

Family Emergency Preparedness Checklist

A practical starting point for preparing your household, strengthening connections, and improving readiness.

Prepared Together. Stronger Together. Ready Together.

Prepared families working together are stronger than prepared families working independently. Use this checklist to begin a practical household conversation before an emergency occurs.

1. Know Your Household

- List every household member and the best way to contact them.
- Identify children, older adults, people with disabilities, and anyone who may need additional assistance.
- Create a current medication and essential medical-needs list.
- Identify pets or animals and what they would need during evacuation or sheltering.

2. Communication & Accountability

- Choose an out-of-area family contact everyone can reach.
- Write down important phone numbers in case mobile devices are unavailable.
- Agree on how family members will check in after an emergency.
- Choose a nearby meeting point and a second meeting point outside your immediate neighborhood.

3. Water, Food & Sanitation

- Maintain an emergency supply of safe drinking water appropriate for your household.
- Keep shelf-stable food your household will actually eat and rotate it regularly.
- Plan for hygiene, sanitation, waste, and safe food preparation if utilities are disrupted.
- Include infant, elder, allergy, dietary, or other household-specific needs.

4. Medical & First Aid

- Maintain an accessible first-aid kit and know where it is stored.
- Review medication refill needs and keep an up-to-date medication list.
- Identify household members with first-aid, CPR, medical, or caregiving skills.
- Keep essential health information available to the people who may need it.

5. Power, Shelter & Transportation

- Identify flashlights, batteries, charging options, and other backup-power resources.
- Know how to safely shut off household utilities when appropriate.

- Identify transportation options and at least two possible evacuation routes.
- Consider where your household could stay temporarily if your home becomes unusable.

6. Information & Important Documents

- Keep copies of identification, insurance information, emergency contacts, and other critical records accessible.
- Know how your household will receive reliable emergency alerts and official instructions.
- Keep basic maps or navigation information available if normal digital services fail.

7. Skills, Neighbors & Shared Capacity

- Identify practical skills within your household: medical, mechanical, communications, cooking, childcare, construction, transportation, or other capabilities.
- Know at least a few nearby families or neighbors you could check on or coordinate with.
- Discuss resources that could be shared responsibly during a disruption.
- Practice your plan periodically and update it when household circumstances change.

A Preparedness Conversation

What are the three disruptions most likely to challenge our household?

1. _____
2. _____
3. _____

What is one preparedness improvement we will complete this month?

Important: This checklist is a general planning resource. Follow instructions from public safety, emergency management, medical, and other qualified authorities during an actual emergency. Community preparedness complements - it does not replace - professional emergency services.