

Top 10 Items

1. **Fire extinguisher** and/or fire blanket (pass)**
(\$70/1, \$60/2 & \$33/4) (\$15-20)
2. **Gas shutoff tool**** (\$12)
 - o Water, gas, non-sparking material
3. **Water supply**
 - o Have a variety of containers (some portable)
 - o 2 gallons of water/day/person for 14 days
4. **Water filter****
 - o Berkey- type (\$150-400) and
 - o Portable (mini-sawyer, life straw)** (\$30)
5. **Home store**
 - o 3 months minimum (buy extras as you shop)
 - o Food
 - 3 months of food
 - 1 year of long-term storage: wheat, rice, beans, coconut oil, salt, spices
 - o Other
 - What do you run to store for and what would you miss?:
 - TP, hygiene, produce, medicines
6. **72-hour kits** / Auto kits (\$150/4)(\$200/6)
 - o Water
 - o Food
 - o Radio, NOAA weather
 - o Flashlight
 - o Extra batteries
 - o Whistle
 - o Dust mask
 - o Plastic sheeting, scissors and duct tape (to shelter in place)
 - o Moist towelettes, garbage bags and plastic ties (for personal sanitation)
 - o Wrench or pliers (to turn off utilities)
 - o Manual can opener (for food)
 - o Local maps
 - o Cell phone with chargers and a backup battery

Additional, if possible

- o Clothing, complete extra set
- o Overnight kit hygiene type supplies
- o Medications
- o Eyeglasses
- o Baby supplies
- o Pet food
- o Cash- small bills

- o Fire extinguisher
- o Matches
- o Mess kits
- o Feminine supplies
- o Paper/pencil
- o Books, games, activities
- o Photo of family
- o Copies of important documents, photos, passwords (also 1 copy in a safe place away from home in case your house burns down) (insurance, ID, bank records)
- o Blanket
- o Multifunction tool/knife
- o Sleeping bag

List of things to grab in addition
(what can't be replaced?)

- o Family
- o Pets
- o Cell phone
- o Computer
- o Journals
- o Photo albums
- o Authentic artwork

Note: Have empty bins available

7. **Light sources**** (\$10-\$100)
 - o Good flashlight
 - o Solar lanterns + charging ability
8. **Radio****
 - o General (\$20-60)
 - For tuning into emergency service (what is the frequency?) Handheld
 - o GMRS
 - Good for 1-3 miles
 - Can fine tune frequency and cancel out other noise
 - \$56 (1 radio) +\$30 (license) (no test required)
 - o FRS
 - Good for a block or so
 - \$46 for 2 radios (no license required)
9. **Survival seeds**** (\$30-300)
 - o Practice gardening (\$10)
 - o Practice sprouting
10. **Generator**
 - o Portable gas or solar (\$150-1000)
 - o Home (\$3600-\$8000+)

*** easy to buy/acquire*

Emergency Information

Possible Scenarios

1. Job loss*
2. Accident*
3. Health issues*
4. Death of spouse*
5. Identity theft*
6. Cyber attack
7. Lockdown*
8. Flood*
9. Power out*
10. Pandemic*
11. Fire- house*
12. Fire- neighborhood
13. Earthquake
14. Hazmat situation (esp if <1 mile from freeway)
15. Nuclear bomb
16. EMP (electric magnetic pulse - ruins low-voltage)

**Has happened to me, someone close to me, and/or our neighborhood*

Core Survival Necessities

1. Shelter & Warmth: Blankets, sleeping bags, or tarps/plastic sheeting to protect from elements.
2. Water: Minimum 1 gallon per person per day for drinking and sanitation.
3. Food: Non-perishable, easy-to-prepare food (3-day supply for evacuation, 2-week for home).
4. First Aid & Medication: A well-stocked kit with essential prescription medications.
5. Light & Communication: Flashlight (with extra batteries), radio (NOAA weather radio), and a whistle to signal for help.
6. Tools & Safety: Multi-purpose tool, manual can opener, dust mask, and wrench/pliers to turn off utilities.
7. Documents & Cash: Copies of personal documents (insurance, ID), extra keys, and cash.

Environmental/Situational Needs

1. Wilderness/Hiking: Map, compass/GPS, knife, fire starter (matches/lighter), and cordage.
2. Vehicle Emergency: Jumper cables, flares, flares/reflectors, blankets, sand/shovel, and a full tank of gas.
3. Personal Hygiene: Moist towelettes, garbage bags, and plastic ties.
4. Mental Fortitude: Maintaining a positive, calm mindset is crucial for decision-making.

Top 7 Actions

1. **Have a Plan**
 - o Think through scenarios
 - o Decide where to meet up
 - o Choose out-of-state contact
2. **Create a Community**
 - o Know neighbors
 - o Be involved
3. **Consider Insurance**
 - o Home
 - o Flood
 - o Earthquake
 - o Life
 - o Health
4. **Paperwork in Order**
 - o Copies of important documents
 - Birth certs
 - SSN
 - Passports
 - Driver's license
 - Insurance
 - Trust/will
 - Financial records
 - Accounts: company, phone, address, account #, user ID, passwords
 - Passwords
 - o Journals, etc, in safe & easy-to-grab place
 - o Pictures of original artwork
 - o Emergency manual (first aid, skills, recipes)

Note: Keep 1 copy in safe place away from home (safety dep box)
5. **Digital Items**
 - o Photos (save, save, save- 3 places)
 - o Print up phone contacts
 - o Video entire home and contents
 - o Print up preparedness info
6. **Neighborhood Disaster Plan**
 - o Use hospital and first responders, if available
 - o Red/green door hanger
 - o Know where to meet (church)
 - o If safe, shelter in place; volunteer, if possible
7. **Knowledge/Skills/Habits**
 - o How to stop bleeding/First aid/CPR
 - o How to put out a fire
 - o How to turn off your utilities
 - o What to do if power goes out
 - o Cook without power (sun oven, thermal cooker)
 - o Memorize important numbers
 - o Choose & plan where and how to shelter inside
 - o Take CERT (community em. response training)
 - o Emotional Resilience
 - o Gas always at least 1/2 full
 - o Where to get sandbags - at reuse center

Note: Go to stake website and browse