

Household Emergency Preparedness Manual

Addenda: Practice Checklist

Stage 3: Self-Sufficiency (Proficient)

Northern Utah / Wasatch Front Edition

Every hands-on action item from every addendum for this skill stage, gathered in one place for printing. Work through whichever categories matter most to you; there's no requirement to finish every category's Stage 3 before starting another category's Stage 3. See each addendum for the full context, knowledge sections, and learning-path resources behind each item.

Addendum A: Water & Food

- ☐ **Understand your legal water sourcing options:** Work through Utah's actual rainwater harvesting rules (up to 200 gallons in up to 2 containers registered for free at waterrights.utah.gov; larger systems need a water right) and, if relevant to your property, research well water rights and permitting through the Utah Division of Water Rights.
- ☐ **Build redundant treatment capability:** Own and know how to use at least two independent water treatment methods (e.g., a quality filter plus chemical disinfection) so a single point of failure doesn't leave you without safe water.
- ☐ **Understand your local watershed:** Know where your area's water actually comes from (Wasatch Front municipal supplies are largely snowpack-fed surface water and groundwater) and what could plausibly contaminate or disrupt it; this shapes which Tier 3 water sourcing options are realistic for your specific property.
- ☐ **Complete a real preservation certification:** USU Extension's Master Food Preserver course (hands-on workshops, based in Salt Lake City) goes well beyond the Stage 2 classes into a genuine, in-depth certification covering the full range of preservation science.
- ☐ **Complete a real production certification:** USU Extension's Master Gardener Program is 13–14 weeks of college-level lecture and hands-on training (botany, soils, irrigation, pest management, and more), offered at 13 locations across Utah, plus a 40-hour volunteer service requirement to receive the certificate.
- ☐ **Learn regional wild foods:** Utah-specific foraging instruction (for example, Edible Wilds LLC's classes and book, or Wild Utah Edibles' guided tours) teaches identification of genuinely local wild edible plants; this is a real skill with real poisoning risk if self-taught from a generic national guide that doesn't account for regional look-alikes.

- ☐ **Run a real growing season:** Grow, harvest, and preserve at least one meaningful crop from your own property through a complete season; this is the step that actually tests whether the Master Gardener and Master Food Preserver knowledge holds up under real conditions.
- ☐ **Animal protein through hunting and fishing:** Utah's Division of Wildlife Resources (DWR) requires a hunter education course to obtain a hunting license if you were born after December 31, 1965; the course (about \$12, roughly 4–6 hours online plus a required field day with a written test and live-fire exercise) covers firearm safety, wildlife management, and survival skills directly relevant to food production self-sufficiency. A fishing license is required at age 12+ (free under 12), and Utah DWR's "Fishing for Beginners" resources are a genuine, low-barrier entry point if hunting isn't the right fit.
- ☐ **Small livestock: backyard poultry:** Chapter 1's Tier 3 explicitly names small livestock as part of self-sufficient food production; backyard chickens are the most accessible version for most Wasatch Front properties. Before acquiring birds, check your specific city or county ordinance: flock size limits, rooster restrictions, and whether poultry is permitted at all vary significantly by jurisdiction (Utah Code § 10-8-59 leaves this to local land-use codes, so there's no statewide default). USU Extension maintains a dedicated poultry specialist and fact sheets specifically for science-based backyard flock guidance.
- ☐ **Seed saving and seed libraries:** Buying starts or seed packets every season is a real dependency on the supply chain; saving your own seed from a successful harvest closes that gap. Utah has a genuine, free seed library network (Salt Lake City Public Library, Provo Library, University of Utah, and others), and USU Extension runs seed-saving classes and publishes a seed-saving guide. Note that open-pollinated varieties save true to type; hybrid varieties generally don't, so which seed you save matters as much as whether you save it.

Addendum B: Sanitation & Medical

- ☐ **Complete a Wilderness First Responder (WFR) course:** This is the single highest-leverage certification in this addendum for a genuine no-hospital scenario. NOLS's WFR is an 8-to-10-day, 72+ hour course covering patient assessment, musculoskeletal injuries, environmental emergencies, soft tissue injuries, and medical emergencies specifically in contexts without rapid evacuation to a hospital; it's the industry standard for outdoor professionals for exactly this reason. The University of Utah's Emergency Programs (UUCEP) hosts NOLS Wilderness Medicine courses on campus, and a hybrid option (30–40 hours online plus 5 in-person days) is also available if a full 10-day block isn't feasible.
- ☐ **Learn basic herbal and home remedies with real limits understood:** Chapter 2's Tier 3 already covers herbal medicine as a real but limited option; treat this stage as building the actual plant-identification and dosing knowledge behind that guidance, not just stocking dried herbs.
- ☐ **Build a real triage and stabilization plan for your household:** Beyond the Stage 1 conceptual understanding, practice actually running START triage on simulated patients (a CERT class, covered below, does exactly this) until the categorization logic is fast and automatic.

- ☐ **Design a real long-term sanitation system:** Move beyond the bucket-toilet dry run to understanding and building toward Chapter 2's Tier 3 humanure composting system: proper carbon-material layering, the extended aging period required before safe use, and why it must stay separate from any food-crop soil system until fully processed.
- ☐ **Understand outbreak recognition and response:** Learn to recognize the early signs of the specific diseases that actually spread in disaster sanitation failures (cholera, dysentery, hepatitis A) and know the household-level response (aggressive rehydration, isolation, disinfection) versus when it's a true emergency requiring evacuation to care regardless of tier.
- ☐ **Cross-train with the Water & Food addendum:** Sanitation failure and water contamination are the same underlying problem from two directions; Addendum A's Stage 3 water sourcing and treatment skills directly support this stage.

Addendum C: Energy & Heat

- ☐ **Take an entry-level electrical or electronics course:** Bridgerland Technical College (Brigham City) offers both a full Electrical Apprenticeship track and a shorter Electronics Technology program; Davis Technical College (Kaysville) offers a comparable maintenance-and-construction electrical program. Either is a genuine, structured entry point well beyond DIY YouTube-level knowledge, and both are open-entry (you can start most months).
- ☐ **Design a real off-grid or hybrid solar system for your home:** Move beyond the Stage 2 portable setup to actually sizing a system (panel wattage, battery capacity, inverter rating) against your household's real Tier 2/3 power needs, using NABCEP's associate-level training material as a reference even if you don't sit the full exam.
- ☐ **Understand your utility's actual restoration priorities and programs:** Know how your specific utility (Rocky Mountain Power or your municipal provider) prioritizes outage restoration and whether they offer a medical-equipment priority program, cross-referencing Chapter 6's guidance for any household member on powered medical equipment.
- ☐ **Understand wood-burning science, not just operation:** Learn the actual physics and chemistry behind efficient, low-creosote wood burning (moisture content, air supply, burn temperature) that a CSIA-certified sweep would know, even before pursuing certification yourself.
- ☐ **Build a real wood fuel supply chain:** If using wood heat as a real Tier 2/3 plan, understand seasoning time (properly seasoned wood typically needs 6–12+ months of covered, ventilated drying) and build a rotating supply rather than assuming green wood will burn safely and efficiently.
- ☐ **Get a professional chimney inspection:** Have your chimney or flue professionally inspected before relying on wood heat for a real Tier 2/3 scenario; creosote buildup is a genuine, common house fire cause and isn't something to assess yourself without training.

Addendum D: Security & Shelter

- ☐ **If pursuing firearms, take a defensive pistol course:** The NRA Defensive Pistol course (and similar Utah-based defensive courses) moves beyond basic marksmanship into the decision-making, mindset, and technique needed to use a firearm responsibly under real stress; this is a meaningfully different skill than range accuracy alone.
- ☐ **Learn non-firearm self-defense fundamentals:** A basic self-defense or de-escalation course is valuable regardless of your household's firearms decision, and is the only realistic security skill for household members who can't or won't carry a firearm.
- ☐ **Understand sustained security posture:** Chapter 4's Tier 2/3 assumes sustained watch rotations and perimeter awareness over weeks, not a single incident response; study what actually causes watch-rotation fatigue and error, since sustained vigilance is a different skill than a single alert moment.
- ☐ **Complete a multi-day wilderness survival course:** Boulder Outdoor Survival School (BOSS), operating in southern Utah since 1968, offers 7, 14, and 28-day field courses teaching shelter site selection, natural-material shelter construction, friction fire, and primitive water filtration; the 7-day Primitive Skills course is a genuine, in-depth entry point.
- ☐ **Build a real natural-material shelter, not just a tarp shelter:** Move beyond Stage 2's tarp-and-cordage shelter to constructing a shelter from natural materials alone, the core BOSS skill; this is a meaningfully harder and more valuable skill for a true no-gear scenario.
- ☐ **Deepen structural assessment knowledge:** Study the actual ATC-20 field manual (not just the summary), and if feasible, connect with a structural engineer or contractor willing to walk through real damage-assessment logic beyond the basic red flags.

Addendum E: Communication

- ☐ **Pass the General-class amateur radio exam:** Another 35-question exam (requiring a passed Technician exam first) that unlocks most HF (high frequency) privileges, meaning genuine long-distance communication independent of local repeater infrastructure, which is exactly what Tier 3's "no cell or internet infrastructure expected" scenario requires.
- ☐ **Get real HF experience, not just VHF/UHF:** Local 2-meter repeater use (Technician-level) depends on that repeater staying powered and functional; HF skills (General-level) let you reach other operators directly across long distances without any local infrastructure at all. Practice this distinction hands-on, not just conceptually.
- ☐ **Learn to build or troubleshoot a basic antenna:** A genuinely practical, low-cost skill (a simple dipole or end-fed wire antenna) that meaningfully extends range and doesn't require expensive commercial equipment.
- ☐ **Complete FEMA's ICS-100 and IS-700:** These free, online, self-paced FEMA courses (Introduction to the Incident Command System, and an introduction to the National Incident Management System) are

the actual prerequisite for ARRL's own emergency communication coursework and for most ARES deployment.

- ☐ **Complete ARRL's EC-001: Introduction to Emergency Communications:** The standard course for amateur radio operators specifically supporting emergency management, building directly on the ICS-100/IS-700 foundation.
- ☐ **Join a local ARES or RACES group as an active (not just registered) member:** Chapter 5 already references Salt Lake, Davis, and Weber County ARES groups; Stage 3 is where you actually participate in drills and nets rather than just holding a license.

Addendum F: Access & Functional Needs

- ☐ **Complete Certified Nursing Assistant (CNA) training:** Utah CNA programs run roughly 76–100 hours combining classroom, online, and hands-on clinical instruction, offered through Utah Tech University and multiple other providers statewide, leading to registration on the Utah Nursing Assistant Registry. This is a genuinely professional-level caregiving credential, not just an awareness course.
- ☐ **Train a second backup caregiver:** One backup caregiver is a single point of failure; Stage 3 is where a second person also learns the specific care routine, so illness or unavailability of the first backup doesn't leave the household without support.
- ☐ **Understand your household's specific condition in real depth:** Beyond general caregiving skill, build real working knowledge of the specific condition(s) in your household (from the person's own care team), since generic caregiving competency and condition-specific competency are different skills.
- ☐ **Build real device-repair competency for your specific equipment:** Go beyond basic troubleshooting to understanding your device's actual internals (filters, tubing, connectors, common failure points) well enough to keep it running longer without professional service.
- ☐ **Understand DME supply chain alternatives:** Research and identify at least one backup DME supplier or equivalent device model, since Chapter 6's Tier 3 assumes the normal supply chain may not be available.
- ☐ **Cross-train with Addendum C (Energy & Heat):** A household's device backup-power plan is only as good as the underlying electrical competency behind it; Addendum C's Self-Sufficiency stage is directly relevant here.

Addendum G: Mental Health

- ☐ **Deepen means-restriction competency:** Chapter 7's Tier 3 already covers removing access to lethal means during acute suicide risk; Stage 3 is building genuine comfort and practiced skill at having that specific conversation and taking that specific action, since hesitation in the moment undermines its effectiveness.

- ☐ **Understand co-occurring substance use response:** Build real understanding of the Tier 2 substance-use-awareness guidance already in Chapter 7: recognizing escalating use as a coping mechanism, and how to address it directly without shame.
- ☐ **Practice sustained support, not just single-crisis response:** A one-time PFA or QPR conversation is different from supporting someone through the weeks of a real disillusionment-phase crisis; build the endurance and boundary-setting skill that sustained support actually requires.
- ☐ **Volunteer as a support-group participant or co-facilitator:** Real facilitation skill (running a group check-in, managing a difficult group dynamic) is built through actual practice in a real group setting, not from reading about it.
- ☐ **Understand trauma-informed communication:** Build real working knowledge of trauma-informed principles (safety, trustworthiness, choice, collaboration, empowerment) that shape how peer support is actually delivered well versus poorly.
- ☐ **Cross-train with Addendum B (Sanitation & Medical):** CERT training's disaster medical operations component and Mental Health First Aid overlap meaningfully in a real mass-casualty or disaster context; cross-training strengthens both.

Addendum H: Pet Evacuation & Shelter

- ☐ **Take an in-person, deeper pet first aid course if available:** Some Utah veterinary clinics and training organizations offer in-person pet first aid/CPR courses beyond the Red Cross online format; the hands-on manikin practice (similar to human CPR training) builds muscle memory the online course can't.
- ☐ **Learn basic triage logic for pets:** Cross-reference Chapter 8's Tier 2 triage guidance; practice actually applying the “emergency vs. wait-and-monitor” decision framework to hypothetical scenarios until it's fast.
- ☐ **Understand species-specific dosing and drug-interaction basics:** Chapter 8's Tier 2 already flags that non-veterinary-labeled antibiotics are an unregulated last resort with real species-specific risk; build enough real pharmacology literacy to understand why, not just accept the caution.
- ☐ **Pursue foundational dog training knowledge:** Programs like Animal Behavior College or Karen Pryor Academy teach science-based, positive-reinforcement training methods that build genuinely reliable handling skill, well beyond casual pet ownership experience.
- ☐ **Build real experience with a range of animal temperaments:** Continued, regular shelter volunteering (beyond the single Stage 2 shift) builds pattern recognition across many different animals' stress responses that a single household's pets can't provide.
- ☐ **Understand basic livestock/large-animal handling if relevant:** If your household's Tier 3 plan includes small livestock (cross-reference Addendum A's poultry guidance), large-animal handling is a genuinely different skill set from companion-animal handling; don't assume it transfers automatically.

Addendum I: Digital Data & Documents

- ☐ **Begin CompTIA Security+ study:** Security+ is the recognized entry-level professional cybersecurity credential, covering network security fundamentals, cryptography basics, threat detection, and risk management; even partial study builds real judgment beyond following a checklist. CompTIA's own A+ Cyber track is a genuine on-ramp if Network+ (Security+'s formal prerequisite) feels like too large a first step.
- ☐ **Understand real threat modeling for your own household:** Move beyond generic advice to actually reasoning through your specific household's realistic threats (device theft, a compromised account, a lost backup drive) and whether your current setup actually addresses each one.
- ☐ **Practice a real data-recovery scenario:** Simulate a failed or lost primary device and actually walk through full recovery from your backups, timing how long real restoration takes versus how long you assumed it would.
- ☐ **Build real genealogical research skill:** Move beyond a single FamilySearch course to sustained, real research on your own family history, applying proper source citation and evidence-evaluation practices, the actual skill professional genealogists are certified on.
- ☐ **Understand notarization and its practical role:** Learn how notarization actually works and why it matters for certain documents (property, legal agreements), since Utah's own notary process is a real, accessible credential covered in Stage 4.
- ☐ **Build a genuinely resilient community-relevant archive:** Begin identifying which of your records (property boundaries, community agreements, if applicable) might matter beyond your own household, laying groundwork for Chapter 9's Tier 4 community records concept.

Addendum J: Economic & Financial

- ☐ **Begin AFC (Accredited Financial Counselor) coursework:** AFC is a nationally recognized, NCCA-accredited credential (through AFCPE) covering budgeting, debt management, retirement, and more; even partial coursework builds genuinely deeper financial judgment than a single 9-week course.
- ☐ **Build a real, tested income-continuity plan:** Cross-reference Chapter 10's Tier 1 income continuity guidance; actually test your remote-work contingency (power and connectivity, per the Energy & Heat and Communication addenda) or your self-employment continuity plan under simulated conditions.
- ☐ **Understand real business continuity if self-employed:** If self-employed, build a genuinely tested backup client-contact system and confirm your actual runway (how long the business survives with reduced income) with real numbers, not an estimate.
- ☐ **Trade a genuine skill, not just goods:** Chapter 10's Tier 3 already emphasizes that a practiced, credentialed skill is a renewable asset a stockpile isn't; actually trade a real skill (cross-reference any other addendum's Stage 3 skill) for goods or help at least once.

- ☐ **Build real community trade relationships:** Move beyond single transactions to repeated trade with the same few neighbors, since Chapter 10's Tier 2 guidance already notes that a reputation for fair dealing compounds in value over repeated interactions.
- ☐ **Understand production economics in practice:** If producing tradeable goods (cross-reference Addendum A's food production tracks), actually observe how your local trade network's demand shifts as supply changes, the practical version of the production-economics guidance already in Chapter 10.

Addendum K: Fitness

- ☐ **Begin personal training certification study:** NASM or ACE's Certified Personal Trainer program (both NCCA-accredited, requiring current CPR/AED certification) builds genuinely deeper programming knowledge than following a template routine; even partial study meaningfully improves your ability to adapt training to your household's real needs.
- ☐ **Rotate labor tasks deliberately:** Cross-reference Chapter 11's Tier 3 guidance on varying daily labor to avoid repetitive strain; actually build and follow a rotation across different physical tasks rather than repeating the same motion for months.
- ☐ **Build DIY strength equipment and use it consistently:** Filled sandbags, water jugs, or weighted containers (already cited in Chapter 11's Tier 3) at zero ongoing cost; the equipment matters less than the consistency of real use.
- ☐ **Build real self-assessment skill for overuse injury:** Practice distinguishing normal training soreness from the early signs of a genuine overuse injury, the specific judgment Chapter 11's Tier 3 depends on to prevent chronic injury.
- ☐ **Cross-train with Addendum B's Wilderness First Responder track:** WFR training (Addendum B, Stage 3) covers musculoskeletal injury assessment in real depth; this is directly, meaningfully relevant to advanced injury management for physical training and labor.
- ☐ **Teach correct form to at least one other person:** Chapter 11's Tier 3 already calls for teaching correct lifting/movement technique to others; actually do this with at least one household or community member, not just yourself.

Addendum L: Transportation

- ☐ **Begin automotive technology coursework:** Utah Valley University, Salt Lake Community College, Southwest Technical College, MTECH, and Utah State University all offer NATEF-accredited or ASE-aligned automotive technology programs; even foundational coursework builds real diagnostic and repair skill well beyond DIY-level competence.
- ☐ **Pursue bicycle mechanic training:** United Bicycle Institute and Barnett Bicycle Institute both offer structured mechanic courses and certification (UBI requires a passed course or a year of shop

experience; Barnett requires at least three months of full-time repair experience); a genuinely deeper skill than Stage 2's basic tire/chain maintenance.

- ☐ **Build a real spare-parts stockpile matched to your actual vehicle:** Cross-reference Chapter 12's Tier 3 guidance; base your stockpile on your specific vehicle's actual documented failure history, not a generic parts list.
- ☐ **Practice land navigation without GPS or maintained roads:** A genuinely different skill than following a paper map on existing roads (already distinguished in Chapter 12's Tier 3); practice dead-reckoning and terrain-reading in a real off-road or backcountry context.
- ☐ **Understand EV cold-weather range planning if applicable:** Cross-reference Chapter 12's Tier 2 EV guidance; if your household has an electric vehicle, build real, tested knowledge of your specific vehicle's actual cold-weather range loss rather than relying on manufacturer estimates.
- ☐ **Cross-train animal-powered transport basics if relevant:** If your household's Tier 3 plan includes draft animals (cross-reference Addendum A's livestock guidance), basic handling, harnessing, and tack maintenance is a real, separate skill set worth deliberate practice.

Addendum M: Post-Disaster Recovery & Rebuilding

- ☐ **Begin construction trade coursework or apprenticeship:** Apprenticeship Utah (a Department of Workforce Services program) is a real pathway into construction trades, and directly counts toward Utah contractor licensing experience requirements; even without pursuing a full license, real trade coursework builds genuinely deeper judgment about what a quality rebuild actually requires.
- ☐ **Understand permit navigation in real depth:** Move beyond Stage 2's basic lookup to actually understanding your jurisdiction's full permitting process for a real project, including inspection sequencing and common rejection reasons.
- ☐ **Practice the rebuild-vs-relocate decision framework for real:** Cross-reference Chapter 13's Tier 3 guidance and Chapter 4's Regional Hazards section; actually run the decision framework against your own property's real flood zone and wildfire risk status, not a hypothetical.
- ☐ **Understand public adjuster licensing and role:** Utah licenses public adjusters, who advocate for the policyholder (not the insurance company) during a claim; understanding how this role works, even without pursuing the license yourself, builds real insight into claims leverage and negotiation.
- ☐ **Build real long-term financial recovery planning skill:** Cross-reference Addendum J's (Economic & Financial) AFC coursework; apply that financial counseling skill specifically to the deliberate, non-crisis-mode financial recovery planning Chapter 13's Tier 3 calls for.

☐ **Get all major agreements in writing, practiced as a habit:** Chapter 13's Tier 3 already requires this; build the actual habit and vocabulary for reviewing a written contractor agreement critically, not just signing what's presented.