

# Emergency Preparedness Planning

- 1. Make a Family Communications Plan.** The time to make a plan is in advance of an event. Take the time to discuss with all of your family members how you will communicate with each other and get back together in various situations.

Use the resources at Ready.gov to help you do this part. There is a webpage [here](#) that discusses this process. In addition, the website has printable plans like [this one](#) which can help you make this even easier!

- 2. Build a Basic Emergency Kit.** When we think of emergency kits, we almost always remember to line up food and water. In addition to those, consider adding things such as cell phones and charging supplies, a first aid kit, a flashlight and an emergency weather radio.

For a full list of [emergency supplies](#), check out the lists that are available on Ready.gov.

- 3. Expand Your Basic Emergency Kit.** As you add supplies to your kit, consider adding [some additional items](#) to it. Included in this expanded kit are things like prescription medications and pet supplies.

- 4. Pack at Least a Three-Day Supply of Food and Water.** Keep in mind dietary restrictions and avoid foods that will make you thirsty. When the seasons move into summer and the air temperature rises, more water may be necessary. In very hot temperatures, water needs can double.

Visit the sections at ready.gov on [food](#) and [water](#) for more guidelines.

- 5. Have a Plan for Your Pets.** Consider packing additional supplies for your pet in your emergency kit. Things such as additional pet food will be necessary, should you need to relocate for a time. Keeping a secure pet carrier or leash on hand for your pet will be of benefit in case your pet panics so that he can't escape.

Ready.gov has excellent [pet and animal emergency planning](#) materials at their website.