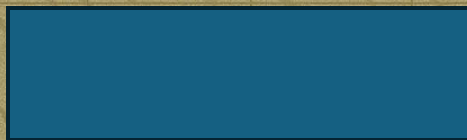


PREPAREDNESS SYSTEM CHECKLIST

Turn Scattered Gear Into
a Complete, Written System



0. Snapshot Self-Assessment (Quick Overview)

Rate each area **1–5** (1 = nothing, 5 = confident & tested).

Today's Date: _____

Area	Score (1–5)
Water	<input type="checkbox"/>
Food	<input type="checkbox"/>
Medical & Hygiene	<input type="checkbox"/>
Security & Home Safety	<input type="checkbox"/>
Comms (Communication)	<input type="checkbox"/>
Gear & Tools	<input type="checkbox"/>
Plans (Home/Evac)	<input type="checkbox"/>
Maintenance & Drills	<input type="checkbox"/>

Biggest gap right now (one sentence):

1. Household Profile

Household Members

- I have listed every household member, including ages and special needs.
- I have noted any **medical conditions** or **medications** required.
- I have included **pets** and their needs.

Household Summary

- Number of adults: _____
- Number of children: _____
- Pets (type & number): _____
- Special considerations (disabilities, chronic illness, pregnancy, etc.): _____

2. Gear & Supplies – Audit Snapshot

(This is the “dashboard” view; detailed inventory lives in your Gear Audit Sheet.)

2.1 Water

- I know **how much water** I currently have stored (gallons): _____
- I have **at least 1 gallon per person per day for 3 days**.
- I have a **plan to reach at least 30 days** of water (storage, source, or filtration).
- I have **at least one water filter** (e.g., Sawyer, Berkey, etc).
- I have **backup purification** (tabs, bleach, boiling method).

Top water gaps to address:

1. _____
 2. _____
-

2.2 Food

- I have **at least 3 days** of no-cook/easy-prep food for my household.
- I have a **minimum 2-week pantry** of shelf-stable food we actually eat.
- I am working toward **30 days of food** (pantry + long-term storage).
- I have a way to **cook without grid power** (stove, grill, rocket stove, etc).
- I have a **basic rotation system** (oldest food used first).

Top food gaps to address:

1. _____
 2. _____
-

2.3 Medical & Hygiene

- I have a **basic first aid kit** (bandages, antiseptic, etc.).

- I have **trauma supplies** (tourniquet, pressure dressings, etc.) appropriate to my skills.
- I have a **30+ day supply of essential medications** (where possible).
- I have **over-the-counter meds** (pain, fever, allergy, stomach, etc.).
- I have **hygiene supplies** for 30 days (soap, TP, feminine care, diapers, etc.).

Top medical/hygiene gaps to address:

1. _____
 2. _____
-

2.4 Security & Home Safety

- Exterior doors are **solid and have strong locks/strike plates**.
- I have **working flashlights/headlamps** with spare batteries.
- I have a **basic fire extinguisher** accessible on each level.
- I have **basic home defense** appropriate to my situation and local laws.
- I have **motion lights / deterrents / awareness measures** (e.g., dog, cameras, neighbors).

Top security/safety gaps to address:

1. _____
 2. _____
-

2.5 Communication (Comms)

- All family members' **phone numbers** are written down, not just stored in phones.
- I have **backup power** for phones (power banks, car charger, solar, etc.).
- I have at least one **radio option** (FRS/GMRS/Ham) OR a clear plan to get one.
- I have **local emergency numbers** and an **out-of-area contact** written down.
- I have **printed copies** of key contacts and plans.

Top comms gaps to address:

1. _____
 2. _____
-

2.6 Tools & General Gear

- I have **basic tools**: multi-tool/knife, duct tape, cordage, basic hand tools.
- I have **lighting options**: flashlights, lanterns, candles (used safely).
- I have **basic shelter/warmth items**: tarps, blankets, sleeping bags, etc.
- I have **gloves, masks, and simple PPE** appropriate to my environment.
- I know **where all this gear is stored** and can get to it quickly.

Top tool/gear gaps to address:

1. _____
 2. _____
-

3. Home Base (Bug-In) Plan – Snapshot

3.1 Stay-or-Go Scenarios

- I have listed the **top 3–5 scenarios** where I would **stay home** (bug-in).
Examples: storms, grid failure, civil unrest, quarantine, etc.

Scenarios to bug-in for:

1. _____
 2. _____
 3. _____
-

3.2 72-Hour Home Base Readiness

For **72 hours at home**, I have:

- Water for every person and pet.
- Food that doesn't require complex cooking.

- Light sources (flashlights/lanterns) and spare batteries.
 - A way to stay **warm/cool enough**.
 - Basic sanitation options (trash bags, wipes, TP, etc.).
 - A way to receive information (radio, charged phone, etc.).
-

3.3 30-Day Home Base Readiness (Work-in-Progress OK)

For up to 30 days at home, I have or am building:

- A **30-day food plan** for my household.
- A **water plan** (stored + resupply + filtration).
- A **cooking plan** off-grid (fuel, tools, safety).
- A **meds & hygiene plan** for 30 days.
- A **basic home security plan** (doors, windows, lighting, routines).

Biggest home base upgrade I need to make next:

3.4 Home Roles & Responsibilities

- I have assigned **basic roles** to household members (even if loosely).
Examples: water duty, cooking, comms, security checks, pet care.
 - My household knows **where key supplies are located**.
 - My household has had at least one **“blackout night” drill** or similar.
-

4. Evacuation / Bug-Out Plan – Snapshot

4.1 Triggers for Leaving

- I have written **3–5 specific triggers** that would make us evacuate.

Examples:

1. Mandatory wildfire or flood evacuation order

2. Home is structurally unsafe
 3. Immediate threat from violence/industrial accident
-

4.2 Destinations

- I have a **Primary destination** (with address & contact).
- I have a **Secondary destination** (different direction/area).
- I have a **Tertiary/"last resort" destination**.

Primary: _____

Secondary: _____

Tertiary: _____

4.3 Routes & Maps

- I have at least **2 routes** to each destination (primary & alternate).
 - I have **printed maps** with routes marked.
 - Those maps are stored in my **vehicle and/or bug-out bags**.
-

4.4 Bug-Out Bags & Vehicle Prep

- Each adult has a **bug-out bag** with ~72 hours of essentials.
- Bags are **packed, accessible, and reasonably carryable** (I've test carried mine).
- Children have simplified packs or items staged.
- Pets have **food, carrier/leash, and records** considered.
- Vehicle has a **basic emergency kit** and is usually at **½ tank or more**.

Biggest bug-out improvement I need to make next:

5. Communication Plan – Snapshot

5.1 Contact List

- I have a written **Emergency Contact List** with:
 - Immediate family
 - Close friends
 - Neighbors / local allies
 - Out-of-area contact
 - Key services (doctor, vet, school, etc.)
 - Copies exist in:
 - My wallet/EDC
 - Home binder
 - Bug-out bag / vehicle
-

5.2 Devices & Backup Power

- I have at least one **portable power bank** (charged).
 - I have **car chargers** for phones/devices.
 - I have a **radio** (FRS/GMRS/Ham/NOAA) OR a plan to get one.
 - I understand the **basics** of how to use my comms gear.
-

5.3 Rally Points & Check-Ins

- We have at least **2 physical rally points** (nearby and out-of-area).
 - Our family knows **where to meet** if separated.
 - We have a simple **check-in schedule** (e.g., “try at 12:00 & 18:00”).
 - We have **a few simple code words/phrases** everyone understands.
-

6. Logistics, Maintenance & Rotation – Snapshot

6.1 Rotation Systems

- I rotate **food** using a simple system (FIFO).

- I track **expiration dates** for key items (meds, batteries, etc.).
 - I rotate or treat **stored water** as needed.
 - I maintain **fuel** (where legal and safe) with stabilizer/rotation.
-

6.2 Seasonal Adjustments

- I review my preps **4 times per year** (one per season).
 - I adjust gear/bags for **weather** (cold-weather vs hot-weather).
 - I check **vehicle readiness** each season (coolant, tires, etc.).
-

6.3 Drills & Practice

In the last 12 months, we have:

- Run at least **one mock blackout** (no grid power at home).
- Run at least **one “no tap water” day/half-day**.
- Conducted at least **one bug-out drill** (pack and load, even if we didn’t drive away).
- Tested **comms gear** and rally point plan at least once.

Next drill I will schedule:

Date I will run it: ____ / ____ / ____

7. Quarterly Review Summary

(Fill this out every 3 months when you review the checklist.)

Date of Review: ____ / ____ / ____

Snapshot Scores (from Section 0):

- Water: __
- Food: __
- Medical & Hygiene: __

- Security & Home Safety: __
- Comms: __
- Gear & Tools: __
- Plans: __
- Maintenance & Drills: __

Biggest improvements since last review:

1. _____
2. _____

Top 3 priorities for the next 90 days:

1. _____
 2. _____
 3. _____
-