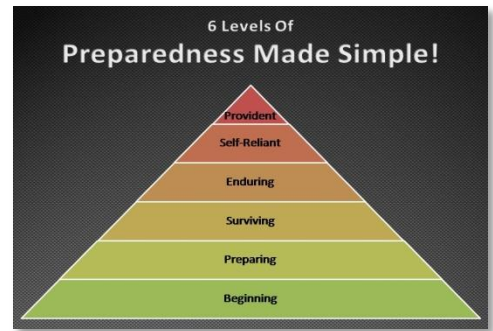




## Introduction

**Preparedness Made Simple** is a preparedness plan designed for those that need a little help getting prepared. Many of us, when we think about getting prepared, become overwhelmed, don't know where to start and fail to really start at all. **Preparedness Made Simple** is a checklist of items in priority order of what you need to do to prepare and see results. Upon completion of the program, you can call yourself prepared! Alongside each checklist item will be information explaining each principle along the way. This guidebook of information will provide you with the basic understanding of these concepts and direct you to other sources should you choose to learn more.

Keep in mind that every person and family is different and has different needs. Some items may need to be altered to accommodate these needs. Certainly, this plan will not cover all your needs; however, by following it you will have prepared the basics and have learned the vision of what is needed to more fully prepare based on your individual needs. Preparedness is difficult when each person has to develop their own plan and often times "reinvent the wheel" along the way. Make your life easier and get prepared, the **Preparedness Made Simple** way.



### Beginning - Phase 1

- 1. Pick a Breakfast, Lunch and Dinner menu from the list of 90 Day Food Supply menus (or choose your own) and buy enough for 13 meals each (Repeating each of the 3 meals once a week for 13 weeks).
- 2. Create an Emergency Contact List and post it where it can be seen by everyone.
- 3. Place a flashlight with fresh batteries and/or a chemical light stick under each family member's bed.
- 4. Store at least 3 (preferably 6) gallons of water per person in portable containers.
- 5. Select a family code word and teach your children how to use it: don't go with anyone unless they know and say the family code word. It is important that your children never tell the code word to anyone, but if they do, change it immediately.

### Beginning - Phase 2

- 1. Pick a Breakfast, Lunch and Dinner menu from the list of 90 Day Food Supply menus (or choose your own) and buy enough for 13 meals each (Repeating each of the 3 meals once a week for 13 weeks).
- 2. Locate Water Main, Gas Shutoff Valves and Electricity Circuit Breaker and learn how to shut them off.
- 3. Allocate Funds for Emergency Preparedness in your Monthly Budget.
- 4. Prepare for a possible extended power outage, by having some or all of the following on hand: (flashlights, batteries, chemical light sticks, candles, matches, lanterns, lantern fuel, etc...).
- 5. Make a list of Natural and Man-Made Disasters that can happen in your area. Rate them by their likelihood of occurring. Focus your preparations on the most likely events first.

### Beginning - Phase 3

- 1. Pick a Breakfast, Lunch and Dinner menu from the list of 90 Day Food Supply menus (or choose your own) and buy enough for 13 meals each (Repeating each of the 3 meals once a week for 13 weeks).
- 2. If you have an infant in your home, Buy at least a 3 month supply of diapers, wipes, formula, Baby food, and common medications.
- 3. Decide what contents you will put into each family member's Emergency Evacuation Kit (72-Hour Kit).
- 4. Make sure you have smoke alarms in needed areas in your home, and that they have fresh batteries.
- 5. Setup "Regroup Locations" and an out-of-state contact.

### Beginning - Phase 4

- 1. Pick a Breakfast, Lunch and Dinner menu from the list of 90 Day Food Supply menus (or choose your own) and buy enough for 13 meals each (Repeating each of the 3 meals once a week for 13 weeks).
- 2. Store at least a 14 day supply of water for your family.
- 3. Determine how much debt you currently owe.
- 4. Acquire the bags you will use for your Emergency Evacuation Kit (72-Hour Kit).
- 5. Select a safe location for Important Documents. Place your Birth Certificates and other important documents in this location. (Consider a Red File).

### Beginning - Phase 5

- 1. Pick a Breakfast, Lunch and Dinner menu from the list of 90 Day Food Supply menus (or choose your own) and buy enough for 13 meals each (Repeating each of the 3 meals once a week for 13 weeks).
- 2. Buy several boxes of matches and disposable lighters.
- 3. Setup a home fire escape plan.

- 4. Gather what items you already own that you wish to put in each family member's Emergency Evacuation Kit (72-Hour Kit) and place them in each kit.
- 5. Obtain a copy of your Credit Report. Clean or clear-up old, obsolete or incorrect information. Save a copy with your important documents.

### Beginning - Phase 6

- 1. Pick a Breakfast, Lunch and Dinner menu from the list of 90 Day Food Supply menus (or choose your own) and buy enough for 13 meals each (Repeating each of the 3 meals once a week for 13 weeks).
- 2. If you take prescription medication, talk to your Doctor about ways you can build up an emergency supply.
- 3. Acquire a dynamo (hand-crank) powered radio so you can stay informed. Make sure you can receive NOAA Weather stations.
- 4. Buy or build First Aid Kits for your Home, Automobiles and Office.
- 5. Learn several ways to treat water to make it safe to drink. Select at least 2 methods and gather the supplies to treat enough water to last your family for 3 months (1 year would be better).

### Beginning - Phase 7

- 1. Pick a Breakfast, Lunch and Dinner menu from the list of 90 Day Food Supply menus (or choose your own) and buy enough for 13 meals each (Repeating each of the 3 meals once a week for 13 weeks).
- 2. Make a list of your Loan Information, Account Numbers, Passwords, Contact Information and add this list to your important document file (Mortgage, Credit Cards, Debit Cards, Cars, Etc).
- 3. Learn several ways to light a fire (other than matches and lighters). Select at least 2 methods and gather the needed supplies to make at least 100 fires.
- 4. Research No-Electricity Cooking Methods. Select at least 3 methods and gather the supplies and fuel to cook all the meals in your 90 Day Food Supply.
- 5. Place your Emergency Evacuation Kits (72-Hour Kits) where they can be easily grabbed on the way out of your house (Preferably near a door or easily accessible in the garage).

### Preparing - Phase 1

- 1. Become First Aid, CPR and AED certified.
- 2. Build a Sanitation Kit.
- 3. Read the book "The Richest Man in Babylon".
- 4. Purchase the food you will use in your Emergency Evacuation Kit (72-Hour Kit) and store it near your portable bottles of water.
- 5. Place fire extinguishers in your kitchen, garage and other areas you feel are important.

### Preparing - Phase 2

- 1. Develop an Emergency Response Plan. (Need help? Go to [www.iwillprepare.com/evacuation\\_files/Evacuation\\_Plan.htm](http://www.iwillprepare.com/evacuation_files/Evacuation_Plan.htm)).
- 2. Collect recent pictures of each family member, or take new ones and place them in your new location for important documents.

- 3. Implement an exercise program.
- 4. Setup a Debt Reduction Plan.
- 5. Set aside cash in small bills. (Select an amount that is appropriate for your family, ex. \$100, \$300, \$500, etc.).

### Preparing - Phase 3

- 1. Prepare a shopping list of Emergency Evacuation Kit (72-Hour Kit) items you need to purchase and setup a plan for acquiring them. Add them to your kits as they are secured.
- 2. Establish a Local Message Drop Location.
- 3. Buy enough tents to shelter your family. Learn how to set them up.
- 4. Setup a Priority list of items to take with you in case you need to evacuation. List it in priority order so based on how much time you have; you always grab the most important things first.
- 5. Become Debt-Free (Consumer-Debt).

### Preparing - Phase 4

- 1. Buy a 3 month supply of common over-the-counter medications you typically use (Pain-Reliever, Cold Medication, Anti-Histamines, Cough Syrup, Anti-Diarrhea, Antacid, Etc...).
- 2. Make a copy of your important keys and place them with your important documents (Home, Cars, Safes, Business, RV, Mailbox, etc...).
- 3. Create an Identification pack for each child. Update it yearly. It can include: (Updated Pictures, Fingerprints, DNA samples, Dental Impressions, Voice Recordings, Etc.).
- 4. Update Your Résumé.
- 5. Setup a Savings Plan.

### Preparing - Phase 5

- 1. Gather your Genealogical Records and keep them with your Important Documents.
- 2. Buy or Build a Solar Oven. Use it to Cook at least 10 Meals.
- 3. Obtain a copy of and familiarize yourself with your Local (Neighborhood, Office, Town, Church, Area) Response or Evacuation plan. (If one does not exist, encourage responsible individuals to prepare one).
- 4. Obtain and maintain proper weight.
- 5. Take a course to improve your Vocational Abilities.

### Preparing - Phase 6

- 1. Learn about Pandemic Influenza and what is Necessary to Protect your Family.
- 2. Prepare a Pandemic Kit and Learn how to Properly Conduct a Self-Imposed Reverse Quarantine (SIRQ).
- 3. Setup a retirement savings plan, (401K, Investments, etc.) Review it every 2 years to make sure you are on track.
- 4. Acquire clothing for your family suitable for surviving in below freezing temperatures. (Coats, Hats, Gloves, Thermals, Foam Clothing, Etc.).
- 5. If possible, store a year's supply of fuel. (Wood and Charcoal are good choices).

## Preparing - Phase 7

- 1. Become a Ham Radio Operator and purchase a Ham Radio.
- 2. Become a CERT Member (Community Emergency Response Team) if Training is Available in your Area.
- 3. Obtain Sufficient Medical Insurance.
- 4. Buy Sleeping Bags or 2-3 Wool Blankets for each person.
- 5. Prepare a Family Will or Trust.

## Surviving - Phase 1

- 1. Acquire needed supplies to perform Water-Bath Canning. Learn Water-Bath Canning basics and put-up at least 5 different foods.
- 2. Build Financial Reserves (Start With 1 Month's Income. Continue building your reserve until you have 3-6 Months Income).
- 3. Volunteer at the Cannery, Bishop's Storehouse or Deseret Industries if you live close to one.
- 4. If you don't already have a garden, Select and prepare an area and plant vegetables suitable for your area. If you already have a garden, expand it. No room for a garden? Use pots or window boxes.
- 5. Attend an event or events to help you learn how to use your Ham Radio.

## Surviving - Phase 2

- 1. Acquire needed supplies to perform Pressure Canning. Learn Pressure Canning basics and put-up at least 5 different foods.
- 2. Make Funeral and Burial Arrangements.
- 3. Acquire a supply of "Heirloom" Garden Seeds (Suitable for your Area).
- 4. Have Pets? Acquire food, medicines and supplies to handle their needs for 3-12 Months.
- 5. Plant Fruit Trees in your Yard.

More info: [www.iwillprepare.com](http://www.iwillprepare.com)