

#14 - FAMILY SURVIVAL DAY



Watch, therefore, that ye may be ready.

D&C 50:46

PURPOSE: Spend a day testing your preparedness and emergency skills.

LESSON: If possible, make no advance preparation for this day so that you can have a more accurate test of your emergency readiness.

Without letting family members know in advance, choose a day where you will turn off all modern-day conveniences to practice surviving during an emergency. Rather than stocking up on food or other things you will need that day, use only what you already have on hand.

Before the family wakes up, go through the house and tape up all light switches, unplug appliances (except the refrigerator, freezer, and anything else that may cause food to spoil or cause a true medical emergency), and turn the water off (it may be a good idea to keep the toilets running, however!).

As the day goes on, you may find your family learning to be very creative in their efforts to survive. You will be able to test your family's available resources to cook meals (propane stoves, barbecues, emergency burners), stay warm, and keep each other entertained.

Keep a running list of the things you learn you may need in case of a true emergency, such as: flashlights, batteries, extra blankets, propane or gasoline, more rounded food storage, fresh water, etc.

It may be easy and fun to try surviving for one day, but you can also learn a lot. Use this experience to think about what you would do for an extended emergency or if you were unable to stay in your home during an emergency. As a follow-up to this activity, make additions to and improve your home storage and emergency preparations.