READY HOME 90

The Printable Family Preparedness Planner

A 13-Week System - Checklists, Inventories,
Evacuation Plans, Drills and Budgets

13 weekly action plans with shopping lists

Food, water and medicine inventories with expiry tracking

Home maps, escape routes and meeting points you draw yourself

Seasonal checklists: storm, flood, heat, cold, outage and fire

Drill logs, maintenance logs and a calm household budget

PRINT IT. WORK IT WEEK BY WEEK. KEEP IT WITH YOUR DOCUMENTS.

US Letter - print at 100% scale, single or double sided

MARCUS VALE

Product code: PP-READYHOME-01

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- Store the printed planner with your household documents and share the printed copy with members of your own household.

What you may NOT do:

- Share, resell, lend or give away the digital PDF file itself.
- Upload the file to any website, marketplace or file-sharing service.
- Sell or distribute printed copies to anyone outside your household.
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Questions or support: puzzle-pout-talon@duck.com

Preparedness note: this planner is a household organisation tool. It does not replace official guidance. In an emergency, always follow the instructions of your local emergency services and authorities.

Contents

Everything in this planner, in working order

How to Use This Planner 4

Household Profile and Home Details 5-7

The 13-Week Plan (action + shopping, weekly) ... 8-33

Food Inventories and Rotation Logs 34-51

Water, Storage, First Aid and Medicines 52-63

Documents, Insurance and Accounts 64-68

Pets, Children and Older Adults 69-74

Evacuation: Maps, Routes, Meeting Points 75-80

Emergency Contacts and Local Information 81-84

Seasonal and Event Checklists 85-99

Drill Logs and Maintenance 100-107

Emergency Budget 108-111

Everyday Readiness Pages 112-120

Notes 121-128

Household Decisions Log 129

Keep Going! 130

Print the whole planner once, then reprint single pages as they fill up. Keep the working copy where the whole household can reach it - a kitchen drawer or hallway shelf beats a locked office every time.

How to Use This Planner

One small step a week beats one exhausting weekend

Ready Home 90 works on a simple rhythm: one focus week at a time, for 13 weeks. Each week has an action checklist page and a shopping and notes page. Buy only what the week asks for, store it, log it on the inventory pages, and move on. By week 13 your household has water, food, light, documents, routes and a budget - built calmly, in order.

HOW A WEEK WORKS

- [ ] Read the week's checklist on a quiet evening and tick anything already true.
- [ ] Do the actions in order; most weeks take under two hours spread over the week.
- [ ] Shop once, using the week's shopping page; cross off what you already own.
- [ ] As items come home, write them straight onto the inventory pages with dates.
- [ ] Finish the week by writing one line in the notes: what is still missing, and why.

PRINTING NOTES

- [ ] US Letter, 100% scale. Tables are sized for real handwriting - row height is generous on purpose.
- [ ] Pencil beats pen on inventory and log pages: quantities change, and pencil forgives.
- [ ] Keep one printed copy at home and, if you can, document copies with your out-of-area contact.

Household Profile

The page every other page refers back to

Household name: .....

Home address: .....

MEMBER 1

Detail	Write here
Full name	
Date of birth	
Phone	
Blood group (if known)	
Allergies	
Regular medicines	

MEMBER 2

Detail	Write here
Full name	
Date of birth	
Phone	
Blood group (if known)	
Allergies	
Regular medicines	

Household Members and Pets

Everyone who lives here - and who stays often

Name	Age / type	Phone or school	Key needs

REGULAR VISITORS AND HELPERS

Name	Relationship	Phone	Has a key?

Home Details and Utilities

Shut-offs and services - find them before you need them

Item	Location / details
Home address	
Water shut-off valve	
Gas shut-off	
Electric breaker panel	
Heating system and fuel	
Sewer / septic details	
Internet / phone provider	
Rubbish / recycling day	
Landlord / building contact	
Spare key held by	

Week 1 - Foundations First

Household profile, contacts and document copies.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Fill in the Household Profile and Home Details pages at the front of this planner.
- ☐ Write every household member, pet and regular medication on the profile pages.
- ☐ Choose one out-of-area contact and tell them they are your emergency check-in person.
- ☐ Photocopy or scan ID cards, insurance cards and property documents; note locations on the Document Locations Log.
- ☐ Pick one storage spot for supplies - a cupboard, closet or garage corner - and label it clearly.
- ☐ Walk the home and list smoke alarms, water shut-off, gas shut-off and breaker panel locations.
- ☐ Start the Emergency Contacts pages; confirm every phone number by calling or texting it once.
- ☐ Set a weekly 20-minute planner slot in your calendar for the next 12 weeks.

WEEK NOTES - what surprised you, what is still missing:

Week 1 Shopping and Notes

Foundations First - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Notebook or binder for printed pages		
Pens and a thick marker		
Clear document sleeves (pack)		
Labels or masking tape		
Flashlight, one per floor		
Phone charger cable, spare		
Small cash envelope		
Storage tub or sturdy box		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 2 - Water You Can Count On

Stored water, containers and a simple rotation habit.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Work out your household water need: one gallon per person per day for at least 3 days.
- ☐ Fill food-grade containers, label each with the fill date, and store them cool and dark.
- ☐ Add commercially bottled water for the first days so no treatment is needed at short notice.
- ☐ Record every container on the Water Storage Plan and Water Log pages.
- ☐ Learn where your main water shut-off valve is and check that it turns without tools.
- ☐ Keep one bottle of unscented household bleach for treatment, dated and stored away from food.
- ☐ Write treatment steps on the Water Log page so any adult can follow them.
- ☐ Set a 6-month reminder to taste-check and rotate stored water.

WEEK NOTES - what surprised you, what is still missing:

Week 2 Shopping and Notes

Water You Can Count On - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Food-grade water containers		
Case of bottled water		
Unscented household bleach		
Funnel		
Permanent marker for dates		
Measuring spoons (dedicated set)		
Water jug with tap		
Extra bottle caps / seals		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 3 - Food Week 1 - Grains and Bases

Rice, pasta, oats and the meals they anchor.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Count what you already own before buying: fill the Grains, Rice and Pasta inventory page.
- ☐ Choose grains your household already eats - the best store is food that rotates into normal meals.
- ☐ Buy in small sealed packs first; add bulk only once you know your usage per week.
- ☐ Store grains in airtight containers off the floor, labelled with contents and date.
- ☐ Write three simple meals that use only stored grains plus water and seasoning.
- ☐ Add salt, cooking oil and basic spices to the inventory - small items that make stored food edible.
- ☐ Note expiry or best-before dates in the inventory expiry column as you unpack.
- ☐ Photograph your grain shelf so the next shopping trip starts from a true picture.

WEEK NOTES - what surprised you, what is still missing:

Week 3 Shopping and Notes

Food Week 1 - Grains and Bases - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Rice (your usual kind)		
Pasta shapes x2		
Rolled oats		
Flour or cornmeal		
Airtight storage containers		
Cooking oil		
Salt		
Mixed dried herbs / spices		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 4 - Food Week 2 - Protein and the Freezer

Canned protein, dried protein and freezer order.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Fill the Proteins and Meats and Freezer inventory pages with what is already in the house.
- ☐ Rearrange the freezer: oldest items to the front, new items dated at the back.
- ☐ Add canned fish, chicken or beans so at least 3 dinners need no power or cooking fuel.
- ☐ Check canned goods for dents, rust or swelling; remove anything doubtful and log it.
- ☐ Write a freezer-loss plan: what gets eaten first if power goes out for a day.
- ☐ Add nut butters or dried beans to the Canned Goods inventory if your household eats them.
- ☐ Record use-by dates in the expiry column and start the Rotation Log with this week's moves.
- ☐ Plan one 'eat from stores' dinner this week to test taste and quantities.

WEEK NOTES - what surprised you, what is still missing:

Week 4 Shopping and Notes

Food Week 2 - Protein and the Freezer - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Canned tuna or salmon		
Canned chicken		
Canned beans x4		
Peanut or nut butter		
Dried lentils		
Freezer bags / labels		
Marker for freezer dates		
Can opener (manual, spare)		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 5 - First Aid and Medicines

A working kit, not a dusty box - plus medication tracking.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Tip out the first aid kit and check every item against the First Aid Kit Checklist page.
- ☐ Throw away expired medicines safely through a pharmacy take-back where offered.
- ☐ Start a Medication Tracker page for each person who takes regular medication.
- ☐ Ask your pharmacy about keeping a few extra days of essential medication where rules allow.
- ☐ Write allergies and regular medicines on each Medical Information page in pencil.
- ☐ Add a thermometer and check its battery; note where spare batteries live.
- ☐ Learn the location of your nearest urgent-care clinic and hospital; write them on the Local Information page.
- ☐ Show every adult where the kit lives and how the tracker pages work.

WEEK NOTES - what surprised you, what is still missing:

Week 5 Shopping and Notes

First Aid and Medicines - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Adhesive bandages, assorted		
Gauze pads and tape		
Antiseptic wipes / solution		
Thermometer + batteries		
Pain relief (household usual)		
Tweezers and small scissors		
Disposable gloves (box)		
First aid manual (pocket size)		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 6 - Light, Power and Warmth

Seeing, charging and staying warm when the grid stops.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Count working torches and headlamps; replace weak batteries and log them on the Battery Check Log.
- ☐ Charge every power bank to full and write the charge date on a label.
- ☐ Test your battery or hand-crank radio; note your local emergency station on the Local Information page.
- ☐ Check blankets: one warm blanket per person plus one spare, washed and bagged.
- ☐ If you use a generator, fill the Generator Log basics and read the manual safety pages.
- ☐ Store fuel only in approved containers, outside living space, and log it on the Fuel Log.
- ☐ Decide which single room the household would gather in during a cold outage and prepare it.
- ☐ Never plan to heat with outdoor grills or ovens indoors - write your safe warmth plan down instead.

WEEK NOTES - what surprised you, what is still missing:

Week 6 Shopping and Notes

Light, Power and Warmth - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
LED torches / headlamps		
Batteries AA / AAA (pack)		
Power bank (charged)		
Battery radio + batteries		
Warm blankets (per person)		
Candles + long matches (safe use)		
Extension lead (indoor rated)		
Glow sticks (pack)		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 7 - Home Safety and Fire

Alarms, extinguishers and a rehearsed way out.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Test every smoke alarm and carbon monoxide alarm; replace any unit past its printed date.
- ☐ Check the fire extinguisher gauge; note its location and service date on the maintenance pages.
- ☐ Clear exits: hallways, doors and windows that form your escape routes must open easily.
- ☐ Draw your home on the Floor 1 Map Grid page and mark two ways out of each bedroom.
- ☐ Choose an outside meeting point every member can reach, and write it on the Escape Routes page.
- ☐ Store a torch and sturdy shoes by each bed for night-time evacuation.
- ☐ Check that house numbers are visible from the street for emergency services.
- ☐ Talk through 'get out, stay out, call for help' with children in calm, plain words.

WEEK NOTES - what surprised you, what is still missing:

Week 7 Shopping and Notes

Home Safety and Fire - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Smoke alarm batteries / units		
Carbon monoxide alarm		
Fire extinguisher (checked)		
Bedside torches		
Shoe pair per bedside		
Window latch oil / repair bits		
House number plaque (if faded)		
Fire blanket (kitchen)		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 8 - Evacuation and Go-Bags

Bags packed before you ever need them.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Read the Evacuation Overview page and decide your household go / no-go triggers together.
- ☐ Pack one go-bag per person using the companion checklists; keep each bag under a weight its owner can carry.
- ☐ Add copies of documents, a phone charger and cash in small notes to each adult bag.
- ☐ Place bags by the main exit or in the car boot; note the location here in pencil.
- ☐ Finish the Escape Routes and Meeting Points page and pin a copy inside a kitchen cupboard.
- ☐ Draw your neighbourhood route on the Route Sketch Grid page - primary route first.
- ☐ Agree a second meeting point outside the neighbourhood in case streets are closed.
- ☐ Write each member's bag-check date on the Drill Log so bags get refreshed twice a year.

WEEK NOTES - what surprised you, what is still missing:

Week 8 Shopping and Notes

Evacuation and Go-Bags - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Backpacks / holdalls per person		
Document copy sleeves		
Phone charging cables		
Small-notes cash		
Spare house and car keys		
Dust masks (pack)		
Whistle per bag		
Compact rain ponchos		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 9 - Pets, Children and Older Adults

The members who cannot prepare for themselves.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Complete the Pet Care Plan: food, water, medicines, carrier and vet details in one place.
- ☐ Pack pet food for 3 days in the pet go-bag and rotate it with normal feeding monthly.
- ☐ Fill the Children - Comfort and Care page: comfort item, familiar food, and a family photo per child.
- ☐ Confirm school release arrangements and write them on the School and Reunification page.
- ☐ Complete the Older Adults and Mobility Plan for anyone who needs help moving or daily care.
- ☐ List equipment that needs power - and its battery backup time - on the Special Needs page.
- ☐ Prepare a neighbour buddy arrangement for checking on anyone living alone nearby.
- ☐ Practise a calm, short version of the plan with children and older relatives this week.

WEEK NOTES - what surprised you, what is still missing:

Week 9 Shopping and Notes

Pets, Children and Older Adults - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Pet food (3 days, sealed)		
Pet carrier / lead spare		
Child comfort items		
Nappies / wipes if needed		
Spare spectacles		
Hearing-aid batteries		
Mobility aid spare parts		
Printed family photos		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 10 - Your Local Risks - Seasonal Ready

Pick the checklists that match where you live.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Circle your top three local risks on the Seasonal Quick-Reference page.
- ☐ Work the full checklist page for your number-one risk this week, start to finish.
- ☐ Check local alert systems: sign up for official text or app alerts for your area.
- ☐ Write shelter, hospital and radio details on the Local Information page from official sources.
- ☐ Check insurance covers your main risks; note policy numbers on the Insurance page.
- ☐ Photograph each room of your home for insurance records; store copies with your documents.
- ☐ Clear gutters, drains or yard hazards that make your top risk worse.
- ☐ Note the season dates when each risk is most likely, on the Important Dates page.

WEEK NOTES - what surprised you, what is still missing:

Week 10 Shopping and Notes

Your Local Risks - Seasonal Ready - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Sandbags or flood barriers (if at risk)		
Window coverings / tape (storm areas)		
Pipe insulation (cold areas)		
Sun / heat supplies (hot areas)		
Snow shovel and grit (cold areas)		
Drain clearing tools		
Spare phone battery pack		
Printed local shelter list		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 11 - The Car and the Road

A vehicle that is ready is half an evacuation plan.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Fill the Vehicle Readiness Log: fuel habit, tyres, fluids, lights and next service date.
- ☐ Adopt the half-tank rule: refuel at half a tank so the car is always ready to leave.
- ☐ Check the spare tyre or repair kit, jack and warning triangle are actually in the car.
- ☐ Put water, a blanket, a torch and a phone cable in the car this week - and leave them there.
- ☐ Write your primary and alternate driving routes on the Escape Routes page.
- ☐ Keep paper copies of insurance and registration in the glove box.
- ☐ Plan where you would go for one night, three nights, and a week - write all three destinations.
- ☐ Check child seats are fitted correctly and pet travel gear is in the car.

WEEK NOTES - what surprised you, what is still missing:

Week 11 Shopping and Notes

The Car and the Road - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Car water bottles (2)		
Car blanket		
Car torch + batteries		
Phone car charger		
Tyre pressure gauge		
Jump leads or starter pack		
High-visibility vest		
Paper road map of your area		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 12 - Money Ready, Too

A small cash reserve and a budget that survives surprises.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Read the Emergency Budget Overview page and choose a starter cash-reserve target.
- ☐ Open the Budget Tracker and write this month's real numbers - no estimates in ink.
- ☐ Set aside small notes and coins at home in a sealed envelope; log the amount on the Cash Reserve Log.
- ☐ List preparedness spending so far on the Purchases Log so nothing is bought twice.
- ☐ Check bank cards: note which accounts you could reach if one bank system went down.
- ☐ Write bill due-dates on the Important Dates page so an emergency week does not add late fees.
- ☐ Decide one small monthly amount that keeps this system topped up, and write it down.
- ☐ Store the budget pages with the planner - and tell one other adult where they are.

WEEK NOTES - what surprised you, what is still missing:

Week 12 Shopping and Notes

Money Ready, Too - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Sealed cash envelope		
Small notes and coins (from bank)		
Budget notebook section		
Bill calendar printout		
Spare bank card (if offered)		
Cheque book (if you use one)		
Document wallet		
Calculator (battery)		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Week 13 - Drill, Review, Maintain

Thirteen weeks in: prove it works, then keep it alive.

ACTION CHECKLIST - tick each step as it is truly done.

- ☐ Run a 15-minute evacuation drill: bags in hand, meeting point reached, time written on the Drill Log.
- ☐ Run a lights-out evening hour using only stored light and the meal plan - note every gap.
- ☐ Cook one full day of meals from stored food and record what ran short.
- ☐ Re-check every expiry column; move soon-to-expire food into this month's meal plan.
- ☐ Refresh go-bags: clothes sizes, medicines, batteries and documents all checked.
- ☐ Update contacts, insurance and vehicle pages with anything that changed this quarter.
- ☐ Fill the Quarterly Maintenance Checklist and book the next drill date now.
- ☐ Celebrate what your household built - then set the next 13-week start date on the cover of your notes.

WEEK NOTES - what surprised you, what is still missing:

Week 13 Shopping and Notes

Drill, Review, Maintain - buy once, store well, log it

Item	Bought? (tick)	Cost / notes
Replacement batteries (as logged)		
Food top-ups from Rotation Log		
Updated document copies		
Bag refresh items (sizes changed)		
Tester batteries for alarms		
Fuel top-up (approved container)		
New labels and marker		
Calendar for next drill date		

WHERE IT IS STORED - write the shelf, tub or room so anyone can find it:

Food Storage - Overview and Rules

Section start - read once, then use the inventory pages weekly

- ☐ Store what you eat, eat what you store: rotation only works with familiar food.
- ☐ Three days is the floor, not the goal: build toward two weeks at a household pace.
- ☐ Every package gets a date the day it comes home - marker on the lid or label.
- ☐ Expiry column first: when you write the inventory, copy the use-by date as you unpack.
- ☐ Oldest moves to the front at every shop; the Rotation Log records each move.
- ☐ Keep tins off damp floors and away from heat sources; cool and dark lasts longer.
- ☐ A manual can opener lives with the tins - electric openers fail with the power.
- ☐ Once a month, plan one meal fully from stores and note what ran out first.

YOUR HOUSEHOLD TARGETS

Target	Our number
Days of food - current	
Days of food - goal	
People counted	
Pets counted	

Pantry Inventory - Shelf 1

Pencil page - update it every time something moves

Dry goods and everyday staples on your main pantry shelf.

Item	Qty	Stored where	Use by	Reorder?
Rice				
Pasta				
Rolled oats				
Flour				
Sugar				
Salt				
Cooking oil				
Vinegar				
Stock cubes				
Dried herbs				
Tea / coffee				
Honey / jam				
Baking powder				
Crackers				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Pantry Inventory - Shelf 2

Pencil page - update it every time something moves

Second shelf: tins, jars and ready-to-eat food.

Item	Qty	Stored where	Use by	Reorder?
Tinned tomatoes				
Tinned beans				
Tinned sweetcorn				
Tinned fruit				
Soup (tin / packet)				
Pasta sauce jars				
Curry / cooking sauce				
Nut butter				
Jam / spreads				
Evaporated milk				
Custard / rice pudding				
Instant noodles				
Cereal bars				
Biscuits				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Freezer Inventory - Drawers 1-2

Pencil page - update it every time something moves

Frozen meals, meat and vegetables. Date everything at the back; eat from the front.

Item	Qty	Date frozen	Use by	Drawer
Chicken portions				
Minced meat				
Sausages				
Fish fillets				
Frozen vegetables				
Frozen fruit				
Bread / wraps				
Pizza / ready meals				
Soup portions (homemade)				
Stock / sauces				
Ice packs				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Freezer Inventory - Overflow

Pencil page - update it every time something moves

Chest freezer or second unit. Keep this list on the lid or door.

Item	Qty	Date frozen	Use by	Drawer

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Fridge and Short-Life Foods

Pencil page - update it every time something moves

Short-life food you would eat first in an outage - in the order you would use it.

Item	Qty	Opened on	Use by	Eat first?
Milk / alternative				
Eggs				
Cheese				
Butter / spread				
Yogurt				
Cooked meats				
Fresh meat / fish				
Salads				
Leftover meals				
Juice				
Condiments (opened)				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Grains, Rice and Pasta

Pencil page - update it every time something moves

The base of your stored meals. Keep airtight, dry and off the floor.

Item	Qty	Stored where	Use by	Reorder?
Long-grain rice				
Brown rice				
Pasta - dried				
Spaghetti				
Couscous				
Noodles - dried				
Rolled oats				
Muesli / cereal				
Flour - plain				
Flour - bread / strong				
Cornmeal / polenta				
Quinoa / bulgur				
Tortilla wraps (long-life)				
Crispbreads				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Canned Goods

Pencil page - update it every time something moves

Tins are heavy, keep well and need no power. Check for dents and swelling monthly.

Item	Qty	Stored where	Use by	Reorder?
Tinned tuna				
Tinned salmon				
Tinned chicken / ham				
Baked beans				
Kidney / mixed beans				
Chickpeas				
Chopped tomatoes				
Sweetcorn				
Peas / carrots				
Fruit in juice				
Soup - vegetable				
Soup - meat				
Coconut milk				
Evaporated milk				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Proteins and Meats - Stored

Pencil page - update it every time something moves

Shelf-stable and dried protein, plus jerky and meal pouches.

Item	Qty	Stored where	Use by	Reorder?
Dried red lentils				
Dried beans / peas				
Dried chickpeas				
Peanut butter				
Other nut butters				
Nuts and seeds				
Jerky / dried meat				
Meal pouches (ready)				
Protein / meal bars				
Powdered milk				
Textured soya protein				
Egg powder				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Fruits and Vegetables - Stored

Pencil page - update it every time something moves

Dried, tinned and jarred produce that stretches fresh supplies.

Item	Qty	Stored where	Use by	Reorder?
Raisins / sultanas				
Dried apricots				
Dried apple / mango				
Tinned peaches				
Tinned pears				
Tinned pineapple				
Jarred peppers				
Jarred olives				
Pickles / chutney				
Tomato puree				
Dried mushrooms				
Potato flakes				
Onions (stored fresh)				
Garlic (stored fresh)				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Dairy, Fats and Baking

Pencil page - update it every time something moves

Long-life dairy, cooking fats and the baking basics that make stored food normal.

Item	Qty	Stored where	Use by	Reorder?
Long-life milk (UHT)				
Powdered milk				
Long-life cream				
Cooking oil				
Olive oil				
Butter / ghee (jar)				
Baking powder				
Bicarbonate of soda				
Yeast (dried)				
Cocoa powder				
Sugar - white				
Sugar - brown				
Golden syrup / honey				
Vanilla / flavouring				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Snacks, Drinks and Comfort Foods

Pencil page - update it every time something moves

Morale matters. Store the small treats your household actually looks forward to.

Item	Qty	Stored where	Use by	Reorder?
Chocolate				
Biscuits / cookies				
Crackers				
Crisps / popcorn				
Trail mix				
Sweets / mints				
Tea bags				
Coffee				
Hot chocolate				
Squash / cordial				
Long-life juice				
Electrolyte drinks				
Herbal teas				
Comfort food - family pick				

Rule of the house: newest at the back, oldest at the front. When you take an item out, cross it off here the same day.

Rotation Log 1

Oldest out first - every move, dated

Date	Item moved / used	Used by date	Replaced?

Rotation Log 2

Oldest out first - every move, dated

Date	Item moved / used	Used by date	Replaced?

Expiry Check Log

Walk the shelves monthly - catch dates before they catch you

Date checked	Area checked	Items expiring in 30 days	Action taken

Shopping Gaps and Restock List

The running list for the next shop

Item needed	Why / for what	Priority

Meal Ideas From Stores

Meals you can make from stored food alone - tested by your own kitchen

Meal	Main stored items used	Needs power / fuel?
Rice and bean bowls	Rice, tinned beans, spices	
Pasta and tomato sauce	Pasta, tinned tomatoes, herbs	
Tuna and sweetcorn wraps	Tuna, sweetcorn, wraps	
Oat breakfast pots	Oats, dried fruit, powdered milk	
Lentil soup	Red lentils, stock cubes, potato flakes	

Food Storage Notes

Lessons from your own shelves

Water Storage Plan

One gallon per person per day - drinking plus basic hygiene

Write every container you own. Label each with its fill date and rotate stored water every six months: use it on plants or for cleaning, then refill the same day.

Container	Size	Filled on	Stored where
Bottled water case			
Large container 1			
Large container 2			
Large container 3			

HOUSEHOLD MATH

Question	Our answer
People x 1 gallon x 3 days =	
Pets - extra water per day =	
Total stored right now =	

Water Log and Treatment Notes

Rotation dates and the treatment steps any adult can follow

Date	Container	Action (filled / rotated / used)

IF YOU MUST TREAT WATER (official guidance summary - check local advice first): boil for one full minute, or use unscented household bleach at the dose printed on your local health authority guidance, mix, and wait 30 minutes. Write the exact local dose here once you have confirmed it:

General Storage and Supplies Inventory

The non-food backbone: hygiene, cleaning, tools and comfort

Item	Qty	Stored where	Reorder?
Toilet paper			
Soap / body wash			
Shampoo			
Toothpaste			
Washing powder			
Washing-up liquid			
Bin bags			
Kitchen roll / tissues			
Wet wipes			
Candles (safe use)			

Lighting, Power and Tools Inventory

Light and small repairs when nobody is coming to help

Item	Qty	Stored where	Checked?
Torches			
Headlamps			
Lanterns			
Batteries AA			
Batteries AAA			
Power banks			
Battery radio			
Basic tool kit			
Duct tape			
Work gloves			

First Aid Kit Checklist

Tick what is in the kit today - and date the check

- [ ] Adhesive bandages in assorted sizes, plus a roll of medical tape.
- [ ] Sterile gauze pads and one large wound dressing.
- [ ] Antiseptic wipes or solution, in date.
- [ ] Elastic bandage and safety pins.
- [ ] Tweezers, small scissors and disposable gloves.
- [ ] Thermometer with a working battery, plus spares.
- [ ] Household pain relief and any personal essentials, in date.
- [ ] Burn gel or dressing, and cold packs.
- [ ] Emergency blanket and a small first aid guide.
- [ ] Kit location written here in pencil: it only helps if everyone can find it.

Last full check date: ..... Checked by: ..... Next check due: .....

First Aid and Medical Supplies Inventory

What you hold beyond the kit itself

Item	Qty	Expiry	Stored where

Medical Information - Adult 1

Keep current - update after every medical change

Detail	Write here
Full name	
Date of birth	
Doctor / clinic	
Allergies	
Long-term conditions	
Regular medicines	
Blood group (if known)	
Emergency contact	

Medical Information - Adult 2 / Older Child

Keep current - update after every medical change

Detail	Write here
Full name	
Date of birth	
Doctor / clinic	
Allergies	
Long-term conditions	
Regular medicines	
Blood group (if known)	
Emergency contact	

Medication Tracker - Person 1

One line per medicine - review with your pharmacist yearly

Medicine and dose	When taken	Prescribed by	Runs out

Medication Tracker - Person 2

One line per medicine - review with your pharmacist yearly

Medicine and dose	When taken	Prescribed by	Runs out

Medication Tracker - Family - Extra

One line per medicine - review with your pharmacist yearly

Medicine and dose	When taken	Prescribed by	Runs out

Pharmacy and Doctor Contacts

The medical numbers you never want to search for in a panic

Service	Name	Phone
Family doctor		
Pharmacy (usual)		
Pharmacy (late / 24h)		
Dentist		
Optician		
Hospital (nearest)		
Urgent care clinic		
Poison advice line		
Vet (for Pets page)		

NOTES

Vital Documents Checklist

Originals, copies and where each one lives

- [ ] Passports and national ID cards for every member.
- [ ] Birth and marriage certificates.
- [ ] Property deeds or tenancy agreement, plus mortgage details.
- [ ] Insurance policies: home, vehicle, health, life and pet.
- [ ] Bank and savings account summaries (no passwords on this page).
- [ ] Pension, benefits and employment records.
- [ ] Vehicle registration and driving licences.
- [ ] Wills and lasting powers of attorney, with the solicitor's contact.
- [ ] Vaccination and medical cards for people and pets.
- [ ] One full photocopy or scan set at home, one with your out-of-area contact.

Document Locations Log

If it is not written here, it does not exist at 2 a.m.

Document	Original kept at	Copy kept at

Insurance Policies At a Glance

Policy numbers and claim lines - the only details you need fast

Policy type	Provider	Policy number	Renewal date
Home / contents			
Vehicle			
Health			
Life			
Pet			
Travel			

Home and Vehicle Details Log

Numbers insurers and services always ask for first

Item	Details
Vehicle 1 - plate / VIN	
Vehicle 2 - plate / VIN	
Boiler / heating serial	
Main appliances - models	
Alarm system and code holder	
Mortgage / rent account	
Council / local authority account	

Account Access - Safe Notes

Where access lives - never the passwords themselves

Do not write passwords in this planner. Instead, record where your password manager or sealed password envelope is kept, and who holds the spare key or recovery contact. That is enough for family to act, without making this book a risk on its own.

Account / service	Access note (where, not what)

Pet Care Plan

Food, water, medicines and who can take them if you cannot

Detail	Write here
Pet name / species	
Vet name and phone	
Food and daily amount	
Medicines	
Carrier / lead location	
Backup carer (name, phone)	
Microchip number	

- [ ] Keep 3 days of pet food with the go-bags and rotate it monthly.
- [ ] Photograph each pet with you - proof of ownership if you are separated.

Pet Supplies and Vet Log

Stock, treatments and visit history in one place

Date	Item / treatment	Notes / next due

Children - Comfort and Care Plan

Familiar things calm children faster than explanations

- [ ] One comfort item per child, named here, packed in their own go-bag.
- [ ] Familiar snacks and drinks in the bag - nothing new or experimental.
- [ ] A printed family photo and a card with names, address and phone numbers.
- [ ] Spare clothes in the child's current size; refresh sizes every six months.
- [ ] Calm activities that need no power: colouring, cards, a small book.
- [ ] Medicines and care notes copied from the Medical Information pages.
- [ ] One short, calm script every adult uses to explain what is happening.
- [ ] A named adult outside the home who can collect and comfort each child.

Children - School and Reunification

Who may collect, where you meet, and how school reaches you

Detail	Write here
School / nursery name	
School phone	
Authorised collectors	
School release password (if any)	
Meeting point if school closes	
Backup carer (name, phone)	

Older Adults and Mobility Plan

Daily help, mobility and the checks that keep people safe

- [ ] List daily help needed: meals, medicines, washing, dressing, moving.
- [ ] Record mobility aids and where spares and batteries are kept.
- [ ] Write the names of carers, district nurses and regular visitors.
- [ ] Agree a daily check-in time and who makes the call.
- [ ] Note how this person evacuates: who helps, which route, which vehicle.
- [ ] Keep one bag ready with clothes, medicines list and care notes.
- [ ] If they live alone, agree a neighbour buddy who holds a spare key.
- [ ] Record hearing, vision and communication needs in large clear writing.

Special Needs and Equipment Plan

Powered equipment, backup times and priority contacts

Equipment / need	Power or supply needed	Backup lasts

If any equipment is life-supporting, register with your utility's priority services list and write the registration date here:

Evacuation - Overview and Go / No-Go Rules

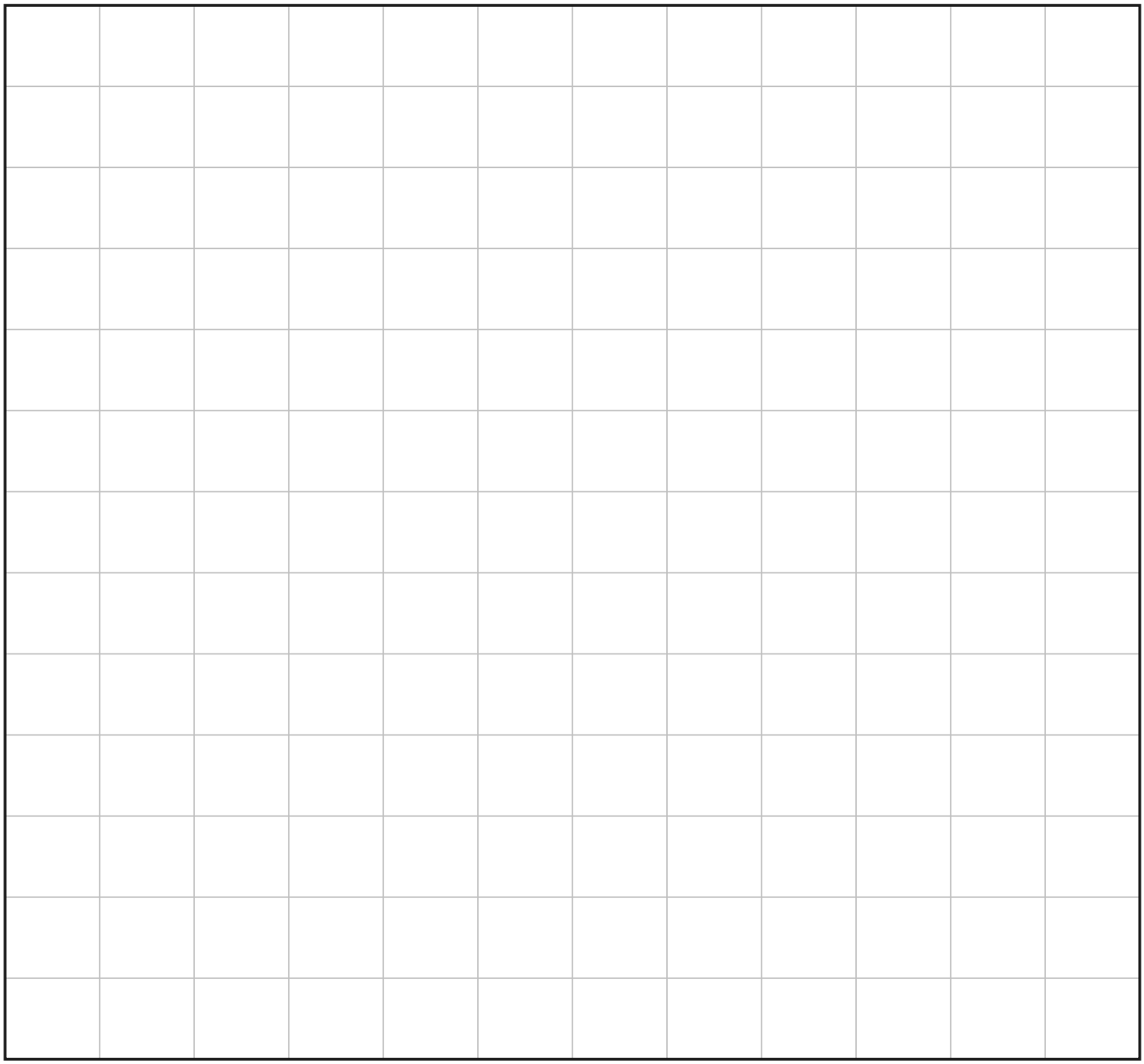
Decide the triggers now, while everything is calm

- [ ] Leave early for: official evacuation orders, fire approaching, flood water rising toward the home, structural damage, or a gas leak you cannot isolate.
- [ ] Stay and shelter for: short outages, storms you are well above and well stocked for, and official stay-home guidance.
- [ ] The decision-maker at home is named here: ..... Backup: .....
- [ ] Bags, documents envelope and pet carriers live at: .....
- [ ] Everyone old enough carries their own bag and knows the meeting point.
- [ ] If in doubt with children, older adults or medical needs in the house: go earlier, not later.

Write your household triggers in your own words below - the three events that mean you leave without debating it:

Home Map Grid - Floor 1

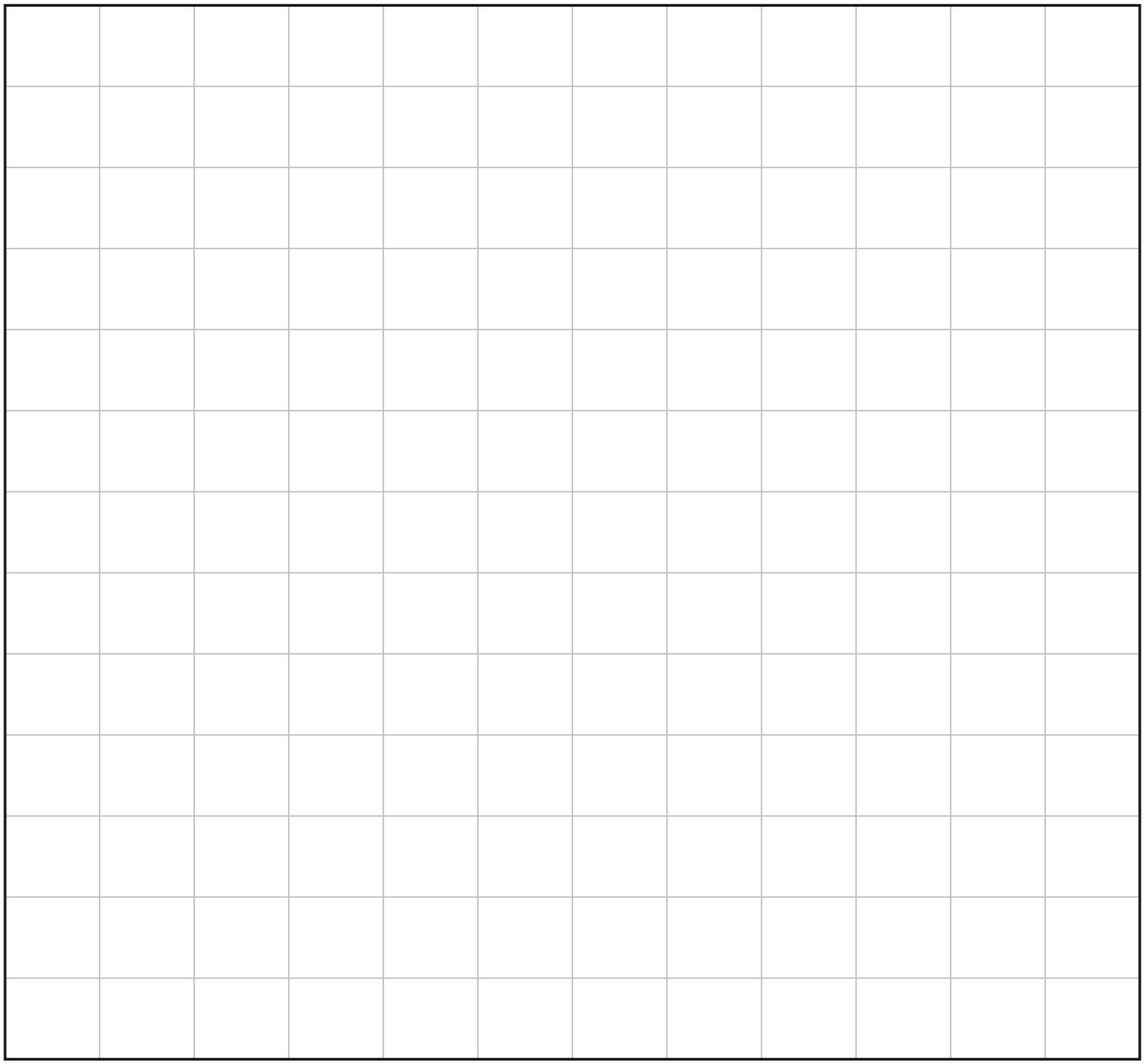
Draw walls, doors, windows, exits, shut-offs and the safe route out



Mark with an X: main exit, second exit, water shut-off, breaker panel, extinguisher, go-bags. Draw the escape route as one bold line.

Home Map Grid - Floor 2 and Yard

Draw walls, doors, windows, exits, shut-offs and the safe route out



Mark with an X: main exit, second exit, water shut-off, breaker panel, extinguisher, go-bags. Draw the escape route as one bold line.

Escape Routes and Meeting Points

Two ways out, two places to meet - known by everyone

Detail	Write here
Primary route out	
Second route out	
Meeting point (near)	
Meeting point (far)	
Out-of-area contact	
Overnight destination 1	
Three-night destination	
One-week destination	

Vehicle and Out-of-Area Plan

Where you go matters as much as how fast you leave

- [ ] Primary destination: a named address, not 'somewhere safe' - write it on the Routes page.
- [ ] Fuel habit: refill at half a tank, always, so range is never the problem.
- [ ] If roads close: your alternate route is drawn on the Route Sketch Grid page.
- [ ] Tell your out-of-area contact your destination and route before you set off, by text.
- [ ] Keep one paper map in the car; phone networks fail exactly when everyone needs them.

Neighbourhood Route Sketch Grid

Streets, landmarks, bridges and the roads that flood or jam first



Draw: your street, the primary route out (bold), an alternate route (dashed), and mark bridges, low spots and usual jam points.

Emergency Contacts - Family and Neighbours

Test every number once - a wrong digit is the same as no number

Name	Relationship	Phone	Address / notes

Emergency Contacts - Services and Utilities

Official numbers only - write them from bills and official sites

Service	Provider	Phone
Emergency services		
Police (non-emergency)		
Fire (non-emergency)		
Water utility		
Electricity utility		
Gas utility		
Plumber (yours)		
Electrician (yours)		
Local council		
Insurance claims line		

Local Information - Shelters, Hospital, Radio

From official sources - check and refresh every six months

Place / service	Address / frequency	Phone / notes
Nearest hospital		
Urgent care clinic		
Official shelter 1		
Official shelter 2		
Emergency radio station		
Local alert app / texts		
Pharmacy (late)		
Vet emergency		

Out-of-Area Contact and Call Script

One calm message, passed along one reliable chain

Your out-of-area contact is the person relatives call to check on you - far enough away to be unaffected, close enough to care. Write their details at the top of the Family Contacts page, then keep the script below by the phone.

THE SCRIPT - read it as written, then fill the blanks:

"Hello, this is [name] from [address]. We are safe / we need help with [one clear need]. We are now at [location]. Our next check-in will be at [time]. Please pass this to [names]."

Hurricane and Severe Storm

Event checklist - work it top to bottom

Before landfall, during the storm, and the first morning after.

- [ ] Track official forecasts twice a day once a storm is named for your area.
- [ ] Bring in or secure garden furniture, bins and anything that can blow away.
- [ ] Fill containers and the bath with water before the storm arrives.
- [ ] Charge phones, power banks and lanterns to full.
- [ ] Move supplies and documents off the floor and away from windows.
- [ ] Park vehicles away from trees and on high ground if you have it.
- [ ] Stay inside during the storm; keep away from windows and outside doors.
- [ ] Afterwards: photograph damage before clearing, and beware fallen power lines.

OUR HOME - the three things this event means for us specifically:

Flooding

Event checklist - work it top to bottom

Water rises fast. Your plan is about height and timing, not sandbags alone.

- [ ] Know your floor levels: what goes upstairs or onto high shelves first.
- [ ] Move documents, medicines and chargers up high at the first warning.
- [ ] Turn off water, gas and power at the mains if water enters the home.
- [ ] Never walk or drive through flood water - turn around and find high ground.
- [ ] Keep wellies, torches and a change of dry clothes in one grabbable bag.
- [ ] Move the car to high ground early, while roads are still passable.
- [ ] After water recedes: do not use electrics until checked, and log all damage.
- [ ] Wash hands after any contact with flood water; it carries contamination.

OUR HOME - the three things this event means for us specifically:

Winter Storm and Extreme Cold

Event checklist - work it top to bottom

Heat, pipes and safe travel in a long cold snap.

- [ ] Insulate exposed pipes and know how to turn the water off if one bursts.
- [ ] Keep one warm room ready: blankets, layered clothing and a safe heat source.
- [ ] Stock the car with a blanket, shovel, grit and a phone charger in winter.
- [ ] Let a tap drip slowly on the coldest nights to protect pipes if advised locally.
- [ ] Check on neighbours, especially anyone older living alone.
- [ ] Keep fuel, food and medicines topped up so no trip out is urgent.
- [ ] Never use outdoor grills, camping stoves or ovens to heat the home.
- [ ] After the storm: check roofs, gutters and trees for damage before parking under them.

OUR HOME - the three things this event means for us specifically:

Heatwave and Wildfire Smoke

Event checklist - work it top to bottom

Cool rooms, steady fluids and clean indoor air.

- [ ] Identify the coolest room and keep curtains closed on the sunny side.
- [ ] Store extra drinking water; heat raises how much everyone needs.
- [ ] Check fans work and keep one battery fan for outage days.
- [ ] Plan heavy tasks for early morning; rest in the hottest hours.
- [ ] Know the signs of heat exhaustion and heatstroke for adults and children.
- [ ] For smoke days: close windows, seal gaps with damp towels, stay indoors.
- [ ] Check on older relatives daily during a heatwave - a short call counts.
- [ ] Never leave children or pets in a parked car, even briefly.

OUR HOME - the three things this event means for us specifically:

Power Outage

Event checklist - work it top to bottom

The most likely event of all - rehearse it until it is boring.

- [ ] Keep torches where you can find them in the dark; one per floor minimum.
- [ ] Know what your fridge and freezer hold; keep doors closed to hold the cold.
- [ ] Turn off sensitive electronics; leave one light on so you know when power returns.
- [ ] Check on neighbours who rely on powered medical equipment.
- [ ] Use generators only outdoors, far from windows, with a working CO alarm indoors.
- [ ] Eat fridge food first, then freezer food, then stored food - in that order.
- [ ] Report the outage and get the official estimate; note it on the Drill Log page.
- [ ] After power returns: check food temperatures and restock what you used within a week.

OUR HOME - the three things this event means for us specifically:

House Fire

Event checklist - work it top to bottom

Minutes count. This page is about getting out, not saving things.

- [ ] On alarm or smoke: get out by your nearest safe route and close doors behind you.
- [ ] Crawl low under smoke; test doors with the back of your hand before opening.
- [ ] Go straight to the meeting point and call emergency services from outside.
- [ ] Never go back inside for belongings, documents or pets once you are out.
- [ ] Account for every person and pet at the meeting point; tell firefighters who is missing.
- [ ] If a route is blocked, use your second route from the Escape Routes page.
- [ ] Once safe: contact your out-of-area person and your insurer the same day.
- [ ] Write what happened on the Recovery Log while details are fresh.

OUR HOME - the three things this event means for us specifically:

Earthquake

Event checklist - work it top to bottom

No warning - so the preparation is furniture, kits and habit.

- [ ] Secure tall furniture, water heaters and heavy shelves to walls.
- [ ] Keep shoes, a torch and a whistle by each bed.
- [ ] During shaking: drop, cover and hold on under sturdy furniture; stay away from glass.
- [ ] After shaking stops: expect aftershocks; check for injuries before property.
- [ ] Turn off gas only if you smell it or suspect a leak; note the shut-off location.
- [ ] Use texts instead of calls to keep lines open for emergency services.
- [ ] Check your home for cracks, leaks and fallen hazards before settling back in.
- [ ] Be ready to evacuate with go-bags if the building is damaged.

OUR HOME - the three things this event means for us specifically:

Tornado and High Wind

Event checklist - work it top to bottom

A small safe room and fast action when the warning comes.

- [ ] Name your safe room now: lowest floor, smallest interior room, no windows.
- [ ] Keep helmets or thick blankets in the safe room for head protection.
- [ ] At a warning: go to the safe room immediately - do not film the storm.
- [ ] Cover yourself and children with blankets or a mattress if one is nearby.
- [ ] Avoid mobile-home and vehicle shelter during a tornado; use a sturdy building.
- [ ] Afterwards: watch for downed lines, gas smells and unstable trees or roofs.
- [ ] Check neighbours once it is safe, especially in damaged streets.
- [ ] Log damage with photos for insurance before you start clearing.

OUR HOME - the three things this event means for us specifically:

Extended Stay at Home

Event checklist - work it top to bottom

Illness, disruption or official stay-home guidance lasting days or weeks.

- [ ] Work out 14 days of food, medicine and hygiene from your inventory pages.
- [ ] Keep cleaning and laundry supplies for two weeks of heavier home use.
- [ ] Set up one room that could isolate a sick household member if needed.
- [ ] Keep a list of delivery, pharmacy and neighbour-help options that actually work locally.
- [ ] Plan work, school and caring rotas so no one person carries everything.
- [ ] Keep morale supplies: games, books and exercise options that need no power.
- [ ] Review the Communication Plan so relatives get one calm update, not twenty rumours.
- [ ] Restock anything used within a week of normal life resuming.

OUR HOME - the three things this event means for us specifically:

Water Shut-Off and Burst Pipe

Event checklist - work it top to bottom

The emergency you can rehearse with a wrench and a bucket.

- [ ] Find the main shut-off now and turn it once to prove it works.
- [ ] Label the shut-off and keep the right wrench or key beside it.
- [ ] Know where towels, buckets and a mop live; list them here in pencil.
- [ ] If a pipe bursts: shut off water, then power to affected circuits, then mop up.
- [ ] Move documents, electrics and soft furnishings away from the water first.
- [ ] Photograph damage before repairs for insurance.
- [ ] Write your plumber's number on the Services Contacts page today.
- [ ] After repair: run a fan or dehumidifier until everything is truly dry.

OUR HOME - the three things this event means for us specifically:

Before You Travel - Home Ready Check

Leave the home ready to be empty - and ready for surprises

- [ ] Water off at the main valve for trips over a week, or as your insurer advises.
- [ ] Heating set low but on in cold months to protect pipes.
- [ ] Fridge: perishables eaten, given away or binned - nothing to rot.
- [ ] Bins out, post held or collected by a neighbour, curtains as normal.
- [ ] A neighbour holds a key and your travel dates and contact number.
- [ ] Go-bags and documents stay home unless the trip itself needs them.
- [ ] Car left fuelled, locked and, if possible, off the street.
- [ ] Write return date on the Important Dates page so checks get booked.

After an Event - Damage and Recovery Log

Photos first, forms second, feelings noted - in that order

Date	What happened / damage	Photos taken?	Insurer told?

Seasonal Maintenance - Spring

The hour that prevents the emergency

- [ ] Test alarms, check extinguisher, refresh torch batteries.
- [ ] Clear gutters and drains; check the roof from the ground.
- [ ] Service heating before it rests for summer, or book it now.
- [ ] Rotate water stores and check food expiry columns.
- [ ] Refresh go-bag clothes for warmer weather and growing children.
- [ ] Check the car: tyres, fluids, air conditioning and the boot kit.

Seasonal Maintenance - Autumn and Winter

Cold, dark and storm season - prepared in daylight

- [ ] Test alarms, check extinguisher, refresh torch batteries.
- [ ] Insulate pipes, service heating, check radiator bleeding.
- [ ] Clear gutters and drains before the heavy rain season.
- [ ] Rotate water stores; check blankets and warm layers per person.
- [ ] Refresh go-bag clothes for cold weather and growing children.
- [ ] Check the car: tyres, battery, antifreeze, shovel and grit aboard.

Seasonal Quick-Reference Card

Your top risks on one page - copy it for the fridge door

Circle your household's top three risks, then write the first action for each. This page is the one to photograph and keep on your phone.

Risk	Our first action
Storm / hurricane	
Flood	
Winter storm / cold	
Heatwave / smoke	
Power outage	
House fire	
Earthquake	
Tornado / high wind	

Drill Log 1

Short, calm and honest - a drill that finds gaps is a good drill

Date	Drill type	Time taken	What we learned

Drill Log 2

Short, calm and honest - a drill that finds gaps is a good drill

Date	Drill type	Time taken	What we learned

Monthly Maintenance Checklist

Twenty minutes a month keeps the whole system true

- ☐ Test smoke and CO alarms; note the date in the margin.
- ☐ Check one expiry column fully - food, medicines or batteries.
- ☐ Charge power banks back to full and check torch batteries.
- ☐ Run the car check: fuel above half, boot kit complete.
- ☐ Confirm contacts still answer on the numbers written here.
- ☐ Top up anything used this month from the Restock List.

Month	Done (tick)	Initials	Notes

Quarterly Maintenance Checklist

The deeper check, four times a year

- [ ] Rotate stored water and refresh go-bag clothes and medicines.
- [ ] Cook one full day from stored food; log every gap honestly.
- [ ] Check insurance, documents and vehicle pages against reality.
- [ ] Service or inspect the generator and heating system as manuals advise.
- [ ] Re-draw any map that no longer matches the home.
- [ ] Book the next drill date before you close this book.

Quarter	Done (tick)	Initials	Notes

Generator Log

Only if you own one - follow its manual and local rules without exception

Date	Run time	Fuel added	Service / notes

Safety, always: generators run outdoors only, well away from windows and doors, and never in a garage - carbon monoxide kills without smell or warning.

Fuel Log

Approved containers only, stored outside living space

Date	Fuel type	Amount in	Amount used / notes

Battery, Torch and Radio Check Log

Dead batteries are the smallest, commonest failure of all

Date	Item checked	Result	Action taken

Vehicle Readiness Log

A ready car is half of every evacuation plan

Date	Check (fuel / tyres / fluids / lights / kit)	Done?	Notes

Emergency Budget - Overview

Calm money: a small reserve, built on purpose

- [ ] Start with a cash reserve at home in small notes - enough for food, fuel and one night away.
- [ ] Build in stages: first a starter amount, then one week of essentials, then one month.
- [ ] Keep the reserve for true disruption only - and refill it the month after any use.
- [ ] Track preparedness spending on the Purchases Log so the budget stays honest.
- [ ] Note bank, card and cash options: if one system fails, you still have another.
- [ ] Review this section quarterly, alongside the maintenance checklist.

Emergency Budget Tracker

Real numbers in pencil - update monthly

Category	Monthly need ($)	Notes
Food and drink		
Housing / rent or mortgage		
Utilities		
Transport / fuel		
Medicines / health		
Insurance		
Pets		
Other essentials		

Total monthly essentials ($): ..... One-week essentials ($): .....

Savings Goals and Cash Reserve Log

Every small deposit is the plan working

Date	Added ($)	Taken ($)	Balance ($)	Reason

Spending Log - Preparedness Purchases

What you bought, what it cost, and where it lives now

Date	Item	Cost ($)	Stored where

Kitchen - Cooking Without Power

Hot food and drinks when the hob and oven are off

- [ ] Order of eating: fridge first, freezer second, stores third - plan menus in that order.
- [ ] One-pot meals stretch fuel furthest: soups, stews and pasta in sauce.
- [ ] A camping stove is an outdoor tool only - never a kitchen substitute indoors.
- [ ] Keep a flask: one boil fills it, and hot drinks last all day from one use of fuel.
- [ ] Washing up without power: scrape, wash hot if you can, air-dry on a clean cloth.
- [ ] Write your three best no-power meals on the Meal Ideas page once you have tested them.

Sanitation and Hygiene Plan

Clean hands and a working toilet plan prevent the second emergency

- [ ] Handwashing station: a jug of water, soap and a bowl - set it up on day one of any outage.
- [ ] If water stops: know your plan for toilet flushing with stored or collected water.
- [ ] Bin bags double up; waste goes out of living areas daily.
- [ ] Keep one cleaning caddy together: spray, cloths, gloves and bags.
- [ ] Laundry without power: a tub, a plunger-style wash, and a line - note where yours live.
- [ ] Personal hygiene kits per person keep dignity up and tempers down.

Laundry and Cleaning Supplies Inventory

The unglamorous stock that keeps a long week liveable

Item	Qty	Stored where	Reorder?
Washing powder / liquid			
Washing-up liquid			
All-purpose cleaner			
Bleach (household)			
Sponges / cloths			
Bin bags - large			
Bin bags - small			
Paper towels			
Rubber gloves			
Broom / mop refills			

Baby and Infant Supplies Checklist

For households with a baby - or one who visits often

- [ ] Nappies and wipes for at least 5 days, in the current size.
- [ ] Feeding supplies your baby already uses - formula, bottles or cups - for 5 days.
- [ ] Two full changes of clothes per day, in the go-bag and refreshed by size.
- [ ] Blankets, a familiar comfort item and any medicines, copied from the medical pages.
- [ ] A carrier or sling: hands occupied, baby secure, stairs manageable.
- [ ] Write feeding and settling routines here so another carer can follow them.

Work and School Continuity Plan

Who works from where, who learns from where, when buildings close

Person	Work / school	Can work from home?	Needs (power / net)

Communication Plan - Who Calls Whom

One chain, no rumour mill: agree it now, use it as written

- [ ] Person A calls the out-of-area contact first; that contact passes news along the chain.
- [ ] Texts beat calls in a disaster: shorter, lighter on the network, and they queue when signal returns.
- [ ] Agree check-in times now: for example 9 a.m. and 7 p.m., with a 2-hour grace window before worry escalates.
- [ ] One household social-media post, written calmly, can answer fifty relatives at once.
- [ ] Children know one number by heart - write whose it is here: .....
- [ ] If nobody can reach anybody: go to the far meeting point and wait there.

Important Dates and Renewals Calendar

Insurance, services, checks and drills - one page, all year

Date	What is due	Done?	Notes

Master Shopping List - Starter

The first full shop if you are starting from an empty cupboard

Item	Qty	Got it? (tick)
Bottled water (3-day supply)		
Rice and pasta		
Tinned beans and tomatoes		
Tinned fish or chicken		
Oats and long-life milk		
Nut butter		
Torches and batteries		
First aid basics		
Hygiene basics		
Manual can opener		

Master Shopping List - Top-Up

The standing top-up list - copy it before every restock shop

Item	Qty	Got it? (tick)

Notes 1

Spare pages - drills, changes and lessons learned

Notes 2

Spare pages - drills, changes and lessons learned

Notes 3

Spare pages - drills, changes and lessons learned

Notes 4

Spare pages - drills, changes and lessons learned

Notes 5

Spare pages - drills, changes and lessons learned

Notes 6

Spare pages - drills, changes and lessons learned

Notes 7

Spare pages - drills, changes and lessons learned

Notes 8

Spare pages - drills, changes and lessons learned

Household Decisions Log

Decisions made together, written once, honoured by everyone

Date	Decision	Agreed by

Keep Going!

Your household is ready - keep it that way

You built a working system - water, food, light, documents, routes and a budget. Keep it alive with the monthly and quarterly checklists.

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A complete mini whodunit case, free on our hub gift page.

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100 ready-to-print detective mystery puzzles with full answer keys.
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Support, any time: puzzle-pout-talon@duck.com

Thank you for preparing with us - stay ready, stay calm.

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