

# Preparing for a Disaster

---

*“A Call to Action!”*

*Debra J. Williams, Author*

*Foreword by: Dr. Gerald T. Hightower*

Published by Higher Ground International™, Beaumont, California, U.S.A.

Printed in U.S.A.

© Copyright 2011, by Debra J. Williams, Higher Ground International™. All rights reserved.

Excerpts of information, brochures, checklists and links taken from *Ready.gov website*. The Federal Emergency Management Agency (FEMA) does not endorse any non-Federal government publications, organizations, or products.

## Table of Contents

|   |    |
|---|----|
| Foreword.....                               | 5  |
| Endorsement.....                            | 6  |
| A Message from the Author.....              | 7  |
| Introduction .....                          | 8  |
| Planning for a Disaster .....               | 9  |
| Staying in your home or neighborhood: ..... | 9  |
| Traveling out of the disaster zone: .....   | 9  |
| Walking to safety: .....                    | 10 |
| Storage Space.....                          | 10 |
| Basic Disaster Supplies Kit.....            | 11 |
| Camping Equipment.....                      | 12 |
| Clothing/Personal Items/Entertainment ..... | 13 |
| First Aid .....                             | 14 |
| FEMA’s Recommendations for First Aid .....  | 16 |
| Water/Food.....                             | 17 |
| Water .....                                 | 17 |
| Food .....                                  | 17 |
| Financial First Aid Kit.....                | 19 |
| Heirlooms.....                              | 19 |
| Household Essentials & Kitchen Items.....   | 20 |
| About the Author .....                      | 21 |
| Our Family Disaster Plan .....              | 23 |
| Disaster Checklist .....                    | 24 |
| Camping Equipment.....                      | 25 |
| Clothing/Personal Items/Entertainment ..... | 26 |
| First Aid Kit .....                         | 27 |
| Water/Food.....                             | 28 |
| Financial First Aid Kit.....                | 29 |
| Household Essentials .....                  | 30 |
| Kitchen Items .....                         | 31 |
| Appendix 1: FEMA Checklist.....             | 33 |
| Appendix 2: FEMA Family Emergency Plan..... | 35 |
| Appendix 3: Family Medical History .....    | 39 |

## **Publication Note**

Higher Ground International makes no representation or guarantee as to the completeness of information in this document, and Higher Ground International expressly disclaims liability for any personal injury or damages of any nature resulting from the publication, use of, or reliance on this document.

## **For Additional Copies**

We pray that you will share this Ebook with all your family and friends so they too can be prepared for a natural disaster. We are tracking the number of copies in circulation so please use this link <http://bit.ly/OOhp8M> or go to [www.highergroundintl.com](http://www.highergroundintl.com) to access additional copies of the Ebook and, ask others to do the same. We really want to know how many people are getting prepared and that we are possibly helping to save lives.

## **Contributions**

As people have begun to download this Ebook, some have wanted to pay for the Ebook. The Ebook is free. At the same time, others have said they do not have access to download or print the Ebook. And, community and faith based organizations are now asking me to speak on disaster preparation. These agencies do not have budgets to print large quantities for their constituents. If you would like to contribute, click this link <http://bit.ly/OOhp8M> or go to <http://highergroundintl.com>. Any amount you contribute will help those who would not otherwise have access to this Ebook or get a printed copy to get prepared.

## Foreword

Far too often we are witnesses to a natural disaster; in the aftermath we are faced with the question, “How could we have prepared ourselves?” With all the tragic events that we have experienced over the last several years here in America and abroad, it is quite alarming that we have failed to supply people with a comprehensive plan of action to help them prepare for such adversity—until now.

In her E-book, “Preparing for a Disaster”, Debra Williams equips us with vital information that enables us to be in “a state of readiness.” In addition, this book provides us with exceptional resources, which give us cost effective ways to prepare our homes and our families for potential calamity. Debra furnishes us with a critical strategy for survival based on the instructions given to her by the LORD. However, whether you subscribe to her faith in GOD (although you definitely should) or not, this E-book is not optional reading, it is a must! I urge you to read it, use it to implement a plan of action for you and your family and forward a copy of this book to everyone in your sphere of influence. Everyone in my family, personal and professional networks will all receive a copy!

I am fortunate to have 10 years of experience as a government and airport security specialist (hazardous material, terrorist threat training & quality control management) for The Aerospace Corporation, Continental Airlines and American Airlines. While I have studied numerous manuals, and conducted many training classes on emergency response procedures, I have never found any material that educates the family on disaster preparation. Thus, this E-book is absolutely essential.

An aspiring author once wrote, “The greatest gift in life is life itself. Therefore, anything or anyone who preserves, protects, or prolongs life is also a gift.” I pray that you will readily receive and utilize Debra’s gift to us, “Preparing for a Disaster.” It just may save the life of someone you love. SHALOM

Dr. Gerald T. Hightower  
Purpose Center International Ministries

## Endorsement

*In the wake of life's tragedies, we often wish we had an opportunity for a "do over."*

Unfortunately, most of us are not afforded that opportunity. However, Debra Williams offers us the next best thing in her book, *Preparing for a Disaster*. The prophetic tone and historical insight of this book sounds the alarm while providing proven proactive efforts in preparation for potential disasters.

Far too many authors warn "the sky is falling" without offering viable information to help us in a disaster. However, Debra has compiled a wealth of information and a host of resources to help prepare for, survive and recover from a disaster. Although she is gifted in the prophetic realms, her true rite of passage stems from her 25 years as a management and training consultant.

I have personally had the pleasure of attending Debra Williams' Preparing to Start Your Business course. Her preparatory approach to business helps the faint of heart determine early on whether they have what it takes to be a business owner. I have also had the opportunity to serve with Debra as intercessory prayer leaders under the ministry of Dr. Gerald T. Hightower, Senior Pastor, Purpose Center International Ministries, Perris, CA, and Founder of The Purpose Prayer Line. She is as fervent in prayer as she is in business.

As a 35 year veteran in the Federal Government, I served in various capacities ranging from disaster preparedness technician (War Skill) in the United States Air Force to Special Agent, Department of Homeland Security. During this time frame, many of my areas of oversight included a nexus of disaster preparedness and disaster response. I found it difficult to locate a comprehensive guide to preparing for a disaster for the average family, until now. I have included Debra's book, *Preparing for a Disaster* in my personal library. This book is a must. It is as inviting as a family photo album, but is as comprehensive and essential as a survival kit.

Leroy Hendrix

Hendrix Syllabi Consultants

## A Message from the Author



On Wednesday, September 14, 2011 around 5:30am, Dr. Gerald T. Hightower, Senior Pastor, Purpose Center International Ministries, Perris, CA, and Founder of The Purpose Prayer Line (Phone: 712-432-3066, Access Code: 130926) spoke a word of prophecy. The word from God was that there would be major earthquakes, tornadoes and hurricanes hitting the West Coast, specifically Southern California. The prophecy was immediately confirmed by Pastor Michael Samuels, Kingdom Revelation and Restoration Ministries International, Inc.,

Winston-Salem, North Carolina who was also on the call. Dr. Hightower felt compelled to give specific instructions for preparation to those of us who were listening. While praying about the prophecy, God began to speak to me about how to prepare my family. You see, I was one of those who always planned to get ready, but had not done so. This time felt different. As a result of the prophecy and God's unction during the prayer, I told Dr. Hightower that I would share my family's list with all others. This EBook is the result of God showing me how to prepare a little research on the subject and input from Russell, Dr. Hightower and others.

We pray this EBook will help many people who would otherwise be caught off-guard and unprepared. Don't take this lightly. What an honor that God would reveal this in advance so that we can get prepared. When we are prepared, we will be able to help many around us who are not.

By the way, at 6:42am on that same day a 4.2 earthquake hit Southern California. The epicenter was Yucaipa, California. The next day Dr. Hightower spoke a word of impending disaster on the prayer call, not knowing that a 3.5 earthquake had struck the Southern California around 3:00am, this time in Orange County.



# Introduction

For many years prophecy has come forth that there will be a series of natural disasters on the West Coast, specifically in Southern California. Those of us who live in Southern California are very accustomed to earthquakes, fires and wind. So much so, that we often take nature too lightly. Some are prepared, but many are not. We say we will get prepared, but are reminded that we haven't followed through with that assignment only after the earth begins to move under us once again.

As we began to think about how to prepare for a natural disaster, we first thought about what would be needed if we were going camping or hunting. Since my husband, Russell and I are campers and have a detailed list, this seemed like a no brainer. Dr. Hightower agreed to review our list and add or edit as needed because his dad is an outdoorsman and hunter.

After looking at our camping list, listening to God and talking to a few people, I realized this effort could be much larger than I initially thought. We would need to help people get prepared for a variety of potential natural disaster scenarios. This EBook and any of the ideas in it are not the only way to get prepared. And, we have included many ideas from the experts on emergency preparedness at FEMA and other agencies. There is a lot of information on how to get prepared for all types of disasters and we strongly recommend that you go beyond this EBook to get prepared.

***Our real goal is to get you to start thinking and getting prepared for a natural disaster.*** In the event that you don't take the prophecy seriously and prepare in advance, we are attempting to share information that you can use once a disaster hits. You will have sample lists of things that could be readily available in your home. One thing we know for sure is that when the disaster hits, you will not be able to effectively think of things that you will need.



## Planning for a Disaster

***Every family and individual adult should have a plan!*** Your plan should include steps that are to be taken before, during and after the disaster. Advance planning will not only save lives, but it will eliminate or reduce many injuries and worries.

Once you develop your plan, make sure everyone in the family knows the plan and the procedures! Periodically go over the plan and procedures in family meetings to update the information, make modifications to the plan and ensure all members clearly understand it. Your disaster plan reviews are also great opportunities to replace and update disaster supplies.

We believe that when a natural disaster happens, you will need to be prepared for a variety of scenarios. We have thought about three.

### **Staying in your home or neighborhood:**

There is a strong possibility that you will need to sustain yourself, your family and possibly assist your neighbors for some period of time. It could be hours, days or weeks before roads are safe enough to travel, communication and electricity can be restored, or any of the public services are available. You may be forced to stay in your home or in your neighborhood because you are cut-off by debris or other dangers. Your home or your neighborhood may be the safest place to be.

A good website for information is [www.fema.gov](http://www.fema.gov).

There are helpful checklists, manuals and other tools to assist in your planning process.

One such manual is called Basic Preparedness. Follow this link it download a copy of it.

[http://www.fema.gov/pdf/areyouready/basic\\_preparedness.pdf](http://www.fema.gov/pdf/areyouready/basic_preparedness.pdf)

Are you prepared to stay right where you are? No, then start thinking about what you will need to survive in your home or neighborhood. You must develop a plan.

### **Traveling out of the disaster zone:**

If the roads are clear and it is safer to leave your area than to stay put, you must have a plan for traveling some distance to safety. Your plan should certainly factor in your destination, your mode of transportation, the route you will take and length of travel. All of those decisions must be made with all travelers in mind. The number of people, their ages and the health of those who will need to travel will greatly impact your plan.

You will also need to consider the possible situations you may encounter as you travel. Your plan will need to be flexible since you won't actually know what is possible until the disaster takes place.

## Walking to safety:

When thinking about evacuating from a disaster zone you will also need to consider the need to walk! Consider everything that was just mentioned in “Traveling out of the disaster zone” and think about walking as your mode of transportation.

## Storage Space

As you are developing your plan, you must think about where you will store your emergency supplies? For some of us, that may mean we need to clean our garage. If you have an inside closet, you may need to clear space in that closet for your supplies.

### ***FEMA’s Kit Locations:***

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles.

| Home   | Work  | Car  |
|--|---|--|
| <p>Your disaster supplies kit should contain essential food, water, and supplies for at least three days.</p> <p>Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.</p> <p>Additionally, you may want to consider having supplies for sheltering for up to two weeks.</p> | <p>This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.</p> <p>Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.</p> | <p>In case you are stranded, keep a kit of emergency supplies in your car.</p> <p>This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.</p> |

Source: [www.fema.gov](http://www.fema.gov) website, 10/1/11

## Maintaining Your Disaster Supplies Kit (Source: FEMA.gov)

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

## Basic Disaster Supplies Kit

This is a 4-person emergency survival kit packaged in a durable nylon backpack and designed for the car. This comprehensive survival kit contains the most effective emergency supplies for emergency preparedness including the emergency food, water, lighting, radio, first-aid, sanitation, and shelter supplies to prepare for all disasters. This deluxe kit also contains a Solar / Hand-Crank Powered Flashlight, Radio, Flashing LED Siren & Mobile Phone Charger with a universal adapter - just plug in your cell phone car charger to charge your phone using the hand-crank / Dynamo Power Generator.

I saw this particular kit for around \$89 online, but you might catch it on sale. I recently bought a two person kit on sale for \$29.95. Shop around for the best deal.



**Go online to purchase**  
<http://bit.ly/NBSOYb>

# Camping Equipment

We recognize that preparing for a disaster is very different from going camping. However, if you are prepared for camping you will also have many of the items that will help you survive in a disaster situation.

For those of you who do not camp, we have developed a sample list of the items that we typically take camping. You do not need to spend a lot of money. Go to discount stores and begin to buy a few items at a time.

For those of you who are accustomed to going camping or being in the wilderness you mostly likely have everything that you need in your house now. You may look at our sample list and say this is “5 star hotel” camping. You would be right! The only place we camp is in the high Sierras with hot showers, electricity and running water at every site. Don’t laugh, we do sleep in tents!

**Think about the bare essentials that you could carry if you had to walk to safety or if you had one vehicle without a lot of space!** If you must stay in place in or near your home, you could utilize all of the items on our list.

I will explain why some of the items are on our list. Others are obvious.

| ITEM                           | USE   |
|--------------------------------|---|
| 1ga plastic gas can            | Can be used for additional gasoline for your vehicle.   |
| Wide weave rake                | Clear rocks/debris from location where tent will be set up.   |
| Shovel                         | (Portable size if possible)   |
| Ax                             | Clear paths, chop wood for campfire, etc.   |
| Broom, dust pan or whisk broom | Same as rake or to keep campsite and vehicle clean. Organization and cleanliness is important for the emotional health. |
| Mallet                         | Put up tent, hammer will destroy plastic tent stakes. A simple rock used wisely will serve the same purpose.            |
| Hammer & nails                 | A small bag of nails and hammer come in handy for all sorts of things.  |

## Sample List

Portable, battery-powered radio or television and extra batteries.

Tents w/stakes

Lanterns and lantern stands w/extra globes and filaments or battery operated lanterns

1 gallon gasoline can

Air Mattress w/hand pump or sleeping cots

Sleeping Bags

Pillows

Flashlight for each person w/ extra batteries

Green light stick

Wide weave rake

Shovel

Ax

Broom & dust pan

Whisk broom

Mallet

Hammer & nails

Portable toilet or heavy duty 30ga trash bags

Flares

Folding chair/stool per person

## Clothing/Personal Items/Entertainment

**It is important to plan for all of the essential items each individual will need in a time of disaster!** Once the disaster hits, everything will most likely be in chaos. Clothing could be dirty, wet, or missing. You may not be able to find your child's favorite shirt or toy.

Take the time now to make a list of the clothing, personal items and entertainment that could be needed during a disaster. The more organized you are the better you will feel when it all happens!

The best example I can share regarding the personal items to take is when Russell and I had to evacuate from a wild fire. It is amazing what you decide to take and what you decide to leave behind.

### **Remember!**

You must think about if you are staying in place or evacuating. If you are evacuating, what is your mode of transportation? How many people must go and how far are you going?

When we evacuated due to a wild fire, we took one bag of clothes for each of us. We took closed toed shoes, jeans, shirts, under garments and toiletries. We assumed we would be able to come back, but was not sure if anything would be standing.

In this case, God has shown me that we are to pack a bag of clothing/personal items to keep in the trunk of my car and one to keep in the trunk of Russell's car. Each bag is to have clothes/personal items for both of us. We are using duffel bags for our clothes, as we did when we evacuated from the fire. However, you could just as easily leave those bags of clothes in your garage or in a closet in a dry place up off the floor.

This is a list of the clothing that's in our bags.

- 2 -3 changes of clothes (Jeans, shorts, t-shirts, sweatshirts, under garments)
- Warm jacket, gloves, and stocking caps for night
- Pajamas & socks
- Shoes (Tennis shoes, hiking boots, or other comfortable leather shoes)
- Flip flops for showers

***When developing your list, think about what you would do if you were walking and could only take what you could carry. You will need to have a backpack per person.***

### **Sample List**

Towels/  
washcloth(s)

Toiletries (Soap, deodorant, razor toothpaste, toothbrush, mouthwash, lotion, hair care prods)

Special needs: prescription medications, eye glasses, contact lens solution, & hearing aid batteries.

Items for infants, such as formula, diapers, bottles, and pacifiers

Moist towelettes & toilet paper

Insect repellent, suntan lotion, sun glasses

1 dish pan (bathing)

Respirator(s)

Whistle

Playing cards, dominos, board games, iPod

Bible, Book, magazine

Camera/film

Favorite toy(s)

School books

Homework assignments

Other items to meet your unique family needs

## First Aid

***Having an emergency first aid kit and the accompanying manual will be critical!*** We cannot stress the need for your first aid kit. There are all types of first aid kits available on the market. You can purchase them from anywhere. Even gas stations have small emergency first aid kits.

The most important thing is - get one or make one. This is one of the areas where I personally procrastinated. I kept saying I had to remember to buy a first aid kit. Then my excuse was - they are too expensive.

### ***Sample #1:***

You can purchase professional kits like this one. This is a first aid kit that I received back in 1978 when I first went to work for Southern California Edison. As you can see it is metal and you can fit a lot of things in it. It has been sitting in the trunk of my car all of these years and I replenished the supplies over the years. It doesn't look very appealing, but it does the job very well. It is very compact. The sample list describes everything in this first aid kit. It is now fully stocked and in one of our cars. I added a few things to it such as the 5% Lidocaine patches, bottle of Ibuprofen, cough drops and mending kit. The only thing missing from this kit is a flashlight with batteries.



Your first aid kit does not need to be expensive. I have seen first aid kits for as low as \$9.99 in discount stores. Do not procrastinate!

### **First Aid Kit**

5 - 5% Lidocaine Patches  
1 - Triangle bandage  
1 - Rescue blanket  
4 - Sting kill swabs  
2 - Temp. Strips  
1 - Box Knuckle bands  
1 - Bottle Ibuprofen  
1 - Box ammonia inhalants  
1 - Scissors  
1 - 2" X 6yds gauze  
1 - Tweezers  
10 - Cough drops  
1 - Snake bite kit  
2 - Iodine ointment packs  
1 - 3" Offset bandage compress  
5 - Alcohol prep pads  
1 - 2" Offset bandage compress  
4 - Wet wipes  
1 - Burn spray  
6 - Safety pins  
1 - Eye dress packet  
1 - Mending kit  
1 - Box Tincture of green soap swabs  
2 - Pair latex gloves

## Sample #2

**A first aid kit does not need to be purchased intact!** I just said this is one area where I procrastinated for years.

God reminded me that many of the items in a first aid kit are already in my home.

You can create your own first aid kit based on things you have around the house. This first aid kit is about the size of a lunchbox (6" height x 9" length).

This is the second first kit that I created. It now sits in the trunk of our other car. I did not remember that I had this first aid kit. It actually had MREs (Meals Ready to Eat) and emergency water in it. But it was all so old that I had to throw it out. Here is a list of what remained from the original first aid kit.

- 1 - Rescue blanket
- 1 - Flashlight
- 2 - Travel packets of Kleenex
- 1 - Gauze pad



The only thing I purchased was the tube of Neosporin. Everything else was in my house or in the other first aid kit. I took half of some of the items in the sample #1 kit and added them to the sample #2 kit.

Just as important as your first aid kit is to have a documented list of all medications, needed for each person in your household.

We have included a form to document the medical history for all members of your household on page 36.

## First Aid Kit

- 10 - 5% Lidocaine Patches
- 1 - Small Swiss Army knife
- 8 - Wet wipes
- 2 - Temperature Strips
- 1 - Travel size bar soap
- 1 - 2oz bottle alcohol
- 1 - Mending kit
- 1 - Small bottle Peroxide
- 1 - Flashlight w/2 "D" batteries
- 2 - Travel packets of Kleenex
- 20 - Cough drops
- 1 - Gauze pad
- 20 - Tums or antacid tablets
- 1 - Scissors
- 6 - Safety pins
- 1 - Tweezers
- 1 - Tube Neosporin
- 1 - Ace bandage
- 1 - jar petroleum jelly
- 2 - Pair latex gloves

## FEMA's Recommendations for First Aid

(Source: [www.fema.gov](http://www.fema.gov), website, 2011.)

In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

### Things you should have:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings to stop bleeding.
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Antibiotic ointment to prevent infection.
- Burn ointment to prevent infection.
- Adhesive bandages in a variety of sizes.
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometer (Read more: [Biological Threat](#))
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

### Things that may be good to have In Your Kit:

- Cell phone with charger
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

### **Medium Size First Aid Kit**



**Go online to purchase**  
<http://bit.ly/PSyss4>



# Water/Food

**The most important item in a disaster is clean water!** Here is an excerpt from FEMA.gov about developing your supplies of water and food.

## Water

### How Much Water do I Need?

You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

### How Should I Store Water?

To have the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Observe the expiration or “use by” date.

*There is additional information on [fema.gov](http://fema.gov) on how to prepare your own containers of water as well as how to store them.*

## Food

The following are things to consider when putting together your food supplies:

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand. (Note: Be sure to include a manual can opener.)
- Include special dietary needs.

## Sample List

Bottled water for drinking (1 case per car)

5 – 1ga. bottles water for cooking & bathing

Can soups

Can Vegetables

Can meats

Dry soups

Cold and/or hot cereal packets

Meals Ready to Eat (MREs)

Energy bars

Top Ramen

Condiment packets (sugar, salt, pepper, sugar substitute, soy sauce, catsup, mustard, etc.)

Juice packets

Dry fruit

Instant coffee

Tea

Some of the things that I believe God told me to do for my family are:

1. Place 1 case of water in each car. I planned to buy bottled water until I learned about emergency water. Here are a couple of examples of emergency water. You can purchase it in your local area or online.



**Go online to purchase**  
<http://bit.ly/RuEH1U>



**Go online to purchase**  
<http://bit.ly/N3OsY6>

2. We bought 5 – 1ga. bottles of water for cooking & bathing. We have this water stored in our pantry, but it could just as easily be stored in an accessible closet. I chose not to store it in our garage due to the variations in temperature of the garage.
3. If it is safer to stay in our home after a disaster we are making plans for a large amount of water storage. As an example:
  - We will disconnect our house from the street water source to eliminate contamination as much as possible. We can utilize the 50ga of water available in our water heater that is in the garage.
  - We will make sure that we effectively use all water in the bathrooms for sanitation.
4. We have purchased water treatment tablets.

Now that we are seriously preparing for a natural disaster we will think about other things such as purchasing an emergency water storage tank.

## Financial First Aid Kit

**Once a natural disaster hits, it is too late to try to find all of your important documents in order to access emergency services and to start putting your life back together!**

Many of us don't have an inventory of the furniture, equipment, heirlooms and other valuables in our home. I don't know if you have experienced it, but when someone breaks into your home, sometimes it takes weeks or months to realize that something is missing that you did not report as stolen.

Even if we have the proper insurances (e.g. earthquake, flood, renters, etc.) how will we ever remember all the things and prove their value?

One of the simplest ways is to take pictures of the rooms in your home now!

The photos will help trigger your memory of everything that has been lost.

The next step in that process would be to add value to all of those photos and back them up with receipts.

During my research I found the Operation Hope website and a FEMA financial first aid kit! I am sure there are other websites like it. Here is a link to their manual.

<http://www.operationhope.org/images/uploads/Files/effak2.pdf>

**Have \$100 in cash and coins on hand!** ATMs may not work.

**Make sure all of your important documents are copied/scanned and on a backup system.** The backup system could be a flash drive, external hard drive, or online backup system. Several people have confirmed that God has shown them the same thing.

## Heirlooms

**When it comes to photos and other items of sentimental value, they are priceless!**

Once again, I take you back to our experience of evacuating from the wild fire. Since we had time and could drive away from the impending disaster, we took our photo albums and jewelry box. We had two vehicles so we had the space in our truck to take our artwork off the walls. In a natural disaster, we would plan to take our jewelry and our most important photos. That may be just the ones that are displayed in small frames in our home. We can take more if they are scanned and on a flashdrive or backup hard drive. Again, it is amazing what you leave behind when you have little time to evacuate.

## Sample List

### Personal Documents

Birth certificates  
Passports  
Photocopies of credit and identification cards.

### Insurance papers:

Homeowner Insurance  
Renter's Insurance  
Life Insurance  
Vehicle Insurance  
Vehicle registration

### Household

Mortgage paperwork  
Deed

### Business documents

Business structure (Corporation, DBA, etc.)  
Insurance paperwork  
Laptop/pda, etc  
External hard drive or flash drive  
Document with all passwords and access codes for accounts

## Household Essentials & Kitchen Items

Since this EBook is based on our camping experience, I have divided it into sections like my camping list. We try to be really organized and pack items in categories. Two of our categories are called household essentials and kitchen items.

### Household Essential Sample List

Small containers of cleaning products  
Detergent  
Bleach  
Disinfectant towels  
Disinfectant cleanser  
Lysol spray  
Bug spray for insects  
50 ft. or longer extension cords and surge protectors (2 – 3)  
Rope (50 feet)  
All purpose cleaner (preferably biodegradable)

### Kitchen Items Sample List

Dining Tent/canopy  
2 burner camping stove  
Barbeque pit & charcoal/propane  
Folding table or card table  
Large trash bags w/ twist ties  
Plastic table clothes w/ hooks to keep cloth on table  
Box - 1 gallon zip lock bags  
Stick matches in waterproof container  
Large thermos for water  
2 Dish pans (1 wash and 1 rinse dishes)  
Dishwashing liquid, disposable dish clothes and towels, and scouring pads  
Ice chest  
Pots and Pans  
Water purifier tablets  
Hand can opener  
Plastic plates, bowls, utensils  
Cooking utensils

## About the Author

Debra J. Williams is the President of Higher Ground International management consulting firm and the co-owner of the Global Economic Community (GEC) with her husband Russell Williams. The GEC is dedicated to "Linking God's People around the world" and providing a forum for positive, secure and profitable business dealings between Christians.

Debra is an author, nationally known speaker and songwriter. She is the author of *Preparing to Start Your Business: A Step-By-Step Guide*, and a co-author and co-owner of the Business Training School. BTS is a faith based, leading edge small business, DVD based training curriculum. Local churches, schools and chambers of commerce can utilize the BTS to help individuals start businesses and positively impact their local economy.

Debra has over 25 years experience as a management consultant to large and small, for-profit and non-profit, public and private organizations, specializing in business coaching, strategic planning, human resource services, and training & development.

Debra and Russell have been happily married for 25 years. They have three children and 12 grandchildren.

Phone: 866-214-4557

Email: [info@highergroundintl.com](mailto:info@highergroundintl.com)

Website: [www.highergroundintl.com](http://www.highergroundintl.com)

*Intentionally Left Blank*

# Our Family Disaster Plan

---

***Time to develop your plan!***

***Important Instruction:***

*Print the Family Emergency Plan forms single-sided in order to make your wallet size cards.*

## **Disaster Checklist**

- ☐ Camping Equipment
- ☐ Clothing/Personal Items/Entertainment
- ☐ First Aid Kit
- ☐ Water/Food
- ☐ Financial First Aid Kit
- ☐ Household Essentials & Kitchen Items
- ☐ Kitchen Items

***Utilize this checklist to ensure complete planning.***



[illegible]

- Portable, battery-powered radio or television and extra batteries.
- Tents w/stakes
- Lanterns and lantern stands w/extra globes and filaments or battery operated lanterns
- 1 gallon gasoline can
- Air Mattress w/hand pump or sleeping cots
- Sleeping Bags
- Pillows
- Flashlight for each person w/ extra batteries
- Green light stick
- Wide weave rake
- Shovel
- Ax
- Broom & dust pan
- Whisk broom
- Mallet
- Hammer & nails
- Portable toilet or heavy duty 30ga trash bags
- Flares
- Folding chair/stool per person

## Clothing/Personal Items/Entertainment

### Sample List

Towels/  
washcloth(s)

Toiletries (Soap,  
deodorant, razor  
toothpaste,  
toothbrush,  
mouthwash,  
lotion, hair care  
prods)

Special needs:  
prescription  
medications, eye  
glasses, contact  
lens solution, &  
hearing aid  
batteries.

Items for infants,  
such as formula,  
diapers, bottles,  
and pacifiers

Moist towelettes  
& toilet paper

Insect repellent,  
suntan lotion,  
sun glasses

1 dish pan  
(bathing)

Respirator(s)

Whistle

Playing cards,  
dominos, board  
games, iPod

Bible, Book,  
magazine

Camera/film

Favorite toy(s)

School books

Homework  
assignments

Other items to  
meet your unique  
family needs

[illegible]

- 10 - 5% Lidocaine Patches
- 1 - Small Swiss Army knife
- 8 - Wet wipes
- 2 - Temperature Strips
- 1 - Travel size bar soap
- 1 - 2oz bottle alcohol
- 1 - Mending kit
- 1 - Small bottle Peroxide
- 1 - Flashlight w/2 "D" batteries
- 2 - Travel packets of Kleenex
- 20 - Cough drops
- 1 - Gauze pad
- 20 - Tums or antacid tablets
- 1 - Scissors
- 6 - Safety pins
- 1 - Tweezers
- 1 - Tube Neosporin
- 1 - Ace bandage
- 1 - Jar petroleum jelly
- 2 - Pair latex gloves

[illegible]

- Bottled water for drinking (1 case per car)
- 5 – 1ga. bottles water for cooking & bathing
- Can soups
- Can Vegetables
- Can meats
- Dry soups
- Cold and/or hot cereal packets
- Meals Ready to Eat (MREs)
- Energy bars
- Top Ramen
- Condiment packets (sugar, salt, pepper, sugar substitute, soy sauce, catsup, mustard, etc.)
- Juice packets
- Dry fruit
- Instant coffee
- Tea

[illegible]

- Personal Documents
  - Birth certificates
  - Passports
  - Photocopies of credit and identification cards.
- Insurance papers:
  - Homeowner Insurance
  - Renter's Insurance
  - Life Insurance
  - Vehicle Insurance
  - Vehicle registration
- Household
  - Mortgage paperwork
  - Deed
- Business documents
  - Business structure (Corporation, DBA, etc.)
  - Insurance paperwork
  - Laptop/pda, etc
  - External hard drive or flash drive
  - Document with all passwords and access codes for accounts

[illegible]

- Small containers of cleaning products
- Detergent
- Bleach
- Disinfectant towels
- Disinfectant cleanser
- Lysol spray
- Bug spray for insects
- 50 ft. or longer extension cords and surge protectors (2 – 3)
- Rope (50 feet)
- All purpose cleaner (preferably biodegradable)

[illegible]

- Dining
- Tent/canopy
- 2 burner camping stove
- Barbeque pit & charcoal/propane
- Folding table or card table
- Large trash bags w/ twist ties
- Plastic table clothes w/ hooks to keep cloth on table
- Box - 1 gallon zip lock bags
- Stick matches in waterproof container
- Large thermos for water
- 2 Dish pans (1 wash and 1 rinse dishes)
- Dishwashing liquid, disposable dish clothes and towels, and scouring pads
- Ice chest
- Pots and Pans
- Water purifier tablets
- Hand can opener
- Plastic plates, bowls, utensils
- Cooking utensils

*Intentionally left blank*





## Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ **Prescription medications and glasses**
- ☐ **Infant formula and diapers**
- ☐ **Pet food and extra water for your pet**
- ☐ **Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container**
- ☐ **Cash or traveler's checks and change**
- ☐ **Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)**
- ☐ **Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.**
- ☐ **Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.**
- ☐ **Household chlorine bleach and medicine dropper** – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ **Fire Extinguisher**
- ☐ **Matches in a waterproof container**
- ☐ **Feminine supplies and personal hygiene items**
- ☐ **Mess kits, paper cups, plates and plastic utensils, paper towels**
- ☐ **Paper and pencil**
- ☐ **Books, games, puzzles or other activities for children**



# Ready

Prepare. Plan. Stay Informed.®



# Emergency Supply List



# FEMA

[www.ready.gov](http://www.ready.gov)



## **Recommended Items to Include in a Basic Emergency Supply Kit:**

**Water, one gallon of water per person per day for at least three days, for drinking and sanitation**

**Food, at least a three-day supply of non-perishable food**

**Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**

**Flashlight and extra batteries**

**First aid kit**

**Whistle to signal for help**

**Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**

**Moist towelettes, garbage bags and plastic ties for personal sanitation**

**Wrench or pliers to turn off utilities**

**Can opener for food (if kit contains canned food)**

**Local maps**

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



**Federal Emergency Management Agency**  
Washington, DC 20472



Prepare. Plan. Stay Informed. ®



FEMA

# Family Emergency Plan



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: \_\_\_\_\_

Email: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Regional Meeting Place: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Fill out the following information for each family member and keep it up to date.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

## Work Location One

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School Location One

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Work Location Two

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School Location Two

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Work Location Three

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## School Location Three

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Other place you frequent

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## Other place you frequent

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

| Important Information           | Name | Telephone Number | Policy Number |
|---------------------------------|------|------------------|---------------|
| Doctor(s):                      |      |                  |               |
| Other:                          |      |                  |               |
| Pharmacist:                     |      |                  |               |
| Medical Insurance:              |      |                  |               |
| Homeowners/Rental Insurance:    |      |                  |               |
| Veterinarian/Kennel (for pets): |      |                  |               |

Dial 911 for Emergencies

*Intentionally left blank*



Prepare. Plan. Stay Informed.

Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:  
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:  
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:  
TELEPHONE:

OTHER IMPORTANT INFORMATION:

Ready®

DIAL 911 FOR EMERGENCIES

< FOLD  
HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:  
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:  
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:  
TELEPHONE:

OTHER IMPORTANT INFORMATION:

Ready®

DIAL 911 FOR EMERGENCIES

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:  
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:  
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:  
TELEPHONE:

OTHER IMPORTANT INFORMATION:

Ready®

DIAL 911 FOR EMERGENCIES

< FOLD  
HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:  
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:  
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:  
TELEPHONE:

OTHER IMPORTANT INFORMATION:

Ready®

DIAL 911 FOR EMERGENCIES

*Intentionally left blank*

## Appendix 3: Family Medical History

Your Name: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Medications

---

Allergic Reactions

---

Immunizations

---

Medical Equipment Needed:

---