PREPPING EXPERT · PRINTABLE

Getting started inventory checklist

The first month of preparedness on one sheet. Check off what is done, circle what is not, date the bottom and redo it every six months.

DECIDE WHAT YOU ARE PREPARING FOR

- [ ] Three most likely local hazards written down
  outage, storm/wildfire, boil-water notice are typical
- [ ] One personal risk added
  job loss, medication, a dependent relative
- [ ] Hazard list checked against county emergency management site
- [ ] Emergency alerts turned on for every phone in the house

WEEK 1: WATER AND PAPERWORK

- [ ] 1 gallon (3.8 L) per person per day for 14 days, stored
  family of four: 56 gal
- [ ] Pet water added
  about half a gallon per pet per day
- [ ] Containers dated, refill reminder in the calendar
- [ ] IDs, insurance, deed/lease, prescriptions scanned to cloud storage
- [ ] One paper set of copies in a zip bag

WEEK 2: FOOD

- [ ] Two weeks of shelf-stable food the household already eats
- [ ] First three days edible with no cooking at all
- [ ] Baby, pet and special-diet food bought first
- [ ] Manual can opener in the kitchen drawer
- [ ] Rotation rule agreed: new at the back, eat from the front

WEEK 3: LIGHT, HEAT AND NEWS

- [ ] One headlamp per person, plus one lantern
- [ ] Batteries for every device, one size where possible
- [ ] A way to cook outdoors: grill with full spare tank, or camp stove
- [ ] Battery or crank radio with weather alerts
- [ ] Power bank that charges every phone twice, charged monthly
- [ ] Carbon monoxide alarm with fresh battery on each sleeping floor

WEEK 4: KIT AND PLAN

- [ ] 72-hour tote packed, labeled and reachable in the dark
- [ ] First aid kit checked and restocked
- [ ] Meeting point near home and one outside the neighborhood agreed
- [ ] Out-of-area contact everyone has written down
- [ ] Utility shut-offs located; the tool for each kept beside it

MAINTENANCE CALENDAR

- [ ] Every month: charge power banks, test the radio
- [ ] Every six months: rotate the pantry, empty and refill stored water, re-do this sheet
- [ ] Every year: one drill, check kit sizes and batteries

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