

RESET

WHAT WOULD YOUR HOUSEHOLD NEED?

Start with what you have.
Prepare for what may stop working.



Food and water

Check supplies, dietary needs and ways to restock.



Light and information

Test flashlights, radios, chargers and alerts.



Health and daily care

Plan for medicines, care supplies and support.



People and transportation

Confirm check-ins, a ride and a place to go.



Access to assistance

Verify hours, appointment rules and alternatives.

Your circumstances shape your plan.

Renters and homeowners. Urban and rural. Different care and access needs.

[Explore the individual and household guide](#)

Questions? reggie@reggiebachus.com

Church Forward • Night One • Disaster Readiness





Night One Household Disaster Readiness Guide

Practical preparation for individuals and families

Companion to the Church Forward disaster readiness conversation

Prepared October 14, 2026 | Rev. Reginald Lee Bachus

Begin with the people in your household

A prolonged outage can interrupt food, communication, transportation, work, schooling and care at the same time. Start by identifying what your household needs to stay safe, what you already have and where you can turn if your home or normal routines become unusable. Preparation includes dependable relationships as well as supplies.

What Night One teaches households

- Food and mobility matter together. Rev. Nicole Patrice Guns described the advantage of having a car, fuel and options to reach help. [11:51-15:59]
- Plan early for health needs during an outage. Rev. Eric L. Boone Sr. reported requests involving refrigerated medicine and dialysis; Rev. Keith D. Witherspoon described his mother's loss of food and medication. [20:22-21:27; 31:39-32:30]
- Verify how assistance actually works. Panelists discussed walk-up access, delivery and scheduling barriers. A nearby distribution is not useful if you cannot reach it or arrive when it is operating. [51:45-55:27; 1:00:00-1:00:26]
- People helping others also need support. Include volunteers, caregivers and young people in household check-ins and recovery plans. [55:27-57:56; 59:16-1:01:45]

Use the next pages in order

Inventory essentials, choose what to obtain or arrange, apply the circumstances that fit your household, verify service access and assign three first-week actions. Most households fit more than one context. Begin with the most consequential gap and a step you can afford.

These household tools are RESET additions informed by Night One. They are not presented as the panelists' exact instructions. They are a starting point, not a complete plan for every hazard.

Need help sorting the first steps or connecting with church and community support? Contact reggie@reggiebachus.com. Share your general question and preferred contact method; keep private health and identity details out of an initial email.

[Watch Night 1 Disaster Readiness](#)

Complete this report on screen

Type in the light-blue fields, choose dropdown values and check applicable boxes. Save or download your completed copy before closing. Use a PDF form viewer if your browser does not show the fields. Blank forms also print for handwriting.

Inventory essential household supplies

Mark each category Have and usable, Need, Partner confirmed or Unknown. Count quantities, check condition and expiration, and record where items are stored. Keep a portable go-bag as well as supplies for remaining at home. Use local hazard guidance to adjust the amount and location of supplies [S1].

Category	Practical items to check	Assess before obtaining
Water	Stored drinking water; containers you can carry; additional needs for pets and care.	Ready.gov recommends one gallon per person per day for several days for drinking and sanitation [S1]. Count people and days; assess storage and carrying ability.
Food	Shelf-stable foods you will eat; manual can opener; utensils; dietary and infant-feeding needs.	Choose food usable without normal cooking or refrigeration. Confirm dietary needs and a replenishment route.
Light and information	Flashlights or headlamps; spare batteries; battery or hand-crank radio; local alerts.	Test them and check whether warnings can be heard, seen or otherwise accessed by everyone.
Communication and charging	Charged power banks; compatible cables; paper contacts; offline meeting and check-in plan.	Check actual charging capacity and an alternative if internet or cell service fails.
Health and personal care	First-aid kit; medicines list; prescribed supplies; glasses; hearing-device batteries; hygiene items.	Plan refills, storage and power needs with a pharmacist or care team. Include disability-specific supplies [S3].
Warmth and daily living	Seasonal clothing; blankets; sturdy shoes; hygiene and sanitation supplies; diapers and menstrual products.	Identify a safe place to go if indoor conditions become unsafe. Include supplies for people who assist with care.
Documents and access to money	Protected copies of identification and key contacts; relevant coverage records; small-denomination cash if feasible.	Store securely; keep essential copies portable. Confirm what assistance accepts if documents or digital access are unavailable.
Departure and dependents	Go-bags; keys; transport plan; child comfort items; pet food, leash or carrier; service-animal supplies.	Check who can help carry supplies and whether the destination can accommodate everyone.

If buying supplies is difficult, begin with what you have, build gradually and ask a trusted church or community partner about assistance. A shortage is a support need, not a personal failure.

Choose what to purchase or arrange with others

Own the essentials you can reasonably obtain and safely use. Confirm sharing arrangements for costly or specialized capacities. A possible donor, online listing or verbal intention is not yet an available resource.

Need	Purchase or household action	Partner or referral option
Phone charging and light	Test power banks, cables, batteries and lights before buying extras.	Confirm a charging site's hours, access, capacity and alternate location.
Power for essential equipment	List the device, electrical requirements and needed duration with qualified help.	Ask the care team about a tested backup plan and an appropriate alternate care location; do not assume a church charger can support medical equipment.
Backup electricity	Assess whether any safe, permitted installation or operating location exists. Include maintenance and fuel costs.	Compare a verified powered destination with qualified installation advice. A generator is not a necessary purchase for every household.
Food and water continuity	Use a realistic stock, rotation and carrying plan. Inventory coolers and thermometers if relevant.	Confirm pantry or water-pickup rules, delivery options and a backup provider.
Transport	Check available drivers, usable vehicles, fuel access and a portable bag.	Arrange a primary and backup ride, including accessible transport where needed; confirm availability during disruption.
Care and check-ins	Write instructions and contact routes; identify a backup caregiver.	Confirm who can actually help, what tasks they can do and when outside care is needed.

Power and health decisions need a specific plan

Fuel-powered generators must run outdoors at least 20 feet from doors, windows and vents [S2]. Do not use them indoors or in a garage. Many apartments and shared properties cannot provide a safe operating location. Obtain qualified advice about electrical connections, loads and installation. Include battery-backed carbon monoxide alarms.

Ask your care team or pharmacist about medicine storage, refills and power-dependent treatment before an outage [S3]. This guide does not give device run times or medication temperature limits. Follow official food-safety instructions after an outage rather than judging food by appearance or smell [S4].

Record the next decisions

Use the expanded inventory and action plan to record the item, quantity, usable capacity, gap, decision, responsible person, source, date and backup.

Go to the inventory on page 10 and action plan on page 11

For help comparing purchases with shared resources, contact reggie@reggiebachus.com. Tell us the need you are trying to meet, rather than starting with a list of equipment to buy.

Adapt for housing and location

RESET planning prompts. Use every row that fits, then add circumstances we have missed. These are questions to verify locally; they do not establish benefits, insurance coverage or landlord obligations.

Your circumstances	Two important considerations
Renters	Confirm the landlord or manager's emergency contact, warning and repair-reporting process; ask what the property provides. Review personal-property coverage and safe portable options without assuming building insurance protects your belongings.
Homeowners	Review property-specific hazards and maintenance with appropriate professionals. Confirm what coverage and backup-power arrangements actually apply; identify repairs or changes that require qualified work.
Apartments and high-rise buildings	Ask how evacuation and assistance work if elevators, entry systems or water pressure fail. Confirm accessible routes and a safe destination rather than relying on improvised equipment or a balcony generator.
Urban households and people without cars	Check walk-up access, pickup carrying limits and delivery options. Make a backup route if buses, trains, elevators or the nearest store stop operating.
Rural or remote households	Account for travel time, blocked routes, weak signal and fuel distance. If water depends on a powered well, plan a verified alternative and a check-in person outside the same affected area.
Temporary housing or no stable housing	Prioritize portable essentials and protected documents; ask where belongings can be stored safely. Verify intake hours, referral and appointment rules, and where to go if the first location is full.
Flood-prone areas and manufactured homes	Ask local emergency management about the relevant shelter and evacuation plan. Identify a destination appropriate to the hazard and transport early; do not assume staying in place is suitable for every event.

Our housing and location plan

What could make our home unusable

Where could we go and who has confirmed it

How would we get there if our normal route failed

Who needs help leaving and who has agreed to assist

Questions or support: reggie@reggiebachus.com

Adapt for people and daily responsibilities

Do not assume that age, disability, language, family structure or income tells the whole story. Ask each person about their preferences, abilities and support needs. Multiple rows may apply.

Your circumstances	Two important considerations
Older adults and people living alone	Agree on a check-in schedule and what happens after a missed check-in. Choose a backup contact with permission and confirm how they can reach the person safely.
Disability or access and communication needs	Plan accessible warnings, transport and destination access with the person. Check assistive-device supplies, charging and a backup support person; do not rely on an untested arrangement [S3].
Medical needs or power-dependent care	Ask the treating team about supplies, refrigeration, treatment continuity and when relocation is needed. Verify the alternate provider and transport; utility registration, where offered, is not a guarantee of uninterrupted power.
Infants children or pregnancy	Plan feeding, hygiene and appropriate care supplies with relevant providers. Agree on school or childcare pickup, caregiver authorization and age-appropriate reassurance if normal routines stop.
Caregivers and multigenerational households	Name a backup for essential care and write usable instructions. Plan transport, rest and supplies for both the person receiving care and the person providing it.
Limited income shift work or digital access	Build supplies gradually and verify free or lower-cost support. Check evening or appointment access, paper or phone intake and alternatives when wages, internet or transport are interrupted.
Language immigration or documentation concerns	Ask about trusted interpreters, translated alerts and the specific documents a provider requires. Verify eligibility and privacy with that provider; do not assume every program has the same rules.
Pets service animals or livestock	Plan species-appropriate food, water, supplies and transport. Confirm destination arrangements specifically; pet and service-animal access processes differ.

Additional circumstances and support

An additional circumstance this guide has missed

The most important adjustment to our plan

Person or provider who can confirm the arrangement

Include homebound people and neighbors beyond regular attendance. Ask permission before recording or sharing personal support needs.

Questions or support: reggie@reggiebachus.com

Verify service access and appointments

Complete one record for each provider. Recheck when emergency operations change. Keep a verified alternative.

Provider and named contact

Phone or contact route

Service and area served

Normal and emergency hours plus activation conditions

Access arrangement

How to book without internet

Earliest availability and booking deadline

Confirmation and late or missed visit rule

Eligibility documents acceptable alternatives and cost

Available access options

☐ Walk-up
 ☐ Pickup
 ☐ Delivery
 ☐ Transport

Disability access language support and limits

Verified alternative and contact if full closed or unreachable

Follow-up reference escalation contact or next step

Verified by and provider contact

Date checked

Next check date or recheck trigger

Questions or support: reggie@reggiebachus.com

Make the first week manageable

This sequence is a RESET suggestion. Do the urgent health, transport or housing item first. Purchasing everything at once is not the goal; a tested arrangement can be more useful than untested equipment.

When	Action	Evidence it is done
Today	Name your main disruption risk and the people who need support.	One priority; lead and backup contact.
Next 2 days	Check supplies already at home and resolve the most consequential gap.	Working items counted; missing item or confirmed partner.
This week	Verify a destination, ride and essential service appointment rules.	Named contacts; operating conditions; alternate route.
This week	Test one part of the plan without creating risk.	Successful contact, practiced route or tested charger; changes recorded.
Next review	Set a date and repeat after a move, health change or disruption.	Set the review date and owner on the action plan.

Our three commitments

Choose three actions. Record each action, responsible person, due date and progress on the expanded household action plan.

[Complete the household action plan on page 11](#)

Connect with RESET

Questions and help taking the first step: reggie@reggiebachus.com. RESET can help organize readiness questions, identify coordination gaps and discuss appropriate assessment or partner support. Formal business opportunities and scoped proposals can then be coordinated through reginald@yourrace.us. Asking a question does not commit you to a paid service. Network participation is through recommendation, approval and invitation.

Sources and limits

Night One observations are paraphrased from the supplied transcript, with approximate navigation timestamps. This companion does not independently verify panel testimony. Inventories, context prompts and the suggested schedule are RESET additions; they are not a validated score or certification. Follow local emergency instructions and qualified medical or technical guidance for your situation.

S1 Ready.gov Build a Kit

S2 CDC Use a Generator Safely

S3 CDC Building an Emergency Kit for People with Disabilities

S4 CDC Keep Food Safe After a Disaster or Emergency

Practical guidance checked October 14, 2026. Consult the linked sources for full instructions. Keep private household records with the household or an authorized support person.

Household decisions and backups

Record one priority need and the arrangement that will meet it. Confirm the source before relying on it.

Item or essential capacity and quantity or duration needed

What is already usable and what is missing

Buy borrow rent partner or referral decision and why

Responsible person confirmed source and date checked

Backup if the source or equipment is unavailable

Next review date

Use page 10 for more inventory items and page 11 for actions

Before purchasing equipment, confirm safe use, maintenance, storage and total cost. Plan power-dependent care with qualified providers. Keep private household records secure.

Questions or support: reggie@reggiebachus.com

Inventory and resource decisions

Record priority items or capacities. Check what works before buying. Use additional copies for more items.

Church or household

Date checked

Household categories: water, food, light, charging, health, daily care, documents and departure.

Resource 1

Item or capacity

Quantity or duration

Condition

Next step

Source or partner

Owner and next review

Resource 2

Item or capacity

Quantity or duration

Condition

Next step

Source or partner

Owner and next review

Resource 3

Item or capacity

Quantity or duration

Condition

Next step

Source or partner

Owner and next review

Resource 4

Item or capacity

Quantity or duration

Condition

Next step

Source or partner

Owner and next review

Questions or support: reggie@reggiebachus.com

Household action plan

Choose three realistic actions. Name an owner, deadline, evidence of completion and a backup.

Church or household

Plan date

Priority 1

What will we do

Responsible person and backup

Due date

Progress

Evidence of completion or next step if blocked

Priority 2

What will we do

Responsible person and backup

Due date

Progress

Evidence of completion or next step if blocked

Priority 3

What will we do

Responsible person and backup

Due date

Progress

Evidence of completion or next step if blocked

Next review date

Questions or support: reggie@reggiebachus.com