

Start building your
Family Preparedness
Kit today!



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helping others prepare for emergencies
BEGINS HERE

417/823.8998 | www.hopebeginshere.org

An initiative of **CONVOY OF HOPE**
www.convoyofhope.org

Some content in the HOPE Begins Here *Family Preparedness Kit* is adapted from public sources and websites like www.ready.gov. Our purpose is not to create new content but present existing content in such a way that makes getting prepared more manageable.

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FAMILY PREPAREDNESS KIT

Prepare It Forward: Learn, Live, Lead

Prepare It Forward - prepare yourself; then help others prepare.

Learn: What you need to do to prepare your family.

Live: Take action and get a *Family Preparedness Kit*.

Lead: Personify preparedness and inspire others to follow.

5 WEEKS TO FAMILY PREPAREDNESS

The **HOPE Begins Here Family Preparedness Kit** takes the basics of survival (i.e. fresh water, food, clean air, and warmth) and other commonly recommended items for an emergency supply kit and breaks them down into a five week preparation cycle. This approach allows individuals and families to build their kits over time in a way that is manageable.

THE 5 WEEK CYCLE INCLUDES:

WEEK 1: WATER



WEEK 2: CANNED, PACKAGED & COMFORT FOOD

WEEK 3: WARMTH, WEATHER RADIO, FLASHLIGHTS & EXTRA BATTERIES



WEEK 4: CLEAN AIR, FIRST AID & PERSONAL HYGIENE



WEEK 5: SPECIAL ITEMS



HOW THE 5 WEEKS WORK

For each week, add the recommended items to your family preparedness kit. Determine quantities you need based on the number of people in your household. Begin with a 3-day supply. Use the HOPE Begins Here *Family Preparedness Checklist* to help you. Go to www.hopebeginshere.org and click on "Family Preparedness" then "Get a Kit / Make a Plan" to find the *Family Preparedness Checklist*.

Cannot afford to get everything at once? No problem. Simply finish the 5-week cycle and then repeat the entire cycle (or the weeks you still need to finish) as many times as you need until you complete the recommended 3-day supply.

It is not a matter of how quickly you complete your kit, but that you do complete your kit.

Start your **5 WEEKS** to family preparedness today and *Prepare It Forward!*