

OPL BEACON

FREE PREPAREDNESS STARTER GUIDE

FOOD • WATER • POWER • COMMS • MOBILITY • OFFLINE INFORMATION

FIELD READY

PRINTABLE

OFFLINE MINDED

PRACTICAL PREPAREDNESS FOR WHEN NORMAL ISN'T AN OPTION.

FREE DIGITAL EDITION // SHARE IT

FIELD MANUAL // PUBLIC EDITION

A quick route through the guide. Print the pages you need or keep the complete PDF offline.

01	Start Here	priorities + 10-minute actions
02	\$0 / Low-Cost Start	use what you already have
03	Water	storage + treatment planning
04	Emergency Food	7-day no-cook field menu
05	Blackout Tote	24-72 hour grab-and-go tote
06	Backup Power / Solar	critical-load worksheet
07	Family Emergency Plan	contacts + meeting locations
08	Get-Home Bag	mobility checklist
09	Vehicle Kit	roadside emergency supplies
10	Bug-Out Bags	adult + child planning
11	Severe Weather	pre-storm checklist
12	Communications	paper + radio + offline
13	Documents / Cash	essential records
14	Home Readiness Audit	walk-through checklist
15	30-Day Prep Builder	one small action each day
16	Master Checklist	one-page readiness snapshot
17	OPL Beacon	offline-information next step

START HERE

Build capability in layers. Use what you have, organize it, test it, then expand.

THE FIRST LAYER

- | | |
|-----------------------------|--------------------------------|
| ■ Water | ■ Documents and emergency cash |
| ■ 3-day food supply | ■ Longer-term food storage |
| ■ First aid and medications | ■ Practical skills and drills |
| ■ Power and light | |

FIELD RULE

Do not wait for a perfect setup. A labeled tote, a written meeting place, a few days of food and water, and a tested flashlight are already meaningful progress.

10-MINUTE ACTIONS

- | | |
|-------------------------------------|---|
| ■ Inventory canned foods and dates. | ■ Review the family emergency plan. |
| ■ Rotate stored water. | ■ Map three evacuation routes. |
| ■ Check your bug-out bag. | ■ Test the weather radio. |
| ■ Update emergency contacts. | ■ Check smoke/CO detectors. |
| ■ Organize first aid. | ■ Place a flashlight near sleeping areas. |

Preparedness begins with organization before shopping.

- | | |
|--|---|
| ☐ Plan 9 pantry meals from food already at home. | ☐ Centralize first-aid supplies. |
| ☐ Gather lights and charging cables. | ☐ Choose near and far meeting locations. |
| ☐ Write important phone numbers on paper. | ☐ Practice one blackout meal. |
| ☐ Build a basic go-bag from an existing backpack. | ☐ Identify useful household skills and tradeable services. |

\$50 STARTER TARGET

- | | |
|--|---|
| ☐ Stored water | ☐ Flashlight/headlamp |
| ☐ Rice or pasta | ☐ Extra batteries |
| ☐ Canned protein | ☐ Basic first-aid supplies |
| ☐ Peanut butter or oats | ☐ Paper map + printed contacts |

WHAT I ALREADY HAVE / WHAT I STILL NEED

Store it. Know how to treat it. Know where more can come from.

☐ Stored drinking water

☐ Portable water containers

☐ Water filter

☐ Purification method

☐ Backup method to boil water

☐ Pet water allowance

☐ Infant/special-needs allowance

☐ Rotation date marked

People in household

Pets

Primary water location

Backup water location

Filter location

Last rotation date

WATER PLAN NOTES

EMERGENCY FOOD

Build around foods your household already eats.

- | | |
|------------------------------|------------------------------------|
| ■ Shelf-stable protein | ■ Electrolyte mix |
| ■ Shelf-stable carbohydrates | ■ Manual can opener |
| ■ Fruits / morale foods | ■ Disposable utensils if needed |
| ■ Calorie-dense fats | ■ Special diet / infant / pet food |

7-DAY NO-COOK FIELD MENU

DAY	BREAKFAST	LUNCH	DINNER
1	Oats + shelf-stable milk	Chicken salad + crackers	Beans, corn + chips
2	Granola + dried fruit	Tuna salad + crackers	Beans + salsa + chips
3	PB rice cakes + fruit	Cold chili + chips	Cold-soaked ramen*
4	Oats + fruit	Chicken wrap	Soup + crackers
5	Granola + applesauce	Tuna wrap	Chicken + potatoes*
6	PB tortilla + fruit	Bean/salsa wrap	Shelf-stable favorite
7	PB rice cakes	PB&J; tortilla	Potatoes + canned meat*

*Hot water is optional where noted. Adjust foods and quantities for household size, allergies and dietary needs.

BLACKOUT TOTE

One clearly labeled grab-and-go bin for the first 24-72 hours.

- | | |
|--------------------------------|------------------------------|
| ■ 2-3 flashlights | ■ Shelf-stable food |
| ■ Battery/solar lantern | ■ Stored water |
| ■ Headlamp | ■ Manual can opener |
| ■ Extra batteries | ■ First-aid kit |
| ■ Charged power bank | ■ Hygiene supplies |
| ■ Solar or hand-crank charging | ■ Comfort / entertainment |
| ■ Weather radio | ■ Printed emergency contacts |

LABEL THE LID

BLACKOUT KIT - LIGHTS / BATTERIES / LANTERN / FOOD / WATER / RADIO / POWER BANK / FIRST AID / TOILETRIES / COMFORT

BEACON // OFFLINE INTEL

A power outage can become an information outage. Keep paper contacts and maps alongside offline digital references.

BACKUP POWER / SOLAR

Prioritize critical loads: light, communications, charging, and necessary medical devices.

- List critical devices and wattage
- Keep power banks charged
- Store spare charging cables
- Use efficient LED lighting
- Identify solar-panel placement
- Keep adapters organized
- Test backup power regularly
- Follow equipment instructions

DEVICE	RUNNING WATTS	HOURS/DAY	PRIORITY

FAMILY EMERGENCY PLAN

The plan must still work if phones do not.

Primary meeting location

Secondary meeting location

Out-of-area contact

Contact phone

School / childcare contact

Pet plan contact

☐ Plan for children

☐ Who grabs medications

☐ Plan for older / mobility-limited family

☐ Who grabs documents

☐ Plan for pets

☐ Who checks utilities if safe

☐ Two evacuation routes

☐ Where emergency bags are stored

ROUTE / RESPONSIBILITY NOTES

GET-HOME BAG

Compact equipment for getting home when transportation or services are disrupted.

- | | |
|---|---|
| ☐ Ready-to-eat food | ☐ Flashlight/headlamp + batteries |
| ☐ Water | ☐ Hat |
| ☐ Water purification | ☐ Comfortable shoes |
| ☐ Power bank + cable | ☐ Extra socks |
| ☐ Compass + map | ☐ Seasonal gloves / warmers |
| ☐ Tarp / emergency blanket | ☐ Child supplies if needed |
| ☐ First-aid kit | ☐ Fire-starting supplies where appropriate |

PERSONAL ADDITIONS / MEDICATIONS / ROUTE NOTES

VEHICLE KIT

Your vehicle can become transportation, shelter, power, and supply storage.

- | | |
|--|--|
| ☐ Ready-to-eat food | ☐ Basic vehicle tools |
| ☐ Water - rotate | ☐ Blankets |
| ☐ Water purification | ☐ Radio |
| ☐ First-aid kit | ☐ Get-home bag |
| ☐ Fire extinguisher | ☐ Multitool |
| ☐ Phone charger | ☐ Battery jump pack |
| ☐ Flashlight/headlamp | ☐ Seasonal gear |
| ☐ Extra batteries | |

Vehicle

Kit location

Water rotation date

Battery/jump pack checked

Seasonal update date

VEHICLE-SPECIFIC ITEMS

BUG-OUT BAGS

Build each bag for the person carrying it, not for a generic checklist.

- | | |
|--|--|
| ☐ Water + purification | ☐ Power bank |
| ☐ Ready-to-eat food | ☐ Map / compass |
| ☐ First aid / medications | ☐ Copies of key documents |
| ☐ Weather-appropriate clothes | ☐ Hygiene |
| ☐ Rain protection | ☐ N95-type masks if appropriate |
| ☐ Shelter / emergency blanket | ☐ Utility bags |
| ☐ Light | ☐ Child / pet supplies |

CHILD BAG

- | | |
|---|---|
| ☐ Snacks / food | ☐ Hygiene |
| ☐ Water | ☐ Toilet paper |
| ☐ Extra clothes | ☐ Rain gear |
| ☐ Blanket / sleeping bag | ☐ First-aid basics |
| ☐ Glow sticks | ☐ Compass |
| ☐ Comfort toy | ☐ Hand towel |

SEVERE WEATHER

Prepare before the warning becomes the emergency.

- | | |
|--|--|
| ☐ Emergency plan | ☐ First aid |
| ☐ Family communications | ☐ Evacuation routes |
| ☐ Emergency bags | ☐ Personal documents |
| ☐ Stored water | ☐ Rain gear |
| ☐ Non-perishable food | ☐ Vehicle fuel |
| ☐ Flashlights + batteries | ☐ Medications / special needs |
| ☐ Weather radio | ☐ Pet plan |
| ☐ Alternative cooking | ☐ Secure loose outdoor items |
| ☐ Cooling / warming items | |

Primary shelter area

Evacuation destination

Route 1

Route 2

Weather radio location

LOCAL HAZARDS / NOTES

COMMUNICATIONS

Build redundancy: phone, radio, paper, and offline information.

- | | |
|---|--|
| ☐ Printed contacts | ☐ Backup charging |
| ☐ NOAA / emergency radio | ☐ Offline IDs / records |
| ☐ Appropriate two-way radio plan | ☐ Offline how-to references |
| ☐ Paper local map | ☐ Offline recipes |
| ☐ Printed evacuation routes | ☐ Local addresses / directories |

BEACON // OFFLINE INTEL

OPL Beacon is built around the same redundancy principle: useful reference information should remain available without depending on ordinary internet service.

RADIO / CONTACT / CHANNEL NOTES

DOCUMENTS / CASH

Protect access to the information that proves who you are and what you own.

☐ Emergency cash

☐ ID copies

☐ Insurance information

☐ Medication list

☐ Emergency contacts

☐ Vehicle / property information

☐ Household inventory

☐ Secure offline document backup

☐ Important account contact information

Physical copies stored

Offline backup stored

Last update date

Person responsible

DOCUMENTS TO ADD / UPDATE



HOME READINESS AUDIT

Walk the house. Find weak points before an emergency finds them.

☐ Smoke alarms checked

☐ CO alarms checked

☐ Fire extinguishers checked

☐ Water shutoff located

☐ Electrical breaker identified

☐ Other utility shutoffs understood

☐ Flashlight near sleeping areas

☐ Emergency supplies accessible

☐ Outdoor loose items identified

☐ Pet evacuation supplies ready

☐ Emergency contacts visible

☐ Household members know the plan

FIX / REPLACE / BUY NEXT

30-DAY PREP BUILDER

One small action a day. Most take about ten minutes.

- 01 ■ Inventory canned food.
- 02 ■ Rotate stored water.
- 03 ■ Check bug-out bag.
- 04 ■ Update emergency contacts.
- 05 ■ Organize first aid.
- 06 ■ Review family emergency plan.
- 07 ■ Create bug-out checklist.
- 08 ■ Organize vehicle kit.
- 09 ■ Test non-electric cooking.
- 10 ■ Download/print local map.
- 11 ■ Try on loaded bags.
- 12 ■ Check smoke/CO alarms.
- 13 ■ Make emergency cards for kids.
- 14 ■ Create home inventory.
- 15 ■ Practice a useful knot.
- 16 ■ Plan 3 food-storage meals.
- 17 ■ Build a barter/utility bin.
- 18 ■ Map 3 evacuation routes.
- 19 ■ Test weather radio.
- 20 ■ Check vehicle fuel plan.
- 21 ■ Review EDC items.
- 22 ■ Check OTC supplies.
- 23 ■ Locate water shutoff.
- 24 ■ Make simple fire starters.
- 25 ■ Test water filter.
- 26 ■ Review pet evacuation.
- 27 ■ Check home security weak points.
- 28 ■ Put flashlights near beds.
- 29 ■ Back up key documents offline.
- 30 ■ Run a 10-minute household drill.

MASTER CHECKLIST

One-page readiness snapshot.

- | | |
|---|---|
| ☐ Water | ☐ Evacuation routes |
| ☐ Food buffer | ☐ Vehicle kit |
| ☐ Purification | ☐ Get-home bag |
| ☐ First aid | ☐ Bug-out bags |
| ☐ Medications | ☐ Child/pet plan |
| ☐ Flashlights | ☐ Cash |
| ☐ Batteries | ☐ Documents |
| ☐ Power banks | ☐ Blackout tote |
| ☐ Weather radio | ☐ Backup cooking |
| ☐ Paper contacts | ☐ Backup power / solar |
| ☐ Maps | ☐ Shutoffs identified |
| ☐ Meeting points | ☐ Monthly drill |

TOP 5 NEXT ACTIONS

PANTRY INVENTORY

Track what you have, what needs rotation, and what should be replaced.

ITEM	QTY	DATE / BEST BY	ROTATE?	REPLACE?

FIELD NOTES

EMERGENCY CONTACTS

Keep a paper copy where the whole household can find it.

NAME / AGENCY	PHONE	ALT. PHONE	NOTES

HOUSEHOLD MEETING POINTS

PRIMARY: _____

SECONDARY: _____

OUT-OF-AREA CONTACT: _____

SCHOOL / CHILDCARE: _____

PET / ANIMAL CONTACT: _____

EVACUATION ROUTE PLAN

Plan more than one way out before roads, bridges, or normal routes are unavailable.

ROUTE 1 - PRIMARY

DESTINATION: _____

KEY ROADS / TURNS: _____

HAZARDS / CHOKE POINTS: _____

FUEL / STOP NOTES: _____

ROUTE 2 - ALTERNATE

DESTINATION: _____

KEY ROADS / TURNS: _____

HAZARDS / CHOKE POINTS: _____

FUEL / STOP NOTES: _____

ROUTE 3 - BACKUP

DESTINATION: _____

KEY ROADS / TURNS: _____

HAZARDS / CHOKE POINTS: _____

FUEL / STOP NOTES: _____

BLACKOUT TOTE INVENTORY

Use this as the label-side inventory for your grab-and-go outage tote.

☐ Flashlights

☐ Lantern

☐ Headlamps

☐ Extra batteries

☐ Power banks

☐ Charging cables

☐ Weather radio

☐ Stored water

☐ Shelf-stable food

☐ Manual can opener

☐ First aid

☐ Hygiene supplies

☐ Comfort items

☐ Printed contacts

☐ Paper map

☐ Other:

CHECK / ROTATION LOG

DATE	BATTERIES	WATER / FOOD	NOTES

MONTHLY READINESS LOG

A quick recurring check keeps supplies from becoming forgotten storage.

MONTH	WATER	FOOD	POWER	DRILL / NOTES

ANNUAL CHECKS

- | | |
|--|---|
| ☐ Smoke / CO alarms | ☐ Fire extinguishers |
| ☐ Document backups | ☐ Vehicle kit |
| ☐ Bug-out bags | ☐ Family contacts |
| ☐ Evacuation routes | ☐ Seasonal gear |

VEHICLE / GET-HOME ROUTE CARD

Keep a copy in the vehicle and another with your get-home bag.

HOME ADDRESS / DESTINATION

PRIMARY ROUTE

ALTERNATE ROUTE

WATER STOP / SAFE LOCATION

FAMILY CONTACT

VEHICLE / PLATE

VEHICLE QUICK CHECK

☐ Fuel level☐ Tire / spare☐ Jump pack☐ Water☐ Get-home bag☐ Flashlight☐ Phone cable☐ Seasonal gear

ROUTE / HAZARD NOTES

Preparedness information should not disappear just because the connection does.

This free guide is meant to be useful by itself. OPL Beacon is the larger offline concept: a self-contained way to reach a broader collection of practical reference material from compatible phones and computers without relying on ordinary internet access.

THE IDEA

FREE GUIDE = first steps and printable checklists. OPL BEACON = a broader offline reference resource for preparedness and everyday knowledge.

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