

ZERO HOUR READY — MODULE 0, LESSON 4

Action Steps & Resources

Chaos Mitigation

IMMEDIATE ACTION STEPS

ACTION 1 — Complete Your Personal Chaos Mitigation Plan

Identify your five biggest household-specific chaos points. Be specific to YOUR household - pets, medications, mobility limitations, vehicle count, fuel supply.

CHAOS POINT 1

What it is: _____

My mitigation plan: _____

CHAOS POINT 2

What it is: _____

My mitigation plan: _____

CHAOS POINT 3

What it is: _____

My mitigation plan: _____

CHAOS POINT 4

What it is: _____

My mitigation plan: _____

CHAOS POINT 5

What it is: _____

My mitigation plan: _____

ACTION 2 — Verify Day 1 Readiness — Pre-Event Checklist

These items must be true BEFORE your sign to go appears, not on the day it fires.

#	ITEM	DONE?	NEXT ACTION
1	Sign to go defined — specific and observable (Lesson 1)	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
2	Paper maps covering full bug-out route — in vehicle now	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
3	Vehicle(s) kept at minimum half-tank fuel at all times	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
4	Tier 1 + 2 supplies packed or packable in under 30 minutes	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
5	Bug-out destination ready and aware you're coming	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
6	Primary AND alternate routes to destination known	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
7	Critical medications — minimum 30-day household supply on hand	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
8	Pet carriers, food, and transport plan ready	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
9	Plan for any mobility-limited household members	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
10	All bug-out party members know the plan and the sign to go	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
11	Off-grid communication method (radio or predetermined meet point)	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____
12	Cash on hand (electronic payment will not function)	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____

ACTION 3 — Confirm Your Location Type and Departure Window

My location type: Urban Suburban Rural

My effective departure window: _____ (Urban: Day 1. Suburban: Day 1 ideal. Rural: Day 1–2.)

If I miss the window, my shelter-in-place plan is: _____

ACTION 4 — Watch Lesson 5 — The Survival Network

Lesson 5 is the longest lesson in Module 0 (~36 minutes) and one of the most conceptually important. It addresses why the individual and the family are not the primary unit of survival — the community is. Come back with your chaos plan complete.

BUG-OUT TIMING QUICK REFERENCE

The window is shorter than you think. Know your location type.

LOCATION	DAY 1 — ACT NOW	DAY 2 — LAST WINDOW	DAY 3 — TOO LATE?
URBAN	Still order. Confusion but not collapse. Leave now if sign appeared.	Violence starting. Roads gridlocking. Possibly already too late in dense core. You should have left on Day 1.	Definitely cooked. Do not attempt urban bug-out. Shelter-in-place and defend, or navigate on foot.
SUBURBAN	Easy exit. Normal-ish. Leave immediately on sign to go.	Congestion building. Paper maps required. No GPS, no emergency services, possible checkpoints. Navigable with a plan and full tank.	Probably cooked. Routes choked, rural communities organizing, window closing fast.
RURAL	Easiest exit. Low population, minimal chaos.	Still passable. Gas stations down (electric pumps). Fuel range critical. Some neighbor resource competition. Move before urban exodus wave arrives.	Maybe. Urban evacuees reaching rural routes. Communities organizing against outsiders. Act now.

ELECTRODEPENDENT CASCADE — REFERENCE

Mechanical consequence of grid failure. Not prediction. Engineering.

HOURS 1-24	<ul style="list-style-type: none"> • Power grids fail — all electrical systems offline • Traffic signals dark — unmanaged intersections everywhere • Air travel halted — trains stopped • Banks, ATMs offline — all financial transactions frozen • Grocery stores close — no registers, refrigeration, restocking • Gas stations non-functional — electric pumps dead • Internet and cell service down — complete information blackout • 911 non-functional — emergency dispatch ended • Hospital backup generators running on limited fuel • Warning systems silent
DAY 3	<ul style="list-style-type: none"> • Store shelves stripped — no restocking possible • No gas at any station — vehicles stranded • No information from any official source — panic amplifying • No pharmaceuticals being dispensed • Sewage treatment halted — accumulation beginning • Desperation and panic at peak in populated areas • Social order visibly breaking down
DAY 5	<ul style="list-style-type: none"> • Widespread violence emerging — resource competition lethal • Deaths from dehydration and starvation in vulnerable populations • Medical emergencies untreated — no ambulances or hospital capacity • No law enforcement with meaningful presence • Urban areas functionally ungovernable • Rural communities organizing defensively
WEEKS 2-4	<ul style="list-style-type: none"> • Mass population die-off accelerating • Waterborne disease spikes as sanitation fails completely • Famine emerging as food supply exhausts • Remaining population reorganizing at community level • New protective social structures forming

RESOURCES — LESSON 4**On Grid Failure**

Lights Out: A Cyberattack, A Nation Unprepared — Ted Koppel

The clearest mainstream treatment of grid failure from the inside. Based on interviews with FEMA, DHS, and utility executives. The cascade in this lesson is exactly what Koppel documents. Accessible to skeptical household members.

One Second After — William Forstchen (novel)

Fiction that makes the electrodependent cascade visceral and human. Day-by-day collapse of food, water, medical care, and social order in a small American town. The single most effective book for making Phase 2 feel real rather than theoretical.

On Bug-Out Execution

Build the Perfect Bug Out Bag — Creek Stewart

The most thorough treatment of bug-out bag construction available. Every supply category, weight considerations, personalization for different household profiles. Direct companion to the Lesson 3 supply hierarchy and this lesson's Day 1 readiness checklist.

Bushcraft 101 — Dave Canterbury

Practical skills for the transit period: navigation, shelter, water, fire, food on the move. Not a route planner — a skills companion for the phase between leaving and arriving.

On Decision-Making Under Stress

The Gift of Fear — Gavin de Becker (*Highly Recommended*)

Why prepared people still freeze, and how the body's signals override hesitation when trusted. Directly relevant to the sign to go trigger and the Day 1 hesitation problem. The most useful single book for understanding why doing this exercise now matters.

Day 1 is the window. First draft beats no draft. Every single time.
See you in Lesson 5.