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### ReadyFamily **CHECKLIST**

- 1  **Emergency Plan:** Your first priority in getting prepared and gathering emergency supplies is to make a plan. This is a critical step because it helps you organize in your mind what you want to accomplish and how you are going to get there. Don't forget to review, rotate, & replace expired items at least annually.
- 2  **Grab-n-Go™ Supplies:** In case you & your family need to evacuate, make sure you have adequate Grab-n-Go™ supplies. These supplies need to be light weight, convenient, small, comprehensive and 100% self-contained. You should have your basic needs covered for at least 72 hours.
- 3  **Shelter-in-Place™ Supplies:** If you are able to stay in your home or are told to remain indoors, make sure you have adequate Shelter-in-Place™ supplies. These supplies should provide the basics for as long as possible with an emphasis on water & food, but don't forget that you may not have electricity and/or heat.
- 4  **Clean Water:** After warmth & shelter, water is your most vital necessity. Without water you will only be able to survive a few days. Make sure you know where to get clean water, how to clean water and where it will be stored. Don't be caught in a disaster with empty water containers or containers full of bad water.
- 5  **Shelf Stable Food:** The best practice is to purchase long-term food storage with a shelf-life of at least ten years. This minimizes the hassle of rotating food storage frequently, increases the likelihood of having usable food when you need it most, and reduces your long-term cost of food storage.

### Emergency **PLAN**

**EARTHQUAKE:** *During an Earthquake* - drop to the ground; take cover by getting under something sturdy, cover your face and head with your arms and crouch. Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture. Use a doorway for shelter only if it is close to you and a loadbearing doorway. Stay inside until shaking completely stops. Do not use the elevators. If outdoors, move away from buildings, streetlights, and utility wires. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls. *If Trapped* - Do not light a match. Do not move about or kick up dust. Cover your mouth. Use a whistle, tap on a pipe or wall to help rescuers locate you. Shout only as a last resort. *After the Earthquake* - expect aftershocks. Listen to radio or TV for info. Avoid using the telephone. Open cabinets cautiously. Stay away from damaged areas. Be aware of possible tsunamis in coastal areas. Help injured or trapped persons. Do not move seriously injured persons unless they are in immediate danger. Clean up spills. Leave immediately if you smell gas or chemical fumes. Inspect for chimney damage. Check for gas leaks. If you smell gas or hear blowing or hissing noise, open a window, leave the building, turn off the gas at the outside main valve, and call the gas company. Look for electrical damage. Check for sewage and water line damage. Return home only when authorities say it is safe.

**HURRICANE:** Listen to the radio or TV for info. Secure your property. Install permanent storm shutters or 5/8" marine plywood, cut to fit and ready to install. Install straps or clips to secure your roof to the frame structure. Determine how and where to secure your boat. Consider building a safe room. Turn off utilities if instructed. Turn the refrigerator to coldest setting and keep doors closed. Turn off propane tanks. Avoid using the phone. *Evacuate If* - if you are directed by authorities, if you live in a mobile home or temporary structure, if you live in a high-rise, if you live on the coast, on a floodplain, near a river, or on an inland waterway, if you feel you are in danger. *If Staying-Put* - stay indoors during the hurricane and away from windows and glass. Close all interior doors & secure and brace external doors. Keep curtains and blinds closed. Do not be fooled if there is a lull. Take refuge in small room on lowest level. Lie on the floor under a sturdy object.

**FLOOD:** Listen to radio or TV for info. If flash flooding is possible in streams, drainage channels, canyons etc., move immediately to higher ground. *If Evacuating* - Secure your home. Do not walk through moving water. Six inches of moving water can make you fall. Do not drive into flooded areas. Six inches of water can cause loss of control and possible stalling. A foot of water will float many vehicles. Two feet of rushing water can carry away most vehicles including SUVs and pick-ups. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away. *If Staying-Put* - Bring in outdoor furniture. Move items to an upper floor. Turn off utilities if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

**NUCLEAR DISASTER:** *If Evacuating* - keep car windows and vents closed; use re-circulating air. *If Staying-Put* - turn off the air conditioner, ventilation fans, furnace, and other air intakes. Go to a basement or other underground area, if possible. Do not use the telephone unless absolutely necessary. Keep food in covered containers or in the refrigerator. Food not previously covered should be washed before being put in to containers. Remember to help your neighbors who need assistance. *If Exposed* - follow decontamination guidelines.

**BIOLOGICAL THREAT:** *If Evacuating* - take emergency kit & leave immediately. Listen to radio or TV for evacuation routes, shelters, and procedures. Follow recommended evacuation routes not shortcuts. *If Staying-Put* - Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible. Follow "Seal the Room" Instructions if necessary. Remember to help your neighbors who may require special assistance. *If Exposed* - follow decontamination guidelines.

**"SEAL THE ROOM" INSTRUCTIONS:** Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape. Seal gaps around window and AC units, bathroom and kitchen fans, and stove/dryer vents with duct tape and plastic sheeting, wax paper or aluminum wrap. Measure and cut the sheeting in advance. Use material to fill cracks and holes in the room, such as those around pipes. If gas or vapors could have entered the building, take shallow breaths through a particulate respirator mask, cloth, or towel.

**DECONTAMINATION GUIDELINES:** Immediately remove all clothing and seal in a plastic bag. Avoid contact with mouth, nose and eyes. Cut clothing to remove if necessary. Remove eyeglasses or contacts. Glasses can be decontaminated in a pan of household bleach. Gently wash face & hair with soap & water before thoroughly rinsing with water. Blot (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water. Change into uncontaminated clothes. Clothing stored in drawers or closets is more likely to be uncontaminated.

<input type="checkbox"/> Personal Documents	<input type="checkbox"/> Birth/Marriage Certificates	<input type="checkbox"/> Titles/Deeds/Receipts	<input type="checkbox"/> Financial Backups
<input type="checkbox"/> Social Security Cards	<input type="checkbox"/> Wills & Advance Directives	<input type="checkbox"/> Computer Backups	<input type="checkbox"/> Photos & Pictures

Date Last Reviewed/Rotated Supplies \_\_\_\_\_ Next Date to Review/Rotate Supplies \_\_\_\_\_

Neighborhood Gathering Place \_\_\_\_\_

Out of State Contact \_\_\_\_\_ Local Emergency Contact \_\_\_\_\_ Local Police/Fire Department \_\_\_\_\_

### Grab-n-**GO**

In case you need to leave your home and/or evacuate the area, it is vital to your survival that you have Grab-n-Go™ supplies ready to go at a moment's notice. These need to be small, lightweight, convenient, and 100% self-contained. Your Grab-n-Go™ supplies should be kept in an easy-to-access location near an outside exit and contained in a portable enclosure such as a backpack or bucket. These supplies should provide items in the areas listed below for a period of at least 72-hours; this is generally the time it takes for external aid to arrive. Remember, you can survive only 3-hours without shelter, 3-days without water, and 3-weeks without food, so shelter, water, and food are your priorities. MREs, water pouches, tube tents, emergency blankets, and LED flashlights are ideal.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Warmth & Shelter  | <input type="checkbox"/> Sanitation & Hygiene   | <input type="checkbox"/> Cooking & Fuel      |
| <input type="checkbox"/> Water & Hydration | <input type="checkbox"/> Generators & Batteries | <input type="checkbox"/> First Aid & Medical |
| <input type="checkbox"/> Food & Nutrition  | <input type="checkbox"/> Light & Communication  | <input type="checkbox"/> Tools & Supplies    |

### Shelter-in-**PLACE**

If it is safe and circumstances allow during an emergency situation, staying in your home provides you with the most vital necessity of shelter and allows you the storage space and resources to have supplies that will last much longer than is possible with Grab-n-Go™ supplies. These Shelter-in-Place™ supplies should provide items in the areas listed below for as long as possible given your available budget and storage space. Ideally, you should have one year's worth of Shelter-in-Place™ supplies. Ideal solutions are freeze-dried food, water barrels or containers, water filters and purifiers, gas/propane/solar powered generators, isobutane/propane cooking stoves, LED flashlights, and portable heaters. Plastic sheeting and duct tape is invaluable to protect yourself from a biological threat.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Warmth & Shelter  | <input type="checkbox"/> Sanitation & Hygiene   | <input type="checkbox"/> Cooking & Fuel      |
| <input type="checkbox"/> Water & Hydration | <input type="checkbox"/> Generators & Batteries | <input type="checkbox"/> First Aid & Medical |
| <input type="checkbox"/> Food & Nutrition  | <input type="checkbox"/> Light & Communication  | <input type="checkbox"/> Tools & Supplies    |

### Clean **WATER**

You should have 1 gallon of water per person per day for drinking, cooking, cleaning, & hygiene. Store water in barrels or 5-gallon containers. Use water preserver to extend water storage life. Include water pouches in 72-hour kits. Have a filter and purifying solution to treat water.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Water Barrels | <input type="checkbox"/> Siphon Pump     | <input type="checkbox"/> Portable Water Filter    |
| <input type="checkbox"/> Water Pouches | <input type="checkbox"/> Water Preserver | <input type="checkbox"/> Water Purifying Solution |

Next Date to Rotate 72-Hour Kit Water \_\_\_\_\_ Next Date to Rotate Water in Barrels \_\_\_\_\_

### Shelf-Stable **FOOD**

You should have at least 1200 calories per day per person and a variety of foods such as entrees, breakfasts, meats, vegetables, fruits, and dairy that will provide a balanced diet with food that your body is accustomed to. It is vital that the option you choose be usable in an emergency situation where you may not have electricity. Freeze-dried food provides the best solution. It has a 30+ year shelf-life and requires only hot water to prepare. This reduces the amount of long-term cost, time, energy, and fuel required to survive in an emergency.

- |                                      |                                     |                                 |
|--------------------------------------|-------------------------------------|---------------------------------|
| <input type="checkbox"/> Entrees     | <input type="checkbox"/> Breakfasts | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Meats/Beans | <input type="checkbox"/> Vegetables | <input type="checkbox"/> Dairy  |

Next Date to Rotate Long-Term Storage \_\_\_\_\_

