



# How to Build An Emergency Plan

South Pasadena Amateur Radio Club

September 4, 2024

# What This Presentation Covers

- ▶ Finding Resources and Guides

You don't have to do this alone!

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# What This Presentation Covers

- ▶ Finding Resources and Guides
- ▶ Evaluating Your Needs and Budget

Who is in your household and what do they need?

2 of 6



# What This Presentation Covers

- ▶ Finding Resources and Guides
- ▶ Evaluating Your Needs and Budget
- ▶ Building Your Plan

What will you do in the minutes, hours, and days after an emergency?

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# What This Presentation Covers

- ▶ Finding Resources and Guides
- ▶ Evaluating Your Needs and Budget
- ▶ Building Your Plan
- ▶ Adding a Communications Plan

How will you reach people you need to reach?

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# What This Presentation Covers

- ▶ Finding Resources and Guides
- ▶ Evaluating Your Needs and Budget
- ▶ Building Your Plan
- ▶ Adding a Communications Plan
- ▶ Taking Action

Make your plan a reality

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# What This Presentation Covers

- ▶ Finding Resources and Guides
  - ▶ Evaluating Your Needs and Budget
  - ▶ Building Your Plan
  - ▶ Adding a Communications Plan
  - ▶ Taking Action
  - ▶ Connecting with Others
- Next steps to a resilient community

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# Finding Resources and Guides

You don't have to do this alone!

SPARC has guides and tips shared by members.

Let's take steps now that will help our families, neighbors and community later.

[www.southpasradio.org/prepare/](http://www.southpasradio.org/prepare/)



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# Finding Resources and Guides

Download the emergency preparation guide of your choice and skim it.

If the guide is too complex or too simplistic for your needs, try a different one.

A trustworthy guide will make your planning easier!  
There's no need to wing it.

“Plans are useless, but planning is essential.”

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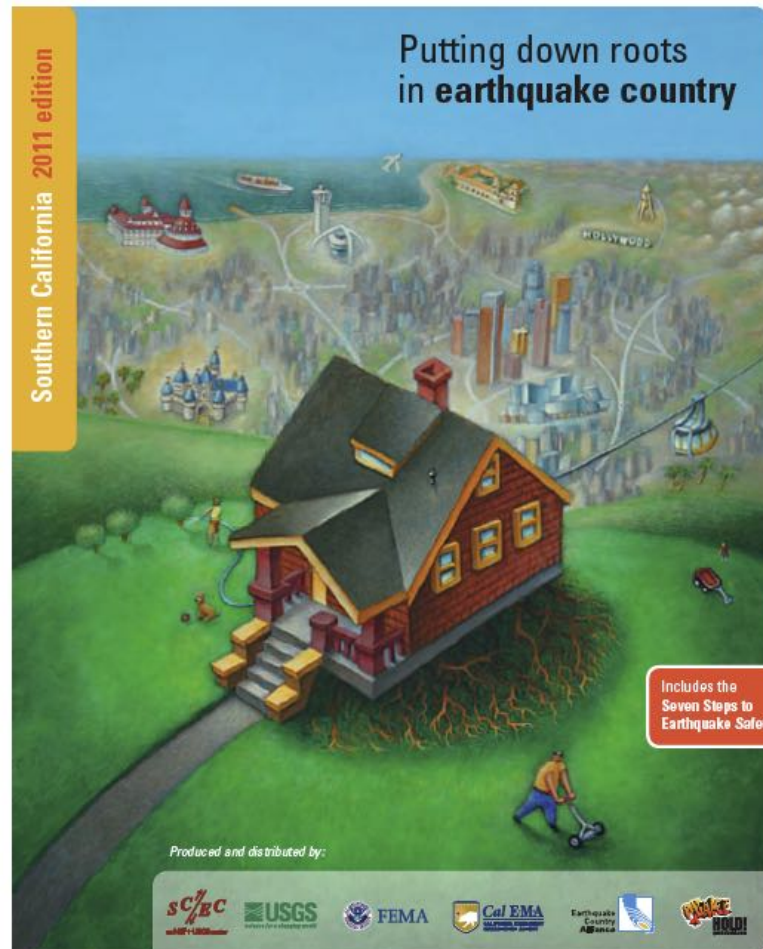


# Finding Resources and Guides

Example guide:

*Putting Down Roots in Earthquake Country*

One of the most respected and widely-distributed guides



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# Evaluating Your Needs and Budget

Who is in your household and what do they need?

You will need to prepare for...

- ▶ The number of people in your household

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# Evaluating Your Needs and Budget

Who is in your household and what do they need?

You will need to prepare for...

- ▶ The number of people in your household
- ▶ Children?

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# Evaluating Your Needs and Budget

Who is in your household and what do they need?

You will need to prepare for...

- ▶ The number of people in your household
- ▶ Children?
- ▶ Pets?

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# Evaluating Your Needs and Budget

Who is in your household and what do they need?

You will need to prepare for...

- ▶ The number of people in your household
- ▶ Children?
- ▶ Pets?
- ▶ Different ability levels

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# Evaluating Your Needs and Budget

With all that in mind, read your guide's section on creating **emergency kits**.

Roughly sketch out your needs for FOUR kits:

- ▶ “Under the Bed” Box

*Supplies you would need immediate access to. (It doesn't have to be under your bed.)*

# Evaluating Your Needs and Budget

With all that in mind, read your guide's section on creating **emergency kits**.

Roughly sketch out your needs for FOUR kits:

- ▶ “Under the Bed” Box
- ▶ In Your Vehicle (if applicable)  
*What you would need on the road*



# Evaluating Your Needs and Budget

With all that in mind, read your guide's section on creating **emergency kits**.

Roughly sketch out your needs for FOUR kits:

- ▶ “Under the Bed” Box
- ▶ In Your Vehicle (if applicable)
- ▶ Remote Location (workplace, school)

*Where do you spend significant time?*

# Evaluating Your Needs and Budget

With all that in mind, read your guide's section on creating **emergency kits**.

Roughly sketch out your needs for FOUR kits:

- ▶ “Under the Bed” Box
- ▶ In Your Vehicle (if applicable)
- ▶ Remote Location (workplace, school)
- ▶ At-Home Needs for a Minimum of Three Days

*The Big Kit!*

# Evaluating Your Needs and Budget

What will this all cost?

Your kits don't have to be expensive.  
Look for things you already own.

Take your time — add items as your  
finances allow.

No panic buying!

But set yourself a deadline.



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# Evaluating Your Needs and Budget

Disasters can be a disaster on your wallet. Plan ahead for the financial aftermath.



FEMA guide: [ready.gov/financial-preparedness](https://www.ready.gov/financial-preparedness)



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# Building Your Plan

What will you do in the minutes, hours, and days after an emergency?

- ▶ Use your guide to game out your response.  
*Think minutes / hours / days.*

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# Building Your Plan

What will you do in the minutes, hours, and days after an emergency?

- ▶ Use your guide to game out your response.
- ▶ Involve all members of your household.

*They can't follow a plan they don't know.*

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# Building Your Plan

What will you do in the minutes, hours, and days after an emergency?

- ▶ Use your guide to game out your response.
- ▶ Involve all members of your household.
- ▶ With input from your household, finalize what items you will need for your kits.

*Decide how will they be organized, where will they be stored.*

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# Building Your Plan

What will you do in the minutes, hours, and days after an emergency?

- ▶ Use your guide to game out your response.
- ▶ Involve all members of your household.
- ▶ With input from your household, finalize what items you will need for your kits.
- ▶ Sign up for alerts and warnings found on [southpasradio.org/prepare](http://southpasradio.org/prepare).

*South Pasadena uses the Nixle alert service.*

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*Download the MyShake app.*





# Adding a Communications Plan

How will you reach people you need to reach?

## Designate an Out-of-State Contact

Local communication infrastructure will be damaged. It may be easier to reach someone far away.

Everyone in your household can call that person to coordinate messages.

Texting may work when voice does not.

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# Adding a Communications Plan

How will you reach people you need to reach?

## Designate a Meeting Place

Pick a spot near your home if your home is not safe.

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# Adding a Communications Plan

How will you reach people you need to reach?

The Role of Radio – Level Up Your Communications

Three available services:

- ▶ FRS: Family Radio Service (no license required)

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# Adding a Communications Plan

How will you reach people you need to reach?

The Role of Radio – Level Up Your Communications

Three available services:

- ▶ FRS: Family Radio Service (no license required)
- ▶ GMRS: General Mobile Radio Service (license required, but no exam)

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# Adding a Communications Plan

How will you reach people you need to reach?

The Role of Radio – Level Up Your Communications

Three available services:

- ▶ FRS: Family Radio Service (no license required)
- ▶ GMRS: General Mobile Radio Service (license required, but no exam)
- ▶ Amateur Radio Service, aka Ham Radio (exam required to receive license)

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# Adding a Communications Plan

How will you reach people you need to reach?

The Role of Radio – Level Up Your Communications

Three available services:

- ▶ FRS: Family Radio Service (no license required)
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*Ask a friendly SPARC member for help!*

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# Taking Action

Make your plan a reality

As budget permits, purchase kit items in order of priority. (Hint: Start with water!)



55 gallon water barrels  
~\$100 each

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# Taking Action

Make your plan a reality

Document and distribute your plans to the household.

The graphic features the 'Ready' logo with a checkmark and the FEMA logo. The title 'Family Communication Plan' is written in a large, bold, orange font. Below the title, there is a white starburst containing the text 'Let them know you're OK!' and 'Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.' To the left of the starburst, there is a paragraph of text: 'Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?' and another paragraph: 'Before an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.'

It doesn't have to be fancy, and you can use templates from [ready.gov](https://www.ready.gov) as reference.

## Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

**Out-of-Town Contact**

Name: \_\_\_\_\_  
Home: \_\_\_\_\_  
Cell: \_\_\_\_\_  
Email: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_

**Neighborhood Meeting Place:**

\_\_\_\_\_  
\_\_\_\_\_

**Regional Meeting Place:**

\_\_\_\_\_  
\_\_\_\_\_

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# Taking Action

Make your plan a reality

Set a time to practice your emergency and communication procedures. Test them before you need them!



Graphic from  
[ready.gov](https://www.ready.gov) campaign  
"It's Not Luck."

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# Taking Action

Make your plan a reality

If applicable, collect bids on big-ticket items like bolting the foundation of your home.



The screenshot shows the CA Earthquake Authority website. The header includes navigation links: INSURANCE PROFESSIONALS, PRESS ROOM, BLOG, SEARCH, CONTACT, and FREE ESTIMATE. The main navigation bar lists: EARTHQUAKE RISK, INSURANCE POLICIES, PREPARE YOUR HOUSE, and ABOUT CEA. The page title is 'Earthquake Retrofit Grants'. The main content area states: 'CEA is committed to making California communities safer, more resilient, and better able to recover from a damaging earthquake. If you own an older house (built before 2000), consider a seismic retrofit to strengthen it and make it more resistant to earthquakes. There are several kinds of seismic retrofits—the one you need depends on what type of house you have.\*' A photo of a family sitting on a porch is visible. A sidebar on the left lists 'PREPARE YOUR HOUSE' with sub-links: Structural Risks, Earthquake Retrofit Grants, CEA Policyholder Brace + Bolt Grants, Geologic Hazards, and Preparedness Resources.

*State grants are available to qualified homeowners.*



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# Connecting with Others

Next steps to a resilient community

Join CERT or Neighborhood Watch.



South Pasadena offers CERT training in the spring and fall.

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# Connecting with Others

Next steps to a resilient community

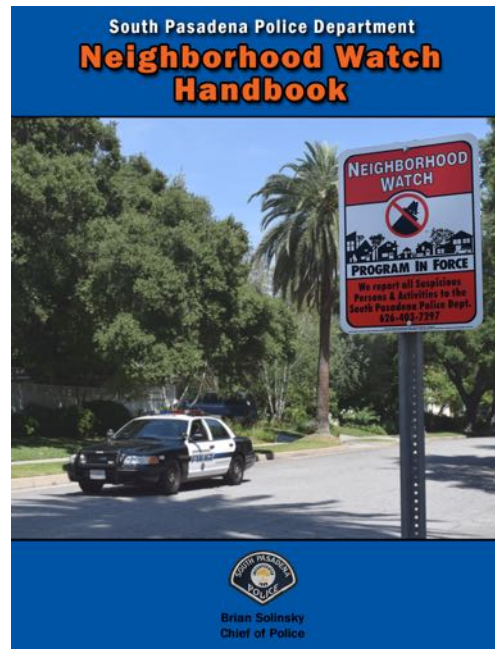


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# Connecting with Others

Next steps to a resilient community

Over time, you can ask questions, compare notes, and share what you've learned.



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# Connecting with Others

Next steps to a resilient community

If you get your ham license, you can join ARES:  
Amateur Radio Emergency Service



Our local ARES district  
is LAX Northeast.  
Visit [laxnortheast.org](http://laxnortheast.org)



# Connecting with Others

Next steps to a resilient community

Participate in the Great Shakeout

10/17 at 10:17 a.m.

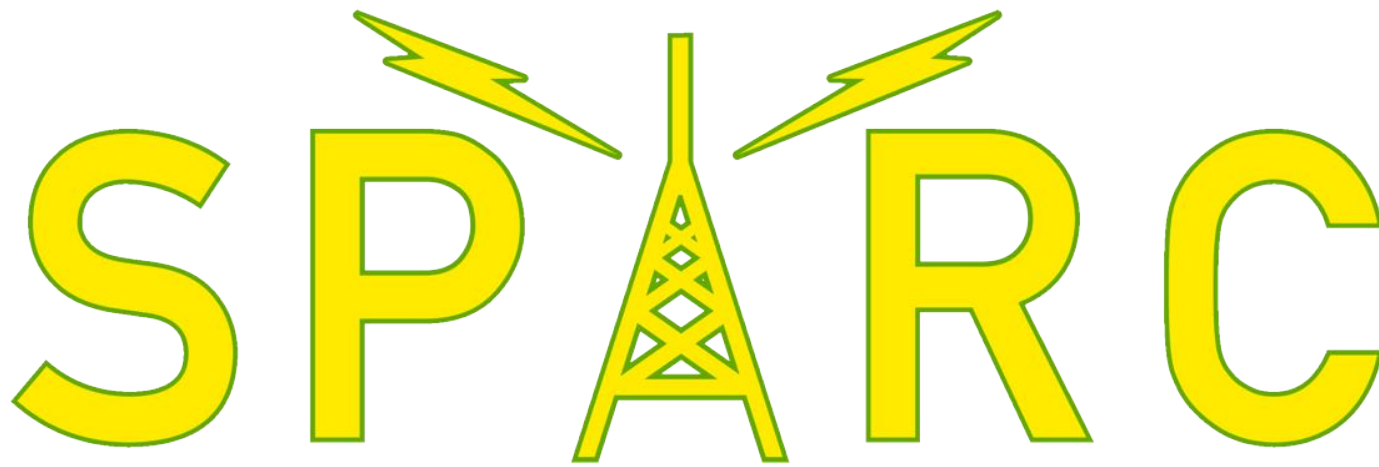


Visit [shakeout.org/california](https://shakeout.org/california)



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The logo for SPARC features the letters 'S', 'P', 'A', 'R', and 'C' in a bold, yellow, sans-serif font. The letter 'A' is replaced by a yellow radio tower with a lattice structure. Two yellow lightning bolts are positioned above the tower, one pointing towards the 'P' and the other towards the 'R'.

SPARC

Thank You!

[SouthPasRadio.org/prepare](http://SouthPasRadio.org/prepare)

[contact@southpasradio.org](mailto:contact@southpasradio.org)