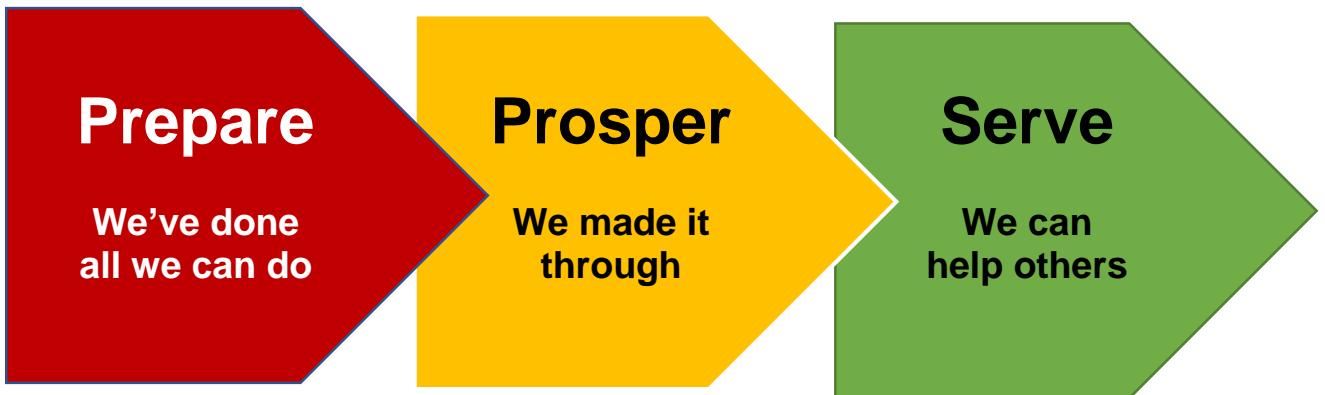


# More Than Survival

A Step by Step Approach  
to Prepare for any Disaster



**Sponsored by the Albany Classis of the Reformed Church in America**

**PREPARE to PROSPER and to SERVE**  
**(Help in preparing to come through disaster)**

Experience and observation has proven that Proverbs 21:31

*“Do your best, prepare for the worst— then trust GOD to bring victory.”* —The Message

is a plan to prosper. A disaster is defined as “an event that causes serious loss, destruction, hardship, unhappiness, or death.” Our own personal disasters (sudden death, divorce, chronic illness, and loss of jobs) as well as more than eight years working in natural disaster relief and recovery (Gulf Coast, East Coast, Schoharie Valley, and neighbors) has shown that people who had a practical plan of action were able to move toward the “NEW NORMAL” with greater ease. Those people glimpsed the light at the end of the tunnel (for us people of faith – *recover in victory*); this allowed them to be an asset to the Kingdom of God; more of a blessing to others and less of a burden to family, friends, and community.

After many workshops and much research we have developed a simple planning calendar to help families, friends, and neighbors prepare for disasters. This guide is a specific, ordered approach to gathering materials and/or doing tasks that will help an individual or family succeed in meeting a disaster head-on. These tasks are not burdensome: a few activities each week or per other regular schedule that suits your finances and available time. For example, the task for a certain week is to gather or purchase food and other items that will be an asset during an emergency, and to prepare certain documents. The calendar gives references to national, state, or local agencies that can help answer questions or provide forms (wills, health care proxies, etc.). The calendar also provides links to websites of providers who can help you obtain products that operate when electricity is not available.

You may obtain your planning calendar by contacting either of the following sites. Electronic copies (.pdf) are also available.

**Blooming Grove Reformed Church**  
Attention: Sharon Cory Johnson  
706 Blooming Grove Dr.  
Rensselaer, NY 12144  
Phone: (518) 286-2910

**Emmanuel Reformed Church**  
Attention: Rose Ann Ferris  
1150 Maple Hill Rd.  
Castleton, NY 12033  
Phone: (518) 732-7766  
<http://www.ercrca.org>

# Prepare to Prosper and to Serve

## Table of Contents

<b>Topic</b>	<b>Page Number</b>
Calendar of things to gather, purchase and do	2-18
The total list of things to gather, purchase and do	
Groceries and Water	19
First Aid and Sanitary	20
Hardware	21-22
Clothing	22
Bedding	22
Documents	23
Things to do	24
Family Disaster Plan form	25
Emergency Contact Information form	26
Current Medication Information form	27
Helpful Links	28
Resources	29
Acknowledgements	30

# Goal: Prepare for 3 days evacuation and 14 days shelter in place

## Week 1 Things to gather, purchase and do

- 1 gallon of water

### Groceries for a person for (one) 1 meal that has a 6 months shelf life including

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### First Aid and Sanitary

- 3 toilet paper rolls

### Hardware

- ABC Fire Extinguisher
- 1 hand-operated can opener
- 1 permanent marking pen to mark purchase date on containers
- Waterproof container for documents

### Clothing

- 1 pair sturdy shoes and socks for one adult

### Documents

- Copy of personal identification for each member of household

### To Do

- Mark date of purchase on containers of water and groceries
- Put sturdy shoes and socks under the bed of adult
- Store copy of personal identification in waterproof document container
- Develop a plan for family to follow in event of disaster: (see p. 24)
  - meeting place just outside of home in case of home emergency;
  - meeting place outside of neighborhood in case you cannot return home;
  - establish an out of state contact to call in event of disaster;
  - plan how to take care of your pets;
- Learn/teach family how to use ABC Fire Extinguisher

## **Week 2 Things to gather, purchase and do**

### **Groceries**

- Pet food for each pet
- 1 gallon of water for each pet
- Quick energy snacks for each person
- Extra baby food

Rotate food and water every 6 months using the older items up first and replacing them with new.

### **First Aid and Sanitary**

- Sanitary supplies for women and babies as needed

### **Hardware**

- Flash light and batteries
- Collar and leash and/or carrier for each pet

### **Clothing**

- 1 pair sturdy shoes and socks for one adult or child

### **Documents**

- Copy of health insurance identification and policies

### **To Do**

- Put flashlights and batteries by bed
- Put sturdy shoes and socks under the bed of adult
- Put copy of health insurance identification and policies in waterproof document container
- Check with schools, work sites, child care sites for disaster plan

## **Week 3 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- First Aid Instruction booklet

### **Hardware**

- Whistle
- Extra set of house and car keys

### **Clothing**

- 1 pair sturdy shoes and socks for one adult or child
- Work gloves for all adults

### **Documents**

- Copy of home owners or renters insurance identification and policies

### **To Do**

- Put whistle and extra house and car keys together by bed
- Put sturdy shoes and socks under the bed of adult
- Put copy of home owners or renters insurance identification in waterproof document container

## **Week 4 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- 25 adhesive bandages (assorted sizes)
- 2 absorbent compress dressing (5 x 9 inches)
- 1 adhesive cloth tape (10 yards x 1 inch)

### **Hardware**

- Duct tape
- Waterproof container to hold first aid supplies

### **Clothing**

- Rain gear for one person

### **Documents**

- List of doctors: and pharmacies: names, addresses and telephone numbers  
See form on page 26

### **To Do**

- Put all first aid supplies in waterproof container
- Put list of doctor's contact information in waterproof document container



## **Week 5 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- Pre-moistened hand wipes
- 1 gallon of household bleach
- medicine dropper

### **Hardware**

- Smoke/ carbon monoxide detector
- Wrenches

### **Clothing**

- Rain gear for one person

### **Documents**

- List of family members and neighbors: names, addresses and telephone numbers

### **To Do**

- Install or test smoke/ carbon monoxide detector
- Attach wrenches to shut off valves for electricity, fuel and water
- Learn/teach family how shut off electricity, fuel and water
- Put list of family members and neighbors contact information in waterproof document container

## **Week 6 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 5 packets of aspirin (81 mg.)

### **Hardware**

- Scissors (heavy duty)
- Pliers
- Large waterproof bins for first aid / sanitation supplies, clothing, tools

### **Clothing**

- Warm clothing for one person

### **Documents**

- List of medical conditions for each family member

### **To Do**

- Put duct tape, scissors and pliers in waterproof bin
- Put first aid and sanitation supplies in separate waterproof containers
- Put list of medical conditions for each family member in waterproof document container
- Determine two exits from each room in house in case of fire
- Have a fire drill at home

## **Week 7 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- Mylar blanket for each family member
- N95 particulate respirator mask for each family member

### **Hardware**

- Heavy duty garbage bags with ties
- Plastic sheeting (2 ml.)

### **Clothing**

- Warm clothing for one person

### **Documents**

- List of medications for each person; see page 27

### **To Do**

- Check home for hazards
- Make a plan to remove hazards
- Put supplies and documents in their separate waterproof containers

## **Week 8 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- 1 instant cold compress
- 2 pair on non-latex gloves (size large)

### **Hardware**

- Matches
- 6 Sterno gel fuel cans
- Camera to record valuable household belongings
- Storage module for camera
- Compass
- Flares

### **Clothing**

- Warm clothing for one person

### **Documents**

- Maps of your geographical area
- Maps of evacuation routes in your geographical area

### **To Do**

- Photograph the contents of your home for insurance purposes, store on extra electronic storage module; put with documents
- Put supplies and documents in their separate waterproof containers
- Practice following evacuation routes in your geographical area

## **Week 9 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- 1 Oral thermometer (non-mercury / non-glass)
- 1 Scissors for first aid kit

### **Hardware**

- Cell phone and crank charger
- Glow sticks

### **Clothing**

- Extra Socks and underwear for several people

### **Documents**

- Will(s)

### **To Do**

- Update photographs of family members with pets as identification
- Put supplies and documents in their separate waterproof containers

## **Week 10 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- 1 pair of tweezers
- 2 hydrocortisone ointment packets (approx. 1 gram each)
- Sunscreen lotion

### **Hardware**

- Dish cleaning supplies and basin
- Radio and batteries or crank

### **Bedding**

- Blankets or sleeping bags for a member of household

### **Documents**

- Health Care Proxy (s)

### **To Do**

- Put supplies and documents in their separate waterproof containers
- Secure water heater to wall studs

## **Week 11 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- 14 days supplies of medications in original containers
- 1 roller bandage (3 inches wide)

### **Hardware**

- Extra batteries for flashlights and radio
- Hand warmer packets

### **Bedding**

- Blankets or sleeping bags for a member of household

### **Documents**

- Power of Attorney(s)

### **To Do**

- Take first aid and CPR classes
- Put supplies and documents in their separate waterproof containers

## **Week 12 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- Extra pairs of glasses, contact lenses, hearing aids, cane
- 1 roller bandage (4 inches wide)
- Teeth and denture care supplies

### **Hardware**

- Extra Food and bowls for pets
- Extra litter for pets and litter pans

### **Bedding**

- Blankets or sleeping bags for a member of family

### **Documents**

- Proof address such as utility bills

### **To Do**

- Cash for emergencies
- Put supplies and documents in their separate waterproof containers



## **Week 13 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- 5 sterile gauze pads (3 X 3 inches)
- 5 sterile gauze pads (4 X 4 inches)
- 2 triangular bandages
- Extra pet medicine

### **Hardware**

- Entertainment supplies
- Spiritual encouragement supplies
- Extra cloth towels for emergencies

### **Documents**

- Extra pet identification tag(s) and proof(s)
- Copy of Birth Certificates for each member of the household

### **To Do**

- Join or form a neighborhood safety organization
- Put supplies and documents in their separate waterproof containers

## **Week 14 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- Facial Tissues
- Assorted safety pins
- Clean rags

### **Hardware**

- Plastic safety goggles
- Crank operated lantern
- Brackets to secure tall furniture to wall studs

### **Documents**

- Copy of lease or deeds to home

### **To Do**

- Install brackets to secure tall furniture to wall studs
- Put supplies and documents in their separate waterproof containers

## **Week 15 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- Hand soap
- Anti-diarrhea medicine
- Ipecac syrup and activated charcoal for accidental poisoning

### **Hardware**

- Sewing kit
- Crow bar
- Plumbers tape
- Electrical tape

### **Documents**

- Contact information for poison control center

### **To Do**

- Put supplies and documents in their separate waterproof containers
- Assess food for 14 day supply for family and pets; rotate out food supplies that are over six months old.

## **Week 16 Things to gather, purchase and do**

- 1 gallon of water

### **Groceries for a person for (one) 1 meal that has a 6 months shelf life including**

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### **First Aid and Sanitary**

- Adult and children's vitamins depending on household members

### **Hardware**

- Pliers
- Vice Grips
- Hammer

### **Documents**

- Electronic copies of documents stored on a flash drive
- Electronic copies of family photos stored on a flash drive

### **To Do**

- Send electronic copies of documents and family photos to out-of-state family member or friend
- Put supplies and documents in their separate waterproof containers

## Week 17 Things to gather, purchase and do

- 1 gallon of water

### Groceries for a person for (one) 1 meal that has a 6 months shelf life including

- 1 protein
- 1 blend of different fats
- 1 carbohydrate
- 1 fruit
- 3 vegetables
- 1 beverage

### First Aid and Sanitary

- 3 rolls paper towels

### Hardware

- Emergency escape ladder for second-story bedrooms
- Utility knife
- Masking tape

### Documents

- Copies of important documents such as baptismal records
- List of financial resources and contact information: checking, savings, mutual funds, stocks, bonds, real estate

### To Do

- Make a plan to check on neighbors who may need help in an emergency
- Put supplies and documents in their separate waterproof containers
- Practice evacuation in event of fire
- Practice evacuation in event of other emergency which makes home unsafe
- Practice moving to safe interior location in event of a tornado or earthquake
  
- Enroll to receive alerts about emergencies in NY  
<https://users.nyalert.gov/>

## **The total list of things to gather, purchase and do**

**Goal: Prepare for 3 days evacuation  
and 14 days shelter in place**

### **Groceries and Water**

Store 3 days food and 3 gallons of water for each person in case of evacuation.

Store 14 days food and 14 gallons of water for each person to shelter in place.

Rotate food and water every 6 months using the older items up first and replacing them with new.

**First Aid and Sanitary**

- 3 toilet paper rolls
- Sanitary supplies for women and babies as needed
- First Aid Instruction booklet
- 25 adhesive bandages (assorted sizes)
- 2 absorbent compress dressing (5 x 9 inches)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 5 packets of aspirin (81 mg.)
- Mylar blanket for each family member
- N95 particulate respirator mask for each family member
- 1 instant cold compress
- 2 pair on non-latex gloves (size large)
- 1 Oral thermometer (non-mercury / non-glass)
- 1 Scissors for first aid kit
- 1 pair of tweezers
- 2 hydrocortisone ointment packets (approx. 1 gram each)
- Sunscreen lotion
- 14 days supplies of medications in original containers
- 1 roller bandage (3 inches wide)
- Extra pairs of glasses, contact lenses, hearing aids, canes
- 1 roller bandage (4 inches wide)
- Teeth and denture care supplies
- 5 sterile gauze pads (3 X 3 inches)
- 5 sterile gauze pads (4 X 4 inches)
- 2 triangular bandages
- Pet medicine
- Facial Tissues
- Assorted safety pins
- Clean rags
- Hand soap
- Anti-diarrhea medicine
- Ipecac syrup and activated charcoal for accidental poisoning
- Adult and children's vitamins depending on household members
- 3 rolls paper towels

**Hardware**

- ABC Fire Extinguisher
- 1 hand-operated can opener
- 1 permanent marking pen to mark purchase date on containers
- Waterproof container for documents
- Flash light and batteries
- Collar and Leash and/or carrier for each pet
- Whistle
- Extra set of house and car keys
- Duct tape
- Waterproof container to hold first aid supplies
- Smoke/ carbon monoxide detector
- Wrenches
- Scissors (heavy duty)
- Pliers
- Large waterproof bins for sanitation supplies, clothing, tools
- Heavy duty garbage bags with ties
- Plastic sheeting (2 ml.)
- Matches
- 6 Sterno gel fuel cans
- Camera to record valuable household belongings
- Storage module for camera
- Compass
- Flares
- Cell phone and crank charger
- Glow sticks
- Dish cleaning supplies and basin
- Radio and batteries or crank
- Extra batteries for flashlights and radio
- Hand warmer packets
- Extra Food and bowls for pets
- Extra litter for pets and litter pans
- Entertainment supplies
- Spiritual encouragement supplies
- Extra cloth towels for emergencies
- Plastic safety goggles
- Crank operated lantern
- Brackets to secure tall furniture to wall studs
- Sewing kit



- Crow bar
- Plumbers tape
- Electrical tape
- Pliers
- Vice Grips
- Hammer
- Emergency escape ladder(s) for second-story bedroom(s)
- Utility knife
- Masking tape

**Clothing**

- 1 pair sturdy shoes and socks for each member of the household
- Work gloves for all adults in the household
- Rain gear for each member of the household
- Warm clothing for each member of the household
- Extra socks and underwear for each member of the household

**Bedding**

- Blankets or sleeping bags for each member of household

**Documents**

- Copy of personal identification for each member of household
- Copy of health insurance identification and policies for each member of household
- Copy of home owners or renters insurance identification and policies
- List of doctors: and pharmacies: names, addresses and telephone numbers
- List of family members and neighbors: names, addresses and telephone numbers
- List of medical conditions for each family member
- List of medications for each person
- Maps of your geographical area
- Maps of evacuation routes in your geographical area
- Will(s)
- Health Care Proxy (s)
- Power of Attorney(s)
- Proof address such as utility bills
- Pet identification tag(s) and proof(s)
- Copy of Birth Certificates for each member of the household
- Copy of lease or deeds to home
- Contact information for poison control center
- Electronic copies of documents stored on a flash drive
- Electronic copies of family photos stored on a flash drive
- Copies of important documents such as baptismal records
- List of financial resources and contact information: checking, savings, mutual funds, stocks, bonds, real estate

## To Do

- Mark date of purchase on containers of water and groceries
- Put sturdy shoes and socks under the bed(s)
- Store copies of all documents in waterproof document container
- Develop a plan for family to follow in event of disaster: (see p. 18)
  - meeting place just outside of home in case of home emergency;
  - meeting place outside of neighborhood in case you cannot return home;
  - establish an out of state contact to call in event of disaster;
  - plan how to take care of your pets;
- Learn/teach family how to use ABC Fire Extinguisher
- Put flashlights and batteries by bed
- Check with schools, work sites, child care sites for disaster plans
- Put whistle and extra house and car keys together by bed
- Install or test smoke/carbon monoxide detector
- Attach wrenches to shut off valves for electricity, fuel and water
- Learn/teach family how shut off electricity, fuel and water
- Put all first aid supplies in waterproof container
- Determine two exits from each room in house in case of fire
- Have a fire drill at home
- Check home for hazards
- Make a plan to remove hazards
- Photograph the contents of your home for insurance purposes, store on extra electronic storage module; put with documents
- Practice following evacuation routes in your geographical area
- Update photographs of family members with pets as identification
- Secure water heater to wall studs
- Install brackets to secure tall furniture to wall studs
- Send electronic copies of documents and family photos to out-of-state family member or friend
- Make a plan to check on neighbors who may need help in an emergency
- Practice evacuation in event of fire
- Practice evacuation in event of other emergency which makes home unsafe
- Practice moving to safe interior location in event of a tornado or earthquake
- Enroll to receive alerts about emergencies in NY  
<https://users.nyalert.gov/>

- Fill out and give copy to each family member:

**FAMILY DISASTER PLAN**

Emergency Meeting Place outside your home:

\_\_\_\_\_

Meeting place outside neighborhood:

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Out of state family contact:

Name: \_\_\_\_\_

Phone (day) \_\_\_\_\_

Phone (evening) \_\_\_\_\_

## EMERGENCY CONTACT INFORMATION

PATIENT INFORMATION				
Name:		Date of Birth:		
Address:			Home: Cell:	
Medical / Dental Specialty	Physician's Name	Physician's Phone Number	Physician's Address	
Pharmacy	Pharmacist's Name	Pharmacy's Phone Number	Pharmacy Address	
EMERGENCY CONTACTS				
NAME	RELATIONSHIP	HOME PHONE	MOBILE PHONE	WORK PHONE
MEDICAL CONDITIONS				
1.		2.		3.
4.		5.		6.



## HELPFUL LINKS

Food and Water Storage

<http://emergency.cdc.gov/disasters/foodwater/prepare.asp>

Red Cross First Aid, CPR and AED instructions

<http://safetylibrary.typepad.com/files/First%20Aid%20CPR->

N95 Particulate Respirator Masks

[http://www.cdc.gov/niosh/npptl/topics/respirators/disp\\_part/n95list1.html](http://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/n95list1.html)  
[AED%20student%20manual.pdf](http://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/n95list1.html)

AM/FM, NOAA Weather Radio; Channels Powered By (1) AAA Battery, Hand Crank, Solar, or DC Via Mini USB Cable; Special Features LED Flashlight, USB Cell Phone Charging Port, Telescoping Antenna, Headphone Jack, Glow-In-The-Dark Locator Display Backlit LCD; Depth2-5/8"Length6-7/8"Width2-2/3";IncludesWrist Strap, Mini USB Cable, Ni-MH Battery

<http://www.grainger.com>

Fireproof Waterproof Chest, 0.38 CU FT Storage Capacity, 7.3 x 19.9 x 17.0 Inches

<http://www.amazon.com>

**ABC Multi-Purpose Fire Extinguisher - 5lb**

<http://albanyfire.net/>

Health Care Proxy

<https://www.health.ny.gov/forms/doh-1430.pdf>

Estate Planning and Will Drafting

<https://www.nysba.org/CustomTemplates/Content.aspx?id=3256>

## RESOURCES

American Red Cross

<http://www.redcross.org/prepare/location/home-family>

Church World Service

<http://www.cwsglobal.org/what-we-do/emergencies/>

NYS Division of Homeland Security and Emergency Services

<http://www.dhSES.ny.gov/oem/contact/>

New York State Citizen Preparedness

<http://www.nyprepare.gov/aware-prepare/nysprepare/registration/>

Enroll to receive alerts about emergencies in NY

<https://users.nyalert.gov/>

U.S. Department of Homeland Security

<http://www.dhs.gov/topic/plan-and-prepare-disasters>

Federal Emergency Management Administration

<http://www.ready.gov/document/family-supply-list>

United Nations Development Program

[http://www.undp.org/content/undp/en/home/ourwork/crisispreventionandrecovery/focus\\_areas/climate\\_disaster\\_risk\\_reduction\\_and\\_recovery/paringfordisaster/](http://www.undp.org/content/undp/en/home/ourwork/crisispreventionandrecovery/focus_areas/climate_disaster_risk_reduction_and_recovery/paringfordisaster/)

United Nations Office for Disaster Risk Reduction

<http://www.preventionweb.net/english/professional/contacts/profile.php?id=1171>



## **ACKNOWLEDGMENTS**

We would like to thank the Columbia County Department of Health of NY for the idea of "Your Disaster Supplies Calendar".

Also, we thank the agencies listed on the Resources page for their ideas and assistance in formulating this document.

Finally, we are indebted to George R. Casler for his help in cover design and editing this document.