

THE 90-DAY FORTRESS

The Complete Household Preparedness Checklist

The Pentagon is building toward 90 days of standalone operation for its bases: power, water, fuel and comms. Civilians are being told 72 hours. This checklist closes that gap. Build it in tiers. Check it off. Rotate it. Every quantity has two columns: one person, and a family of four (two adults, two kids).

THE MATH	1 PERSON / 90 DAYS	FAMILY OF 4 / 90 DAYS
Water, survival minimum (1 gal/person/day)	90 gal	360 gal
Water, livable (2 gal/person/day)	180 gal	720 gal
Calories (2,200/adult, 1,600/child per day)	~200,000	~685,000
Tier order	72H first. Then 30D. Then 90D.	Never skip a tier to buy big-ticket gear.

1. WATER: STORAGE

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Bottled water cases	Fast 72H layer. Rotate yearly.	3 cases	8 cases	72H
☐	WaterBrick or similar stackables	3.5 gal, stack in closets and under beds.	4	12	30D
☐	Reliance Aquatainers	7 gal, easy to carry and refill.	2	6	30D
☐	55-gal blue food-grade drums	With bung wrench, siphon pump, and preserver.	2	6+	90D
☐	275-gal IBC tote (food grade)	Bulk storage. Cover from sunlight.	Optional	1 to 2	90D
☐	WaterBOB bathtub liner	Fill when a storm is inbound.	1	1	30D
☐	Drinking-water-safe hose	For filling drums and totes.	1	1	30D

2. WATER: FILTRATION, TREATMENT, CATCHMENT

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Sawyer Squeeze or Mini	One in every go-bag. Backflush kit.	1	4	72H
☐	LifeStraw personal straws	Kids' bags, vehicle kit.	1	4	72H
☐	Gravity filter system	Katadyn, LifeStraw Family, or ceramic gravity unit. Spare elements.	1	1 + spares	30D
☐	Unscented bleach (6 to 8.25%)	8.25%: 6 drops/gal clear water, double if cloudy, wait 30 min. Rotate yearly.	1 gal	2 gal	30D
☐	Calcium hypochlorite (pool shock)	Long shelf life. Learn the mixing ratio before you need it.	1 lb	1 lb	90D
☐	Water purification tablets	Aquatabs or Katadyn Micropur.	1 pack	4 packs	72H
☐	Rain catchment barrels + diverter	Filter AND treat before drinking.	1 to 2	2 to 4	90D
☐	Coffee filters / cloth prefilters	Strip sediment before the real filter.	1 pack	2 packs	30D
☐	Collapsible water containers	For hauling from a source.	2	4	30D

3. FOOD: BULK STAPLES (CALORIE FOUNDATION)

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	White rice	Mylar + O2 absorbers or #10 cans. 25+ yr shelf life sealed.	60 lb	200 lb	90D
☐	Dry beans (pinto, black, lentil)	Pair with rice for complete protein.	30 lb	100 lb	90D
☐	Rolled oats	Breakfast for kids. Easy to cook.	15 lb	50 lb	90D
☐	Pasta	Rotate. Morale food.	15 lb	50 lb	30D
☐	Flour (or wheat + grain mill)	Plus yeast, baking powder, baking soda.	25 lb	75 lb	90D
☐	Cooking oil / shortening / ghee	Highest calorie density. Rotate, oil goes rancid.	1.5 gal	5 gal	90D
☐	Sugar and honey	Honey stores indefinitely.	8 lb	25 lb	90D
☐	Salt (iodized + canning)	Cooking, preserving, electrolytes.	5 lb	10 lb	30D
☐	Powdered milk	Critical with kids.	5 lb	35 lb	90D
☐	Mylar bags, O2 absorbers, buckets, gamma lids	Packaging for all of the above. Impulse sealer or iron.	As needed	As needed	90D

4. FOOD: PROTEIN, PRODUCE, MORALE

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Canned meat and fish	Chicken, tuna, salmon, SPAM, corned beef.	30 cans	100 cans	30D
☐	Canned vegetables	Eat what you store.	30 cans	100 cans	30D
☐	Canned fruit	Vitamins and morale.	20 cans	60 cans	30D
☐	Peanut butter	Dense calories, kids eat it.	6 jars	20 jars	30D
☐	Freeze-dried meals (Mountain House)	Go-bags and no-cook days.	14 meals	48 meals	72H
☐	Bouillon, spices, hot sauce	Rice and beans for 90 days needs flavor.	1 kit	1 large kit	30D
☐	Coffee, tea, drink mixes	Do not skip this.	90 days	90 days	30D
☐	Multivitamins	Fills nutrition gaps.	90	360	30D
☐	Hard candy, snacks, comfort food	Kids. Stress. Bribes.	1 bin	2 bins	30D
☐	Heirloom seed bank	Garden for the long run.	1	1	90D
☐	Infant formula / baby food	If applicable. Overbuy.		90 days	72H

5. COOKING AND FOOD PREP

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Propane 2-burner camp stove	Coleman or Camp Chef. Outdoors or well ventilated.	1	1	72H
☐	20 lb propane tanks	Roughly 4 to 5 for 90 days of daily cooking for a family.	2	5	30D
☐	Rocket stove / Solo Stove	Burns sticks and scrap.	1	1	30D
☐	Kelly Kettle	Boils water fast on twigs.	1	1	90D
☐	Cast iron skillet + Dutch oven	Works on any heat source.	1 each	1 each	30D
☐	Manual can openers	P-38s in every bag.	2	3	72H
☐	Pressure canner + jars + lids	Preserve harvests and meat.	Optional	1	90D
☐	Lighters, ferro rods, stormproof matches	Three ways to make fire.	3 + 3 + 1 box	6 + 4 + 2 boxes	72H
☐	Paper plates, cups, utensils	Saves water on dishes.	90 days	90 days	30D

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Cooler or 12V fridge	Dometic, ICECO, or similar on solar.	1	1	90D

6. POWER AND FUEL

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Portable power station	EcoFlow, Bluetti, Anker Solix, Jackery. 1 to 2 kWh+.	1	1 to 2	30D
☐	Folding solar panels	400W+ for a family setup.	200W	400W+	30D
☐	Inverter generator	Honda EU2200i or dual-fuel unit to burn propane.	Optional	1	90D
☐	Gas cans + stabilizer (PRI-G)	Rotate every 6 to 12 months.	2 x 5 gal	6 x 5 gal	90D
☐	Diesel + PRI-D (if diesel equip.)	Rotate. Watch water contamination.	As needed	As needed	90D
☐	Heavy-duty extension cords	12 ga, outdoor rated.	2	4	30D
☐	Eneloop AA/AAA + USB charger	Standardize gear on AA where possible.	16 + charger	48 + charger	72H
☐	USB power banks	Every go-bag.	2	4	72H
☐	12V LiFePO4 battery (100Ah)	Runs radios, lights, fans.	1	2	90D
☐	Whole-home system	Victron inverter, battery bank, solar, generator. Professional design.	Full run	Full run	90D
☐	Transfer switch / interlock kit	Never backfeed through a dryer plug. Licensed install.	1	1	90D

7. LIGHTING

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Headlamps (AA powered)	One per person minimum, plus spare.	2	6	72H
☐	LED lanterns	Rechargeable or AA.	2	4	72H
☐	Flashlights	Every room, every vehicle.	3	8	72H
☐	Solar garden lights	Cheap night lighting. Charge outside, bring in.	4	10	30D
☐	Candles + oil lamps	Fire risk. Never unattended.	1 box	2 boxes	30D
☐	Chem lights	Kids' bags and signaling.	10	30	72H

8. COMMS: PACE PLAN FOUNDATIONS

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Written PACE plan	Primary, Alternate, Contingency, Emergency. One page, every family member.	1	1 per person	72H
☐	Printed contact list	Phones die. Paper does not.	1	1 per person	72H
☐	Rally points	Home, neighborhood, out of town. Written down.	3	3	72H
☐	Out-of-area contact	Long distance often works when local does not.	1	1	72H
☐	Comms schedule	e.g. radios on at top of every hour for 10 min.	1	1	30D
☐	Faraday storage	Ammo can or Faraday bags for spare radios and electronics.	1	2	90D

9. COMMS: CELL, GMRS, FRS, MURS, CB

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Offline maps on phones	Download your region before you need it.	Done	Done	72H
☐	GMRS license (FCC)	\$35, 10 years, no test. Covers your immediate family.	1	1	72H
☐	GMRS handhelds	Midland or Wouxun KG-935G Plus. Better range than FRS.	2	4	72H
☐	GMRS mobile/base radio	Midland MXT575 or similar with roof antenna. Find local repeaters at myGMRS.	Optional	1	30D
☐	FRS radios	No license. Short range. Good for kids.	Optional	2 to 4	72H
☐	MURS radios	No license. Quieter than FRS/GMRS.	Optional	2	30D
☐	CB radio (mobile or handheld)	Truckers still use it. Ch 9 emergency, Ch 19 highway.	1	1 to 2	30D

10. COMMS: AMATEUR (HAM) RADIO

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Technician license	One test. HamStudy.org. Opens VHF/UHF and repeaters.	1	2 adults	30D
☐	General license	Opens HF: regional and nationwide comms when grids are down.	1	1+	90D
☐	Dual-band VHF/UHF handheld	Yaesu FT-65R, Kenwood TH-D75. Baofeng UV-5R as a cheap spare.	1 + spare	2 + spare	30D
☐	Upgraded HT antennas	Signal Stick or Diamond. Beware counterfeits.	1	2	30D
☐	Extra HT batteries + AA battery case	Run on Eneloops when chargers die.	2	4	30D
☐	VHF/UHF mobile or base rig	Yaesu FTM-6000R, Icom IC-2730A. 50W reaches far.	1	1	90D
☐	Base antenna + coax	Diamond X50A or Comet GP-3, LMR-400, lightning arrestor, ground.	1	1	90D
☐	HF transceiver	Icom IC-7300, Yaesu FT-891, Xiegu G90 budget.	1	1	90D
☐	HF antenna + tuner	End-fed half wave or NVIS dipole for 0 to 300 mile coverage.	1	1	90D
☐	Digital interface	Digirig + laptop or Raspberry Pi for Winlink, VARA, JS8Call.	1	1	90D
☐	30A power supply + Powerpoles	Anderson Powerpoles standardized. PWRgate for battery backup.	1	1	90D
☐	Programming cable + CHIRP	Program radios before the event, not during.	1	1	30D
☐	Printed frequency plan	Local repeaters, ARES/RACES nets, simplex, family freqs.	1	1 per radio	30D
☐	Local club / ARES membership	Your network is the real asset.	Join	Join	30D

11. COMMS: SCANNERS AND RECEIVERS

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	NOAA weather radio	Midland WR400 with SAME alerts.	1	1	72H
☐	Hand-crank/solar AM/FM/weather radio	Every go-bag.	1	2	72H
☐	Shortwave receiver	Tecsun PL-330 or PL-880, C.Crane. News from outside the area.	1	1	30D
☐	VHF/UHF digital scanner (handheld)	Uniden SDS100 or BCD436HP, Whistler TRX-1. Fire, EMS, roads, utilities.	1	1	30D
☐	Base/mobile scanner	Uniden SDS200 with outdoor antenna.	Optional	1	90D
☐	SDR dongle + laptop	RTL-SDR v4 + SDR++. Cheap wideband monitoring.	Optional	1	90D
☐	Frequency database	RadioReference.com for your county. Print it.	1	1	30D
☐	Note on scanners	Some agencies encrypt. Check your state's laws on mobile scanner use.			

12. COMMS: MESH AND SATELLITE

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Meshtastic LoRa nodes	RAK WisMesh, LilyGO T-Echo, Heltec V3. Off-grid text, no towers.	2	4+	30D
☐	Solar Meshtastic relay node	Mount high. Extends the whole mesh.	Optional	1	90D
☐	Satellite messenger	Garmin inReach or Zoleo. Subscription required.	1	1 to 2	30D
☐	Phone satellite SOS	Know if your phone supports it. Test the demo mode.	Check	Check	72H
☐	Satellite internet (Starlink Mini)	Needs power and clear sky. Full run option.	Optional	Optional	90D

13. MEDICAL: TRAUMA

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	IFAK (Individual First Aid Kit)	North American Rescue or build your own.	1	1 per adult	72H
☐	CAT tourniquets (genuine only)	Amazon fakes fail. Buy from an authorized dealer.	2	6	72H
☐	Israeli / pressure bandages		2	6	72H
☐	Hemostatic gauze (QuikClot)		1	4	72H
☐	Chest seals (vented)		2	4	30D
☐	Trauma shears, gloves, SAM splint		1 set	2 sets	30D
☐	Stop the Bleed training	Free or cheap. Do it.	Done	All adults	72H

14. MEDICAL: GENERAL, MEDS, REFERENCE

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Prescription meds, 90-day supply	Ask doctor and insurer about 90-day fills. Rotate.	90 days	90 days	30D
☐	Pain relievers / fever reducers	Adult AND children's formulas.	2 bottles	6 bottles	72H
☐	Antihistamines	Allergic reactions, sleep aid.	1	3	72H
☐	Anti-diarrheal + electrolytes	Dehydration kills in grid-down.	1 + 20	3 + 60	30D
☐	Wound care kit	Bandages, gauze, tape, wound closure strips, antiseptic.	1	2	72H
☐	Burn gel and dressings	Cooking and heating accidents spike.	1	2	30D
☐	Thermometer, BP cuff, pulse ox		1 set	1 set	30D
☐	Dental kit	Temporary filling, clove oil.	1	1	90D
☐	Glasses / contacts spares	Old prescription pair in a bag.	1	Per person	30D
☐	Where There Is No Doctor / Dentist	Printed copies.	1	1	30D
☐	Wilderness First Aid course		1	1+ adult	90D

15. SANITATION AND HYGIENE

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	5-gal bucket toilet + Luggable Loo seat	The most overlooked item in prepping.	1	2	72H
☐	Contractor bags (heavy)	Toilet liners and trash.	50	200	30D
☐	Kitty litter / sawdust / peat	Cover waste every use.	50 lb	150 lb	30D
☐	Toilet paper	Overbuy.	45 rolls	180 rolls	30D
☐	Bleach, disinfectant, sanitizer		1 kit	3 kits	30D
☐	Bar soap, toothpaste, brushes, deodorant		90 days	90 days	30D
☐	Feminine products		As needed	90 days+	30D
☐	Diapers and wipes	If applicable.		90 days+	72H
☐	Wet wipes / no-rinse bathing wipes	Saves water.	4 packs	16 packs	30D
☐	Solar shower + washboard + bucket	Laundry and bathing.	1	1	90D
☐	Trash management plan	Burn, bury, or store away from the house.	Plan	Plan	30D

16. HEAT, SHELTER, CLOTHING

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Mr. Heater Buddy (indoor-rated)	With battery CO detector in every room. Non-negotiable.	1	2	30D
☐	Battery CO and smoke detectors		2	4+	72H
☐	Wood stove + seasoned firewood	Full run heat. Cords stacked and dry.	Optional	2 to 4 cords	90D
☐	Wool blankets		2	8	30D
☐	Sleeping bags rated to your lows		1	4	30D
☐	Emergency bivvies / space blankets	Every bag.	2	8	72H
☐	Tarps, plastic sheeting, duct tape	Broken windows, roof leaks, rooms to heat.	1 kit	1 large kit	30D
☐	Layered clothing + rain gear	Wool socks, base layers, gloves, hats.	Full set	Per person	30D
☐	Broken-in boots	Kids outgrow them. Check every season.	1 pair	Per person	30D

17. TOOLS AND REPAIR

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Multi-tool and fixed blade knife		1 each	2 each	72H
☐	Hand tool kit	Hammer, saws, pry bar, wrenches, screwdrivers.	1	1	30D
☐	Shut-off wrench (gas and water)	Know where your shutoffs are.	1	1	72H
☐	Chainsaw + bar oil + mix + chains	Clearing roads and firewood.	Optional	1	90D
☐	Axe, maul, bow saw	No-fuel backup.	1 each	1 each	90D
☐	Fire extinguishers	Every floor, kitchen, garage, vehicles.	2	4+	72H
☐	Fasteners, wire, paracord, zip ties		1 bin	1 bin	30D
☐	Shovel, pick, work gloves		1 set	2 sets	30D
☐	Sewing and repair kit	Clothing, gear, tarps.	1	1	30D

18. SECURITY AND HOME HARDENING

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Door reinforcement	Long screws in strike plates, door bars.	Done	Done	30D
☐	Motion lights (solar)		2	4+	30D
☐	Window film / plywood pre-cut	Storm and security.	As needed	As needed	90D
☐	Safe for valuables and documents	Fireproof.	1	1	30D
☐	Firearms (if you own them)	Train, store securely, know your state laws. Locked away from kids.	Your call	Your call	30D
☐	Neighborhood network	Know your neighbors. Shared radio channel. Mutual aid plan.	Build it	Build it	30D
☐	OPSEC	Do not advertise your preps. Online or in person.	Always	Always	72H

19. DOCUMENTS, CASH, INFORMATION

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Cash in small bills	Card readers go down. Keep it secure.	Your call	Your call	72H
☐	Copies of IDs, deeds, insurance, medical records	Paper + encrypted USB. Waterproof bag.	1 set	1 set	72H
☐	Paper maps	County, state, evacuation routes marked.	1 set	1 set + vehicles	72H
☐	Compass	And know how to use it.	1	2+	72H
☐	Family photos (for reunification)	Current photos of each family member.		1 set	72H
☐	Reference library	Medical, radio, gardening, repair. Printed.	1 shelf	1 shelf	90D
☐	Insurance review	Know what you are covered for before it happens.	Done	Done	30D

20. GO-BAGS AND VEHICLE KITS

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Go-bag (per person)	72H of water, food, filter, light, radio, layers, IFAK, docs, cash.	1	4	72H
☐	Kids' go-bags	Light, with comfort item and contact card.		2	72H
☐	Vehicle kit	Jumper pack, tow strap, tire plug kit, blanket, water, food, flares.	1 per vehicle	1 per vehicle	72H
☐	Keep tanks above half	Standing rule.	Always	Always	72H
☐	Evacuation plan	Three routes, three destinations, a trigger point for leaving.	1	1	72H
☐	Bug-out trailer or camper (full run)	Pre-packed and road ready.	Optional	Optional	90D

21. KIDS, PETS, SPECIAL NEEDS

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Kids' entertainment	Books, cards, board games, coloring. No-power options.		1 bin	30D
☐	Kids' comfort items	Familiar food, toy, blanket.		Per kid	72H
☐	Pet food and water	90 days. Plus meds, leash, carrier, records.	Per pet	Per pet	30D
☐	Mobility / medical equipment backup	CPAP battery, oxygen plan, mobility aids.	As needed	As needed	72H
☐	Elderly family plan	Meds, mobility, who checks on them.	As needed	As needed	72H

22. SKILLS AND TRAINING

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Stop the Bleed / CPR		Done	All adults	72H
☐	Ham radio license	Technician then General.	Done	1 to 2 adults	30D
☐	Water treatment practice	Run your filter and bleach process once.	Done	Done	30D
☐	Cook a week off storage	Find out what your family will actually eat.	Done	Done	30D
☐	Run a grid-down weekend	Flip the main breaker. See what breaks.	Done	Done	30D
☐	Gardening / food preservation		Learn	Learn	90D
☐	Land navigation	Map and compass.	Learn	Learn	90D

23. MAINTENANCE AND ROTATION

	ITEM	NOTES / RECOMMENDED	1 PERSON	FAMILY OF 4	TIER
☐	Monthly: radio check	Charge and test every radio. Check into a net.			ALL
☐	Monthly: run generator under load	15 to 30 min.			ALL
☐	Every 6 months: rotate fuel and water	Swap stored water and treated fuel.			ALL
☐	Every 6 months: check expirations	Meds, food, batteries, bleach.			ALL
☐	Every season: update go-bags	Clothes, kids' sizes, weather gear.			ALL
☐	Yearly: review PACE plan	New numbers, new schools, new routes.			ALL

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