NOBODY RUNS — The 72-Hour No-Utilities Drill

Free companion checklist to the 90-Day Urban Family Preparedness Program

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For a household that cannot evacuate: 72 hours, no grid, no running water, no pharmacy. Tick the box, or write what broke. Every figure below is printed in the paid program first, and the chapter section is cited beside it — `doc 02 §2.1` means Document 02, section 2.1. Where the book refuses a number, this page refuses it too. Print double-sided. Front: setup and hours 0–12. Back: hours 12–72 and the debrief.

DO NOT START THE CLOCK UNTIL EVERY LINE IS TICKED

Every line is a stop condition. A drill correctly abandoned passes; a drill run over an exclusion fails (`doc 10 §10.7.1`).

- ☐ Nobody on mains-powered equipment — oxygen concentrator, home dialysis, infusion pump, CPAP, powered chair — and no cardiac, seizure or insulin medicine still uncovered by the medication page (`doc 06 §6.2`)
- ☐ CO alarms installed and tested today (`doc 04 §4.2.3`)
- ☐ No cold snap or heat wave, and indoor temperature under 90 °F (`doc 01 §1.9.4`)
- ☐ A written fridge and freezer plan exists (`doc 03 §3.7`)
- ☐ Water heater isolated, and no shared building system will be drained (`doc 00 §0.6`)
- ☐ Nobody may be in the lift (`doc 10 §10.7.1`)
- ☐ No candles in the house; LED light for every member (`doc 04 §4.2.5`)
- ☐ Outside check-in person named: _____ phone _____
- ☐ Abort rule stated aloud by every adult: "anyone says stop, we stop, nobody argues"
- ☐ Everyone knows an official evacuation order or a fire in the building ends this drill and you go (`doc 01 §1.9.5`)

ROLES — FILL IN BEFORE HOUR 0

JOB	NAME	CHECKS ON
Water — count, ration, water card		
Food and the fridge clock		
Heat or cooling, light, CO alarm		
Sanitation and the handwash station		
Medicine and the hour-4 / 24 / 72 page		
The door — one named adult per shift		
Log keeper — writes the number, not a feeling		

The warm room follows the slowest member, not the reverse (`doc 04 §4.1.1`). Every member, including each child, states their own job out loud before the start.

HOUR 0–1 — START THE CLOCK (`DOC 00 §0.6`)

- ☐ Say the time out loud and write it: utilities lost at _____
- ☐ Shut the fridge and freezer, and leave them shut. The clock: refrigerator about **4 hours**, full freezer about **48 hours**, half-full freezer about **24 hours** (`doc 03 §3.7`)
- ☐ CO alarm powered and tested — before anything burns anywhere (`doc 04 §4.2.3`)
- ☐ LED lights only. No candles, ever (`doc 04 §4.2.5`)
- ☐ Fill every clean container, the bath and the pots while pressure lasts (`doc 00 §0.6`)
- ☐ Medication inventory: what runs out first, what must stay cold, what needs mains power (`doc 06 §6.2.1`)
- ☐ One message to the outside contact: "Utilities out since _____. Everyone fine. Will message at _____." (`doc 00 §0.6`)
- ☐ Decision card read out loud. You are on branch 1 — STAY AND HARDEN unless a trigger has fired (`doc 01 §1.10`)
- ☐ First log line written

HOUR 1–4 — WATER, HEAT, SANITATION STANDING UP

Water. Grade A is drinking, food preparation, teeth and dishes. Grade B is flushing, floors, cleaning (`doc 02 §2.3.1`).

- ☐ Grade A counted, in gallons, with dates: _____ gal
- ☐ People counted, plus anyone who needs more — ill, pregnant, breastfeeding, or on a prescribed fluid limit. Their limit is written here in another colour and overrides the household figure (`doc 02 §2.9.1`)
- ☐ Allocation written: _____ people × **¾ gal (≈2.8 L) drinking** + about **¼ gal food prep** = _____ gal/day (`doc 02 §2.9`)
- ☐ Days of Grade A at that allocation = _____ days (`doc 02 §2.9.1`)
- ☐ **Grade A never touches a toilet.** Bucket-flush from Grade B only (`doc 02 §2.9`)
- ☐ Drinking water is not rationed — not for children, not for anyone ill, not for anyone's medication (`doc 02 §2.9.2`)
- ☐ Water heater noted as a one-time draw of roughly **30–50 gallons** in a typical house: power or gas shut off first, water treated before drinking, never a shared system (`doc 00 §0.6`)
- ☐ Toilet **tank** water only if clear with no coloured cleaner tablet. The bowl is never a drinking source (`doc 00 §0.6`)

Heat, cold weather.

- ☐ One room, not one house: fewest exterior walls, no plumbing on an exterior wall, a window that opens, not the kitchen if that is where the gas range is (`doc 04 §4.1.1`)
- ☐ Dry beats thick — change wet clothes before adding blankets (`doc 04 §4.1.2`)
- ☐ Rolled towels at the doors, a blanket over the single-glazed window, something folded to sit on (`doc 04 §4.1.2`)
- ☐ Footwear by every bed, including the elder's (`doc 04 §4.5.3`)
- ☐ No target room temperature is printed, here or in the book. Check the people, not the thermometer (`doc 04 §4.1.2`)

Heat, hot weather.

- ☐ Fans only below **90 °F** indoors. Above 90 °F a fan can raise body temperature — wet the skin instead (`doc 04 §4.3.1`)
- ☐ Shades closed on the sun side by day, windows open at night (`doc 04 §4.3.1`)
- ☐ **2-1-1** for the nearest cooling centre, before it is needed (`doc 04 §4.3.4`)

Sanitation.

- ☐ Handwash station up: a large water jug on a chair or counter, soap out and open, a basin under it, runoff destination decided (`doc 04 §4.6.3`)
- ☐ Handwashing is soap and water for **20 seconds**. Sanitizer at **60% alcohol or more** when there is no soap and no safe water (`doc 04 §4.6.2`)
- ☐ Waste route named: health department called, answer written on the decision card. **No toilet method, no waste volume per person per day, no disposal rule** is printed in the book or on this page (`doc 04 §4.6.5`)
- ☐ Never into a storm drain. Never into a container that will hold food or water again (`doc 04 §4.6.5`)

The door — who answers, from where, with whom present, what they say (`doc 07 §7.3.1`).

- ☐ Who answers, per shift: _____. Door closed and locked, through the door or the viewer — never open with a foot in it
- ☐ A second adult within earshot, or the answerer does not go past the script
- ☐ Adult: "I'm not letting anyone in tonight. Leave a note or come back in daylight." Same tone, three times, then done (`doc 07 §7.3.4`)
- ☐ Child's three lines, through a closed door: "I'm not allowed to open the door. I'll get a grown-up." / "I can't help you. Someone will come." / "I'm going to get a grown-up now." Then walk away from the door (`doc 07 §7.3.2`)
- ☐ Elder's three lines: "I don't open the door to anyone I'm not expecting. Please leave a note." / "Then ring the number on my bill. I don't do business at the door." / "I'm closing the door now and calling my family." (`doc 07 §7.3.3`)
- ☐ Said out loud to the child: nobody is in trouble for not opening the door (`doc 07 §7.3.2`)
- ☐ The real utility does not need to come inside today. The number is on the bill (`doc 07 §7.3.3`)

HOUR 4 — THE FRIDGE DECISION (`DOC 03 §3.7`)

- ☐ Read the thermometer, not the food: discard anything above **40 °F**. Bacteria grow fast between **40 °F and 140 °F** (`doc 03 §3.7`)
- ☐ Outage passing 4 hours: coolers out. Move what cannot be replaced — refrigerated medicine first (`doc 03 §3.7.1`)
- ☐ Thawing food cooked first. A freezer is a food supply being spent (`doc 03 §3.7.1`)
- ☐ Appearance and smell decide nothing — FDA: you "can't rely on appearance or odor" (`doc 03 §3.7.2`)
- ☐ Medicine cooler labelled, ice labelled, nothing frozen: a frozen medicine is a spoiled medicine (`doc 06 §6.2.3`)
- ☐ Hour-4 answer written for every refrigerated medicine and every device: what has happened? (`doc 10 §10.3.3`)

HOUR 4–12 — THE FIRST NIGHT

- ☐ One meal from Layer 1 — no cooking, no water, no fridge (`doc 03 §3.5`)
- ☐ No-fuel meal is assembled, not cooked: canned meat or fish + canned vegetable + canned fruit, one bowl, no heat (`doc 03 §3.8.1`)
- ☐ Anything that burns goes outdoors or on a ventilated balcony. Never indoors, never a garage, never a flooded basement (`doc 03 §3.8`)
- ☐ **No home rehydration recipe.** Sachets, as the packet says. No spoon measures — the book prints no ratio and neither does this page (`doc 06 §6.3.1`)
- ☐ Path to the door clear in the dark; door locked; no open flame indoors (`doc 04 §4.2.5`)
- ☐ Everyone sleeps in the one room, with the water and the light (`doc 04 §4.1.1`)

HOUR 12–24 — DAY 1 CLOSES

- ☐ Water used, cumulative: _____ gal ☐ Meals served: _____ ☐ Room temperature: _____ °F
- ☐ Handwash station still running, soap still out
- ☐ CO alarm still powered and tested
- ☐ An older person confused or unusually drowsy in a cold room is a cold emergency until proven otherwise — warm, dry, medical help (`doc 04 §4.1.4`)
- ☐ Two or more people drowsy and confused in the same room at once: treat as CO. Everyone outside, then call from outside (`doc 04 §4.2.4`)
- ☐ Body temperature above **103 °F**, or confusion, slurred speech or loss of consciousness: call now. **No fluids** to a suspected heat-stroke casualty (`doc 04 §4.3.2`)
- ☐ Hour-24 answer written for every medicine and device (`doc 10 §10.3.3`)
- ☐ "I don't know" written where it is true — that is the question for the supplier, not a failure (`doc 10 §10.3.3`)
- ☐ Decision card consulted; date and time written

HOUR 24–48 — DAY 2

- ☐ Water down to **1 gallon per person per day** with no working harvest source: that is the federal floor, not the plan. Open the branch-2 conversation (`doc 01 §1.9.2`)
- ☐ Water available but cannot be made safe — no fuel to boil, no bleach of the right strength, no filter that removes the relevant organisms: branch 2 or 3 (`doc 01 §1.9.2`)
- ☐ Water contaminated with fuel, chemicals or floodwater: branch 3. Boiling does not fix it (`doc 01 §1.9.2`)
- ☐ Rationing already reducing drinking: reduce activity instead — the plan has failed, not the household (`doc 01 §1.9.2`)
- ☐ Waste cannot be contained without a health hazard, or there is no legal route: sanitation untenable. Branch 2, or 3 if it will last (`doc 04 §4.6.6`)
- ☐ Waste in a shared space, or pests arrived: health department **and** landlord, and start the move (`doc 04 §4.6.6`)
- ☐ Nothing stopped, halved or skipped because the supply looks short — CDC: "Don't stop or change your medicines until you talk to your doctor" (`doc 06 §6.2.4`)
- ☐ Diarrhoea or vomiting in a child or elder that will not stop, or blood in it: seek care. Sachets are first aid, not treatment (`doc 01 §1.9.1`)
- ☐ Infant under six months, a floppy or lethargic child, a child vomiting everything back, bloody diarrhoea: not a home treatment case. Go (`doc 06 §6.3.4`)
- ☐ Food: **2,000 kcal per person per day** is the household starting figure, not a rule — correct it from the sedentary table for who actually lives here (`doc 03 §3.1`, `doc 03 §3.2`)
- ☐ No minimum survival calorie level is printed, because no federal source states one (`doc 03 §3.1`)
- ☐ Second night: light for every member, door protocol unchanged, log line written

HOUR 48–72 — DAY 3, AND THE DEBRIEF

- ☐ Water used, cumulative: _____ gal. Days of Grade A left at today's rate: _____
- ☐ Grade A still never touching a toilet
- ☐ Every member states their own job without reading it
- ☐ Child delivers all three door lines, unprompted, through a closed door, then walks away (`doc 07 §7.3.5`)
- ☐ Elder delivers lines one and two unprompted, and defers the decision to a phone call (`doc 07 §7.3.5`)
- ☐ Hour-72 answer written for every medicine and device (`doc 10 §10.3.3`)
- ☐ Fridge and freezer: what was saved, what was thrown, what it cost
- ☐ Anything that broke, named, one per line:

1. _____
2. _____
3. _____
4. _____

- ☐ Did we stop? ☐ No, 72 hours completed ☐ Yes — stopped at _____ because _____. A stop is not a failure of the household; running on over an exclusion is (`doc 10 §10.7.2`)
- ☐ Triggers re-checked at 72 hours, date and time written (`doc 01 §1.9.6`)

WHAT THIS PAGE WILL NOT PRINT, ON PURPOSE

The book refuses these numbers, so this page refuses them. Each one is a call you make, not a figure to invent.

- **No toilet-building method, no waste volume per person per day, no disposal rule.** Call your health department (`doc 04 §4.6.5`)
- **No salt-and-sugar rehydration ratio, ever** — not even as a warning (`doc 06 §6.3.1`)
- **No "your insulin is good for X hours at Y degrees" figure.** The label and your prescriber carry it (`doc 06 §6.2.3`)
- **No target room temperature, no CO ppm threshold, no minimum survival calorie level** (`doc 04 §4.1.2`, `doc 04 §4.2.3`, `doc 03 §3.1`)
- **No fire-extinguisher specification.** Ask your fire department (`doc 04 §4.2.5`)

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*This is the free drill. The program behind it is **NOBODY RUNS — The 90-Day Urban Family Preparedness Program**: the same method, the same sourcing, ninety days instead of three.*

Preparedness education only — not medical, legal or tactical advice. In an emergency call your local emergency number. Follow your local health authority's guidance over anything in this guide. Written for US households.