

FAMILY EMERGENCY PLANNER

THE COMPLETE 20-PAGE PLANNING GUIDE



WATER

Clean water anywhere



FIRE

Warmth when needed



ENERGY

Power in darkness



EARTH

Shelter in seconds

Value: \$29.99 — Yours FREE

EXCLUSIVE VIP MEMBER BENEFIT

*"The best time to prepare was yesterday.
The second best time is right now."*

50K+

Families Protected

72hrs

Self-Sufficiency Goal

4

Essential Elements

QUIET PROTECTOR

When The Grid Fails, Your Family Won't.

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INTRODUCTION

Why This Planner Exists

February 2021. Texas. Winter Storm Uri. The power went out. The heat died. Temperatures dropped below freezing inside homes. According to the Texas Department of State Health Services, at least 246 people died directly from the storm.

Here's what separated the families who made it through safely from those who didn't: **preparation**. Not expensive bunkers. Not years of training. Simple, practical preparation that anyone can do.



This planner is your family's roadmap to preparedness. Not paranoia—**practical stewardship**. You're not preparing for the end of the world. You're preparing for a bad week where the systems we rely on temporarily fail.

■ A NOTE ON STEWARDSHIP

The Proverbs 31 woman 'watches over the affairs of her household.' This planner helps you do exactly that—systematically, practically, and without overwhelm.

What You'll Accomplish With This Planner:

- ✓ Document all critical family information in one place
- ✓ Identify the gaps in your current preparedness
- ✓ Create a communication plan your whole family knows
- ✓ Build checklists customized for YOUR household
- ✓ Know exactly what to do in the first 30 minutes of any emergency

CHAPTER 1

The 72-Hour Self-Sufficiency Rule

FEMA recommends being prepared to survive **72 hours (3 days)** without outside assistance. Many survival experts suggest planning for **7 days minimum**. During major disasters, help often takes longer to arrive than expected.

■■ IMPORTANT WARNING

After a major disaster, emergency services are overwhelmed. You may be completely on your own for 72 hours or more. The families who planned ahead don't panic—they execute.

The Rule of 3s

Survival experts reference the "Rule of 3s"—a general guideline teaching priorities:

TIME	WITHOUT	CONSEQUENCE
3 Minutes	Without AIR	Immediate life threat
3 Hours	Without SHELTER in harsh conditions	Hypothermia risk
3 Days	Without WATER	Dehydration danger
3 Weeks	Without FOOD	Starvation timeline

■ PRO TIP

Notice that SHELTER comes before water and food. Hypothermia can incapacitate you before dehydration or hunger. This is why thermal protection (like your TerraShell) is so critical.

Your 72-Hour Readiness Assessment

Answer honestly—this is for YOUR family's safety:

72-HOUR READINESS CHECKLIST

-
- ☐ Do you have thermal protection for each family member?
 - ☐ Do you have 3 days of water (1 gallon per person per day)?
 - ☐ Do you have a way to purify water if supplies run out?
 - ☐ Do you have 3 days of non-perishable food?
 - ☐ Do you have flashlights with working batteries?
 - ☐ Do you have a battery-powered radio?
 - ☐ Do you have a first aid kit?
 - ☐ Does everyone know where emergency supplies are kept?
 - ☐ Do you have a family communication plan?
 - ☐ Do you have copies of important documents?
-

Scoring: Count your checkmarks. 8-10 = Well prepared. 5-7 = Gaps to address. 0-4 = Urgent action needed. This planner will help you reach 10/10.

CHAPTER 2

Family Information Hub

In an emergency, you need critical information at your fingertips. This section creates your family's central reference document. **Fill this out NOW**, while you have time to think clearly—not during a crisis.

Family Member Information

Family Member #1

Full Legal Name: _____

Date of Birth: _____

Blood Type: _____

Allergies: _____

Medications: _____

Medical Conditions: _____

Doctor's Name/Phone: _____

Health Insurance #: _____

Family Member #2

Full Legal Name: _____

Date of Birth: _____

Blood Type: _____

Allergies: _____

Medications: _____

Medical Conditions: _____

Doctor's Name/Phone: _____

Health Insurance #: _____

Family Member #3

Full Legal Name: _____

Date of Birth: _____

Blood Type: _____

Allergies: _____

Medications:

Medical Conditions:

Doctor's Name/Phone:

Health Insurance #:

Family Member #4

Full Legal Name:

Date of Birth:

Blood Type:

Allergies:

Medications:

Medical Conditions:

Doctor's Name/Phone:

Health Insurance #:

CHAPTER 3

Emergency Contacts Directory

When cell phone batteries die and internet goes down, having written contacts is essential. Complete this directory and **keep a printed copy** with your emergency supplies.

Critical Emergency Numbers

Local Emergency:	911
Poison Control:	1-800-222-1222
Local Police (non-emergency):	_____
Local Fire Department:	_____
Local Hospital:	_____
Family Doctor:	_____
Pediatrician:	_____
Veterinarian:	_____
Utility Company (Electric):	_____
Utility Company (Gas):	_____
Utility Company (Water):	_____
Home Insurance:	_____
Auto Insurance:	_____

Out-of-Area Contact

■ WHY THIS MATTERS

During local disasters, local phone lines may be jammed, but long-distance calls often work. Designate an out-of-area contact (at least 100 miles away) who can serve as a message relay point for your family.

Contact Name: _____

Relationship: _____

Phone (Home): _____

Phone (Cell): _____

Phone (Work): _____

Address: _____

Email: _____

CHAPTER 4

Home Emergency Audit

Walk through your home with this checklist. You're looking for two things: **hazards to address** and **resources to leverage** during an emergency.

■ LIVING AREAS

- Flashlight accessible without opening drawers?
- Smoke detector installed and working?
- Carbon monoxide detector installed?
- Fire extinguisher accessible?
- Emergency supplies visible and known to all?
- Windows can be covered to retain heat?

■ KITCHEN

- Manual can opener available?
- Non-perishable food stored (3+ days)?
- Water stored or filtration available?
- Gas shut-off wrench accessible (if applicable)?
- Fire extinguisher in kitchen?

■■ BEDROOMS

- Flashlight in each bedroom?
- TerraShell or emergency blanket per person?
- Sturdy shoes near bed (for broken glass)?

☐ Clear path to exit?

☐ **GARAGE/STORAGE**

☐ Generator and fuel (if applicable)?

☐ Tools accessible?

☐ Emergency supplies stored?

☐ Seasonal gear accessible?

CHAPTER 5

The Four Elements Checklist

At Quiet Protector, we organize emergency preparedness around four essential elements: **Water**, **Fire (warmth)**, **Energy**, and **Earth (shelter)**. Master these four, and you've covered 90% of emergency situations.

■ WATER — Clean water anywhere

- Water stored: 1 gallon per person per day × 3 days minimum
- Water filtration system (TerraPore or equivalent)
- Water purification tablets (backup)
- Container for water collection
- Knowledge of nearest freshwater sources

■ VIP MEMBER RECOMMENDATION

The TerraPore Water Filter Straw can purify up to 1,000 liters of water from any freshwater source. Keep one in your home kit AND one in each vehicle. Use code VIP40 for your member discount.

■ FIRE — Warmth when needed

- TerraShell emergency sleeping bag (one per person)
- Extra blankets and sleeping bags
- Hand warmers (chemical or rechargeable)
- Warm clothing layers for each person
- Hat and gloves for each person
- Matches/lighter in waterproof container

■■ IMPORTANT WARNING

NEVER use generators, gas grills, camp stoves, or car engines indoors. Carbon monoxide is odorless and kills in minutes. More people die from CO during power outages than from cold itself.

■ ENERGY — Power in darkness

- Flashlights (LED, multiple)
- Extra batteries (for all devices)
- Battery-powered or hand-crank radio
- Phone charger (battery pack, fully charged)
- Solar charger (optional but recommended)
- Generator (if applicable) + fuel

■■ EARTH — Shelter in seconds

- Identified 'warm zone' room in home
- Towels/blankets for sealing door gaps
- Plastic sheeting and duct tape
- Tent (for 'tent within a room' strategy)
- Tarp or emergency shelter (for evacuation)
- Knowledge of nearest warming shelter location

CHAPTER 6

Communication & Rally Points

During a disaster, cell networks are often overwhelmed. Your family needs a communication plan that works **without phones**. Everyone in your family should memorize this information.

Rally Points

Establish meeting locations your family will go to if you get separated. Everyone should know these by heart.

INDOOR RALLY POINT (Inside your home)

Location: _____

NEIGHBORHOOD RALLY POINT (Within walking distance)

Location: _____

Address: _____

OUT-OF-AREA RALLY POINT (If neighborhood is unsafe)

Location: _____

Address: _____

■ MEMORIZE THIS PROTOCOL

Family Communication Protocol:

1. Try to call/text each family member
2. If no answer, text "I'm OK" and your location
3. If texting fails, go to the appropriate rally point
4. If separated for 30+ minutes, contact Out-of-Area contact
5. Leave written note at home if evacuating (include destination and time)

CHAPTER 7

Vehicle Preparedness

Every winter, drivers get stranded—sometimes for hours, sometimes overnight. Your vehicle can be a survival shelter or a death trap. The difference is preparation.

VEHICLE EMERGENCY KIT

- TerraShell emergency sleeping bag
- Extra blanket
- Hand warmers (chemical)
- Flashlight + extra batteries
- Phone charger (battery pack)
- High-calorie snacks (nuts, bars)
- Water bottles (2-3)
- First aid kit
- Jumper cables
- Ice scraper / snow brush
- Small shovel
- Cat litter or sand (for traction)
- Bright cloth for signaling
- 3-day supply of prescription medications

■■ IMPORTANT WARNING

If stranded in snow, CHECK THE EXHAUST PIPE before every engine start. A blocked exhaust fills your car with carbon monoxide in minutes. Dig it out. This is life or death.

CHAPTER 8

Special Needs Planning

If your family includes infants, elderly members, people with medical conditions, or pets, you need additional planning.

Infants & Young Children

- Formula/baby food (7-day supply)
- Diapers and wipes (7-day supply)
- Medications (7-day supply)
- Comfort items (blanket, stuffed animal)
- Extra clothing
- Baby carrier (hands-free for emergency)

Elderly Family Members

- Medications (7-day supply + list)
- Medical equipment (spare batteries)
- Mobility aids accessible
- Large-print emergency instructions
- Hearing aid batteries
- Warm clothing easily accessible

Pets

- Pet food (7-day supply)
- Water (for pets)
- Medications

-
- Carrier or leash
 - Vaccination records
 - Recent photo (for lost pet flyers)
-

CHAPTER 9

Financial Emergency Prep

During emergencies, ATMs don't work, banks close, and digital payments fail. Having cash and document copies can mean the difference between solving problems and being stranded.

Emergency Cash

Keep at least \$200-\$500 in small bills (\$1s, \$5s, \$10s, \$20s) in your emergency supplies. Stored safely, not in your wallet.

Emergency cash location: _____

Amount stored: \$ _____

Last updated: _____

Document Copies

Keep copies (physical AND digital/cloud) of these documents:

ESSENTIAL DOCUMENTS

- ☐ Driver's licenses / State IDs
- ☐ Passports
- ☐ Birth certificates
- ☐ Social Security cards
- ☐ Insurance policies (home, auto, health, life)
- ☐ Property deeds / lease agreements
- ☐ Vehicle titles and registration
- ☐ Bank account information
- ☐ Credit card information
- ☐ Medical records and prescription list

■ Power of attorney documents

■ Wills and trusts

CHAPTER 10

Your Next Steps

You now have the knowledge and tools to protect your family. But knowledge without action is just trivia. Here's exactly what to do next:

■ TODAY (15 minutes)

- Fill in Family Information Hub (Chapter 2)
- Complete Emergency Contacts (Chapter 3)
- Identify your 'warm zone' room
- Locate your TerraShell(s) and show family where they are

■ THIS WEEK (1-2 hours total)

- Complete Home Emergency Audit (Chapter 4)
- Shop for missing items from Four Elements Checklist
- Complete Vehicle Kit for each family car
- Have family meeting to discuss rally points

■ THIS MONTH

- Complete Financial Emergency Prep (Chapter 9)
- Make document copies (physical + digital)
- Run a family emergency drill
- Check on elderly relatives' preparedness
- Consider gifting TerraShells to family members

Complete Your Family's Protection

As a VIP member, you have access to exclusive discounts:

40% OFF all products with code **VIP40**
\$10 monthly credit with code **VIPCREDIT10**

Visit: quietprotector.com

APPENDIX

Quick Reference Cards

Cut out these cards and keep them with your emergency supplies, in your wallet, or posted in your home.

EMERGENCY PROTOCOL — FIRST 30 MINUTES

1. Check family members — account for everyone
2. Assess immediate danger — stay or evacuate?
3. If staying: Close off unused rooms, gather in warm zone
4. Locate emergency supplies — TerraShells, water, flashlights
5. Layer up NOW — don't wait until cold
6. Contact Out-of-Area contact to report status
7. Conserve resources — ration food, water, battery power
8. Stay informed — battery radio for updates

HYPOTHERMIA WARNING SIGNS

MILD (95-90°F): Shivering, fast breathing, difficulty with fine motor tasks

→ ACTION: Warm environment, dry clothing, warm fluids

MODERATE (90-82°F): Violent shivering → stops, confusion, slurred speech

→ ACTION: Active external warming, DO NOT give alcohol

SEVERE (Below 82°F): No shivering, unconscious, weak pulse

→ ACTION: **CALL 911 IMMEDIATELY** — Handle gently, don't rub limbs

■ ■ *When shivering STOPS, it's getting WORSE, not better*

IMPORTANT LEGAL DISCLAIMER

EDUCATIONAL PURPOSE ONLY: This guide is provided for general educational and informational purposes only. It is not intended as, and should not be construed as, medical advice, professional emergency response guidance, or a substitute for professional medical care, diagnosis, or treatment.

SEEK PROFESSIONAL HELP: In any medical emergency, including suspected hypothermia or cold-related injury, immediately call 911 or your local emergency services. Do not rely solely on the information in this guide to make critical health decisions.

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SOURCES: Information in this guide is based on guidelines from the Centers for Disease Control (CDC), the American Red Cross, FEMA, and the Wilderness Medical Society.

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When The Grid Fails, Your Family Won't.

Thank you for trusting Quiet Protector with your family's safety.

Questions? Email: support@quietprotector.com | Phone: +1 (888) 561-6869