

DAY-ZERO READINESS CHECKLIST

SIMPLE STEPS. SIGNIFICANT PEACE OF MIND.

PHASE 1: THE FOUNDATION

- LOCATE YOUR KIT:**
Keep your survival food and [Prepared Chef Guide](#) in a climate-controlled dry spot.
- WATER RESERVE:**
Store 3 gallons per person, per day, alongside food supply.
- COOKING PLAN:**
Secure a portable stove or non-electric outdoor grill with extra fuel.
- MANUAL BACKUP:**
Keep your manual can opener in your primary pantry for easy access.
- MARK ADDRESS:**
Use reflective tape on your house number so responders can find you in total darkness.
- KEEP CASH:**
Keep small bills for gas or local supplies. Digital card readers fail in blackouts.
- START YOUR LOG:**
Use the Inventory Log (page 2) to track food and water levels.

PHASE 2: THE ENVIRONMENT

- PRINT INFO:**
Print maps, emergency contacts, and these tips. Physical copies are your only "fail-proof" tech.
- PRESERVE BATTERY:**
Use flashlights for light; save phone for essential communication.
- CHARGE SAFELY:**
If phone is frozen, let it reach room temperature before charging to avoid battery damage.
- MAXIMIZE SOLAR:**
Open south-facing curtains in AM; close at sunset to lock in heat.
- MAXIMIZE HEAT:**
Prioritize wood stoves over fireplaces for more heat.
- LAYER EARLY:**
Don't wait until you are shivering. Add base layers now. It is easier to stay warm than to get warm.
- USE THE COLD:**
In freezing weather, use a sealed cooler outside as a "natural fridge."

MASTER PREP INVENTORY LOG

SELF-RELIANCE BEGINS WITH KNOWING YOUR RESOURCES.
TRACK YOUR ESSENTIALS TO LEAD YOUR FAMILY WITH CONFIDENCE.

CATEGORY & ITEM	QUANTITY	LOCATION	EXPIRY	NOTES
EMERGENCY FOOD				
72-Hour Survival Food Kits				
Bulk / Long-Term Food				
WATER SUPPLY				
Portable Water				
Main Filtration System				
Portable Filtration				
ENERGY & POWER				
Backup Power				
Portable Batteries				
LIGHTING				
Flashlights, Lanterns, LED				
COOKING				
Cooking Appliance				
Cooking Fuel				
HEALTH & SAFETY				
First Aid, Trauma Kit				
Critical Meds (Days / Weeks)				
Sanitation & Hygiene				
COMMS				
Radio (HAM / Weather)				