OFFGRIDSTARTER.COM

UK OFF-GRID STARTER CHECKLIST

A Practical Roadmap For Building Resilience One Step At A Time

> *Small steps create strong systems.*



PRACTICAL GUIDANCE | REALISTIC SOLUTIONS | SUSTAINABLE LIVING | GREATER RESILIENCE | STRONGER TOGETHER

BUILD CALMLY. BUILD INTENTIONALLY. BUILD SYSTEMS THAT LAST.



FOUNDATION 01

MINDSET & PLANNING

Resilience starts with awareness. Before buying equipment, changing your lifestyle, or investing money, it helps to understand where you currently stand and where you want to go.

- [ ] Understand the Five Foundations of Resilience
- [ ] Identify your household's biggest dependency
- [ ] Define three resilience goals
- [ ] Start a preparedness notebook
- [ ] Complete the Practical Resilience Starter Guide
- [ ] Create a simple family emergency plan
- [ ] List your most important household priorities
- [ ] Schedule a monthly resilience review

REMINDER

> **Clarity creates better decisions.**

Take the time to understand your situation. The clearer you are, the stronger your decisions will be. Awareness today leads to resilience tomorrow.

PRO TIP Small, consistent actions build powerful long-term results. Focus on progress, not perfection.







FOUNDATION 02

HOME, FOOD & WATER

Strong systems begin at home. Small improvements to food storage, water security, and household preparedness can create significant long-term stability.

A prepared home creates peace of mind.

HOME

- [ ] Test smoke alarms
- [ ] Test emergency lighting
- [ ] Locate gas shutoff
- [ ] Locate water shutoff
- [ ] Locate electrical shutoff
- [ ] Review home security
- [ ] Create an emergency contact list

REMEMBER
Small checks today can prevent big problems tomorrow.

FOOD

- [ ] Build a 3-day food reserve
- [ ] Build a 7-day food reserve
- [ ] Organise pantry storage
- [ ] Create a food inventory
- [ ] Rotate stored food regularly
- [ ] Learn one food preservation method

REMEMBER
Store, rotate, and replenish. Keep it simple and consistent.

WATER

- [ ] Store emergency drinking water
- [ ] Review daily water usage
- [ ] Learn water filtration options
- [ ] Create a backup water plan
- [ ] Identify alternative local water sources

REMEMBER
Water is essential. Plan for it. Protect it. Make it last.

RESILIENCE PRINCIPLE

You don't need to do everything at once.
Choose one area. Take one step. Build from there.



FOUNDATION 03

ENERGY & RESOURCES

Many households rely entirely on external infrastructure.
The goal is not independence. The goal is flexibility.

- [ ] Own backup lighting
- [ ] Own backup phone charging
- [ ] Understand household energy usage
- [ ] Identify energy-saving opportunities
- [ ] Create a household emergency kit
- [ ] Store spare batteries
- [ ] Review important document storage
- [ ] Build an emergency cash reserve
- [ ] Create a basic backup communications plan
- [ ] Review monthly household expenses

REMINDER



> **Every backup system reduces vulnerability.**

Build layers of security in the areas that matter most. Preparedness today creates options tomorrow.

PRO TIP Small investments in the right areas today can prevent major problems tomorrow.



FOUNDATION 04

SKILLS & CAPABILITY

Skills often provide greater value than equipment.
Practical capability increases confidence, adaptability, and resilience.

- [ ] Learn basic first aid
- [ ] Learn basic home maintenance
- [ ] Learn one gardening skill
- [ ] Learn one food preservation skill
- [ ] Learn basic budgeting
- [ ] Learn simple repair skills
- [ ] Learn emergency planning
- [ ] Learn basic tool safety
- [ ] Build a practical reading list
- [ ] Teach one useful skill to someone else

REMINDER

“Skills often outperform equipment.

You don’t need to be an expert.
You just need to keep learning and improving a little at a time.

PRO TIP Start with the skills that solve real problems in your everyday life. Small steps build real capability.



FOUNDATION 05

COMMUNITY & NEXT STEPS

Resilience is rarely built alone. Strong relationships create support, knowledge, and opportunities that no amount of equipment can replace.

COMMUNITY CHECKLIST

- [ ] Meet local neighbours
- [ ] Identify local support networks
- [ ] Join a resilience-related group
- [ ] Learn about local resources
- [ ] Share useful skills with others
- [ ] Build stronger family preparedness conversations
- [ ] Support local businesses where practical

PROGRESS TRACKER

FOUNDATION PROGRESS

- [ ] Mindset & Planning
- [ ] Home, Food & Water
- [ ] Energy & Resources
- [ ] Skills & Capability
- [ ] Community & Relationships



FINAL REFLECTION

Ask yourself:

What is the next practical improvement I can make this week?

Write it down. Complete it. Then choose the next one.

FINAL MESSAGE

You don't need perfect circumstances.

You don't need unlimited money.

You don't need to know everything before you begin.

You simply need to take the next practical step.

OFFGRIDSTARTER PRINCIPLE — BUILD CALMLY. | BUILD INTENTIONALLY. | BUILD SYSTEMS THAT LAST.