

Household Emergency Preparedness Manual

Printable Checklist

Tier 1: Hours – 14 Days

Northern Utah / Wasatch Front Edition

Every checklist item from every chapter for this tier, gathered in one place for printing. See the full manual for context, skills, and equipment/supplies detail behind each item.

Chapter 1: Water & Food

- ☐ Water: 14 gal/person, food-grade containers, dated
- ☐ Backup water treatment (bleach or tablets) on hand and dosing known
- ☐ 14-day non-perishable food supply, no-cook options included
- ☐ Manual can opener (+1 spare) and food thermometer in kit
- ☐ 14-day pet food supply, waterproof container
- ☐ FIFO rotation schedule set (e.g., spring/fall clock changes)
- ☐ Water stored where it won't freeze, or headspace left for expansion
- ☐ Medical/special-diet needs (infant formula, allergies, diabetic supplies) stocked separately
- ☐ Portable grab-and-go water/food subset packed, separate from bulk stock
- ☐ Practiced: lived a full day on Tier 1 stores only, including manual can opener

Chapter 2: Sanitation & Medical

- ☐ Hypothermia and heat illness treatment steps known by every adult, not just recognition of the signs
- ☐ First aid/CPR certification current for at least one adult in the household
- ☐ Written medication list (drug, dose, allergy, prescriber) with the kit
- ☐ 14-day prescription buffer arranged with doctor/pharmacist
- ☐ Trauma kit: commercial tourniquet, Israeli bandage, hemostatic gauze
- ☐ Basic medications and hygiene supplies stocked, 14-day quantities
- ☐ Contractor bags, twist ties, and 14-day toilet paper supply on hand

- ☐ NOAA weather radio (battery or hand-crank) in kit
- ☐ Practiced: hands-only CPR and wound-irrigation technique reviewed by every adult

Chapter 3: Energy & Heat

- ☐ Batteries stored and replaced in matched sets; no mixing ages or chemistries in a device
- ☐ LED flashlight/headlamp per person, with spare batteries
- ☐ Power bank(s), 20,000+ mAh, reserved for comms/medical devices
- ☐ Battery CO detector installed near sleeping areas, alarm not expired
- ☐ Propane camp stove and fuel: outdoor-only use understood by everyone in the household
- ☐ 0°F-rated sleeping bags/wool blankets, one per person
- ☐ Two independent ignition methods stored
- ☐ Safe room identified and ready to close off (blankets over doorway, away from exterior walls)
- ☐ Practiced: everyone in the household can name the CO safety rule without prompting

Chapter 4: Security & Shelter

- ☐ Water heater and furnace seismically strapped
- ☐ Heavy furniture/TVs anchored to wall studs, not just drywall
- ☐ Gas shut-off wrench staged at the meter; every adult knows the “only if you smell/hear gas” rule
- ☐ Windows measured and plywood/film pre-cut and labeled
- ☐ Deadbolts and strike plates upgraded to 3-inch screws
- ☐ Blackout curtains/blankets available for the main living areas
- ☐ Door/window entry sensors installed
- ☐ Any household firearms stored unloaded, locked, with ammunition stored separately
- ☐ Practiced: Drop, Cover, and Hold On drilled, ideally during the annual Great Utah ShakeOut

Chapter 5: Communication

- ☐ Text-first habit understood by every household member
- ☐ 2-3 key phone numbers memorized by each person, not just stored digitally
- ☐ Offline map areas downloaded to every phone
- ☐ NOAA weather radio with tone alert in the kit

- ☐ Registered for your county's opt-in emergency notification system (Everbridge for Weber/Davis/Box Elder/Morgan/Cache/Rich; check directly for Salt Lake County and others)
- ☐ Each child's school reunification procedure known in advance, including current authorized-pickup list
- ☐ Workplace emergency plans known for every working adult in the household
- ☐ Laminated contact cards made, including out-of-state contact and two meeting places
- ☐ Paper maps of Utah and home county on hand
- ☐ Waterproof notepad and pens, spare charging cables stored separately from devices
- ☐ Practiced: every household member can recite the out-of-state contact number from memory

Chapter 6: Access & Functional Needs

- ☐ Utah Special Needs Registry registration completed, if applicable
- ☐ Written, device-specific power/backup plan obtained from each device's manufacturer or DME supplier
- ☐ Electric utility notified of medical equipment dependence; priority reconnection program confirmed
- ☐ For dialysis-dependent household members: written plan obtained from their specific care team (in-center, home HD, or PD)
- ☐ For insulin or other cold-chain medications: refrigeration backup plan (cooler+ice, FRIIO wallet, or unplugged freezer) known and supplies on hand
- ☐ 30-day supply of disability-related medications, rotated on the same schedule as other household meds
- ☐ Named backup caregiver identified and briefed on specific care needs
- ☐ Spare glasses, hearing aid batteries, dentures, and prosthetic components stocked
- ☐ Evacuation plan specifically covers how each household member with a mobility impairment will be moved
- ☐ Communication alternatives (ASL basics, phrase cards, TTY) in place for any Deaf/hard-of-hearing/non-verbal household member
- ☐ Practiced: backup power for each powered medical device tested for one full night before it's needed

Chapter 7: Mental Health

- ☐ 988 and 211 numbers memorized by every adult in the household, and the difference between them understood

- ☐ PFA framework (Listen, Protect, Connect, Model, Teach) known by at least one adult
- ☐ Daily routine plan (meals, sleep, chores) ready to implement immediately
- ☐ Comfort items and journaling supplies packed, especially for children
- ☐ Family conflict-resolution rules written down in advance, while calm
- ☐ Offline mindfulness/grounding app downloaded and tested before an emergency
- ☐ Age-appropriate honesty and routine-first approach for children in the household understood by every caregiver
- ☐ Practiced: every adult can describe normal acute stress signs without alarm

Chapter 8: Pet Evacuation & Shelter

- ☐ Pet carriers/crates sized, labeled, and pets comfortable being loaded into them
- ☐ Microchip and ID tag information current, verified within the last year
- ☐ 14-day pet food/water supply and 14-day medication supply stocked
- ☐ Pet first aid kit assembled, including a muzzle and styptic powder
- ☐ Vaccination records (physical + digital) accessible without needing to contact the vet during an emergency
- ☐ Pet-friendly shelters/hotels within evacuation range identified in advance
- ☐ Flea/tick products checked for correct species before use in multi-pet households
- ☐ Human medications stored physically separate from pet-accessible areas
- ☐ Practiced: full evacuation-loading drill completed with every pet in the household

Chapter 9: Digital Data & Documents

- ☐ All vital documents scanned at 300+ DPI with consistent, searchable file names
- ☐ 3-2-1 backup in place: 3 copies, 2 media types, 1 off-site
- ☐ Video home-contents walkthrough recorded and backed up
- ☐ Encryption tool (VeraCrypt, BitLocker, or FileVault) actually in use, not just installed
- ☐ Fire/water-rated safe checked against what's actually stored in it (paper vs. electronics rating)
- ☐ Fireproof document bag packed in the go-bag with paper copies of key documents
- ☐ Password manager's official emergency kit printed and stored securely, not a plaintext password list
- ☐ \$1,000+ cash reserve in small bills in the safe

- ☐ Practiced: located and opened every backup (safe, drive, cloud account) within the last 6 months to confirm access still works

Chapter 10: Economic & Financial

- ☐ \$1,000+ cash in small bills, split between home safe and portable reserve
- ☐ Insurance policy's specific ALE percentage/cap known in advance
- ☐ Insurance, bank, and credit card contact info printed and stored offline
- ☐ Home inventory video/photos current and backed up
- ☐ Household can recognize common post-disaster scam patterns
- ☐ Utah Attorney General price-gouging reporting contact known
- ☐ Employer's disaster/emergency leave policy read and understood
- ☐ Self-employed household members have a business continuity plan (client contact backup, records backed up, runway estimate)
- ☐ Practiced: household has discussed spending priorities (essentials-first) before an actual emergency forces the decision

Chapter 11: Fitness

- ☐ Every adult can demonstrate correct lifting technique (legs/hips, not back)
- ☐ Go-bag footwear broken in through actual periodic use, not brand new
- ☐ Blister/chafing prevention supplies in the go-bag
- ☐ Household understands effort pacing under caloric restriction
- ☐ Overexertion, heat exhaustion, and hypothermia signs known by every adult
- ☐ Practiced: at least one loaded-pack walk completed to test footwear and pack fit before an emergency

Chapter 12: Transportation

- ☐ Fuel tank habitually kept above half
- ☐ At least two evacuation routes identified from home, in different directions
- ☐ Every driver in the household knows the flooded-road and downed-power-line rules
- ☐ Traction devices matched to each vehicle, purchased and test-fitted before winter
- ☐ Vehicle emergency kit (jumper cables, tire kit, tow strap) in every vehicle

- ☐ Vehicle-specific 72-hour kit packed and current
- ☐ Paper maps kept in the vehicle, not just at home
- ☐ Practiced: driven at least one alternate evacuation route to confirm it's actually passable

Chapter 13: Post-Disaster Recovery & Rebuilding

- ☐ Structure checked from outside for red-flag damage before anyone enters
- ☐ Official safety placards (if posted) identified and obeyed without exception
- ☐ Full photo/video documentation completed before any cleanup begins
- ☐ Insurance company contacted and claim number obtained
- ☐ No agreements signed or payments made to uninvited/unsolicited contractors
- ☐ Basic re-entry PPE (gloves, respirator, boots) used for every entry into a damaged structure
- ☐ Practiced: household knows in advance where the insurance policy and contact info are stored and accessible without power