

EMERGENCY PREPAREDNESS APP



Prep Tracker

[Quick Start Guide](#)

Everything your family needs to be ready for any emergency. Simple. Free. Works offline. No account needed.

Free forever

No account

Works offline

No tracking

Worldwide

iPhone · Android · Desktop

app.prep-tracker.com

BE READY. STAY READY.

by Wajid Ahmed · Southington, CT · 2026

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1 INSTALL THE APP

iPhone / iPad

Open app.prep-tracker.com




1. Open in **Safari** - not Chrome
2. Tap the **Share** button
3. Tap **Add to Home Screen**
4. Tap **Add** - done!

Android

Open app.prep-tracker.com



1. Open in **Chrome**
2. Tap the menu  top right
3. Tap **Install app**
4. Tap **Install** - done!

Windows / Mac

Open app.prep-tracker.com



1. Open in **Chrome or Edge**
2. Click the **install icon** in the address bar
3. Click **Install** - done!

2 2-MINUTE SETUP (FIRST LAUNCH ONLY)

1


Your Country Sets your supply guidelines

Search or scroll. USA, Canada, UK, Australia, India, Pakistan and more are pinned at the top. Tap your country, then tap Continue. Your emergency phone number and supply targets adapt to where you live.

2

Your Household Calculates 8-week targets

Use +/- to set adults (15+), children (2-14), infants, and any dogs or cats. The app calculates your 8-week supply targets automatically - pets included. Tap Get Started.

After setup, a guided tour walks you through stocking water, food, and saving your first backup - one step at a time. You can change your supply duration (2, 4 or 8 weeks) anytime under More  → Household.

3 THE 5 MAIN TABS



Home



Stock



Bags



Plans



More

Home



4 HOME SCREEN - YOUR DASHBOARD

≈42
days runway

73%
ready

Your Runway

The headline number on Home: how many days your household could last on the water and food you have right now. Below it, your overall % stocked and a grade for each category. Every item you add raises your runway. Tap any tile to jump straight to it in Stock.

A+ Water	B Food	A Hygiene	C+ Meds	B+ Power	- Tools
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Category Grades

Each of the 14 core categories gets a grade from A+ to F. Categories you haven't started show "Not started" instead of a failing grade. The optional Homeopathy category isn't graded. Tap any tile to jump to it.

Needs Attention

A live list shows items that are Out of Stock, Running Low, or Expiring Soon. Tap any to update it.

Smart cards that guide your next step

Your Home screen also surfaces a **What to Buy Next** card (your single highest-impact purchase, with the exact amount) and a **Seasonal** card when a hazard is in season or approaching for your area. Tap either to see the full list. They appear only when relevant - so a fully-stocked, off-season home stays calm and uncluttered.

5 STOCK SCREEN - UPDATE YOUR SUPPLIES

Rice / Pasta LOW
8 / 15 lb - tap +1 or swipe to add

Canned Food OK
42 / 40 cans - fully stocked

Stored Water OUT



6 MORE : - ALL FEATURES

What to Buy Next

Ranks your gaps by what matters most for survival - water and food first - and tells you the exact amount to buy. Limited time and money go where they count. Each item links to a product search.

Replace Soon

A focused shopping list of everything expiring within ~60 days, running low, or out of stock - grouped by category. Export it as a checklist or copy it to take shopping.

Seasonal Readiness

Knows which hazards are in season for where you live (US state-specific; region-aware worldwide) and shows only what you're *not* ready for - both supplies to stock and actions to take, like reviewing your evacuation plan.

First Aid

Offline step-by-step guides: CPR, Choking, Severe Bleeding, Burns, Anaphylaxis, Fractures. A big "Call [your country's emergency number]" button dials 911, 999, 000, 112 and more - based on your country. Works with zero signal.

Vault

AES-256 encrypted notes for document facts - IDs, insurance numbers, policy details. Auto-locks after 1 minute. Passphrase never stored anywhere.

Live Feed

Real-time alerts from USGS earthquakes, NWS weather, FEMA disasters, GDACS global events and WHO disease outbreaks. Updates automatically (needs internet).

Med Card

Printable wallet-sized card: blood type, allergies, medications, emergency contacts, insurance. Laminate it and keep one in your wallet and go-bag.

Routes

Save primary and alternate evacuation routes with waypoints, fuel stops and meeting points. Print as a pocket reference card.

Household

Edit household size. Toggle supply duration between 2-week, 4-week and 8-week targets - all quantities recalculate automatically.

Alerts

Get a reminder when items are about to expire, and see what's expiring this month right on your Home screen. Free, worldwide, one tap - no account or keys.

Backup

Email, iCloud, or clipboard backup of all your data. Restore from a previous backup in one tap. Your data never leaves your device.

Share

A ready-to-send message to share PrepTracker with family or community. One tap opens your share sheet - WhatsApp, email, messages or any app.



7 YOUR FIRST 10 MINUTES

1 · Update your Stock

- › Go to the Stock tab
- › Tap any item, enter how much you have
- › Your runway, readiness % and grades update instantly
- › Set an expiry date on perishable items

2 · Fill in your Med Card

- › Go to More : → Med Card
- › Add blood type, allergies, medications
- › Add emergency contacts and insurance
- › Tap Print Card - laminate it!

3 · Review one Plan

- › Go to the Plans tab
- › Open Power Outage or House Fire
- › Read through with your household
- › Set rally point → tap Mark as Reviewed

4 · Save a Backup

- › Go to More : → Backup
- › Tap Email it to myself
- › Send it to your own email address
- › Set a monthly reminder to repeat

8 BACKING UP YOUR DATA

Don't skip this. Your data lives only on your phone. If you lose it or clear Safari, it's gone without a backup. Takes 30 seconds. Do it once a month.



Email it to myself Easiest

Opens your Mail app with the backup ready. Address it to yourself and tap Send.
To restore: open that email → copy all text → More : → Backup → I have a backup → paste it.



Save to Files / iCloud Good for a new phone

Downloads a file. When iOS shows Save to Files, tap iCloud Drive → Save.
To restore: More : → Backup → I have a backup → Choose file → iCloud Drive.



Copy to clipboard Quick fallback

Copies all your data. Open Notes or WhatsApp Saved Messages, paste and save.
To restore: copy that text → More : → Backup → I have a backup → paste it.



9 FREQUENTLY ASKED QUESTIONS

Does it work offline?

Yes - everything works with no internet once installed. Only Live Feed needs a connection. Offline first-aid guides always work.

Can I share it with my family?

Yes. Each person installs on their own device. More : → Share has a ready-made message. Each installation is independent.

How do I change my country?

More : → Settings → Change Country. Your existing item quantities and go-bags are preserved.

How do reminders work?

More : → Alerts. Turn on notifications to be reminded when items are expiring - free, one tap, no account. Your Home screen also shows what's expiring this month.

Does it work in any country?

Yes - worldwide. Supply targets are built on international humanitarian standards (WFP / Sphere), with FEMA / Red Cross water guidance, and your emergency phone number adapts to your country.

New phone - how do I keep my data?

Save a backup first (More : → Backup → Email it to myself). On the new phone, open PrepTracker, finish setup, then restore from your email.

Will updates erase my data?

No. Updates only change the app code. Your data is stored locally and untouched, as long as you don't clear Safari website data.

Dark mode or light mode?

Auto-follows your phone's system setting. To override: More : → Settings → Appearance → Auto, Dark or Light.

What if I forget my Vault passphrase?

Vault contents cannot be recovered if forgotten - the passphrase is never stored. Write it down somewhere safe, not in the app.

Is my data private?

Completely. Nothing leaves your device. No server, no account, no tracking, no ads. The only network activity is the Live Feed and initial install.

Privacy & Copyright

Everything stays on your device. Nothing sent to any server. No account, no tracking, no ads.

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