

URBAN PREPPER CHECKLIST

Your Complete 30-90 Day Preparedness System

A Practical Guide for City Dwellers & Apartment Residents

By Modern Urban Prepper
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30-DAY ESSENTIALS (Week 1-4)

WEEK 1: WATER & BASIC SUPPLIES

- 7 gallons water per person (1 gallon/day minimum)
- Water filter or purification tablets
- 7-day supply non-perishable food
- Flashlight + extra batteries
- First aid kit (basic)
- Emergency radio (battery or hand-crank)
- Important documents (copies in waterproof bag)

WEEK 2: FOOD & NUTRITION

- Expand food supply to 14 days
- Can opener (manual)
- Cooking fuel (camp stove or alternative)
- Disposable plates/utensils
- Multivitamins
- Comfort foods (chocolate, coffee, tea)

WEEK 3: SAFETY & SECURITY

- Door reinforcement (portable lock/jammer)
- Window security (film or locks)
- Smoke detector (check batteries)
- Fire extinguisher (kitchen-rated)
- Emergency contact list (written)
- Whistle (for signaling)

WEEK 4: COMMUNICATION & TOOLS

- Expand food to 30 days
- Expand water storage to 30 gallons
- Power bank (charged)
- Solar charger (optional)
- Multi-tool or basic toolkit
- Duct tape, zip ties, rope
- Cash (small bills) — \$200–500

60-DAY EXPANSION (Week 5-8)

WEEK 5-6: INTERMEDIATE SUPPLIES

- Additional water filtration system
- 60-day food supply
- Hygiene supplies (soap, toilet paper, feminine products)
- Medications (90-day supply if possible)
- Backup eyeglasses/contacts
- Pet supplies (if applicable)

WEEK 7-8: COMFORT & SKILLS

- Sleeping bag or emergency blanket
- Warm clothing layers
- Rain gear
- Learn basic first aid
- Practice water purification methods
- Test emergency communication plan

90-DAY MASTERY (Week 9-12)

WEEK 9-10: ADVANCED PREPAREDNESS

- 90-day food supply completed
- Water storage rotation system
- Food rotation system (FIFO)
- Backup cooking methods tested
- Home security hardening complete

WEEK 11-12: COMMUNITY & PLANNING

- Build relationship with neighbors
- Identify community resources
- Create evacuation plan (routes + destinations)
- Bug-out bag (if needed)
- Review and update emergency contacts
- Practice sheltering-in-place scenario

BONUS: SITUATIONAL AWARENESS SKILLS

- Practice OODA Loop daily
- Identify exits in all locations
- Learn Grey Man principles
- Develop baseline awareness for your area

MAINTENANCE SCHEDULE

Frequency	Action
Monthly	Check expiration dates, rotate food
Quarterly	Test equipment, update plans
Annually	Replace expired items, review skills

For detailed guides on each category, visit:

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