



THE READYWISE

# SURVIVAL GUIDE

A BEGINNER'S GUIDE TO ESSENTIAL PREPPING, DISASTER  
PREPAREDNESS AND SURVIVAL SKILLS

# WELCOME TO PREPPING!



Welcome to the prepping lifestyle! We know that prepping can be really challenging and maybe overwhelming but we're here to help you start your journey.

Everyone has to start somewhere and no matter if you are brand-new or have little to no survival skills, having a reference to guide your efforts can save you considerable energy, grief and time. We're here to help provide you with the simple steps to get you and your loved ones prepared for any disaster. This guide has practical information to give you peace of mind. Preppers are strategic planners who look ahead, anticipate the events to come, and logically prepare to deal with them.

In other words, survival starts with an open mind and the acknowledgment that "life happens", and it usually happens when you least expect it.

## HOW TO USE THIS GUIDE

This guide book not only has a great deal of information, but there are a lot of useful tools in here. In this guide book there are clickable links and icons that can take you to a more in-depth view of any specific disaster as well as templates to help you prepare.

Also, If there's a certain product that you're interested in, click the image and it'll take you to that product page on our website for more information.

## HATS OFF TO YOU FOR TAKING YOUR FIRST STEPS INTO THE PREPPING LIFESTYLE!

According to PR NewsWire, **78% of Americans** are not prepared for a disaster, especially when it comes to the basics of food and water. That's a little alarming to think about.



**22% of Americans** have already taken the first steps to getting prepared for whatever life throws at them - A similar trend is occurring in Europe, due to latest war and pandemic.

[www.prnewswire.com](http://www.prnewswire.com)



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Contact us via email: [info@readywise.com](mailto:info@readywise.com)

# PREPPING MADE EASY



The sky is falling! Actually... it's not.

Contrary to popular belief, prepping for a disaster isn't as difficult as you might think. It can be easy and fun. By taking a few simple steps, you can become better prepared to face any range of emergencies, anytime, anywhere. You've got this! Here are some kits to help give you perspective on what you would need to survive.

## STARTER

Simple starter kits for the first 7 days. Easy to carry, easy to store. Great for your car, boat or cellar.

PREPPER LEVEL: ● ● ● ● ● ● ●

On average this drybag can feed one person for 7 hours (1800 kcal/day).

### EXTREMELY PRACTICAL

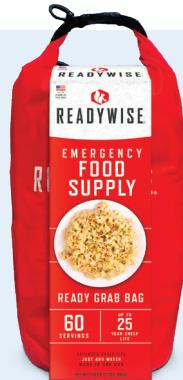
#### HOW TO PREPARE:

- **PICK ONE POUCH MEAL**  
Open the Emergency Bag and select the meal you want to eat. Each meal contains 12 servings.
- **ADD COLD OR HOT WATER**  
Our products undergo a special process to make each meal taste delicious. Add 1 cup of water per serving and heat in a microwave for 2-3 minutes. Add 1 cup of water per serving and heat in a microwave for 2-3 minutes. Add 1 cup of water per serving and heat in a microwave for 2-3 minutes.
- **EAT & ENJOY**  
Add pouch contents to water, heat in a microwave for 2-3 minutes, or 20 minutes if using a campfire or propane stove. Enjoy food on the go, eat and enjoy!



### READY GRAB BAG EMERGENCY FOOD SUPPLY

60 SERVINGS



## PREPARED

Prepared and ready!  
Sustainable emergency food kits,  
to keep you safe and well fed.

PREPPER LEVEL: ● ● ● ● ● ● ●

These contain more food than the 7 day kit. Have a 25 year shelf life, good for preparedness and outdoor use.

### MEGA VARIETY



## ADVANCED

Bring it on! You're ready for whatever gets thrown at you. These long term emergency food kits will keep you going through any disaster.

PREPPER LEVEL: ● ● ● ● ● ● ●

Whether stocking up for a month or up to a year, these bundles are specially designed to provide you with enough servings and nutrition for any emergency situation.



# MAKE A PLAN



We know that the thought of making a disaster plan can be daunting, but try not to get discouraged. It's hard enough to prepare for one disaster let alone prepping for you and your family for multiple acts from Mother Nature.

Things that you want to consider when making a disaster plan are the risks that you will face. Is your home in a flood zone? Are there hurricanes, wildfires, or tornadoes in your area? Hopefully not, but once you have your plan ready, continuously build up resources, secure the items that are important to you, and make your home a survivable structure. So when disaster hits, you're prepared.

## WHEN PREPARING YOU AND YOUR FAMILY FOR A DISASTER, CONSIDER THESE THREE STEPS:

1



### KNOW YOUR RISKS

Understand the risks you and your family may face.

2



### MAKE A PLAN

Make a communications plan and prepare for both evacuation and sheltering.

3



### PUT YOUR PLAN INTO ACTION

Be ready and able to face disasters, no matter where you are and when they occur.

## DISASTER PLAN

When making your disaster plan tailor your plans and supplies to your specific daily living needs and an investigation of the risks that you will face. You can download your own disaster plan template at the link below to help you better organize your process.

[FREE DISASTER PLAN >](#)

# » MAKE A PLAN «

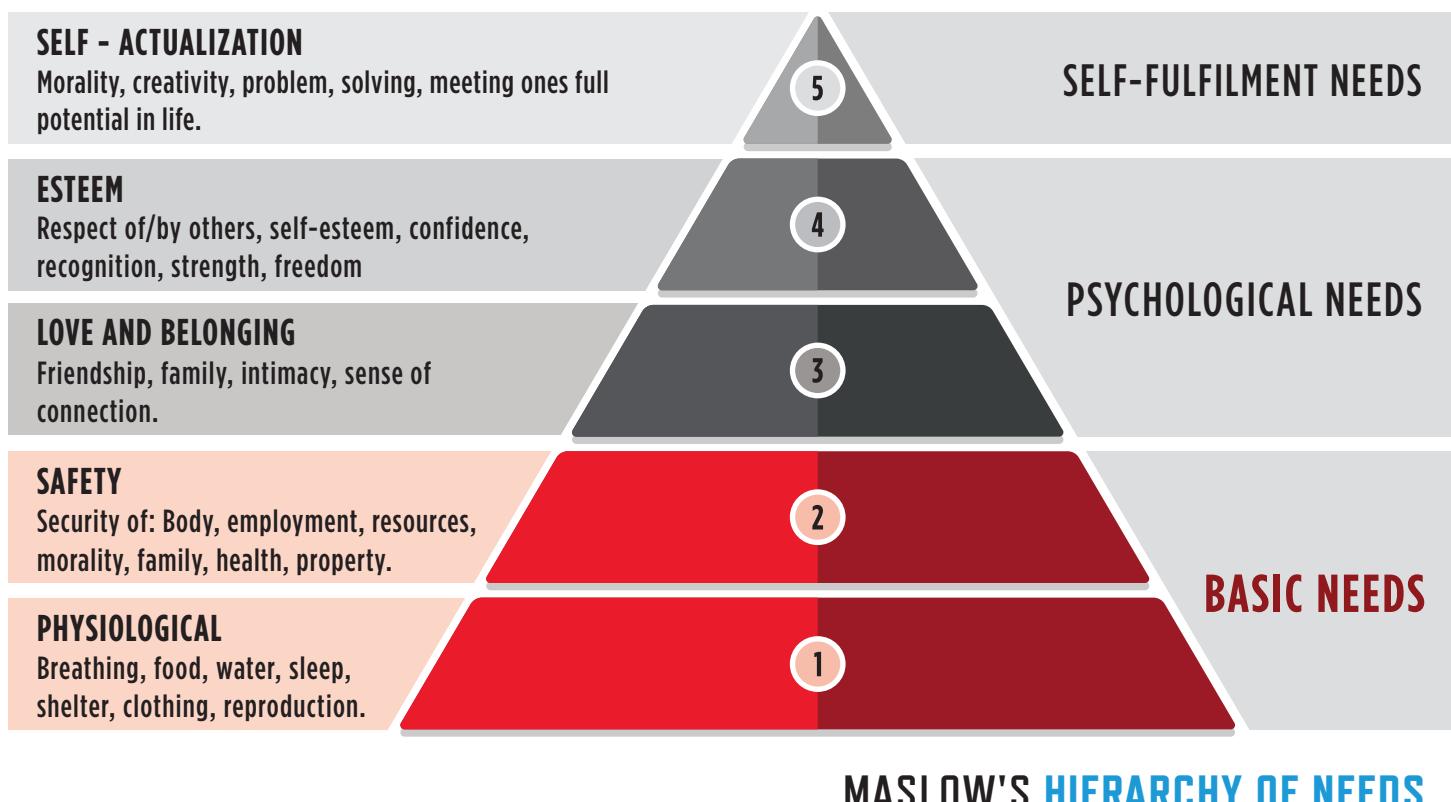
## HUMAN NEEDS

When making a disaster plan, a helpful way to get you started is **Maslow's Hierarchy of Needs**.

Maslow's hierarchy of needs is a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within a pyramid. Maslow's hierarchy will help layout the foundation of your disaster plan.

## NEEDS OF FOCUS DURING A DISASTER

► SAFETY      ► PHYSIOLOGICAL



## BASIC NEEDS

When making a disaster plan, you should first focus on the physiological and safety needs.

Considering Maslow's Hierarchy, there are eight basic needs that you can apply in your disaster plan.



WATER



FOOD



FIRST AID



SHELTER



HEATING



SLEEP



LIGHT



CLOTHING

1

2

3

4

5

6

7

8

## >> MAKE A PLAN <<

# CHOOSE EQUIPMENT BUG-OUT BAG

PREPPER LEVEL: ● ● ● ● ● ● ●

PURPOSE/FUNCTION: ON THE RUN, EVACUATE

Your bug-out bag or (BOB) is a portable emergency kit that normally contains the items you would need to survive for 72 hours in the event you have to leave your home during a disaster or evacuation. Each of us has a hierarchy of importance on the items that are put in our bags. There is no wrong way to pack your bag as long as it contains the basic needs of survival. Think of this as your emergency life raft that will help sustain you and your family through the journey to your destination.

### EQUIPMENT

Based on the basic needs of Maslow's Hierarchy, you're going to want to tailor your emergency kits with your basic needs of survival as well as the disasters that could occur in your area. Here are some essential needs that can help carry you through any disaster.

### PHYSIOLOGICAL

- WATER**  
4 litres of drinking water per person for three days, water pouches.
- FOOD**  
Non-perishable foods, high in calorie, shelf stable items.
- FIRST AID**  
First-aid, Sanitation, and hygiene supplies.
- SHELTER**  
Tents, tarps, and hammocks.
- HEATING**  
Sleeping bags, blankets, clothing, and footwear.

### SAFETY / SECURITY

- COOKING**  
A small mess kit or pot for cooking and boiling water, and a cooking kit (jet boil).
- WARMTH**  
Poncho, extra clothing, blankets, hats and beanies.
- FIRE**  
Matches, lighter, magnesium, etc.
- FACE MASK**  
N95 Masks or bandanas.
- TOOLS**  
Pocket knife, whistle, duct tape, and cordage (rope / paracord).
- LIGHTING**  
Flashlights (LED), extra batteries, and glow sticks.



### READYWISE TIP

There are great networks of Preppers and Survivalists out there, from social media, magazines, podcasts, and even trade shows. It's always nice to see what other people are doing and a great way to learn from others, gain inspiration and to make good friends. We're passionate about prepping! If you have any questions, give us a call or send us an email. We'd love to hear from you!

## >> MAKE A PLAN <<

# CHOOSE EQUIPMENT STAYING-IN

PREPPER LEVEL: ● ● ● ● ● ●

PURPOSE/FUNCTION: STAYING IN PLACE, TAKING REFUGE

### EQUIPMENT

Based on the basic needs of Maslow's Hierarchy, you're going to want to tailor your emergency kits with your basic needs of survival as well as the disasters that could occur in your area. Here are some essential needs that can help carry you through any disaster.

### PHYSIOLOGICAL

- WATER**  
4 litres of drinking water per person for three days, water pouches.
- FOOD**  
Non-perishable foods, high in calorie, shelf stable items.
- FIRST AID**  
First-aid, sanitation, and hygiene supplies.
- SHELTER**  
Tents, tarps, and hammocks.
- HEATING**  
Sleeping bags, blankets, clothing, and footwear.

### SAFETY / SECURITY

- COOKING**  
A small messkit or pot for cooking and boiling water and a cooking kit (jet boil).
- WARMTH**  
Poncho, extra clothing, blankets, hats and beanies.
- FIRE**  
Matches, lighter, magnesium, etc.
- FACE MASK**  
N95 masks or bandanas.
- TOOLS**  
Pocket knife, whistle, duct tape, and cordage (rope / paracord).
- LIGHTING**  
Flashlights (LED), extra batteries, glow sticks, and flares.



### OTHER ESSENTIAL ITEMS:

- FILES**  
Digital back up of all your important documents. Insurance and banking docs, photos, etc.
- CASH**  
It's important to have cash on hand, especially when the power goes out and cards and ATM's don't work.

# WATER



Water is certainly one of those things we take for granted. Turn on your faucet and BAM! There it is. All the water you could ever want or need. Your body depends on water to survive. In a disaster, water is vital!

Most of us can't survive a few days without it and having an ample supply of clean water is going to be one of your top priorities in an emergency. Getting enough water every day is important for your health. It's your body's principal chemical component and makes up about 50% to 70% of your body weight.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. Dehydration can be dangerous, it's serious and is nothing to take lightly.

Without enough water, your body can't function. Don't ignore the signs of dehydration. Your body is obviously going to tell you when it's thirsty.

## WORTH KNOWING

### SIGNS OF DEHYDRATION

- » MUSCLE FATIGUE «
- » REDUCED COGNITIVE PROCESSING «
- » DIZZINESS «
- » DAZED AND CONFUSED «
- » DRY MOUTH «
- » HEADACHE «
- » LACK OF ENERGY «
- » INCREASED THIRST «

<https://www.healthline.com/health/dehydration>

## HOW MUCH WATER DO I NEED?

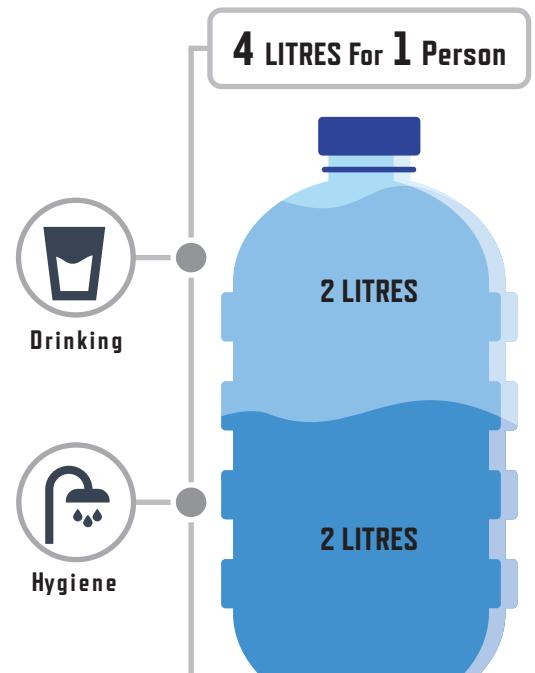
If we only had the luxury of knowing in advance when a disaster will occur, we could save ourselves a lot of time and space. The need to store water for an emergency isn't very difficult. What may be challenging is having the space for it.

According to FEMA, store at least 4 litres per person, per day. Consider storing at least a two-week supply of water for each member of your family.

If you're not able to store that much water, don't panic, just store as much as you can.

Water contamination can happen during natural disasters like earthquakes, hurricanes, and tornadoes. So it's a good idea to have at least a three day supply of water.

## SURVIVAL WATER USAGE



# » WATER «

## STARTING OFF

An easy way to start off would be a two week supply and slowly build up from there. Buying bottled water is a great starting point. If you shop around and watch for sales, you can get some good deals that won't put a big dent in your wallet.



## STORING WATER

When storing water, use food-grade water storage containers that are BPA Free and can prohibit light. This will lessen algae growth, reduce the transfer of toxic substances into the water and maintain freshness.

*Approved storage containers can be found at various prepper, camping supply stores.*

## FILLING CONTAINERS

When filling your own containers, remember to thoroughly clean them with dishwashing soap and sanitize them with one teaspoon of non-scented liquid household chlorine bleach to one litre of water.

Tap water is a great resource when filling up your own containers. It's already treated and can be bottled and stored for up to six months. Anytime after that, should be discarded and replaced.

## THE ADVANCED PREPPER

The volume of your tank equals (4 litres per person) x (the number of people) x (number of days of expected) x (10 - optional).

## THE READY PREPPER

Three (4 litres) containers or a 20 litres water container that will last you for 72 hours / 3 days. As well as a filtering and disinfecting system, just in case.

## THE ROOKIE PREPPER

Keep a large water-filter pitcher in your fridge. Good for everyday use and as a filtration system. At the first sign of trouble, fill up all extra containers.

## WATER CONTAINERS

### WATER STORAGE RATIO FOR 1 PERSON



*Basic water storage containers.*



**STARTER**  
SEYCHELLE WATER BOTTLE



**PREPARED**  
KATADYN VARIO MICROFILTER



**ADVANCED**  
4 STACKABLE WATER STORAGE CONTAINERS - 55 LITRES



**ADVANCED**  
200 LITRES  
WATER STORAGE TANK

# » WATER «

## WATER TREATMENT METHODS

In the event you've used up all of the water that you've stored and there are no other clean water resources, then you might have to start treating your own water. It's important to do so because of the uncertain quality contaminants it may carry. There are many ways to treat your own water. Often the best solution is a combination of methods. Before you begin, start by letting any particles settle to the bottom or strain them through coffee filters, layers of clean cloth or nylon.

### BOILING

Boiling water is one of the safest methods. It's simple and effective at neutralizing pathogens. In a large pot or kettle, bring the water to a rolling boil for ten minutes, killing any disease-causing microorganism. Let the water cool down before drinking. Pouring the water back and forth between two clean containers will put oxygen back into the water, making it taste better.



### CHLORINATION

Using household liquid bleach can kill the microorganisms in the water. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with any added cleaners. Add 16 drops (1/8 teaspoon) of bleach per 4 litres of water, stir and let stand for 30 minutes.



The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hypochlorite as the only active ingredient are not recommended and should not be used.



### DISTILLATION

While boiling and chlorination will kill most microbes in your water, distillation will remove microbes (germs) that withstand these methods, including heavy metals, salts, and other chemicals. Distillation requires boiling water and then gathering of only the vapor that condenses. The condensed vapor will not include salt or most other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

[www.ready.gov/water](http://www.ready.gov/water)

#### Methods and the removal of contaminants:

METHODS	KILLS MICROBES	REMOTES OTHER CONTAMINANTS (HEAVY METALS, SALTS, AND MOST OTHER CHEMICALS)
BOILING	YES	NO
CHLORINATION	YES	NO
DISTILLATION	YES	YES

# FIRST-AID KIT

A well-stocked first-aid kit is a crucial component to your survival kit. Having a quality first aid kit and knowing how to treat the most common of injuries will go a long way in the event of an injury.

Any type of injury can occur during a disaster, some are more common than others and some injuries will be more severe than others and beyond your ability to treat.

First aid kits come in all shapes and sizes, whether you buy a first aid kit or put one together, make sure it has all the items you may need: Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.

When acquiring a first aid kit, familiarize yourself with all the contents and learn how to use each item.

Always have a first aid kit on hand and ready to go. Keep one in your home, your car, camper/RV, boat, and place of work. Also, always have one with you whenever you go on long trips or vacations.

## GIVE YOUR KIT A CHECKUP

Check your first-aid kits regularly and replace any supplies that have expired or have been used up.

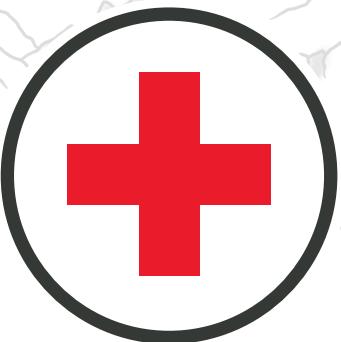
Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.

Prepare children for medical emergencies in age-appropriate ways. The American Red Cross offers a number of helpful resources, including classes designed to help children understand and use first-aid techniques.



### READYWISE TIP

Don't ignore any injury, no matter how minor it is. The injury could end up being more severe if left untreated.



## MY MEDIC™

If you decide that you would rather purchase a first aid kit than build one, a great resource that we would highly recommend would be MyMedic. They provide quality made kits with all the essential items you need for any type of emergency. For details, go to [MyMedic.com](http://MyMedic.com)

### THE ROOKIE PREPPER

**THE MYFAK:** The best first aid kit on the planet! Equipped with high-performance life-saving supplies, giving you the confidence and protection you need.



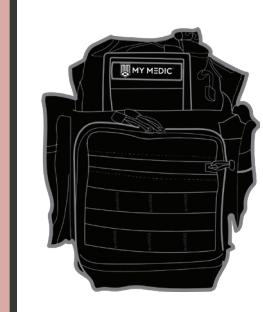
### THE READY PREPPER

**THE MEDIC:** Is the most comprehensive first aid kit to date. Like a hospital on your back.



### THE ADVANCED PREPPER

**THE RECON:** Tactical first aid kit packed with vital life saving supplies for when you need it most.



# » FIRST-AID KIT «

## BUILDING A FIRST-AID KIT

Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Below is a check list to help you get started. You may also want to tailor your kit based on the types of disasters that can occur in your area.

### TOOLS / EQUIPMENT

- KNIFE OR MULTI-TOOL
- SCISSORS
- TWEEZERS
- CPR MASK
- THERMOMETER
- INSTANT COLD PACKS
- MEDICAL GLOVES
- HAND SANITIZER
- SAFETY PINS
- THERMAL BLANKET
- SUN SCREEN
- PETROLEUM JELLY
- HYDROGEN PEROXIDE
- FIRST-AID MANUAL

### MEDICATION / OINTMENTS

- ALLERGY MEDS
- PRESCRIPTION MEDS
- ANTACID TABLETS
- COUGH AND COLD MEDICATIONS
- PAIN RELIEVER  
(TYLENOL, IBUPROFEN, ADVIL, MOTRIN IB, OTHERS)
- EYE WASH SOLUTION
- ANTIBIOTIC OINTMENT
- SUNBURN RELIEF GEL OR SPRAY
- THROAT LOZENGES
- LUBRICATING EYE DROPS
- ORAL REHYDRATION SALTS
- BURN CREAM
- ALOE VERA GEL
- CHAPSTICK

### BANDAGES / GAUZE

- GAUZE PADS
- ADHESIVE TAPE
- STERILE EYE PADS
- GAUZE BANDAGES
- TRIANGULAR BANDAGES
- ELASTIC BANDAGE ROLL
- BANDAIDS - ASSORTED SIZES
- ANTISEPTIC TOWELETTES
- BURN KIT
- COTTON-TIPPED SWABS
- SUPER GLUE
- LIQUID BANDAGE
- ROLLED GAUZE
- HEMOSTATIC GAUZE  
(BLOOD-STOPPING)

[www.ready.gov/kit](http://www.ready.gov/kit)

[www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit)

## EMERGENCY SURVIVAL STARTER KIT

This kit is packed with a punch! Not only does it come equipped with a first aid kit, but it also comes with a mylar blanket, water purification tablets, 14 servings of emergency food and much more. Durable, light weight, and versatile. The perfect grab-and-go bag that's made for any disaster.

*Click the link below for details.*



# EMERGENCY FOOD

Making sure you have enough food on hand for an emergency can be a hassle, so you'll need to have the means to sustain yourself and your family until some semblance of order is restored.

Food is one of the main essential items of survival. Next to water, food should be at the top of your list when preparing for the unknown. Preparing for a food shortage is the key to surviving any kind of crisis. The types of food you store should have certain characteristics that are non-perishable and that don't have to be refrigerated.

Remember what you eat matters, as you stock up on food, consider your family's unique needs and tastes. Familiar foods are good because they lift morale and give a feeling of security, especially in times of stress. Try to include foods that you and your family will enjoy, and that are also high in calories and nutrition.

## COMPARING THE OPTIONS

There are all kinds of options to choose from when preparing for your food storage. It all depends on your preference, but before you invest a bunch of money into one type of food storage, try it first. Try them out and see which method tastes the best and works best for you and your family.

### FREEZE-DRIED

When it comes to emergency foods, freeze-dried takes the cake. The food is flash frozen, and then placed in a vacuum chamber where all the moisture is removed, becoming very light. This makes for easier portability of large amounts of food and cheaper transportation of the food. Most freeze-dried foods can be stored for up to 25 years and maintain their nutritional value, it also retains its original flavor and color, with all of your favorite food choices readily available. Freeze-dried foods can also be rehydrated very quickly, unlike dehydrated foods.

### MREs (MEALS READY TO EAT)

MREs or Meals Ready To Eat is a good option. Sealed rations that are durable and easy to store. They offer complete balanced meals with a wide variety of options to choose from. The average MRE has about 1,200 calories. MREs can be a bit more expensive compared to freeze-dried meals and you can only find them at Military supply and outdoor stores. The average shelf life lasts about five years. If kept in cooler conditions, they can last longer and still be safe to eat.

### CANNED GOODS

Canned foods are of good quality and depending on the contents, the shelf life is usually over a year. According to USDA, canned tomatoes and high acid fruits will taste best if used within 18 months. Food low in acid such as meats and veggies will last longer. The down side to this is most of the food has a much shorter shelf life.



## THE BASICS

When it comes to basic food storage choose foods that have a long storage life and that don't need to be refrigerated. All of these items below are simple and can be purchased at your local grocery store.

- PROTEIN BARS & FRUIT BARS
- INSTANT POTATOES
- SALT, PEPPER, COFFEE & TEA
- SUGAR & FLOUR
- DRIED FRUIT
- CRACKERS
- POWDERED MILK
- CANNED SOUP, FRUITS & VEGGIES
- NUTS, BEANS & PASTA
- PEANUT BUTTER
- INSTANT CEREALS

# » EMERGENCY FOOD «

## HOW MUCH FOOD SHOULD YOU STORE

Trying to figure out how much food you should buy can be stressful, but at ReadyWise, we've done the work for you. Whether stocking up for a month or up to a year, the emergency food calculator figures it out for you. We have specially designed an emergency food calculator to help figure out the amount of food you need based on the number of people you have in your family, the duration of the emergency and the number of calories. Making it easy to prepare you for the unexpected.



## 7 DAY SUPPLY

At the very least a minimum 7-day supply of non-perishable food should be stored.

For a 7-day food supply, the recommended foods generally do not need cooking but supply high energy and calorie intake.

**They can include:** protein and fruit bars, ready-to-eat canned foods, dried fruits, nuts, beans, peanut butter, crackers, dry cereal, oats, canned juices, vitamins, and any special needs foods for infants, and the elderly.

## THE READY GRAB BAG

If you would rather purchase one instead of making one, then we recommend the Ready Grab Bag. It provides you with 60 servings of emergency food conveniently packed in a 10 liter dry bag. 7 days of breakfast, lunch, and dinner.



## ESSENTIAL EQUIPMENT



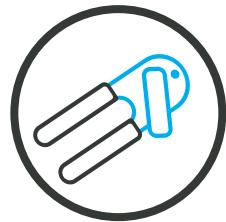
### JET BOIL KIT

Create a heat source in almost any place.



### COOKWARE / MESS KIT

Collapsible and easy to store. Everything you need for your meal.



### CAN OPENER

Good to have for when you have cans for food storage.



### READYWISE TIP

During and after a disaster, it's vital that you maintain your strength. Remember the following:

- Eat at least one well-balanced meal each day.
- Drink enough water to enable your body to function.
- Take in enough calories to enable you to do any necessary work.

# DISASTER PREPAREDNESS

BEFORE, DURING & AFTER



# TORNADOES



## THE THREAT

Roughly 1,000 tornadoes hit the U.S. each year. Destroying anything in its path.

## WHERE

Tornadoes can happen anywhere, but the most common places in the U.S. are in Great Plains states, and East of the Rocky Mountains.

## WHEN

Tornadoes can happen at any time, but they typically occur in early evening, in the spring and summer seasons.

I don't think we're in Kansas anymore! As we all know, a tornado is a violent rotating column of air extending from a thunderstorm to the ground. The most violent tornadoes are capable of tremendous destruction with wind speeds of up to 300 mph.

Tornadoes can destroy large buildings, uproot trees and hurl vehicles hundreds of yards. Damage paths can be in excess of one mile wide to 50 miles long.

Tornadoes can last anywhere from several seconds to over an hour. The average time for a tornado is ten minutes. When a tornado warning is issued you typically have about 15 minutes to get to safety.

## BASIC PREPARATIONS

There are three important steps you should take when preparing for a tornado.

**KNOW YOUR RISKS** • **MAKE A PLAN** • **BE INFORMED**

Having the proper emergency preparedness kit and knowing what to do before a tornado strikes, will greatly improve you and your family's chances of staying safe.



## WARNING SIGNS

Tornadoes don't always have the common funnel shape. Sometimes the funnel isn't even visible because it's free from moisture and debris. Below are some signs of a tornado that will keep you alert and mindful, in case you need to seek shelter.

- AN OFTEN DARK, GREENISH, SKY.
- WALL OF CLOUDS OR AN APPROACHING CLOUD OF DEBRIS.
- LARGE HAIL OFTEN IN THE ABSENCE OF RAIN.
- THE WIND MAY DIE DOWN AND THE AIR MAY BECOME VERY STILL.
- A LOUD ROAR SIMILAR TO A FREIGHT TRAIN MAY BE HEARD.
- AN APPROACHING CLOUD OF DEBRIS, EVEN IF A FUNNEL IS NOT VISIBLE.

## GOOD TO KNOW

### STRENGTH RATE OF A TORNADO FUJITA SCALE

#### EF0

LEVEL: NON-THREATENING

WIND SPEED: 65 TO 85 MPH

DAMAGE: MINOR

#### EF1

LEVEL: VERY LOW

WIND SPEED: 86 TO 110 MPH

DAMAGE: MODERATE

#### EF2

LEVEL: LOW

WIND SPEED: 111 TO 135 MPH

DAMAGE: CONSIDERABLE

#### EF3

LEVEL: MODERATE

WIND SPEED: 136 TO 165 MPH

DAMAGE: SEVERE

#### EF4

LEVEL: HIGH

WIND SPEED: 166 TO 200 MPH

DAMAGE: EXTREME

#### EF5

LEVEL: EXTREME

WIND SPEED: >200 MPH

DAMAGE: TOTAL DESTRUCTION

# >> TORNADOES <<

## BEFORE

### PREPARE NOW SO YOU'RE READY

#### PLAN:

Create a plan for where you and your family will go in the event of a tornado.

- Pick a safe room in your home where you can gather during a tornado. A basement, storm cellar or an interior room on the lowest floor with no windows.
- Identify and practice going to a safe shelter.
- Know your area's tornado risk.
- Listen to NOAA Weather Radio or television newscasts for the latest information.
- Check with your work and your children's schools regarding tornado emergency plans.
- Know where your first-aid kit and fire extinguishers are located. Make sure the first-aid kit is properly stocked with medical supplies.

#### SECURE:

- Tree-proof your home. Any falling branches could damage your home or cause injury.
- Clear your shelter of any hazards.
- Know where the utility switches or valves are located so they can be turned off (if time permits).
- Secure and store any important documents.

#### PREPARE & STORE:

Prepare for long-term stay at home emergency supplies, cleaning supplies, non-perishable foods, water, medical supplies and medication. Set aside 4 litres of water per person per day, to last three days, and a three-day supply of food per person. Also include: an emergency radio, a flashlight, batteries, blankets, and a first-aid kit.

We know that prepping can be a little overwhelming and we're here to help. The Ready Grab

**Bag has 60 servings of food and can last up to 25 years.** This is a great starter kit.



## TAKING COVER

### WHAT TO DO BEFORE, DURING & AFTER A TORNADO.

## DURING

### IMMEDIATELY SEEK SHELTER

#### HOME:

If you don't have a dedicated storm shelter, the next best place to take cover is in a house (or anywhere else) that has a basement. If you don't have a basement head to a bathroom, hallway, or closet away from windows, on the lowest floor of your house. The more walls you can put between you and the wind, the better.

#### MOBILE HOME:

Get out and find shelter! People are 15 times more likely to die in a mobile home than any other location.

- Take shelter in a building if you can.
- If no other shelter is available, lie facedown in a ditch and cover your head with your arms and hands.

#### PUBLIC BUILDINGS:

Take shelter in an interior room or bathroom on the first floor or at the least far from windows.

- Crouch facedown and cover your head with your hands and arms.
- Another go-to spot is interior stairwells.
- Avoid taking elevators as they can get stuck if the electricity goes out.

#### ON THE ROAD:

Your car is one of the most dangerous places you can be during a tornado. If there's a building nearby, your best bet is to get out, get inside, and head for a place that matches the description given above.

#### OUTSIDE:

Lie flat in a low area of the ground like a ditch or gully and cover your head with your hands and arms.

- Pick a spot away from trees and other potential projectiles that could cause injury.

## AFTER

### ASSESS THE SITUATION

#### CHECK FOR INJURIES:

The safety and concern for your family is your first priority.

- Once the storm has passed, check everyone for injuries and seek medical help if needed.
- Do not attempt to move anyone who is seriously injured. Unless they are in immediate danger.
- If you must move an unconscious person, first stabilize the neck and back, then call for help.

#### DEBRIS & STRUCTURAL DAMAGE:

Check and determine if there is any damage to your home or area around you.

- Use extreme caution around debris.
- Watch for broken glass, nails, and other sharp objects.
- Check for any water or gas leaks and quickly shut them off if there are any.
- Do not drink or prepare food with tap water until notified by officials that it's safe to drink.
- Stay clear of fallen power lines.

#### ESTABLISH COMMUNICATION:

Coordinate with your family, friends, and neighbors on a place to meet if you or family member gets separated.

- Listen for special alerts from local authorities, which may tell you what to do next.
- Check the local weather station to find out if your area is at risk for another tornado. If another storm is on its way, prepare to take cover once again.



### READYWISE TIP

Keep a NOAA weather radio in your home. It provides continuous broadcasts of the latest weather information directly from the National Weather Service (NWS) offices in your area.

# EARTHQUAKES

## THE THREAT

Falling objects, collapsing buildings, floods, landslides, and fire. The greater the earthquake the more damage it causes.

## WHERE

They can strike in any location at any time, but most major earthquakes usually occur around the Pacific Ocean.

## WHEN

Earthquakes are always happening. In fact, the National Earthquake Information Center locates about 12,000-14,000 earthquakes each year.



There really isn't any reliable way to predict earthquakes, so when a big one hits, it will come without warning. The majority of the earth is vulnerable to seismic instability, so even if some regions hardly experience earthquakes that doesn't mean that they can't happen.

If you live in an area that's prone to earthquakes (or even if you don't), it's not a bad idea to prep for it. A surprising number of people don't know what to do when an earthquake hits. With a little planning and vigilance you can gain the resources to help when the shaking starts.

Most modern-day homes typically do come equipped to handle an earthquake, but older houses may need a bit more work.

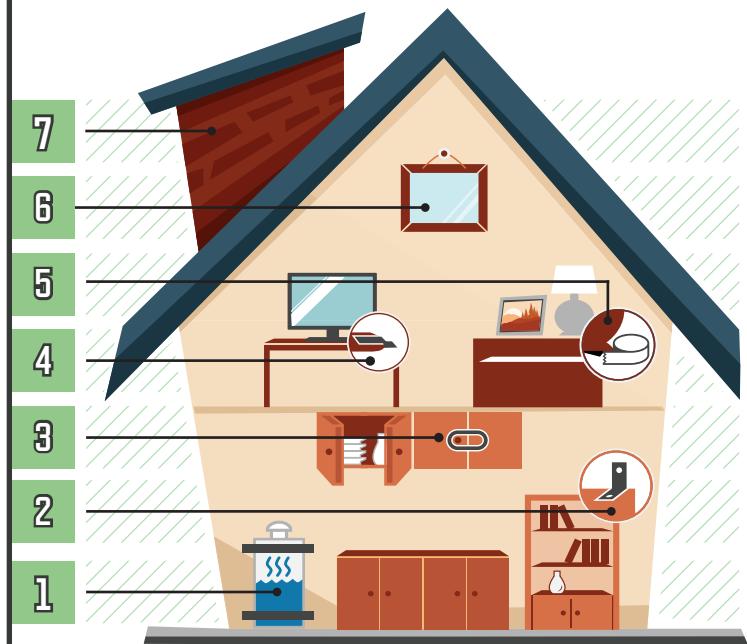
To earthquake-proof your home, spend some time going over the risks and assessments to help reduce the damage of your home and property. Most injuries related to earthquakes are caused by falling objects, so take the time to secure your home.



## READYWISE TIP

Make sure that you know where water and gas lines are located and have the necessary tools near the shut-off valves so that they can be quickly turned off.

## PREPARE YOUR HOUSE



- 1 Secure your water heater and other major appliances with the appropriate straps.
- 2 Bookcases and other tall furniture should be anchored to wall studs.
- 3 Cabinet doors can fly open allowing contents to crash to the floor; secure them with latches.
- 4 Electronics such as televisions and computers are heavy and expensive to replace. Secure them with flexible nylon straps.
- 5 Secure picture frames, books, lamps, and other items that are kept on shelves and tables.
- 6 Do not hang heavy objects over beds or sofas. Safely secure mirrors, picture frames, and other items to the wall.
- 7 Strap down chimney to prevent bricks from falling.

# >> EARTHQUAKES <<

## BEFORE

### TAKE ACTION NOW, BEFORE AN EARTHQUAKE HITS

#### PLAN:

Develop an earthquake disaster plan for you and your family. Know what to do and where to go when an earthquake strikes.

- Plan on where to meet if you or someone in your family gets separated.
- Practice drills for what to do during an earthquake.

#### SECURE:

Take the time to secure your home and items. Most injuries related to earthquakes are caused by falling objects.

- Secure large picture frames to walls.
- Store heavy objects in low areas.
- Strap and secure bookcases, heavy shelving, and water heaters.
- Install flexible gas and water lines to prevent ruptures or leaks.
- Know how to turn off your gas, electricity and water.
- Secure and store any important documents.

#### PREPARE & STORE:

Prepare and store a few emergency essentials and have them readily accessible. Items may include: Water, non-perishable foods, tools, first-aid kit, fire extinguisher, flashlight, and a whistle. For earthquakes we recommend the **Grab & Go Bundle**. Includes a survival backpack, an 84 serving breakfast & entrée bucket, an emergency food grab bag, and a water filtration bottle.



## TAKING COVER

### WHAT TO DO BEFORE, DURING & AFTER AN EARTHQUAKE.

## DURING

### WHAT TO DO WHEN IT HITS

#### STAY CALM:

As soon as you feel the shaking, first and foremost, is to remain calm and don't panic.

#### INDOORS:

Do not run outside! Stay where you are until the shaking stops. Do not get in a doorway as this does not provide protection from falling or flying objects.

**Drop, Cover, and Hold on!** Drop to the floor and get under a table or desk, protect your head and neck. Stay clear from windows, stairwells, elevators, ceiling fans, and any heavy objects.

### - ALWAYS REMEMBER -



DROP



COVER



HOLD ON

#### OUTDOORS:

Stay outside and in a clear area. Keep away from buildings and structures.

- Watch out for any falling objects.
- Avoid any broken glass and pipes.
- Stay clear of downed power lines.

#### DRIVING:

Pull over in a safe area away from streetlights, and telephone poles, and stay in your car.

- Avoid bridges, power lines, trees, and any heavy objects that could cause injury.
- Stay in your car until the shaking has stopped.

## AFTER

### WHEN THE SHAKING STOPS, BEFORE YOU MOVE, ASSESS THE SITUATION

#### CHECK FOR INJURIES:

Stay calm and check yourself for injuries.

- Provide any first-aid if needed.

#### CHECK FOR DAMAGE:

Check for any damage in your area. After an earthquake hits, there can be serious hazards and structural damage in your area. Such as:

- Damage to your house.
- Leaking water and gas lines.
- Downed power lines.

#### TRAPPED UNDER DEBRIS:

If you are in a damaged building and there is a safe way out through the debris, leave and go to an open space outside, away from damaged areas.

- If you are trapped, do not move about or kick up dust.
- Tap on a pipe, wall or whistle, so that rescuers can locate you.
- Avoid struggling.
- Avoid inhaling dust. Try covering your mouth with a handkerchief or piece of clothing.
- Do not light a match or lighter. There could be a gas leak.

#### AFTERSHOCKS:

Prepare for any aftershocks. These secondary shockwaves are usually less violent than the main quake but can be strong enough to do additional damage.

- Be mindfull of objects that have fallen and open any doors and cabinets cautiously.
- Turn on your radio and listen to any emergency broadcast.

#### TSUNAMIS:

90% of major earthquakes are along major bodies of water. If you live in a coastal area, be aware of possible tsunamis. When local authorities issue a tsunami warning, assume that a series of dangerous waves are on the way.

- Stay away from the beach.
- Get to higher ground.

[EARTHQUAKE DISASTER PLAN >](#)

# HURRICANES



## THE THREAT

High wind speeds, debris, heavy rain fall, large areas covered with deep water, structural and property damage.

## WHERE

The Atlantic basin. Which includes the Atlantic Ocean, Caribbean Sea, Gulf of Mexico, the Eastern North Pacific Ocean.

## WHEN

Globally, September is the most active month. The Atlantic hurricane season is June to November, but it peaks from late August through September.

Mother Nature's most violent storms can cause levels of destruction that can leave your home neighborhood and city looking like the badlands or the aftermath of a demolition derby. Thrashed! Every year tropical storms take their toll, leaving in its path wreckage and destruction.

A hurricane can bring in heavy rain and high wind speeds, causing flooding and debris. It can also push in a wall of ocean water ashore called a storm surge.

Once a hurricane forms, weather forecasters are able to predict its path. They also predict how strong it will get. This information will help people get ready for the storm.

When the storm hits will you be part of the last-minute shoppers, struggling to get emergency supplies? Or will you hunker down with the supplies you have stocked?

Will you be as ready when the storm hits? Take the necessary precautions now so you have the upper hand.



## READYWISE TIP

Twelve hours before a hurricane hits, make sure you're ready for power outages. Charge your cell phone and computer, as well as any external battery packs you might have.

## GOOD TO KNOW

### SAND BAGS

Sandbags are a very helpful and effective way to hold back rising water. Store empty burlap sacks or manufactured polypropylene bags.



### SAFFIR-SIMPSON HURRICANE WIND SCALE

The Saffir-Simpson Hurricane Wind Scale is a 1 to 5 rating based only on a hurricane's maximum sustained wind speed. The Wind Scale estimates potential property damage.

CATEGORY	SUSTAINED WIND SPEEDS	TYPES OF DAMAGE
1	75 TO 95 MPH	MINIMAL
2	96 TO 110 MPH	MODERATE
3	111 TO 129 MPH	EXCESSIVE
4	130 TO 156 MPH	EXTREME
5	157+ MPH	CATASTROPHIC

# » HURRICANES «

## BEFORE

### TAKE ACTION NOW

#### PLAN:

Develop a hurricane disaster plan for you and your family. Know the risks and plan for when it strikes.

- Prepare an emergency supply kit and communication plan.
- Learn community hurricane evacuation routes and where to find higher ground.
- Know the elevation level of your property and if it's prone to floods.
- Have a supply of sand and empty burlap sacks to reduce flooding.

#### SECURE:

Take the time to secure your home and items and be mindful of what is around you and your home.

- Clear any loose and clogged rain gutters and downspouts.
- Secure your windows and doors. Storm shutters are often the best protection. Tape does not prevent windows from breaking.
- Trim any trees and bushes around your home and car.
- Securely fasten your roof to the frame structure with straps, clips and cordage.
- Reinforce your garage doors. If wind enters, it can cause structural damage.
- Bring in all outdoor furniture, garbage cans, and anything else that can't be tied down.

#### PREPARE & STORE:

Prepare a 72-hour kit and have it readily accessible in your home and car. Here is a list of items that you may want to add to your kit. Items may include: Water, a flashlight, tools, blankets, first-aid kit, clothes, and non-perishable foods. For hurricanes, we recommend the **Bunker On The Go Bundle**.

Includes: a survival backpack, an emergency food grab bag, (2) 72 hour food kits, a water filtration bottle, and a multi-functional flashlight.



## TAKING COVER

### WHAT TO DO BEFORE, DURING & AFTER A HURRICANE.

## DURING

### WHEN IT HITS, WHAT DO YOU DO

When the hurricane hits your area the first thing is to remember to remain calm. Don't worry, the storm will pass. Know that you have what it takes to get through this.

#### INDOORS:

Always listen to authorities regarding whether you should evacuate or stay indoors.

- Listen to your TV or radio for any information and follow instructions.
- Get to the sturdiest part of your home. Stay in a small interior room, or closet on the lowest level.
- Stay away from windows and doors.
- Keep your emergency supply kit in a place so you can easily access it.
- Do not go outside, even if it looks calm. If it suddenly gets still, it could be the eye of the storm and winds will pick up again.
- Wait until you hear or see an official message that the hurricane is over.

#### EVACUATE:

If you're instructed by local authorities to evacuate, be sure to do so.

- Grab your emergency supply kit and only take what you need.
- If you have time, turn off the gas, power and water.
- Follow the roads that emergency workers recommend. Other routes might be blocked or flooded.
- Never drive through flooded areas. Cars can be swept away or stall in just 6 inches of moving water.

#### STORM SURGES:

If you're near the coast, storm surges are often expected. They can cause structural damage, but if caught in one, it could take your life.

- Get to an emergency aid shelter.
- Get to higher ground.
- Stay away from the beach.

## AFTER

### AFTER THE HURRICANE

#### FIRST AID:

Take care of any wounds or injuries to prevent infection. The risk for injury during and after a hurricane is high.

- Get first aid quickly to help heal small wounds and prevent infection.

#### STAY OUT OF FLOODWATER:

Always follow warnings about flooded roads and don't drive in flooded areas.

- Cars and other vehicles won't protect you from floodwaters. They can be swept away and stall in moving water.

#### WASH YOUR HANDS:

Floodwater can contain many things that may affect your health, including germs, dangerous chemicals, human and livestock waste, and other contaminants that can make you sick.

- Wash your hands with soap and water if you have been in floodwater.
- If you don't have soap or water, use alcohol-based wipes or sanitizer.

#### DAMAGED BUILDINGS:

Do not enter a damaged building until local authorities determine it is safe. Hurricanes can damage buildings and make them unsafe.

- Leave your home or building if you hear shifting or unusual noises. Strange noises could mean the building is about to fall.

#### EAT SAFE. DRINK SAFE:

Food that may have come in contact with flood or storm water is unsafe. It can make you sick, even if it looks, smells, and tastes normal. Throw away perishable foods that have not been refrigerated properly due to power outages; also discard foods with an unusual odor, color, or texture.

#### WHEN IN DOUBT, THROW IT OUT.

- Do not use water you suspect or have been told is contaminated.
- Access your emergency water containers and filters.
- Bottled, boiled, or treated water is safe for drinking, cooking, and personal hygiene. See the Water section in the survival guide for instructions on water safety and storage.

[HURRICANE DISASTER PLAN >](#)

# WILDFIRE

## THE THREAT

Millions of acres of the world burn each year. Economic damage and death.

## WHERE

In USA, UK, France, Italy, Spain and Greece has been most prominent, but the wildfires in the south of Europe are larger and burn more acreage.

## WHEN

June through September tends to be the peak of wildfire season.



Wildfires have been a part of our natural ecosystem around the world. They are unplanned fires that burn in natural areas like forests, grasslands, or prairies.

These flames are necessary in certain aspects. They clear away the dead grass, fallen branches and logs, providing room for new growth and regeneration. But overall... they're dangerous and should never be taken lightly. They're a powerful force that we need to understand and respect to help control it.

Wildfires spread quickly and can get out of control very fast. They can devastate not only natural areas, but also homes, businesses, communities, and people's lives.

It's a very devastating force of nature. Nearly 9 out of 10 wildfires nationwide are caused by humans and could have easily been prevented. The 2021 wildfire season has burned millions of acres across several states in the U.S. and EU.

## BE READY!

6 WAYS TO HELP PROTECT YOUR HOME AND REDUCE THE RISK OF DAMAGE DURING A WILDFIRE.



**CLEAR IT OUT:** Clear out your pine needles, leaves, branches, and anything that can burn from your roof, gutters, your porch, decks, and patios.



**STORE IT:** Pack up and store away all furniture, cushions, and yard decorations from your yard.



**SCREEN IT & SEAL IT:** Check your home for any open vents, holes, and other openings that can be screened or sealed up from embers entering your home.



**RAKE IT UP:** Rake up any mulch, branches, leaves and debris around your house, fence, and deck.



**CUT & TRIM:** Trim back any trees, shrubs, and all overhanging branches that come within 5 feet of your house.



**REMOVE:** Remove anything within 30 ft of your house that could catch fire or burn. Lumber, woodpiles, vehicles, propane tanks, tall grass, anything that can act as a fuel source, remove it.

## PREVENTING WILDFIRES



Sammy The Squirrel needs our help.

Wildfires are always burning somewhere in the United States, but if we can do our part to help prevent the risk, then we can continue to enjoy our amazing forests.

REMEMBER THESE HELPFUL TIPS WHEN VISITING THE WOODS:

Check with the National Forestry Service on the wildfire danger rating.

Never leave any fire unattended.

**DO NOT** throw cigarettes or matches on the ground or out of a moving vehicle.

Completely extinguish any outdoor fire that you make with water or dirt.

Be careful where you park your car. The heat from your exhaust system can ignite dry vegetation.

# » WILDFIRES «

## BEFORE

### TAKE ACTION

Wildfires spread quickly and can devastate homes and communities. So, prepare now.

#### WARNING SIGNS:

Recognize any warning signs and be aware of any alerts that occur throughout your area.

- Have multiple ways to receive emergency warnings.
- Download the FEMA app and receive real-time alerts from the National Weather Service.
- Pay attention to air quality alerts.

#### PLAN:

You may have to evacuate quickly, so have a plan, know where your evacuation routes are and a place to meet up.

- Consider making plans with friends, family, or neighbors to shelter with.

#### SECURE:

Set up defense zones around your home and property.

- Keep important documents in a secured area.
- Remove any sources of fuel within 30 feet of your property.
- Find an outdoor water source with a hose that can reach any area of your property.

#### BUGOUT BAG (BOB):

If you have to evacuate, the first thing you're going to grab is your bugout bag. Consider adding these essential items to your kit. Water, tools, cash, a first-aid kit, and face masks.

For wildfires, we recommend the complete **2-Day Emergency Survival Backpack**.

Filled with 20 servings of food, a first aid kit, multipurpose flashlight, water filtration bottle, and much more.



## BE READY

### WHAT TO DO BEFORE, DURING, & AFTER A WILDFIRE.

## DURING

### WHAT TO DO WHEN A WILDFIRE ENTERS YOUR AREA

If a wildfire is in your area try to remain calm and stick to your emergency plan.

#### STAY SAFE DURING:

- Unless you're instructed to evacuate, stay inside.
- Do not smoke. Smoking puts even more pollution into the air.
- Stay away from windows and doors.
- Close the doors and windows.
- Pay attention to emergency alerts and notifications.
- Pay attention to any health symptoms you may have. If you have asthma, COPD, heart disease, or are pregnant.
- If you're sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible.
- If trapped, call 911 and give your location, but be aware that emergency response could be delayed. Turn on lights to help rescuers find you.
- Pay attention to emergency alerts and notifications for information and instructions.
- Use N95 masks to protect yourself from smoke inhalation.

#### EVACUATE:

Once an evacuation notice has been issued, evacuate immediately.

- Grab your emergency supply kit and only take what you need.
- Avoid hot ash, charred trees, smoldering debris, and live embers.
- Use an N95 mask to avoid breathing in dangerous particles.
- Follow the roads that emergency workers recommend.

## AFTER

### AFTER THE WILDFIRE

Do not enter damaged homes or buildings until local authorities determine that it's safe.

#### RETURNING HOME:

- Use extreme caution when entering burned areas.
- The ground may contain heat pockets from burning roots that can injure you or spark another fire.
- Avoid hot ash, charred trees, debris, and live embers.
- The ground may contain heat pockets that can burn you or spark another fire.

#### CLEANING UP:

When cleaning up ash, use a respirator to limit your exposure.

- Wear protective clothing, including long-sleeved shirts, pants, work gloves, face coverings or masks, and sturdy shoes.
- Limit your exposure of debris and breathing in dust particles.
- Take precautions in areas with poor air quality. If you or someone you know has asthma or other lung conditions, symptoms could worsen.
- Children should not help with clean-up efforts.
- Pay attention to any health symptoms if you or your children have asthma, COPD, or heart disease.
- Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.



### READYWISE TIP

Keep your vehicle full of fuel.

If you have to evacuate, lots of people will be hitting the road too. So, you don't want to worry about your fuel gauge dropping, leaving you stranded.

[WILDFIRE DISASTER PLAN >](#)

# BLIZZARDS & SNOWSTORMS

## THE THREAT

Extreme cold, freezing rain, snow, ice, and high winds. Other hazards include car accidents, hypothermia, and frostbite.

## WHERE

In areas of high and mid-altitudes of France, Italy, Switzerland, Germany and Austria.

## WHEN

Most blizzards happen from December to February during peak snow season.



This isn't your typical winter wonderland. Snowstorms are usually referred to as blizzards and they are characterized by strong winds and heavy snowfall.

The northern plains are the prime location for blizzards because of the flat terrain, which allows the wind to reach high speeds.

Some blizzards, called ground blizzards, have no falling snow. Instead, it's snow that has already fallen before the blizzard and is blown around or drifts in a way to create harsh conditions.

The conditions in a blizzard can be severe, because of a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and even heart attacks from overexertion.

Blizzards can bring in extreme cold temperatures, freezing rain, severe snow, ice, and high winds, which can leave you snowed in for days. The effects of excessive ice and snow can bring down tree limbs, power lines, cause broken pipes and damage to your roof.

Traveling becomes dangerous when the blowing snow causes whiteout conditions making the sky and ground look white, producing low vision and disorientation. So, when a severe snowstorm hits, stay home and keep warm.

## WINTERIZE YOUR HOUSE



### MAINTAIN YOUR FURNACE



### TURN OFF EXTERIOR WATER



### CHECK YOUR ROOF



### INSULATE



### REPLACE YOUR FILTER



### PROTECT YOUR PIPES



### CLEAN OUT RAIN GUTTERS



### CLEAN YOUR CHIMNEY



# » BLIZZARDS & SNOWSTORMS «

## BEFORE

### BEFORE A WINTER STORM

#### PLAN:

Develop a winter Storm plan for you and your family. Know the risks and plan for when the storm hits.

#### SECURE:

Take the time in securing your home for when the next winter storm hits.

- Prepare your home to keep out the cold with insulation, caulking, and weather stripping.
- Insulate your pipes to keep them from freezing.
- Keep your gutters clear to avoid standing water. It will freeze, causing structural damage to your home.
- Trim tree limbs and remove any stray branches, which heavy snow and ice can bring down.
- Install smoke detectors and carbon monoxide detectors in your home and check the batteries regularly.
- Have your chimney inspected annually to prevent a house fire.
- Insulate walls and attic.
- Have your furnace or HVAC system inspected annually.
- Caulk and weather-strip doors and windows around your house.
- Have your car serviced to ensure it's ready for the winter.
- Keep gas tank full and a spare gas can in your garage.

#### PREPARE & STORE:

Prepare a 72-hour kit and have it readily accessible in your home and car. Here is a list of items that you may want to consider. Supplies may include water, non-perishable foods, a flashlight, blankets, a first-aid kit, and extra clothes.

For blizzards and snow storms, we recommend the **Side Dish Bundle**. The ultimate addition to any emergency food supply.



## TAKING COVER

### WINTER WEATHER SAFETY FOR YOU AND YOUR FAMILY

## DURING

### WHAT TO DO WHEN THE STORM HITS

When a blizzard hits your area the first thing is stay indoors. Don't go outside until the storm passes.

#### RIDE IT OUT - INDOORS:

Once a blizzard hits, all you can do is sit tight; there's no skipping out to the grocery store for supplies when visibility is zero and the temperature is freezing.

**STOCK UP:** Make sure your survival kit is loaded with the usual essentials, plus extra blankets, sleeping bags, heavy coats, and other warm clothing.

**WATCH YOUR WATER:** Severe cold can freeze pipes, leaving you without water to drink or the ability to flush a toilet more than one last time.

- Store water in containers where it won't freeze.

**STAY WARM:** A storm might tear down power lines, and without electricity you can't operate your furnace.

- Get a generator or stock up on fuel for a woodburning stove or fireplace.

**CARBON MONOXIDE:** Avoid carbon monoxide poisoning.

- Only use generators and grills outdoors and away from windows.
- Never heat your home with a gas stovetop or oven.

#### A WHITEOUT:

A whiteout is a horror show. You can't imagine how disorienting it is until you're in one. So only venture out as a last resort.

- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.

## AFTER

### AFTER THE SNOW STORM

Winter storm dangers linger. When the snow and ice melt, it's tempting to relieve that cabin fever and hit the roads. However, melting snow can cause floods and black ice. Partially cleared roads may be blocked from overflowed rivers caused from the rush of melting snow and ice.

#### USE CAUTION:

Heavy snow may have knocked down power lines and cause gas leaks, both of which can be deadly, but are not obvious at first glance.

Follow the tips below to stay safe.

- Stay Informed. Stay tuned to your local news or 511 for updated information on road conditions.
- Avoid flooded roads and heed road danger signs.
- Check your home, contact family and isolated neighbors.
- Be mindful of roadways and hazards.

#### RECOGNIZE + RESPOND:

Check for frostbite and hypothermia. Frostbite causes loss of feeling and color around the face, fingers, and toes.

**SIGNS:** Numbness, white/grayish tone and a firm or waxy texture.

**ACTIONS:** Go to a warm room.

- Soak area in warm water.
- Use bodyheat to warm the area.
- Do not massage the area or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

**SIGNS:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.

**ACTIONS:** Get to a warm room.

- Warm the center of the body first. Then chest, neck and head.
- Stay dry and warm by wrapping yourself with warm blankets.



### READYWISE TIP

If you must venture outside, wear the proper clothing meant for the cold, wet, and windy conditions such as: Loose fitting layers, hats, socks, boots and gloves. Change out of your wet clothing ASAP.



[WINTERSTORM DISASTER PLAN >](#)

# PANDEMIC

## THE THREAT

Very contagious illness, economic damage, death, social disruption, and general hardships.

## WHERE

A wider geographical area. Countries and continents and often worldwide.

## WHEN

A new virus or a strain of virus that has not circulated among people. Spreading quickly from person-to-person.



A pandemic is a global disease outbreak that spans several countries and affects many people. It is often caused by viruses that are very contagious and can easily spread from person to person.

Coronavirus disease (COVID-19) for example, can emerge from anywhere and spread rapidly throughout the world. Viruses are constantly changing, which can lead to genetic variations (commonly called variants or mutations) that can have different characteristics, both positive and negative.

Some variants can spread more easily and can cause more severe diseases. The human immune system also has the ability to adapt and respond to variants.

Some pandemics are worse than others and it's difficult to predict when or where the next pandemic will emerge. Public health experts say that it's not a matter of if a pandemic will happen, but when it will happen.

So, it is essential to be prepared. And by that, we're not saying that you need run out in a frenzy and buy as much toilet paper, hand sanitizer and paper towels as you can, (we all remember how ridiculous that got). It's just good to be prepared and to have a plan for when it happens.

## GOOD TO KNOW

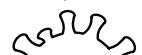
### TRANSMISSION

Common ways diseases can be transmitted from person to person.



#### AIR TRANSMISSION

May be spread directly from person to person through coughing and sneezing.



#### HUMAN CONTACT

Hand shaking, high-fives, close contact with others who are infected, crowded places.



#### CONTAMINATED OBJECTS

Objects that maybe contaminated from one person to the next, such as food or doorknobs.



### PREVENTION

Preventive ways to slow the spread and limit the risk of exposure.



#### WEAR A FACE MASK

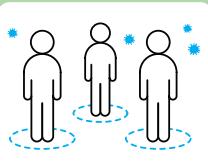
Cover your mouth and nose with a mask when in public.

*-An N95 Mask is the strongest against viruses.*



#### WASH YOUR HANDS

Wash your hands with soap and water for at least 20 seconds and try not to touch your eyes, nose, and mouth.



#### SOCIAL DISTANCE

Keep a distance of at least six feet between yourself and people who are not part of your household.

# >> PANDEMIC <<

## BEFORE

### HOW TO PREPARE YOURSELF FOR A PANDEMIC

#### PLAN AND PREPARE:

Create an emergency plan so that you and your family know what to do and what you will need in case an outbreak happens. Consider how a pandemic may affect your plans for other emergencies.

Review your health insurance policies to understand what they cover, including telemedicine options.

Create password-protected digital copies of important documents and store in a safe place. Watch out for scams and fraud.

Take actions to prevent the spread of disease. Cover coughs and sneezes. Stay home when sick (except to get medical care). Wash hands with soap and water for at least 20 seconds.

#### EDUCATE YOURSELF:

Learn how diseases spread to help protect yourself and others. Viruses can be spread from person to person, from a non-living object to a person and by people who are infected but don't have any symptoms.

#### CLOSING TIME:

Prepare for the possibility of schools, workplaces and community centers being closed. Investigate and prepare for virtual coordination for school, work (telework) and social activities.

#### PREPARE & STORE:

Gather supplies in case you need to stay home for several days or weeks. Items may include cleaning supplies, non-perishable foods, and bottled water. When it comes to pandemics, we recommend the **Farmhouse Bundle**. Includes: meat buckets, a milk bucket, and a egg bucket adding up to 444 servings of food.



## TAKING COVER

### HOW TO STAY SAFE WHEN A PANDEMIC THREATENS.

## DURING

### STAYING SAFE DURING A PANDEMIC

#### CDC GUIDELINES:

Follow the latest guidelines from the CDC, to prevent the spread of disease. Refer to your local and state public health departments for vaccine and testing updates.

#### STAY HEALTHY:

Maintain good personal health habits and public health practices. Proper handwashing and disinfecting surfaces help to slow the spread of disease. If soap and water are not available, use a hand sanitizer that contains at least 60 percent alcohol.

#### PERSONAL SPACE:

Limit close, face-to-face contact with others. Stay at home as much as possible to prevent the spread of disease.

#### IF EXPOSED:

If you believe you've been exposed to the disease, contact your doctor. Follow the quarantine instructions, and monitor your symptoms. If you're experiencing a medical emergency, call 911 and shelter in place with a mask, if possible, until help arrives.

#### SOCIAL DISTANCING:

Practice social distancing while in public. Keep a distance of at least six feet between yourself and people who are not part of your household. Avoid crowds and large groups of people.

#### SHARE INFO:

Share accurate information about the disease with friends, family and people on social media. Sharing bad information about the disease or treatments for the disease may have serious health outcomes. Remember that stigma hurts everyone and can cause discrimination against people, places, or nations.

## AFTER

### AFTER A PANDEMIC

#### USE CAUTION:

Continue taking protective actions. Staying home when you are sick (except to get medical care).

- Following the guidance of your health care provider.
- Covering coughs and sneezing.
- Washing your hands with soap and water for at least 20 seconds.
- Be sure to evaluate your family emergency plan and make any updates as you see fit.
- Work with your community to talk about the lessons you learned from the pandemic and decide how you can use these experiences to be more prepared for future pandemics.

#### STAYING SAFE:

While viruses are still spreading and changing, it's important to remember life after the pandemic. You're going to want to resume your life as normal as possible (before the virus). However, there are still many safety precautions to be taken once the phase of re-opening begins.

Your health and safety will still be at risk, so it is important to maintain your healthy practices after the pandemic is over.

Follow the latest CDC guidelines to ensure your safety and reduce the risk of exposure by keeping yourself, your family, and your friends safe and healthy.

- Wash your hands often.
- Avoid touching your face.
- Wear a face covering.
- Stay home if you are sick.
- Continue to maintain social distancing in public spaces.
- Clean & disinfect.



#### READYWISE TIP

Know that it's normal to feel anxious or stressed. Engage virtually with your community through video and phone calls. Remember to take care of your body and talk to someone if you are feeling overwhelmed or upset.

[PANDEMIC DISASTER PLAN >](#)

# NOTES: I









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