



The Tactician's Crisis Planner

A practical planning workbook for the woman who believes preparedness starts with clarity, strategy, and staying three steps ahead.

1. Emergency Contacts

Primary emergency contact: _____

Secondary emergency contact: _____

Local meeting point: _____

Out-of-area contact: _____

Important phone numbers: _____

2. Bug-Out Planning

Primary bug-out location: _____

Backup location: _____

Route A: _____

Route B: _____

Fuel reserves checked? Yes / No

Vehicle prep complete? Yes / No

3. Supply Inventory

Food storage reviewed: _____

Water supply updated: _____

Medical supplies checked: _____

Batteries & lighting tested: _____

Cash reserves counted: _____

4. Communication Plan

Offline contacts printed? Yes / No

Radio frequencies saved? Yes / No

Backup chargers packed? Yes / No

Family communication plan reviewed? Yes / No

5. Mental Readiness

What helps keep me calm? _____

Grounding techniques I use: _____

My top 3 priorities in a crisis: _____

Things I can control: _____

6. Weekly Preparedness Tasks

☐ Rotate pantry items

☐ Test flashlights and radios

☐ Practice one survival skill

☐ Update planner notes

☐ Review bug-out bag