**Instructions:**  Read each item. Check off everything you have done. Prioritize what you have not done.

\_\_\_ 1) I know which natural disasters are most

likely to occur in my area.

\_\_\_ 2) I have a family evacuation plan and

emergency meeting place.

\_\_\_ 3) I have a family communication plan.

\_\_\_ 4) I have practiced my family evacuation

plan and communication plan.

\_\_\_ 5) I have working smoke alarms.

\_\_\_ 6) I have (and know how to operate)

the fire extinguishers in my home.

\_\_\_ 7) I do not have heavy objects hanging

over beds that could fall in an

earthquake.

\_\_\_ 8) I have secured my water heater, tall

furniture, heavy appliances, and

shelves in case of earthquake.

\_\_\_ 9) I know how to shut off my gas and can

easily locate the tool needed to do so.

\_\_\_ 10) I know how to shut off my water.

\_\_\_ 11) I have a working flashlight that is

easily accessible.

\_\_\_ 12) I have a pair of very sturdy shoes that

are easily accessible.

\_\_\_ 13) I have a 72-hour kit for each member

of my family.

\_\_\_ 14) I am familiar with several alternate

routes to and from my home.

\_\_\_ 15) I keep the gas tank in my car at least

half full.

\_\_\_ 16) I always keep my car keys and personal

identification in a place where I can

locate them quickly in an emergency.

\_\_\_ 17) I have duplicate keys and copies of important insurance documents stored outside my home.

\_\_\_ 18) I have a map of the local area and a

compass in my 72-hour kit.

\_\_\_ 19) I have stored a hat, a dust mask,

eye protection, sunblock, mosquito

repellent, a whistle, and 50 feet of

nylon rope in my 72-hour kit.

\_\_\_ 20) I have stored first aid supplies and an

emergency radio in my 72-hour kit.

\_\_\_ 21) I know basic first aid to help others.

\_\_\_ 22) I have stored items for making a

portable shelter to protect me from the

weather (tent, poncho, garbage bags,

nylon cord, duct tape, space blanket).

\_\_\_ 23) I have stored at least $20 cash in my 72-

hour kit ($1 bills and change).

\_\_\_ 24) I have stored entertainment activities

(small toys, games, paper and pen, hard

candy) in my 72-hour kit.

\_\_\_ 25) I have stored copies of important

documents (marriage and birth

certificates, social security cards,

insurance forms, wills, phone numbers,

credit card information in a portable,

waterproof container.

\_\_\_ 26) I have stored at least 9 gallons of

drinking water per person and a means

of water purification. (The minimum

recommended for 72 hours.)

\_\_\_ 27) I have food for 3 days in my 72-hour kit,

and a 3-month supply of foods I eat regularly in food storage.

\_\_\_ 28) I have stored a manual can opener, a

pocket knife, and other tools.

\_\_\_ 29) I have stored critical medications.

\_\_\_ 30) I have stored infant formula, diapers,

and pet food/water.

\_\_\_ 31) I have stored light sources

(flashlight, extra batteries, matches in a

waterproof container, 100-hour

candles).

\_\_\_ 32) I have stored heat sources (55-gallon

drums of kerosene, charcoal briquettes,

#10 emergency candles, wood,

propane, coal, portable generator).

\_\_\_ 33) I have stored enough supplies (i.e., dish

soap, feminine hygiene supplies,

laundry detergent, toilet paper) to last

for 3 months.

\_\_\_ 34) I have a personal hygiene kit in my 72-

hour kit (soap, toothbrush and

toothpaste, brush/comb, sanitary

napkins, razor, toilet paper).

\_\_\_ 35) I have stored cold weather protection

(hat, gloves, scarf) and bedding.

\_\_\_ 36) I have stored a complete change of

clothes for each family member.

\_\_\_ 37) I avoid debt.

\_\_\_ 38) I spend less than I earn.

\_\_\_ 39) I am working to build financial reserves.

\_\_\_ 40) I am continually working to improve

and update my education, knowledge,

and professional skills.

\_\_\_ 41) I store multi-vitamins.

\_\_\_ 42) I rotate my food storage regularly.

\_\_\_ 43) I search and ponder the scriptures daily.

\_\_\_ 44) I pray meaningfully every day.

\_\_\_ 45) I re-read or listen to conference talks.

**Other Thoughts That Occurred to Me As I Worked Through This Checklist:**