

START WHERE YOU ARE

A 15-minute walk through your home. No shopping, no rush. Just notice what is already here.

WATER

Most homes already hold more water than we think.

- ☐ Clean food-safe bottles with caps
- ☐ Know where your main shutoff is
- ☐ Water heater (a quiet reserve)

LIGHT

Find it before you need it.

- ☐ A flashlight or battery lantern
- ☐ Candles and matches (never unattended)
- ☐ Power banks and rechargeables topped off

FIRST AID

Small kits handle most everyday bumps.

- ☐ Bandages and gauze
- ☐ Your regular medicines, a few days ahead
- ☐ Pain reliever you already use

FOOD

Your pantry is already a start.

- ☐ Canned and dry goods you already eat
- ☐ A manual can opener
- ☐ Snacks that keep

WARMTH

Warmth is mostly layers and blankets.

- ☐ Extra blankets
- ☐ Warm hats, socks, gloves
- ☐ Know which room holds heat best

PAPERS

Knowing where things are is half the work.

- ☐ ID and insurance cards
- ☐ A written list of phone numbers
- ☐ A folder to keep them together

MY ONE SMALL STEP THIS WEEK

Stay safe: Never leave a candle unattended; keep it away from kids, pets, and curtains. Never burn fuel indoors (generators, grills); carbon monoxide can kill.

Done is better than perfect. Come back next month and walk it again.

Want the full system? The Lone Vigil Emergency Binder and Starter Workbook are coming to The Outpost at lonevigilpress.com/the-outpost