Emergency Kits, Grid-Down Planning, and the Pentagon's "90 Days"

A fact-checked research report on government stockpile advice in Europe and Japan, the U.S. military's new installation self-sufficiency push, and what it does and does not tell us

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How to read this report. Every factual statement carries a bracketed number [n] that points to the numbered source list at the end, with full URL and date. Sources are government websites, laws, official documents, or named officials speaking on the record. Where the only available source is a media report, it is used only if it quotes a named official or describes a primary document, and that limit is stated in the text. Where something could not be verified, the report says so. Opinion and interpretation appear only in sections clearly marked **ANALYSIS**.

Executive summary

- **The "10 days" figure is real, but it is German, and it is not new.** Germany's federal civil protection office (BBK) advises households to stock food and drink for 10 days, while noting that even 3 days is already worthwhile [14][15]. No other country reviewed uses 10 days. Sweden, Norway and Switzerland say about one week [3][8][25]. Japan says at least 3 days and, for large-scale disasters, one week [29]. The EU, Finland, Denmark, France, the Netherlands, Poland and the UK say 72 hours (3 days) [1][6][12][18][21][24][26].
- **Most of this is standing advice, not a sudden new alarm.** Several countries run a genuinely **annual** campaign: Sweden's Preparedness Week (week 39 every year since 2017) [5], Norway's Self-Preparedness Week (week 44 every year since 2019) [10], Germany's national Warning Day (second Thursday of September every year) [16], France's National Resilience Day (every year since 2022, peak on October 13) [20], Japan's Disaster Prevention Day (September 1 every year since 1960) [30], and the U.S. National Preparedness Month (every September since 2004) [35]. The big household mailings (Sweden 2024, Norway 2024, Denmark 2024, Netherlands 2025–26, Poland 2025–26) were **one-off** issuances, not yearly ones [4][9][11][21][22].
- **New in the last couple of months (Aug–Oct 2026):** the UK launched "Be Ready" on October 22, 2026, asking households to prepare for 3 days. It is the first stage of a three-year campaign [26]. Japan's disaster minister said on October 26 that he will issue an "urgent request" to all citizens on November 2, 2026, the day Japan's new Disaster Management Agency opens, asking for at least 3 days and ideally one week of food, water and toilet supplies [33]. Also in the window were the regular annual events: Japan on Sept 1, Germany's Warning Day on Sept 10, Sweden's week on Sept 21–27, France on Oct 13, and Norway's week from Oct 26 to Nov 1 [5][10][16][20][30].
- **The Pentagon program is real. The "90 days" figure is reported but not yet in a public DoD document.** On September 30, 2026, Secretary Hegseth established "FORTRESS America" by signed memo and said in a speech that every major installation will "generate its own power independent of the civilian grid" [36][37]. The public memo and press release contain **no 90-day number** [36][37]. The 90-day standard comes from a Fox News report of October 25, 2026, based on "documents reviewed" by the outlet. That report lists electricity, water, fuel and communications, and **does not list food** [39]. Snopes found that the Pentagon spokesman

quoted in that story had not explicitly confirmed the 90-day figure [40]. Status: **plausible and widely reported, but unconfirmed on the record.**

- **What came before:** the DoD instruction (2009, updated 2018) has required energy resilience for critical missions but set no fixed number of days [42]. The Army's 2020 directive set a default of 14 days of energy and water [43]. A 2021 law requires 99.9% power availability for critical missions by the end of fiscal year 2030 [45]. A May 2025 executive order requires an Army-regulated reactor operating on a U.S. base by Sept 30, 2028 [47]. The Army's Janus microreactor program (2025–26) [48][50] and the Air Force's Eielson pilot [52] build on this. If confirmed, 90 days would be new and much longer than before, but it extends a trend that is more than 15 years old [55].
- **ANALYSIS (summary):** A common interpretation holds that a 90-day standard only makes sense for a long nationwide grid collapse caused by EMP or cyberattack. The evidence supports part of this: the program does assume long grid outages, and cyberattack is a stated driver [37]. Three points cut against it. First, a base does not need a nationwide collapse to need 90 days, because a regional outage plus transformer lead times of 3–5 years can do it [54][61]. Second, solar storms are a reason to prepare precisely because the warning is only hours to days [58][60]. Third, military requirements are capability planning against worst cases, not predictions of a specific event [54]. Apophis has been officially ruled out as an impact threat. It will pass Earth safely on April 13, 2029 [63][64]. The European and Japanese timelines mostly predate the Pentagon move and have their own documented causes, so the evidence points to shared background threats and the autumn preparedness calendar, not coordination.

Part 1. What governments tell citizens to keep at home

This section covers each jurisdiction. For each one it gives what is advised, when it was issued (or last updated), whether it is a **recurring yearly** effort, and any new activity from August to October 2026. “Recurring every year” means the government itself describes the activity as yearly or as held on a fixed annual date. Having published advice “in the past” does not count.

European Union

What: The Preparedness Union Strategy asks the EU to “encourage the public to adopt practical measures, such as maintaining essential supplies for a minimum of 72 hours in emergencies,” and to “introduce an EU Preparedness Day” [1]. **When:** March 26, 2025 [1]. A Commission page updated in 2026 says the EU now supports national authorities with “guidance on 72-hour household self-sufficiency” and “a new EU Preparedness Day” [2]. **Recurring every year: Unclear.** The strategy itself was a one-off. An annual EU Preparedness Day is proposed, but this research found no official date or first edition [2]. The EU does not issue a single binding checklist. Member states issue their own.

Sweden — “Om krisen eller kriget kommer” (If Crisis or War Comes)

What: households should be able to manage their basic needs for **at least one week** [3]. **When:** the current brochure was released digitally on Oct 8, 2024 and mailed to all 5.2 million households starting Nov 18, 2024 [4]. It is the fifth national edition, after 1943, 1952, 1961 and 2018 [3]. The agency says it remains the current version and will not be redone after the agency was renamed Myndigheten för civilt försvar (MCF) [3]. **Recurring every year: Brochure: No**, since it went out in 2018 and 2024 [3]. **Campaign: Yes.** “Beredskapsveckan” (Preparedness Week) is held in week 39 “every year”. 2026 was the tenth edition, run Sept 21–27, 2026 [5]. **Aug–Oct 2026:** the annual week took place as scheduled. No new brochure was issued [3][5].

Finland

What: households should be able to cope independently for **at least 72 hours** [6]. **When:** the Ministry of the Interior’s guide “Preparing for incidents and crises” was published on Suomi.fi in November 2024. The national supply agency (NESA) announced it on Nov 26, 2024 [6]. **Recurring every year: Unclear.** The 72-hour advice is standing guidance. A national “Preparedness Day” is run by SPEK, a NESA-funded NGO, but this research could not confirm from a government source that it is held yearly. **Aug–Oct 2026:** no new national issuance found.

Norway

What: DSB recommends that people be able to manage on their own for **one week**. The checklist includes water, room-temperature food, a stove, warm clothes, a DAB radio, iodine tablets and cash [8]. **When:** the brochure was mailed to every household in autumn 2024. The previous nationwide mailing was in 2018 [9]. **Recurring every year: Mailing: No** (2018, 2024) [9]. **Campaign: Yes.** “Egenberedskapsuka” has been held every year since 2019 in week 44 [10]. **Aug–Oct 2026:** the 2026 week runs Oct 26–Nov 1, 2026, on the theme of crisis communication when mobile and internet networks fail [10].

Denmark

What: be able to cope for **three days (72 hours)**, with 3 litres of water per person per day (9 litres per person), food for three days, medicine, hygiene items, heat and an FM radio [12]. **When:** “Forberedt på kriser” was sent by Digital Post in August–early September 2024, with 300,000 printed copies, and Director Laila Reenberg was quoted [11]. **Recurring every year: Mailing: No** evidence of a yearly mailing. **Campaign: Unclear.** On Aug 24, 2026 the agency opened a DKK 2

million grant pool for citizen preparedness courses “for the second year in a row” [13]. That is a funding program, not a yearly household advisory. **Aug–Oct 2026:** the grant pool above [13]. No new advice.

Germany — BBK (source of the “10 days” figure)

What: “Stock up for 10 days”, with about 14 litres of liquid per person per week (about 2 litres a day) [14]. The new guide repeats the 10-day target and says that even three days of supplies is already useful [15]. **When:** the guide “Vorsorgen für Krisen und Katastrophen” was presented on Oct 13, 2025, with BBK President Ralph Tiesler quoted [15]. The 10-day figure was already on BBK’s standing stockpiling page [14], so it is not a new 2025 number. **Recurring every year: Guide: No**, since it is revised from time to time [15]. **Related annual event: Yes.** The national Warning Day (Warntag) is held “every year on the second Thursday in September” and aims to raise awareness of “warning and self-preparedness”. The 2026 edition was on Sept 10 [16]. **Aug–Oct 2026:** Warntag Sept 10, 2026 [16]. No new stockpile figure.

France

What: an emergency kit for the first **72 hours**, including **6 litres of drinking water per person**, non-perishable food that needs no cooking, a battery radio, flashlight, first-aid kit, medicines, spare glasses, cash, spare keys, and copies of documents in a waterproof pouch [18]. **When:** the guide “Tous responsables” was published by the SGDSN (the Prime Minister’s defense and security secretariat) on Nov 20, 2025 [17][19]. **Recurring every year: Guide: No** (one-off) [17]. **Annual event: Yes.** The National Resilience Day was “initiated in 2022” and “is now an annual event”. Its 5th edition peaked on Oct 13, 2026 [20]. Whether the guide was mailed to every household could not be verified. **Aug–Oct 2026:** National Resilience Day, Oct 13, 2026 [20].

Netherlands

What: be ready to manage the first **72 hours** without water, power or internet. The booklet covers an emergency kit and an emergency plan [21]. **When:** the booklet “Bereid je voor op een noodsituatie” was presented Nov 17, 2025 and delivered to more than 8.5 million households between Nov 25, 2025 and Jan 10, 2026. It is part of the multi-year “Denk vooruit” campaign coordinated by the NCTV [21]. **Recurring every year: Booklet: No** (one-off). **Campaign: Unclear**: it is described as multi-year, not yearly [21]. **Aug–Oct 2026:** nothing new found.

Poland

What: household supplies for **at least 3 days**, with at least 3 litres of water per person per day, ready-to-eat food, first-aid items, hygiene, battery or crank radio and flashlight, power bank, blankets, cash, and a non-electric heat source [24]. **When:** nearly 17 million printed copies were announced Dec 18, 2025. The ministry described it as the first mass mailing on this scale since the 1997 Constitution, with Minister Marcin Kierwiński and Deputy Minister Magdalena Roguska quoted [22]. By Feb 13, 2026, more than 16 million households had received it [23]. **Recurring every year: No**. It was a one-off national mailing [22][23]. **Aug–Oct 2026:** nothing new found.

Switzerland

What: the Federal Office for National Economic Supply (BWL) advises 9 litres of water per person (enough to drink and cook for three days) plus food for “about 1 week”, a battery radio, flashlight, gas stove, cash, medicines, and 50 masks [25]. Water suppliers must restore a minimum supply from the fourth day of an outage [25]. **When:** long-standing advice. The current brochure PDF is dated Feb 17, 2025 [25]. **Recurring every year: No** annual campaign found. **Aug–Oct 2026:** nothing new found.

United Kingdom

What: be self-sufficient for **three days**, with 3 litres of drinking water per person per day, non-perishable food, a torch, an FM radio, a power bank, cash, a first-aid kit, medication and blankets, plus signing up for the Priority Services Register [26][27][28]. **When:** the government has published household advice since May 2024. The “Be Ready” campaign launched Oct 22, 2026 as “the first stage of a three-year campaign” [26]. The Security Minister (Dan Jarvis) framed it around severe weather and alignment with France, Ireland and the Netherlands [26]. **Recurring every year: No.** It is a new multi-year campaign, not an annual one [26]. **Aug–Oct 2026: Yes, this is new** (Oct 22, 2026) [26].

Japan — national (Cabinet Office / Prime Minister’s Office)

What: drinking water for 3 days (3 litres per person per day), food for 3 days. For large-scale disasters, “one week’s worth” of stock is desirable [29]. **When:** standing guidance, current on the Prime Minister’s Office disaster page [29]. **Recurring every year: Yes.** By Cabinet understanding (1960, revised May 11, 1982), “Disaster Prevention Day” is September 1 “every year”, and the surrounding week is Disaster Prevention Week [30]. **Aug–Oct 2026:** Sept 1 observed as usual. Also, on Oct 26, 2026, Minister for Disaster Management Goshi Hosono said he plans to issue an “urgent request” (kinkyu yosei) to the public on Nov 2, 2026, the day the new Disaster Management Agency launches [33][34]. His quoted words: “at minimum 3 days, if possible a week’s worth of food, toilet supplies and water” [33]. This restates the existing 3-day/1-week standard. It does not raise it [29][33]. (Source note: [33] is media quoting a named minister on the record. The formal request had not yet been issued as of Oct 29, 2026. Its exact wording should be checked against the Disaster Management Agency’s site after Nov 2.)

Japan — MAFF (Ministry of Agriculture) and Tokyo

MAFF: publishes the “Food Stock Guide for Disasters” (March 2019) and a guide for people needing special care, listed with a September 2026 (Reiwa 8) edition. The summary version was changed in September 2026 [31]. These are practical how-to guides (rolling stock and similar) rather than a new day count. **Tokyo Metropolitan Government:** “first aim for 3 days”, while keeping in mind stockpiles for “one week and beyond” [32]. **Recurring every year:** Tokyo’s and MAFF’s pages are standing resources. The yearly hook is the national Sept 1 Disaster Prevention Day [30].

For comparison — United States (civilian)

FEMA’s National Preparedness Month has been “observed since 2004” every September. The 2026 edition launched Sept 1, 2026 and urged Americans to “build a kit” [35]. **Recurring every year: Yes** [35].

Summary table — Part 1

Jurisdiction	Days advised	Latest issue / key date	Yearly recurring? (source)	New Aug–Oct 2026?
EU	72 h minimum	Strategy Mar 26, 2025 [1]	Unclear: Preparedness Day proposed, no dated edition found [1][2]	None found
Sweden	1 week	Brochure Oct–Nov 2024 (5th ed.) [3][4]	Brochure NO. Preparedness Week YES, wk 39 [5]	Annual week Sept 21–27 [5]
Finland	72 h	Suomi.fi guide Nov 2024 [6]	Unclear [6]	None found
Norway	1 week	Mailed autumn 2024 [9]	Mailing NO. Self-Prep Week YES, wk 44 since 2019 [10]	Week Oct 26–Nov 1 [10]

Jurisdiction	Days advised	Latest issue / key date	Yearly recurring? (source)	New Aug–Oct 2026?
Denmark	3 days (9 L water)	Digital Post Aug–Sep 2024 [11][12]	Mailing NO. Grant pool 2nd year [13]	Grant pool Aug 24 [13]
Germany	**10 days** (3 days useful)	Guide revised Oct 13, 2025 [15]	Guide NO. Warntag YES, 2nd Thu Sept [16]	Warntag Sept 10 [16]
France	72 h (6 L water)	Guide Nov 20, 2025 [17]	Guide NO. Resilience Day YES since 2022 [20]	JNR Oct 13 [20]
Netherlands	72 h	Booklet Nov 2025–Jan 2026 [21]	Booklet NO. Campaign multi-year: unclear [21]	None found
Poland	3 days min	Mailed Dec 2025–Feb 2026 [22][23]	NO (one-off) [22]	None found
Switzerland	~1 week food, 9 L water	Brochure Feb 17, 2025 [25]	NO campaign found	None found
UK	3 days	Be Ready Oct 22, 2026 [26]	NO (new 3-year campaign) [26]	**Yes, Oct 22** [26]
Japan (national)	3 days; 1 week for big disasters	Standing [29]	YES: Sept 1 every year [30]	Sept 1. **Urgent request announced for Nov 2** [33]
Japan MAFF / Tokyo	3 days first; 1 week+	MAFF Sept 2026 guide [31]; Tokyo [32]	Standing resources	MAFF Sept 2026 edition [31]
USA (civilian)	Kit (no fixed days here)	Sept 1, 2026 [35]	YES since 2004 [35]	Sept 2026 [35]

Fact-check: “10 days of food and water”

Verdict: partly true. Only Germany (BBK) uses 10 days, and it has done so as continuing advice [14][15]. No country reviewed issued a new 10-day recommendation in August–October 2026. The countries with recent new activity (UK, Japan) say 3 days, or 3 days to 1 week [26][33].

Part 2. The U.S. military's installation self-sufficiency requirement

2.1 What is confirmed: FORTRESS America (September 30, 2026)

On Sept 30, 2026, Secretary Pete Hegseth signed a memo titled "Establishment of FORTRESS America as a Department of War Program for the Defense of the American Homeland." It calls the program "the nation's insurance policy" with five pillars: "energy independence; supply-chain and defense-industrial base resilience; a strategic defense reserve; installation hardening and cyber resilience; and resilience in space and spectrum." It ordered a Program Office stood up within 30 days [36]. The official press release says the initiative "ensures that every major U.S. military installation generates its own independent power so bases remain lit, aircraft fly, and command centers stay online even if the civilian grid is taken down by cyberattack or sabotage," and that it builds reserves of "munitions, fuel, medicine, and blood" [37]. In his speech the same day, Hegseth said: "Every major military installation in America is going to generate its own power independent of the civilian grid. If an adversary takes down the grid by cyber attack, by sabotage or by any means, our bases stay lit" [38]. On Oct 6, 2026, Under Secretary Michael Duffey named an interim program director (Matt O'Malley) [38].

2.2 What is reported but not confirmed: the "90 days"

Finding: The figure "at least 90 days" does **not** appear in the public Sept 30 memo or the official press release [36][37]. It first appeared in a Fox News Digital report on Oct 25, 2026, which said the requirement appears in "documents reviewed by Fox News Digital." According to that report, every major installation in the continental U.S. "would be expected to sustain essential operations independently for at least 90 days, including access to electricity, water, fuel and communications" [39].

On-the-record element: Pentagon chief spokesman Sean Parnell is quoted by name in that story on the rationale, for example: "Power is combat now…", and he called grid dependence an "intolerable risk" [39]. But he does not state the 90-day figure himself in the quotes published. Snopes (Oct 26, 2026) reported that Parnell shared the article on X but did not explicitly confirm the 90-day requirement, that DoD had not replied to its request, and it rated the 90-day element "undetermined" [40].

Which resources? As reported: **electricity, water, fuel, communications** [39]. **Food is not listed** in the 90-day standard in any source found. Separate FORTRESS reserves cover munitions, fuel, medicine and blood [37], and, per the Fox report, critical minerals, electronics and spare parts [39].

Bottom line: treat "90 days" as **credible but unverified** until a DoD document or an on-record official states it.

Source-quality note: Air & Space Forces Magazine (Oct 20, 2026) quoted an unnamed "senior U.S. defense official" saying about 500 continental bases are being assessed and full achievement could take decades [41]. Under this report's sourcing rule, those specific claims are **not** treated as verified.

2.3 What came before (the policy lineage)

Date	Document	What it actually says	Days?
Oct 2009	GAO-10-147 (citing 2008 Defense Science Board)	DSB: critical missions at "unacceptably high risk of extended outage from failure of the grid". 31 of DoD's 34 most critical assets relied on the commercial grid [55].	None set

Date	Document	What it actually says	Days?
Dec 11, 2009; Change 2 Aug 31, 2018	DoDI 4170.11, Installation Energy Management	Components “shall plan and have the capability to ensure available, reliable, and quality power to continuously accomplish DoD missions”. Critical energy requirements reviewed annually; annual full-scale generator test [42].	**No fixed duration**
Mar 31, 2020	Army Directive 2020-03	Sustain critical missions for a duration set by the commander. “When the duration… has not been stipulated, the Army will plan to sustain energy and water for a minimum of 14 days” [43]. Repeated in AR 525-26 [44].	**14 days** (default minimum)
Jan 1, 2021 (FY21 NDAA §316)	10 U.S.C. §2920	By end of FY2030, 100% of critical-mission energy load must have “a minimum level of availability of 99.9 percent per fiscal year”. Requires “black start” exercises (each ≤5 days, at least 5 installations per military department per year through FY2032) [45].	Uptime target, not days
Jan 13, 2021	Dept. of the Air Force Installation Energy Strategic Plan	Its threat chart includes Hurricane Maria (6+ months), Harvey (3+ months), a kinetic attack (“2 weeks plus 3–6 months to replace electrical equipment”), and EMP/geomagnetic disturbance (“318 million people, 30 days”) [54].	Scenarios up to months
Dec 17, 2024; Change 1 Aug 4, 2025	DoDI 4715.28, Military Installation Resilience	Directs installations to prioritize on-site energy generation and microgrids for resilience [46].	None set
May 23, 2025 (FR May 29)	Executive Order 14299	Army must “commence the operation of a nuclear reactor… at a domestic military base… no later than September 30, 2028”. Facilities need power that “cannot be disrupted by external threats or grid failures” [47].	—
Jun 11, 2025	Air Force: Eielson AFB microreactor	Notice of Intent to Award to Oklo, Inc. for a licensed microreactor. Contract only after NRC license [52].	—
Oct 14, 2025	Army Janus Program launched	Commercially owned and operated microreactors; milestone payments; modeled on NASA COTS [48].	—
Apr 2026	Air Force ANPI selections	Antares (JBSA), Radiant (Buckley SFB), Westinghouse (Malmstrom). Goal: at least one reactor on an Air Force base by 2030 [53].	—
Aug 26, 2026	Janus vendors/sites	Up to $2.2B (FY2027–31) for Fort Bragg, Campbell, Hood, Benning and Drum. More than 20 reactors expected [49][50]. Fort Benning: 3×1 MW, run up to 5 years without refueling [51].	—
Sep 30, 2026	FORTRESS America memo	Every major installation to generate its own power independent of the grid [36][37].	None in public text
Oct 25, 2026	Fox News (documents reviewed)	“At least 90 days”: electricity, water, fuel, communications [39].	**90 (unconfirmed)**

2.4 Is it new?

Yes, in scale. No, in direction. A department-wide 90-day standard, if confirmed, would be new. It would be roughly six times the Army’s prior 14-day default [43]. It would also extend from electricity to water, fuel and communications [39]. But concern about extended grid outages has been documented since at least the 2008 Defense Science Board report [55]. It has been written into law since 2021 [45], and the reactor push predates FORTRESS by more than a year [47][48]. Note that the Army’s 14 days was a default minimum. Commanders could already set longer durations based on mission [43].

Part 3. ANALYSIS — Assessing the grid-collapse hypothesis

This entire section is analysis and opinion, built on the sourced facts above. It assesses a common interpretation, referred to here as the grid-collapse hypothesis: the only reason a base would need 90 days of self-sufficiency is a long nationwide grid collapse; the only plausible causes are an EMP attack or a grid cyberattack; a solar storm is ruled out as unpredictable; an asteroid (Apophis, 2029) is a remaining possibility.

3.1 Evidence supporting the hypothesis

- **The program does assume long grid outages.** The official release says bases must stay online "even if the civilian grid is taken down by cyberattack or sabotage" [37]. That is a grid-down premise in the government's own words.
- **Cyberattack is a stated, documented driver.** CISA, NSA and FBI warned that Chinese state actors (Volt Typhoon) are "seeking to pre-position themselves on IT networks for disruptive or destructive cyberattacks against U.S. critical infrastructure in the event of a major crisis or conflict with the United States," with access in some cases kept for at least five years, in sectors including energy and water [56]. The 2026 Annual Threat Assessment says China and Russia are "continuing their R&D and pre-positioning efforts" for cyberattacks against the U.S. [57].
- **EMP is a real planning case.** The Air Force's 2021 plan lists EMP/geomagnetic disturbance as a 30-day national outage scenario [54], and Executive Order 13865 (Mar 26, 2019) orders national resilience to electromagnetic pulses [60].
- **This is a big shift.** Moving from a 14-day default [43] to a reported 90 days [39], with reactors on bases [47][50], is not routine.

3.2 Evidence that complicates the hypothesis

(a) "Nationwide" collapse is not required. A base only needs its own grid to be down for a long time. The Air Force's own planning chart shows regional events lasting months: Hurricane Maria (6+ months) and Harvey (3+ months) [54]. DOE reports that large power transformer lead times of "36 months" are "commonly quoted", with maximums of "60 months" [61]. A determined physical attack on a few key substations near a base could therefore leave it without normal grid power for far longer than 90 days. The December 3, 2022 attack on two substations in Moore County, NC cut power to 45,000 customers [62]. The 90-day figure fits the Air Force's "2 weeks plus 3–6 months to replace electrical equipment" kinetic-attack scenario [54] better than it fits a national apocalypse.

(b) Military requirements are not predictions. The Air Force describes its method as "probability-agnostic". It tests whether missions survive a denial of service regardless of the cause [54]. The statute likewise sets an availability target for critical loads (99.9%) rather than naming a threat [45]. A 90-day standard tells us what the Pentagon wants to be able to survive. It does not tell us that a particular event is coming.

(c) The main stated purpose is to fight a war, not to ride out a disaster. The memo describes the goal as "a homeland that cannot be starved out, shut down, or cut off" [36], and the release ties base power directly to keeping "aircraft fly[ing]" and "command centers" online [37]. The ODNI judges that if the U.S. intervened in a Taiwan conflict, it "probably would face significant but recoverable disruptions to its transportation sector from Chinese cyber attacks" [57]. Self-sufficient bases mean aircraft and troops can still deploy while the civilian grid around them is under attack. That also makes pre-positioned malware less useful to an adversary, which strengthens deterrence. On this reading, 90 days covers the opening months of a conflict. It does

not signal a grid collapse that someone expects.

(d) A solar storm is a reason to prepare, not a reason to rule it out. The logic runs the other way. Because the warning is short, preparation has to be in place in advance. NOAA says the fastest Earth-directed coronal mass ejections arrive “in as little as 15–18 hours”, and the final confirmation comes from a satellite only “15 to 60 minutes” before arrival [58]. In May 2024 NOAA called a series of CME impacts “unusual and potentially historic” [59]. Executive Order 13865 treats geomagnetic disturbances (natural EMP) alongside man-made EMP [60], and the Air Force groups them together [54]. A Carrington-class storm belongs on the list of reasons in its own right.

(e) Apophis is ruled out. NASA concluded on March 26, 2021 that Apophis poses no impact risk for at least the next 100 years, and removed it from the Sentry risk table. CNEOS’s Davide Farnocchia was quoted [63]. A 2029 impact had been ruled out earlier [63][64]. On April 13, 2029 it will pass less than about 20,000 miles (32,000 km) from Earth’s surface [63]. NASA/JPL’s CNEOS page gives no closer than 29,470 km (18,300 miles) from Earth’s center and says it does not threaten geosynchronous satellites [64]. No DoD document reviewed mentions an asteroid. A base-level energy program would also be an odd response to a known impactor, which would be tracked for years.

(f) Supply chains and industrial policy are big parts of the motive. Four of FORTRESS’s five pillars are not about the grid. They cover supply chains, reserves, cyber hardening, and space [36]. Janus pays vendors by milestones, with reactors commercially owned and operated, on a model borrowed from NASA’s commercial cargo program, to build a commercial production line [48]. Once installed, microreactors make long durations cheap for electricity: Radiant’s units can run up to five years without refueling [51]. Ninety days is therefore easy for power. It is the water, fuel and communications parts that are hard. Part of why the number is so high may be that the new technology makes it achievable, not that a threat demands exactly 90 days. (Analysis, not a sourced DoD statement.)

3.3 Alternative explanations, ranked (ANALYSIS)

Explanation	Evidence for	Assessment
Wartime power projection and deterrence (e.g., Taiwan)	Release and speech language [36][37]; ODNI Taiwan cyber judgment [57]; Volt Typhoon pre-positioning [56]	**Most likely primary driver**
Grid cyberattack (state actor)	Named in the release [37]; CISA advisory [56]	Strong; overlaps with the item above
Physical sabotage plus transformer lead times	Moore County [62]; 36–60 month lead times [61]; AF kinetic scenario [54]	Strong; explains why months, not days
Extreme weather (regional, months)	Maria 6+ months, Harvey 3+ months [54]; DoDI 4715.28 [46]	Strong; routine and well documented
Geomagnetic storm (Carrington-class)	EO 13865 [60]; NOAA warning times [58]; AF scenario [54]	Plausible; low probability, high impact
EMP attack	EO 13865 [60]; AF scenario [54]	Plausible; low probability, high impact
Supply-chain or industrial policy (reactors)	Janus commercial design [48]; EO 14299 [47]	Real contributing factor
Known asteroid impact	None; NASA rules out Apophis [63][64]	**Not supported**

3.4 Do the timelines line up? (ANALYSIS)

Date	Event
2008–2009	DSB/GAO warn of extended grid-outage risk to DoD [55]
Mar 2020 / Jan 2021	Army 14-day policy [43]; 99.9% law [45]; AF plan with month-long scenarios [54]

Date	Event
May–Nov 2024	UK household advice (May 2024) [26]; Denmark mailing (Aug–Sep) [11]; Norway mailing (autumn) [9]; Sweden mailing (Nov 18) [4]; Finland guide (Nov) [6]
Mar 26, 2025	EU 72-hour strategy [1]
May 2025	EO 14299 on reactors at bases [47]
Oct–Nov 2025	Germany revised guide (Oct 13) [15]; Janus launched (Oct 14) [48]; NL booklet (Nov 17) [21]; France guide (Nov 20) [17]
Dec 2025–Feb 2026	Poland national mailing [22][23]
Early 2026	U.S.-led war against Iran (“Operation Epic Fury”, from late Feb 2026), per the ODNI [57]
Aug 26, 2026	Janus sites and vendors [50]
Sep 1–Oct 13, 2026	Annual cluster: Japan Sept 1 [30]; FEMA month [35]; Germany Sept 10 [16]; Sweden Sept 21–27 [5]; FORTRESS Sept 30 [36]; France Oct 13 [20]
Oct 22–Nov 2, 2026	UK Be Ready (Oct 22) [26]; Fox “90 days” (Oct 25) [39]; Norway week (Oct 26–Nov 1) [10]; Japan urgent request (planned Nov 2) [33]

Honest reading: Several things did happen close together in Sept–Oct 2026. Most of the European and Japanese advice, however, predates the Pentagon move by one to two years or longer. Each comes with its own official reasons: Russia’s war and hybrid threats in Sweden [3]; the 2025 Iberian blackout in the Netherlands [21]; severe weather and alignment with European peers in the UK [26]; the launch of a new Disaster Management Agency in Japan, restating standing 3-day/1-week advice [29][33][34]. The autumn clustering is partly calendar-driven. Japan (Sept 1), the U.S. (September), Germany (second Thursday of September), Sweden (week 39), France (Oct 13, the UN disaster-risk day) and Norway (week 44) hold their events at the same time every year [5][10][16][20][30][35]. No government source reviewed indicates the efforts are coordinated with the Pentagon. The UK says it modeled its campaign on France, Ireland and the Netherlands [26]. The most defensible conclusion is **common causes**: a worse security environment, documented cyber pre-positioning, sabotage and extreme weather [56][57][61]. There is no evidence of a single hidden event that all governments know about. That conclusion is analysis. It cannot rule out classified information, but no public evidence supports a shared secret trigger.

3.5 Overall takeaways (ANALYSIS)

- Governments differ (3 days, 1 week, 10 days), but all agree on the basics: water (2–3 L per person per day), food that needs no cooking, light, a battery or crank radio, power bank, cash, medicines and first aid [12][14][18][24][28][29].
- The longer figures (Germany 10 days; Sweden, Norway and Japan one week for major disasters) reflect lessons that restoring infrastructure can take a long time [3][8][14][29][32].
- The Pentagon’s move, even at 90 days, is best read as the military insuring its own missions against regional outages and wartime attack. It is not evidence of a predicted national collapse.

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