Flight Tower Books

48-HR
Essentials Checklist

Vision, Strategy, Clear Direction.

1 ✓ **Power (keep the essentials alive)**

2 ✓ **Water (1 gallon per person per day plus filtration)**

3 ✓ **Food (boring, filling, shelf-stable)**

4 ✓ **Comms / Cash / Meds / Pets / Docs**

48-Hour Essentials Checklist

This checklist is meant to be finished in one focused hour, not a weekend project.

In one hour:
Walk the house once.

Start at the kitchen, then hit storage, garage, and vehicles. As you go, mark what you actually have for Power, Water, Food, and Comms/Cash/Meds/Pets/Docs.

Count, don't guess.

- Water: gallons on hand for at least 2 days.
- Food: simple meals you could eat without a store run.
- Power: lights and a way to charge or run what really matters.

Write your top 3 fixes.

When you're done, list the three easiest gaps to close this week—then close them.

1. _____
2. _____
3. _____

If you can walk this sheet once in an hour and act on those three fixes, you're 48-hour ready in the real world, not just on paper.

48-Hour Essentials Checklist

Companion to TheResilience Experiment—#Makethehousehelp.

Turn a two-day disruption into an inconvenience. Check, count, and note your gaps.

Power (keep the essentials alive)

☐ Light (lamps/flashlight plus spare batteries) ☐ Comms (phone/laptop plus charger/battery)

☐ Fan or safe space heat option ☐ Fridge plan (battery, ice, or cooler)

☐ Heavy-duty extension cord ☐ Fuel labeled and stored (if generator)

Notes:

Water (1 gallon per person per day plus filtration)

☐ Stored drinking water on hand ☐ Gravity filter plus spare elements

☐ Rotation habit (top-off reminder set) Total gallons on hand: _____

Notes:

Food (boring, filling, shelf-stable)

☐ Staples shelf (rice/beans/pasta/oats/salt) ☐ Ready-to-eat options (soups, tuna, peanut butter)

☐ Manual can opener plus basic utensils Meals on hand (approx): _____

Notes:

Comms / Cash / Meds / Pets / Docs

☐ Battery bank charged plus cables ☐ Small cash on hand

☐ Meds and first-aid basics ☐ Pets (food, carrier, meds)

☐ Docs backed up (cloud/USB) ☐ Neighbor text thread active

Notes:

🧰 *Field note: If it is not topped off, it is not there.*