

Emergency Preparedness

The First 3 Minutes

- 3-minute “Flee” Kits attached to each bed in the house. Plastic drawstring bag containing sturdy shoes, flashlight, leather gloves, whistle, and lightweight clothes/pajamas.

The First 3 Hours

- Binder (or small expandable file) stored in a fire-safe location (in or near 72-hour kits) with copies in another location outside of the home. Contains names, addresses, phone numbers and maps for local/out-of-state contacts and rendezvous locations. Also should include important documents for each family member; general family information (SS cards, passports, birth certificates, insurance cards or proof of insurance, all insurance policy numbers, bank account numbers, and vehicle ID numbers), and spare keys. See “Go Binder List” for details.
- Emergency Radio: solar/dynamo or with extra batteries.
- First-aid kit with adequate supplies and medications for each family member.
- Gas, water and electric meter shut-off tools in place (secured to meters if possible).
- Search & Rescue equipment: leveraging tools, rope, masks, lantern/torch, loud whistle, duct tape, etc.

The First 3 Days

- 72-hour kits for each family member packed and ready to leave home. Includes food, water, clothing, shoes, first aid supplies, medications, water filters or purification tablets, shelter and survival supplies, and cash (small bills) for each family member. See “72-Hour Kit” list for suggestions.
- Other camping supplies for comfort.

The First 3 Months

- Adequate food to feed every family member for 3 months. Should include a combination of basic food storage and everyday foods easily prepared.
- Water storage for at least 2 weeks (one gallon per day per person). Purification devices or chemicals for water treatment.
- Adequate savings and cash available for loss of employment or emergency relocation.

Long Term Food Storage

- Basic food storage for every family member for 1 year.
- Minimum: 300 lbs. of grains (wheat, rice, corn, oats...) and 60 lbs. of dry beans and legumes per person. Go to www.providentliving.org.

Semi-Annual Maintenance

- Replace batteries in flashlights (including kits), emergency lights, smoke detectors, radios, etc.
- Update “GO Binder” with current names, addresses, phone numbers, maps, and documents.
- Update first-aid kit supplies and rotate medications.
- Rotate food and water in all 72-hour kits.
- Rotate (replace) water storage in large containers.
- Rotate children’s shoes (correct sizes) in 3-minute kits and 72-hour kits.
- Rotate children’s clothing in 72-hour kits.