HOUR 73 · PAPER BACKUP

OUR EMERGENCY PLAN

Dan, Mia, Lily, baby Noah and Biscuit the dog · Tampa Bay · made with Hour 73

PRINTED NOV 28, 2026 REGION: USA IMPERIAL UNITS

SAMPLE

IN AN EMERGENCY

Police · Fire · Ambulance	911
Poison Control (free, 24/7)	1-800-222-1222
Federal disaster help (FEMA)	1-800-621-3362
Gas company / power outages	_____

OUR MEETING POINTS & CONTACTS

MEETING POINT NEAR HOME
End of our street by the mailboxes, then the church lot on Bayshore Blvd

OUT-OF-AREA CONTACT
Aunt Eva in Macon, GA · (478) 555-0147

IF TOLD TO EVACUATE, WE GO TO
Aunt Eva's in Macon, GA, 6 hours north

DOCTOR / PHARMACY
Dr. Patel (diabetes) · Dr. Reyes (kids) · Bayshore Pharmacy (813) 555-0199

INSIDE

1 **My plans** — Flood, Hurricane

2 **Kit checklist** — 3 people · 1 infant · 1 pet · 7 days · USA

3 **Go bag list** — 14 items

4 **What to do now** — Large type, 2 hazards

5 **Picture guides** — Draw your evacuation map, Covering a broken window, Sandbags & flood barriers + 4 more

OUR HOUSEHOLD

NAME	BORN	MEDICAL NEEDS
Dan Carter	1988	Type 1 diabetes · insulin kept cold
Mia Carter	1990	Allergic to penicillin
Lily Carter	2020	Asthma inhaler in her school bag
Noah Carter (baby)	2026	9 months · formula, diapers
Biscuit (dog, 55 lb)	2019	Heartworm pill on the 1st

HOW TO USE THIS BINDER

- Keep one copy with your kit and one at work or in the car.
- Fill in every blank line by hand.

FLOOD

6 of 6 plan steps

BOTH Plan to evacuate and be ready to shelter in place.

01	ON A FLOOD WARNING	Move valuables up. Documents: waterproof box on the top closet shelf with our NFIP flood policy, copies in the cloud. If water comes in, go to: a neighbour's upper floor, the Garcias, two doors down.
02	IF TOLD TO EVACUATE	Go to Aunt Eva's in Macon, GA, 6 hours north via Dale Mabry Hwy north to I-275 and I-75 (Bayshore Blvd floods first). Shut off gas, power and water before leaving.
03	ALWAYS	Never walk or drive through floodwater. Your risk: in a mapped flood zone, zone AE: our street floods in heavy rain.
04	ON A FLOOD WARNING	Car to the parking garage on higher ground, Biscuit's crate and food by the door, turn around, don't drown: never drive into water

WARNING SIGNS

- Flood watch: a flood might happen; get ready.
- Flood warning: take action now and find safe shelter right away.

KEY NUMBERS

- 6 in water knocks you down
- 12 in sweeps a car
- Bleach about 1 cup per gallon
- Electrics ≥ 12 in above flood level

GET READY · TICK WHEN DONE

- [ ] **HOME PROTECTION** Check your flood risk on your national flood map, and remember flooding can happen outside mapped zones.
- [ ] **ALERTS** Sign up for local warnings.
- [ ] **DOCUMENTS** Check flood insurance: standard home policies often exclude flooding.
- [ ] **EVACUATION** Make a household plan that includes pets; practise evacuation routes, shelter plans and what to do in a flash flood.
- [ ] **HOUSEHOLD** Tell local authorities about household members with special needs (older, bedridden, disabled).

NOTES

SAMPLE

HURRICANE

8 of 8 plan steps

BOTH Evacuate if you are told to or live in a storm surge zone; otherwise shelter in place.

01	WATCH ISSUED	Zone: yes, I know my zone, Zone B, we go early and in daylight. Windows: storm shutters. Fuel: tank half full, cash at home, fill up when a watch is issued.
02	EVACUATION ORDER	Go to: family or friends inland, Aunt Eva's in Macon, GA, I-75 north, 6 hours, backup: the county's pet-friendly shelter. Plan for: pets, medicines in the fridge, Noah's formula and diapers for 7 days.
03	AFTER	Come back only when officials say so; generators outdoors only.
04	BEFORE THE STORM	Shutters down, patio chairs inside, photos of every room for insurance
05	NOT ORDERED TO LEAVE	Inner hall closet, mattresses ready, run from water, hide from wind
06	FIVE DAYS WITHOUT POWER	Dan's insulin in the cooler with ice packs, never frozen, generator on the driveway, 20 ft out, CO alarm on, fridge shut: 4 hours; full freezer: 48 hours

WARNING SIGNS

- Hurricane Watch: hurricane conditions are possible, usually within 48 hours. Finish your preparations.
- Hurricane Warning: hurricane conditions are expected, usually within 36 hours. Complete storm prep and leave if told to.
- Storm Surge Watch / Warning: life-threatening flooding from rising seawater possible within 48 hours / expected within 36 hours.

KEY NUMBERS

- Watch ~48 h · Warning ~36 h
- Atlantic season: June 1 – Nov 30
- Hurricane: winds ≥ 119 km/h (74 mph)
- Generator ≥ 20 ft from openings

GET READY · TICK WHEN DONE

☐	EVACUATION	Know your evacuation zone and route; decide now where you would go: family inland, a hotel or a public shelter.
☐	HOUSEHOLD	Plan for older relatives, people with disabilities and pets; many shelters accept only service animals, so find pet-friendly places early.
☐	HOME PROTECTION	Fit storm shutters or cut and label plywood for windows in advance; trim trees; bring in or tie down outdoor items before the season.

SAMPLE

☐	**DOCUMENTS**	Flood damage is not covered by standard home insurance, and flood policies usually take 30 days to start; check both before the season.
☐	**VEHICLE**	Keep the tank at least half full in season and fill up as soon as a watch is issued.

NOTES

SAMPLE

INVENTORY · BASE KIT

KIT CHECKLIST

3 people · 1 infant · 1 pet · 7 days · USA

5 days	7 days	3 + 1 infant + 1 pet
COVERED NOW	TARGET	HOUSEHOLD

WHAT YOUR HOUSEHOLD NEEDS · 7 DAYS

	SUPPLY	NEEDED	WE HAVE	LASTS
○	**Water**	**30.5 gal**	22 gal	5 days
●	**Food**	**54,740 kcal**	61,200 kcal	7 days+
○	**Medicine**	**16 items**	13 in stock	81%
●	**Power**	**490 Wh**	640 Wh	7 days+
○	**Cash**	**$805**	$400	3.4 days
●	**Toilet**	**21 bags + 42 diapers + 14 pet bags**	30 bags + 60 diapers + 20 pet bags	7 days+
○	**Tools**	**8 items**	7 ticked	88%
○	**Radio**	**6 items**	4 ticked	67%

WATER

1 gallon per person and infant per day (Ready.gov), pets 1 oz per lb of body weight (55 lb)

- [ ] Purified / bottled — 22 gal
  Target 30.5 gal
- [x] Not purified yet (bathtub, for flushing) — 40 gal

FOOD

About 2,000 kcal per person, 800 per infant, pets by body weight (55 lb) per day

- [x] Days of food (calculated) — 7.8 days
  Target 7 days
- [x] Calories stored — 61,200 kcal
  Target 54,740 kcal
- [x] Canned meals and soups · expires Oct 2027 — 24 cans
- [x] Peanut butter or nut spread — 3 jars
- [x] Crackers or crispbread — 6 packs
- [x] Energy bars — 30 bars
- [x] Formula and baby food · expires May 2027 — 2 tubs (28 oz)
- [x] Pet food — 22 lb

MEDICINE

- [x] Prescription medicines (Dan's insulin, in the cooler) · expires Jun 2027 — 30 days
  Target 7 days
- [x] Pain and fever relief · expires Jun 2027 — 2 packs
- [x] Allergy tablets · expires Jan 2028 — 1 pack
- [x] Oral rehydration salts · expires Mar 2028 — 6 sachets
- [ ] Upset-stomach medicine — _____
- [x] First aid kit · expires Mar 2028 — 1 kit
- [x] Face masks (FFP2 / N95) — 10 pcs
- [x] Infant fever and pain medicine · expires Feb 2027 — 1 bottle
- [x] Pet medicines and flea or tick treatment · expires Sep 2027 — 1 pack
- [x] Glucose tablets · expires Dec 2026 — 2 packs
- [x] Thermometer — Have
- [ ] Spare glasses or lenses — _____
- [x] Disposable gloves — Have

SAMPLE

- [ ] Medicine list with doses (written) _____

POWER

20 Wh per person, 10 Wh per infant per day; generator outside only

- [x] Power banks / station — 640 Wh
  Target 490 Wh
- [x] Spare AA / AAA — 24 pcs

CASH

Small bills, $30 per person, $15 per infant, $10 per pet per day

- [ ] Cash in small bills — $400
  Target $805

TOILET

One bag per person per day, about 6 diapers per infant, 2 waste bags per pet

- [x] Strong bags — 30 pcs
  Target 21 bags + 42 diapers + 14 pet bags
- [x] Cover material (cat litter) — 20 lb
- [x] Diapers — 60 pcs
- [x] Pet waste bags — 20 pcs

TOOLS

- [x] Torch or headlamp — Have
- [x] Multi-tool or knife — Have
- [x] Duct tape — Have
- [ ] Whistle _____
- [x] Work gloves — Have
- [x] Manual can opener — Have
- [x] Fire extinguisher — Have
- [x] Lighter and matches — Have

Water: Ready.gov, 1 gallon per person per day. Power and cash are Hour 73 rough guides.

RADIO

- [x] Battery or hand-crank radio — Have
- [x] Spare batteries for the radio — Have
- [ ] Solar or crank charging _____
- [x] NOAA Weather Radio (alerts) — Have
- [x] Local emergency stations written down — Have
- [ ] Walkie-talkies (FRS) _____

HURRICANE KIT

- [x] Storm shutters or cut plywood — Have
- [x] Waterproof bags for documents — Have
- [x] Battery radio and spare batteries — Have
- [x] Cooler and ice packs — Have
- [x] Two weeks of medicines — Have
- [ ] Cash in small bills _____
- [x] Generator, stored fuel and a CO alarm — Have
- [ ] Tarp and rope for roof damage _____

FLOOD KIT

- [x] Rubber boots and sturdy shoes — Have
- [x] Waterproof gloves — Have
- [ ] Insect repellent _____
- [ ] Cleaning supplies _____
- [x] Household bleach — Have
- [x] Waterproof document container — Have

SAMPLE

INVENTORY · GO BAG

GO BAG LIST

72-hour bag · 14 items · limit 26 lb

10 / 14	13.5 lb	_____
ITEMS PACKED	WEIGHT · LIMIT 26 LB	BAG IS KEPT AT

- [x] Water bottles — ~3.3 lb — 72-HOUR LIST
- [x] Food bars and snacks — ~1.1 lb — 72-HOUR LIST
- [x] Diapers, wipes and formula — ~3.1 lb — 72-HOUR LIST
- [x] Insulin cooler bag and glucose tablets — ~1.3 lb — 72-HOUR LIST
- [x] First aid kit — ~0.9 lb — 72-HOUR LIST
- [x] Flashlight or headlamp — ~0.4 lb — 72-HOUR LIST
- [x] Power bank and cables — ~0.7 lb — 72-HOUR LIST
- [x] Copies of IDs, insurance and documents — ~0.2 lb — 72-HOUR LIST
- [x] Cash in small bills — ~0.1 lb — 72-HOUR LIST
- [x] Dog food, leash, bowl and vaccination papers — ~2.2 lb — 72-HOUR LIST
- [ ] Change of clothes and socks — ~2.4 lb — 72-HOUR LIST
- [ ] Rain jacket or poncho — ~0.9 lb — 72-HOUR LIST
- [ ] Battery or crank radio — ~0.7 lb — 72-HOUR LIST · TO ADD
- [ ] Emergency blanket — ~0.2 lb — 72-HOUR LIST · TO ADD

ADD BY HAND

A 72-hour go bag: ticked items are packed; "to add" items are recommended but not in the bag yet. Keep this list inside the bag and check food, medicines and batteries every 6 months.

SAMPLE

WHAT TO DO NOW

HURRICANE

LIFE IN DANGER? CALL 911

1 EVACUATION ORDER

Leave when told; take your go-bag, medicines, documents and pets. Follow the official routes and don’t wait for the wind to rise.

- Leave early; roads jam and close when the wind rises.
- Take the go-bag, medicines, documents, chargers and pets.
- Switch off power and water if told to; lock up.

2 SHELTERING AT HOME

Stay inside in a small interior room or hallway on the lowest floor that will not flood, away from windows.

- Interior room or hallway, on the lowest floor that stays dry.
- Close inside doors; keep away from glass.
- Keep the radio on for updates.

3 STORM SURGE

If water rises, go to the highest floor, but never into a closed attic; go onto the roof only as a last resort and signal for help.

- Go higher in the building; take a phone, radio and a tool to break out.
- Never into a closed attic.
- Roof only as a last resort; signal for help.

4 THE EYE

A sudden calm may be the eye: stay inside, the wind returns from the other side.

- The calm can last minutes to an hour.
- Stay inside: the wind returns from the opposite side.

5 FLOODWATER

Turn around, don’t drown: never walk, swim or drive through floodwater.

- Never walk, swim or drive through it.
- 6 in of moving water knocks you down; 12 in sweeps away a car.

SAMPLE

6 TORNADOES

Hurricanes can spawn tornadoes; if a tornado warning comes, go to your inner room at once.

- Move to the inner room on the lowest floor.
- Cover head and neck.

7 POWER CUT

Keep the fridge and freezer closed; unplug electronics; never heat the home with a gas stove or oven; generators only outdoors, at least 20 ft from windows, doors and garages.

- Keep fridge and freezer closed.
- Unplug electronics; leave one light on to know when power is back.
- Generators outdoors only, 20 ft from openings; never heat with a gas oven.

SAMPLE

WHAT TO DO NOW

FLOOD

LIFE IN DANGER? CALL 911

1 NEVER ENTER FLOODWATER

Never walk, swim or drive through floodwater. Turn around, don't drown.

- Turn around, don't drown: the water can be deeper and faster than it looks.
- It may hide open manholes, debris and sewage, and may be electrified by fallen lines.
- Wait for help or the water to go down.

2 IT TAKES LITTLE WATER

6 in of moving water can knock you down; 12 in can sweep a car away.

- 6 in of moving water can knock an adult down.
- 12 in of moving water can float and sweep away a car.
- Never test the depth by walking or driving in.

3 AT NIGHT

Floodwater is hard to see after dark; take extra care.

- Floodwater is almost invisible in the dark: stay where you are if it is safe.
- Use headlamps and keep a whistle on you.
- Move to higher floors before dark if water is rising.

4 BRIDGES

Stay off bridges over fast-moving water; they can wash away without warning.

- Water can undermine a bridge without visible damage.
- Don't cross bridges over fast, high water; find another route.

5 IF TOLD TO EVACUATE

Leave immediately, take only essentials, follow official routes, never drive around barricades.

- Leave right away: roads flood quickly.
- Take the go-bag, medicines, documents and pets.
- Shut off gas, electricity and water if there is time.
- Follow official routes; never drive around barriers.

SAMPLE

6 IF NOT EVACUATING

Move to higher ground or a higher floor as instructed.

- Move people, pets, medicines, food and water to an upper floor.
- Keep the go-bag, phone and torch with you.
- Listen to the radio for updates; be ready to leave.

7 UTILITIES

If power lines are down, water is in the house, or you are leaving: shut off gas, electricity and water, and unplug appliances.

- Shut off electricity at the main switch only if you are standing on dry ground.
- Turn off gas at the meter and water at the main valve.
- Unplug appliances; never touch electrics while wet.

8 TRAPPED IN A CAR

In fast-moving water stay inside; if water rises inside, get onto the roof.

- In fast water: stay inside, seatbelt on, call 911.
- If water rises inside: unbuckle, open or break the window, climb onto the roof.
- Wait there and signal for help; don't try to wade.

9 TRAPPED IN A BUILDING

Go to the highest level; use the roof only if necessary and signal for help. Don't climb into a closed attic.

- Go to the highest floor you can, not into a closed attic.
- Get on the roof only if water keeps rising; take a phone, whistle and bright cloth.
- Call 911 and stay where rescuers can see you.

10 MEDICAL EMERGENCY

Call 911.

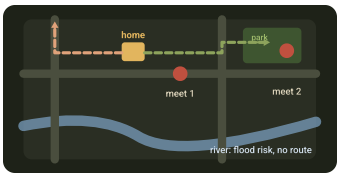
- Call 911; say the address and that the area is flooded.
- Give first aid while you wait; keep the person warm and dry.

SAMPLE

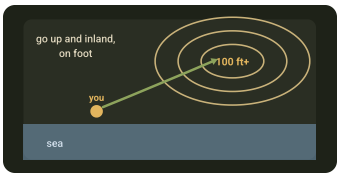
PICTURE GUIDES

NAVIGATION & MAPS DRAW YOUR EVACUATION MAP

Two ways out and two places to meet



1 On a paper map of your area mark: home, two routes out in different directions, meeting point 1 near home (a corner or tree), meeting point 2 outside the neighbourhood (school, relative). Avoid rivers, bridges, forest edges and narrow roads.



2 Flood or tsunami: your route goes up and inland, on foot — at least 100 ft above sea level or 2 miles inland, or the upper floors of a strong building as a last resort.

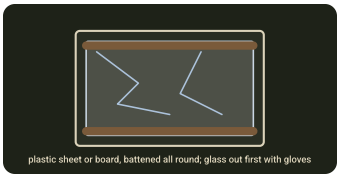
Good to know

- Keep a copy in every grab bag and in the car; phones and GPS may not work.
- Walk both routes once with the family, by day and at dusk.
- Write the out-of-area contact's phone number on the map.

Sources: Ready.gov family emergency plan · DSB Norway · UNESCO-IOC tsunami guidance

HOME SAFETY COVERING A BROKEN WINDOW

Keep out cold, rain and glass



1 Wear gloves and shoes and remove loose glass from the frame. Cover the opening with thick plastic sheeting or a board, and fix it with strips of wood (battens) or strong tape all round so wind can't get under it.

Good to know

- Bag broken glass in cardboard and label it.
- Keep a roll of thick plastic and tape in your kit.

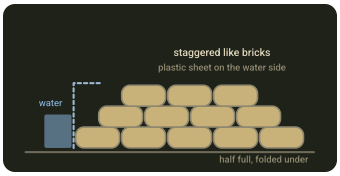
Sources: ready.gov storm and earthquake recovery

SAMPLE

HOME SAFETY

SANDBAGS & FLOOD BARRIERS

Slow water down long enough to save things



1 Fill bags only half full, fold the top under, and lay them like bricks with joints staggered, pressing each one down. Put plastic sheeting on the water side. Block doors, airbricks and drains; plug sinks and toilets from backflow.

Good to know

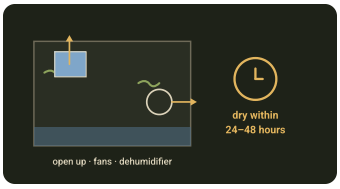
- Sandbags slow water; they rarely stop it. Move valuables and documents upstairs first.
- No sand: bin bags filled with soil, or a pillowcase of earth.

Sources: UK Environment Agency flood guidance · FEMA flood protection

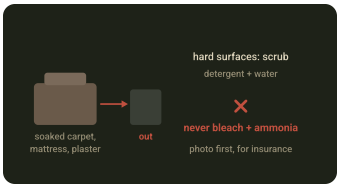
HOME SAFETY

AFTER A FLOOD: DRYING OUT AND MOULD

Dry within 48 hours; when in doubt, throw it out



1 Go back only when officials say it is safe and the power is off. Wear boots, gloves, goggles and an FFP2 / N95 mask. Open doors and windows, pump or mop out the water and run fans and dehumidifiers: dry everything within 24 to 48 hours if you can, or assume mould will grow.



2 Throw out what soaked up floodwater and cannot be fully cleaned and dried (carpets, mattresses, upholstered furniture, plasterboard, insulation), photographing it for insurance first. Scrub hard surfaces with detergent and water; for mould use no more than 1 cup of bleach in 1 gallon of water. Never mix bleach with ammonia or other cleaners, and don't paint over mould.

Good to know

- Children and people with asthma, allergies or weak immunity should stay out of the clean-up.
- Floodwater carries sewage: wash hands and change clothes after working.
- Leave large mouldy areas to professionals.

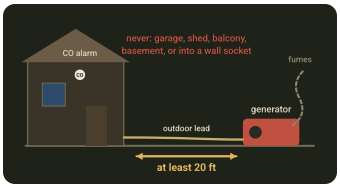
Sources: CDC: Mold cleanup after disasters · US EPA Homeowner's and renter's guide to mold cleanup after disasters · FEMA

SAMPLE

POWER & ENERGY

RUNNING A GENERATOR SAFELY

Power without poisoning anyone



1 Run generators only outdoors, at least 20 ft from doors, windows and vents, with exhaust pointing away. Run outdoor-rated leads inside, never plug the generator into a wall socket or house wiring (that needs a transfer switch fitted by an electrician). A battery CO alarm inside warns you if fumes get in.

Good to know

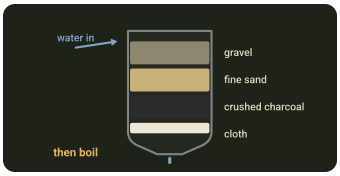
- An inverter generator of 2–3 kW runs a fridge, freezer, lights and chargers.
- Small petrol generators use roughly 1–2 pints an hour: run them a few hours a day.
- Petrol keeps 3–6 months, 1–2 years with stabiliser; LPG doesn't go off.

Sources: CDC carbon monoxide and generator safety · ready.gov power outages · Electrical Safety First

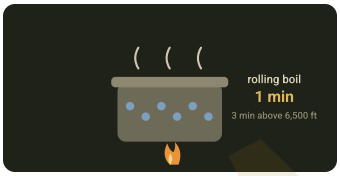
WATER

MAKING WATER SAFE

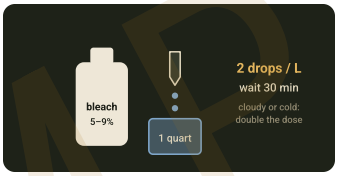
Filter, boil, disinfect, sun



1 Muddy water: let it settle, then pour it through a cut bottle filled with layers of gravel, sand, crushed charcoal and cloth. This only clears the water; it does not make it safe.



2 Boiling is the surest method: a rolling boil for 1 minute (3 minutes above 6,500 ft). Let it cool covered.



3 Unscented household bleach (5–9%): 2 drops per litre of clear water, mix, wait 30 minutes. It should smell faintly of chlorine. Double the dose for cloudy or very cold water.



4 No fuel, no chemicals: fill clear plastic (PET) bottles up to 2 liters with clear water and lay them in full sun for 6 hours, or 2 days if it is cloudy.

Good to know

- Never drink floodwater or water that smells of fuel or chemicals: boiling won't fix it.
- Bleach and tablets don't reliably kill Cryptosporidium; boiling does.

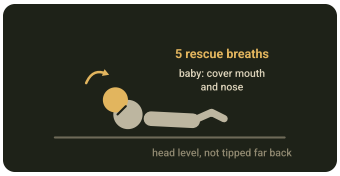
Sources: CDC: Make water safe in an emergency · Eawag SODIS manual · Sphere Handbook 2018

SAMPLE

FIRST AID

CPR · CHILDREN & BABIES

Babies under 1 year and children up to puberty



1 Open the airway and give 5 rescue breaths first. Child: tilt head, pinch the nose, breathe into the mouth. Baby: keep the head level and cover mouth and nose with your mouth.



2 Child: heel of one hand (or two hands for a big child) on the lower half of the breastbone. Push about 2 in, one third of the chest depth.



3 Baby: two fingertips just below the line between the nipples. Push about 1.5 in, one third of the chest depth.



4 Then 15 pushes to 2 breaths, 100–120 a minute. Alone with no phone: do CPR for 1 minute before going for help. If you only remember adult CPR, use it — doing something is far better than nothing.

Good to know

- Most children who stop breathing do so because of a breathing problem, which is why breaths come first.
- Use an AED on children too; child pads if available, otherwise adult pads front and back.

Sources: European Resuscitation Council Guidelines 2021 (Paediatric Life Support)

SAMPLE