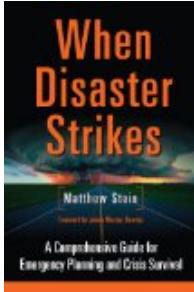


Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)



The following content is based on the book "[When Disaster Strikes](#)" by [Matthew Stein](#), pages 22 through 33. The rest of the book supports the outline to help add details to your custom plan. The book is worth having in hand to prepare your plan and when something happens. It is highly recommended that you **get your own copy now**. Hyperlinks are included to actual products for the sake of clarification.

The information in this document "won't do you much good unless you put it to use. It won't take a lot of time or money to put together a first-aid kit, 72-hour grab-and-go short-term family survival kit, and a disaster survival plan for yourself and family. Think of how wonderful it will feel to know you are able to fend for yourself and family in the event of a disaster, and perhaps even lend a hand to others who are not so fortunate (and as well prepared) as yourself!" [Matthew Stein](#); "[When Disaster Strikes](#)"

The following questions are intended to help organize your thoughts and guide your actions while making your emergency plans and building your backup supplies and skills: (Refer to page 22 of "[When Disaster Strikes](#)" by [Matthew Stein](#) for details.)

- What natural hazards are there in my area? Have I taken precautions to protect my home?
- What is my potential for being caught in a significant earthquake, flood, hurricane, tornado, or wildfire? *Note:* See the appropriate chapters in Part 3 of "[When Disaster Strikes](#)" by [Matthew Stein](#) for specific information pertaining to each of these hazards.
- How long do I anticipate that I might be without access to utilities and supplies?
- If the electricity goes out for an extended period of time, how will I cook and how will I heat and light my home? How will I keep the food in my refrigerator and freezer from rotting?
- Do I have supplies and training to deal with medical emergencies if medical help is unavailable?
- If I must evacuate my home, do I have portable emergency supplies readily available to bring with me?
- In case I need to evacuate on foot, do I have a large backpack, lightweight compact camping gear and sturdy hiking boots?
- How many people do I wish to store supplies for? What about my friends, neighbors or relatives?
- Do I have pets that I wish to feed and care for?
- Do I have small children or infants with special needs?
- Do I require prescription medications or are there any additions I wish to provide for in case distributions systems go down for a period of time?

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

Family and friends we need to coordinate with? *

Select a few of your nearest and dearest. Who will you want to notify if something happens?

Name	Phone	Address / Location

Where will we meet in an emergency?

Meet at one of these locations in the order listed.

If we are not there, wait _____ then leave a note and move to the next location.

When communicating with each other, use the **Site # only** and not the Name or Location.

(A house is not recommended in case it's inaccessible due to the emergency)

Site #	Name	Address / Location

Who will we check in with?

If we can't contact one another directly, use this list to leave messages.

(Include local **and** out-of-state contacts in case the locals are affected the same as you)

Contact Name	Phone	Address / Location

What other contacts will be helpful in an emergency?

Name	Phone	Address / Location
Emer. Shelter		
Doctor		
Red Cross		

* If available, you may try to make contact over the internet via your Social Media accounts

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

Planning for the Short Term

The following information on short-term planning is designed to help you to prepare for emergencies when services are disrupted for periods of up to one week. Everyone should have enough food, water, and other emergency supplies to last for at least three (3) days (72-hour emergency kits), and preferably two or more weeks.

Short-Term Preparedness Checklist:

(Refer to page 23 of "[When Disaster Strikes](#)" by [Matthew Stein](#) for details.)

- Store at least one 72-hour emergency "grab-and-go" [survival kit](#) in or near your home, and condensed versions in your cars. See following pages.
- Determine a local meeting place with a large open area, such as a park or school, where your household can gather if you are separated and do not have access to your home during emergencies.
- Make sure that all capable members of your family know how and where to shut off the water, gas and electricity for your home in the event of an emergency.
- Stash spare keys to your vehicles somewhere on the vehicle and an additional supply of keys somewhere outside of your home (securely hidden).
- Store at least a two-week [supply of food](#) for your household.
- Store a combination of [water](#), water treatment chemicals, and [water-purifying](#) filters to provide for your household for at least a week (see chapter 8 for more information on filters and purification in the book "[When Disaster Strikes](#)" by [Matthew Stein](#)).
- Keep a [survival manual](#) in each car with a [first-aid kit](#), spare clothing, and a [water filter](#), if not a full 72-hour kit.
- Get proper first-aid and CPR training for all capable members of your family. See the [American Red Cross](#) for first-aid training and assistance with local emergency planning.
- Arrange for an out-of-state emergency contact to reach for coordination and communication. After an emergency, it may be easier to call long distance than locally, or your family may be separated and need an outside contact to communicate through.
- Locate your nearest emergency shelter (call your [local Red Cross](#) for this information). Practice the route to the shelter, if it's not conveniently located.
- Make sure that you have [smoke detectors](#) in your home. Change their batteries at least once a year.
- Store your important papers in one easily accessible location, preferably in a [waterproof and flameproof box](#).
- Discuss your emergency-preparedness plans with all members of your household. Keep the discussion light and positive.

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

72-Hour "Grab-and-Go" Survival Kit should include at least:

(Refer to pages 24-25 of "[When Disaster Strikes](#)" by [Matthew Stein](#) for details.)

1. [Walking/hiking shoes/boots](#) that are waterproof/resistant or separate [waterproof shoe covers](#).
2. Portable Radio^ ([AM/FM/Weatherband](#)) - [hand-crank and/or solar powered preferred](#).
3. [First-aid Kit](#) with first-aid and survival handbooks ("[When Disaster Strikes](#)" by [Matthew Stein](#) covers both). See following pages for First-aid Kit contents.
4. Water, water bottle, [water-purification](#) chemicals and/or [purifying filter](#). Enough water to provide 1 gallon per person per day.
5. [Waterproof and windproof matches](#) and lighter in a waterproof container and [flint fire starter](#).
6. [Wool or pile blankets](#) (avoid cotton) because they are warm even when wet, and/or [sleeping bag](#) (avoid down sleeping bags except for extreme cold climates because they are worthless when wet). Also, a heat-reflective, waterproof "[space blanket](#)".
7. [Dust masks](#) with a N95 or a N100 rating, which not only keep dirt and debris away, but can also filter airborne pathogens. These will also help warm the air you breath in cold weather.
8. A [colloidal silver generator](#).
9. [Flashlight](#)^, with [spare batteries](#)^, or one that [solar-recharges, cranks, or uses the Faraday-Principle of electromagnetics](#).
10. [Candles](#) (useful for lighting fires with damp wood) and [light sticks](#) (emergency light when nothing else works or explosive gases are present).
11. Toiletries, including toilet paper, toothbrush & paste, soap (bars), razor, shampoo, sanitary napkins (also good for severe bleeding wounds), a pack of dental floss (for sewing and tying things), sunscreen, facial tissue packs, wet-wipe packets, extra eyeglasses, diapers, and so on.
12. [Food](#) for three (3) days per person, minimum (high-energy/protein food bars/candy, dehydrated meals [just add hot water]).
13. Prescription medication(s)
14. Vitamins (C and multi) and aspirin (or alternative pain medication)
15. [Knives, forks, spoons](#), and so on. A camping "[mess kit](#)" (compact set of utensils).
16. A [Swiss Army knife](#) or [quality multi-tool](#) or [small tool kit](#) (including a wrench to shut off utilities) and [blade/knife sharpener](#).
17. Map(s) of current location, intended destination and areas between, [compass, and whistle](#).
18. [Sewing kit](#) with extra-heavy-duty thread.
19. Towel and/or dishcloth.
20. [Tent](#) and/or 50-foot roll of [plastic sheeting for shelter](#).

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

21. Extra set of clothing ([multi-purpose](#) that can be converted/adapted for all weather conditions and seasons). Hat, scarf, [rain gear \(poncho/rain suit\)](#), leather-palm work gloves.
22. [Hand warmers / heat packs](#)
23. [Entertainment](#) (cards, travel-size games set, book of games, pocket-size books, etc.)
24. Twenty-five (25) [kitchen-size garbage bags](#) and lime or [sewage-treatment chemicals](#) (powered-type preferred) for garbage and toilet sewage. A few large [heavy-duty garbage bags](#) can double for raincoats, ground cloths, and shelter.
25. Fifty (50) feet of [heavy-duty nylon string or rope](#).
26. Notepad, pen, pencil.
27. [Duct tape](#)
28. Record of bank number(s), printed copies of important documents and important telephone numbers. See the "[Life-in-a-Box Checklist](#)" section in this document.
29. Spare checks and cash. *Tip:* Use a bank that has widespread branch locations so their records won't disappear in a severe local disaster, leaving you with no bank account access.
30. **Optional items:**
 - (A) [manual can & bottle opener](#)
 - (B) compact [saw](#) or [axe](#) for cutting wood for fire.
 - (C) compact [shovel or trowel](#) for digging.
 - (D) [survival fishing kit](#)
 - (E) [bug/mosquito net clothing](#)
 - (F) [two-way radios](#)[^] ([crank style](#) or with extra batteries) to communicate with others. Take your cell phone but the cell system may be down or busy during an emergency.
 - (G) [spare batteries](#)[^]
 - (H) [air mattress](#) (for sleeping)
 - (I) [compact stove](#) with fuel along with a [cook set](#). Good for boiling water, warming hands and feet, as well as for cooking. If you can build a fire, don't bother with the stove and fuel. If you have already a camping "[mess kit](#)", improvise; don't add a [cook set](#).
 - (J) [pack raft](#) (check for weight limitations [consider person(s) and gear]). Can also be used for shelter.
 - (K) Infant/baby supplies
 - (L) Pet supplies (food, water, medications, etc.)
 - (M) [Flare Gun](#) (for emergency signaling or defense)
 - (N) [Camping Toilet](#)

[^] try to select battery-operated appliances that use the same type of batteries to avoid carrying multiple battery types.

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

Basic First-Aid Kit:

(Refer to pages 28-29 of "[When Disaster Strikes](#)" by Matthew Stein for details.)

- Two Ace bandages
- One box of adhesive bandages (at least 12 Band-Aids) of varying sizes, with at least two 2-inch or larger square bandages
- Six butterfly bandages
- One large roll of 2-inch cloth adhesive tape (may be torn or cut to smaller widths). Useful for binding wounds, taping sprains, and taping "hot spots" to prevent blister)
- Several 4-inch-by-4-inch sterile, non-adhesive dressings
- Three 3-inch-wide gauze rolls
- Two triangular bandages
- Triple antibiotic ointment*
- Mouth shield for mouth-to-mouth resuscitation (precaution against AIDS, tuberculosis, and hepatitis)
- Three sterile applicator sticks, cotton tipped
- Alcohol and/or ten prepackaged alcohol squares*
- Instant cold-pack / icepack
- First-aid manual
- Thermometer
- Safety pins and sterile needle
- Scissors
- Surgical rubber gloves (several pairs)
- Pain-reliever tablets (aspirin, acetaminophen, etc.)*
- Laxative*
- Antidiarrheal medication*
- Syrup of ipecac (to induce vomiting)*

Add the following items for a more advanced first-aid kit:

- Snakebite kit
- Emergency suture kit

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

Life-in-a-Box Checklist: *

(Refer to pages 30-31 of "[When Disaster Strikes](#)" by Matthew Stein for details.)

Emergency Information

- Make a list for each family member of any special medications, medical directives, personal important contracts, personal physician, etc.

Personal Information

- Birth certificates
- Social Security Cards / Social Insurance Cards (Canada)
- Alien cards / immigration papers
- Copies of driver's license
- Medical and immunization records
- Marriage certificates
- Military papers
- Ownership and registration papers and license numbers for cars, RV, boats, etc.

Legal Information

- Will / living trust
- Safe-deposit box information, location and key
- Durable power-of-attorney document
- Medical power-of-attorney document or health care directive

Insurance Policies

- Medical insurance
- Homeowner's or renter's insurance
- Car insurance
- Life insurance
- Burial (funeral) insurance

Real Estate

- Property deeds (or location of originals)
- Current mortgage, rental or lease documents
- Deed to cemetery plot (if applicable)

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

Investments

- Bank accounts, credit unions
- Copies of credit cards (front and back)
- IRA, 401(k) (United States); CRA, RRSP (Canada)
- Stock certificates
- Mutual funds
- Certificates of deposit
- Bonds

Personal Items

- Backup critical items off your computer onto DVDs, CDs, or USB drives
- Digital copies of family photos, certificates, etc. onto DVDs, CDs, or USB drives
- Digital copies of pictures of home, including each room and personal possessions for insurance purposes

(Source: Adapted from [My Life in a Box: A Life Organizer by Laurie Ecklund Long](#), 2009)

* A USB drive or the "cloud" (not highly recommended) may be alternatives to saving paper documents. Multiple copies (backups) are recommended and stored in multiple locations.

Top Ten Survival Skills

(Refer to pages 31-33 of ["When Disaster Strikes" by Matthew Stein](#) for details.)

1. Be prepared.
2. Develop your intuition.
3. Have a disaster plan.
4. Learn first aid.
5. Go camping and backpacking.
6. Know how to start a fire.
7. Learn how to find and purify water.
8. Develop a survivor personality.
9. Learn the "[plant edibility test](#)."
10. Learn how to make a primitive shelter.

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

Planning for the Long Term

Additional Long Term Survival Skills, Tools and Considerations:

1. Shelter and bedding (seasonal and weather preparations)
2. Sewage and Sanitation
3. Water (renewable sources, collection methods and storage)
4. Heating and cooking
5. Hunting and fishing and preparing what you catch for food using hunting ([slingshot](#), [pellet](#), [crossbow](#) or [snares](#)) and [fishing](#) equipment or firearms.
6. Raising and slaughtering livestock
7. Gardening
8. [Wild edible plants](#) recognition, gathering and preparation
9. Food storage (methods and shelf-life)
10. Maintaining good health
11. Clothing
12. Power sources (solar, wind, water, fossil or natural gas generator, etc.)
13. Communication with the rest of the world
14. Security and self-protection
15. Travelling considerations

Food and Water Planning

(Refer to pages 34-48 of "[When Disaster Strikes](#)" by [Matthew Stein](#) for details.)

Basic Supplies:

- Water, stored supplies, and water purification materials (See chapter 8 for details)
- Tools for repairs and building
- Wheat and other grains, flours, and beans
- Grain grinder
- Cooking catalysts and seasonings
- Powdered milk, dairy products, and eggs
- Sprouting seeds and supplies
- Sweeteners
- Canned and dried fruits, vegetables, and soups
- Canned, dried or frozen meats and fish
- Dietary supplements
- Fuels, lighting sources, camping gear
- Medicines and first-aid kits
- Pet food and personal items
- Open-pollinated seeds for gardening
- Pleasure foods, including snacks, treats, sweets, and beverages

Emergency Plan Template/Outline

Provided by Prepare4Tomorrow (www.5six7.com/survival)

Calculating a Year's Food Supply:

("Store what you eat. Eat what you store. Use it or lose it!") – James Talmage Stevens, [Making the Best of Basics: Family Preparedness Handbook](#)

The average adult needs about 3000 calories a day. But how does that calculate to actual food?

Food-Storage Quantities for One Average Adult Male for One Year:

- Grains – 375 lbs.
- Legumes (beans) – 60 lbs. (dry)
- Milk, dairy products, and eggs – 60 lbs. (dry)
- Meat and meat substitutes – 20 lbs. (dry)
- Fruits and vegetables – 10-30 lbs. (dry)
- Sweeteners (sugar, honey syrups, etc.) – 65 lbs.
- Fats, oils, and shortenings (butter, margarine, powdered butter, shortening, cooking oil, nut butter, etc.) – 22 lbs. (2 gals. liquid + 6 lbs. shortening)
- Sprouting seeds and supplies – 20-50 lbs.
- Leavenings – ($\frac{3}{4}$ lb. dry active yeast, 1 lb. Baking powder, and 1 box of baking soda)
- Miscellaneous foods & seasonings (spices, cocoa powder, seasoning sauces, condiments, vitamins, minerals, other nutritional supplements, and at least 8 lbs. Of salt)
- Multivitamins (with minerals) – 356 (one a day)

Calculating Food Requirements (in typical equivalent adult males) ~ - Page 39

Considering quantity, gender and age:

Multiply the number of adult males X 1.0

Multiply the number of adult females X 0.85

Multiply the number of teenage males X 1.4

Multiply the number of teenage females X 0.95

Multiply the number of male children (ages 7-11) X 0.95

Multiply the number of female children (ages 7-11) X 0.75

Multiply the number of children (ages 4-6) X 0.6

Multiply the number of infants (ages 1-3) X 0.4

~ For example, if the members of your family consist of: 1 man (1.0), 1 woman (0.85), 1 boy between ages 7 and 11 (0.95), and one other child between 4 and six (0.6), your family should store the amount of food needed by the equivalent of 3.4 men. So, 325 lbs. of grain X 3.4 (adult male equivalents) = 1,095 lbs. of grain to feed your family of four for one year. (Source: Adapter from James Talmage Stevens, [Making the Best of Basics: Family Preparedness Handbook](#), Gold Leaf Press, 1997)

(The Source of this entire document: Adapted from [When Disaster Strikes by Matthew Stein](#), 2011)