

The 90-Day Household Resilience Standard

A civilian preparedness checklist adapted from the Pentagon's FORTRESS America base resilience mandate.

1. Water Autonomy & Hydration (Days 1–90)

- Calculate baseline needs: 1 gallon per person per day for drinking and sanitation (90 gallons per adult minimum).
- Deploy heavy-duty gravity-fed water filtration systems (e.g. ceramic/carbon core certified for biological cysts and bacteria).
- Establish secondary water capture: rain catchment barrels with diverters, food-grade IBC totes, or deep-well solar pumps.
- Store water purification chemical redundancy: unscented 6% sodium hypochlorite bleach and sodium dichloroisocyanurate purification tablets.
- Map local natural water sources within walking distance and test with portable water test kits.

2. Islanding Power & Micro-Generation (Solar, BESS, Fuel)

- Audit critical electrical loads: medical devices, refrigeration, emergency communications, well pumps, and minimal lighting.
- Deploy an off-grid solar generator with LiFePO4 battery storage (minimum 1,500Wh to 3,000Wh expandable capacity).
- Set up portable monocrystalline solar panels (200W–400W minimum) with rigid or deployable mounting.
- If maintaining a dual-fuel gasoline/propane generator, store stabilized fuel (using fuel stabilizer rated for 24+ months) in certified safety cans.
- Install a manual transfer switch or isolated extension cord network to prevent hazardous utility back-feeding during grid islanding.

3. Caloric Reserve & Food Supply Chain

- Store 2,000 to 2,500 calories per person per day of nutrient-dense, shelf-stable food (dried beans, white rice, rolled oats, canned proteins).
- Package bulk dry staples in food-grade 5-gallon buckets with 5-mil Mylar bags and appropriate oxygen absorbers (2,000cc per bucket).
- Store multi-vitamins, electrolyte powders, and essential dietary fats (coconut oil, ghee, olive oil) with managed expiration dates.

- Procure off-grid cooking methods: multi-fuel camping stoves, solar ovens, or seasoned cast iron with seasoned firewood reserves.

- Establish a rotating pantry system: eat what you store and replace inventory on a strict first-in, first-out (FIFO) schedule.

4. Resilient Communications & Information Access

- Keep a multi-band emergency radio featuring AM/FM, NOAA Weather Radio with Specific Area Message Encoding (SAME), and hand-crank/solar power.

- Acquire two-way UHF/VHF or GMRS radios for family short-range tactical communication within a 2- to 5-mile radius.

- Print physical, waterproof local topographical maps and regional road atlases showing alternate transit arteries.

- Maintain a Faraday bag or shielded container for backup communication electronics, duplicate flash drives with vital records, and small solar chargers.

- Establish pre-designated primary and secondary family rally points with specific time intervals for contact.

5. Medical Continuity & Emergency Sanitation

- Secure a 90-day supply of critical prescription medications through advance doctor consultation or mail-order buffer fills.

- Build a comprehensive trauma kit: tourniquets (CAT Gen 7), hemostatic gauze, pressure dressings, chest seals, and sterile surgical shears.

- Store broad-spectrum emergency antibiotics, anti-diarrheal medication (loperamide), and oral rehydration salts.

- Prepare dry-toilet sanitation: 5-gallon bucket lined with heavy-duty compostable bags, pine shavings or peat moss, and bio-enzyme disinfectants.

- Store personal hygiene bulk supplies: medical-grade gloves, N95 respirators, hospital-grade surface wipes, and unscented soap.

6. Physical Security & Community Defense Coordination

- Conduct a home perimeter vulnerability assessment: reinforce entry doorways with 3-inch anchor screws, strike plates, and security film on lower-level windows.

- Establish passive exterior perimeter lighting using independent solar-powered motion LEDs.

- Maintain dark-sky blackout capability (blackout curtains or dense foam inserts) to prevent light leaks during widespread municipal blackouts.

- Coordinate an emergency mutual aid pact with immediate, trusted neighbors for collective security, tool sharing, and perimeter watch.
- Keep vital legal documents, identification, property titles, and emergency cash in small denominations locked in a waterproof fire safe.

Sources: U.S. Department of Defense (DoD Instruction 4170.11, Installation Energy Management); Title 10 U.S. Code § 2920 (Installation Energy Resilience); Cybersecurity and Infrastructure Security Agency (CISA, National Critical Functions Guide); Federal Emergency Management Agency (FEMA Ready.gov, Community Resilience Guidelines). © KemetiC Minds · kemetiCmind.com