

The 72-Hour Action Card

Print this. Pin it where everyone can see it. It is written to be followed by someone who is frightened.

HOOR 0 - 1 Stop and think.

- ☐ Confirm everyone in your group is safe and accounted for.
- ☐ Do not run. Do not broadcast. Take stock before you act.
- ☐ Inventory what you have right now: water, food, light, heat, medicine, tools.
- ☐ Make one decision: stay, or leave? Stay unless staying will kill you.

HOOR 1 - 6 Lock down the essentials.

- ☐ Fill every clean container and the bathtub before water pressure dies.
- ☐ Gather insulation, fuel and a way to make fire. Pick ONE room to keep warm.
- ☐ Find your light and your radio. Listen before you speak.
- ☐ Lock the doors and lower your profile: lights, noise, smell.

HOOR 6 - 24 Set up to last.

- ☐ Establish a water plan: a source, a way to purify, clean storage kept separate from dirty.
- ☐ Ration food from the first meal, not the last.
- ☐ Set a watch if there are enough of you. Nobody sleeps with the door unguarded.
- ☐ Treat any injury now, while it is small and clean.

DAY 2 - 3 Stabilise and reach out.

- ☐ Confirm your water and warmth are repeatable, not one-time luck.
- ☐ Make quiet contact with trustworthy neighbours. You will not last alone.
- ☐ Write down your plan and your inventory. A frightened mind forgets.
- ☐ Start thinking past the crisis: the food clock has already started.

THE RULE OF THREES

3 minutes without air

3 hours without shelter, in weather that means it

3 days without water

3 weeks without food

Shelter comes before water. Most kit lists get that backwards.

DO THESE THREE THIS WEEK

- ☐ Find the smallest interior room in your home, the one with fewest windows. That is your warm room. You will not heat the house.
- ☐ Fill and store three days of water per person: 3 to 4 litres each, per day. Label the date.
- ☐ Agree one out-of-area contact everybody memorises, and one meeting point outside the building.