Ready, not rattled.

The stockpiling headlines, sorted out for western North Dakota households. What governments actually recommend, why the 90-day number is not aimed at you, and what to do this weekend.

3 days	The U.S. household baseline. Several days of supplies, per Ready.gov and the CDC.
1 gal	Water per person, per day, for drinking and sanitation.
90 days	The Pentagon's self-sufficiency target for military bases. Not household guidance.

WHAT SET THIS OFF

In late October 2026, three things landed at once. Fox News reported that the Pentagon's FORTRESS initiative is developing a requirement for major U.S. military bases to run on their own for at least 90 days. The United Kingdom launched Be Ready, asking households to prepare for three days of disruption. And a nationally syndicated radio host urged listeners to stock 30 days of food, water and power.

Online the numbers blurred together, and many people came away thinking the government wants them to keep three months of groceries. It does not. The 90-day figure is a target for military installations. U.S. household guidance has not changed: a few days of supplies, with a longer cushion if you can manage it. Experts quoted on the viral warning said there is no public indication of a specific, imminent threat behind it.

WHAT GOVERNMENTS ACTUALLY RECOMMEND

WHO	HOW LONG TO BE ABLE TO MANAGE ON YOUR OWN
United States (Ready.gov, CDC)	Several days. CDC: 3 days minimum, 2 weeks if you can.
Canada (Get Prepared)	At least 72 hours.
United Kingdom (Be Ready, Oct. 2026)	3 days.
European Union (Preparedness Union Strategy, Mar. 2025)	Minimum of 72 hours.
Norway (DSB)	One week.
Sweden (MSB, *If Crisis or War Comes*)	One week.
U.S. military bases (FORTRESS, in development)	90 days. Applies to installations, not homes.

Water: the U.S. says 1 gallon per person per day, Canada 2 liters, the UK 3 liters, Norway 20 liters per person for the week.

WHY CYBERATTACKS ARE ON THE LIST

Electricity, water treatment, fuel pumps, card readers, cell towers and emergency alerts all run on connected systems. An attack on any of them looks like a storm outage without the storm: no power, no running water, no tap-to-pay. Emergency managers also warn that an attack may be timed to a natural disaster, when responders are already stretched. So every kit above is built to work with no internet, electricity or card reader: cash, a battery radio, printed phone numbers.

THE WESTERN NORTH DAKOTA VERSION

Out here the likeliest disruption is weather, with a power outage riding behind it: blizzards, extreme cold, ice, flooding, grass fires and summer storms. A few local realities change the plan.

- **On a private well?** No power usually means no water. Fill clean jugs and the bathtub before a storm, and keep stored water year-round.
- **Furnaces need electricity,** even on gas or propane. Decide now how you would stay warm: blankets, one room to heat, a place to go. Never run a generator, grill or camp stove indoors.
- **Distance is the hazard.** NWS Bismarck warns that responders can take hours to reach you in a storm. Plan to stay put, and keep a winter kit in every vehicle: blankets, layers, water, hand warmers, flashlight, shovel, sand, snacks. Keep the tank full. If stranded, stay with the car.
- **Prescriptions, pets and livestock.** Keep a medication buffer if your pharmacy allows, and plan feed and water that does not depend on a pump.

BUILD IT IN A WEEKEND

- [ ] Water, 1 gal per person per day
- [ ] Manual can opener
- [ ] Hand-crank or battery radio
- [ ] First-aid kit, medications
- [ ] Baby, pet and livestock needs
- [ ] Printed contacts, copies of IDs
- [ ] Shelf-stable food, 3+ days
- [ ] Flashlights, spare batteries
- [ ] Phone power bank, charged
- [ ] Hygiene and sanitation items
- [ ] Cash in small bills
- [ ] Blankets, layers, hand warmers

HOUSEHOLD	3 DAYS	7 DAYS
1 person	3 gal	7 gal
2 people	6 gal	14 gal
4 people	12 gal	28 gal
6 people	18 gal	42 gal

Three days is the floor, seven is the goal. Illness, pregnancy, pets and heat push the numbers up. Store what you will actually use, and rotate it so nothing goes to waste.

KNOW BEFORE YOU NEED IT

- **County alerts.** Sign up for your county's notification system. Stark County moves from Everbridge to Hyper-Reach on Jan. 1, 2027: register at **hyper-reach.com/ndstarksignup.html** or call 701-456-7605.
- **Roads.** Call 511 or check **travel.dot.nd.gov** before winter travel. Never drive on a closed road.
- **State and weather. ndresponse.gov** for active emergencies and burn restrictions; **weather.gov/bis** and NOAA Weather Radio for warnings.
- **Power.** Keep your electric co-op's or MDU's outage line in your phone and on paper.

THE BOTTOM LINE Start with three days. Build toward seven. Sign up for your county's alerts. You do not need a bunker, a 90-day pantry or a panic cart.

Sources: FEMA Ready.gov; CDC; Government of Canada, Get Prepared; UK Be Ready (Oct. 2026); European Commission, Preparedness Union Strategy (Mar. 2025); Norway DSB; Sweden MSB; NWS Bismarck; NDDOT; Stark County Emergency Management; reporting by Fortune, Reader's Digest, Inside Radio and Fox45 (Oct. 2026). General information, not official emergency guidance. Follow local authorities. © 2026 Storyteller Studios, 40 1st Ave W, Suite 301, Dickinson, ND 58601.

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