MakeMyHomeMyFortress
Harden your home before you have to.

30-Day Preparedness Plan

Build it in four weeks

Goal: be able to feed, hydrate and care for your household for 30 days if stores, deliveries or utilities are disrupted. You don't buy it all at once. Build it in four weekly steps from the 72-hour kit, using food your family already eats. Rotate everything: first in, first out.

What 30 days looks like (per person)

Category	Target per person · 30 days	Notes
Water	About 30 gallons (1 gal/day), stored plus a way to filter	Store what fits; add a filter or purifier so rain, a pool or a creek becomes drinkable
Calories	About 60,000 (2,000/day)	Build from foods you actually eat; add variety and comfort food
Staples	Rice, pasta, beans/lentils, oats, flour, canned vegetables, fruit and meat, peanut butter, powdered or shelf-stable milk, cooking oil, salt, sugar, spices, honey	Store in sealed buckets or the original packaging in a cool, dry place
Medications	30 days if your doctor/insurer allows; at least 7	Ask your pharmacist about refill timing
Fuel / heat	Per your stove/heater/generator	Store fuel safely and legally, away from living space

Four weeks to 30 days

Week	Do this	Done
1	Finish the 72-hour kit (water, food, light, first aid, sanitation). Locate and label your utility shutoffs. Write a family plan.	☐
2	Buy 1–2 extra of each staple you already eat each time you shop until you reach 14 days. Add a manual can opener, a camp stove and fuel (outdoor use only).	☐
3	Extend water: add a high-capacity filter, containers, and bleach/tablets. Add a power plan: power banks, a small solar panel or portable power station, a safe way to charge. Stock a second first aid kit.	☐
4	Reach 30 days of food and medications. Add hygiene and cleaning supplies, pet supplies, comfort items. Label with dates and rotation notes.	☐

Water for 30 days

- ☐ Stored water in food-grade containers (check dates; replace home-filled water about every 6 months)
- ☐ Gravity or pump filter that is rated for bacteria and protozoa
- ☐ Purification tablets and unscented bleach as backup
- ☐ Know your local sources (creek, pool, rain barrel) and keep clean containers to collect water

Food & Cooking for 30 days

- ☐ Staples (rice, pasta, beans, oats, flour) stored in sealed containers
- ☐ Canned meat, fish, vegetables, fruit; shelf-stable milk; nut butters
- ☐ Cooking oil, salt, sugar, spices, honey, bouillon, coffee/tea
- ☐ Multivitamins and electrolyte packets
- ☐ Camp stove(s), fuel, pots, lighter/matches; manual can opener
- ☐ Baby, pet and special-diet foods

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Power, Heat & Light

- ☐ Power banks and a way to recharge them (solar panel or portable power station)
- ☐ Generator (if you own one): fuel stored safely, tested, operated OUTDOORS only, with a transfer switch or approved cords
- ☐ Lanterns, headlamps, batteries; extra warm bedding and clothing
- ☐ Carbon monoxide alarms with fresh batteries

Health, Sanitation & Medical

- ☐ Prescriptions and a written medication list; second first aid kit
- ☐ Bucket toilet setup with bags and absorbent; toilet paper, wipes, soap, trash bags
- ☐ Bleach/cleaning supplies, masks, gloves
- ☐ Over-the-counter medicines for fever, pain, allergy, stomach issues

Plan, Money & Skills

- ☐ Written family plan, contact list, out-of-area contact, and meeting places
- ☐ Cash in small bills ($300+ if you can); full tank of gas habit (keep above half)
- ☐ Copies of important documents in a waterproof bag and in an encrypted backup
- ☐ Neighbor plan: who has medical skills, tools, a generator; check on elderly neighbors
- ☐ Practice: do a 24-hour "power and water off" test and fix what you learn

Food storage: a cool, dry, dark place extends shelf life. Check dates quarterly; eat the oldest first and replace as you go. Always follow manufacturer storage and safety directions. This guide is general information, not medical or legal advice.