The Ready Life *presents*...

THE ULTIMATE EMERGENCY POWER GUIDE

www.TheReadyLife.com

Emergency Power: The Simple Progression That Make Your Home Livable

Power is not a basic necessity for life. But in our modern culture, many of our basic necessities rely on power, so it has become the silent backbone of civilization. It really does affect almost every area of your life. When it's on, you don't think about it. When it's off, everything falls apart.

Water pressure disappears, heat systems shut down, freezers start thawing, phones die, and the world gets dark & desperate... fast.

The biggest problem? Most families don't realize how dependent they are until the outage is already happening.

This workbook doesn't start with solar arrays and complicated systems. It starts where real life starts: the essentials. Then it walks you through a simple progression—quick and easy first, then a step up, then longer-term options—so you can get your family covered right away, even while you work on better options.

The goal of this workbook? To help you take action *this week* and move your family from fragile to steadier. You don't need to power your whole house...you just need to power what matters.

PART 1

YOUR ESSENTIALS

What are the things you **must** keep running, to stay safe and sane?

Step 1: Do a 10-minute "Power-Down Walkthrough"
Flip your main breaker off (just long enough to test—then turn it back on). Now walk through your home and notice what stops working (some items may not show up for a little while).

Write down all the items of any importance that are failing now or later. This list is your starting point for the rest of the workbook.
(Examples: water pump (if you have a pressure tank, it might take some time before you run out of water), fridge, freezer, furnace, cooking, septic pump, medical devices, refrigerated meds, phones, radio, internet, etc).

What Stopped Working

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

Step 2: Now separate these items into 3 different categories:
You don't actually *need* all these things during an emergency. And the less stuff you *need* to power, the smaller and less expensive your power system must be.

So your next step is to drop each item into one of the categories below. Each family's priorities will be different, depending on your circumstances.

List A: Must-Haves (water pump, medical devices, heater)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

List B: Nice-to-Haves (internet, blender, washer)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

List C: Don't-need-to-haves (dishwasher, TV, hairdryer)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Notes: _____

_____

_____

_____

_____

Step 3: What power backup options do you already have?

Flashlights/lanterns: Yes / No

List them here:_____

_____

Small battery pack for phones: Yes / No

Brand/Size/Type of plugs:_____

_____

Hand crank or battery radio: Yes / No

List what you have:_____

_____

Generator: Yes / No

Brand/Size/Fuel:_____

_____

Portable power station (aka "solar generator"): Yes / No

Brand/Size:_____

_____

Other Generating Options:

List them here:_____

_____

_____

PART 2

MEASURING YOUR POWER

How much power do you *ACTUALLY* need?

This is where most people either waste money... or finally get a plan that works. No complex math, just a few real numbers.

Step 1: Measure your power usage for your 'Must-haves' list
In part 1 you divided your power needs into 3 categories: Must-haves, Nice-to-haves, and Don't-need-to-haves. Depending on your budget, you can add as many of those as you would like. But if budget is limited, start with only your 'Must-haves' list. Add them to this list, and then we will start figuring out how much power each one uses. **See Step 2 if you don't know how to do this.**

1. _____ watts/Kwh: _____
2. _____ watts/Kwh: _____
3. _____ watts/Kwh: _____
4. _____ watts/Kwh: _____
5. _____ watts/Kwh: _____
6. _____ watts/Kwh: _____
7. _____ watts/Kwh: _____
8. _____ watts/Kwh: _____
9. _____ watts/Kwh: _____
10. _____ watts/Kwh: _____
11. _____ watts/Kwh: _____
12. _____ watts/Kwh: _____

Step 2: How to measure your power

The next step is to measure the amount of power each item uses and add it to the sheet above. There are 4 ways to do this:

Don't Want To Measure This? Our sizing tools below can estimate power usage of various appliances. Just realize the results will not be as accurate as if you measure yours.

Option A: *Look at the label* — Most appliances have a sticker that lists watts. If watts are not listed, you can use the ***volts x amps = watts*** formula as a rough estimate for maximum watts. But remember: labels show worst-case draw, and many appliances are not running 24/7 (for instance, a fridge cycles on and off), so reading the label would tell you nothing about its cumulative power usage.

Option B: *Use a Kill-A-Watt meter* — This is the easiest way to get real numbers for anything that plugs into a normal outlet. To accomplish this you can use a little tool called a Kill-A-Watt Meter. You can pick them up at any local hardware store or on Amazon. Here is a simple step-by-step on how to use one:

1. Plug it in — Plug the Kill-A-Watt into a normal wall outlet (or a power strip if that's easier)
2. Plug your device into it — Plug the appliance/device you want to test into the Kill-A-Watt.
3. Check the "Watts" — Press the WATTS button. Write down the number of watts it uses on the chart above. This tells you how much power it's consuming at that moment and is useful for sizing the maximum amount of power you need at one time.
4. For appliances like a fridge/freezer that cycle on and off, leave it plugged in for 24 hours and then press the "kWh" button, which shows total energy used over time (kilowatt-hours). Press the "KWH" button again for a timer to see when it's been 24 hours. Write this KWH number on the list above.
5. For appliances like a washing machine or gas dryer: plug the unit into the Kill-A-Watt meter, run one full cycle, then press the "KWH" to view the total energy consumed per load (kilowatt-hours).
   NOTE: The kWh number will determine how much storage you need.

Important note: This only works for 120v plug-in appliances. You can't use it on a hardwired or 240V items (like most well pumps). Use option A or Option D to collect that information, or you can use our sizing tool to estimate this number.

Option C: Use your portable power station screen — If you already have a battery pack/power station, you can plug devices in, one at a time, and watch the screen. It will usually show watts being used.

Option D: This is our favorite! Use a home energy monitor like the Emporia Vue Monitor for hardwired or 240V loads such as a well pump, furnace, water heater or entire electrical circuits. You'll get real usage data over time without guessing.

PART 4

TWO WEEKS OF POWER

Build your foundation to get set up for success.

Here's the truth most people don't realize: Two weeks of power is far cheaper when stored as fuel (for a generator) rather than in batteries. Unless your power needs are very small, it can be cost prohibitive to store two full weeks of power in batteries. So, our "first step" is to set up a generator, because it gives you a quicker, less expensive runway when paired with enough fuel storage.

The goal: build a "2-week runway"

You're aiming for a setup that can keep your home livable for two weeks—even if that means living simpler than normal. And to make this easy, we're going to look at two realistic scenarios, because your situation can change which option is the best set up for you.

Scenario A: "Essentials Only" (around 3 kWh/day)
Fridge + freezer + lights + phones + maybe a small water pump, router, etc.

Scenario B: "Whole Home" (around 30 kWh/day)
Trying to run the house close to normal.

Let's walk through the options and why they work so you'll be able to make a more informed decision about what your best option is.

Step 1 — Generator Only

A generator-only setup works great if you're willing to live in "generator mode."
That usually means: you run it during the day, do what you need, and shut it off at night (or you run it 24/7 if you must keep certain things powered full time).

Scenario A: "Essentials Only" (around 3 kWh/day)
A quality small generator (3 kWh would be a Honda EU3000 or EU2200 for a tight budget) can often handle essentials as long as you're not stacking big loads at the same moment. Be sure to use the **Generator Sizing Tool** to make sure it's large enough for your needs.

Scenario B: "Whole Home" (around 30 kWh/day)
Whole-home "like normal" power typically pushes people toward a large standby generator in the 15-20kW range (such as the Cummins QuietConnect 20kW or Kohler 20kW).

1. Generator Sizing
Too big could waste unnecessary fuel. Too small won't power what you need or maxes out your generator, resulting in shorter life and poor fuel economy.

Here's a rule of thumb: Try to size it so that your generator runs at around 50–80% of its capacity when it's doing real work. That's usually the sweet spot for performance, longevity, and fuel use. But it also needs to be large enough to start the largest load you'll need to power.

Generator Sizing Tool

2. Clean Power Matters
If possible, we highly recommend a quality generator instead of a cheap "box-store" model. The difference isn't just longevity—it's power quality. Cheap generators can swing voltage and frequency, which can glitch or damage electronics, chargers, and modern appliances (fridges, washers, furnaces, medical devices).

3. Fuel Type Options

Gasoline	*Diesel*	*Propane*
Pros: portable, common fuel, many options Cons: fuel storage can be tricky if not treated/ rotated	Pros: great for high hours / heavy-duty use Cons: heavier, more expensive gen, cold starting can be harder	Pros: fuel doesn't go bad Cons: you're tethered to a tank

4. Generator Maintenance
Fuel (most failures start here):

- ☐ Use non-ethanol fuel only
- ☐ Add fuel stabilizer to all gas used in small engines
- ☐ Fuel is stored in approved containers

Regular maintenance:

- ☐ Exercise the generator every month or two (run it for 30 minutes or so)
- ☐ Change oil at least once every year (or after _____ hours of run time - follow manufacturers instructions)
- ☐ If generator is carbureted, shut fuel off + run engine dry before storage

How much fuel is enough for 2 weeks?
The **3 kWh** with Honda EU3000 running 24/7 at 50% capacity would use roughly 0.5 gallons per hour (GPH), which is 12 gallons per day (GPD). That means roughly 168 gallons for 2 weeks. Or is you run it 4 hours in the morning and 4 hours in the evening (to keep the freezer cold), you could reduce that 2 weeks of fuel storage to around 55 gallons. But remember, you'll be non-electric for the other 16 hours of each day.

For the **30 kWh** system with a Cummins QuietConnect 20 kW running 24/7 at 50%, you'd be using roughly 1.9 GPH or 45 GPD, which works out to roughly 630 gallons of propane in 2 weeks. That's a lot of fuel and illustrates why trying to power *everything* in a "typical" home can get so expensive. As mentioned above, you could also run it for only 4 hours in the morning and 4 hours in the evening, which would reduce that 630 gallons to 210 gallons. And once again, you'd be non-electric for 16 hours of the day.

Our Recommendations:

Honda EU2200 (Gasoline Inverter Generator - 1.8kW continuous; 2kW surge)

Honda EU3000 (Gasoline Inverter Generator - 2.8kW continuous; 3kW surge)

Honda EM5000SX (Gasoline Conventional Generator - 4.5kW continuous; 5kW surge)

Honda EU7000iS: (Gasoline Inverter Generator - 5.5kW continuous; 7kW surge)

Cummins QuietConnect 13kW (Propane Standby Generator - 13kW continuous; 26kW surge)

Cummins QuietConnect 20kW w/ Transfer Switch (Standby Propane Generator - 20kW continuous; 40kW surge)

☑ IMPORTANT: When using a generator or portable power station, never back-feed power into your home's wiring system! You could damage your generator and electrocute a lineman. Either use extension cords to power appliances directly (the quick & easy route) or hire an electrician to install a proper transfer switch for powering circuits. The EcoFlow Smart Home Panel 2 is a great option for their systems.

Step 2 — Generator + Portable Power Station

As soon as possible, take this step to dramatically reduce generator run time and fuel consumed. Instead of running your generator all day, use the generator to charge a sizable portable power station. The power station quietly runs your essentials the rest of the time.

The goal is simple: Have enough battery to carry your essential needs for at least a day, if possible. That way, the generator only runs a few hours per day to recharge the battery.

Scenario A: "Essentials Only" (~3 kWh/day)

This setup is designed to be portable and simple: No permanent wiring. No electrician. You'll run extension cords to the appliances you need (fridge/freezer, lights, phones, internet, etc.)

Best for: homeowners OR renters who want a quick, low-hassle backup plan.

Downside: it won't run most hardwired or 240V loads (like many well pumps) unless you go with a 240v model and add a transfer switch (which is totally feasible). If you run a Honda EU3000 once per day to recharge the battery, it should only take 20 gallons of gas for two weeks.

Scenario B: "Whole Home" (around 30 kWh/day)

If you want to power house circuits (not just extension cords), you'll need a transfer switch (or a panel system like EcoFlow Smart Home Panel 2) which should usually be professionally installed. This system is a much larger investment, but it gives you the "normal house feel" during outages while only running the generator for a 5-10 hours each day to recharge the large battery bank. At this rate, roughly 150 gallons of propane could cover two weeks (depending on your exact scenario).

Power Station Sizing Tool

IMPORTANT NOTE: If you use the sizing tool and your numbers feel bigger than your budget right now, don't panic—and don't quit. That usually just means too many "must-haves" are still tied to electricity. The next section shows low-cost, low-tech, and non-electric options for heat, cooking, water, and communication that can dramatically shrink your kWh needs—often turning an expensive plan into a doable one. The goal is a plan you can actually afford and build step-by-step. And if you join **The Ready Life Academy**, Nick can help you map out the best next steps for your home and budget on the group coaching calls.

Our Recommendations (certified refurbished for best value):

1. **EcoFlow Delta 3 (1 kWh) Battery Pack**
2. **EcoFlow Delta 3 Max (2 kWh) Battery Pack**
3. **EcoFlow Delta Pro (3.6 kWh) Battery Pack**
4. **EcoFlow Delta Pro 3 (4 kWh) Battery Pack (with 240 v output)**
5. **EcoFlow Delta Pro Ultra** (separate **inverter**/**batteries** for large systems)
6. **EcoFlow 400 watt Solar Panels**

Option 3 — Generator + Battery + Solar

Solar can help, but it only makes a meaningful difference in quantity. And most of these portable systems don't support enough solar to rely on it as your primary power source.

For example, with an EcoFlow Delta Pro, the maximum you could wire into it would be 3 of the 400 watt solar arrays (due to volt/amp constraints). In peak sun, you might get 800-1000 watts from this 1200 watt combined array. So you could potentially recharge your battery in 5 hours of peak mid-day sun with zero shade.

That may work in the desert or during dry seasons, but most locations could not consistently plan on 5 peak sun hours every single day. What happens when it's cloudy for a few days? What about winter up north when the days are short? It's simply not a realistic primary power source for these portable systems unless you significantly oversize them.

However, solar can be a great tool to reduce generator runtime—especially if you live in a sunny location or when conditions are good.

So here's the practical takeaway: Solar is best as a helper. It can shave generator hours—but for most people, it won't replace a generator unless your needs are very small or your system is oversized. So if you have a budget to put toward solar, get as much as your budget will allow, and use that to reduce your generator run time.

PART 5

WHAT DOES THIS COST

Let's put real numbers on this—so you can plan with confidence.

By now you've seen the two big paths:

Scenario A: Essentials Only (around 3 kWh/day)
Scenario B: Whole Home (around 30 kWh/day)

These are rough, real-world examples to give you a ballpark. Your exact numbers will depend on what you choose to power, and you can confirm that in the sizing tools above.

Scenario A: "Essentials Only" (around 3 kWh/day)

This is the simple, portable plan—power the essentials with a battery pack, and use a small generator mainly to recharge it.

Typical setup (using **certified refurbished** where available):

- $1,200–$1,600 - EcoFlow Delta Pro (120v) or Delta Pro 3 (240v) power station
- $2,000 - Honda EU3000 generator *(budget option: Honda EU2200 for $1,100)*
- $1,260 - **Optional** solar: 3 × 400W panels

Estimated total:

- Battery + generator: ~$2,300–$3,600
- With solar added: ~$3,500–$5,000

Why this works:

You're not trying to run the whole house—you're keeping the home livable: fridge/freezer, lights, phones, internet, and possibly a small pump (depending on your setup). And because the generator's job is mostly *charging*, you can stretch fuel a long way.

Scenario B: "Whole Home" (around 30 kWh/day)

This setup aims to keep the house running close to normal, and that's where cost rises fast—because you're dealing with more daily energy, more battery storage, and home integration.

Typical portable whole-home style setup:

- $3,400 - 2 EcoFlow Delta Pro Ultra inverters
- $9,600 - 6 EcoFlow Delta Pro Ultra batteries (1 day of power)
- $1,600 - 1 EcoFlow Smart Home Panel 2 (to connect to house)
- $4,500 - Honda EU7000 Generator (portable option)
    - Alternate option: Whole-home standby generators often run $5,000–$7,000+ plus installation (often much more depending on the home and local requirements).
- $6,700 - **Optional** solar: 16 x 400 watt solar panels

Estimated total:

- Inverters + Batteries + Smart Panel + Generator: ~$20,000 (plus installation)
- With solar added: ~$25,000–$28,000 (plus installation)

Why the number jumps:

Once you go "whole home," you're paying for scale—more storage, more power handling, and the equipment needed to tie it into house circuits safely.

The Big Takeaways

1 - Honestly, if you're going to invest that much, our advice would be to go with a quality permanent system with real power, like the **Midnite Power setup** we personally use in our home. The exception would be if you must have something that is more portable.

2 - That's a massive difference between $5,000 vs $25,000! So if you're looking at the bigger system and thinking, "There's no way I can afford that," you're not alone—and you're not stuck.

The next section is for you. We're going to show you how to cut your emergency power needs—often from something like 30 kWh/day down toward 3 kWh/day—so you can build a system that actually fits your budget without giving up safety and livability.

PART 4

MONEY SAVING STRATEGIES

Simple things that can cut your costs fast.

If your sizing tool numbers felt higher than you expected, don't assume you "need" a giant system. Most people don't, as long as they are okay with only powering the essentials required for survival.

In fact, the fastest way to make backup power affordable is to shrink what you're trying to run—and swap a few needs over to low-tech or non-electric options. This section shows you the levers that drop your kWh (and your price tag) the quickest.

1st Tip: Identify only what you *must* run during a blackout—and let the rest go
This one step can cut your power needs (and your cost) dramatically. Trying to power high-draw electric loads like an electric water heater, electric HVAC, electric oven/range, or electric clothes dryer quickly pushes you into "big money" systems. Instead, aim for the true essentials: fridge/freezer, well pump (if needed), a few lights, phone charging, internet/communications, and any medical needs. Keep it basic, and a smaller, affordable setup becomes very realistic.

2nd Tip: Replace Electric Needs With Non-Electric Backups
The cheapest way to cut the cost of your power plan is to stop trying to power everything with electricity. Every electric need you can meet with a non-power option means less kWh to replace, less fuel to store, and a smaller, cheaper battery/generator/solar setup. It's also your "belt and suspenders" plan: if the generator won't start or fuel runs low, you still have a way to eat, stay warm, and get safe water. Here are some resources that help you do this:

The Quick Grid Down Food Plan (Download our Food Storage Workbook)
When the power goes out, your freezer becomes a countdown clock. Slow the thaw by opening it less, keeping it full (frozen water jugs help), and using an "open once per day" routine. But the bigger problem is usually cooking—lots of people have food, but can't use it. Pick one reliable non-electric cooking option (camp stove, grill, Dutch oven, wood stove, etc.) and store the fuel that makes it work. For a full walk-through on how to plan for a crisis for your food needs, download the Food Storage Workbook.

Your Quick Off Grid "Staying Warm" Plan (Download our Heat Workbook)
Trying to run a fully electric HVAC system during an outage is usually unrealistic. Instead, focus on personal warmth (layers, blankets, sleeping bags, hand/foot warmers) and a warm-room plan (shut doors, block drafts, cover windows). If you want a real upgrade, choose an indoor-rated heater (like Mr Heater) and build a fuel plan around it. A wood stove is the classic "always works" backup—installed once, with fuel on hand, it keeps you warm with or without electricity. We walk through all the different options in our Heat Workbook.

Your Simple Water plan (Download our Water Workbook)
Outages often turn into water problems—especially with wells and pumps. The fastest win is stored water (cases, jugs, 5-gallon containers). The next win is a non-electric water purifier so you can keep going when stored water runs low. To get all our tips and pointers, download our Water Workbook. Bonus: if you have a well, install a non-electric manual hand pump on it as a backup (coexists with your electric pump).

3rd Tip: Shrink Your Power Numbers With Efficiency

If your power numbers come out higher than your budget, it's often because a few high-draw appliances dominate the total. We call those the Big 4:

The biggest way to shrink your emergency power numbers is to look at the "Big 4" appliances that consume the most power—the ones that quietly eat up massive amounts of electricity:

- Electric central heat/AC (HVAC),
- Electric water heater,
- Electric range/oven, and
- Electric clothes dryer

If even one of these is electric, your backup power needs can dramatically increase. So when it's time to replace one, consider an alternative fuel option like gas or other. It can reduce your electric bill—and turn power outages from a crisis into an inconvenience.

Also, a few other appliances like a newer efficient fridge/freezer can cut daily usage dramatically. Well pumps don't always use huge kWh, but they often need big surge power to start—so if you ever replace yours, consider a soft-start pump (like the **Grundfos SQ series**) to reduce the inverter/generator size you'll need. And for heat, aim for solutions that work with little or no electricity—wood heat is the ultimate, and some options like direct-vent propane heaters can be very low-power (or even non-electric), while pellet stoves and some furnaces may be workable depending on your insulation and climate.

4th Tip: Buy Certified Refurbished Equipment
This is a big one. EcoFlow sells certified refurbished battery packs and solar panels through a lesser-known outlet. These units are inspected, tested, and come with a full warranty. And they're usually several hundred dollars cheaper than buying new. It's how we purchased ours and it looked basically brand new. The only thing missing was the charge cord—which we replaced easily. So if you're shopping for a battery pack or solar panels, use the links given above in this workbook. Going with certified refurbished can save you a ton of money.

5th Tip: Power strips + extension cords are a "cheap multiplier"
They let one or two power cords reach more appliances. Just be careful to not overload them.

6th Tip: Have small power & light options handy
This is the stuff you can knock out fast but can make a huge difference when you lose your power. Nothing like being able to see and communicate when things go dark. It helps you feel more stable.

☐ Flashlights/Headlamps — at least 1 per person.
- Nick's favorite flashlight: Streamlight Pocket Flashlight
- Lisa's favorite flashlight: Fenix Pocket Flashlight
- Our families favorite headlamp: Husky Headlamp
- Nick's favorite headlamp: Nitecore Headlamp

☐ Lanterns — makes everything seem brighter and easier when it gets dark.
- Duracell Solar Lantern
- Inflatable Solar Lantern

☐ Weather Radio — so you know how to plan ahead.
- Eton Weather radio/Battery pack/flashlight

☐ Internet — so you can stay connected when things are down. We recommend the Starlink Mini because you can power it with your car battery and it only costs $5/month to keep on standby with low speed access. If you can't set it up in you car, you can power it off a battery pack which is next.
- Starlink Mini
- Car mount for Starlink Mini (can add suction cups for mounting on skylight or magnets for on top of car)

☐ Small Battery Packs — for charging your phone, running an internet router, or powering a small electronic device.
- Small Phone Charger (74Wh—about 4 full charges for a phone)
- Device Charger (256Wh—charges laptops and other electronics)

PART 7

THE TRANSFER SWITCH

If you need to power something from your electrical panel, this is a must.

If you want to power anything that's hardwired (like many well pumps, furnaces, or built-in lights/outlets), a transfer switch is usually the missing piece.

A transfer switch is a safety device that lets your home operate on one power source at a time—either the utility grid *or* your generator/battery system. It prevents "backfeeding," which is when power flows the wrong direction and can energize wiring you didn't intend to energize (including lines outside your home).

In other words: it's what makes backup power safe, controlled, and usable through your home's circuits.

Two ways to connect backup power:

Option 1: Extension cords (simplest)
This is the fastest and cheapest setup. You plug appliances directly into your generator or portable power station using extension cords. Works great for: fridge/freezer, lamps, phone chargers, Starlink/router, small kitchen devices.

Pros
- No electrician needed
- No permit or wiring
- Portable (great for renters)
- Lowest cost

Cons
- Doesn't run hardwired or 240V loads unless you rig up some kind of small appliance-level transfer switch ahead of time
- Less convenient
- Cords can be messy/tripping hazards

Option 2: Transfer switch or panel interlock (powers home circuits)
An electrician installs a transfer switch (or a system like EcoFlow's Smart Home Panel 2) so your backup power can feed selected circuits (or all circuits) in your electrical panel.

Works great for: well pumps, furnaces, hardwired loads, and powering outlets/lights through normal circuits.

Pros
- Can run hardwired items
- Cleaner, easier setup
- Feels much more "normal" during an outage

Cons
- Higher cost (equipment + installation)
- Usually requires permits/electrician
- Not truly portable
- More complexity
- System will generally need to be much larger and more expensive

The practical recommendation
Start with Option 1 to get coverage fast and affordable. Then upgrade to Option 2 if you want the convenience of powering circuits and have the budget to afford it. Realize that you'll likely need a larger system.

Notes: _____

_____

_____

_____

_____

_____

_____

_____

PART 8

TWO WEEKS OF FUEL

Fuel is the piece most people forget... until you run out.

A generator is only helpful as long as you can feed it, so your goal here is simple: build a two-week fuel runway for the way you'll actually use your generator.

Instead of guessing, you'll either use the manual to estimate or you can do a quick real-world test—run your essentials off the battery, recharge it with the generator, and measure how much fuel that recharge takes.

Option 1 - Estimate

This is the quickest & easiest option, and it should be close to real work, but not precise.

Step 1: Find the fuel consumption numbers

If you search online for the make and model + fuel consumption, you can usually find some sort of fuel consumption numbers. Such as 0.5 gal/hour at 50% load.

Step 2: How many hours?

If you are using the EcoFlow Delta Pro or Delta Pro 3 with the regular 120v AC charge cord, you'll likely be charging at about 1.8kW watts. In theory, this would charge the 3.6kWh Delta Pro in 2 hours, but 1,8kW is the peak charging speed and it will often be less than that, which is why EcoFlow says 2.7 hours.

Step 3: Do the math

If your generator burns 0.5 gal/hour at the power usage close to your target, and is takes 2.7 hours to charge the unit up, the math is simple:

Gal per Hour x Hours = Total Gal to Recharge
0.5 x 2.7 =1.35 gallons
1.35 gallons per day x 14 days = 18.9 gallons for 2 weeks

_____ Gal/Hour x _____ Hours to recharge = _____ Gal to recharge
_____ Gal to recharge x 14 days = _____ Gal for 2 weeks

Option 2 - Test & Measure

Run all your essentials on your battery for a full day. Recharge battery with generator. Measure fuel used for that recharge. Multiply into two weeks.

Fuel used to recharge once: _____ gallons
Recharges needed per day (estimate): _____
Fuel per day: _____ gallons/day
Two-week fuel target: _____ × 14 days = _____ gallons for 2 weeks

Fuel storage basics

A generator is only as reliable as the fuel you feed it. Most "backup power" fails for two boring reasons: bad fuel or a generator that won't start. This step makes sure your fuel stays usable and your generator is ready.

The 4 rules for storing fuel safely

- Fuel is treated with a stabilizer (for gas & diesel) so it doesn't go bad. Our favorite is **PRI-G** for gas or **PRI-D** for Diesel.
- Store in a cool place out of the sun — heat causes it break down and go bad faster.
- Fill containers as full as they are made to be — reduces the amount of air that can oxidizes it and reduces potential for condensation. Don't overfill.
- Non-ethanol — ethanol absorbs water, and small engines don't do well with it. Here's a site that helps you find stations with non-ethanol gas.

Generator maintenance tips

- Run it periodically for a few minutes so you know it actually works.
- Change oil on schedule (often after the first few hours on a new unit, then as often as specified by the manufacturer).
- Keep stabilized fuel in it (or drain it) — and if it has a carburetor, shut the fuel valve off and let the engine run the fuel out until it dies if it'll be a while till you use it again.
- Clean/replace the air filter as needed (dusty conditions = more often).
- Inspect/replace the spark plug(s) periodically.
- Keep the battery charged (electric-start models) and test the start.
- Check fuel lines for cracks/leaks and replace if they're aging.
- Make sure the exhaust/spark arrestor is clear (especially if it's used a lot).
- Store it clean and dry, covered, and keep mice out (they love chewing wires).
- Keep a "ready kit" with oil, funnel, spare spark plug, air filter, and the right extension cords.

PART 9

THE ULTIMATE POWER PLAN

Independence isn't as far out of reach as you might think.

At some point, a lot of families hit the same wall:
"If I'm going to spend $20,000–$28,000 trying to power my whole house with portable gear... what would a real off-grid system cost?"

Here's the part most people don't realize until it's too late: some folks spend insane money on the wrong thing. We've met people who dropped $80,000... $100,000... even $120,000 on solar—only to find out it was a grid-tied setup that shuts down when the grid goes down. That's not independence. That's a fancy electric bill offset.

A properly designed permanent off-grid system is different: it's built to keep running whether the grid is up or not. And it doesn't have to be six figures—if you design it right and keep your power needs reasonable.

Off-grid costs depend on 4 things

- Your daily power use (kWh/day)
- Your solar conditions (winter sun, clouds, shade, latitude)
- Your lifestyle goal (essentials vs "normal house")
- Labor (DIY vs hired)

The biggest driver is almost always the same: how many kWh/day you're trying to support.

Sample cost ranges

These are rough ballparks to help you understand the landscape.

1) Very small system (~1 kWh/day)
Good for a cabin or very minimal power.
~$5,000–$10,000

2) Small-to-medium system (~2.5 kWh/day)
Can support a surprisingly normal life if you're efficient.
~$10,000–$20,000

3) Medium-to-large system (~5 kWh/day)
More headroom, more convenience, less "watch every watt."
~$15,000–$30,000

If you've ever looked at solar power prices and thought, "There's no way we can afford this," you're not alone. Most families aren't trying to become "off-grid experts"—they just want the fridge cold, the water running, the house livable, and the stress level lower when the lights go out.

The good news is: you don't need a $50,000 setup to get there. You also don't have to live like you were in the dark ages. The real key is learning the right strategies—it's building the right plan, starting with essentials, and avoiding the expensive trap of trying to power your entire normal lifestyle in a blackout.

And that's exactly what you'll learn inside **The Ready Life Academy,** along with personal help (yes, real people in the age of AI)!

ABOUT THE AUTHORS

Nick & Lisa Meissner — We live deep in the mountains of Idaho with our young family, and we've learned this the hard way: it's dangerous to depend on corporations or government systems for your basics—water, heat, food, and power.

As Christians, we also believe the days are coming when that dependence will be used to control who can buy, sell, and survive. That's why we built The Ready Life: to help families become resilient and self-reliant, so you're not at the mercy of "the system" when it falters—and so you're strong enough to help others when they're in need.