

Household Emergency Preparedness Manual

Printable Checklist

Tier 2: 2 Weeks – 3 Months

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

- ☐ Gravity filter (virus rating checked) + full spare element set
- ☐ Propane stove, pressure cooker, and adequate multi-tank fuel reserve
- ☐ Backup non-propane cooking method available
- ☐ Battery CO detector in use anywhere indoor cooking happens
- ☐ Water testing strips on hand
- ☐ Local untreated water sources identified in advance
- ☐ Bulk grains/beans/staples stored in Mylar + oxygen absorbers
- ☐ Bulk water treatment chemical on hand, stored away from food
- ☐ 3-month pet food supply bagged and sealed
- ☐ Practiced: cooked a full day's meals on Tier 2 gear only

Chapter 2: Sanitation & Medical

- ☐ Bucket toilet system built and in daily use, cover material applied every time
- ☐ At least one household member trained in basic triage
- ☐ Quarantine space and protocol identified before it's needed
- ☐ Water testing strips used on every new source before use
- ☐ Medical instrument set (BP cuff, stethoscope, splints) + sterilization method
- ☐ 90-day prescription conversation had with a doctor/pharmacist
- ☐ Bulk medical and hygiene supplies stocked

- ☐ Waste/compost site located away from all water sources
- ☐ Practiced: quarantine protocol rehearsed (even as a drill) with the household

Chapter 3: Energy & Heat

- ☐ Solar generator or equivalent power source, sized against actual device wattage needs
- ☐ Heating source confirmed vented-outside OR unvented-with-working-ODS, CO detector co-located
- ☐ Wood stove chimney swept and damper checked before the season it's needed
- ☐ 20+ gallons fuel or 1+ cord seasoned (dry) firewood on hand
- ☐ Battery bank stored where cold won't significantly cut capacity
- ☐ Heavy-duty 12-gauge extension cords on hand
- ☐ Window insulation applied nightly in the safe room
- ☐ Practiced: ran the household's actual heating/power setup for at least one full night before needing it

Chapter 4: Security & Shelter

- ☐ Light/noise OPSEC discipline practiced by the household
- ☐ Neighborhood watch network established with trusted neighbors
- ☐ Concealment zones near the home identified and cleared
- ☐ GMRS license obtained if handheld radios are part of the plan
- ☐ Motion lights and battery/solar cameras (local storage) installed
- ☐ Door/window reinforcement kits test-fitted in advance
- ☐ Written community pact in place with neighbors
- ☐ Safe room stocked with water, radio, and first aid
- ☐ Use-of-force legal knowledge current via a certified course, if firearms are part of the plan
- ☐ Practiced: barricading routine rehearsed with available materials

Chapter 5: Communication

- ☐ GMRS license obtained (covers the whole family)
- ☐ Handheld + mobile/base GMRS radios acquired and programmed
- ☐ Satellite messenger with active or activatable subscription

- ☐ HAM scanner for monitoring emergency traffic (no license needed to listen)
- ☐ Family code phrases agreed on and memorized
- ☐ Printed frequency list stored with the radio gear
- ☐ Bulk battery supply stocked
- ☐ Practiced: household has run at least one scheduled radio check-in/net

Chapter 6: Access & Functional Needs

- ☐ Home modifications (ramps, grab bars, doorway clearance) assessed and completed where feasible
- ☐ Solar power station sized to actual medical/adaptive device wattage
- ☐ Spare mobility-aid parts (wheels, batteries) matched to specific equipment on hand
- ☐ 3-month incontinence supply stocked, sized to actual use
- ☐ Basic equipment repair skills practiced by at least one household member
- ☐ Neighbor/community support network identified for tasks beyond household capability
- ☐ Practiced: household has run at least one Tier 2 drill using only manual tools and solar power for adaptive needs

Chapter 7: Mental Health

- ☐ Household understands the disillusionment phase is normal and expected, not a sign of failure
- ☐ Grief being acknowledged, not rushed past, for any real losses
- ☐ Substance use patterns being watched for and discussed openly, without shame
- ☐ Regular contact maintained with neighbors/community to prevent isolation
- ☐ Physical activity built into the daily routine
- ☐ Activity kits and coping/resilience books available
- ☐ Practiced: a household check-in routine (even brief) happening regularly, not just during obvious crises

Chapter 8: Pet Evacuation & Shelter

- ☐ Pet triage priorities understood (emergency-only vet situations vs. manageable-at-home)
- ☐ Homemade diet plan reviewed with a vet in advance, including species-specific nutrition needs
- ☐ Pet thermometer on hand with normal temperature range known
- ☐ 3-month bulk pet food supply stored in Mylar + oxygen absorbers

- ☐ 3-month chronic medication supply discussed with a vet
- ☐ Printed pet-friendly shelter list (5+ locations) on hand
- ☐ Grooming kit assembled and basic grooming skills practiced
- ☐ Practiced: pet waste disposal routine rehearsed for a temporary/shelter environment

Chapter 9: Digital Data & Documents

- ☐ Offline access to encrypted drives tested and confirmed working
- ☐ Paper log system set up and organized by category from the start
- ☐ Failing-drive protocol understood: stop use immediately, no DIY “fixes,” professional recovery for critical data
- ☐ Physical media stored away from heat/moisture extremes
- ☐ Off-site backup drive placed with an out-of-state relative or trusted contact
- ☐ Thermal-printed records understood as short-term only, not archival
- ☐ Silica gel packets fresh (not saturated) in document storage
- ☐ Practiced: a manual paper log actually maintained for at least one full week as a dry run

Chapter 10: Economic & Financial

- ☐ Barter inventory stocked with broadly recognized, high-demand goods
- ☐ Manual ledger system in place and understood by relevant household members
- ☐ Scale on hand for verifying bulk trade quantities
- ☐ Secure storage for trade goods separate from the primary cash safe
- ☐ Community resource-sharing/lending arrangements discussed with trusted neighbors
- ☐ Practiced: at least one household member has conducted a practice trade negotiation

Chapter 11: Fitness

- ☐ Functional bodyweight routine (squat, hinge, push, carry) established and practiced regularly
- ☐ Rucking practiced with a loaded pack at a realistic training weight
- ☐ PEACE & LOVE injury protocol understood in place of outdated RICE guidance
- ☐ Recovery (sleep, nutrition) treated as part of the fitness plan, not separate from it
- ☐ Practiced: household has completed physical labor tasks (hauling water/fuel) using correct technique under realistic conditions

Chapter 12: Transportation

- ☐ Household can perform basic fluid/belt/battery maintenance checks
- ☐ Manual fuel transfer pump on hand; mouth-siphoning understood as genuinely dangerous, not just discouraged
- ☐ At least one household member comfortable navigating by paper map alone
- ☐ Bicycle(s) with cargo capacity maintained and ready
- ☐ Bike repair kit assembled and basic repair skill practiced
- ☐ EV owners: cold-weather range and charging-stop planning adjusted for winter
- ☐ Practiced: completed a real trip using only bicycle transport to confirm the setup actually works

Chapter 13: Post-Disaster Recovery & Rebuilding

- ☐ Every contractor's license verified directly through dopl.utah.gov before any agreement
- ☐ At least two to three contractor bids compared before choosing
- ☐ No upfront full payment made to any contractor
- ☐ Every disaster-related expense logged for potential ALE reimbursement
- ☐ Policy-specific claim filing deadlines known and tracked
- ☐ FEMA Individual Assistance eligibility checked if a federal disaster declaration applies
- ☐ Practiced: household has actually looked up a contractor on dopl.utah.gov at least once, before it's urgent