

# Be Prepared

## Emergency and Safety Challenge

During the challenge, choose at least 10 of the following activities.

### Food Storage

Do an inventory of your long term food storage and make a list of things you need.

[More](#)

### Food Storage

Read "Prepare Ye" from Ezra Taft Benson

[Read](#)

### Food Storage

The next time you go to the store, buy three more things to keep in your short term food storage.

### Food Storage

Fill three 2-liter bottles with water and write the date you filled them up on the containers

### Earthquake Safety

Watch "When the Earth Shakes"

[Watch](#)

### Earthquake Safety

Do an earthquake drill with your family

### Earthquake Safety

Fill out the Earthquake Safety Checklist

[More](#)

### Work Safety

Sign up to get Y-alerts

[More](#)

### Work Safety

Put together a simple emergency kit for your car or for work

### Work Safety

Learn your department's evacuation plan

### Work Safety

Find out where the closest AED Machine is to your work area and learn how to use it

[More](#)

### Work Safety

Watch the Campus Safety Videos

[Watch](#)

### Family Preparedness

Make a family communication plan with a list of emergency contact phone numbers

### Family Preparedness

Read "The Need to Teach Personal and Family Preparedness"

[Read](#)

### Family Preparedness

Have FHE and learn simple CPR

[More](#)

### Family Preparedness

Check the batteries of your fire alarm

### Family Preparedness

Determine an escape plan and meeting place in case of emergency or natural disaster

### Family Preparedness

Do an inventory of your home first-aid kit and make a list of things you need

[More](#)

### Family Preparedness

Build an emergency 72 hour kit for the people in your family

[More](#)

### Miscellaneous

Make your own goal: