



food**insurance**.com
emergency food supply

30 **STEPS** to being prepared for anything

complete?

yes no

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start today and have your preparedness action plan complete within only one month

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step 1. Assess emergency food supply (take inventory of what you have on-hand and what your family needs and augment as needed)

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step 2. Identify water sources (bottled water, stored water, water filter)

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step 3. Have cash on hand (small bills)

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step 4. Assemble a first aid kit (more than band aids)

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step 5. Store extra medicine (as required)

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step 6. Determine need for protective/weather appropriate clothing (water-resistant, for warmth, for sun protection)

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step 7. Have fire extinguisher on-hand

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step 8. Install fire alarms

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step 9. Install carbon monoxide alarms

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step 10. Locate a radio (crank radio does not require batteries)

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step 11. Identify alternate power source (generator, solar chargers, batteries)

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step 12. Identify alternate heat source (blankets, hand warmers, fireplaces)

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step 13. Gather fire starters (matches, lighters)

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step 14. Consider alternate ways of communication (whistle, land line telephone, cell phone, text, internet access, two-way radio)

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step 15. Create a contact list (in-state, out-of-state)

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step 16. Buy batteries (variety)

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step 17. Create hygiene kit (hand sanitizer, soap, isopropyl alcohol, bleach, iodine)

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step 18. Evaluate need for a sanitation kit (toilet paper, portable toilet)

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step 19. Store important documents and photos on USB drive

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step 20. Gather cooking implements (can opener, knives, portable stove, sun oven, pots)

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step 21. Identify fuel needs for cooking and other (propane, butane, BBQ)

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step 22. Survey and/or acquire some camping equipment (tarps, tents, sleeping bags, blankets, backpacks, camping stoves)

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step 23. Determine alternate light source (flashlights, candles, head lamps, camping lanterns)

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step 24. Aggregate tools (shovel, saw, pick, wrench, wire cutters, rope)

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step 25. Acquire regional maps and have a compass

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step 26. Determine how to shut off utilities at home (water, electric, gas)

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step 27. Perform a Home Hazard Hunt (identify risks at home and remediate)

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step 28. Keep gasoline tank in vehicles full

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step 29. Create a family emergency plan (how to evacuate, who to contact, how to communicate, meeting locations)

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step 30. Find out more about how to prepare in your area (flood zones, fault lines, etc.)

