

DAILY PREPAREDNESS GUIDE

MORNING ROUTINE

- Gear Check: Bag packed with daily essentials & additional items based on day's activities.
- Device Charging: All devices are fully charged, including portable power banks.
- Weather and News Update: Check the forecast and local news updates for potential disruptions or events.

COMMUTE/TRAVEL

- Route Planning: Plan route, with alternative in case of disturbances.
- Transport Readiness: Ensure vehicle has enough fuel and is in good working condition.
- Essentials Access: Keep essential items (multi-tool, flashlight, small first aid kit) easily accessible in your bag.

WORK/DAY ACTIVITIES

- Situational Awareness: Stay aware of surroundings and changes in the environment.
- Communication Preparedness: Phone is on and has enough battery.
- Quick Exit Plan: Familiarize yourself with nearest exits / emergency procedures of the building.

EVENING ROUTINE

- Gear Maintenance: Check / replenish used items in your bag. Clean and organize the bag for the next day.
- Device Check: Recharge all devices and backup power sources.
- Plan for Tomorrow: Review schedule for next day. Adjust gear accordingly.

NIGHTLY CHECK

- Home Safety Check: Ensure doors and windows are locked. Check that all smoke detectors and security systems are functioning.
- Emergency Kit Check: Ensure home emergency kit is fully stocked and easily accessible.

MONTHLY CHECK

- Gear Deep Dive: Do a thorough check of your bag and other preparedness gear. Ensure everything is in working condition and replace any expired items.
- Review Plans: Be sure family plans are updated as seasons change, kids start new schools, or you move.