**Getting started with Emergency Preparedness**

1. Make a plan – What to get; how much to get and when to buy
2. 72 hour kits - rotate items at General conference time
3. Lots of lists but personalize for your family
4. What will it be in? Back packs; rolling suitcase; rolling garbage cans; tubs.
5. Food- Will it need to be cooked? Is it shelf stable? How much do you need? Does it require water to cook or eat? How heavy is it?
6. Clothing – swap out for summer and winter clothes/ vacuum seal for space
7. Water 1 gallon per person per day just for drinking/cooking; it’s heavy; bring some and get a water filter bottle for the rest.
8. Hot chocolate; formula, drink mixes, etc
9. Sleeping bags? Tube tent? Wool blankets? Hand warmers?
10. Fire making – matches; magnesium;
11. Medications, first aid supplies
12. Tools, rope, knifes, flashlights, etc
13. Kelly kettle for cooking and boiling water.
14. Maps or directions for where you are headed; where are you headed?
15. Car kit
16. 3 month pantry supply
17. Keep track of your receipts for a month to see what you use normally
18. Make a menu of 7 meals each Breakfast, lunch and dinner [4 X a month]
19. Make a grocery list of what you would need for those meal for 1 month
20. Multiple by 3+; keep those recipes in a book in the kitchen.
21. How much formula do you need on hand? How much baby food do you go thru? Can you make your own from fresh foods if needed? No power blender are available
22. Long term food supply
23. What will my family eat; What will we get sick of
24. Young children and old people will starve to death before the eat foods they don’t like.
25. How many to plan for? Do you have additional family in the area?
26. Include your 7 meals from above and add 3 more so you are only eating the same thing 3 times a month.
27. Add in some treats also
28. Use the Home Storage Center to get what you can; it’s the cheapest. Get the basics to keep you alive first.
29. Basics are: Grains, beans; oils; Milk; sugar; salt; water
30. Other stuff: More variety in the above; Meats; Soups; fruit; veggies; dairy; egg; baking supplies; spices; other fluids; snacks;
31. Then freeze dried foods; dehydrated food; home canned; store bought; vacuum sealed, etc
32. If you want to buy freeze dried meals go to Winco or Walmart first and buy them in pouches to see what you will like or eat. Then you can buy in #10 cans.
33. Some FD foods make great snacks for kids; veggies and fruits
34. Heirloom seeds; learn to garden now
35. Store food for Pets or store Pets for food?
36. Water, Water, Water!!!
37. Drinking water stored- have some on hand for quick use; filtering takes time
38. Have some for flushing toilets, watering garden, etc Rain barrels?
39. Water filters, distillers; purifiers; etc.
40. Non food items to store
41. Fire, Fuel, Energy; cooking methods; Kelly kettle; etc
42. Extra clothing, winter clothing
43. Sleeping bags; wool blankets; other bedding items
44. Tools, rope; Duct tape; clothespins; gloves; knives; axe; etc
45. Hygiene items - TP, Sanitary pads; tampons; Diapers; Kleenex; shower items; toothpaste; way to dispose of human waste
46. First aid supplies and medications
47. Cleaning supplies; laundry; bleach; soaps;
48. Misc supplies – plastic sheeting; coffee filters; etc
49. Pest control – bug spray; mouse traps; roach motels, moth balls, etc
50. Storage supplies- Ziplock bags, O2 absorbers; etc
51. Kitchen items; What do you use and what do you have to have to cook
52. Medical items; first aid supplies; medications; OTC items; ice packs; N95 masks
53. Communications – walkie talkies; small ham;
54. Set a monthly budget amount
55. Prioritize what to buy
56. “Preparedness planning” by Barbara Salisbury book is good resource for beginners and others
57. Create your own general store
58. Create an inventory
59. Excel spreadsheet is easy as you can add what you want. But other programs are out there
60. Keep it current as you make purchases and as you use items; put sheet and pencil in room where the items are stored for easy marking
61. Use it to prioritize what you want to buy by color coding