YOUR PRACTICAL STARTER CHECKLIST

Personal Preparedness

Print it. Check off what is ready. Choose one missing item to tackle today.

01 Make a plan everyone understands

- [ ] Identify local hazards and sign up for local emergency alerts. Keep a battery-powered or hand-crank radio available.
- [ ] Choose meeting places near home and outside your neighborhood. Pick an out-of-area contact; keep phone numbers on paper.
- [ ] Plan two ways to leave your area, a place to stay, and transportation for anyone who needs help. Include pets and service animals.
- [ ] Discuss school, work and caregiver plans. Practice how to reconnect if phones or internet are unavailable.

02 Gather your household essentials

- [ ] **Water:** Store at least 1 gallon per person per day for at least 3 days. Add more for pets, heat and individual needs; expand supplies as space allows.
- [ ] **Food:** Set aside at least 3 days of shelf-stable food your household eats, plus a manual can opener. Include infant and dietary needs.
- [ ] **Light & communication:** Pack flashlights, spare batteries, charged power banks, charging cables and your emergency radio.
- [ ] **Health & hygiene:** Gather a first-aid kit, soap, sanitation supplies and needed personal items. Plan medication refills and storage with your pharmacist.
- [ ] **Personal needs:** Add glasses, hearing-aid batteries, mobility supplies, diapers, pet food and other daily essentials.
- [ ] **Documents & cash:** Protect copies of IDs, insurance details and emergency contacts. Include small bills and spare keys.

Your water starting point People ____ x 3 days x 1 gallon = ____ gallons

Start with what you already own. Add supplies gradually and date stored items.

PUT YOUR PLAN INTO ACTION

Ready at home. Ready to go.

Keep this page with your supplies and share a copy with household members.

03 Prepare your home and grab-and-go bag

- [ ] Test smoke and carbon monoxide alarms. Identify exits and keep escape paths clear. Know where utility shutoffs are and follow provider instructions.
- [ ] Pack a portable bag with essential supplies, sturdy shoes, weather-appropriate clothing, medications and copies of your contact plan.
- [ ] Plan backup power for essential medical equipment with your provider. Arrange help for anyone who depends on powered devices.
- [ ] Review supplies every 6 months and after use. Replace expired items, recharge batteries and practice your plan.

Power outage safety
Use portable generators outdoors only, more than 20 feet from the home, doors and windows. Never run one in a garage, even with the door open.

04 Write down your household plan

Out-of-area contact / phone

Nearby meeting place

Meeting place outside neighborhood

Evacuation destination / transportation

Support person / phone

Supplies location / next review date

My next action: _____ **By:** _____

Explore more preparedness resources at **newearthcorps.com**.

General preparedness guidance. Adapt to your household and local hazards. Follow official alerts and evacuation instructions. Call 911 for an immediate emergency.

Sources: Ready.gov supply checklist | Ready.gov: Make a Plan | CDC: Generator Safety
Prepared October 2026. Independent resource from New Earth Corps, LLC.