

Emergency Preparations Checklist (www.5six7.com)



A common misunderstanding to preparing is for some end of the world, Hollywood doomsday scenario. It's really about preparing for the real life challenges we will all face at some point; the kind of situation that will feel like the end of your world as the cascade of events occur. Be prepared. Print and share the PDF version of this list ([Alt Link](#)) to help others start preparing. [\[Blog Link\]](#)

The tons of information on the web and this site can be overwhelming to someone just starting Emergency Preparations. This list may help simplify the process. Before clicking any links, use this basic list as is. Go slow, start small, then expand on details one item at a time using the links provided. For more details, click the HOME Button on www.5six7.com/prepare. **Start preparing now.** It will be too late when an emergency happens and everyone is panicking and scrambling for supplies.

Emergency Planning: Panic, not rational thinking, is the first reaction to an emergency. The Cure for panic is Planning and Preparing. [Documented](#) emergency procedures helps organize panic and chaos. Prepare with a trusted group of like-minded people and share steps to take for every possible situation that might arise. Plan what to do/have (meeting places, contacts list) if staying or leaving home. Build a Bug-Out/Go Bag per family member. Include Pet family members in the Plan. Have a long-term strategy, not just for the moment. Journal thoughts, scenarios and lessons learned to better prepare for the future. New to Emergency Planning? - take quizzes for a fun way to get started. Avoid [reliance](#) on others (contractors, stores and [especially] government!) and technology; learn "old-school" skills. [Become more self-sufficient.](#)

Where Can I Get My Tools & Supplies?: Supplies don't need to be expensive. Dollar Stores, Pawn Shops, Yard Sales are some local options. Search for free stuff web sites. Find product links throughout the P4T web site. Don't just get stuff because it's free unless you can barter (trade) it for stuff you actually need/want. During chaos, stores will run out of inventory and people will run out of their supplies. Things you can trade, to get what you want, will be invaluable. Others will trade what you need for items you don't consider useful (booze, cigarettes, etc.). Store, organize and prioritize supplies in easy-to-move containers for quick access and relocation if evacuation is necessary. Electric and fuel may be unavailable for power tools so have [hand tools](#) for repairs.

How Long Should My Supplies Last? It's recommended to have a *minimum* of Two (2) Weeks Supply of the following items for each person in your household. Water and Shelter should be priorities. Hard as it may seem to imagine, consider a worse case scenario of being completely cut off from the outside world, including public utilities, and what you will need to live for 2 weeks alone. Build your supplies a little at a time to lessen the impact on your spending and finances. Gradually increasing supplies to a month, 3 months or more, is a good goal. And, If you think you have enough, get more as money and storage space allow.

[1] - Shelter: Shelter is a top priority in most emergencies. Without shelter, severe weather conditions can kill within a few hours. Shelter defends from the elements and intruders. Luckily, there are many techniques and materials (wherever you may be) for building and enhancing a shelter. Additionally, under "normal" conditions, it's helpful to learn techniques for heating, cooling, cleaning and filtering your indoor environment.

[2] - Fire/Heat: Building a fire for staying warm, light, cooking and signaling is a skill everyone should know. Having the tools and knowledge will make fire-building easier and effective. Without electricity, a well-built fire will build morale and provide heat and light.

[3] - Water: Water is the essential element to survival and necessary in every emergency plan and emergency supplies kit. The average person can survive only three (3) days without water. Knowing how and where to gather water and properly store, filter and decontaminate water can insure that you and your family will have enough water during an emergency. The recommended Water Storage Supply is a *minimum* of One (1) Gallon of Water per person, per day for drinking (32 oz) and sanitation. Store up; public water sources may become unavailable or contaminated during an emergency.

[4] - Food: Tasty, nutritious and readily-available food is something we normally expect. Modify your usual shopping list for canned and dehydrated (dried) food and beverage alternatives to provide necessary nutritional needs during an emergency. Remember that water is needed to re-hydrate dried foods. To prevent spoilage, buy food to eat normally but replace what you eat to keep your stash stocked up. Estimate 2000 calories (+/-) per person per day.

[5] - Personal Care & Sanitation: Staying clean and fresh is not just a civil nicety. Good hygiene is a mandate for good health in good times or bad. A lack of hygiene offends others and can result in debilitating illness, disease or other maladies which can sap morale or lead to incapacitation. Stock up on soap and personal hygiene products to stay clean and healthy in any situation. Wash hands frequently.

[6] - First Aid & Medicine: Stock up on basic first aid medicines and supplies and prescription medications necessary for family members, including pets. Invest in a [Survival Medicine Handbook](#). Knowing Home Remedies and growing medicinal plants can help if conventional medications become unavailable.

[7] - Defense Strategy: Defending ourselves, family and home or business is a right and a responsibility. Reinforce structures (house, etc.) with better locks and board-up options for windows and doors. Add alarms, cameras, outside lighting and consider self-defense weapons. If firearms are included, stockpile ammunition. Consider joining or organizing a [Neighborhood Watch](#) group. Be cautious of, and monitor, [government activities](#).

[8] - Communications: Cell phones, telephone land lines and even satellite communications may not be available during a major catastrophic event. [Portable 2-way radios](#) and an [AM/FM/Weather Band Radio](#) are recommended to stay in touch with one another and the outside world.

[9] - Navigation: As with cell phones and the grid, GPS systems may be unavailable during an emergency. Knowing how to read a map and use a compass are skills that could help navigate out of a bad situation to a safe location in unfamiliar areas. Plan multiple access and escape routes.

[10] - Vehicle Preparation: Chances are, if you are not at home when an emergency strikes, you will be in, or near, your vehicle. So, for the majority of us, our everyday vehicle will need to be ready to serve us in nearly any emergency big or small. Stocking all vehicles with emergency, including self-defense, supplies & keeping them well maintained will serve you well in an emergency. Never let the gas tank get below 3/4 full.

[11] - Power: There are many alternatives for electric power in an emergency. Fire, generators, solar, batteries, fuels, water and wind are all options for being able to create electricity when the grid goes down. Acquire and keep reserve fuel containers full. Use [fuel stabilizer](#) to keep fuel fresh.

[12] - Finances: Keep cash on hand. Consider Silver & Gold & [bartering](#) items. Banks & ATMs may be affected by an emergency. Improve your financial condition ([get out of debt](#), [reduce everyday expenses](#)). Create an Emergency Fund for unexpected expenses. [Plan for Job/Income Loss](#) options.

[13] - Important & Legal Documents: Gather, [organize](#) and protect [these documents](#) in one location, in a waterproof and fireproof container, for easy access and retrieval if bugging-out is necessary. Both paper and digital [docs & photos] are recommended.

[14] - Fun & Games: Including forms of entertainment, in the emergency preparedness plan, can help to cope, reduce stress and lighten the mood in an emergency or unpleasant situation. Consider non-electronic games and other forms of entertainment, easily transportable if bugging out is necessary.

Links Used in This Document and More:

Emergency Checklist Page: <https://www.5six7.com/prepare>
Emergency Checklist PDF: https://www.5six7.com/survival/P4T/P4T_Blog-Emer_Prep_Checklist.pdf
Build a Bug-Out/Go Bag: https://www.5six7.com/survival/P4T/P4T_Blog-BugOutBag.htm
P4T Home Page: <https://www.5six7.com/survival/P4T/>
Why Plan: https://www.5six7.com/survival/P4T/P4T_Blog-Planning101.htm#why-plan
SHTF Cascade of Events: https://www.5six7.com/survival/P4T/P4T_Blog-SHTF-Cascade.htm
When Disaster Strikes - A Emergency Plan Outline: https://www.5six7.com/survival/When_Disaster_Strikes-Emergency_Plan_Outline.html
Survival Companionship/Team: https://www.5six7.com/survival/P4T/P4T_Blog-Survival_Companionship.htm
Risk Analysis - Actions for every situation: https://www.5six7.com/survival/P4T/P4T_Blog-PlanningForAnEmergency.htm#risk-analysis
Deciding to stay or leave home: https://www.5six7.com/survival/P4T/P4T_Blog-BugOut-StayPut.htm
Prepping for Pets: https://www.5six7.com/survival/P4T/P4T_Blog-Pet_Prepping.htm
Keeping a Leasons-Learned Journal: <https://www.5six7.com/survival/P4T/P4T-Leasons-Learned.htm#take-notes>
Prepping Quizzes for the Beginner: https://www.5six7.com/survival/P4T/P4T_Blog-Emergency_Plan_Basics.htm#prepquiz
Ways to Become more self-sufficient: https://www.5six7.com/survival/P4T_Blog-BeyondExisting.htm
Finding Survival Preps: https://www.5six7.com/survival/P4T/P4T_Blog-Low_Cost_Survival_Preps_From_Pawn_Shops_and_Flea_Markets.htm
Free stuff web sites: <https://moneypantry.com/websites-to-get-free-stuff/>
Bartering (trading): https://www.5six7.com/survival/P4T/P4T_Blog-Bartering.htm
Shelter: https://www.5six7.com/survival/P4T/P4T_Blog-Shelter.htm
Fire/Heat: https://www.5six7.com/survival/P4T/P4T_Blog-Fire_Starting-Building.htm
Water: https://www.5six7.com/survival/P4T/P4T_Blog-PlumbingOutage.htm
Food: https://www.5six7.com/survival/P4T/P4T_Blog-Food-Camping_Emergency_Long-Term-Storage.htm
Personal Care & Sanitation: https://www.5six7.com/survival/P4T/P4T_Blog-Personal_Care.htm
First Aid & Medicine: https://www.5six7.com/survival/P4T/P4T_Blog-SurvivalMedicine.htm
Defense Strategy: https://www.5six7.com/survival/P4T/P4T_Blog-DefenseStrategy.htm
Surviving Where You Are: https://www.5six7.com/survival/P4T/P4T_Blog-SurvivingWhereYouAre.htm
Emergency Communications: https://www.5six7.com/survival/P4T/P4T_Blog-EmergencyCommunications.htm
Navigation: https://www.5six7.com/survival/P4T/P4T_Blog-Navigation.htm
Vehicle Preparation: https://www.5six7.com/survival/P4T/P4T_Blog-PreparingYourVehicleforanEmergency.htm
Emergency Power [Outage]: https://www.5six7.com/survival/P4T/P4T_Blog-PowerOutage.htm
Finances: https://www.5six7.com/survival/P4T/P4T_Blog-GoldSilver.htm
Get out of debt: https://www.5six7.com/survival/P4T/P4T_Blog-Debt_Get_Out.htm
Reduce everyday expenses: https://www.5six7.com/survival/P4T/P4T_Blog-Minimalist_Living.htm
Plan for Job/Income Loss options: https://www.5six7.com/survival/P4T/P4T_Blog-Job_Loss.htm
Important & Legal Documents: https://www.5six7.com/survival/P4T/P4T_Blog-Documents-Prep.htm
Fun & Games: https://www.5six7.com/survival/P4T/P4T_Blog-Fun.htm

