

FOUNDATION READINESS

Household Preparedness Assessment Checklist

A Practical Household Readiness Review for Power, Water, Food, Communication, and Security.

Preparedness improves when households can clearly identify strengths, weaknesses, and critical gaps before disruption occurs. This checklist helps evaluate the five core systems that determine long-term household stability: power, water, food, communication, and security.

Use this checklist to review your current readiness, prioritize improvements, and create a stronger foundation before emergencies force reactive decisions.

Included Sections

- ✓ Power Systems
- ✓ Water Systems
- ✓ Food Systems
- ✓ Communication Systems
- ✓ Security Systems
- ✓ Priority Action Planning
- ✓ Improvement Tracking

Power Systems Checklist Backup Power Capacity

- Can refrigeration remain operational for at least 72 hours during an outage?
- Do you have backup lighting available for every major room in the home?
- Can phones, radios, and essential devices be charged without grid power?
- Are medical devices supported during short-term and extended outages?
- Have you identified which appliances and systems are truly critical?

Fuel + Runtime Planning

- Is fuel safely stored for generators or backup systems where applicable?
- Is stored fuel rotated and maintained properly?
- Do you know the realistic runtime of your backup power system under load?
- Have you tested your backup system under real conditions?

Long-Term Power Resilience

- Do you have solar charging, battery backup, or renewable redundancy options?
- Is your household prepared for outages lasting longer than 7 days?
- Are surge protection and safe power management part of your plan?
- Is your backup power system reviewed and tested quarterly?

Water Systems Checklist

Stored Water Capacity

- Do you have enough drinking water stored for every household member for at least 14 days?
- Have you planned for cooking, sanitation, hygiene, and pet water needs?
- Is stored water kept in safe containers designed for long-term storage?
- Is your water storage protected from heat, sunlight, and contamination?

Rotation + Maintenance

- Is stored water rotated on a consistent schedule?
- Are containers inspected regularly for leaks, damage, or contamination?
- Do you keep treatment supplies available for stored water maintenance?
- Is your household familiar with your water storage plan and access points?

Filtration + Backup Sourcing

- Do you have a reliable gravity-fed water filter or backup purification system?
- Do you have multiple methods for making uncertain water safe to drink?
- Have you identified backup water sources if stored reserves run low?
- Is your household prepared for disruptions lasting longer than your stored supply?

Food Systems Checklist Immediate Food Stability

- Do you have enough ready-to-eat food available for at least 72 hours without cooking?
- Are basic cooking tools available if power and gas systems fail?
- Can your household prepare meals during short-term outages without relying on normal utilities?
- Have you planned for children, elderly family members, or dietary restrictions?

Shelf-Stable Food Storage

- Do you maintain a rotating supply of shelf-stable foods your household actually uses?
- Is stored food protected from heat, moisture, pests, and spoilage?
- Are expiration dates reviewed regularly and rotated before waste occurs?
- Do you keep manual can openers and backup food preparation tools available?

Long-Term Food Continuity

- Do you have a plan for disruptions lasting longer than 2–4 weeks?
- Have you considered bulk storage, backup cooking fuel, or supplemental food systems?
- Is refrigeration loss accounted for in your food planning strategy?
- Can your household maintain stable nutrition during extended supply disruptions?

Communication Systems Checklist Situational Awareness

- Can your household receive emergency alerts if internet and cellular service fail?
- Do you have a reliable NOAA weather radio or emergency broadcast radio available?
- Are batteries, backup charging options, or solar charging available for communication devices?
- Does every household member know where emergency communication tools are located?

Internal Household Coordination

- Does your household have a clear communication plan during emergencies?
- Are meeting points, emergency contacts, and decision responsibilities clearly established?
- Can family members communicate if separated during an evacuation or local disruption?
- Are backup contact methods available if primary phones fail?

Extended Communication Resilience

- Do you have a way to maintain communication outside your immediate area?
- Have you considered two-way radios, signal boosters, or amateur radio where appropriate?
- Is backup power available for critical communication devices?
- Can your household remain informed during disruptions lasting several days or longer?

Communication Systems Checklist

Situational Awareness

- Can your household receive emergency alerts if cellular service and internet access fail?
- Do you have battery-powered, hand-crank, or backup-powered radios available?
- Is weather monitoring part of your household preparedness routine?
- Can all household members access critical updates during disruptions?

Local Coordination

- Does your household have a clear internal communication plan during emergencies?
- Have you identified meeting points and backup contact methods if family members are separated?
- Can neighbors or nearby trusted contacts be reached if normal communication systems fail?
- Is backup charging available for phones, radios, and essential communication devices?

Extended Communication

- Can your household maintain contact outside your immediate area during prolonged disruptions?
- Have you considered backup methods such as signal boosters, satellite messaging, or amateur radio?
- Are emergency contacts written down and accessible without relying on phones?
- Is your communication plan reviewed and practiced regularly?

Security Systems Checklist Perimeter Awareness

- Can your household identify activity around the home during power outages or disruptions?
- Is exterior lighting available for entrances, walkways, and vulnerable access points?
- Do you have motion lighting, flashlights, or backup lighting ready for nighttime security?
- Are outdoor cameras, alarms, or visibility layers part of your planning?

Access Control

- Are doors, windows, gates, and entry points reinforced where needed?
- Do you have a plan for securing the home during extended infrastructure failures?
- Are spare keys, lock access, and emergency entry procedures clearly planned?
- Can all household members follow the home security plan during stressful situations?

Household Security Routine

- Is your family prepared for layered response planning instead of reactive panic?
- Have you reviewed security habits during outages, civil unrest, or extended disruptions?
- Are stored supplies protected from theft, damage, or unnecessary visibility?
- Is your security plan reviewed and updated regularly as household needs change?

Priority Actions and Improvement Plan

Preparedness improves fastest when households focus on the highest-risk weaknesses first. Use this page to identify the systems that need immediate attention and create a simple improvement plan.

Do not try to fix everything at once. Prioritize the failures that create the greatest household risk if they happen tomorrow.

Top 3 Immediate Priorities

Priority #1

System: _____

Problem Identified: _____

First Action Step: _____

Target Completion Date: _____

Priority #2

System: _____

Problem Identified: _____

First Action Step: _____

Target Completion Date: _____

Priority #3

System: _____

Problem Identified: _____

First Action Step: _____

Target Completion Date: _____

Notes and Ongoing Improvement Tracking

Preparedness is not a one-time project. Systems change, household needs change, and new risks appear over time. Use this section to track updates, lessons learned, and future improvements.

Notes: _____

