

PRINTABLE HOUSEHOLD CHECKLIST

THE ULTIMATE SURVIVAL KIT. FOR YOUR WHOLE HOUSEHOLD.

Ten categories. Every person covered. No gaps you find out about too late. Audit what you have, tick it off, and fill the holes one category at a time.

START HERE

AUDIT IT ONCE. RE-CHECK IT TWICE A YEAR.

You've probably got more than most. The point of this list is to find the gaps: the category you skipped, the person you didn't plan for, the skill nobody's practised. **A kit is only as strong as its weakest category.** Use the blank rows for what's specific to your household.

YOUR HOUSEHOLD IN NUMBERS

People in the household	<u>0</u>
Water, 14 days	people × 4 L × 14 = <u> </u> L
Water, 30 days	people × 4 L × 30 = <u> </u> L
Food, 90 days	people × 90 = <u> </u> person-days

01 WATER

The first thing you'll run out of, and the hardest to replace.

- ☐ Stored drinking water 4 L / person / day
- ☐ 14 days on hand, as a minimum Then build to 30
- ☐ Food-grade containers, sealed and dated
- ☐ Gravity or pump filter, plus spare cartridges
- ☐ Purification tablets as a backup
- ☐ Pot and fuel to boil water off-grid
- ☐ Rain catchment setup
- ☐ Rotate stored water Every 6 months
- ☐ _____
- ☐ _____

02 FOOD

No cooking, no fridge, no resupply.

- ☐ Non-perishable food, 14 days Then build to 90 minimum
- ☐ Manual can opener (and a spare)
- ☐ No-cook calories: nut butter, tinned fish, crackers, dried fruit, bars
- ☐ Off-grid cooking: stove and fuel, for outdoor use only
- ☐ Rotate stock: first in, first out Check twice a year
- ☐ Seeds for a first grow
- ☐ _____
- ☐ _____

03 POWER & LIGHT

Light keeps morale up. Power keeps you informed.

- ☐ Headlamp or torch 1 per person
- ☐ Spare batteries in every size you use
- ☐ Power banks, kept charged
- ☐ Solar panel and charge controller or solar generator
- ☐ Backup power sized to real loads: list what must run and add up the watts
- ☐ Battery carbon monoxide alarm
- ☐ Fuel stored safely, rotated
- ☐ Fire starters: lighters, matches, ferro rod
- ☐ _____
- ☐ _____

04 COMMUNICATION

When the towers go dark, the plan has to be on paper.

- ☐ Hand-crank or battery AM/FM radio
- ☐ Licence-free two-way radios (PMR446 in Europe) 1 per adult
- ☐ Scanner or amateur receiver Optional
- ☐ Whistle for signalling 1 per person
- ☐ Printed household plan card (see below)
- ☐ Numbers and frequencies written on paper
- ☐ _____
- ☐ _____

05 FIRST AID & MEDICAL

When the hospital's full, you're the medic.

- ☐ Trauma kit: tourniquet, pressure bandages, haemostatic gauze
- ☐ General first-aid kit: dressings, tape, antiseptic, gloves, shears
- ☐ Pain and fever relief for adults and children
- ☐ Each person's medications and dosages, written down
- ☐ Extra supply of essential meds, where your doctor allows 30+ days
- ☐ Copies of prescriptions; spare glasses
- ☐ Printed first-aid and trauma manual
- ☐ _____
- ☐ _____

06 DOCUMENTS & CASH

Cards, ATMs and cloud accounts fail together.

- ☐ Copies of ID and passports
- ☐ Deeds, insurance and vehicle papers
- ☐ Medical records and vaccination cards
- ☐ Cash in small bills
- ☐ Barter items: batteries, coffee, hygiene products
- ☐ Waterproof document pouch
- ☐ Encrypted USB backup of everything above
- ☐ _____
- ☐ _____

07 TOOLS & REPAIR

What breaks can't be replaced. It has to be fixed.

- ☐ Multi-tool and fixed-blade knife
- ☐ Saw and axe or hatchet
- ☐ Duct tape, paracord, zip ties
- ☐ Tarps and heavy plastic sheeting
- ☐ Work gloves and eye protection
- ☐ Utility shut-off tools (water, gas)
- ☐ Basic repair kit: hammer, drivers, pliers, fixings
- ☐ _____
- ☐ _____

08 HYGIENE & SANITATION

Disease kills more people after a disaster than the disaster does.

- ☐ Soap, hand sanitiser and wet wipes
- ☐ Heavy-duty bin bags and ties
- ☐ Toilet paper
- ☐ Lidded bucket, liners and cover material (emergency toilet)
- ☐ Toothbrushes and toothpaste; menstrual products
- ☐ Unscented bleach for disinfection
- ☐ A waste plan for when water or sewage stops
- ☐ _____
- ☐ _____

09

SPECIAL NEEDS • YOUR HOUSEHOLD

The people who can't fend for themselves need the most planning.

INFANTS

- ☐ Formula, bottles and a way to sterilise them
- ☐ Nappies and wipes for 14+ days
- ☐ Warm layers and a blanket
- ☐ _____
- ☐ _____

PETS

- ☐ Food and water for 14+ days
- ☐ Lead, carrier and medication
- ☐ Vaccination record and a recent photo
- ☐ _____
- ☐ _____

OLDER OR DISABLED MEMBERS

- ☐ Mobility aids; spare hearing-aid batteries
- ☐ Power plan for medical equipment
- ☐ Carer and doctor contacts on paper
- ☐ _____
- ☐ _____

SKILLS • NO SHOPPING REQUIRED

The most valuable things in your kit don't fit in a bag. Practise each one before you need it.

- ☐ Start a fire in wet conditions without a lighter
Practised by: _____ Date: _____
- ☐ Purify water three ways: boil, filter, chemical
Practised by: _____ Date: _____
- ☐ Stop serious bleeding and do CPR (take a course)
Practised by: _____ Date: _____
- ☐ Navigate with a paper map and compass
Practised by: _____ Date: _____
- ☐ Shut off water, gas and electricity at the mains
Practised by: _____ Date: _____
- ☐ Run the full household drill: grab kit, meet, check in
Practised by: _____ Date: _____

GENESISBOX

HOUSEHOLD EMERGENCY PLAN

RALLY POINT, NEAR HOME

RALLY POINT, OUTSIDE THE AREA

OUT-OF-AREA CONTACT: NAME AND NUMBER

RADIO CHANNEL / FREQUENCY

CHECK-IN TIMES

WHO COLLECTS THE CHILDREN

WHO GRABS THE KIT

BUG-OUT DESTINATION AND ROUTE

MEDICAL NOTES: ALLERGIES, MEDICATION, BLOOD TYPE

Emergency: **112** (Europe) · 911 (N. America)

KEEP ONE ON EVERY ADULT

GENESISBOX

This is exactly the kind of decision-making GenesisBox is built for — calm, sourced answers, even with zero grid and zero internet.