

# Basic Emergency Preparedness

Ready.Gov <https://www.ready.gov/plan>

DOT Federal and Local <https://www.transportation.gov/>

FEMA <https://www.fema.gov/press-release/20210318/how-build-kit-emergencies>

Courage is not the absence of Fear! It is recognizing Fear and then knowing there is something more important beyond that Fear. Think like a Larine. The only way out is Through

***EGO CHECK Leave it at home. More critical, Know your limits.***

## **SITUATIONAL AWARENESS**

- Basic situational awareness sometimes inaction is the best action
- Be locally aware
- Communication
- Pay attention to the weather if no other news
- News and Weather Social Media sites
- Triangle of survival Safety/Core temp? Food and Water (RESCUE)

## **Documentation (Physical and Digital Versions)**

- Drivers Licence
- Secondary ID Pass Port VA ID Card State Issued or Work ID
- CCW
- Insurance Cards and Doc
- SS Card
- Major CC with NO Balance
- CASH

## ***Additional Documentation for Evacuation or Bug Out***

- Medical Records
- List of Emergency Contacts and addresses
- List, Video, and Photo records of house and possessions
- Advance Directives
- Last will & testament
- Birth Certificates

### **Preparing your Car**

- Know where you are going
- Your care is not just conveyance; It's your first GHB
- The half-tank Rule
- General Maintenance
- Tires and a Full-Size Spare
- Check that EGO Know your driving ability
- Have a Car Emergency Kit LIST PROVIDED
- Kit Maintenance Keep it sealed, Cleaned up to date (food), and Charged
- Paper Maps and at least three pre-planned routes home and to work or to essential points. Drive each route regularly (road work etc.)

### **Preparing your home**

- How do you come and go
- Exterior Lighting
- Shrubs and Landscaping
- Food/Water/Shelter
- Outdoor cooking and the fire pit
- Signs
- Doors and windows
- Door Locks and Blocks
- Sheds and tools
- Neighbors and a village mentality

### **Kits for all occasions**

- Cheap is Cheap, and Cheap can be bad
- IFAK and Boo Boo Kits ( you need both)
- Car Kit List
- Home Kit List
- EDC Pocket list
- GHB Get Home Bag/Bug Out Bag