



Level 6 Checklist

- 6.1 Cook 3 meals using the power of the sun.
- 6.2 Gather frequently used over-the-counter medications.
- 6.3 Make a backup of your important computer files, pictures and videos.
- 6.4 Setup a "Readiness Reminders" calendar for your family.
- 6.5 Create a Family Disaster and Evacuation Plan.
- 6.6 Read the book, *The Richest Man in Babylon* written by George S. Clason.
- 6.7 Become CPR and AED certified.
- 6.8 Prepare a Family Budget.
- 6.9 Become First Aid certified.
- 6.10 Update Your Résumé.
- 6.11 Attend CERT training if it is available in your area.
- 6.12 Assemble an Office Emergency Evacuation Kit (EEK).
- 6.13 Make a list of the debts you currently owe and their amounts.
- 6.14 Assemble a Car Emergency Evacuation Kit (EEK).
- 6.15 Take a course to improve your vocational abilities.
- 6.16 Expand your Emergency Sanitation Kit.
- 6.17 Volunteer by helping those in need.
- 6.18 Store extra fuel for your vehicle.
- 6.19 Buy and store charcoal.
- 6.20 Establish a Personal Support Network.

Level 6 Quick Guide

6.1 Cook 3 meals using the power of the sun.

In level 5 you purchased or built a solar oven for your family. Now, if you haven't already, cook three of your 90 Day food storage meals using it. Having gear is great but of little benefit if you don't know how to use it. You are going to enjoy how easy it is to cook in a solar oven and soon, you might cook all sorts of meals in your solar oven. If you feel the urge, try boiling water, baking bread and cookies, pizza, a pot of chili. With a little practice, you will learn to cook just about anything in these great devices. For more information on solar ovens or recipes, go to: SunOven.com



6.2 Gather frequently used over-the-counter medications.



Have you ever tried to buy cough syrup, cough drops or sinus relief medication during cold or flu season? It can be difficult to find as supplies are snatched up by everyone else. Now imagine a time when stores are not being restocked due to transportation disruptions or other emergencies. Another possible scenario is an epidemic or pandemic causing a much higher number of individuals getting sick. When this happens, medication will be in very short supply. Stock up on the medications you use most, including infant/toddler medication and everything needed to treat the symptoms of a severe flu. Some examples are Tylenol, Ibuprofen, cough suppressants, Anti-histamines, Antacid, Anti-Diarrhea, Sinus and flu relief, laxative, Anti-Nausea, lots of facial tissue, etc...

6.3 Make a backup of your important computer files, pictures and videos.

Many of us have very important documents, family histories, photos, videos, music and more on our home computers. Some of us may have even experienced a loss of these files due to a former hard drive crash. Computers are not perpetually stable. They are comprised of fragile micro-circuitry which, given time, will eventually fail. It is not a question of if they will fail, but when. Other situations can also lead to you losing your files. These include home fires, burglary, natural disasters (Earthquakes, tornados, mudslides, etc...), electrical surges and more. Plan ahead and backup your computer files regularly. There are many ways this can be done. There are pay sites that will automatically backup your computer to the internet where you can have a secure area to keep your files away from your home. Another option is to purchase an inexpensive external hard drive or network drive and copy your files to it from time-to-time. Add this drive to your Evacuation Priority list so you don't forget to take it in the event of an evacuation. A third option is to use free cloud based services and copy important files to these cloud drives. These are usually fairly small and won't hold many family videos. Paying a fee will open up more online space to hold your files.



6.4 Setup a "Readiness Reminders" calendar for your family.



"Preparedness, when properly pursued, is a way of life, not a sudden, spectacular program" so the wise man said. Preparedness is not a one and done event but a way of life. While some preparedness activities may not need to be repeated, such as buying a solar oven, others will have to be maintained or rotated regularly. Some examples of these activities are: changing batteries in your smoke detectors, backing up computer files, rotating food and water storage or updating your CPR or First Aid certification. To help you remember which activities need your regular attention, create your own calendar with the events planned out. Use a calendar program or your smart devices to set repeating events so you are always reminded what you should be working on. For a list of possible repeating tasks, go to iwillprepare.com > Readiness Reminders to learn more or link to our google calendar of reminders.

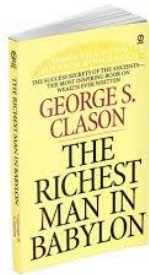
6.5 Create a Family Disaster and Evacuation Plan.

Disasters! They can strike anytime and anywhere. Being prepared for an emergency often means having many important decisions made before the disaster occurs. Doing this will reduce the likelihood of panic and irrational thinking during critical moments. Emergency Service Personnel will be on scene following a disaster, but depending on the scale and scope of the emergency, they may be overwhelmed. It is possible that help may not get to you for three days or more. Other emergencies may confine you to your home or force you to evacuate your neighborhood, city or even state. Would your family know what to do if you were given five minutes to evacuate? Would you be able to cope if you were confined to your home for two weeks without utilities, (Electricity, Water, Gas) or additional food or drinking water? What about three months?



Thinking through potentially critical decisions, planning ahead and working together with friends, family and neighbors may help you make it through any number of disasters. Every family should create a Family Disaster and Evacuation Plan. Make sure that this plan is created with the input of all family members so everyone is aware of the decisions you make together. Explain the dangers of fire, severe weather, earthquakes and other disasters to children. Plan to share responsibilities and work together as a team. This process will take a few hours and possibly should be spread out over a few nights to complete. Once your plan is ready, make sure that everyone has a copy of it so that it can be referred to regularly. Don't forget to update it as often as needed. For instructions and a sample plan, go to iwillprepare.com > Evacuation > Disaster and Evacuation Plan.

6.6 Read the book, *The Richest Man in Babylon* written by George S. Clason.



The Richest Man in Babylon is a short book that offers great financial advice in the form of parables set in ancient Babylon. The stories make the book entertaining to read while you learn some great financial tips. Even families that feel they have their finances in order can learn from this book. Encourage your high school aged children to read this book so they can learn the principles of sound money management before they are released into the world on their own. There is one factor that is not discussed in the book that should be inserted into your financial plans, tithing. Make sure you consider its importance while you read the book. Not to replace reading the book, but there is a great summary of the lessons learned here: <http://www.enlight8.com/8-lessons-from-the-richest-man-in-babylon/>.

6.7 Become CPR and AED certified.

Ten Reasons to take CPR or First-Aid training

1. After someone stops breathing, or the heart stops beating, he or she can survive for only 4 to 6 minutes before lack of oxygen results in brain damage or death. CPR can buy extra time for your loved one, until professional help can arrive, by artificially circulating oxygen to the brain.
2. Over 70% of all cardiac and breathing emergencies occur in the home when a family member is present and available to help a victim.
3. Accidental injuries are the leading cause of death in children, and send over 16 million children a year to the emergency room.
4. Over 1.5 million heart attacks occur each year and approximately 350,000 of these victims die before ever reaching a hospital.
5. Statistics show that the earlier CPR is initiated, the greater the chance of survival. The American Heart Association estimates that 100,000 to 200,000 lives of adults and children could be saved each year if CPR was performed early enough.
6. Re-training and retention of CPR learning is a major requirement. Studies have shown that memory of CPR skills and knowledge tends to deteriorate as early as three months after training, among highly trained professionals, including: doctors, nurses, and others.
7. Approximately 7 million adults and children suffer from disabling injuries in their own homes and backyards each year, resulting from accidents that may require CPR, according to the American Heart Association. Some of the common



causes of "sudden death" include: Electric Shock, Heart Attacks, Drowning, Severe Allergic Reactions, Choking, Drug Overdose, and Suffocation.

8. The country's #1 killers, a combination of heart attacks and accidents, claim a life every 34 seconds in the U.S.

9. One in 6 men and one in 8 women over the age of 45 have had a heart attack or stroke according to the American Heart Association.

10. Approximately 45% of all heart attacks occur in people under age 65.

Credit: http://www.cprforeveryone.com/why_cpr.html

6.8 Prepare a Family Budget.



Now that you have read "The Richest Man in Babylon" By George S. Clason, you are ready to put together a family budget or adjust your current one. The key to financial independence is to spend less than you earn. This is often impossible if you don't plan where your money will be spent ahead of time and track your actual spending to verify you have done what you intended to do. While a budget may seem restrictive to some at first, the joy of being able to pay your bills and have money set aside for emergencies, debt reduction or vacations will feel very liberating. For a sample budget go to: budgetworksheets.org.

6.9 Become First Aid certified.

Heart attacks choking, cuts, broken bones, snake bite, seizures... Do you know what to do in these situations? When someone is injured, do you run towards them to help? Or do you run the opposite direction? Confidence comes through training. Take a First Aid certification course and encourage teens and other adults in your home to get trained as well. Have a babysitter aged child? First AID and CPR training is a great asset and appreciated by the parents. First Aid and CPR training can be found at American Red Cross, HeartSavers and other great institutions.



6.10 Update Your Résumé.



Right now, you might be happily employed, or just not interested in looking for a change in your employment situation. So why should you keep your résumé up-to-date? A résumé is often your first impression with a potential employer and considerable time and effort should be invested in it to make it look perfect and clearly represent your abilities. Despite how happy you are in your current position, downturns in a business often occur quickly. Without much warning, you could find yourself laid-off and looking for something new. Even if you are not looking for a new job, someone else might be looking for you. Having your résumé ready can be very

helpful in this situation. Promotion opportunities at work may also present a need for a ready résumé. If you are interested in some side-work, a résumé can also be helpful as opportunities become available. Résumés are difficult to update once every few years when you have forgotten contacts, addresses, phone numbers, awards, certificates, training, accomplishments, etc... Update your résumé now and add it to your Readiness Reminders calendar to look at it at least once a year.

6.11 Attend CERT training if it is available in your area.

The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.



The Community Emergency Response Team (CERT) program helps train people to be better prepared to respond to emergency situations in their communities. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the community. The CERT course is taught by a trained team of first responders (local Fire and Police Departments). The CERT training for community groups is usually delivered in 2 1/2 hour sessions, one evening a week over a 7 week period. The training consists of disaster Preparedness, fire suppression, medical operations, basic search and rescue, disaster psychology and a disaster simulation. Classes are free of charge and are not difficult. CERT members can respond only if they want to and can also simply take the course for informational purposes only and never become a deployable asset. To learn more about CERT, go to iwillprepare.com > CERT.

6.12 Assemble an Office Emergency Evacuation Kit (EEK).



Evacuation Kits Idea List.

In Level 4, you completed your Emergency Evacuation Kit (EEK). This kit might be relatively large and provides needs for a wide variety of potential needs. It may not be practical for this kit to travel with you wherever you go. Most people spend a third of their time, or more, at the office. Consider assembling a smaller version of your evacuation kit that you can keep at work. This kit might be simply a get out of the office and get home kit. It might include food and water but also a pry bar to open doors or break windows, a small fire extinguisher, first aid supplies, flashlight, pocket knife, rope, emergency blanket, dust mask, safety glasses and a whistle. For a list of more content ideas, go to iwillprepare.com > Emergency Kits >

6.13 Make a list of the debts you currently owe and their amounts.

Borrowing money can be very helpful for new families to buy a home, invest in education or starting a business. Credit card debt may provide temporary help when families are faced with unexpected hardships with the expectation that it will be repaid quickly. Unfortunately, many of us use credit cards to finance our lives because we are unable to live within our means, save for that rainy day or be patient and make that purchase once we have saved up the necessary cash. Debt makes it more difficult to live within our means as interest and principle payments become additional expenses. Start your debt reduction process by making a list of all the individuals or businesses to which you owe. Include their names, amounts, interest rates, minimum monthly payment amounts, etc.. Add up the total amount owed and the monthly payment amounts. Hopefully, the amount does not surprise you. If it does, and it is higher than you expected, do not become discouraged. Set this list aside and we will address it in level 7.



6.14 Assemble a Car Emergency Evacuation Kit (EEK).



In Level 4, you completed your Emergency Evacuation Kit (EEK). This kit might be relatively large and provides needs for a wide variety of potential needs. It may not be practical for this kit to travel with you wherever you go. Many people spend a lot of time in their vehicle as they are going to and from work, running errands, shuttling children, etc... Since you may not be home when you need an emergency kit, consider assembling a smaller version of your evacuation kit that you can keep in your car. This kit might be simply a get home kit. It might include food and water but also a pry bar to open doors or break windows, a seat belt cutter or glass breaker, small fire extinguisher, first aid supplies, flashlight, pocket knife, rope, emergency blanket, dust mask, safety glasses, walking shoes, cellphone charger and a whistle. You also should have a car breakdown kit including jumper cables, tire compressor, fix-a-flat, road flares, hose clamps and basic tools. For a list of more content ideas, go to iwillprepare.com > Emergency Kits > Evacuation Kits Idea List.

6.15 Take a course to improve your vocational abilities.

The industry is changing, are you keeping up or are you going to be left behind? Those that live providently are able to take care of today's needs while also preparing for those of tomorrow. This applies to your profession just as much as emergency preparedness. I believe there are few exceptions to jobs today whose needs are not adapting to changing technology, tools, resources, training, regulations and efficiencies. Those that keep up with or pioneer these advancements do much better than those who are unwilling to adapt. Look for classes, training or other resources that will help you stay ahead of the pack. Also consider what training is necessary to get that promotion. Doing that now may make all the difference in being considered and landing the job.



6.16 Expand your Emergency Sanitation Kit.



In task 3.20, you assembled an Emergency Sanitation Kit. This was a 5-6 gallon bucket with some sanitation supplies to keep you clean and safe for a temporary period. Expand the contents of the kit with a second bucket or container to extend the time that you can go without running water or working sewage systems. Have enough supplies to provide you sanitary needs for at least 3 months. For a complete list of items, go to task 3.20 of EPPIC.

6.17 Volunteer by helping those in need.

Don't forget that self-reliance and emergency preparedness is not a selfish journey. We prepare, not only so we can take care of ourselves and our families during an emergency but also so we can help those around us. There are many great ways to serve and see first-hand how blessed we are while learning how we can better help those who are less fortunate than we are. The LDS church provides great service opportunities such as Deseret Industries, Bishops Storehouse and the Cannery. If these are not available in your area, look for other ways to serve such as a local soup kitchen. Where possible, include your children in these service opportunities. Add service opportunities to your readiness reminders calendar so you can remember to serve regularly.



6.18 Store extra fuel for your vehicle.



Hopefully, you are already in the habit of keeping your vehicle's gas tank at least half full. This can be helpful as emergencies arise, such as an evacuation or fuel shortages. In these situations, you can still get out of town even when gas stations have no power or are shutdown. Additional fuel can also be helpful. We learned during the mass exodus of Houston in 2005 as Hurricane Rita was approaching that many vehicles ran out of gas as they were trying to evacuate which then caused freeway closures due to stalled vehicles. Those that still had fuel had to drive long distances to get around these closures. Storing enough fuel to fill your vehicles gas tank will provide you with many more evacuation options than the majority of others in your area. Stored fuel can also be used to run a generator if you have one. Fuel can go bad, so make sure that when you store it, you add Pri-G or Stabil fuel stabilizer. This will keep your fuel in good condition until you need it. It is best to store your fuel away from the garage and as far from the house as possible.

6.19 Buy and store charcoal.

Charcoal is among the cheapest form of fuel you can buy. A good recommendation is to store a year's supply of fuel. This can be difficult, however, with the use of a solar oven in sunny climates, this is easily overcome. Charcoal is a great supplement to solar cooking, since the sun won't be out every day. Also, it is best not to put all your eggs in one basket. Let's say the disaster we are faced with is volcanic ash or similar particles in the air preventing solar cooking, how will you eat? Charcoal is cheapest around the summer holidays (Memorial Day, Independence Day, Labor Day). Look for a great deal. I bought 300 lbs. of charcoal for around \$70. 300 lbs. should be enough to cook at least one meal a day for an entire year. Make sure to get regular charcoal briquettes, not the easy light variety impregnated with lighter fluid as this variety has a shorter shelf life and has been known to spontaneously combust. Charcoal has an indefinite shelf life as long as it stays dry. I store mine in 5 gallon buckets. It is best to store all fuel away from the house.



6.20 Establish a Personal Support Network.



Preparedness is always better when you have a group of like-minded people to work with, rely on, or plan with. Reach out to your family, friends, church group or neighbors and start a personal support network. This way you can help each other in emergencies, provide strength in numbers and assign jobs based on expertise. Support groups will also help families provide backup support for children due to injury or loss of life of a parent. Support Networks are also ideal for families that need to respond to the need of elderly family members or those with special needs. Meet regularly with your network to plan how you will respond to the emergencies you addressed in task 6.5.