

NothingLoads • Grid-Down Field Kit

Supply sheet • Recorded _____ • Review whenever counts change.

Your supply baseline

Fill in household size and supplies. Targets: people × days in gallons; people × days × 3 in meals. Subtract usable stock to find the gap.

People	Plan length	Water on hand (US gal)	Meals on hand
_____	_____	_____	_____
Water	_____ days covered	_____ gal target	_____ gal to add
Food	_____ days covered	_____ meals target	_____ meals to add

Water baseline: 1 US gallon per person per day. Meals use a planning count of 3 per person per day, not a nutrition assessment. Count only usable, unexpired stock. Add separate supplies for pets and extra needs for heat, health, age, and diet. These numbers are not a survival forecast.

Water guidance: [CDC emergency water supply](#) • reviewed September 14, 2026.

Check the rest of your kit

- ☐ Pet food, water, and carriers
- ☐ Prescriptions and individual health needs
- ☐ Lighting, charged power banks, and spare batteries
- ☐ Battery radio and a paper local map
- ☐ Sanitation, first-aid supplies, and weather-appropriate clothing
- ☐ Manual can opener and food you can prepare safely

Next stock check: _____

Biggest gap to close: _____

Planning worksheet only. Follow official local instructions and contact emergency services when needed.

The household fallback card

Fill in by hand. Keep a copy in each go-bag and a safe, accessible place at home. Share only with trusted people.

Nearby meeting point:

Alternate meeting point / route:

Out-of-area contact / phone:

Local contact / phone:

If we cannot reach each other, our agreed plan is:

Pet plan / supplies location:

30-minute blackout drill

- ☐ Download the app and save this sheet before testing.
- ☐ Put the test phone in airplane mode; turn off Wi-Fi. Keep another way to call for help. Leave medical equipment and utilities on.
- ☐ Open a free offline guide. Find water, a light, paper map, and this card.
- ☐ Ask another household member to find the same supplies.
- ☐ Restore connectivity. Record a gap, choose a fix, and set a retest date.

What failed:

Fix / person responsible / due date:

Retest date:

NothingLoads · nothingloads.com · Preparedness reference, not emergency instructions. Follow official local guidance.