



Onpoint Readiness

## Comprehensive Emergency Preparedness Guide

### Introduction

In today's interconnected world, disruptions to essential services like electricity, water, and transportation can occur without warning. Events like hurricanes, wildfires, earthquakes, or cyberattacks can leave families and communities vulnerable. Being prepared ensures you can protect your loved ones and maintain a sense of control in uncertain times.

Preparedness involves planning, gathering essential supplies, and learning critical skills. Readiness, on the other hand, refers to one's ability to act effectively during a crisis. Together, these form the foundation for resilience in emergencies.

Historically, communities relied on self-sufficiency—from growing food to providing essential medical care. Today, our dependence on just-in-time supply chains underscores the importance of preparation. Events like the COVID-19 pandemic and natural disasters have highlighted how quickly store shelves can empty, and supply chains can falter.

This guide outlines essential supplies and strategies for preparing for a 14-day emergency. For tailored advice, Onpoint Readiness can help you customize a plan for your family's unique needs.

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### Essential Emergency Supplies

#### 1. Food and Water

- **Water:** Store at least one gallon per person daily for 14 days. Include water for drinking, cooking, and sanitation.
  - Backup: Water purification tablets, portable filters, or boiling instructions.
- **Food:**
  - Non-perishable items: Canned goods (meat, vegetables, fruit), dried foods (pasta, rice, beans, nuts).
  - Ready-to-eat meals: MREs, freeze-dried options.
  - Comfort foods: Snacks, coffee, tea, and treats to boost morale.
  - Manual can opener and disposable utensils.

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## 2. Medical and Hygiene

### ○ **First Aid Kit:**

- Bandages (various sizes), gauze, medical tape.
- Antiseptics: Hydrogen peroxide, antibiotic ointment, alcohol wipes.
- Medications: Pain relievers, antihistamines, anti-diarrheal, and prescription medications (2-week supply).
- Instant cold/heat packs, thermometer, and tweezers.

### ○ **Hygiene Supplies:**

- Soap, hand sanitizer, disinfectant wipes.
- Toilet paper, feminine hygiene products, diapers (if needed).
- Trash bags and plastic ties for sanitation.

## 3. Power and Lighting

- Flashlights (LED recommended) with extra batteries.
- Hand-crank or solar-powered lanterns.
- Portable power banks or solar chargers for devices.
- Generator with sufficient fuel for critical appliances.

## 4. Communication

- NOAA weather radio with tone alert (battery-powered or hand-crank).
- Fully charged cell phones with backup batteries.
- Two-way radios or satellite phones for areas with poor reception.
- Emergency contact list (printed and stored securely).



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## 5. Shelter and Clothing

- Warm blankets or sleeping bags for each person.
- Durable rain gear: Jackets, hats, umbrellas.
- Sturdy shoes, gloves, and layered clothing appropriate for your climate.
- Plastic sheeting and duct tape for temporary shelter.

## 6. Tools and Supplies

- Multipurpose tools: Swiss Army knife or multitool.
- Wrench or pliers to turn off utilities.
- Fire extinguisher and waterproof matches.
- Local maps, paper, and pencils.

## 7. Documents and Cash

- Waterproof container for important documents: Passports, insurance policies, medical records, and bank account details.
- Emergency cash: Small bills and coins for purchases if ATMs are unavailable.

## 8. Specialty Items

- Infant supplies: Formula, bottles, diapers, wipes.
- Pet supplies: Food, water, medications, leash, carrier.
- Items for elderly or disabled family members: Mobility aids and specialized medical equipment.

## Why Prepare Now?

During an emergency, supply chains can break down, and stores like Amazon, local retailers, and pharmacies may be unable to meet demand. Past events like Hurricane Katrina and the COVID-19 pandemic demonstrated how quickly essential items vanish from shelves. By preparing in advance, you ensure your family has what they need when it matters most.

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## Building a Family Plan

### 1. Emergency Communication:

- Establish a family meeting place and an out-of-town contact.
- Practice communication methods, including text messages and radios.

### 2. Evacuation and Sheltering:

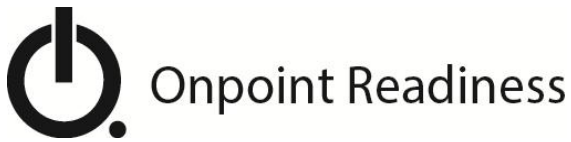
- Identify evacuation routes and shelters in your area.
- Pack a "go-bag" with essentials for each family member.

### 3. Financial Resilience:

- Create an emergency fund with 3-6 months of living expenses.
- Review insurance policies to ensure adequate coverage.

### 4. Skill Development:

- Learn CPR and basic first aid.
- Practice fire safety and utility shut-off procedures.
- Explore survival skills like water purification and navigation.



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## Maintaining Your Kit

- **Inventory Checks:** Regularly review supplies for expiration and replace as needed.
  - **Equipment Tests:** Ensure flashlights, radios, and generators are in working order.
  - **Seasonal Adjustments:** Update clothing and supplies based on weather.
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## OnPoint Readiness: Custom Solutions for Your Family

Every family is unique. OnPoint Readiness offers personalized consulting services to help you:

- Assess your specific needs and risks.
- Develop a tailored emergency plan.
- Assemble and organize supplies.
- Train your family in readiness skills.

Contact Onpoint Readiness today to ensure your family is prepared for any emergency.

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## References

- FEMA Ready.gov: Comprehensive resources for disaster preparedness.
- American Red Cross: Emergency planning guides and first aid training.
- CDC: Guidelines for maintaining health and safety during emergencies.

**Prepare now to face the future with confidence and resilience.**

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## Basic Emergency Preparedness Library.

### 1. "The Encyclopedia of Country Living" by Carla Emery

- **Why:** A one-stop guide for self-sufficient living. It covers everything from growing food, preserving it, raising animals, and making your tools to basic survival techniques.
- **Best For:** Homesteading, long-term survival, and comprehensive preparedness.

### 2. "The Survival Medicine Handbook" by Joseph Alton and Amy Alton

- **Why:** This book provides detailed, layman-friendly medical care instructions when no doctor is available.
- **Best For:** First aid, medical emergencies, and overall health during disasters.

### 3. "The SAS Survival Handbook" by John "Lofty" Wiseman

- **Why:** A field-tested survival guide with clear advice on building shelters, finding food and water, navigation, and self-defense.
- **Best For:** General survival skills and outdoor emergencies.

### 4. "Back to Basics: A Complete Guide to Traditional Skills" by Abigail Gehring

- **Why:** Offers practical advice on traditional skills like soap-making, woodworking, farming, and off-grid living.
- **Best For:** Building and maintaining shelter, cooking, and managing essential resources.

### 5. "The Prepper's Water Survival Guide" by Daisy Luther

- **Why:** Water is the most critical resource in any emergency. This book provides step-by-step instructions on sourcing, purifying, and storing water for long-term use.
- **Best For:** Ensuring a safe and sustainable water supply.