

## Simple Steps to Preparedness

This is specifically for people starting to really prepare, but the idea can be adapted to updating what you have as well.

**Plan where you will keep emergency supplies.** They do take up space and they need to be able to be organized. Planning for emergency supplies is an important part of getting prepared.

1. Decide on one place where you can keep supplies needed immediately for an emergency. This includes things you would want to grab to evacuate or that you would need first even if you stay at home. It should be:

- Easily accessible
- Well organized
- Updated at least twice a year
- If items are removed for use or replacement they should be replaced asap.

What things should be kept in this place? The things you would need to grab for evacuation or access immediately if a catastrophic disaster should occur. 72 hour kit for each person would be part of this supply. The things kept in this place would include:

- Bed roll/sleeping bag/ or at least thermal blanket
- Extra clothing (winter bundle)
- 72+ hours' worth of food
- 72+ hours' worth of water (and as extra – travel water filter like a life straw or other)
- First Aid supplies/medications
- Hygiene supplies
- Sanitation supplies, masks, gloves (including potty bucket with supplies)
- Water purification supplies
- Important papers file
- Instructions, phone numbers, maps, cash
- Emergency radio
- Activities such as travel or card games, coloring books (with colored pencils that don't melt), crossword puzzles, notebook and pencils...
- Small and easy to carry shelter (This is extra credit.)

If you are keeping your 72 hour kit in your car it is also a good idea to have a good pair of walking shoes and stockings so that if needed you can take your kit and walk home or to a safer place.

2. Decide where and how you will store other items that are not immediate emergency items and how you will designate which need to be used first and where to place the ones you restock with. These items might include:

- 3 month supply of food
- Long-term supply of food
- Greater than 72hr supply of water
- Larger supply of medications, herbs, first aid
- Clothing and bedding (can be in your closet)
- Laundry and clothing repair supplies
- Alternative cooking supplies and fuel
- Hygiene supplies
- Sanitation supplies (such as washable cloths or feminine supplies, organic composting matter...)
- Financial reserves (can count bank account as well)

These longer term supplies do not need to all be in the same place, but you need to keep them stocked and updated. For instance, clothes can be kept in your bedroom. Medical supplies can be kept in the medicine cabinet.

**3 - Plan a budget for emergency preparedness each week or month.** Make a schedule for the things you will add to your supplies after evaluating what you need. Start with what is comfortably doable so that you can stay consistent at preparing. This might look something like this. You are going to stay in a budget of \$20.00 a month, so you will do the following each week:

- Week 1 – Put away \$10.00 for financial preparedness in a safe place if storing cash, or in a special bank account. (If you are in debt, you should also pay that off as fast as you can.)
- Week 2 – Add \$5.00 worth of food or water to my supplies
- Week 3 – Spend or save \$5.00 to purchase supplies for one of the areas other than food. (see \$5.00 kits) For more expensive purchases save the money up for the purchase.
- Week 4 – Work on a provident skill or task that will help you be more prepared and self-reliant such as gardening, sewing, cooking from scratch, alternative cooking, canning, home repairs, first aid. Alternatively work on family plans for different scenarios or build checklists for those plans. These might include what to gather in an evacuation if you have time or a list of emergency numbers. Keep these with the immediate supplies where you have ready access to them.

**4 – Twice a year, evaluate the kits and supplies you have, and schedule in their updates.** Designate the months you will always do this. Some people use general conference months. Others may choose January and July.

\*If you have extra income such as gifts and tax returns you might want to add a percentage to preparedness.