Basic Principles of Emergency Preparedness

1

Prepare yourself mentally through learning and training to develop a sense of confidence and self-reliance that will eliminate panic and guide you through an emergency situation. Never stop learning.

2

Prepare yourself physically with proper exercise and diet to enable you to execute your plan in an emergency preparedness situation.

3

Prepare yourself financially by organizing your finances and keeping some cash available for emergencies. Do not blow your budget on preparedness gear. Set goals and make an allowance for the purchase of items you need. Focus first on essential items like water, food, first aid and a good emergency radio and grow from there.

4

Your prepping should be fun, don't let it consume you or overwhelm you.

5

Your planning and supplies are your business; do not draw attention to yourself. Do not share your plan or knowledge of your supplies with anyone outside of your Tribe or others in your preparedness network that you trust.

6

Develop situational awareness skills in all aspects of your life. Be aware of your surroundings and evacuation routes if needed. Understand how to recognize threats.

7

Learn where you can get reliable information. Understand what resources are available in your community. Seek out like-minded people interested in emergency preparedness and develop a network of reliable human resources.

8

You will never be prepared for every possible emergency scenario. Focus on the core principles and practice with your gear regularly so in the event of a crisis you are mentally and physically prepared to use your skills and supplies.

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