



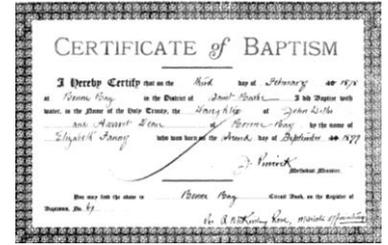
## Level 5 Checklist

- 5.1  Place church related records into your "Red File."
- 5.2  Make a priority list of what you need to take with you in case you have to evacuate your home.
- 5.3  Place important family records into your "Red File."
- 5.4  Assemble a Pet Emergency Evacuation kit.
- 5.5  Place insurance records into your "Red File."
- 5.6  Store at least a 14 day supply of water for your family.
- 5.7  Place Emergency Records and plans into your "Red File."
- 5.8  Setup a 2-week menu of meals you want to include in your 90 Day Food Supply.
- 5.9  Perform a practice evacuation drill.
- 5.10  Adapt the meals you have selected for you 90 Day Food Supply to be storage friendly.
- 5.11  Test the meals you have added to 90 Day Food Supply 2-Week Menu.
- 5.12  Prepare an ingredients list for each meal on your 90 Day Food Supply menu.
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- 5.15  Store the food you have purchased for your 90 day food supply for easy access, simplifying rotation and inventory control.
- 5.16  Have a propane BBQ? Fill your existing tank and buy another propane tank and fill it.
- 5.17  Buy and Store Sterno (Gel Chafing Fuel).
- 5.18  Cooking DIY: Build your own Alcohol Stove in a Paint Can.
- 5.19  Cooking DIY: Build your own Soda Can Alcohol Stove.
- 5.20  Buy or build a Solar Oven.

## Level 5 Quick Guide

### 5.1 Place church related records into your “Red File.”

Go to [iwillprepare.com](http://iwillprepare.com) > Evacuation > Important Documents (Red File). Here you will see a list of possible important documents that you can print and review. Look at the “Church” section. Collect any of these documents that apply to your family and add them to your Red File. These records will include Certificates, awards, patriarchal blessings, priesthood line of authority, etc... Whenever possible, include whatever originals you can.



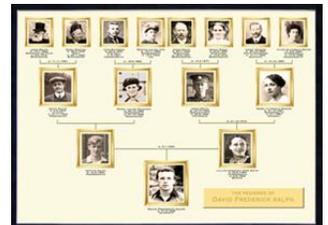
### 5.2 Make a priority list of what you need to take with you in case you have to evacuate your home.



It is impractical to pack everything you might need in an evacuation into your Emergency Evacuation Kits (EEK). Some items, like your child’s favorite teddy bear, your prescription medication and your cell phone need to be used every day. Create an Evacuation Priority List and keep it near your evacuation kits. This list will include everything you can think of taking with you if you have to evacuate your home. It is important to list items in priority order so depending on how much time you have, you will have the most important things with you first. For example, you may put your evacuation kits as number one, followed by other items like, extra water, canned food from the pantry, your “Red File” filled with important documents, medication, children’s comfort items, pets and supplies, baby items, cash, backup of computer files, firearms, Pillows, blankets, sleeping bags, tents, sanitation kit, etc... Make sure to add the location where the item is located so it can be found easily, or if a neighbor or friend is helping you pack, they can find it as well. For more information on Evacuation or Priority Lists, go to [iwillprepare.com](http://iwillprepare.com) > Evacuation.

### 5.3 Place important family records into your “Red File.”

Go to [iwillprepare.com](http://iwillprepare.com) > Evacuation > Important Documents (Red File). Here you will see a list of possible important documents that you can print and review. Look at the “Family” section. Collect any of these documents that apply to your family and add them to your Red File. These records will include awards, certificates, journals, genealogical records, family photos and videos favorite recipes, scrapbooks, computer backups, etc... Whenever possible, include whatever originals you can.



### 5.4 Assemble a Pet Emergency Evacuation Kit (EEK).



You love your pet and want to make sure it is also safe and taken care of following a disaster. Just like we have EEKs for your family members, it is important to assemble an EEK for your pets as well. It should be noted that most evacuation shelters do not accept pets but this mind-set has been changing over the years as the Red Cross and other relief agencies have discovered that many people would prefer not evacuating than leaving their pets behind to fend for themselves. Also some pet owners have simply released their pet, which causes additional problems in the affected areas. Your Pet EEK should include a pet carrier, food and water, leashes, collars and IDs, Vaccination records, sanitation needs, medication, current photo, etc... For more information on Pet Evacuation kits or disaster preparedness for your pet, go to [peteducation.com](http://peteducation.com) and search for “Evacuation Kit.” Then select which type of pet you have.

5.5  Place insurance records into your “Red File.”

Go to [iwillprepare.com](http://iwillprepare.com) > Evacuation > Important Documents (Red File). Here you will see a list of possible important documents that you can print and review. Look at the “Insurance” section. Collect any of these documents that apply to your family and add them to your Red File. These records will include insurance policies, group numbers and contact information, etc... Whenever possible, include whatever originals you can.



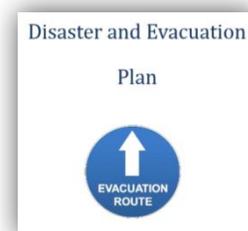
5.6  Store at least a 14 day supply of water for your family.



Water is the most important storage item in emergency preparedness. Many factors can cause water to be unavailable. Contamination, line breakage due to natural disasters, power outages causing pumps to stop running, etc... The U.S. Dept. Homeland Security has identified our water supply as our single largest and least protected infrastructure open to potential terrorist threat. While we can survive several days or even weeks without some resources, clean drinking water is critical every day. The most reliable way to ensure you have enough drinking water is to store it yourself in advance. We have already stored a 3 day supply of water for each person in portable containers (2 gallons/person/day) that we can take with us if we need to evacuate. We now want to store a 2 week supply of clean drinking water if we have the space to do so. If you are space confined, store as much water as you can. You should plan on storing at least 28 gallons per person (2 gallons/person/14 days). Water can be stored in 5 gallon containers, water bricks, water barrels or even larger containers. My favorite is 55 gallon barrels that were used by soda companies for soda syrup. These can be purchased for around \$20, sanitized and safely used for storing water. They must be made with food grade plastic. I store my barrels on a barrel stand, uncovered, in my backyard. I replace the water every year. For more information on water storage, go to [iwillprepare.com](http://iwillprepare.com) > Water.

5.7  Place Emergency Records and plans into your “Red File.”

Go to [iwillprepare.com](http://iwillprepare.com) > Evacuation > Important Documents (Red File). Here you will see a list of possible important documents that you can print and review. Look at the “Emergency” section. Collect any of these documents that apply to your family and add them to your Red File. These records will include your family’s emergency plan, list of emergency contacts, special needs instructions, etc... Whenever possible, include whatever originals you can.



5.8  Setup a 2-week menu of meals you want to include in your 90 Day Food Supply.



Imagine a worst case scenario where your family is quarantined in your home with no utilities for up to 3 months. What will you eat? The first 2-3 days could include food from your refrigerator or freezer before it starts to spoil. After that time, you will need to rely on your nonperishable food storage. Food that fits in the category of your long-term food supply, such as whole grains and beans, cannot be eaten without considerable preparation. This type of food requires a lot of water, cooking fuel and time to make it ready to eat. When utilities are down, or conditions are not ideal, (imagine yourself sitting on your roof waiting for flood waters to subside) cooking your food may be very difficult. Foods that you can eat right out of a can would be very important to you in such a scenario. Cooking does not need to be ruled out however, with some foresight, you can plan several meals that require simple heating or cooking measures by preparing the needed fuel and resources to make your 90 days’ worth of meals, even when the utilities are down.

Meal selection is a critical component in planning out you meals for 90 days. Keep your meals simple. To help you do this, remember the power outage and being stuck on a roof waiting for flood waters to subside scenarios to gauge whether you could prepare the selected meal in those circumstances. Remember that the menu items you have included in your Long-Term Food Supply can supplement your 90-Day menus if conditions are right for you to do so. You might be able to add fresh bread to your meals some days in that situation. But, don’t rely on it. 90 days’ worth of meals includes 90 Breakfasts, Lunches and Dinners. There is no reason to not plan 3 meals a day. You can also include snacks

and desserts. Three meals plus snacks and treats are important because in an emergency you may be working much harder than you normally do and need the additional calories. Also, food is comforting and helps promote rational thought, both of which can be vital in an emergency, especially when children are concerned. I recommend planning out 2 weeks' worth of meals, repeating this menu 7 times will get your 90-Day Food Supply. This 2 week menu gives you plenty of variety while maximizing the use of foods you normally eat which facilitates food rotation. For more information on 90 Day Food Supply and sample menus, go to [iwillprepare.com](http://iwillprepare.com) > 90 Day Food Supply.

### 5.9 Perform a practice evacuation drill.

Congratulations, if you have been working on EPPIC Preparedness in order, you have completed your Emergency Evacuation Kits (EEKs) and are ready to evacuate if the need arises. So, let's make sure that is true. Perform a practice drill. Announce a mock emergency to your family and time how long it takes to get your family, pets, EEKs and priority list items into the car and out of the neighborhood. You will be surprised how slow you are the first time. Repeating it a week or two later will help improve that time. Adding it to your list of things to do once or twice a year, such as changing the batteries in your smoke detector and checking your EEKs, will greatly improve your evacuation time. Hands-on activities like this one will also help you learn things you may not have learned otherwise, such as everything may not fit in the vehicle, or things are not where they should be. Adjust your kits, priority list and plan based on your findings. For more information on Evacuation, go to [iwillprepare.com](http://iwillprepare.com) > Evacuation.



### 5.10 Adapt the meals you have selected for you 90 Day Food Supply to be storage friendly.



Now that you have put together the 2 week menu for your 90 Day Food Supply, adapt the ingredients so they are storage friendly. For example, if you use fresh chicken in your meal, adapt it so it uses bottled or canned chicken. This is an important step to putting your 90 Day Food Supply together. If your ingredients can't survive at least 90 days without refrigeration, then pick other ingredients that do. There are many varieties of canned meats, vegetables and fruits that despite it not tasting as good as fresh ingredients, it will keep your family fed and healthy. As always, try to select items you eat regularly so rotation is easier. For more information on 90 Day Food Supply and sample menus, go to [iwillprepare.com](http://iwillprepare.com) > 90 Day Food Supply.

### 5.11 Test the meals you have added to 90 Day Food Supply 2-Week Menu.

You have completed your 90 Day Food Supply 2 Week Menu and adapted it be storage friendly. Now it is time for taste tests. If you have picky eaters in your home, this might be the hard part. Ideally you want to select meals that everyone enjoys. This helps ensure everyone is getting the calories and nutrients they need. Also, food is an important comfort item. Meals can provide normalcy and stability in confusing or scary situations. Make adjustments to your meals selections based on the results of your taste test experiences. This step is a great one for child involvement and will help them feel like part of the preparedness efforts in your home. Taste tests will also allow you to measure portions. Did you make enough for the whole family or too much? For more information on 90 Day Food Supply and sample menus, go to [iwillprepare.com](http://iwillprepare.com) > 90 Day Food Supply.



### 5.12 Prepare an ingredients list for each meal on your 90 Day Food Supply menu.



Take your revised 2 week 90 Day Food Supply Menu and create an ingredients list for each meal. This includes the oil, spices, everything that it takes to make the meal. Add up the quantities so you know how much of each ingredient is needed to feed your family for two weeks. Now multiply the quantity of each ingredient by 7 to give you the total amount of ingredients needed for 90 days. For more information on 90 Day Food Supply and sample menus, go to [iwillprepare.com](http://iwillprepare.com) > 90 Day Food Supply.

5.13  Create a shopping list of ingredients based on your 2 week menu of 90 Day Food Supply meals.

Take your list of ingredients with combined quantities to your 90 Day Food Supply and create a shopping list. Take advantage of the price break of buying food in larger containers where you can, but, be aware that some ingredients may quickly spoil after they are opened so think through each ingredient and don't buy large containers that will cause the food to spoil before you can use it. For more information on 90 Day Food Supply and sample menus, go to [iwillprepare.com](http://iwillprepare.com) > 90 Day Food Supply.



5.14  Buy the food on your shopping list of 90 Day Food Supply Meals.



When buying food storage or anything else preparedness related, use your head. Just like any other expense, don't impulse buy and certainly don't go into debt to buy your food storage. Plan out your meals > ingredients > shopping list ahead of time so you can make smart, money saving choices. Buy items when they go on sale or when you have coupons for them. If you have limited funds to invest in preparedness, buy a few extra cans of food each time you go to the grocery store and slowly build your storage until you reach your goal. If you haven't allocated a set amount of funds to go towards preparedness each month, do it today! For more information on 90 Day Food Supply and sample menus, go to [iwillprepare.com](http://iwillprepare.com) > 90 Day Food Supply.

5.15  Store the food you have purchased for your 90 day food supply for easy access, simplifying rotation and inventory control.

Having a 90-Day Food Supply is more than just making a shopping list, buying the food and sticking it in your pantry. When we started buying our 90-Day Food Supply, we added it to the kitchen pantry with the rest of our food. The problem was that we were using it and not replacing it. Some people make a spreadsheet to keep track of what they use so they can replace it. But, when all the food is stored together, it's hard to tell if the tomato sauce you are using is from your everyday use or your 90-day Food Supply. It might be a good idea to separate the 90-Day Food Supply from your other food so it is easier to know when you need to replace something. This can be done by separating it by shelves or separating it into a different pantry or closet. Remember that many items in your 90-Day Food Supply has a relatively short shelf life so, replace it periodically and add the older product to your everyday food supply. For more information on 90 Day Food Supply and sample menus, go to [iwillprepare.com](http://iwillprepare.com) > 90 Day Food Supply.



5.16  Have a propane BBQ? Fill your existing tank and buy another Propane tank and fill it.



If you own a propane BBQ, you already own a great emergency preparedness cooking device. If the power goes out, you can do a lot of your cooking right on the grill...assuming that you do not have to evacuate. BBQs with an attached gas burner provide even more cooking options. With a couple of full propane tanks, a BBQ can be used for weeks. If you only have one 20 lb. tank, pick up a second one and make sure that both of them are full. Propane should be stored out of the direct sun. Propane has a very long shelf life so rotation shouldn't be a problem. Don't have a propane BBQ? Maybe this is the

excuse you were looking for. Even apartment dwellers can buy a small propane hibachi and use the green 1 lb. bottles. You will certainly need a few of them. For more information on Cooking Without Electricity, go to [iwillprepare.com](http://iwillprepare.com) > Cooking Without Electricity.



### 5.17 Buy and Store Sterno (Gel Chafing Fuel).

Sterno or “canned heat” is a gelled fuel derived from denatured alcohol. It is designed to be burned directly from its can. It is primarily used by the food service industry for buffet heating and in the home for fondue and as a chafing fuel for heating chafing dishes. Most fuels are not safe to burn indoors. Alcohol based fuel is an exception. It burns clean and does not produce toxic fumes. (It does consume oxygen however). There are situations where cooking outdoors is not advisable, so an indoor cooking source is needed. These situations can include inclement weather, airborne pathogens (Pandemics, Anthrax), volcanic ash, smoke from wildfires, radioactive fallout, etc... The red/pink variety of Sterno is Ethanol and burns hotter than the blue or green varieties. Multiple cans can be used at once if cooking in a large pot. Sterno comes in 2-6 hour burn lengths. Buy several, you can buy them in 12 packs at Costco, Sam’s Club and restaurant supply stores. For more information on Cooking Without Electricity, go to [iwillprepare.com](http://iwillprepare.com) > Cooking Without Electricity.



### 5.18 Cooking DIY: Build your own Alcohol Stove in a Paint Can.



Emergency preparedness does not have to be expensive. There are many DIY (Do It Yourself) projects you can do that are very inexpensive. DIY projects also help you learn important concepts so if you find yourself in an emergency but without your gear, you can use what you find around you to build what you need to survive. Alcohol is a great fuel for cooking, it is not cost prohibitive, it burns hot and clean, it doesn’t produce toxic fumes, it can be burned indoors and when you are done cooking, you can stop the fuel from burning so it can be saved for later (unlike wood or charcoal). The downside to alcohol is that it can quickly evaporate, so keep it in a container with a tight lid. An alcohol stove in a paint can uses a new 1 quart paint can, a roll of toilet paper and alcohol. You can control the flame by cutting various holes in soup can lids. For instructions on making an alcohol stove in a paint can, go to [iwillprepare.com](http://iwillprepare.com) > Cooking Without Electricity >

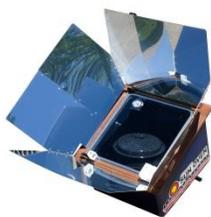
Alcohol Stove in a Paint Can.

### 5.19 Cooking DIY: Build your own Soda Can Alcohol Stove.

Emergency preparedness does not have to be expensive. There are many DIY (Do It Yourself) projects you can do that are very inexpensive. DIY projects also help you learn important concepts so if you find yourself in an emergency but without your gear, you can use what you find around you to build what you need to survive. Alcohol is a great fuel for cooking, it is not cost prohibitive, it burns hot and clean, it doesn’t produce toxic fumes, it can be burned indoors and when you are done cooking, you can stop the fuel from burning so it can be saved for later (unlike wood or charcoal). The downside to alcohol is that it can quickly evaporate, so keep it in a container with a tight lid. Soda Can Alcohol Stoves are super lightweight and have no moving parts so they are popular with backpackers. This design uses the bottoms of two soda cans and a penny. For instructions on making a soda can alcohol stove, go to [iwillprepare.com](http://iwillprepare.com) > Cooking Without Electricity > Alcohol Stove in a Soda Can.



### 5.20 Buy or build a Solar Oven.



This will be one of the more expensive purchases you can potentially make. Solar ovens are a great tool. They cook your food using the power of the sun. You can cook anytime there is sunshine. For us in Arizona, that is over 300 days a year. Solar ovens work in any season as long as they can receive direct sunlight. While It is true solar ovens can be a bit pricey but there are never any fuel costs, so think of it as pre-paying your fuel. Solar ovens are great for baking, dehydrating, or even boiling or pasteurizing water to make it safe to drink. You can make cakes, cookies, a pot of chili or to bake a loaf of bread. There are many varieties of solar ovens from the SOS Sport, Global Sun Oven, Parabolic, Sunflair, etc... I like the SOS Sport because of its size allowing a long

pot or two small pots but find it inferior in quality to the Global Sun Oven. The Sun Oven runs about \$250. Go to [sunoven.com](http://sunoven.com) to look for local distributors. The best deal is when you can get in on a group buy. You can also build your own solar oven. For instructions or to learn more about solar ovens, or cooking without electricity, go to [iwillprepare.com](http://iwillprepare.com) > Cooking without Electricity.