PREPPING EXPERT · PRINTABLE

Skills inventory checklist

Who in the household can do what. Write a name next to each skill; anything without a name is the next class to take or the next weekend to practice.

AT HOME, FIRST

- ☐ Turn off water, gas and electricity at the main
  name: _____
- ☐ Use the fire extinguisher (PASS)
- ☐ Run the outdoor stove or grill safely
- ☐ Run the generator safely outdoors, if owned
- ☐ Treat water with bleach or a filter
- ☐ Set up the bucket toilet

FIRST AID

- ☐ CPR and AED, certified within two years
- ☐ Stop the Bleed: tourniquet and wound packing
- ☐ Recognize stroke, heart attack, hypothermia and heat stroke

OUTDOORS

- ☐ Light a fire with a lighter, ferro rod and wet-weather tinder
- ☐ Pitch a tarp shelter in under 20 minutes
- ☐ Read a paper map and walk a compass bearing
- ☐ Tie a bowline, taut-line hitch, clove hitch and trucker's hitch
- ☐ Know the three plants near home that must never be eaten

FOOD

- ☐ Cook a meal from the pantry with no power
- ☐ Water-bath can one tested recipe
- ☐ Pressure can one tested recipe, gauge checked
- ☐ Grow one crop from seed to harvest

PRACTICE

- ☐ Lights-off evening done this year
- ☐ Meeting-point drill done this year
- ☐ Skills list updated
  date: _____

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