

# BLACKOUT SURVIVAL v2

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# BLACKOUT - IMPACT

As of today, we are more than ever depending on an intact electric power grid in our daily life. We can divide that dependency into private and public infrastructure:

## Private Infrastructure

- \* Fridge and Food Storage
- \* Heating Installation
- \* Food preparation and cooking
- \* Water boiling
- \* Mobile device charging
- \* Computers and other electronic devices
- \* ...

## Public and/or Commercial Infrastructure

- \* Traffic Lights
- \* Automatic Doors and Entry Systems
- \* Public Transportation
- \* Fuel Pumps at Gas Stations
- \* Cash Dispensers / ATM
- \* Cooling Systems at Shopping Malls and Grocery Stores
- \* Power for medical devices at Hospitals
- \* Nuclear Powerplants require a functioning cooling circuit even when turned off
- \* ...

Most of the above mentioned topics require a permanent electric supply, and an outage of only a few hours might have serious consequences to private and public life and overall health.

# BLACKOUT - ITEMS

It makes sense to be prepared, which is not as hard as one might think. Generally, you should be ready for an outage of 10-14 days at least, b/c that is the time that emergency logistics require to be fully deployed and usable in a well-organized country.

- \* spirit stove, spirit
- \* gas stove, gas cartridges
- \* bushbox, firestarter
- \* pot, cup, bowl, spork
  
- \* Battery Pack/Powerbank for USB charging
- \* Generator, enough fuel + 2 cycles oil
- \* Solar Charger Pad, Battery Charger, Batteries
- \* Flashlights, Amateur Radios
  
- \* Water filter (ceramic / micro fiber)
- \* 20-30l of water
- \* Dry food like rice, polenta, noodles
- \* High fat food like walnut, peanut
- \* Olive oil, sesame oil
- \* Dry herbs/spices mixtures e.g. Zatar, Baharat
- \* vitamin/minerals supply, e.g. spirulina and chlorella algae
  
- \* disinfectant
- \* dust mask
- \* first aid kit + charcoal tablets, teatree oil, headache/fever medicine, ...
- \* toothpaste and toothbrush
- \* soap and/or cleansing tissues
  
- \* some sets of fresh clothes, beanie/buff/hat
- \* (outdoor) clothing for bad weather
- \* backpacks (ideally 30l + 42l~55l)
- \* ideally: complete hiking and trekking equipment (which already covers alot of the above)

# BLACKOUT - MOBILITY

Mobility might be a very important thing as to enable retracting yourself from a potentially dangerous area, to reach out for more supplies and generally to be able to have your own sort of logistics and transportation at least partially working despites public outages:

- \* 4x4 car that is able to go into off-road areas + 20l extra fuel + jumpstarter powerpack
- \* drone for recon tasks (battery management might get complicated)
- \* cash money to be able to buy, trade or exchange items or services
- \* H1K3 (30l): gear to be able to walk ~ 20-25km to explore the area, food for 1-2 days
- \* 7R3K (42-55l): gear to be able to walk ~ 50-100km over 4-8 days, food for 1 week max.

The equipment contained in H1K3 or 7R3K should at least include:

- sleeping bag, pillow, iso mattress or seat cussion
- (ultralight) tent, tarp or hammock
- gas or spirit stove and enough cartridges or combustibile
- cooking pot, bowl, cup, spork ...
- bushbox, firestarter, knife
- water bottle(s), food supplies
- flashlight, powerbank, mobile phone/GPS, amateur radio, sat phone

Eventually, it might be a bad idea and inefficient to use e.g. highways to leave cities as there will potentially be large traffic jams, accidents etc. completely blocking lots of people, thus going off-road might be the better option despites including other kinds of dangers. So, it might make sense to plan on including different scenarios, have fully packed hiking and trekking equipment and some water supplies in your car so that you can still survive and explore the area in case of bad things happening.

Remember: Water is far more important than food – 3-4 days w/o water can already be fatal, while a healthy person might survive weeks up to months w/o food. That is another reason why **water filters** are a very important item to have which enables you to refill your supplies and use emergency sources rather than tap water.

# BLACKOUT - MODULARIZATION

Modularization makes a lot of sense wherever you have groups of items that form a functional unit. It is not only perfect for long-time storage, but also for generally having a good overview of inventory pre-sorted in packing cubes.

As we could see in the previous two slides, certain items can be grouped together, namely items relevant in the areas of:

- power and electricity (flashlight, powerbank, batteries, generator+fuel, car, ...)
- communications (mobile phone, tablet, laptop, amateur radio, ...)

=> above group items should ideally be stored in drybags to avoid getting damaged

- preparation and consumption of food (spirit/gas stove + combustion/cartridges, pot, bowl, spork)
- medical and hygiene (first aid kit, disinfectant, cosmetic tissues, soap, toothbrush/-paste, ...)
- clothing (outdoor jacket, appropriate shoes, some sets of underwear, ...)
- transportation (4x4 car, bike, boat, ...)
- water and food supplies + required container(s)
- more outdoor equipment (tent, hammock, sleeping bag, pillow, ...)

Some items may be overlapping in between the different modules, but that is not problematic as long as you make sure the availability of the item, which brings us to the next important principle also coming from information technology.

# BLACKOUT - REDUNDANCY

As with everything that is really important, it is a must have to have more than only one of these items, simply b/c you cannot bet on just driving to the shop buying another one and it might become more important than you ever thought beforehand.

Especially, devices and items which you are relying on heavily like

- any type of stove (gas, spirit)
- tools to ignite a fire
- important electric items (power bank, flashlight, solar charger)
- important communication devices (phones, amateur radio)
- containers to store or transport items
- backpacks, packing cubes
- essential medical and hygiene items

should be available more than once. If you followed the mobility section closely, you already know of a very good method to ensure redundancy – simply have two backpacks w/ the same basic items at your availability, differing only in size and thus the amount of clothes, water and food.

Of course, you may expand that principle so that you might have two backpacks permanently in your car and two others permanently in your house or basement, but always think about the „volatile“ items like food and water which may have to be refreshed from time to time and always check for equipment integrity. The latter can be done by regularly conducting trekking and hiking tours, just switching in between your different sets in a round-robin fashion.

In any case, it makes sense to store things at different locations – imagine you lose your car or you are unable to enter your house, but the probability to lose both at the same time might be lower.

Ideally and on a really professional level, you might have one or more complete sets safely stored, hidden somewhere in the woods or at another secret location. Even better, you might know other people that are part of a group that forms a social community if a blackout situation occurs. On the other hand, that might lead to strong interdependency which can be a drawback as well.

# BLACKOUT - TRAINING

It has been already mentioned, but it cannot be stressed enough that regular training is one of the best guarantess to succeed in whatever your plans are in case of a long-lasting blackout, natural catastrophe or similar bad events.

The purpose of that is not only to be familiar w/ actions and tasks, but also to be generally fit to carry out required efforts which greatly reduces the danger of injuries, loss of important devices or items, and a general more relaxed attitude which – as you might already know from doing incident response – is one of the key elements of succeeding.

Regular training also implicates the regular usage and thus check of your items so that you can be sure that it works and is in a good state. If you are on a more professional level, you might want to have two of each item for redundancy and a third one as emergency stock or to help others, depending on your character and social attitude.

For me personally, food preparation is a very nice area to learn more, since I like cooking alot and doing this outdoor in a natural environment greatly reduces your possibilities but also might increase creativity, ultimately leading to really tasty and healthy meals.

Last but not least, I think [porridge or müsli](#) (ideally w/ dry fruit and nuts) is a very suited type of food to get stored over very long periods of time while containing lots of energy and vitamins in itself. So that is not only perfectly suited for hiking and trekking, but also to be stored as emergency food rations. It can be prepared w/ hot or cold water, milk or whatever you like.

However, you should [check for allergies](#) before you blindly buy stocks of food that might bring you in a bad condition.