BIG DOG TACTICAL

90-DAY PREPAREDNESS WORKBOOK

A Practical Guide to Planning
for Extended Power Outages



Get Your Weight Up!

FREE HOUSEHOLD PLANNING RESOURCE

FIELD GUIDE

Start with people. Build a workable plan.

This workbook turns a long-outage scenario into decisions your household can use. Work through the lessons, complete the thirteen worksheets and resolve the questions that require a utility, clinician, equipment supplier or local authority. Keep the finished plan accessible offline and review it when needs change.

Ninety days is a planning horizon, not an official instruction to store every resource for three months. CDC's emergency-water guidance begins with at least one gallon per person per day for three days and encourages two weeks where feasible. Extending an arithmetic example to ninety days does not establish safe storage capacity, personal adequacy or a reason to remain home.

How to use the package

Read a lesson before filling its worksheet. Use the XLSX companion for editable tables and calculations; blue input cells are examples or fields for your information. Replace the sample numbers. The PDF worksheets can be printed individually. The print-friendly edition preserves the instruction with lighter backgrounds and less decorative imagery.

Keep completed contact, medical and financial sheets private. Do not upload them to the website or distribute them in a broad group chat. Calculators on the hub run locally; the workbook requires no account, purchase or email subscription. Protect files and printed copies appropriately, especially on a shared device.

Decide when to leave before deciding what to buy

Follow evacuation orders. Seek safer shelter or appropriate care when dangerous temperature, unsafe water, failed sanitation, structural hazards or essential medical needs make home unsuitable. Leave early enough for accessible transport and necessary assistance. Do not delay an urgent departure to finish a checklist or collect replaceable property.

The examples are hypothetical planning exercises, not product tests, medical prescriptions or survival guarantees. Confirm current instructions for your location and exact equipment. Hazardous utility, electrical, structural and specialized care work requires qualified help. Sources and further reading are listed at the end; no agency endorsement is implied.

Your first useful action

Choose one unresolved essential need, the person or service that can verify it, and a realistic follow-up date. A confirmed care arrangement or usable exit can matter more than another box of supplies. Get Your Weight Up! means building dependable capability with judgment and responsibility.

Keep the plan private and usable
The blank resources are free. Completed records can reveal health, location and financial details. Keep them with authorized people and retain an offline copy you can actually find.

READ • PLAN • VERIFY

Contents

Choose a lesson, then complete its worksheet. Click any entry or use the PDF bookmarks. Printed page numbers match both editions.

LESSONS

Household assessment	4
Supply planning	6
Emergency water	8
Treatment and handling	10
Food and safe cooking	11
Battery and power planning	14
Generator safety	17
Household and climate safety	19
Medical continuity	21
Sanitation and hygiene	23
Nonviolent household security	24
Communication	26
Finance and documents	28
Evacuation	30
Before the emergency / first day	32
Days 2–90	33
Recovery	35
Readiness review	37
Sources	38

PRINTABLE WORKSHEETS

01 Household readiness assessment	5
02 Emergency supply inventory	7
03 Water requirements	9
04 Food inventory and rotation	12
05 Battery and power budget	15
06 Generator and fuel safety	18
07 Emergency contacts	27
08 Medication and device planning	22
09 Household security assessment	25
10 Evacuation planning	31
11 Emergency budget	29
12 Weekly supply tracking	34
13 Recovery and replenishment	36

FIELD GUIDE

Understand the household before the hazard

A plan begins with the people actually using it. Record who may be present, including caregivers and expected visitors. Ask about mobility, communication, language, sensory and daily-care needs rather than making assumptions from age or appearance. Include pets and the assistance needed to transport them safely.

Map the services behind an ordinary day: water, food, temperature, sanitation, care, information and movement. A building can have stored food while losing the pump, elevator or medication support that makes staying possible. Identify the first essential dependency likely to fail, not merely the most visible piece of equipment.

Housing and climate change the answer

An apartment, a house with a private well and a home with a pump-dependent septic system have different constraints. Ask the property manager or responsible provider about access, water, wastewater and emergency procedures. Confirm what occupants may do and what requires trained service.

Consider both seasonal heat and cold, local flooding, smoke and safe travel. An alternate room is useful only if it remains accessible, ventilated and connected to usable exits. Do not move bedding or supplies into a position that obstructs movement or creates a fire hazard.

Turn assessment into action

On Worksheet 1, separate a known capability from an unverified assumption. “Someone can help” is incomplete. Record the consenting helper, task, contact method and backup. Medical questions belong with the care team; transport questions belong with a suitable provider or confirmed trusted driver.

Build a simple dependency map on Worksheet 1. Connect people and needs to essential services, verified alternatives and a decision to seek help or relocate. These are functions to support, not equipment you must purchase.

Apply this lesson: identify one unverified dependency, who can verify it, and your next action.

WORKSHEET 01 / PRINT OR COMPLETE LOCALLY

Household readiness assessment

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Person / pet / role	Need or dependency	Agreed help / contact	Backup or trigger

Housing and storage constraints

Climate / access constraints

First essential dependency to resolve

Owner and next action

FIELD GUIDE

Supply planning by function

A useful reserve supports an essential task. Begin with safe water, usable meals, care continuity, sanitation, lighting, communication and a way to move. For each function, record the item or arrangement, usable amount, location, handling needs and continuation plan.

Build in stages

First close immediate gaps within your means. Add familiar shelf-stable foods and suitable containers gradually, rotate supplies through normal use where appropriate and preserve ordinary bills and medical needs. Avoid expensive purchases that leave transport, sanitation or accessible storage unresolved.

The next stage addresses replenishment. Verify potential sources, safe routes, opening arrangements and alternatives. A store marked on a map is not a confirmed operating supply point during a regional disruption. Keep an action threshold that leaves enough time to obtain help or leave before essential needs cannot be met.

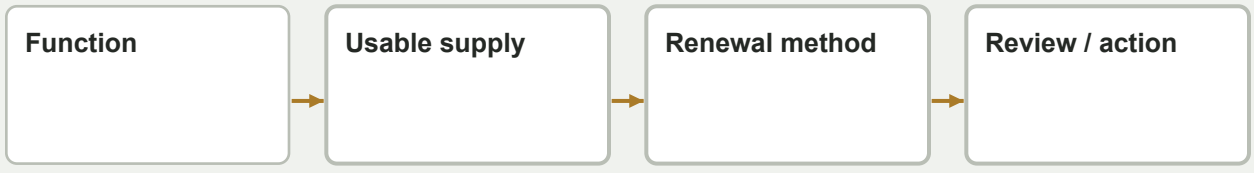
Storage is a design constraint

Keep heavy loads low on suitable supports. Do not block exits, ventilation, walking routes or utility access. Separate food and drinking water from chemicals and follow exact medicine and battery instructions. Fuel storage depends on applicable fire rules, property restrictions and approved containers; a consumption estimate is not permission to stockpile.

Record evidence of readiness

A supply earns a readiness check when an intended user can find it, handle it safely and explain its limitations. Keep correct chargers, opening tools and instructions with the task. A sealed box of unfamiliar equipment remains an unverified capability.

Use Worksheet 2 to identify the next practical improvement. Assign an owner and review date. A modest accessible reserve plus a credible continuation plan can be more useful than a larger inventory that cannot be safely stored or used.



Planning sequence; confirm current instructions and the actual household conditions.

WORKSHEET 02 / PRINT OR COMPLETE LOCALLY

Emergency supply inventory

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Function / item	Usable quantity + unit	Location / condition	Replenishment / review

Storage/access problem to correct

Action threshold and owner

FIELD GUIDE

Calculate water without double-counting it

Choose consistent units and state assumptions. In this workbook, quantities are US gallons. Separate the per-person planning rate from additional household uses so the same water is not counted for two tasks. Include pets, climate, care and other needs as appropriate; obtain individualized advice where necessary.

The arithmetic

Daily household need = people × gallons per person per day + additional household gallons per day. Period need = daily household need × days. Coverage from a usable reserve = reserve ÷ daily household need. These equations describe the entered assumptions; they do not determine water safety or personal medical adequacy.

For a hypothetical four-person household using a one-gallon starting rate and two additional household gallons each day, daily use is six gallons. Ninety days produces 540 gallons: 360 base plus 180 additional. A thirty-gallon usable reserve covers five days at that assumed rate without replenishment. The example does not recommend a 540-gallon installation or establish that six gallons meets every household's needs.

Work with realistic limits

If the total exceeds safe storage, do not lower essential use to make the number fit. Confirm manageable container sizes, suitable support, clean handling and a replenishment or relocation arrangement. A floor and shelf must be appropriate for the actual load; obtain qualified help when uncertain.

Use separate notes for drinking/food preparation, hygiene, care and other uses. Explain which tasks are already included in the chosen base rate. If illness, weather or household membership changes, recalculate and act before the reserve is exhausted. Do not ration needed water simply to reach day ninety.

Worksheet 3 and the XLSX Water calculator use the same units. The online hub offers the same planning formula. Treat the results as a question about capability, not a certification that the household can remain home.

Use the same assumptions everywhere
The online calculator, printable worksheet and XLSX sheet should agree. A changed daily rate changes coverage immediately; do not conceal the shortfall by lowering essential needs.

WORKSHEET 03 / PRINT OR COMPLETE LOCALLY

Water requirements

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

People: ___

Planning days: ___

US gal/person/day: ___

Additional household US gal/day: ___

Daily = people × rate + extra

Period total = daily × days

Usable stored US gallons

Coverage = usable reserve ÷ daily

Hypothetical example
4 people × 1 US gal/day + 2 additional = 6/day; 90 days = 540 US gal. A 30-gallon reserve gives 5 theoretical days. This does not establish adequacy or storage safety.

Safe storage / clean dispensing

Verified replenishment or relocation trigger

Who confirms source safety and storage? What if the first replenishment option fails?

FIELD GUIDE

Source first. Treatment second.

Water that looks clear may still be unsafe. Begin with the current advisory for the actual supply and the hazard involved. A boil-water notice, a do-not-drink notice and a do-not-use instruction are different. Use a confirmed safe source when the situation or appropriate method is uncertain.

Know what a method cannot do

Boiling and ordinary household disinfection do not make water containing fuel, toxic chemicals or radioactive materials safe. Seek another source and contact the health authority. A portable filter's documented contaminant claims matter; improving taste is not proof of pathogen treatment, and one device does not address every hazard.

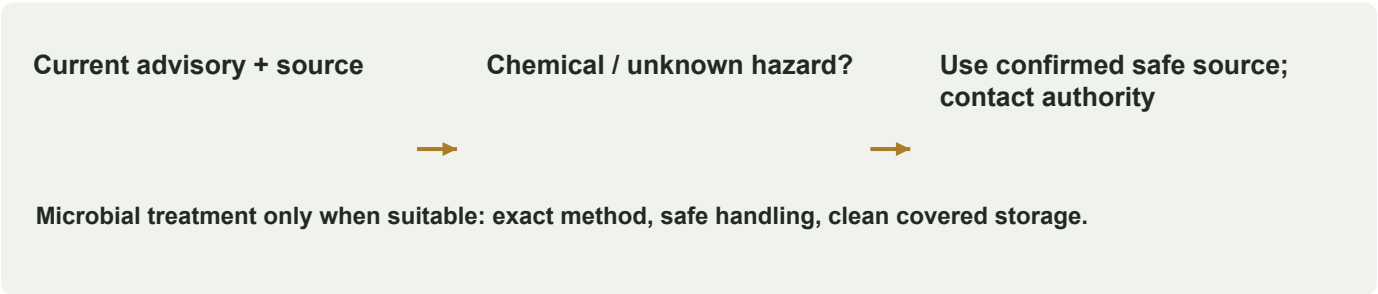
For microbial risks where the method is suitable, follow current CDC and local instructions. CDC specifies a rolling boil for one minute, or three minutes above 6,500 feet, followed by safe cooling and clean covered storage. Avoid burns and use a safe heating arrangement. Outdoor combustion equipment never belongs in an enclosed cooking space.

Chemical treatment requires the correct product, concentration, volume and contact time. Follow the label and current official table. Do not guess a capful, mix cleaners or confuse a container-sanitizing recipe with a drinking-water dose. This workbook intentionally directs you to the current table rather than providing a universal chemical recipe.

Keep clean water clean

Use appropriate food-grade containers with sound closures and a manageable dispensing process. Never repurpose containers that held hazardous chemicals. Label the source and storage date. Follow CDC replacement guidance for self-filled storage and relevant package instructions for commercially bottled water.

Keep the source, method, completion time and container identity in a short batch record when treatment is necessary. Protect ready water from dirty hands and uncertain containers. If a step cannot be verified, stop improvising and obtain a suitable alternative. The diagram below is a decision aid, not a technical treatment approval.



FIELD GUIDE

Plan meals people can actually use

Food planning connects nutrition, acceptance, water, energy and storage. Begin with familiar foods and the household's dietary restrictions, allergies, texture needs and appropriate professional guidance. Do not assign a universal calorie target or assume a commercial emergency bundle suits every person.

Count meals, not impressive packages

For a hypothetical three-person household, three main meals per day over ninety days creates 810 person-meal occasions. That arithmetic is not a calorie prescription, serving-size recommendation or instruction to purchase 810 identical packages. Snacks, care needs and individual portions require separate consideration.

Build a small menu of suitable combinations with reasonable variety. Read actual package quantities and label servings, but do not equate every labeled serving with a complete meal. Include the preparation water, energy, opener, utensils and cleanup needed. Dried ingredients may be useful while demanding more preparation resources than a ready-to-eat option.

Keep a no-cook layer

Choose foods suitable for eating as packaged and tolerated by the household. A no-cook option remains useful when weather, fuel or location rules prevent safe cooking. Check what happens after opening: shelf stability before opening does not mean leftovers can remain unrefrigerated.

Use package sizes that match safe consumption and handling. Keep food away from chemicals, pests, excessive heat and moisture. Inspect condition as well as dates; a date does not make a damaged container safe. Do not taste questionable contents to decide.

Practice a sample menu

Try a normal day's selected meals while ordinary utilities and care remain available. Note preparation time, water, acceptability and waste. Do not restrict anyone below their needs as an exercise. Use Worksheet 4 to connect inventory to real meals and review dates. If adequate food or necessary medical nutrition cannot be maintained, seek assistance or relocate early.

Menu-to-inventory test
Choose one ordinary meal. Identify the actual food, safe water, opening tool, preparation energy, cleanup and handling after opening before counting it as usable.

WORKSHEET 04 / PRINT OR COMPLETE LOCALLY

Food inventory and rotation

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Food / dietary notes	Usable quantity	Water / energy / opening needs	Review / rotation action

A meal this inventory supports

Safe handling / leftover plan

FIELD GUIDE

Food safety is not restored by a light switch

Keep refrigerator and freezer doors closed as much as practical and record the outage time. FDA's approximate closed-door windows are four hours for a refrigerator, forty-eight for a full freezer and twenty-four for a half-full freezer. Actual food decisions also depend on temperature, product and contamination; these windows are not guarantees for every item.

Use appliance thermometers and the appropriate FDA/USDA guidance. Do not taste food to test safety. Electricity returning does not reverse an unsafe temperature history. Discard unsafe food appropriately and keep it away from children and animals. Medication storage follows the exact medicine's instructions, not refrigerator food rules.

Choose a safe cooking method—or no cooking

Use a no-cook meal when a suitable heating location is unavailable. Never use charcoal grills, outdoor camping stoves or similar outdoor equipment indoors, in garages, tents or partly enclosed spaces. An open window does not remove the carbon monoxide hazard.

For an approved appliance, follow the exact instructions for location, clearance, fuel, ventilation and shutdown, along with local restrictions. A balcony or shared corridor may not be suitable. Do not improvise a rain cover that traps exhaust or move hot equipment into a walking route.

Manage the complete task

Provide clean hands, suitable food-contact surfaces, safe water and manageable portions. Keep fuel and chemicals away from food. Plan for burns, sharp can edges, children, pets and cleanup. A tired caregiver should not be pressured into operating unfamiliar equipment.

Gas appliances may still depend on electrical controls. Do not bypass interlocks or assume every appliance can be manually lit. Never use an oven or range as a room heater. Suspected gas or carbon monoxide exposure requires leaving and contacting emergency help from a safe place.

The safer menu is the one that fits verified conditions. A hot meal is optional when preparing it would add an immediate fire or poisoning hazard. Use the decision table below to preserve a practical fallback.

Condition	Safer next decision
No approved cooking location	Use suitable no-cook food or another safe meal arrangement.
Uncertain food temperature history	Use item-specific authoritative guidance; never taste to test.

FIELD GUIDE

Watts describe a rate. Watt-hours describe energy.

Start with essential tasks rather than every appliance in the home. Record the equipment, operating mode, documented or measured demand and intended duration. A maximum input label may differ from typical draw. Keep estimates visibly labeled and do not invent product performance.

Build the daily load

Device energy in watt-hours = watts × operating hours. Add device rows for daily energy, then multiply by planning days for the period total. A hypothetical six-watt lamp used for five hours needs thirty watt-hours before additional system losses. Three watts for four hours adds twelve, and a fifteen-watt task for two hours adds thirty. Together, the example is seventy-two watt-hours per day and 6,480 over ninety days.

Estimate reserve coverage honestly

If a supported usable reserve is assumed to be 400 watt-hours, 400 ÷ 72 is about 5.56 theoretical days without recharging. Usable energy is not automatically the advertised battery capacity. Conversion losses, operating limits, temperature, condition, startup demand and charging behavior can change the result.

Use documented system information or safe observations for noncritical tasks. Do not interrupt care or alarms to test a battery. Generic arithmetic cannot establish that a power source is suitable for medical equipment, heating, household circuits or a particular connector.

Separate conservation from deprivation

Reduce optional loads and waste first. Necessary care, warning systems and essential communication are not expendable merely to improve a runtime estimate. Write an action threshold before dependable power is lost: a supported recharge option, professional assistance or relocation.

Worksheet 5, the XLSX Power sheet and the online calculator use the same basic energy relationships. No weather forecast, automatic charging or universal efficiency is hidden in the answer. Your plan must supply those real-world dependencies separately.

Hypothetical task	Daily energy
6 W × 5 h	30 Wh
3 W × 4 h	12 Wh
15 W × 2 h	30 Wh
Total	72 Wh/day

WORKSHEET 05 / PRINT OR COMPLETE LOCALLY

Battery and power budget

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Planning days

Supported usable reserve, Wh

Device / task	Watts	Hours/day (0–24)	Daily Wh = W × h

Total daily Wh

Period Wh = daily × days

Coverage = usable Wh ÷ daily

Supported charging and compatibility

Shortfall action; no medical suitability assumed

FIELD GUIDE

Select the power system around the task

A power bank and a portable power station both store finite energy, but their ports, output limits, charging methods and handling differ. Verify the exact model's supported connections. A plug that fits is not proof of compatible voltage, polarity, charging standard or intended use.

Read more than capacity

Compare supported output, maximum demand, intended operating environment, safe storage and the ability of users to move and operate the device. A larger unit may still fail to meet a critical startup requirement or be inaccessible to the person who needs it.

A fully charged battery is only the first cycle. Identify how it will be replenished and what happens when the source is unavailable. Do not describe a finite reserve as ninety-day energy independence.

Solar is a changing input

Portable panels can contribute useful charging when compatible equipment and conditions permit. Check the power station's documented input range, current, polarity, connector and controller requirements. Seek manufacturer confirmation when uncertain; do not assemble an improvised adapter chain.

Rated panel watts multiplied by all daylight hours is not a dependable forecast. Weather, shading, orientation, temperature and system limits matter. If a hypothetical day supplies thirty usable watt-hours while the planned load is seventy, the reserve falls by forty before other changes. The arithmetic exposes a shortfall; it does not predict solar production.

Keep equipment dry and within its operating instructions, with safe cable routes and required cooling. The image below is conceptual equipment context, not an installation plan or a tested product. If charging cannot support essential needs, change the arrangement or relocate rather than stretching an unverified system.

Apply this lesson: identify one unverified dependency, who can verify it, and your next action.

FIELD GUIDE

Generator safety starts with the site

A portable combustion generator cannot solve every outage problem and can create a lethal carbon monoxide hazard. Operate outdoors, at least twenty feet from windows, doors and vents, with exhaust directed away, following the manufacturer and current safety guidance. The complete property, including neighboring openings, can still make a location unsuitable.

Never run one in a home, basement, garage, tent or partly enclosed structure, even with doors open. Maintain appropriate battery-backed carbon monoxide alarms; alarms do not make unsafe placement acceptable. If an alarm sounds or poisoning is suspected, leave for fresh air and contact emergency services. Do not remain inside investigating.

Connections require appropriate expertise

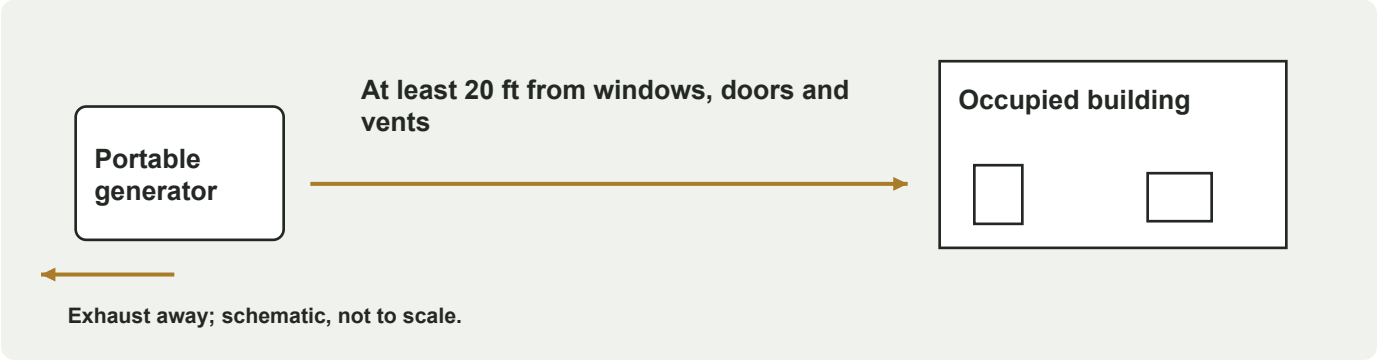
Never backfeed a wall outlet. Supplying household circuits requires suitable transfer equipment and qualified professional work consistent with local requirements. Use only supported connections and appropriate equipment. Do not copy an installation from a different building or defeat an electrical safety feature.

Fuel arithmetic is not storage permission

Consumption depends on the actual generator, load and conditions. A hypothetical rate of 0.4 gallon per hour for three hours daily gives 1.2 gallons per day, or 108 gallons over ninety days. This deliberately illustrates scale; it is not a product claim or advice to store 108 gallons.

Storage must satisfy fire rules, property restrictions, container requirements and the fuel's instructions. Do not store outdoor fuel in living spaces. Shut down and let equipment cool before refueling. Do not refuel a hot or running generator or improvise fuel containers.

If the site or storage requirements cannot be met, choose another supported approach or a safer destination. Worksheet 6 asks for verified instructions and a decision to stop; it does not authorize operation or installation.



WORKSHEET 06 / PRINT OR COMPLETE LOCALLY

Generator and fuel safety

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

□ Outdoor site at least 20 ft from all openings; exhaust away; neighbors considered

□ Exact manufacturer/site/weather instructions can be met

□ No enclosed or partly enclosed operation; no indoor fuel reserve

□ Working appropriate CO alarms; everyone knows the emergency action

□ No backfeeding; qualified connection arrangement confirmed

□ Shutdown and cooling before refueling understood

□ Fuel type, containers, storage and property/fire rules verified

□ Capable authorized operator and backup; no exhausted operation

Authority / instruction / verification date

If any safety condition fails: alternative

Local site / storage constraints and questions for the responsible professional

FIELD GUIDE

Keep ordinary safeguards working

Walk through the home in daylight. Trace the route from each sleeping area to a usable exit, toilet and essential supplies. Consider reduced vision, limited mobility and caregiving. Keep passageways clear and do not use emergency inventory as a reason to block a door or required ventilation.

Warning, lighting and access

Maintain smoke and carbon monoxide alarms according to their placement, testing and replacement instructions. Preserve their backup power. Use the intended test function, not smoke or exhaust. Keep suitable battery lighting accessible from sleeping areas and at steps or transfer points without glare or tripping hazards.

Know how powered doors and access systems operate without normal electricity. Follow the manufacturer's supported manual procedure. Do not disconnect heavy doors or defeat safety mechanisms as a household experiment. A lock that cannot be released by an authorized occupant may create an escape problem.

Stay out of hazardous repairs

Do not enter standing water to reach switches, breakers or appliances. A dark street does not establish that downed wires are dead. Report hazards and keep people away. Damaged electrical equipment, structural concerns, gas systems and permanent backup connections require qualified service.

A suspected gas leak requires leaving and contacting the utility or emergency services from a safe location. Do not operate switches, create a flame or search for the leak. Follow responsible guidance for shutdown and restart; another appliance's instructions may not apply.

Reassess when conditions change

A storm, water intrusion, alarm, new care need or temperature change can invalidate yesterday's arrangement. Record the concern and next action rather than labeling the entire house safe indefinitely. If essential shelter conditions cannot be maintained, arrange movement early.

Use the three-part check below and Worksheet 9's exit assessment. Home safety is a working set of decisions, not an invitation to perform electrical or structural work without the proper role.



Planning sequence; confirm current instructions and the actual household conditions.

FIELD GUIDE

Heat and cold can end the stay-at-home plan

Stored food and batteries do not compensate for dangerous indoor conditions. Individual health, age, medication, humidity, activity and housing affect risk. Discuss personal precautions with appropriate professionals, including fluid restrictions or powered care. Do not change treatment based on a general guide.

Heat: confirm reliable cooling

Identify an accessible cooled destination, current availability and transport before symptoms develop. A fan moves air but must not be treated as dependable protection from dangerous heat. Reduce unnecessary exertion and heat-producing tasks while arranging safe conditions. Follow current local public-health advice and individual care instructions.

Confusion, collapse, unconsciousness or suspected heat stroke requires emergency help and prompt cooling according to dispatcher guidance. Do not wait for every sign or a thermometer. Stay with the affected person; do not give drinks to someone unconscious or unable to swallow safely.

Cold: warmth without combustion shortcuts

Use suitable dry layers, bedding and safe arrangements while obtaining dependable warmth. Keep exits and required ventilation clear. Never bring an outdoor stove, grill or generator inside, and never use a range or oven for room heat. Approved heaters still require their exact installation, venting, clearance and operating instructions.

Concerning cold-related confusion, unusual exhaustion, fumbling or slurred speech can indicate hypothermia and requires urgent medical help. Do not delay for a full symptom checklist. Follow emergency instructions; avoid alcohol or improvised intense direct heat.

Leave while movement is still manageable

Confirm care, pets, mobility equipment and assistance at the receiving location. A person who cannot manage stairs may need transport before the home becomes unsafe. A vehicle is not a safe indoor heater: never idle in a garage or other enclosed or partly enclosed space.

Write the early relocation trigger with the people involved. The goal is reaching safer conditions, not proving tolerance for an increasingly hot or cold room. Use the decision comparison below to avoid buying accessories in place of an actual shelter arrangement.

Planning gap	Resolve it before exposure
No dependable cooling or warmth	Confirm a suitable destination and transport.
Individual care or access need	Obtain a specific professional/support arrangement.

FIELD GUIDE

Plan continuity of care, not a generic kit

With consent, record current medicines, prescribed schedules, allergies, equipment, consumables and responsible contacts. Ask what happens if electricity, water, deliveries, transport or a caregiver becomes unavailable. Each dependency needs an appropriate answer from the clinician, pharmacist, supplier or service involved.

Medicines have specific requirements

Discuss an appropriate emergency supply, refill process and applicable rules before stock runs low. Do not assume every medicine can be supplied for ninety days. Keep appropriate labeled packaging and follow the exact product's storage instructions.

Temperature excursions require product-specific advice. A cooler that feels cold does not prove suitable storage, and food refrigerator rules do not establish medicine safety. Contact the pharmacist, clinician or manufacturer promptly when storage is compromised. Do not stretch doses, share prescriptions or abruptly change life-sustaining treatment without urgent qualified guidance.

Powered equipment needs supported backup

Obtain written instructions for the exact device and accessories. Ask about approved power, maintenance, alarms, expected conditions, necessary supplies and when to move to another care setting. Advertised battery watt-hours alone cannot establish safe medical compatibility or runtime.

Never test the patient's tolerance for lost care. Any supported equipment check should preserve normal treatment and appropriate backup assistance. Utility medical-registration programs, where available, are not guarantees of uninterrupted electricity.

First aid within your training

Keep suitable first-aid supplies accessible and review their condition and package instructions. Include the materials the household can appropriately use, with necessary protective supplies. Equipment does not replace training or professional care; do not attempt unfamiliar procedures because services are disrupted.

Include caregivers and transport

Confirm an authorized backup caregiver, safe water and sanitation, consumables and an appropriate receiving location. Not every shelter can support every device or care need. Arrange accessible transport before the support window closes.

Use Worksheet 8 privately. Share only the information an agreed helper needs, and keep broader medical details with authorized caregivers. If urgent symptoms occur, contact emergency services. A long-outage plan must never be an instruction to delay necessary treatment.

WORKSHEET 08 / PRINT OR COMPLETE LOCALLY

Medication and device planning

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Dependency / exact item	Provider-approved instruction	Responsible contact	Action / transfer trigger

Authorized caregiver + backup

Suitable care destination + transport

No dose stretching, unsupported battery promises or care-interruption drills. Resolve uncertainty with the responsible professional.

FIELD GUIDE

Sanitation is a complete service chain

A toilet may contain water while the sewer, septic pump or building system cannot accept another flush. Confirm current service with the responsible provider or property manager. Stop use when instructed or when there is backup or flooding. Adding water to a bowl does not repair a failed downstream system.

Decide disposal before choosing equipment

A temporary toilet arrangement must suit the users, including stability, access, privacy and cleaning. Ask the local health or waste authority how human waste will be collected and accepted. Methods and permitted materials vary; do not assume ordinary trash, burial, waterways or storm drains are authorized options.

Avoid sewage contact and keep children and pets away. Hazardous cleanup and system repairs may require trained specialists. If safe collection and disposal cannot be maintained, use a functioning facility elsewhere or relocate. An accumulating waste stockpile is not a ninety-day sanitation plan.

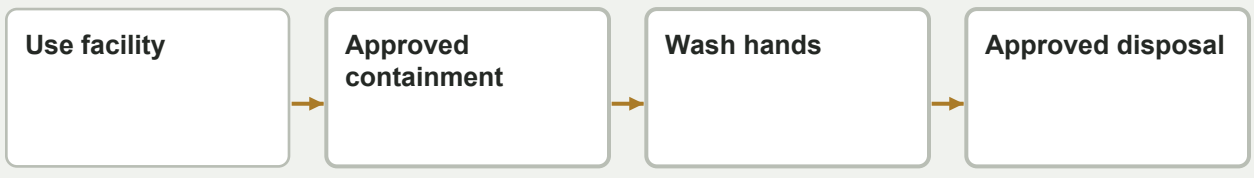
Keep clean and dirty tasks separate

Provide suitable water, soap, accessible dispensing and safe used-water handling. CDC recommends handwashing with soap and water for at least twenty seconds. Follow the current water advisory. When soap and water are unavailable, sanitizer with at least sixty percent alcohol is an alternative in some circumstances, but it does not remove every germ or chemical and is less effective on visibly dirty hands.

Conserve water by reducing waste, not by skipping necessary handwashing or care. Record hygiene use separately so the drinking reserve is not counted twice. Keep toilet supplies separate from drinking-water and food preparation. Follow cleaning-product labels and never mix bleach with other cleaners. More concentrated chemicals can create another hazard. Include diapering, incontinence, menstruation, wounds and individual care needs with appropriate privacy and professional guidance.

Review the routine, not just the purchase

Without creating real waste, walk through access, use, handwashing, containment and approved disposal. Ask intended users what is difficult. Record consumable needs and a resupply or relocation threshold before the facility becomes unusable. The workflow below is a planning sequence, not permission for a particular disposal method.



Planning sequence; confirm current instructions and the actual household conditions.

FIELD GUIDE

Security should preserve options

Responsible household security reduces avoidable exposure while maintaining escape, care and ordinary movement. Start with working door and window hardware, suitable task lighting, private records and verified help contacts. Ask an appropriate professional or property manager about defects.

Maintain access and escape together

Do not barricade exits or create traps. Confirm how authorized users and caregivers enter and leave when powered locks, doorbells or networks are unavailable. An accessible manual arrangement must follow the equipment's instructions and the actual users' needs.

Electronic cameras and alarms can depend on several services. Battery backup for one component does not guarantee recording, remote alerts or network contact. Verify supported offline behavior and record limits without publicly advertising household weaknesses.

Avoid unnecessary confrontation

Speak briefly and respectfully, preserve personal space and leave a tense interaction when safe. You are not required to control another person's behavior or provide specialized intervention. Immediate threats require distance and appropriate emergency help. Do not chase, restrain or investigate people without a lawful trained role.

Focus on observed behavior and conditions, not stereotypes. Verify unexpected service visits through independently obtained organization contacts where practical. You need not admit someone while identity and purpose remain uncertain.

Make cooperation voluntary

Agree on check-ins and limited help with consenting neighbors. Share verified official updates with dates and sources. Do not publish diagnoses, supply quantities, valuables or an empty-home itinerary. A volunteer network is not an armed patrol, surveillance system or substitute for responders.

Worksheet 9 connects hardware, visibility, privacy, escape and assistance. The useful result is a small list of repairs and agreements that reduce risk. Security should not become a reason to stay in a home that has lost essential safe living conditions.

The security boundary
Preserve distance, escape and professional help. A voluntary check-in is useful; a confrontational patrol or public list of private household details is not.

WORKSHEET 09 / PRINT OR COMPLETE LOCALLY

Household security assessment

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Area / function	Observed issue	Safe correction / qualified help	Owner / review

Usable emergency escape route

Calm exit / trusted check-in arrangement

FIELD GUIDE

Receive information. Plan contact separately.

A battery receiver can provide broadcasts when service and reception are available. It does not necessarily transmit a call for help. NOAA Weather Radio supplies official weather and certain emergency messages where reception exists; an ordinary receiver is not a two-way distress radio.

Test what the household will actually use

Follow the receiver's instructions, confirm local coverage and test supported backup power. Record useful station or frequency information offline. Terrain, construction and location affect reception; an advertised range does not guarantee a particular room.

For two-way equipment, verify the exact service and current FCC requirements before transmitting. FRS, GMRS and amateur services have different rules and, where applicable, licensing. Do not assume emergencies generally waive every requirement or that one device can use any channel.

Create a human fallback

Keep a concise contact tree, an agreed out-of-area contact and suitable meeting arrangements. Confirm consent, access and transport. Use short check-in messages when networks permit, but do not promise that texts work without functioning infrastructure.

Record a check-in window and next action after missed contact. Repeated calls can drain batteries without resolving uncertainty. Follow the offline plan and current official guidance rather than beginning an unsafe search or crossing a closure.

Worksheet 7 belongs with the people who need it, not on a public social page. Keep account credentials and detailed medical information separate. Log important updates with date, source and action; correct outdated messages through the same channels that carried them. Communication resilience combines appropriate equipment, charging and shared instructions, with honest limits.

Apply this lesson: identify one unverified dependency, who can verify it, and your next action.

WORKSHEET 07 / PRINT OR COMPLETE LOCALLY

Emergency contacts

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Role / agreed person	Contact method	Check-in window	Backup / missed contact

Nearby safe meeting arrangement

Alternate location / transport

Current official information source

Privacy / consent / review

FIELD GUIDE

Keep essential payments and records accessible

Electricity and networks affect ATMs, merchants, account access, income and provider communication differently. Maintain feasible legitimate options rather than assuming one card, app or cash reserve will work everywhere. Protect ordinary essential expenses; do not take on costly debt to match an arbitrary preparedness target.

Plan payments within your means

List necessary near-term purchases such as medication, transport, food and suitable lodging. A modest cash option may help when electronic payment is unavailable, but it carries loss risk and is not universally accepted. Cash at home does not acquire bank deposit protection because it came from an insured account.

Keep relevant cards and independently verified institution contacts protected. Ask providers about actual interruption or hardship arrangements; relief is not automatic. Do not share passwords or verification codes with unexpected callers or substitute credential sharing for legitimate authorization.

Preserve documents without carrying everything

Choose necessary identification, insurance, care and financial contact information. Keep suitable protected backups and a concise offline summary. Carrying every sensitive record increases exposure if a bag is lost. Review copies when accounts or household circumstances change.

Record safe-to-obtain receipts, dates and damage information for insurers or assistance where relevant. Documentation does not guarantee reimbursement. Never delay evacuation or enter unsafe property for a receipt or photograph.

Verify urgent requests independently

A familiar logo, caller name or message does not prove identity. Contact the organization through a known official channel before acting on an unexpected payment or account-recovery demand. Report suspected fraud promptly through the appropriate provider process.

Use Worksheet 11 for a hypothetical budget and then your own current figures. It is general planning, not individualized financial or legal advice. Keep payment information private and confirm accessible assistance arrangements with the responsible institutions where needed.

Verification beats urgency
Use an independently obtained bank, utility or agency contact before responding to unexpected payment demands. No relief, reimbursement or merchant acceptance is guaranteed.

WORKSHEET 11 / PRINT OR COMPLETE LOCALLY

Emergency budget

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Available planning funds, USD

Must preserve: ordinary essential expenses

Category / priority	Planned USD	Spent USD	Next action

Planned total

Actual total

Available minus planned

Negative remaining funds indicate an overage. Sample spreadsheet figures are hypothetical, not current prices or personalized advice.

FIELD GUIDE

Leaving is part of preparedness

Establish reasons to move before supplies run out: an official instruction, unmet necessary care, dangerous temperature, unsafe water, failed sanitation or structural danger. A fixed ninety-day stay is not the measure of success. Supplies should preserve choices rather than commit people to an unsafe building.

Confirm a destination that solves the need

Identify a suitable host, lodging option or official shelter, plus a backup. Confirm permission, current availability, accessibility, care and pet arrangements. A spare room on the same affected utility system may not solve the problem. Not every shelter can support every medical device.

Arrange appropriate transportation, including people who do not drive or need supported transfers. Confirm the vehicle, helper, pickup point and backup contact. Urgent medical transport requires emergency services and the individual's care plan, not an improvised ride in unsuitable conditions.

Use current routes and safe vehicle practice

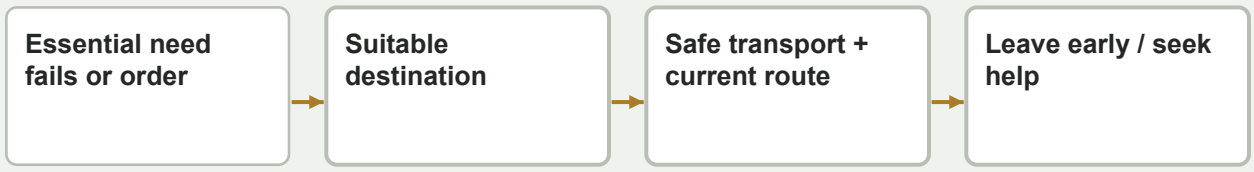
Follow official closures and weather information. Never drive into floodwater or around a barrier because a navigation app suggests the route. Include driver rest, necessary stops and passenger needs. Do not use a phone while driving.

Maintain vehicles according to their instructions. Fuel and charging access can both be disrupted; verify availability without unsafe stockpiling. Do not carry improvised fuel containers or place fuel where occupants are exposed. Applicable rules and manufacturer guidance govern any separate transport or storage.

Pack what matters first

Bring essential care information, documents, assistive equipment, clothing, suitable water and food when safe and feasible. Keep the load manageable and secured. Do not delay an urgent departure to move the entire reserve.

Worksheet 10 records triggers, destination, route, transport and check-in. Tell a trusted contact privately when practical. Return only when authorities permit and the building and services are safe; electricity alone is not an all-clear.



Planning sequence; confirm current instructions and the actual household conditions.

WORKSHEET 10 / PRINT OR COMPLETE LOCALLY

Evacuation planning

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Leave/seek help when…

Who verifies the trigger?

Primary suitable destination

Backup destination

Current safe route / closures source

Accessible transport / pickup

Essential care, documents and manageable supplies

Pets / assistance

Private check-in contact

Missed pickup / route failure action

Follow official orders; never drive into floodwater. Do not delay an urgent departure for possessions. Return only when permitted and safe.

FIELD GUIDE

Before an emergency and the first day

Prepare while ordinary services are available. Confirm contacts, individual care arrangements, safe storage, equipment instructions and transport. Practice information-finding and an ordinary meal without disabling alarms, medical support, refrigeration or necessary temperature control.

Before the emergency

Assign realistic responsibilities with backups. Resolve the highest-consequence uncertainty first: an inaccessible exit, unsupported medical power, unknown water source or unsuitable destination. Maintain normal essential expenses and build supplies gradually. Record what is verified and what remains a question.

Use a calm tabletop exercise rather than surprise deprivation. Ask another adult to find the plan and describe the next decision. A successful practice reveals missing information; it does not prove ninety-day survival. Stop whenever an exercise interferes with care or safety.

First minutes through the first few hours

Check people and immediate hazards. Fire, suspected gas or carbon monoxide exposure, flooding, downed lines and urgent medical needs require appropriate emergency action. Do not investigate energized equipment or enter standing water to reach controls.

Obtain current local and utility information. Preserve warning systems, use safe lighting and assess essential care. Keep cold-storage doors closed and follow food-safety guidance. Do not rush into an unverified generator or cooking setup.

By the end of the first day

Ask whether home still provides safe temperature, water, sanitation and necessary care. Confirm transport and a suitable destination when needed. Record the next review and the trigger for earlier action. Leave promptly when directed; a checklist must never delay an urgent exit.

Use the phase card below to connect each decision to an owner and verified source. The first day is about stabilizing people and information, not proving that every stored item can be put into use immediately.

Phase	Decision to verify	Owner
Before	Care, contacts, supplies, transport and triggers	Record yours
First hours	Immediate hazards and necessary support	Record yours
By first day	Can essential living conditions continue safely?	Record yours

FIELD GUIDE

Days two through ninety: reassess, don't endure

Long disruptions expose dependencies that a short drill may miss: medication refills, waste collection, caregiver fatigue, seasonal weather, income and transport. A stable day does not guarantee the next one. Keep the ability to change location and seek help.

Days 2–7

Replace guesses with safe observations. Record usable water, meal preparation needs, charging and consumables. Confirm actual resupply services before traveling. A rumored distribution point or old opening time is not dependable availability.

Protect rest and share tasks. One person should not be the only caregiver, equipment operator and information source. Keep a short handoff record so another authorized adult can act without reconstructing the whole week.

Weeks 2–4

Review the complete service chain. Food quantities may remain adequate while care, sanitation or safe shelter becomes unreliable. Conservation should reduce waste and optional demand, not necessary water, food or treatment.

Check whether the original assumptions still match the people, climate and supplies. Use Worksheet 12 to record current usable quantities and the next action. A coverage number is useful only when its units and assumptions are clear.

Months 2–3

Do not treat day ninety as a finish line worth unsafe exposure. Confirm long-term care, transport, financial access and the reliability of replacement services. When the arrangement requires hazardous storage or repeated travel through dangerous conditions, change it.

Keep essential information and departure supplies ready until recovery is dependable. Maintain dignity and sustainable routines. A plan that supports early relocation has worked even if many stored supplies remain. The phased review below gives useful questions without pretending to predict the exact course of an emergency.

Phase	What changes the decision?
Days 2–7	Observed consumption, actual services and caregiver capacity.
Weeks 2–4	Refills, waste collection, care, transport and weather.
Months 2–3	Sustainable support or a safer alternate location.

WORKSHEET 12 / PRINT OR COMPLETE LOCALLY

Weekly supply tracking

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

For each row, use matching quantity and daily-use units. Coverage is arithmetic; it does not establish safe adequacy. Duplicate this page for additional resources.

Week / date	Resource + unit	Usable amount	Current daily use	Coverage / next action
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

Change requiring immediate review

Resupply / relocation threshold

FIELD GUIDE

Recover through separate service checks

Restored electricity is progress, not permission to use every appliance or reoccupy every room. Follow current return and access instructions. Damaged structures, suspected gas, downed lines, wet electrical equipment and sewage contamination require appropriate professional assessment.

Re-entry and utilities

Return only when authorities permit and travel is safe. Observe from a safe position and avoid entering damaged areas to retrieve property. Never operate electrical equipment while wet or standing in water. Qualified utility and electrical work remains necessary when equipment has been damaged.

Confirm drinking-water and wastewater instructions separately. Flow from a faucet does not prove safety, and a draining toilet does not establish downstream service. Private wells and septic systems can need assessment after flooding. Do not use household boiling as a remedy for chemical contamination.

Food, medicine and cleanup

Evaluate food according to temperature history and contamination guidance; do not taste it. Contact the pharmacist or clinician for exact medication storage concerns and care continuity. Do not apply food rules to medicines or change treatment without appropriate advice.

Distinguish ordinary tidying from mold, sewage, chemical or structural cleanup. Follow professional and public-health guidance, cleaning labels and protective requirements. Never mix cleaners. Some people should avoid contaminated cleanup areas entirely.

Document, replenish and improve

Keep safe records of losses and actual expenses for the relevant provider; assistance and reimbursement are not guaranteed. Verify repair offers independently and protect account information. Do not enter unsafe property for photographs.

Replace used supplies within the household budget and inspect what remains. Correct the storage, access or communication problem that made a task difficult. Use Worksheet 13 to assign a small number of improvements with owners and review dates. Include the people who used the plan and focus on systems, not blame.

Separate the recovery checks
Occupancy, electricity, water, wastewater, food and medical continuity each need an appropriate answer. Do not mark them all complete because one service returns.

WORKSHEET 13 / PRINT OR COMPLETE LOCALLY

Recovery and replenishment

Use the preceding guidance. Record current facts, state assumptions and keep sensitive details private.

Household / prepared by

Date / next review

Service / item	Verification needed	Source / owner	Action / review

One thing to preserve

One improvement before the next event

FIELD GUIDE

Your plan is ready when someone else can use it

A useful plan can be found, understood and handed off. Review the completed worksheets with the people who use them and protect private attachments. Confirm the next decision, not just the amount of equipment stored.

Complete the readiness review

Can another authorized adult locate contacts, identify the first essential dependency and explain when the household leaves? Can intended users reach water, lights, care information and exits without unsafe lifting or obstacles? Are transport and receiving arrangements real rather than assumed?

Check every calculated total against its units and assumptions. Water volume does not establish safe storage or treatment. Watt-hours do not establish device compatibility. A food-serving count does not establish a complete diet. A budget estimate does not guarantee availability or reimbursement.

Choose the next three actions

Select one immediate correction, one question requiring a responsible professional or authority, and one scheduled review. Assign owners and dates. Avoid turning the review into another long shopping list before existing access and service gaps are resolved.

Keep the plan current after a move, household change, new care need, different equipment or a practice session. Remove obsolete copies securely. A simpler current record is more useful than a detailed outdated binder.

Continue learning

Use the 90-Day Survival & Preparedness hub for the six-pillar article library, water and power calculators and planning downloads. Future lessons become readable links only after publication. The Education Hub and Resource Library provide additional responsible preparedness learning.

Preparation should reduce fear by increasing clarity, capability and options. It does not require remaining home at any cost. Protect people, verify the source, know your limits and move early when safer conditions are needed.

Get Your Weight Up!

Immediate correction + owner

Professional/authority question

Scheduled review: date, responsible person and changes that trigger an earlier check

Continue at the 90-Day Survival & Preparedness hub →

PRIMARY GUIDANCE / REVIEWED NOVEMBER 2026

Sources and further learning

Use the current version and local instructions. Guidance can change; a national page does not resolve every household situation. Click a title to open its official source. No agency endorsement is implied.

CDC — Emergency water supply
Water quantity starting guidance and suitable storage.

CDC — Make water safe
Method limits, boiling and current disinfection tables.

FDA — Food and water during outages
Cold storage and food decisions.

USDA FSIS — Shelf-stable food
Pantry condition, handling and storage.

CDC — Power outage safety
Carbon monoxide and household hazards.

USFA / FEMA — Severe weather fire safety
Generator and fire-prevention context.

FDA — Safe medicine after disasters
Exact medication storage and professional advice.

FDA — Medical-device emergencies
Continuity, moisture, supply and power risks.

CDC — Emergency hygiene
Handwashing and sanitizer limitations.

EPA — Septic systems after flooding
Wastewater limits and qualified assistance.

CDC — Heat-related illness
Recognition and urgent help.

CDC — Winter storm safety
Cold exposure and safe shelter.

NOAA / NWS — Weather radio receivers
Reception, setup and backup power.

FCC — Personal radio services rules
Different services and operating obligations.

FDIC — Disaster advice for consumers
Records, payments and provider contact.

CDC — Returning home safely
Re-entry, cleanup and separate service checks.

CISA — De-escalation action guide
Safety, distance, reporting and trained-role limits.

NOAA / NWS — Flood safety
Evacuation, closures and avoiding floodwater.

More responsible planning: 90-Day Survival & Preparedness hub • Education Hub • Resource Library