CORE GUIDE

The 72-Hour Outage Plan: A room-by-room readiness kit for homeowners

Leave with a written, household-specific plan for the first 72 hours without power - sized to your own loads, your own rooms and the people who live there.

Format	PDF, letter size
Edition	2026 Edition
For	Leave with a written, household-specific plan for the first

How to use this guide

Work through the modules in order. Each one ends with a concrete action, and the Action Workbook gives you space to complete it. Reading this guide without doing the exercises will not produce a result — the work is the point.

> Start with the Quick Start. It gets you a real result before you read the full guide.

Who this is for

Leave with a written, household-specific plan for the first 72 hours without power - sized to your own loads, your own rooms and the people who live there.

The moment this helps: The moment the current approach stops working.

What you have probably already tried: Free advice that was too generic to act on.

What is inside

#	Module	Format
1	The First 72 Hours: What Actually Fails, And In What Order	PDF
2	Your Real Load List: What You Need To Run, Not What You Own	PDF
3	Sizing Without Guesswork: Running Watts, Surge Watts And Runtime	PDF
4	Choosing The Source: Power Station, Generator Or Home Battery	PDF
5	Fuel, Charging And The Refuel Plan Nobody Writes	PDF
6	Carbon Monoxide, Backfeed And The Rules That Are Not Negotiable	PDF
7	Food: The Fridge And Freezer Clock, And What To Eat In What Order	PDF
8	Water: Pressure, Storage, Heating And Sanitation	PDF
9	Winter: Keeping One Room Livable And The Pipes Unfrozen	PDF
10	Summer: Heat Illness Thresholds And The One-Room Cooling Strategy	PDF
11	Medical Devices, Medication And The Cold Chain	PDF
12	Communications: Phones, Radios And The Family Contact Plan	PDF
13	Light And The Room-By-Room Readiness Pass	PDF

14	Money, Documents And Access When The Systems Are Down	PDF
15	Children, Older Adults And Pets	PDF
16	The 90-Minute Drill, And Keeping The Plan Current	PDF

Module 1. The First 72 Hours: What Actually Fails, And In What Order

Most outage planning fails because it starts with equipment. You end up owning a generator and still losing the contents of your freezer, because nobody wrote down what happens first. An outage is a sequence, not an event. Lighting and screens go immediately, and that is the part everyone prepares for. What follows is less obvious and matters more. Your refrigerator holds safe temperature for roughly four hours unopened; a full freezer holds about forty-eight, a half-full one about twenty-four. If your water comes from a private well, the pump is electric, so you lose water pressure at once. If you are on municipal water you usually keep pressure, but you lose hot water within hours and you may lose the ability to heat it at all. Gas furnaces need electricity for the blower and the ignition control, so in winter the house begins shedding heat immediately even though the fuel supply is untouched. Cordless phone bases die, and mobile networks run on battery and generator backup that is measured in hours, not days. Sump pumps stop, which is why an outage during heavy rain is a different emergency from an outage during a heatwave. Writing that sequence down for your own house is the first worksheet in this kit, because every later decision - what to power, what to size, what to skip - depends on knowing which clock runs out first in your home rather than in a generic one.

What this module changes

You can name, in order, the six household systems that stop working during an outage at your address, and roughly when each one becomes a problem.

Worked example

Dana opened the Failure Order sheet for her 1,900 sq ft house on a private well and found: water immediate, because the well pump is electric; heat immediate in winter, a gas furnace with an electric blower; fridge 4 hours; freezer 48 hours full; phones 6 hours on the handset battery; sump immediate, and her basement had taken water twice in three years. Her two shortest clocks were water and the sump, not refrigeration - which moved her whole plan away from the generator aisle and towards 24 gallons of stored water and a small transfer-capable source.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- List the six systems in your home that depend on electricity: lighting, refrigeration, water, space heating or cooling, communications, and water removal (sump or sewage ejector).

- For each one, write what it does when the power stops - not what you fear, what it actually does. Check the appliance manual where you are unsure.
- Write the time to first real consequence beside each: immediate, 4 hours, 24 hours, 48 hours.
- Circle the two shortest clocks. Those are the only two that justify spending money before the others are planned.
- Note whether your water is municipal or well, and whether your heating needs electricity to run even if it burns gas or oil.

Numbers to remember

Number	What it measures	Why it matters	Source
Refrigerator holds safe temperature about 4 hours unopened			
Full freezer about 48 hours; half-full about 24 hours			
40F is the safety line; above it for more than 2 hours means discard			
Well pump: pressure is lost immediately, because the pump is electric			

Most gas furnaces stop within seconds - the blower and control board are electric

Common mistakes at this step

- Starting with a generator purchase and reverse-engineering the plan to justify it.
- Assuming a gas furnace keeps working without power. Almost none do - the blower and control board are electric.
- Treating the refrigerator and the freezer as one clock. They are roughly four hours and roughly forty-eight.
- Forgetting the sump pump until it is raining.

Before you move on

✓ Your sequence names a time for every one of the six systems, with no blanks.

✓ The two circled clocks are the two shortest on your own list, not the two that worry you most.

✓ You have confirmed, not assumed, whether your furnace needs electricity.

Module 2. Your Real Load List: What You Need To Run, Not What You Own

A load list is the single document that turns outage planning from shopping into arithmetic. Without one, every product looks plausible and every wattage figure sounds reasonable. Build it in three tiers and resist the urge to collapse them. Tier one is what must run or someone is harmed or the house is damaged: a medical device, the sump pump, enough heat to keep pipes above freezing, a phone to call for help. Tier two is what prevents loss: the refrigerator and freezer, and in some homes a well pump for drinking water. Tier three is comfort and normality: a lamp in the room everyone is sitting in, a laptop, a fan, a modem if the service is still up. Most households discover their tier one is far smaller than they expected - often under 400 running watts - and that is the number that determines whether this is a problem solved by a 300-dollar battery or a 4,000-dollar standby system. Get the watts from the equipment, not from memory. The nameplate is on the back of the appliance, on the bottom of the power brick, or in the manual. Where a label gives only amps, multiply by your voltage: a 3-amp device on a 120-volt circuit is about 360 watts. Measure anything you cannot find with an inexpensive plug-in meter, and measure it while it is actually working, because a refrigerator at steady state draws a fraction of what it draws with the compressor running.

What this module changes

You have a written load list for your own household with running watts for each item, separated into three tiers, totalling a number you can actually size against.

Worked example

Marcus measured every candidate over one weekend and his tier one came to 310 watts: a CPAP at 60, an LED lamp at 9, a phone charger at 12, and a 230-watt allowance for the furnace blower cycling. Tier two added a 150-watt fridge and a 120-watt freezer. Tier three totalled 1,900 watts and he abandoned it deliberately. He had been carrying a figure of 2,400 watts in his head, and 310 is a different purchase decision entirely.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Write three columns: MUST RUN, PREVENTS LOSS, COMFORT.
- Place every candidate device in exactly one column. If you cannot decide, it is not tier one.
- Find running watts for each from the nameplate, the power brick, or the manual. Where only amps are given, multiply amps by volts.

- Measure anything unlabelled with a plug-in meter while the device is running under normal use.
- Total each column separately. Write the tier-one total in a box and circle it.
- Note beside the refrigerator and freezer that they cycle - they do not draw their rated watts continuously.

Numbers to remember

Number	What it measures	Why it matters	Source
Most households' tier one is under 400 running watts			
A kettle is about 1,500 watts - a tier-three want, not a need			
Amps x volts = watts: a 3-amp device at 120 volts is about 360 watts			

A refrigerator cycles; it draws its rated watts only while the compressor runs
A well pump is often the single largest motor in the house, 700 to 1,500 watts running

Common mistakes at this step

- Putting the whole kitchen in tier one. A kettle is 1,500 watts and a tier-three want.
- Using the surge figure as the running figure, which can oversize a purchase by three times.
- Forgetting that a well pump is often the single largest motor in the house.
- Listing a device by its label's maximum rather than its measured working draw.

Before you move on

✓ Every figure on the list came from a label, a manual or a meter. None was estimated from memory.

✓ Your tier-one column contains only items whose absence causes harm or damage, not inconvenience.

✓ You have a single circled tier-one total in watts.

Module 3. Sizing Without Guesswork: Running Watts, Surge Watts And Runtime

Three numbers decide whether a power source fits your plan, and sellers quote them inconsistently on purpose. Running watts is what a device draws while operating. Surge watts, sometimes called starting or peak watts, is the brief spike a motor demands as it starts - a refrigerator compressor, a well pump, a furnace blower. The spike can be two to three times the running figure and it lasts a second or two, but a source that cannot supply it will simply shut off. So you size capacity against the sum of your running watts plus the single largest surge on the list, not the sum of all surges, because motors rarely start simultaneously. Runtime is the third number, and it is where advertising is loosest. A battery is rated in watt-hours, which is capacity. Divide watt-hours by your running watts to get hours, then subtract a real-world loss: inverters are typically eighty-five to ninety percent efficient, so multiply the result by 0.85 to stay honest. A 1,000 watt-hour station running a 100-watt load gives about eight and a half usable hours, not ten. For a generator, runtime is a function of the fuel tank and the load, and the quoted figure is almost always at twenty-five or fifty percent load - at full load it can be less than half the number on the box. Do this arithmetic once, write it on the worksheet, and you will never again be persuaded by a headline figure.

What this module changes

You can calculate the capacity and runtime you need from your own load list, and you can tell when a product's advertised number does not mean what it appears to mean.

Worked example

Priya's running total was 580 watts and her largest surge was the furnace blower at 700, so her required capacity was 1,280 watts - which ruled out the 1,000-watt station that had looked sufficient on running watts alone. For runtime she calculated 1,500 watt-hours divided by 580 watts, times 0.85, which is about 2.2 hours against her 16-hour target. The gap sent her to a recharge plan rather than a bigger battery, which was the cheaper answer by about $900.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Take your tier-one and tier-two running-watt totals from the previous module.
- Identify the single largest surge load and find its surge watts from the label or manual; if unlisted, assume three times running for a motor.

- Required capacity = running total + largest single surge. Write it down.
- For a battery: usable hours = watt-hours divided by running watts, multiplied by 0.85.
- For a generator: read the runtime figure and note the load percentage it was measured at. Halve it mentally if the figure says 25%.
- Write your required runtime target in hours, based on the longest outage your area has actually had.

Use this script: Script

```
Ask a seller, verbatim: "What is the continuous running wattage, what is the surge wattage, and at what percentage of load was the runtime figure measured?" If any of the three answers is missing, treat the product as unsized rather than suitable.
```

Numbers to remember

Number	What it measures	Why it matters	Source
Required capacity = running total + the single largest surge, not all surges			
Motor surge is typically 2 to 3 times its running watts, for 1 to 2 seconds			
Inverters are about 85 to 90% efficient - multiply battery hours by 0.85			

1,000 watt-hours running a 100-watt load gives about 8.5 usable hours, not 10
Quoted generator runtime is usually measured at 25% or 50% load

Common mistakes at this step

- Adding every surge load together, which oversizes dramatically.
- Taking watt-hours as usable hours and ignoring inverter loss.
- Comparing a generator's 25%-load runtime with a battery's full-load runtime.
- Sizing for the worst outage imaginable rather than the worst your area has recorded.

Before you move on

✓ Your capacity figure adds only ONE surge, not all of them.

✓ Your battery runtime includes the 0.85 inverter loss.

✓ You know the load percentage behind any quoted generator runtime.

✓ Your runtime target comes from your area's outage history, not from a round number.

Module 4. Choosing The Source: Power Station, Generator Or Home Battery

There are three honest answers to "what should I buy", and which one is right is determined almost entirely by facts you have already written down. A portable power station is a battery with an inverter. It makes no noise, no exhaust, and can run indoors, which makes it the only option that works in an apartment or for anyone who cannot safely site a generator. It suits small tier-one loads - a medical device, phones, lighting, a modem - and it recharges from mains, a car or solar panels. Its limit is capacity: running a refrigerator for days is not what it is for. A portable generator produces far more power per dollar and refuels in minutes, which makes it the practical answer for multi-day outages and for tier-two loads like refrigeration and a well pump. Its costs are real: it must run outdoors, well away from windows and doors, it requires fuel stored safely and rotated, and it produces carbon monoxide, which is the single most dangerous element of any outage plan. A home battery or standby generator is permanent, wired through a transfer switch, and starts without you. It is the right answer when someone in the house depends on power, when outages are frequent, or when nobody will be home to start a portable unit. It is also the most expensive and requires a licensed electrician and usually a permit. Most households that plan properly end up with a small battery for tier one and either a generator or nothing for tier two.

What this module changes

You can state which of the three source types fits your load list, your housing situation and your budget, and write down why the other two do not.

Worked example

Tomas has a CPAP user in the house and frequent short outages. He bought a 1,000 watt-hour station for tier one and deliberately bought nothing for tier two, writing "fridge loss accepted below 24h, cooler plan at 24h" on the worksheet. That is a complete plan and it cost him under $400, because his load list said tier one was 70 watts.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Write your housing constraint first: can you site a running generator at least twenty feet from any window, door or vent?
- Write whether anyone in the household depends on powered equipment.
- Write whether the house is occupied during typical outage hours.

- Match: no safe siting, or apartment, means battery only. Dependency plus absence means permanent standby. Multi-day plus tier two means generator.
- Write the one source type you are choosing and one sentence each on why the other two are wrong for you.
- If you choose permanent, add a line for the electrician quote and the permit question - do not treat it as a purchase.

Use this script: Script

```
When you call an electrician, say: "I want a quote for a manual transfer switch or a generator interlock kit on my main panel, with a permit and inspection. My panel is [make] and [amps]. I am not asking for a whole-house standby unit." That sentence prevents a quote for a system ten times the size of your load list.
```

Numbers to remember

Number	What it measures	Why it matters	Source
A generator needs at least 20 feet of clearance from any window, door or vent			
A 20-pound propane cylinder holds roughly 430,000 BTU - about 5 hours at moderate load			

A permanent standby install needs a licensed electrician and usually a permit	
A battery station runs indoors; a combustion generator never does	

Common mistakes at this step

- Buying a generator with nowhere safe to run it.
- Choosing a permanent standby system before doing the load list, and sizing it to the whole house.
- Assuming solar panels will recharge a station fast enough in winter - check the panel's watts against your daily use.
- Treating this as one purchase rather than a tier-one and a tier-two decision.

Before you move on

✓ Your choice is traceable to your written constraints, not to a review you read.

✓ You have written why each rejected option is wrong for your situation.

✓ If a generator is in the plan, you have identified its exact siting spot and measured the distance.

Module 5. Fuel, Charging And The Refuel Plan Nobody Writes

A power source without a resupply plan is a countdown. The most common failure in a household outage plan is owning the equipment and running out of what feeds it on day two. Start with what you hold. For a generator, that is gallons on hand, and gasoline is the awkward case: untreated, it begins degrading in three to six months, so stored fuel needs a stabiliser and a rotation date written on the can. Propane does not degrade, which is why dual-fuel generators are popular for standby use, and a twenty-pound cylinder holds roughly 430,000 BTU - about five hours at a moderate load on a mid-size unit. Diesel keeps longer than gasoline but gels in deep cold without an additive. For a battery, what you hold is watt-hours, and your resupply options are mains power that is currently absent, a vehicle, or solar. A car can charge a station through a 12-volt socket at only about 100 to 120 watts, which means ten hours of idling to refill a 1,000 watt-hour unit - workable for a phone-and-CPAP tier one, useless for anything larger. Solar is honest but seasonal: a 200-watt panel array in December at northern latitudes may deliver a quarter of its summer figure. Write the arithmetic down, then write the trigger: at what remaining level do you go and get more, and where from.

What this module changes

You have a written energy-resupply plan: how much fuel or stored charge you hold, how long it lasts at your load, and exactly how you get more.

Worked example

Eileen kept two five-gallon cans for a 7,000-watt generator and assumed "a couple of days". At her measured tier-two load the unit burned about 0.6 gallons an hour, which is roughly 16 hours, not 48. Her plan changed rather than her fuel store: tier two during daylight only, generator off overnight, which stretched 16 running hours across three days and kept the freezer below 40F throughout.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Write how much fuel or stored charge you hold today, in gallons, cylinders or watt-hours.
- Divide by your consumption at tier-one load to get hours. Write the number.
- Write your resupply route: which station, which propane exchange, which neighbour, which vehicle.

- Write the trigger level at which you go - typically one third remaining, while roads and stations still work.
- Put a rotation date on any stored gasoline and add a stabiliser if it will sit more than three months.
- Confirm your fuel is stored outside the living space in an approved container.

Numbers to remember

Number	What it measures	Why it matters	Source
Untreated gasoline starts degrading in 3 to 6 months; stabiliser extends it			
Propane does not degrade - it is the storable fuel			
A 12-volt car socket charges a station at only about 100 to 120 watts			
A 200-watt solar array in December may deliver a quarter of its summer output			

Resupply trigger: one third remaining, while stations still have power

Common mistakes at this step

- Storing gasoline for a year without stabiliser and discovering it on the day it is needed.
- Assuming a car charges a power station quickly. It is usually about 100 watts.
- Waiting until nearly empty to resupply, by which time stations without power cannot pump.
- Keeping fuel in the attached garage next to an ignition source.

Before you move on

✓ You have hours, not just quantity.

✓ The resupply route names an actual place, not 'the gas station'.

✓ Stored gasoline carries a visible rotation date.

✓ Fuel is not stored in the house or an attached garage living area.

Module 6. Carbon Monoxide, Backfeed And The Rules That Are Not Negotiable

This is the module where the stakes stop being convenience. Carbon monoxide from portable generators kills people in outages every year, and almost every case involves a unit running too close to the building or inside a garage. The rule is distance and direction: a running generator belongs outdoors, at least twenty feet from the house, with the exhaust pointed away from every window, door and vent. An open garage door is not outdoors. A covered porch is not outdoors. CO is odourless, so the alarm is not optional - you need a working CO alarm on every level where anyone sleeps, and you test it before storm season rather than during a storm. The second non-negotiable is how power gets into the house. Plugging a generator into a wall outlet to energise a circuit - backfeeding - sends current back through your panel and out to the utility line, where it can injure a line worker, and it bypasses every protective device in your house. The lawful methods are an extension cord direct to the appliance, or a transfer switch or interlock installed by a licensed electrician. Cords matter too. A long thin cord drops voltage and heats up. For a 15-amp load at 100 feet you want 12-gauge or heavier, rated for outdoor use, uncoiled while running. None of this is advice you weigh against convenience. Write it as rules.

What this module changes

Your plan contains written safety rules for generator siting, cord sizing and connection method, and a working CO alarm on every sleeping level.

Worked example

Reuben's generator sat eight feet from a bedroom window, because that was as far as his cord reached. The fix was not a shorter rule but a longer cord: a 100-foot 12-gauge outdoor cord moved the unit to 24 feet with the exhaust facing the fence. He marked the spot with a paint dot on the path and wrote the distance on the card, because "far enough" is not a measurement anyone else can repeat.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Measure and mark the generator spot: twenty feet minimum from any opening, exhaust facing away.
- Install or test a CO alarm on every sleeping level. Write the test date on your plan.
- Write the connection method: cords to appliances, or transfer switch installed by a licensed electrician.

- Write the words NEVER BACKFEED on the plan, with the reason, so anyone who reads it understands why.
- Check cord gauge against length and load: 12-gauge or heavier for long runs, outdoor-rated.
- Note that cords must be uncoiled while in use, and never run under rugs or through doorways that crush them.

Use this script: Script

```
Write this on the plan in these words, so anyone in the house can follow it without you: "The generator goes beside the far corner of the shed, exhaust facing the fence. It never goes in the garage, never under the porch, and never closer than the paint mark on the path. If it is raining, use the open-sided cover - not the garage."
```

Numbers to remember

Number	What it measures	Why it matters	Source
20 feet minimum from any window, door or vent, exhaust pointed away			
An open garage is not outdoors; a covered porch is not outdoors			

A CO alarm on every sleeping level, tested within the last 6 months
12-gauge or heavier for a 15-amp load at 100 feet; uncoil cords while running
Never energise a house circuit through a wall outlet - that is backfeed

Common mistakes at this step

- Running a generator in an open garage or under a carport because of rain. Use a purpose-made open-sided cover instead.
- Backfeeding through a dryer or range outlet with a double-ended cord.
- Relying on a smoke alarm, which does not detect CO.
- Using a 16-gauge household cord for a 100-foot run.

Before you move on

✓ A CO alarm on every sleeping level has been tested within the last six months.

✓ The generator spot is measured, not estimated, and written in words a family member could follow.

✓ No part of the plan energises a circuit through a wall outlet.

✓ Cord gauge is recorded and matches the run length.

Module 7. Food: The Fridge And Freezer Clock, And What To Eat In What Order

Food decisions during an outage are made badly because they are made while hungry and in the dark. Written in advance, they are simple. The numbers are well established. An unopened refrigerator holds safe temperature for about four hours. A full freezer holds about forty-eight hours; half full, about twenty-four. The governing rule is forty degrees Fahrenheit: food held above that for more than two hours should be discarded, and that includes food that looks and smells fine, because the bacteria that cause illness do not announce themselves. A freezer thermometer left inside is worth more than any amount of judgement at the door, because it tells you what actually happened while you were not looking - and if food still contains ice crystals or reads at or below forty, it can be refrozen. The practical consequence is an eating order. Eat from the refrigerator first, in the first few hours, because that clock is shortest. Move to the freezer next, starting with what is already partly thawed. Only then open the shelf-stable supplies, which have no clock at all. Most households do this exactly backwards, opening the tins on the first evening while the fridge warms. Keep the doors shut. Every opening costs cold air you cannot replace, and a cooler with ice for the few items you need repeatedly - milk, medication that needs chilling - saves more than anything else on this list.

What this module changes

You have a written eating order for the first 72 hours and you know the temperature and time rules that decide what is safe to keep.

Worked example

Nadia kept a $4 thermometer in the freezer. After a 19-hour outage it read 38F, so the contents were refrozen instead of binned - several hundred dollars of food saved by one instrument and one number. Her eating-order card had the family through the refrigerator on the first evening, which is the reason the freezer door was never opened at all.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Put a thermometer in the refrigerator and another in the freezer now, and note where they are on the plan.
- Write the eating order: refrigerator first, freezer second, shelf-stable last.
- List the items you will need to reach repeatedly and plan a cooler with ice for those only.
- Write the 40F / 2-hour discard rule on the plan in plain words.

- Note that food with ice crystals or at or below 40F may be refrozen.
- Count your shelf-stable meals and write the number of days they cover for your household size.

Numbers to remember

Number	What it measures	Why it matters	Source
Refrigerator: about 4 hours unopened			
Freezer: about 48 hours full, about 24 hours half full			
40F for more than 2 hours means discard, however it looks or smells			
Food still holding ice crystals, or at or below 40F, may be refrozen			
Eating order: refrigerator first, freezer second, shelf-stable last			

Common mistakes at this step

- Opening the fridge repeatedly to check on it, which is what spoils it.
- Judging safety by smell and appearance rather than temperature and time.
- Eating tinned food first and losing the refrigerator contents.
- Owning a camp stove and no fuel for it, or fuel that must not be used indoors.

Before you move on

✓ Thermometers are physically in both appliances today.

✓ Your eating order starts with the refrigerator.

✓ The discard rule is written as a rule, not left to judgement.

✓ You know how many days your shelf-stable food covers for the number of people in the house.

Module 8. Water: Pressure, Storage, Heating And Sanitation

Water is the system households plan for least and need most, and the first question decides everything: well or municipal. On a private well, the pump is electric, so pressure stops when the power does. You may get a few gallons from the pressure tank and then nothing. On municipal supply you usually keep pressure, because the system is gravity-fed or has backup power, but you should confirm that with your utility rather than assume it, and be aware that a boil-water notice can follow a wider failure. Plan on one gallon per person per day for drinking and basic hygiene, and more in heat or for anyone who is ill. For three days and four people, that is twelve gallons minimum, and realistically double that once you include washing and flushing. Storage can be as simple as food-grade containers filled and dated, rotated every six months; if an outage is forecast, filling the bathtub gives you a large volume for flushing - not for drinking. Hot water is a separate clock. A tank holds heat for a day or more, so you get one or two warm showers if nobody runs it down; a tankless electric unit gives you nothing at all. Flushing works while there is pressure, and without pressure you flush by pouring a bucket of water directly into the bowl, which most people have never done and should read once before they need it.

What this module changes

You know whether you lose water pressure, how much water your household needs per day, and how you will flush, wash and drink without mains hot water.

Worked example

Caleb found his well's pressure tank gave about 9 gallons and then nothing at all. He stored 24 gallons in dated food-grade jugs for drinking and cooking, and wrote "fill both bathtubs" as the first line of his storm-forecast checklist - which covered three days of flushing for four people without touching the drinking store.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Write WELL or MUNICIPAL on the plan. If municipal, call the utility once and ask what happens to pressure in an outage.
- Calculate your household's three-day need at one gallon per person per day, then double it for washing and flushing.
- Store that volume in food-grade containers, with a fill date, rotated every six months.

- Write the bathtub-fill step as a pre-outage action when a storm is forecast, marked NOT FOR DRINKING.
- Note what kind of water heater you have and how long it holds heat.
- Read and write down the bucket-flush method so it is not being worked out on the day.

Use this script: Script

```
Call your water utility once and ask exactly this: "In a power outage, does my address keep water pressure, and do you have backup power at the pumping station that serves me?" Write the answer and the date on the Water worksheet. An assumption here is the difference between a plan and a hope.
```

Numbers to remember

Number	What it measures	Why it matters	Source
Plan 1 gallon per person per day, then double it for washing and flushing			
4 people for 3 days is 12 gallons minimum, realistically 24			
Rotate stored water every 6 months and write the fill date on the container			

A tank water heater holds useful heat for a day or more; a tankless electric gives nothing	
Bathtub water is for flushing, never for drinking	

Common mistakes at this step

- Assuming municipal pressure will hold without ever asking.
- Storing water in containers that were not food-grade.
- Planning a gallon a day and forgetting flushing, which dwarfs drinking.
- Treating bathtub water as drinkable.

Before you move on

✓ Your water source is confirmed, not assumed.

✓ Stored water carries a fill date and is in food-grade containers.

✓ Your volume covers three days for everyone in the house, including pets.

✓ Someone other than you could follow the flushing instruction from the written plan.

Module 9. Winter: Keeping One Room Livable And The Pipes Unfrozen

In cold weather an outage becomes a building problem as well as a comfort problem, and the two are solved differently. Heating the whole house without power is not realistic, and trying to is what exhausts fuel and patience. The workable strategy is a single warm room: pick the smallest room with the fewest exterior walls and windows, ideally on an interior side of the house, close the door, block the gap at its base, and concentrate people, bedding and any safe heat source there. Body heat in a small closed room is a meaningful contribution. Hang blankets over windows, and put something insulating between people and the floor, because floors conduct heat away faster than air does. Pipes are the separate risk, and the number is about twenty degrees Fahrenheit outside sustained, though pipes in uninsulated exterior walls or crawl spaces can freeze above that. The standard measures are to open cabinet doors under sinks so warmer room air reaches the pipes, let a faucet drip on the coldest exterior wall because moving water resists freezing, and know where your main shut-off is so a burst can be stopped quickly. If the house will be unoccupied and cold, draining the system is the thorough answer. Never use a charcoal grill, camp stove or unvented fuel heater indoors. That is the same carbon monoxide risk as the generator, in the room with you.

What this module changes

You have a written warm-room plan and a pipe-protection plan with the temperature at which you act.

Worked example

Ingrid picked an interior hallway bathroom as the warm room - no exterior walls, one small window - and staged a bin of blankets, foam mats and a lantern in the linen cupboard beside it. During a 28-hour winter outage that room held in the mid-50s F with four people in it and no heat source at all, while the rest of the house fell to 41F.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Choose the warm room now and write which one it is and why - smallest, fewest exterior walls.
- Stage what it needs: bedding, floor insulation, window coverings, a safe light.
- Write the pipe-protection actions: cabinet doors open, drip the faucet on the coldest exterior wall.

- Find and label the main water shut-off, and write where it is on the plan.
- Write the outside temperature at which you start the pipe actions, around 20F sustained.
- Write the indoor-combustion rule: no grill, camp stove or unvented heater inside, ever.

Numbers to remember

Number	What it measures	Why it matters	Source
Pipe-protection actions start around 20F outside, sustained			
Choose the smallest room with the fewest exterior walls as the warm room			
Let one faucet drip on the coldest exterior wall - moving water resists freezing			
Insulate between people and the floor; floors pull heat faster than air			

Never burn charcoal, camp fuel or an unvented heater indoors

Common mistakes at this step

- Trying to heat the whole house and running out of fuel.
- Bringing a charcoal grill or unvented propane heater indoors. This kills people every winter.
- Forgetting floor insulation, which costs more heat than people expect.
- Not knowing where the shut-off is until a pipe has already burst.

Before you move on

✓ The warm room is named, and a family member could find it from the plan.

✓ The main shut-off is labelled physically, not just written down.

✓ Pipe actions have a temperature trigger rather than a feeling.

✓ The no-indoor-combustion rule is written as a rule.

Module 10. Summer: Heat Illness Thresholds And The One-Room Cooling Strategy

A summer outage is more dangerous than most plans acknowledge, because heat kills quietly and air conditioning is the one load almost no household backup can carry. Start with the honest arithmetic: a central air conditioner draws thousands of watts and surges higher. No portable battery runs it, and a portable generator large enough to is expensive and thirsty. So the summer plan is not about cooling the house. It is about moving air, reducing heat gain, and knowing when to leave. Moving air is cheap. A box fan or a few USB fans run for many hours on a small battery, and moving air over skin makes a real difference to comfort and to the body's ability to shed heat - though above roughly ninety-five degrees a fan alone stops helping much and can simply move hot air. Reducing heat gain means closing blinds and curtains on the sunny side during the day, opening up at night if outside is cooler, and staying on the lowest floor, since heat rises. The part to write down in advance is the leaving threshold. Decide now, in writing, the indoor temperature at which the household relocates to a cooling centre, a library, a mall or a relative's house. Identify that destination by name and write how you get there. Elderly people, infants, anyone pregnant, and anyone on medication that affects temperature regulation reach their limit sooner, so name them on the plan. If anyone shows confusion, stops sweating, or has hot dry skin, that is an emergency - call emergency services.

What this module changes

You have a written heat plan with the indoor temperature at which you leave the house, and you know which household members are at elevated risk.

Worked example

Joaquin set the leaving threshold at 82F indoors for a household including his 81-year-old mother, and named the county library as the destination after confirming it runs on backup power. He wrote the car route on the card and kept a cooler bag for her refrigerated medication. The threshold was reached twice in two summers and both times they left early rather than arguing about it late.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Write that air conditioning is out of scope and why, so nobody spends money trying.
- Stage fans that run from your battery, and note their watts and runtime.

- Write the heat-gain actions: blinds closed on the sun side by day, open at night if cooler, stay low in the house.
- Decide and write the indoor temperature at which you leave.
- Name the destination and the route, and check it is actually open in an outage.
- List by name anyone at elevated risk: elderly, infants, pregnant, or on medication affecting heat regulation.

Numbers to remember

Number	What it measures	Why it matters	Source
Central air conditioning draws thousands of watts - out of scope for portable backup			
Above about 95F a fan alone stops helping and can just move hot air			
Decide your indoor leaving temperature in advance and write the number down			

Close blinds on the sunny side by day; open up at night only if it is cooler outside	
Confusion, no sweating, or hot dry skin is an emergency - call for help	

Common mistakes at this step

- Planning to run central air from a portable source. It does not work.
- Having no written leaving threshold, so the decision gets made too late.
- Relying on a fan above about 95F, where it stops helping.
- Overlooking medication that impairs heat regulation.

Before you move on

✓ The leaving threshold is a number written down, not a judgement to be made later.

✓ The destination is named and you have confirmed it opens as a cooling centre.

✓ Fan runtime is calculated from your battery's watt-hours.

✓ At-risk household members are listed by name.

Module 11. Medical Devices, Medication And The Cold Chain

If anyone in the household depends on powered equipment, this module outranks every other one in the kit, and it is the one place where the plan must be checked against the manufacturer and the prescriber rather than against general advice. Build a row for each device: what it is, its running watts, how many hours a day it is needed, whether it has an internal battery and how long that battery really lasts now rather than when it was new. A CPAP is a useful example because its draw varies enormously with settings - running it without the heated humidifier can cut consumption by more than half, which may be the difference between one night and three. That is a question for the device manual and your clinician, not for a workbook, so the kit's job is to make you ask it. Refrigerated medication is the second task. Insulin and several other drugs have specific storage ranges and specific guidance on how long they remain usable outside them, and that guidance comes from the manufacturer's leaflet and your pharmacist. Write the actual numbers for your actual medication on the plan. A cooler with ice packs and a thermometer inside is the practical tool, and the thermometer matters because a cooler packed with ice can go too cold as easily as too warm. Finally, write the escalation: at what point do you go to a facility with power, and which one.

What this module changes

You have a device-by-device power plan for every piece of medical equipment in the house, and a written cold-chain plan for refrigerated medication.

Worked example

Sylvia measured her CPAP at 62 watts with the humidifier off against 148 watts with it on, confirmed with her clinician that running dry for a few nights was acceptable, and recalculated: a 1,000 watt-hour station gave her about 13 hours instead of 5 - two nights rather than one. She bought nothing. The plan simply became correct.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- List every powered medical device: name, running watts, hours needed per day.
- For each, record whether it has an internal battery and test how long that battery lasts today.
- Ask the manufacturer or clinician which settings reduce consumption safely, and write the answer.

- For refrigerated medication, copy the manufacturer's storage range and out-of-range guidance onto the plan.
- Stage a cooler with ice packs and a thermometer inside, and write the target range on the lid.
- Write the escalation point and the named facility you would go to.

Use this script: Script

```
Ask your clinician or pharmacist, verbatim: "If the power fails for up to 72 hours, which settings on this device can I safely turn off to save battery, and for how long is this medication usable outside its storage range?" Write both answers, with the date and who gave them, on the Medical Devices worksheet.
```

Numbers to remember

Number	What it measures	Why it matters	Source
Test each device's internal battery today - the manual's figure is years out of date			
A CPAP without its heated humidifier can draw less than half as much			

Put a thermometer inside the medication cooler - ice can take it too cold as well as too warm
Copy the ma nufacturer's storage range onto the plan rather than generalising

Common mistakes at this step

- Trusting the manual's original battery life on a device several years old.
- Running a CPAP humidifier on battery power and halving the runtime unnecessarily - after checking it is safe to omit.
- Guessing medication temperature tolerances instead of reading the leaflet.
- Having no named escalation facility, so the decision is improvised.

Before you move on

✓ Every device has measured watts and a tested battery duration, not a manual's original claim.

✓ Medication guidance on the plan is quoted from the leaflet or pharmacist, not generalised.

✓ The cooler has a thermometer, not just ice.

✓ The escalation facility is named and you know it has backup power.

Module 12. Communications: Phones, Radios And The Family Contact Plan

Communications fail in two stages, and households plan for the first and are surprised by the second. The first stage is your own battery, and that is straightforward arithmetic: a modern phone holds roughly 12 to 20 watt-hours, so a 1,000 watt-hour station could in principle recharge one fifty times, and even a small 65 watt-hour power bank gives three or four full charges. Put the phone in low-power mode, dim the screen, and turn off background refresh, and a charge lasts far longer than normal use suggests. The second stage is the network, and this is the one people miss. Mobile cell sites have battery backup measured in hours, and only some have generators. In a wide or long outage, coverage degrades even though your phone is fully charged. That is why a battery or hand-crank AM/FM radio belongs in the kit: broadcast radio keeps working when the cell network does not, and it is how official instructions actually reach you. A NOAA weather radio adds alerts. The contact plan is the cheap part that gets skipped. Text rather than call, because texts need a fraction of the bandwidth and will often get through when a call will not. Agree one out-of-area contact everyone checks in with, since local networks congest first. Write the numbers on paper, because a dead phone is also a dead contact list, and give a copy to everyone including children.

What this module changes

You have a charging plan that keeps one phone alive for 72 hours, a way to receive official information without internet, and a written contact plan everyone knows.

Worked example

Omar's household had full phone batteries and no bars by hour nine of a regional outage. The hand-crank radio carried the county's boil-water notice and the restoration estimate; a text to a sibling two states away went through after three calls had failed. The paper card in his daughter's backpack was the only reason the two of them found each other that evening.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Calculate how many phone charges your battery or power bank provides.
- Write the phone settings to apply immediately: low-power mode, screen dim, background refresh off.
- Put a battery or hand-crank AM/FM radio in the kit and test it; add NOAA weather alerts if available.

- Choose one out-of-area check-in contact and tell everyone who it is.
- Write every important number on paper and give a copy to each household member.
- Write TEXT, DO NOT CALL on the plan with the bandwidth reason.

Use this script: Script

```
Agree this exact check-in text with everyone, so nobody has to compose one under stress: "OK. [NAME] here. At [LOCATION]. Power out, we are safe. Next check-in [TIME]. Do not call, texts only." Save it as a draft on every phone in the house today.
```

Numbers to remember

Number	What it measures	Why it matters	Source
A phone battery holds roughly 12 to 20 watt-hours			
A 65 watt-hour power bank is about 3 to 4 full phone charges			
Cell sites run on battery backup measured in hours, not days			

Text rather than call - a text needs a fraction of the bandwidth
One out-of-area contact: local networks congest first

Common mistakes at this step

- Assuming a charged phone means working service. The cell site has its own battery.
- Keeping all numbers only in the phone.
- Calling rather than texting during congestion.
- Owning a radio and never testing it or its batteries.

Before you move on

✓ The radio has been tested and its batteries are current.

✓ Everyone in the household, including children, has a paper copy of the numbers.

✓ The out-of-area contact knows they are the contact.

✓ You know how many phone charges you actually hold.

Module 13. Light And The Room-By-Room Readiness Pass

This is the module that turns a document into a prepared house, and it is done on your feet rather than at a table. Walk every room with the plan in hand and write three things for each. First, the light: what illuminates this room, where it is stored, and whether it works today. Battery lanterns and LED flashlights are the right answer; candles are the leading cause of outage house fires and have no place in a plan with children, pets or anyone unsteady. A headlamp beats a flashlight anywhere you need your hands, which is most places. Second, the hazards that appear in the dark: stairs, a glass table edge, a step down to a garage, a space heater that will be moved. Third, the job: what this room is for during an outage. One room is the warm or cool room, one is where the kit lives, one has the only working window for ventilation. The reason this is a walk and not a list is that you find things you would never write down. Where the stair light switch is in relation to the stairs. That the basement door closes and latches in the dark. That the only ground-floor bathroom has no window and becomes unusable without a light placed in it. Record it on one sheet and put a light source in every room today, not in a central box.

What this module changes

Every room in your home has been walked and has a written light source, hazard note and job, and the whole pass is recorded on one sheet.

Worked example

Harriet did the walk after dark with the breakers off and found the basement stair light switched from the bottom only, so anyone going down did it blind. A headlamp on a hook at the top of the stairs fixed it, and she wrote the hook's location on the readiness sheet so it gets put back. She found six other faults that night; she had been confident there were none.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Walk each room in turn with the worksheet. Do not do this from memory at a table.
- For each room write: light source and where it is stored, hazards in the dark, and the room's job.
- Place a working light in every room now, rather than keeping them all in one container.
- Replace any candle in the plan with a battery lantern or headlamp.
- Test every light and write the test date.

- Mark the stairs and any step changes as hazards and plan a light at the top and bottom.

Numbers to remember

Number	What it measures	Why it matters	Source
A light in every room, tested, with the test date written down			
Candles are a leading cause of outage house fires - use battery lanterns			
A headlamp beats a flashlight anywhere you need both hands			
Stairs need a light at the top AND the bottom			

Common mistakes at this step

- Storing every light in one box in a cupboard nobody can find in the dark.
- Keeping candles in the plan for atmosphere or tradition.
- Forgetting the stairs, which is where outage injuries happen.
- Doing the pass on paper rather than on foot, and missing what only shows up in the dark.

Before you move on

- ✓ Every room has a light physically in it, tested, with a date.
- ✓ No candle appears anywhere in the plan.
- ✓ Stairs have a light at both ends.
- ✓ Each room has a written job, even if the job is 'closed, not used'.

Module 14. Money, Documents And Access When The Systems Are Down

A surprising amount of an outage is administrative, and these are the failures that are trivial to prevent and genuinely disruptive to meet unprepared. Card payments need power and connectivity at the merchant's end. In a local outage, the shop that still has stock may only take cash, and the cash machine is also without power. So the plan holds a modest amount of small-denomination cash - small because change will be scarce - stored somewhere you can reach in the dark, and the amount is written down so it gets replaced after use rather than quietly spent. Access is the second item. An electric garage door has a manual release, and the time to learn where the cord is and how it works is now. If your only house key is in a smart lock, find out what it does on a dead battery and whether a physical key exists. Electric gates have a manual override too. Write each one down as a step somebody else could follow. Documents are the third. Insurance policy numbers, the utility's outage line, your doctor and pharmacy, the mortgage or landlord contact, photographs of serial numbers for anything you might claim for - these live in the cloud for most households, and the cloud is unreachable on a dead phone. Keep a printed copy in a waterproof sleeve with the kit, and keep an encrypted copy on a charged USB drive if you prefer.

What this module changes

You hold usable cash, you can open your house and car without power, and your essential documents are reachable offline.

Worked example

Dmitri found his garage release cord had been zip-tied up during a renovation and was unreachable from the floor. He freed it, practised the lift twice, and added "two people to lift, handle on the left" to the access card - a detail the manual does not contain and nobody would work out at 2am with a car they needed.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Decide an amount of small-denomination cash, store it with the kit, and write the amount on the plan.
- Find and operate your garage door's manual release once, and write the step down.
- Check what your smart lock does on a dead battery and confirm a physical key exists and is accessible.

- Print the essential contacts and policy numbers and put them in a waterproof sleeve with the kit.
- Photograph serial numbers and keep a copy offline.
- Write the utility's outage reporting number on the plan - reporting it is what gets it into the queue.

Use this script: Script

```
When you report the outage, the utility wants these facts in this order: "Account name and service address. The power is out. It went out at [TIME]. [Yes/No] my neighbours are also out. [Yes/No] I can see a downed line - if yes, here is where." Reporting it is what puts your address in the repair queue; assuming someone else reported it is why some streets wait longest.
```

Numbers to remember

Number	What it measures	Why it matters	Source
Hold cash in small denominations - change will be scarce			
Write the amount on the plan so it gets replaced, not quietly spent			
Operate the garage manual release once, before you need it			

Keep a printed contact and policy sheet in a waterproof sleeve with the kit

Common mistakes at this step

- Holding only large notes, which shops cannot change.
- Never testing the garage manual release and finding the car trapped.
- Keeping all documents in the cloud and nowhere else.
- Not reporting the outage to the utility, assuming someone else has.

Before you move on

✓ You have physically operated the garage manual release, not just located it.

✓ Cash is present and its amount is recorded so it can be replaced.

✓ A printed contacts sheet exists and is with the kit, not in a drawer.

✓ You know what the smart lock does with no power.

Module 15. Children, Older Adults And Pets

A plan that only works when the calmest adult is home is not finished. This module distributes it. Children do better with a job than with reassurance, and the job should be real. A seven-year-old can be responsible for carrying the lantern to the warm room. A ten-year-old can read the thermometer and report the number. A teenager can own the phone-charging rotation or the radio. Writing the job down matters because it converts an anxious bystander into a participant, and because it means the task happens when the adult is busy with something else. Older adults need the plan to account for mobility and medication, and often for temperature sensitivity in both directions. Stairs in the dark are the specific hazard. If a relative lives alone nearby, the plan should say who checks on them and by when, because that check is routinely assumed by several people and performed by none. Pets need water, food and a plan for heat or cold, and they are the most commonly forgotten line in the household water calculation. A cat or dog also behaves unpredictably in the dark and with strangers around, so the plan should say where the animal will be kept and whether a carrier is needed. If evacuation to a cooling centre is in your plan, check now whether it accepts animals, because many do not and discovering that at the door is how people end up staying in a dangerous house.

What this module changes

Your plan names every person and animal in the household and says who is responsible for each, with age-appropriate jobs written down.

Worked example

Rosa's household of five gave the lantern to the youngest, the hourly thermometer reading to the middle child, the charging rotation to the teenager, and fuel and the generator to the two adults. Through an overnight outage the adults never once had to ask for any of it, and the middle child's freezer reading at 06:00 is what told them the food was still safe to keep.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- List every person in the household by name, with their job during an outage.
- Give each child an age-appropriate, real task and write it beside their name.
- Note mobility, medication and temperature sensitivity for older adults.
- Name who checks on any relative living alone, and by what time.
- Add pet water and food to the water and food calculations.
- Confirm whether your evacuation destination accepts pets, and write the answer.

Use this script: Script

```
Use this when you check on someone living alone, because the useful questions are not the polite ones: "It is [NAME]. Three things: is your home warmer or cooler than you want, do you have water you can reach, and do you have your medication for the next two days? I can come now or in an hour - which?" Offering two times gets a real answer more often than asking whether they need anything.
```

Numbers to remember

Number	What it measures	Why it matters	Source
Every person in the house gets a written job, including the children			
Name ONE person to check on a relative living alone, and a time			
Add pet water and food to the household water total			

Confirm in advance whether your evacuation destination accepts animals

Common mistakes at this step

- Writing a plan only the author can execute.
- Leaving the check on an elderly relative to 'whoever gets there first'.
- Omitting pets from the water calculation.
- Assuming a shelter or cooling centre takes animals.

Before you move on

✓ Every name in the house appears on the plan with something to do.

✓ Children's jobs are real tasks, not token ones.

✓ The check-on-a-relative line names one person, not 'someone'.

✓ Pet needs are included in the water total.

Module 16. The 90-Minute Drill, And Keeping The Plan Current

An untested plan is a document, and documents fail in predictable ways: the batteries are flat, the cord is too short, the release cord is tied up, the phone number has changed. The drill is how you convert it into something that works. Run it for ninety minutes, deliberately, at a time you choose. Turn off the main breaker if you are comfortable doing so, or simply commit to using nothing that depends on mains power. Then execute your own written plan in order: go to the warm or cool room, deploy the lights the readiness sheet says are in each room, start the generator if you have one and connect what the plan says to connect, read the thermometers, make the check-in text, and have each person do their job. Write down every single thing that did not work, and resist fixing them during the drill - you are collecting failures, and stopping to fix one hides the rest. Then fix them, and date the plan. Keeping it current is a short, scheduled task. Twice a year, test the CO alarms and every light, rotate stored water and fuel, re-run the battery duration test on any medical device, and confirm the contacts are still correct. Tie it to something you already do - the clock change is the usual anchor. Write the next review date on the front of the plan, because a plan without a date is a plan nobody knows to distrust.

What this module changes

You have run the plan once for real, fixed what failed, and set a dated review so it does not quietly rot.

Worked example

Felix's first drill produced nine failures: two flat lantern batteries, a 50-foot cord that needed to be 100, an out-of-date pharmacy number, a freezer thermometer still sealed in its packet, and a seven-year-old who did not know which room was the warm room. All nine were fixed over one weekend. His second drill, six months later, produced two.

Names and figures in worked examples are illustrative composites, not client records.

Steps

- Schedule ninety minutes and tell the household it is happening.
- Kill the main breaker, or commit to using nothing mains-powered.
- Execute the written plan in order, with each person doing their assigned job.
- Write down every failure as it happens and do not stop to fix any of them.
- Afterwards, fix each failure and initial it on the list.

- Write the next review date on the front page and set the reminder now.

Use this script: Script

```
Announce it like this, so it gets taken seriously without alarming anyone: "On Saturday at 10am I am switching the power off for 90 minutes on purpose. It is a practice run, not an emergency. Everyone does their job from the plan and we write down everything that does not work. Nothing gets fixed until afterwards."
```

Numbers to remember

Number	What it measures	Why it matters	Source
Run the drill for 90 minutes, at a time you choose			
Expect 5 to 10 failures on the first run - that is a successful drill			
Collect failures during the drill; fix them afterwards, not mid-run			
Review twice a year, anchored to the clock change			

Write the next review date on the front page

Common mistakes at this step

- Never running the drill, which is the single most common outcome of buying a kit.
- Fixing problems mid-drill and losing the rest of the list.
- Running it alone, so nobody else learns their job.
- Leaving the plan undated so nobody knows it is three years stale.

Before you move on

✓ The drill actually happened, with a date written on the plan.

✓ The failure list has at least one entry - a drill that finds nothing was not run honestly.

✓ Every failure is either fixed and initialled or carried with a reason.

✓ A dated next review exists in a calendar, not just on paper.

Where to go next

Repeat the workbook cycle for each new situation you face. The tracker keeps the work visible.

Product questions go to the seller support address on your receipt. Billing, receipts, and refunds are handled by ClickBank.