Worksheet one: Skills and Stuff Planning Worksheet

For each question, determine the resources and accompanying skills you will need for three bad days, three bad weeks, and three bad months.

Category One: Light & Power

If your power was off, how will you...Have light?

If your power was off, how will you...Have power to charge devices with batteries?

If your power was off, how will you...Have power to run other appliances or items that cannot hold a charge?

If your power was off, how will you...Have internet access?

Category Two: Water

If your water source was suddenly not working, how would you...Have access to clean drinking water?

If your water source was suddenly not working, how would you...Wash or clean your hands?

If your water source was suddenly not working, how would you...Have access to water for bathing, washing, or cleaning?

If your water source was suddenly not working, how would you...Have access to water for cooking?

If your water source was suddenly not working, how would you...Have access to water for other uses?

Category Three: Hygiene & Sanitation

If you suddenly lost access to trash disposal, sewage disposal, or other routine sanitation methods, how would you… Go number 1?

If you suddenly lost access to trash disposal, sewage disposal, or other routine sanitation methods, how would you… Go number 2?

If you suddenly lost access to trash disposal, sewage disposal, or other routine sanitation methods, how would you...Wash or clean your hands?

If you suddenly lost access to trash disposal, sewage disposal, or other routine sanitation methods, how would you...Dispose of or use menstrual products?

If you suddenly lost access to trash disposal, sewage disposal, or other routine sanitation methods, how would you...Dispose of or store trash? (Here, you can also think about how you might adjust your lifestyle to produce less waste)

Category Four: Shelter & Clothing

If your home was suddenly damaged or unavailable, how might you deal with...Needing to create a temporary shelter?

If your home was suddenly damaged or unavailable, how might you deal with...Needing to dress for severe cold?

If your home was suddenly damaged or unavailable, how might you deal with...Needing to dress for severe heat?

If your home was suddenly damaged or unavailable, how might you deal with...Needing to dress for wet conditions?

If your home was suddenly damaged or unavailable, how might you deal with...Needing work boots & work gloves?

If I had to evacuate my home, how can I secure my home against smoke, fire, wind, or water?

Category Five: Safety & Security

If there were a physical threat to your safety, how might you prepare for...Needing to shelter in place for severe weather or external disaster?

If there were a physical threat to your safety, how might you prepare for...Needing to shelter in place for a man-made threat? (Active shooter, etc.)

If there were a physical threat to your safety, how might you prepare for...Home security (locks, windows, doors, etc.)

If there were a physical threat to your safety, how might you prepare for...Needing home or self-defense from a person or animal?

If there were a physical threat to your safety, how might you prepare for...Meeting in a common place in the event of a home evacuation?

Category Six: Communication

In the event of an emergency, how would you...Get news updates while you are away from your home?

In the event of an emergency, how would you...Get news updates while you are inside your home?

In the event of an emergency, how would you...Communicate with family or friends?

In the event of an emergency, how would you...Communicate with work?

In the event of an emergency, how would you...Communicate with first responders?

In the event of an emergency, how would you...Communicate if your primary source of communication (internet, phone, etc.) was suddenly unavailable?

Consider how you can plan to protect yourself against misinformation or disinformation. How can you prepare for someone you know telling you unreliable information about emergencies?

Category Seven: Food

If you could not go to the store to purchase food, consider how you would store or cook...Meat or protein source?

If you could not go to the store to purchase food, consider how you would store or cook...Fiber-rich foods (fruits, vegetables, whole grains)?

If you could not go to the store to purchase food, consider how you would store or cook...Carbohydrates (grains, cereals, bread, flour)?

If you could not go to the store to purchase food, consider how you would store or cook...Vitamin and mineral-rich foods (fruits, vegetables)?

If you could not go to the store to purchase food, consider how you would store or cook...Supplements (meal replacements, vitamins, fiber supplements, etc.)?

If you could not go to the store to purchase food, consider how you would store or cook...Food for pets or livestock?

Category Eight: Cooking & Food safety

If your typical cooking method was suddenly unavailable, how would you...Cook without power?

If your typical cooking method was suddenly unavailable, how would you...Cook without water?

If your typical cooking method was suddenly unavailable, how would you...Cook with alternate appliances to your main oven/stove?

If your typical cooking method was suddenly unavailable, how would you...Store food without power?

If your typical cooking method was suddenly unavailable, how would you...Ensure that food is properly cooked or stored in a scenario where you do not have access to power (food thermometers, thermometers for freezers, etc.)?

Category Nine: Transportation & Navigation

If you were suddenly unable to use your main source of transportation, how would you...Travel a short distance?

If you were suddenly unable to use your main source of transportation, how would you...Travel a moderate distance?

If you were suddenly unable to use your main source of transportation, how would you...Travel a far distance?

If you were suddenly unable to use your main source of transportation, how would you...Cope with a blocked road that means traveling beyond your neighborhood is impossible? (Consider typical hazards in your area; for example, if you do not experience flooding, you should not focus on navigating water barriers.)

If you were suddenly unable to use a GPS, how would you navigate to an unfamiliar destination?

Category Ten: Heating, Cooling & Fire

If you were suddenly unable to access your typical heating or cooling, how would you...Light a fire?

If you were suddenly unable to access your typical heating or cooling, how would you...Keep warm during extremely cold weather?

If you were suddenly unable to access your typical heating or cooling, how would you...Keep cool during extremely hot weather?

Category Eleven: Important Documents & Money

In order to protect important documents, make a plan for having...Digital document secure storage

In order to protect important documents, make a plan for having...Digital document backup storage

In order to protect important documents, make a plan for having...Cybersecurity (password quality, password managers, update installations, antivirus software, etc.)

In order to protect important documents, make a plan for having...Secure location for hard copies that would be safe from environmental damage like fire or water

In order to protect important documents, make a plan for having...Backup copies that could be used if original hard copies are lost or damaged

If you were unable to use or access your main source of money (cash, card, etc.), what backup plans do you have in place?

If you had to evacuate quickly, how could you ensure that you have some access to money for necessary items?

Category Twelve: Medical & First Aid

If you suddenly lost access to a medical provider or hospital, what supplies and strategies do you need for...Handwashing and cleanliness?

If you suddenly lost access to a medical provider or hospital, what supplies and strategies do you need for...First aid supplies?

If you suddenly lost access to a medical provider or hospital, what supplies and strategies do you need for...Mental and emotional wellness?

If you suddenly lost access to a medical provider or hospital, what supplies and strategies do you need for...Strategies to prevent dehydration (including treating vomiting/diarrhea)?

If you suddenly lost access to a medical provider or hospital, what supplies and strategies do you need for...Specific medical conditions, chronic illnesses, or disabilities that you or a household member has?

In the event of an outbreak or seriously ill household member, consider the following supplies...

PPE (Gloves, masks, face shields, etc.)

Sanitation materials (alcohol, bleach, etc.)

Access to quality information (CDC, health departments, etc.)

If you had to quarantine from a member of your household, how would you create a separate space with physical barriers or PPE?

Category Thirteen: Tools & Personal Items

In an emergency, you may need specific personal items or specific equipment not covered in other categories. What personal items will you need to consider...In the event of evacuation?

In an emergency, you may need specific personal items or specific equipment not covered in other categories. What personal items will you need to consider...In the event of a man-made threat or hazard?

In an emergency, you may need specific personal items or specific equipment not covered in other categories. What personal items will you need to consider...In the event of an external or environmental emergency?

Worksheet two: Skills and Stuff Worksheet Sample Plan for Light and Power

Light & Power Sample Plan

Three bad days sample plan:

If your power was off, how will you...Have light?

Answer:

Necessary Stuff: Flashlights & candles

Necessary Skills: Kids know not to use matches alone

If your power was off, how will you...Have power to charge devices with batteries?

Answer:

Necessary Stuff: Battery pack for camping & car chargers

Necessary Skills: Kids are comfortable using puzzles and games after devices run out of power

If your power was off, how will you...Have power to run other appliances or items that cannot hold a charge?

Answer:

Necessary Stuff: Keep fridge closed

Necessary Skills: Keep water & coin in freezer (coin sits on top of frozen water; if we see that the coin has sunk, we know that the freezer has lost power)

If your power was off, how will you...Have internet access?

Answer:

Necessary Stuff: Phones & 5G

Necessary Skills: Kids are comfortable using puzzles and games when there isn't internet

Three bad weeks sample plan:

If your power was off, how will you...Have light?

Answer:

Necessary Stuff: Flashlights & candles, propane generator for lights

Necessary Skills: Kids know not to use matches alone, adults comfortable with generator

If your power was off, how will you...Have power to charge devices with batteries?

Answer:

Necessary Stuff: Propane generator

Necessary Skills: Kids understand that longer power disruptions means no devices sometimes

If your power was off, how will you...Have power to run other appliances or items that cannot hold a charge?

Answer:

Necessary Stuff: Camp stove instead of oven, use up cold food asap, then rely on shelf stable supplies

Necessary Skills: Comfortable using the camp stove

If your power was off, how will you...Have internet access?

Answer:

Necessary Stuff: Local library, relying on 5G or hotspot, have hard copies of important documents

Necessary Skills: Kids are comfortable using puzzles and games when there isn't internet

Three bad months sample plan:

If your power was off, how will you...Have light?

Answer:

Necessary Stuff: Flashlights & candles, propane generator for lights

Necessary Skills: Adjust to using daylight as much as possible, Kids know not to use matches alone, adults comfortable with generator

If your power was off, how will you...Have power to charge devices with batteries?

Answer:

Necessary Stuff: Propane generator & extra fuel, as well as communication with neighbors to ensure the most vital power needs are met (medical devices are highest priority).

Necessary Skills: Kids & adults will need to transition to no devices for entertainment if fuel starts to run low.

If your power was off, how will you...Have power to run other appliances or items that cannot hold a charge?

Answer:

Necessary Stuff: Camp stove instead of oven, use up cold food asap, then rely on shelf stable supplies

Necessary Skills: Comfortable using the camp stove, comfortable relying on the food in long term storage like dry beans. Ensure that Carol down the road has adequate fuel for her son's nighttime heart monitor. Support community-wide preparation by helping people plan.

If your power was off, how will you...Have internet access?

Answer:

Necessary Stuff: Games, entertainment, and communication methods (phone and radio) that do not need internet

Necessary Skills: Whole family and community are more connected for social support and skill sharing. Suzanne down the block is a nurse and can help with any medical concerns that we cannot look up right away.

Worksheet Three: To Do List Template with Categories. The original worksheet also has a space to set goal dates for your to-dos. This is optional.

To-Do Categories for Three Bad Days:

1. Items to Purchase
2. Items to take inventory of

To-Do Categories for Three Bad Weeks:

1. Items to Purchase
2. Items to take inventory of
3. Skills to Practice
4. Emotional resilience projects & preparation

To-Do Categories for Three Bad Months:

1. Items to Purchase
2. Items to take inventory of
3. Skills to Practice
4. Emotional resilience projects & preparation
5. Training or Education Goals
6. Community building

Worksheet Four: Optional Support System and Contacts Organizer

These are the column headers for the contacts organizer spreadsheet.

1. Name
2. Relationship
3. Primary Contact Method
4. Secondary Contact Method
5. Notes (scenarios for contacting and contact responsibilities

Worksheet Five: Optional Inventory Spreadsheet

These are the column headers for the inventory spreadsheet.

1. Category (First aid, food, etc.)
2. Item
3. Storage Location
4. Quantity
5. Last Replaced (Replaced or stocked on date)
6. Expiration (if applicable)
7. Notes (You can include notes about tactile Indicators or other accessible labels if applicable)