HOUSEHOLD CONTINUITY FILE

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private when completed	Review quarterly and after major life changes

Create a current, redundant index of essential records before a disruption makes replacement harder. This worksheet tracks what exists, where the authoritative copy is kept, where a protected backup lives, and when it was last checked. Do not place passwords, full account numbers, or unnecessary sensitive data on the index itself.

HOUSEHOLD FILE REGISTER

Record category	Current?	Primary location	Protected backup	Last reviewed
Identification				
Birth / marriage records if relevant				
Passports / citizenship documents				
Property deed, mortgage, or lease				
Insurance policies / contacts				
Vehicle title / registration				
Medical summary				
Medication list / prescription copies				
Emergency contacts				
Bank / lender contacts				

HOUSEHOLD CONTINUITY FILE

HOUSEHOLD FILE REGISTER — CONTINUED

Record category	Current?	Primary location	Protected backup	Last reviewed
Employment records				
Tax records				
Benefits records				
Licenses / credentials				
School records				
Pet records				
Important legal orders				
Account-recovery information stored securely				
Written household communication plan				

HOUSEHOLD CONTINUITY FILE

STORAGE DISCIPLINE

- [ ] Keep current copies rather than a single aging archive.
- [ ] Do not store every sensitive document in one easily stolen location.
- [ ] Use appropriate physical and digital security for sensitive records.
- [ ] Keep enough context to distinguish an original, a copy, and a later correction.
- [ ] Make sure another trusted household member knows how to find the continuity file if appropriate.

HOUSEHOLD CONTINUITY FILE

NOTES / REPLACEMENT PRIORITIES

Records that would be hardest to replace

Records currently missing or outdated

Next review date

HOUSEHOLD CONTINUITY FILE

Source basis: Every Government Dies - Field Appendix B; records chapters in both books.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, or emergency-management advice.

HOUSEHOLD COMMUNICATION & REUNIFICATION CARD

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private when completed	Review every 6 months and before travel / seasonal hazards

Phones fail, batteries die, networks congest, and people become separated. A paper communication card gives every household member the same simple fallback plan without depending on one device or one person remembering every detail.

PERSON / HOUSEHOLD

Name

Primary phone

Out-of-area contact

Out-of-area contact phone / Signal / other method

REUNIFICATION

Primary meeting place

Secondary meeting place

School / work reunification information

Next planned check-in time if separated

HOUSEHOLD COMMUNICATION & REUNIFICATION CARD

CARE AND ALERTS

Critical medical information - minimum necessary

Medications / allergies - minimum necessary

Emergency services / local alert source

USE RULE

- ☐ Carry a copy or keep it where it can be reached without unlocking a phone.
- ☐ Do not post a completed card publicly.
- ☐ Update all household copies together so old instructions do not circulate.

Source basis: Built To Resist - Field Appendix B.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, or emergency-management advice.

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.

FOURTEEN-DAY HOUSEHOLD RESILIENCE BASELINE

GAPS AND NEXT ACTIONS

Gap / dependency	Low-cost action	Owner	Target date

Source basis: Built To Resist - Field Appendix A.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, or emergency-management advice.

PERSONAL THRESHOLDS CARD

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private when completed	Review quarterly and when conditions materially change

A threshold written in calm conditions is not an automatic order. It is a prompt to reassess deliberately when conditions change, rather than inventing standards in the middle of fear, fatigue, or rumor.

THRESHOLDS

I reassess housing when

I reassess work when

I leave the area when

I shelter rather than travel when

REUNIFICATION AND DEPENDENCY

The person who receives my check-in is

Our out-of-area contact is

Our primary meeting point is

Our alternate meeting point is

The medical condition that cannot tolerate disruption is

The system my household is most dependent on is

PERSONAL THRESHOLDS CARD

DECISION DISCIPLINE

- [ ] Treat these as reassessment triggers, not automatic commands.
- [ ] Verify current conditions before acting.
- [ ] For medical, legal, or safety-critical decisions, seek qualified guidance when available.

Source basis: Every Government Dies - Field Appendix I.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, or emergency-management advice.

MEDICATION & MEDICAL CONTINUITY SHEET

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private medical information when completed	Review after medication, diagnosis, provider, or device changes

A medical record can become unusable when the portal is unavailable, the usual pharmacy is closed, or a caregiver must explain needs quickly. Keep this sheet current, concise, and protected. It is an information aid—not a prescription, diagnosis, or substitute for professional care.

PERSON AND CARE CONTACTS

Name / preferred name

Date of birth (optional if appropriate)

Primary clinician / practice / phone

Primary pharmacy / phone

Backup pharmacy / phone

Emergency contact / relationship / phone

MEDICATION REGISTER

Medication / generic	Strength	Dose & frequency	Purpose / condition	Prescriber	Refill / notes

MEDICATION & MEDICAL CONTINUITY SHEET

ALLERGIES, DEVICES, AND TIME-SENSITIVE NEEDS

Medication / food / material allergies and reaction

Medical devices or supplies used

Power-dependent equipment and backup plan

Medication requiring refrigeration / temperature plan

Mobility / communication / sensory access needs

Other time-sensitive care information

REVIEW DISCIPLINE

- [ ] Carry or store a protected current copy where it can be found in an emergency.
- [ ] Share only with people who legitimately need the information.
- [ ] Do not alter medication use based only on this worksheet; contact a qualified clinician or pharmacist.
- [ ] Review after medication, allergy, provider, pharmacy, or device changes.

Source basis: Built To Resist medical continuity chapters; CDC prescription preparedness guidance.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, financial, or emergency-management advice.

CARE & DEPENDENCY CONTINUITY PLAN

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private when completed	Review every 6 months and after care changes

Care arrangements often fail indirectly: transportation changes, a caregiver is unavailable, power is lost, or a routine service closes. This sheet records the minimum continuity information a trusted substitute caregiver would need without turning care recipients into a public list.

PERSON OR DEPENDENT

Name / preferred name

Primary caregiver / contact

Backup caregiver / contact

Usual location / program / school / service

Out-of-area contact

Communication or language needs

DAILY CONTINUITY NEEDS

Need / routine	When it matters	Who normally provides it	Backup / substitute	Notes

CARE & DEPENDENCY CONTINUITY PLAN

MOVEMENT, EQUIPMENT, AND REUNIFICATION

Mobility / transfer / transport needs

Essential equipment or charging needs

Medication / feeding / refrigeration needs

Primary meeting or reunification location

Alternate meeting or reunification location

Who may receive the person under existing lawful arrangements

CARE HANDOFF

- [ ] Keep legal guardianship, consent, school, medical, or service documents where appropriate; this worksheet does not create legal authority.
- [ ] Tell backup caregivers where essential supplies and records are kept.
- [ ] Do not post private care information on public neighborhood boards.
- [ ] Review the plan after a hospitalization, school/service change, move, or caregiver change.

Source basis: Built To Resist vulnerable-first and communications chapters; Every Government Dies household playbook.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, financial, or emergency-management advice.

FINANCIAL CONTINUITY & OBLIGATIONS LEDGER

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private financial information when completed	Review quarterly and after account or income changes

Financial continuity is not about storing full account numbers on a printable sheet. It is about knowing what must be paid, who must be contacted, what can be paused, where income comes from, and what fallback exists when normal payment channels fail.

INCOME AND ACCESS

Income / benefit source	Normal access method	Contact	Fallback if delayed	Next review

CRITICAL OBLIGATIONS

Obligation	Due / frequency	Provider / lender contact	Auto-pay?	Fallback / hardship contact	Priority

FINANCIAL CONTINUITY & OBLIGATIONS LEDGER

INSURANCE AND FINANCIAL CONTACTS

Primary bank / credit union contact (no full account number)

Mortgage / landlord / housing contact

Insurance contacts and policy-location note

Employer / payroll / benefits contact

Tax / benefits portal or agency contact

Trusted financial / legal contact if applicable

CONTINUITY RULES

- ☐ Do not print full passwords, PINs, full payment-card numbers, or unnecessary account numbers.
- ☐ Keep copies of essential records in protected separate locations.
- ☐ Know how to reach lenders, insurers, employers, and benefits administrators if normal channels fail.
- ☐ Document hardship arrangements, claim numbers, receipts, and promises made by phone.

Source basis: Every Government Dies household financial continuity chapters; CFPB/FEMA disaster financial preparedness.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, financial, or emergency-management advice.

INSURANCE & LOSS DOCUMENTATION LOG

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private claim information when completed	Use after a covered loss or major damage event

Claims fail when dates, receipts, photographs, policy details, and conversations scatter across devices and people. This log creates one chronological record while leaving legal coverage decisions to the policy and insurer.

INCIDENT AND POLICIES

Incident / event

Date and time discovered

Location

Affected property / vehicle / item

Insurer / policy type

Claim number / case number

Primary insurer contact / adjuster

EVIDENCE AND EXPENSE LOG

Date/time	Photo / video / document reference	Damage / expense / temporary repair	Amount	Receipt kept?	Notes

INSURANCE & LOSS DOCUMENTATION LOG

CONTACT LOG

Date/time	Organization / person	Channel	What was reported / promised	Next step / deadline

CLAIM DISCIPLINE

- ☐ Document damage before and after temporary repairs when safe and lawful.
- ☐ Keep receipts for emergency expenses and repairs.
- ☐ Do not discard damaged property until you understand insurer or legal requirements.
- ☐ Write down deadlines, claim numbers, denials, appeal rights, and the source of instructions.

Source basis: Built To Resist records and recovery chapters; CFPB post-disaster financial guidance.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, financial, or emergency-management advice.

EVACUATION, SHELTER & REUNIFICATION PLAN

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private when completed	Review seasonally, before travel, and after household changes

Movement decisions become harder under uncertainty. A calm, written plan should identify destinations, transport, accessibility needs, reunification points, and trusted information sources without pretending one route or choice is always safe.

DECISION TRIGGERS

We reassess sheltering when

We reassess leaving when

We do not travel when

Primary official / local alert sources

Who makes the household decision if separated

DESTINATIONS AND TRANSPORT

Option	Destination / meeting point	Primary transport	Backup transport	Accessibility / pet needs	Contact
Primary					
Alternate					
Out-of-area					

EVACUATION, SHELTER & REUNIFICATION PLAN

CHECK-IN AND REUNIFICATION

Out-of-area relay contact

Primary check-in windows

Primary household meeting place

Secondary household meeting place

School / work reunification procedure

Plan if phones are unavailable

BEFORE MOVING

- [ ] Verify destination and route conditions through current reliable sources when possible.
- [ ] Take essential medications, records, chargers, mobility aids, and appropriate supplies.
- [ ] Tell the out-of-area contact the plan when safe to do so.
- [ ] Do not make a route permanent in your mind; conditions can change.

Source basis: Built To Resist evacuation, communications, and vulnerable-first chapters; Every Government Dies household navigation.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, financial, or emergency-management advice.

DOCUMENT REPLACEMENT & CASE TRACKER

FORM REVISION	PRIVACY	REVIEW CADENCE
1.0	Private when completed	Use whenever essential records are lost, inaccessible, disputed, or being replaced

When records are missing, the work becomes procedural: identify the issuing office, preserve proof, obtain a case number, note fees and deadlines, and keep every receipt and response. This tracker keeps replacement work from disappearing into phone calls and portals.

REPLACEMENT REGISTER

Record	Issuing office / custodian	Case / reference no.	Proof required	Requested	Deadline / ETA	Status

DOCUMENT REPLACEMENT & CASE TRACKER

EVIDENCE SUBMITTED

Date	Case / record	Document or proof submitted	How sent	Receipt / confirmation	Original retained?

FOLLOW-UP AND ESCALATION

Next follow-up date

Appeal / correction path if denied

Fee waiver / hardship path if applicable

Trusted copy holder / backup location

Records still impossible to replace

DOCUMENT REPLACEMENT & CASE TRACKER

REPLACEMENT DISCIPLINE

- [ ] Keep originals when an office accepts copies unless an original is legally required.
- [ ] Record confirmation numbers and names/titles when available.
- [ ] Preserve denial notices and appeal instructions.
- [ ] Update the Household Continuity File when replacement is complete.

Source basis: Built To Resist records and rights chapters; Every Government Dies household continuity file.
Current revision: builttoresist.com/continuity-desk/ · Site v0.60.0 · Form revision 1.0 · 2026-10-03
Status: Independent educational planning resource. No government affiliation. Not legal, medical, financial, or emergency-management advice.
