

AI Basics for the Curious – Spring 2026

Session 6 of 6: Navigating Life 3.0 Practical Preparedness Checklist (3–7 Days) April 28, 2026

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Practical Preparedness Checklist (3–7 Days)

Goal: Stay comfortable, connected, and independent during short disruptions

CASH (Usable Money)

- Keep small bills (\$1, \$5, \$10)
- Enough for food, gas, essentials
- Store in a safe, easy-to-access place

Cards may fail. Cash still works.

BASIC SUPPLIES (Buffer, Not Hoarding)

- 3–7 days of non-perishable food
- Drinking water (1 gallon per person per day)
- Medications (a few extra days if possible)
- Flashlight + batteries
- Basic hygiene supplies

It doesn't take collapse—just disruption.

OFFLINE ACCESS (When Devices Fail)

- Printed ID copies
- Insurance information
- Emergency contact list (written down)
- Important phone numbers (not just in your phone)
- Optional: USB drive with key documents

If it's connected, it can fail.

COMMUNICATION PLAN

- Out-of-area contact: _____

- Phone: _____

- Meeting location (near home): _____

- Backup location (outside area): _____

- Use SMS/text as backup if apps fail

- Keep a written contact list at home

Communication fails in layers—have backups.

REAL-WORLD SKILLS

- Navigate without GPS

- Contact others without apps

- Solve basic problems independently

These are resilience skills—not outdated skills.

PERSONAL RESILIENCE

- Who can I rely on? _____

- Who can rely on me? _____

ONE ACTION STEP (Do this this week)

- _____

FINAL REMINDER

**The more digital the world becomes...
the more valuable real-world capability
becomes.**

STAY INDEPENDENT: YOUR PRACTICAL READINESS CHECKLIST FOR A DIGITAL WORLD

TANGIBLE ESSENTIALS (Cash & Supplies)



SECURE "USABLE" CASH



- ✓ **Keep a stash of small bills (\$1s, \$5s, \$10s).**
During outages, stores may stay open but often cannot provide change for large bills.

BUILD A 5-DAY BUFFER



- ✓ **Stock the basics: Food, water, and medications.**
Aim for enough supplies to bridge a temporary disruption in store deliveries or fuel.

INFORMATION & SKILLS (Access & Communication)

CREATE A PHYSICAL PAPER TRAIL



- ✓ **Print copies of IDs, insurance, and emergency contacts.**
If it's stored in the cloud, it can be unreachable during a network glitch.

BUILD A "HUMAN" COMMUNICATION PLAN



LOCAL FAMILY OUT-OF-AREA CONTACT (FAMILY HUB)

- ✓ **Designate one out-of-area contact as a family check-in hub.**
Local networks often fail first; an out-of-state contact can relay messages between family members.

MASTER OFFLINE NAVIGATION



- ✓ **Keep paper maps and a written list of phone numbers.**
Ensure you can find your way and reach loved ones even if GPS and digital contacts vanish.