

101 Emergency Preparedness Checklist

1. Test all smoke detectors.
2. Check your carbon monoxide detectors.
3. Replace batteries in all detectors.
4. Locate your main water shut-off valve.
5. Locate your gas shut-off valve.
6. Create a family emergency communication plan.
7. Compile a list of emergency contact numbers.
8. Prepare a three-day supply of non-perishable food.
9. Stock at least three days' worth of drinking water per person.
10. Assemble a complete first aid kit.
11. Check expiration dates on all emergency supplies.
12. Organize important documents in a waterproof container.
13. Create a home inventory list for insurance purposes.
14. Secure heavy furniture to the walls.
15. Clear walkways of potential hazards.
16. Review emergency procedures with your family.
17. Conduct a home fire drill.
18. Identify a safe room or designated shelter area.
19. Pack a "grab-and-go" bag for each family member.
20. Prepare an emergency kit for your pets.
21. Ensure you have backup power sources (e.g., power banks).
22. Test all battery backups and portable chargers.
23. Install window locks or security bars.
24. Trim shrubbery around your home.
25. Set up outdoor motion detectors.
26. Secure or install adequate outdoor lighting.
27. Purchase a home fire extinguisher.
28. Ensure you know the location of your extinguisher(s).
29. Practice using your fire extinguisher.
30. Create a list of local emergency service contacts.
31. Review local evacuation routes.
32. Print out detailed local maps.
33. Assemble a basic tool kit for home repairs.
34. Set up a hidden cash and document storage spot.
35. Develop a plan for elderly family members.
36. Create a child-friendly emergency plan.
37. Discuss emergency plans with trusted neighbors.
38. Attend a local emergency preparedness workshop.
39. Create a kitchen safety checklist.
40. Identify hazards in your kitchen.
41. Secure or properly store flammable items.
42. Update your homeowner's or renter's insurance.
43. Choose creative spots to hide valuables.
44. Use a DIY safe (e.g., hollowed-out book).
45. Establish a clear, safe meeting point outside.
46. Pack a portable emergency radio.
47. Keep extra batteries for all devices.
48. Store flashlights in accessible spots throughout your home.
49. Practice turning off utilities safely.
50. Learn basic first aid skills.
51. Take a CPR course.

52. Create a list of family medical conditions.
53. Ensure you have a supply of essential medications.
54. Prepare for potential medication shortages.
55. Develop a plan for severe weather emergencies.
56. Sign up for local weather alerts.
57. Purchase or update a weather radio.
58. Prepare for extended power outages.
59. Familiarize yourself with your electrical panel.
60. Test your circuit breakers periodically.
61. Learn how to operate your home's fire alarm system.
62. Identify safe outdoor shelter locations.
63. Establish a routine family meeting plan for emergencies.
64. Practice a full evacuation drill with your family.
65. Create a checklist for your car's emergency kit.
66. Assemble a comprehensive car emergency kit.
67. Regularly check your car's tire pressure.
68. Ensure your vehicle is in good working order.
69. Safely store extra fuel for emergencies.
70. Prepare a bicycle emergency kit (if applicable).
71. Test your home security systems periodically.
72. Update your home alarm system settings.
73. Change security codes regularly.
74. Secure passwords and online accounts related to home security.
75. Plan and practice emergency meal preparation.
76. Experiment with one-pot, water-saving recipes.
77. Label disposable plates, cups, and utensils for emergencies.
78. Create a DIY emergency cookbook with simple recipes.
79. Learn to cook without electricity (using gas or portable stoves).
80. Stock up on non-perishable foods and rotate supplies.
81. Maintain a hidden container for emergency cash.
82. Hide a small amount of cash in unexpected spots.
83. Plan for additional pet food supplies.
84. Store extra pet food in a safe, dry place.
85. Inspect your home's drainage systems regularly.
86. Prepare for potential flooding by checking sump pumps.
87. Clean your gutters and downspouts regularly.
88. If in a seismic zone, secure items against earthquakes.
89. Secure tall furniture and eliminate heavy clutter.
90. Designate safe assembly points in every room.
91. Create a comprehensive communication plan for power outages.
92. Update your family calendar with emergency contacts.
93. Digitally back up copies of important documents.
94. Organize a family emergency meeting once a year.
95. Assign specific roles to each family member during emergencies.
96. Connect with community emergency resources.
97. Schedule annual reviews of your emergency plan.
98. Involve the whole family in emergency planning tasks.
99. Create a designated "ready day" to celebrate preparedness.
100. Use creative reminders (sticky notes, checklists) to review tasks.
101. Celebrate your readiness with a family reward when all tasks are complete!