

FIELD ISSUE // READINESS SYSTEM

TACTICAL SURVIVAL FIELD MANUAL

The definitive guide to preparing, measuring, and testing
your capabilities in a survival scenario.

Grid blackouts. Mass civil unrest. Black Swan events. Extreme weather.
What to do when nobody is coming to save you.

PLAN IT // MEASURE IT // PRACTICE IT

TIERS

72 HOURS · 2 WEEKS · 30 DAYS

MODES

AT HOME · ON THE MOVE

DRILLS

36, INDEXED

FIELD ISSUE
EDITION 01



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RAPID START PROTOCOL

NINETY MINUTES TO A PLAN. THEN PUT IT TO WORK.

You do not have to finish the book before it starts working. Start here. Make the decisions, write them down, and run the water drill when the household has a day to do it properly.

Set aside about ninety minutes for a first pass through the five planning tasks. This is a target, not a deadline; complex households may need longer. The separate twenty-four-hour water exercise measures actual use. Keep essential services and normal water available throughout.

A plan written is not a plan tested. Keep those two columns separate.

1 · READ YOUR LOCAL HAZARD PLAN — 30 MINUTES

Search your county's name plus “hazard mitigation plan.” If nothing comes up, try the state emergency management agency or a regional plan. Find the section that ranks hazards. Write down the top three and sign up for local emergency alerts.

Then account for your own household: medical power, medication, mobility, infant feeding, pets, transport, and space. A regional plan cannot tell you which of those will make you leave early. Chapter 15 can help you work through them.

2 · WRITE THE TRIGGER LIST — 20 MINUTES

Sit down with everyone who lives in the house. Write the conditions that mean you leave: fire, flooding or a credible forecast, structural damage, an evacuation order, unsafe indoor temperature, or water gone with no path to more. Add what applies to your address.

A hazardous-material release is a separate decision. The instruction may be to evacuate or to shelter in place. Record where you will get that instruction; do not put “chemical release” in the automatic-leave column.

Settle two things out loud: who calls it, and who calls it when that person is not home. Record both. Argue about it now. The argument is cheaper today than it is at midnight under duress.

Full chapters: Threat Assessment, Stay or Go, and Household and Dependents.

3 • FIND THE THREE SHUTOFFS — 15 MINUTES

Walk to the gas meter without touching it. Photograph the valve and record the utility's emergency number. Confirm the approved tool and procedure with the serving utility. Store the tool nearby, not attached to utility equipment.

Locate and photograph the water main. Do not force or cycle it for this drill. If its condition or operation is uncertain, have a plumber verify it and document the procedure.

Locate the electrical main without removing a cover or touching internal components. Take photographs wide enough that another adult could find all three. This is a location drill, not a service-shutoff drill. Full chapter: Tools and Utility Shutoffs.

4 • PHOTOGRAPH THE HOUSE — 10 MINUTES

Walk each room with your phone recording video. Open closets, drawers, cabinets, the garage, and the shed. Say what things are. Get model and serial numbers on expensive items.

Get the record off the phone: a protected cloud copy and a copy somewhere that is not your house. Ten minutes is a first pass, not a promise that a large household's inventory is finished. Full chapter: Documents, Cash, and Records.

5 • FILL IN THE TRAVEL CARD — 15 MINUTES

Use Appendix B1a. Record the out-of-area contact, the near and far rally points, and the check-in instruction. Make sure the contact knows they have the job. Put a card in each wallet, bag, and vehicle that needs one.

Keep the protected household roster in B1. Do not copy account numbers, a home address, or a full medical history onto a card that can be lost. Carry essential medical information separately when a person's needs require it. Full chapter: Communications.

6 • RUN THE WATER DRILL — ONE FULL DAY

Leave the plumbing on. Tag routine taps OUT OF SERVICE FOR DRILL and use stored water for twenty-four hours. Normal water stays available for fire, medication, a sanitation failure, or any unexpected need. Anyone may stop the exercise.

Measure what you use for drinking, cooking, hygiene, cleanup, and animals. Record it in B2. Compare that measurement with your planning allowance; do not quietly replace a conservative allowance with one unusually low day. Full chapter: Water.

WHAT YOU HAVE AFTER THE FIRST FIVE TASKS

- Your three local hazards and the household constraints that change the plan.
- Written leave triggers, a hazardous-material instruction source, and two named decision-makers.
- Utility shutoffs located and photographed, with questions marked for the utility or a qualified professional.
- A first-pass home inventory stored away from the house.
- Travel cards and an out-of-area contact who knows the job.

WHAT THE WATER DRILL ADDS

Your household's measured daily water use, the storage gap, and the parts of the plan that were harder than expected. That result belongs on B2 and the Readiness Dashboard. It does not exist until you run the drill.

Mark an untested item UNTESTED. There is no prize for a completed box that tells you nothing.

WHERE THE PLAN LIVES

B0 is the summary. B1 holds the protected household plan. B1a is the deliberately limited card that travels. B2 through B5 turn the chapter guidance into quantities, inventories, equipment checks, and records.

Fill the worksheets in a compatible PDF reader, or print them. They accept your entries; they do not calculate totals automatically. Save, close, and reopen a copy to check your work. Print the contact and decision pages you may need without power, and protect sensitive records.

WHERE TO GO NEXT

No supplies at all? Read Water and Food. Build the first complete seventy-two-hour capability before stretching the calendar.

Supplies, but no plan? Start with Stay or Go and Community and OPSEC. Your first draft gives those chapters somewhere to land.

Medical power, mobility, children, or animals? Read Household and Dependents before choosing equipment or an evacuation destination.

You own a generator? Read the first section of Power before you next start it. Owning one does not settle placement, loads, fuel, or connection.

Hurricane, wildfire, or ice-storm country? Read your regional profile in Appendix A.

Not sure? Read straight through. The sequence is deliberate: decide, sustain, run the house, move, coordinate people, recover.

FIELD PLATE 2.1 / FIRST EDITION

STAY. SHELTER. OR GO.

Write the decision before the emergency. Keep current official instructions in view.



CHECK THE INSTRUCTION

Is there an evacuation order or a shelter-in-place direction?

EVACUATION ORDER

Follow the current route and timing.

GO

SHELTER-IN-PLACE ORDER

Hazmat can mean staying inside.

SHELTER

CHECK YOUR HOUSEHOLD LEAVE TRIGGERS

01	Fire or smoke	Leave danger promptly.
02	Flooding / forecast	Do not wait for routes to close.
03	Structural damage	A damaged building may not be shelter.
04	Unsafe temperature	Your safe-temperature plan has failed.
05	Water gone / no safe source	The sustainment plan cannot continue.

NO LEAVE TRIGGER. HOME STILL SAFE.

BUG IN: activate the plan, monitor instructions, and reassess.

SOURCE: Chapter 2 / current local emergency instructions / CDC chemical guidance

NAME THE DECISION-MAKER AND BACKUP / RECORD TRIGGERS IN B1

FIG 2.1 - BUG IN OR BUG OUT - THE DECISION, ITS TRIGGERS, AND THE HALF-MEASURE TRAP.

WHAT OVERRIDES IT

There is a short list of conditions that mean you go, and they are conditions rather than judgment calls. That's the point. You want them decided now, in writing, so that on the night you're checking against a list instead of reasoning under stress.

FIELD PLATE 5.1 / FIRST EDITION

SORT THE PANTRY BY DEPENDENCY.

Four buckets. Count calories only after you know what preparation requires.

01	02	03	04
			
EAT AS-IS	WATER ONLY	WATER AND HEAT	REAL COOKING
No water. No heat.	Cold preparation.	Short heating.	Sustained heat.
Ready-to-eat cans	Label permits cold use	Meals needing hot water	Dry rice / dry beans
Nut butter / crackers	Measure added water	Soup / hot drinks	Pasta / flour
Dried fruit / jerky	Allow preparation time	Fuel and cookware	More water and fuel
CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

BUILD YOUR OPENING 72 HOURS AROUND LOW-DEPENDENCY FOOD.

Follow each food label. "Instant" does not automatically mean safe to prepare cold.

SOURCE: Chapter 5 / preparation directions on the exact food package
 WORK THE TOTALS IN B3 / DO NOT ASSUME WATER OR COOKING WILL BE AVAILABLE

FIG 5.1 - PANTRY SORT - THE FOUR BUCKETS. PRINT IT AND USE IT AS A WORKSHEET.

THE COOKING CONSTRAINT

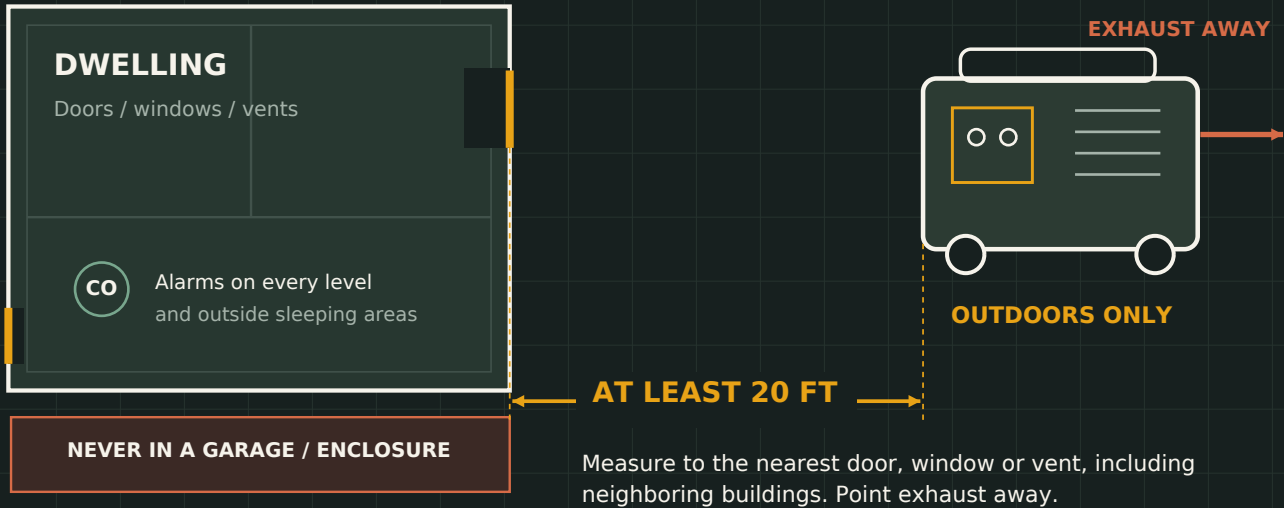
Go to your pantry and sort everything by the preparation you will actually use:

- 01 **Eat as it is.** Ready-to-eat cans, nut butters, crackers, dried fruit, jerky, shelf-stable foods, and granola. No cooking step and no added water.
- 02 **Needs water only.** Foods whose package permits cold preparation. Measure the water and allow the required time. "Instant" does not automatically mean safe to prepare cold.
- 03 **Needs water and heat.** Meals requiring hot water, soup you plan to heat, and hot drinks. Count the fuel, cookware, and water together.
- 04 **Needs real cooking.** Dry rice, dry beans, pasta, flour, and other foods needing sustained cooking. These draw on the fuel and water plan for longer.

FIELD PLATE 7.1 / FIRST EDITION

KEEP EXHAUST OUT OF THE HOUSE.

Portable generator placement / minimum distance is not a guarantee.

**OUTDOORS. NO BACKFEEDING. FOLLOW THE EXACT UNIT INSTRUCTIONS.**

SOURCE: CDC carbon monoxide guidance / CPSC / Chapters 7-8
 CL-005 / CL-006 / CL-016 / CL-017 REVIEWED 07 SEP 2026

FIG 7.1 - GENERATOR PLACEMENT. DISTANCE IS A MINIMUM, NOT A GUARANTEE.

THE RULES

These come from CDC and CPSC. They are settled, they are not our opinion, and nothing in your situation changes them.

⚠ DANGER — DO NOT IMPROVISE

Never run a portable generator inside a home, garage, basement, crawlspace, shed, carport, or on a porch. An open garage door does not make a garage safe. Opening windows does not provide enough ventilation to prevent lethal CO buildup. There is no ventilation workaround, and every year people die proving it.

Run it outside only, at least 20 feet from any door, window, or vent — including your neighbors' — with the exhaust pointed away from the building. Measure to the nearest opening where exhaust could get in, not to the middle of the house. That is the CDC and CPSC figure for portable generators, and farther is better: if your cord runs fifty feet, use fifty feet.

BO. READINESS DASHBOARD

Fill in a PDF reader that supports forms, save a copy, then reopen it to check your entries. Or print and write. Review every spring, fall, and after a major household change.

HOUSEHOLD	TIER	REVIEWED
_____	72 hr 2 wk 30 day	____ / ____ / ____

SYSTEM / MEASURE	WE HAVE	WE NEED	DAYS / HOURS	LAST CHECKED
Water - stored gallons				
Water - treatment methods				
Food - no-cook days				
Food - total days				
Cooking fuel - measured runtime				
Backup power - runtime / capacity				
Heat - safe room and trigger				
Sanitation - days of supplies				
Medication - days on hand				
Cash - small bills				

CRITICAL DECISIONS AND MAINTENANCE

Household plan completed and protected copies distributed
 Leave triggers, decision-maker, destinations, and routes recorded
 Gas, water, and electrical shutoffs located and photographed - not operated for the drill
 CO and smoke alarms tested; dates recorded

Travel cards in wallets, bags, and vehicles
 Applicable local alert system enrollment completed
 Utility-approved tools and emergency numbers recorded
 Home inventory video stored offsite

LAST DRILL EVIDENCE

DRILL	DATE	MEASURED RESULT
Stored-water simulation		_____ gal/day
Off-grid meal		_____ min / _____ fuel / _____ water
Backup-power load test		_____ hours / _____ load
Single-room heat-loss test		start _____° end _____°
Loaded-pack walk		_____ miles / _____ lb

B1A. TRAVEL CARD

TSFM / HOUSEHOLD CONTACT CARD
Text first. Call second.
Then use the out-of-area contact.
CONTACT NAME
PHONE
NEAR RALLY POINT
FAR RALLY POINT
WAIT THEN

TSFM / HOUSEHOLD CONTACT CARD
Text first. Call second.
Then use the out-of-area contact.
CONTACT NAME
PHONE
NEAR RALLY POINT
FAR RALLY POINT
WAIT THEN

Print one card per person for wallets, bags, and vehicles. Do not place a home address, account number, policy number, full medical record, or Social Security number on a card that can be lost.

B2. WATER SHEET

Household: _____ People: ____ Pets: ____ Tier: 72 hr 2 wk 30 day

REQUIREMENT	RATE	DAYS	TOTAL
Drinking and cooking	people × 1 gal/day		
Additional measured hygiene / sanitation	household measured rate		
Pets / service animals	measured normal use + margin		

CONTAINER	QTY	GAL EACH	LOCATION	FILLED / ROTATE

Measured stored-water simulation: _____ gal/day Total stored: _____ gal Gap: _____ gal

Treatment: Boiling fuel Fresh unscented bleach (label concentration: _____%; bought: _____) Clean dropper Filter
model/pore claim: _____ Tablets used exactly as labeled Collapsible carrier

B3. FOOD SHEET

Household: _____ Tier: _____ Daily household need: _____ calories

BUCKET	PREPARATION REQUIRED	CALORIES ON HAND
1	Eat as-is: no water, no heat	
2	Water only: label permits cold use	
3	Water plus short heating	
4	Sustained cooking	
ITEM / QUANTITY	CALORIES / BUCKET	BOUGHT / ROTATE BY

Off-grid meal: _____ Time: _____ Fuel: _____ Water: _____ Servings: _____

Check: first 72 hours covered from buckets 1 and 2; special diets; infant needs; pet food; morale food; manual can opener.

B4. LOADOUT AND CONTROLLED WALK

EDC: phone, keys, wallet, light, permitted tools, and contact card. Get-home bag: route-specific water, food, light, layers, rain protection, footwear, navigation, power, first aid, cash, and gloves.

For a 72-hour bag, one to two liters is a baseline, not a cap. Adjust water for heat, exertion, route, health, carrying ability, and verified resupply. Treatment does not create a source. Add the shelter, food, sanitation, and equipment your route and household require.

CATEGORY	ITEMS	WEIGHT
Water		
Food		
Shelter / warmth		
Tools / safety		
Other / total		

Walk: date _____ Distance _____ Carried weight _____

Stop reason, weak point, or items removed: _____

Change made and retest date: _____

B5. HOME SYSTEMS CHECK

Gas shutoff located and photographed; utility number and approved procedure recorded

Water main located; condition verified by plumber if uncertain - not cycled for a drill

Water-heater model, energy source, and manufacturer procedure recorded

Fire extinguishers selected, placed, and checked to manufacturer/local guidance

Exterior doors, locks, lighting, and sightlines assessed for the actual property

Home inventory photographed and stored offsite

Approved gas tool stored nearby without attaching it to utility equipment

Electrical main located and photographed; panel labeled without removing covers

CO and smoke alarms tested; battery / backup dates recorded

Combustion and dryer vents clear; fireplace/chimney professionally maintained

Generator safely load-tested outdoors; runtime and load recorded

APPENDIX C – DRILL INDEX

Four priorities: stored-water simulation; off-grid household meal; utility-location walk; protected home inventory.

CH	DRILL	TIME	DONE
1	Read applicable local hazard plan; run cascade	1 hr	
2	Write and discuss leave triggers	20 min	
3	Walk the street; household giving conversation	1 hr	
4	Stored-water simulation; potable-water filter practice	1 day	
5	Off-grid meal; eat from bag for a day	2 hr / day	
6	Dry-run sanitation setup; day without routine taps	1 hr / day	
7	Backup-power load test; build load list	2 hr	
8	Supervised daytime single-room heat-loss test	2-4 hr	
9	Utility-location walk; label electrical panel safely	15 min / 1 hr	
10	Night perimeter walk; property-specific entry assessment	30 min	
11	Controlled loaded-pack walk; use packed equipment	2 hr	
12	Half-tank reset; vehicle kit and spare check	1 hr	
13	Plan three routes; establish pace count	weekend	
14	Household communications check; program radios	1 hr	
15	Household plan; separation tabletop; registrations	evening	
16	Home inventory; documents; cash conversation	2 hr	
17	Qualified local safety / defensive-skills class	local	