

Household Emergency Preparedness Manual

Printable Checklist

Tier 3: Permanent (Indefinite)

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

- ☐ Local frost dates known; planting calendar built
- ☐ 5+ year heirloom seed bank stored cool/dry/dark
- ☐ Canning, dehydrating, and root-cellaring skills practiced (not just equipment owned)
- ☐ Irrigation/rain-catchment system installed within legal storage limits
- ☐ Hunting/trapping skills and legal framework understood
- ☐ Livestock (if applicable) housed, fed, and bred sustainably
- ☐ Barter goods stockpiled separately from personal-use stores
- ☐ Rain-catchment system registered with Utah Division of Water Rights if over 200 gal
- ☐ Practiced: harvested and preserved at least one crop from saved seed, using only non-electric methods

Chapter 2: Sanitation & Medical

- ☐ Medical library (Where There Is No Doctor, Where There Is No Dentist, Survival Medicine Handbook) owned and read
- ☐ Herbal medicine garden established with cold-hardy, correctly identified species
- ☐ Sterilizable surgical and dental kits assembled
- ☐ Humanure system running with a minimum 12-month aging cycle enforced before use on crops
- ☐ Midwifery plan in place if relevant to the household
- ☐ Barter medical goods stockpiled separately from personal-use stock

- ☐ Practiced: at least one household member has drilled a suturing/wound-closure technique on practice material

Chapter 3: Energy & Heat

- ☐ Off-grid solar array installed and household can perform basic repairs
- ☐ Wood stove with cooktop installed, chimney maintained
- ☐ Hand tool set (non-electric/DC) assembled
- ☐ Sustainable firewood harvest rate planned against actual woodlot/supply
- ☐ Passive solar design includes summer shading, not just winter capture
- ☐ Spare electrical parts stocked
- ☐ Thermal mass installed in the primary living space
- ☐ Practiced: household has gone through at least one full off-grid week on Tier 3 systems only

Chapter 4: Security & Shelter

- ☐ Layered perimeter (fencing, terrain, barriers) designed and built
- ☐ Gray Man principles applied; visible fortification balanced against not attracting attention
- ☐ Community governance and rules of engagement documented
- ☐ Long-range optics and perimeter alarms in place
- ☐ HF radio operator licensed and trained, not relying on the emergency-use exception
- ☐ Relocation option evaluated in advance, not decided under pressure
- ☐ Defensive landscaping installed, cross-checked against wildfire defensible-space rules
- ☐ Firearms training current and storage secure, if applicable
- ☐ Practiced: perimeter/observation routine drilled with everyone who'll stand watch

Chapter 5: Communication

- ☐ At least one household member holds a Technician or General HAM license
- ☐ NVIS-capable HF antenna set up and tested
- ☐ Meshtastic (or equivalent LoRa mesh) nodes deployed and solar-powered
- ☐ Basic CW (Morse code) proficiency in at least one operator
- ☐ HF transceiver and high-gain antennas installed

- ☐ Technical manuals and spare radio parts on hand; a Faraday-caged backup handheld if EMP is a concern
- ☐ Meshtastic channel encryption keys printed and distributed to trusted contacts only
- ☐ Signal mirror and whistle in every go-bag as a no-power fallback
- ☐ Practiced: made actual contact with a station beyond line-of-sight range using Tier 3 gear

Chapter 6: Access & Functional Needs

- ☐ Assistive-tech fabrication skills built with input from an occupational therapist or specialist
- ☐ Community mutual-aid pact formalized, specifically covering mobility/care tasks
- ☐ Reference library on disability management and assistive tech assembled
- ☐ Raw materials for tool/equipment fabrication and repair stocked
- ☐ Herbal remedy use, if any, understood in the context of the specific person's other conditions and medications
- ☐ Permanent home accessibility modifications completed
- ☐ Practiced: at least one adaptive tool successfully fabricated or repaired from raw materials

Chapter 7: Mental Health

- ☐ At least one household or community member Mental Health First Aid certified
- ☐ Means-restriction practice understood (removing access to firearms/medications during acute suicide risk)
- ☐ Clear understanding of what lay crisis support can and cannot safely handle
- ☐ Purpose-building daily structure established beyond pure survival tasks
- ☐ Cultural/family traditions and milestones actively maintained
- ☐ Herbal remedy use understood in context of interactions and real limits
- ☐ Community pact explicitly covers mental health support
- ☐ Practiced: household has a rehearsed, calm response for a family member expressing suicidal thoughts

Chapter 8: Pet Evacuation & Shelter

- ☐ Herbal remedy use understood per-species, including aloe's ingestion risk
- ☐ Sustainable local pet food source established (grown feed or small livestock)

- ☐ Pet waste composting kept separate from any food-crop soil system
- ☐ Basic surgical kit assembled, scoped to safe layperson procedures only
- ☐ Community pet care pact formalized
- ☐ Barter pet supplies stockpiled separately from personal-use stock
- ☐ Practiced: at least one herbal remedy correctly identified, prepared, and administered at a known-safe dose

Chapter 9: Digital Data & Documents

- ☐ Vital paper documents moved into acid-free folders/boxes
- ☐ Microfilm or archival film backups created for the most critical records
- ☐ Community knowledge base established with trusted neighbors
- ☐ Digital media migration schedule set (not waiting for failure)
- ☐ Climate-controlled or at least climate-stable storage arranged
- ☐ Community archive redundancy established across more than one household
- ☐ Practiced: successfully migrated data from one storage medium to another as a planned exercise

Chapter 10: Economic & Financial

- ☐ Household's tradeable skills identified and practiced, not just theoretical
- ☐ Community trade rules and dispute resolution process established
- ☐ Community ledger and standardized weights/measures in use
- ☐ Skill directory compiled and distributed within the community
- ☐ Production tools (seeds, livestock, hand tools) generating actual ongoing surplus
- ☐ Practiced: at least one skill successfully traded for goods or shelter within the community

Chapter 11: Fitness

- ☐ Household actively watches for and addresses early overuse-injury signs
- ☐ Correct lifting/movement technique taught to others, not just known individually
- ☐ Daily labor tasks rotated to avoid repetitive strain from a single movement pattern
- ☐ Task assignments realistically matched to each person's current physical capacity
- ☐ DIY strength equipment (sandbags, filled containers) in regular use

- ☐ Practiced: household has gone a full season without a preventable overuse injury

Chapter 12: Transportation

- ☐ Household can diagnose and repair common vehicle failure points
- ☐ Alternative fuel option (biodiesel/wood gas) researched and, if pursued, actually practiced, not just equipment on a shelf
- ☐ Draft animal handling and tack maintenance skills built, if applicable
- ☐ Land navigation practiced without GPS or maintained roads
- ☐ Comprehensive spare parts stockpile matched to actual vehicle needs
- ☐ Practiced: completed a real repair on a household vehicle using only stocked parts and tools

Chapter 13: Post-Disaster Recovery & Rebuilding

- ☐ Local permit requirements understood before rebuild work begins
- ☐ Rebuild-vs-relocate decision made deliberately, weighing real risk factors
- ☐ All contractor agreements in writing and filed
- ☐ Long-term financial recovery plan in place, not just crisis-mode spending
- ☐ Practiced: reviewed the household's flood zone and wildfire risk status (Chapter 4) as part of the rebuild-vs-relocate decision