Jonathan and Kylene Jones

Authors of The Provident Prepper – A Common-Sense Guide to Preparing for Emergencies
Jonathan serves as a city councilman and has been tasked with developing the city emergency preparedness plan.
Kylene is the editor for the Journal of Civil Defense published by The American Civil Defense Association and both have served on the advisory board and board of directors for TACOA.

They make a dynamic combination and present a variety of preparedness topics to a wide range of audiences.

Learn more about them at:
www.TheProvidentPrepper.org or www.YourFamilyArk.org

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## Risk

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hurricane</strong></td>
<td>Day or two advanced warning. Evacuations may include millions of people. May be a few days to a few weeks. Destination should be at least 100 miles inland. Time to evacuate varies.</td>
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<tr>
<td><strong>HAZMAT Event</strong></td>
<td>Little to no warning. Evacuates limited. Usually remains within a few hours or days. Destination should be out of the affected area. Avoid cities. Travel time may vary.</td>
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</tbody>
</table>
Organize Critical Documents

- Critical documents
- Contact information
- Copies of keys
- DVD or jump drive with copies of computer files and/or family photos
- Written family plan
- Keep it secure at all times—in a safe or disguise as something of little value like a school binder

Always Be Prepared

- Keep gas tanks at least ¼ full
- Learn and practice escape routes
- Plan for pets
  - Not allowed in food establishments
  - Not allowed in public shelters
  - Decide in advance if they stay or go
  - Provide for their needs
- Keep survival kits current and rotated
- Maintain vehicles well
- Practice with every member of the family—communicate well!

Get Your Priorities Straight

You can only survive
- 3 minutes without air
- 3 hours without shelter
- 3 days without water
- 3 weeks without food

Special needs
- Critical medications?
- Oxygen?

Prioritizing survival kit contents

Rule of Threes

Survival Kit Basic Needs

- Protection from elements
- Hydration
- Nourishment
- Communication
- Sanitation
- Vision
- Sleep
- Mobility
- Comfort

Protection from Elements

Need to be able to maintain body temperature
Protection from sun, snow, rain, wind, etc.
Hydration
Take as much clean drinking water as possible
Be prepared to find and purify more as needed
Water is heavy—how will you transport it?

Nourishment
Foods high in calories, fat and protein
Require little or no preparation
Plan additional water if taking dehydrated foods

Communication
Receive information from local authorities
Send information—contact loved ones, get help
Leave notes where are going and when returning
Follow practiced plans whenever possible

Sanitation
Be as clean as circumstances will allow
Dispose of human waste properly
Wash hands frequently to avoid spread of disease
Pack everything you use for personal sanitation
First aid supplies

Vision
Need to be able to see—light, eyeglasses, etc.
Need to be seen—protect from accidents in the dark

Sleep
Adequate rest is critical for clear thinking
How will you get the rest you need?
Blanket, pillow, special stuffed animal, medication
Mobility
How are you going to get to your destination?
Is your survival kit appropriately sized for your method of transportation?

Comfort
Comfort items may make a difference in your ability to cope with a difficult situation. Anything that makes life bearable for you. Be realistic and plan for physical and emotional addictions.

Special Needs
Do you or someone you love require special accommodations for survival?
Carefully plan ahead to ensure those needs are met
Always pack cash in small bills to purchase incidentals

Personal Survival Kit

Family Survival Kit
- Contains items the group would share—designed to compliment personal kits
- Cooking pots, dishes
- Food for meals
- Large first aid kit
- Tool kit
- Sanitation supplies

Specialized Survival Kits
Ensuring you have the right supplies for the right event.
• Evaluate your risks
• Create a written evacuation plan
• Purchase maps and clearly mark them
• Design survival kits to meet your needs
• Practice!
• Be prepared
• Rotate kits every 6 months

Thank you for being part of the solution!