BEST PREP.

GUIDE 02 · PRINT IT AND KEEP IT WITH YOUR KIT

SELF-RELIANCE BLUEPRINT

From 72 hours to producing your own, in phases and without rushing.



12	4	2 = 1
pillars of self-reliance	phases: from 72 hours to producing	two is one, one is none

01

STEP 0: YOUR ASSESSMENT

- Your real risks: floods, heat, snow...
- Your home: is water pumped up?
- Your people: babies, elderly, medication
- A fixed monthly budget and a corner

02

MONTH 1 · 72 HOURS

- Water and food for three days
- Flashlights, radio and first aid kit
- Cash and document copies
- Family plan done

03

MONTHS 2-3 · TWO WEEKS

- Expand water and pantry
- Cooking without power, toilet without water
- Light and heat without risks
- Go bag

04

MONTHS 4-12 · THREE MONTHS

- Larger rotating pantry
- Water filter and spare medication
- Emergency fund
- First aid course

05

YEAR 2 · PRODUCE

- A garden, even on a balcony
- Rainwater and a solar panel
- Home canning
- A useful trade

06

FIVE PRINCIPLES

- Two is one, one is none
- Communication plan with backups
- Rotate: oldest first
- Skills and community before gear

! Don't buy anything you can't maintain, haven't tested, or that can't also help someone else.