

APOCALYPSE APPROVED

Beginner Emergency Preparedness Checklist

This checklist helps you remain functional during common disruptions — power outages, severe weather, infrastructure failures, and short-term supply interruptions.
Your first goal: operate independently for 72 hours minimum.

Water

- Store at least 1 gallon of water per person per day (3+ days minimum)
- Add extra water for pets
- Have a reliable water filter
- Have a backup purification method
- Store water in multiple containers
- Know where your home water shutoff is located

Light & Power

- At least 2 reliable flashlights
- At least 1 area lantern
- Extra batteries stored together
- Backup phone charging method
- Long-duration lighting option
- Practice moving safely through your home in darkness

Communication & Information

- Emergency radio (NOAA or weather band)
- Backup way to receive alerts
- Written emergency contact list
- Family communication plan
- Know local emergency alert systems

Food

- 3-day supply of non-perishable food
- Manual can opener
- No-power cooking method
- Basic utensils
- Food requiring minimal water

Medical & Personal Care

- Basic first aid kit
- 7-day prescription supply if possible
- Common over-the-counter medications

- Hygiene supplies
- Spare glasses or medical devices

Home Safety & Function

- Fire extinguisher
- Extra blankets or temperature control
- Shoes accessible near bed
- Basic tool kit
- Know how to shut off utilities
- Emergency cash

Documents & Critical Information

- Copies of ID and insurance
- Medical information list
- Emergency contact list
- Waterproof storage or digital backup

Personal Readiness

- Family knows where supplies are stored
- Everyone understands emergency plan
- Equipment tested
- You have practiced using your gear

Preparedness is not about fear. It is about capability. Small improvements create real security.

Stay ready. Stay rational. — Apocalypse Approved