COMPANION GUIDE TO ONLINE TRAINING

Use alongside the online lessons at fortunefavorsthepreparedcom/nav-05-landing/

NAV-05
Rally Points, Linkup, and Route Contingencies
STUDENT COMPANION GUIDE

Family Meeting Points, Linkup Procedures, and Get-Home Route Planning

---

A reference guide for building a family reunification plan that still works when phones and roads do not.

6 lessons | 5 worksheets | glossary and quick-reference card

Edition v1.0 | 2026

Semper Paratus, Semper Gumby

fortunefavorsthepreparedcom
Nick Meacher

NAV-05: Rally Points, Linkup, and Route Contingencies

Companion Guide to Online Training

© 2026 Fortune Favors the Prepared. All rights reserved.
No part of this guide may be reproduced or distributed without written permission, except for personal use by the subscriber and their immediate household.

Published by Fortune Favors the Prepared.
Thomasville, Pennsylvania
fortunefavorstheprepared.com
Edition v1.0 | 2026

Support the development and availability of these courses by subscribing to my Patreon. This guide is intended for use alongside the NAV-05 online lessons at fortunefavorstheprepared.com/nav-05-landing/.

It is a reference companion, not a standalone course. The reasoning behind each rule is taught in the lessons, not repeated here.

ONLINE TRAINING ACCESS

Complete the six NAV-05 lessons at fortunefavorstheprepared.com/nav-05-landing/. Each lesson unlocks the next once its knowledge checks are answered correctly, and the certificate unlocks after all six are complete.

INSTRUCTOR-LED GROUP TRAINING

For fire companies, faith communities, neighborhood groups, or other organizations that want to work through NAV-05 together in a facilitated session, contact fortunefavorstheprepared@protonmail.com.

How to Use This Companion Guide

This guide is a field reference. Complete each lesson online first, then use this guide to look things up, fill in your own plan, and keep a printed copy where your family can find it without a phone.

Support the development and availability of these courses by subscribing to my Patreon. This guide requires access to the NAV-05 online lessons. It does not stand alone.

What This Guide Contains

- Part I: a one-page reference for each lesson, with the rules and terms in condensed form
- Part II: five blank worksheets that together make up your family's plan
- Part III: a glossary, a one-page quick-reference card, and the source note

Required workflow

1. Complete the lesson online.
2. Read the matching reference page in Part I.
3. Fill in the matching worksheet in Part II while the lesson is fresh.
4. After Lesson 6, put the completed worksheets together and give every family member a copy.

This guide is not a standalone course. The reasoning behind each rule is taught online and is not repeated here.

Guide Map — What to Reference When

When you need…	Turn to…
A map of where your family is on a normal weekday	Part II, Worksheet 1
A refresher on the three meeting-point tiers	Part I, Reference for Lesson 2
A blank sheet to write your meeting points down	Part II, Worksheet 2
A refresher on danger-area rules	Part I, Reference for Lesson 3
A place to log known trouble spots on your routes	Part II, Worksheet 3
A refresher on wait times and what to do about a no-show	Part I, Reference for Lesson 4
A blank sheet for your family's wait-time rule	Part II, Worksheet 4
A refresher on alternate routes and bail-out points	Part I, Reference for Lesson 5
A blank sheet for primary and alternate routes	Part II, Worksheet 5
A term you do not remember	Part III, Glossary
One page to keep in your car or wallet	Part III, Quick Reference Card

PART I — QUICK REFERENCE

Reference for Lesson 1

Why Families Get Separated When It Matters Most

Topic	Reference
Where the family is	A normal weekday spreads a household across work, school, daycare, and errands.
Why calls fail	A tower holds a limited number of voice connections; a surge fills them even when the tower is working.
Why texts get through	A text is a small message that can wait briefly for an opening and does not hold a connection open.
Default	Text first, call as a bonus. Add backups such as a group chat or a check-in post.

Reference for Lesson 2

Designating Family Meeting Points

Topic	Reference
Tier 1: Primary	Just outside the home. Used when the house itself is the hazard.
Tier 2: Secondary	Outside the neighborhood, with real distance from Tier 1. Used when home is unreachable or unsafe.
Tier 3: Out-of-Area Contact	A person outside the disaster area who relays everyone's status. A person, not a place.
Check each location	Easy to describe the same way every time, does not depend on a building being open, reachable on foot.
Write it down	Describe each location precisely enough for someone with no context to find it, on paper.

Reference for Lesson 3

Danger Areas on the Way Home

Topic	Reference
Danger area	Any point on a route that you cannot confirm from a distance is safe to pass.
Common ones	Flooded roads, downed power lines, damaged structures, roads blocked by debris or response activity.
Rule	If you cannot confirm it is safe, treat it as impassable and reroute.
Plan ahead	List known trouble spots on each route and note a way around each.
Tie to Lesson 2	A meeting point you can reach only by crossing your worst danger area needs a second look.

Reference for Lesson 4

Linkup When Someone's Missing

Topic	Reference
Wait-time threshold	A specific number of minutes, agreed in advance. Never wait without a limit.
Searcher	One person, chosen in advance, checks the most likely spot. Everyone else stays put.
Return-by time	The searcher gets their own limit so a search does not create a second missing person.
Fallback channel	The Tier 3 out-of-area contact from Lesson 2.

Reference for Lesson 5

Route Contingencies for Getting Home

Topic	Reference
Primary route	The ordinary route. A first guess, not a plan by itself.
Alternate route	Uses different roads for a real stretch. Does not rejoin the primary at the problem.
Switch triggers	An unconfirmed hazard, a missed turnaround time, an injury or vehicle problem, worse conditions than expected.
Turnaround rule	A hard time or distance limit set in advance, not a feeling.
Bail-out point	A known-safe place to hold when neither route is working. Not a family meeting point.

Reference for Lesson 6

Capstone: Your Family Communication and Reunification Plan

Topic	Reference
Purpose	No new material. Lesson 6 assembles Lessons 2 through 5 into one plan.
Where to do it	Use the Part II worksheets in this guide.
Closing step	Return to your Worksheet 1 weekday map and check every location has a route, a turnaround time, and a bail-out point.

PART II — WORKSHEETS

Worksheet 1: My Family's Weekday Map

Fill in during Lesson 1. Where is each person at 10:00 a.m. on a normal weekday?

Family member	Where they are	Distance from home

Worksheet 2: Family Meeting Points

Fill in after Lesson 2. Describe each location precisely enough that anyone in the family could find it alone.

Tier	Exact location or contact	How to describe it
Tier 1: Primary		
Tier 2: Secondary		
Tier 3: Out-of-Area Contact		

Worksheet 3: Danger Areas on My Routes

Fill in after Lesson 3. List known trouble spots between regular locations and your meeting points.

Location / hazard	Why it is a problem	Way around it

Worksheet 4: Wait-Time and Search Plan

Fill in after Lesson 4.

Item	Our family's answer
Wait-time threshold	
Designated searcher	
Searcher's return-by time	
Out-of-area contact and number	

Worksheet 5: Routes and Bail-Out Points

Fill in after Lesson 5.

Item	Route, time, or place
Primary route	
Alternate route	
Turnaround time or distance	
Bail-out point on primary	
Bail-out point on alternate	

PART III — APPENDIX

Glossary

Term	Definition
Tier 1 (Primary) meeting point	A spot just outside the home, for emergencies where the house itself is the hazard.
Tier 2 (Secondary) meeting point	A location outside the neighborhood, for when home is unreachable or unsafe.
Out-of-Area Contact (Tier 3)	A person outside the disaster area who relays status between family members.
Danger area	Any point on a route that cannot be confirmed safe from a distance.
Wait-time threshold	A specific, pre-agreed length of time to wait at a meeting point before the fallback begins.
Bail-out point	A known-safe place to stop mid-route when neither route is working.
Turnaround rule	A time or distance limit, set in advance, that triggers switching routes or turning back.

Quick Reference Card

Keep this page in your car, your wallet, or your go-bag.

If…	Then…
You need to reunite with family	Go to Tier 1, or to Tier 2 if Tier 1 is not safe or reachable.
You cannot reach family directly	Text your out-of-area contact first; call as a bonus.
Someone has not arrived by the wait-time threshold	The designated searcher checks the likely spot; everyone else stays put.
You meet a hazard you cannot confirm is safe	Treat it as impassable and take your alternate route.
Your alternate route fails too	Go to the bail-out point and reassess.
You reach your turnaround time or distance	Switch routes or turn back.

Doctrinal Sources

Source	Publisher	Relevance
MCWP 3-11.3, Scouting and Patrolling	Headquarters, U.S. Marine Corps	Origin of the rally-point and danger-area concepts that Lessons 2 and 3 adapt from patrol movement to family movement. The family applications are this course's own.