



READINESS CHECKLIST

PREP WITH THE CORE OF CALM

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In the event of an emergency, are you certain you and those you care about will survive? More importantly, can you thrive during an unforeseen event?

Remember, disasters can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. Leaving you and those you care about without basic services like water, gas, electricity, telephones, or access to other services. You may not be able to get to stores, or other businesses. You may not have access to any of these for several hours, days, or even weeks. While we hope that public safety personnel will be on the scene after a disaster, they cannot reach everyone right away.

Therefore, the best way to ensure you, your home and those you care about are safe is to be prepared *before* disaster strikes.

Below you will find a comprehensive list that can help you get through any disaster that may come your way.

Each plan includes The Core of Calm™; which teaches people to incorporate physical, mental and spiritual strength during times of hardship and distress.

After all, having a list is **ONLY** the beginning!



Helping others is my driving force. As an instructor, I enjoy sharing my knowledge with others. My desire is to empower individuals to prepare for any adversity without succumbing to fear. Because knowledge is power and knowing what to do, no matter the circumstances, can save a life.

My motto is: The Core of Calm®



Important

A Message from GL Skye: In an emergency, are you certain you and those you care about will survive? More importantly, can you thrive? Disasters strike without warning, often cutting off water, power, and communications for days or weeks. Public safety personnel cannot always reach everyone immediately.

The best way to ensure safety is to be READY before the crisis hits.

Below is your Comprehensive Readiness List, developed from my 25 years of tactical experience and our philosophy at Great Living Stories. This isn't just a list—it's the start of your journey toward The Core of Calm®, the mental and spiritual strength required to lead through hardship.

✂ Phase 1: The Essentials (Water & Food)

- Water Filtration: Big Berkey gravity filter (2.25 gal), paint/coffee filters for sediment, and backpacking filters (MSR/Sawyer) for mobility.
- Water Storage: 5-gallon heavy plastic jugs (avoid collapsible), rain barrels, and a 55-gallon storage barrel.
- Short-Term Food: Maintain a 30-day minimum of your "everyday" food.
- Long-Term Food: Hard Red Winter Wheat, Rice, Beans (stored in Mylar), Salt (infinite shelf life), Honey, and Powdered Milk.

🛡 Phase 2: Defense & Security

- Home Defense: Identify your primary protection tools. Focus on door security (EZ Armor kits) and sandbags for flood/ballistic protection.
- Tactical Gear: Heavy-duty knife, holster, ultra-bright flashlight, and body armor (Soft or Hard panels).
- Financial Readiness: Keep extra cash outside of banks to circumvent "bank holidays" or power outages. Consider Silver for small-scale bartering.

🔌 Phase 3: Power, Heat & Light

- Power: 1000W Inverter for your car battery, 100W Solar Panel kit, and a Tri-fuel generator (Gas/Propane/Natural Gas).
- Lighting: Headlamps for every individual (hands-free is critical), 15-hour emergency candles, and LED lanterns for common areas.
- Heat: Kerosene or Propane heaters with at least 90 gallons of treated fuel stored safely.

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☐ Phase 4: Medical & Sanitation

- Hygiene: Bulk soap, feminine products, and "Fish Antibiotics" (last resort).
- First Aid: Colloidal Silver (anti-viral), N95 masks, Nitrile gloves, and children's fever reducers.
- Sanitation: 5-gallon bucket with a toilet lid, heavy-duty trash bags, and non-scented bleach for disinfection.

📡 Phase 5: Communications & Morale

- Comms: World Band Radio and a Ham Radio (BaoFeng BF-F8HP 8W) with spare batteries.
- The "Core of Calm": Include books, board games, and cards. Mental diversion is a tactical necessity to prevent panic in children and adults alike.

Your Journey Starts Now. Knowledge is the only way to eradicate fear. By empowering yourself with this list, you move from *reacting impulsively* to *acting accordingly*.

Stay Ready. Remain Calm. GL Skye [GreatLivingStories.com](https://www.GreatLivingStories.com)



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