HOUSEHOLD PREPAREDNESS GAP CHECKLIST

Find the gaps in what you already have before you buy anything else.

A practical audit for ordinary households. Mark each item: Have / ready, Have / needs check, Need, or Not applicable.

HAVE / READY	HAVE / CHECK	NEED	N/A

Do not buy anything until you finish the audit. The first useful answer may be that you already own most of what you need.

1. HOUSEHOLD DEPENDENCIES

☐ I know how many people are normally in the household.

☐ I have identified babies, young children, older adults, disabled household members, and anyone with access or support requirements.

☐ I have identified medication that cannot simply be skipped.

☐ I have identified equipment that depends on electricity, refrigeration, charging, oxygen, internet connectivity, or regular resupply.

☐ I know what pets or livestock would need if power, water, or transport were disrupted.

☐ I know whether anyone can safely remain at home during extreme heat or cold without mains power.

2. WATER

☐ I know my current national or local household water-preparedness guidance.

☐ I have enough potable water to meet that guidance for my household size, including pets or livestock where applicable.

☐ Stored water containers are food-safe, usable, and tracked for checks or rotation.

☐ If I depend on a well or electric pump, I know what happens when power fails.

☐ I have a safe backup plan if local water is unavailable or unsafe.

☐ I know where to find official boil-water or contamination information.

3. FOOD

☐ I have ordinary shelf-stable food that fits my household's actual diet.

☐ I can feed the household for the official recommended interval without relying entirely on mains-powered cooking.

☐ I have food that needs no cooking or minimal cooking.

☐ Emergency and pantry food is rotated through normal use.

☐ Dietary, allergy, and infant needs are easy to identify.

☐ I know local food-safety rules for refrigerator or freezer power loss.

☐ Outdoor combustion cooking equipment is not part of my indoor backup plan.

4. LIGHTING

☐ I have reliable non-mains lighting for key occupied spaces and safe movement.

☐ I know whether each light uses replaceable batteries, rechargeable batteries, or built-in charging.

☐ Lights have been tested recently and compatible batteries or cables are easy to find.

☐ I am not relying primarily on candles or open flame.

5. COMMUNICATIONS AND INFORMATION

☐ Key household and emergency contacts are available offline or on paper.

☐ I have a way to receive official information that is not entirely dependent on mains electricity where local guidance recommends it.

☐ I know my electricity provider's outage-reporting source and my local or national emergency-information source.

☐ I know the official space-weather source appropriate to my jurisdiction.

☐ Household members have a contact and meeting plan if networks are congested or fail.

6. CHARGING AND BACKUP POWER

☐ Phone power banks work and are charged.

☐ Essential-device cables and adapters are identified and easy to find.

☐ I know which household loads are actually critical.

☐ Any portable power station, solar panel, or alternative charging setup has been tested for capacity, output, connectors, and compatibility.

☐ Any generator follows its manufacturer maintenance schedule and is planned for outdoor use with safe exhaust separation.

☐ I do not rely on improvised electrical backfeeding.

☐ Carbon-monoxide alarms are functional.

7. MEDICATION AND MEDICAL CONTINUITY

☐ Essential medication is maintained through normal prescription arrangements and official local preparedness guidance.

☐ Paper or offline medication and device information is current.

☐ I know which medicines require temperature control and have medicine-specific storage guidance.

☐ I know essential medical-equipment power requirements and manufacturer-compatible backup options.

☐ I know who to contact if safe runtime or medicine storage cannot be maintained.

☐ I know about relevant utility priority-support or medical-dependency registration.

8. TEMPERATURE AND SHELTER

☐ I know how quickly this home becomes unsafe in extreme heat or cold without power.

☐ I have low-energy personal warming or cooling options such as clothing, bedding, shade, and ventilation.

☐ I know where official warming, cooling, or emergency accommodation information would be found.

☐ I have a threshold for leaving before conditions become dangerous.

☐ I do not plan to heat the home with an oven, grill, or unsafe combustion appliance.

9. SANITATION AND HYGIENE

☐ I know whether toilets, septic, or sewage systems work without power or water.

☐ I have basic hygiene supplies that do not depend entirely on running water.

☐ I can conserve potable water for drinking and cooking.

☐ I know where to find local sanitation and public-health instructions during a water outage.

☐ Waste can be contained away from food and stored water.

10. PAYMENTS AND DOCUMENTS

☐ I have more than one practical way to pay for essentials.

☐ Where official guidance supports it, I keep a reasonable amount of emergency cash.

☐ Important contacts and account details are available offline.

☐ Essential identification, insurance, and medical documents are current and accessible without cloud access.

11. TRANSPORT AND ACCESS

☐ I know how I would leave if my normal route were blocked.

☐ I keep a basic vehicle emergency kit appropriate to local conditions.

☐ I can navigate essential journeys without assuming live GPS or mobile data will work.

☐ Vehicle fuel or charge planning follows local guidance rather than panic-buying.

☐ Rural or private-road access has been considered where relevant.

☐ I know never to approach downed electrical lines or clear trees entangled with them.

12. PETS AND LIVESTOCK

☐ Food and water are included in the household duration plan.

☐ Medications are current and documented.

☐ Carriers, leads, or containment are available.

☐ Identification and veterinary contacts are accessible offline.

☐ Powered fencing, pumps, ventilation, or heating needs have a continuity plan where relevant.

13. MAINTENANCE AND ROTATION

☐ Lights, radios, power banks, and power stations have been tested or recharged.

☐ Batteries have been checked for expiry or leakage.

☐ Water and food storage checks or rotations are current.

☐ First-aid supplies are complete and in date.

☐ Fire extinguishers and smoke or CO alarms follow manufacturer or local requirements.

☐ Backup equipment follows manufacturer maintenance schedules.

☐ One record tracks purchase, expiry, rotation, testing, and replacement dates.

YOUR GAP SCORECARD

Turn the audit into a short action list.

Critical gaps	
High-priority gaps	
Medium-priority gaps	
Low-priority or convenience gaps	

NOW	Safety, medical, water, communication, or temperature gaps.
1. _____	
2. _____	
3. _____	

NEXT	Useful resilience after critical gaps are handled.
1. _____	
2. _____	
3. _____	

LATER	Convenience, redundancy, or premium upgrades.
1. _____	
2. _____	
3. _____	

USE THIS ORDER

1. Use what you already own.
2. Fix unsafe or medically significant gaps.
3. Add low-cost redundancy.
4. Add practical upgrades only when they solve a documented problem.
5. Consider specialist or premium equipment only after the household requirement is quantified.

JURISDICTION CONTROL

Preparedness quantities and durations differ by country. Use current Solar Flare Innovations country guidance and the current official national or local source. This global checklist deliberately does not print one universal water or food duration.

This checklist is an educational planning tool. Follow official emergency instructions and manufacturer safety guidance for your equipment.