It’s a Great Feeling to BE PREPARED

Simple Solutions for Every Scenario

It can be overwhelming to prepare for every disaster that could possibly happen. Instead, we prepare for THREE SCENARIOS:

1. **WALK AWAY** – 5 DAY SURVIVAL
   - What you can push, pull, or carry

2. **DRIVE AWAY** – EXTENDED SURVIVAL
   - What you can take in your vehicle

3. **STAY AT HOME** – 3-12 MONTH SURVIVAL
   - Possibly with no services such as electricity, gas, water, or sewer

It won’t matter which disaster it is that lands us in one of the above scenarios. For example, if we must walk away from our home with whatever we can push, pull, or carry, it won’t matter if the disaster is a fire, flood or earthquake. The preparations will be the same. The point is to have a solution and supplies for your family if you must leave your home on foot. The same goes for a possible Drive Away or Stay At Home scenario – have Solutions and Supplies.

10 Essential Areas of Survival

There are 10 ESSENTIAL AREAS OF SURVIVAL that we need to prepare for within each of the THREE SCENARIOS. The solution for each of the 10 essentials will be different for each scenario and the supplies will vary.

- **Walk Away** – What you can push, pull, or carry
- **Drive Away** – What you can take in your vehicle
- **Stay At Home** – Possibly with no services such as electricity, gas, water, or sewer

The goal is to have a solution and supplies for each Essential Area of Survival for each of the Three Scenarios. Find the solution that you know you can implement and that meets the needs of your unique family and then gather supplies. On the reverse side of this sheet is the THREE SCENARIOS ESSENTIALS GRID. It is an at-a-glance overview of the goals to prepare for all three scenarios.

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**Short Term Survival Needs -- 800 calories per person per day**
Ready to eat food that requires little or no water or cooking -- Food Bars, FD Fruit, MRE’s/MRE Heaters, Crackers, PB, Nuts/Raisins, hard candy, etc.
**Create a bin of portable prepared foods**
(canned meats, peanut butter, dried fruit, nuts, protein bars, applesauce, vitamins, beef jerky, snacks, etc. and include utensils, garbage bags, paper towels, and wipes). Pre-made meals may need cooking, portable stoves, fuel, cookware, kitchenware, etc.
**Food storage that your family will eat**
that you know how to prepare and that is rotated regularly. Sun Oven, Volcano Stove, Rocket Stove, Butane Stove, fuel, seeds/gardening, sprouting, canning, FD, dehydrating, paper products, etc. Store a manual can opener.

**Short Term Survival Needs -- 8 oz per person per day**
(more for infants, pregnant women, sick, etc.). Water straws, water purification bottles, water purification tablets, etc.
**Emergency blanket, emergency bag, poncho, lightweight tent, tarp, hand warmers, extra clothing including socks, underwear, hat and gloves, etc.**
Firestarters, matches, etc.
**Flashlights, extra batteries, solar lights/lanterns, lightsticks, matches, firestarter, headlamps, etc.**

**Light**

**Shelter / Warmth**

**Sanitation**

**First Aid**

**Fire**

**Communication / Navigation**

**Tools**

**Stress / Comfort**

**HAVE A PLAN**
Prepare My Life Planner (plan + important documents), books, games, cards, toys, pictures, journal, ear plugs, lip balm, money, special needs (glasses, contacts, hearing aids, etc.), items for pets, etc.
**HAVE A PLAN**
Grab and Go List -- write down everything you would like to take with you and then prioritize the list. The first two items should be your 5 Day Prep Pack and Prepare My Life Planner.
**HAVE A PLAN**
Order, routines, structure, schedules, responsibilities. Survival psychology. Home security, home inventory, insurance, financial peace. Note: Know how to turn off gas, water, power.

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**WALK AWAY**

**DRIVE AWAY**

**STAY AT HOME**

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