



The Family Standing Order: Seven Layers, One Page

Every household that has ever come through hard times built the same seven layers, in the same order. This page is a standing checklist: build each layer, then keep it rotating so it never quietly dies on a shelf. Nothing here requires fear; it requires habits.



1 · Water

One gallon per person per day. Store a minimum of three days; build toward two weeks. Keep it dark and cool.

Rotate: refill yearly; almost no true expiry.



2 · Food

Stock what your family already eats: rice, beans, oats, canned protein, salt, sugar, oil. Month first, then quarter.

Rotate: eat from the front, replace at the back. Date each shelf.



3 · Medicine

Prescriptions: refill early each cycle to build a lawful buffer. OTC: pain, stomach, allergy, wound care, rehydration salts.

Rotate: refill early; check kits twice a year.



4 · Energy & Light

Propane stores indefinitely; gasoline needs stabilizer and rotation. Candles, batteries, weather radio, solar charging.

Rotate: use and refill fuel; run the generator monthly.



5 · Documents & Cash

One waterproof folder: birth certificates, deeds, insurance, medical records, accounts. Encrypted copies off-site.

Rotate: small bills, updated twice a year. Check expiry dates.



6 · Skills & Neighbors

Cooking from scratch, first aid, repairs, fishing. Know your neighbors before you need them: mutual aid outperforms isolation.

Rotate: one skill practiced per quarter; one relationship strengthened per month.

Layer 7 · The Quiet Layer: Barter, Protection, and the Local Map

The historical model. In the Second World War, aircrews flying over hostile territory carried escape-and-evasion barter kits: sealed pouches of high-value, universally recognized items (gold coins of recognizable mintage, silk maps, small tools) signed out before each mission. The design logic still applies: small items of known value, requiring no explanation, that can open a door, buy a meal, or fund a ride when ordinary systems are unavailable. A modest modern version lives apart from the household stockpile: a few bottles of spirits, cigarette packs, extra over-the-counter medicines, spare hand tools, batteries, sewing and repair kits. Items that are ordinary today and highly tradeable when the shelves are empty. (Only if ever needed: in normal times these are simply parts of a well-stocked home.)

Protection is a habit, not an event. Personal safety is not only a chaos scenario; it is a daily-life asset. Training that is fun now carries practical value for the rest of your life: marksmanship and clay-target days with the family, hunter-education and boating-safety courses, first-aid and CPR certification, self-defense classes. Skills acquired calmly, practiced socially, and maintained by repetition are the ones that hold up under stress. Train everyone in the household; skills do not expire, but confidence decays without practice.

Know your ground. Keep a current paper map of your county and surrounding area, marked quietly with what you have verified yourself: water sources, fuel, hardware, medical clinics, and the neighbors who produce food. A map you have walked beats an app you cannot charge.

This page is education, not advice: allocations, storage, and protection decisions are personal and deserve a one-on-one conversation.