



# Instant Disaster Prep

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## Emergency Strikes! What Do You Do?

A big aspect of preparedness is mindset. The preparedness mindset thinks through problems and comes up with solutions.

- Most scenarios offer some warning. If you're not prepared for those, like pandemic and financial collapse, shame on you.
- In an instant disaster like a terrorist attack or other sudden scenario the first thing you must do is focus on your personal protection.
- Follow the crowd to flee a fire or other physical disaster. Obey the instructions of emergency personnel.
- Think through different emergency scenarios and have an action plan in place beforehand.
- Pay attention to exits and other avenues of escape no matter where you are. Position yourself so you can keep an eye on the area. Monitor people around you.

## What EDC Gear Should You Carry?

Your daily carry gear often will be situation-dependent.

- Always pay attention to your state and local laws.
- Carry a concealed weapon if you can legally do so.
- Other gear to carry includes...
  - pocketknife
  - flashlight
  - paracord bracelet
  - bandanna
  - lighter
  - lock pick/handcuff key
  - cash

## What Survival Gear Should You Carry In Your Vehicle?

Err on the side of traveling light with car gear:

- Carry a comfortable pair of shoes or winter boots. You also want...
  - CamelBak
  - 3-day bugout bag with supplies
  - Winter coat/gloves.

## What If You're At Work When Disaster Strikes?

A lot of your at-work preps will depend on your specific job and work location.

- Keep your get-home bag in your car.
- If your car is not accessible (or you don't have one), have a briefcase or other “camouflaged” means of carrying your gear that blends in.

## How Do You Rally Your Family or Party?

Communication is the key to rallying your family or party in an emergency.

- Have a written plan of action for multiple likely scenarios.
- Don't have a family conference. The heads of the household should draw up the plan and share it with dependents.
- What is your kids' schools' action plan? How will you get your kids in an emergency?
- Have a fallback plan for when all else fails or the scenario doesn't fit any of your other plans.
- Make sure you have a specific rally point as part of the fallback plan.