

After Returning From Shelter — Reset

Run immediately after the all-clear. Restore full readiness before the next alert.

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	
	Go Bag 	☐ Bag Position? ☐ Bag Sealed? <i>Did anything fall out?</i>	BACK BY DOOR RE-ZIPPED
	Phone 	☐ Charge Status? <i>If battery dropped</i> ☐ HFC App?	ON CHARGE still RUNNING
	☐ Power Bank — ON CHARGE <i>May have been used in shelter</i>		
	☐ Water — RESUPPLIED <i>If you drank from emergency stock</i>		
	☐ Clothes & Shoes — BACK IN POSITION <i>By bed at night, on person during day</i>		
	☐ Torch — BACK IN POSITION <i>Nightstand or go bag</i>		
	☐ Dependents — all ACCOUNTED for and SAFE 		

Self-Care — Do these NOW, not later. You don't know when the next alert comes.

☐ Eaten? <i>Stress suppresses appetite — eat anyway</i>	YES	☐ Showered? <i>If time and situation allow</i>	YES
☐ Hydrated?	YES	☐ Groomed? <i>Morale and normalcy matter</i>	YES
☐ Toilet?	DONE	☐ Rested? <i>When possible</i>	YES

Children:

☐ Fed?	YES	☐ Hydrated?	YES	☐ Changed?	YES
☐ Cleaned?	YES	☐ Rested?			