





EMERGENCY PREPAREDNESS CHECKLIST

This checklist is designed to help you assess how prepared you are. You should be able to answer YES to most of the questions in each section. If some sections have a lot of NO's, then you should focus on improving these sections first.







WATER PREPAREDNESS

- How many gallons of water do you have stored per person? 
- Would this water last your family 3 days? ☐ YES ☐ NO
- Would this water last your family 30 days? ☐ YES ☐ NO
- Do you have a renewable source of water available (stream, pond, etc.)? 
- Do you have a means to purify water at home (water purification tablets, beach, filter, etc.)? 
- Are you harvesting rainwater? 








FOOD PREPAREDNESS

- Do you have enough food stored to last 72 hours? 
- Do you have enough food stored to last 30 days? ☐ YES ☐ NO
- Do you have a sustainable source of food (garden, aquaponics, chickens, livestock, etc.)? 
- Do you have a method of preserving food (canning, dehydrating, pickling, freeze drying)? 
- Do you have MREs stockpiled? 












FIRST AID & HYGIENE

- Do you have an emergency toilet? 
- Do you have disinfectants, such as bleach? 
- Do you have medications, such as prescription meds and antibiotics? 
- Do you have first aid supplies? 
- Do you have first aid training? 









HOME SAFETY

- Do you have a home security system? 
- Do you have a guard dog? 
- Do you have a safe room? 
- Do you have a storm shelter or bunker? 
- Do you have a perimeter around your home? 
- Is the perimeter secure? ☐ YES ☐ NO
- Do you have a way of barricading doors and windows? 
- Do you have weapons in your home? 
- Are the weapons easily accessible? ☐ YES ☐ NO
- Has everyone in your household been trained to use them? ☐ YES ☐ NO
- Do you have a plan for what to do during a home invasion? 
- Have you run a home invasion drill? ☐ YES ☐ NO
- Do you have two escape routes from your home? 



EMERGENCY SUPPLIES








- Do you have items that could be bartered? 
- Do you have hand-operated tools (hammer, screwdriver, ax, etc.)? 
- Do you have repair items (planks of wood, duct tape, nails, etc.)? 
- Do you have heavy-duty gloves? 
- Do you have boots? 
- Do you have rain clothing? 

the Checklist continues on the next page →

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LIGHT, HEAT, & COOKING

- Do you have a generator? 
- Do you have an off-grid lighting method (solar-powered lamps, oil lamps, candles, etc.)? 
- Do you have at least 1000 hours of lighting? ☐ YES ☐ NO
- Do you have flashlights for each household member? 
- Do you have an alternative way to heat your home (wood stove, propane stove, generator, etc.)? 
- Is there enough fuel to provide heat for 7 days? 
- For 30 days? ☐ YES ☐ NO
- Do you have an alternative method of cooking food (gas stove, rocket stove, etc.)? 
- Do you have wool blankets and/or sleeping bags for everyone? 








MENTAL PREPAREDNESS

- Have you run a threat assessment? 
- Have you ran drills of your emergency plans? 
- Have you practiced Emergency Conditioning? 
- Have you talked to your children about what to do in an emergency? 








EVACUATION

- Is your Bug Out Bag (aka 72 hour kit) packed? 
- Do you have an emergency communication plan? 
- Do you have two way radios? ☐ YES ☐ NO
- Do you have an evacuation vehicle? 
- Do you have enough fuel to get to your evacuation location? ☐ YES ☐ NO
- Do you have an alternative evacuation vehicle, such as a motor bike? ☐ YES ☐ NO
- Do you know how to read a map? 
- Do you have an evacuation plan? 
- Have you practiced your evacuation plan? ☐ YES ☐ NO



GROUP DYNAMICS

- Are there more than five members in your survival group? 
- Do the members of the group collectively know a variety of survival skills? 
- Have you held a community meeting about disaster preparation? 
- Are you in good physical health? 
- Do any members of your group have special medical or physical requirements? 
- Have you made a plan for these requirements, such as stockpiling medicines? ☐ YES ☐ NO

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PrimalSurvivor

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