FORTUNE FAVORS THE PREPARED · THREAT ASSESSMENT ONE-PAGER

Civil Unrest: Protect Your Family

See it coming, stay out of it, and get everyone home if you end up in the middle of it anyway.

1. Why plan for it?
2. How do we see it coming?
3. How do we stay low-profile?
4. What do we carry?
5. What if we're caught in it?
6. What about the law?

1 Why plan for it · the goal is to never be there

Most protests are peaceful and legal: the First Amendment protects the right to assemble peaceably. But a march can turn into a riot in minutes, roads get blocked with little warning, and a family on the way home from school or work can drive straight into it.

Protecting your family from civil unrest is mostly **homework done early**: knowing what's planned near you, knowing more than one way home, not standing out, and having a plan everyone knows if you get split up.

Avoid, evade, escape.

"The best fight is the one you never have to have."

Everything on this sheet is about getting your people home, not about winning.

2 See it coming · area intelligence: a few minutes a day

Local news & traffic alerts
Local outlets and traffic apps report blocked roads faster than national news.

What's planned
Many towns require event permits, and groups post rallies online. Know the dates and routes.

Official alerts
Sign up for your county's emergency alerts; keep Wireless Emergency Alerts on.

Your routes
Know two or three ways home from work, school and the store, and drive them so you don't need GPS.

3 Stay low-profile · be the "gray" family

- ☐ **Lose the stickers:** no kids' school, stick-figure family, affiliations or ham call-sign plates. They say who you are and where to find you.
- ☐ **Dress to blend in:** no slogans, logos or work insignia in a crowd.
- ☐ **Park in the garage** if you can, so nobody can tell when you're home.
- ☐ **Check your insurance:** many policies limit cover for civil disturbance or for gear stolen from a car.

4 What to carry · a small day bag

- ☐ **Water,** plus a small trauma kit (tourniquet, pressure dressing) and a kit for cuts and scrapes.
- ☐ **Eye protection** (safety glasses) and a mask: they buy time against dust and spray.
- ☐ **Power bank and cable,** a flashlight and a paper map of your area.
- ☐ **Pepper spray in the eyes?** Flush with plenty of water. Poison centers say milk and antacids work no better; time is what helps.

5 If you're caught in it

On foot

- ☐ **Stay on the edges,** never the middle
- ☐ **Walk with purpose;** running draws eyes
- ☐ **Keep moving away** and keep updating your way out
- ☐ **Phone in your pocket.** Filming means you aren't watching
- ☐ **Hold hands** with kids; stay together

In a car

- ☐ **Doors locked,** windows up
- ☐ **Don't stop** in the crowd if you can keep moving slowly away
- ☐ **Turn off** early onto any open side street
- ☐ **Call 911** and say exactly where you are
- ☐ **Fire extinguisher inside the car,** not in the trunk

6 A family plan, and the law

- ☐ **Rally points:** two or three, picked now. Use code names ("meet at John's") on an open radio.
- ☐ **Radios:** FRS needs no license; GMRS needs an FCC license ($35 for 10 years, covers your family).
- ☐ **A plain-words signal** that means "come home now."

Check your state's laws first. Pepper spray, stun guns, batons, knives and firearms are legal in some places and banned in others, and rules differ by state, city, workplace and school. Using any weapon can make **you** look like the attacker, and everything is filmed. Get trained, and know your state's use-of-force law.

7 Your homework · fill this in together, then drive each route once

Where we'll be	Way home 1	Way home 2	Rally point (code name)	Who picks up whom
Alex's school	*Oak Ave to Route 9*	*River Rd, avoid downtown*	*Library lot ("John's")*	*Dad, else Aunt Sam*

Know two ways out of every building you use often, too: your office, the kids' school, the mall. Blocked entrances are common in a disturbance.

Start free
Being Prepared for Civil Unrest and the Family Emergency Plan.

Plan your comms
The free family comms plan and PACE guides: who calls whom, and how.

Keep it with your plan
Ready Ledger keeps your contacts, rally points and family plan in one place, offline. Ready Ledger

The full guide: *Civil Unrest – Defense*
fortunefavorstheprepared.com/threat-assessment/area-intelligence/civil-unrest-defense/
Full step-by-step guide for Patreon members: defense tools one by one, the vehicle plan and the full civil unrest series. Checked November 2026.

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Semper Paratus, Semper Gumby