



BEGINNER PREPAREDNESS

Your Household Starter Plan

A calm, practical seven-page workbook for building a stronger household - one useful step at a time.

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FREE SWC RESOURCE

survivingwhatscoming.com/start-here

1. Know Your Household

Preparedness starts with the people, pets, routines, and health needs already inside your home - not with a shopping list.

Household snapshot

People in the home: _____

Pets or service animals: _____

Primary local hazards: _____

Needs to plan for

TO DO Prescription medication and refill timing

TO DO Mobility, vision, hearing, or communication needs

TO DO Medical devices or refrigerated medicine that depend on electricity

TO DO Infants, children, older adults, or caregiving responsibilities

TO DO Dietary needs, allergies, pet food, and pet medication

TO DO Transportation, evacuation, and accessible shelter needs

Our most important household need

Write it down

Coach Dex reminder

A plan you understand and can maintain is more useful than a pile of supplies nobody knows how to use.

2. Communication and Meeting Plan

Decide how your household will reconnect before phones are overloaded, batteries are low, or people are in different places.

Out-of-area contact

Name: _____ Phone: _____

Email: _____

Meeting places

Near home: _____

Outside our neighborhood: _____

School or work reunification location: _____

Make the plan usable

TO DO Every person has the same contact and meeting-place information

TO DO Important numbers are written down, not stored only in a phone

TO DO We know how local officials send alerts and warnings

TO DO We have a backup charging option for essential communication

TO DO We have discussed who will help children, older adults, or pets

When networks are busy, try a short text message if a call does not connect.

3. Build a Three-Day Starter Supply

Start with familiar items your household can safely store, use, and rotate. Add supplies over time instead of trying to buy everything at once.

Water calculation

CDC starting point

Store at least one gallon of water per person per day for three days. Consider more for pets, illness, pregnancy, hot climates, or other household needs.

People ____ x 3 days = ____ gallons + pets or extra needs ____ = ____ gallons

Starter supply check

- TO DO** Safe drinking water in appropriate food-grade containers
- TO DO** Familiar shelf-stable food and a manual can opener
- TO DO** Flashlights or battery-powered lanterns and tested batteries
- TO DO** Phone charging plan and battery banks
- TO DO** First-aid basics and needed personal care items
- TO DO** Weather radio or another reliable way to receive official alerts
- TO DO** Copies of key contacts, medication list, and insurance information
- TO DO** Pet food, water, carrier or leash, records, and cleanup supplies

Use fuel-burning equipment only outdoors in a well-ventilated area away from doors, windows, and vents. Follow manufacturer instructions and current local safety guidance.

4. Power, Health, Pets and Documents

Some gaps require a conversation with a provider, utility, veterinarian, school, or caregiver before an emergency happens.

Power and health

- TO DO** Smoke and carbon-monoxide alarms are working
- TO DO** Flashlights are easy to find; candles are not our primary light source
- TO DO** We know what to do with refrigerated medicine during an outage
- TO DO** We have contacted the appropriate provider about powered medical equipment
- TO DO** We know generator placement and carbon-monoxide safety rules

Pets and service animals

- TO DO** Current identification, photo, veterinary contact, and records
- TO DO** Food, water, medication, carrier or leash, and sanitation supplies
- TO DO** A destination that accepts animals or an alternate care plan

Important information

- TO DO** Household contacts and an out-of-area contact
- TO DO** Medication, allergy, provider, and insurance information
- TO DO** Identification, key records, and account contact numbers
- TO DO** Documents are protected and accessible to the right household members

One provider or organization we need to contact

Who: _____ Why: _____

By when: _____

5. Your 30-Day Action Plan

Preparedness works best as a steady household habit. Choose one small action each week and stop when it is complete.

Week 1 - Plan

This week's action

Write contacts and meeting places; turn on official alerts.

My action: _____

Done on: _____

Week 2 - Water and food

This week's action

Calculate three days of water; add familiar shelf-stable food.

My action: _____

Done on: _____

Week 3 - Power and health

This week's action

Test alarms and lighting; solve one medication or device concern.

My action: _____

Done on: _____

Week 4 - Practice and improve

This week's action

Walk through the plan together; fix the biggest remaining gap.

My action: _____

Done on: _____

Monthly five-minute check

TO DO Review one guide that matters now

TO DO Fix one missing item, contact, or plan

TO DO Update the household plan and stop for the day

Official Sources and Next Steps

This workbook is general education. During an active emergency, follow local public-safety officials and the appropriate authorities.

Primary sources reviewed August 11, 2026

[FEMA Ready.gov - Make a Plan](#)

[FEMA Ready.gov - Build a Kit](#)

[FEMA Ready.gov - Low- and No-Cost Preparedness](#)

[CDC - Create and Store an Emergency Water Supply](#)

[National Weather Service - Weather Safety](#)

[U.S. Fire Administration - Carbon Monoxide Prevention](#)

Continue with SWC

[Emergency Preparedness for Beginners](#)

[Take the two-minute Readiness Check](#)

[Build your private Household Plan](#)

Prepared. Not paranoid.

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