

Fuel-Price Preparedness Checklist

From Kemetic Minds' fact-check of the Oct. 1, 2026 "trucker shutdown" rumor. There is no evidence of a planned strike — this checklist is standard, calibrated household preparedness, not a reaction to a confirmed shortage.

1. Basic Emergency Kit (FEMA / Ready.gov)

- Water — one gallon per person, per day, for several days (drinking + sanitation)
- Food — at least a several-day supply of non-perishable food
- Battery-powered or hand-crank radio (NOAA Weather Radio if possible)
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, plastic sheeting, and duct tape (shelter-in-place)
- Moist towelettes, garbage bags, and plastic ties (sanitation)
- Wrench or pliers to turn off utilities
- Manual can opener
- Local paper maps
- Cell phone with chargers and a backup battery

2. If Diesel/Gas Prices Keep Climbing (AAA fuel-saving tips)

- Avoid "jackrabbit" starts/stops — smooth acceleration and braking can improve city fuel economy
- On the highway, ease off 5–10 mph — fuel economy drops sharply above ~60 mph
- Use cruise control on the highway to hold a steady speed
- Turn off the engine rather than idling for 30+ seconds
- Keep tires properly inflated — under-inflation measurably hurts mileage
- Keep up with oil changes and air-filter replacement
- Combine errands into one trip; route to avoid backtracking
- Clear out unnecessary trunk weight and remove roof racks when not in use
- Track your area's real average price before you fill up: gasprices.aaa.com or tracker.gasbuddy.com

3. Household Budget Buffer

- Set aside a small monthly buffer for fuel/freight-driven grocery inflation (2–6 week lag is typical)
- If you run a delivery or fleet business, check whether your fuel surcharge reprices weekly, not monthly

Sources: U.S. Department of Homeland Security / Ready.gov, "Build A Kit" (ready.gov/kit) — AAA Automotive, "How To Improve Gas Mileage: 15 Tips for Savings" (aaa.com/autorepair/articles/how-to-improve-gas-mileage-15-tips-for-savings) — Snopes.com, "Are US truck drivers going on strike starting Oct. 1, 2026?" (Sept. 17, 2026). This is a preparedness reference, not a warning that a shortage is confirmed or imminent. © Kemetic Minds — kemeticmind.com