

## GROUNDWORK PROJECT

# Household Readiness Checklist

A prioritised acquisition guide across six dimensions. Work through these in order — do not skip to later sections until earlier ones are covered. The sequence is deliberate.

This is a suggestion, not a prescription. Your circumstances, location, and household size will shape your priorities. Use this as a starting framework and adapt it.

## PRIORITY 1 — WATER

### [HIGH] Water storage — 20L per person per day, 14-day target

Large food-grade containers, IBC tanks, or rainwater tanks. This is the single most important acquisition. Humans survive roughly three days without water.

### [HIGH] Water filtration — gravity filter or pump filter

Lifestraw, Sawyer, or Berkey gravity filter. Allows you to safely use rainwater, streams, or tanks that may be contaminated.

### [HIGH] Water purification tablets

Iodine or chlorine tablets as backup. Cheap, lightweight, long shelf life.

### [MED ] Collection infrastructure — guttering, downpipes, first-flush diverter

Connect roof area to storage tanks. Even a small roof collects significant water in NZ rainfall conditions.

### [MED ] Manual pump if on bore water

An electric bore pump is useless without power. A hand pump on the same bore is a critical redundancy.

## PRIORITY 2 — FOOD

### [HIGH] 90-day dry goods store — rice, legumes, oats, pasta, flour

Minimum 2kg dry goods per person per week. Store in airtight containers in a cool dark place. Rotate stock regularly so nothing expires unused.

### [HIGH] Salt, sugar, oil, vinegar — preservation essentials

These four items allow you to preserve, ferment, and extend almost any food source.

### [HIGH] Seeds — open-pollinated vegetable, herb, and grain varieties

Heirloom varieties you can save seeds from. At minimum: tomatoes, beans, kale, silverbeet, pumpkin, corn, garlic.

### [MED ] Garden infrastructure — beds, compost, hand tools

The ability to produce food is more valuable than stored food long-term. Start now — soil takes time to develop.

### [MED ] Preservation equipment — pressure canner, dehydrator, or vacuum sealer

Extends harvest surplus into long-term storage. Pressure canning is the most versatile option.

### [LOW ] Protein sources — chickens, rabbits, or fishing/hunting equipment

Small livestock on even modest land provides ongoing protein and eggs. Check local council regulations.

**PRIORITY 3 — ENERGY****[HIGH] Solar panel and battery — minimum 200W panel, 100Ah battery**

Powers lighting, phone charging, radio, and small devices indefinitely. A modest off-grid setup changes your capability dramatically.

**[HIGH] Quality torches and headlamps with rechargeable batteries**

Multiple per household. Rechargeable via solar. Essential for basic function after dark.

**[MED ] Generator — petrol or diesel, 2kW minimum**

Backup for extended outage. Store fuel safely with stabiliser added (fuel degrades in approximately 3 months without stabiliser).

**[MED ] Gas cooker and supply — minimum 2x 9kg cylinders**

Cooking independence from the grid. Rotate cylinders to maintain fresh supply.

**[MED ] Thermal insulation — sleeping bags rated to 0 degrees, wool blankets**

Cheapest form of warmth. One per person, rated lower than your coldest expected night.

**[LOW ] Wood heating capability**

If you have a fireplace or can install a wood burner: an independent, renewable heat source. Stock 2 cords minimum.

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**PRIORITY 4 — COMMUNICATIONS****[HIGH] Handheld UHF/VHF radio — one per household minimum**

Basic two-way radio for local communication when cellular fails. Coordinate on a pre-agreed channel with your guild.

**[HIGH] Meshtastic device — LoRa radio for off-grid text networking**

Off-grid, encrypted text messaging over kilometres with no infrastructure. Pairs with your guild's comms network. RAK Wireless or LilyGO devices are affordable.

**[HIGH] Battery-powered AM/FM/shortwave radio**

Receive emergency broadcasts and civil defence information without internet or power.

**[HIGH] Printed contact list and zone map — laminated**

Download from Groundwork platform. Includes guild contacts, meeting points, emergency frequencies. Laminate and keep one per household.

**[LOW ] Satellite communicator — Garmin inReach or SPOT**

Two-way communication anywhere with satellite coverage. Critical for remote or rural properties.

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**PRIORITY 5 — MEDICAL****[HIGH] Comprehensive first aid kit — beyond the basic**

Add: sutures or steri-strips, SAM splints, tourniquet (CAT or SOFTT-W), Israeli bandages, chest seals, haemostatic gauze.

**[HIGH] First aid training — minimum St John Level 2**

Equipment is useless without knowledge. At least one person per household should have current first aid certification.

**[HIGH] 90-day prescription medication supply**

Work with your GP to maintain a rolling 90-day supply of any critical medications. This is often possible with a simple prescription request.

**[MED ] Oral rehydration salts**

Critical for diarrhoeal illness which becomes serious quickly when medical care is unavailable. Cheap and long shelf life.

**[MED ] Dental emergency kit**

Temporary filling material, dental wax, clove oil. Dental pain is debilitating and often untreatable without basic supplies on hand.

**[LOW ] Antibiotics — discuss with your GP**

Some GPs will prescribe a broad-spectrum antibiotic for emergency use. Discuss appropriateness for your situation.

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## PRIORITY 6 — TOOLS AND SKILLS

**[MED ] Hand tools — non-powered**

Axe, bow saw, hand drill, basic carpentry tools, shovel, pickaxe, wire cutters. Assume power tools have no power.

**[MED ] Navigation — topographic map and compass**

Topographic map of your area, compass, and the ability to use them. GPS devices fail without batteries or signal.

**[MED ] Cash in small denominations**

Electronic payment fails with power. Small notes are more useful than large ones in a disrupted local economy.

**[LOW ] Barter goods**

Items of consistent value: alcohol, tobacco, coffee, chocolate, seeds, batteries, medication. In a disrupted economy these become practical currency.

**[LOW ] Basic mechanical and repair skills**

Know how to maintain your essential equipment. A generator you cannot service is a one-time-use generator.

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## QUICK REFERENCE — WATER CALCULATION

20L per person per day (drinking, cooking, basic hygiene). For a household of 4 people, 14-day target = 1,120L. A standard 1,000L IBC tank covers most of this. Two tanks provides comfortable margin.

## QUICK REFERENCE — FOOD CALCULATION

2,000 calories per person per day minimum. Rice provides approximately 3,600kcal/kg. For a 90-day supply for 4 people: approximately 50kg rice, 20kg legumes, 10kg oats, 5kg flour. Adjust for dietary needs. This is survival nutrition — plan for extras.

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Register your skills and resources at [groundworkproject.nz](https://groundworkproject.nz) — even anonymously. Your data point improves your zone's resilience score and helps your community understand what it actually has.

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