

**In the face of uncertainty and potential societal collapse, preparedness becomes a crucial aspect of survival. "Weathering The Storm: Disaster Preparedness: How To Survive The Fall of America" emphasizes the importance of having a structured plan in place, and a Family Emergency Binder is an indispensable tool in achieving this goal. This binder serves as a comprehensive resource, guiding families through the chaos of disasters, whether natural or man-made.**

### **Why Every Family Needs a Family Emergency Binder**

A Family Emergency Binder is more than just a collection of documents; it is a lifeline during times of crisis. It ensures that every family member knows what to do, where to go, and how to stay safe. The binder should include vital information such as emergency contact numbers, medical records, evacuation plans, and communication strategies. By having this information readily available, families can act swiftly and decisively when disaster strikes.

### **Extending Preparedness Beyond the Immediate Family**

Disaster preparedness should not be limited to the immediate family. Extended family members, neighborhoods, and community organizations should also have their own binders with actionable plans. This collective approach fosters a supportive network, enabling communities to work together effectively during emergencies. Sharing resources, skills, and information can significantly enhance the resilience of a community.

### **Utilizing Emergency Binders During Societal Collapse**

Societal collapse, characterized by the breakdown of social structures, government, and culture, poses a unique set of challenges. In such scenarios, a Family Emergency Binder becomes even more critical. It provides a sense of order amidst chaos, helping families navigate the complexities of a collapsing society. By maintaining a clear plan and access to essential resources, families can better withstand the pressures of societal decline.

### **Understanding Societal Collapse**

Societal collapse can result from various causes, including natural disasters, war, economic problems, and societal factors like inequality or corruption. Understanding these causes can help families prepare more effectively. Here's a closer look at potential causes and signs of societal collapse:

#### **Possible Causes**

- **Natural Disasters:** Events like earthquakes, floods, or volcanic eruptions can disrupt society and cause widespread damage.
- **War and Conflict:** Prolonged or large-scale warfare can devastate populations and infrastructure, weakening social structures.
- **Economic Collapse:** Financial crises, famines, or resource scarcity can destabilize societies and lead to social unrest.
- **Societal Issues:** Inequality, corruption, and political dysfunction can erode public trust and lead to social breakdown.
- **Environmental Degradation:** Issues like climate change, deforestation, and pollution can strain resources and impact human populations.
- **Overpopulation:** High population density can strain resources and lead to conflicts over land and other necessities.
- **Disease:** Pandemics or outbreaks of disease can decimate populations and disrupt social and economic systems.
- **Incompetent Leadership:** Lack of effective governance can exacerbate existing problems and make it difficult for societies to respond to crises.

### Signs of Potential Collapse

- **Loss of Cultural Identity:** The erosion of traditional beliefs, practices, and values can indicate a weakening of social bonds.
- **Decline in Social Complexity:** The fragmentation of social structures and the loss of institutions can signal a decline in the overall system.
- **Rise in Violence and Anarchy:** Increased crime, social unrest, and a breakdown of law and order can be indicators of a collapsing society.
- **Government Instability:** Weakening or the collapse of government institutions can lead to a loss of social control.
- **Economic Decline:** Economic hardship, unemployment, and a decline in trade and industry can strain social structures.

### Historical Examples of Societal Collapse

History provides us with examples of civilizations that have experienced societal collapse. Understanding these examples can offer valuable insights into the dynamics of societal decline:

- **The Roman Empire:** This civilization experienced a long decline and eventual fragmentation due to internal factors like political instability, economic problems, and external pressures.

- **The Maya Civilization:** This complex civilization declined and eventually collapsed due to environmental factors like deforestation and soil degradation, as well as internal political struggles.
- **The Khmer Empire:** This empire in Southeast Asia collapsed due to a combination of factors including environmental issues, political instability, and war with neighboring kingdoms.

It is important to note that societal collapse does not necessarily mean the extinction of humanity, but rather a drastic decrease in population, political, economic, and social complexity. It can also lead to a shift in social structures, with societies adapting to new circumstances.

This Family Emergency Binder is an essential tool for navigating the uncertainties of disaster and societal collapse. By preparing thoroughly and collaboratively, families and communities can enhance their resilience and survival prospects. "Weathering The Storm: Disaster Preparedness: How To Survive The Fall of America" serves as a vital guide in this endeavor, empowering individuals to take proactive steps towards safeguarding their future.

[illegible]

## Household Members

Household Members	Relation/Birth Date	Social Security Number

## Household Information

Home Address: \_\_\_\_\_

Phone 1: \_\_\_\_\_

Phone 2: \_\_\_\_\_

Email 1: \_\_\_\_\_

Email 2: \_\_\_\_\_

## Car Information

Car 1 Make: \_\_\_\_\_

Model: \_\_\_\_\_

Year: \_\_\_\_\_

License # \_\_\_\_\_

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Car 2 Make: \_\_\_\_\_

Model: \_\_\_\_\_

Year: \_\_\_\_\_

License # \_\_\_\_\_

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## Emergency Numbers

### CALL 911 FOR EMERGENCIES

**Note:** After a disaster, 911 may not be working. Use these numbers when able.

<b>Fire</b>	<b>Phone</b>	<b>Address</b>
<b>Police</b>	<b>Phone</b>	<b>Address</b>
<b>Ambulance</b>	<b>Phone</b>	<b>Address</b>
<b>Poison Control Center</b>	<b>Phone</b>	<b>Address</b>
<b>Hospital Emergency Room</b>	<b>Phone</b>	<b>Address</b>
<b>Doctor #1</b>	<b>Phone</b>	<b>Address</b>
<b>Doctor #2</b>	<b>Phone</b>	<b>Address</b>
<b>Doctor #3</b>	<b>Phone</b>	<b>Address</b>

### Utility and Service Contacts

Water/Sewer	Phone	Address
Electric	Phone	Address
Gas	Phone	Address
Phone	Phone	Address
Cable	Phone	Address



## Insurance

Policy	Name	Policy #	Phone
Health			
Auto			
Home			
Life			

## Family/Friends/Neighbors

*Note: Identify two neighbors. Agree to check on each other.*

Name: \_\_\_\_\_

Address/Location: \_\_\_\_\_

Home #: \_\_\_\_\_

Work # \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name: \_\_\_\_\_

Address/Location: \_\_\_\_\_

Home #: \_\_\_\_\_

Work # \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name: \_\_\_\_\_

Address/Location: \_\_\_\_\_

Home #: \_\_\_\_\_

Work # \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name: \_\_\_\_\_

Address/Location: \_\_\_\_\_

Home #: \_\_\_\_\_

Work # \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name: \_\_\_\_\_

Address/Location: \_\_\_\_\_

Home #: \_\_\_\_\_

Work # \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

## Out-of-Area Contact

Name and telephone number of person outside your local area for family members to call to report their location and condition. Everyone should memorize this number! Also select an alternate contact just in case the primary contact cannot be reached.

*Important: During disasters, use phone for emergencies only. Local phone lines may be tied up. Make one call out-of-area to report in. Let this person contact others.*

### Primary Contact Information

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home #: \_\_\_\_\_

Work #: \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Alternate Contact Information

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home #: \_\_\_\_\_

Work #: \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Alternate Contact Information

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home #: \_\_\_\_\_

Work #: \_\_\_\_\_

Cell #: \_\_\_\_\_

E-mail: \_\_\_\_\_

## Work, School, and Other Contacts

*Family members should know each other's disaster procedures for work, school, or other places where they spend time during the week.*

Family Member: \_\_\_\_\_

Work/School/Other: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Disaster Procedures: \_\_\_\_\_

\_\_\_\_\_

Family Member: \_\_\_\_\_

Work/School/Other: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Disaster Procedures: \_\_\_\_\_

\_\_\_\_\_

Family Member: \_\_\_\_\_

Work/School/Other: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Disaster Procedures: \_\_\_\_\_

\_\_\_\_\_

Family Member: \_\_\_\_\_

Work/School/Other: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Disaster Procedures: \_\_\_\_\_

\_\_\_\_\_

Family Member: \_\_\_\_\_

Work/School/Other: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Disaster Procedures: \_\_\_\_\_

\_\_\_\_\_

Family Member: \_\_\_\_\_

Work/School/Other: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Disaster Procedures: \_\_\_\_\_

\_\_\_\_\_

In case of emergency, you should know if the school will keep your children until an authorized adult comes to get them. Determine what is required to release your child to your representatives if you cannot get there yourself. Ensure that the school knows your current contact information and those people authorized to collect your children.

### **Reunion Procedures**

Establish two places where you and your family can meet following an emergency. One immediately outside of your home, e.g. a neighbor's mailbox, for use during a home emergency **AND** another site away from home in case you can't return.

In or Around House/Apartment	Inside House/Apartment
	Outside House/Apartment
When Family is Not Home	Priority Location  (Leave note in a designated place such as inside mailbox where you will be: i.e., neighbor, relative, park, school, shelter, etc.)

*Note: Reunion and evacuation procedures need to include children at school and house members with disabilities. Talk to school officials. Write down procedures.*

### **Important Notes and Procedures**

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*Note: People with disabilities are advised to identify two or three people at work, school, neighborhood, etc. who will assist them in the event of a disaster.*

### Medication List

User's Name	Medication Name	Dosage/Frequency	Reason for Taking
Doctor	Prescription #	Date Started/Ending	Location of Meds

User's Name	Medication Name	Dosage/Frequency	Reason for Taking
Doctor	Prescription #	Date Started/Ending	Location of Meds

User's Name	Medication Name	Dosage/Frequency	Reason for Taking
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Doctor	Prescription #	Date Started/Ending	Location of Meds

User's Name	Medication Name	Dosage/Frequency	Reason for Taking
Doctor	Prescription #	Date Started/Ending	Location of Meds

*Note: Keep at least seven days of vital medications and supplies on hand. Talk to doctor before storing medication or if you use two or more medications. Take them with you if you have to evacuate to a shelter, friend's house, or other family member's home.*

**Pharmacy/Doctors/Specialists**

Pharmacist Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_

Address: \_\_\_\_\_

Pharmacist Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_

Address: \_\_\_\_\_

Specialist Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Area of Concern: \_\_\_\_\_

Specialist Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Area of Concern: \_\_\_\_\_

Specialist Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Area of Concern: \_\_\_\_\_

Specialist Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Area of Concern: \_\_\_\_\_

Specialist Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

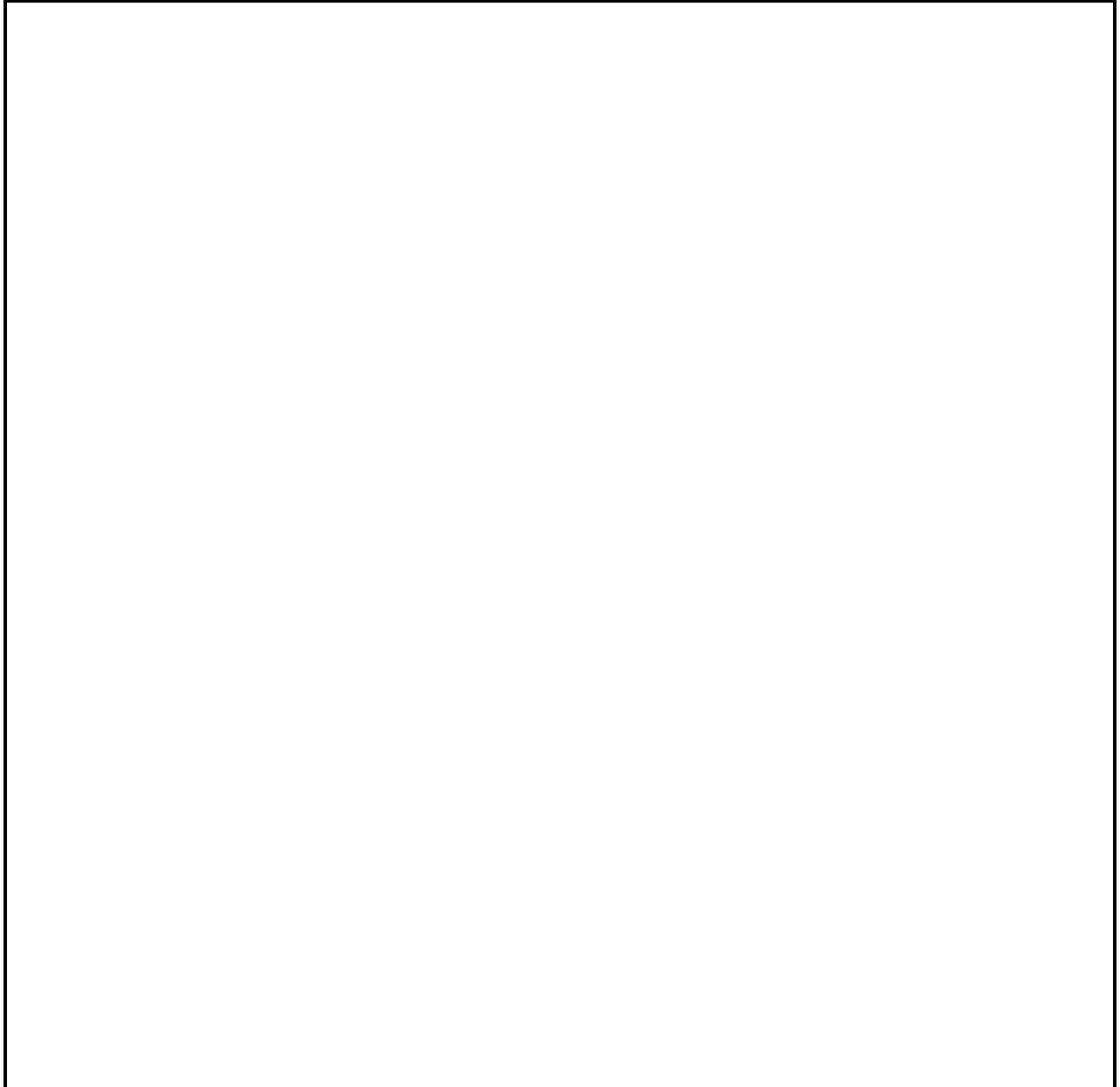
Area of Concern: \_\_\_\_\_

## Additional Medical Information

Allergies to Medications	
Person's Name:	Medication:
Person's Name:	Medication:
Person's Name:	Medication:
Person's Name:	Medication:
Person's Name:	Medication:
Health/Disability Information	
Person's Name:	Information:
Person's Name:	Information:
Person's Name:	Information:
Special Needs, Equipment, and Supplies	
Person's Name:	Information:
Person's Name:	Information:
Person's Name:	Information:
Person's Name:	Information:
Person's Name:	Information:

## Home Layout/Diagram

Draw a floor plan of your home showing the location of exit doors and windows, utility shutoffs, first aid kit, and emergency supplies. Ensure EVERYONE in your household is familiar with it. Show it to babysitters and house guests when you're going away.



## **Shelter In Place List**

### **Staples**

- 1 gallon of commercially bottled water per person daily
- Canned, plastic and tetra pack juices
- Ready-to-eat canned meats, fruits and vegetables
- Soups
- Protein or fruit bars
- Dry cereal, granola or trail mix
- Dried fruit
- High energy foods such as sunflower and pumpkin seeds
- Vitamins
- Food for infants
- Honey
- Comfort/stress foods such as chocolate
- Drink mixes
- Condensed milk
- Powdered milk
- Infant care supplies
- Disposable plates, cups and utensils
- Cooking tools and fuel
- First Aid Kit with mosquito repellent
- Prescription Medicine (min. 1 week's supply)
- Prescription eyewear and contact lens solutions
- Specialty items for elderly or disabled family members such as hearing aid batteries
- Flashlights and extra batteries
- Battery operated radio and clock
- Battery operated tv
- MP3 Player
- Manual can opener
- Matches in a waterproof container

### **Sanitation**

- Water purification kit or bleach (4 drops per qt)
- Plastic sheeting and duct tape
- Toiletries and personal hygiene items, including feminine supplies
- Soap and hand sanitizer or moist towelettes
- Toilet paper
- Disinfectant and chlorine bleach
- Plastic trash bags and plastic ties

**Additional Items**

- Fire extinguisher
- Wrench or pliers to turn off utilities
- Work gloves
- Complete change of clothing, including a long-sleeved shirt, long pants, socks and sturdy shoes
- Pillows, blankets, sleeping bags and towels
- Cash in small denominations and change
- Whistle to signal for help
- Dust mask
- Local maps
- Copies of important family documents in a waterproof, portable container
- Books, games, puzzles and other activities for children
- Kitchen accessories and cooking utensils
- Extra set of car and house keys
- Small shovel
- Plastic bucket with tight lid

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as a bucket, garbage bin, camping backpack or duffel bag.

***\*This is a basic list. Please feel free to add items that are needed by your family.***

## Grab & Go Items

List the item and where it is located. Possible ideas:

Pre-packed Survival Kit, Purse, Photo Albums, Family Heirlooms, Laptop, External Hard Drive, Extra set of Car Keys, etc.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_



### Prioritized Grab & Go List

5 Minutes	15 Minutes (add these)	30Minutes (add these)	1 Hour (add these)
STOP and GO!!!	STOP and GO!!!	STOP and GO!!!	STOP and GO!!!

## Go Bag Kit List

- Flashlight
- Radio – battery operated (crank is better)
- Batteries
- Whistle
- Dust mask
- Pocket knife
- Emergency cash in small denominations and quarters for phone calls
- Sturdy shoes, a change of clothes, and a warm hat
- Local map
- Water
- Nonperishable Food
- Permanent marker, paper and tape
- Photos of family members for re-identification purposes
- List of emergency point-of -contact phone numbers
- List of allergies to any drug (especially antibiotics) or food
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle
- Any special-needs items for children, seniors or people with disabilities.
- Emergency Blanket

***\*This is a basic list. Please feel free to add items that are needed by your family.***

## Car Kit List

- 1 large Container {With Lid}
- Change of clothes {Shirt, pants, Hoodie & Socks} for every family member
- Water bottles
- Comfy shoes/boots
- Small blanket
- Flashlights & Batteries
- Hand sanitizer
- Wet wipes
- First aid kit {Rubbing alcohol}
- Pack of Band-Aids
- Toiletries {Feminine products, toilet paper, deodorant, toothbrush & toothpaste}
- Hairbrush with portable mirror
- Hand soap & Small towel {Or paper towels, napkins}
- Trash bags
- Lighter
- Granola bar or energy bar {Get at least 2 or more for each family member} Also I would get the plain ones and not chocolate as in it might melt and you don't want that!
- Non-perishable food that you currently eat {Apple sauce, canned fruit}
- Small Propane or Butane Stove
- Mess Kit
- Cash & coins {in a zip lock bag}
- Scissors/ Razor blade or a pocket Knife
- Reading glasses /Contacts {If you wear them}
- Medications {Make sure to rotate them}
- Phone charger
- Small toys for you little ones {If something happens this should entertain them for a bit}
- Jumper Cables, Tire Jack
- Blanket

**Do NOT store foods in your car that you do not normally eat.**

**If you are stuck in your car, you will need as many comforting items as possible.**

***\*This is a basic list. Please feel free to add items that are needed by your family.***

## **Work (Get Home Bag)**

- Backpack
- Food
- Water
- Reflective Tape
- Poncho
- Space Blanket
- Whistle
- COMFORTABLE WALKING SHOES (Sneakers)
- Socks
- First Aid Kit
- Flashlight
- Map of the city
- Emergency Contact Numbers
- Face Mask
- Battery operated Phone Charger
- Cash (small bills)
- Tissues
- Small Radio
- House Key (Unidentified)

***\*This is a basic list. Please feel free to add items that are needed by your family.***  
**School Kit List**

- Water
- Granola Bar
- Flashlight
- Cell Phone
- Whistle
- Small First Aid Kit
- Emergency Blanket
- Candy (comfort)
- Comfort Item

***\*This is a basic list. Please feel free to add items that are needed by your family.***