DISCERNING MINDS

HOUSEHOLD EMERGENCY INVENTORY & FAMILY PLAN

PREPARE WISELY

TEHILLIM (PSALM) 46:1

YAHUAH is our refuge and strength, a help in distress.

Prepare spiritually as well as physically: seek YAHUAH in His Word, in prayer, in repentance and obedience. Supplies are helpful, but our trust is in Him.

Start with 72 hours; build toward more as you are able.

This is a STARTING POINT, NOT AN EXHAUSTIVE LIST. Your location, weather, household size, health needs, accessibility, children, pets and other animals determine what you need.

Household: _____ People: _____ Pets: _____ Last checked: _____

For each supply, write what you HAVE and your NEXT GOAL (use counts, gallons, days, Y/N or N/A). Notes can include battery sizes, expiration dates and storage locations.

01 WATER & SAFE WATER ACCESS

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Drinking and cooking water (start with 1 gallon/person/day)			
☐	Additional water for pets, hot weather, infants or illness			
☐	Clean, food-grade water storage containers			
☐	Containers for refilling or transporting safe water			
☐	Appropriate water filter / treatment for the water source			
☐	Plan for obtaining safe water if taps stop working			
☐	Printed boil-water and do-not-drink instructions; know the difference			
☐	Water for hygiene and sanitation, as space permits			

02 FOOD & SIMPLE MEAL PREPARATION

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Ready-to-eat protein (canned fish, beans, pouches, etc.)			
☐	Shelf-stable grains, crackers, cereals or similar staples			
☐	Shelf-stable vegetables and fruit			
☐	Familiar meals that require no electricity to prepare			
☐	Snacks, nuts and comfort foods as practical			

02 FOOD & SIMPLE MEAL PREPARATION (CONTINUED)

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Foods for special diets, allergies and infants			
☐	Manual can opener			
☐	Eating utensils, plates and bowls			
☐	Food-safe storage bags and containers			
☐	Written easy-meal plan for 3 days and beyond			
☐	Food inventory with expiration / rotation dates			
☐	Food safety plan for power loss; appliance thermometer			

03 MEDICAL NEEDS & FIRST AID

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Needed prescription medication (record days on hand)			
☐	Copies of prescriptions and medication details			
☐	First-aid kit with assorted adhesive bandages			
☐	Sterile gauze, dressing pads and medical tape			
☐	Antiseptic wipes / basic wound-care items			
☐	Disposable gloves, tweezers and small scissors			
☐	Suitable nonprescription medicines for household needs			
☐	Thermometer and other routine medical supplies			
☐	Spare glasses, contact supplies, hearing-aid batteries			
☐	Plan for powered medical devices and safe medication storage			
☐	Infant, disability, accessibility and mobility supplies			

04 LIGHTING, BATTERIES & COMMUNICATION

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Working flashlights (appropriate number for household)			
☐	Headlamps and LED lanterns			
☐	Extra batteries - correct sizes for each device			
☐	Spare batteries for smoke / carbon-monoxide alarms			
☐	Charged power banks and matching charging cables			
☐	Portable battery power station (optional; note capacity/uses)			
☐	Car phone charger / adapter			
☐	Battery-powered or hand-crank radio (weather alerts)			
☐	Optional solar charger / suitable additional backup power			
☐	Battery charging plan for multiple days (compatible equipment)			
☐	Printed family, medical, utility and emergency phone numbers			
☐	Whistle or other simple signaling device			
☐	Plan for contact when phone/internet service is unavailable			

05 PETS & OTHER ANIMALS

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Pet food for each animal (record days available)			
☐	Drinking water for each pet / animal			
☐	Required pet medications and care supplies			
☐	Leash, harness, collar, carrier or safe containment			
☐	Identification tags and current photos			
☐	Vaccination / veterinarian records and contact details			

05 PETS & OTHER ANIMALS (CONTINUED)

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Litter, waste bags and cleaning supplies			
☐	Comfort items, bedding and appropriate seasonal protection			
☐	Pet-friendly evacuation destination / transport plan			
☐	Livestock feed, water and shelter plan if applicable			

06 HYGIENE & SANITATION

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Toilet paper, tissues and paper towels			
☐	Soap, hand sanitizer and personal toiletries			
☐	Disinfectant and cleaning supplies			
☐	Wet wipes and washcloths			
☐	Heavy-duty trash bags, ties and disposable gloves			
☐	Diapers, wipes, menstrual products or similar essentials			
☐	Secure containers for temporary sanitation, if needed			
☐	Plan for safe waste disposal if plumbing fails			

07 HOME SAFETY & PERSONAL PROTECTION

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Working smoke alarms; test regularly			
☐	Working carbon-monoxide alarms; test regularly			
☐	Appropriate fire extinguisher and safe-use knowledge			
☐	Working door/window locks and suitable entry lighting			
☐	Clear emergency exits and manual access to doors/gates			

07 HOME SAFETY & PERSONAL PROTECTION (CONTINUED)

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Shelter-in-place plan and safer exit / evacuation plan			
☐	Lawful form of household protection chosen responsibly			
☐	Training, safe handling and secure storage for protection			
☐	Plan to avoid confrontation and seek emergency help			
☐	Sturdy shoes, protective work gloves and eye protection			
☐	Appropriate dust / smoke respiratory masks (e.g., N95)			
☐	Know water/electric/gas shutoffs; proper instructions and tool			
☐	Trusted neighbors / relatives check-in plan			

08 SHELTER, CLOTHING & BACKUP ARRANGEMENTS

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Warm clothing, blankets or sleeping bags for local climate			
☐	Seasonal change of clothing and sturdy footwear			
☐	Ponchos, rain gear or weather-resistant outerwear			
☐	Cooling supplies / safe destination during extreme heat			
☐	Warm shelter / relocation plan for dangerous cold			
☐	Cooler, ice packs and refrigerator/freezer thermometer			
☐	Child comfort items / books / quiet games without power			
☐	Suitable backup charging or electricity plan			
☐	Safe OUTDOOR cooking option (if used)			
☐	Safe storage and use plan for any fuel or generator			
☐	Working ventilation and carbon-monoxide protection			

09 CASH, DOCUMENTS & INFORMATION

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Modest emergency cash in small denominations			
☐	Identification and essential household document copies			
☐	Medical information, insurance and prescription details			
☐	Waterproof/fire-resistant document pouch			
☐	Printed local maps and alternate routes			
☐	Electricity, water, gas and local emergency contact details			
☐	Backup house/vehicle keys			
☐	List of important household account support numbers			

10 VEHICLE & EVACUATION SUPPLIES

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Ready-to-go bag for each person as appropriate			
☐	Water and shelf-stable snacks for travel or waiting			
☐	Flashlight and batteries in vehicle kit			
☐	Seasonal blanket, jacket, poncho and extra clothing			
☐	Vehicle first-aid kit and essential prescriptions			
☐	Car charging cable / phone power bank			
☐	Reflective warning triangle and high-visibility supplies			
☐	Basic tools, duct tape and suitable vehicle supplies			
☐	Printed road maps and evacuation routes			
☐	Practical vehicle fuel and maintenance plan			
☐	Transport and accessibility arrangements for family/pets			

11 USEFUL EXTRAS & ONGOING UPKEEP

	SUPPLY / ARRANGEMENT	HAVE	NEXT GOAL	NOTES
☐	Basic home repair tools and work gloves			
☐	Duct tape, utility items and sewing supplies			
☐	Sunscreen / insect repellent as climate requires			
☐	Additional food and water beyond the 3-day starting goal			
☐	Additional batteries / charging supplies			
☐	Replacement toiletries, sanitation items and pet essentials			
☐	Review / inventory date set; test lights, radios, power banks			
☐	Basic emergency skills practiced with household			
☐	Schedule to rotate food, water, batteries and medications			
☐	Community support contacts and skills-sharing plan			

BEFORE, DURING & AFTER A POWER OUTAGE

These are action reminders, not additional items to purchase. Adapt the steps to your local hazards and official guidance.

BEFORE AN OUTAGE

- [ ] Check local alerts and utility notices; charge phones and power banks.
- [ ] Check flashlights, spare batteries, alarms and basic medical power needs.
- [ ] Store water and ready-to-eat food; keep a manual can opener accessible.
- [ ] Locate utility shutoffs and learn proper safety procedures.
- [ ] Review family meeting places, pet needs and when to evacuate.

DURING AN OUTAGE

- [ ] Use flashlights. Never operate generators, grills or camp stoves indoors.
- [ ] Keep fridge/freezer closed and use appliance thermometers.
- [ ] Follow boil-water or do-not-drink notices exactly as instructed.
- [ ] Listen to trusted updates by radio; conserve phones and battery power.
- [ ] Check children, older adults, pets and anyone with medical power needs.
- [ ] Avoid fallen wires; relocate if temperature, flooding or health risks demand it.

AFTER POWER RETURNS

- [ ] Check electrical and water hazards before using damaged equipment.
- [ ] Food safety: closed fridge about 4h; full freezer 48h; half-full 24h.
- [ ] Use official food-safety charts; never taste questionable food to test it.
- [ ] Recharge, replenish and review what your household should change.

POWER OUTAGE: QUICK REFERENCE

Keep this page where your household can find it. Follow local emergency instructions, and leave for a safe place if heat, cold, flooding or medical needs make staying unsafe.

CHECK SAFETY FIRST

Stay away from fallen wires and standing water near electrical hazards.

Use flashlights; keep working smoke and carbon-monoxide alarms.

Never run a fuel generator inside. Use it outdoors >20 ft from windows, doors and vents.

Check on children, older adults, pets and people with medical power needs.

PROTECT ESSENTIAL SERVICES

Conserve phone battery; charge from safe power banks and compatible backup units.

Listen to your battery / hand-crank radio and official utility or local alerts.

Keep fridge/freezer closed: about 4h / 48h full / 24h half-full if unopened.

For unsafe tap water, follow local boil-water / do-not-drink notices exactly.

CONTACT AND LEAVE IF NECESSARY

Tell household members where to meet; use an out-of-area contact if local calls fail.

Take water, ready-to-eat food, medication, documents, cash and pet necessities if leaving.

Use safe routes; avoid unnecessary travel and confrontation.

LOCAL QUICK NUMBERS & LOCATIONS

Electric utility / outage line

Emergency contact / meeting place

Where medications, flashlight, radio and keys are kept

Keep your eyes on YAHUAH. Tehillim 46:1 reminds us that He is our refuge and strength, a help in distress.

YOUR HOUSEHOLD PLAN

This checklist is not exhaustive. Local geography, climate, household health, ages, accessibility and animals matter. Three days is a beginning, not a limit. Build toward more when space, finances and circumstances allow.

Local hazards to plan for (storms, floods, fire, heat, winter weather, etc.)

Household considerations (children, mobility, medical needs, special diets, pets)

Emergency contacts and an out-of-area contact

Family meeting place, shelter location, evacuation destination

Where supplies, utilities and safety equipment are located

Inventory last checked / next scheduled review

YOUR SUPPLY GOALS

	3 DAYS	7 DAYS	14 DAYS	OTHER GOAL
Water (gallons)				
Food (meals or days)				
Pet food/water (days)				
Batteries / charge (qty)				
Medicines / essentials (days)				

SAFETY: Operate fuel generators outdoors more than 20 ft from windows, doors and vents. Never use grills or camp stoves indoors. Follow local food, water, medical and evacuation guidance. Household protection must be lawful, responsibly trained for and securely stored.

Dawid wrote that he had not seen the righteous forsaken or their seed begging for bread (Tehillim / Psalm 37:25). Prepare your hearts as well as your homes. Do what you can without fear or debt, and care for others when possible.

TEHILLIM 46:1 - YAHUAH IS OUR REFUGE AND STRENGTH.