

# 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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We would love to hear ideas on how to improve and additional ideas for use of our printables! We welcome your feedback and experiences! You can also share your experiences using the hashtag **#AMomsTake** on your favorite social media channels.

*Thank you for your support!*

# MY EMERGENCY PREPAREDNESS TO-DO LIST

TO-DO / GOAL DESCRIPTION	DATE	✓
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## Step-by-Step Plan for Emergency Preparedness

STEP:	PRIORITY:	TIME & COST:
<b>1</b> <b>Personal Deadline:</b>	<b>Research &amp; Plan:</b> <ul style="list-style-type: none"> <li>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.</li> <li>Make evacuation plans for specific destinations you could go within your neighborhood, city, state, and outside of your state. Practice, when appropriate.</li> <li>Create a printable identification card with photos, names, addresses, and other details.</li> <li>Continue: Practice, update, and revise plans</li> </ul>	1 Week  No Cost
<b>2</b> <b>Personal Deadline:</b>	<b>72 Hour Kit:</b> <ul style="list-style-type: none"> <li>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.</li> <li>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!</li> <li>Continue: Update food and clothing 1x/year</li> </ul>	2 Weeks  No Cost: Gather what you have on hand. Budget \$20-50 per kit for add additional supplies
<b>3</b> <b>Personal Deadline:</b>	<b>Water Storage:</b> <ul style="list-style-type: none"> <li>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.</li> <li>Store a minimum of 14 gallons of water (120 water bottles at 16oz) per person for a 2-week water storage.</li> <li>Consider adding 55-gallon drums, water bricks, or other water storage solutions.</li> <li>Continue: Increase water storage and rotate</li> </ul>	2 Weeks  \$10/per person  55-Gallon drums can be purchased for about \$35 used or \$100 new.
<b>NOTES:</b>		

<p><b>4</b></p> <p><b>Personal Deadline:</b></p> <hr/>	<p><b>Short-Term Food Storage:</b></p> <ul style="list-style-type: none"> <li>○ Pick 15 (2x/ month) or 30 breakfasts and dinners your family likes and eats regularly.</li> <li>○ 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.</li> <li>○ Continue: Use and rotate monthly!</li> </ul>	<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><b>5</b></p> <p><b>Personal Deadline:</b></p> <hr/>	<p><b>Important Documents:</b></p> <ul style="list-style-type: none"> <li>○ Make copies of important papers such as: <ul style="list-style-type: none"> <li>- Birth and Marriage Certificates</li> <li>- Passports, Driver's License, other IDs</li> <li>- Bank Accounts, Bank &amp; Credit Cards</li> <li>- Investment Accounts &amp; Beneficiaries</li> <li>- Insurance Policies, Coverages, Card</li> <li>- Will, Trust, Power of Attorney, Etc</li> </ul> </li> <li>○ 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</li> <li>○ Continue: Update and replace 1x/year</li> </ul>	<p>2 Weeks</p> <p>No Cost - \$5</p>
<p><b>6</b></p> <p><b>Personal Deadline:</b></p> <hr/>	<p><b>Long-Term Food Storage:</b></p> <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Continue: Add variety such as fruits, vegetables, and protein as possible. Learn to use the basics such as wheat.</li> </ul>	<p>6 Months</p> <p>\$500+ per person</p>
<p><b>7</b></p> <p><b>Personal Deadline:</b></p> <hr/>	<p><b>Fuel, Heat &amp; Light:</b></p> <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ Safely store a reasonable supply.</li> <li>○ Continue: Rotate, update plan as needed</li> </ul>	<p>6 Months</p> <p>Varies</p>

**NOTES:**

<p><b>8</b></p> <p><b>Personal Deadline:</b></p> <hr/>	<p><b>Other Needs:</b></p> <ul style="list-style-type: none"> <li>○ 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"> <li>- Financial Readiness (Emergency Fund)</li> <li>- Sanitation &amp; Hygiene</li> <li>- Prescriptions &amp; Medicine</li> <li>- Self Defense &amp; Protection</li> <li>- Communication</li> <li>- Babies &amp; Children Needs</li> <li>- Clothing &amp; Shelter</li> <li>- Physical, Spiritual, &amp; Mental Readiness</li> </ul> </li> <li>○ Pick a deadline to meet a goal in a specific area of emergency preps and stick to it!</li> </ul>	<p>Varies. Set specific and realistic goals such as paying off debts or increasing supply of meds.</p> <p>Varies by Personal Needs</p>
<p><b>9</b></p> <p><b>Personal Deadline:</b></p> <hr/>	<p><b>Learn a Skill:</b></p> <ul style="list-style-type: none"> <li>○ Increase your readiness by learning new skills. Follow your interests. Some ideas: <ul style="list-style-type: none"> <li>- Ham Radio</li> <li>- Sewing</li> <li>- Orienteering</li> <li>- Sprouting</li> <li>- Auto Repair</li> <li>- CPR/First Aid</li> <li>- Tying Knots</li> <li>- Gardening</li> <li>- Canning</li> <li>- Home Maintenance</li> </ul> </li> <li>○ Set a goal for taking action to help you be more accountable! Find a friend to join you!</li> </ul>	<p>Continual</p> <p>Much can be learned online or from others free!</p>
<p><b>10</b></p> <p><b>Personal Deadline:</b></p> <hr/>	<p><b>Practice, Rotate, and Teach!</b></p> <ul style="list-style-type: none"> <li>○ Practice your plans such as try living like there is no power or grocery stores for 1 week. What did you learn? What do you need to improve upon in your preps?</li> <li>○ Keep an updated inventory and rotate expiring food, too small clothing, etc to keep your supplies ready for use!</li> <li>○ 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.</li> <li>○ Commit to teach someone or a group!</li> </ul>	<p>Continual</p> <p>Minimal costs. Use your normal monthly budget to replace old items and use the outdated up!</p>

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