

XREADINESS CARD



PRIORITIZE Air. Water. Shelter. Warmth. Calm. Food.

WATER 3L/day/person. Purify if unsure (boil, filter, or use tablets).

FOOD 2,000–2,500 kcal/day. High-calorie, no-cook if possible.

INFORMATION Battery/crank radio. Trust only verified alerts.

FIRST AID Stop bleeding. Keep warm. Treat shock.

SCAN THE QR TO READ THE FULL XR GLOBAL PREPAREDNESS GUIDE



PACK Water, food, knife, light, radio, meds, documents.

EVACUATE Unsafe structure, toxic air, fire/flood is near, aggressive/panicking crowd.

WARMING Layer up, insulate ground, cover head/hands or do physical activity.

COOLING Shade, hydrate, rest, light clothing.

CALMING Inhale (5 sec), exhale (5 sec). Repeat until calm.

HELPING Never compromise your own security.
The calmest person leads. Let it be you.

SCAN THE QR TO READ THE FULL XR GLOBAL PREPAREDNESS GUIDE

