

Single-Family Home Checklist

Short-Term Preparation

Essential Supplies

- ☐ Water: Store at least 1 gallon per person per day for 3+ days
- ☐ Food: Non-perishables (canned goods, energy bars, dried fruits) for 3+ days
- ☐ First-aid kit with bandages, antiseptic, pain relievers, necessary medications
- ☐ Flashlights (multiple) and extra batteries
- ☐ Battery-powered radio for alerts/news
- ☐ Essential medications (prescriptions)
- ☐ Personal hygiene items (toothbrush, toothpaste, soap, etc.)
- ☐ Copies of important documents (IDs, insurance, birth certificates)
- ☐ Emergency cash (small bills)

Plan and Prepare

- ☐ Create/Update an Emergency Plan (family contacts, meet-up points)
- ☐ Identify safe rooms for each hazard (e.g., basement for tornadoes, upstairs for floods)
- ☐ Document evacuation routes from each room; practice with all household members
- ☐ Learn how to open your powered garage door during a power outage (inside & outside)
- ☐ Schedule and run regular drills (quarterly)

Additional Considerations

- ☐ Emergency contacts list for family, neighbors, and services
- ☐ Basic tools (wrench, pliers, manual can opener)
- ☐ Warm blankets/emergency blankets for outages/cold weather
- ☐ Pet supplies (food, water, meds, leashes, carriers)
- ☐ Fire blanket and/or ABC fire extinguisher
- ☐ Battery-powered lanterns/LED lights for area lighting
- ☐ Sanitation supplies (disinfectant wipes, hand sanitizer, garbage bags)
- ☐ Physical maps (backup to GPS)

Long-Term Preparation

Structural & Safety Upgrades

- ☐ Reinforce entry points (solid-core/metal doors, deadbolts, security strike plates)
- ☐ Install storm shutters or pre-cut/label plywood for windows
- ☐ Fireproofing: roof with fire-resistant materials; clear gutters/debris
- ☐ Earthquake prep (if applicable): strap heavy furniture, water heater; secure gas lines
- ☐ Hidden storage for valuables/supplies (false walls/floor compartments)

Infrastructure Hardening

- ☐ Energy independence: solar with battery backup; maintain/prepare a quiet portable generator
- ☐ Water security: rainwater harvesting system; home water filtration/purification; consider underground cisterns
- ☐ Communication redundancy: HAM radio, satellite phone, shortwave receiver

Supply Chain Optimization

- ☐ Rotate and diversify long-term food storage (consider dehydrating/canning)
- ☐ Expand medical stockpile (advanced supplies as appropriate)
- ☐ Service/maintain power tools, generators, and water systems on a schedule

Security & Defense

- ☐ Home security: surveillance system, impact-resistant windows, robust entry points
- ☐ Personal protection training/equipment (as legally appropriate)
- ☐ Join or start neighborhood watch; participate in CERT/disaster response training

Financial Resilience

- ☐ Maintain accessible emergency funds (cash, prepaid cards)
- ☐ Review and update insurance policies (home, flood, quake, fire)
- ☐ Plan alternative income sources for post-disaster recovery

Psychological Preparedness

- ☐ Practice stress management techniques (breathing, routines, checklists)
- ☐ Build community ties (check on neighbors, share resources and skills)
- ☐ Identify mental health resources or support groups