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Family Emergency Plan Check List

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Making the decision to prepare for emergency begins with a level of awareness. A prepper knows that there are possible threats, and it only makes sense to be as prepared as possible beginning with elemental disaster items to sustain basic needs (food, water, clothing and shelter) and then adding more preparedness layers onto it. Basic disaster items are intended to sustain a person and their family for 3-5 days. One of the common reasons why people do not prepare is because of the overwhelming nature of it all. Having a guide to help with assist in determining what steps need to be taken by you and your family members when an emergency arise.

Family – Make a Plan

- Designate an out-of-town contact.
- Designate a local contact.
- Create a family and/or neighborhood emergency calling list. Each person calls the next person on the list to minimize time on the phone.
- Set up a neighborhood meeting place.
- Set up an out-of-town meeting place.
- Create an information list of names and information on each member (contact information such as phonenumber and addresses).
- Include important papers (birth certificates, marriage license, insurance information, house deeds, life insurance, car insurance) and vital medical information (allergies, blood types, medical prescriptions needed) on family members and [pets](#) ^[1], including doctors phone numbers and veterinary phone numbers and addresses.
- Create emergency wallet cards with emergency information.
- Print out plan to put in [G.O.O.D Manual](#) ^[2] and email to family members.

3 Day Essentials – 72 Hour Kits

- Printed out [essential emergency checklist](#) ^[3]
- Checked off kit items already on hand.
- Purchased needed emergency items.
- Created a [72 Hour Kit](#) ^[4] and a [Vehicle 72 Hour Kit](#) ^[5].

Information Sources of Possible Disasters in Your Area and Country

Collecting information on disasters that threaten your area is a great way to research the disasters as well as prepare for them. Here is a list of the common types of emergency people typically prepare for:

- [Flooding](#) ^[6]
- Fire Safety
- [Blizzards](#) ^[7]
- Contractible Diseases
- [Hurricanes](#) ^[8]
- [Earthquakes](#) ^[9]
- Famine
- Drought
- Tornado
- Tsunami
- Volcano
- Wildfires
- [EMP](#) ^[10]
- [Nuclear Disaster](#) ^[11]

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URLs in this post:

[1] pets: http://readynutrition.com/resources/are-you-ready-series-the-prepared-pet_27022010/

[2] G.O.O.D Manual: http://readynutrition.com/resources/good-manuals-every-family-should-have-one_22102009/

[3] essential emergency checklist: http://readynutrition.com/resources/store-your-food-and-be-ready_14122009/

[4] 72 Hour Kit: http://readynutrition.com/resources/are-you-ready-series-72-hour-kits_04122009/

[5] Vehicle 72 Hour Kit: http://readynutrition.com/resources/vehicle-72-hour-kits_04122009/

[6] Flooding: http://readynutrition.com/resources/are-you-ready-series-floods-and-flash-flooding_11062010/

[7] Blizzards: http://readynutrition.com/resources/cold-weather-preparedness_04122009/

[8] Hurricanes: http://readynutrition.com/resources/are-you-ready-series-hurricane-preparedness_24052010/

[9] Earthquakes: http://readynutrition.com/resources/preparing-for-an-earthquake_27012010/

[10] EMP: http://readynutrition.com/resources/emp-threat-%e2%80%98within-one-year-9-out-of-10-americans-would-be-dead%e2%80%99_05052010/

[11] Nuclear Disaster: http://readynutrition.com/resources/survive-anything-chapter-1-nuclear-attack_12042010/

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