

READY FOR ANYTHING PREPAREDNESS SERIES

**READY FOR
ANYTHING**

THE 30-DAY PREPAREDNESS CHALLENGE

**ONE PRACTICAL ACTION A DAY.
LESS THAN 20 MINUTES A DAY.
A MORE PREPARED HOUSEHOLD IN 30 DAYS.**

**WATER • FOOD • FIRST AID • POWER • FAMILY
PLANNING**

**PETS • EVACUATION • DOCUMENTS • VEHICLES •
RECOVERY**

**START SMALL. STAY CONSISTENT. BUILD REAL
PREPAREDNESS.**

START HERE

30 DAYS CAN CHANGE HOW PREPARED YOUR FAMILY IS.

Preparedness often feels overwhelming because people imagine they must buy everything, learn everything, and plan for every possible disaster at once. That is not how this challenge works.

For the next 30 days, you will complete one practical preparedness action each day. Most challenges are designed to take 20 minutes or less.

Some days cost nothing. Some may identify an item you want to buy later. The objective is not to spend recklessly. The objective is to build systems, close obvious gaps, and create momentum.

THE CHALLENGE RULES

- Complete one day at a time.
- Use supplies you already own before buying more.
- Do not let a missed day end the challenge—resume the next day.
- Adapt tasks to your household, climate, medical needs, and local hazards.
- Follow official emergency instructions and qualified safety guidance.
- At the end of 30 days, create your next 90-day preparedness plan.

MY CHALLENGE START DATE

Start date: _____

Target completion date: _____

My reason for becoming better prepared: _____

DAY 1

BUILD YOUR WATER BASELINE

WHY THIS MATTERS	Water is one of the first household needs affected by utility failures, contamination, and disasters.
TODAY'S CHALLENGE	Calculate your three-day water requirement and store your first emergency water supply.
TIME / BUDGET	About 15 minutes. Budget can start with one case of water.

COMPLETE THESE STEPS

- Count the people in your household
- Multiply household size by 3 gallons for a three-day minimum planning baseline
- Count the gallons already stored
- Buy or set aside enough water to begin closing the gap
- Write the storage date on appropriate containers

What I completed:

My next water goal:

DAY 2

CREATE A NINE-MEAL EMERGENCY MENU

WHY THIS MATTERS	Food planning becomes easier when you stop thinking in terms of a huge stockpile and start with actual meals.
TODAY'S CHALLENGE	Write down three breakfasts, three lunches, and three dinners your family can manage during a disruption.
TIME / BUDGET	15–20 minutes. No purchase required today.

COMPLETE THESE STEPS

- Choose familiar foods
- Favor shelf-stable items
- Identify meals requiring no cooking
- Check for a manual can opener
- Create a short shopping list for missing ingredients

What I completed:

Meals I still need:

DAY 3

INSPECT YOUR FIRST AID KIT

WHY THIS MATTERS	A first aid kit is only useful if you know where it is and its supplies are ready.
TODAY'S CHALLENGE	Open your first aid kit and perform a real inspection.
TIME / BUDGET	10–15 minutes.

COMPLETE THESE STEPS

- Locate the kit
- Check bandages and gauze
- Check antiseptic and wound-care supplies
- Check gloves, scissors, tweezers, and thermometer
- Identify missing, damaged, or expired items
- Create a replacement list

What I completed:

First aid gap:

DAY 4

FIND YOUR UTILITY SHUTOFFS

WHY THIS MATTERS	Knowing where household utility controls are located can reduce confusion during certain emergencies.
TODAY'S CHALLENGE	Locate your electrical panel, main water shutoff, and gas or fuel shutoff if applicable.
TIME / BUDGET	10 minutes. Costs nothing.

COMPLETE THESE STEPS

- Locate the electrical panel
- Locate the main water shutoff
- Locate gas/fuel shutoff if applicable
- Make sure responsible adults know the locations
- Get qualified guidance if you do not understand safe shutoff procedures

What I completed:

Utility question to resolve:

DAY 5

CHECK EVERY FLASHLIGHT

WHY THIS MATTERS	Emergency lighting often fails because batteries are dead, corroded, missing, or stored somewhere nobody remembers.
TODAY'S CHALLENGE	Gather and test your household emergency lights.
TIME / BUDGET	15 minutes.

COMPLETE THESE STEPS

- Find every emergency flashlight
- Test each light
- Inspect batteries
- Identify one light for each household member
- Place lights in known locations
- Add missing batteries or lights to your shopping list

What I completed:

Lighting gap:

DAY 6

CHARGE YOUR BACKUP POWER

WHY THIS MATTERS	A power bank at zero percent is not emergency equipment.
TODAY'S CHALLENGE	Locate, charge, and organize your portable charging equipment.
TIME / BUDGET	10 minutes plus charging time.

COMPLETE THESE STEPS

- Charge power banks
- Match charging cables to household devices
- Check vehicle charging adapters
- Label cables if needed
- Choose a storage location

☐ Create a monthly charging reminder

What I completed:

Power item needed:

DAY 7

CHOOSE FAMILY MEETING PLACES

WHY THIS MATTERS	Families can become separated when schools, workplaces, roads, and communication systems are disrupted.
TODAY'S CHALLENGE	Choose a near-home meeting place and a second location outside your immediate neighborhood.
TIME / BUDGET	15 minutes. Costs nothing.

COMPLETE THESE STEPS

- Select a near-home meeting place
- Select an outside-neighborhood meeting place
- Make locations specific
- Tell every household member
- Write both locations on paper

What I completed:

Our meeting place to practice:

DAY 8

CHOOSE AN OUT-OF-AREA CONTACT

WHY THIS MATTERS	A trusted person outside your immediate area can serve as a central communication point.
TODAY'S CHALLENGE	Choose one out-of-area contact and make sure your family has the person's information.
TIME / BUDGET	10–15 minutes.

COMPLETE THESE STEPS

- Choose a trusted contact
- Ask whether they will serve in this role
- Record primary and alternate contact information
- Give the contact relevant household information
- Add the contact to your written emergency plan

What I completed:

Our contact is:

DAY 9

PRINT YOUR EMERGENCY CONTACTS

WHY THIS MATTERS	Important phone numbers trapped inside a dead or missing phone may be inaccessible.
TODAY'S CHALLENGE	Create a simple printed emergency contact sheet.
TIME / BUDGET	15–20 minutes.

COMPLETE THESE STEPS

- List household phone numbers
- Add out-of-area contact
- Add doctors and pharmacy
- Add veterinarian if applicable
- Add utility and insurance contacts
- Print or handwrite copies

What I completed:

Copy locations:

DAY 10

PREPARE YOUR PETS

WHY THIS MATTERS	Pets require food, water, medications, transportation, records, and an evacuation plan.
TODAY'S CHALLENGE	Build the first layer of your pet emergency kit.
TIME / BUDGET	15–20 minutes. Use supplies you already own first.

COMPLETE THESE STEPS

- Set aside three days of pet food
- Plan emergency pet water
- Locate leash, harness, and carrier
- Gather medication information
- Copy vaccination records

- ☐ Add a current pet photo
- ☐ Choose one comfort item

What I completed:

Pet gap:

DAY 11

REVIEW PRESCRIPTION NEEDS

WHY THIS MATTERS	Medication disruptions can become serious quickly for households that depend on regular prescriptions.
TODAY'S CHALLENGE	Create a current medication list and review refill timing.
TIME / BUDGET	15 minutes.

COMPLETE THESE STEPS

- List each prescription
- Record dosage and schedule
- Record prescribing doctor
- Record pharmacy information
- Identify refrigeration or power needs
- Discuss appropriate emergency refill planning with healthcare professionals or pharmacy when needed

What I completed:

Medication planning question:

DAY 12

BUILD A HYGIENE RESERVE

WHY THIS MATTERS	Sanitation problems can make an already difficult emergency worse.
TODAY'S CHALLENGE	Create a three-day hygiene and sanitation supply group.
TIME / BUDGET	15 minutes.

COMPLETE THESE STEPS

- Check toilet paper
- Check soap and hand hygiene supplies
- Check toothbrushes and toothpaste
- Check menstrual products if needed
- Check diapers or incontinence supplies if needed

- ☐ Set aside trash bags
- ☐ Add cleaning or disinfecting supplies

What I completed:

Sanitation item needed:

DAY 13

START YOUR GO-BAG

WHY THIS MATTERS	A go-bag gives you a portable group of essentials if you must leave quickly.
TODAY'S CHALLENGE	Choose a bag and begin with the essentials you already own.
TIME / BUDGET	20 minutes.

COMPLETE THESE STEPS

- ☐ Choose a sturdy bag
- ☐ Add water
- ☐ Add ready-to-eat food
- ☐ Add a flashlight
- ☐ Add a charging cable and power bank
- ☐ Add basic hygiene supplies
- ☐ Add an emergency blanket if available
- ☐ Write down specialized items still needed

What I completed:

My go-bag is stored:

DAY 14

CREATE A VEHICLE EMERGENCY KIT

WHY THIS MATTERS	Your vehicle may become transportation, temporary shelter, or a critical link during evacuation.
TODAY'S CHALLENGE	Place a basic emergency kit in your primary vehicle.
TIME / BUDGET	20 minutes.

COMPLETE THESE STEPS

- ☐ Add drinking water appropriate to conditions
- ☐ Add emergency snacks
- ☐ Add a flashlight

- ☐ Add a charging cable
- ☐ Add basic first aid supplies
- ☐ Add a blanket or seasonal supplies
- ☐ Add a printed map
- ☐ Check basic vehicle emergency equipment

What I completed:

Vehicle kit gap:

DAY 15

HALFWAY PREPAREDNESS REVIEW

WHY THIS MATTERS	Progress is easier to maintain when you stop and measure what has changed.
TODAY'S CHALLENGE	Review Days 1–14 and identify your three biggest remaining gaps.
TIME / BUDGET	15 minutes. Costs nothing.

COMPLETE THESE STEPS

- Mark completed challenge days
- List unfinished tasks
- Choose the three most important gaps
- Estimate the cost of each gap
- Schedule one task for the coming week
- Acknowledge what your household has already improved

What I completed:

My #1 priority:

DAY 16

ORGANIZE ONE EMERGENCY SUPPLY ZONE

WHY THIS MATTERS	Many households already own emergency supplies but cannot find them quickly.
TODAY'S CHALLENGE	Choose one shelf, closet, cabinet, or storage area as your main emergency supply center.
TIME / BUDGET	20 minutes.

COMPLETE THESE STEPS

- Choose the location
- Remove unrelated clutter
- Move flashlights and batteries together
- Group first aid supplies
- Group charging equipment

☐ Identify where food and water reserves are stored

☐ Tell household members about the location

What I completed:

Our supply center is:

DAY 17

SECURE IMPORTANT DOCUMENTS

WHY THIS MATTERS	Identification, insurance, medical, property, and pet records may be important during evacuation and recovery.
TODAY'S CHALLENGE	Create one secure emergency document system.
TIME / BUDGET	20 minutes.

COMPLETE THESE STEPS

- Identify important records
- Choose a secure physical storage method
- Consider appropriate waterproof protection
- Create appropriate digital backups
- Protect sensitive information
- Decide which limited information belongs in evacuation materials

What I completed:

Document task remaining:

DAY 18

START AN EMERGENCY CASH RESERVE

WHY THIS MATTERS	Electronic payment systems can occasionally be unavailable during power or communication disruptions.
TODAY'S CHALLENGE	Choose a reasonable emergency cash goal and take the first step toward it.
TIME / BUDGET	10 minutes. Start with any amount appropriate for your budget.

COMPLETE THESE STEPS

- Set a household emergency cash goal
- Choose a secure storage location
- Favor useful small denominations when appropriate
- Record the goal without exposing sensitive storage details
- Add a small amount to the reserve if your budget allows

What I completed:

My cash goal:

DAY 19

MAP TWO EVACUATION ROUTES

WHY THIS MATTERS	Disasters can block normal roads with flooding, fire, debris, traffic, or official closures.
TODAY'S CHALLENGE	Identify two routes away from your home toward your primary destination.
TIME / BUDGET	15–20 minutes.

COMPLETE THESE STEPS

- Choose a primary destination
- Map your normal route
- Identify an alternate route
- Note major landmarks or road changes
- Keep a printed map available
- Discuss routes with household drivers

What I completed:

Route issue to check:

DAY 20

CHECK YOUR SMOKE & CO ALARMS

WHY THIS MATTERS	Preparedness includes preventing ordinary household emergencies from becoming tragedies.
TODAY'S CHALLENGE	Inspect smoke alarms and carbon monoxide alarms appropriate to your home.
TIME / BUDGET	15 minutes.

COMPLETE THESE STEPS

- Locate alarms
- Use manufacturer-recommended test procedures
- Check replacement or service dates as appropriate
- Identify missing coverage
- Review alarm sound and family response

■ Add replacement needs to your shopping list

What I completed:

Safety equipment needed:

DAY 21

PLAN FOR CHILDREN OR SENIORS

WHY THIS MATTERS	Generic kits may fail people with daily support, mobility, dietary, communication, or comfort needs.
TODAY'S CHALLENGE	Choose one household member with additional needs and create a specific 72-hour support list.
TIME / BUDGET	15–20 minutes.

COMPLETE THESE STEPS

- List daily medications or supplies
- List mobility or medical equipment
- Identify dietary needs
- Identify communication needs
- Add comfort items
- Create a transportation or caregiver backup plan

What I completed:

Specialized supply needed:

DAY 22

PRACTICE AN EMERGENCY TEXT

WHY THIS MATTERS	Simple communication can reduce confusion when family members are separated.
TODAY'S CHALLENGE	Create and practice a short family status message.
TIME / BUDGET	10 minutes. Costs nothing.

COMPLETE THESE STEPS

- Use SAFE or NEED HELP
- State your location
- State who is with you
- State your next contact time
- Send a practice message to household members

☐ Agree on the message format

What I completed:

Our message format:

DAY 23

CHECK YOUR PANTRY ROTATION

WHY THIS MATTERS	Emergency food works best when it is part of a managed, rotating household pantry.
TODAY'S CHALLENGE	Inspect a portion of your shelf-stable food and improve rotation.
TIME / BUDGET	15–20 minutes.

COMPLETE THESE STEPS

- Choose one pantry shelf
- Check package condition
- Review dates and quality
- Move older usable food forward
- Place newer food behind it
- List emergency meal gaps
- Avoid storing foods your household will not eat

What I completed:

Pantry gap:

DAY 24

PLAN BACKUP COOKING

WHY THIS MATTERS	A power outage can limit normal meal preparation.
TODAY'S CHALLENGE	Identify how your household will safely prepare food when normal cooking equipment is unavailable.
TIME / BUDGET	15 minutes.

COMPLETE THESE STEPS

- Identify meals requiring no cooking
- Identify an appropriate backup cooking method
- Review manufacturer instructions
- Confirm safe operating location

- ☐ Identify required fuel or power
- ☐ Never use outdoor combustion equipment indoors or in unsafe enclosed areas

What I completed: _____

Our safe backup method: _____

DAY 25

CREATE A WATER BACKUP LAYER

WHY THIS MATTERS	Stored water is the first layer. Filtration or treatment planning can provide additional options.
TODAY'S CHALLENGE	Review your household's backup water strategy.
TIME / BUDGET	15–20 minutes.

COMPLETE THESE STEPS

- Confirm stored water amount
- Identify a backup water source appropriate to your area
- Review a suitable filtration option
- Review an appropriate treatment method
- Read manufacturer instructions before an emergency
- Identify additional water needs for pets or medical use

What I completed:

My water backup gap:

DAY 26

REVIEW INSURANCE CONTACTS

WHY THIS MATTERS	Recovery can be harder when policy and contact information cannot be found.
TODAY'S CHALLENGE	Locate your household insurance information and create a recovery contact sheet.
TIME / BUDGET	15 minutes.

COMPLETE THESE STEPS

- Locate home or renters insurance information
- Locate vehicle insurance information
- Record company and agent contacts
- Identify where policy information is stored
- Review how to start a claim

■ Protect policy and financial information

What I completed:

Insurance item to review:

DAY 27

START A HOME INVENTORY

WHY THIS MATTERS	A simple room-by-room record can support insurance and recovery planning.
TODAY'S CHALLENGE	Document one room today.
TIME / BUDGET	20 minutes.

COMPLETE THESE STEPS

- Choose one room
- Take appropriate overview photos or video
- Record important items
- Record serial/model information when useful
- Note where receipts or records are stored
- Store inventory information securely

What I completed: _____

Room completed: _____

DAY 28

RUN A 20-MINUTE FAMILY DRILL

WHY THIS MATTERS	A written plan becomes stronger when people practice it.
TODAY'S CHALLENGE	Conduct a short household emergency drill.
TIME / BUDGET	20 minutes. Costs nothing.

COMPLETE THESE STEPS

- Pretend normal communication is disrupted
- Move to the near-home meeting place
- Locate go-bags
- Locate emergency documents
- Prepare pets for transport

☐ Review who handles medications

☐ Discuss what was confusing

What I completed:

Biggest drill lesson:

DAY 29

FIX YOUR BIGGEST GAP

WHY THIS MATTERS	Preparedness improves fastest when you focus on the weakness most likely to create a serious problem.
TODAY'S CHALLENGE	Review the challenge and complete or substantially improve your single biggest preparedness gap.
TIME / BUDGET	20 minutes.

COMPLETE THESE STEPS

- Review unfinished days
- Choose one priority gap
- Define one action you can complete today
- Set a realistic budget
- Complete the action
- Record the next step if more work is needed

What I completed:

The gap I fixed:

DAY 30

BUILD YOUR NEXT 90-DAY PLAN

WHY THIS MATTERS	Thirty days creates momentum. Long-term resilience comes from continuing in manageable steps.
TODAY'S CHALLENGE	Create three preparedness goals for the next 90 days.
TIME / BUDGET	20 minutes. Costs nothing.

COMPLETE THESE STEPS

- Choose one supply goal
- Choose one planning goal
- Choose one skill or training goal
- Assign a target date to each
- Choose a monthly preparedness budget if appropriate

- Schedule your next household plan review
- Celebrate completing the 30-Day Challenge

What I completed:

My first 90-day goal:

CHALLENGE REVIEW

YOUR 30-DAY PROGRESS TRACKER

Mark each day as you complete it. If a task identified a larger project, mark the daily action complete and add the larger project to your 90-day plan.

DAY 1 ■ COMPLETE	DAY 2 ■ COMPLETE	DAY 3 ■ COMPLETE	DAY 4 ■ COMPLETE	DAY 5 ■ COMPLETE
DAY 6 ■ COMPLETE	DAY 7 ■ COMPLETE	DAY 8 ■ COMPLETE	DAY 9 ■ COMPLETE	DAY 10 ■ COMPLETE
DAY 11 ■ COMPLETE	DAY 12 ■ COMPLETE	DAY 13 ■ COMPLETE	DAY 14 ■ COMPLETE	DAY 15 ■ COMPLETE
DAY 16 ■ COMPLETE	DAY 17 ■ COMPLETE	DAY 18 ■ COMPLETE	DAY 19 ■ COMPLETE	DAY 20 ■ COMPLETE
DAY 21 ■ COMPLETE	DAY 22 ■ COMPLETE	DAY 23 ■ COMPLETE	DAY 24 ■ COMPLETE	DAY 25 ■ COMPLETE
DAY 26 ■ COMPLETE	DAY 27 ■ COMPLETE	DAY 28 ■ COMPLETE	DAY 29 ■ COMPLETE	DAY 30 ■ COMPLETE

WHAT CHANGED IN 30 DAYS?

My biggest improvement: _____

My biggest remaining gap: _____

The habit I want to continue: _____

The person I need to involve: _____

KEEP GOING

YOUR NEXT 90-DAY PREPAREDNESS PLAN

You do not need to prepare for everything tomorrow. Choose three meaningful goals and continue building one layer at a time.

GOAL	WHY IT MATTERS	NEXT ACTION	TARGET DATE

Monthly preparedness budget: _____

Next family drill date: _____

Next emergency plan review: _____

Next water / food inventory check: _____

SKILLS I WANT TO BUILD

- ☐ First aid / CPR
- ☐ Emergency communications
- ☐ Food preservation
- ☐ Gardening
- ☐ Home maintenance
- ☐ Water treatment knowledge
- ☐ Navigation
- ☐ Other: _____

YOU COMPLETED THE CHALLENGE

30 DAYS AGO, PREPAREDNESS MAY HAVE FELT OVERWHELMING.

Now you have taken practical action on water, food, first aid, lighting, power, family communications, pets, medications, sanitation, evacuation, documents, cash, insurance, home inventory, and family drills.

That is what real preparedness looks like: not fear, not panic, and not one enormous shopping trip. It is consistent action.

READY TO BUILD THE COMPLETE SYSTEM?

THE COMPLETE READY FOR ANYTHING PREPAREDNESS PACKAGE

READY FOR ANYTHING eBook

A practical household preparedness guide covering water, food, supply disruptions, extended outages, natural disasters, medical readiness, sanitation, communications, evacuation, pets, and recovery.

EMERGENCY PREPAREDNESS PLANNER

Track preparedness goals, emergency supplies, food and water inventories, medical supplies, contacts, maintenance, family drills, expenses, and progress.

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\$49.95**

**BUILD THE PLAN. FILL THE GAPS. BE READY FOR
ANYTHING.**

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