THE READY BOARD EMERGENCY PREPAREDNESS LISTS

THE 30-DAY BLACKOUT STOCKPILE PLAN

A printable, week-by-week checklist for ordinary US households. Build a 3-day kit and a 2-week home supply in four small steps.

4
weekly shopping trips, each with its own tick-box list

1 GAL
of water per person per day, the official figure

1-2-4
quantities worked out for households of 1, 2 and 4

29
US Letter pages, clean in black and white

1. PRINT

Black and white is fine. Print the planning sheets twice if you share a home.

2. TICK

One small shopping trip a week. Tick a box when the item is on your shelf.

3. ROTATE

Date everything, put new at the back, use oldest first, and check twice a year.

Inside: the 72-hour kit, water and food rules, safe light, power and heat, medicines and papers, pets and car kit, two one-page action cards, and four printable planning sheets. Everything is based on public guidance from FEMA, the American Red Cross, CDC, USDA, EPA, CPSC and NFPA, with sources listed section by section.

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WEEK 1 OF 4 | DAYS 1 TO 7

WATER, LIGHT AND A WAY TO OPEN A CAN

GOAL 3 days of water and food in the house, plus light, radio and first aid.

Quantity	Per person per day	Household of 1	Household of 2	Household of 4
Water to add (gallons)	1 gal x 3 days	3	6	12
Water in the house after this week	3 days	3	6	12
Meals to add (3 per person per day)	3 x 3 days	9	18	36
Meals in the house after this week	3 days	9	18	36

BUY THIS WEEK

- [ ] **Water**: 3 gallons per person (3, 6 or 12 gallons for a household of 1, 2 or 4)
- [ ] **Food**: 3 days of no-cook meals, 9 meals per person (9, 18 or 36 for a household of 1, 2 or 4). See the no-cook menu.
- [ ] **Flashlight** for each person, and extra batteries in the sizes they use
- [ ] **Manual can opener**
- [ ] **Battery-powered or hand-crank radio** (NOAA Weather Radio if possible)
- [ ] **First aid kit** (see the contents list in section 1)
- [ ] **Whistle** to signal for help

FREE JOBS THIS WEEK

- [ ] Sign up for free emergency alerts from your local government.
- [ ] Fill in the household contact sheet (printable 1).
- [ ] Charge your phone and any backup battery.
- [ ] Put one flashlight where you can find it in the dark.
- [ ] Write the date on every jug and can as it comes home.

TIGHT BUDGET?

Buy half now and half next week. Choose the cheapest plain version of each item, and put money first into water and food, then light and the radio. Everything else can wait a week.

WEEK 1 NOTES

Date shopped: _____ Where I put it: _____

SECTION 3, CONTINUED

ROTATING AND MAKING WATER SAFE

If your tap water is ever unsafe to drink, your local officials will tell you. Follow their advice first. If you have no other water, these are the CDC and EPA steps.

STEP 1: CLEAR IT

If the water is cloudy, let it settle and pour off the clear water, or filter it through a clean cloth, paper towel or coffee filter. Do this before boiling or adding bleach.

STEP 2: BOIL IT, IF YOU CAN

Bring clear water to a rolling boil for 1 minute. At high elevation, boil for 3 minutes. CDC draws the line at 6,500 feet; EPA draws it at 5,000 feet. If you live between the two, the longer 3-minute boil meets both. Let it cool, and store it in a clean, covered container.

STEP 3: IF YOU CANNOT BOIL, USE BLEACH

Use regular, **unscented** liquid chlorine bleach that is labelled for disinfection. Check the label for its strength, then add the drops below to clear water. Stir, and let it stand for **30 minutes** before drinking.

Water to treat	6% bleach	8.25% bleach	If the water is cloudy, coloured or very cold (double)
1 gallon	**8 drops**	**6 drops**	16 drops (6%) or 12 drops (8.25%)
2 gallons	16 drops	12 drops	32 drops (6%) or 24 drops (8.25%)
4 gallons	32 drops	24 drops	64 drops (6%) or 48 drops (8.25%)

The 1-gallon row is the EPA figure. The other rows multiply it. CDC's table gives 8 drops per gallon for the whole 5% to 9% range of household bleach. If you are unsure, follow the label and your local advisory.

NEVER MIX BLEACH

Never mix bleach with ammonia or other cleaners. (CDC)

ROTATING YOUR STORED WATER

Type	When to swap it	How
Store-bought, sealed	By the printed date on the container	Use the oldest first and buy new at the back
Bottled by you	Every 6 months	Write the fill date on the container; use the old water for plants or cleaning, and refill

Washing: wash hands with soap and clean water for 20 seconds. A large water jug can serve as a temporary handwashing station (CDC).

Sources: CDC, How to Create and Store an Emergency Water Supply [21]; CDC, Making Water Safe in an Emergency [22]; EPA, Emergency Disinfection of Drinking Water [40]; CDC, How to Safely Clean and Sanitize with Bleach [24]; CDC, Guidelines for Personal Hygiene During an Emergency [23]. Full list at the back.