Calm Household Prep Plan

Small steps. Practical preparation. Keep this page where you can find it.

STOCK WATER, FOOD, AND CASH

- ☐ Store at least 1 gallon of water per person per day for drinking and basic hygiene.
- ☐ Keep sealed water packets and purification tablets as backup.
- ☐ Build a 3-day food buffer with canned beans, pasta, and rice.
- ☐ Set aside a small cash buffer in small bills, stored safely and privately.

PLAN AND STAY INFORMED

- ☐ Pick one out-of-town contact everyone can call or text.
- ☐ Choose a meeting spot near home and a second one farther away.
- ☐ Write key phone numbers on paper in case phones die.
- ☐ Sign up for official emergency alerts and save trusted sites now.

SAFETY NOTE Add a few items each shopping trip instead of panic buying. Spread these tasks over the week rather than finishing them all in one day.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/be-ready-stockpile-plan/

Safety reference: https://www.ready.gov/sites/default/files/2022-04/ready_checklist.pdf