# Family Emergency Starter Checklist

This checklist was created by Legacy Preparedness to help families take their first step toward resilience. It’s a quick-start reference — not a substitute for professional emergency planning. Use it to spark important conversations, guide your basic preps, and begin building a legacy of safety.

## 1. Emergency Contacts

* ✔ Full names and contact numbers of family members
* ✔ Work, school, and daycare numbers
* ✔ Out-of-town emergency contact person
* ✔ Neighbors or trusted nearby contacts

## 2. Communication Plan

* ✔ Meeting locations (home, neighborhood, regional)
* ✔ Text-first strategy (SMS works better in disasters)
* ✔ Copies of plan in wallets or go-bags

## 3. Go-Bag Essentials

* ✔ Water (1 gallon per person/day for 3 days)
* ✔ Non-perishable food (3-day supply minimum)
* ✔ Flashlight and extra batteries
* ✔ First aid kit
* ✔ Medications and spare glasses
* ✔ Multi-tool or Swiss Army knife
* ✔ Copies of critical documents (IDs, insurance, meds list)
* ✔ Cash in small bills
* ✔ Change of clothes and sturdy shoes
* ✔ Hygiene items (toothbrush, wipes, hand sanitizer)

## 4. Important Documents (Store digitally & physically)

* ✔ Birth certificates, IDs, passports
* ✔ Insurance papers (home, auto, health)
* ✔ Medical records and prescriptions
* ✔ Emergency contacts and plans
* ✔ Pet records if applicable

## 5. Home Preparedness

* ✔ Fire extinguisher and smoke detectors tested
* ✔ Gas, water, and power shutoff instructions posted
* ✔ Tools to turn off utilities
* ✔ Shelter-in-place supplies (plastic sheeting, duct tape, N95 masks)

## 6. Special Needs

* ✔ Items for infants, elderly, or disabled family members
* ✔ Pet food, leash, carrier, and records
* ✔ Extra batteries for medical devices

Need more help? Visit https://legacyprep.co to download a full Emergency Binder Kit and take your readiness further.