

EMERGENCY PREPAREDNESS PLAN

Be prepared for any situation.

Personal Information

- Name: _____ (Recommended: Full legal name)
- Address: _____ (Recommended: Primary residence)
- Phone (backup / satellite / alternate): _____
(Recommended: Satellite phone or alternate number)
- Emergency Contact(s): _____
(Recommended: Out-of-area trusted family/friend)
- Primary Meeting Location: _____
(Recommended: Safe, central, known to family)

Emergency Communication Plan

- Primary Communication Method: _____
(Recommended: Satellite phone, HAM radio)
- Secondary Communication Method: _____
(Recommended: Walkie-talkie or backup phone)
- Family/Team Check-in Schedule: _____
(Recommended: Every 12–24 hours)
- Out-of-Area Contact: _____
(Recommended: Someone able to coordinate if local comms fail)

Water Supply

Stored Water (Gallons per person): _____
(Recommended: 1 gallon/day for 14 days)

Filtration Method: _____
(Recommended: Gravity filter, portable purifier, chlorine tablets)

Additional Water Sources: _____
(Recommended: Wells, rain catchment, treated streams)

Food Supply

Non-Perishable Food Stock (Days per person): _____
(Recommended: 14 days)

Special Dietary Needs: _____
(Recommended: Include protein-rich and high-calorie options)

Cooking Method / Backup: _____
(Recommended: Camping stove, propane, solar oven)

Shelter & Warmth

- Primary Shelter Location: _____
(Recommended: Main residence or safe location)
- Backup Shelter Location: _____
(Recommended: Nearby friend/family home or preplanned shelter)
- Sleeping Gear: _____
(Recommended: Sleeping bags rated for cold temperatures)
- Heat Source / Fuel: _____
(Recommended: Propane, wood stove, emergency blankets)

First Aid & Medical

- First Aid Kit Location: _____
(Recommended: Easily accessible location known to all family members)
- Prescription Medications: _____
(Recommended: 14-day supply)
- Over-the-Counter Medications: _____
(Recommended: Pain relievers, antihistamines, antiseptics)
- Medical Contacts: _____
(Recommended: Primary doctor and nearest ER contact)

Power & Energy

- Primary Power Source: _____
(Recommended: Solar generator or battery bank)
- Backup Power Source: _____
(Recommended: Fuel generator, extra batteries)
- Lighting Options: _____
(Recommended: LED lanterns, headlamps, solar lights)

Security & Defense

Home Security Measures: _____

(Recommended: Locks, cameras, motion sensors)

Self-Defense Tools: _____

(Recommended: Non-lethal + optional firearms if trained)

Escape / Evacuation Routes: _____

(Recommended: At least 2 safe routes from home and neighborhood)

Transportation

● Primary Vehicle(s): _____

(Recommended: Reliable, full-tank vehicles)

● Fuel Reserve: _____

(Recommended: 7–14 days of fuel per vehicle)

● Vehicle Maintenance Supplies: _____

(Recommended: Tire repair kit, spare fluids, basic tools)

Financial & Important Documents

● Cash on Hand: _____

(Recommended: Small denominations, at least \$500)

● Critical Documents Location: _____

(Recommended: ID, insurance, property deeds, medical info, digital backup)

● Backup Storage: _____

(Recommended: Waterproof, fireproof safe or secure cloud storage)

Tools & Supplies

Essential Tools: _____

(Recommended: Multi-tool, axe, shovel, duct tape, rope)

Fire-Starting Supplies: _____

(Recommended: Matches, lighters, firestarter kits)

Communication & Signal Tools: _____

(Recommended: Whistles, signal mirrors, flares)

Tasks & Responsibilities

- Family / Team Roles: _____
(Recommended: Assign duties for water, food, security, and communications)
- Daily Check-In Tasks: _____
(Recommended: Monitor supplies, check-in, maintain safety)
- Weekly Maintenance Tasks: _____
(Recommended: Check fuel, food rotation, battery levels)

Notes & Contingencies:

Alternate Meeting Points: _____
(Recommended: Multiple safe locations in case primary is compromised)

Local Threats / Risks: _____
(Recommended: Power grid failure, natural disasters, civil unrest)

Special Instructions / Observations: _____
(Recommended: Personal considerations, medical conditions, pets)

Next Steps

1. **Complete this plan** with detailed and accurate information.
2. **Share the plan** with all members of your household and relevant contacts.
3. **Gather the necessary supplies** and store them in accessible locations.
4. **Practice the plan** regularly through drills and discussions.
5. **Review and update** this plan at least annually, or more frequently as needed.