

# ESSENTIALS

EMERGENCY

## EMERGENCY KIT CHECKLIST

### WATER



- ☐ As much as you can carry
- ☐ 3-5 Gallons Extra Portable Containers
- ☐ Method of Purification

### FOOD



- ☐ 72 Hour supply of food—lightweight, no cooking
- ☐ Can Opener
- ☐ Candy or Comfort Food

### FIRST AID



- |   |  |
|---|--|
| <input type="checkbox"/> First Aid Kit & Supplies | <input type="checkbox"/> First Aid Booklet |
| <input type="checkbox"/> Burn Gel and Dressing    | <input type="checkbox"/> Sunscreen         |
| <input type="checkbox"/> Potassium Iodide         | <input type="checkbox"/> Insect Repellent  |
| <input type="checkbox"/> N95 Respirator Masks     |  |

### SHELTER



- |                               |                                 |
|-------------------------------|---------------------------------|
| <input type="checkbox"/> Tent | <input type="checkbox"/> Poncho |
| <input type="checkbox"/> Tarp |                                 |

### FIRE/WARMTH



- |  |   |
|--|---|
| <input type="checkbox"/> Hand & Body Warmers     | <input type="checkbox"/> Matches                  |
| <input type="checkbox"/> Blanket or Sleeping Bag | <input type="checkbox"/> Lightweight Stove & Fuel |

### LIGHT & COMMUNICATION



- |  |                                  |
|--|----------------------------------|
| <input type="checkbox"/> Flashlight w/ Extra Batteries | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Lightsticks                   | <input type="checkbox"/> Radio   |
| <input type="checkbox"/> Headlamp                      | <input type="checkbox"/> Candle  |



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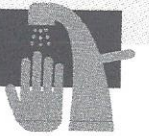
EMERGENCY

## STRESS RELIEVER



- ☐ Games
- ☐ Books
- ☐ Small Toys
- ☐ Paper & Pen

## SANITATION



- ☐ Toilet Paper
- ☐ Toothbrush & Toothpaste
- ☐ Hand Sanitizer
- ☐ Sanitary Napkins
- ☐ Comb/Razor
- ☐ Moist Towelettes
- ☐ Garbage Bags

## STORAGE & TOOLS



- ☐ Backpack
- ☐ Hatchet or Axe
- ☐ Shovel/Trowel
- ☐ Pocket Knife/Pliers/Multitool
- ☐ Sewing Kit
- ☐ 50 Foot Paracord Rope
- ☐ Duct Tape

## POWER



- ☐ Cellphone Charger—Battery or Handcrank
- ☐ Power Cords for Devices
- ☐ Batteries—Rechargeable preferred

## OTHER



- ☐ Glasses
- ☐ Local Map
- ☐ Portable Toilet
- ☐ Infant Needs
- ☐ Medication

## MONEY



- ☐ At least \$20 in small bills and coins

## CLOTHING



- ☐ A complete change of clothes—Rotate seasonally and check for size

## IMPORTANT DOCUMENTS



- ☐ Copies of important documents such as birth certificates, marriage licenses, wills, bank info, insurance forms etc.
- ☐ Phone Numbers for emergency contacts both in and out of state
- ☐ Family Photos on a flash drive or external hard drive



# Family Emergency Plan



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: \_\_\_\_\_

Email: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Regional Meeting Place: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Fill out the following information for each family member and keep it up to date.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

## Work Location One

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Work Location Two

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Other Place You Frequent

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School Location One

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School Location Two

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School Location Three

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Home Insurance:			
Veterinarian/Kennel:			

## **EMERGENCY PREPAREDNESS GUIDE**

### **PREPARING MAKES SENSE – GET READY NOW**

Everyone should have a plan. The likelihood of you and your family surviving a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense. **GET READY NOW.**

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services like water, gas, electricity, or telephones were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone who might need help right away. Medical help may not arrive at all. 9-1-1 will be totally overwhelmed in a major disaster.

Families can – and do – cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this guide to create your family's disaster plan. Knowing what to do is your best protection and it is your responsibility.

Your family could be anywhere when a disaster strikes. How will you find each other? Will you know if your children are safe?

#### ***Find Out What Disaster Could Happen in Our Area***

Natural	Human Caused	Technological
Winter Storm	Bomb Threat	Structural Failures
Wildland Fire	Fire	Transportation Failures
Earthquake	Utility Failures	Terrorism
Cold/Heat Wave	Hazardous Materials	Pandemic Influenza

#### ***Create a Disaster Plan***

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
  - Right outside your home in case of a sudden emergency, like a fire.
  - Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- Ask an out-of-state friend or relative to be your "family contact". After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation.
- Plan how to take care of your pets.

#### ***Complete This Checklist***

- Place emergency telephone numbers by all phones (fire, police, ambulance, etc.).
- Teach children how and when to call 9-1-1 for emergency help.



## EMERGENCY PREPAREDNESS SUPPLY LIST

1. Water - Buy bottles of water, cases of water and store them at home.
2. Non- Perishable Food – High energy, high protein food bars. Check out the following websites.
  - a. <https://www.datrex.com/>
  - b. <https://4patriots.com/>
  - c. <https://beprepared.com/>
  - d. <https://readyhour.com/>
  - e. <https://www.ready.gov/>
3. Can Goods (Can Opener) – Store in cool dark places – tuna, salmon, chicken, turkey, beans, (proteins), carrots, green beans, chick peas, dried fish, salt fish, ramen noodles
4. Build a Blackout Bag – Matches (make sure they are waterproof), lighter, flashlight, fireplace logs, firewood, glow stick, solar energy garden lights, emergency candles, propane burner or stove, charcoal, grill, battery lamp, battery operated or solar powered radio, manual watch and/or clock, solar powered batteries  
**ALWAYS HAVE THIS BAG READY: USE A RED BAG OR BAG WITH RED PREFERABLY.**
5. Build a Personal Carry Bag – First aid kit, socks, reusable emergency sleeping bags, rain ponchos, headlamp, multifunction knife, hand warmers, emergency whistles, compass, signal mirror, flint/fire starter, waterproof matches, emergency blanket, sanitation supplies like disinfectant, toothbrush, toothpaste, soap, and wash rag, bottled water, hand sanitizer, mask and medication

**DON'T** go out to wade in floodwater, as it **can** be contaminated and contain debris such as sticks, logs and swept-away items that **can** be dangerous.

**Downed power lines** can also electrically charge the water, posing an electrocution risk. **You could** also fall and potentially get swept away by fast-moving **flood** waters.

**DON'T** ever ignore evacuation warnings.

## **The Purpose for Emergency Preparedness**

- 1. Power outages and cyber attacks**
- 2. Natural disasters that break supply chains and cut off access to stores**
- 3. Pandemics, mandates, quarantines or lockdowns**
- 4. Food shortages and economic downturns**
- 5. Civil unrest**
- 6. Supplement meals for everyday use**
- 7. That the Church would be equipped and ready to serve the believers and community if necessary.**

**Please note:** We have already experienced these things on some level so why not be more prepared for what we do not know is coming!