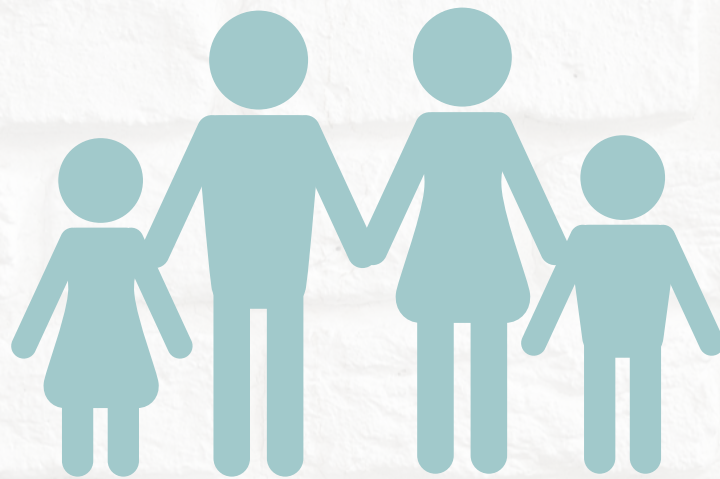


WE'RE READY FOR ANYTHING



5-Day Family Curriculum for Crisis Preparation



KATHI LIPP WITH JENNIFER BRYANT

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Table of Contents

| | |
|--|-----------|
| Letter to Parents | 2 |
| Why "head in the sand" can't be our fallback | |
| Planning doesn't have to be hard | |
| How to Use this Curriculum | 5 |
| The 5-Day Focus | |
| Jumpstart Conversations | |
| Start Your Emergency Binder | |
| Day 1 - Water | 7 |
| (Prep #10 RFA) | |
| Day 2 - Food | 10 |
| (Prep #7 & #8 RFA) | |
| Day 3 - First Aid | 14 |
| (Prep #12 RFA) | |
| Day 4 - Money | 17 |
| (Prep #5 & #6 RFA) | |
| Day 5 - Power | 19 |
| (Prep #14 & #17 RFA) | |
| Resource List | 23 |

Dear Parents,

When disaster strikes, you don't want to be without a plan, especially where tiny humans are involved. There are so many moving parts in family life, which leaves even less time when you need to rush out or hunker down in your home in a hurry.

For our family, it only took one scare to propel us into action.

It was about lunch time when we heard neighbors pounding on our door. Two units away from our urban townhouse was engulfed in flames. We ran out the door with our phones and a leash-less dog - completely unaware that our teenage son came home in the middle of the night. Luckily, Roger rushed back in the house to check his room.

The last thing I want to do is create unnecessary alarm. But some things are just too important to ignore. I used to tell myself that it was better to "trust God" and not let fear and worry overtake me.

That was a total lie. I was avoiding even thinking about preparing for the worst because the idea alone overwhelmed me to the point of paralysis.

Maybe this is where you are, too. With all the things you have to juggle with schedules, meals, health, and education, prepping for disaster may feel like a priority worth procrastinating.

With so much information conveniently available, we can get caught in the illusion of protection. We can easily keep our heads in the sand and "give it to God," but when the worst happens, it puts us in a position to depend on the preparation of others. As a fellow parent, I know how important it is for you to prepare your children for the unexpected things life will throw at them.

The issue with emergencies is you can't plan for them with precision. Being truly prepared for natural disasters (earthquakes, floods, fires, tornadoes) looks different than coping with the crisis of job loss, major injury, long-term illness or the death of a loved one. But just because we can't plan for EVERYTHING doesn't mean we shouldn't plan for SOMETHING.

When teaching your kids about emergency preparedness, that lesson is just as important as creating plans for water, food and shelter. When discussing disaster plans with your children, consider realistic scenarios not as horror stories to cause fear but as teachable moments to open up avenues of discussion.

Here's one discussion topic to get you started:

Two boys were at karate lessons with their mom. Their dad was home cooking, when a fire in the kitchen got out of control. By the time they got home, their dad was safe but the house was destroyed. Everything they owned was inside -- clothes, food, toys -- even one son's medicine for diabetes.

1. What makes fire so dangerous?
2. What items are in your home to protect it from fire or alert you when there is a danger of fire?
3. Would it make sense for the family to have extra clothes and medicine in this situation? What are some creative ways we could store extra clothes in case we had this kind of experience?

This is probably one of the many reasons you want your family to be prepared. You want to give them the best chance in this chaotic world to survive, thrive, and serve others well.

Planning ahead does not need to be difficult, so I want to give you a plan to give your kids the best start. In only 30 minutes a day, you can walk your kids through a basic plan to have a head start on crisis preparation.

As you read through these materials with your children, begin with assuring them that God is in control. We live in a broken world, and things happen that we just can't predict. It is up to us to steward our time and resources well, so that when these circumstances surround us, we don't need to fear the unknown.

Security comes when we know there is a plan. Our due diligence is to prepare as much as we can, and give the rest to our big and loving God, and together, we can survive to serve.

Blessings,

KATHI LIPP

HOW TO USE THIS CURRICULUM



The 5-Day Focus

Water

Learn how much water will need to be stored for the size of your family, how to separate your stock for all the different purposes of family life, and where to store it.

Food

Learn how to buy in bulk, use food items that store well to re-create family favorites in a pinch. Stock up on the essentials and plan for crisis cooking with simple recipes.

First Aid

Learn how to put together an emergency kit, stock necessary medications, and plan for cleanliness including personal hygiene, and laundry.

Money

Learn how much cash needs to be stashed and the importance of starting an emergency fund when electronic transactions may not be an option.

Power

Learn how to back up your electronic devices and gather all the necessary tools in case of theft or a widespread loss of electricity.

JUMPSTART CONVERSATIONS



Begin discussing these issues with your kids, even if one parent is working or otherwise not present.

Get the kids thinking about these “what if” scenarios while reminding them not to worry (because we’re Prepared, not Scared!).

Remind them that it’s better to talk about these things ahead of time, when things are calm and everyone can think clearly.

By teaching them how to think critically, you are giving them the gift of thinking ahead, and setting them up for success in the future.

While these topics can be difficult to address at first, they can also be the conversations that save time, money, resources, or even someone’s life.

START AN EMERGENCY BINDER



Keep a **physically printed binder** to store all of your information in one place. In our digital and space-saving age, we cannot depend on an electronic file.

Electricity goes out and electronics are not accessible. Have something tangible that anyone can grab and reference as quickly as possible.

See Chapter Twelve in Ready for Anything for a full list of binder categories and labels. For now, just get started. You will need:

- 3 Ring Binder
- Tabs
- Sheet Protectors (or laminated)
- Zippered Pouches
- 3 Hole Punch

DAY 1 WATER

Your Family's Life Source



We take for granted that with a turn of a knob, water comes pouring freely out of our faucet. But when a disaster causes the water to shut off, you can have backup containers ready to go! Depending on where you live, our drinking water can come from a variety of sources:

Ground Water - Community wells are formed when a deep hole drills down and a pipe and pump pull it out for us. Most commonly rural and farming areas depend on this source, and connected pipes pump the water into our homes.

Surface Water - Otherwise known as “fresh” water from streams and rivers, filters and screens help keep natural debris and earth particles out and pipes deliver water to treatment plants where they further filter it for us to drink safely. This water is then pumped through the city and county pipe system to deliver into our homes.

In the Event of a Crisis

Our water sources may be cut off for different reasons:

- Cold weather freezes water pipes, general damage or age could cause them to burst.
- Earthquakes, storms, fires and general damage could cause electricity shortages which automatically shut down the automated water system in many communities.
- Major spills could contaminate water sources to a point that it is dangerous to drink.

Plan It Out

Create a plan with the family to store water in these forms:

Drinking Water

Cases of plastic water bottles (safe when stored room temperature out of direct sunlight). (Use half for drinking, half for hygiene)

1 gallon per person / pet = _____ gallons X number of days = _____
(at least 14 days recommended)

Convert water bottles (128 ounces = 1 gallon)

_____ bottles x 16.9 ounces each = _____ gallons

Bathing and General Use

Store in water jugs and keep treated and changed out **every six months** for freshness. (Keep hygienic wipes on hand to conserve water)

Storage Options

Garage
 Basement
 Under stairwell
 Closets
 Under beds

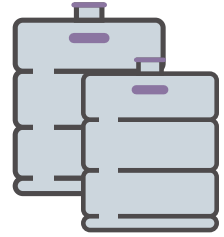
Tool Kit Options for Clean Water

Water Bob
 Portable Aqua
(Water Purification Tablets)
 LifeStraw
 Boiling Water

Discussion Questions

- How many ways can you think of that we use fresh water every day?
- What is an example of an unsafe way to store water bottles?
- Which areas of home can we declutter to make room for water storage? Set a deadline to get this done.

Our Family Plan



How much water do we need for our family for 2-weeks?

Which supplies do we have on hand, and how much do we need to buy?

Our deadline to gather supplies is _____

Plan was placed in our binder on this date _____

DAY 2 FOOD



Sustainability Plan

The second most essential element for your family in crisis is to prepare a stockpile of food.

Unless you're use to growing food from the ground, your family probably shops at the grocery store like most modern folks. But even if you do a little of both, how you bring food into your home to support a regular lifestyle can change when you're in a crisis situation.

First, you need to consider where you live. How far are you from a grocery store? How far is that store from the bigger store that supplies it with items? If you live in a rural area, the nearest food supplier may be further away than a person can travel on foot if a vehicle is not available.

Start with the Two Week Standard

Have a two-week stockpile of non-perishable food. This is something you can work toward slowly by picking up extra cans and packages on a normal shopping trip. You can also get a case at a time at a large bulk store like Costco or Sam's Club.

“Non-perishable” or “shelf-stable” food does not need to be refrigerated or frozen to remain edible. It is usually processed so it can be safely stored in a sealed container at room temperature for long periods of time.

Download Inventory Worksheets: www.kathilipp.com/rfa

Organize your pantry and make room for what you need, and separate the items that can be used in the emergency stockpile. Use a dark permanent marker to write the expiration date so you know what to use first and not waste anything!

DAY 2 FOOD

Buy food that your family will normally eat

Be careful not to buy stockpile food just because it's on sale. If you wouldn't eat it normally, you won't magically want to eat it in an emergency.

Examples of Non Perishable or Shelf Stable Foods:

| | |
|----------------------|--|
| Canned / Dried Meats | canned chicken, tuna, salmon, Spam |
| Canned Soups | just-add-water soups, stews, and chili |
| Canned Fruits | peaches, pears, mandarin oranges, fruit cocktail |
| Canned Vegetables | green beans, mushrooms, carrots, pickles, tomatoes, tomato paste, tomato sauce, stewed tomatoes, peas, mixed veggies, corn |
| Dried Fruits | apples, mango, pineapple, blueberries, strawberries, apricots, raisins, prunes |
| Grains | rice, oatmeal, pasta, cereal |
| Canned Beans | garbanzo, pinto, black, kidney, edamame |
| Seasonings | a basic spice rack with savory and sweet spices. Also salt and pepper |
| Baking Items | flour, sugar, baking powder, baking soda, yeast |
| Milk | powdered, canned, shelf-stable, sweetened, condensed, evaporated |
| Beverages | coffee, tea, hot chocolate mix, powdered drink mixes, bottled juice, drinks with electrolytes (Gatorade, etc.) |
| Other Staples | salsa, broth, onions, garlic |

Start Practicing Now with LOOP Meals

Get used to eating **LeftOvers On Purpose**. You might be surprised how many different meals can you make with rice, potatoes, meat, veggies. If you haven't tried meal-planning yet, this is a great time to start!

Our Family Plan

Fresh First

Practice using the freshest food items first. If you have the choice between frozen chicken and freshly thawed chicken, use the fresh one.

If you have a ton of dry packaged noodles, maybe eat up the leftovers first so nothing spoils.

Instead of keeping a bunch of lettuce on hand for salads, use your canned vegetables, beans, and dried fruits to get your healthy on and save space for other long-lasting fresh foods.

Inventory Your Pantry

(KathiLipp.com/rfa)

- Throw out expired cans & packages
- Make a meal plan for what you have
- Set aside extra food items for your stockpile or give away to a friend, family member, or food bank

Tools to Prepare Food in Any Crisis

- Grill (regular or hibachi)
- Bags of charcoal
- Small camp stove
- Fuel for stove
- Generator
- Hot Plate
- Electric frying pan
- Gas / Propane
- Metal / Wooden Utensils



Discussion Questions

- Have each family member take a turn: how many different meals can you create from the non-perishable ingredients listed?
- Why should we plan to stockpile more food than just for our household for two weeks? If we saved more, what could we do with it?

Our Family Plan

Weekly Meal Plan



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Snacks | | | | | | | |
| Dinner | | | | | | | |

Our deadline to finish stocking our food supply is _____

Plan was placed in our binder on this date _____

DAY 3 FIRST AID

In Case of Injury

Unforeseen circumstances can often include unforeseen injuries.

It's important that every household has a fully stocked first aid kit, among other supplies that could save your family's health, and in some cases, even their life.

The supplies that keep us healthy and clean are often supplies we think of last, or when tragedy strikes. Let's make sure we're prepared with the basics we need to care for our bodies in any crisis.

Emergency Kit

Deluxe Family First Aid Kit (American Red Cross)

- 2 absorbent compress dressings (5" x 9")
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1")
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier (with one way valve)
- 1 instant cold compress
- 2 pairs non-latex gloves (size large)
- 2 hydrocortisone ointment packets
- 1 3" gauze roll (roller) bandage
- 1 4" gauze roll (roller) bandage
- 5 3" x 3" sterile gauze pads
- 5 4" x 4" sterile gauze pads
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- Emergency First Aid guide



Medicine

Do you or your loved ones take regular medication? Keep a 3-day supply in your bug-out bag, or ask your doctor for samples to keep in your emergency kit.

Over-the-Counter Meds

This is usually cold or cough type medicine that you can buy off the shelf without a prescription at any drug store. Consider stocking up on supplies for these types of conditions:

- | | | |
|--|---|--|
| <input type="checkbox"/> Common cold | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Aches and Pains | <input type="checkbox"/> Allergies | <input type="checkbox"/> Upset Stomach |
| <input type="checkbox"/> Fever | <input type="checkbox"/> Cough | |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Sinus Congestion | |



Hygiene

In the event of a crisis, everyone in the family will want to make sure they can still uphold daily routines like teeth-brushing and bathing. You don't want to be in close-quarters for too long with folks who haven't freshened up in a while!

Some of the items below you may have already, and the ones with an asterisk* you may need in case water is sparse. (See Water section to make sure you have enough for bathing and not just drinking or cooking)

- | | | |
|---|---|---|
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Cotton Swabs | <input type="checkbox"/> Shampoo / Conditioner |
| <input type="checkbox"/> Toothbrushes | <input type="checkbox"/> Dry Shampoo | <input type="checkbox"/> Toilet Paper |
| <input type="checkbox"/> Floss | <input type="checkbox"/> Facial Cleanser | <input type="checkbox"/> Cleansing Wipes |
| <input type="checkbox"/> Body Wash / Soap | <input type="checkbox"/> Feminine Hygiene | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Razors | <input type="checkbox"/> Q-Tips | <input type="checkbox"/> Lotion / Moisturizers / Balm |

Our Family Plan

Where is the best place to keep our main emergency kit?

Are there any important medications we need to make sure are stored and ready to go?

What are the most important hygiene products that each family member needs? (answers may vary)

Discussion Questions

- Where are the best places to keep an emergency kit? Can you name at least three and give reasons why?
- Why is it important to be trained in basic first aid? Find a First Aid / CPR class to take in your town and sign up as a family!

Our deadline to gather first aid supplies is _____

Our deadline to take a First Aid / CPR class is _____

Plan was placed in our binder on this date _____

DAY 4 MONEY

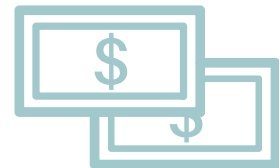
You'll Need It

When life is going good, we often don't think about the extra expenses we will need when the unexpected happens.

The next crisis situation will be no respecter of families, schedules, and especially bank accounts. Whether you're facing a job loss, natural disaster, or viral infection sweeping the globe, it's always a good idea to know where you stand financially.

In order to be ready for anything with money, we have to:

- Know what we have
- Actively pay off debt
- Have savings goals for the unexpected



What If I'm Not a Good Saver?

According to the *Total Money Makeover* by Dave Ramsey, you can take real and practical steps to recover from any past financial mistakes and start building a savings "buffer" for any emergency situation.

Ready-For-Anything Financial Goals:

1. Save up one hundred dollars in dollar bills
2. Take a financial inventory
3. If you have debt, pay off the bill(s) with the lowest balance first
4. Start building your emergency fund and save \$1,000 (even while you're paying off debt)
5. Keep paying down debt
6. Keep building your emergency fund until you have enough to cover 3 months worth of expenses (see the 3-2-3 guideline in chapter 3 of Ready for Anything)

Our Family Plan

Tell Your Money Where to Go

Start an Emergency Fund savings today, and create a simple goal chart so the family can see the progress and even contribute! Set a date so you have an amount to work toward every week or every month. Reward yourselves with a little treat along the way

Our Plan for Paying Off Debt:

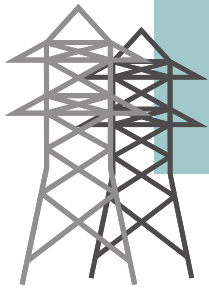
Discussion Questions

- What are some ways you can think of to save money?
- How can you make different lifestyle choices on a daily, weekly, and/or monthly basis?
- What are some ways you can think of to earn fifty dollars?
- What kind of reward can you give yourself when you reach your goal?

Our deadline to build our emergency fund is _____

Our reward for reaching our goal is _____

Plan was placed in our binder on this date _____



DAY 5 POWER

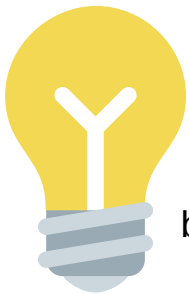
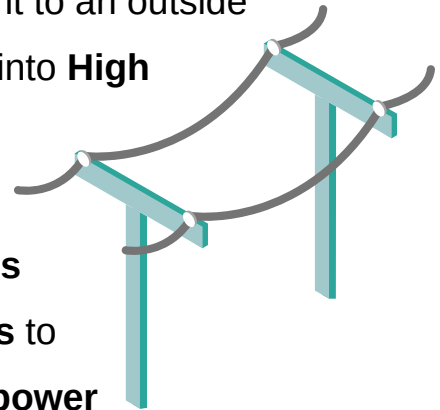
When Electricity is Not an Option

In this five day study, we've talked about four basic necessities families need to be flexible about in case of emergency. The last one may be a bit tough, especially if you've never had to live without it.

The modern luxury of electricity makes all of our lives more convenient. But what if you had to go without it for a while?

Where Does Electricity Come From?

Electricity is generated in **Power Plants** and is sent to an outside **Transformer System** that exchanges the energy into **High Voltage Transmission Lines**, which sends the currents to a neighborhood **Step Down Transformer Station**. Then the **distribution poles** that you see along your streets run **electrical lines** to individual homes where we access it through our **power outlets** in the walls.



The city or county you live in controls how much power comes into your home and just enough voltage so it's safe for your family to access in small quantities. But if there is a disaster that causes the power plants to shut down, your home could be cut off from electricity until the lines or stations are repaired.

**Some homes run on solar energy that is powered by the sun!*

Protect Your Information

Here are some practical steps you can take to begin securing your electronics, and the equipment you can have in place as backup sources of power in case of a widespread outage.



Phones



ABC - Always Be Charging
(and have a backup charger)



Medical ID app - Keep
emergency information safe
(Android)



Health app (iPhone)



Find My iPhone app

Laptops



Dashlane - Store and protect
your passwords



Dropbox - Save an automated
backup of your files

Stock Up Items

Batteries (AAA, AA, C, D, 9 Volt)

Flashlights (one for each family member)

Candles

Matches

Lighters

Lighter fluid

Gas / Propane

Camping stove

Hibachi grill

Mock Schedule for a Power-Free Day

| | |
|----------|---|
| 8:00 am | Devotions / Prayer, Breakfast, Cleanup |
| 9:00 am | Puzzles, reading, crafts |
| 10:00 am | Music, singing, instruments |
| 11:00 am | Outside play or Indoor games |
| 12:00 pm | Lunch, family discussions |
| 1:00 pm | Clean up and prep food for dinner |
| 2:00 pm | Create something, clean or reorganize |
| 3:00 pm | Nap or Quiet music time |
| 4:00 pm | Reading, drawing, dancing, discussion |
| 5:00 pm | Cook dinner, eat together, family discussions |
| 6:00 pm | Light candles or lanterns, play board or card games |
| 7:00 pm | Help clean up, wash dishes, put games away |
| 8:00 pm | Bed time for little ones, reading, prayer |
| 9:00 pm | Personal time, adults read or relax until bed time |

Discussion Questions

- How many things can you think of that we use electricity for?
- Plan a day to go without power for 24 hours. Don't turn on lights or use anything that requires electricity. Write down your experience and share with each other the next day.

Our Family Plan

In case the power goes out for more than a day, these are the things we need to do first: (i.e., ice in a cooler to store refrigerated items)

Which of our electronic devices need to be backed up?

Is our personal information security stored or backed up? Where?

- Our deadline to back up electronics is _____
- Our Power-Free day will be _____
- Plan was placed in our binder on this date _____

RESOURCE LIST

1 Water

Water Bob - <https://waterbob.com/>

Portable Aqua (Water Purification Tablets) - <https://www.potableaqua.com/>

LifeStraw - <https://www.lifestraw.com/>

Water Storage - <https://www.thereadystore.com/water-storage>

2 Food

Food Inventory Sheet - www.kathilipp.com/rfa

Hibachi Grill - <https://barbecuebible.com/2017/03/24/lodge-sportsman-hibachi-grill/>

Camp Stove - <https://www.rei.com/product/149913/eureka-ignite-2-burner-camp-stove>

Electric Frying Pan - <https://www.amazon.com/Chefman-Electric-Skillet-Temperature-Cool-Touch/dp/B076QLTJCZ>

3 First Aid

American Red Cross - <https://www.redcross.org/> (classes available)

American Heart Association - <https://www.heart.org/en/cpr> (classes available)

Deluxe Family First Aid Kit - <https://www.redcross.org/store/deluxe-family-first-aid-kit/321275.html>

4 Money

The Total Money Makeover: A Proven Plan for Financial Fitness -

<https://www.amazon.com/Total-Money-Makeover-FinancialFitness/dp/159555078X>

5 Power

Medical ID app - https://play.google.com/store/apps/details?id=app.medicalid.free&hl=en_US

Health app - iPhone - <https://www.apple.com/ios/health/>

Find My iPhone app - <https://support.apple.com/explore/find-my>

Dashlane - <https://www.dashlane.com/>

Dropbox - <https://www.dropbox.com/>

READY FOR ANYTHING

Bad stuff happens all the time but this doesn't mean we have to live in constant fear.

Ready for Anything: Preparing Your Heart and Home for Any Crisis Big or Small gives finite simple steps for being proactive rather than reactive—helping you prepare their mind, heart and home for any unfortunate circumstance.

Full of stories and humor along with facts, tips and lists, Kathi offers a down-to-earth guide that will show you how to face the unexpected with confidence, relying on God's strength and plan rather than giving in to fear and anxiety.

Learn more at www.kathilipp.com/rfa.



ABOUT KATHI

Best-selling author Kathi Lipp inspires thousands of women each year to strip down their expectations and live with real purpose. With humor and wisdom, Kathi offers hope paired with practical steps to live with meaning.

Kathi has written 20 books, including *The Clutter-Free Home*, *Clutter Free*, *The Christmas Project Planner*, *The Get Yourself Organized Project*, *The Husband Project*, and *Overwhelmed*. She is the host of *Clutter Free Academy the Podcast!* with Kathi Lipp. She also runs the Facebook group *Clutter Free Academy* where thousands of women (and a few brave guys) support each other in living a Clutter Free life.

Learn more: www.kathilipp.com.

