



BePrepared

AI-powered preparedness, tailored to your family.

FAMILY PREPAREDNESS PLAN

BeReady Plan — Home

Home — 100 Main St, Millburn, NJ 07041



HOUSEHOLD

Susan • F • 71

Frank • M • 74

SCENARIOS

Grid Down Emp Cyber

Attack • Cbrn • Pandemic

PLAN DURATION

1-year plan

CONTENTS

What's inside.

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CHAPTER 01

Your Household

The people every recommendation in this plan is calibrated for.

FROM BRIAN

This is not a checklist.

This book is not a checklist. A checklist would be easier to write and easier to read, but it would be the wrong tool. A checklist tells you what to get. This book tells you how to think.

You did not need to read a book about preparedness to care about your family. You already care about your family. That is not in question. What this book is about is translating that care into something concrete and durable, built in the calm before any clock starts, so that the people you love are on the right side of the gap when something goes wrong.

— Brian Burke · *Be Prepared, How to Use This Book*

YOUR HOUSEHOLD

The people this plan is for.

Every recommendation in the pages that follow is calibrated to these specific family members — their ages, medical needs, locations, and how to reach each other when it counts.

**Susan**

HOUSEHOLD MEMBER

Age 71 · F

MEDICAL

Diabetes mellitus

**Frank**

HOUSEHOLD MEMBER

Age 74 · M

MEDICAL

Kidney transplant recipient

POWER-DEPENDENT DEVICES

home dialysis

CHAPTER 02

Your First 72 Hours

How your household moves through the window most disasters resolve, escalate, or stabilize inside.

YOUR 72 HOURS

The first three days, **handled.**

Most disasters resolve, escalate, or stabilize inside the first 72 hours. Here's how your household moves through that window — calmly, deliberately, together.

YOUR 72 HOURS

Calm. Prepared. **Ready.**

A 1-year plan plan, calibrated for Grid Down Emp Cyber Attack · Cbrn · Pandemic.

HOURL 1

Account for the household. Confirm your meeting point. Switch to backup power if needed.

HOURL 12

Stabilize. Top off water and food. Listen for official guidance. Comfort the kids.

HOURL 24

Reassess. Check in with your out-of-state contact. Decide: shelter or evacuate.

DAY 3

Resilience. Rotate supplies, share updates with family, and start the recovery checklist.

CHAPTER 03

Profile and Risk Frame

The household, address, pillar coverage, and risk signals that shape every following recommendation.

PROFILE

What this plan is built around.

Your household, your address, and the specific risks and resources that shaped every recommendation that follows.

HOUSEHOLD AT A GLANCE

Who this plan is for.

Your household at 100 Main St in Millburn, NJ, is made up of two adults: Susan (71) and Frank (74). Both have significant medical needs—Susan manages diabetes, and Frank is a kidney transplant recipient who requires home dialysis. With a one-year planning horizon, your plan is built for extended disruptions. You rely on municipal water (NJ AMERICAN WATER - SHORT HILLS, currently under EPA violation) and electricity from JERSEY CENTRAL POWER & LT CO, with no backup power yet in place. This plan is tailored for medical resilience, long-term power, water, and food security, and rapid adaptation across grid-down, CBRN, and pandemic scenarios.

BEAWARE INTELLIGENCE

Specifically your address.

We were able to use your BeAware Report's exact location to help build your BeReady plan. Your electric utility is JERSEY CENTRAL POWER & LT CO, and your water is supplied by NJ AMERICAN WATER - SHORT HILLS, which is currently under an active EPA violation. Three FEMA disaster declarations (all hurricanes) have impacted your county, and Hurricane Ida in 2021 caused five local deaths due to flash flooding. Your flood risk is classified as Zone X (minimal to moderate), but infrastructure vulnerabilities—especially to water quality—are present. The nearest hospital, Overlook Medical Center, is 2.6 miles away, and the Millburn Fire Department is just 0.4 miles from your home, providing local emergency response capability. The one-year planning horizon reflects that grid-down or EMP recovery may take months or longer. Emergency response may be limited in extended events, especially since the most severe local event, Hurricane Ida, caused significant

regional disruption. This plan addresses the need for robust backup power, water purification, and communication systems, given your utilities' vulnerabilities and the potential for isolation during disasters.

PILLAR COVERAGE

Twelve pillars. Where you stand.

Every preparedness plan rests on twelve foundational areas. This is yours, with each pillar marked covered, partial, or gap — plus the next move where it counts.

Pillar coverage map not yet computed for this plan.

THE THREE PS

The questions never change. The answers always do.

Three questions. Three Ps. Prepare, Protect, Provide. You ask them in order. You answer them with the information you have. Then you ask them again, because the situation has evolved, the phase has advanced, and the answers that were right an hour ago may not be right now.

The questions never change. The answers always do.

The Three Ps give you a decision architecture you can build in the calm, practice in the calm, and execute in the chaos. Frameworks survive. Checklists get lost or become irrelevant.

— Brian Burke · Be Prepared, Chapter 5.5

RISKS & FRAME

Critical signals and the frame to act on them.

THE DEPENDENCY CHAIN

They are not parallel. They are linked.

The eight outcomes are not parallel. They are not eight equal items on a list that you can address in any order you choose. They form a sequence. They are linked. And the sequence is not arbitrary.

If you have limited resources and limited time, start at the beginning of the chain. Solve the first link as completely as you can before moving to the second. You will get more protection per unit of effort than if you spread your preparation evenly across all eight outcomes simultaneously, because the earlier links enable the later ones.

— Brian Burke · Be Prepared, Chapter 4.3

CRITICAL FLAGS

No critical flags fired for this household. Your foundations are sound — the rest of this plan is about deepening the readiness you already have.

SPECIAL POPULATIONS

ELDERLY MEMBER

Both members are over 70, increasing vulnerability to heat, cold, and medical disruptions. Extended outages raise risks for chronic conditions and mobility.

MEDICAL DEPENDENCY

Frank requires home dialysis, making reliable backup power and water essential. Any power or water failure is immediately life-threatening.

SURVIVAL RULE OF 3-3-3

You can survive 3 minutes without air, 3 hours without shelter in harsh conditions, 3 days without water, and 3 weeks without food.

For your household, power and water are immediate priorities due to Frank's dialysis. This plan ensures you can maintain critical needs well beyond the three-day mark.

SCENARIOS & DURATION

Your plan covers three scenarios: Grid Down / EMP, CBRN (Chemical, Biological, Radiological, or Nuclear event), and Pandemic. Each scenario brings different risks, but all require long-term self-sufficiency. The one-year planning horizon reflects the reality that recovery from a grid-down or EMP event may take months or longer. Peak risk months for these scenarios in your region include May, July, June, August, January, October, December, February, and September. This extended duration shapes every preparedness action, from food and water storage to medical supply depth and backup power. The plan is designed to support both shelter-in-place and rapid evacuation, with special consideration for Frank's dialysis needs and both members' medical requirements.

This plan addresses your household's most urgent risks by focusing first on Frank's dialysis power needs and the vulnerabilities in your utilities. You'll find a clear summary of your household's configuration, followed by a step-by-step sequence of actions for each phase of emergency—from preparation (Phase 0, Preparation) through extended isolation and recovery. Location intelligence, including utility vulnerabilities and proximity to

emergency services, is woven throughout. The plan also includes curated reading and kit recommendations tailored to your selected scenarios and one-year duration, ensuring your preparedness is both comprehensive and specific to your needs.

PHASE ZERO — THE BUILD WINDOW

Outputs you built in the calm. Used in every phase that follows.

THREE-TIER SHELTER HIERARCHY

Three places to be — pre-decided in Phase Zero so the decision does not have to be made under pressure.

PRIMARY HOME

Single-family house in Millburn with municipal utilities and ground-level access.

CONTACT

Not yet named.

COMMUNITY CENTER

Community center two blocks south, accessible within 5 minutes by car or on foot.

CONTACT

Not yet named.

**RELATIVE'S HOUSE
INLAND**

Relative's home 80 miles inland, west of the coastal flood zone.

CONTACT

Not yet named.

WHO OWNS THIS PLAN**ANNUAL AUDIT**

Review every January 1.

HOW FULLY BUILT YOUR PLAN IS — HONEST GAP

Foundational

CHAPTER 04

Your Plan

Six phases. Cascading rules. The exact actions, by phase, that turn readiness into a household routine.

PHASE

Preparation

PRIMARY CONFLICT · LACK OF READINESS FOR MEDICAL AND INFRASTRUCTURE FAILURE: MUST BUILD BACKUP SYSTEMS AND SECURE SUPPLIES BEFORE ANY EVENT OCCURS.

All critical systems must be ready before an event. Power is prioritized for Frank's dialysis, followed by water, food, and communication.

ON PHASE 0

The only phase where you are not under pressure.

This is where you are right now. No clock has started. No emergency has been announced. You are sitting in your house, or your car, or wherever you are reading these pages, and the lights are on and the water runs from the tap and the phone works and the store is open and everything is normal. This is Phase Zero: Readiness.

What I want to give you is a different relationship with Phase Zero. Not urgency based on fear. Just the quiet understanding that this is the only phase where you are not under pressure. Everything you build here, the plan, the supplies, the skills, the family agreements, the tribe, the communication protocols, all of it is built in the calm. That calm is not guaranteed to last. Use it.

— Brian Burke · Be Prepared, Chapter 6.1

CONSUMPTION MODEL

The math behind the plan. Per-person, per-day, then scaled to your household and target duration.

PER PERSON, PER DAY

Water	1.5 gal / day
Food	2,000 kcal / day
Sanitation	basic kit
Fuel	as needed
Batteries	AA/AAA by device

HOUSEHOLD TOTAL · 365 DAYS

Water	1,095 gallons
Food	730,000 kcal

RATIONING RULE

Sized for 365 days at the Rationing Rule: one year of consumables for a one-year-picked household.

PREPARE

1. Unpack and charge all solar power stations and battery backups to 100% while grid power is available.
2. Test solar panels by connecting them to the power station and confirming charge.
3. Fill all water storage containers and add water preserver drops for long-term storage.
4. Unbox, assemble, and test all emergency radios; store batteries separately to prevent corrosion.
5. Apply for an FCC GMRS license for your radios and practice basic operation.
6. Unpack and test-fit all CBRN protective gear (do not break filter seals).
7. Run a refrigerator power-down drill to practice managing perishables without electricity.
8. Opt-in to the gear rotation schedule for monitoring shelf life of medications and consumables.

PROTECT

1. Store backup medical supplies and refrigerated medications in a cool, dry location.

2. Document power requirements for Frank's dialysis device and confirm compatibility with backup power systems.

PROVIDE

1. Stock a one-year supply of shelf-stable food and water, with dietary needs for diabetes and post-transplant considered.
2. Maintain a written household inventory of all critical supplies and backup systems.

THREE MANDATORY KNOWNS

1. Frank's home dialysis is your household's single point of failure: backup power is non-negotiable. 2. Your municipal water utility (NJ AMERICAN WATER - SHORT HILLS) has an active EPA violation; water storage and purification are critical. 3. With no backup power in place and a year-long planning horizon, you must build redundancy into every system before an event occurs.

PHASE

Golden Time Frame

PRIMARY CONFLICT · TIME PRESSURE TO SECURE LAST RESOURCES AND ACTIVATE BACKUP SYSTEMS BEFORE GRID FAILURE OR CONTAMINATION OCCURS.

When an event is imminent, all staged resources must be activated before utilities or infrastructure degrade.

ON PHASE 1

Whatever you are going to get, you need to get it now.

The clock has started. You have learned about the emergency. Phase One begins now. The primary conflict in Phase One is time. The window to acquire and secure resources is closing. Whatever you are going to get, you need to get it now.

Now comes the Top-Off Rule. Before any event, before impact arrives, you fill every reservoir to capacity. Everything that can be charged, you charge. Everything that can be filled, you fill. You are standing at the start of a very long road with no gas stations ahead. Fill up now.

— Brian Burke · Be Prepared, Chapter 6.2

| PREPARE

1. Top off all battery-powered devices and radios while grid power is still active.
2. Stage solar panels and battery banks for immediate use as soon as the grid fails.
3. Retrieve gas cans from storage and stage for generator deployment if applicable.
4. Unfold and fill the WaterBob bathtub bladder while municipal water pressure is still active.
5. Review and stage go-bags and essential documents for potential evacuation.

6. Review emergency communication plan and confirm all household members know the protocol.
7. Prepare to seal rooms with plastic sheeting and duct tape if CBRN threat is present.

| PROTECT

1. Secure all backup power equipment and water supplies inside the home.
2. Verify all emergency radios are charged and tuned to local emergency frequencies.

| PROVIDE

1. Transfer pre-frozen water containers from the freezer to the fridge to maintain cold for perishables and medications.
2. Ensure all critical medical devices are ready for off-grid operation.

GOLDEN TIME FRAME

The Golden Time Frame is the window between when you learn of an emergency and when it begins to have impact. For grid-down and CBRN scenarios, this may be a matter of hours to a day. In this period, you must secure water, power, and communication before infrastructure degrades. For example, during Hurricane Ida, local power and water utilities in Essex County failed rapidly, underscoring the need to fill water storage and top off batteries before the grid goes down.

WATER MATH

Water needs are calculated at 1.5 gallons per person per day for drinking, cooking, and basic sanitation. For a two-person household over one year, this totals 1,095 gallons. Storage must be distributed across containers, and water preserver drops should be used for long-term safety. Rotate stored water every 6–12 months and maintain purification options if municipal supply becomes unsafe.

The 4-Hour Refrigerator Cycle

Run the generator half the time. Double the effective life of your fuel.

A properly stocked refrigerator holds safe temperature for about four hours after the power goes off.

1. Run the generator until the refrigerator returns to temperature.
2. Shut it down.
3. Wait four hours.
4. Bring it back up to temperature.
5. Overnight, swap in frozen water containers from your freezer so the refrigerator holds temperature without power.

From Be Prepared §9.4.6 · The 4-Hour Refrigerator Cycle.

PHASE

Event Underway: First 3 Days

PRIMARY CONFLICT · OPERATING WITHOUT GRID POWER OR SAFE MUNICIPAL WATER WHILE COMMUNITY NORMS ARE STILL HOLDING BUT STRESS IS RISING.

Rely on secured supplies and backup systems; begin preparing invisibility measures but do not implement them yet.

ON PHASE 2

Become invisible.

By Day Three, the situation around you has changed significantly. The primary conflict in Phase Two is not time anymore. It is your community.

By Day Three, your household must become invisible. The goal of Phase Two is not to suffer. Not to go without. To maintain everything you need while eliminating every signal that reveals you have it.

— Brian Burke · Be Prepared, Chapter 6.3

| PREPARE

1. Switch to using battery banks and solar power for critical devices, especially home dialysis equipment.
2. Ration water and food supplies based on long-term needs; monitor consumption closely.
3. Deploy hand-crank or solar radios for emergency broadcasts and family communication.
4. Prepare to implement invisibility protocol as community tensions rise.
5. Maintain strict sanitation and hygiene routines to prevent illness.

6. Monitor for official updates on evacuation or shelter-in-place orders using emergency radios.
7. Keep CBRN protective gear accessible in case of sudden contamination event.

PROTECT

1. Secure all entry points and maintain a low profile while observing neighborhood activity.
2. Avoid visible signs of resource abundance such as running generators or outdoor cooking.

PROVIDE

1. Maintain dialysis and medication schedules for Frank using backup power.
2. Use stored water for drinking and sanitation; when flushing is no longer possible, switch to waste management protocol with sealed containers and designated disposal.

INVISIBILITY PROTOCOL

The neighborhood is restless but holding. Ready your invisibility measures now so you can go dark the moment it turns, but do not begin yet. Stage blackout coverings, plan the switch from gas generator to quiet solar, and note the five signals (lighting, cooking smell, audible generator, visible food prep, and traffic in/out) that you will need to suppress if community stress escalates. Do not act on these yet; preparation now enables a seamless transition if the situation worsens.

Before you turn on an outdoor light

1. Do I have enough resources to share with whoever this light attracts?
2. Do I have enough deterrence to turn away whoever this light attracts if they are threatening?

RESOURCES YES · DETERRENCE YES

Turn it on. You are signaling occupied deterrence.

RESOURCES YES · DETERRENCE NO

Turn it on. You are signaling welcome.

RESOURCES NO · DETERRENCE YES

Light stays off. You cannot back the signal.

RESOURCES NO · DETERRENCE NO

Light stays off.

This is not a complicated decision tree. It is two questions. They have to be answered honestly, not optimistically.

From Be Prepared §9.8.3 · The Outdoor Lighting Decision.

The Day 3 Decision

By Day 3 of any significant disruption, I am reading the environment for resolution signals.

Utility crews visible in the neighborhood: that is a signal. National news coverage showing organized government response: that is a signal. Both present together suggest a trajectory toward recovery, and I hold at current preparation level.

Regardless of what the resolution signals say, I go dark. This is not a response to the assessment. It is a default. The risk of visibility — of others knowing what you have — exceeds the cost of invisibility in any disruption scenario. You are not being antisocial. You are being prudent.

From Be Prepared, Chapter 12 · The Day 3 Decision.

PHASE

Sustained Event: Day 4 to Day 7

PRIMARY CONFLICT · COMMUNITY DESPERATION PEAKS AND RESOURCE SECURITY BECOMES CRITICAL: MUST FULLY IMPLEMENT INVISIBILITY PROTOCOL AND ADAPT TO DEEPER SHORTAGES.

Go fully dark: suppress all signals that reveal your resources; rely only on internal supplies and analog systems.

ON PHASE 3

Hold the plan.

By Week One, the emergency has matured. You have executed your immediate response. You have gone dark. Your household is stable. Now the question changes.

Holding the plan under those conditions requires something that does not come from supplies or skills. It requires the conviction that the plan is right, that the people around you trust each other, and that the structure you built in Phase Zero is worth maintaining even when it is uncomfortable.

— Brian Burke · Be Prepared, Chapter 6.4

PREPARE

1. Begin full implementation of invisibility protocol: eliminate visible light, sound, and food/smoke signals from the home.
2. Use only manual, non-electric tools and analog devices for daily needs.
3. Rotate use of stored water and food to prevent spoilage; continue rationing.
4. Rely on physical maps and written communication as digital systems remain down.

5. Keep all CBRN gear staged for rapid deployment if threat increases.
6. Reinforce home security measures and maintain low profile to avoid drawing attention.

PROTECT

1. Switch from gas generator to quiet solar or battery power to reduce audible signals.
2. Limit movement in and out of the home; vary routines and avoid patterns.

PROVIDE

1. Continue dialysis and medication schedules for Frank using backup power.
2. Use waste management protocol exclusively; no toilet flushing unless water is abundant.

INVISIBILITY PROTOCOL

At this stage, you must ACTUALLY go dark. Suppress all five signals (lighting, cooking smell, audible generator, visible food prep, and traffic in/out) to avoid drawing attention to your resources. Make the switch from any noisy generator to quiet solar or battery power, and conduct all cooking and living activities in the most interior rooms. Hold to the pre-planned tribe rule: only those already in your plan remain inside. This is the peak of community stress; discipline is your best defense.

PHASE

Extended Duration: Beyond 1 Week

PRIMARY CONFLICT · SUSTAINING THE HOUSEHOLD AS OUTSIDE HELP REMAINS UNAVAILABLE AND PSYCHOLOGICAL WEIGHT INCREASES.

Hold to rationing and internal routines; adapt to long-term isolation and maintain morale.

PREPARE

1. Sustain strict rationing of water, food, and medical supplies as outside help remains unavailable.
2. Transition to longer-term solutions for hygiene and waste management.
3. Maintain daily routines and morale strategies to support household mental health.
4. Continue to monitor for external updates via radio and community observation.

PROTECT

1. Secure waste and refuse to prevent sanitation hazards and pests.
2. Limit contact with outsiders to reduce exposure risk and resource depletion.

PROVIDE

1. Continue essential medical care and monitor health status for both members.
2. Rotate and inspect stored food and water for spoilage or contamination.

PHASE

Rebuilding

PRIMARY CONFLICT · TRANSITIONING FROM SURVIVAL MODE TO RECOVERY AND REBUILDING AFTER EXTENDED ISOLATION OR INFRASTRUCTURE LOSS.

Assess remaining resources, reconnect with community, and begin rebuilding routines and support networks.

PREPARE

1. Assess remaining resources and begin planning for recovery and rebuilding.
2. Reconnect with neighbors to form mutual aid networks and share information.

PROTECT

1. Document any damages and losses for insurance and aid applications.
2. Continue to safeguard critical medical devices and supplies until normalcy returns.

PROVIDE

1. Seek resupply of medications and medical support as soon as possible.
2. Resume normal routines and update preparedness plans based on lessons learned.

CHAPTER 05

What to Read Next

Curated reading by scenario and outcome. Required first, suggested when there is time, additional for depth.

ARTICLES

What to read next.

Curated reading for each scenario and outcome you selected. Required first; suggested when you have time; additional for the deepest cut.

Grid Down / Electromagnetic Pulse

COMMS / INTERNET DOWN

REQUIRED READING

LoRa vs Meshtastic vs Ham Radio: Which Emergency Communication System Is Right for You?

With the grid and internet down, comparing backup communication systems ensures you can still reach loved ones or get help, even when cell towers are out.

</learn/articles/lora-vs-meshtastic-vs-ham-radio-which-emergency-communication-system-is-right-for-you>

SUGGESTED

Alternative Communication Networks When Cell Towers Fail: Meshtastic, LoRa, and Emergency Radio Systems

Understanding alternative communication networks like Meshtastic, LoRa, and ham radio gives your household options to stay connected when conventional networks fail.

</learn/articles/alternative-communication-networks-when-cell-towers-fail-meshtastic-lora-and-emergency-radio-systems>

ADDITIONAL**EMP-Proof Communication Systems**

Learning about EMP-proof communication systems helps you choose tools that will keep working even if modern electronics are disabled by a major event.

</learn/articles/emp-proof-communication-systems>

NO CLEAN WATER**REQUIRED READING****Water Storage and Purification Without Power**

Storing and purifying water without power is essential since municipal supplies can stop quickly, and your household needs a simple, reliable way to stay hydrated and healthy.

</learn/articles/water-storage-and-purification-without-power>

SUGGESTED**Life Without Electricity: First 30 Days After an EMP**

Knowing what to do in the first 30 days after an EMP helps avoid common mistakes and ensures your water needs are met during prolonged outages.

</learn/articles/life-without-electricity-first-30-days-after-an-emp>

ADDITIONAL**Medicine Storage Guide for Emergencies**

Proper medicine storage is crucial if you rely on medications, as heat and humidity can shorten shelf life in an emergency without power or climate control.

</learn/articles/medicine-storage-guide-for-emergencies>

POWER GRID FAILURE

REQUIRED READING**Life Without Electricity: First 30 Days After an EMP**

A step-by-step survival guide for the first month without power helps you prioritize what matters most and avoid critical errors in a grid-down scenario.

</learn/articles/life-without-electricity-first-30-days-after-an-emp>

SUGGESTED**Non-Electric Alternatives for Daily Life**

Manual alternatives for daily tasks keep your household running smoothly when electricity is unavailable, reducing stress and maintaining comfort.

</learn/articles/non-electric-alternatives-for-daily-life>

ADDITIONAL**Setting Up an EMP-Protected Solar Power System**

EMP-protecting your solar power system safeguards your investment and ensures you have a backup energy source if the grid is knocked out by an EMP.

</learn/articles/setting-up-an-emp-protected-solar-power-system>

FOOD SHORTAGES**REQUIRED READING****EMP-Safe Food Storage Systems: Complete Guide**

EMP-safe food storage systems ensure your food supply remains usable and safe even if electronics and refrigeration fail, protecting your household against sudden shortages.

</learn/articles/emp-safe-food-storage-systems-complete-guide>

SUGGESTED**Financial Crisis Food Storage: Complete Pantry Planning Guide**

A practical pantry planning guide helps you build up food reserves for months, providing peace of mind without the need for expensive survival gear.

</learn/articles/financial-crisis-food-storage-complete-pantry-planning-guide>

ADDITIONAL**Complete Guide to Long-Term Food Security**

Understanding long-term food security lets you accurately calculate and plan for your family's needs, ensuring you're prepared for both short and extended disruptions.

</learn/articles/complete-guide-to-long-term-food-security>

CRIME / PERSONAL SAFETY**REQUIRED READING****Neighborhood Security Planning for Economic Crisis**

Neighborhood security planning helps you coordinate with neighbors and reduce your risk of property crime, which often rises during crises.

</learn/articles/neighborhood-security-planning-for-economic-crisis>

SUGGESTED**Complete Guide to Home Security During Civil Unrest**

Comprehensive home security strategies address vulnerabilities that are often overlooked, making your home a less likely target during unrest.

</learn/articles/complete-guide-to-home-security-during-civil-unrest-2>

ADDITIONAL**EMP Survival Guide: Essential Steps to Protect Your Family**

Learning EMP-specific family protection steps ensures you're prepared for unique threats to safety and electronics in a grid-down scenario.

</learn/articles/emp-survival-guide-essential-steps-to-protect-your-family>

NO MEDICAL ACCESS**REQUIRED READING****Pandemic Home Medical Supply Calculator**

A medical supply calculator ensures you have enough critical medications and first aid supplies on hand, especially important if you have ongoing medical needs and pharmacies are closed.

</learn/articles/pandemic-home-medical-supply-calculator>

SUGGESTED**Medicine Storage Guide for Emergencies**

Proper emergency medicine storage keeps your essential drugs effective for longer, even when you lose power or temperature control.

</learn/articles/medicine-storage-guide-for-emergencies>

ADDITIONAL**How to Create a Pandemic Communication Plan**

A communication plan for health crises ensures you can coordinate with others or get help when phones are down, which is vital if you have medical concerns.

</learn/articles/how-to-create-a-pandemic-communication-plan>

EVACUATE QUICKLY

REQUIRED READING**Quick Evacuation Planning for Civil Unrest**

Quick evacuation planning gives you a clear framework to leave safely and efficiently if civil unrest or danger arises near your home.

</learn/articles/quick-evacuation-planning-for-civil-unrest>

SUGGESTED**Forest Fire Escape Routes: How to Get Out When Wildfire Surrounds You**

Understanding wildfire escape routes helps you recognize warning signs and act quickly, which is useful for any fast-moving local threat.

</learn/articles/forest-fire-escape-routes-how-to-get-out-when-wildfire-surrounds-you>

ADDITIONAL**EMP Survival Guide: Essential Steps to Protect Your Family**

EMP-specific survival steps help you prioritize what to take and how to stay safe if you must leave during a major power or electronics outage.

</learn/articles/emp-survival-guide-essential-steps-to-protect-your-family>

NO FUEL / TRANSPORT**REQUIRED READING****Crisis Transportation Plan: When Fuel Becomes Scarce**

A transportation plan prepares your household for fuel shortages, ensuring you have reliable backup mobility options if cars and gas stations are unavailable.

</learn/articles/crisis-transportation-plan-when-fuel-becomes-scarce>

SUGGESTED**Urban Transportation During Civil Unrest**

Knowing how urban transportation is disrupted during unrest helps you plan alternate routes and avoid getting stranded in a crisis.

</learn/articles/urban-transportation-during-civil-unrest>

ADDITIONAL**Water Storage and Purification Without Power**

Water storage and purification skills remain critical if you're traveling or need to relocate, as access to clean water can quickly become a challenge.

</learn/articles/water-storage-and-purification-without-power>

SHELTER IN PLACE**REQUIRED READING****Complete Home Quarantine Preparedness Guide**

A home quarantine guide helps you set up effective isolation protocols, which is especially important if you have medical needs or need to stay put for safety.

</learn/articles/complete-home-quarantine-preparedness-guide>

SUGGESTED**Mental Health During Extended Quarantine**

Mental health strategies for extended quarantine help you and your household stay resilient and positive during longer periods of isolation.

</learn/articles/mental-health-during-extended-quarantine-2>

ADDITIONAL**How to Set Up a Home Medical Quarantine Room**

Setting up a dedicated medical quarantine room ensures you can care for sick members safely and prevent illness from spreading within your household.

</learn/articles/how-to-set-up-a-home-medical-quarantine-room>

Chemical Biologic Radioactive or Nuclear Event

COMMS / INTERNET DOWN

REQUIRED READING**Communication Plans for Nuclear Emergencies**

A nuclear emergency communication plan ensures your family can stay informed and connected even when cell networks are down or overloaded.

</learn/articles/communication-plans-for-nuclear-emergencies>

SUGGESTED**LoRa vs Meshtastic vs Ham Radio: Which Emergency Communication System Is Right for You?**

Exploring backup communication systems gives you practical alternatives for staying in touch during any major infrastructure failure.

</learn/articles/lora-vs-meshtastic-vs-ham-radio-which-emergency-communication-system-is-right-for-you>

ADDITIONAL**Alternative Communication Networks When Cell Towers Fail: Meshtastic, LoRa, and Emergency Radio Systems**

Comparing alternative networks like Meshtastic and LoRa provides additional options to maintain communication when conventional systems are unavailable.

</learn/articles/alternative-communication-networks-when-cell-towers-fail-meshtastic-lora-and-emergency-radio-systems>

NO CLEAN WATER**REQUIRED READING****Complete Water Security Guide: Protecting Your Family from Contamination Threats**

A comprehensive water security guide helps you protect your family from contamination threats that can last much longer than typical outages, ensuring safe water for weeks.

</learn/articles/complete-water-security-guide-protecting-your-family-from-contamination-threats>

SUGGESTED**Nuclear Emergency Water Purification Methods Compared**

Comparing nuclear emergency water purification methods ensures you choose solutions that effectively remove radioactive contaminants, not just common impurities.

</learn/articles/nuclear-emergency-water-purification-methods-compared>

ADDITIONAL**Emergency Water Storage Guide**

An emergency water storage guide shows you exactly how much water to store and the best methods, helping your household stay prepared for any length of disruption.

</learn/articles/emergency-water-storage-guide>

POWER GRID FAILURE

REQUIRED READING**Setting Up an EMP-Protected Solar Power System**

Setting up an EMP-protected solar power system gives your home a resilient backup energy source, even if a nuclear event disables the grid.

</learn/articles/setting-up-an-emp-protected-solar-power-system>

SUGGESTED**Complete Power Outage Survival Guide**

A power outage survival guide helps you focus on what truly matters for comfort and safety during any blackout, short or extended.

</learn/articles/complete-power-outage-survival-guide>

ADDITIONAL**Non-Electric Alternatives for Daily Life**

Manual alternatives for daily life keep your household functioning smoothly when electricity is unavailable, reducing stress and maintaining routines.

</learn/articles/non-electric-alternatives-for-daily-life>

FOOD SHORTAGES**REQUIRED READING****Nuclear Emergency Food Storage: Complete Checklist**

A nuclear emergency food storage checklist ensures you have the right supplies to last through sheltering, with packaging that protects against radiation.

</learn/articles/nuclear-emergency-food-storage-complete-checklist>

SUGGESTED**Financial Crisis Food Storage: Complete Pantry Planning Guide**

A pantry planning guide helps you build up food reserves for months, reducing stress about shortages and keeping meals simple and nutritious.

</learn/articles/financial-crisis-food-storage-complete-pantry-planning-guide>

ADDITIONAL**Complete Guide to Long-Term Food Security**

A long-term food security guide enables you to calculate and plan for your family's needs across different time frames, so you're ready for both short and prolonged disruptions.

</learn/articles/complete-guide-to-long-term-food-security>

CRIME / PERSONAL SAFETY**REQUIRED READING****Neighborhood Security Planning for Economic Crisis**

Neighborhood security planning helps you build a coordinated safety net with neighbors, reducing risk as crime often increases during large-scale emergencies.

</learn/articles/neighborhood-security-planning-for-economic-crisis>

SUGGESTED**Complete Guide to Home Security During Civil Unrest**

Home security guidance addresses vulnerabilities you might not have considered, making your home a less likely target during civil unrest.

</learn/articles/complete-guide-to-home-security-during-civil-unrest-2>

ADDITIONAL**Complete Guide to Community Organization During Civil Unrest**

Community organization tips help you scale up neighborhood protection and maintain order during extended periods of unrest or breakdown.

</learn/articles/complete-guide-to-community-organization-during-civil-unrest>

NO MEDICAL ACCESS**REQUIRED READING****Nuclear Event Medical Supply Checklist**

A nuclear event medical supply checklist ensures you have the specialized supplies needed for both injuries and contamination, which is critical when medical help is far away.

</learn/articles/nuclear-event-medical-supply-checklist>

SUGGESTED**Decontamination Procedures for Nuclear Fallout**

Professional decontamination procedures help you minimize radiation exposure, protecting your health and making your home safer in the aftermath of fallout.

</learn/articles/decontamination-procedures-for-nuclear-fallout>

ADDITIONAL**How to Create a Pandemic Communication Plan**

A communication plan is vital for coordinating with others or reaching help when conventional networks are down, especially if you have medical needs.

</learn/articles/how-to-create-a-pandemic-communication-plan>

EVACUATE QUICKLY

REQUIRED READING**Nuclear Emergency Preparedness: The Complete Home Protection Guide**

A nuclear emergency home protection guide helps you make the right decisions quickly, increasing your safety when every minute counts during evacuation.

</learn/articles/nuclear-emergency-preparedness-the-complete-home-protection-guide>

SUGGESTED**Quick Evacuation Planning for Civil Unrest**

Quick evacuation planning provides a simple framework for leaving safely and efficiently in any crisis, not just nuclear events.

</learn/articles/quick-evacuation-planning-for-civil-unrest>

ADDITIONAL**Forest Fire Escape Routes: How to Get Out When Wildfire Surrounds You**

Understanding wildfire escape routes teaches you to recognize urgent warning signs and act decisively, skills that transfer to any fast-moving threat.

</learn/articles/forest-fire-escape-routes-how-to-get-out-when-wildfire-surrounds-you>

NO FUEL / TRANSPORT**REQUIRED READING****Crisis Transportation Plan: When Fuel Becomes Scarce**

A crisis transportation plan gives you backup mobility options, so you're not stranded if fuel or vehicles are suddenly unavailable during an emergency.

</learn/articles/crisis-transportation-plan-when-fuel-becomes-scarce>

SUGGESTED**Urban Transportation During Civil Unrest**

Knowing how urban transportation can break down during unrest helps you plan alternate routes and avoid being caught off guard.

</learn/articles/urban-transportation-during-civil-unrest>

ADDITIONAL**Complete Winter Vehicle Emergency Guide**

A winter vehicle emergency guide gives you practical steps to stay safe if stranded, which is valuable year-round for any transportation disruption.

</learn/articles/complete-winter-vehicle-emergency-guide>

SHELTER IN PLACE**REQUIRED READING****Nuclear Emergency Preparedness: The Complete Home Protection Guide**

A nuclear emergency protection guide ensures you make the right choices in the critical first moments, dramatically improving your household's ability to shelter safely.

</learn/articles/nuclear-emergency-preparedness-the-complete-home-protection-guide>

SUGGESTED**Nuclear Emergency Food Storage: Complete Checklist**

A nuclear emergency food storage checklist helps you stock the right foods that maximize safety and nutrition while sheltering in place.

</learn/articles/nuclear-emergency-food-storage-complete-checklist>

ADDITIONAL**Complete Water Security Guide: Protecting Your Family from Contamination Threats**

A complete water security guide shows you how to secure enough clean water for extended sheltering, even if contamination or outages last for weeks.

</learn/articles/complete-water-security-guide-protecting-your-family-from-contamination-threats>

Pandemic

COMMS / INTERNET DOWN

REQUIRED READING**EMP-Proof Communication Systems**

EMP-proof communication systems ensure you can stay connected with loved ones and access help, even if modern electronics and networks fail during a pandemic.

</learn/articles/emp-proof-communication-systems>

SUGGESTED**Meshtastic Setup Guide: Building Your First Off-Grid Communication Network**

Setting up a Meshtastic network gives your household a reliable way to communicate locally when cell towers or the internet are down.

</learn/articles/meshtastic-setup-guide-building-your-first-off-grid-communication-network>

ADDITIONAL**Communication Plans for Nuclear Emergencies**

Nuclear emergency communication planning offers additional strategies to keep your household informed and coordinated, no matter the cause of the outage.

</learn/articles/communication-plans-for-nuclear-emergencies>

NO CLEAN WATER

REQUIRED READING

Emergency Water Storage Guide

An emergency water storage guide helps you determine exactly how much water your household needs and the best ways to store it, ensuring you're ready for any disruption.

</learn/articles/emergency-water-storage-guide>

SUGGESTED

Nuclear Emergency Water Purification Methods Compared

Learning about advanced water purification methods prepares you to handle even rare contamination risks, keeping your household safe in any situation.

</learn/articles/nuclear-emergency-water-purification-methods-compared>

ADDITIONAL

Complete Flood Preparedness and Recovery Guide

A flood preparedness guide helps you recognize and respond to water-related hazards, protecting your family from both shortages and sudden flooding events.

</learn/articles/complete-flood-preparedness-and-recovery-guide>

POWER GRID FAILURE

REQUIRED READING

What is an EMP and Why Should Families Care?

Understanding EMPs helps your household anticipate rare but impactful events that could disable essential electronics, so you can make smart choices about backup systems and keep daily life running smoothly.

</learn/articles/what-is-an-emp-and-why-should-families-care>

SUGGESTED**Complete Power Outage Survival Guide**

This guide empowers you to focus on what truly matters during a blackout, ensuring your family stays safe and comfortable with practical, proven steps instead of guesswork or panic.

</learn/articles/complete-power-outage-survival-guide>

ADDITIONAL**EMP-Safe Food Storage Systems: Complete Guide**

Learning about EMP-safe food storage gives you peace of mind that your food reserves will last, even if the power goes out for an extended time, protecting your investment and nutrition.

</learn/articles/emp-safe-food-storage-systems-complete-guide>

FOOD SHORTAGES**REQUIRED READING****Essential Quarantine Food Supply Checklist**

A reliable quarantine food supply means your family can skip the panic and stay comfortable at home, even when store shelves are empty or supply chains are slow.

</learn/articles/essential-quarantine-food-supply-checklist>

SUGGESTED**Complete Guide to Long-Term Food Storage During Pandemics**

Building a long-term food storage plan prepares your household for months of uncertainty, so you can confidently handle disruptions without scrambling for last-minute solutions.

</learn/articles/complete-guide-to-long-term-food-storage-during-pandemics>

ADDITIONAL**Top 10 Food Storage Mistakes to Avoid**

Avoiding common food storage mistakes ensures your emergency supplies stay fresh and effective, saving you money and preventing waste when you need them most.

</learn/articles/top-10-food-storage-mistakes-to-avoid>

CRIME / PERSONAL SAFETY**REQUIRED READING****Complete Guide to Community Organization During Civil Unrest**

Organizing with neighbors boosts household safety during unrest, giving you a practical framework to maintain order and peace if tensions rise in your area.

</learn/articles/complete-guide-to-community-organization-during-civil-unrest>

SUGGESTED**Complete Financial Crisis Survival Guide: Protecting Your Family During Economic Collapse**

Strengthening your financial resilience ahead of time helps you weather disruptions in banking or payments, so your family remains secure and flexible during uncertain times.

</learn/articles/complete-financial-crisis-survival-guide-protecting-your-family-during-economic-collapse>

ADDITIONAL**Top 5 Mistakes When Setting Up Emergency Mesh Networks**

Understanding mesh network pitfalls helps your household maintain reliable communication if traditional networks fail, keeping you connected with loved ones and neighbors.

</learn/articles/top-5-mistakes-when-setting-up-emergency-mesh-networks>

NO MEDICAL ACCESS

REQUIRED READING**Pandemic Home Medical Supply Calculator**

Knowing exactly what medical supplies your household needs means you're ready for health disruptions and can confidently manage care if pharmacies or clinics are unavailable.

</learn/articles/pandemic-home-medical-supply-calculator>

SUGGESTED**How to Set Up a Home Medical Quarantine Room**

Setting up a home quarantine room protects both healthy and sick household members, giving you a clear, actionable plan for keeping everyone safer during outbreaks.

</learn/articles/how-to-set-up-a-home-medical-quarantine-room>

ADDITIONAL**Complete Guide to Personal Crisis Management**

Having a personal crisis management plan empowers your family to face unexpected situations calmly, making it easier to adapt and thrive no matter what comes your way.

</learn/articles/complete-guide-to-personal-crisis-management>

EVACUATE QUICKLY**REQUIRED READING****Complete Flood Preparedness and Recovery Guide**

Being ready for floods means you can act quickly and safely, reducing risks to your family and home when every minute counts.

</learn/articles/complete-flood-preparedness-and-recovery-guide>

SUGGESTED**Complete Earthquake Home Safety Guide**

Earthquake safety tips help you secure your home and prevent injuries, so you can shelter in place or evacuate with confidence if needed.

</learn/articles/complete-earthquake-home-safety-guide>

ADDITIONAL**Complete Home Wildfire Defense Guide**

Wildfire defense strategies give you the tools to protect your home from embers and flames, increasing your chances of a safe evacuation or return.

</learn/articles/complete-home-wildfire-defense-guide>

NO FUEL / TRANSPORT**REQUIRED READING****Complete Winter Vehicle Emergency Guide**

Preparing your vehicle for emergencies ensures you and your loved one can stay safe and comfortable if stranded or unable to travel due to fuel shortages.

</learn/articles/complete-winter-vehicle-emergency-guide>

SUGGESTED**Complete Guide to Long-Term Food Storage During Pandemics**

Long-term food storage knowledge helps you maintain a stable pantry when transportation is disrupted, so your household always has nourishing options without extra trips out.

</learn/articles/complete-guide-to-long-term-food-storage-during-pandemics>

ADDITIONAL

No article matched at this intersection.

SHELTER IN PLACE

REQUIRED READING

Complete Home Quarantine Preparedness Guide

A clear home quarantine plan helps you protect your family's health and maintain daily routines, even if you need to stay indoors for an extended period.

</learn/articles/complete-home-quarantine-preparedness-guide>

SUGGESTED

Mental Health During Extended Quarantine

Understanding mental health strategies for quarantine keeps your household resilient and connected, helping you manage stress and uncertainty over the long haul.

</learn/articles/mental-health-during-extended-quarantine-2>

ADDITIONAL

Essential Quarantine Food Supply Checklist

A solid quarantine food supply means you can focus on well-being and comfort, knowing your household's basic needs are covered without last-minute stress.

</learn/articles/essential-quarantine-food-supply-checklist>

CHAPTER 06

Recommended Kits

Kits matched to your scenarios and outcomes, ranked Best, Better, and Good with pricing as of generation.

KIT RECOMMENDATIONS

Kits matched to your plan.

Each kit below earned its place by scoring against your selected scenarios and outcomes. The match label tells you how close the fit is; the rationale tells you why.

FOR YOUR SCENARIO

Chemical Biologic Radioactive or Nuclear Event

Emergency alert & handheld radios for when cellular is out

BETTER MATCH

\$312-\$704 · 5 items · 57% match

Covers: no-communications, shelter-in-place

For a CBRN event, this kit gives Susan and Frank the ability to receive emergency broadcasts and communicate even if all conventional networks fail. This directly supports your need for rapid alerts and ongoing updates while sheltering in place. With a one-year planning horizon and the real risk of infrastructure failure in your area, redundant communication is a cornerstone of your safety and coordination strategy.

OUR PREPAREDNESS FRAMEWORK

Multi-function radios replace five tools and ensure you always have a way to receive emergency information, regardless of the situation.

Emergency Power - using solar & gas powered solutions

GOOD MATCH

\$1,259–\$6,587 · 15 items · 48% match

Covers: no-electricity, no-fuel-transport, shelter-in-place

In a CBRN scenario, this solar and gas backup power kit is essential for keeping Frank's home dialysis running and powering other critical devices. It directly addresses power grid failure and transport fuel shortages, supporting your ability to shelter in place and manage medical risks. With no backup power currently in place, this kit is foundational for your household's long-term medical resilience.

OUR PREPAREDNESS FRAMEWORK

Brand-name heavy-duty lithium systems are needed to run vital home appliances and medical devices in long-duration outages.

EMP - Defense for Home, Auto & Electronics

GOOD MATCH

\$2,126–\$3,148 · 5 items · 40% match

Covers: no-electricity, no-fuel-transport, no-communications, shelter-in-place

EMP Shielding is critical to protect your backup power and communication equipment from electromagnetic threats during a CBRN event. For Frank, whose dialysis depends on electricity, this kit supports device continuity and bridges the gap between CBRN and grid-down risks. Grid failure is life-threatening for your household, making EMP protection a non-negotiable layer.

OUR PREPAREDNESS FRAMEWORK

The EMP Shield is the same device trusted by emergency services and government agencies to keep critical systems running.

Personal CBRN protection package

GOOD MATCH

\$2,148–\$4,583 · 10 items · 26% match

Covers: crime-safety, shelter-in-place, no-electricity

This kit equips Susan and Frank with personal protective equipment for chemical, biological, and radiological threats. It enables safe evacuation or shelter-in-place, directly supporting your safety and basic needs if electricity is lost. Ensuring proper fit and readiness of CBRN gear is a critical step for immediate action and long-term resilience.

GETTING STARTED

CBRN gear must be unpackaged and tried on in advance to guarantee a proper fit—filters stay sealed until needed.

Prepare for the worst, hope for the best

BEST MATCH

\$4,321–\$24,676 · 43 items · 75% match

Covers: no-fuel-transport, no-medical-access, food-shortages, shelter-in-place, no-electricity, no-communications, crime-safety

This kit provides extended food coverage for both adults during CBRN events, supporting dietary requirements for diabetes and post-transplant care. It addresses multiple outcomes, including food shortages, medical access, and sheltering in place. For your one-year planning horizon, cumulative scaling ensures both short-term mobility and long-term food security, matching the demands of a prolonged emergency.

OUR PREPAREDNESS FRAMEWORK

As the timeframe increases, include both small and large-capacity food storage to retain flexibility and long-term reserves.

Grid down, no power, no phones

BETTER MATCH

\$165–\$6,944 · 20 items · 60% match

Covers: no-fuel-transport, shelter-in-place, no-electricity, no-communications

The GMRS radio kit allows Susan and Frank to communicate when cellular and internet are down, which is vital for coordination during CBRN and grid-down events. It addresses the outcomes of lost communications, sheltering, and power loss, ensuring you can maintain contact and receive updates. Reliable, long-range radios are a key part of your communication protocol.

OUR PREPAREDNESS FRAMEWORK

When cell networks fail, 10-watt radios with long-range antennas provide critical communication and redundancy.

FOR YOUR SCENARIO

Grid Down / Electromagnetic Pulse

Emergency alert & handheld radios for when cellular is out

BETTER MATCH

\$312–\$704 · 5 items · 57% match

Covers: shelter-in-place, no-electricity, no-communications

In a grid-down event, this kit ensures Susan and Frank have access to emergency broadcasts and can communicate with each other. It directly supports your shelter-in-place and loss of power or communications outcomes, which are high-probability risks locally. With the potential for long-term outages, redundancy in radio and communication tools is a core part of your resilience plan.

OUR PREPAREDNESS FRAMEWORK

Multi-function radios combine weather alerts, power bank, flashlight, and SOS features to maximize redundancy.

Emergency Power - using solar & gas powered solutions

GOOD MATCH

\$1,259-\$6,587 · 15 items · 48% match

Covers: no-fuel-transport, shelter-in-place, no-electricity

This solar and gas backup power kit is essential for keeping Frank's home dialysis operational during a grid-down or EMP event. It directly addresses power grid failure and transport fuel shortages, enabling you to shelter in place and maintain critical medical devices. For your household, this is the most important step for medical resilience over a one-year timeline.

OUR PREPAREDNESS FRAMEWORK

Heavy-duty lithium systems are required for running home appliances and life-sustaining medical equipment during extended outages.

EMP - Defense for Home, Auto & Electronics

GOOD MATCH

\$2,126-\$3,148 · 5 items · 40% match

Covers: no-fuel-transport, shelter-in-place, no-electricity, no-communications

EMP Shielding protects your backup power and communication equipment from EMP threats, directly supporting Frank's dialysis and the continuity of your plan. This kit addresses the overlap between grid-down and CBRN risks, ensuring your most critical systems remain functional. For your household, EMP protection is vital for both medical and general resilience.

OUR PREPAREDNESS FRAMEWORK

EMP Shield is trusted by emergency services and our founders to keep critical systems operational.

Personal CBRN protection package

GOOD MATCH

\$2,148–\$4,583 · 10 items · 26% match

Covers: crime-safety, shelter-in-place, no-electricity

Personal CBRN protective gear enables both members to act immediately in the event of chemical, biological, or radiological threats during a grid-down event. This kit supports your safety and shelter-in-place outcomes, and is especially important when electricity and infrastructure are compromised. Ensuring proper fit in advance is a key element of readiness.

GETTING STARTED

Try on all CBRN gear in advance to ensure proper fit—leave filters sealed until deployment.

Prepare for the worst, hope for the best

BEST MATCH

\$4,321–\$24,676 · 43 items · 75% match

Covers: no-fuel-transport, no-medical-access, food-shortages, shelter-in-place, no-electricity, no-communications, crime-safety

This kit ensures extended food coverage for Susan and Frank for a full year, addressing food shortages, medical access, and sheltering outcomes. Cumulative scaling is applied to match your one-year planning horizon, supporting both short-term mobility and long-term capacity. It is especially important for diabetes and post-transplant dietary needs in your household.

OUR PREPAREDNESS FRAMEWORK

Include both small and large-capacity food storage as the timeline extends to maintain flexibility and reserves.

Grid down, no power, no phones

BETTER MATCH

\$165–\$6,944 · 20 items · 60% match

Covers: shelter-in-place, no-electricity, no-communications, no-fuel-transport

GMRS radios provide reliable communication between Susan and Frank when cellular and internet are unavailable, which is essential for coordination during grid-down or EMP events. This kit addresses shelter-in-place, power loss, and communication breakdowns, giving your household a robust backup for both short and long-term disruptions.

OUR PREPAREDNESS FRAMEWORK

10-watt radios with long-range antennas provide essential communication when other networks fail.

Extended Disaster - Food, Water, Lighting, Cooking

BETTER MATCH

\$312–\$20,492 · 18 items · 57% match

Covers: no-clean-water, crime-safety, food-shortages, shelter-in-place

This kit combines water filtration and storage to support both members through long-term outages, addressing no-clean-water, food shortages, and shelter-in-place outcomes. In a grid-down scenario, municipal water may be compromised, so reliable filtration and storage are top priorities. For your household, redundancy in water systems underpins both health and daily living.

OUR PREPAREDNESS FRAMEWORK

Bulk water storage must be paired with personal filters to ensure both short-term mobility and long-term capacity.

Emergency Power - using solar powered solutions

GOOD MATCH

\$1,121–\$4,350 · 7 items · 40% match

Covers: no-fuel-transport, shelter-in-place, no-electricity

This solar-only backup power kit supports medical and daily needs for both members during extended outages. It addresses power, transport, and shelter-in-place outcomes, providing a silent and renewable energy source when fuel is scarce. For your household, solar power is a critical redundancy for long-duration resilience.

OUR PREPAREDNESS FRAMEWORK

Solar systems with flat cables enable backup power for appliances and medical devices, even in apartment settings.

EMP Defense and Back Up Power

GOOD MATCH

\$2,126–\$5,619 · 12 items · 38% match

Covers: shelter-in-place, no-electricity

This kit combines EMP defense and backup power to address both grid-down and EMP risks, ensuring Frank's medical devices stay operational. It directly supports your shelter-in-place and power grid failure outcomes. Integrating EMP protection with backup power is especially important for your medical priorities.

OUR PREPAREDNESS FRAMEWORK

Integrating EMP defense with backup power ensures medical devices are protected and operational when needed most.

Emergency Power - gas powered solutions

GOOD MATCH

\$169–\$2,380 · 11 items · 36% match

Covers: no-fuel-transport, shelter-in-place, no-electricity

This dual-fuel generator kit provides backup power for Frank's home dialysis and supports critical appliances during grid-down events. It addresses power failure and transport fuel shortages, ensuring your household can shelter in place and maintain essential functions. Dual-fuel capability adds flexibility when gas stations are down.

OUR PREPAREDNESS FRAMEWORK

Dual-fuel generators run on propane or gas, providing quiet and flexible backup power when fuel supplies are uncertain.

Collect, filter and store water

GOOD MATCH

\$379–\$6,237 · 11 items · 27% match

Covers: no-clean-water, shelter-in-place, no-electricity

This kit ensures a reliable water supply for both members over an extended duration, addressing no-clean-water and shelter-in-place outcomes. In a grid-down scenario, municipal water can fail quickly, so bulk storage paired with personal filtration is essential. For your household, this redundancy supports both health and daily function during long-term outages.

OUR PREPAREDNESS FRAMEWORK

Pairing bulk water storage with personal filters maintains both mobility and long-term supply.

FOR YOUR SCENARIO

Pandemic

Emergency alert & handheld radios for when cellular is out

BETTER MATCH**\$312–\$704** · 5 items · 57% match**Covers:** no-communications, shelter-in-place

During pandemic quarantine, this kit ensures Susan and Frank can access emergency news and maintain communication even if networks fail. It addresses the outcomes of lost communications and sheltering in place, which are central to pandemic resilience. For long-term isolation, redundancy in radio and communication tools is critical for both safety and mental well-being.

OUR PREPAREDNESS FRAMEWORK

Multi-function radios provide emergency news, lighting, and backup power for communication when it matters most.

Prepare for the worst, hope for the best

BEST MATCH**\$4,321–\$24,676** · 43 items · 75% match**Covers:** food-shortages, no-medical-access, shelter-in-place, no-electricity, no-communications, crime-safety

This kit covers extended food needs for both members during long-term quarantine, supporting diabetes and post-transplant dietary needs. It addresses outcomes including food shortages, medical access, and sheltering in place. For your one-year planning horizon, cumulative scaling ensures both short-term and long-term food capacity, matching the demands of pandemic isolation.

OUR PREPAREDNESS FRAMEWORK

Cumulative scaling means including both small and large-capacity food storage for flexibility and long-term security.

Grid down, no power, no phones

BETTER MATCH

\$165–\$6,944 · 20 items · 60% match

Covers: no-communications, shelter-in-place

GMRS radios maintain household communication if networks go down during a pandemic, which is critical for check-ins between Susan and Frank. This kit addresses the outcomes of lost communications and sheltering in place, providing a robust backup for both short and long-term disruptions. For your household, reliable radio communication is a key part of your pandemic plan.

OUR PREPAREDNESS FRAMEWORK

10-watt radios with redundant power enable reliable check-ins and coordination when networks are down.

Pricing as of September 16, 2026. Visit bepreparedsolutions.co for current prices and availability.

CHAPTER 07

Tear Sheets

One printable sheet per person in your household. Tear along the dotted line, then put each card where that person will reach for it.

< TEAR ALONG THE LINE

FRIDGE SHEET · COMMUNICATOR

Susan

HOME — 100 MAIN ST, MILLBURN, NJ 07041

FIRST FIFTEEN MINUTES

- 1 Turn on emergency radio.
- 2 Check GMRS radio battery.
- 3 Review communication plan.
- 4 Confirm Frank is safe.

THREE THINGS TO KNOW BY HEART

- 1 Primary contact: Aunt Karen (out-of-state), (412) 555-0170
- 2 Meet point: front porch.
- 3 Home: 100 Main St, Millburn.

IF YOU CAN'T REACH HOME

CALL FIRST

Aunt Karen (out-of-state)
(412) 555-0170

MEET HERE

FIRST **Home Base.** 100 Main St, Millburn, NJ 07041.
Your primary shelter-in-place location.

BACKUP **Community Center.** Millburn Community Center,
1.2 miles south. Serves as backup if home is
unsafe.

IF YOU'RE ELSEWHERE

At work. Contact Frank. Prepare to return home. *(Within 15 min after workplace alert.)*

Elsewhere. Move to nearest safe shelter. *(Within 15 min of alert or hazard.)*

< TEAR ALONG THE LINE

BeReady · Susan

FRONT

IF LOCAL LINES ARE DOWN

Call Aunt Karen (out-of-state)**(412) 555-0170**

Meet: 100 Main St, Millburn, NJ 07041. Your primary shelter-in-place location.

Backup: Millburn Community Center, 1.2 miles south. Serves as backup if home is unsafe.

Diabetes mellitus

BeReady · Susan

BACK

SCRIPT FOR THE CALL

Hi, this is Susan. I am safe. I am at [location]. Let everyone know I am okay.

At work: Contact Frank. Prepare to return home.

Elsewhere: Move to nearest safe shelter.

< TEAR ALONG THE LINE

FRIDGE SHEET · POWER LEAD

Frank

HOME — 100 MAIN ST, MILLBURN, NJ 07041

FIRST FIFTEEN MINUTES

- 1 Check dialysis power backup.
- 2 Turn on emergency radio.
- 3 Check GMRS radio battery.
- 4 Confirm Susan is safe.

THREE THINGS TO KNOW BY HEART

- 1 Primary contact: Aunt Karen (out-of-state), (412) 555-0170
- 2 Meet point: front porch.
- 3 Home: 100 Main St, Millburn.

IF YOU CAN'T REACH HOME

CALL FIRST

Aunt Karen (out-of-state)
(412) 555-0170

MEET HERE

FIRST **Home Base.** 100 Main St, Millburn, NJ 07041.
 Your primary shelter-in-place location.

BACKUP **Community Center.** Millburn Community Center,
 1.2 miles south. Serves as backup if home is
 unsafe.

IF YOU'RE ELSEWHERE

At work. Contact Susan. Prepare for transport if needed.
(Within 15 min after workplace alert.)

Elsewhere. Move to nearest safe shelter. *(Within 15 min of
 alert or hazard.)*

< TEAR ALONG THE LINE

BeReady · Frank

FRONT

IF LOCAL LINES ARE DOWN

Call Aunt Karen (out-of-state)**(412) 555-0170**

Meet: 100 Main St, Millburn, NJ 07041. Your primary shelter-in-place
 location.

Backup: Millburn Community Center, 1.2 miles south. Serves as
 backup if home is unsafe.

Kidney transplant recipient

BeReady · Frank

BACK

SCRIPT FOR THE CALL

*Hi, this is Frank. I am safe. I am at [location]. Let everyone know I
 am okay.*

At work: Contact Susan. Prepare for transport if needed.
Elsewhere: Move to nearest safe shelter.

CHAPTER 08

Investment Calendar

Twelve monthly contributions tuned to your region. The four quarterly anchors are the moments BeReady checks in by email.

Your Investment Calendar

NORTHEAST

Cold winters, severe-weather springs, hurricane-season summers — four distinct prep windows a year.

Twelve monthly contributions. The four quarterly anchors (Feb, May, Aug, Nov) are also the four moments BeReady checks in by email. Costs are rough averages for a typical household; your local prices vary.

MONTH	CONTRIBUTION	COST
January	Winter-blackout test, batteries replaced January is the coldest week of the year for most of the Northeast. Run a one-evening blackout to see what your household actually needs when the heat is the last thing on.	\$40
February QUARTERLY CONTRIBUTION	Heating-fuel reserve topped, generator serviced February is the back half of winter; fuel-oil prices ease and propane refill discounts are easier to find. A serviced generator now is a quiet one in October.	\$120
March	Spring storm kit refresh — radios, chargers, water March is when nor'easters give way to severe-weather season. Replace stale water, check radio batteries, rotate the chargers that have been sitting since the holidays.	\$60
April	Sump-pump check, basement waterproofing inspection April brings snowmelt and rain on still-frozen ground. The basement is where most insurance claims start in this region; one hour now saves the claim.	\$80
May QUARTERLY CONTRIBUTION	Communications drill with out-of-state contact May is the calmest weather month in the Northeast. A 15-minute call confirming your out-of-state contact still answers their phone is the cheapest readiness mile of the year.	\$0
June	Hurricane-season water + food rotation June is when hurricane season opens. The Northeast usually catches the back end of named storms in late August; stocking now means you are not in line at the store the day before.	\$80
July	AC backup plan + cooling-center map July heat waves in the Northeast knock out grids that were sized for winter peaks. Know which neighbor has the standby unit and which library opens its lobby.	\$30

MONTH	CONTRIBUTION	COST
August QUARTERLY CONTRIBUTION	Hurricane-window restock — water, batteries, fuel August is the peak hurricane-readiness window. Prices have not spiked yet because the season is still abstract; by mid-September they will.	\$120
September	Pantry rotation; canning supplies if you preserve September is harvest. Canning lids and jars discount through the month. Even a household that does not preserve benefits from the bulk-staple sales.	\$60
October	Winter-prep heating, weatherstripping, salt October is the last calm month before the first ice event. Salt, weatherstripping, and a tuned heating system in October are what keep the next four months unremarkable.	\$90
November QUARTERLY CONTRIBUTION	Holiday-power plan; first-storm gas reserve November is the first storm month. Thanksgiving outages are the most common cooking-related power event of the year; have the fuel and the alternate-cook plan in place.	\$100
December	Year-end kit audit and household drill December is the quiet end-of-year window. Walk the kit with the household; replace what expired; mark what you used. The calendar starts again in two weeks.	\$40

ON THE WINDOW

The questions never change. The time is now.

*Every time, the questions hold. Every time, the answers are different.
That is exactly how it is supposed to work.*

*The Preparation Window is open right now, while you are reading this in
the calm. Use it. Do that work now. Write it down. Practice it. Because the
three questions never change, but the time to build your answers to them
is before you need them.*

That time is now.

— Brian Burke · Be Prepared, Chapter 5.6

FROM BRIAN

From one family to yours.

I am afraid of exactly what any reasonable parent is afraid of, which is being the reason my family was unprepared when it mattered. The turbines are not paranoia. They are the natural extension of a man who grew up learning to take care of his family and never stopped.

Not a list of threats. Not a catalog of everything that could go wrong. A way of thinking. A way of building. A way of standing in your kitchen on an ordinary Tuesday and knowing, without having to calculate it, that your people are safe.

This book is not about what could go wrong. It is about what you can build, right now, in the calm, so that if something does go wrong, the people you love are protected.

— Brian Burke · *Be Prepared*, Chapter 1.6