

Emergency Preparedness: Level 2 Certification Checklist

CPR

- ☐ 1 family member is CPR certified.

Insurance

- ☐ Have homeowner's insurance with fire coverage and auto insurance for any vehicles.
- ☐ Providers must have a life insurance policy.

Family Estate Overview

Create an overview with the following:

- ☐ Information for each household member: name, blood type, date of birth, social security number, medical information (allergies, prescriptions, pre-existing conditions, etc.)
- ☐ Work information for those employed.
- ☐ Emergency contact #s: family, neighbors, family doctor, pediatrician, insurance agent, attorney.
- ☐ Insurance information (life, home, auto, etc.): policy #s, basic amounts, contact # for filing claims.
- ☐ Family balance sheet and inventory* (list of assets and liabilities with account contact information, serial numbers, etc.) *Making a video of your house is valuable for insurance claims.

Safeguard Documents

Make photocopies or digital backups on a thumb drive of all important documents including:

- ☐ Insurance policies.
- ☐ Titles, wills, power of attorney.
- ☐ Securities, home appraisal, home inventory.
- ☐ Social security card, front page of passport.
- ☐ Put the copies or thumb drive with your 72-hour kit.

Family Financial Review

- ☐ Review budget, expenditures, debt payoff, short term goals, retirement goals.

Radio(s)

- ☐ Acquire at least one 2-way radio: radio options include GMRS*, Ham*, FRS, or CB. **License required.*
- ☐ Keep the radio charged and have batteries.
- ☐ Know the emergency frequency (check the manual to be sure): FRS – channel 1 unofficially, GRMS – channel 20 (Motorola) or channel 6 (Icom), CB – channel 9 for emergencies or channel 19 for highway use.

Food & Water Storage, Cash

- ☐ Store 6 months of food and toiletries for all household members.
- ☐ Store 2 weeks of water for your household to include at least 1 gallon of water per person per day.
- ☐ Have a minimum of \$100 of cash set aside per person (not money in the bank – physical cash in your wallet), including small denominations and coins. \$200 per family minimum.