PREPPING EXPERT · PRINTABLE

The one-page household readiness checklist

Forty lines for a household that can sit out two weeks at home. Check off what you have, circle what you don't, date it, and redo it every six months.

WATER

- [ ] Drinking water stored
  56 gallons (212 L) for four people, about 1 gallon (3.8 L) per person per day for 14 days
- [ ] Containers are food-grade and dated
  one label per container
- [ ] Water stored out of sun and away from chemicals
  closet, under a bed or a cool garage corner
- [ ] A way to treat more water
  unscented household bleach plus a dropper, or a filter
- [ ] Bathtub or extra containers you can fill at a warning
  one plan
- [ ] Calendar reminder to refill
  every six months

FOOD

- [ ] Two weeks of shelf-stable food your household already eats
  14 days for everyone
- [ ] At least three days of it needs no cooking
  cans, crackers, peanut butter, dried fruit
- [ ] Manual can opener
  one, kept with the food
- [ ] Special diets covered first
  baby food, formula, allergy-safe food, pet food
- [ ] Old stock at the front, new at the back
  every shelf
- [ ] Calendar reminder to rotate
  every six months

LIGHT, HEAT AND NEWS

- [ ] Headlamp for each person
  one each, plus batteries
- [ ] One lantern for the room you gather in
  one
- [ ] Spare batteries for everything
  at least one full change
- [ ] Battery or hand-crank radio with weather alerts
  one
- [ ] Power bank
  enough to charge every phone twice
- [ ] A way to cook outdoors
  grill or camp stove with spare fuel
- [ ] A way to keep one room warm
  blankets or sleeping bags for everyone, plus a plan for which room
- [ ] Working smoke and carbon monoxide alarms
  on every level

MEDICAL

- [ ] First aid kit for small injuries
  one, restocked
- [ ] A bleeding-control kit, and someone trained to use it
  one kit, one class
- [ ] Prescription medicines
  at least 7 days on hand, ideally more
- [ ] Written list of each person's medicines, doses and allergies
  one per person
- [ ] Plan for anything that needs power or refrigeration
  CPAP, oxygen, insulin
- [ ] Glasses, hearing-aid batteries, contact lens supplies
  a spare set

DOCUMENTS

- [ ] Photos or scans of IDs and passports
  every person
- [ ] Insurance policies and the agent's number
  home, car, health
- [ ] Deed or lease, vehicle titles
  copies
- [ ] Medical cards and prescription details
  every person
- [ ] A recent photo of each family member and pet
  one each
- [ ] Digital copies somewhere you can reach from a phone
  cloud drive or encrypted USB
- [ ] One paper set in a zip bag in the home kit
  one

THE PLAN

- [ ] Your three biggest local risks written down
  one list
- [ ] Meeting point outside the house
  one
- [ ] Meeting point outside the neighborhood
  one
- [ ] Out-of-town contact everyone texts
  one person
- [ ] Contact card in every wallet and backpack
  one each
- [ ] Everyone knows where the home kit is and how to shut off water, power and gas
  the whole household
- [ ] A small amount of cash
  small bills

Checked by: _____ **Date:** _____ **Next check (6 months):** _____