

MODULE 0: ZERO HOUR READY — FOUNDATION

Lesson 3: Skills & Supplies

The C-Minus Standard in Action - What to Get, What to Learn, and in What Order

WHAT THIS LESSON COVERS

You've seen the threat map. Now it's time to build the response. This lesson gives you the supply framework - color-coded by priority - and connects it to the skills side of preparation. Most people approach both supplies and skills in exactly the wrong order. We're going to fix that. Pull out the 15-minute list you made back in Lesson 1. You're going to need it.

Estimated reading time: 15–20 minutes. Have your PDF handout open alongside this guide.

Start With the Skills List - Not to Learn Everything, But to Feel the Weight

Open your handout to the Survival Skills list. Don't read it like a course catalog. Read it like a reality check. Go through it top to bottom. Think about which ones you already know with any degree of competence. Think about how hard it would be to become even minimally functional at the ones you don't know.

Here's what most students feel at the end of that exercise: a wave of realization about how much there is to know. That feeling is the point. Not to paralyze you - to contextualize what we're about to talk about.

That list is not comprehensive. It's a starting point. And the full picture - every skill a person might genuinely need in a prolonged survival situation - doesn't fit on a single page. It's hundreds of items. And for any individual to master all of them would take multiple lifetimes.

Remember what I said about the only way to circumvent the impossible mountain of skills? Your survival group. The moment you have more than one person, that mountain gets cut in half. The moment you have ten families, the individual burden becomes genuinely manageable. This is exactly why Lesson 5 - the survival network - is the most important lesson in this module. Keep that in mind as you feel the weight of this list.

The Color-Coded Supply Framework - How to Organize Your Gathering

The second page of your handout is the Survival Supplies list. It's color-coded by priority level. This is not aesthetic. The colors are your decision-making guide. Here's how to read it:

RED	Critical Necessity	Very hard to argue you'll survive without these. Buy these first, always.
DARK YELLOW	Survival Necessity	Pretty necessary. Workarounds exist but aren't easy. High priority.
GREEN	Survival Support	Not having one won't kill you directly, but they make surviving dramatically easier.

BLUE	Morale Support	Matters for long-term emotional stability and group cohesion. Don't skip entirely.
PURPLE	Barter Items	Pick things you'd use yourself if nobody was left to trade with.

The list itself is not comprehensive - but it demonstrates the principle. The goal is not to own everything on the list. The goal is to work your way down from red to yellow to green in priority order. Don't spend money on blue or purple items while you still have red and yellow gaps. That's backwards, and it happens all the time because the red and yellow items aren't as exciting as some of the other gear.

Reconnecting With Your 15-Minute List

Remember that list you made back in Lesson 1? You had 15 minutes, no second-guessing, just write every supply you thought you'd need. Get that list out now.

Here's what I want you to do: go through your list and mark each item with its color from the supply framework. Where does it fall - red, yellow, green, blue, or purple?

There are two things most students discover when they do this exercise:

- Even if their list was longer than the handout, it has items scattered across all color levels - meaning they were thinking about everything at once instead of prioritizing.
- There are almost always critical necessity or survival necessity items - red or yellow - that they missed entirely.

That second discovery is the important one. Missing a red-category item when you had 15 minutes to think is forgivable. Missing a red-category item when you actually bug out and realize it on the road is not. This exercise exists to close those gaps while you still can.

THE PRINCIPLE BEHIND THE EXERCISE

The 15-minute blitz isn't just a list-making exercise. It simulates the cognitive state of someone caught unprepared - grabbing what they can remember under pressure. The gaps you find are the gaps that would exist in a real emergency. Finding them now, while you have time to fill them, is the entire point.

Where to Start Your Gathering - The Principle of Red-First

If you're starting from scratch and you have a limited budget and limited time - which describes most people in this course - the question of where to begin your gathering is one of the most important you'll face. And the answer is simple: start in red, move to yellow, then green.

That sounds obvious, but it's not how most people actually behave. They get excited about a piece of gear in the green category. They do extensive research on barter items. They buy things they think are interesting before they've covered what's critical. The color framework exists to interrupt that pattern.

There is a note on red-category items worth flagging: short-term electronics are in the red. That might surprise you. The reasoning is this: you cannot take 2025 with you into the long term. But to survive the initial chaos - the first weeks of a collapse event - radios, flashlights, and certain short-term electronic

tools can be the difference between life and death. They're critical for the transition window. After that transition, you'll be thinking in 2025 BC terms. But you have to get through the transition first.

The Skills Mountain - And the Only Practical Solution

Back to the skills list. You've seen how many items are on it. You've felt the weight of it. Now here's the only realistic path through.

Your survival group needs every critical skill represented. Not you. Your group. The moment you understand this, the mountain doesn't disappear - but it becomes a mountain that a community of people can climb together rather than one that any individual has to summit alone.

This is the force multiplier that makes everything in this course work. One family might have a nurse. Another might have a carpenter. A third might have an experienced hunter. Put those families together and the skill coverage of the group is dramatically better than any individual family could achieve. That's division of labor applied to survival preparation.

Your job is not to master all the skills on that list. Your job is to:

- Identify which skills you currently have - even at a basic level
- Identify the critical gaps - what your survival group needs that currently nobody covers
- Build a plan to address those gaps, either through your own learning or through adding people to your network who have them

And remember: the standard is C-minus. Not expert. Not even proficient. A passing grade in each critical area. That's the achievable target. Chase expert-level mastery in one skill while leaving critical gaps elsewhere and you're failing the course that matters.

What's Coming in Lesson 4

Lesson 4 is Chaos Mitigation. We've been talking at a strategic level - the phases, the threats, the supplies, the skills. Now we get tactical. What does it actually look like when the grid goes down? What happens on day one, day three, day five? How does your response change depending on where you are - urban, suburban, rural? And what does a family-specific chaos plan actually contain?

Come to Lesson 4 with your 15-minute list reviewed, your color-coding done, and your biggest supply and skill gaps identified. That's the foundation we're building on.

See you there.

4Ward Defense Personal Protection

ZERO HOUR READY: The Complete Preparedness System
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