FOURTEEN-DAY HOUSEHOLD RESILIENCE BASELINE

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Share blank copies; keep completed details private	Review seasonally

Preparedness is easier to maintain when it is reduced to ordinary categories instead of vague fear. Use this as a starting point and adapt it to household size, medical needs, climate, disability, housing type, pets, and local hazards.

BASELINE CHECKLIST

- [ ] Water - safe storage; at least the minimum emergency baseline, with a stronger two-week target when feasible; rotate as needed.
- [ ] Food - shelf-stable foods the household already eats; dietary and infant needs; manual can opener; safe preparation method.
- [ ] Medicine - current medication list, copies of prescriptions, essential medicines and supplies as permitted, refrigeration contingency, spare glasses / contacts where possible.
- [ ] First aid - complete household kit; CPR / first-aid and bleeding-control training for more than one adult when possible.
- [ ] Power and light - flashlights, batteries, charged battery banks, safe charging plan, battery-backed smoke and carbon-monoxide alarms.
- [ ] Communication - paper contact list, out-of-area contact, meeting locations, public-information radio, chargers and cables.
- [ ] Documents - identification copies, insurance, lease / deed, medical information, school information, legal records, financial contacts, pet records, protected digital backup.
- [ ] Cash - modest emergency amount in small denominations if feasible, secured against theft.
- [ ] Sanitation - soap, hygiene supplies, trash bags, toilet paper, menstrual and infant supplies, gloves for caregiving and cleanup.
- [ ] Clothing and shelter - weather-appropriate layers, sturdy shoes, blankets / sleeping gear, rain protection.
- [ ] Fire safety - working alarms, appropriate extinguishers, clear exits, household evacuation practice.
- [ ] Mobility - vehicle maintenance and fuel / charge plan where applicable; alternate transport for anyone unable to walk long distances.
- [ ] Pets - food, water, medication, carrier / leash, identification and records.
- [ ] Go-bags - lightweight essentials needed to leave quickly; test by actually carrying them.

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GAPS AND NEXT ACTIONS

Gap / dependency	Low-cost action	Owner	Target date

Source basis: Built To Resist - Field Appendix A.
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