FIELD GUIDE 03 · FREE · PRINTABLE

THE FIRST 30 DAYS.

The power goes out today. You don't know why, and you don't know when it comes back. This is what to do, in order, for a month — while electricity, internet, card payments, deliveries and possibly tap water are all unreliable.

HOUR 0 → DAY 30 | SIX SYSTEMS | PERSONALISED BY YOUR TEST

PRINT IT AND KEEP IT OFFLINE

Your objective is not to recreate normal life. Your objective is to keep six systems running, and to move each one from *stored supplies* to *something that keeps working*.

1 WATER | 2 SHELTER & TEMPERATURE | 3 FOOD | 4 SANITATION

5 INFORMATION & COMMUNICATION | 6 SECURITY

The order of priority changes as the days pass. In the first hours, you protect what you already have. In the first week, you live off reserves. From the second week on, you are running systems — or you are on a countdown.

> BEFORE ANYTHING ELSE
>
> If anyone is hurt, or you smell gas, or there is fire or flooding, call emergency services — **112** across Europe, **911** in North America. **Instructions from your local authorities always override this guide**, especially about evacuation, drinking water, extreme weather and public-health warnings.

PHASE ONE · THE FIRST 24 HOURS

00 0–1 HOUR — DON'T DO ANYTHING STUPID

PRESERVE WHAT YOU HAVE BEFORE YOU FIND OUT WHAT HAPPENED

Your first instinct will be to work out what happened. Before that, protect what you already have. Almost everything in this hour stops being possible later.

1. CONFIRM WHAT YOU ARE DEALING WITH

- [ ] **Is it only your home, or the whole street?**
  Check your own fuse box and breakers first, then look outside.
- [ ] **Does mobile data work? Do calls work?**
- [ ] **Does the tap still run, and with what pressure?**
- [ ] **Are radio stations still broadcasting?**
- [ ] **Are shops open? Do cards and ATMs work?**

Do not assume civilization has collapsed. But start acting as though this could last several days — that costs you almost nothing and buys you everything.

2. FILL EVERY CLEAN CONTAINER WITH WATER

If water is still flowing, this is the highest-value action available to you. Pumped supplies and upper floors lose pressure first.

- [ ] **Fill bottles, jugs, pots, food-safe containers and any water tank**
- [ ] **Fill the bath for non-drinking uses**
  Rinse it first. This is flushing and washing water.
- [ ] **Know your hidden water**
  The hot-water cylinder, the toilet *cistern* (never the bowl), and water sitting in the pipes, released from the lowest tap in the house.

> DO THE ARITHMETIC ONCE
>
> Budget at least about **3.8 litres (1 gallon) per person per day** for drinking and basic sanitation, and aim to keep a two-week supply where you can. Four people for 30 days is roughly **454 litres**. That number is exactly why stored water alone is never a 30-day strategy: you need a renewable source and a way to treat it.

3. STOP OPENING THE FRIDGE AND FREEZER

Don't stand there deciding what to eat. Every opening costs you hours of cold.

- [ ] **An unopened fridge keeps food safe for about 4 hours**
- [ ] **A full freezer holds roughly 48 hours; half-full, about 24**
- [ ] **Decide meals from memory, then open once**

4. PRESERVE THE BATTERY POWER YOU HAVE

- [ ] **Low power mode, lowest brightness, on every phone**
- [ ] **Turn off Wi-Fi and Bluetooth while they are useless**
  A phone hunting for a dead tower flattens itself in hours.
- [ ] **Pick one household phone**
  One device on, one in reserve, the rest off.
- [ ] **Don't spend your remaining electricity scrolling for explanations**

5. UNPLUG WHAT YOU DON'T NEED

- [ ] **Unplug sensitive electronics**
  Power coming back can arrive with a surge.
- [ ] **Leave one light switched on**
  So you notice the moment electricity returns, even if you are asleep.

01 1–6 HOURS — THE HOUSEHOLD COMMAND CENTRE

SIX QUESTIONS, WRITTEN ON PAPER

Now answer six questions, out loud, as a household. Write the answers on paper. From this point on, keep a physical log — a notebook and a pen beat any app that needs charging.

- [ ] **Water: how many litres do we actually have?**
- [ ] **Food: how many realistic meals, and how many days of calories?**
- [ ] **Power: what still works without the grid?**
- [ ] **Medical: what medication or powered medical equipment do we depend on?**
  Names, doses, how many days are left, and what needs refrigeration.
- [ ] **Communication: what works with no internet?**
- [ ] **Location: is staying here safer than leaving?**

> CASH
>
> If card terminals are down but shops are open, small notes are worth more than a bank balance. Spend them on what you cannot store: fuel, batteries, water containers, medication.

02 6–12 HOURS — ONE INVENTORY

ASSUME THIS MIGHT BE REAL

WATER

Write it down in this shape, and keep the page:

Drinking	_____ litres of water you would drink without treating it
Other	_____ litres usable for washing, cleaning and flushing
Per day	_____ litres your household needs each day (people × 3.8 L)
Days left	_____ days at that rate

Do not aggressively ration *drinking* water to stretch the supply — dehydration makes every other decision worse. Cut the water you use for washing and cleaning instead.

FOOD, IN FOUR PILES

- [ ] **A — eat first**
  Refrigerated perishables.
- [ ] **B — eat next**
  Frozen food, as it thaws.
- [ ] **C — preserve**
  Shelf-stable food that needs cooking or water.
- [ ] **D — emergency reserve**
  Tinned, dried and high-calorie food that survives weeks. This pile is not on today's menu.

POWER, AND ITS PRIORITY ORDER

List every power bank, battery, solar charger, power station, generator, vehicle, fuel can, torch and radio. Then assign the order in which they get used:

1. Medical devices
2. Communication
3. Lighting
4. Information
5. Everything else

Entertainment is no longer a power priority.

03 12–24 HOURS — PREPARE FOR NIGHT ONE

EVERYTHING IN ONE ROOM, BEFORE IT GETS DARK

You want the household working before darkness, not during it. Choose one central living area — the easiest room to keep warm or cool — and put everything there.

- [ ] **Drinking water, torches and headlamps, spare batteries**
- [ ] **First-aid kit and all medication**
- [ ] **Radio, phones, power banks**
- [ ] **Shoes and warm clothing, by each bed**
- [ ] **Fire extinguisher, and a carbon monoxide alarm if you have one**
- [ ] **Important documents, in one bag you can carry**
- [ ] **Everyone knows where all of it is, including children**

Avoid candles where you can. Battery lighting removes the single most common cause of house fires during outages.

> THE GENERATOR RULE — THIS ONE KILLS PEOPLE
>
> Never run a generator, barbecue, charcoal grill, camping stove or any petrol engine inside a home, garage, basement, tent or other enclosed space — not briefly, not with the door open. Carbon monoxide is invisible and odourless and kills without warning. Generators go **outside, well away from every door, window and vent**. Never heat a home with a cooker or oven.

PHASE TWO · THE FIRST WEEK

04 DAY 2 — CONSUMPTION BECOMES CONSERVATION

YESTERDAY YOU USED WHAT YOU HAD. TODAY YOU BUILD SYSTEMS

DO THE MORNING ARITHMETIC

Water remaining ÷ people ÷ daily requirement. For example: 60 litres for 4 people is 15 litres each, and at 3.8 L per person per day that is **about 4 days**. Now your problem is obvious and dated, instead of vague.

SET WATER PRIORITIES, IN THIS ORDER

1. Drinking
2. Cooking
3. Essential hygiene — hands, food surfaces, wounds
4. Cleaning

Never flush a toilet with water you could drink.

SET UP THE TOILET SYSTEM

- [ ] **If the sewer still works and nobody has warned against it, flush sparingly**
  Use bath, rain or grey water, and let anything that doesn't need flushing wait.
- [ ] **If sanitation has stopped, start a separate waste system today**
  A lined bucket with a tight lid, heavy-duty bags, and something dry to cover each use — sawdust, soil, cat litter.
- [ ] **Keep human waste far away from food, water and where people sleep**
- [ ] **Protect hand hygiene above almost everything else**
  Soap and a small amount of water, or alcohol gel. Diarrhoeal illness with no clean water and no pharmacy is one of the most dangerous things that can happen in week two.

05 DAY 3 — WHERE TOMORROW COMES FROM

YOUR STORED SUPPLIES ARE NO LONGER THE PLAN

Three questions decide the rest of the month:

- [ ] **Where does tomorrow's water come from?**
- [ ] **Where does next week's food come from?**
- [ ] **Where does tomorrow's energy come from?**

If the answer to any of them is "what I have stored", that system is not yet sustainable — it is a countdown.

BUILD THE WATER SYSTEM

Identify **at least two** possible sources, and walk to them before you need them:

- [ ] **Stored bottled water**
- [ ] **An official distribution point**
  Where, what hours, how much per household, and how you would carry it.
- [ ] **Rainwater**
  Clean collection surface, covered storage.
- [ ] **A well or spring**
- [ ] **Surface water that must be treated**
  River, lake, pond — never your first choice, and never without treatment.
- [ ] **The hot-water tank, and melted ice from the freezer**

Then finish the chain, because a source alone is not a system: **source** → **collection** → **transport** → **treatment** → **storage**. Water is heavy: 20 litres weighs 20 kg, so work out how you would actually carry it.

> MAKING WATER SAFE
>
> Clear water is not the same as safe water. Where it is practical, boiling is the most reliable method: bring clear water to a **rolling boil for one minute** (three minutes at high altitude), and let it cool. Filters and chemical disinfection work too, but only against what they are rated for — read what yours removes, and keep a second method.

BOILING CANNOT FIX EVERYTHING

Water that may contain fuel, toxic chemicals or radioactive material **cannot be made safe by boiling, filtering or disinfecting** — boiling concentrates some chemicals rather than removing them. If contamination is possible, you need a different source, and you follow local public-health instructions.

06 DAY 4 — STOP THINKING IN MEALS

START THINKING IN DAYS OF ENERGY

Count what you have as days of calories for the whole household, not as recipes. Walk the cupboards and write the list: rice, pasta, oats, flour, beans and lentils, tinned meat and fish, tinned vegetables, nuts, peanut butter, oils, sugar and honey, powdered food, long-life milk, protein powder, snacks.

EAT IN THIS ORDER

Perishables from the fridge	then	**thawing frozen food**
Short-life food	then	**shelf-stable food**
Everything else	last	**the emergency reserve**

COOKING

- [ ] **Prefer meals that need little or no cooking**
  Every meal you don't cook is fuel you keep.
- [ ] **Cook once for several meals**
  One fire, one pot, one heating — not three.
- [ ] **Count your fuel in meals, not in bottles**
- [ ] **Only use outdoor cooking equipment outdoors**
  See the carbon monoxide rule above. It applies every single day.

> WHEN IN DOUBT, THROW IT OUT
>
> Never taste food to decide whether it is still safe. Discard anything that was above roughly 5 °C for more than a few hours, and anything with an unusual smell, colour or texture. Food poisoning without clean water, a pharmacy or a working hospital is a genuine emergency.

07 DAY 5 — THE ENERGY BUDGET

STORED ELECTRICITY ALWAYS RUNS OUT. GENERATED ELECTRICITY DOESN'T

Write down every device that needs power and put it in one of three groups:

ESSENTIAL

Medical equipment · one phone · radio · emergency lighting

USEFUL

Laptop or local computer · rechargeable tools · a second phone

LUXURY

Television · games · decorative lighting · everything that makes the day pleasant but not survivable. These run only from surplus.

WORK OUT YOUR AUTONOMY

Battery capacity ÷ daily consumption = days of autonomy. For example, with a 1,000 Wh power station:

Phone	15 Wh per day
Radio	10 Wh per day
Lighting	40 Wh per day
Laptop	60 Wh per day
Total	**125 Wh per day → roughly 8 days**, before conversion losses, cold weather and ageing batteries take their cut

The goal is not a bigger battery. The goal is **generation ≥ consumption**. Solar changes the problem from stored electricity to renewable electricity, which is the difference between a countdown and a system.

08 DAY 6 — INFORMATION ON A SCHEDULE

ASSUME THE NETWORKS GET WORSE, NOT BETTER

Constantly checking a phone burns the battery and your nerves for nothing. Put information on a timetable instead:

08:00	Radio and news check
13:00	Communications check — messages out, messages in
19:00	Radio and news check, and write down what you learned

WRITE THESE ON PAPER, ONE COPY PER ADULT

- [ ] **Family meeting point, and a second one further away**
- [ ] **Nearest medical facility, and the one after that**
- [ ] **Nearby relatives and the neighbours who may need help**
- [ ] **Your local water source, and the official distribution point**
- [ ] **Emergency services numbers and the local radio frequencies**
- [ ] **Evacuation route out of the area**
- [ ] **An out-of-area contact everyone can relay messages through**

09 DAY 7 — THE FIRST AUDIT

WEEK ONE YOU CONSUMED RESERVES. WEEK TWO NEEDS SYSTEMS

Score every system honestly. Red means it fails within days, yellow means it works but depends on something you cannot replace, green means it keeps working.

SYSTEM	SCORE	THE QUESTION THAT DECIDES IT
Water	R / Y / G	Can we get and treat water indefinitely?
Food	R / Y / G	How many days remain, and what comes after them?
Power	R / Y / G	Do we generate, or only spend?
Sanitation	R / Y / G	Can we manage waste safely for three more weeks?
Medical	R / Y / G	Medication left, and who can treat an injury?
Communication	R / Y / G	Can we get real information without the internet?
Security	R / Y / G	Is the home sound, warm enough, and are we on good terms with the street?

Fix red before you improve green. Most households want to buy more of what they already have; the gain is always in the red row.

PHASE THREE · WEEK TWO

10 DAYS 8–10 — REDUNDANCY

ONE SOLUTION IS NOT A SYSTEM

For every life-critical need, aim for **two ways to solve it**:

- [ ] **Water**
  Primary source + backup source. Treatment method + backup treatment. Fixed storage + containers you can carry.
- [ ] **Power**
  Solar or generator + battery. Main lighting + a torch per person.
- [ ] **Communication**
  Phone + radio. Online information + the same information offline.
- [ ] **Cooking**
  Primary method + backup method, and fuel for both.
- [ ] **Heat or cooling**
  One warm room you can hold + a plan for where you go if you cannot.

Never let one device be the only answer to a question you must answer every day.

11 DAYS 11–14 — STOP BEING AN ISOLATED HOUSEHOLD

THE STRONGEST SYSTEM ON YOUR STREET IS THE STREET

Find out who nearby has medical knowledge, tools, water, transport, mechanical or electrical skills, food production, radio equipment or solar power — and who is elderly, alone or vulnerable.

- [ ] **Don't announce your whole inventory**
  Discretion is not the same as isolation.
- [ ] **Make small, concrete arrangements**
  "I'll check your house each morning." "If either of us needs medical help, we tell the other." "If the radio says anything, we pass it on."
- [ ] **Trade skills and labour before you trade supplies**

12 DAY 14 — THE BRUTAL QUESTION

TWO-WEEK CHECKPOINT

ARE WE SURVIVING BECAUSE OF WHAT WE STORED, OR BECAUSE OUR SYSTEMS WORK?

If the answer is stored supplies, you are still on a countdown, and you now know roughly when it ends. Everything that matters from here is in five lines: renewable water, renewable energy, a reliable way to get food, safe sanitation, and reliable information. Everything else is secondary.

PHASE FOUR · WEEKS THREE AND FOUR

13 DAYS 15–18 — A ROUTINE, BECAUSE CHAOS WASTES RESOURCES

PREDICTABLE DAYS USE LESS OF EVERYTHING

07:00	Wake, household check — is everyone well?
07:30	Water check: what is left, what gets collected today
08:00	Information and radio
08:30	Breakfast
09:00–12:00	Maintenance, water collection and treatment, repairs
12:00	Energy check: what was generated, what was spent
13:00	Main meal
14:00–17:00	Supplies, community, work, teaching the children something
18:00	Inventory, written in the log
19:00	Information check
20:00	Prepare for darkness: lights, water by the bed, shoes
22:00	Sleep

Adjust for your weather, season and daylight. Give everyone, including children, a job that is genuinely theirs.

14 DAYS 19–21 — WHAT BREAKS NEXT

PREPARE FOR THE FAILURE OF YOUR BACKUPS

By now the obvious problems are handled and the next failure is a small part: a filter cartridge, a solar cable, a battery, cooking fuel, medication, shoes, a torch, a water container, radio batteries. Your weakest replacement part can disable an otherwise excellent system.

WRITE A FAILURE LIST

SYSTEM	WHAT CAN BREAK?	CAN I REPAIR IT?	SPARE?	IF NOT, THEN WHAT?
Water				
Power				
Cooking				
Heat / cooling				
Medical				
Information				

15 DAY 21 — THREE-WEEK CHECKPOINT

YOUR HOME SHOULD NOW RUN LIKE A SMALL INDEPENDENT SYSTEM

You should be able to answer all nine of these without hesitating. Any one you cannot answer is tomorrow's priority.

- [ ] **Where does tomorrow's water come from?**
- [ ] **How will I make it safe?**
- [ ] **How much food is left, in days?**
- [ ] **How much energy do I generate each day?**
- [ ] **How will I cook?**
- [ ] **How am I handling waste?**
- [ ] **How do I receive information?**
- [ ] **Who around me can help, and who needs help?**
- [ ] **Where do I go if staying becomes unsafe?**

16 DAYS 22–24 — BUILD THE GO DECISION

PREPAREDNESS DOES NOT MEAN REFUSING TO LEAVE

Decide *now*, calmly, what would make you leave. Leaving is right when staying is more dangerous than moving: fire, flooding, extreme heat or cold you cannot hold, structural damage, an official evacuation order, the loss of essential medical support, or a water problem you cannot solve.

ONE BAG PER PERSON

- [ ] **Water and compact, high-calorie food**
- [ ] **Medication and a small first-aid kit**
- [ ] **Torch, power bank, charging cable, radio if practical**
- [ ] **Warm and waterproof layer, spare socks, sturdy shoes**
- [ ] **Hygiene supplies**
- [ ] **Copies of documents, cash in small notes**
- [ ] **Paper local map, and the written contact list**

KNOW BOTH ROUTES BEFORE YOU NEED THEM

- [ ] **Route A and Route B out of the area**
  One of them must work without fuel — on foot or by bicycle.
- [ ] **Destination A and Destination B**
  Someone expecting you beats somewhere you hope is open.
- [ ] **What you take in the last two minutes**
  Written on the bag, because nobody thinks clearly at that moment.

17 DAYS 25–27 — CUT THE DEPENDENCIES

WHAT AM I STILL WAITING FOR SOMEONE ELSE TO RESTORE?

Go through them one at a time — electricity, internet, tap water, deliveries, fuel, cloud services, information — and ask the same question of each: **can I create a local alternative?**

Tap dependency	becomes	**stored + renewable water**
Grid electricity	becomes	**solar generation + storage**
Supermarket dependency	becomes	**long-term reserve + local supply**
Streaming information	becomes	**radio + a downloaded library**
Internet knowledge	becomes	**offline knowledge you can search**
Cloud services	becomes	**local computing you own**

This is the day the plan stops being about supplies and starts being about independence. The parts you cannot replace with a purchase — knowing how to treat the water, fix the panel, dress the wound — are the ones worth building first.

18 DAYS 28–29 — TEST IT

FIND THE HIDDEN DEPENDENCIES WHILE YOU STILL HAVE ALTERNATIVES

Take away your easiest option, on purpose, for 24 hours at a time:

- [ ] **No primary water source**
  Live entirely on your backup, including collection and treatment.
- [ ] **No primary power source**
- [ ] **No mobile internet**

The point is not discomfort. The point is that every failure you find becomes a line on your list while shops, spares and neighbours are still available. A setup nobody has ever tested is an assumption, not a system.

19 DAY 30 — THE FINAL AUDIT

YOU ARE NO LONGER PREPARING FOR AN OUTAGE. YOU ARE RUNNING A HOUSEHOLD SYSTEM

WATER

Can we obtain water indefinitely? Can we make it safe? Do we have two treatment methods?

FOOD

How many days remain, and where does food come from after that?

POWER

Can we generate it? Store it? Live without it if both fail?

SHELTER

Can we stay safe through this season without grid heating or cooling?

SANITATION

Can we handle waste and hygiene safely, for as long as it takes?

MEDICAL

Do we have the medication we depend on, and someone who can treat an injury?

INFORMATION

Can we receive news without the internet, and look things up offline?

COMMUNITY

Who are the 5–10 people we can rely on, and who relies on us?

EVACUATION

What exactly would make us leave, where would we go, and how would we get there?

THE 30-DAY RULE

PREPAREDNESS ISN'T OWNING 30 DAYS OF SUPPLIES. IT'S REACHING DAY 30 WITHOUT NEEDING THE GRID TO COME BACK.

A pile of food eventually disappears. A battery eventually empties. A water tank eventually runs dry. The whole objective is to turn stored resources into renewable systems:

Stored water	becomes	renewable water + treatment
Stored electricity	becomes	renewable generation
Stored food	becomes	a resilient supply
Internet	becomes	offline knowledge
Cloud AI	becomes	local AI
Individual preparedness	becomes	a resilient household and street

GenesisBox solves one part of that transition: offline computing, a private local AI and essential knowledge that still work when the internet, the cloud and the grid do not. Everything else on this page you can start today, with no hardware at all.

WHERE THE NUMBERS COME FROM

The water, food-safety, carbon-monoxide and hygiene figures in this guide follow public emergency guidance. Your local authority's instructions always take priority over anything here.

- Ready.gov — emergency water supply (how much to store per person per day)
- CDC — how to make water safe in an emergency (boiling, disinfection, and what treatment cannot fix)
- CDC — keeping food safe after an emergency (fridge and freezer times, when to discard)
- CDC — carbon monoxide poisoning (generators, stoves and engines)
- CDC — what to do during a power outage
- CDC — hygiene basics (why hand hygiene matters most when water is short)
- Ready.gov — power outages

General preparedness guidance, not a substitute for professional, legal or medical advice. Always follow the instructions of your local emergency services and public-health authorities. GenesisBox is a product of FINQUP Technology OOD, Sofia, Bulgaria.