

National Preparedness Month Checklist

You don't need to do everything at once. Spend just 10–20 minutes a week on preparedness, and by the end of the month you'll be more organized, more confident, and better prepared for whatever comes your way.

1.) Refresh Your Supplies

- ☐ **Check expiration dates** on canned goods, pantry staples, and medications. Replace anything outdated.
- ☐ **Donate near-expiration items** to a local food pantry before they expire.
- ☐ **Rotate water supplies:** refill collapsible containers or replace bottled water.
- ☐ **Restock essentials:** batteries, flashlights, first aid items, hygiene supplies.
- ☐ **Add overlooked items:** pet food, baby formula, backup chargers.

2.) Check Your Home Safety Systems

- ☐ **Replace smoke and carbon monoxide detector batteries;** test alarms. Replace detectors older than 10 years.
- ☐ **Inspect fire extinguishers:** gauge in the green, safety pin intact, placed in key areas (kitchen, garage, bedrooms).
- ☐ **Clean or replace** HVAC, air purifier, and water filters.
- ☐ **Test safety lighting:** flashlights, lanterns, and outdoor motion-sensor lights.

3.) Review and Update Your Family Plan

- ☐ **Update emergency contacts** and give each household member a written copy.
- ☐ **Choose meeting places:** Just outside your home, Outside your neighborhood, Outside your city, A few hours away.
- ☐ **Plan for special needs:** medications, pet food, mobility items.
- ☐ **Talk through scenarios:** phone outages, separation during work/school, quick evacuations.

4.) Try Simple Preparedness Drills

Pick one or two drills each weekend this month to make preparedness a routine habit:

- ☐ **Practice without power:** Do a meal, bath time, or bedtime with flashlights or lanterns.
- ☐ **Fire drill:** Practice leaving the house and meeting at your designated spot.
- ☐ **Shelter-in-place drill:** Gather in a safe room with supplies.
- ☐ **Evacuation drill:** Pack go-bags, load the car, and time your departure.
- ☐ **Communication drill:** Simulate being in different places and test your contact plan.
- ☐ **First aid practice:** Refresh basic skills and confirm everyone knows where supplies are kept.