

Emergency Planning Top 10

1. Stock up on emergency supplies

- Food and water, communication/light/power, first aid, shelter/clothing, sanitation/hygiene, tools/pets/other supplies
- <https://www.spencerfinancialplanning.com/blog/emergency-kit-part-1-what-do-we-need>

2. Make a car emergency kit for each vehicle

- Supplies for common car problems, safety and survival basics, communication, other
- <https://www.spencerfinancialplanning.com/blog/emergency-kit-part-2-car-emergency-kit>

3. Identify meeting places

- Choose a *neighborhood* meeting place for your family that is (a) within walking distance of your home, (b) at least 3-4 houses away, and (c) a recognizable landmark
- Identify a *regional* place to gather that is central to your frequent destinations (work/school/gym/etc.) if returning to your neighborhood isn't possible
- <https://www.spencerfinancialplanning.com/blog/emergency-kits-part-4-creating-an-emergency-plan>

4. Emergency contacts

- Choose two emergency contacts outside your household: (a) a local primary contact and (b) an out-of-state secondary contact
- Create, label, and save an emergency text group in your phone favorites that includes your household members, and your two emergency contacts
- Encourage family members and emergency contacts to use short texts to communicate in emergencies as they are more likely to get through than a call when cell towers may be overtaxed

5. Determine and create in-house safe places

- Find out which extreme weather conditions are more likely in your area (earthquakes, floods, etc.)
- Locate a safe place within your house for each scenario
- Anchor large and/or tall pieces of furniture to the walls

6. Locate in-house exits & shutoffs

- As a family, find 2 exit routes to outside from every room (consider portable fire escape ladders)
- Locate and communicate to family members where the gas/water/electrical shutoffs are

7. Emergency plans for frequent destinations

- Ask for and review the emergency plans for your work, school(s), church, etc.
- Talk with children about what to do if an emergency occurs while they are apart from the family

8. Prep your phone(s) for emergencies

- Set up ICE (In Case of Emergency) numbers in each family member's phone (these can be accessed by emergency personnel even if the phone owner is unresponsive or unable to communicate)
- Government Alerts (in iPhones, got to Settings > Notifications > Government Alerts)
- FEMA app: Sign up for alerts for your zip code and/or city
- PulsePoint Respond app: Get emergency alerts from your local fire department
- Red Cross Emergency Alerts app: Use for additional info on planning for all sorts of emergencies

9. Carry your Emergency Plan with you at all times

- Make a small printed copy of your emergency contacts and meeting places
- Give every family member a copy to carry in a wallet/purse/backpack, and/or to keep on their phone

10. Practice and update your plan!

- Set up periodic reminders to review and practice your emergency plan as a family
- Set up an annual reminder to review your plan to make sure it's current
- Set up reminders to check & update your emergency supplies (perhaps whenever DLS time changes)