



Monthly Preparedness Checklist

A simple month-by-month tracker to help families build emergency supplies gradually without panic buying or overspending.

Preparedness is not about fear. It is about stability, resilience, and peace of mind. This checklist helps you build essential supplies slowly over 12 months using a realistic, sustainable approach.

Month 1 – Water Basics

| Done | Task |
|------|--|
| ■ | Store at least 2 weeks of drinking water |
| ■ | Buy water containers or filtration tools |
| ■ | Learn safe water storage methods |

Month 2 – Emergency Food

| Done | Task |
|------|---|
| ■ | Build a 2-week food reserve |
| ■ | Focus on foods your family already eats |
| ■ | Rotate and track expiry dates |

Month 3 – Medical Supplies

| Done | Task |
|------|--|
| ■ | Build a complete first aid kit |
| ■ | Stock common medications |
| ■ | Create a family medical information list |

Month 4 – Power & Lighting

| Done | Task |
|------|-------------------------------------|
| ■ | Buy flashlights and spare batteries |
| ■ | Get a power bank or solar charger |
| ■ | Prepare backup lighting |

Month 5 – Communications

| Done | Task |
|------|--|
| ■ | Prepare emergency contact lists |
| ■ | Get battery-powered or hand-crank radio |
| ■ | Set family emergency communication plans |

Month 6 – Financial Readiness

| Done | Task |
|------|--------------------------------------|
| ■ | Build small emergency cash reserves |
| ■ | Organize critical documents |
| ■ | Review insurance and emergency funds |

Month 7 – Home Safety

| Done | Task |
|------|-------------------------------------|
| ■ | Inspect fire extinguishers |
| ■ | Review evacuation routes |
| ■ | Secure important household supplies |

Month 8 – Hygiene & Sanitation

| Done | Task |
|------|---------------------------------------|
| ■ | Stock soap, disinfectants, toiletries |
| ■ | Prepare waste disposal supplies |

| | |
|---|--------------------------------|
| ■ | Store extra cleaning materials |
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Month 9 – Community Preparedness

| Done | Task |
|------|-------------------------------------|
| ■ | Know your neighbors |
| ■ | Build local support contacts |
| ■ | Discuss emergency plans with family |

Month 10 – Skills & Training

| Done | Task |
|------|--|
| ■ | Learn CPR or basic first aid |
| ■ | Practice emergency drills |
| ■ | Improve survival and preparedness skills |

Month 11 – Review & Rotate

| Done | Task |
|------|---------------------------|
| ■ | Check expired supplies |
| ■ | Rotate food and water |
| ■ | Replace damaged equipment |

Month 12 – Long-Term Resilience

| Done | Task |
|------|--------------------------------|
| ■ | Expand food and water reserves |
| ■ | Improve backup systems |
| ■ | Review goals for the next year |

Preparedness is built one step at a time.

Consistency matters more than perfection. Focus on steady progress and building resilience for your family and community.