



NATIONAL PREPAREDNESS MONTH 2026

30 DAYS TO A READY FAMILY

"30 days. 30 simple actions. One more prepared family."
AMERICANS STAND READY

HOW IT WORKS

Complete one 5-15 minute action each day. Check it off, talk about what you learned, and keep moving. The goal is progress, not perfection.

HOUSEHOLD / FAMILY: _____

PROGRESS

_____ / 30

WEEK 1

KNOW YOUR RISK

Wildfires, outages, severe weather, evacuation, and local hazards.

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| 1 | ☐ | Identify Your Top 3 Risks. Write down the three emergencies most likely to affect your family where you live. |
| 2 | ☐ | Turn On Alerts. Confirm emergency alerts, weather warnings, and local notifications are enabled on family phones. |
| 3 | ☐ | Know Your Zones. Check whether home, work, and school are in wildfire, flood, evacuation, or other local hazard areas. |
| 4 | ☐ | Find Two Ways Out. Identify two driving routes and one alternate route away from your neighborhood. |
| 5 | ☐ | Pick Your Safe Place. Choose where your family would shelter during severe weather, smoke, or another stay-inside emergency. |
| 6 | ☐ | Know Your Utilities. Locate water, gas, and electrical shutoffs and make sure responsible adults know where they are. |
| 7 | ☐ | Decide What Makes You Leave. Name three conditions that would trigger evacuation instead of waiting for the situation to worsen. |

WEEK 2

MAKE YOUR PLAN

Communication, meeting locations, emergency contacts, evacuation, and reunification.

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| 8 | ☐ | Pick Two Meeting Places. Choose one near home and one outside your neighborhood. |
| 9 | ☐ | Choose an Out-of-Area Contact. Pick someone who can receive family updates if local calls are unreliable. |
| 10 | ☐ | Build Your Contact Card. Write key phone numbers, addresses, medical contacts, and meeting places on paper. |
| 11 | ☐ | Set a Communication Order. Decide who contacts whom first and what backup method you will use if cell service is congested. |
| 12 | ☐ | Plan Family Reunification. Decide who picks up children and where everyone goes if family members start in different locations. |
| 13 | ☐ | Choose Evacuation Destinations. Pick a primary and backup destination and include pets in the plan. |
| 14 | ☐ | Put the Plan Where Everyone Can Find It. Save it on phones, print it, and place copies in vehicles or go-bags. |

POST YOUR PROGRESS Check off the day, share one action you completed, tag ReadyParent, and use #30DaysToAReadyFamily.

HALFWAY CHECKPOINT

Before you move into Week 3, make sure everyone can answer these:

The emergency most likely to affect us:

Our primary family meeting place:

Our out-of-area contact:

The biggest planning gap we still need to fix:

30 DAYS TO A READY FAMILY

Finish strong: build, test, improve, and help one more family.

WEEK 3

DAYS 15-30

BUILD YOUR READINESS

Water, food, medical, power, emergency kits, vehicles, and communications.

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| 15 | ☐ | Check Your Water. Review what you have stored and add, replace, or rotate at least one missing item or container. |
| 16 | ☐ | Check Your Food. Identify shelf-stable food for a short disruption and note what needs replacing or rotating. |
| 17 | ☐ | Review Medications & First Aid. Check medications, first-aid supplies, expiration dates, and special household needs. |
| 18 | ☐ | Build a Power Backup. Charge power banks, locate cables, and decide how you will power phones and lights during an outage. |
| 19 | ☐ | Inspect Emergency Kits. Open your go-bags or home kit and replace one missing, expired, or unusable item. |
| 20 | ☐ | Ready Your Vehicle. Check fuel or charge, flashlight, water, first aid, basic tools, and phone charging. |
| 21 | ☐ | Check Emergency Communications. Test a radio, weather radio, backup phone, or other family communication tool. |
| 22 | ☐ | Protect Critical Information. Secure copies of IDs, insurance information, medication lists, contacts, and other essential records. |

WEEK 4

PRACTICE IT

Family drills, ReadyKids activities, testing equipment, correcting deficiencies, and helping another family prepare.

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| 23 | ☐ | Run a 10-Minute Evacuation Drill. Everyone grabs what they would take and meets at the designated location. |
| 24 | ☐ | Run a Shelter-in-Place Drill. Move to your safe location and identify anything that would make staying there difficult. |
| 25 | ☐ | Test the Gear You Depend On. Turn on flashlights, radios, power banks, and other backup equipment; replace failed batteries or items. |
| 26 | ☐ | ReadyKids Day. Have children complete one age-appropriate ReadyKids activity on contacts, meeting places, or awareness. |
| 27 | ☐ | Practice Reunification. Walk through a scenario where family members are at work, school, or away from home. |
| 28 | ☐ | Fix Three Gaps. Choose the three most important problems you found this month and correct them. |
| 29 | ☐ | Get One Family Ready. Help a relative, neighbor, friend, or older adult complete one preparedness action. |
| 30 | ☐ | Hold a Family After-Action Review. Ask what worked, what did not, and what you will improve. Choose one monthly readiness habit. |

FAMILY FINISH LINE

We completed ____ of 30 actions. Our top three improvements for next month are:

1. _____
2. _____
3. _____

ONE MORE PREPARED FAMILY

SHARE THE CHALLENGE

Post your progress. Tag ReadyParent. Invite another family to join. #30DaysToAReadyFamily

KEEP IT GOING

- ☐ Recheck your family plan when work, school, vehicles, or household needs change.
- ☐ Test emergency communications and backup power regularly.
- ☐ Rotate food, water, medication, batteries, and kit contents before they expire.

NEXT FAMILY READINESS CHECK-IN:

30 DAYS DONE. READINESS CONTINUES.

