



Resources Guides



Emergency Financial First-Aid Kit

This kit includes information to help families maintain financial stability in the event of an emergency. By filling out the forms provided, users identify key financial records, contact information of relevant people and location of important documents.

[Download \(PDF\)](#)



Emergency Supply List

This ready.gov brochure instructs people to get an emergency supply kit and lists the items that should be included.

[Download \(PDF\)](#)



Employer Support of the Guard and Reserve Employer Resource Guide (PDF)

Employer Support of the Guard and Reserve is a Department of Defense agency that seeks to develop and promote a culture in which all American employers support and value the military service of their employees by recognizing outstanding support, increasing awareness of the law and resolving conflicts through mediation.

[Download \(PDF\)](#)

Extreme Cold: A Prevention Guide to Protect your Health and Safety



This guide offers proactive ways that people can be safe in extremely cold weather. It explains the effect of cold on the human body and describes how to prevent health issues such as frostbite and hypothermia. Checklists for preparing your home and car for extreme cold are included.

[Download \(PDF\)](#)



Guide for Adults with Special Needs (Downloadable version)

The Department of Defense Guide for Adults with Special Needs provides information and



resources to address a wide range of topics regarding adults with special needs. Some sections of this guide are relevant to adult children with a disability while other information may be more appropriate to adults diagnosed with a medical condition. This guide is also intended for use by caregivers.

[Download \(PDF\)](#)



Keeping It All Together Handbook (Downloadable)

Keeping It All Together is an organizing notebook for wounded, ill, and injured service members and their families. This tool helps to document and organize important information during the service member's treatment and recovery.

[Download \(PDF\)](#)



Power Outage Checklist

This power outage checklist from the Red Cross, includes preparing for a power outage, what to do during the power outage and steps to take when the power comes back on. This checklist also provides details about the dangers of carbon monoxide poisoning.

[Download \(PDF\)](#)



Survivor's Guide to Benefits

This Guide is designed to help families understand the services and resources provided by the Casualty Assistance Officers and to give them a broad overview of some of the benefits and entitlements that might be available to them.

[Download \(PDF\)](#)



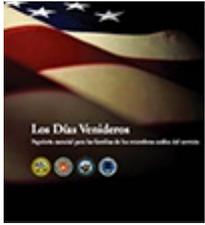
The Days Ahead, Essential Papers for Families of a Fallen Service Member (Downloadable English Version)

This comprehensive binder organizing tool is designed to assist families in the days following the death of their loved one.

[Download \(PDF\)](#)



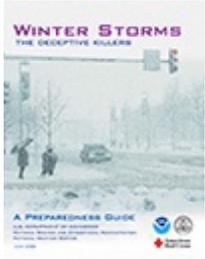
The Days Ahead, Essential Papers for Families of a Fallen Service Member



(Downloadable Spanish Version)

This comprehensive binder organizing tool, provided in Spanish, is designed to assist families in the days following the death of their loved one.

[Download \(PDF\)](#)



Winter Storms: The Deceptive Killers

The National Oceanic and Atmospheric Administration explains the science behind winter weather conditions such as heavy snow, ice, flooding and extreme cold. The site also promotes preparedness for such conditions by describing what to do before a storm, providing steps for a family disaster plan, and instructing people how to cope if caught in a storm while outside, in a vehicle or indoors.

[Download \(PDF\)](#)
