MEMBERS VAULT · CALCULATORS

How to use the Water, Food, and Power Calculators

These tabs are a working copy of the math already in the books. Type only in the cream-colored cells. Read every result as an estimate. I did not have an interior for *The Practical Family Compound*, so no compound-specific numbers appear here.

These are planning estimates based on the figures you enter and, where noted, on the matching book. They are not a guarantee of supply, runtime, or safety, and they are not engineering or electrical advice.

HOW TO USE THE SHEET

1. Open **Inputs** first. Enter people and days. Days starts at 30, which you can change. The books most often plan water and food in 3-, 7-, or 14-day windows; those shortcuts are listed on Inputs.
2. On **Water**, leave the daily amount at 1 gallon per person unless you have a reason to raise it. The books call that the standard guideline, and a minimum, not a comfortable amount.
3. On **Food**, the unit is days of meals your household already eats — the pantry book's own language — not calories. I did not invent a calorie figure.
4. On **Power**, type devices and a watt figure you know from the device. The sheet totals estimated watt-hours per day. It does not recommend a generator or battery size; the books do not give one.
5. Print a tab if you want a paper copy for the Offline Paper Kit. The 30-Day Shelter Pantry Tracker is the place to list what is actually on the shelf.

HOW TO READ THE MATH

Water needed (gallons) = people × gallons per person per day × days. Gap = needed − gallons on hand (not less than zero). Estimated weight (pounds) = needed gallons × 8.3.

Food, meal-days needed = people × days. Meal-days on hand = people × days of meals you already have for everyone. Gap (days) = target days − days on hand (not less than zero).

Power, watt-hours per day for one device = watts × hours used per day. Household total = the sum of those rows. If you enter the usable watt-hours of a station you already have or are considering, estimated days = that figure ÷ total watt-hours per day. Still an estimate, not a runtime guarantee, and not a recommendation to buy a particular size.

Google Sheets and Excel use the same ordinary cell math on this file (×, −, SUM, MAX, IF). Converted Sheets should keep the formulas.

BOOK FIGURES USED

Figure	What the sheet uses	Source
Daily water	1 gallon per person per day — a minimum, not a comfortable amount.	*The Practical Long-Term Pantry*, Chs. 2 and 7; *The Practical Backyard Bunker*, Ch. 10; *What Would We Do If…?*, Ch. 30; *The Offline Advantage*, App. C.
Worked water examples	Family of four: 12 gallons for 3 days; 28 for a week (bunker). 14 gallons per person, or 56 for a family of four, for 14 days (pantry Stage One).	Bunker Ch. 10; pantry Chs. 2 and 7. Offline Advantage App. C: three days minimum, two weeks better.
Water weight	About 8.3 pounds per gallon; a full 5-gallon container about 42 pounds; 7-gallon about 58; 55-gallon barrel about 450.	Pantry Ch. 7. The same chapter notes that storing more than a month of water is hard for most households.
Food unit	Days of meals for every person, using food you already eat. Stage One is two weeks; Stage Two, three months of regular meals; Stage Three, a year of long-lasting staples. No calorie default.	Pantry Ch. 2. *What Would We Do If…?*, Ch. 30, also names a two-week pantry. The pantry book does not give a per-person daily calorie number for this sheet to use.
Power	You type watts and hours. The bunker book describes a portable power station, small solar panel, LED lighting, headlamps, and a weather radio as a simple plan that works. It does not size a station in watt-hours. A generator, if you add one, stays outdoors, more than 20 feet from windows, doors, and vents, with a CO alarm running.	*The Practical Backyard Bunker*, generator and power pages, and Ch. 10. That 20-foot figure is the CDC guidance as given in the book.

The method, the why, and the checklists stay in the books. This sheet is only the math.