

Be Prepared

Not everything on this list will apply to you. It is meant to be used as a reminder of things to consider. Be wise. Be prudent. Obtain the most important things first.

Threats

- Earthquake (not if, but when)
- Tornados, Hurricanes
- Storms – wind, snow, ice, hail, lightning
- Mud slides
- Floods (dams, runoff, lake, pipes, canals)
- Drought
- Plague or epidemic
- Fire – home, forest, grass, car
- Chemical or fuel spill
- Loss of electricity, gas, water
- Food supply problems
- Strike, Civil unrest,
- Fuel shortage
- Terrorism, Sabotage
- War – nuclear, biological, chemical, etc
- Plane crash

Levels of Threat

- Time: hours, 1 day, 3 days, weeks, months, 1 year, lifestyle change
- Severity: inconvenience, loss of property, loss of livelihood, loss of basic needs, injury, suffering, death, widespread death, societal collapse
- Location: 25% chance we are at work/school, 33% chance we are asleep, where else?
- Season: Spring, Summer, Fall, Winter
- Shelter in place or Relocate

Preparation

- If ye are prepared, ye shall not fear. (D&C 38:30)
- Goes way beyond 72 hour kits.
- 72 hour kits (men) vs. 1 year supply (Lord)
- Prepare, and suffer in comfort.
- We have everything available to us.
- Not as costly as you might think.
- It is our priorities that keep us from preparing

Plan

- Evacuation – home, area, work, etc.
- Family communications
- Shelter in place or place of refuge
- Organize all things to find and go

Food

- 1 year supply (basics first, then expand)
- Food you can prepare and eat
- Prepared foods for emergencies
- Crossover foods for 60 – 90 days
- Comfort foods
- Test and rotate
- Grinders and other preparation
- Seeds (rotate, consider potatoes)

Water

- Two weeks (2 gal per day per person)
- Fast and portable (16-20 oz bottled water)
- Large storage (barrels – new if possible – refill from time to time – ok to leave outside)
- Transportable (5 Gal with Spigot)
- Cheap and easy (not milk bottles)
- Find long term water source (transportation)
- Pasteurization, Boiling, Filtering, Chemicals
- Chlorine (careful with Clorox) – better to use Granular Calcium Hypochlorite

Communications

- Radio (AM, FM, Weather) + extra batteries
- Short wave (HF) radio + antenna wire
- TV – Battery powered
- Cellular Phone
- FRS Radio (2 miles)
- GMRS Radio (5+ miles) (license required)
- Ham radio VHF/UHF (local - easy license)
- Ham HF-shortwave (world - code license)
- Contact list information (carry)
- Out of state contacts
- Family ID
- Meeting places for family
- Message places for family

Light

- Be able to find in dark (by bed side, etc.)
- Flashlights, area lights
- LED lights - Head, Area, flashlight, extra batteries
- Lighters, matches
- Candles
- Lantern - Propane, Kerosene, Electric 12V
- Miniature Fluorescent (curly bulbs) (110V)

Electric Power

- Generator and fuel
- 12V Deep Cycle Battery
- Inverter (also big UPS)
- Charger (can use car)
- Solar Panels – expensive now, priceless later
- Charge Controller to preserve batteries (solar)
- Batteries & chargers (AAA, AA, D, C cells)

Heat

- Fireplace, Stove, Heater + extra wicks
- Wood – Large pile required for long term
- Charcoal – produces carbon monoxide (CO)
- Coal – Bury it. Make your own coal mine
- Kerosene – 100 gal/year, includes cooking, light
- Ventilation – Oxygen vs. Carbon Dioxide
- Carbon Monoxide can kill you
- Water pipes can freeze if there is no heat

Cooking

- Barbeque grill – leave outside
- Propane stove

Be Prepared

- Kerosene stove (www.stpaulmercantile.com)
- Microwave – requires electricity
- Oven– to cook bread, brownies, other essentials
- Solar Funnel (solarcooking.org/funnel.htm)
- Other solar stoves (solarcooking.org)
- Practice before you need it
- Have some foods that don't need cooking

Medical

- Prescription medicines
- General medicines (aspirin, cough, etc.)
- General equipment (thermometers, tweezers, etc.)
- First aid kits
- Colloidal Silver (make your own)
- Mosquito repellent

Home Preparation

- Escape Routes and Drills
- Know how to turn off water, power, gas
- Where family is to meet (close & far)
- Bedside preparation (light, shoes, blanket)
- Vital records – make copies
- Can you open garage door without power?
- Evacuation kits – (72 hour kits etc.)
- Family FRS radio channel and code

Car Preparation

- Extra gas for evacuation
- Evacuation plan
- First aid kit
- Light
- Water, food
- Tools
- Survival kit
- Maps
- Sleeping bag

Toilet & Cleaning

- Toilet paper
- Toilet
- Wood to make an outhouse
- Bathing (fruit sprayer)
- Clothes (tub or bucket)
- Soap, towels, washcloths, basin
- Clothesline

Tools

- Knives
- Shovels, rakes, hoes, axes
- Building and repair tools (hammers, saws, etc.)
- Tiller & fuel
- Rope
- Duct Tape – Handyman's secret weapon

Skills

- Camping
- Cooking
- First Aid
- CERT training
- Cooking

- Sewing
- Gardening
- Survival
- Repairs (home, car, etc.)

Books

- Boy Scout Handbook & Fieldbook
- Foxfire books
- Scriptures
- Survival books & Preparedness manuals
- Cook books
- Robinson Crusoe*, *Swiss Family Robinson*, *Mysterious Island*, etc.

Entertainment

- Story books
- Simple games with paper & dice
- Cards & Board games
- Music (players, instruments, singing)
- Movies (if you have electricity)

Clothing

- For all seasons, for a year
- Sturdy shoes and boots
- Washing supplies
- Repair - Sewing supplies, glue, tape, etc.

Sleeping

- Sleeping bags and pads
- Blankets (you may not have heat)
- Mosquito netting

Shelter

- Tents
- Car, trailers, campers, etc.
- Safe room, Fallout shelter, Storm Cellar, etc.
- Home repair (plastic, wood, nails, tools, staples...)

Money

- Get out of debt
- Be prudent in your preparations
- Have rainy day fund (savings account)
- Keep a stash to use if you have to leave NOW.

Weapons

- Protection
- Hunting
- Be prudent, be inspired

Spiritual Preparation

- Learn to receive revelation
- Counsel with Lord in everything (Alma 37:37)
- Don't waste time or money (study & ask)
- Learn what is coming (scriptures, etc.)
- Listen to and follow inspired leaders
- When you are obedient with one step, you will be led to the next step

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