

WEEK 1: WATER CHECKLIST

One Week, One Prep – Emergency Water Preparedness



■ How Much Water Do You Need?

- 3 Days: 9–12 litres per person
- 3 Weeks: 63–84 litres per person
- 3 Months: 270–360 litres per person

■ For Beginners

- Understand how much water you need (2–4L per person/day)
- Store a 3-day supply (9–12L per person)
- Buy bottled water OR fill clean 2L bottles (avoid milk jugs)
- Label and date your containers
- Store water in a cool, dark place
- Store water for pets too (dog $\approx$ 1L/day, cat $\approx$ 0.25–0.5L/day)
- Set reminder to rotate water every 6–12 months

■ ■ For More Prepared

- Add 20L more to your current water supply
- Rotate older water containers
- Check and test water filters
- Check expiry dates on purification tablets
- Store household bleach for emergency purification (4 drops/L)
- Identify alternate water sources (e.g. hot water tank, rain barrel)
- Review your water plan: Stored + Filtered + Sourced

■ Weekly Action Recap

- **Beginner:** Store 9–12L per person
- **Advanced:** Add 20L and check purification gear
- **Optional:** Print & hang this checklist near your supplies

■ Water Storage Tracker

Date	Litres Stored	Location	Notes