

DOOMREADY

Lights out, ready.

Days without power, in pictures. Water, food, warmth, first aid, and the plan.

VOLUME 2 OF 2 · GRID-DOWN LIVING

A MehyarSoft LLC family guide · General information only — follow official guidance.

VOLUME 2 · WATER

MAKE BAD WATER SAFE



1 · STRAIN
pour through a clean cloth

2 · BOIL
rolling boil, 1 full minute

3 · STORE
sealed, labeled, off the floor

FILTERS HAVE LIMITS
no viruses, no chemicals — treat it too

× **NEVER DRINK WATER THAT TOUCHED FALLOUT DUST**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Store 1 gallon per person, per day. Keep bleach and a filter with the water. Write the date on every bottle.

VOLUME 2 · WATER

STORE WATER LIKE MONEY



1 GALLON × PERSON × DAY
count everyone — pets too

14 DAYS
two weeks beats three days

LABEL + DATE IT
oldest jugs get used first

× **NO UNLABELED MYSTERY JUGS**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Fill two jugs today. Two more next weekend. The wall builds itself.

VOLUME 2 · WATER

WATER HIDING AT HOME



THE WATER HEATER
gallons of clean water, stored

HEATER OFF FIRST
shut water line + power/gas first

TUB + MELTED ICE
fill the tub at first warning

THE TOILET TANK
tank counts — bowl never; no cleaner tabs

× **NEVER DRINK FROM THE TOILET BOWL**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Learn your heater's drain valve today. The hose and a clean jug live beside it.

VOLUME 2 · DECIDE

WATER: SAFE OR NOT?



WAS IT SEALED BEFORE?

YES → **DRINK IT. THAT'S THE EASY WATER.**

NO ↓

CAN YOU BOIL IT?

YES → **BOIL 1 MINUTE. HIGH UP (6,500 FT+): BOIL 3.**

NO ↓

IS IT CLOUDY OR COLORED?

YES → **STRAIN IT, LET IT SETTLE, DOUBLE THE BLEACH.**

NO ↓

UNSCENTED BLEACH ONLY: 8 DROPS A GALLON (5–9% BLEACH). WAIT 30 MIN. NO FAINT BLEACH SMELL? DOSE AGAIN + 15 MIN.

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Write your bottle's strength on its cap: 5–9% = 8 drops a gallon; 8.25% = 6 drops (EPA). Scented, color-safe or splash-less bleach NEVER counts.

VOLUME 2 · WATER

BOIL IT SAFE



ROLLING BOIL
one full minute, big bubbles

COOL IT COVERED
clean pot, lid on

TASTES FLAT?
pour it between two clean cups

HIGH UP? BOIL 3 MINUTES
above 6,500 feet, thin air boils cooler

× **DON'T TASTE IT TO CHECK**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Keep a lidded pot stored with the stove. Practice one boil this weekend.

VOLUME 2 · FOOD

YOUR PANTRY IS THE STORE



EAT IN ORDER
fridge, freezer, then shelf

NO-COOK FIRST
save fuel for later days

MANUAL CAN OPENER
one lives in the kit, always

× **DON'T EAT PAST THE DATES — OLDEST FIRST**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Buy double of one shelf food on every shop. The pantry builds in a month.

VOLUME 2 · FOOD

THE FRIDGE CLOCK



KEEP IT CLOSED
every peek costs cold

FRIDGE: 4 HOURS
after that, risky food goes

FULL FREEZER: 2 DAYS
half-full freezer: 1 day

THE 40°F RULE
2+ hours above 40°F — out. Thermometer beats the clock

× **WHEN IN DOUBT, THROW IT OUT**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Freeze water bottles now — they hold the cold, then become drinking water.

VOLUME 2 · FOOD

MEALS WITH NO FIRE



PICNIC RULES
crackers, nut butter, canned fruit

ONE TREAT A DAY
morale is part of the meal

KIDS EAT FIRST
small bodies, small reserves

× **DON'T BURN FUEL ON DAY-ONE FEASTS**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Stock a no-cook box: three full days your family actually likes.

VOLUME 2 · FOOD + AIR

FIRE STAYS OUTSIDE



CAMP STOVE OUTSIDE
never in the house or garage

CHARCOAL OUTSIDE ONLY
same rule, no exceptions

CO IS INVISIBLE
no color, no smell, no warning

× **NEVER A GRILL OR GENERATOR INDOORS**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Pick your outdoor cooking spot this weekend — flat, open air, away from windows.

CDC — carbon monoxide safety · General information only — follow official guidance in a real emergency.

VOLUME 2 · HEAT + LIGHT

ONE WARM ROOM



EVERYONE, ONE ROOM
close the rest of the house

LAYERS + BLANKETS
a tent with quilts inside it

HOT WATER BOTTLES
warmth without any fire

× **NEVER HEAT WITH THE OVEN**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Test the indoor tent this weekend. Kids call it camping; you call it ready.

VOLUME 2 · HEAT + LIGHT

ONE LANTERN, ONE ROOM



LANTERN IN THE MIDDLE
one light for everyone

FLASHLIGHTS FOR TASKS
headlamps keep hands free

DARK = SLEEP
save batteries for real needs

× **DON'T LEAVE CANDLES ALONE**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Stage a lantern and a flashlight in each key room tonight. Check every battery.

VOLUME 2 · STAYING IN TOUCH

IF YOU GET SEPARATED



ONE MEETING POINT
a place everyone can picture

OUT-OF-AREA CONTACT
one person outside the zone

TEXT, DON'T CALL
texts sneak through busy networks

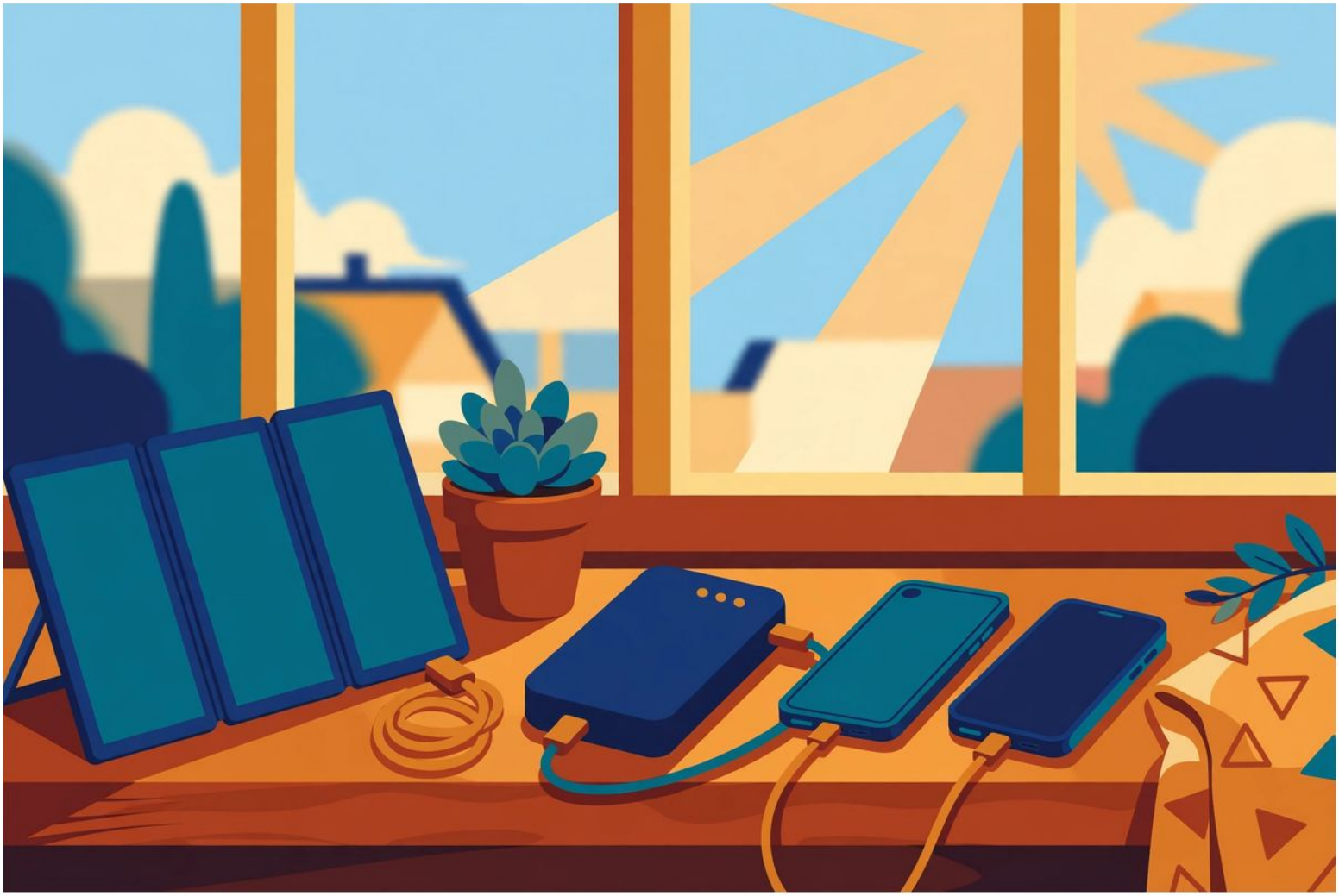
× **DON'T GO SEARCHING BLIND**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Walk to your meeting point as a family this weekend. Time the walk.

VOLUME 2 · STAYING IN TOUCH

MAKE THE BATTERY LAST



AIRPLANE MODE
radio off = days of battery

ONE PHONE ON
the rest sleep, fully charged

SUN CHARGES BY DAY
solar panel on the windowsill

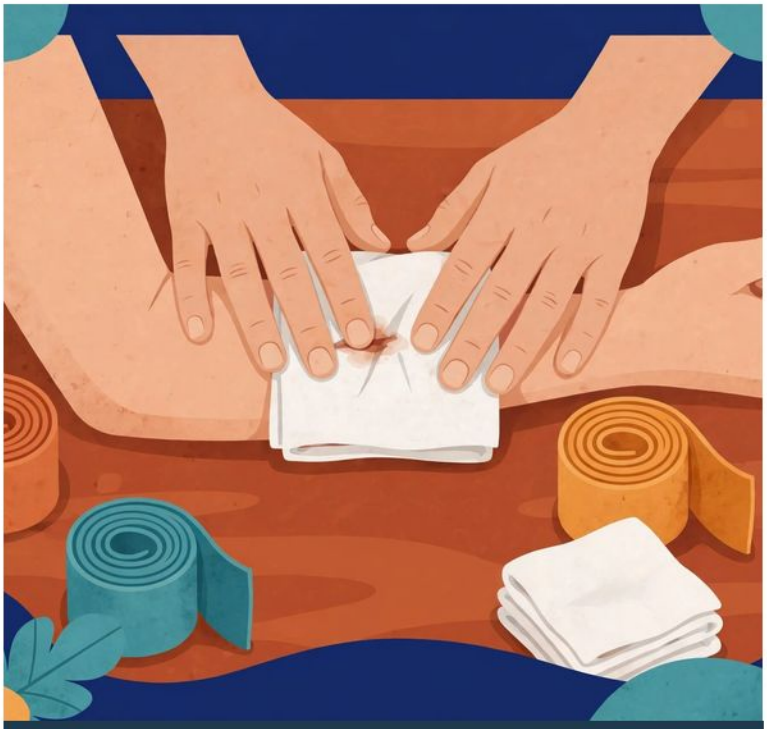
× **DON'T SPEND BATTERY ON SCROLLING**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

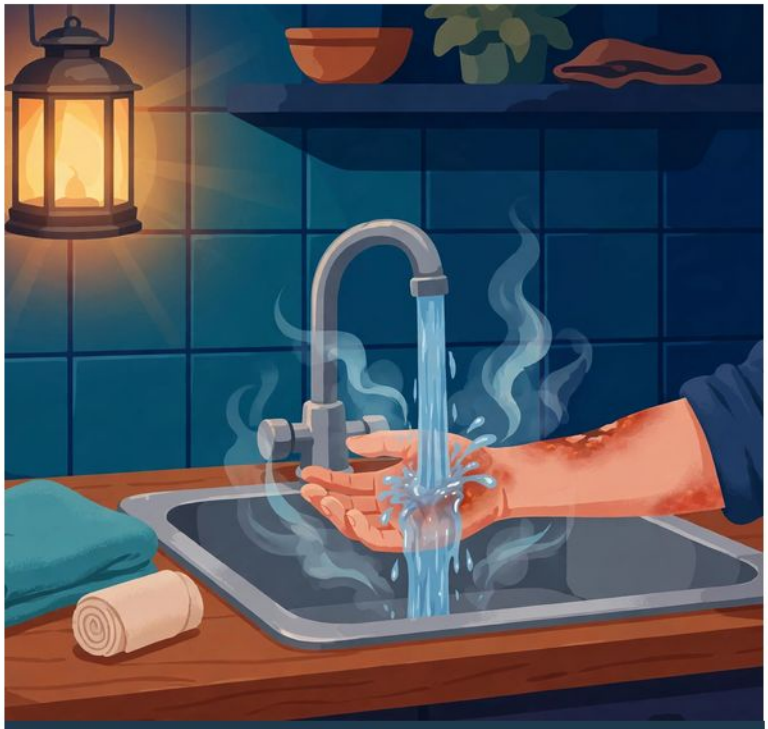
Charge every power bank tonight. One goes in each go-bag.

VOLUME 2 · FIRST AID

STOP BLEEDING. COOL BURNS.



BLEEDING → PRESS



BURNS → COOL WATER

PRESS HARD
both hands — never peek

COOL 10+ MIN
running water — rings off unless stuck

COVER LOOSE
clean cloth, keep them warm

SHOCK → LIE FLAT
legs up ~12 inches, unless injured

BROKEN BONE → SUPPORT
pad it, don't move it

× **NO BUTTER, NO ICE, NO TOOTHPASTE ON A BURN**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

One red pouch: gauze, bandages, gloves. Hang it by the shelter-room door — today, not someday.

VOLUME 2 · FIRST AID

SHOCK + BROKEN BONES



SHOCK: LIE FLAT
legs up a foot — nothing to eat or drink

BONES: SUPPORT THEM
pad + splint, never straighten

BLEEDING WON'T STOP?
keep pressing, get help fast

× DON'T STRAIGHTEN A BROKEN LIMB

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Add a splint kit to the red pouch: two padded sticks and wraps.

VOLUME 2 · SANITATION

THE BUCKET SYSTEM



LINE IT
a heavy bag, every time

LID ON, ALWAYS
smell and germs stay in

COVER EACH USE
a scoop of litter or sawdust

× **NEVER SET IT NEAR WATER OR FOOD**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Build the bucket toilet this weekend — before it is urgent and awkward.

VOLUME 2 · SANITATION

WASH HANDS LIKE MEDICINE



SOAP, EVERY TIME
after the toilet, before food

20 SECONDS OF FOAM
sing the handwash song

GREY WATER AWAY
pour it far from food + water

× **SKIPPING SOAP SPREADS SICKNESS**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Build the jug-tap handwash station. Hang the soap on its string.

VOLUME 2 · FAMILY

EVERY KID GETS A JOB



RADIO LOG
write what the radio says

WATER COUNT
count the jugs every morning

JOBS = CALM
busy kids are brave kids

× **NO LYING — SIMPLE TRUTH ONLY**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Hand out the jobs at dinner tonight. Clipboards make it official.

VOLUME 2 · FAMILY

PETS ARE FAMILY TOO



14 DAYS OF PET FOOD
stored with yours

THEIR WATER COUNTS
budget it in the gallon math

CARRIER + LEASH READY
by the door, always

× **NEVER LEAVE THEM BEHIND**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Pack the pet go-kit: food, water, carrier, one familiar blanket.

VOLUME 2 · PAPERWORK

PAPERS IN A DRY POUCH



IDS + INSURANCE
copies, sealed from water

SMALL BILLS
cards and ATMs may be down

ONE POUCH, ONE PLACE
in the go-bag, every time

× **DEAD PHONE = NO COPIES. GO PAPER.**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Photocopy the essentials this weekend. Pouch them, bag them, done.

VOLUME 2 · POWER PRIORITIES

MEDICINE GETS POWER FIRST



MEDICAL DEVICES FIRST
before lights, before screens

THE BIG BATTERY IS THEIRS
charged + reserved, always

TWO WEEKS OF MEDS
a buffer nobody touches

× **NEVER LEND THE MEDICAL BATTERY**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Test the CPAP on its battery tonight — one full night, for real.

VOLUME 2 · POWER PRIORITIES

GENERATOR RULES



OUTSIDE ONLY
never in the garage, ever

20 FEET FROM WINDOWS
exhaust drifts farther than you think

COOL BEFORE REFUELING
hot engine + fuel = fire

EXHAUST POINTS AWAY
CO alarm inside, tested monthly

× **CO HAS NO SMELL — OUTSIDE MEANS OUTSIDE**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Measure your twenty feet today. Mark the generator spot with a stone.

VOLUME 2 · READY TO MOVE

THE GO-BAG BY THE DOOR



ONE PER PERSON
kids carry their own size

WATER, LIGHT, RADIO
snacks, meds, warm layer

GRAB + GO
packed before, not during

× **PACKING DURING = FORGETTING HALF**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Pack the bags this weekend. Weigh them. Walk the block wearing them.

VOLUME 2 · COMMUNITY

NEIGHBORS ARE A RESOURCE



CHECK ON THE ELDERLY
knock, ask, help

SHARE SKILLS + TOOLS
every street has a fixer

CALM IS CONTAGIOUS
be the steady house

× **DON'T SPREAD RUMORS DOOR TO DOOR**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Trade numbers with two neighbors today. Write them in this book.

VOLUME 2 · MAKE IT REAL

PRINT IT. LAMINATE IT. BIND IT.



PRINT IN COLOR
the colors carry meaning

LAMINATE THE CARDS
survives water, kids, years

BINDER BY THE DOOR
next to the go-bags

× **DON'T LEAVE IT AS ONLY A FILE**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Print one volume this weekend. Feel the difference paper makes.

VOLUME 2 · DECIDE

HURT? WHAT FIRST?



BLEEDING HARD?

YES → **PRESS. BOTH HANDS. DON'T PEEK.**

NO ↓

BURNED?

YES → **COOL RUNNING WATER, 10+ MINUTES.**

NO ↓

BONE BENT WRONG?

YES → **SUPPORT IT. DON'T MOVE IT.**

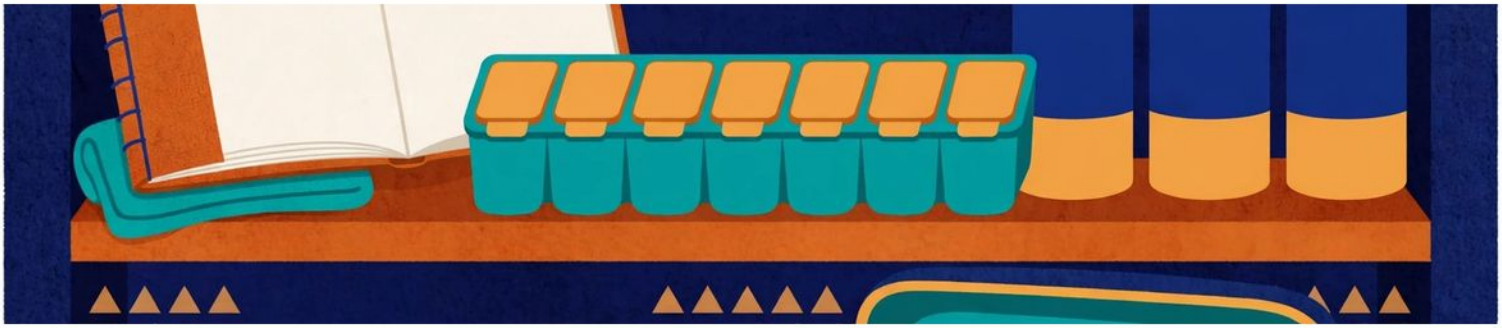
NO ↓

LIE THEM FLAT. KEEP THEM WARM. WATCH THEM.

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Practice the order out loud once: press, cool, support. Saying it now makes hands remember it later.

MY MEDS + MY PEOPLE WHO HELP



Two weeks of medicine, written down. This page is the backup brain.

PERSON + MEDICINE + WHEN

PERSON + MEDICINE + WHEN

DOCTOR — NAME + NUMBER

PHARMACY — NUMBER

ALLERGIES

- [ ] **Two-week medicine buffer stocked**
- [ ] **Spare glasses / contacts in the kit**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Refill early this weekend. Set the buffer box apart and label it.

MY STORES



Count what you truly have. Gaps are shopping lists, not failures.

WATER — JUGS + DATES

FOOD — SHELF BY SHELF

PET FOOD + WATER

BATTERIES + FUEL

FIRST THING TO BUY NEXT

- [ ] **Everything labeled + dated**
- [ ] **Oldest stock at the front**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Do one honest count this weekend. Buy the first gap on the next shop.

VOLUME 2 · YOUR KIT

MY MEETING POINT



If phones fail and home is not safe, everyone goes to the same place.

OUR MEETING POINT

BACKUP MEETING POINT

OUT-OF-AREA CONTACT

- [ ] **Every family member can walk there alone**
- [ ] **We practiced the walk together**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Draw your map on the back of this page: home, the point, two ways to walk.

BACK OF THE BOOK

SOURCES + PLEASE READ

WHERE EVERY PAGE COMES FROM

Making water safe — CDC + EPA, Making Water Safe in an Emergency (boil one minute; three minutes above 6,500 feet; unscented bleach only, dosed by the bottle's strength; double the dose for cloudy or cold water). Boiling and bleach kill germs — neither makes chemically contaminated water safe.

Water and food storage, family plans, go-bags, documents — FEMA and Ready.gov preparedness guidance (store one gallon of water per person per day).

Refrigerator and freezer times — U.S. Food and Drug Administration / FoodSafety.gov power-outage guidance: refrigerator about 4 hours; a full freezer about 2 days, a half-full freezer about 1 day. When in doubt, throw it out.

Carbon monoxide and generators — CDC carbon monoxide guidance: stoves, grills, and generators belong outside, generators at least 20 feet from windows.

First aid — American Red Cross general first aid: press to stop bleeding, cool burns with running water, lie flat and keep warm for shock, support broken bones.

Sanitation and handwashing — CDC emergency sanitation and handwashing guidance.

PLEASE READ

This guide is general information only — not professional, medical, or legal advice. In a real emergency, follow official guidance. Nothing here guarantees safety or survival; it puts official guidance into pictures so your family can act faster.

Written for adults preparing their households. The pictures are simple on purpose, so any family member can follow them beside you.

DoomReady is published by MehyarSoft LLC. Questions: info@mehyar.us. The illustrations were created with digital illustration tools and reviewed by people against

WATER · FOOD · WARMTH · A WRITTEN PLAN

The whole book, in one line. Say it until everyone in the house can.

POWER · MAKING ELECTRICITY

THE HONEST START



A CRANK MAKES 2–7 WATTS
only while you crank, hard

THE BRAIN NEEDS 3–11
one hour of it costs hours of cranking

CRANKS ARE FOR RADIOS
and that job truly matters

× DON'T PLAN ANY COMPUTER ON MUSCLE POWER

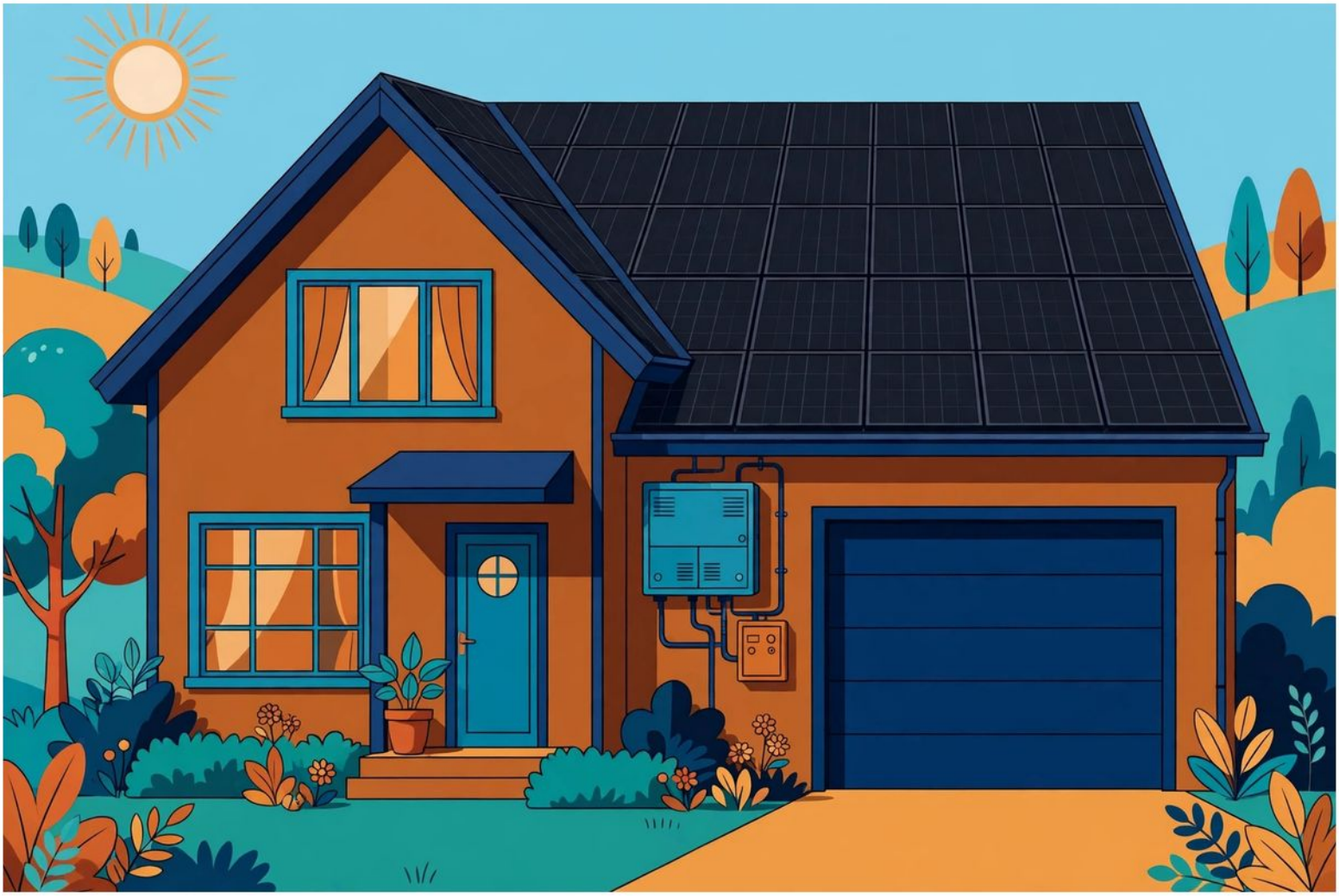
DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Crank your radio for five minutes today. Feel exactly what a crank is worth.

Measured product data — hand cranks vs computer draw (this guide) · General information only — follow official guidance in a real emergency.

POWER · MAKING ELECTRICITY

SUN IS THE BACKBONE



400W OF PANEL
makes about 1.3 kWh on a 4-sun-hour day

PLAN 350–400W
per 1,000Wh you want each day

PANELS MAKE IT BY DAY
batteries carry the night

× **SHADE KILLS A PANEL — ONE BRANCH CAN HALVE IT**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Watch your roof's sun for one full day. Mark where a panel would never sit in shade.

NREL PVWatts method — solar yield planning · General information only — follow official guidance in a real emergency.

POWER · STORING ELECTRICITY

THE BATTERY IS THE SYSTEM



LiFePO4 (LFP)
3,000+ charges — the long-life chemistry

COUNT USABLE WATTS
about 85% of the label through a socket

THINK IN WATT-HOURS
'10,000 mAh' is about 37Wh at the cell

TWO RAILS FOR EVERYTHING
USB-C for gadgets · AA/18650 cells for the rest

× **NEVER CHARGE LFP BATTERIES BELOW FREEZING**

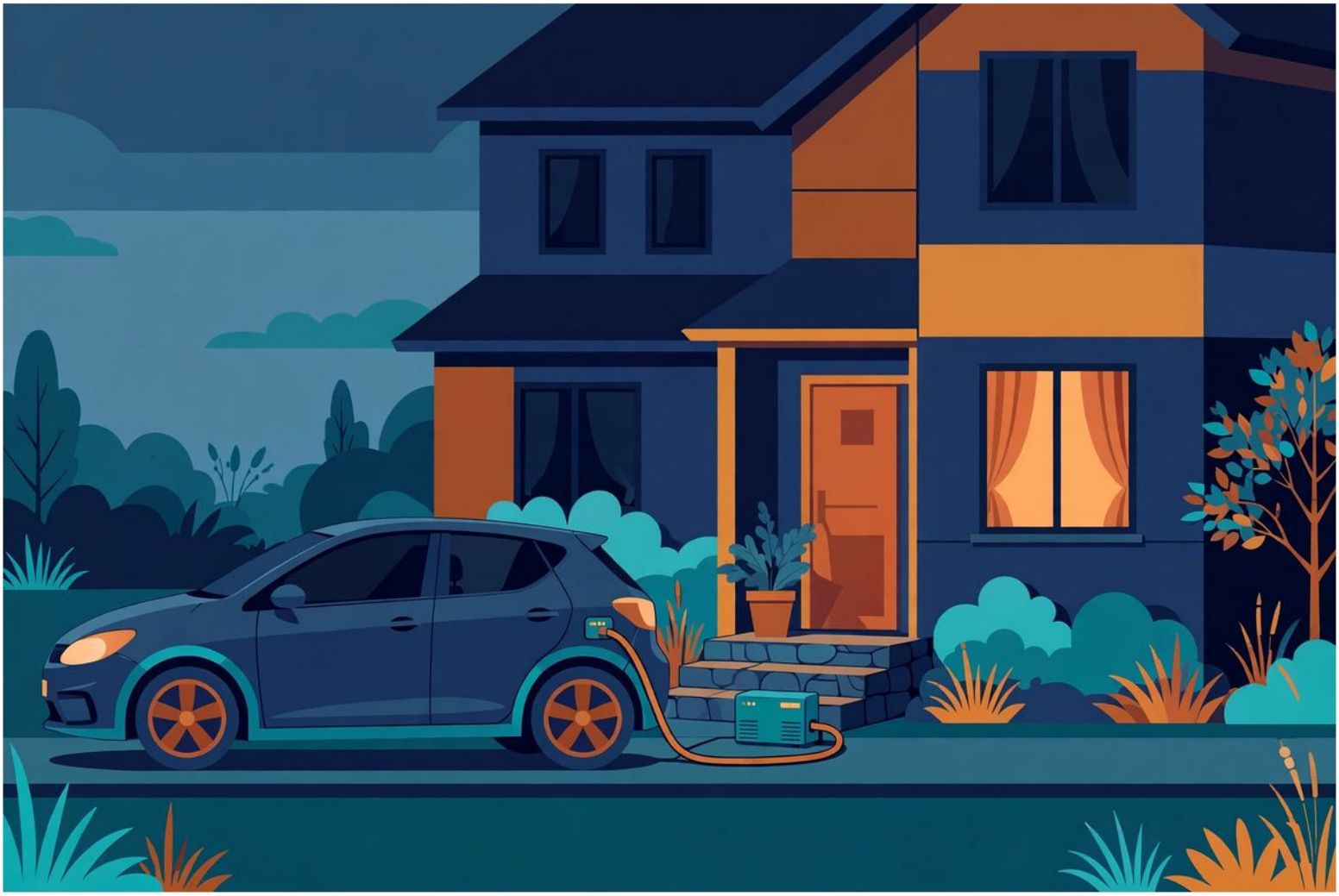
DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Write the true watt-hours on tape on every battery you own. Real numbers end the arguments.

Manufacturer data — LFP power stations, 2026 · General information only — follow official guidance in a real emergency.

POWER · MAKING ELECTRICITY

YOUR CAR IS A GENERATOR



400–750W, IDLING
through an inverter — the prudent ceiling

0.2–0.5 GAL AN HOUR
idling fuel — a bridge, not a plan

ONE GALLON ≈ 1–2 kWh
the priciest electricity you own

× **NEVER IN A GARAGE — NOT EVEN WITH THE DOOR OPEN**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Write your inverter's watts on the sizing page at this chapter's end.

U.S. DOE / Argonne idle-fuel data · CDC carbon monoxide guidance · General information only — follow official guidance in a real emergency.

POWER · MAKING ELECTRICITY

THE BIG GENERATOR



3,500W ON GAS
3,150W on propane — dual-fuel class

A 20-LB PROPANE TANK
about 21 hours at quarter load

20 FEET + EXHAUST AWAY
Vol 2's rule — plus a CO alarm inside

× **NEVER REFUEL IT HOT OR RUNNING**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Measure the twenty feet, mark the spot with a stone, and test the CO alarm today.

Champion Power Equipment specs · CDC generator guidance · General information only — follow official guidance in a real emergency.

POWER · MAKING ELECTRICITY

LEGS: THE BIKE GENERATOR



50–100W WHILE YOU PEDAL

a healthy adult, honestly sustained

ABOUT 120Wh A DAY

spread out — not one heroic hour

THE ONLY MUSCLE THAT PAY

legs beat arms about four to one

× **DON'T PEDAL INSTEAD OF SLEEPING — REST IS A SUPPLY**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Own a trainer bike? One 20-minute session tells you your real watts. Write them down.

POWER · MAKING ELECTRICITY

WATER, WOOD + WIND



MICRO-HYDRO FORMULA

head (m) × flow (L/s) × 5.5 = watts, all day

A STOVE FAN MAKES ~3W

a phone top-up over a meal — no more

'400W' WIND TURBINES

make about 30W at 12 mph — physics is cruel

× DON'T BUY WIND BEFORE MEASURING YOUR WIND

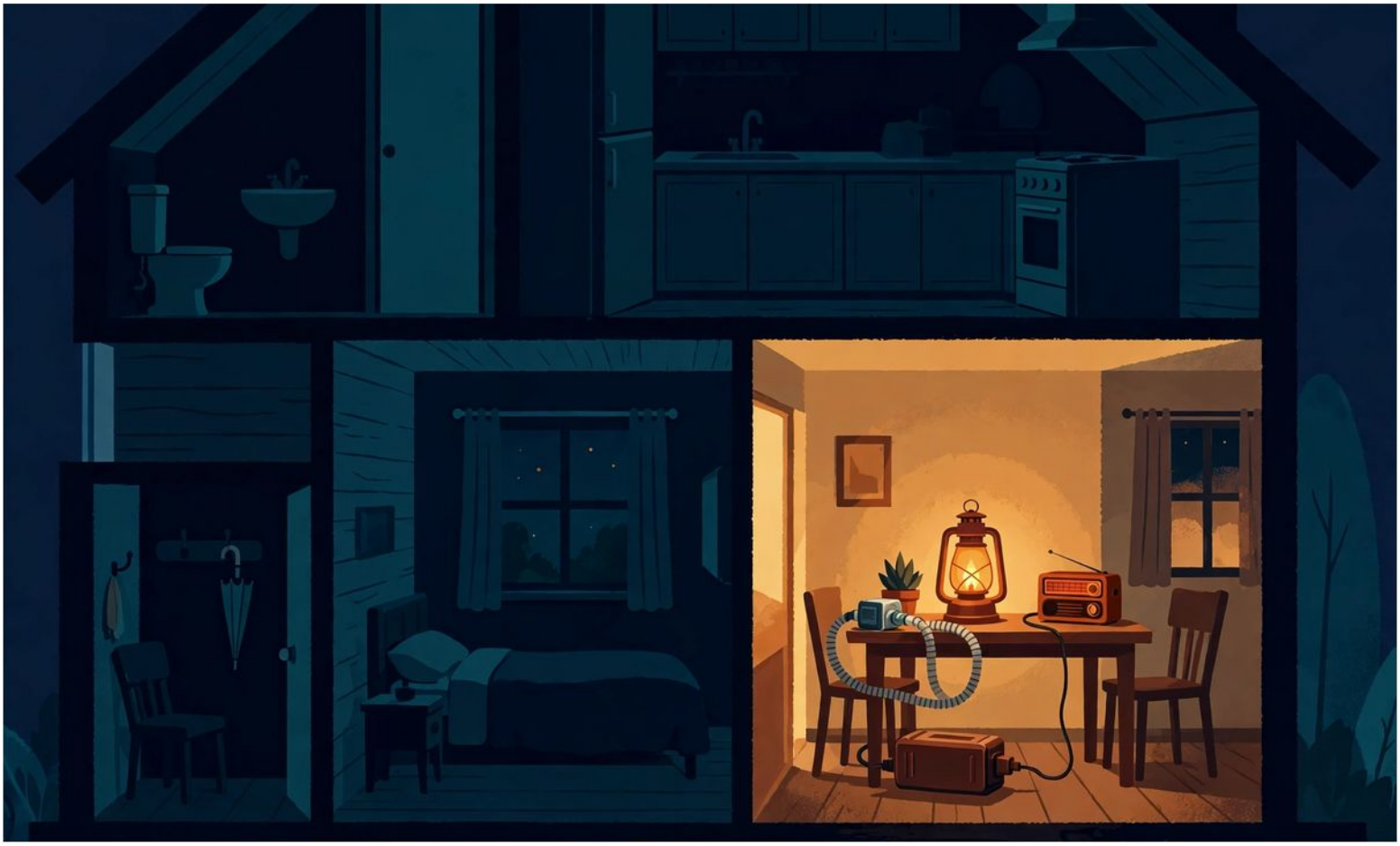
DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Got a stream? Measure its drop and flow once — the formula tells you the truth for free.

NCAT/ATTRA micro-hydro guide · BioLite spec · wind cube law · General information only — follow official guidance in a real emergency.

POWER · RATIONING

THE RATIONING LADDER



1 · MEDICINE + FRIDGE
medical devices first; fridge in bursts

2 · INFORMATION
radio, phone on airplane mode, Brain sessions

3 · ONE LANTERN
one room lit — Volume 2's rule

4 · COMFORT LAST
fans + second screens: first cut, last back

× **NEVER BORROW FROM RUNG 1 TO FEED RUNG 4**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Tape this ladder inside the cupboard door where the battery lives.

POWER · YOUR NUMBERS

SIZE YOUR SYSTEM



Your house, your watts. Twenty minutes with the appliance labels ends the guessing.

FRIDGE — WH PER DAY (LABEL, OR PLAN 1,000–1,500)

MEDICAL DEVICES — WH PER NIGHT (YOUR OWN TEST)

LIGHTS + PHONES + RADIO — WH PER DAY

BRAIN SESSIONS — HOURS A DAY × 6W

MY DAILY TOTAL — WH

STORAGE I NEED (1 FULL DAY) — WH

PANEL I NEED (TOTAL ÷ 3) — W

- [ ] True Wh taped onto every battery
- [ ] The rationing ladder is taped up where we see it

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Fill this page this weekend. Rule: storage holds one full day; the panel makes it back daily.