

One Week, One Prep: Pilot Worksheet

Topic: Getting Started with Preparedness – The Rule of Three



The Rule of Three:

- 3 minutes without air
- 3 days without water
- 3 weeks without food

Pre-Week 1 Preparedness Checklist:

- ☐ I've chosen a small space or container to start my emergency kit
- ☐ I have a working torch or flashlight and spare batteries
- ☐ I know where my important documents are stored
- ☐ I've listed any specific needs (medications, pets, etc.) for my household
- ☐ I've completed the 5-minute home emergency audit below

Your Emergency Priorities:

1. Water: If your tap stopped working today, where would you get drinking water?

2. Warmth: If you lost power in winter, how would you stay warm?

3. Food: Could you feed yourself and your household for 3 days without shopping?

4. Light & Power: Do you have torches, batteries, or a power bank ready?

5. Emergency Info: Do you have important documents or contacts in one place?
