

# EMERGENCY PREPAREDNESS SCORE SHEET

There is no such thing as being “prepared. The threat matrix is constantly changing and the possible combinations of survival challenges (big and small) are endless. Preparedness is not a goal or destination, it is way of thinking and a life long journey. There is no truly accurate way of measuring preparedness. A wilderness survival “expert” will not last long in the inner city. Someone who is prepared for Armageddon may be caught off guard by a local tornado or home fire. The score sheet below measures you level of “general” preparedness for most “common” emergencies.

**Circle all that apply. See bottom of page for scoring instructions**

1. Shelter and Warmth

- a. None of the items below
- b. Have extra wool blankets or sleeping bags
- c. Have tarps and plastic for sealing rooms or making shelter
- d. Have tent for use outdoors or indoors
- e. Have alternative (retreat) shelter that can be accessed.

Score \_\_\_\_\_

2. Self-Protection and Defense

- a. None of the items below
- b. Have at least one handgun
- c. Have firearms for home and street defense
- d. Have had at least basic firearms defense training
- e. Have advanced combat training and arms

Score \_\_\_\_\_

3. Medical Supplies and First Aid

- a. None of the items below
- b. Have a basic first aid kit
- c. Have a full advanced medical supply kit and basic first aid skills
- d. Have stocked critical medications
- e. Have advanced first aid, EMT or other medical training

Score \_\_\_\_\_

4. Emergency Water Supplies

- a. None of the items below
- b. Have a few gallons of water stored
- c. Have at least 5-gallons of water stored per person
- d. Have water purification and filtration systems
- e. Have the ability to collect filter and purify ground and rainwater

Score \_\_\_\_\_

5. Emergency Food Supplies

- a. None of the items below
- b. Have sufficient pantry food for 5-10 days
- c. Have at least 30-days' supply of non-perishable foods
- d. Have sufficient stored food and food production capacity for many months
- e. Have the ability to forage, fish, hunt and produce food indefinitely

Score \_\_\_\_\_

6. Alternative Energy and Light

- a. None of the items below
- b. Have a few flashlights and candles

- c. Have crank and solar flashlights, radios
- d. Have portable heaters and extra fuel
- e. Have alternative energy supplies such as generators, solar panels or wind generators

Score \_\_\_\_\_

7. Safety and Fire Suppression

- a. None of the items below
- b. Have working smoke and CO detectors and small extinguisher
- c. Have several large fire extinguisher
- d. Have been trained in fire extinguisher use
- e. Have advanced fire suppression systems and water sources

Score \_\_\_\_\_

8. Alternative Sanitation

- a. None of the items below
- b. Store a few gallons of bleach at all times
- c. Have stocked up on bleach, soap, TP and other sanitation needs
- d. Have emergency toilet and chemicals
- e. Have N95 or better respirators, gloves and decontamination gear

Score \_\_\_\_\_

9. Evacuation Capacity

- a. None of the items below
- b. Have a basic 72-hore evacuation pack
- c. Have developed an evacuation plan and alternative routs
- d. Have a full Bug-Out-Bag sufficient for 5-7 days without help in any weather
- e. Fully capable of extended evacuation and survival

Score \_\_\_\_\_

10. Field Survival Capacity

- a. None of the items below
- b. Have basic camping skills and gear
- c. Always carry a survival kit and/or survival item in pockets when outdoors
- d. Have attended outdoor survival classes (e.g. fire starting, shelter building, etc.)
- e. Have participated in extended outdoor survival course or excursions

Score \_\_\_\_\_

**Total Score** \_\_\_\_\_

**Scoring:**

**a. = 0, b. = 1, c. = 2, d. = 3, e. = 4 for a maximum cumulative score of 10 per category or 100 total**

Scoring is cumulative. In each category you can give yourself the accumulated points for the highest level. For example: Under Medical Supplies and First Aid, if you have "d." for 3 points you get the points for "b." (1-point) and "c." (2-points) for a total score of six points.

0-20 points: Unprepared to survive most emergency situations

20-50 points: Prepared to meet the most common short term emergencies

50-75 points: Well prepared to survive sustained disasters

75-100 points: Advanced preparedness for long-term survival and recovery