



NEIGHBORS ACROSS THE LAND

Disaster Relief and Recovery

LOVE. SERVE. BUILD.

P.O. Box 41 – Marshalltown, IA 50158 – 641-691-7204-natldrr.org



Preparing Your Family:

This document is intended to help you prepare for disasters (large and small) before they happen. Using this procedure, your family can assemble a 1 week emergency evacuation kit. Recent events, however, have shown that your kit should be capable of supporting you and your family for at least 6 days!

These are guidelines that can be used. If you wish to add to these suggestions you may you know what you need to take care of your family on a daily basis. Also the age and maturity of your family members will greatly influence what you will need to do and how you will prepare.

Depending on the size of the Disaster and evacuation you may not be able to return to your home for weeks or months please plan for this. Check off each item as you gather the contents.

Contrary to most belief, people who prepare their children will handle the stress of the event in a more positive way with fewer negative long-term effects.

Explain that these events happen from time to time in the natural course of things and eventually things will return to a somewhat normal way of life.

When we get ourselves and our families involved in preparing for a disaster, they will handle the event when it happens with less stress and fewer problems. Involve your children in the planning process by asking them for their input, this will give them a feeling of empowerment in the process and generally if they are more involved with the process it will not seem so strange to them in the actual event of a disaster.

Remember to rotate your perishable supplies and change water as needed for freshness.

Remember: Check the kit every few months to be sure your supplies are fresh! Water will last for a year or two if sealed and stored properly (out of direct sunlight keep in a cool place).

Create a Family Disaster Supplies Kit

To Get Started:

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies (food may be packed together in a single container).

- Meet With Your Family To Plan:
 - Discuss the types of disasters that could occur.
 - The more educated everyone is about what could happen and what they would need to do and how to do it, you will be better able to handle the situation. Contrary to most thought people who prepare especially children will handle the stress of the event on a much better way, and with less negative long-term effects.
 - Explain how to prepare; explain when and how to respond.



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- Discuss with your family how to prepare and why you are taking these steps to protect yourselves.
- Discuss what to do if you need to evacuate.
 - Discuss When, Why and how you would evacuate your house.
- Discuss what to do if you cannot meet at home and have to meet in an alternate location.
 - Where would be a safe location that would be easy to get to by all family members that is outside the disaster area?

Preparing a Evacuation Plan

- Should you evacuate?
- Where will you go?
- Do you have family or friends to stay with, how many people can their house hold and for how long?
- Will we need a hotel room, for how long, and the costs?
- Do we have enough Cash on hand for the evacuation trip?
- How will you get there?
- What is your alternate route?
- What must you take with you?
- Practice your plan, rehearse so all members in family know how what is expected and what to do. Put a copy of a printed plan in each Disaster Supply Kit with a First Aid Manual, and good survival Handbook.
- Remember to rotate your supplies as needed for freshness!
- In case of evacuation, your emergency evacuation or "Go-Pack" should:
 - Be in a back pack or other similar container that is easily carried.
 - Contain your most important items such as a change of clothes, Cash and coins for pay phones, out-of-state contact info, medications, important papers, etc.
 - Important Paper- Drivers Licenses, Marriage License, Birth Certificate, Passports, Shot Records, Contact Records (Bills- Mortgage company etc) Bank Account information etc.

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