EMERGENCY PREPAREDNESS PLAN

See the Master Checklist sheet for a summary of all the components of your:
Family Plan, Disaster Kit, and Evacuation List

For more detailed information on the subcategories:
Contact Info, 72-Hour Food Kit, Emergency Binder, and Car Kit,
Click on their respective sheets found at the bottom of the excel file or on the boxes.

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FOOD STORAGE made EASY
Family Emergency Plan:

- CONTACT INFORMATION (For full list click here)
- meet with family members to discuss how to respond to the dangers of fire, severe weather, earthquakes, and other emergencies.
- find the safe spots in your home for each type of disaster
- discuss what to do about power outages and injuries
- draw a floor plan of your home and mark two escape routes from each route
- post emergency phone numbers near telephones
- teach children how and when to call 911, police, and fire
- instruct family members to turn on the radio for information
- pick one out-of-state and one local friend/family member to call in a disaster
- teach children the phone numbers
- pick two reunion locations, one right outside of your home, and one away from your neighborhood in case you cannot return
- take a basic first aid and CPR class

Disaster Supplies Kit: (including 72-Hour Food Kit & Emergency Binder)

- 72-HOUR FOOD KIT (For full list click here)
- EMERGENCY BINDER (For full list click here)
- supply of water (one gallon per person per day)
- first aid kit and prescription medications
- extra pair of glasses
- credit cards and cash
- change of clothes and sturdy shoes
- battery powered radio, and extra batteries
- blankets or sleeping bags, rain poncho, body warmer
- list of emergency plan contact info
- booster cables for car, car shovel, rope, N95 dust mask, working gloves
- flashlight with batteries
- wind/waterproof matches, and candle
- personal hygiene products (baby stuff, soap, tooth care, toilet paper)
- games, books, hard candy, toys
- tire repair kit and pump, duct tape, swiss army knife

NOTE: Keep this kit in an easily accessible place in your home in case of evacuation

Evacuation List:

- CAR KIT (For full list click here)
- GRAB LIST (For full list click here)
- listen to a battery powered radio for the location of emergency shelters
- make arrangements for pets
- wear protective clothing and sturdy shoes
- take your disaster supplies kit
- lock your house
- use travel routes specified by local officials
- shut off water, gas, and electricity
- let others know when you left and where you are going

for more information:
http://foodstoragemadeeasy.net
updated: 1/1/2009
Emergency Contact Information

Out-of-State-Contact:
Name:
City:
Telephone:

Local Contact:
Name:
Telephone:

Nearest Relative:
Name:
City:
Telephone:

Family Work Numbers:
Mother:
Father:
Other:

Emergency Telephone Numbers:
Police Department:
Fire Department:
Hospital:

Family Physicians:
Name:
Telephone:
Name:
Telephone:

Reunion Locations:
Right outside home:
Address:
Away from home:
Address:
Telephone:
Route to try first:

for more information:
http://foodstoragemadeeasy.net
updated: 1/1/2009
# 72-Hour Food Kit

*visit http://foodstорagemadeeasy.net for more details*

<table>
<thead>
<tr>
<th>Food Item</th>
<th># per Kit</th>
<th># of Kits</th>
<th>Total #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tang (1/4 cup each serving)</td>
<td>2 servings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>instant oatmeal</td>
<td>2 packets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>granola bars</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cocoa mix (1/4 cup each)</td>
<td>2 servings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>single serving stew or pasta with “pop top” lid</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>gum</td>
<td>10 sticks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>jolly rancher candy</td>
<td>9 pieces</td>
<td></td>
<td></td>
</tr>
<tr>
<td>beanie weenies with “pop top” lid</td>
<td>1 can</td>
<td></td>
<td></td>
</tr>
<tr>
<td>.5 oz fruit roll-ups</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>single serving Lipton Noodles</td>
<td>2 envelopes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz. package raisins</td>
<td>1 package</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz. package beef jerky</td>
<td>2 packages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>plastic spoons</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>matches</td>
<td>1 package</td>
<td></td>
<td></td>
</tr>
<tr>
<td>snack-size zip lock bags for Tang and cocoa</td>
<td>4 baggies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>clear packing tape to close</td>
<td>NA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>wing stove</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fuel pellets</td>
<td>3 packages</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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updated: 1/1/2009
Emergency Binder

Contents:
- birth certificates
- passports
- social security cards
- copies of your credit cards front and back
- homeowners insurance policy
- auto insurance policy
- life insurance policy
- bank statements
- retirement statements
- *internet passwords (banking, personal, work etc)
- immunization records
- utility statements
- utility statements
- work/tax documents that would be difficult to replace
- CASH - keep a variety of small bills on hand

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updated: 1/1/2009
Car Kit

<table>
<thead>
<tr>
<th>Contents:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Water (a case of bottles would be excellent)</td>
</tr>
<tr>
<td>- 72 hour kit food, high calorie meal bars, or other snacks</td>
</tr>
<tr>
<td>- Cash ($20-30 in small bills and include some change)</td>
</tr>
<tr>
<td>- Diapers/Wipes if you have kids</td>
</tr>
<tr>
<td>- Emergency blankets/hand warmers (or an old spare comforter)</td>
</tr>
<tr>
<td>- Jumper cables</td>
</tr>
<tr>
<td>- Car shovel/pick</td>
</tr>
<tr>
<td>- Pocket knife</td>
</tr>
<tr>
<td>- First aid kit</td>
</tr>
<tr>
<td>- Radio</td>
</tr>
<tr>
<td>- Package of batteries (for flashlight and radio)</td>
</tr>
<tr>
<td>- Toilet paper roll</td>
</tr>
<tr>
<td>- Spare clothes for small children</td>
</tr>
<tr>
<td>- Coffee can heater</td>
</tr>
</tbody>
</table>

*NOTE: Some of these items are also in the Disaster Kit
Feel free to decide whether your keep these items in your car or kit

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List of things to Grab in Evacuation

Contents:

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updated: 1/1/2009
<table>
<thead>
<tr>
<th>Website</th>
<th>User Id</th>
<th>Password</th>
<th>Other</th>
</tr>
</thead>
</table>

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updated: 1/1/2009