



Introduction

If you listen to the media, you might have a certain impression of emergency preparedness. You might see it as an activity enjoyed by eccentrics, crazy people or fanatics; those prepping for a Zombie Apocalypse, Doomsday or a day when our own government turns on us. Unfortunately, this movement has polluted the true concept of preparedness and out of fear of being grouped with “Fanatic Preppers” or a lack of understanding, most people don’t prepare at all. What has been lost is Common Sense. Life never goes according to plan. Cars break down, jobs are lost, storms cause damage, homes catch on fire and people get sick. Statistically, things go wrong from time to time. Some of them are man-made and some caused by nature. If you live in Oklahoma, you have greater odds of experiencing a tornado. In Phoenix, Arizona the summers are going to be hot. The Gulf coast will be hit by hurricanes regularly. Most everyone will lose their job at some point in their lives and loved ones may die due to health problems.



Emergency Preparedness is about common sense preparations for the things that commonly go wrong in your life or in your area. It is about self-reliance. Those who are self-reliant do not need to rely on assistance from others when there is a bump in the road of life. Self-reliant people will have some cash on hand if they have an unexpected car repair, flashlights with fresh batteries if the power goes out and an emergency kit assembled and ready if they have to evacuate. Those who are self-reliant are also in a position where they, not only can help themselves, but can lend assistance to those around them. Family, friends and neighbors might be saved from inconvenience or serious harm because you decided to prepare.

For those that have started preparing, most will say that it can easily become over-whelming. It might seem impossible to the beginner to accomplish all that is recommended. As the saying goes, “Eating an elephant starts with the first bite” any large project will never be successfully completed unless you become organized and break it into small manageable tasks, preferably in priority order and then get started on the first one.

EPPIC Preparedness is a plan designed for those that need a little help getting prepared. Many of us, when we think about preparing become overwhelmed, don’t know where to start and fail to really start at all. EPPIC Preparedness is a checklist of items in priority order of what you need to do to see results. Upon completion of the program, you can call yourself prepared! Alongside each checklist item will be information explaining each principle along the way. This brief guide will provide you with the basics needed to understand the concepts and direct you to other sources should you choose to learn more.

Keep in mind that every person/family is different and has different needs. Certainly, this plan won’t cover everything you need to do, but, by following it you will have covered the basics and learned the vision of what is needed to be more fully prepared. Some items in the list might not apply to your family, that’s ok! Just skip it and go on to the next one. All items are optional, especially those outside your scope and comfort zone. At times you might feel tempted to jump around, and complete a later task first and then go back to do an earlier one. That is fine too, but remember the plan is designed to be in priority order and many tasks build on what you have done in earlier tasks. There are several levels to the program. Just stop when you have gone as far as you want to go.

Preparedness is difficult when each person has to develop their own plan and often times “reinvent the wheel” along the way. Make your life easier and ensure your preparedness journey is EPPIC!