



Self-Assessment Questionnaire

The following questions provide an assessment of your current state of preparedness. There are no right or wrong answers. The goal of this assessment is to provide you a tool to help determine your goals and measure your successes.

This is a sample list of questions; you may have your own questions to add that are specific to your situation or others in your tribe. Consider others in your tribe as you answer these questions and have them answer if appropriate.

1 – Initial Thoughts

What kinds of emergencies have happened around me in the past?

If I had to evacuate my home would I have a list of things to bring with me and a way to transport them? Where would I go?

Who do I want to prepare with? My family, my close friends, colleagues at work or school, members of church? Who can I trust to discuss my emergency preparedness goals?

What special skills will I need to work with certain members of my tribe? Medications to have available? Transportation needs?

2 – Mental Health

Am I mentally prepared to deal with an emergency situation? What fears do I have? How can I reduce or eliminate my fears?

Do I understand what situational awareness is? Am I aware of my surroundings at all times? How is my ability to notice a potential threat? How can I improve my situational awareness?

Do I understand how to use a map and compass and always know where North, South, East and West are relative to my location?

3 – Personal Health

How physically fit am I? Can I pull myself up doing a pull up? How many pushups can I do? Can I walk for several miles carrying a backpack? What special considerations do I need to make to accomplish these tasks?

What medicines do I require to have available?

Do I have a first aid kit? Am I able to use basic first aid techniques?

What personal hygiene items do I require? What would I do if my shower, sink and toilet do not work?

Do I have any medical equipment, like a CPAP machine, that requires power? How will it work if the power is out?

What about others in my tribe? What special requirements or limitations do they have?

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4 – Financial and Organizational Health

Do I have a budget that I follow? How can I set aside some money each month to purchase supplies?

How much can I set aside to develop a cash reserve available to me in an emergency?

What important and critical documents do I have and where are they stored? Do I have them in a fireproof container? Do I have an electronic backup on a flash drive?

Do I have a will?

5 – Water and Food

Do I have extra water and food stored at my home? In my car? At work?

Do I know how to find water to drink if my water supply is contaminated?

Do I know how to purify water to make it safe to drink?

Do I know how to cook food from scratch if I need to? Do I have food at home that would last me for two weeks without spoiling?

Can I build a fire and cook with it?

6 – Your Home

How safe is my home? Are there underlying problems or safety concerns that need to be addressed?

Do I have a way to evacuate if the doors are blocked by fire?

Do I have a fire extinguisher?

Do I know how to shut off my utilities if I need to?

Do I have adequate insurance for my home and its contents?

Have I taken pictures or videos of the contents of my home?

Are my valuables stored securely?

How secure is my home from a potential invader?

Is my yard and outdoor environment kept uncluttered? Do I have good visibility of the area?

7 - Equipment and Tools [Gear]

Is there gear I rely on such as prescription glasses or hearing aids and do I have backups and replacement batteries?

What gear do I have that I can use in an emergency situation?

Do I have candles or alternate lighting if I lose power?

Do I have a first aid kit? At home? In my car?

How will I stay warm if I lose power or am stranded in my car?

What gear do I need to acquire? Do I have a prioritized list of what I need?

8 – Communications

Do I have a battery powered radio or other means to stay informed in a power outage? Do I have extra batteries? Do I have a way to recharge batteries if the power is out?

Do I have spare batteries for my cell phone? Do I have a way to charge my cell phone if power is out?

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How will I communicate with my tribe if my cell phone does not work?
Do I want to learn how to use a ham radio?

9 – Transportation

Do I have emergency tools in my car that I can use if I get stranded? Can I change a tire?
Do I have road side flares or indicators to keep me safe if I am stranded?
What items could I keep in my car to be better prepared?
Do I have AAA or another roadside assistance program?

10 - Skills

What skills would I like to learn?
Do I know how to set up a tent and sleep outdoors?
Do I know how to read a map?
Can I use a compass?
Do I have a reliable knife and do I know how to sharpen it and safely use it?
Can I tie useful knots in a rope?
Do I know how to fish?
Do I know how to shoot a gun or do I want to learn?

11 – Pets

How will I handle my pets in an emergency situation? What do I need for them if I need to evacuate my home?
Do I have an emergency supply of food and medicine for them?
Do I have a way to transport them?

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