

Before Bed Checklist

Run every night. Everything here exists so a 3am siren is survivable on autopilot.

Two-person drill: one person reads the CALL column aloud, the other responds. Alternate roles each time.

Solo: read each call aloud, then answer it yourself.

	ITEM	CHECK	
	Situation Check	☐ News? <i>HFC app + gov sources. Assess if safe to sleep at home</i>	SCANNED
		☐ Threat Level? <i>Standard or extra-vigilant tonight?</i>	NOTED
	Phone 	☐ Charge Status? ☐ Phone Mode? <i>DND/silent OK</i> ☐ Location Services? ☐ HFC Override?	CHARGING or CHARGED ACTIVE , not airplane mode ON PERMISSIONS SET
	☐ Clothes — LAID OUT by bed <i>Full outfit ready in seconds</i> 		
	☐ Footwear — CLOSED-TOE by bed <i>Ready to step into</i> 		
	☐ Torch — ARM'S REACH <i>On nightstand, not in go bag</i>		
	☐ Glasses — BY BED <i>Same spot every night</i>		
	☐ Keys — ACCESSIBLE <i>By bed or on hook by front door</i>		
	Go Bag 	☐ Bag Position? ☐ Bag Contents? ☐ Power Bank?	BY DOOR VERIFIED ON CHARGE
	Exit Route 	☐ Hallway? <i>Can navigate in the dark</i> ☐ Front Door?	CLEAR NOT double-locked
	☐ Hearing — NO EARPLUGS — ears clear <i>Must hear siren + phone alert</i> 		

 	Dependents	☐ Headcount? ☐ Baby?	all ACCOUNTED for CLOTHES by bed, BABYWEAR by door
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