



Being prepared is more than critical, it is the key to success in life. The early pioneers, settlers, explorers and Israelites all knew that being prepared was the choice between life and death. It is vital to start now - even 15 minutes a day will make a significant difference. Emergency planning in this manner won't take as long as you think. The more your family is involved in this process, the easier it will be and the stronger your family bond will become. Preparation is the best way to reduce fear and secure peace of mind.

There are dozens of lists with hundreds of items that people want you to have or get you to buy. So we divided the prepping process into five progressive steps that are easy to follow.

- 1. Family Emergency Plan – (THINK NOAH)** Do you have one? Just like you plan for a fire drill, your family plan will tell everyone where to go and what to do. Remember, in the case of evacuation, 9 MINUTES is all most families get. How would your family do? It starts with writing down emergency numbers and includes building a FAMILY EMERGENCY KIT. This kit should include items that you may need in the case of the loss of electricity, damage to your house or evacuation.
- 2. 3-7 Days of Provision – (THINK ABIGAIL)** Would you have enough water, food, medicine and cash if you had no power or funds? What about those in your family with special needs or physical limitations? The food should be precooked, packaged and in cans or pouches.
- 3. Shelter – (THINK ABRAHAM)** Where can you take shelter in the event of tornadoes, flooding or fires? If you had to hunker down due to an ice storm, how would you keep warm? What about sanitation if there was no water?
- 4. Safety – (THINK NEHEMIAH)** If a hurricane hit, would your family and neighborhood be safe? Who are the people, neighbors you can rely on? Who do you trust and who would be there to help you turn off a leaking gas line or be ready with a chainsaw if the trees were down?
- 5. Long Term Supplies – (THINK JOSEPH)** In the case of a serious disaster, flu quarantine or even the loss of a job; have you set aside enough food to survive for a week, month or even longer? Have you thought about starting a garden, canning food, getting a rain barrel for water collection or water consumption?