Inventory of community skills and resources
This booklet is a comprehensive (but not exhaustive) inventory of valuable skills and resources you may find in your community. Use this to help recognize what you can offer each other and to inspire circular exchange.

There is an accompanying Skills, Resources, and Needs Worksheet.

Inspired by Building Communities from the Inside Out: A Path Toward Finding and Mobilizing a Community’s Assets (1993) by John P. Kretzmann and John L. McKnight. Thanks also to the Kola Nut Collaborative for disseminating related resources.

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Table of Contents

1 Caring & Childcare 3
2 Construction 4
3 Wellness & Beauty 5
4 Electronics & Machinery 6
5 Maintenance & Cleaning 7
6 Transportation 8
7 IT & Office Management 9
8 Business & Communications 10
9 Security 11
10 Crafts & Clothing 12
11 Food & Catering 13
12 Gardening & Farming 14
13 Music & Entertainment 15
14 Visual Arts 16
15 Tools, Spaces, and Other Resources 17
1 Caring & Childcare

1 CPR
2 Caring for the Elderly
3 Caring for the Mentally Ill
4 Caring for the Sick
5 Caring for the Physically Disabled
6 Caring for the Developmentally Disabled
7 Caring for those with Substance Abuse Disorders
8 Harm Reduction Experience
9 Bathing
10 Feeding
11 Preparing Special Diets
12 Exercising and Escorting
13 Grooming
14 Dressing
15 Making the Person Feel at Ease
16 Providing Companionship (e.g., conversation, reading to others)

Child Care

17 Caring for Babies (under 1 year)
18 Caring for Children (1 to 6)
19 Caring for Children (7 to 13)
20 Taking Children on Field Trips
## 2 Construction

<table>
<thead>
<tr>
<th>1</th>
<th>Painting</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Porch Construction or Repair</td>
</tr>
<tr>
<td>3</td>
<td>Tearing Down Buildings</td>
</tr>
<tr>
<td>4</td>
<td>Knocking Out Walls</td>
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<tr>
<td>5</td>
<td>Wallpapering</td>
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<tr>
<td>6</td>
<td>Furniture Repairs</td>
</tr>
<tr>
<td>7</td>
<td>Repairing Locks</td>
</tr>
<tr>
<td>8</td>
<td>Building Garages</td>
</tr>
<tr>
<td>9</td>
<td>Bathroom Modernization</td>
</tr>
<tr>
<td>10</td>
<td>Building Room Additions</td>
</tr>
<tr>
<td>11</td>
<td>Tile Work</td>
</tr>
<tr>
<td>12</td>
<td>Installing Drywall &amp; Taping</td>
</tr>
<tr>
<td>13</td>
<td>Plumbing Repairs</td>
</tr>
<tr>
<td>14</td>
<td>Electrical Repairs</td>
</tr>
<tr>
<td>15</td>
<td>Bricklaying &amp; Masonry</td>
</tr>
<tr>
<td>16</td>
<td>Cabinetmaking</td>
</tr>
<tr>
<td>17</td>
<td>Kitchen Modernization</td>
</tr>
<tr>
<td>18</td>
<td>Furniture Making</td>
</tr>
<tr>
<td>19</td>
<td>Installing Insulation</td>
</tr>
<tr>
<td>20</td>
<td>Plastering</td>
</tr>
<tr>
<td>21</td>
<td>Soldering &amp; Welding</td>
</tr>
<tr>
<td>22</td>
<td>Concrete Work (sidewalks)</td>
</tr>
<tr>
<td>23</td>
<td>Installing Floor Coverings</td>
</tr>
<tr>
<td>24</td>
<td>Repairing Chimneys</td>
</tr>
<tr>
<td>25</td>
<td>Heating/Cooling System Installation</td>
</tr>
<tr>
<td>26</td>
<td>Putting on Siding</td>
</tr>
<tr>
<td>27</td>
<td>Tuckpointing</td>
</tr>
<tr>
<td>28</td>
<td>Sweeping Chimneys</td>
</tr>
<tr>
<td>29</td>
<td>Installing Windows</td>
</tr>
<tr>
<td>30</td>
<td>Building Swimming Pools</td>
</tr>
<tr>
<td>31</td>
<td>Carpentry Skills</td>
</tr>
<tr>
<td>32</td>
<td>Roofing Repair or Installation</td>
</tr>
<tr>
<td>33</td>
<td>Other</td>
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### 3 Wellness & Beauty

<table>
<thead>
<tr>
<th>Wellness</th>
<th>Beauty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Peer Counseling</td>
<td>11 Hair Styling</td>
</tr>
<tr>
<td>2 Religious or Spiritual Guide</td>
<td>12 Cutting Hair</td>
</tr>
<tr>
<td>3 Community Organizing</td>
<td>13 Dying Hair</td>
</tr>
<tr>
<td>4 Massage and Touch Therapy</td>
<td>14 Makeup</td>
</tr>
<tr>
<td>5 Yoga</td>
<td>15 Skincare</td>
</tr>
<tr>
<td>6 Meditation</td>
<td>16 Manicure</td>
</tr>
<tr>
<td>7 Swim or Water Activities</td>
<td>17 Pedicure</td>
</tr>
<tr>
<td>8 Exercise</td>
<td>18 Hair Removal</td>
</tr>
<tr>
<td>9 Nature guide</td>
<td>19 Piercings, body art, or tattoos</td>
</tr>
<tr>
<td>10 Other</td>
<td>20 Other</td>
</tr>
</tbody>
</table>
4 Electronics & Machinery

Electronics
1 Internet and Wi-Fi Setup & Troubleshooting
2 Mesh Network Experience (provide free internet in a community)
3 Computer Setup & Troubleshooting
4 Smartphone Setup & Troubleshooting
5 Repairing Radios, TVs, VCRs, Tape Recorders
6 Repairing Other Small Appliances
7 Installing/Repairing a Solar Electric System
8 Other

Machinery
9 Repairing Automobiles
10 Repairing Trucks/Buses
11 Repairing Auto/Truck/Bus Bodies
12 Repairing Bicycles
13 Repairing Large Household Equipment (e.g., refrigerator)
14 Repairing Heating & Air Conditioning System
15 Fixing Washers/Dryers
16 Repairing Elevators
17 Operating a Crane
18 Operating a Dump Truck
19 Using a Forklift
20 Assembling Items
21 Other
5 Maintenance & Cleaning

1 General Household Cleaning
2 Mowing Lawns
3 Window Washing
4 Floor Waxing or Mopping
5 Washing and Cleaning Carpets/Rugs
6 Routing Clogged Drains
7 Caulking
8 Fixing Leaky Faucets
9 Cleaning/Maintaining Swimming Pools
10 Floor Sanding or Stripping
11 Wood Stripping/Refinishing
12 Other
6 Transportation

1 Driving a Vehicle
2 Delivering goods with a vehicle
3 Driving a Car
4 Driving a Van
5 Driving a Bus
6 Driving a Taxi
7 Driving a Tractor Trailer
8 Driving a Commercial Truck
9 Hauling
10 Driving an Ambulance
11 Long distance driving
12 Riding a Bicycle
13 Transporting Goods by Bicycle
14 Riding a Motorcycle
15 Transporting Goods by Motorcycle
16 Water Transport/Sailing
17 Other
7 IT & Office Management

1. Web design
2. Webmaster
3. Web Development
4. Software Development
5. Video conferencing expertise
6. Digital event organizing
7. Typing
8. Accounting/Bookkeeping
9. Filing Alphabetically/Numerically
10. Taking Phone Messages
11. Writing Business Letters/Emails
12. Receiving Phone Orders
13. Keeping Track of Supplies/Inventory
14. Entering Information into Computer
15. Microsoft Office
16. Scheduling group meetings
17. Writing Reports
18. Filling out Forms
19. Planning Work for Other People
20. Directing the Work of Other People
21. Making a Budget
22. Keeping Records of All Your Activities
23. Interviewing People
24. Other
# 8 Business & Communications

**Business**

1. Entrepreneurial experience
2. Research/Analytics
3. Customer Relationship Management
4. Business Development
5. Fundraising and Grant Writing
6. Operating a Cash Register
7. Operating a Point of Sale (POS) System
8. Selling Products Wholesale or for Manufacturer
9. Selling Products Retail
10. Selling Services
11. Selling Door to Door
12. Selling by Phone
13. Selling by Mail
14. Selling in a Store
15. Selling from Home
16. Other

**Communications**

17. Copywriting
18. Social Media Management
19. SEO (Search Engine Optimization)
20. Storytelling
21. Public Relations or Crisis Management
22. Marketing Communications (e.g. blog posts, websites)
23. Other
### 9 Security

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dispute resolution expert</td>
</tr>
<tr>
<td>2</td>
<td>Violence interruption and de-escalation skills</td>
</tr>
<tr>
<td>3</td>
<td>Non-violent communication</td>
</tr>
<tr>
<td>4</td>
<td>Domestic abuse and sexual harassment support or education</td>
</tr>
<tr>
<td>5</td>
<td>Anti-racism and discrimination education</td>
</tr>
<tr>
<td>6</td>
<td>Neighborhood watch</td>
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<tr>
<td>7</td>
<td>Bouncer</td>
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<tr>
<td>8</td>
<td>Self-Defense</td>
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<tr>
<td>9</td>
<td>Combat or Martial Arts training</td>
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<tr>
<td>10</td>
<td>Bodyguard</td>
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<tr>
<td>11</td>
<td>Video surveillance monitoring</td>
</tr>
<tr>
<td>12</td>
<td>Hotline maintenance or emergency call professional</td>
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<tr>
<td>13</td>
<td>Crisis center management</td>
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<tr>
<td>14</td>
<td>Guarding Residential Property</td>
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<td>15</td>
<td>Guarding Commercial Property</td>
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<tr>
<td>16</td>
<td>Armed Guard</td>
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<tr>
<td>17</td>
<td>Unarmed guard or escort</td>
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<tr>
<td>18</td>
<td>Crowd Control</td>
</tr>
<tr>
<td>19</td>
<td>Ushering at Major Events</td>
</tr>
<tr>
<td>20</td>
<td>Installing Alarms or Security Systems</td>
</tr>
<tr>
<td>21</td>
<td>Repairing Alarms or Security Systems</td>
</tr>
<tr>
<td>22</td>
<td>Firefighting or fire safety</td>
</tr>
<tr>
<td>23</td>
<td>Traffic guard</td>
</tr>
<tr>
<td>24</td>
<td>Street protest organizing and safety</td>
</tr>
<tr>
<td>25</td>
<td>Legal observer</td>
</tr>
<tr>
<td>26</td>
<td>Street medic</td>
</tr>
<tr>
<td>27</td>
<td>Other</td>
</tr>
</tbody>
</table>
# 10 Crafts & Clothing

1. Textile arts  
2. Felting  
3. Spinning  
4. Weaving  
5. Knitting/Crochet/Macrame  
6. Fabric dyeing  
7. Textile printing  
8. Embroidery/Needlepoint  
9. Quilting  
10. Darning  
11. Tailoring or sewing  
12. Silkscreening  
13. T-shirt art  
14. Basket weaving  
15. Leatherwork  
16. Upholstering  
17. Banner-making  
18. Dressmaking  
19. Millinery (hat making)  
20. Shoe making (cordwaining)  
21. Bone carving (buffalo, camel, etc., as well as horn)  
22. Ceramics and pottery  
23. Doll making or Dollhouse construction  
24. Glassblowing  
25. Bead work  
26. Jewelry design  
27. Metalwork  
28. Mosaics  
29. Puppet making  
30. Scale modeling  
31. Stained glass  
32. Toy making  
33. Wood carving  
34. Calligraphy  
35. Bookbinding  
36. Origami or paper folding  
37. Papier-mâché  
38. Scrapbooking  
39. Pressed flower craft  
40. Soapmaking  
41. Balloon animals  
42. Cake decorating  
43. Candemaking  
44. Other
11 Food & Catering

1. Meal planning
2. Food rescue and distribution
3. Food safety
4. Food delivery
5. Grocery shopping
6. Cooking for a household
7. Baking
8. Fermentation
9. Cheesemaking
10. Foraging
11. Fishing
12. Meat Cutting or Preparation
13. Waitering/Waitressing
14. Bartending
15. Brewing
16. Distillation

17. Grilling, campfire setup, or oven-building
18. Cooking for special diets
   18.1 Vegan
   18.2 Vegetarian
   18.3 Gluten free
   18.4 Nut free
   18.5 Sugar-free
   18.6 Whole grain
   18.7 Sustainable
   18.8 Insect-based protein
   18.9 High protein
   18.10 Freegan or Salvaged
   18.11 Other

Catering

19. Serving Food to Large Numbers of People
20. Preparing Meals for Large Numbers of People
21. Clearing/Setting Tables for Large Numbers of People
22. Washing Dishes for Large Numbers of People
23. Operating Commercial Food Preparation Equipment
24. Other
12 Gardening & Farming

1 Planting & Caring for Gardens
2 Pruning Trees & Shrubbery
3 Flowers and decorative gardens
4 Indoor plants
5 Landscaping
6 Native plant restoration
7 Butterfly rehabilitation garden
8 Vegetable gardening
9 Herb gardening
10 Seasonal gardening
11 Urban agriculture
12 Backyard/rooftop gardening
13 Composting
14 Community garden facilitation
15 Aquaponics
16 Raising chickens
17 Beekeeping
18 Insect farming
19 Operating Farm Equipment
20 Other
13 Music & Entertainment

1. DJ
2. Singing
3. Solo instruments
4. Band or orchestra
5. Sound system setup
6. Lights, sound, and stage crew
7. Set Design
8. Circus
9. Comedy
10. Dance
11. Drama
12. Fireworks
13. Fashion shows
14. Improvisational theatre
15. Magic
16. Musical theatre
17. Opera
18. Performance art
19. Marching arts
20. Color guard or cheerleading
21. Indoor percussion ensemble
22. Professional wrestling/Sports entertainment
23. Puppet shows
24. Vaudeville
25. Ventriloquism
26. Other
14 Visual Arts

1. Drawing and Illustration
2. Painting
3. Graphic Design
4. Ceramics
5. Sculpture
6. Photography
7. Interior Design
8. Modeling
9. Makeup Artist
10. Film and Video Production
11. Operating a Drone
12. Other
15 Tools, Spaces, and Other Resources

1. Vehicles
2. Bicycles
3. Mechanical tools
4. Construction Equipment
5. Crafts Equipment (e.g., sewing machines, knitting needles, pottery kiln)
6. Art Materials
7. Performance Equipment
8. AV Equipment
9. Books (technical, academic, literature, etc.)
10. Unused Land (for gardening, farming, public space, etc.)
11. Seeds or Plants
12. Office Space
13. Living Space
14. Performance Space
15. Community Organizing Space
16. Workshop or Makerspace
17. Kitchen Space
18. Surplus food or groceries from a household
19. Surplus Restaurant Food
20. Overstock Merchandise
21. Secondhand Clothing
22. Used Furniture or Household Items
23. Other