90-Day Preparedness Checklist (Full Off-Grid Capability)

WATER

- 90–180 gallons per person
- Long-term water storage system
- High-capacity gravity filter
- Backup filters + replacement elements
- Rainwater catchment + pre-filtration
- Water hauling containers

FOOD

- 90-day food supply
- Freeze-dried #10 cans
- Bulk long-term staples (25-year storage buckets)
- Canned meats + proteins
- Vitamins + supplements
- Long-term spices + baking supplies

POWER

- Full solar generator system (1,000–2,000W)
- 200–400W solar panels
- Deep-cycle batteries or LiFePO4 power station
- Inverter
- EMP-resistant storage bag (optional)

COMMUNICATION

- HAM radio base station
- Antenna + coax cable
- Backup handheld radios
- Printed comms plan
- Faraday storage for critical electronics

PROACTIVE SURVIVAL

HOPE IS NOT A PLAN

MEDICAL

- Full trauma kit
- Suture kit + wound care supplies
- Prescription meds (90-day supply if possible)
- Antibiotics (legal sources)
- OTC med stockpile
- Splints + SAM splint
- Emergency dental kit

HYGIENE & SANITATION

- 90-day hygiene supply
- Long-term sanitation plan
- Large trash bag stockpile
- Water-efficient cleaning supplies
- Laundry plan (manual washer or washboard)

FUEL & ENERGY

- 30–60 gallons of fuel (properly stabilized)
- Propane tanks
- Butane/white gas for stoves
- Firewood + kindling
- Fuel rotation plan

TOOLS & EQUIPMENT

- Full workshop toolkit
- Chainsaw + fuel
- Spare chains + bar oil
- Heavy-duty tarps
- Rope + ratchet straps
- Shovel, pickaxe, pry bar

HOME RESILIENCE

- Off-grid cooking (propane stove, rocket stove)
- Off-grid heating
- Water storage room or area
- Security lighting (solar motion lights)
- Reinforced entry points
- Backup refrigeration (solar fridge or ice rotation)

PROACTIVE SURVIVAL

HOPE IS NOT A PLAN

SECURITY

- Home defense plan
- Perimeter security
- Motion sensors
- Neighborhood coordination

COMMUNITY & COORDINATION

- Mutual aid contacts
- Skills exchange plan
- Shared resources plan
- Community comms network

