

# FIRST-DAY CHECKLIST

Five tasks · One afternoon · About \$475 · Two weeks of real preparedness.

Print this. Stick it on the fridge. Work down the list this Saturday.

## 1 • WATER — 45 MIN • ~\$40

- Buy 4-6 cases of bottled water (~5 gallons each)
- Fill 4 food-grade 5-gallon jugs from the tap; mark the date
- Stash an empty WaterBOB under the sink for tub-fill emergencies

*FEMA minimum: 1 gallon per person per day. Two weeks for four people = 56 gallons.*

## 2 • FOOD — 75 MIN • ~\$120

- 10 lbs white rice
- 5 lbs assorted dried beans and lentils
- 20 cans protein (tuna, chicken, beans)
- 20 cans vegetables and fruit
- 2 large jars peanut butter
- 10 boxes pasta + 6 jars sauce
- 2 large oats / cereal · 1 gallon cooking oil · salt · sugar · multivitamins

*Rule: store what you eat, eat what you store.*

## 3 • GO-BAG FOUNDATION — 45 MIN • ~\$60

*Any backpack you already own. Load it with:*

- 2 × 32oz water bottles, filled · LifeStraw or Sawyer MINI filter
- 6 energy bars · mylar bivvy + space blanket
- 2 BIC lighters + waterproof matches · headlamp with fresh batteries
- Basic first-aid kit · multitool or small fixed-blade knife
- 2 N95 masks · nitrile gloves · printed contact list
- Put the bag by the door you actually use — not the attic.

## 4 • COMMS — 20 MIN • ~\$45

- Order a NOAA crank / solar weather radio (Midland ER310, ~\$45)
- Download offline maps for your region (Google Maps or Maps.me) — do it today, while you have Wi-Fi
- Print a one-page list of critical phone numbers and addresses

## 5 • DOCUMENTS & CASH — 30 MIN • ~\$210

- Scan licenses, passports, birth certs, SSN cards, insurance, deed/lease, prescriptions, both sides of every credit card
- Save to an encrypted USB drive in the go-bag AND a password-protected cloud folder
- Pull \$200 in \$20s and \$10s into a waterproof pouch in the bag
- Designate an out-of-state contact ("if we're separated, all check in with Aunt Linda")

**~3.5 HOURS · ~\$475 TOTAL · TWO WEEKS OF PREPAREDNESS**

*FEMA reports the average U.S. household has fewer than 3 days of food and 1 day of water on hand. You just lapped the average by an order of magnitude.*

**Tomorrow's homework** — pick one category on survivalprepster.com and go a level deeper. Suggested order: Water Purification → Home Food Preservation → Home Hardening → Emergency Medical Kit → Solar Power for Grid-Down.

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