










Preparedness Checklist for Beginners











The goal of this checklist is to help you get started with your emergency preparedness gear and supplies. This plan will establish a 1 year supply per person. This checklist is featured here: <https://www.emergencyprepgear.com/emergency-preparedness-for-beginners>. Find more information and recommended products to get started.

Other checklists are featured here: <https://www.emergencyprepgear.com/emergency-kit-checklists>

1 Month Supply







Item	Priority
<input type="checkbox"/> First Aid - Buy a basic first aid kit for routine first aid events.	
<input type="checkbox"/> Financial - Start by saving 1 month's salary in a savings account. Don't touch it unless the emergency is significant.	
<input type="checkbox"/> Water - Buy a basic portable water filter.	
<input type="checkbox"/> Water - Buy a 5-gallon jug (3-gallon to manage less weight) for portable water transport. Fill it.	
<input type="checkbox"/> Financial - Save another month's salary (2 total) in your savings account. Don't touch it.	
<input type="checkbox"/> Water - Buy a 5-gallon jug (3-gallon to manage less weight) (2 total) for portable water transport. Fill it.	
<input type="checkbox"/> Food - Store 1 month of day to day food to your pantry for each person on the household. Focus on canned foods, beans, rice, pasta, etc.	
<input type="checkbox"/> Toiletries - Store 1 month of toiletries. At minimum consider: <ul style="list-style-type: none"> Toilet paper (remember covid-19?) Toothpaste Soap Shampoo Deodorant Feminine Hygiene (some women recommend menstrual cups for prepping) 	
<input type="checkbox"/> Fuel - Buy a 5 gallon container for fuel. Fill and store it in a safe place if your residence allows.	

3 Month Supply










Item	Priority
<input type="checkbox"/> Food - Store 1 month (2 total) of day to day food to your pantry for each person on the household. Focus on canned foods, beans, rice, pasta, etc.	
<input type="checkbox"/> Toiletries - Store 1 month (2 total) of toiletries.	
<input type="checkbox"/> Food - Store 1 month (3 total) of day to day food to your pantry for each person on the household. Focus on canned foods, beans, rice, pasta, etc.	
<input type="checkbox"/> Toiletries - Store 1 month (3 total) of toiletries (see list in 1 Month).	
<input type="checkbox"/> Food - Buy 1-year supply multi vitamins for each person in the household	
<input type="checkbox"/> Financial - Save another month's salary (3 total) in your savings account. Don't touch it.	
<input type="checkbox"/> First Aid - Add another medium or large first aid kit.	
<input type="checkbox"/> Fuel - Buy a 5 gallon container (2 total) for fuel. Fill and store it in a safe place if your residence allows.	
<input type="checkbox"/> Gear - Build the emergency essentials kits.	
<input type="checkbox"/> Gear - Buy a ready-made go-bag or buy a go-bag backpack for each person in the household. Fill it with the items from the checklist.	

Preparedness Checklist for Beginners

6 Month Supply

Item	Priority
<input type="checkbox"/> Food - Store 1 month (4 total months) of just-add-water dehydrated food pouches and/or freeze dried food pouches or cans to your pantry per person.	
<input type="checkbox"/> Food - Store 1 month (5 total months) of just-add-water dehydrated food pouches and/or freeze dried food pouches or cans to your pantry per person.	
<input type="checkbox"/> Food - Store 1 month (6 total months) of just-add-water dehydrated food pouches and/or freeze dried food pouches or cans to your pantry per person.	
<input type="checkbox"/> Toiletries - Store 3 month's (6 total) of toiletries (see list in 1 Month).	
<input type="checkbox"/> Gear - Buy a bin for your house kit. Fill it with items from the checklist.	
<input type="checkbox"/> Financial - Save another month's salary (4 total) in your savings account. Don't touch it.	

12 Month Supply

Item	Priority
<input type="checkbox"/> Food - Store 1 month (7 total months) of raw/long-term food to your pantry per person. Consider: <ul style="list-style-type: none"> • Beans • Rice • Oats • Pasta • Wheat (you'll need a grain mill/grinder) • Sugar • Salt • Dried Milk • Dehydrated Vegetables 	
<input type="checkbox"/> Food - Store 1 month (8 total months) of raw/long-term food to your pantry per person.	
<input type="checkbox"/> Food - Store 1 month (9 total months) of raw/long-term food to your pantry per person.	
<input type="checkbox"/> Toiletries - Store 3 month (9 total) of toiletries (see list in 1 Month).	
<input type="checkbox"/> Financial - Save another month's salary (5 total) in your savings account. Don't touch it.	
<input type="checkbox"/> Food - Store 1 month (10 total months) of raw/long-term food to your pantry per person.	
<input type="checkbox"/> Food - Store 1 month (11 total months) of raw/long-term food to your pantry per person.	
<input type="checkbox"/> Food - Store 1 month (12 total months) of raw/long-term food to your pantry per person.	
<input type="checkbox"/> Toiletries - Store 3 month (12 total) of toiletries (see list in 1 Month).	
<input type="checkbox"/> Financial - Save another month's salary (6 total) in your savings account. Don't touch it.	