

THE FIRST 48 HOURS

A Hacker's Guide to Surviving When Everything Fails

Doomsday Prepping Village

Tally Bong • King Darius • Lone Ghost

PREPARE • RESPOND • RECOVER

```
> incident.start()
```

```
grid: DOWN  
comms: DEGRADED  
water: UNKNOWN  
roads: PARTIAL  
cloud: UNREACHABLE
```

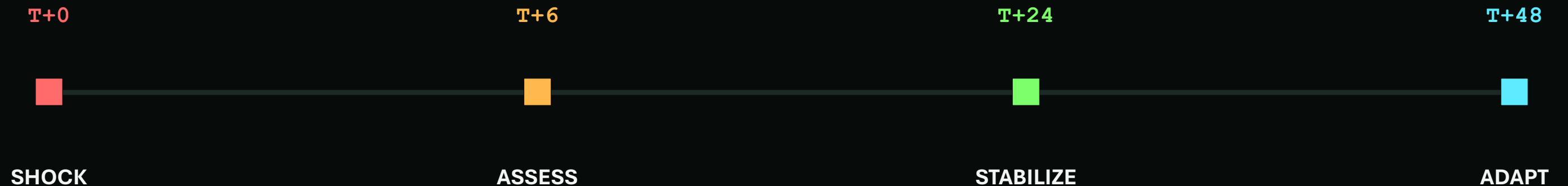
```
status: YOU ARE IT
```



Why the First 48 Hours Matter

The objective is not comfort. It is to avoid compounding failures.

- Information is incomplete — rumors move faster than verified facts.
- Infrastructure may fail in layers: power → telecoms → payments → logistics.
- Small mistakes become big problems: dehydration, unsafe movement, dead batteries, lost family members.
- Outside help may be delayed, overloaded, or unable to reach you.



Think Like an Incident Responder

Survival is incident response with humans, physics, and limited batteries.

DETECT

What changed? What still works?

TRIAGE

What can hurt us first?

CONTAIN

Stop problems from spreading.

RECOVER

Restore minimum viable capability.

LEARN

Update the plan as facts change.



Priority Stack: People Before Packets

Use consequence × urgency, not fear × noise.

1	LIFE SAFETY	injury • fire • structural hazards
2	WATER	safe supply • treatment • rationing
3	SHELTER	weather • temperature • sanitation
4	COMMS	family status • local information • signaling
5	POWER + DIGITAL	energy budget • data • identity • money



The First 15 Minutes

Do less. Verify more. Prevent the second emergency.

- STOP: control panic and unnecessary movement.
- CHECK PEOPLE: injuries, accountability, immediate medical needs.
- CHECK HAZARDS: fire, gas, electricity, unstable structures, flooding.
- GRAB ESSENTIALS: shoes, light, phone/radio, water, go-bag only if needed.
- LISTEN: official alerts + trusted local sources. Do not amplify rumors.



Build Situational Awareness

Create a local truth before you make a big move.

SELF

people • injuries • stress • skills

SITE

structure • fire • water • exits

SYSTEMS

power • cellular • internet • roads • payments

SURROUNDINGS

neighbors • hazards • weather • official instructions

RULE: Separate OBSERVED / REPORTED / ASSUMED.

Shelter in Place or Evacuate?

Movement is a risk. Staying is also a risk. Compare them.

STAY

- Structure is safe
- Hazards are controllable
- Water/sanitation are viable
- No credible evacuation order

GO

- Fire / collapse / flood threat
- Medical need exceeds capability
- Authorities direct evacuation
- Conditions are deteriorating

Pre-plan PRIMARY + ALTERNATE destinations and routes.

Water: Your Hardest Dependency

Store it. Protect it. Treat uncertain sources.

STORE

Known-safe water
Accessible without power

TREAT

Boil / filter / disinfect
Follow product & public-health
guidance

PROTECT

Clean containers
Separate raw vs treated

Do not ration drinking water so aggressively that people become dehydrated.

Build a Communications Ladder

Assume every layer can fail independently.

1	IN-PERSON	rally point • written note
2	SMS / VOICE	short status messages
3	INTERNET	messaging • email • status pages
4	RADIO	local voice • monitored channels
5	RUNNER / SIGNAL	pre-agreed fallback



Meshtastic and LoRa

A low-power text layer for disrupted or unavailable networks.

- 1

LoRa

long-range, low-data radio link
- 2

MESHTASTIC

open mesh for short encrypted messages
- 3

FIELD USE

check-ins • coordinates • alerts • team status
- 4

NETWORK DESIGN

high relays • shared settings • power plan
- 5

LIMITS

no voice or broadband • terrain still matters



MCPH
MESHTASTIC COMMUNITY
PHILIPPINES



Powered

Group by Public PH_915

Meshtastic Community Philippines [MCPH]

Public group · 753 members



+ Invite

Share

Joined

Meshtastic - Recommended Philippine Community Settings

Region Code	PH_915
Primary Channel Name	LongFast
Modem Preset	Long Range - Fast (LongFast)
Frequency Slot	0 or 12
Frequency	917.875 MHz
MQTT Root Topic	msh/PH_915

For the PH_915 region, you can leave the Frequency Slot at its default setting of 0 (Auto). To confirm you are on the correct public channel, check that your device is using the frequency 917.875 Mhz (Slot 12).

NOTE: The default setting (Slot 0) should automatically use the correct frequency. However, if you cannot connect to the public channel, you can manually set the Frequency Slot to 12 (917.875 Mhz).



MCPH
MESHTASTIC COMMUNITY
PHILIPPINES

Treat Energy Like a Finite Incident Budget

Watts are resources. Spend them on mission-essential functions.

TIER 1

medical / safety / essential comms

TIER 2

lighting / information / navigation

TIER 3

computing / comfort / entertainment

Battery rule: reserve capacity for the next information window.

Your Digital Life Must Work Offline

A disaster is a terrible time to discover your identity lives in the cloud.

- **OFFLINE COPIES:** IDs, emergency contacts, prescriptions/critical records, insurance and property references.
- **ACCESS:** password manager with tested offline access; recovery codes stored securely.
- **MONEY:** multiple payment options + modest emergency cash; expect terminals and ATMs to fail.
- **DEVICES:** strong passcodes, encryption, updates, backups, remote-loss protections where appropriate.
- **SCAMS:** disaster-themed phishing, fake donation links, fake advisories, and impersonation spike during crises.



Offline AI as a Decision Aid

Useful for retrieval and summarization, with human verification.

GOOD USES

- Search local manuals and notes
- Summarize stored procedures
- Translate / reformat information
- Generate checklists from known plans

VERIFY FIRST

- Medical or electrical advice
- Structural safety decisions
- Unverified locations or routes
- Any answer without a trusted source

Rule: LOCAL MODEL + VERIFIED SOURCES + HUMAN JUDGMENT

A Local Knowledge Server

Offline references, maps, learning content and optional local AI.

CORE CAPABILITIES

- Offline reference library
- Locally stored maps
- Training and educational content
- Your plans, manuals and checklists

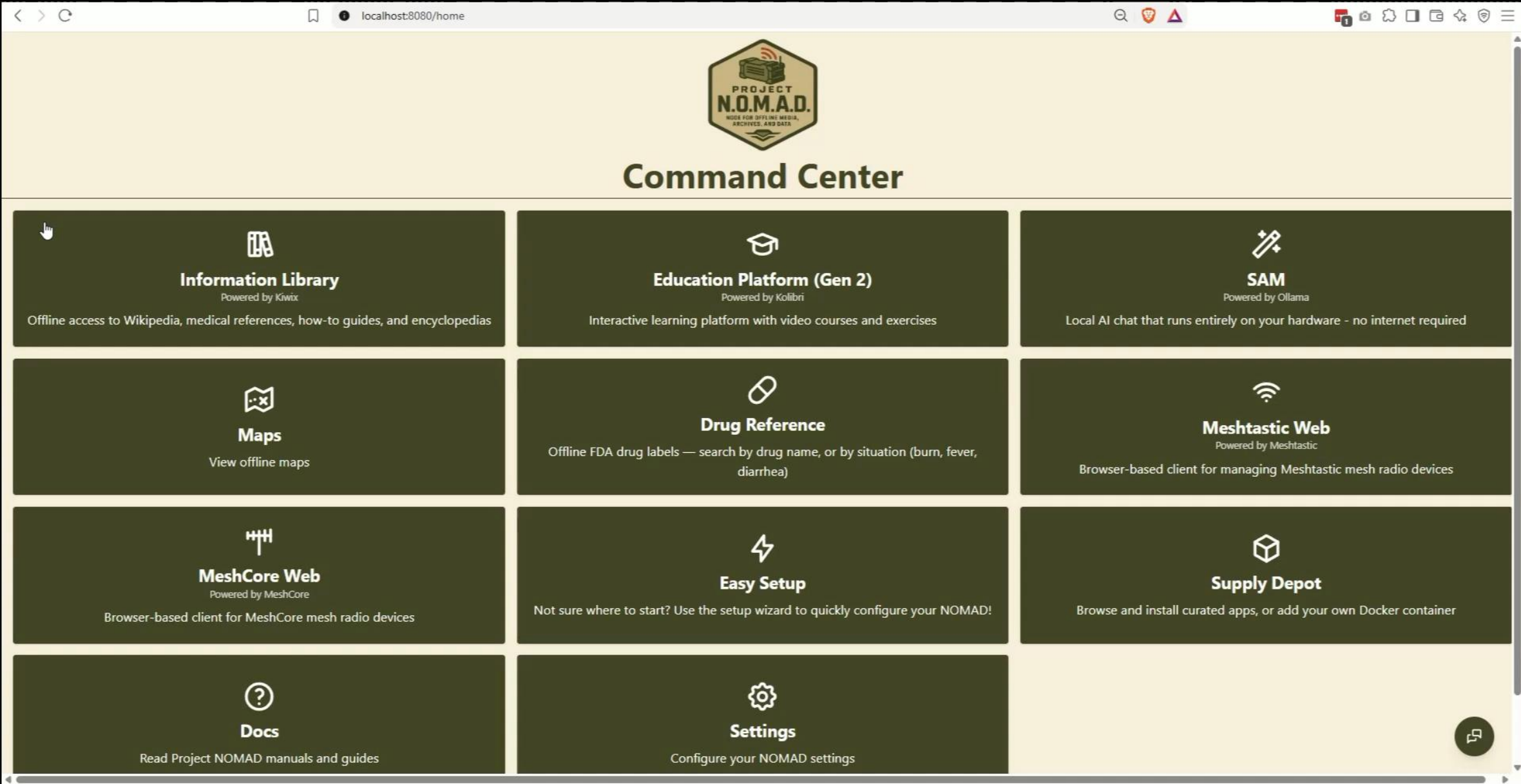
OPERATING RULES

- Test the system without internet
- Keep authoritative sources locally
- Back up critical content
- Budget power for server and Wi-Fi

LOCAL CONTENT + LOCAL NETWORK + VERIFIED SOURCES

A Local Knowledge Server

Offline references, maps, learning content and optional local AI.



Build a Resilience Repository

Your emergency wiki should survive the internet.

MAPS

offline maps • routes • hazard areas

CONTACTS

family • neighbors • utilities • responders

MANUALS

power • radios • water • vehicles • first aid references

PLANS

rally points • evacuation • roles • checklists

RECORDS

protected copies of essential documents

Turn a Household Into a Small Response Team

Clear roles beat everyone doing everything.

LEAD

decisions • priorities • external coordination

SAFETY

first aid • hazards • accountability

LOGISTICS

water • food • power • sanitation

COMMS

information • messages • radio • documentation

Every critical role needs a backup.

Security Without Paranoia

Protect people, information, and scarce resources — without creating conflict.

- Share need-to-know details publicly; keep sensitive location, access, and inventory details limited.
- Verify identities and requests, especially when someone invokes urgency or authority.
- Keep devices locked; avoid unknown USB devices, QR codes, Wi-Fi networks, and “emergency” downloads.
- Coordinate with neighbors: mutual aid improves security and information quality.
- De-escalation, visibility, lighting, locks, and community presence usually beat confrontation.



Design for Graceful Degradation

Redundancy is not owning two identical gadgets.

PRIMARY

fiber internet
→ mobile data
→ radio / offline

ALTERNATE

grid power
→ battery
→ solar / vehicle

CONTINGENCY

tap water
→ stored water
→ treated source

Different failure modes = real resilience.

Practice Failure Before Failure Practices You

A plan that has never been tested is a hypothesis.

- Run a 2-hour “internet down” drill.
- Run an evening “grid down” drill.
- Navigate to your rally point without cloud maps.
- Test radios, batteries, lights, water treatment, and offline documents.
- After-action review: What failed? What was confusing? What do we change?



BREAK → OBSERVE → FIX → REPEAT

The 48-Hour Playbook

Four phases. One objective: stay safe while options remain open.



Build Capability, Not a Gear Pile

Skills + plans + tested tools + people.

KNOWLEDGE

SKILLS

RELATIONSHIPS

TOOLS

Buy gear only after you know which failure it solves.

Five Things to Do This Week

Turn the talk into action before the conference badge comes off.

1 Choose two family rally points.

2 Store and protect a practical water reserve.

3 Create one offline emergency folder + printed contact sheet.

4 Define a communications ladder and test it.

5 Run one short outage drill and fix the biggest failure.

RESILIENCE IS A SYSTEM.

Design it. Test it. Break it safely. Improve it.

The goal is not to prepare for the end of the world.
The goal is to remain useful when the unexpected happens.

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Q&A // DOOMSDAY PREPPING VILLAGE