

Do You Really Need to Create a Family Disaster Plan?
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I have always been in favor of planning for several contingencies. Perhaps it is my training as a girl scout, or my time as a San Diego Police Officer. Being prepared might not get rid of the disaster, but it often mitigates the long term effects. During a disaster incident, most people feel more secure in their response if they have previously prepared and practiced.

We used to say to plan on being self-sufficient for a minimum of three days or 72 hours after a disaster. In recent years, we have found that 72 hours of self sufficiency may not be long enough. A checklist of basic items is available on the web site of the San Diego County Office of Emergency Services at this website: http://www.sdcounty.ca.gov/oes/docs/FamilyDisasterPlan_List.pdf

Lists such as this are good as starters. You will know what works best for you and your loved ones, but the list will remind you of some items that you might not think about.

Check these first:

http://www-dateline.ucdavis.edu/dl_detail.lasso?id=8439

<http://www.psychservices.com/hope.shtml>