

THE 90-DAY CHALLENGE / FREE EDUCATIONAL DIRECTORY

90-DAY PREPAREDNESS RESOURCE GUIDE

FREE ARTICLES • VIDEOS • GUIDES

The question is not just what you have stored. It is whether your household has the skills, backup systems, and trusted relationships needed to function through an extended emergency.

HOW TO USE THIS GUIDE

01 Choose the preparedness area you want to strengthen.
02 Open the free article, video, or downloadable guide.
03 Learn, practice, and save useful resources ahead of time.

EIGHT ESSENTIAL AREAS

01 Food & Water
02 Power & Fuel
03 Temperature & Shelter
04 Communications & Intelligence
05 Medical & First Aid
06 Security & Protection
07 Sanitation & Hygiene
08 Community & Mental Resilience

No purchases or sign-ups are required to use this directory.





THE RESOURCE LIBRARY / DIRECT LINKS

01 FOOD AND WATER

30-Day Emergency Food Supply Video
WATCH VIDEO

PLAN & PREPARED | VIDEO

Practical food-storage starting point for building a month of emergency meals.

Food Shelf-Life Guide
OPEN PDF

PLAN & PREPARED | FREE PDF

Quick reference for food storage longevity, shelf life, and supply rotation.

DIY Water Filter Guide
OPEN PDF

PLAN & PREPARED | FREE PDF

Illustrated improvised filtration project. Filtering alone does not make water safe to drink.

Long-Term Water Storage
READ ARTICLE

PLAN & PREPARED | ARTICLE

Water storage containers, treatment options, and alternative sources. Safety updates planned.

02 POWER AND FUEL

Battery Storage Guide for Homeowners
OPEN PDF

SOLAR UNITED NEIGHBORS | NONPROFIT PDF

How home batteries work, including storage capacity, solar integration, and backup power.

Generator Checkup: Meaningful Maintenance
READ ARTICLE

PENN STATE EXTENSION | UNIVERSITY

Maintenance and safety practices for keeping emergency generators dependable.

Solar and Resilience Basics
READ ARTICLE

U.S. DEPARTMENT OF ENERGY | ARTICLE

How solar electricity and batteries may contribute to resilience during outages.





THE RESOURCE LIBRARY / DIRECT LINKS

03 TEMPERATURE AND SHELTER

Survive a Winter Power Outage and Stay Warm
WATCH VIDEO

CITY PREPPING | VIDEO

Practical ideas for keeping warm when conventional heating is unavailable.

Extreme Heat Safety
READ ARTICLE

AMERICAN RED CROSS | NONPROFIT

Heat exposure, heat illness signs, and practical safety precautions.

During Extremely Cold Weather
READ ARTICLE

NATIONAL WEATHER SERVICE | GUIDE

Cold-weather survival, hypothermia awareness, and safer heating practices.

04 COMMUNICATIONS AND INTELLIGENCE GATHERING

Emergency Communication Preparedness
WATCH VIDEO

HAM RADIO CRASH COURSE | VIDEO

Communications planning, practical radio services, and backup methods.

Amateur Radio Emergency Communication
READ ARTICLE

ARRL | NONPROFIT

Learn about amateur radio networks that support disaster communications.

NOAA Weather Radio All Hazards
OPEN PDF

NATIONAL WEATHER SERVICE | FREE PDF

Radio alerts, frequencies, reception, and official emergency weather information.

Send a Radiogram by Amateur Radio
READ ARTICLE

ARRL NATIONAL TRAFFIC SYSTEM | GUIDE

See how message traffic can be relayed through a volunteer radio network.





THE RESOURCE LIBRARY / DIRECT LINKS

05 MEDICAL NEEDS AND FIRST AID

Where There Is No Doctor
READ ARTICLE

HESPERIAN HEALTH GUIDES | NONPROFIT

Free medical-reference chapters covering common health needs when help is limited.

STOP THE BLEED: Online Course
READ ARTICLE

AMERICAN COLLEGE OF SURGEONS | TRAINING

Free training covering recognition and initial control of life-threatening bleeding.

Emergency Prescription Preparedness
READ ARTICLE

CENTERS FOR DISEASE CONTROL | GUIDE

Plan for medication continuity, documentation, and special storage needs.

06 SECURITY AND PROTECTION

Firearms for Preppers, Part II
READ ARTICLE

PLAN & PREPARED | ARTICLE

Considerations on firearm selection, training, reliability, and preparedness. Updates planned.

Ammo Gets Damaged Like This (Check Yours)
WATCH VIDEO

PLAN & PREPARED | VIDEO

Why ammunition storage conditions and handling matter over time.

3 Crucial Aspects of Any Security Plan
WATCH VIDEO

PLAN & PREPARED | VIDEO

A practical framework for thinking beyond equipment in a household security plan.





THE RESOURCE LIBRARY / DIRECT LINKS

07 SANITATION AND HYGIENE

Survival Basics: Sanitation and Waste Management
READ ARTICLE

OREGON STATE UNIVERSITY EXTENSION

Emergency toilets, hygiene arrangements, and waste handling when utilities fail.

Emergency Toilet Project and Guidebook
READ ARTICLE

REGIONAL DISASTER PREPAREDNESS ORGANIZATION

Alternatives for sewage-service interruptions, waste containment, and sanitation.

08 COMMUNITY, NETWORKING, AND MENTAL RESILIENCE

How to Meet Other Preppers
READ ARTICLE

CITY PREPPING | INDEPENDENT ARTICLE

Finding like-minded people and building relationships around complementary skills.

Emotional Recovery After a Disaster
READ ARTICLE

AMERICAN RED CROSS | NONPROFIT

Coping with disaster stress, routines, and supporting others.

CERT Basic Training Manual
OPEN PDF

FEMA | FREE TRAINING PDF

Community teamwork, basic emergency response skills, and neighborhood readiness.

