

# Emergency Prep

## Intro

In the late afternoon on May 22, 2011, the people of Joplin Missouri were given 19 minutes to prepare before a tornado tore through 6 miles of their town, destroying 75% of their home. Are you ready for a disaster in the next 19 minutes? Today, we are going to discuss building that plan. What are you going to do if you get stranded on the side of the road in a blizzard?

## Points

### 1. Why

- Events that are out of our control happen every day. Giving ourselves the chance to be ready for those things helps mitigate some the stress and pressure that can arise from those situations allowing better mindset and a clear mindedness when needed. Planning for emergencies is problem solving in advance.

### 2. Three Parts

- Assess- risks, processes, and needs.
- Plan- Fill needs, decide how to fill those needs.
- Practice- Go test your gear, learn how to be comfortable being uncomfortable.

### 3. Respond

- What is the situation?
- Communicate
- Act

### 4. Recover

- Check yourself, supplies, and equipment
- Do what you can, resupply

### 5. Repeat

- Redundancy is key!

### 6. Three Horizons

- 3 days
- 3 weeks
- 3 months

### 7. What are you planning for?

### 8. Creating a support system of people that can help in emergent and nonemergent times.