

10 Step Emergency Preparedness Planner

Use this helpful checklist to help motivate progress on your Emergency Preparedness journey. Each of the 10 steps give actionable ideas and guidance with suggestion timeframes to help your planning.

Read all the details and find the original printable in the blog post here:

<https://www.amomstake.com/easy-emergency-preparedness-steps/>

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Thank you for your support!

WHY DO WE NEED TO PREPARE?

President Russell M. Nelson “Embrace the Future with Faith” Oct 2020

Admittedly, the Lord has spoken of our day in sobering terms. He warned that in our day “men’s hearts [would fail] them” and that even the very elect would be at risk of being deceived. He told the Prophet Joseph Smith that “peace [would] be taken from the earth” and calamities would befall mankind.

The Lord told us how (we are to deal with the somber prophecies about our day) with simple, but stunning, reassurance: “If ye are prepared ye shall not fear.” If preparation is our key to embracing this dispensation and our future with faith, how can we best prepare?

For decades, the Lord’s prophets have urged us to store food, water, and financial reserves for a time of need. The current pandemic has reinforced the wisdom of that counsel. I urge you to take steps to be temporally prepared. But I am even more concerned about your spiritual and emotional preparation.

As turmoil rages around us, we need to create places where we are safe, both physically and spiritually. When your home becomes a personal sanctuary of faith—where the Spirit resides—your home becomes the first line of defense. A place of security is *anywhere* you can feel the presence of the Holy Ghost and be guided by Him.

The adversary never stops attacking. So, we can never stop preparing! The more self-reliant we are—temporally, emotionally, and spiritually—the more prepared we are to thwart Satan’s relentless assaults.

I am not saying that the days ahead will be easy, but I promise you that the future will be glorious for those who are prepared and who continue to prepare to be instruments in the Lord’s hands.

I promise that as we create places of security, prepare our minds to be faithful to God, and never stop preparing, God will bless us. He will “deliver us; yea, insomuch that he [will] speak peace to our souls, and [will] grant unto us great faith, and ... cause us that we [can] hope for our deliverance in him.”

Elder David A Bednar, “We Will Prove Them Herewith”, Oct 2020

As disciples of the Savior, we are commanded to “*prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God.*”

Our efforts to prepare for the proving experiences of mortality should follow the example of the Savior, **who incrementally “increased in wisdom and stature, and in favour with God and man”—a blended balance of intellectual, physical, spiritual, and social readiness.**

Some Church members opine that emergency plans and supplies, food storage, and 72-hour kits must not be important anymore because the Brethren have not spoken recently and extensively about these and related topics in general conference. But repeated admonitions to prepare have been proclaimed by leaders of the Church for decades.

The consistency of prophetic counsel over time creates a powerful concert of clarity and a warning volume far louder than solo performances can ever produce.

What have we learned during these recent months of lifestyle adjustments and restrictions? What do we need to improve in our lives spiritually, physically, socially, emotionally, and intellectually? Now is the time to prepare and prove ourselves willing and able to do all things whatsoever the Lord our God shall command us.

Bishop W. Christopher Waddell, “There Was Bread”, Oct 2020

From the beginning of time, the Lord has provided direction to help His people prepare spiritually and temporally against the calamities and trials that He knows will come as part of this mortal experience

The Lord does not expect us to do more than we can do, but He does expect us to do what we can do, when we can do it. As we seek to become temporally prepared, we can face the trials of life with increased confidence, peace in our hearts, and like Joseph in Egypt, we will be able to say, even in stressful circumstances, “There was bread.”

STEP-BY-STEP EMERGENCY PREPAREDNESS PLAN

STEP:	PRIORITY:	TIME & COST:
<p>1</p> <p>Personal Deadline:</p> <hr/>	<p>Research & Plan:</p> <ul style="list-style-type: none"> ○ Research what geographical factors, natural disasters, and social and political concerns you may be particularly susceptible to in your area. What specific things are most important for you to prepare and plan for. ○ Make evacuation plans for specific destinations you could go within your neighborhood, city, state, and outside of your state. Practice, when appropriate. ○ Create a printable identification card with photos, names, addresses, and other details. ○ Continue: Practice, update, and revise plans 	<p>1 Week</p> <p>No Cost</p>
<p>2</p> <p>Personal Deadline:</p> <hr/>	<p>72 Hour Kit:</p> <ul style="list-style-type: none"> ○ Gather and prepare a grab ‘n go bag for each member of your family. Start with the basics of food/snacks, water bottles, a change of clothes, and a small medical kit. ○ Add additional emergency preparedness supplies as available. Look for sales and promotions or add one like item a month to each kit. Source your home for supplies! ○ Continue: Update food and clothing 1x/year 	<p>2 Weeks</p> <p>No Cost: Gather what you have on hand. Budget \$20-50 per kit for add additional supplies</p>
<p>3</p> <p>Personal Deadline:</p> <hr/>	<p>Water Storage:</p> <ul style="list-style-type: none"> ○ Buy 1-2 cases of disposable water bottles, per family member. These are easier to grab and go, rotate, and important for short emergencies to keep on hand. ○ Store a minimum of 14 gallons of water (120 water bottles at 16oz) per person for a 2-week water storage. ○ Consider adding 55-gallon drums, water bricks, or other water storage solutions. ○ Continue: Increase water storage and rotate 	<p>2 Weeks</p> <p>\$10/per person</p> <p>55-Gallon drums can be purchased for about \$35 used or \$100 new.</p>

<p>4</p> <p>Personal Deadline:</p> <hr/>	<p>Short-Term Food Storage:</p> <ul style="list-style-type: none"> ○ Pick 15 (2x/ month) or 30 breakfasts and dinners your family likes and eats regularly. ○ Write out all ingredients as a shopping list. Purchase 1-month worth of extra recipes supplies to store. Freeze, can, or use long term alternates for meats and produce. ○ Continue: Use and rotate monthly! 	<p>6 Months</p> <p>Will vary but plan a budget and add what you can! Maybe \$50-100 per person/per month.</p>
<p>5</p> <p>Personal Deadline:</p> <hr/>	<p>Important Documents:</p> <ul style="list-style-type: none"> ○ Make copies of important papers such as: <ul style="list-style-type: none"> - Birth and Marriage Certificates - Passports, Driver’s License, other IDs - Bank Accounts, Bank & Credit Cards - Investment Accounts & Beneficiaries - Insurance Policies, Coverages, Card - Will, Trust, Power of Attorney, Etc ○ Store a copy in a secure safe, secure digital file storage, in your 72 hr kit. Consider sharing a copy with a trusted family member ○ Continue: Update and replace 1x/year 	<p>2 Weeks</p> <p>No Cost - \$5</p>
<p>6</p> <p>Personal Deadline:</p> <hr/>	<p>Long-Term Food Storage:</p> <ul style="list-style-type: none"> ○ Purchase and store a 1-year supply of long term (25-year) food storage supplies. These are staple items such as wheat, beans, sugar, and salt that you don’t need to rotate, but may choose to utilize. Start with the very basics, add as the budget allows. ○ Continue: Add variety - fruits, vegetables, and protein. Learn to use the basics. 	<p>6 Months</p> <p>\$500+ per person</p>
<p>7</p> <p>Personal Deadline:</p> <hr/>	<p>Fuel, Heat & Light:</p> <ul style="list-style-type: none"> ○ Consider how you will cook food, heat your home, and add light. This might include batteries, propane, natural gas, generator, wood, kerosene, etc. Include a backup plan. ○ Safely store a reasonable supply. ○ Continue: Rotate, update plan as needed 	<p>6 Months</p> <p>Varies</p>

<p style="text-align: center;">8</p> <p>Personal Deadline:</p> <hr/>	<p>Other Needs:</p> <ul style="list-style-type: none"> ○ Gather information, resources, and a plan to help with the variety of other needs you may face in an emergency, including: <ul style="list-style-type: none"> - Financial (Emergency Fund & Debts) - Sanitation & Hygiene - Prescriptions & Medicine - Self Defense & Protection - Communication - Babies & Children Needs - Clothing & Shelter - Physical, Spiritual, & Mental Readiness ○ Pick a deadline to meet a goal in a specific area of emergency preps and stick to it! 	<p>Varies. Set specific and realistic goals such as paying off debts or increasing supply of meds.</p> <p style="text-align: center;">Varies by Personal Needs</p>
<p style="text-align: center;">9</p> <p>Personal Deadline:</p> <hr/>	<p>Learn a Skill:</p> <ul style="list-style-type: none"> ○ Increase your readiness by learning new skills. Follow your interests. Some ideas: <ul style="list-style-type: none"> - Ham Radio - Sewing - Orienteering - Sprouting - Auto Repair - CPR/First Aid - Tying Knots - Gardening - Canning - Home Maintenance ○ Set a goal for taking action to help you be more accountable! Find a friend to join you! 	<p style="text-align: center;">Continual</p> <p style="text-align: center;">Much can be learned online or from others free!</p>
<p style="text-align: center;">10</p> <p>Personal Deadline:</p> <hr/>	<p>Practice, Rotate, and Teach!</p> <ul style="list-style-type: none"> ○ Practice your plans like living without power or grocery stores for 1 week. What did you learn? How can you improve your preps? ○ Keep an updated inventory and rotate expiring food, too small clothing, etc to keep your supplies ready for use! ○ Use what you have learned to help others get prepared! Lovingly encourage and help others around you prepare in small and big ways so they are ready for the unexpected. ○ Commit to teach someone or a group! 	<p style="text-align: center;">Continual</p> <p style="text-align: center;">Minimal costs. Use your normal monthly budget to replace old items and use the outdated up!</p>

EMERGENCY PREPAREDNESS TO-DO LIST

TO-DO / GOAL DESCRIPTION	DATE	✓
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