

FAMILY EMERGENCY READY

GUIDE

Calm, practical steps for power outages, storms and evacuations.

Family plan

Water & food

Go-bag

Power & comms

First aid

8-week plan

START

READ THIS FIRST

Before You Begin

Preparedness isn't about fear. It's about being calm and ready for the emergencies that really happen: power outages, storms, floods, wildfires and the occasional evacuation.

How to use this guide

- Work through one module a week. Small steps add up.
- Start with what you already have at home before buying anything.
- Make it a family project. Everyone should know the plan, including kids.
- Check the official sites listed on the last page for advice specific to your area.

MODULE	TOPIC	YOU'LL FINISH WITH
01	Know your risks	A simple family emergency plan
02	Water	Stored water and a way to treat more
03	Food	A rotating supply of no-cook food
04	Go-bag	A grab-and-go kit for each person
05	Power, light & comms	Safe lighting, charging and a weather radio
06	First aid & health	A stocked kit and a medication plan
07	Documents & home safety	Copies of key papers and working alarms
08	8-week plan	A budget-friendly checklist

A QUICK NOTE

This guide shares general preparedness tips. Always follow local officials, and in an emergency, call 911.

MODULE 01

KNOW YOUR RISKS

Know Your Risks, Make a Plan

Different places face different emergencies. Start with the ones most likely where you live.

RISK	COMMON IN	FIRST THING TO PREPARE
Power outage	Everywhere	Flashlights, charged power banks, a plan for medicines that need cold storage
Winter storm	Northern and mountain areas	Warm layers, blankets, a safe backup heat plan
Hurricane / flood	Coasts, rivers, low ground	Know your evacuation zone and route
Wildfire	Dry, wooded and grassland areas	A go-bag by the door and an evacuation plan
Tornado	Central and southern U.S.	Know your safest room (lowest floor, no windows)
Earthquake	West Coast and other fault zones	Secure heavy furniture; practice Drop, Cover, Hold On

FAMILY EMERGENCY PLAN

- | | |
|---|--|
| ☐ Two meeting places: near home and outside the neighborhood | ☐ A plan for pets (carrier, food, records) |
| ☐ One out-of-area contact everyone can call or text | ☐ Help for older or disabled family members and neighbors |
| ☐ Phone numbers written on paper for each person | ☐ Sign up for local emergency alerts |
| ☐ School and childcare emergency plans | ☐ Practice the plan once or twice a year |

Tip: Ready.gov/plan has a free fill-in family plan you can print.

MODULE 02

WATER

Water Comes First

People can go weeks without food but only days without water. It's the cheapest, most important thing to store.

How much to store

A common recommendation is **at least 1 gallon per person per day**, for drinking and basic hygiene. Aim for at least 3 days, and work toward about 2 weeks at home if you can. Store extra for pets, hot weather, pregnancy or illness.

PEOPLE	3 DAYS	1 WEEK	2 WEEKS
1	3 gal	7 gal	14 gal
2	6 gal	14 gal	28 gal
4	12 gal	28 gal	56 gal
6	18 gal	42 gal	84 gal

Storing it

- Buy sealed bottled water, or use clean food-grade containers. Avoid milk jugs, which break down.
- Keep it in a cool, dark place away from chemicals.
- Replace stored tap water about every 6 months; follow the date on bottled water.

Treating water when needed

- **Boil:** bring clear water to a rolling boil for 1 minute (3 minutes above 6,500 feet), then let it cool.
- **Bleach:** if you can't boil, use plain, unscented household bleach and follow the CDC's instructions (for example, about 8 drops of 6% bleach per gallon of clear water), stir and wait 30 minutes.
- **Filters:** portable filters help, but check what they remove. Many don't remove viruses or chemicals.

Source: CDC water emergency guidance. Follow local boil-water notices.

MODULE 03

FOOD

A Simple Food Supply

You don't need a basement full of buckets. Start with foods your family already eats, that need no cooking or fridge.

GOOD NO-COOK FOODS	WHY THEY WORK
Canned tuna, chicken, beans	Protein, long shelf life, ready to eat
Peanut butter, nuts, trail mix	Lots of energy in a small space
Crackers, cereal, granola bars	Easy, kid-friendly, no prep
Canned fruit and vegetables	Vitamins and extra liquid
Shelf-stable milk or plant milk	Useful for kids and coffee lovers
Comfort foods	Familiar snacks help kids (and adults) stay calm

The "buy two" method

Each time you shop, buy one or two extra of a shelf-stable item you already use. Put new items at the back and use older ones first. Over a couple of months you'll have a rotating supply without a big one-time cost.

DON'T FORGET	
☐ Manual can opener	☐ Pet food for at least 2 weeks
☐ Baby food or formula, if needed	☐ Paper plates and utensils
☐ Special-diet and allergy-safe foods	☐ Trash bags

FOOD SAFETY IN A POWER OUTAGE

Keep the fridge and freezer doors closed. A closed fridge keeps food cold for about 4 hours; a full freezer for about 48 hours (24 hours if half full). Throw out perishable food that's been above 40°F for 2 hours or more. When in doubt, throw it out.

Source: FoodSafety.gov.

MODULE 04

GO-BAG

Pack a Go-Bag

If you need to leave fast, a ready bag for each person saves precious minutes. A backpack works fine.

GO-BAG CHECKLIST (PER PERSON)

☐ Water (bottles) and a few snacks	☐ Rain jacket or emergency blanket
☐ Flashlight or headlamp + spare batteries	☐ Masks, hand sanitizer, wipes
☐ Phone charger and power bank	☐ Glasses, contacts, hearing aid batteries
☐ Small first aid kit	☐ Whistle
☐ A week of prescription medicines (if possible)	☐ Paper map of your area
☐ Copies of ID and key documents	☐ Phone numbers on paper
☐ Some cash in small bills	☐ Comfort item for kids
☐ Change of clothes and sturdy shoes	☐ Pet leash, food and records

Car kit extras

- Jumper cables, a flashlight and a first aid kit
- Blanket, water and snacks; in winter, an ice scraper and warm layers
- Keep the gas tank at least half full when storms are forecast

MODULE 05

POWER, LIGHT & COMMS

Power, Light and Communication

Most emergencies start with a power outage. Plan for light, charging, staying informed and staying in touch.

NEED	SIMPLE, SAFE OPTIONS
Light	LED flashlights and lanterns with spare batteries. Avoid candles; they're a fire risk.
Charging	Power banks kept charged; a car charger; a portable power station (battery) for bigger needs
Information	A battery or hand-crank NOAA weather radio; local emergency alert sign-ups
Staying in touch	Text instead of calling when networks are busy; FRS walkie-talkies for short distances
Going further	An amateur (ham) radio Technician license requires passing a 35-question exam

GENERATOR SAFETY TIP

Never run a generator, grill or camp stove indoors, in a garage, or near windows and doors, even with them open. The CDC advises keeping generators at least 20 feet from your home. Install battery-powered or battery-backup carbon monoxide alarms. If an alarm sounds or anyone feels dizzy or sick, get to fresh air and call 911.

Source: CDC carbon monoxide guidance.

CURIOUS ABOUT A DIY POWER PROJECT?

If you like hands-on projects, Ultimate Off-Grid Generator is a paid DIY guide sold through ClickBank. The seller explains it in a video presentation on their page: [watch the seller's presentation](#). More about it on the last page.

Affiliate link: ApexShiftHub may earn a commission at no extra cost to you.

MODULE 06

FIRST AID & HEALTH

First Aid and Health

In a big emergency, help may take longer to arrive. A stocked kit and a little training go a long way.

FIRST AID KIT

☐ Adhesive bandages, various sizes	☐ Pain and fever reliever
☐ Gauze pads and roll, medical tape	☐ Antihistamine (allergies)
☐ Elastic bandage	☐ Thermometer
☐ Antiseptic wipes and ointment	☐ Instant cold packs
☐ Tweezers and small scissors	☐ Any personal medical supplies
☐ Disposable gloves	☐ A first aid manual or printed guide

Medicines and medical needs

- Ask your doctor or pharmacist how to keep a small extra supply of essential prescriptions.
- Keep a written list of medicines, doses, allergies and doctors for each person.
- If someone relies on powered medical equipment, talk to your provider about backup power and tell your utility company.
- Know which medicines need refrigeration and how long they're safe without it (ask your pharmacist).

Get trained (often free or low-cost)

- First aid and CPR classes through the American Red Cross or local hospitals.
- Bleeding-control training through Stop the Bleed.

MODULE 07

DOCUMENTS & HOME SAFETY

Documents, Money and Home Safety

After an emergency, the hardest part is often paperwork. A little organizing now makes recovery much easier.

IMPORTANT DOCUMENTS (COPIES + SECURE DIGITAL BACKUP)

- | | |
|---|---|
| ☐ IDs, driver's licenses, passports | ☐ Bank and credit card contacts |
| ☐ Birth certificates | ☐ Property deed or lease |
| ☐ Insurance policies (home, car, health) | ☐ Photos or video of your belongings |
| ☐ Medical records and medication lists | ☐ Pet vaccination records |

HOME SAFETY

- | | |
|--|---|
| ☐ Working smoke alarms on every level | ☐ Know where your electrical panel is |
| ☐ Carbon monoxide alarms near sleeping areas | ☐ Gas: shut off only if you smell gas or are told to |
| ☐ Fire extinguisher, and everyone knows how to use it | ☐ Secure tall furniture and water heater |
| ☐ Know where your water shut-off is | ☐ Flashlight by each bed |

If you shut off natural gas, only the gas company should turn it back on.

MODULE 08

8-WEEK PLAN

Your 8-Week Plan

One focus a week, using what you have first and spreading costs out. Tick each item as you go.

WEEK	FOCUS	DONE
WEEK 1	Know your risks; write your family plan; sign up for local alerts	☐
WEEK 2	Store 3 days of water; check flashlights and batteries	☐
WEEK 3	Start the "buy two" food method; get a manual can opener	☐
WEEK 4	Build or check your first aid kit; write medication lists	☐
WEEK 5	Pack a go-bag for each person (start with what you have)	☐
WEEK 6	Get a weather radio and power banks; test smoke and CO alarms	☐
WEEK 7	Copy and back up important documents; find your shut-offs	☐
WEEK 8	Practice your plan as a family; set a reminder to check everything in 6 months	☐

BUDGET TIP

You don't need expensive gear. Many families start with water, a flashlight, a radio, a first aid kit and a week of extra groceries, then add more over time.

KEEP GOING

NEXT STEPS

Keep Building Your Plan

You've got the basics. Here's where to go next.

WANT TO EXPLORE OFF-GRID POWER?

Ultimate Off-Grid Generator is a paid DIY guide sold through ClickBank. According to the seller, it shows how to put together a small home power generator. The button below opens the seller's page, where they explain it in a video presentation. If you enjoy hands-on projects, it may be worth a look. Check the price and refund policy there, and use a licensed electrician for any home wiring.

Watch the seller's presentation →

Affiliate link: ApexShiftHub may earn a commission at no extra cost to you.

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For advice specific to your area, the free guides from Ready.gov (FEMA), the American Red Cross, Weather.gov and FoodSafety.gov are good places to look.

This guide shares general preparedness information and can't cover every situation. Follow instructions from local officials, and in an emergency, call 911.