

Part 6 Contingency Planning for a Crisis

Considerations for what and how to prepare

Prudence would indicate planning for contingencies. This means you should plan for alternate or substitute infrastructure systems in order to sustain yourself and others. The numbered categories below should be given careful consideration.

A key principle of preparation is “**layering.**” It is structuring your preparations in order to have a redundancy of resources, such as having more than only one of an item so that you can put them in different locations or have a backup. Consider what you should have at home, in the car, in your boat or RV, in a secure place, in the garage, in each room of the house, or possibly in each Ready-to-Go bag. Remember this mantra: “**Two is one and one is none!**”

- ALWAYS think in terms of multiple uses of common items and alternatives. This can reduce the need for a large quantity of items. Practice brainstorming as many potential uses of common items as you can think of [see **Part 7**, number **15**].

Remember, the longer the crisis, the more you will need long-term preparedness (1 month vs 1 week; 4-6 months vs. 1-3 months, etc.). This relates primarily to exhaustible supplies like food, water, fuel, sanitation/hygiene, and medical supplies.

Personal Notes

1) Water

- a) Plan a bare minimum of 2 gallons per person per day* for drinking, cooking, sanitation and minimal hygiene. Water consumption recommendations vary according to age, climate, season of the year, and the amount of activity; a family’s combined reserves may average less per person.
 - Staying hydrated is essential to health, especially in hot weather.
- b) Use PBA-free storage containers. Two-liter soft drink bottles work well. (DO NOT use plastic milk containers for drinking water. Residual milk proteins will taint the water.)
- c) Know how to filter and purify water. Learn to use a purchased unit or how to make your own. Have water purification tablets (chlorine dioxide) on hand.
- d) Know how to access hidden water reserves in and around your home, such as the hot water heater, water lines, toilet tanks, or freezer ice.
- e) Have tools and materials on hand for water collection and storage, such as buckets, bins, tarps, and barrels. A hand-operated siphon pump, water hose, and well-bucket are also recommended.
- f) Personal cleanliness is especially important due to increased risks of sickness, infections and disease. Use sanitary waterless methods when you can.

