DEFENDER OUTFITTERS

ORIGINAL FIELD GUIDE

THE DEFENDER 72-HOUR READINESS STANDARD

How to build a practical emergency system you can carry, operate, and test - not a pile of equipment based on a generic checklist.

A 72-hour kit is a baseline, not the finish line.

For each person, begin with three days of safe water and usable food, then add medical needs, light, information, power, sanitation, clothing, documents, and a realistic way to carry or shelter with it.

HOME RESERVE / EVACUATION BAG / VEHICLE MODULE

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01 CHOOSE THE MISSION

A home kit and an evacuation bag solve different problems.

Decide where the kit lives, who it supports, and how it moves before selecting the container. The mission controls capacity, weight, access, and the acceptable tradeoffs.

Shelter at home	Prioritize water volume, sanitation, familiar food, task and area lighting, backup power, weather protection, communications, and a safe interior location. Expand toward two weeks as space and budget allow.
Evacuate	Prioritize route, destination, documents, medications, communications, weather layers, footwear, water on the move, and load weight. Every carrier should walk with the packed load.
Vehicle or workplace	Account for heat, cold, storage limits, walking home, local hazards, and the chance that roads or normal communications are unavailable. Respect labeled storage limits for medicine and batteries.

Mission questions

1. Are we staying, moving to a known destination, or prepared for either? 2. Who carries each module? 3. What season and hazards apply? 4. What medical, mobility, dietary, communication, or charging needs cannot wait? 5. What is the earliest trigger for leaving?

02 DO THE HOUSEHOLD MATH

Calculate before you shop.

Requirements scale with people, time, climate, health, and mission. Write the numbers down so gaps are visible and purchases solve a defined need.

Water baseline	people x days x 1 gallon. Four people for three days begins at 12 gallons. CDC says to store more for hot climates, illness, pregnancy, pets, or other needs, and to work toward two weeks when possible.
Portable power	device watts x hours = watt-hours. Add the essential loads, then include conversion loss and reserve. Test the actual cables, adapters, inverter, and charging sequence.
Food plan	people x meals x days. Choose familiar food the household tolerates and can prepare during an outage. Count preparation water, fuel, utensils, and a no-cook fallback.
Load test	packed weight + water acquired on route + seasonal clothing. A bag is not practical merely because everything fits. Walk with it, use stairs, and verify that essential items are accessible.

Important water limit

Stored water is the primary layer. Filters and common disinfection methods do not make fuel, toxic chemicals, salt, or heavy metals safe. Follow local water advisories and the exact product directions.

Layers beat single points of failure.

Each system needs a primary method and at least one practical fallback. Redundancy only counts when the backup does not depend on the same likely failure.

1 WATER	Stored supply + carried supply + treatment + clean containers. Know what the treatment does and does not remove.
2 FOOD	Familiar shelf-stable meals + no-cook option + preparation supplies. Account for allergies, dietary needs, water, and fuel.
3 LIGHT & POWER	Headlamp or task light + area light + spare energy + charging plan. Reserve power for critical communication and medical needs.
4 FIRST AID	Supplies matched to training + medications + medical information + emergency contacts. Bleeding-control tools require appropriate instruction and do not replace emergency care.
5 SHELTER & CLOTHING	Seasonal layers + rain protection + footwear + sleep system + home safe area or destination appropriate to the mission.
6 COMMUNICATION	Primary + alternate + contingency + emergency method. Keep paper contacts, local alerts, a tested NOAA Weather Radio, and meeting points.

04 DECISION TRIGGERS

Know what changes the plan.

Write triggers in advance. During an emergency, current evacuation orders and instructions from local authorities control.

DECISION	TRIGGER	ACTION
Stay and monitor	Home is structurally safe, there is no evacuation order, and disrupted utilities or roads are stable.	Move supplies to the safe area. Monitor official alerts. Conserve water and power.
Relocate early	Conditions are worsening, a route and destination are open, or a medical or mobility need makes late movement risky.	Leave before congestion or exposure increases. Notify the designated contact.
Evacuate now	An official order, fire, flood, chemical release, structural damage, or another immediate threat makes the location unsafe.	Take people, essential medication, communication, and the ready bag. Do not delay for replaceable property.

Personalize only what applies

Add modules for prescriptions, mobility equipment, hearing or vision needs, infants or children, and pets only when they are part of the household profile. Let the person or household set the priority; do not let generic extras hide core water, medical, communication, and shelter gaps.

05 PROVE THE PLAN

A kit is finished when it works in a drill.

Inspect quarterly, rotate according to product labels, and run practical drills at least twice each year.

1 Carry test	Walk with the packed evacuation load. Adjust weight, footwear, fit, access, and the division of shared equipment.
2 Outage test	Run one evening without grid power. Use only the lighting, radio, charging, and meal plan in the kit.
3 Water test	Measure stored volume and practice the backup treatment method exactly as its manufacturer directs.
4 Communication test	Receive an alert, contact the out-of-area person, tune the radio, and verify meeting locations.
5 Quarterly audit	Check dates, damage, battery charge, seasonal clothing, documents, prescriptions, and household changes.

Preparedness perspective

James Wesley, Rawles' preparedness writing provides a useful general perspective: self-reliance works as a system, equipment needs practiced skill behind it, and plans should be tested before an emergency. This guide applies those broad ideas through original Defender Outfitters language, organization, calculations, and checklists. Rawles and SurvivalBlog are not affiliated with or endorsing Defender Outfitters.

06 THE 15-MINUTE START

Make the first useful version today.

01	Choose home, evacuation, vehicle, or workplace mission.
02	Count people and multiply by three gallons for the minimum 72-hour water baseline.
03	List essential medication, medical equipment, and charging needs.
04	Select familiar food for nine meals per person and note preparation water or fuel.
05	Place one task light, one area light, a radio, and spare energy together.
06	Write two meeting places and one out-of-area contact on paper.
07	Put documents, cash, keys, and the checklist in a water-resistant pouch.
08	Schedule the first carry or outage drill.

07 30 / 60 / 90 DAYS

Improve in deliberate layers.

First 30 days - cover the baseline	Water, usable food, medication, light, radio, sanitation, essential documents, weather layers, and one defined plan. Avoid novelty items that do not close a documented gap.
By 60 days - add resilience	Add water treatment, charging reserve, route maps, workplace or vehicle modules, better organization, household-specific supplies, and a communication fallback.
By 90 days - test and extend	Run drills, replace weak equipment, train in first aid and other relevant skills, expand the home reserve toward two weeks, and document maintenance dates.

Use Defender Ready

Defender Ready can turn this standard into a household plan with risk context, inventory, expiration tracking, go-bag gaps, and an offline reference library. The public guide remains the canonical current edition at defenderoutfitters.com/guides/72-hour-emergency-kit.

Browse matching equipment at defenderoutfitters.com/preparedness or call Defender Outfitters in Greensboro, North Carolina for current availability and configuration guidance.

SOURCES & METHODOLOGY

Original guidance, reliable baselines.

This is original educational content created by Defender Outfitters. We synthesize public safety guidance, practical equipment planning, and field-testing principles. Source links support specific baselines; no source sponsors or endorses this guide.

CDC - How to Create and Store an Emergency Water Supply
cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

Ready.gov - Build a Kit
ready.gov/kit

Ready.gov - Make a Plan
ready.gov/plan

American Red Cross - Survival Kit Supplies
redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html

National Weather Service - NOAA Weather Radio
weather.gov/nwr/

CDC - Keep Food Safe After a Disaster or Emergency
cdc.gov/food-safety/foods/keep-food-safe-after-emergency.html

SurvivalBlog - About James Wesley, Rawles and SurvivalBlog
survivalblog.com/about/

SurvivalBlog - Un-Zeroed Rifles: Just Voodoo Talismans
survivalblog.com/2019/05/14/un-zeroed-rifles-just-voodoo-talismans/

SAFETY NOTE

This guide is educational and is not medical, legal, engineering, or emergency-response advice. Follow current official alerts, evacuation orders, product labels, and qualified professional instruction. Call 911 for emergencies.

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