THE POWER OF 3
Member Preparedness

"Organize yourselves; prepare every needful thing..."
D&C 88:119

ORANGE CALIFORNIA STAKE
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
I. **Spiritual Preparedness – Building Faith in Jesus Christ**

1. Daily Prayer – individually and as families
2. Daily Scripture Study – individually and as families
3. Make and Keep Sacred Covenants

II. **Temporal Preparedness**

   - 3-Minute Kits attached to each bed in the house.
   - Plastic drawstring bag containing sturdy shoes, flashlight, leather gloves, whistle, and lightweight clothes.

B. **The First 3 Hours** - completed by Oct 31, 2011 (from Sep 1 – Oct 31, 2011)
   - AM/FM Radio: battery or solar/dynamo (extra batteries).
   - First-Aid Kit with adequate supplies, medications and personal needs for each family.
   - Gas, water and electronic meter shut-off tools in place (secured to meters if possible).
   - Search & Rescue equipment: leveraging tools, rope, masks, lantern/torch, loud whistle, duct tape, fire extinguisher, etc.
   - “GO” Binder (or small expandable file) stored in a fire-safe location (in or near 72-hour kits) with copies in another location outside of the home. Contains names, addresses, phone numbers and maps for local/out-of-state contacts and rendezvous locations. Also should include important documents for each family member; general family information (SS cards, passports, birth certificates, insurance cards, or proof of insurance, all insurance policy numbers, bank account numbers, and vehicle ID numbers), and spare keys. See “Go Binder List” for details.

   - 72-hour kits for each family member packed and ready to leave home. Includes water (1 gallon per person per day), food, clothing, shoes, first aid supplies, medications, hygiene supplies, water filters or purification tablets, shelter and survival supplies and cash (small bills) for each family member.
   - Car kit adapted for each household need – adequate food, water, walking shoes, prepared to walk home if necessary
D. **The First 3 Weeks** - completed by Feb 29, 2012 (from Jan 1 – Feb 29, 2012)
   - In addition to First 3 Days supplies, enough water, food, personal items to last 3 weeks.

   - Adequate food that is part of normal, daily diet, enough to feed every family member for 3 months. Should include a combination of basic food storage and everyday food easily prepared. Build up gradually.
   - Water storage for at least 2 weeks (one gallon per day per person). Purification devices or chemicals for water treatment.

F. **One Year Supply Food** (completed by June 1, 2015)
   - Basic food storage for every family member for 1 year. Food type that will last a long time, that can be used to stay alive, such as wheat, rice and beans.
   - Suggested Minimum per person: 300 lbs. of grains (wheat, rice, corn, oats...) and 60 lbs. of dry beans and legumes. Go to providentliving.org.

G. **Semi Annual Maintenance**
   - Replace batteries in flashlights (including kits), emergency lights, smoke detectors, radios, etc...
   - Update “GO Binder” with current names, addresses, phone numbers, maps and documents.
   - Update first-aid kit supplies and rotate medications.
   - Rotate food and water in all 72-hour kits.
   - Rotate (replace) water storage in large containers.
   - Rotate children's shoes (correct sizes) in 3-minute kits and 72-hour kits.
   - Rotate children's clothing in 72-hour kits.
   - Rotate Water in Large Containers

H. **Sharing with Neighbors**
   Members are encouraged to share emergency preparedness ideas with friends and neighbors. Use of the publication “Neighbor Helping Neighbor” and/or this “Power of 3 Plan” is encouraged.
Daily Prayer
Individually and as families

Daily Scripture Study
Individually and as families

Make and Keep Sacred Covenants
Weekly Sacrament Meeting Attendance
Regular Temple Attendance
Service
FIRST 3 MINUTES
Completed by August 31, 2011

Leather Work Gloves  Sturdy Shoes  Flashlight
Whistle  Lightweight Clothing  All items secured to each bed frame in bag.

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FIRST 3 HOURS
Completed by October 31, 2011

Emergency Radio
Battery powered or self crank AM radio

First Aid Kit

Fire Extinguisher

Search and Rescue Equipment

Important Documents
Stored in an easily accessible location that is safe from fire and water damage.

Tools to shut off utilities

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FIRST 3 DAYS
Completed by December 31, 2011

- **Food Supply**
  Canned food is generally easiest

- **Water Supply**
  1 gallon per person per day

- **First Aid Supplies**
  Store all items in a portable container that is easy to access and travel with for a moderate distance.

- **Cash in small bills**

- **Hygiene Supplies**
  Include Babies, Elderly & Feminine Needs

- **Shelter Supplies**

- **72 Hour Kit in Cars**

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In addition to the First 3 Day supplies, plan for enough water, food, and personal items to last 3 weeks.
Store pre-packaged foods that are easy to prepare. These should be foods that your family eats on a regular basis. Each time you shop, simply buy 1 or 2 extra to store.

Water Purification Methods

Water Supply
1 gallon per person per day

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Store dry goods that will last. These will sustain your family during an emergency.

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