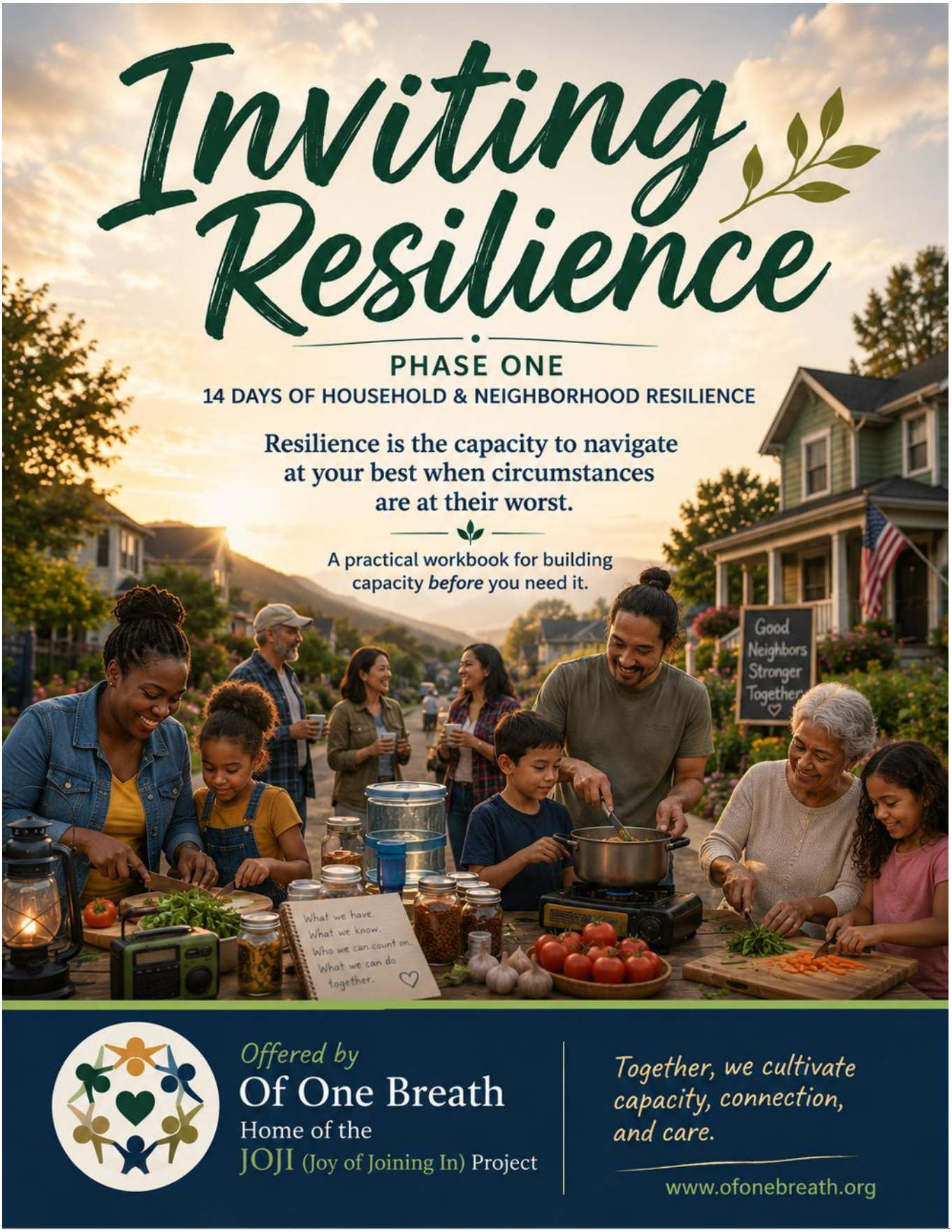


©Edi Osborne All Rights Reserved

Inviting Resilience

Two words that shape how we approach the unknown.

INVITING — From the Latin invitare, meaning "to invite, summon, or entertain."
An invitation is an opening, not a command. It honors our agency to choose participation rather than act from fear or obligation. To invite is to make room for something to enter our lives.

RESILIENCE — From the Latin resilire, meaning "to spring back or rebound," from re- (back) and salire (to leap). Originally describing the capacity to rebound, resilience has come to mean something richer in human experience: the ability to adapt, recover, learn, and continue functioning through difficulty. But we are not simply trying to return to who we were before a disruption. We may emerge wiser, more capable, and more connected because of what we have learned.

Why these words belong together...

Inviting Resilience is a deliberate departure from emergency preparedness framed around fear, scarcity, and worst-case scenarios.

We cannot control every circumstance, but we can cultivate our capacity to respond. We can practice skills before we need them. We can build confidence through experience. We can become more resourceful within our households and more connected within our neighborhoods.

Resilience is not something we wait for hardship to reveal. It is something we can consciously develop in ordinary life. And an invitation leaves room for joy, curiosity, cooperation, and the satisfaction of becoming more capable together.

Resilience is the capacity to navigate at our best when circumstances are at their worst.

We begin not with fear of what might happen, but with curiosity about what we can become capable of.

©Edi Osborne All Rights Reserved

Inviting Resilience

Greetings friends, family, neighbors, and those I've yet to meet,

Long before I sat down to compile this guide, I belonged to a community that encouraged each household to build a two-year food supply. I was a young mother, new to canning and food preservation, and the women around me became my teachers. They shared recipes and techniques handed down through generations, sometimes on little 3 × 5 cards written in a grandmother's or auntie's hand.

As a stay-at-home mom, I wove those practices into our days: grinding wheat, baking bread, making fruit rolls and jams from our own trees. There was something deeply reassuring about seeing the shelves fill with food I knew how to prepare and my family loved to eat.

As my children grew and I entered the workforce, the time and attention I gave to those practices gradually fell away. But the seeds stayed: the satisfaction of knowing how to provide for my family, and the quiet security of having enough set aside.

Forty years later, harvesting food from the property where I now live has renewed that interest. I wouldn't call myself a homesteader; many people are far more practiced than I am. I am someone remembering what she once learned, discovering what she doesn't yet know, and finding pleasure in becoming a little more capable.

Weather disruptions, economic uncertainties, and our own experience of wildfire have also brought me back to a question: What would help us meet an interruption in ordinary life with greater steadiness?

Today, we have remarkable resources for answering that question. Knowledge once passed across kitchen tables is also available online. A few thoughtful prompts can enlist AI to help organize a household plan around our needs, resources, and budget. Getting started can be manageable.

But as I worked on our own preparations, my inquiry kept widening. What about the people next door? The elder living alone? The family new to the neighborhood? What happens when an interruption lasts longer than any one household can comfortably manage?

Looking back, I realize that the security I felt all those years ago came from more than the food on our shelves. It came from belonging to a community in which people shared what they knew. I was learning self-sufficiency, but I was learning it in relationship.

That realization is at the heart of *Inviting Resilience*.

In the pages ahead, we explore how that relationship between personal preparedness and shared capacity can become something we practice. I share what our wildfire experience taught me, how ordinary people reach toward one another during disruption, and why knowing our neighbors matters long before an emergency arrives.

Then we make it practical. The household exercises begin with an achievable goal: fourteen days of resilience. You'll work through water needs, meals your household would actually eat, what is already in your pantry, and a simple system for organizing supplies. Prompts help you consider the other

©Edi Osborne All Rights Reserved

essentials of daily life—medications, cooking, power, and communication—and choose manageable next steps.

From there, the guide reaches beyond your front door. You'll find conversation starters, a sample neighborhood invitation, and a directory form for discovering the skills, resources, and needs neighbors choose to share. These tools can help you host a small gathering, agree on ways to check on one another, and begin seeing what your neighborhood already knows how to do.

Our shared need for food, water, shelter, and care gives us a place to begin, even when we see the world differently. We can build enough familiarity and trust that asking for help, or offering it, becomes easier. We can practice being neighbors before circumstances require us to depend on one another.

You don't need a two-year pantry to begin. Begin with what you have, what you can reasonably do next, and a conversation with someone nearby. Let these pages be something you work with, return to, and share.

My hope is that this guide helps you feel more capable in your own household and more connected to the place you call home. Whatever the future brings, those are things worth growing.

With care and an invitation to join in,

Edi Osborne Founder, Of One Breath – a 501(c)(3) nonprofit

Inviting Resilience is sponsored by Of One Breath, a nonprofit dedicated to nurturing connection and our capacity to care for one another. This guide brings that intention into everyday practice—helping households prepare, neighbors connect, and communities discover what they can do together.

If you are interested in hosting an Inviting Resilience Conversation, reach out to edi@ofonebreath.org.

©Edi Osborne All Rights Reserved

Introduction

All over the world, people are experiencing emergencies of one sort or another. What once seemed unthinkable or extreme has become an increasingly familiar reality in many places.

As I write this in the summer of '26, much of the West is on fire. A wildfire is burning just a few miles away in Big Sur, reminding me how close we came to losing everything in 2020, when a wildfire came for us. Firefighters saved our structures, but our power and water infrastructure was destroyed.

We were evacuated for ten days. When we returned, everything in our refrigerators and freezers had spoiled. It would be another 10–15 days before power and water were restored. It was late summer and temperatures were over 100 degrees. We relied on two generators—one we owned and one we borrowed—to keep food cold and fans running.

I had never lived through anything like it. Many of our neighbors lost their homes. We were among the fortunate ones.

Before the fire, I thought we had a well-stocked pantry. What I discovered was how dependent we were on a grocery store thirty minutes from our house. We had food, but we had not really thought through what it meant to live for an extended period without the systems surrounding that food: electricity, refrigeration, water, transportation and easy resupply. That experience changed the way I think about preparedness.

Whether the disruption comes from wildfire, earthquake, severe weather, infrastructure failure, political instability or something none of us anticipated, there may be a period when the systems we ordinarily rely upon simply are not available.

For some amount of time, we may need to become our own first responders.

That is part of what this guide is about: not predicting every possible emergency, and certainly not preparing for the apocalypse, but building enough practiced capacity to navigate the space between disruption and restoration.

Something else happened during that fire that changed my thinking even more.

We became a community.

People checked on one another. We shared resources. Someone had something someone else needed. People offered information, equipment, food, labor and reassurance. The emergency disrupted our infrastructure, but in the best way possible, it also disrupted some of the invisible boundaries between us.

Need became more important than identity.

People who had lived near one another became useful to one another. And for a while, proximity became relationship. What was true in our neighborhood is something we have increasingly been able to witness at larger scales during regional disasters.

For most of human history, unless disaster happened where we lived—or to someone we knew—it remained largely somewhere else. Newspapers, photography, radio and television progressively brought distant events closer. But the arrival of smartphones and social media changed something

©Edi Osborne All Rights Reserved

again. Ordinary people inside an unfolding disaster could suddenly show us what they were seeing and doing, often in real time.

And what we saw was not only the disaster. We saw people responding to it.

The Cajun Navy

Hurricane Katrina in 2005 remains one of the most striking examples. When flooding overwhelmed official rescue capacity, hundreds of private boat owners—many from Louisiana's Cajun communities—brought fishing boats, airboats, jon boats and whatever else would float into flooded areas to rescue stranded residents.

They became known as the Cajun Navy.

The response was largely spontaneous and decentralized: ordinary people using what they had and what they knew to help people who needed them. But what interests me most about the Cajun Navy is not simply that it happened.

It happened again. The name became even more widely used during later disasters, including the Louisiana floods of 2016 and Hurricanes Harvey and Ida. What began as an improvised response became something closer to a remembered capability. People with boats rescue people without boats. *This is what we do when the water comes.* That is a form of communal muscle memory.

We watched strangers pull strangers from floodwaters. Neighbors opened their homes. People arrived with boats, trucks, chainsaws, food, generators and whatever skills they happened to possess. Informal networks formed around immediate needs. Someone knew where help was needed. Someone else knew who had the equipment. Others simply showed up.

There was something deeply encouraging in witnessing these responses as they unfolded. Many of us carry an ingrained skepticism about what people will do when circumstances become difficult—a suspicion that beneath the thin veneer of ordinary life lies selfishness, panic and competition.

Certainly, disasters can reveal those parts of human nature too. And the same technologies that connect us can spread fear, rumor, outrage and misinformation with extraordinary speed.

But they have also allowed us to witness another possibility. Again and again, we have been able to watch ordinary people move toward one another. Perhaps that impulse was always there. What changed was our ability to see it.

And seeing it matters. When cooperation becomes visible, it becomes easier to imagine ourselves participating in it. We are reminded that crisis does not only expose vulnerability. It can reveal capacity—much of it already present in ordinary people who simply needed a reason to reach toward one another.

A generator sitting in a garage is a resource. A neighbor who knows how to operate it has a skill. Several neighbors who know who has the generator, who has fuel, whose medication needs to remain cold, who has an extension cord long enough to reach the next house, and whose refrigerator needs power first have something more. They have practiced capacity. They know something about what they can do together.

©Edi Osborne All Rights Reserved

What Remains Underneath

An important principle for *Inviting Resilience*: we shouldn't wait for an emergency to discover what our community knows how to do.

For most of human history, a great deal of resilience lived close to us. Families, neighbors, congregations, villages and local associations knew who could mend something, grow something, cook something, build something, deliver a baby, care for a child, tend an injury or show up when a family was in trouble.

Modern institutions assumed many of those responsibilities, often extraordinarily well. We built professional fire departments, emergency medical systems, hospitals, utilities, public agencies, communication networks, grocery and transportation systems, and increasingly sophisticated supply chains.

Our lives became safer and easier in countless ways. But something else happened along the way. We outsourced some of our communal muscle memory. Because systems usually worked, we had less reason to practice what happened when they didn't. That does not mean those institutions have failed us, nor does it mean we should abandon them. It means that institutional capacity and communal capacity should not be mistaken for the same thing.

When an emergency exceeds the capacity of the systems around us—or simply delays their ability to reach us—we discover what remains underneath.

- Do we know our neighbors?
- Do we know who may need help?
- Do we know who has useful skills or equipment?
- Do we know how to communicate if our usual methods disappear?
- Have we ever solved a problem together?
- Or are we simply a collection of households occupying the same geography?

Those questions matter because an inventory of individually prepared households is not the same thing as a prepared community.

Beyond Rugged Individualism

Much of American preparedness culture carries the imprint of rugged individualism: become self-sufficient, accumulate what you need, protect what is yours, and prepare to survive without depending upon anyone else. There is value in self-reliance. A household that can feed itself, store water, manage an extended power outage and attend to its basic needs is less vulnerable—and less likely to require immediate help from others. That matters. But self-reliance has a limit.

A neighborhood in which every household has food, generators, tools and defense implements but no relationships, no shared practices and no confidence in one another may be individually prepared while remaining communally fragile. When fear and scarcity arrive, isolation can turn quickly into suspicion.

©Edi Osborne All Rights Reserved

I propose we can do better and be better than that. What does that better look like? I call it Resilient Communalism. Resilient Communalism does not ask us to surrender self-reliance. It asks us to build upon it.

- I develop enough capacity to care for myself and the people who depend upon me.
- I build enough relationships to know something about the people around me.
- And together, we develop enough shared capacity that cooperation does not have to be invented in the middle of a crisis.

The resilient community does not require everyone to have everything. One household may have a generator. Another has a well. Someone knows first aid. Someone can repair an engine. Someone has a truck or chainsaw. Someone knows every older person on the road. Someone can cook for twenty people. Someone remains remarkably calm when everything is going sideways. Our individual capacities become more valuable when they can find one another.

That gives us three increasingly useful questions:

- Preparedness asks: What do we have?
- Resilience asks: What can we do?
- Resilient Communalism asks: What do we already know how to do together?

From Proximity to Communal Muscle Memory

This is the deeper practice at the heart of *Inviting Resilience*:

Proximity → Relationship → Shared Capacity → Communal Muscle Memory

Living near one another gives us proximity. Knowing one another begins relationship. Relationship allows us to discover what we can offer and what we may need. Practice turns those possibilities into shared capacity. And repeated shared capacity becomes communal muscle memory:

- This is what we do when the water comes.
- This is who checks on Margaret.
- This is where we gather when the power goes out.
- This is who has the radio.
- This is who knows how to shut off the gas.
- This is who can keep the insulin cold.
- This is how we make sure everyone eats.

Eventually, *what could we do?* becomes *what we know how to do*. That is resilience becoming culture.

And this is where something larger becomes possible. Margaret Wheatley and Deborah Frieze have described social change as a process of emergence. Separate local efforts begin to find one another. Relationships become networks. Networks deepen into communities of practice. Eventually, capacities appear at a larger scale that none of the individual participants possessed alone.

©Edi Osborne All Rights Reserved

The lesson is not necessarily to chase critical mass. The lesson is to foster critical connections.

A resilient neighborhood does not need to solve the problems of an entire country. A dinner among eight neighbors does not need to become a national movement. A Good Neighbor Directory does not need a million users. It needs to work here. Then perhaps another works over there. And another somewhere else. Eventually, those local islands of coherence may discover one another. From there, something larger can emerge.

Remembering Before We Need to Remember

There was something profoundly reassuring—even healing—about what happened during our fire in 2020. When circumstances required it, people reached toward one another. And then the emergency passed. The electricity returned. The water returned. Ordinary life returned. And, as is often the case with human nature, we did not do a particularly good job of maintaining everything the disruption had taught us about one another. The invisible boundaries gradually returned too.

That may be one of the strangest things about emergencies. They can reveal capacities that were present all along—and then allow us to forget them again once the need has passed.

Inviting Resilience is an attempt to interrupt that forgetting. It is the practice of turning proximity into relationship, relationship into shared capacity, and shared capacity into communal muscle memory.

We begin now, while the lights are still on. While the roads are still open. While the grocery store still has food. While we have the luxury of experimenting, making mistakes, changing our minds and trying again. Not because catastrophe is inevitable. Not because institutions don't matter. And certainly not because we should learn to survive alone. Quite the opposite. We prepare ourselves so we have more capacity to reach toward one another. Because the ultimate preparedness asset isn't stored in a pantry.

It's stored in relationship.

And perhaps the most important thing we can practice before circumstances become difficult is remembering: *This is what we do for one another.*

A Return to Our Biological Interdependence

There is science beneath this intuition.

Social Baseline Theory, developed principally by psychologists James Coan and Lane Beckes and extended through work with researchers including David Sbarra, begins with a provocative premise: the human brain does not treat isolation as its neutral starting point and social connection as a pleasant bonus.

Our baseline expectation is social.

We evolved in environments in which other people helped distribute risk, effort and the energetic costs of staying alive. Our biology appears to expect access to other people—to other eyes, hands, knowledge and capacity. Trusted relationships allow us to share some of the load rather than requiring each individual nervous system to carry it alone.

©Edi Osborne All Rights Reserved

Two experiments make this idea remarkably tangible.

In one, James Coan, Hillary Schaefer and Richard Davidson placed married women in an fMRI scanner while they anticipated the possibility of an electric shock. Sometimes they faced the threat alone. Sometimes they held the hand of a stranger. Sometimes they held their husband's hand.

Holding another person's hand reduced neural responses associated with anticipating the threat, with the strongest effects occurring when the women held their spouses' hands. The quality of the relationship mattered as well. The threat was still there. But the presence of a trusted other changed how it was carried.

In another line of research, Simone Schnall, Kent Harber, Jeanine Stefanucci and Dennis Proffitt asked people wearing weighted backpacks to stand at the bottom of a hill and estimate its steepness. Participants accompanied by a friend perceived the hill as less steep than those who stood alone. Related experiments found that even thinking about a supportive person could influence how demanding a challenge appeared. The hill was just as steep. But the presence of another person changed how the challenge was perceived.

Coan and Sbarra describe some of what may be happening through the concepts of *risk distribution* and *load sharing*. The brain appears to account for accessible social resources when estimating what will be required to meet a challenge. When those resources are available, some of the burden can effectively be distributed. When they are absent, more of the work falls to the individual.

Perhaps our ancestors would have found nothing particularly surprising about this. Neither of us becomes less capable because we rely upon the other. Together we can rest, remain alert, conserve energy and accomplish things neither of us could sustain indefinitely alone.

This is not the failure of self-reliance. It is our biology making use of shared capacity.

And that gives Resilient Communalism a deeper foundation. We are not simply proposing that cooperation is morally preferable to isolation. We are recognizing something more elemental: human beings have survived by distributing vigilance, effort, knowledge, risk and care across relationships.

The spouse did not remove the threat. The friend did not make the hill flatter. The village does not make difficulty disappear.

It changes how much of the difficulty any one of us has to carry alone. Perhaps that is why one of our most beloved expressions has endured: *It takes a village*. We usually hear it as cultural wisdom—a reminder that raising children, caring for elders, responding to hardship and sustaining a community are shared responsibilities. Social Baseline Theory suggests something deeper.

"It takes a village" is not merely a saying. It is neurological wisdom. *Inviting Resilience* is a call back to our biological interdependence.

Our nervous systems evolved in the presence of other nervous systems. Other eyes could remain vigilant while ours rested. Other hands could carry what ours could not. Knowledge could be distributed. Risk could be shared. Care could move toward whoever needed it.

You tend the fire. I'll watch for bears. Tomorrow, perhaps, we trade places.

Shared capacity reduces individual burden. Resilient Communalism, then, may not be something new we need to invent. It may be something very old we need to remember.

©Edi Osborne All Rights Reserved

From Survival Mode to Problem-Solving Mode

There is another neurological advantage to not facing difficulty alone. Emergencies often create a *crisis of complexity*: multiple unfamiliar problems arriving at once, each affecting the others, often with incomplete information and fewer resources than we would like. Under intense or uncontrollable stress, the brain can shift away from the prefrontal systems we rely upon for working memory, flexible thinking, planning and complex problem-solving and toward faster, more reflexive survival responses.

That shift can be lifesaving when the immediate task is run, duck or get out. But once immediate danger has passed, resilience requires something different: the ability to assess, adapt, improvise and solve one problem after another.

For those of a certain age, we might call it MacGyver thinking—looking at what is actually available and asking, *What can we do with this?* Trusted relationships can help reduce the burden of threat and create more room for that kind of thinking. Working together doesn't simply give us more hands and more resources; it can help us regain access to the kind of thinking we need when the problems themselves become more complex. In that sense, moving from survival mode to problem-solving mode is itself a form of resilience.

From Me to We

And finally, in the broadest sense, this work invites us to consider what becomes possible when neighbors begin taking care of one another before circumstances require it. A shared meal, a borrowed tool, a practiced plan, knowing who needs checking on and who knows how to help—these may seem like small things. But repeated over time, emergency behaviors can become everyday sensibilities. Cooperation becomes less exceptional. Asking for help becomes less threatening. Offering help becomes more natural. The neighbor who was once a stranger becomes someone whose well-being is connected to our own. In that shift, a community can begin to cross the threshold from merely surviving disruption to developing the relationships and capacities that allow it to thrive.

Perhaps, then, preparing for hard times can become preparation for something larger. The conversations this workbook evokes may strengthen connections long before they're needed and long after the emergency has passed. What begins as preparedness can become participation; participation can become belonging; and belonging can become a form of social repair. We begin to remember that a coherent, resilient community has room for different abilities, ages, resources, temperaments and ways of contributing. Everyone belongs. Everyone has value. Everyone has some capacity to contribute to the well-being of the whole.

That is the larger possibility inside *Inviting Resilience*: not simply that we become better prepared for what might go wrong, but that in preparing together we rediscover something about how we might live well together. Hard times need not be the only circumstances capable of calling forth our generosity, ingenuity and care. We can practice those capacities now. And if we do, what begins as a way of preparing for disruption may become something quietly life-changing, society-repairing and humanity-restoring: a village remembering that it is a village.

©Edi Osborne All Rights Reserved

A Layered Approach

Phase One is about tending to your household. Phases Two and Three expand your focus to neighborhood care and community well-being.

The Household Resilience Ladder

Phase	Duration	What we are solving for
Phase One	Immediate: up to 72 hours	Emergency first aid, medications, hydration, temperature management, no-cook meals, basic hygiene, establishing communication with additional resources in anticipation of longer-term disruption.
Phase One	Short-term: 3 to 14 days	Stabilized shelter, hydration, simple meals, snacks for you and yours, expanded hygiene and sanitation management. As the days wear on, it becomes clear how the next phase is already inviting more connection with neighbors.
Phase Two	Medium-term: up to 60 days	The crisis of complexity kicks in. Households need more substantial infrastructure, and community resilience matters more, as ordinary systems remain disrupted.
Phase Three	Long-term: beyond 60 days	Building capacity for a serious or prolonged supply disruption.

You do not need to climb the whole ladder at once. Each phase creates breathing room for the next. This guide is focused on the first 14 days of resilience. The goal is to create enough household stability that an interruption of ordinary systems does not immediately become a personal emergency—and enough capacity that you can remain connected and useful to others.

Fourteen days is our first finish line. Not because every disruption will be resolved within fourteen days, but because fourteen days gives us a meaningful and achievable horizon around which to practice. Later phases can extend that horizon to 60 days and beyond, when questions of water, shelter, food, sanitation, energy, communication, medical needs and community coordination begin to change.

Why 72 Hours and Up to 14 Days?

There is no reliable statistic telling us that a certain percentage of emergencies will be "over" within three, seven or fourteen days. Emergencies—and the communities experiencing them—vary too widely for such a number to mean very much. Urban and rural settings present different challenges. Desert, mountain and coastal environments create different needs. An island faces different constraints than the mainland. Population size and density, demographics, climate, infrastructure, transportation, available resources, and the nature and scale of the disruption itself all affect how long an emergency lasts and what recovery requires.

©Edi Osborne All Rights Reserved

There is another dimension of complexity worth considering. The impact of an emergency is shaped both by what happens and by the capacity already present when it happens. The first is the disruption itself: the earthquake, fire, flood, prolonged outage, supply interruption or other circumstance and the demands it places upon everyone affected.

The second is the condition of a particular household when that disruption arrives. Does it have water? Food? Necessary medications? A way to cook? People who know what to do? Financial margin? Transportation? Nearby relationships? Or does the same disruption arrive in a household already stretched thin or dependent upon systems that have suddenly become unavailable?

We cannot necessarily control the first. But we can influence some portion of the second. There's what happened. And there's how well-equipped we are to navigate what happened. The same event does not create the same emergency in every household. That is one reason we prepare.

These time horizons are useful for another reason: each one builds a different layer of capacity.

- 72 hours gives us breathing room during the immediate disruption, when local systems may be overwhelmed and outside assistance may not yet have fully arrived.
- 7 days gives a household enough capacity to move beyond the immediate emergency without depending upon a functioning grocery store or ordinary daily resupply.
- 14 days creates a meaningful first layer of household resilience—the ability to remain reasonably stable through a more sustained disruption.

The question is not simply, *How long will the emergency last?* A more useful question is: *How much capacity can we build before we need it—and what kinds of capacity become more important as a disruption continues?*

The longer the disruption lasts, the more resilience becomes a community problem rather than simply a household problem. There is no magical threshold on Day 15. But stored resources are finite, while needs continue to change. Water is consumed. Fuel runs low. Medications need replenishing. Equipment breaks. Waste accumulates. Someone gets sick. Information changes. Caregivers tire.

At some point, the question shifts—and, as Social Baseline Theory predicts, our nervous systems start looking outward—from *What have I stored?* to *What capacities exist around me?*

Who has water? Who can repair the generator? Who knows first aid? Who has transportation? Who can cook? Who can watch the children? Who can check on an older neighbor? Who has information? Who knows someone outside the affected area?

This is why household preparedness and community resilience are not competing approaches. One creates the capacity for the other. The first fourteen days give us a practical household horizon. Beyond that horizon, resilience increasingly depends upon something no household can stockpile: relationship.

Part 1 of this guide is inward focused – you and yours. Part II of *Inviting Resilience* begins before we ever need it. We prepare our household so that we are less likely to become immediately dependent upon others. Part II is outward focused - we build relationships so that, when individual capacity reaches its limits, we are not alone at those limits.

©Edi Osborne All Rights Reserved

A Preview of Part II — Neighborhood Reach

Once we have begun stabilizing our own households, we widen the circle.

- Who lives nearby?
- Who might need help?
- Who has useful knowledge, equipment or skills?
- Who has a generator? A well? A chainsaw? Medical training? A truck? A radio?
- Who knows the older people on the road?
- Who could cook for ten people if someone else supplied the ingredients?
- Who stays calm when everyone else is overwhelmed?

Neighborhood resilience begins by making the capacities already around us more visible to one another. A resilient neighborhood does not require every household to have everything. It requires enough relationship that people know how to find what they need—and enough trust that they are willing to reach toward one another. The alternative is allowing scarcity and isolation to become the organizing principles when circumstances become difficult.

Resilience invites another possibility: enough individual capacity that we can practice interdependence rather than compete from desperation.

That begins at home. But it does not end there. In Part II, we give you sample scripts for reaching out to neighbors, guidance for hosting a community conversation, and a form for creating a Good Neighbor Directory and a simple neighborhood check-in plan.

What This Guide Will—and Will Not—Do

There are excellent preparedness books and resources that address almost every conceivable emergency: evacuation, wilderness survival, communications, medical emergencies, food preservation, energy systems, sanitation, security, long-term food production and many other subjects.

This is not an attempt to replace them. Nor can a single workbook anticipate the circumstances you may actually face. A wildfire that temporarily eliminates electricity and water is different from an earthquake that makes roads impassable. A localized emergency in which surrounding communities remain functional is different from a regional disruption. A fourteen-day outage with working cellular service is different from a widespread emergency in which communications infrastructure has failed. Those distinctions matter.

This workbook will leave questions unanswered. Intentionally. Because trying to solve every possible problem before taking the first useful step is another way of never beginning.

Inviting Resilience — Phase One is solving for something more specific: the first layer of Resilient Communalism.

We begin with a household capable of navigating the first 72 hours. Then seven days. Then fourteen. We ask what you need to remain safe, hydrated, fed, informed and reasonably functional. We practice

©Edi Osborne All Rights Reserved

rather than merely purchase. We identify the capacities already present in our households. And then we widen the circle.

- Who lives next door?
- Who might need help?
- What might they know that we don't?
- What could we offer?
- What could we practice together now, while circumstances are ordinary?

This is not the whole resilience roadmap. It is the beginning of one. As that roadmap develops, I suspect we will return again and again to three familiar dimensions: Mindset. Skill Set. Tool Set.

- The mindset determines how we understand the problem and one another.
- The skill set determines what we are capable of doing.
- The tool set gives those capabilities practical reach.

But none of them becomes resilience merely because we possess it. Resilience emerges through practice. And when practice becomes shared and remembered, it becomes communal muscle memory.

Don't Just Buy Preparedness. Build Resilience.

It has never been easier to buy the appearance of preparedness. Go online, enter the number of people in your household, select 72 hours, seven days, fourteen days—or longer—click Buy, and shazam: a collection of food and emergency supplies arrives at your door.

It can feel reassuring. But are you actually more resilient?

Many commercial emergency kits arrive tightly packed in sturdy buckets, boxes or pouches designed to remain sealed until an emergency. Their very efficiency seems to say: *Do not open until emergency.*

There are real advantages. You can tick "emergency food supply" off your to-do list. The kits are generally compact and portable and are designed to deliver basic caloric necessities with minimal planning.

But there is another question worth asking: Could you—and the people you care for—actually eat this for more than three days if you had to?

And therein lies the problem.

If you have never opened it, tasted the food, prepared the meals, used the equipment or discovered how much water and fuel preparation requires, the emergency becomes the first time you learn whether your preparedness plan actually works.

Perhaps you like the food. Perhaps your children or elderly parent will eat it. Perhaps the portions are adequate. Perhaps you have enough fuel to prepare it. Perhaps your dietary needs are accommodated. An emergency is a poor time to discover the answers.

A sealed emergency kit is inventory. A Resilience Pantry is practiced capacity.

©Edi Osborne All Rights Reserved

In Extraordinary Circumstances, Ordinary Things Matter

Emergencies create uncertainty. Schedules disappear. Familiar surroundings may change. Electricity, communication and transportation may become unreliable. Even the ordinary rhythms that tell our nervous systems *this is a normal day* can suddenly be gone.

A familiar meal can restore a small piece of that rhythm.

The smell of coffee in the morning. Oatmeal made the way you always make it. A child's favorite mac and cheese. The familiar spices in a curry or the particular way your family makes beans and rice. These things do not make the emergency disappear, but they can provide recognizable sensory cues, routines and moments of predictability in circumstances filled with uncertainty.

Preparation matters too. Knowing how to make something is different from opening an unfamiliar pouch and reading the directions for the first time under stress.

Familiar ingredients and practiced preparation routines reduce the number of new problems we have to solve when our cognitive resources may already be stretched. This is another form of practiced capacity. We aren't trying to recreate ordinary life perfectly. We are preserving enough of its familiar rhythms to help ourselves remain grounded, functional and connected.

Normalcy can be a resilience resource.

That can be especially important for children, older adults and anyone who finds sudden changes in routine particularly difficult—but it matters to all of us. Sometimes resilience looks like solving a complicated problem. And sometimes it looks remarkably like making dinner.

Build a Pantry You Actually Live With

A Resilience Pantry works differently. It is built around food your household already eats and recipes you have actually made. You know how to prepare them because you have practiced. You know which meals require little or no cooking, which ones use more water, which ones are worth spending precious fuel on, and which ones everyone will actually eat. And because the food belongs to your ordinary life, it doesn't have to sit untouched waiting for catastrophe.

- You use it.
- You replace it.
- You rotate it.
- You notice what is running low.
- You change your mind about things you thought you would like.
- You add the things you discover you need.

And when you have more than you need, some of that capacity can be shared.

The goal is not to own a fourteen-day supply of emergency food. The goal is to know how your household can eat for fourteen days when ordinary systems are interrupted. That is a very different kind of preparedness. One is something you purchase. The other is something you practice. And that is why we are going to begin not with a shopping list, but with breakfast, lunch and dinner.

First discover how you want to eat. Then build the pantry that makes it possible.

©Edi Osborne All Rights Reserved

A Case for Both

None of this means there is no place for commercially prepared emergency food. There may be a very good one.

A Resilience Pantry is particularly well suited to long-term supply chain disruptions, food shortages, market instability, and situations when sheltering in place is the wisest course of action. It's an ideal approach when familiar foods, greater variety and the ability to rotate supplies are normalizing advantages.

But sometimes staying home is no longer safe. If you need to evacuate quickly, portability, weight, space and ease of preparation suddenly matter enormously. That is where compact emergency meals, meal-replacement products and other carefully selected survival supplies may earn their place in a go-bag or evacuation kit. The important thing is to understand what problem each approach is solving.

Your Resilience Pantry helps you live through a disruption. Your portable emergency supply helps you move through one.

Neither eliminates uncertainty. And making assumptions about exactly where we will be, what systems will still be functioning or what kind of emergency we will face can turn preparedness into a game of chance. So we don't necessarily have to choose one approach over the other.

Build the capacity to stay. Build the capacity to go. Know what you have. Know how to use it. Practice both before you need either.

©Edi Osborne All Rights Reserved

Part I — You and Yours

Starting Here. Starting Now.

Over the next month, experiment rather than simply purchase. Practice rather than simply store. Notice what works for your household and what does not. Small, thoughtful actions taken now become options later.

Your First Month Action Plan

- Engage your household. Resilience is a group activity.
- Cover the immediate priorities: air, shelter and temperature, water.
- Practice resilient recipes. Make some Make Fast breakfasts and Crunch for Lunch combinations and begin discovering your seven Winner Dinners.
- Assemble your first 72-hour ready-to-eat supply. Begin with familiar foods requiring little or no cooking.
- Reach out to one neighbor. Have one simple conversation about resilience. You don't need to organize the neighborhood. Begin by knowing one another a little better.

This first month gets you started. The Eight-Week Resilience Build, later in Part I, fills in the rest of your 14 days at a steady, affordable pace.

At the end of the month, don't ask: Am I prepared for everything?

Ask:

- What can I do now that I couldn't do a month ago?
- What does my household know now that we didn't know a month ago?
- Who do I know now that I didn't know a month ago?

Those are measures of resilience. You do not need to be finished. You simply want to be able to say: We are more capable than we were a month ago.

Engaging Your Household

Resilience is not the job of a single person. One person in the household may be the planner—the person reading this workbook, buying supplies and thinking ahead. But when something actually happens, everyone who is able should have some idea of what to do. A plan that exists only in one person's head creates another vulnerability.

What happens if that person isn't home? What if they are injured? What if the family is separated when an earthquake, wildfire, power outage or other disruption occurs?

The purpose of practicing together is not to frighten anyone or rehearse catastrophe. It is to make a few important actions familiar enough that we don't have to invent them while we are frightened, confused or under pressure. Practice reduces the number of decisions we have to make under stress.

This is especially important for children. An emergency is not the ideal time to begin negotiating about wearing a mask, leaving the house, staying away from a downed power line or following an unfamiliar

©Edi Osborne All Rights Reserved

adult to a designated meeting place. Age-appropriate practice can turn those actions from strange instructions into something the family has already done together.

Think of it as household muscle memory.

- This is what we do when the smoke comes.
- This is where we go when we can't stay in the house.
- This is who we call if we can't reach Mom or Dad.
- This is where we meet if we're separated.

The goal is not perfection. The goal is familiarity.

Start With a Conversation

Before conducting a drill, have a simple household conversation. Ask:

- What are the most likely disruptions where we live?
- What would we do first?
- Where would we go if we couldn't remain here?
- How would we find one another if we were separated?
- Who else should know our plan?

Then write down the answers. Keep the plan simple enough to remember.

Where Do We Meet?

Choose at least two meeting places.

Meeting Place 1 — Close to Home. Choose a familiar, easily identified place where household members can gather if you have to leave the house but the immediate neighborhood is safe. Walk there together, take in the surroundings, anticipate obstacles and plan how to overcome them, and time yourselves. Answer the questions: What happens if no one else comes to "the spot"? How long do we wait? Where do we go next?

Our nearby meeting place: _____

Meeting Place 2 — Outside the Immediate Area. Choose another location in case you cannot safely return to your neighborhood. This might be the home of a friend or relative, a familiar public location or another place everyone in the household knows. Practice and answer the same questions as for Meeting Place 1. Write down the answers and review them together once a year.

Our alternate meeting place: _____

The important thing is not choosing the perfect location. It is everyone knowing where it is.

©Edi Osborne All Rights Reserved

What If We're Separated?

Emergencies don't wait until everyone is conveniently at home. Someone may be at work. Children may be at school. Someone may be shopping, traveling or visiting a friend. Roads may be closed and cellular networks may be overloaded. Talk through what each person should do rather than assuming everyone should immediately try to get home.

- Know the emergency procedures at schools, workplaces and care facilities used by members of your household.
- Decide who is authorized to pick up children or dependent adults if the usual person cannot get there. Many families agree on a "safe word" for situations like this.
- Choose an out-of-area contact everyone knows. Sometimes a person outside the affected area can become the information hub when household members cannot easily reach one another.
- Make sure important phone numbers exist somewhere besides your phone.
- Make a list of trusted adults, with phone numbers and addresses, to whom your children could be delivered if you can't be there to meet them.

Our out-of-area contacts:

Name	Phone	Address
Name	Phone	Address

Trusted adults:

Name	Phone	Address
Name	Phone	Address

Practice Small

A useful drill doesn't need flashing lights and a clipboard. Try turning an ordinary Saturday morning into a ten-minute experiment: "Okay—pretend the power just went out. What do we do?"

- Can everyone find the flashlights?
- Does everyone know where the water shut off is?
- Can the people who are physically able to use the fire extinguisher explain how it works?
- Can everyone locate their shoes, medications, masks and essential supplies?
- What if you pretend your usual exit is blocked?
- What if the phones don't work?
- What if the person who normally handles everything isn't home?

©Edi Osborne All Rights Reserved

Don't use the drill primarily to discover what people did wrong. Use it to discover what the plan forgot. Then adjust the plan and try again another day. That is how practice becomes capacity.

If You Live Alone

Living alone does not mean preparing alone. Your resilience household may extend beyond the walls of your home. Consider sharing your basic plan with one or two trusted people—a grown child, sibling, friend or nearby neighbor. Let them know where you keep essential information, where you would expect to go if you had to leave, and how you would try to contact them. More importantly, make an agreement about when someone should check on you.

- If the power has been out for twelve hours, should someone call?
- After a major earthquake, who checks in?
- If cellular service is unavailable, is there a nearby neighbor who will knock on your door?
- If you evacuate, who should know that you've left safely?
- And return the question: Who are you checking on?

A person living alone may have fewer people inside the household, but that does not mean they have to have a smaller resilience network.

Your First Practice

Don't begin by trying to rehearse every emergency. Practice one thing.

- We have identified a meeting place near home.
- We have identified an alternate meeting place outside our immediate area.
- We know what to do if we are separated.
- We have chosen an out-of-area contact.
- Important phone numbers are available somewhere other than our phones.
- Emergency contacts know their role in our household resilience plan.
- We know the emergency procedures for our children's schools, workplaces or care facilities, where applicable.
- We have practiced one simple household emergency drill.
- Someone outside our household knows the basics of our plan.
- We have a "safe word" in case another adult steps in to assist when a parent is not able.
- If I live alone, at least one nearby person knows to check on me—and I know who I will check on.

Practicing builds self-competence and empowers a resilient response.

©Edi Osborne All Rights Reserved

Immediate Priorities

Most of us know some version of the Rule of Threes. It is not a countdown clock. Human survival varies enormously with health, age, temperature, exertion, environment and circumstance. But it offers a useful way to remember that, in an emergency, some needs become urgent before others.

Give or take, 3:

- Minutes without breathable air.
- Hours without adequate shelter in extreme conditions.
- Days without water.
- Weeks without food.

The survival sequence is simple: **AIR → SHELTER & TEMPERATURE → WATER → FOOD**

Or, more simply: Protect the breath. Protect the body. Secure the water. Then think about dinner.

Preparedness can become overwhelming when we begin by imagining everything that could possibly go wrong. We are going to take a different approach. We will begin with what keeps us alive, work outward from there, and build capacity one layer at a time.

Air Quality First

Smoke, ash, dust and other airborne particles can make otherwise breathable air hazardous. Keep appropriate particulate respiratory protection readily available for household members who can safely and appropriately use it. A well-fitting NIOSH-approved N95 respirator can reduce exposure to many airborne particles, including wildfire smoke, ash and dust.

Note: An N95 does not supply oxygen and does not protect against gases or vapors such as carbon monoxide.

Fit and suitability matter. Standard N95 respirators are generally designed for adults, and an adult respirator that does not seal well on a child's face may provide limited protection. Young children and people with respiratory, cardiac or other medical considerations may require a more individualized plan.

- Appropriate particulate respirators are readily accessible.
- We have practiced putting them on and checking the fit.
- We know where we would go if the air became unsafe despite respiratory protection.
- We understand that respirators are one layer of protection, not permission to remain in dangerous air indefinitely.

©Edi Osborne All Rights Reserved

Then Secure Shelter. Manage Temperature.

Once you can breathe safely, the next priority is protecting your body from the environment. We often hear the word shelter and think of having a roof over our heads. But in an emergency, shelter is really about maintaining a safe environment around the body. That may mean remaining inside your home, moving to a safer part of it, adding layers and blankets during extreme cold, creating one cooler living space during extreme heat—or recognizing that the place you are in can no longer keep you safe.

Shelter is not simply a place. It is protection from exposure.

Temperature can become dangerous surprisingly quickly, particularly for infants, older adults, people with certain medical conditions, and anyone whose body has difficulty regulating heat or cold. A power outage that is merely inconvenient on a mild day can become a serious problem during a heat wave or winter storm. So part of resilience is knowing how your home behaves when its ordinary systems stop working.

Which room stays coolest when the air conditioning is off? Which room retains heat best? Can you close off unused rooms and concentrate people, blankets or limited heating in a smaller space? Can you safely create shade and airflow? Do you have clothing and bedding appropriate for the temperatures where you live? If someone in the household is especially vulnerable to heat or cold, what is your threshold for leaving?

And most importantly: At what point does sheltering in place stop being shelter?

Sometimes the resilient decision is to stay. Sometimes it is to move to another room, another building, a cooling or warming center, a neighbor's home or somewhere outside the affected area. Practice making that decision before circumstances become urgent.

- We know which areas of our home are safest during extreme heat and cold.
- We have appropriate clothing, bedding and other basic temperature-management supplies.
- We know who in our household may be especially vulnerable to heat or cold.
- We have identified at least one alternative place we could go if our home could no longer maintain a safe temperature.
- We understand that combustion devices, generators, grills and other fuel-burning equipment can create carbon monoxide and must never be improvised into unsafe indoor heating or cooking solutions.

The goal isn't simply to remain in your home. The goal is to remain somewhere your body can stay safe.

©Edi Osborne All Rights Reserved

Water Next

Plan for at least 1 Gallon per Person per Day

Number of people _____ × 1 gallon × number of days _____ = storage goal _____ gallons

Plan on at least one gallon of water per person, per day—including children. This covers drinking plus limited food preparation and hygiene. Individual needs vary, and emergency water storage is not the place to calculate down to minimum consumption. Infants, hot weather, illness, pregnancy and nursing, pets, and some medical needs may require more.

Infant formula note: If your household uses powdered or concentrated formula, include the safe water needed for preparation in your plan. Ready-to-feed formula can be especially useful during an emergency because it does not require added water.

Stored water gets you through the interruption. Water treatment gets you beyond your storage.

My water action this week: _____

©Edi Osborne All Rights Reserved

Food: Familiar, Practical, and Practiced

A little extra effort at this stage can save you time, money—and considerable misery—later. Instead of beginning with a shopping list, we invite you and yours to experiment with meals first. Try breakfasts, lunches, dinners and snacks that are familiar, satisfying and practical when ordinary systems may not be available.

Ask more of a meal than simply: Will it keep on the shelf?

How much water does it require? Does it need cooking, and if so, for how long? How much fuel will that use? Can it be prepared with the equipment you expect to have? Does it create a pile of dishes when water for washing may be limited? Will leftovers require refrigeration? Can the ingredients be used in several different meals?

And perhaps most importantly: Will the people in your household actually want to eat it?

Selections will vary enormously depending upon the ages, preferences, cultural traditions, dietary requirements and medical needs of the people you are feeding. Whenever possible, lean toward ingredients that store well, are versatile and provide a useful balance of protein, fats, carbohydrates, fiber and other nutrients.

But don't let nutritional perfection become the enemy of a workable plan. During a disruption, food has several jobs. It provides calories and nutrition, certainly—but it also provides comfort, routine, pleasure and a familiar reason to gather around the table.

Think about appetite under stress, too. The meal that sounds perfectly reasonable while filling out a preparedness worksheet may be surprisingly unappealing when you're hot, tired, anxious or have been eating from the same collection of shelf-stable foods for six days. Variety in flavor, texture and temperature matters. A little crunch, something sweet, a familiar condiment or a cup of hot coffee can carry more value than its calorie count suggests.

This is why we practice. Make the meal now. Eat it together. Notice what worked.

The Meal Test

- Was it satisfying?
- Was it easy to prepare?
- How much water and fuel did it require?
- How much cleanup did it create?
- Would you happily eat it again next week?

If the answer is no, don't store fourteen days' worth of it.

Don't just store emergency food. Develop emergency recipes.

Over the next few pages, we're going to find the meals that work for your household. Practice and score the meals. Identify the ingredients. Then stock the pantry. Once you get the hang of it, you won't need to be as formal when evaluating a meal.

©Edi Osborne All Rights Reserved

Make Fast — Breakfast

Morning food should be fast, familiar and fuel-efficient. You do not need fourteen different breakfasts. Find three or four combinations your household genuinely enjoys and rotate them.

A simple formula: grain + fruit + protein/fat.

- Oatmeal + raisins + walnuts
- Oatmeal + applesauce + peanut butter
- Granola + shelf-stable milk + dried fruit
- Cereal + shelf-stable milk + fruit
- Crackers or shelf-stable bread + nut butter + fruit

Our Make Fast Breakfasts

1. _____
2. _____
3. _____
4. _____

Don't Forget What's in Your Cup

Water is the foundation of your emergency supply, but it does not have to be the only thing you drink. Familiar beverages can provide calories, variety, comfort and a sense of ordinary rhythm when circumstances are anything but ordinary.

Coffee & Tea. If coffee or tea is part of your daily rhythm, include it in your Resilience Pantry. Think beyond having the ingredients: what happens if your normal coffee maker, kettle or other appliance does not work?

- Ground coffee + manual pour-over, French press or other non-electric method
- Instant coffee as a simple, low-fuel backup
- Tea bags or loose tea + infuser
- Shelf-stable creamer or powdered milk
- Sugar or honey, if that is how you drink it
- A safe way to heat water without household electricity

Experiment now: make your morning coffee or tea without electricity and decide whether your backup method actually works for you.

If you normally consume caffeine every day, remember that abruptly stopping can cause headaches, fatigue, irritability or difficulty concentrating. A disruption is not an ideal time to discover that your coffee plan depended entirely on electricity.

©Edi Osborne All Rights Reserved

Juice & Other Drinks. Juice and other shelf-stable beverages can add variety and familiarity, especially for children. Smaller individual containers can be useful because opening a large container may create a refrigeration problem.

- Shelf-stable juice boxes
- Small cans or bottles of juice
- Shelf-stable milk
- Powdered milk
- Cocoa
- Powdered drink mixes
- Electrolyte drink powder, when appropriate

Remember: these supplement your stored drinking water; they do not replace it.

Beverages Use Water Too. Coffee, tea, powdered milk, cocoa, electrolyte drinks and powdered mixes all use water from your stored supply. Include that water in your household planning rather than treating beverage water as something separate.

What Is Your Comfort Cup? When circumstances are difficult, familiar rituals matter. Coffee in the morning. Tea before bed. Cocoa for the children. Whatever yours is, consider including enough for 14 days.

My Comfort Cup: _____

What I need to make it without electricity: _____

Resilience includes preserving small pieces of ordinary life.

©Edi Osborne All Rights Reserved

Crunch for Lunch

Lunch can be simple, satisfying and mostly no-cook. Keeping lunch easy conserves cooking fuel and water and gives you one less meal to manage when conditions are difficult. Crunch also adds welcome texture to a pantry-based diet.

A simple formula: protein + something crunchy or scoopable + fruit or vegetable.

- Tuna + crackers + peaches
- Peanut butter + crackers + applesauce
- Chicken + crackers + fruit
- Chickpeas + crackers + olives
- White bean salad + crackers
- Nuts + dried fruit + crackers
- Canned soup + crackers + fruit, when heating is practical

Our Crunch for Lunch Winners

1. _____
2. _____
3. _____
4. _____

Breakfast and lunch don't need to be recipes. They need to be reliable combinations. Find three or four breakfasts and three or four lunches that work for your household, then repeat what works. For the first 72 hours, lean on Bridge Foods (see The 72-Hour Resilience Kitchen).

Seven Winner Dinners × Two = 14 Dinners

Dinner is where you can invest more of your cooking fuel, creativity and sense of normalcy. Choose seven shelf-stable dinners your household genuinely enjoys. For one person, stock enough to make each dinner twice. For two people, make each dinner serve two or more as your needs require.

The simple 14-day food architecture: 3–4 Make Fast breakfasts + 3–4 Crunch for Lunch combinations + 7 Winner Dinners × 2. You do not need 42 emergency recipes to feed yourself well for 14 days.

Some starting ideas:

1. Pasta + tomato sauce + canned chicken
2. Rice + black beans + tomatoes + corn
3. Lentil soup + crackers
4. Chickpea coconut curry + rice

©Edi Osborne All Rights Reserved

5. Chili + instant potatoes
6. Pasta + white beans + tomatoes
7. Chicken + rice + canned vegetables

Try these meals now and actually eat them. Adjust them. Find out which ingredients your household likes, what is easy to prepare, and what requires surprisingly little water or fuel. You might discover that your taste buds tend toward certain foods, flavors or cuisines more than others. Let those preferences shape your Resilience Pantry.

Resilience, when done right, does not feel like staving off starvation. It should feel remarkably like dinner. This is especially true if you are feeding children. If mac and cheese floats their boat, look for or create shelf-stable recipes that hit their sweet spot. Mac and cheese can become mac and cheese with canned chicken and peas. Ramen can become noodles with peanut butter, soy sauce and canned vegetables. A bean-and-cheese burrito can inspire a rice-and-bean bowl with salsa. Familiarity is a resilience resource too.

If children are part of your household, invite them to help choose and prepare the meals. Give them age-appropriate jobs and let them help decide which recipes become Winner Dinners. Learning how to be helpful in a family crisis builds their personal resilience, too.

Once you have seven tested recipes, shopping becomes much simpler: you are buying ingredients for fourteen dinners you already know how to make and enjoy eating.

Our Winner Dinners!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Seven Winner Dinners × Two = Fourteen Nights of Familiar Food.

Neighborhood Outreach Suggestion — Share the Winners. Once you have tested and refined your seven Winner Dinners, share your favorites with neighbors or your resilience group. A collection of recipes tested by actual households can become a Community Resilience Cookbook—practical meals people already know they enjoy.

©Edi Osborne All Rights Reserved

Working Out the Details

The following pages are practical lists for you to review. They are not exhaustive, but they are a good place to start—a great focus for conversations with your neighbors, and a prompt to dive deeper into other resources that can offer more detail as needed.

A Word About Containers

Preparedness isn't only about what you store. Think about how you will lift it, open it, portion it, reseal it, preserve it and share it.

A large container may technically be an excellent storage solution—but not if you cannot safely move or manage it when you need it. For older adults, children, people with limited strength or mobility, or anyone preparing to manage supplies alone, smaller containers may be the more resilient choice.

Can You Open What You've Stored? Don't plan only for the packaging currently in your pantry. Keep a simple pantry tool kit so you can access unfamiliar or stubborn containers without electricity.

- Two manual can openers
- Kitchen scissors
- Bottle opener
- Corkscrew
- Jar-opening tool or strap wrench
- Adjustable wrench
- Pliers
- Utility knife
- Funnels
- Measuring cups / scoops
- Food-storage bags
- Reusable containers with lids
- Clips, ties or other temporary package closures
- Aluminum foil
- Labels and permanent marker

Deep Storage vs. Working Storage

As you build toward 30–90 days, consider two layers: deep storage for larger quantities protected for longer-term use, and working storage for smaller containers you open, cook from and replenish.

Rather than repeatedly opening a large container of rice, oats, beans or other dry goods, transfer a manageable amount into a smaller working container and leave the remainder protected. This also makes it easier to share smaller portions without repeatedly exposing your deeper reserve.

Repackaging and Preservation

- Mason jars
- Mason-jar vacuum sealer
- Food-grade storage containers
- Mylar bags
- Appropriate oxygen absorbers

©Edi Osborne All Rights Reserved

- Labels, marking pens
- Smaller containers for sharing or daily use

Safety note: Vacuum sealing and oxygen absorbers are not universal preservation methods. Oxygen absorbers are generally intended for appropriately dry, low-moisture foods. Vacuum sealing can help protect food quality but does not make perishable or moist foods safe to store at room temperature. Follow food-specific preservation guidance.

The Container Test

- Can I lift it?
- Can I open it without electricity?
- Can I close it again?
- Can I protect what remains after opening it?
- Can I portion it without contaminating the rest?
- Could I easily share part of it with someone else?

A resilient pantry isn't simply one that contains enough food. It's one you can actually use.

Home Canning and Food Preservation

There are hundreds of books, websites and resources devoted to the art and science of canning and preserving food. There are methods that follow USDA home-canning guidelines, and an entire field of exploration called "rebel canning" that follows time-tested (think pre-industrial) recipes that may fall outside modern norms and guidelines. Classes are often offered by agricultural extension offices, co-ops, churches and other organizations to help you get started.

There are lifetimes of wisdom to be learned about pressure canning, water-bath methods, jars, lids, spices, timing, altitude adjustments, freeze-drying, dehydration, animal rendering, fermentation, salt and smoke curing, and more. There's an eager group of homesteaders who share their best practices on YouTube and other social media channels. They cook in bulk, eat what they can and preserve the rest as shelf-stable, ready-to-eat meals.

Safety note: Improperly canned low-acid foods—vegetables, beans, meats, soups—can carry botulism, which is rare but can be fatal. Whatever methods you explore, learn the tested USDA guidance first (the National Center for Home Food Preservation is a good starting place), and never taste food from a jar that is bulging, leaking, spurting or smells off.

©Edi Osborne All Rights Reserved

Setting up your 72-Hour Resilience Kitchen

The first 72 hours of disruption may be the least organized. You may be assessing what happened, checking on people, preserving refrigerator food, locating equipment, gathering information or deciding whether to stay or leave. This is not the moment to depend on complicated cooking.

The job of the Resilience Kitchen: feed everyone easily while the household finds its footing.

Bridge Foods carry us from disruption to routine. They require little or no cooking, minimal water, few dishes and almost no decision-making. In the first 72 hours, attention may be as scarce as food, water or fuel.

- Beef or turkey sticks / jerky
- Tuna or chicken pouches
- Peanut or nut butter packets
- Crackers
- Granola or protein bars
- Trail mix and nuts
- Dried fruit
- Fruit leather / fruit roll-ups
- Applesauce or fruit cups
- Shelf-stable cheese, where appropriate
- Cookies, chocolate, hard candy or another familiar treat

A short-term 1-2 people, simplified storage plan: Start with three bins, not a bunker

Bin	When	What it holds
BIN 1 — EAT NOW	First 3 days; no cooking or refrigeration	Bridge Foods: See list above (water stored beside it)
BIN 2 — COOK	Days 4–14	Rice, pasta, oats, lentils, soups, canned foods, seasonings, coffee/tea
BIN 3 — SUPPORT	Makes food usable	Can opener, backup stove, fuel, lighter, water treatment, light, sanitation

Important: For older adults or anyone with lifting limitations, keep water in smaller containers beside the bins rather than packing large, heavy ones. Consider investing in bins with wheels or repurpose suitcases that can help make transport easier.

Expanded Plan for more people

Set Up an On-the-Spot Resilience Kitchen. Imagine setting up a usable kitchen on a counter, patio table, folding table or other safe location within a few minutes. Keep the core supplies together rather than scattered throughout the house. Depending upon where you live, keeping these items in a shed outside your residence may be the best option.

©Edi Osborne All Rights Reserved

Module	Consider Including:
EAT NOW	Bridge Foods (see list above)
DRINK NOW	Bottled water; electrolyte packets; juice boxes; shelf-stable milk; instant coffee; tea; cocoa; Comfort Cup supplies
MAKE EASY	Instant oatmeal; cereal/granola; ramen; instant soup; couscous; instant potatoes; quick-cooking rice; other tested low-fuel foods
OPEN & SERVE	Manual can opener; scissors; bottle opener; utensils; bowls/plates/cups; napkins; foil; zip bags; storage containers; permanent marker
CLEAN & PROTECT	Trash bags; dish soap; hand soap/sanitizer; disinfecting supplies; gloves as appropriate; small wash basin; paper towels; potable-water container
COOK & SIMMER	Camping stove; gas or charcoal grill (outdoors only); fire pit with cooking grate and firewood; slow cooker, pressure cooker, toaster or Instant Pot with a power source
FLAVOR & MORALE	Salt; pepper; seasoning blends; hot sauce; soy sauce; condiment packets; sugar/honey; shelf-stable creamer; one thing everybody likes

Keep each container light enough for the least-strong person expected to use it to move safely. The best resilience system is one the household can actually access and manage.

First 72 Hours — A Simple Sequence

1. Don't panic-cook.
2. Keep refrigerator and freezer doors closed until you have a food-safety plan.
3. Put drinking water where everyone can access it.
4. Set up the Resilience Kitchen.
5. Eat simple food first.
6. Establish your information and neighbor check-in routine.
7. Then organize the longer-term pantry.

Practice It Before You Need It.

Once your Resilience Kitchen is assembled, try it on an ordinary day. Could your household feed itself for one day using only what is in these bins—without the stove, refrigerator, microwave, dishwasher or electric coffee maker? Notice what is missing, awkward or harder than expected. Adjust the system while conditions are easy. For the first 72 hours, conserve attention as carefully as you conserve water and fuel.

©Edi Osborne All Rights Reserved

Sample 14-Day Meal Plan

Ordinary grocery-store foods, repeated ingredients, minimal cooking complexity.

Day	Breakfast	Lunch	Dinner
1	Oatmeal, raisins, nuts	Tuna, crackers, applesauce	Pasta, marinara, chicken, green beans
2	Cereal, shelf-stable milk, dried fruit	Peanut butter, crackers, peaches	Rice, black beans, tomatoes, corn
3	Oatmeal, cranberries, peanut butter	Chicken salad, crackers, fruit	Lentil soup, carrots, crackers
4	Granola, shelf-stable milk, fruit	Chickpeas/hummus, crackers, olives	Chickpea coconut curry over rice
5	Oatmeal, applesauce, nuts	Tuna & white bean salad	Chili over instant potatoes
6	Peanut butter, crackers, peaches	Leftover chili or canned soup	Pasta, tomatoes, white beans
7	Granola, dried fruit, milk	Chicken, crackers, fruit	Chicken & rice with peas
8	Oatmeal, raisins, walnuts	Peanut butter, crackers, applesauce	Black bean & corn rice bowls
9	Cereal, milk, dried fruit	Tuna, crackers, peaches	Lentil curry with rice & coconut milk
10	Oatmeal, peanut butter	Chickpea salad & crackers	Pasta, chicken, tomatoes & peas
11	Granola, milk, raisins	Canned soup, crackers	Chili with rice & corn
12	Oatmeal, dried fruit, nuts	Tuna & bean salad	Chicken-potato soup & vegetables
13	Cereal, milk, fruit	Peanut butter, crackers, applesauce	Pasta with mixed veggies
14	Oatmeal, raisins, cinnamon	Pantry picnic	Everything-but-the-kitchen-sink stew

Days 1–3 can be made even more conservative by choosing fully no-cook meals. The point of the Eat Now bin is to avoid depending on fuel or a functioning kitchen during the most chaotic first 72 hours.

©Edi Osborne All Rights Reserved

Sample Shopping List — Family of Four

Based on the sample 14-day menu. Adjust for appetites, allergies, dietary needs, children's ages and foods already in your pantry.

Shop your house first. Check your pantry, cupboards, garage and existing supplies before buying anything. Cross off what you already have. This is an example of how ordinary grocery-store foods can become a 14-day Resilience Pantry—not a prescribed diet. Your Winner Dinners should eventually determine your shopping list.

Category	Item	Suggested Quantity	Notes
Breakfast staples	Oatmeal	4–5 lb	About 8 breakfasts
Breakfast staples	Cold cereal	3 large boxes	About 3 breakfasts
Breakfast staples	Granola	2–3 lb	About 3 breakfasts
Breakfast staples	Shelf-stable milk	3 gallons equivalent	Smaller containers reduce refrigeration issues
Breakfast staples	Peanut butter	2 large jars	Breakfasts + lunches
Breakfast staples	Dried fruit / raisins / cranberries	3–4 lb total	Breakfasts + snacks
Breakfast staples	Nuts / walnuts	2 lb	Breakfasts + snacks
Lunch & fruit	Crackers	6–8 boxes	Major lunch staple
Lunch & fruit	Applesauce	16 individual cups	Single servings avoid refrigeration
Lunch & fruit	Peaches / fruit cups	16–20 servings	Choose household favorites
Proteins & legumes	Canned chicken	12–14 cans (10–12 oz)	Lunches + dinners
Proteins & legumes	Canned tuna	12–14 cans or pouches	Lunches
Proteins & legumes	Chickpeas	10–12 cans	Lunches, curry, pasta e ceci

©Edi Osborne All Rights Reserved

Proteins & legumes	White beans	8 cans	Salads + pasta
Proteins & legumes	Black beans	10–12 cans	Rice bowls + chili
Proteins & legumes	Lentils	3–4 lb dry or canned equivalent	Soup + curry
Proteins & legumes	Prepared canned chili	8–10 cans	Simple low-fuel option
Proteins & legumes	Canned soup	8–10 cans	Lunches + backup meals
Grains & starches	Rice	8–10 lb	Appears repeatedly at dinner
Grains & starches	Pasta	6–8 lb	Multiple dinners
Grains & starches	Instant potatoes	2 large boxes / pouches	Chili dinner + flexible side
Vegetables & sauces	Marinara / pasta sauce	4 jars	Prefer sizes you can use after opening
Vegetables & sauces	Canned diced tomatoes	12–16 cans	Multiple dinners
Vegetables & sauces	Canned corn	8–10 cans	Bowls + chili
Vegetables & sauces	Canned peas	6–8 cans	Chicken/rice + pasta
Vegetables & sauces	Canned green beans	4 cans	Dinner + extras
Vegetables & sauces	Canned carrots	4 cans	Soup + sides
Vegetables & sauces	Canned mixed vegetables	6–8 cans	Soup/stew/flexible meals
Vegetables & sauces	Coconut milk	6 cans	Chickpea + lentil curries

©Edi Osborne All Rights Reserved

Vegetables & sauces	Olives	2–3 jars/cans	Small containers can help
Flavor & support	Bouillon	1–2 jars / boxes	Storage-efficient alternative to liquid broth
Flavor & support	Cooking oil	1 bottle	Preferred cooking oil
Flavor & support	Other fats	1–2 jars	Ghee, coconut oil, avocado oil, etc.
Flavor & support	Salt, pepper, cinnamon	1 each	Basics
Flavor & support	Curry powder / paste	1	Curries
Flavor & support	Garlic + onion powder	1 each	Big flavor, little space
Flavor & support	Soy sauce	1 bottle	Flexible seasoning
Flavor & support	Shelf-stable mayo packets	20–30	Useful without refrigeration
Flavor & support	Hot sauce / salsa	Several small containers	Morale matters

Make It Taste Like Dinner. Pantry foods can become monotonous quickly. Choose five to eight flavor-makers your household genuinely uses. The same rice and beans can become very different dinners.

- Italian: oregano, basil, garlic, Parmesan packets
- Mexican: salsa, cumin, chili powder, taco seasoning
- Asian-inspired: soy sauce, sesame oil, peanut butter, chili sauce
- Indian-inspired: curry powder, garam masala, coconut milk
- Comfort: gravy packets, bouillon, cheese sauce, hot sauce

Add Your Comfort Cup. Personalize beverage quantities for your household. Remember that beverages prepared with water use part of your stored water supply.

Beverage	Our household needs for 14 days
Coffee	
Tea	
Juice	

©Edi Osborne All Rights Reserved

Shelf-stable milk	
Cocoa	
Electrolyte mix	
Other	

Remember: Don't buy foods simply because they appear on this sample list. Experiment first. Let your household's Make Fast breakfasts, Crunch for Lunch combinations, Winner Dinners and Comfort Cups shape the pantry you build.

Pantry Inventory Checklist

Water & Beverages

- Stored drinking water
- Water treatment / filter
- Coffee / tea
- Shelf-stable milk / milk powder

Grains & Starches

- White rice
- Pasta
- Oats
- Instant potatoes
- Crackers / tortillas
- Cereal / granola
- Flour / cornmeal

Protein

- Canned chicken
- Tuna / salmon / sardines
- Canned beans
- Dry lentils / split peas
- Dry beans
- Peanut / nut butter
- Nuts / seeds
- Canned chili / soup

Vegetables & Fruit

- Canned tomatoes
- Corn
- Peas / carrots / green beans
- Mixed vegetables
- Canned fruit
- Applesauce
- Dried fruit
- Freeze-dried produce

©Edi Osborne All Rights Reserved

Fats & Flavor

- Cooking oil
- Ghee / canned butter
- Nutritional yeast
- Salt (great for trading with others—buy extra)
- Pepper
- Garlic / onion powder
- Chili / cumin / curry
- Italian seasoning
- Bouillon / broth
- Soy sauce / hot sauce / mustard
- Honey / sugar / jam
- Chocolate / morale foods

Cooking & Support

- Manual can opener (preferably two)
- Backup stove suitable for intended use
- Fuel
- Matches / lighters
- Cooking pot
- Food-storage bags / foil
- Paper plates / bowls
- Dish soap
- Trash bags
- Flashlights
- Batteries / power banks

Sanitation & First Aid

- Toilet paper
- Paper towels
- Hand sanitizer
- Soap, body wash, shampoo, conditioner
- First-aid kit, basic to advanced depending on your training
- Personal hygiene supplies—body wipes, diaper wipes, zinc oxide, petroleum jelly
- Prescription medication plan

Pets

- 14-day food supply
- Pet water allowance
- Medications
- Leash / carrier
- Waste / sanitation supplies

©Edi Osborne All Rights Reserved

Resilience at a Glance – Five Key Areas

Area	Question	Ready	Needs attention
1. Medicine	Could I go 14 days without reaching a pharmacy?	☐	☐
2. Power / Light	Can I function for several nights without electricity?	☐	☐
3. Cooking	Can I heat food safely without household power?	☐	☐
4. Communication	Can I receive information if internet or cell service fails?	☐	☐
5. Money / Documents	Do I have some cash and essential information accessible?	☐	☐

Our biggest vulnerability right now: _____

An Eight-Week Resilience Build

This picks up where your First Month Action Plan leaves off and fills in the rest of your 14 days.

Week	Suggested Focus	Done
Week 1	Water + manual can opener	☐
Week 2	3 days of no-cook food	☐
Week 3	4 shelf-stable meals	☐
Week 4	4 more meals	☐
Week 5	Backup cooking + fuel	☐
Week 6	Light + batteries / power bank	☐
Week 7	Sanitation + first aid	☐
Week 8	Medication plan + documents + cash	☐

Suggested rhythm: roughly $25–$50 per week, adjusted to your own circumstances. Use what you already have before buying more.

Building up your Resilience Pantry all at once can take a toll on the budget. If you can develop the discipline to add a little extra each week, it won't be long before you start to feel a real sense of preparedness. Keep your eyes open for sales. Buying in the order suggested above is just that—a

©Edi Osborne All Rights Reserved

suggestion. If your grocery store has a sale on an item your family loves, stock up and store it appropriately.

It can take several months to build up a longer-term reserve. I've relied on food co-ops. One of my favorites is Azure Standard. They have a wide variety of mostly organic canned and bulk goods, many sourced from local farmers. You place your order and it is delivered to a central location where multiple families gather to pick up their orders each month. I build my shopping list throughout the month and look forward to picking up my order and meeting others who are on the same path of resilience. Note: I have no formal relationship with Azure Standard.

Note: Consider where and how you plan to store your longer-term items. Make sure you have Mylar bags, food-grade buckets, gamma lids and similar supplies.

A note on sharing: I've stocked up on items that are inexpensive but pack a punch, such as rolled oats, rice and beans. A 25 lb bag can be subdivided into Mylar bags. If a neighbor with a hungry belly comes knocking at your door, having some easy-to-share bags ready to go can save you from opening your deep storage.

Beyond the Pantry

From "Me" to "We" — One for Me, One for Us

The goal is not for every household to own every possible piece of equipment. First stabilize your own household. Then identify a capacity you could bring to the larger community.

- Water filtration
- Generator / backup power
- Solar charging
- Medical / first-aid knowledge
- Cooking capacity
- Truck / transportation
- Tools / chainsaw / dolly
- Communications / radio
- Extra food or water
- Repair skills
- Child / elder / pet support
- Other: _____

A capacity I could potentially offer: _____

A capacity I may need from others: _____

©Edi Osborne All Rights Reserved

Think in Systems, Not Scenarios

System	Question	My Backup / Next Step
Water	What happens if the faucet stops working?	
Food	What happens if stores are inaccessible?	
Cooking	What happens if electricity or gas stops?	
Light / Power	What happens after sunset?	
Temperature	What happens if heating or cooling stops?	
Communication	What happens if cell service disappears?	
Medicine	What happens if the pharmacy is inaccessible?	
Transportation	What happens if fuel or roads are unavailable?	
Money	What happens if electronic payments are down?	
Family	What happens if we are separated when disruption begins?	

Cooking and Fuel

Ideally, have at least two independent cooking methods. Options may include a propane camp stove, outdoor grill, portable butane stove, solar cooker or other safe method appropriate to your setting.

Safety: Never use grills, charcoal appliances or other combustion devices indoors unless the manufacturer explicitly designed and approved the appliance for indoor use. Carbon monoxide can be deadly.

Reduce fuel consumption

- Favor canned beans during short disruptions: they need no extra water and little or no fuel.
- Use lentils and split peas when cooking dried legumes; they cook faster than many beans.
- Soak beans before cooking.
- Use one-pot meals.
- Use overnight oats or other no-cook breakfasts.
- When appropriate, use pressure or retained-heat cooking to reduce fuel use.

©Edi Osborne All Rights Reserved

First Aid

In a prolonged disruption, professional medical help may be delayed. A well-stocked first-aid kit matters, but practiced skills matter more. Consider basic first-aid/CPR/AED training and hands-on bleeding-control training before you need them.

Keep the goal realistic: stabilize, protect, monitor and get appropriate medical help—not turn a household member into an improvised clinician.

Skills Worth Practicing

- CPR and AED use
- Recognizing and controlling life-threatening bleeding
- Cleaning, irrigating, covering and monitoring ordinary wounds
- Using adhesive wound-closure strips (butterfly strips) on appropriate minor wounds
- Basic splinting / limb immobilization
- Burn first aid
- Choking response
- Recognizing shock, stroke, heart attack and other time-critical emergencies
- Knowing when an injury is beyond home care

About Sutures. It can be useful to understand how wounds are assessed and closed, but suturing is not a good learn-from-a-book emergency skill. Some wounds should not be closed, and contaminated, puncture, bite or deep wounds can require professional evaluation, irrigation, tetanus assessment, antibiotics or other care. For a household resilience plan, prioritize bleeding control, thorough wound cleaning, dressings and access to trained medical help. If you want advanced wound-closure skills, learn them through appropriate hands-on medical training.

Build a Small Resilience Library. During an outage, the internet may not be available. Keep a few current, authoritative print references with your resilience supplies. Books are most useful when they reinforce skills you have already practiced.

- American Red Cross *First Aid/CPR/AED Participant's Manual* — A strong household foundation: CPR/AED, choking, sudden illness, splinting, tourniquet use and common first-aid situations.
- American Red Cross *Wilderness and Remote First Aid Emergency Reference Guide* & Pocket Guide — Useful when professional care may be delayed and you need a compact offline reference.
- Wilderness Medical Associates — *The Field Guide of Wilderness & Rescue Medicine* — A portable field reference designed around medical problems when definitive care is not immediately available.
- Wilderness Medical Associates — *Wilderness and Rescue Medicine* textbook — A deeper reference for households or neighborhood groups that want to develop more substantial remote-care knowledge.
- American Red Cross *First Aid for Severe Trauma (FAST)* Participant's Handbook — Focused reference for severe trauma and bleeding-control concepts.

A first-aid shelf is better with training beside it.

©Edi Osborne All Rights Reserved

Refrigerator, Freezer and Generator

During an outage, keep refrigerator and freezer doors closed as much as possible. As a general food-safety baseline, a closed refrigerator keeps food cold for about 4 hours; a full freezer holds temperature for about 48 hours, and a half-full freezer about 24 hours. Actual conditions vary, so use appliance thermometers and follow current food-safety guidance when deciding what to keep.

- I have a refrigerator/freezer thermometer.
- I have coolers or insulated containers.
- I keep some freezer space filled with frozen water containers.
- I know where my manual can opener is.

Do You Have a Generator? A generator can protect refrigerated and frozen food during an outage, but owning one is only the first step.

Manage temperature, not just generator hours. Keep the refrigerator at 40°F or below and the freezer at 0°F or below. Rather than assuming the generator must run continuously—or prescribing the same schedule for every home—use thermometers and your own tested equipment to understand how long your appliances hold temperature and how quickly they recover.

My generator
Make / model
Fuel type
Rated running watts
Fuel-tank capacity
Manufacturer fuel consumption at my expected load

Calculate Your Fuel Before You Need It. Find the manufacturer's fuel-consumption specification for your generator at a realistic load. Multiply fuel used per hour by the number of hours you expect to run it each day.

Example runtime	Fuel / day*	7 days*	14 days*
4 hours/day	1.6 gal	11.2 gal	22.4 gal
6 hours/day	2.4 gal	16.8 gal	33.6 gal
8 hours/day	3.2 gal	22.4 gal	44.8 gal

*Example assumes 0.4 gallon of gasoline per hour. Your generator may use substantially more or less.

Fuel quickly becomes the limiting resource. Calculate the amount your plan requires, then store only fuel you can store safely and legally in approved containers and locations. Follow your generator

©Edi Osborne All Rights Reserved

manufacturer, fuel manufacturer, local fire authority and applicable fire-code guidance. Rotate stored fuel as appropriate.

Practice Under Normal Conditions. Choose an ordinary day to learn how your own system behaves. With food protected and conditions safe, observe refrigerator and freezer thermometers while the appliances are off, then safely test your generator setup and learn how long it takes to restore temperatures.

- How long does my refrigerator remain at or below 40°F with the door closed?
- How long does my freezer hold its temperature?
- How long must my generator run to restore safe temperatures?
- How much fuel does that test actually use?
- What other essential loads can my generator safely support at the same time?

Generator safety is non-negotiable. Never run a portable generator indoors or in an enclosed or partly enclosed space such as a garage, basement, shed or crawlspace. Keep it outdoors and positioned according to manufacturer and public-safety guidance, away from doors, windows and vents. Store appropriate extension cords with your generator. Maintain working carbon-monoxide alarms. Never connect a portable generator directly to household wiring unless an appropriate transfer system has been professionally installed.

Note on plug-in "balcony" solar: Some states have begun allowing small, certified solar panel kits that plug into a standard household outlet. Rules vary by state and utility, so check what is permitted where you live before buying one.

The practice principle: Don't merely own the equipment. Know what you can do with it.

Sanitation When the Water Stops

We often think about drinking water first. A 14-day shelter-in-place plan also needs a simple answer to a less glamorous question: *If your toilet stopped working tonight, what would you do tomorrow morning?*

You do not need an elaborate wilderness sanitation system. You do need a basic way to contain waste, clean hands and surfaces, and manage personal hygiene until normal service returns.

- Heavy-duty trash bags / toilet or bucket liners
- Sturdy 5 gal bucket or other appropriate emergency toilet option
- Absorbent material appropriate for waste containment
- Disposable gloves
- Soap and a hand-washing plan
- Hand sanitizer
- Toilet paper
- Disinfecting / cleaning supplies
- Feminine hygiene products
- Incontinence supplies, if needed
- Pet waste supplies

©Edi Osborne All Rights Reserved

- A safe plan for temporary waste containment
- Shovel

Follow local public health and sanitation instructions during an actual emergency, especially if sewer service is disrupted.

Information When the Internet Disappears

Phones have quietly become our external memory. A dead phone, extended outage or network disruption can take both communication and important information away at the same time.

- Battery-powered or hand-crank emergency radio
- Local emergency alert information written down
- Family and neighbor phone numbers on paper
- Doctors / pharmacy / veterinarian numbers
- Utility emergency numbers
- Insurance contact information
- Out-of-area family contact
- Meeting / check-in locations
- Paper map of the local area
- Charging cables and backup power bank

Ask yourself: *If my phone were dead, what information would I wish I had written down?*

My offline information gaps: _____

The Three-Minute Evacuation Layer

Phase One is primarily about sheltering in place. But resilience also means recognizing when staying becomes the unsafe choice. Wildfire, earthquake damage, gas leaks, flooding or another immediate hazard may require you to leave quickly. This is not a full evacuation or go-bag plan. It is a minimum layer: know what you would reach for if you had only a few minutes.

- People
- Pets / carriers / leashes
- Essential medications
- Phone + charging cable / power bank
- Wallet / identification
- Keys
- Critical documents or a ready-to-grab document pouch
- Water
- Shoes and weather-appropriate clothing
- Mobility / accessibility equipment

If we are separated, our primary meeting place is: _____

Our backup meeting place / out-of-area contact is: _____

©Edi Osborne All Rights Reserved

Know How to Turn It Off

Before an emergency, learn where the essential controls for your home are located. The goal is not to improvise during a crisis; it is to know your system and obtain authoritative instructions in advance.

- I know where the main water shutoff is.
- I know where the electrical main / breaker panel is.
- If my home has gas service, I know where the shutoff is.
- I have the appropriate tool if my utility says one is needed.
- I have reviewed instructions from my utility or local authority for when and how these controls should be operated.
- Other household members know where the controls are.

Important: Do not shut off utilities merely because an emergency has occurred. Follow the instructions of your utility, fire department or other local authority, and learn the correct procedure for your particular home before you need it.

Looking Ahead to Phase Two

Phase One is intentionally finite. Once a household can function for 14 days, the next installment can address prolonged disruption: 30- and 60-day food and water systems, deeper storage and rotation, backup energy, fuel planning, communications, evacuation systems, longer-term medical planning, heating and cooling, financial resilience, and more substantial neighborhood capacity planning—including a fuller Resilient Community Response Plan.

Phase	Horizon	The question
Phase One — Resilience	Up to 14 days	Can I remain stable when normal systems temporarily disappear?
Phase Two — Sustainability	up to 60 days	How do I maintain that stability when disruption becomes prolonged?
Phase Three — Long-term capacity	Beyond 60 days	How do we build for a serious or prolonged supply disruption?

©Edi Osborne All Rights Reserved

Part II — Neighborhood Reach

Resilience grows when prepared households learn how to reach one another.

Part I focused on building capacity within your own household. Part II widens the circle: knowing who is nearby, what each household may need, what each can offer, and how neighbors can stay connected when ordinary systems are disrupted.

Consider making first-aid practice part of Neighborhood Reach. One person might take CPR/AED, another a wilderness/remote first-aid course, and several neighbors could take STOP THE BLEED® training. Record trained skills in the Good Neighbor Directory so your neighborhood knows what capacity is nearby.

Practice principle: Own the kit. Read the book. Take the class. Practice the skill.

Neighborhood Reach is simple:

- Know who is near.
- Know who may need a hand.
- Know what you can offer.
- Know how to reach one another.

Resilience is the capacity to navigate at your best when circumstances are at their worst. Neighborhood Reach is what happens when we practice that capacity together. Knowing your neighbors is not an optional extra to preparedness. It is part of the infrastructure of resilience.

The People Within Walking Distance

Our community may be deeply connected, but we may live many miles apart. In an emergency that requires us to shelter in place—or when roads, fuel, electricity or communications are disrupted—the people most able to help us may not be the people we normally think of as our community. They may be the people next door.

Resilience has a geography.

Household preparedness asks: *What do I need to remain stable?* Community preparedness asks: *What capacities can we share?* Next-door resilience asks: *Who is within walking distance, and how might we help one another if leaving the neighborhood is not possible?*

Share the Process

Consider sharing this workbook—or simply the 14-day idea—with a few neighbors. You do not need everyone. Two or three neighboring households that have thought about these questions are already more resilient than several houses operating completely independently.

"I've been working on getting our household prepared to shelter in place for two weeks. I'm trying to make it practical rather than scary. Would you be interested in doing something similar so we know we're reasonably prepared as a neighborhood?"

©Edi Osborne All Rights Reserved

You now have everything you need to host this same Phase One conversation in your own neighborhood. You do not need to be an emergency-preparedness expert. Share this workbook, invite a few households, and work through it together. Odds are your neighbors are already thinking about this topic and will welcome your invitation.

Your first act of next-door resilience might simply be an invitation.

It's not political. It's practical.

Sample Neighborhood Invitation

Copy, personalize and share this invitation with the people who live near you.

Hi neighbors,

I've been doing some thinking about something very practical: If we needed to stay home for a week or two without easy access to stores, utilities or transportation, how prepared would we be?

Not because I'm expecting a catastrophe. And this isn't political. It's practical.

Power outages happen. Earthquakes happen. Fires and storms can close roads. Water systems can be interrupted. Sometimes the wisest thing we can do during an emergency is simply stay home.

I recently participated in a community conversation about household resilience and received a workbook designed to make preparedness much simpler. Rather than beginning with generators, six months of food and expensive emergency equipment, the process starts with one achievable goal: Could our households comfortably take care of ourselves for 14 days?

I'd love to share the workbook with you and host a casual neighborhood conversation to work through Phase One: 14 Days of Resilience together. We'll talk about:

- *How much water we actually need*
- *Seven shelf-stable dinners our households would genuinely eat*
- *What we already have in our pantries*
- *A simple three-bin system for organizing supplies*
- *Medication, power, cooking, communication and basic household needs*
- *What each of us might want to add over time*
- *How neighbors could check on and support one another if we needed to shelter in place*

This isn't about everyone buying everything. In fact, part of the conversation is discovering what capacities may already exist right here in our neighborhood. One household may have backup power. Another may have water filtration. Someone may have medical knowledge. Someone else has tools, a truck, cooking equipment or simply the ability to check on a neighbor who lives alone.

The people most able to help us during a shelter-in-place emergency may simply be the people within walking distance. So let's know one another before we need one another.

©Edi Osborne All Rights Reserved

Phase One — 14 Days of Resilience

Date: _____ Time: _____ Location: _____

I'll share the workbook with you beforehand. There's nothing you need to purchase and no preparation required. Bring a pen, your questions, and perhaps a cup of coffee.

We'll figure out what 14 days of resilience could look like for each of our households—and what it might look like if we approached it as neighbors. If there's interest, we can always build from there.

Hope you'll join us.

Your name: _____

Host Your Phase One Conversation

- Share this workbook before the meeting.
- Invite a manageable first circle—even two or three households is enough.
- Work through the 14-day water, meals, pantry and Five Things exercises together.
- Identify one simple neighborhood communication / check-in plan.
- End by asking: What do we each need, and what capacity already exists among us?

Know Who Is Around You

Without invading anyone's privacy, consider what you already know about the people nearby. The objective is not to create a registry of vulnerabilities. It is to begin recognizing capacity and connection.

- Who lives alone?
- Are there older adults nearby?
- Families with young children?
- People with mobility limitations?
- Pets or livestock?
- Someone with medical or first-aid skills?
- Someone with tools or repair skills?
- Someone with backup power?
- Someone with substantial water storage or filtration?
- Someone with useful cooking capacity?
- Someone who knows the neighborhood particularly well?

The Next-Door Conversation

1. Are you preparing to shelter at home for at least 14 days?
2. What would be hardest for your household if electricity, water or transportation were disrupted?
3. Is there something you are particularly well equipped to handle?
4. Is there anyone nearby we should make sure gets checked on?
5. If phones are not working, how will we communicate with one another?

©Edi Osborne All Rights Reserved

Low technology can be extremely resilient technology. A plan can be as simple as agreeing to meet at the mailbox at 9:00 each morning if normal communications are unavailable.

Map Capacity, Not Just Supplies

One household may have a generator. Another may have a large water filter. Someone else may have medical knowledge, repair skills, solar charging, a truck, cooking capacity, extra food, or simply the ability to check on a neighbor who cannot easily leave home. None of these households is completely self-sufficient. Together, they may be remarkably capable.

- Water storage
- Water filtration
- Backup electricity
- Solar charging
- Cooking equipment
- Fuel
- Food
- First-aid / medical knowledge
- Tools
- Repair skills
- Transportation
- Radios / communication equipment
- Childcare capacity
- Elder support
- Pet / livestock support
- Physical strength / mobility
- Local knowledge
- Other: _____

My Walking-Distance Circle

Neighbor / Household	Needs / capacities we have chosen to share with one another
1.	
2.	
3.	
4.	

Our simple communication / check-in plan: _____

©Edi Osborne All Rights Reserved

Create a Little Surplus Capacity

Once your own household reaches its 14-day baseline, consider one additional question: *Could I keep one additional person reasonably safe for 72 hours?* Not indefinitely. Not the whole neighborhood. One person. Three days.

- A little additional drinking water
- Several extra meals
- An extra blanket
- Basic hygiene supplies
- A flashlight
- A way to charge a phone

Surplus capacity is what allows individual preparedness to become mutual aid.

Three Circles of Resilience

Household	Next Door	Community
Can I remain stable?	Can the people within walking distance help one another remain stable?	What larger capacities can we share when connection and transportation are possible?

We do not need to choose between self-reliance and dependence on others. A more useful goal is interdependence: prepare ourselves well enough that we are not immediately dependent upon others, and remain connected enough that none of us has to face disruption entirely alone.

Prepare at home. Connect next door. Coordinate across the community.

My Next-Door Action

- Have one preparedness conversation with one neighbor.
- Invite a neighbor to use or adapt the 14-day resilience process.
- Agree on a simple check-in method if phones or internet are unavailable.
- Identify at least one nearby capacity and one nearby need.
- Consider what small surplus capacity I could safely maintain.

My first next-door action: _____

©Edi Osborne All Rights Reserved

Elevate your Community Resilience
Invite your neighborhood to participate in a local CERT Training: Community Emergency response Team. CERT trainings are offered all over country.

Below is an excerpt from the CERT website for Monterey, CA

About CERT
The FEMA Community Emergency Response Team (CERT) program instructs local citizens in a wide variety of rescue, search, emergency medical, preparedness, safety, team operations, basic fire control and community service skills. CERT members regularly respond to assist local fire and police with storm impacts, searches for missing persons, fire scenes, evacuations and many other emergency situations. CERT members become sworn Disaster Service Workers (DSW).During emergencies or disasters, CERT will be there. CERT provides community members with the disaster-related know-how they need to be self-sufficient and support others, if necessary, until help can arrive.

CERT brings new services to our community as it is a nationally-recognized program that developed in response to the attacks of Sept. 11, 2001. The curriculum is well defined and includes terrorism awareness. Communities with established CERT programs receive funding for training and resources. Team members get the same training with CERT no matter where they live and training certification is transferable.

There are many ways to participate. If you want to learn the skills to be better prepared in the event of a disaster, the Participant level is for you. After completing the basic course, you will receive a certificate and patch. If you want to commit to help your community for a minimum of one year by responding as a member of a team, the Active level is for you. You will register to become a Volunteer Disaster Worker for the City, receive a helmet, vest ID card and backpack and be a member of a responding team. Either way, you will be helping your community in its time of greatest need. Quarterly drills are coordinated by fire department personnel to maintain and improve CERT skills.

©Edi Osborne All Rights Reserved

The Good Neighbor Directory

A simple way to know who is nearby, who may need a check-in, and what capacities neighbors are willing to share.

Purpose: One form per household. The host collects the forms and creates a shared neighborhood directory using only the information each household authorizes.

Privacy matters. Do not put detailed diagnoses, medication lists, financial information, passwords, alarm/security codes, or information about valuables into the shared directory.

Good Neighbor Directory — Household Form

Field
Household / family name
Address
Primary contact
Cell phone
Email
Second contact
Second cell phone

People usually living in this household

Name	Adult / Child	Notes you want neighbors to know (health concerns, special needs)
-		
-		
-		
-		
-		

Pets / animals: _____

©Edi Osborne All Rights Reserved

If communications are down:

Best place to check for us
Nearby relative/friend who may know where we are
Their phone
Preferred neighborhood check-in location

Would your household need a check-in?

- We should be reasonably self-sufficient.
- Please check on us if the emergency lasts more than 24 hours.
- Someone may have difficulty leaving without assistance.
- Someone may need help receiving emergency information.
- We have infants or young children.
- We have older adults in the household.
- We have pets/animals that may require assistance.
- Other: _____

Anything neighbors should know in order to assist you safely? (Please do not list diagnoses or medications unless you specifically want that information shared.)

What we can offer. Check only capacities you would potentially be willing to share during an emergency. This is not an inventory of everything you own.

Water
- Water storage
- Water filtration/treatment
- Ability to transport water

Power
- Generator
- Solar/battery backup
- Portable power station
- Ability to charge phones/devices

Food & Cooking
- Outdoor/backup cooking capability
- Extra cooking fuel
- Ability to prepare meals for others
- Some surplus emergency food

Medical & Care
- First-aid training
- CPR training
- Medical/healthcare skills
- Childcare

©Edi Osborne All Rights Reserved

- Elder support
- Pet/animal care

Tools & Practical Skills

- General tools
- Chainsaw/tree-clearing capability
- Construction/carpentry
- Electrical skills
- Plumbing skills
- Mechanical/automotive skills
- Fire extinguisher/fire-suppression equipment

Transportation

- Pickup truck
- 4WD/AWD vehicle
- Trailer
- Ability to transport people
- Ability to transport supplies

Communication

- Battery/hand-crank radio
- Two-way radios
- Amateur/ham radio capability
- Satellite communication

People Power

- Able to check on neighbors
- Able to help move/lift supplies
- Able to help with children
- Able to help older or mobility-limited neighbors
- Able to prepare meals
- Able to coordinate information
- Willing to be part of a neighborhood response team

What might we need?

- Water
- Power
- Cooking
- Transportation
- Mobility
- Medical/first aid
- Childcare
- Pet/animal care
- Physical assistance
- Communication
- Home repair
- Other: _____

©Edi Osborne All Rights Reserved

Outside emergency contact

Relation

Name

Relationship

Phone

Email

Permission to include information. Please check only the information you authorize the host to include in the shared neighborhood directory.

- Household/family name
- Address
- Phone number
- Email
- Household members
- Pets/animals
- Check-in needs
- Skills/capacities we are willing to offer
- Resources/equipment we are willing to share
- Areas where we may need assistance
- Outside emergency contact

- I am comfortable with the host using an AI tool to help organize my authorized information. (If unchecked, the host will compile my entry by hand.)

Anything above that should NOT appear in the shared directory:

_____

Name: _____ Signature: _____ Date: _____

For the neighborhood host

Step	Date
Form received	
Directory entry created	
Information confirmed with household	
Last updated	

©Edi Osborne All Rights Reserved

From Forms to a Community Directory

After households return their forms, the host can compile the authorized information into a consistent directory—by hand, or with help from an AI tool for households that have agreed to it. Because addresses, phone numbers and permission selections matter, the host should verify every entry with the household before distributing the directory.

A useful directory entry can be brief:

HOUSEHOLD — ADDRESS Contacts • household composition • check-in preference Can offer: water filtration, first aid, backup cooking May need: backup power If phones are down: home or neighborhood check-in point

A simple workflow

1. Households complete forms.
2. The host gathers the forms.
3. The host structures only the authorized fields (by hand, or with AI where permitted).
4. The host verifies entries with each household.
5. The directory is distributed securely.
6. Update it periodically.

Create a Neighborhood Capacity Map

The same forms can also be summarized without identifying every owner. This makes the neighborhood's strengths and gaps visible while limiting unnecessary circulation of private details.

Capacity	Households / Units Available	Gap / Next Step
Water storage		
Water filtration		
Backup power		
Backup cooking		
Medical / first aid		
Transportation		
Communication		
Tools / repair		
Priority check-ins		

©Edi Osborne All Rights Reserved

A Note on Safety

This workbook offers general preparedness guidance. It is not medical, legal, electrical or professional safety advice. During an actual emergency, follow the instructions of local authorities, your utility providers and public-health officials. For first aid, generator use, fuel storage and home food preservation, seek hands-on training and follow manufacturer and official guidance.

Notes and Further Reading

Research cited

- Coan, J. A., Schaefer, H. S., & Davidson, R. J. (2006). Lending a hand: Social regulation of the neural response to threat. *Psychological Science*, 17(12), 1032–1039.
- Schnall, S., Harber, K. D., Stefanucci, J. K., & Proffitt, D. R. (2008). Social support and the perception of geographical slant. *Journal of Experimental Social Psychology*, 44(5), 1246–1255.
- Beckes, L., & Coan, J. A. (2011). Social Baseline Theory: The role of social proximity in emotion and economy of action. *Social and Personality Psychology Compass*, 5(12), 976–988.
- Coan, J. A., & Sbarra, D. A. (2015). Social Baseline Theory: The social regulation of risk and effort. *Current Opinion in Psychology*, 1, 87–91.
- Wheatley, M., & Frieze, D. (2006). *Using Emergence to Take Social Innovation to Scale.* The Berkana Institute.
- Arnsten, A. F. T. (2009). Stress signalling pathways that impair prefrontal cortex structure and function. *Nature Reviews Neuroscience*, 10(6), 410–422.

Preparedness and food-safety guidance

- Ready.gov (FEMA) — household emergency planning, water storage, generator safety
- American Red Cross — emergency preparedness and first-aid training
- USDA Food Safety and Inspection Service / FoodSafety.gov — refrigerator and freezer guidance during power outages
- National Center for Home Food Preservation — tested home-canning guidance
- CDC / NIOSH — respirator use and wildfire smoke guidance
- Stop the Bleed — bleeding-control training

©Edi Osborne All Rights Reserved

An Invitation to Join In

We prepare because disruptions are difficult. But difficulty is not the only thing that can emerge when ordinary systems fail.

A neighbor knocks on another neighbor's door. Someone has water. Someone else has a generator. Someone knows first aid. Someone makes coffee. Someone checks on the elder down the street. Someone gives a frightened child a job to do.

For a moment, the identities that ordinarily separate us can become less important than the needs directly in front of us.

Are you okay? What do you need? What can I offer?

This is another form of resilience. Not independence. Interdependence.

We prepare our household so that when circumstances are at their worst, we have enough capacity not only to care for ourselves, but—when we can—to reach toward one another.

There may even be healing in that reach. Not because disruption is desirable. Not because hardship should be romanticized. But because sometimes the interruption of ordinary life reminds us of something ordinary life allows us to forget:

We need one another.

And sometimes, when we remember that together, something else becomes possible.

Joy.

Not joy in what happened. The joy of joining in.

In disruption, attention can narrow and urgency can take over. On the regular, slow down. Take a breath. Feel your feet. Look around. Find the next useful thing.

One breath. One moment. One another.

Offered by Of One Breath Home of the JOJI — Joy of Joining In — Project www.ofonebreath.org · www.joji-one.app

©Edi Osborne All Rights Reserved