



The SURVIVAL SHOW PODCAST

Disaster Readiness Plan Checklist

Notes

PURPOSE

The purpose of this checklist is to build the foundation for developing successful plans in the event of a disaster that threatens your life or well-being.

Due to the large scope of this topic there are a lot of details that you will need to determine based upon your individual needs.

We have included expert tips and have left room to the right for you to write notes that are specific to your situation.

CONTACT YOUR AREA EMERGENCY MANAGEMENT OFFICE

- Ask what disasters are most likely for your area.
- Ask for them for reference material and recommendation for each disaster.
- Learn the ways in which your area notifies residents of disaster (Internet, radio, text)
- Learn how to recognize the disasters for your area even if all communication and notification opportunities are unable to be utilized.
- In the notes section to the right, include the phone numbers of everyone in your family/group.

EXPERT TIP: The ability to communicate is one of the first things to go in widespread disaster. Have a battery backup for your cell phone when/if service is restored. Continue to develop these plans and assume that you will not be able to communicate to those you care about.

DISCUSS THIS PLAN WITH EVERYONE IN YOUR HOME

- Discuss this plan with everyone in your home.
- Discuss the information you learned from Emergency Management and other research you have completed.
- Discuss and demonstrate safe areas and positions for the various disasters. This is important for all, but vitally important, for children who have no understanding of such issues. Make special plans for those that are elderly or may otherwise need special attention.
- Discuss and demonstrate with family members the process to turn off utilities to your home when necessary.

EXPERT TIP: Do not forget your pets in your disaster planning. Know where the leash/carrier is for them or keep an alternate in your bug out bag gear (see below).

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DEVELOP COMMUNICATION / RENDEZVOUS PLANS

- Keep FM/AM radios available for monitoring news and emergency management information.
- Teach capable children how to call 911 and what information to share with dispatchers.
- Determine three meeting places:**
 - Just outside your home** - Regroup here if there is danger inside (fire).
 - Just outside your neighborhood** - Regroup here if your home is unsafe to return to.
 - Just outside your community** - Regroup here if your community is devastated beyond entry.
- Keep a list of important phone numbers on your phone that can be accessed without the need for cell or Internet coverage.
- Keep a printed road atlas and/or topographic gazetteer in your vehicle for maneuvering roads and finding alternate routes when roads are impassable.

EXPERT TIP: Study the use of paper maps now before you need them. It is a lost skill is that becomes efficient with training and practice.

GET TRAINING NOW! FOR YOUR PERSONAL SAFETY THEN!

- Take a Basic First Aid and CPR class.
- Take a trauma medicine course that covers tourniquets, hemostatic gauze, nasopharyngeal air ways.
- Take a basic urban or wilderness survival class from a qualified instructor.
- Study basic self-defense which should include ample avoidance and awareness strategies.
- If you carry a firearm for personal defense get training from a qualified instructor.
- Organize special use or prescription medicine for those in your family/group. This will include insulin for Type1 Diabetics, anxiety medication, etc.

EXPERT TIP: If you have no gear available you can kneel on the inside of the legs and arms near the core of the body to slow down arterial bleeding. It will hurt the victim to do so but if they are bleeding heavily it is a better choice than them dying.

MAKE A PACKABLE DISASTER SUPPLIES KIT / BUG OUT BAG

- Tiny Survival Guide (Release Date March 18th, 2019)
- First Aid Kit (Standard Kit and Trauma Kit)
- Map and Compass
- Tarp / Military Poncho / 55 Gallon Garbage Bag for Shelter
- Reflective Mylar Blanket
- Extra Clothes for Layering



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Here's a Basic Bug Out Bag Kit / List We Put Together on Amazon for You.

<https://amzn.to/2FEf0BH>

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- Fire Starting Kit to Include: Lighter, Ferrocerium Rod, and Fire Starting Cubes that Work When Wet
- Water Bottle - Stainless Single Walled
- Water Purifier
- Energy Bars
- Whistle
- Duct Tape
- Paracord
- Rechargeable Headlamp / Flashlight USB
- Knife or Multi-tool
- Bandanna
- Backpack
- Solar Panel USB (Optional - To Keep Phone and Headlamp Charged)
- Rechargeable Battery Brick USB (Optional - Keep Phone and Headlamp Charged)

14 lb. Bug Out Bag - Video



SCAN TO WATCH
David's 14 lb. Bug Out Bag Video on YouTube

VEHICLE DISASTER SUPPLIES KIT

- Primaloft or Wool Insulated Blankets, or Sleeping Bags for Cold Temps.
- Extra Shoes / Cloths (Seasonal)
- Basic Survival Kit
- Water in Containers that Will Not Burst Upon Freezing
- Hand Warmers
- Folding Shovel and Saw
- Extra Set of Keys + Magnetic Case (For Placement Under Vehicle)

ROADSIDE KIT

- First Aid Kit
- Tow Strap
- Jumper Cables
- Tire Plug Kit
- 12V Air Compressor
- Gloves
- Flashlight
- Seat Belt Cutter / Window Hammer
- Roadside Reflector
- Multi-Tool
- Duct / Electrical tape
- Elastic Bungee Cables



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Here's a Basic Vehicle Kit / List We Put Together on Amazon for You.

<https://amzn.to/2ScR8qu>

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STAY AT HOME DISASTER SUPPLIES KIT

- Alternate (Non-Electric) Heat Source (Wood Stove, Kerosene Heater)
- Pump Water Purifier
- Water (One Gallon Per Person Per Day)
- Alternate Power (Solar and /or Gas Generator)
- Extra Fuel (for Vehicles and Generator)
- Non-Perishable Foods (MREs, Survival Food Kit and /or Canned Goods)
- Hand-Crank Powered Radio/Light



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Here's a Basic Stay at Home Kit / List We Put Together on Amazon for You.

<https://amzn.to/2DV7WPP>

EXPERT TIP: Develop your kit items based upon the standard Rule of 3s understanding that you will NEED the following in this order:

1. **Personal Safety Items** (Weapon, First Aid etc.)
2. **Core Body Temperature** Maintenance (Shelter, Fire, Clothing etc.)
3. **Hydration** (Water, and the Means to Collect, Store and Purify It)
4. **Food**
5. **Morale Boosters:** Bible / Book, Playing Cards / Games, Candy, Stuffed Animal (for a child), etc

ACTION ITEMS - Things You Can Do Today

1. **ASSESS** - Plan a few hours to assess your current preparedness. List you preparedness: Strengths, Weaknesses, Opportunities, Threats (Immediate).
2. **3-DAY KIT** - Assemble what you need to weather a THREE Day Power Outage / Crisis / Disaster at Home. Start with the five priorities above in the EXPERT TIP. On a budget? Add a few items each week. For instance, buy 4 extra canned goods and dehydrated soup this week. For budget gear, check out: dollar stores, yard sales and thrift shops.
3. **PLAN to TRAIN** - Plan to attend a training that you NEED. Make arrangements this week and put in on your schedule. Common trainings are: first aid, survival, firearms, self-defense. Also, invest in fitness. Ongoing fitness training is simple. You don't have to go to the gym. Just get out and go for a walk. Do 10 push-ups when you wake up. Fitness pays dividends every day and does NOT have to cost you a dime. Get training on your schedule today.

ADDITIONAL RESOURCES:

[Live Training Classes](http://www.NatureReliance.org) @ Nature Reliance School: www.NatureReliance.org (Craig's School)

[YouTube - Nature Reliance School](#) (Craig's Channel)

[YouTube - Ultimate Survival Tips](#) (David's Channel)

[MSK-1 Survival Knife System](http://www.MSK1Knife.com) (David's Knife): www.MSK1Knife.com

[Ultimate Survival Tips - Website](http://www.UltimateSurvivalTips.com): www.UltimateSurvivalTips.com

[Free Survival e-MAG](#) (From Ultimate Survival Tips)



BOOK: Extreme Wilderness Survival - By Craig Caudill: <https://amzn.to/2DQczdQ>

BOOK: Ultimate Wilderness Gear - By Craig Caudill: <https://amzn.to/2DQiY8H>

BOOK: Ultimate Wilderness Navigation - By Craig Caudill: <https://amzn.to/2PL7YQx>