30-Day Preparedness Checklist (Essential Readiness)

WATER

o 1 gallon per person per day (minimum 30 gallons per person)

o Water storage containers (BPA-free jugs, cans, or barrels)

o Basic water filter (Sawyer Mini, LifeStraw, etc.)

o Water purification tablets

o Collapsible water containers for transport

FOOD

o 30 days of shelf-stable food

o Canned meats, vegetables, fruits

o Rice, beans, pasta

o Peanut butter, oats, protein bars

o Manual can opener

o Basic spices + salt

POWER

o Flashlights + headlamps

o AA/AAA battery stockpile

o Small solar charger

o USB battery bank (10,000–20,000 mAh)

o Rechargeable batteries

COMMUNICATION

o NOAA emergency radio

o Backup phone battery

o Printed contact list

o Whistle + signal mirror

PROACTIVE SURVIVAL

HOPE IS NOT A PLAN

FIRST AID

Basic first aid kit

o Bandages, gauze, tape

o Antiseptic wipes

o OTC meds (pain relievers, antihistamines, anti-diarrheal)

o Gloves + CPR mask

HYGIENE & SANITATION

o Toilet paper

o Baby wipes

o Hand sanitizer

o Trash bags

o Soap + toothbrush/toothpaste

TOOLS

o Multi-tool

o Duct tape

o Paracord

o Basic toolkit (screwdrivers, pliers, wrench)

HOME SAFETY

o Fire extinguisher

o Smoke/CO detector check

o Flashlight in every room

o Emergency cash

PROACTIVE SURVIVAL

HOPE IS NOT A PLAN

VEHICLE READINESS

o Full tank of fuel

o Jumper cables

o Tire repair kit

o Small first aid kit

o Blanket + water

