

First 14 Days

Ready, Set, Ready makes the case for going deep on one category at a time, and that's the right call if you're building this for real. This page is the opposite bet: a bare-minimum floor across all 15 categories at once, so nothing is a total blank while you work through the rest of the site properly. Not a substitute for the real thing, just something better than nothing, done this weekend.

The list

Thirteen items. Do them in any order. Each one links to the real guide behind it if you want more than the one-line version.

0 of 13 done

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- ☐ **Store 14 gallons of water per person.** Drinking and basic sanitation combined; this is the single most underestimated number on the whole site. [Storing Water Correctly](#)
- ☐ **Set aside 14 days of non-perishable food, including no-cook options.** Assume the power and the stove are both out. [Calorie Planning for Your Food Supply](#)
- ☐ **Pull a 14-day supply of every household prescription and set it aside together.** The most commonly forgotten item on this entire list, and often the highest-consequence one. [Medical Care chapter](#)
- ☐ **A flashlight or headlamp per person, and a battery- or hand-crank NOAA weather radio.** You need to see and you need to know what's actually happening; phones do neither reliably once the grid is down. [Energy & Heat chapter](#)
- ☐ **Find your gas shutoff valve, and confirm your water heater is actually strapped.** Free or near-free, and it's the difference between a scare and a real gas leak or a 40-gallon tank falling over. [Securing Your Home Against Earthquake Damage](#)
- ☐ **Pick one out-of-area contact and make sure every household member has their number written down, not just saved in a phone.** Free, five minutes, and it's the thing that actually works when local lines are jammed. [Family Communication Plan](#)

- ☐ **Put copies of your key documents, ID, insurance, medical, somewhere that wouldn't burn or flood with the originals.** A cloud folder counts; it doesn't have to be a fireproof safe yet.
Document Go-Bag
- ☐ **Keep some small-denomination cash on hand.** Card readers and ATMs are some of the first things to stop working. Financial Preparedness Basics
- ☐ **Keep your gas tank above half, and put a basic kit in the car.** Jumper cables, a flashlight, water, a blanket. Most people's vehicle is their actual first evacuation plan whether they've admitted it or not. Vehicle Emergency Kit
- ☐ **Set aside a portable version of what's above, a few days of water and food, not the full fourteen, plus your meds, document copies, and cash, in one bag by the door.** The stock above is for sheltering in place; this smaller version is what you'd actually grab. Go-Bags & 72-Hour Kits

If it applies to your household

- ☐ **Anyone dependent on a powered medical device: know its exact runtime and what backup power it actually needs.** Not a guess, the real number, before you need it.
Backup Power for Medical Equipment
- ☐ **Infants or young children: 14 days of formula or their specific food, diapers, and any comfort item.** Not substitutable with adult food or water alone, and the easiest line on this list to miss entirely if no one in the house needs it today. Water & Food chapter
- ☐ **Pets: 14 days of food and a carrier that's actually ready to grab.** Same logic as the human food line above, just easy to forget it applies to them too. Pet Evacuation Basics

What this doesn't cover

This list is deliberately shallow. It doesn't build real skill in any category, it doesn't cover the Tier 2/3/4 content that makes a household genuinely resilient past two weeks, and it skips categories, Fitness, Post-Disaster Recovery, Mental Health, that matter but aren't a life-safety floor the way the twelve above are. Once this list is done, Ready, Set, Ready is where to go next: pick one category and actually build it out for real, instead of staying shallow everywhere. Prefer a fixed order to work through instead of choosing? See Zero to Ready.

Something happening right now instead of planning ahead? See [What to Do Right Now](#). Want the complete version of this list instead of the curated one? See [The Shopping List's Tier 1 section](#).