

Five Pillars Preparedness Audit

A practical household checkup to identify what is working, what needs attention, and what to improve next.

How to use this audit: Check what your household can already do reliably. Leave uncertain items blank. At the end, choose the weakest pillar as your next preparedness priority.

PILLAR 1 - MINDSET, SKILLS & PLANNING

- Everyone in the household understands the basic emergency plan.
- We have primary and backup meeting locations.
- We have emergency contacts written down, including an out-of-area contact.
- We know what situations would cause us to shelter in place or evacuate.
- We have primary and alternate evacuation routes.
- Responsibilities for children, pets, older adults, or others needing help are clear.
- We know where important documents and emergency supplies are stored.
- We have practiced with important emergency equipment before needing it.
- We have some emergency savings and a reasonable amount of small-denomination cash.

Rate this pillar: ■ Strong ■ Needs Work ■ Priority

PILLAR 2 - WATER & FOOD SECURITY

- We have at least a basic emergency supply of drinking water.
- We have accounted for pets and household-specific water needs.
- We have a backup way to filter, disinfect, or otherwise treat additional water appropriately.
- We understand what our water filter or treatment method can and cannot address.
- We have several days of shelf-stable food our household will actually eat.
- We can prepare at least some meals without normal grid-powered appliances.
- We rotate stored food and inspect it for damage, moisture, and pests.
- We have a plan for gradually expanding food and water supplies beyond the first few days.
- We have considered longer-term food resilience such as gardening or food preservation.

Rate this pillar: ■ Strong ■ Needs Work ■ Priority

PILLAR 3 - SHELTER, POWER & SECURITY

- Smoke alarms and carbon monoxide alarms are installed and working.
- We have multiple flashlights, headlamps, or lanterns and the batteries/power they require.
- We can keep phones and essential small electronics charged during a short outage.
- We know which household devices truly require backup power.
- We have a safe plan for extreme cold or extreme heat during an outage.
- Doors, windows, garage access, and other normal entry points are reasonably secure.
- We understand safe generator, heater, extension-cord, and emergency-cooking practices if applicable.
- We know where utility shutoffs are and when professional or official guidance is needed.
- We have identified at least one safe alternative place to stay if our home becomes unsafe.

Rate this pillar: ■ Strong ■ Needs Work ■ Priority

PILLAR 4 - HEALTH, FIRST AID & SANITATION

- Our first-aid supplies are current and appropriate for our household.
- At least one household member has current first-aid/CPR knowledge or training.
- We maintain an up-to-date list of prescriptions, dosages, providers, and pharmacy information.
- We have planned for medications or medical equipment that require refrigeration or electricity.
- We have backup supplies for glasses, contacts, hearing aids, mobility needs, or other essentials.
- We have soap, hygiene products, toilet paper, trash bags, gloves, and basic cleaning supplies.
- We have considered what we would do if normal toilets or sewer service could not be used.
- Infant, menstrual, dental, allergy, diabetes, or other household-specific needs are covered.
- We have a plan for reducing stress and maintaining basic routines during a prolonged emergency.

Rate this pillar: ■ Strong ■ Needs Work ■ Priority

PILLAR 5 - COMMUNICATION, TRANSPORTATION & COMMUNITY

- We can receive emergency information through more than one source.
- We have a battery-powered or hand-crank radio, or another reliable backup information source.
- Everyone knows who to contact and where to meet if normal communications fail.
- Important phone numbers are written down somewhere besides our phones.
- Our primary vehicle is reasonably maintained and ready for unexpected travel.
- We try to avoid routinely running the vehicle nearly out of fuel or charge.
- The vehicle carries basic emergency supplies appropriate to our climate and travel.
- We know alternate routes between home, work, school, medical care, and evacuation routes.
- We know nearby people we could reasonably help - or ask for help - during an emergency.

Rate this pillar: ■ Strong ■ Needs Work ■ Priority

YOUR NEXT 30-DAY PRIORITY

Choose the pillar with the most unchecked items. Do not try to fix everything at once. Pick three practical improvements you can complete during the next 30 days.

My priority pillar:	
1.	
2.	
3.	

Remember: Preparedness is not about buying everything at once. Build one useful layer, test it, fix the weaknesses, and then add the next.