Proactive Survival 14-Day Preparedness Checklist

Prepare Today. Protect Tomorrow.

WATER

■ Store 1 gallon per person per day (14 gallons minimum)

■ Additional water for pets

■ Water filtration system

■ Water purification tablets

■ Refillable water containers

FOOD

■ 14 days of easy-to-prepare meals

■ Canned meats

■ Canned vegetables

■ Rice and pasta

■ Beans

■ Oatmeal

■ Peanut butter

■ Shelf-stable milk

■ Energy bars

■ Manual can opener

LIGHTING

■ LED flashlights

■ Headlamps

■ Lanterns

■ Extra batteries

■ Matches and lighters

POWER & COMMUNICATIONS

■ Portable power bank

■ Solar charger

■ Vehicle charger

■ NOAA weather radio

■ Printed contact list

■ Family communication plan

■ Garmin inReach or satellite communicator

FIRST AID & MEDICAL

■ Comprehensive first aid kit

■ Prescription medications

■ Pain relievers

■ Bandages and gauze

■ Antiseptic wipes

■ Thermometer

SANITATION & HYGIENE

■ Toilet paper

■ Baby wipes

■ Hand sanitizer

■ Soap

■ Trash bags

■ Disinfectant

COOKING & HEATING

■ Camp stove

■ Extra fuel

■ Cookware

■ Fire extinguisher

■ Emergency blankets

NAVIGATION & DOCUMENTS

■ Local maps

■ Road atlas

■ Compass

■ Copies of IDs

■ Insurance information

FINANCIAL PREPAREDNESS

■ Emergency cash reserve

■ Small bills

■ Backup payment methods

PERSONAL SECURITY

■ Exterior lighting

■ Emergency plan

■ Neighborhood contacts

Remember: Preparedness is built one intentional step at a time. Focus on progress, not perfection. Start with two weeks and build from there.