

72 HOUR

FAMILY SURVIVAL BLUEPRINT

POWER
OUTAGE

WINTER
STORM

EMERGENCY
EVACUATION

Calculate Exactly What Your Family Needs

Scenario-based planning • Personalized calculations • Ready-to-use checklists

■ **Calculators**

Per-person math

■ **Checklists**

Scenario-specific

■ **Action Plans**

Step-by-step

"72 hours is not a goal. It's the bare minimum."

— FEMA Emergency Preparedness Guidelines

VIP MEMBER EXCLUSIVE

QUIET PROTECTOR

When The Grid Fails, Your Family Won't.

The 72-Hour Minimum

FEMA recommends that every family be prepared to survive **at least 72 hours** without outside assistance. During major disasters—hurricanes, winter storms, earthquakes—emergency services are overwhelmed. Help may not reach you for days.

This blueprint helps you calculate **exactly** what **YOUR** family needs based on your specific size, location, and most likely emergency scenarios. No guessing. No generic lists. Just the math that keeps your family safe.

YOUR FAMILY PROFILE

Number of Adults: _____ Number of Children: _____

Number of Elderly: _____ Number of Pets: _____

Special Medical Needs: _____

Primary Risk in Your Area: _____

UNIVERSAL MINIMUMS (72 Hours)

■ WATER	1 gallon per person per day	3 gallons per person total
■ FOOD	2,000 calories per person per day	6,000 calories per person total
■ LIGHT	1 flashlight + batteries per room	Minimum 3 light sources
■■ WARMTH	1 thermal protection per person	TerraShell or equivalent

■ **TIP:** Many experts now recommend 7-day supplies instead of 72 hours. Once you've mastered the 72-hour baseline, extend your preparations.

■ POWER OUTAGE

Grid failure, transformer damage, or rolling blackouts

Power outages are the most common emergency families face. They can last hours or weeks. Your primary concerns: **food spoilage, lighting, communication, and temperature control.**

WATER CALCULATOR

Item	Per Person/Day	× People	× Days	= TOTAL
Drinking water	½ gallon	____	3	_____ gal
Cooking/cleaning	¼ gallon	____	3	_____ gal
Pet water	¼ gallon/pet	____	3	_____ gal
Sanitation reserve	¼ gallon	____	3	_____ gal
TOTAL WATER NEEDED				_____ gallons

FOOD CALCULATOR

Item	Per Person/Day	× People	× Days	= TOTAL
Adult calories	2,000 cal	____	3	_____ cal
Child calories (5-12)	1,500 cal	____	3	_____ cal
Child calories (<5)	1,000 cal	____	3	_____ cal
Pet food	As needed	____	3	_____ cups
TOTAL CALORIES NEEDED				_____ calories

■ POWER OUTAGE ESSENTIALS

- Flashlights (1 per person + extras)
- Batteries (for all devices)
- Battery/hand-crank radio
- Phone chargers (battery packs)
- Cooler + ice packs
- Manual can opener
- Cash (ATMs won't work)

■ FOOD PRIORITIES

- Eat refrigerator food first
- Eat freezer food second
- Non-perishable food last
- Canned goods (proteins, veg)
- Peanut butter, crackers
- Dried fruit, nuts
- Baby food/formula if needed

■■ CRITICAL: Refrigerated food is safe for 4 hours if door stays closed. Frozen food: 48 hours (full freezer) or 24 hours (half full). When in doubt, throw it out.

 **WINTER STORM**

Blizzard, ice storm, or extended freeze

Winter storms add a critical factor: **hypothermia risk**. Without power, indoor temperatures can drop to dangerous levels within hours. Your body loses heat 25x faster when wet. The 2021 Texas freeze killed 246 people—most from cold exposure.

THERMAL PROTECTION CALCULATOR

Item	Per Person/Day	× People	× Days	= TOTAL
TerraShell emergency bag	1 per person	—	—	_____ bags
Extra blankets	2 per person	—	—	_____ blankets
Warm clothing sets	2 per person	—	—	_____ sets
Hand/toe warmers	4 per person	—	3	_____ warmers
Hats/gloves	1 set per person	—	—	_____ sets

WINTER STORM ACTION TIMELINE

0-30 min	ASSESS & GATHER	Check all family members. Close off unused rooms. Identify warm zone.
30-60 min	SEAL & INSULATE	Stuff towels under doors. Cover windows. Gather everyone in warm zone.
1-2 hrs	LAYER UP	Put on warm clothing NOW, while still warm. Don't wait until cold.
2-3 hrs	DEPLOY TERRASHELLS	If temp dropping, get in emergency bags. Body heat is your heater.
Ongoing	MONITOR & CONSERVE	Check vulnerable family. Ration food/water. Stay together for warmth.

 **WINTER STORM ESSENTIALS**

- TerraShell (one per person)
- Extra blankets/sleeping bags
- Warm clothing layers
- Hand/toe warmers
- Hat and gloves for each person
- Warm socks (multiple pairs)
- Hot water bottles

HOME PREP

- Identify smallest interior room
- Gather towels for door gaps
- Blankets for window covering
- Flashlights in warm zone
- Fill bathtub with water
- Know fireplace safety (if used)
- Check pipes for freeze risk

■ VIP ESSENTIAL: Each TerraShell reflects 90% of body heat and fits in your palm. Ensure every family member has one. Use code **VIP40** for 40% off family bundles at quietprotector.com

■ EMERGENCY EVACUATION

Hurricane, wildfire, flood, or mandatory evacuation

Evacuation requires a different mindset: **speed and portability**. You may have minutes to leave. Your go-bag should be packed, accessible, and ready. Know your routes. Have a destination. Move before roads clog.

GO-BAG WEIGHT CALCULATOR

Item	Per Person/Day	× People	× Days	= TOTAL
Water (minimum)	1 liter	_____	—	_____ liters
Food (high-calorie bars)	3 bars	_____	—	_____ bars
Clothing change	1 set	_____	—	_____ sets
Documents (copies)	1 packet	1 family	—	1 packet
Cash	\$50 per person	_____	—	\$_____

EVACUATION ROUTES

PRIMARY ROUTE: _____

ALTERNATE ROUTE 1: _____

ALTERNATE ROUTE 2: _____

DESTINATION: _____

DESTINATION CONTACT: _____

■ GO-BAG ESSENTIALS

- Water + TerraPore filter
- High-calorie food bars
- TerraShell emergency bag
- Flashlight + batteries
- First aid kit
- Multi-tool or knife
- Phone charger (battery)
- Cash (small bills)

■ DOCUMENTS TO GRAB

- IDs (driver's license, passport)
- Insurance documents
- Medical records/prescriptions
- Bank information
- Emergency contacts list
- Property documents
- Photos on phone/USB
- Cash/cards

5-MINUTE EVACUATION DRILL

Practice this with your family: Set a timer for 5 minutes. Everyone grabs their go-bag, meets at the car, and you drive to the end of your street. Time how long it actually takes. Identify bottlenecks. Improve. Repeat quarterly.

■■■ **CRITICAL:** Leave EARLY. If you think you might need to evacuate, start preparing immediately. Roads become parking lots once evacuation orders hit. Being 2 hours early is better than being 10 minutes late.

Master Shopping List

Based on your calculations, use this consolidated list for shopping. Check off items you already have. Circle items you need to buy. Prioritize the essentials.

WATER & HYDRATION

■ Water storage containers (food-grade)	Qty needed: _____
■ Bottled water backup	Qty needed: _____
■ TerraPore water filter	1 per person + 1 backup
■ Water purification tablets	1 pack per person

FOOD & NUTRITION

■ Canned proteins (tuna, chicken, beans)	Qty needed: _____
■ Canned vegetables and fruits	Qty needed: _____
■ Peanut butter / nut butters	Qty needed: _____
■ Crackers, granola bars	Qty needed: _____
■ Dried fruit and nuts	Qty needed: _____
■ Manual can opener	1-2

THERMAL PROTECTION

■ TerraShell emergency sleeping bags	1 per person: _____
■ Extra blankets	2 per person: _____
■ Hand warmers (chemical)	Qty needed: _____
■ Warm socks	3 pairs per person: _____
■ Hats and gloves	1 set per person: _____

LIGHT & POWER

■ LED flashlights	Qty needed: _____
■ Batteries (AA, AAA, D)	Qty needed: _____
■ Battery-powered / hand-crank radio	1-2
■ Phone charger battery packs	1 per person: _____
■ Candles + matches (use carefully)	1 pack

■ **SHOP YOUR LIST WITH VIP PRICING**

Complete your 72-hour supplies with exclusive member discounts:

- **TerraShell Family Bundles** — Thermal protection for everyone
- **TerraPore Water Filters** — 1,000 liters of clean water each
- **Emergency Kits** — Pre-assembled essentials

Use code **VIP40** for 40% off | Code **VIPCREDIT10** for \$10 off
quietprotector.com

DISCLAIMER: This blueprint provides general preparedness guidance based on FEMA recommendations and emergency management best practices. Individual needs vary based on health conditions, location, and specific emergency scenarios. This guide does not replace official emergency guidance from local authorities. Always follow evacuation orders and official emergency instructions. © 2024-2026 Quiet Protector. All rights reserved.