Home Defense Plan

A family planning workbook for safety, preparedness, and peace of mind

NOT TODAY SELF-DEFENSE & FIREARMS TRAINING

The best outcome is that nothing ever happens.

THIS PLAN BELONGS TO

Household: _____

Address: _____

COURSE INFORMATION

Course: _____

Date: _____

Instructor: _____

BEFORE YOU BEGIN

About This Plan

A take-home planning workbook for your household

Purpose: help your family think ahead, assign roles, choose a safe room, keep communication working, store what you need to ride out an emergency, and act from a plan instead of from panic. The best outcome is that nothing ever happens. This plan exists so that if something does, your family already knows what to do.

Family name / household: _____

Date created: _____

Last reviewed: _____

Plan completed with instructor (optional): _____

Keep this plan private

Keep this document printed and accessible to the responsible adults in the household. Review it with family members in an age-appropriate way. Do not store maps, alarm codes, or security details online unless you have a clear reason and secure storage.

How to use this plan

- **Walk it, don't just write it.** Fill in each section while physically walking the house.
- **Start with the most likely problem.** For most families that is fire, earthquake, a medical emergency, or a burglary, not a movie-style attack.
- **Assign a primary and a backup for everything.** A plan that lives in one person's head is not a family plan.
- **Practice calmly.** Short, low-drama walk-throughs build the habit without scaring anyone.

1 Family and Emergency Information

Item	Details
Home address	
Nearest cross street / landmark	
Emergency: 911	
Local police / sheriff (non-emergency line)	
Poison Control: 1-800-222-1222	
Nearest hospital / trauma center	
Trusted neighbor	
Out-of-area family contact	
Alarm company / security contact	
Attorney / self-defense insurance hotline	
Veterinarian / emergency vet	

Family Members

Name	Age	Medical needs	Mobility / support needs	Phone

Pets

Pet	Usual location	Who retrieves (if safe)	Notes

2 Main Threats We Are Planning For

Choose the threats that are realistic for your area and family. Separate the most likely threat from the most dangerous threat.

- ☐ Home invasion
- ☐ Burglary while home
- ☐ Burglary while away
- ☐ Fire / wildfire
- ☐ Earthquake / natural disaster
- ☐ Extended power or water outage
- ☐ Medical emergency
- ☐ Civil unrest
- ☐ Terror attack / mass violence
- ☐ Other: _____

Our most likely threat: _____

Our most dangerous threat: _____

The threat we are least prepared for: _____

3 Early Warning Systems

Early warning buys the family time to move, communicate, and make decisions.

- ☐ Doorbell camera
- ☐ Exterior cameras
- ☐ Motion lights
- ☐ Alarm system
- ☐ Dogs
- ☐ Neighbors / street group
- ☐ Local emergency alerts
- ☐ Police / community notifications
- ☐ Other: _____

Who receives alerts first? _____

Backup alert receiver: _____

Weaknesses in our early warning:

_____

_____

One upgrade that would improve warning: _____

4 Likely Breach Points

Walk the home and rank entry points by how easy they are to get through. Start with the weakest point, not the most obvious one.

Entry point	Risk level	Why vulnerable	Current protection	Needed improvement
Front door	High / Med / Low			
Back door	High / Med / Low			
Garage door	High / Med / Low			
Interior garage door	High / Med / Low			
Sliding door	High / Med / Low			
Ground-floor windows	High / Med / Low			
Basement / side entry	High / Med / Low			
Second-floor access	High / Med / Low			
Other:	High / Med / Low			
Other:	High / Med / Low			

Weakest entry point: _____

First upgrade to make: _____

5 Safe Room Options

The safe room is the best available room or position to gather, communicate, delay entry, and preserve options. It should never become a trap.

Option	Room / location	Strengths	Weaknesses	Reachable?	Emergency exit?
Option 1				Yes / No	Yes / No
Option 2				Yes / No	Yes / No
Option 3				Yes / No	Yes / No

Chosen primary safe room: _____

Backup safe room: _____

Safe Room Criteria

- ☐ Fast access for family
- ☐ Phone signal or other comms
- ☐ Defensive advantage
- ☐ Does not become a trap
- ☐ Door can be locked / blocked / delayed
- ☐ Supplies available
- ☐ Emergency exit or backup escape

Biggest weakness of our chosen safe room: _____

First improvement to make: _____

6 Safe Room Supplies

Every item should serve one of five purposes: communicate, sustain life, treat injury, delay entry, or escape. Longer-term food and water storage is covered in Section 15.

Communicate

- ☐ Charged phone
- ☐ Backup battery / power bank
- ☐ Charging cable
- ☐ Family contact list
- ☐ Emergency numbers
- ☐ Radio / backup comms

Sustain (short-term, safe room only)

- ☐ Water
- ☐ Simple food
- ☐ Baby supplies if needed
- ☐ Critical medications
- ☐ Blankets / warmth
- ☐ Shoes

Treat Injury

- ☐ First-aid kit
- ☐ Bleeding-control kit
- ☐ Gloves
- ☐ Tourniquet
- ☐ Pressure bandages
- ☐ Personal medications
- ☐ Emergency medical info

Delay Entry and Escape

- ☐ Door wedge
- ☐ Door bar
- ☐ Reinforced lock
- ☐ Heavy furniture option
- ☐ Window tool
- ☐ Escape ladder if needed
- ☐ Keys
- ☐ Flashlight / headlamp
- ☐ Route-specific tools

Fire and Defensive Equipment

- ☐ Fire extinguisher
- ☐ Smoke / CO detector nearby
- ☐ Escape route if fire blocks room
- ☐ Firearm in quick-access safe
- ☐ Ammunition / spare magazine
- ☐ Weapon-mounted or handheld light

Missing items to add:

7 Family Roles

A plan that lives in one person's head is not a family plan. Assign a primary and a backup for each role.

Role	Primary person	Backup person	Notes
Gets children / dependents			
Controls pets if safe			
Makes the emergency call			
Provides first aid			
Defender / protection role			
Guides movement to safe room			
Checks who is missing			
Controls lights / locks / alarm			
Directs responders if safe			

Trigger word or command to start the plan: _____

"All clear" word (safe to come out): _____

Internal rally point: _____

External rally point: _____

8 Communication Plan

Communication is not only calling 911. It is how the family acts together.

Who makes the outside call? _____

Backup caller: _____

What must be reported?

- ☐ Exact address
- ☐ Where the family is located
- ☐ Description / location of threat
- ☐ What the defender looks like / is wearing
- ☐ Stay on the line if safe
- ☐ What is happening
- ☐ Whether anyone is injured
- ☐ Whether anyone in the home is armed
- ☐ Best entry point for responders

Prepared emergency call script:

> **Example script (adapt and practice it)**
>
> "My name is _____. There is an intruder in my home at **[address]**. I am in the **[room]** with **[#] people**. **[Name]** is armed and is wearing **[clothing]**. Nobody is hurt / **[who]** is hurt. Please send police."

_____

_____

_____

Family Communication Rules

- ☐ One person owns the outside call
- ☐ Keep messages short
- ☐ Communicate any change of location
- ☐ Others stay off the phone unless assigned
- ☐ Confirm who is accounted for
- ☐ Agree on a family text group / check-in

9 Defensive Position

The defensive position is chosen around the people, not around the door.

Primary defensive position: _____

What does it protect? _____

What threat path does it cover? _____

Can the defender communicate with the family? _____

Can the defender move back toward family? _____

What would make this position unsafe? _____

What is behind our likely line of fire? _____

A good defensive position should:

- ☐ Keep defender between threat and family
- ☐ Reduce exposure
- ☐ Allow communication if possible
- ☐ Not require chasing or searching
- ☐ Use home geometry
- ☐ Avoid isolation
- ☐ Preserve movement options
- ☐ Account for what's behind the threat

Firearm Storage and Access

Where firearms are secured: _____

Type of safe / lock: _____

Who has access: _____

Where the defensive firearm is staged at night: _____

Storage comes first

Store firearms locked and inaccessible to children and unauthorized people whenever they are not under your direct control, and follow current California storage law. Teach children the rule: **Stop. Don't touch. Run away. Tell an adult.** Clearing your own home is a last resort. Barricading and waiting for police is usually the safer choice.

10 Escape Routes

A safe room without an escape plan can become a trap.

Route	From	To	Who leads?	Equipment needed	What could block it?
Primary					
Backup					

Primary external rally point: _____

Backup external rally point: _____

Vehicle Plan

Where are keys kept? _____

Primary vehicle: _____

Direction / destination if leaving: _____

Keep at least half a tank of fuel? Yes / No _____

11 Night Plan

Night is harder because people are asleep, separated, and disoriented.

Where is everyone usually sleeping? _____

Who gets the children? _____

What wakes the family? _____

Where does everyone move first? _____

What if one parent is away? _____

What if a child is sleeping in another room? _____

What if the safe room is blocked? _____

Flashlight / shoes / phone at each bedside? _____

12 Daytime Plan

Daytime is different because family members may be separated.

Who is usually home during the day? _____

Where are the children during the day? _____

Who retrieves children if away from home? _____

Who stays with the home group? _____

Reunion point if home is unsafe: _____

School pickup authorizations current? _____

13 Medical and Special Needs

Critical medications: _____

Allergies: _____

Mobility limitations: _____

Children who need help moving: _____

Elderly family members: _____

Medical equipment to take if leaving: _____

Who provides first aid? _____

Where is the first-aid kit? _____

Where is the bleeding-control kit? _____

Who is trained in First Aid / CPR / Stop the Bleed? _____

14 Utilities, Documents, and Go-Bags

Most emergencies are not intruders. Know how to shut things off and what to grab.

Utility	Shutoff location	Tool needed / where kept	Who knows how?
Gas			
Water main			
Electrical panel			
Water heater (water source)			

Grab-and-Go Items

- ☐ Go-bag for each person
- ☐ Cash in small bills
- ☐ Glasses / hearing aids
- ☐ Copies of IDs / insurance
- ☐ Spare keys
- ☐ Pet carrier, leash, food
- ☐ Medication list + 7-day supply
- ☐ Phone chargers / power bank
- ☐ Copy of this plan

Where go-bags are kept: _____

Where important documents are kept: _____

15 Food and Water Supply

Planning numbers for sheltering at home through an earthquake, extended outage, or disruption. Build up in stages: two weeks first, then 30, 60, and 90 days.

Per-Person Planning Amounts

Per person	30 days	60 days	90 days
Water (drinking + basic hygiene)	30 gallons	60 gallons	90 gallons
Approx. water weight	250 lbs	500 lbs	750 lbs
55-gallon drum equivalent	about 1/2 drum	about 1 drum	about 1 2/3 drums
Food calories (avg. adult, 2,000/day)	60,000 cal	120,000 cal	180,000 cal
Food calories (active adult, 2,500/day)	75,000 cal	150,000 cal	225,000 cal
Food calories (child, about 1,500/day)	45,000 cal	90,000 cal	135,000 cal

Water baseline: **1 gallon per person per day** (about half for drinking, half for cooking and hygiene). Plan for **double** in hot weather, for nursing mothers, sick or elderly family members, and anyone doing physical work. Do not ration drinking water. Drink what you need today and look for more tomorrow.

Pets: plan about **1 ounce of water per pound of body weight per day** (a 60 lb dog needs roughly half a gallon) plus food per the label for the same 30, 60, or 90 days.

Our Household Totals

Who	How many	Water: 30 / 60 / 90 days	Calories: 30 / 60 / 90 days	Special needs
Adults				
Active adults / heavy workers				
Children				
Infants (formula, diapers, wipes)				
Elderly / special diet				
Pets				
Household total				

Example: a family of 2 adults and 2 children needs 120 gallons of water for 30 days (240 for 60, 360 for 90) and about 210,000 calories for 30 days.

What to Store

- ☐ Commercially bottled water
- ☐ Rice, pasta, oats (sealed)
- ☐ Powdered milk / formula
- ☐ Manual can opener
- ☐ Food-grade water barrels / bricks
- ☐ Peanut butter, nuts, trail mix
- ☐ Salt, sugar, oil, spices
- ☐ Paper plates / utensils
- ☐ Canned meats, beans, vegetables
- ☐ Freeze-dried / long-shelf-life meals
- ☐ Comfort foods for kids
- ☐ Multivitamins

Water Treatment and Backup Sources

- **Boil:** a rolling boil for 1 minute (3 minutes above 6,500 ft). Let cool before drinking.
- **Bleach:** plain, unscented household bleach only. For 6% bleach use 8 drops per gallon; for 8.25% use 6 drops per gallon. Stir, wait 30 minutes, and it should smell faintly of chlorine. Check the label.
- **Filter:** a quality gravity or pump filter, followed by boiling or bleach for questionable water.
- **Hidden water in the house:** the water heater (often 40 to 50 gallons; shut off power or gas and the intake first), ice, and canned liquids. Toilet tank water (not the bowl) can be used for flushing and cleaning.
- **Never** drink pool, spa, or waterbed water. Use it only for flushing.

Sanitation, Cooking, and Storage Rules

- Sanitation: 5-gallon bucket toilet with heavy-duty bags, cat litter or sawdust, toilet paper, hand sanitizer, bleach, trash bags. Sanitation failures make people sick faster than hunger does.
- Cooking: camp stove with spare fuel used **outdoors only**. Never run grills, camp stoves, or generators inside the home or garage (carbon monoxide).
- Storage: cool, dark, and off the concrete. Keep water away from gasoline, chemicals, and direct sun.
- Rotate: **store what you eat and eat what you store.** Use the oldest first and replace as you go.
- Split it up: keep supplies in more than one location so a single fire or collapse does not take everything.

Supply Rotation Log

Item	Quantity	Location	Expires / replace by	Last checked

16 After a Defensive Incident

What happens in the first minutes after an incident matters for your safety and your legal protection. Talk this through ahead of time.

- **Make sure the threat is over**, then account for every family member and treat injuries.
- **Call 911** (or make sure someone has). Say you are the victim, that someone broke in, and where you are.
- **Before police arrive, put the firearm down or holster it** if it is safe to do so. Officers do not know who the good guy is.
- **Follow every command.** Keep your hands empty and visible. Move slowly.
- **Keep it brief.** Identify yourself as the victim, point out evidence and witnesses, and say you will cooperate fully after speaking with your attorney.
- **Call your attorney or self-defense insurance hotline** as soon as you can.
- **Expect the aftermath:** shaking, tunnel vision, memory gaps, and trouble sleeping are normal. Get medical checks and support for the whole family.

Attorney name / phone: _____

Self-defense insurance provider: _____

24/7 hotline number: _____

Member / policy number: _____

17 Coming Home to Signs of a Break-In

If something looks wrong when you get home, the plan is simple: do not go in.

Warning signs

- ☐ Door open or unlocked
- ☐ Broken window or damaged lock
- ☐ Garage open unexpectedly
- ☐ Lights on or off that shouldn't be
- ☐ Unfamiliar vehicle nearby
- ☐ Pet loose or acting strange
- ☐ Alarm or camera offline
- ☐ Items moved or missing

What we do

- **Do not go in**, not even to check on a pet or grab something. Someone may still be inside.
- **Back away** to your locked car (ready to drive off) or a neighbor's house, out of view of the doors.
- **Call 911.** Say you think your home was broken into and someone may still be inside.
- **Watch from a distance.** Note descriptions of people, vehicles, plates, and direction of travel.
- **Wait for police** to clear the home and tell you it is safe to come in.
- **Touch nothing.** After police are done, photograph damage and missing items for insurance.

Neighbor we go to: _____

Who checks the cameras remotely: _____

Text that means "don't come home yet": _____

18 Door and Visitor Rules

Many home invasions start at the front door. You never have to open it.

- **Talk through the door** or the doorbell camera. Opening it is a choice, not an obligation.
- **Unexpected service or utility workers:** verify by calling the company at a number you look up yourself, not one they give you.
- **Someone says they are police:** call 911 or the non-emergency line to confirm before opening.
- **Packages:** let them leave it. There is no reason to open the door for a delivery.
- **A stranger asks to use the phone or bathroom:** offer to make the call for them through the door.
- **Late-night knock:** turn on exterior lights, check the camera, and call 911 if they will not leave or try to get in.
- **Kids home alone** do not open the door and never say they are alone. Teach a line such as "My mom can't come to the door right now."

Who answers the door in our home: _____

What kids say if home alone: _____

Who kids call before opening for anyone: _____

19 If the Plan Fails

A plan is not a script. It gives the family a starting point and a shared language for adapting.

If the primary safe room is unreachable, we go to: _____

If the safe room becomes unsafe, we: _____

If the family is split, we: _____

If communication fails, we: _____

If someone is missing, we: _____

If fire starts, we: _____

If we must evacuate for days, we go to: _____

If responders arrive, we: _____

20 Beyond the Intruder

Fires, earthquakes, and outages are far more likely than an intruder. A few minutes of planning here pays off most.

Wildfire

- **Sign up for alerts:** AlertOC (Orange County) or Alert RivCo (Riverside County), plus your city's alerts.
- **Know your evacuation zone** and at least two ways out of the neighborhood.
- **Ready, Set, Go.** *Ready:* defensible space and packed go-bags. *Set:* fire nearby, so load the car, park facing out, and keep pets close. *Go:* leave early. Don't wait for the order if you feel unsafe.
- Keep N95 masks for smoke days and evacuation.

Our evacuation zone: _____

Route 1 out: _____

Route 2 out: _____

Where we go: _____

Earthquake

- **Drop, Cover, and Hold On.** Don't run outside during shaking.
- Strap the water heater and anchor tall furniture, bookcases, and TVs.
- Shut off gas **only** if you smell gas or hear hissing. The utility has to turn it back on.
- After shaking stops: check for injuries, fire, and gas, then follow the rest of this plan.

Power Outage and Medical Devices

- List anyone who depends on power: CPAP, oxygen, powered wheelchairs, refrigerated medications.
- Know how many hours each backup battery lasts, and have a cooler plan for refrigerated meds.
- Register with your utility (SCE or SDG&E) for outage and power shutoff alerts and medical baseline programs.
- Generators run **outdoors only**, at least 20 feet from doors and windows. Never plug one into a wall outlet to power the house.

Powered devices and backup plan: _____

Low-Profile Habits

- ☐ Don't post trips in real time
- ☐ Break down boxes from big purchases
- ☐ Change codes when help or tenants change
- ☐ Hold mail and packages when away
- ☐ Use light timers when away
- ☐ No spare key under the mat

Home Inventory

- Take a slow walk-through video of every room, closet, and the garage. Open drawers and cabinets.
- Photograph serial numbers for electronics, tools, and firearms. Stolen guns are much easier to report and recover with a serial number on file.
- Store copies off-site (a secure cloud account or a trusted relative) and update once a year.

Where our inventory is stored: _____

Last updated: _____

21 First Three Upgrades

Pick realistic improvements. Start small. Finish one change before adding ten more.

Upgrade	Cost	Time required	Responsible person	Deadline
1.				
2.				
3.				

22 Practice and Review Schedule

Practice does not need to be dramatic. Walk the plan calmly so everyone knows what to do.

- ☐ Walk the family to the safe room
- ☐ Practice gathering children
- ☐ Walk the escape route
- ☐ Rotate food and water
- ☐ Review roles
- ☐ Practice the trigger and all-clear words
- ☐ Practice the emergency call script
- ☐ Check safe room supplies
- ☐ Test smoke / CO detectors
- ☐ Review with trusted adults

Next family review date: _____

Next supply check / rotation date: _____

Next practice date: _____

Next training class: _____

Train with Not Today

Home firearm safety, personal protection in the home, CCW, and First Aid / CPR / Stop the Bleed courses for Orange County and Riverside County families.

Phone: 949-848-4229

Web: www.nottodaydefense.com

Instagram: @not_today_self_defense

Facebook: Not Today Self-Defense & Firearms Training

This template is for educational and planning purposes only. It is not legal advice. Laws on the use of force and firearm storage vary by state and change over time; consult a qualified attorney and current California law. Food and water figures are general planning estimates; adjust for your family's health, ages, and climate.

A Babysitter and House Guest Sheet

Fill this out and leave it with sitters, grandparents, or guests. It deliberately contains no security or firearm details.

Home address: _____

Nearest cross street: _____

Parent 1 name / phone: _____

Parent 2 name / phone: _____

Where we are tonight: _____

Backup adult nearby / phone: _____

Trusted neighbor / phone: _____

Emergency: **911** | Poison Control: **1-800-222-1222**

Children

Name	Age	Allergies / medications	Bedtime	Notes

House Rules

- **Do not open the door** for anyone you are not expecting, even if they say they are a delivery, a utility worker, or police. Talk through the door and call us.
- **Do not post** photos of the kids or the house, or share where you are, while you are here.
- **If something feels wrong** (strange noises, someone trying to get in): gather the kids, go to the room below, lock the door, call 911, then call us.
- **Fire or smoke:** get everyone out, don't stop for belongings, meet at the spot below, and call 911 from outside.
- **Medical emergency:** call 911 first, then call us.

Room to go to and lock: _____

Outside meeting spot: _____

First-aid kit is: _____

Flashlight is: _____

If the alarm goes off: _____

B Quick-Reference Cards

Cut out these cards. Keep one in the safe room and one with the responsible adult's phone or nightstand. Keep them out of view of visitors.

NOT TODAY Home Defense Quick Card

Address:		Who calls 911:	
Trigger word:		All-clear word:	
Primary safe room:		Backup safe room:	
Inside rally point:		Outside rally point:	
Out-of-area contact:		Attorney / hotline:	
Gas shutoff:		Trauma kit:	

911 script: "Intruder in my home at [address]. I'm in the [room] with [#] people. [Name] is armed, wearing [clothing]. Nobody is hurt / [who] is hurt."

cut along the dashed line

NOT TODAY Home Defense Quick Card

Address:		Who calls 911:	
Trigger word:		All-clear word:	
Primary safe room:		Backup safe room:	
Inside rally point:		Outside rally point:	
Out-of-area contact:		Attorney / hotline:	
Gas shutoff:		Trauma kit:	

911 script: "Intruder in my home at [address]. I'm in the [room] with [#] people. [Name] is armed, wearing [clothing]. Nobody is hurt / [who] is hurt."