small litterbox and scoop
- Plastic gallon jug with kitty litter
- Small plastic trash bags
- Towel
- Mini pet first aid kit
- Vaccination/vet records
- Color photo of cat
- Extra collar w/contact info
- Leash and harness

# MEAL PLANNER WORKSHEET

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## DAY 1:

BREAKFAST:

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SNACK:

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LUNCH:

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SNACK:

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DINNER:

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## DAY 2:

BREAKFAST:

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SNACK:

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LUNCH:

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SNACK:

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DINNER:

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## DAY 3

BREAKFAST:

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SNACK:

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LUNCH:

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SNACK:

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DINNER:

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EXTRA NOTES AND CONSIDERATIONS:

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# EMERGENCY BINDER

An emergency binder is a compilation of important documents. Store your binder in a fireproof/waterproof locked box that is small enough to be transported with you in an emergency.

## ITEMS TO INCLUDE IN YOUR EMERGENCY BINDER:

### VITAL DOCUMENTS

- ✓ Birth certificates
- ✓ Passports
- ✓ Immunization records
- ✓ CASH – keep small bills
- ✓ Copy of your will
- ✓ Medical information
- ✓ Military and church papers
- ✓ Diplomas and transcripts
- ✓ Marriage certificates
- ✓ Adoption papers
- ✓ Current pictures of family
- ✓ Pet records
- ✓ Proof of citizenship

### INSURANCE INFORMATION

- ✓ Homeowners insurance policy
- ✓ Auto insurance policy
- ✓ Life insurance policy
- ✓ Medical insurance policy
- ✓ Pictures and lists of all your personal belongings for insurance
- ✓ Contact information for insurance agents

### FINANCIAL INFORMATION

- ✓ Copies of your credit cards front and back
- ✓ Bank statements
- ✓ Retirement statements
- ✓ Social security statements
- ✓ Internet passwords (banking, personal, work etc)
- ✓ Utility statements
- ✓ Work/tax documents that would be difficult to replace
- ✓ Deeds to properties
- ✓ Titles to cars, boats etc
- ✓ Warranty information

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SOME PEOPLE TAKE VIDEOS OF EACH ROOM OF THEIR HOUSE AS A WAY OF DOCUMENTING THEIR BELONGINGS FOR INSURANCE

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## PREPARE MY LIFE PLANNER:

The Prepare My Life Planner is an organized emergency preparedness plan. Not only does it is designed to store and organize all your important documents it **ALSO contains a step-by-step plan to help prepare your home and family for an emergency.**

★ **Sections:** Prepare My Family, Prepare My Home, Gather Supplies, Prepare to Evacuate, Prepare to Stay, Personal, Insurance, Financial, Assets, Final Planning

★ For more information and a full review [see our store.](#)



# EVACUATION LIST AND CAR KIT

It's a good idea to be on the same page with your family as to what you would do in case of an emergency. Review these concepts every few months as we all can be forgetful.

## EVACUATION LIST:

When disaster strikes the last thing you want to be thinking about is what to grab. Fill out this grab list and tape near the exits to your garage so you won't have to figure out what to grab during a crisis.

- 72 hour kits
- Emergency binder
- Photos
- Journals
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CONSIDER MAKING A  
SEPARATE GRAB LIST FOR  
EACH FAMILY MEMBER. THEN  
EACH MEMBER WILL KNOW  
EXACTLY WHAT TO GRAB

## CAR KIT:

In case you need to leave in a hurry, or get stuck in your car a main focus on being prepared for "evacuation" is to have a well stocked car.

- ✓ Water (a case of bottles would be excellent)
- ✓ 72 hour kit food, high calorie meal bars
- ✓ Cash (small bills and include some change)
- ✓ Diapers/Wipes if you have kids
- ✓ Emergency blankets/hand warmers
- ✓ 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

IF YOU HAVE A BABY, ALWAYS  
HAVE YOUR DIAPER BAG  
STOCKED. YOU NEVER KNOW  
WHEN YOU MAY NEED TO  
GRAB IT AND GO.