



# LOAD-MAP FOR ESSENTIALS

Creating a "base load map" for essentials (electricity, water, food) means systematically identifying your minimum, continuous needs and planning how to reliably meet them. This approach helps in right-sizing systems (like solar/battery backups or water storage) and maintaining essential services during disruptions.





# LOAD-MAP FOR ESSENTIALS

## Electricity Base Load Map

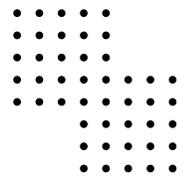
The goal here is to identify which electrical items are "critical loads" that need continuous power.

### Critical Loads Checklist & Mapping:

**Step 1:** Identify and Label: Go to your breaker panel. Turn off one breaker at a time and label exactly what it powers (e.g., "Kitchen outlets 1," "Well pump," "Garage lights").

**Step 2:** Estimate/Measure Usage: Use an electricity usage monitor on critical items or use nameplate data to estimate wattage/ampereage.

**Step 3:** Map the Load: Prioritize which loads are essential for survival and comfort (well pump, refrigerator, freezer, internet router, a few lights, medical devices).





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## Electricity Base Load Map (continued)

### Critical Loads Checklist & Mapping:

| System                        | Critical Load | Est. Wattage | Run Time (Hrs/Day) | Daily kWh       | Notes                      |
|-------------------------------|---------------|--------------|--------------------|-----------------|----------------------------|
| Water                         | Well Pump     | 1000 W       | 0.5 (cycles)       | 0.5 kWh         | Must run daily             |
| Food Storage                  | Refrigerator  | 150 W        | 8 (cycles)         | 1.2 kWh         | Continuous need            |
|                               | Freezer       | 100 W        | 6 (cycles)         | 0.6 kWh         | Continuous need            |
| Comms                         | Router/ Modem | 20 W         | 24                 | 0.48 kWh        | Essential for connectivity |
| Lighting                      | 3 LED Lights  | 9 W ea.      | 4 (total)          | 0.1 kWh         | Nighttime use              |
| <b>Total Daily Base Load:</b> |               |              |                    | <b>~2.9 kWh</b> |                            |



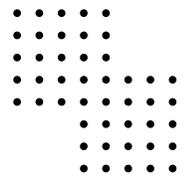
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## Water Base Load Map

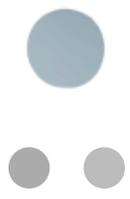
### Critical Loads Checklist & Mapping:

The goal is to determine daily minimum water needs for survival and hygiene.

- **Step 1:** Calculate Minimum Needs: The average person needs a minimum of 0.5 to 1 gallon of water for drinking per day. Add water for basic hygiene (handwashing, simple toilet use). A common estimate for a survival base load is 3 gallons per person per day.
- **Step 2:** Map the Flow: Identify sources, storage, and distribution methods.



| Use  | Est. Gals/ Person/Day | System/Source | Storage Method              | Notes/Backup                |
|--|-----------------------|---------------|-----------------------------|-----------------------------|
| <b>Drinking/ Cooking</b>                           | 1 gallon              | Well pump/Tap | Bottled water, 55-gal drums | Filters/Purifier tabs       |
| <b>Basic Hygiene</b>                               | 2 gallons             | Well pump/Tap | Rainwater collection        | Gray water system potential |
| Total Daily Use (1 Person):                        | 3 gallons             |               |                             |                             |
| <b>Total Storage</b> (e.g., 2 weeks for 2 people): | 42 gallons            |               |                             |                             |





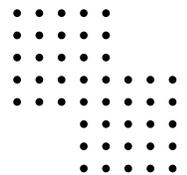
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## Food Base Load Map

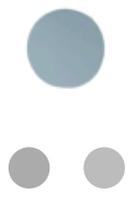
### Critical Loads Checklist & Mapping:

The goal is to map current food storage and identify gaps in a resilient food supply chain.

- **Step 1: Assess Current Inventory:** Catalog what you have on hand that does not rely on the urban supply chain.
- **Step 2: Map the Sources:** Where does your food come from? Prioritize home production.



| Food Lane   | Item Examples             | Storage Location     | Quantity Stored | Days of Supply              | Action Plan                       |
|---|---------------------------|----------------------|-----------------|-----------------------------|-----------------------------------|
|  <b>Planted</b><br>(On-Property) | Eggs, Greens              | Coop, Garden, Pantry | Varies          | Varies                      | Expand garden, add more chickens  |
| <b>Pantry</b><br>(Purchased Stable)   | Rice, Beans, Canned Goods | Pantry, Root Cellar  | 200 lbs         | Gray water system potential | Rotate stock, add more bulk items |
| <b>Frozen</b><br>(Electricity dependent)  | Meat, Veggies             | Freezer              | 50 lbs          | ~30 days                    | Need backup power for freezer     |
| <b>Total Days of Supply:</b>  |                           |                      |                 | ~60 days (current average)  |                                   |
|   |                           |                      |                 |                             |                                   |





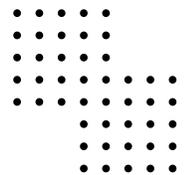
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