

ZERO HOUR READY — MODULE 0, LESSON 2 Action Steps & Resources

Elements of Danger

HOMEWORK EXERCISES — COMPLETE BEFORE LESSON 3

These are not optional warmups. They are the primary output of this lesson. The 15-minute blitz list will be used again in Lesson 3 — do not lose it.

ACTION 1 — The 15-Minute Gear & Supply Blitz List

Set a timer for exactly 15 minutes. Write down every piece of clothing, tool, food, seed, storage container, blanket, book, manual, map, or gear item that comes to mind for surviving the Phase 2 middle period — months 1 through 6+. No editing. No second-guessing. Write fast.

IMPORTANT: Keep this list with your course materials. It will be pulled out again in Lesson 3.

Start here:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

(Continue on the back of this page if needed — use whatever space you need in 15 minutes)

ACTION 2 — The Big 4 Household Plan — Get Specific

For each of the Big 4, write your specific plan. Not 'I'll get water.' Numbers, specifics, your actual situation.

WATER

People in my household / survival party: _____

Gallons needed per person per day (minimum): 1 gallon drinking + 1 gallon sanitation = 2 gallons minimum

My target: _____ gallons/day for _____ people = _____ gallons/month

Current water storage: _____

My filtration method: _____ My purification method: _____

My water source if municipal supply fails: _____

FOOD

Calories needed per person per day (adult active): ~2,000–2,500

My target: _____ calories/day for _____ people = _____ calories/month

Days of supply I currently have: _____

My 90-day gap (if any): _____

My transition-to-production plan (farming/foraging/hunting): _____

GUNS / DEFENSE

Firearms I currently own: _____

My rationale for these choices: _____

Ammunition on hand: _____

My layered defense posture (avoidance → concealment → armed): _____

Defense gaps to address: _____

HEALTH

My household's medical dependencies (medications, conditions): _____

Current supply buffer for critical medications: _____ days

My biggest personal health vulnerability right now: _____

What I am doing about it in Phase 1: _____

Physical fitness assessment (honest): _____

ACTION 3 — The 50-Person Invasion Plan

Scenario: You lead 50 survivors, 3 years post-disaster. You're farming and fishing, basically surviving. A similar-sized group is approaching.

Plan A - One-day warning (you see them coming): What do you do?

Plan B - No warning (signal goes out and everyone reacts): What is the protocol?

ACTION 4 — Long-Term Knowledge & Education Plan

What do you teach the youth first? List by priority. Consider: food production, navigation, medical care, shelter, fire, clothing, childbirth, conflict resolution, history, law.

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

Who in your current network could teach what? (list skills by person)

Name: _____ Can teach: _____

Name: _____ Can teach: _____

Name: _____ Can teach: _____

Name: _____ Can teach: _____

ELEMENTS OF DANGER — QUICK REFERENCE TABLE

Print this. Keep it with your course materials.

DANGER	PEAK TIMING	WHAT'S HAPPENING	HOW TO COUNTER IT
Medical System Collapse	MONTH 1 PEAK	Highest killer in the first 4-6 weeks. Everyone dependent on medical infrastructure - ventilators, dialysis, insulin, prescription medication - loses that support on Day 1. After 4-6 months this drops to near zero because all those who will die of it have.	Remove or reduce your household's dependency before Phase 2. Stock critical medications. Know your escalation options.
Violence	MONTHS 2-3+ RISING	Starts relatively lower because of initial confusion, then climbs steeply as resources deplete and people realize the world as they know it is over. Stays high for a very long time. This is a Phase 2 permanent feature, not a temporary spike.	Avoid people during Phase 2, especially in the first months. Bug out early. Location, concealment, and network trust matter more than firepower.
Waterborne Disease	MONTHS 2-3 SPIKE	Starts mid-range - reservoirs and water towers still hold treated water - then spikes sharply at months 2-3 as treatment systems fail and human waste enters water supplies. Drops later as the population adapts or dies and attention is paid to the problem.	Water purification capability is non-negotiable. This is why Module 0 water skills are primary. This spike is predictable and preventable.

Famine	MONTHS 3-6 RISING	Tracks with violence - they feed each other. Initially people have food in their homes and some cash still works. After several months, without farming or significant stored supply, starvation becomes a primary threat. Tracks directly with the violence curve.	Emergency food supply buys the transition window. Seeds and farming skills are the long-term answer. 90 days of supply is the minimum target.
Exposure	MONTHS 4-8 BUILDING	Seasonal. Cold is the primary killer - far more dangerous than heat for most populations. Becomes prominent as shelter quality degrades and clothing wears out over extended Phase 2 duration.	Shelter, proper clothing by season, and fire-starting capability. The clothes and blankets that seem unnecessary on Day 1 are life-or-death by Month 6.
Chronic Disease	MONTHS 3+ BUILDING	Conditions manageable with ongoing medical care - diabetes, heart disease, cancer - become acutely dangerous as medication runs out and treatment is unavailable. Slower-building than the medical collapse spike but persistent.	Reduce dependency pre-event. Build medication supply. Develop alternative management protocols. This is the Module 3 medical track.
Water Scarcity Wars	MONTHS 6+ RISING	Conflict over water sources as a resource, not just disease. Rises as the population organizes around resource control. A long-tail threat that intensifies as Phase 2 extends into years rather than months.	Secure your water source before Phase 2. Control, protect, and if possible conceal your water capability.

THE BIG 4 — EXPANDED REFERENCE

BIG 4	URGENCY	THE PROBLEM	YOUR RESPONSE
WATER	CRITICAL — Day 1	The grid goes down and municipal water treatment stops within days. Reservoirs buy short-term time. Waterborne disease spikes at months 2-3 as untreated sources contaminate everything.	Stored water (1 gallon/person/day minimum), filtration (gravity or pump filter), purification (tablets + UV), and a source you can sustain (rain collection, well, running water nearby). Calculate your household's needs to the gallon per month.
FOOD	CRITICAL — Week 2+	Initially, pantry food and cash transactions buy time. By month 2-3, food supply becomes the core daily problem and driver of violence. Long-term survival requires production, not just storage.	Emergency supply (90-day minimum), caloric calculation per person, seeds for planting, and a production plan. Know your calories per day per person and how many days your current supply covers.
GUNS / DEFENSE	CRITICAL — Day 5+	Violence begins within days and escalates for years. Defense is not optional. The question is not whether you'll need it - the question is what defense posture makes sense for your specific situation.	Have a firearm, know how to use it, have a rationale for your choice. Have a layered defense plan: avoidance first, concealment second, armed defense last resort. Your network is also your defense force.
HEALTH	CRITICAL — Day 1 ongoing	The medical system collapses on Day 1. Chronic conditions become dangerous within weeks. Physical fitness determines your ability to work, move, and function under extreme stress. The unfit survivor has a very different Phase 2 than the fit one.	Stock critical medications. Get physically strong before Phase 2. Address your biggest health vulnerability now, in Phase 1. Build medical skills (Upcoming Module). Know your household's medical dependencies.

RESOURCES — LESSON 2

On Societal Collapse Dynamics

The Collapse of Complex Societies - Joseph Tainter

The academic foundation for understanding why advanced civilizations fail. Not a preparedness book - a rigorous historical analysis showing that complexity itself creates fragility. Understanding why societies collapse informs what the collapse looks like from the inside, which is exactly what the danger curves describe.

Dirt: The Erosion of Civilizations - David Montgomery

On the relationship between food production, soil health, and civilizational survival. The long-game version of the famine problem. Relevant to the Phase 2 transition-to-production challenge and the Phase 4 rebuilding framework.

On Waterborne Disease and Sanitation

The Survival Medicine Handbook - Joseph and Amy Alton MD/ARNP

The best civilian reference for the health threats covered in this lesson, including waterborne illness management, dehydration treatment, and chronic condition management without medical infrastructure. Introduced in Module 3 and referenced throughout.

Where There Is No Doctor - Hesperian Health Guides (free PDF at [hesperian.org](https://www.hesperian.org))

Written for communities without medical infrastructure. Directly applicable to the medical collapse threat. The waterborne illness and dehydration chapters are the most relevant to this lesson's content.

On Violence and Security in Collapse

One Second After - William Forstchen (novel)

The fiction that most concretely depicts the violence curve from this lesson. Chapter-by-chapter illustration of how the social order breaks down and what security looks like in a small-town Phase 2 scenario. Often cited as the most useful single book for helping people viscerally understand what Phase 2 looks like.

Forging the Hero - John Mosby (morallyintentionalbarbarism.com)

A practical and philosophical treatment of community defense and the group security problem. Directly relevant to the Homework 2 invasion planning exercise. Written by a Special Forces veteran with a preparedness community focus.

Danger shifts. Understand the shift. Prepare specifically. See you in Lesson 3.

Keep your 15-minute blitz list. It comes back in the next lesson.