

## Overview: Preparedness Planning / Make A Plan

### Identify Likely Disasters

Our disaster review for the Weber County area has indicated that our preparations should be focused on (but not Limited to):

1- Earthquake

2- Winter / Blizzard Conditions

3- Wind Events



We have been admonished to also prepare for personal financial disasters. It is our opinion that by preparing for an earthquake scenario we can also be prepared for personal financial disasters. For years, we have been urged to become self sufficient by saving money, growing and preserving our own food, and maintaining a year supply of food, clothing and fuel (where legal). Keep in mind how your plans will also be affected by a disaster. What "disconnects" will hinder your plan(s)?

### First: Get a 3-ring binder with at least 5 tabs.

Tab 1: Emergency Contingencies: This tab should contain a ready checklist for each disaster scenario. It will outline your immediate response.

Tab 2: This tab should contain your "Home Plan" document. This plan is personalized for your home and family. Once completed, this plan should be copied and sent to other family members not residing with you as it will communicate your intentions in the event of a disaster. It also includes responsibilities of all able family members, 3 routes to return home, vehicle information, etc. Egress maps with marked routes are a good idea.

Tab 3: This tab contains your family's personal information, key contacts, account numbers etc., and should be safeguarded. Additionally, you may want to include insurance information for vehicles, home, and health. It is a good idea to also place photos of family members in this section. Photos of this information is a good way to insure you have this information with you at all times but only if you can properly secure it.

Tab 4: This should contain copies of other family members plans so that in the event of a disaster you will know their intentions.

Tab 5: This tab should contain your kit lists. Reviewing your lists can help you to adequately prepare, adjust, and even expand,

Our family has a menu plan from our 72hr food. We have also identified what cookware is needed to prepare and consume these meals.

### *OPTIONAL TABS FOR YOUR OWN DISCRETION, PERSONALIZED FOR YOUR PLAN.*

TAB 6: Our family has included our communications plan in the event of no phone or cell service. It also has our electrical plan for lighting and to charge devices.

TAB 7: This tab outlines our family's sanitation plan that includes restroom use, bathing, laundry, and dishes and cookware.

TAB 8: This tab is reserved for our storage plans, Food storage, power-out heating & cooking, water Storage, fuel storage, etc. It also includes a rotation schedule for some items

## **Second: Build your kits, personalize your kits.**

Think long-term, and your kits will be more adequate for you and your family's needs. Set up inspection intervals to ensure "dated" items in your kits are rotated as necessary. These kits should be built to support your personal plans. Kits include:

**72-hour kit** for each member of your family. Store your kits collectively for easy access and departure / evacuation.

**Vehicle kits** for each vehicle you own. Build your vehicle kit as if your away from home when disaster strikes, as what you have with you is all you have.

We have developed comprehensive kit lists and supplies, Due to the extensive supplies, consider storing these items in your egress vehicle, they will always be with you and at the ready.

**First Aid Kits:** Redundancy is important as each of our kits, whether in our 72-hour kit or our vehicle kit vary to some degree but each kit still contains basic components. An example of this is our vehicle kits contain aid supplies that would be more useful to provide aid in the event of a auto accident. This class focus's on building an adequate first aid kit, especially when you become the ER.

**Sanitation Kit:** Hygiene is critical for your health and well being. Our comprehensive kit list provides ideas for addressing bodily functions, bathing, doing the dishes, and doing the laundry.

**Cookware Kit:** Your cookware kit should contain the essentials to prepare planned meals. We highly recommend including a whistling tea kettle. A whistling tea kettle is perhaps the safest way to boil water, especially if a "boil order" for public water supplies has been issued. Our cookware cases also include preparation, cooking and eating utensils, cutting board, oven mitts, salt, pepper, and seasonings, and condiments.

**Power Out Essentials:** Whether the power is out for hours or weeks, you should consider alternative power means. Whether you need to keep your furnace or refrigeration running, or the means for lighting, or just charging your cell phone (or FRS / GMRS radio) make a plan for you and your family. If your plan is to use portable stoves for cooking, and heating, consider the type and quantity of fuel necessary to provide for your needs. Inverter systems is another great option and work very well as long as you have the means to recharge their batteries. For power-out heating and cooking, and as a general rule do not store flammables in your dwelling, garage, or otherwise. Don't let your preparation for disaster be the cause of your disaster. Additionally, exercise caution when using propane or other fuel appliances. Due to the probability of carbon monoxide poisoning, NEVER use these appliances in enclosed areas unless indoor use is authorized by the manufacturer (some do, some don't).

### **Food / Storage Program:**

"We have been encouraged to prepare for life's adversities by having a basic supply of food and water and some money in savings. We ask that you be wise, and do not go to extremes in your preparations. With careful planning, you can, over time, establish a home storage supply and a financial reserve. We recommend that you chart & track the foods you eat. This will help you to identify items for purchase. Most canned foods that you buy have a shelf life of a year or more and with proper rotation you can maintain your food supply. In lieu of fresh meats and fruits, canned meats and fruits is an excellent choice. Sealing oats and grains in Mylar bags and pouches with appropriate oxygen absorbers can increase the shelf-life to 25 years. There are many publications that address food storage. In particular, one book, *The Disaster-Ready Home* by Creek Stewart is an excellent source to guide you through being prepared with food, water, heating and sanitation.

### **Water Storage:**

"Water is arguably the single most valuable survival resource. Access to fresh drinking water should be at the core of every good long-term preparedness plan". Additionally, water filtration can be equally important to your safety and well-being. As mentioned above, We highly recommend including a whistling tea kettle. A whistling tea kettle is perhaps the safest way to boil water, especially if a "boil order" for public water supplies has been issued.