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Emergency Prep Checklist for the New Year

Goal #1: Build and Maintain a 3-Month Emergency Supply

If you're only stocking enough food and water for a few days, you're putting yourself at risk during prolonged disruptions. Your first goal should be building a 3-month emergency supply of food, water, and essential household items. This provides a cushion in case access to stores or deliveries becomes limited.



Goal #2: Create an Emergency Communications Plan

During a crisis, communication is critical. Cell towers can go down, and internet access may be disrupted. That's why you need an emergency communications plan. This is about knowing how to get in touch with loved ones if you're separated and what to do if digital systems fail. When tech takes a timeout, your plan steps right in.



Goal #3: Assemble or Update Your Go Bag

A go bag, or bug-out bag, is an emergency kit that you can grab in seconds if you need to evacuate. It should contain essentials to keep you safe and self-sufficient for at least 72 hours. If you already have one, this year's goal should be to update and optimize it. If you don't, now's the time to build one.

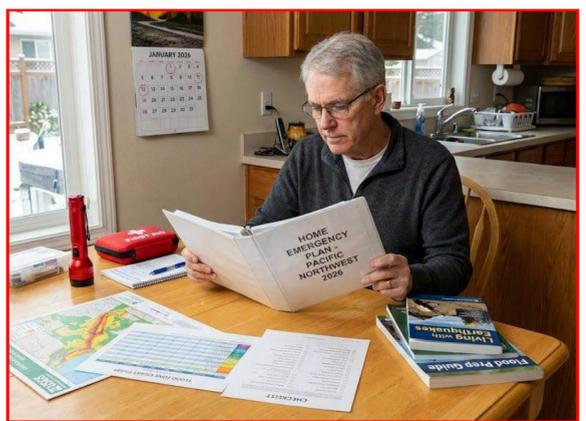


Goal #4: Learn Basic Survival and First-Aid Skills

Having the right supplies won't help much if you don't know how to use them. This year, set a goal to learn or refresh basic survival and first-aid skills. You can't rely on emergency services being available during every disaster. You need to be able to take care of yourself and those around you.

Goal #5: Secure Your Home for Local Risks

Every region has its own unique set of natural threats, including earthquakes, floods, hurricanes, and snowstorms. One of your preparedness goals this year should be to tailor your home's defenses to your specific risks. A generic emergency plan is a start, but it's not enough. Your home deserves a plan that fits like a well-worn glove.



Goal #6: Practice Emergency Scenarios with Your Family

Preparedness isn't a solo activity. If you live with others, everyone must be aware of the plan and know how to act when time is tight. That's why your final goal this year should be to run regular emergency drills with your household.

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