


FREE PRINTABLE · FOR THE WHOLE CREW

# NOMADIC KIDS
# FAMILY DISASTER PLAN

From the world of *Snack Attack! The Nomadic Kids' Field Guide to the End of the World* by Joshua Utke. Based on Ready.gov and American Red Cross guidance.

**Our family name:** _____

**Plan made on:** _____

**Next update (every year):** _____

## HOW TO USE THIS PLAN

1. **Sit down together.** Grown-ups and kids fill it in as a team. Mo's Grandpa Hutch made his plan right at the flagpole.
2. **Write it all down.** Never count on remembering phone numbers in an emergency.
3. **Make copies.** One by the fridge, one in each go-bag, and a contact card in every backpack and wallet.
4. **Practice it.** Walk to your meeting places, do a tornado drill, and pack the go-bag together.
5. **Update it every year**, and whenever phone numbers, schools or pets change.

**IN A REAL EMERGENCY,** call 911 and follow your local officials. Safety guidance can change, so check Ready.gov and RedCross.org when you update your plan.

Mo's note: Being prepared isn't about having the most stuff. Tater had the most snacks, and that didn't help much. It's about staying calm, knowing what to do, and taking care of each other.

# FAMILY CONTACTS

## OUR HOUSEHOLD

| Name | Cell phone | Work / school / troop | Allergies / meds |
|---|---|---|---|
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## IMPORTANT NUMBERS

**Emergency: 911**

**Their phone:** _____

**Their phone:** _____

**Vet:** _____

**Work:** _____

**Non-emergency police:** _____

**Out-of-state contact:** _____

**Local contact:** _____

**Doctor:** _____

**School:** _____

**Neighbor:** _____

**Insurance / policy #:** _____

**Why an out-of-state contact?** Sometimes it's easier to reach somebody far away when all the local lines are busy. **Text, don't call:** texts often get through when calls don't.

## CUT-OUT CONTACT CARDS

**MY CONTACT CARD**

**Name:** _____
**Parent:** _____
**Phone:** _____
**Out-of-state:** _____
**Phone:** _____
**Meet at:** _____

**MY CONTACT CARD**

**Name:** _____
**Parent:** _____
**Phone:** _____
**Out-of-state:** _____
**Phone:** _____
**Meet at:** _____

**MY CONTACT CARD**

**Name:** _____
**Parent:** _____
**Phone:** _____
**Out-of-state:** _____
**Phone:** _____
**Meet at:** _____

# MEETING PLACES & OUR PLAN

Choose a familiar spot near home, and one outside your neighborhood in case you can't get home. In *Snack Attack!* the troop picked "the big wooden trail sign, right next to the Tortoise."

### MEETING PLACE NEAR HOME

*(like a neighbor's mailbox or a big tree)*

**Place:** _____

**Address:** _____

**How we get there:** _____

### OUTSIDE OUR NEIGHBORHOOD

*(like a library, church or relative's house)*

**Place:** _____

**Address:** _____

**How we get there:** _____

## HOW WE GET ALERTS

- ☐ Phone emergency alerts
- ☐ NOAA Weather Radio
- ☐ Local TV / radio news
- ☐ Community alert sign-up

## OUR SAFE SPOTS AT HOME

**Tornado safe room (lowest floor, no windows):** _____

**If we must go higher (flood):** _____

**Where the go-bag is kept:** _____

**Where the flashlights are:** _____

## IF WE HAVE TO LEAVE (EVACUATE)

**Route out #1:** _____

**Route out #2:** _____

**Where we'd stay:** _____

**Who grabs Pickle (or our pet):** _____

## PRACTICE LOG

| Date | What we practiced (drill, meeting place walk, go-bag check) | Beans (1-5) |
|---|---|---|
| | | |
| | | |
| | | |

# GO-BAG & PET PLAN

## FAMILY GO-BAG CHECKLIST

From Ready.gov's Build a Kit. Keep several days of supplies for everyone in your home, pets included.

- ☐ Water: 1 gallon per person per day, for several days
- ☐ Non-perishable food for several days
- ☐ Manual can opener
- ☐ Flashlight and extra batteries
- ☐ Battery-powered or hand-crank radio (NOAA Weather Radio)
- ☐ First-aid kit
- ☐ Whistle to signal for help
- ☐ Local maps
- ☐ Phone charger and backup battery
- ☐ Medicines and copies of important papers
- ☐ Extra clothes, socks and blankets
- ☐ Contact cards for every family member

## PET PLAN: DON'T FORGET PICKLE!

Pickle the beagle went on the whole Snack Attack adventure. Ready.gov says pets are family, so put them in the plan. If officials ask you to evacuate, your pet evacuates too. Many public shelters and hotels don't allow pets, so pick a pet-friendly place ahead of time, and a pet buddy who can help if you can't.




**Pet name:** _____ **Type / breed:** _____

**Microchip #:** _____ **Vet & phone:** _____

**Pet-friendly place to go:** _____

**Pet buddy who can help:** _____

**Pet kit (from Ready.gov):**

- ☐ Several days of food in an airtight, waterproof container
- ☐ Water and a water bowl
- ☐ Extra supply of pet medicine
- ☐ Pet first-aid kit (ask your vet)
- ☐ Collar with ID tag, leash or harness, plus backups
- ☐ Carrier or crate
- ☐ Clean-up bags, litter, paper towels
- ☐ Photo of you with your pet
- ☐ Favorite toy, treats or bedding

# QUICK ACTIONS

Post this by the fridge. From Ready.gov, the American Red Cross and the National Weather Service. Always follow local officials first.

## TORNADO

- **Watch** = tornadoes are possible. Be ready to act fast!
- **Warning** = take action! Move to your safe spot right away.
- Go to a safe room, or a small, interior, windowless room or basement on the lowest level of a sturdy building.
- Stay away from windows, doors and outside walls.
- Cover your head and neck with your arms. Blankets or furniture around you help.
- Mobile homes and RVs are not safe in high winds. Plan a sturdy building ahead of time.
- After: stay clear of fallen power lines. Text instead of calling.

## FLOOD

- **Turn Around, Don't Drown!** Never walk, swim or drive through floodwater.
- Just 6 inches of moving water can knock you down; 1 foot can sweep a car away.
- Move to higher ground or a higher floor. Evacuate if told to.
- Never drive around barricades.
- Stay off bridges over fast-moving water.
- If trapped in a building, go to the highest level, but never into a closed attic.
- Don't drink floodwater; it may have fuel or chemicals. Use stored water.
- Return home only when officials say it's safe.

## POWER OUTAGE

- Keep the fridge and freezer closed. A closed fridge keeps food cold about 4 hours; a full freezer about 48 hours.
- Use flashlights, not candles.
- Generators, camp stoves and grills go OUTDOORS only, at least 20 feet from windows and doors.
- Never use a gas stove or oven to heat your home.
- Unplug appliances and electronics to avoid damage from power surges.
- Plan for medicines that need the fridge and medical devices that need power.
- Too hot or too cold? Go to a community heating or cooling location.
- When in doubt, throw it out: food at 40°F or warmer for 2+ hours.

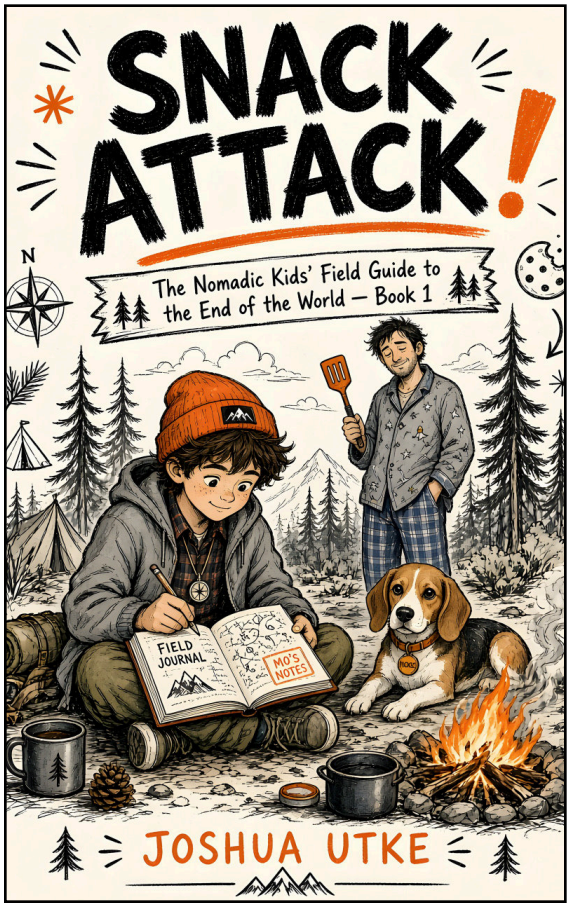
## OUR SPOTS

**Tornado spot:** _____ **High-ground spot:** _____ **Flashlights are:** _____

**Sources:** ready.gov/tornadoes · ready.gov/floods · ready.gov/power-outages · ready.gov/kit · ready.gov/pets · redcross.org (Tornado Safety; Power Outage Safety) · weather.gov/safety/flood-turn-around-dont-drown

KEEP THE ADVENTURE GOING

# MEET THE NOMADIC KIDS




## SNACK ATTACK!

*The Nomadic Kids' Field Guide to the End of the World, Book 1*

by Joshua Utke

A Troop 76 campout in Hoosier National Forest goes sideways when the grown-ups drink a new energy drink called Zoomz and turn into slow, snack-hungry "Fizzle" zombies. Ten-year-old Mo, Grandpa Hutch (a retired park ranger), little sister Junie, best friend Tater, navigator Priya and Pickle the beagle have to hike their way home, and Mo writes it all down in his field journal.

Funny for kids. Real skills for families: campfire safety, safe water, knots, first aid, shelters, what to do if you're lost, map and compass, and a family emergency plan, all checked against Ready.gov, the CDC, the National Park Service and the Red Cross.

**Middle grade · Ages 8 to 12**

### THE NOMADIC PREPPER APP

**https://tnpa.grok.me**

For grown-ups: track your family's supplies and how many days of food and water you have on hand, plus printable family plans and checklists.

### APOCOWARN

**https://apocowarn.grok.me**

For grown-ups: a live situational dashboard that pulls public feeds such as USGS earthquakes and weather and disaster alerts into one screen.

**Grown-ups:** share this free plan with your troop, class or neighbors. Print as many copies as you like for personal and classroom use.

© 2026 Joshua Utke. The Fizzle and Zoomz are made up; the safety steps follow official guidance. This plan is not a substitute for instructions from local officials.