



The Brotherhood of Elders Network is building a community where every family is equipped, connected, and prepared to protect their loved ones. Prepared families strengthen communities to build lasting power. By offering preparedness workshops, we are building a culture of readiness where Black families are protected before, during, and after emergencies.

Field-Ready 5-Day Earthquake Plan

Here's a concise, field-ready 5-day earthquake plan. Quantities are per person unless noted.

Supplies (5 days)

- **Water:** 1–1.5 gal/day (drinking + minimal hygiene)
→ **5–7.5 gal/person**; plus **2–5 gal/household** for sanitation
- **Food (no-cook or easy-cook):** ~2,000 kcal/day
→ **10,000 kcal/person** total (canned meats/beans, nut butters, energy bars, instant oatmeal, shelf-stable milk, electrolytes)
- **Cooking:** butane stove with 4–6 canisters (or a small propane stove), matches/lighter, pot, and can opener.
- **Power/Lighting:** 2x LED flashlights, 1x headlamp, lantern, extra batteries; **2x 20,000 mAh** power banks (household) + wall/solar charger
- **Water treatment:** filter (e.g., pump/squeeze), purification tabs (50–100), **2x 5-gal** collapsible containers
- **Shelter/comfort:** emergency bivy or sleeping bag, warm layers, rain jacket, hat/gloves, **2 tarps**, 100 ft paracord
- **Sanitation:** 5-gal bucket + snap-on toilet seat, heavy-duty trash bags (20+), toilet paper, wet wipes (3 packs), hand sanitizer (2), soap, bleach (slight), menstrual supplies
- **First aid/medical:** comprehensive kit + extras: pain reliever, antihistamine, anti-diarrheal, oral rehydration salts (10), trauma dressing, elastic bandage, moleskin, tweezers, digital thermometer, **7–14 days prescription meds** (copies of scripts)
- **Safety/PPE:** hard hat, **sturdy shoes**, work gloves, N95s (10), safety goggles, whistle, glow sticks
- **Tools/repair:** pry bar/crowbar, gas shut-off wrench, multi-tool, duct tape (2), zip ties, folding saw, hammer, screwdriver set, plastic sheeting, **two fire extinguishers (ABC)**
- **Documents & money:** copies of IDs/insurance/medical list, USB backup, **\$200–\$500 cash**, small bills
- **Comms:** battery/hand-crank NOAA radio, printed contact list, out-of-area contact number



Emergency Preparedness Committee

- **Special needs:** infant/elder items, mobility aids, hearing-aid batteries, glasses/contacts
- **Pets:** 5 days of food/water, bowls, leashes, meds, waste bags, carrier
- **Vehicle kit (kept in car):** water (1–2 gal), non-perishable snacks, blanket, flashlight, first aid, jumper cables, small tool kit, tire sealant, paper map

HOME “GO-BAGS” (1 FOR EACH ADULT)

- 1 backpack with 72-hour essentials: 2–3L water, 1,500–2,000 kcal food, flashlight + batteries, headlamp, power bank + cable, first-aid mini-kit, meds (3–7 days), whistle, N95s (3), gloves, multi-tool, rain layer, socks, hat, hygiene kit, copies of documents, \$40 cash, local map

Tasks (Do these now, then during/after)

BEFORE AN EARTHQUAKE (PREPARATION & MITIGATION)

- Strap water heater; secure tall furniture/TVs; latch cabinets; store heavy items low
- You can learn and label gas/electric shutoffs; please keep the gas wrench attached.
- Place shoes, flashlight, and whistle **by every bed**
- **You can select two meeting points** (one near your home & out-of-area) and a contact **outside of your state.**
- Print a contact/medical sheet and put it in all kits; practice **Drop, Cover, Hold On** quarterly.
- Keep vehicle fuel $\geq \frac{1}{2}$ tank.’

DURING AN EARTHQUAKE

- **Drop, Cover, Hold On** under sturdy furniture; protect head/neck
- If outside: move to an open area away from buildings/lines; if driving: pull over, brake, stay in the car

IMMEDIATELY AFTER AN EARTHQUAKE (FIRST 5–10 MINUTES)

- Check for injuries; apply first aid
- Smell/hear a gas leak? **Shut off gas** and evacuate; avoid open flames
- Check for structural hazards; expect aftershocks

FIRST HOUR AFTER AN EARTHQUAKE

- Account for household using whistles/voice; text (not call) out-of-area contact with status
- Shut off water/electricity if lines are damaged; place “OK/HELP” sign if available
- Assemble water, food, and lights in a central area; conserve batteries

DAY 1–5 RHYTHM

- **Water:** 0.75–1 gal for drinking + rationed hygiene; purify any new sources
- **Food:** no-cook first; rotate to stove meals days 2–5
- **Hygiene/sanitation:** bucket toilet setup; double-bag waste; hand-wash before handling food
- **Safety:** wear shoes/gloves; keep hard hats on during debris work; ventilate when cooking
- **Power/comms:** charge devices by daylight; radio checks 2–3× daily for updates
- **House check:** daily gas/electrical re-inspection, secure tarps/plastic sheeting over breaks
- **Neighborhood:** check on neighbors, especially seniors/disabled; share info/resources prudently
- **Records:** log water/food use, meds taken, injuries, damages, and requests for aid

WHEN UTILITIES RETURN AND YOU RELOCATE

- Turn gas back on **only if safe** or by a pro
- Inspect appliances
- Restock used supplies
- Update the plan