



Monsoon Preparedness Checklist

Printable checklist covering pre-monsoon preparation, during-flood actions, and recovery steps for Malaysian weather conditions.

Monsoon season in Malaysia can bring flash floods, landslides, power outages, contaminated water, and transportation disruptions. Prepared families reduce panic, protect supplies, and recover faster by preparing before heavy rain begins.

1. Pre-Monsoon Preparation Checklist

Done	Preparation Task
<input type="checkbox"/>	Inspect roof for leaks or loose tiles
<input type="checkbox"/>	Clear drains and gutters around home
<input type="checkbox"/>	Prepare emergency food and water supply
<input type="checkbox"/>	Charge power banks and backup batteries
<input type="checkbox"/>	Store important documents in waterproof bags
<input type="checkbox"/>	Prepare flashlight and emergency lighting
<input type="checkbox"/>	Refill medications and first aid supplies
<input type="checkbox"/>	Review evacuation routes and meeting points
<input type="checkbox"/>	Move valuable items away from flood-prone floors
<input type="checkbox"/>	Check vehicle tyres, battery, and fuel level

2. Recommended Monsoon Emergency Supplies

Item	Recommended Quantity	Notes
Drinking Water	3–7 days minimum	Store extra for hygiene and cooking
Canned / Dry Food	3–7 days	Choose foods requiring minimal cooking
Power Banks	1–2 units	Keep fully charged
Torchlights	1 per family member	Store spare batteries
ORS / Electrolytes	Several packets	Important during heat or illness
Raincoats / Ponchos	1 per person	Useful during evacuation
Waterproof Bags	Several	Protect electronics and documents



3. During Flood Emergency Checklist

Done	Emergency Action
<input type="checkbox"/>	Monitor official flood alerts and weather updates
<input type="checkbox"/>	Move family members to safer or higher ground
<input type="checkbox"/>	Disconnect electrical appliances if safe
<input type="checkbox"/>	Avoid walking or driving through floodwater
<input type="checkbox"/>	Maintain hydration and conserve battery power
<input type="checkbox"/>	Keep emergency bags accessible
<input type="checkbox"/>	Avoid contaminated floodwater exposure
<input type="checkbox"/>	Check elderly, children, and pets regularly
<input type="checkbox"/>	Prepare for evacuation if instructed

4. Floodwater Danger Awareness

Risk	Possible Hazard
Floodwater	Sewage, chemicals, bacteria, sharp debris
Standing Water	Mosquito breeding and dengue risk
Electrical Systems	Electrocution risk
Landslides	Road collapse and unstable slopes
Heat & Humidity	Heat exhaustion and dehydration

5. Post-Flood Recovery Checklist

Done	Recovery Task
<input type="checkbox"/>	Inspect home for structural damage
<input type="checkbox"/>	Discard contaminated food or water
<input type="checkbox"/>	Dry and disinfect affected areas
<input type="checkbox"/>	Check for mold growth
<input type="checkbox"/>	Photograph damage for insurance claims
<input type="checkbox"/>	Monitor family health for fever or infection
<input type="checkbox"/>	Clean and restock emergency supplies
<input type="checkbox"/>	Review lessons learned and improve preparedness plan

6. Emergency Contacts & Notes

Contact	Phone Number
Local Emergency Services	
Nearest Hospital / Clinic	
Family Emergency Contact	
Flood Relief Center	
Insurance Hotline	

Designed for Malaysian monsoon conditions including flash floods, humidity, heat, and infrastructure disruptions. Print and store with emergency supplies.