

**PREP**

| Prepare a Responsive Emergency Plan |

*An Introductory Emergency Preparation Action Plan: Surviving In Times Of Disaster*

## Why PREP?

Preparedness, simply stated, is an investment in securing what is most valuable to you; family, friends, neighbors, your home or property. It wouldn't make much sense to save up for a new car after carefully researching and shopping around, taking it on a test drive and committing to a lengthy contract of payment only to skip the car insurance. Likewise if you value that which is most precious to you it is only prudent to take the necessary steps to securing those things.

The Bible provides many references for preparedness, here are a few related proverbs:

<b>Proverbs 20:4</b> New International Version <sup>4</sup> Sluggards do not plow in season; so at harvest time they look but find nothing	<b>Proverbs 30:25</b> New International Version <sup>25</sup> Ants are creatures of little strength, yet they store up their food in the summer;
<b>Proverbs 21:20</b> New International Version 1984 <sup>20</sup> In the house of the wise are stores of choice food and oil, but a foolish man devours all he has.	<b>Proverbs 22:3</b> New International Version <sup>3</sup> The prudent see danger and take refuge, but the simple keep going and pay the penalty.
<b>Proverbs 10:4</b> New International Version <sup>4</sup> Lazy hands make for poverty, but diligent hands bring wealth.	<b>Proverbs 10:5</b> New Living Translation <sup>5</sup> A wise youth harvests in the summer, but one who sleeps during harvest is a disgrace.

More important than any tangible preparation or worldly device is each person's individual certitude of salvation. For none can ensure eternal salvation by any means other than a personal relationship with Jesus (John 14:6).

In Matthew 25 Jesus tells the disciples the parable of ten virgins which has special significance to the necessity for eternal preparation before the open door of salvation shuts. In this story there are five wise and five foolish among ten bridesmaids who need oil for the wedding ceremony lights. Five bridesmaids prepare oil beforehand for their lamps and five do not. While waiting for the ceremony to commence at the arrival of the bridegroom all ten virgins fall asleep.

<b>Matthew 25:8-10</b> King James Version (KJV)  <sup>8</sup> And the foolish said unto the wise, Give us of your oil; for our lamps are gone out.  <sup>9</sup> But the wise answered, saying, Not so; lest there be not enough for us and you: but go ye rather to them that sell, and buy for yourselves.  <sup>10</sup> And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut.
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It is significant to note that wise and unwise alike were all resting rather than working and that any works that they would have been doing would have been irrelevant for entrance into the wedding ceremony. Likewise one cannot ensure eternal salvation by their works alone.

Jesus goes on to tell how the five wise bridesmaids who had prepared what was necessary for the ceremony refused to share with the ones who had the same opportunity to prepare but had failed to act when they had the chance.

In this parable, the oil represents eternal salvation accepted through Jesus' sacrifice for our sins which is something that cannot be shared with others in collective salvation. Each person is accountable for their own salvation based on Jesus' work on Calvary, not by our works or other people's salvation. The wedding ceremony represents the second coming of Christ as the bridegroom and the church as the bride. All people are invited to this great feast representing the marriage of Christ and the church but the only invitation that will be accepted at the door is eternal salvation in Jesus and those who neglect to accept this free invitation and prepare their hearts will suffer eternal consequences.

It is essential to prepare ourselves with the certainty of eternal salvation through Jesus first and foremost for everything else falls short of the kingdom of God. Likewise it is also prudent for followers of Christ to prepare in our daily lives so as to not be caught off guard and left out in a bad situation. The accompanying guide outlines the basics for disaster preparedness related to general scenarios to be used as a starting point in what you should learn to regard as your "*real*" life insurance policy for you as well as your family.

## Preparedness Evaluation

Preparedness cannot begin without first evaluating prepping needs based on probable emergency events specific to you and your family's situation. Take into consideration natural disasters likely in your region and those in which you are at a greatest threat from. Second, expand your potential risk evaluation to other areas such as economic risk, societal risks, technological risks as well as crime and terror risks. Remember to stay within the realm of reality when considering this evaluation; it is easy to get carried away and result in a list that's unmanageable and unrealistic. Focus on the most relevant risks and areas that you are least prepared and narrow down your list to what is practical and manageable.

Example:

Region: Southeast State: Florida Area: Tidal East Coast Local: Barrier Island, Residential Neighborhood

Natural Threats: *Hurricane, flooding, severe weather*

Economic Risks: *Loss of income, unexpected expense, inflation, financial collapse*

Societal Risks: *Food shortages, protests, riots, marshal law, lawlessness*

Technological Risks: *Loss of records, information, sensitive information*

Crime/Terror Risks: *Burglary, home invasion, national crisis*

## Readiness Evaluation

The above example is very broad and could be adapted to fit the risk evaluation of numerous areas. Once you have evaluated your risks you should put them into the context of your personal circumstances and abilities. Many of your preparations will be redundant for a multitude of threats so it is good to work towards preparations that will give you the most benefit for your time and money invested in them. Consider the survival pyramid:



Forget about Maslow's survival pyramid, the three most basic needs you must have to survive are food, water and shelter. These three things won't do you any good though if you didn't prepare and stock up on what you will need, have a plan to follow in the event of an emergency or the knowledge of how to implement such a plan. The inner pyramid is worthless without the outer and likewise the outer won't keep you going long without the inner. Also, each side of the pyramids must exist or the structures and your life will fail.

## Emergency Evaluation

Now that you have taken inventory of your most serious risks requiring action and also considered how these events may be affected by you and your family's personal circumstances it is time to analyze each emergency and what is needed in order to survive it. Consider each emergency risk separately by writing down the *necessities* that will facilitate your survival, travel, protection or other need. One you have your list, designate similar and reoccurring needs as the most critical and eliminate needs that can be considered luxury or comfort items. When you're first starting your preparations it is important to focus on the basics and essentials.

Example:

Emergency	PREP Need
Weather emergency	Transportation, evacuation location, safe room, food & water
Economic emergency	Reserve savings, food storage, asset protection, sustainability
Societal emergency	Food storage, home security, transportation, evacuation location, plan
Technological emergency	Off site backup, information protection measures, emergency contact info
Crime/terrorism emergency	Home protection, target deterrence, preparation and planning

## Planning Evaluation

Once the assessment of your needs for emergency risks is completed you can move onto your planning and implementation of your preparations. This is the area in which most people fail to follow through on and neglect to carry out. Many people believe that they don't have the financial resources to devote to preparations of any items which will not be immediately consumed. This couldn't be further from the truth. Although there are infinitely many examples of extraordinarily frivolous expenditures in nearly everyone's lives there is no need to make cutbacks in order to prepare your family — though it wouldn't hurt.

The time to start preparing is now. Every day you waste on inaction is a step towards becoming one of the countless masses of unprepared fools whose fate in a disaster ends in either death or misery locked in a government shelter or worse. If that day comes and you find yourself unprepared or underprepared the burden of fault will lie on your shoulders alone. Self reliance is paramount and something that must be embraced as well as strived for. As you start to implement your plan of action do so with the goal of being independent and self reliant.

Example:

Investment	Return
\$5.00 Week =	5 cans of food, 3 small bags of rice, 2 packets of vegetable seeds or 1 bag dry beans
\$1.00 Week =	Refilling 5 one gallon water bottles with water and storing in a dry dark area.
\$.50 Week =	Purchasing one item of clothing you need from a thrift store or garage sale.
\$0.00 Week =	Reviewing your emergency preparations, planning, and implementation

## Food Storage

One of the most important things to remember with any type of food storage is labeling and rotation. You must develop a system that works for you that allows to you keep track of expiration dates and easily rotate in a First In First Out (FIFO) method. With any type of food, storage will be best in a cool dark place with low heat and humidity. Here's a general guide:

Manufacture canned foods	By expiration date*
Home canned foods	Up to 2 years
Dry bulk foods (beans, rice, pasta ect...)	< 12 months to > 5 years depending on method**
Freeze dried foods	Up to 30 years depending on supplier

\*expiration dates on manufactured canned foods are the best by date. Undamaged cans can be safe to eat for much longer periods of time after the printed date on the can although they will lose taste and nutritional value.

\*\*Leaving dry foods in their store bag or box will keep for no more than 12 months, airtight storage up to 5 years.

To prolong the shelf life of bulk dry goods to five years and even beyond you must utilize high quality *Mylar* storage bags with proper air absorbing packets. This process is very inexpensive, easy to accomplish, and is extremely worthwhile as an alternative or supplement to canned food storage. The process is as follows:

1. You will need: Dry foods, Home Depot 5 gallon buckets with twist lock lids, Mylar® bags at least 3mm thick, air absorbing packets, bay leaves and a hair straightener. Note: The Mylar® bags and air absorbing packets can be purchased through many online retailers including Amazon.com, SorbentSystems.com and others very inexpensively.
2. When you are ready to begin, place the Mylar® bag upright and open inside of the five gallon bucket. Place one air pack and several bay leaves in the bottom of the bag.
3. Fill the bag halfway with your dry food, stopping halfway to add one more air pack and several more bay leaves. Once that's done, fill the bag the rest of the way leaving several inches to spare below to rim of the bucket.
4. Have your pre-heated hair straightener ready and very carefully flatten and seal the lip of the bag together. It is very important for the seal to be smooth without any creases or bubbles. Seal about 3-4 inches of the bag, have someone help you accomplish this.
5. Before completely sealing, you can sanitize the nozzle attachment of your vacuum and proceed to suck out most of the air inside of the bag and then quickly seal the rest.
6. Once the bag is properly sealed throw some bay leaves in the bucket and seal the lid. Using a permanent marker, document on the outside of the bucket the contents and date sealed. Store these in a cool, dry, dark place if possible.

## Water Storage

Water can be stored easily using old 2-liter soda bottles and gallon jugs thoroughly cleaned out beforehand. Store in a cool dark place and remember to rotate every 12 months. Some people choose to store water this way and to stash the bottles behind couches, under beds and other out of the way places. A good rule of thumb is one gallon per person per day as a minimum requirement but also remember to account for water needed in cooking, cleaning and other daily household uses.

Tip: Water can be sterilized for drinking by first filtering out large particles and then boiling for at least 1 full minute. Water can also be made safe to drink by adding 16 drops (1/8 of a teaspoon) of unscented household bleach to 1 gallon of water and letting it stand for 30 minutes prior to consuming.

## Knowledge

Having a plan with the knowledge and forethought of implementing it is invaluable to the best outcome for yourself and family during a disaster situation. You could stockpile everything your family would need for a hurricane but if you stop there and fail to plan vacation days, evacuation routes, lodging arrangements or even the contingencies of possible outcomes, you'll be in for a hard time. Remember that with everything you do to prepare, no single item can come close to resourcefulness of your plans.

Whether you're preparing your family for severe weather, job loss, economic collapse, geopolitical insecurity or civil unrest; everything you do in the way of preparedness must be an asset, not a liability. The two most common reactions are to completely ignore warnings such as in this pamphlet to prepare or to go overboard and end up impeded by their efforts rather than making them an asset. It all starts with your risk assessment, will you shrug this off or will you commit yourself to making a difference?

## Summary

Getting started can seem like a daunting task and many people don't know how or where to start but the good news is you've already begun once you complete the reading of this pamphlet. The pyramid in the figure to the right shows a visual representation of how you should begin and continue your preparations. Remember to refer back to this guide periodically to check your progress and remember that even a small effort can go a long way when you multiply that effort over and over again. Start small and take it one step at a time and you will find yourself and your family better prepared and have peace of mind.



