FOOD, DEEP

COUNT THE DAYS IN CALORIES



ABOUT 2,000 KCAL A DAY
an average adult — labels use this number

ONE PERSON × 14 DAYS
about 28,000 kcal on the shelf

A FAMILY OF 4
about 112,000 kcal for two weeks

COUNT BY LABELS
not by how full the shelf looks

× **DON'T CALL A SHELF 'TWO WEEKS' UNTIL THE LABELS ADD UP**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Do the maths for your household on one sheet of paper and tape it inside the pantry door.

USDA / FDA reference intakes — real needs vary by person · General information only — follow official guidance in a real emergency.

FOOD, DEEP

HEAVY FOOD, SMALL SHELF



MOST KCAL PER INCH
peanut butter, oil, rice, oats

BEANS + LENTILS
cheap, filling, keep for years dry

ADD FAT ON PURPOSE
oil turns rice into a meal

THE QUIET BACK-UPS
powdered milk + honey

× **DON'T BUILD THE SHELF ON SOUP + CRACKERS ALONE**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Buy one week of two anchors — rice + peanut butter, or oats + oil — and tag each with its total kcal.

USDA food-composition data · General information only — follow official guidance in a real emergency.

FOOD, DEEP

EAT THE OLDEST FIRST



NEW GOES BEHIND
old food comes out front

DATE EVERY LID
month + year, in marker

EAT FROM THE SHELF
in normal weeks too — then replace it

A ROTATED SHELF
never expires all at once

× **DON'T KEEP A STASH YOU NEVER TOUCH OR CHECK**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Date-mark everything on the shelf today, and move the oldest row to the front.

FOOD, DEEP

GROW A HANDFUL: SPROUTS



SOAK OVERNIGHT
rinse twice a day; ready in 3–5 days

NO SOIL, NO SUN
freshness + vitamins — not real calories

RIGHT SEEDS ONLY
sprouting seeds, lentils, or mung beans

⚠ RINSE WELL
sprouts grow germs as easily as leaves

× **NEVER SPROUT KIDNEY BEANS — AND SLIMY OR SOUR SPROUTS GO OUT**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Sprout one jar of lentils this week and eat them — so the first time isn't the emergency.

University extension sprouting guidance · FDA sprout safety · General information only — follow official guidance in a real emergency.

FOOD, DEEP

SOAK IT, SAVE THE FUEL



SOAK BEANS 8–12 HOURS
before you cook them

LENTILS ARE FASTEST
no soak needed, cooks quickest

BOIL 10, THEN WRAP
the pot finishes cooking off the heat

SOAK WATER = GARDEN
not back into the pot

× **NEVER BLANKET-COOK KIDNEY BEANS FROM RAW — BOIL HARD 10 MINUTES FIRST**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Cook one soaked-bean meal the wrap way and time the fuel you saved.

USDA / extension bean guidance · FDA Bad Bug Book · General information only — follow official guidance in a real emergency.

FOOD, DEEP

OPENED MEANS EAT IT



THE CLOCK STARTS
an opened tin is fresh food now

NO FRIDGE? ONE SITTING
eat it all at that meal

FRIDGE: 3–4 DAYS
covered, in a clean pot — not the tin

2 HOURS OUT IS THE LIMIT
1 hour on a hot day

× **NEVER EAT FROM A BULGING, LEAKING OR SPURTING TIN**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Check you own small covered containers for one tin's worth of leftovers, plus a marker to date them.

FOOD, DEEP

FEEDING THE BABY



READY-TO-FEED IS SAFEST
when water and power are in doubt

NEVER WATER IT DOWN
watered formula can kill a baby

STARTED BOTTLE: 1 HOUR
then throw what's left away

POWDER NEEDS SAFE WATER
measured exactly, every time

× **NEVER HOMEMADE FORMULA. NO COW'S OR PLANT MILK UNDER 12 MONTHS**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Baby in the house? Stock 3+ days of ready-to-feed formula and write their usual amounts on the tin.

CDC infant-feeding guidance · FDA formula warnings · General information only — follow official guidance in a real emergency.

WATER, DEEP

STILL IT: THE STOVETOP STILL



STEAM LEAVES DIRT BEHIND
the drip into the cup is the clean part

WORKS ON SEA WATER
and on dubious water too

⚠ A CUP AT A TIME
slow and fuel-hungry — not a bucket

NOT EVERY CHEMICAL
some chemicals travel with the steam

× **DON'T DISTIL PETROL- OR PESTICIDE-TAINTED WATER AND CALL IT SAFE**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Build the pot-lid-and-cup still once and time one honest cup. Write the minutes on this page.

WATER, DEEP

THE SOLAR STILL — HONEST PAGE



SUN + PIT + PLASTIC
water, drop by drop

⚠ A CUP OR TWO A DAY
on a good day — not a day's drinking

DIGGING COSTS SWEAT
green leaves in the pit add a little

LAST RESORT ONLY
walking to known water beats digging

× **DON'T SPEND A HOT DAY DIGGING WHEN A KNOWN SOURCE IS IN REACH**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

No build: mark the two nearest reliable water sources on your home map (Navigation pages).

WATER, DEEP

CATCH THE RAIN



YOUR BIGGEST FREE SOURCE
roof + gutter + a clean lidded barrel

FIRST RAIN RINSES
let it wash the roof — collect after

TREAT BEFORE DRINKING
rainwater still gets boiled / bleached

SCREEN THE TOP
keeps leaves and mosquitoes out

× **DON'T DRINK ROOF WATER STRAIGHT FROM THE BARREL**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Fit or clean one barrel under one downspout, with a lid and screen. Check your local rules first.

CDC rainwater guidance · EPA rain harvesting · General information only — follow official guidance in a real emergency.

WATER, DEEP

THE WELL WITH NO POWER



HAND PUMP OR BUCKET
beats an electric pump in a blackout

PRIME THE PUMP
keep one labelled jug just for priming

AFTER ANY FLOOD
well water is unsafe until tested

KEEP THE WELLHEAD SEALED
high, and away from septic + animals

× **NEVER LOWER A DIRTY BUCKET INTO THE WELL**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Have a well? Learn today whether a hand pump fits it. No well? Write down the nearest house that has one.

WATER, DEEP

FILTER ≠ PURIFIER



A FILTER STOPS
bacteria, protozoa, and dirt

MOST FILTERS MISS VIRUSES
a purifier removes viruses — that's the difference

NEITHER REMOVES SALT
most don't remove chemicals either

CARBON HELPS SOME
taste + some chemicals; salt needs more

× **DON'T TRUST THE WORD 'PURIFIES' UNLESS IT NAMES VIRUSES**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Read your filter's box today and write on it in marker: 'VIRUSES: YES / NO' — plus its litre rating.

CDC water-treatment guidance · EPA purifier definition · General information only — follow official guidance in a real emergency.

WATER, DEEP

POOL WATER: THE LIMITS



GOOD FOR FLUSHING
washing + cleaning — save drinking water

NOT YOUR DRINKING SUPPLY
chlorine + pool chemicals build up in it

TRUE LAST RESORT ONLY
filter it, treat it, drink small amounts

A GREEN POOL
is cleaning water only

× **NEVER GIVE POOL WATER TO BABIES**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Put one dedicated bucket + rope by the pool, marked 'NOT FOR DRINKING' — fetching without power is the drill.

WATER, DEEP

FINDING WATER OUTSIDE



WATER RUNS DOWNHILL
look in dips, valleys, green tree lines

BIRDS AT DAWN + DUSK
often fly toward water

⚠ SIPS, NOT BOTTLES
dew + bag-on-a-branch give very little

FOUND ≠ SAFE
any found water still gets treated

× **DON'T EAT SNOW UNMELTED, OR DRINK FROM A STILL GREEN POOL**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Mark every pond, stream and public tap within a mile on your paper map. Walk to one of them.

HYGIENE, DEEP

LAUNDRY WITHOUT POWER



SMALL + OFTEN
underwear, socks, kids' clothes first

AGITATE, SOAK, WRING
wringing is the spin cycle

SUN + WIND
dry and freshen better than any bottle

SKIN LAYERS FIRST
outer layers can be worn again

× **DON'T SPEND DRINKING-GRADE WATER ON LAUNDRY**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Set up the wash bucket, agitator and line once. Wash one real load by hand and time it.

General knowledge — off-grid practice · General information only — follow official guidance in a real emergency.

HYGIENE, DEEP

WASH DISHES IN THREE BASINS



THE LINE, IN ORDER

scrape → wash → rinse → bleach dip → air-dry

A CAPFUL OF BLEACH

unscented, in the last basin — follow the bottle

AIR-DRY ON A RACK

a dirty tea towel undoes it all

LABEL THE BASINS

dish water never mixes with wash water

× **NEVER WASH DISHES IN HAND- OR BODY-WASH WATER**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Buy three stackable basins, label them 1-2-3, and run one family meal through the line as a drill.

CDC / state-health three-sink sanitation practice · General information only — follow official guidance in a real emergency.

HYGIENE, DEEP

PERIODS, PLANNED FOR



STOCK 3 MONTHS
of what each person actually uses

A CUP CUTS IT DOWN
reusables shrink the problem to soap + water

LINED, LIDDED BIN
used items go out with trash — never the toilet

PAIN RELIEF COUNTS
and a hot water bottle is a supply

× **DON'T FLUSH PADS OR TAMPONS — A BLOCKAGE IS ITS OWN DISASTER**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Count the house against 3 months per person and close the gap in the normal weekly shop.

HYGIENE, DEEP

NAPPIES: THE CLOTH BACK-UP



COUNT IN DAYS
not packs — know your real number

FLAT CLOTH NAPPIES
dry fastest, fit every size — the true back-up

SOLIDS FIRST
into the toilet / bucket system, then the soak

CREAM + AIR TIME
rash gets bad fast in a grid-down week

× **NAPPIES GET THEIR OWN BUCKET — NEVER THE DISH OR HAND WATER**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Buy flat cloth nappies + wraps, practise one fold on a teddy, and write your disposable days on the shelf.

HYGIENE, DEEP

WASH THE PERSON, NOT THE BATH



A BASIN USES A LITRE
a bath uses water you don't have

CLEANEST FIRST
top to bottom; private areas last, fresh water

PITS, GROIN, FEET, FOLDS
the parts that matter most

DRY FOLDS THOROUGHLY
sore skin starts in damp folds

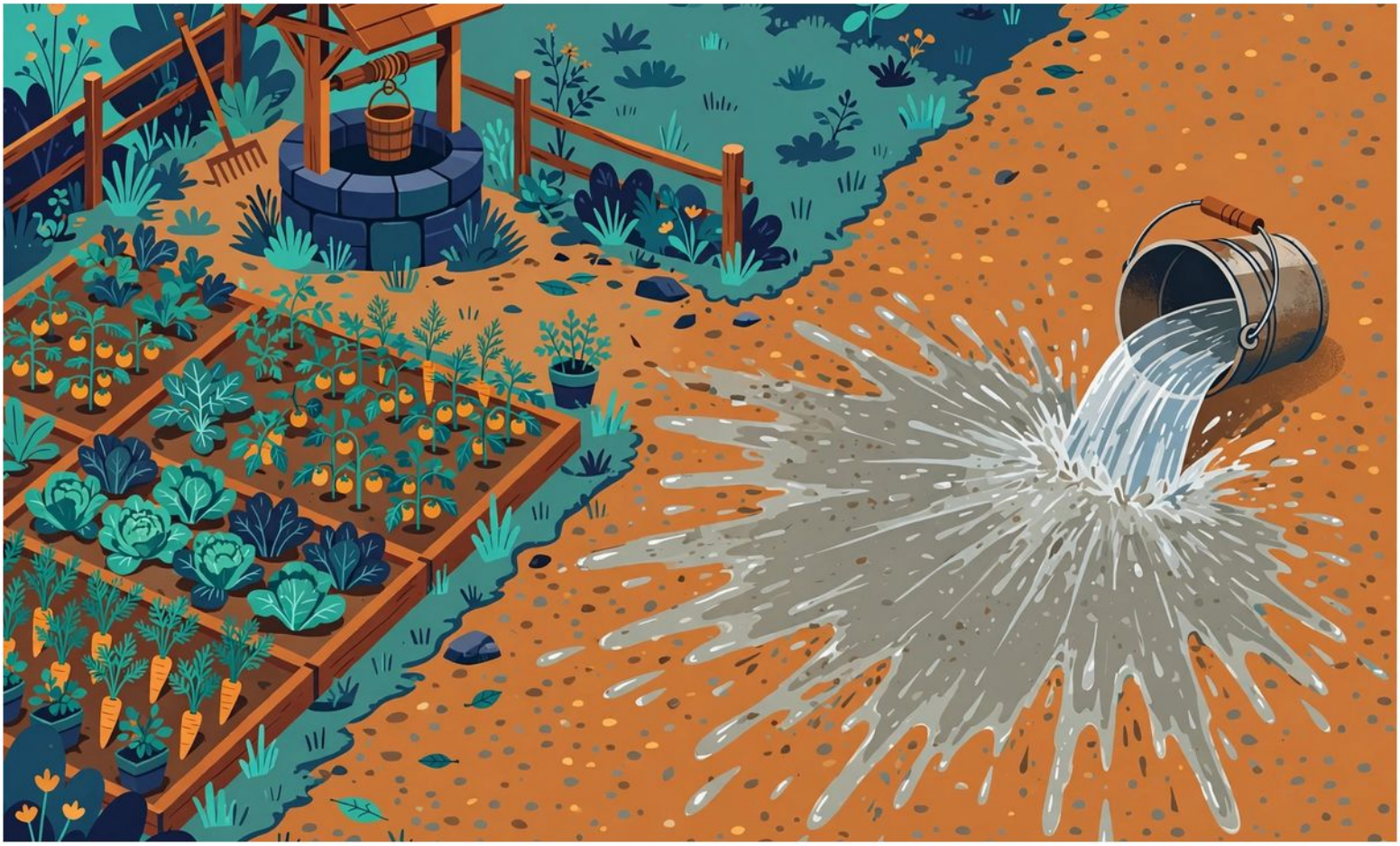
× **DON'T SHARE FLANNELS OR TOWELS — ONE COLOUR PER PERSON**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Give everyone a labelled flannel + small towel set in the hygiene box, and find your basin + stool spot.

HYGIENE, DEEP

GREY WATER: OUT, SAFELY



GREY = USED WASH WATER
laundry + dishes + bodies

ONTO GRAVEL OR LAWN
never on vegetables you'll eat raw

SPREAD THIN, ROTATE
don't let it pool

TOILET WASTE ISN'T GREY
it never joins this bucket

× **DON'T TIP IT WHERE KIDS OR PETS PLAY — OR NEAR YOUR WATER**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Mark your grey-water spot on the garden plan now: downhill, away from veg, well and play areas.

EPA / extension greywater guidance — local rules vary · General information only — follow official guidance in a real emergency.

SKILLS

THREE KNOTS THAT DO EVERYTHING







BOWLINE
the loop that never slips, always unties

CLOVE HITCH
fast on a post — tarps, lines, gates

SQUARE KNOT
flat for bandages; lumpy means wrong

PRACTICE BY HAND
you'll tie these in the dark

× **DON'T TRUST A KNOT YOUR HANDS HAVE ONLY WATCHED**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Cut two practice ropes. Tie each knot ten times at the table — then once with eyes closed.

General knowledge — scouting / seamanship · Not a substitute for training · General information only — follow official guidance in a real emergency.

SKILLS

CPR: HANDS ON THE CHEST



NOT BREATHING NORMALLY?
start. Hard and fast, center of the chest

ABOUT 2 INCHES DEEP
100–120 pushes a minute; let the chest rise

UNTRAINED? HANDS-ONLY
trained: 30 pushes to 2 breaths

SEND FOR THE AED
and call 911; swap pushers every 2 minutes

× **DON'T STOP TO HUNT FOR A PULSE OR EQUIPMENT**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Book the family onto a Red Cross CPR/AED class — the booking is this page's real action. Note your nearest AED.

SKILLS

CHOKING: FIVE AND FIVE





CAN'T BREATHE OR TALK?
act now — don't wait

OVER 1 YEAR: 5 + 5
lean forward: 5 back blows, then 5 tummy thrusts

BABIES: DIFFERENT
face-down on your forearm, head supported: back blows, then chest thrusts

IF THEY GO LIMP
lower them down and start CPR

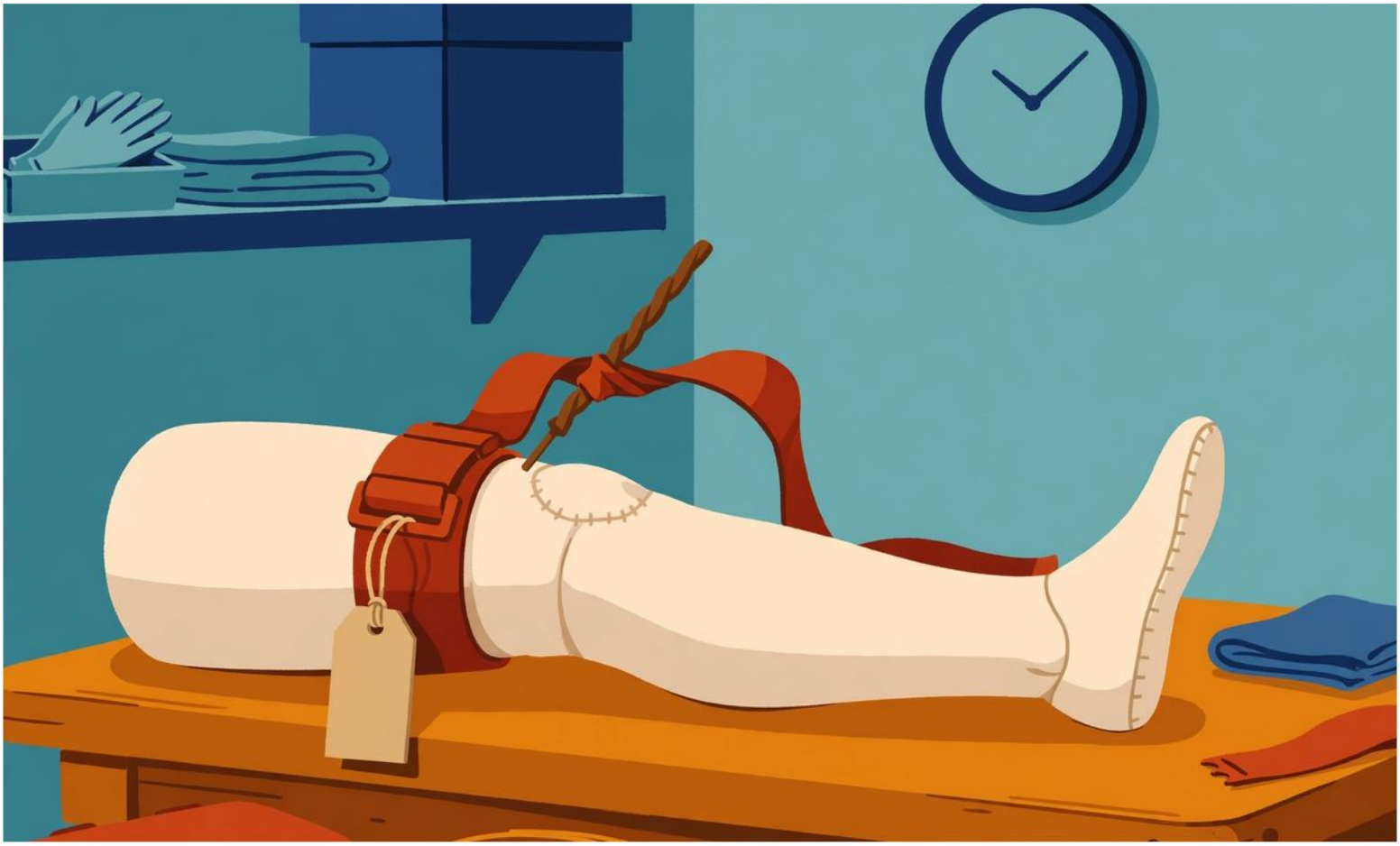
× **NEVER DO A BLIND FINGER SWEEP IN A CHILD'S MOUTH**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Book the first-aid class (choking is taught in it). Toddlers eat sitting, supervised, grapes cut lengthways.

SKILLS

THE TOURNIQUET: WHEN NOTHING ELSE WORKS



ONLY WHEN PRESSURE FAILS
severe limb bleeding, nothing else working

2–3 INCHES ABOVE
never on a joint; tighten until bleeding stops

IT WILL HURT
tight and hurting is working — write the time on it

ONCE ON, IT STAYS ON
until medical help takes over

× **NEVER LOOSEN IT YOURSELF. NO THIN CORD OR WIRE — WIDE BAND ONLY**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Put one commercial tourniquet in the first-aid kit and one in the car kit. Watch a Stop The Bleed demo together.

SKILLS

SPLINT IT AS IT LIES



AS YOU FOUND IT
splint in position — don't straighten

PAD FIRST, RIGID SECOND
tie above and below the break, never on it

HOLD BOTH JOINTS
the joints above and below stay still too

CHECK THE FINGERS
warm, pink, can wiggle — loosen if not

× **NEVER TIE SO TIGHT THE LIMB THROBS OR GOES PALE**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Assemble a splint pouch: two boards, padding, two triangular bandages. Practise once on a healthy arm.

SKILLS

MOVING SOMEONE — AND WHEN NOT TO



DON'T MOVE THEM
unless the place itself will kill them

HEAD, NECK, BACK?
keep them still, support the head, wait

IF YOU MUST MOVE
blanket drag, head supported, along the body's line

BREATHING BUT OUT COLD
recovery position, airway open — if no spine worry

× **NEVER SIT THEM UP 'TO CHECK', OR PULL ARMS AND LEGS**

DO THIS WEEKEND — BEFORE ANYTHING HAPPENS

Practise the blanket drag once, slowly, with a healthy volunteer on carpet.