TECH 4 GROWN-UPS

BE READY.
NOT SCARED.

A calm, practical guide to the 72-hour tech and scam plan

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What governments are saying

Country / region	Advice (days of supplies)
United Kingdom	About 3 days (72 hours)
France	3 days
Germany	Up to 10 days
Sweden / Norway	About 1 week
Japan	Up to 1 week (reported)
European Union	72 hours (March 2025)
Canada	At least 72 hours

Check each government's official page. Advice varies by source and changes.

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FORTRESS = bases, not civilians

- Pentagon FORTRESS initiative, announced September 2026
- Reported: US bases must run 90+ days without civilian power, fuel, water or supply
- Pentagon spokesperson shared the report; the 90-day figure is not explicitly confirmed
- It is a military requirement. No instruction to civilians.

Sources: Fox News (reported Oct 25), Snopes (rated "mostly true"). Pentagon has not explicitly confirmed 90 days.

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72-hour basics

- WATER: about 4 litres per person per day in Canada (drinking + hygiene). Check your country.
- FOOD: no-cook items, plus a manual can opener
- CASH: small bills. Cards and machines may fail
- MEDICATIONS: a few days' supply + a written list with doses
- LIGHT & RADIO: flashlight, batteries, battery or hand-crank radio
- Medical device? Tell your utility company now

Use your government's official checklist for exact amounts.

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Your tech go-bag

- POWER: a charged power bank + cables for each phone. Recharge monthly
- LOW POWER MODE: dim screen, close apps, limit background refresh
- OFFLINE MAPS: download your area now
- PAPER CONTACTS: family, doctor, pharmacy, neighbours
- RADIO: battery or hand-crank. Works when phones don't

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Documents + accounts

- SCAN: ID, insurance, medical records, key account info
- STORE: cloud storage with multi-factor authentication, plus paper copies in a waterproof pouch
- 2-FACTOR CODES: print backup codes. Texts may not arrive
- ALERTS: sign up for your official alert app (Canada: WeatherCAN)
- LANDLINE: keep one corded phone. Cordless phones need power

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Do this today

- [ ] Charge power banks and test cables
- [ ] Download offline maps
- [ ] Write a paper contact list
- [ ] Print 2-factor backup codes
- [ ] Scan and secure key documents
- [ ] Sign up for official alerts
- [ ] Talk to one older relative or neighbour

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Fear is the product

- FAKE ALERTS: "urgent government notice" with a link
- "MOVE YOUR MONEY NOW": banks never ask you to transfer to a "safe account"
- SURVIVAL KIT & GENERATOR SCAMS: fake stores, countdown clocks
- FAKE RELIEF & CHARITY requests
- "EXPERTS" who want your email, your card and your fear
- Pattern: urgency, secrecy, authority, fear

Source: FTC warns scammers pose as officials, charities and contractors after emergencies.

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STOP.
CLOSE IT.
CALL SOMEONE YOU TRUST.

Real emergencies don't come with a countdown timer and a payment link.

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Go deeper

- FREE: 72-Hour Tech & Scam Checklist. Link in the description
- Tech 4 Grown-Ups Academy Toolkit: ~62 pages, plain-language, step-by-step how-tos
- $39.99 | Free updates for life | Seminar 1 included (live on Zoom)
- Digital product, non-refundable
- Seminar 2 (advanced, AI and more): $40

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