

## Emergency Preparedness Checklist

By [Spring Up](#)

This is based on our experiences preparing for and fleeing hurricanes in South Florida. During Hurricane Irma, we planned to leave for a weekend and ended up staying with an aunt in Atlanta for 3 months - with our cats! We have reflected on these experiences during Fire Advisories now that we live in Colorado, during Stay at Home periods during quarantine, and with survivors of domestic violence strategizing about how to leave an unsafe environment. This resource is just an example to get you started, and preparing may end up looking different for you. The important point is to ask, what if the thing I'm afraid of happens? How can I plan to support myself and my pod? In most cases, having a box with supplies for 3 days will go a long way.

### Contingency Plans

- Where would you shelter in place?** *If you could not leave for 3 days to 3 months. Who would be with you?*
  - Where would you go if that place became unsafe?** *Who would you inform?*
  - How would you get there?**
    - If by car - have a full tank of gas.*
    - Prep a "go bag" if you think you might need to leave - with most of the essentials listed below / what you would want for at least 3 days.*
  - Have conversations with people you would plan with.**
  - Have options for alternate modes of communication.**
  - Make an inventory of your skills and needs.**
- Do you have at least 3 days worth of necessary supplies?** *Ideally two weeks to three months worth.*
- Water filtration and storage system.** *[Berkey](#) is a great option for removing various contaminants from water, including rain water / outdoor water. Berkeys come in a variety of options / prices.*
  - Non perishable food from a variety of food groups.** *This should be things you enjoy, or at least don't mind eating, and should have a shelf life of three months or more. This should include a staple food, like porridge, rice/beans, or our favorite is [kitchari](#) which can be eaten as a primary diet for 2+ weeks (you can easily find a premade spice blend online.) Also have food for dependents.*

- Medication, vitamins, supplements - *any things you need for your health.*
  
- Miscellaneous Emergency Items - *depending on your context*
  - Non lethal self defense options - *such as pepper spray, door bars, pellet gun*
  - Fire Blanket
  - Battery Powered Fan
  - Generator(s)
  - Heater
  - Sand Bags
  - Storm Shutters / Boarding Up Materials
  - Batteries
  - Solar Chargers
  - Flashlights
  - Walkie Talkies and/or Radio
  - First Aid Kit
  
- Risk Mitigation
  - Easy to access file of all necessary paperwork - *including the following:*
    - Identification
    - Documents necessary for domestic or international travel
    - Medical records and information
    - Documentation for any dependents including children, animals, elders and others you are responsible for
  
  - Moderate amount of cash - *enough for at least 1 week of expenses*
  
  - You may consider adding alternate currencies - *such as [Ethereum](#)*

**Book [coaching](#) with us to get further support in emergency planning.**