

# **CHAOS PROTOCOL**

**Stay in Control When Others Panic**

Romas Navas

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# Introduction

This book was not written in an office.

Not from theory.

Not from second-hand stories.

Not from outdated survival manuals.

It is based on real experience from modern wars.

Primarily — the war in Ukraine.

This is a civilian survival guide for war, chaos, and resource collapse.

An experience where:

- missile strikes hit
- people lose homes and loved ones
- cities operate with outages of water, power, and communication
- checkpoints and restrictions appear
- evacuation becomes necessary
- disinformation works as a weapon

This is not a hypothesis.

This is the reality of the past few years.

A modern crisis does not begin the way people imagine.

It does not begin with an impact.

It begins with a loss of clarity.

First — conflicting information.

Then — noise.

Then — information overload.

Then — mistakes.

And at that moment, a person loses the most important thing:  
understanding how serious it is — and what must be done right now.

The most dangerous thing in a crisis is not the first strike.

The most dangerous thing is delay.

Delay in decisions.

Delay in action.

Delay in accepting reality.

While a person is still thinking, the situation has already changed.

And usually — for the worse.

Modern war does not just hit buildings.

It hits perception.

It hits the nervous system.

Attention.

The ability to distinguish what matters from what is false.

It also hits the habit of waiting:

“it will be over soon.”

This is one of the most dangerous illusions.

A crisis does not have to end quickly.

It does not end because someone wants it to.

It turns into a state.

Even scenarios that seem instant do not end at the moment of impact for most people.

Not everyone dies immediately.

Many remain inside the aftermath:

without water,

without communication,

inside a failing system,

in chaos and overload.

And at that moment, the same questions decide everything:

what to do,

where to go,

how to survive.

If a person is not ready — they begin to lose.

Recent experience shows something simple:

people do not die just because danger exists.

They die because they:

- refuse to believe for too long
- delay decisions
- ignore signals
- adapt to ongoing danger
- get tired of reacting
- begin to treat abnormal as normal

The first time is fear.

On day five — it is exhausting.

After a week — a thought appears:

“maybe not today.”

And this is where mistakes happen that can no longer be corrected.

A crisis does not warn twice.

This book is not about heroism.

It is about clarity.

The ability to think when everything is unstable.

Actions that must be taken on time.

Mistakes that seem small in peaceful life but become fatal in crisis.

Security built on systems, not feelings.

Preparation not for one bad day, but for a long period of instability.

This book does not promise comfort.

It gives something else:

clarity, structure, and a sequence of actions.

Not everything can be controlled.

But a lot can be prepared in advance.

And to be direct:

this book is written so that a person and their family do not become helpless when the familiar order begins to collapse.

Only what matters is left here.

Everything else is removed.

About the Author

The author publishes under the pseudonym Romas Navas.

Lived in Ukraine during a full-scale war.

Not a theorist. Was in conditions of:

missile strikes

- constant alerts
- communication outages
- disinformation
- restrictions and checkpoints
- evacuations

Worked with people who lost homes and family.

Saw how decisions are made in the first hours — and how they are delayed.

And how they are delayed until it is too late.

Saw how people:

- adapt to danger
- stop reacting
- ignore shelters
- get tired of fear
- and begin to live as if there is no threat

And knows how it ends.

This book is written for one reason:

to reduce the number of mistakes that repeat in every crisis.

**This is not theory. This is structured real experience.**

**No interpretation. No decoration.**

**Only what works. And what breaks people fastest.**

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# Chapter 1. Preparation Before Chaos

This chapter is not about fear. It is about the moment when you still have time, access to resources, and the ability to think calmly - because later, you won't have it. Preparation is not about what if. It is about understanding that the systems people rely on can fail: electricity, water, communication, payments, delivery, pharmacies, and transport.

And when that happens, there is no time left to think. Most people make the same mistake: they start preparing when they are already standing in line. At that point, everything is more expensive, slower, and worse.

Proper preparation begins in peacetime. When everything still works. When decisions can be made without pressure. This is where the difference is made between control and chaos.

## The Core Principle of Preparation

Preparation before chaos comes down to three objectives:

**First:** To get through the first 72 hours without panic.

**Second:** To not become helpless after a week.

**Third:** To have a base for transitioning into a long-term crisis.

If this is missing, nothing else matters. Everything else becomes irrelevant. Preparation is not "buying canned food." It is a system consisting of water, food, medicine, communication, light, heat, documents, cash, tools, and a family plan. A stockpile without a system is an illusion.

## Where It Is Safer to Be

There is no universal answer. Safety depends not on the type of housing, but on how well you are prepared for it. Key parameters include population density, access to water, heating, risk of unrest, the ability to store supplies, the ability to leave, and family composition.

### Apartment in the City

#### Pros:

- Access to infrastructure
- Proximity to shops and medical care
- Easier to avoid attention

#### Cons:

- High dependence on the system
- Many people nearby
- Panic and shortages develop faster

### Private House

#### Pros:

- More autonomy
- Easier to store resources
- Easier to build reserves

**Cons:**

- Larger area to control
- Higher visibility
- More difficult heating in winter

**Suburb / Rural Area****Pros:**

- Lower population density
- More opportunities for autonomy

**Cons:**

- Help is farther away
- More difficult logistics
- Higher dependence on your own preparation

**The main point:** There is no ideal place — there is only the place you are best prepared for.

**Decision #1: Stay or Leave**

This decision must be made in advance. Not when everyone is already running. The wrong decision is not to stay or to leave. The wrong decision is to delay until the last moment. When a decision is made with the crowd, it is almost always the wrong one.

**It makes sense to stay if:**

- Your housing is relatively safe

- You have a water reserve
- You have food and medicine
- The situation in the area is stable
- There is no direct threat

**It makes sense to leave if:**

- There is no water
- The area is becoming dangerous
- There is a risk of combat, fire, contamination, or flooding
- You are near a high-risk object
- You have a clear route and a destination

**The main principle:** You should leave not when you are afraid, but when you can still leave calmly.

## **What Must Be in Place**

This is not a survival kit. This is the minimum standard of an adult household. If this is missing, there is no readiness.

### **Mandatory**

- Water reserve
- Food reserve
- Basic medical kit and personal medications
- Flashlights and batteries
- Power bank
- Radio receiver

- Gas burner and gas supply
- Lighters / matches / fire starter
- Knife or multi-tool
- Paper map and compass
- Simple watch
- Cash
- Copies of documents
- Warm clothing and blankets
- Water containers and mechanical filter
- Water purification tablets
- Basic tools

**If there is no water, everything else loses meaning.**

### **Recommended**

- Portable power station
- Solar panel
- Extended tool set
- Mechanical drill
- Saw, pliers, and wrenches
- Additional containers
- Advanced filtration system

### **Advanced Level**

- Large water storage

- Alternative energy source
- Insulation
- Full storage pantry
- Redundancy of critical items

## **Water — The Main Priority**

The most common and dangerous mistake is underestimating water. You always need more than you think. On the first day, it runs out faster than expected. On the second day, people begin searching for it. That is when panic begins.

**Basic rule: Minimum 3 days per person. Better—more.**

### **What to do in advance:**

- Build a water reserve
- Prepare containers
- Separate drinking and technical water
- Label dates
- Have purification methods (filter, tablets, boiling)

**A water reserve that is not checked effectively does not exist.**

## **Food: System, Not Quantity**

A food reserve is not “how many cans.” It is a calculation: how many people, for how many days, under what conditions, whether there is water and fuel, and whether it can be stored.

**The correct logic: long shelf life, rotating supplies, and essential additions.**

**Base:**

- Grains and pasta
- Legumes
- Canned food
- Fats, salt, and sugar
- Tea / coffee
- Dry products and no-cook food

**Medicine: Two Levels**

The mistake is thinking that a medical kit is just a few pills. You need two levels: a basic reserve and personal medications.

**Do in advance:**

- Assemble a medical kit
- Prepare personal sets
- Create a list of medications, dosages, allergies, and conditions

**When medications run out, the situation deteriorates fast.**

## **Light, Heat, Cooking**

A crisis quickly becomes something simple: dark, cold, nothing to cook with, no way to charge devices.

**Prepare in advance:**

- At least two light sources and battery supply

- Gas burner and gas reserve
- Matches / lighters / candles
- Warm clothing
- One designated "main room"

### **Communication and Orientation**

When the network is gone, many people get lost. This is not an exaggeration. It happens often.

#### **Prepare in advance:**

- Write down phone numbers and print addresses
- Have a paper map
- Agree on meeting points and communication times
- Have a radio, power bank, and a watch

**If communication is lost, do not search for a signal—act according to the plan.**

### **Documents and Cash**

In a crisis, it is useless to know where documents are. They must be prepared in advance.

#### **You need:**

- Passports and insurance
- Medical data and prescriptions
- Copies and paper contacts
- Cash

**If payment systems stop working, only cash matters.**

## **Home and Vehicle**

**Home:** Define a safe room, remove unnecessary items, gather essentials in one place, prepare blackout, and keep tools and a fire extinguisher ready.

**Vehicle:** Your car is a mobile reserve. It should contain a charger, map, water, blanket, flashlight, medical kit, gloves, tools, a backup route, and a full tank of fuel. An empty tank in a crisis is a critical failure.

## **Family Plan**

Without a plan, even a good reserve loses meaning. Define in advance where to meet, where to go, who is responsible for what, and what to do without communication. A family without structure in a crisis loses time—and time is your most valuable resource.

### **Main Preparation Mistakes**

- Buying chaotically - without a system, it is useless.
- Ignoring the basics - water is more important than gadgets.
- Delaying - “later” almost never comes.
- Mixing essential and unnecessary - money is spent incorrectly.
- Not testing - a reserve that is not used does not work.

### **What Must Be Done Now**

Not after the news. Not “on the weekend.” Now.

- Define scenarios (stay / leave)

- Assemble a basic set
- Create water and food reserves
- Assemble a medical kit
- Prepare light and heat
- Prepare documents and money
- Create a family plan
- Prepare the car
- Test everything in practice

**If it exists only in your head, it does not exist.**

## **Conclusion**

Preparation before chaos is not paranoia. It is the only moment when you still have a choice. Later, you will not. And the difference between a prepared and unprepared person becomes obvious very quickly. One acts. The other tries to catch up—and fails.

And in a crisis, catching up is already too late.

## Chapter 2. The First 72 Hours

The first 72 hours are the most critical and dangerous period of any crisis. Not because resources necessarily run out, but because this is when everything is decided. This is when:

Key decisions are made.

Behavioral patterns are formed.

Either control is established, or chaos takes over.

Either resilience is built, or collapse begins.

This is also when most mistakes happen. People panic. They lose time. They misuse water and food. They go outside unnecessarily. They make chaotic decisions. They trust rumors and forget basic safety.

The main task of the first 72 hours is not to "live normally." Not to be heroic. Not to solve everything at once. Not to restore your routine.

There is only one objective: to ensure survival, safety, and control.

During these three days, you must think not as a civilian, but as a crisis operator. You have limited resources, limited information, and limited energy. Further deterioration is likely.

**Every action must follow a simple priority: Safety first. Then water. Then health. Then heat and shelter. Then communication and information. Only then — everything else.**

## 2.1. Core Objectives of the First 72 Hours

In the first three days, seven essential tasks must be addressed:

- Understand what has happened. Not in detail, but in practical terms: what is down, what is dangerous, and is there a risk of escalation?
- Preserve the group. Check everyone, assess injuries, and eliminate the risk of isolation or anyone going missing.
- Secure shelter. Stay put or move quickly to a safer location.
- Take control of water. Locate, distribute, protect, and purify. Do not waste a drop.
- Take control of health. Treat wounds, isolate threats, and prevent infection or dehydration.
- Organize observation. Understand what is happening around you and when to make the next move.
- Conserve resources. Most people start saving too late.

The first 72 hours are not about comfort. They are about minimizing losses.

## 2.2. Rule One: Stop Panic and Regain Control

Immediately after a crisis begins, most people experience a mental collapse of order. They rush, grab their phones, run around, and try to do ten things at once. They argue, shout, and call friends asking "What do you think?" — all while failing to control the situation.

It looks like action. It is not action. It is a total loss of control.

**If you have no prepared plan, you will improvise. Improvisation in a crisis is almost always a mistake. In the first minutes, do one simple thing: stop and regain control.**

**In practice, this means:**

- Stop chaotic movements
- Gather everyone in one spot
- Speak in short, blunt phrases
- Assign one decision-maker
- Switch to command mode
- Remove emotional noise

Examples:

**"Everyone here."**

**"No one goes outside."**

**"Check the injured first."**

**"Do not touch the water without orders."**

**"Phones to power-saving mode."**

**"Reassess in 10 minutes."**

Panic destroys time and resources. In the first hours, every mistake is expensive.

## **2.3. The First 15 Minutes**

Focus only on what is immediately critical. Not on things. Not on news. Only on what can kill you right now.

What to do immediately:

- Check for immediate threats: fire, gas, collapse, or active shooting
- Check people: who is injured, missing, or in shock?
- Decide: Stay or Leave. If it's dangerous—get out now.

- Shut down hazards: gas, electricity, or open flames
- Gather the "Critical Minimum": med kit, water, light, documents, and tools
- Put on shoes and outer clothing. Never act barefoot or unprotected.

What NOT to do:

- Do not start long packing sessions
- Do not argue or debate
- Do not waste phone battery
- Do not go outside out of curiosity
- Do not use elevators
- Do not ignite flames if you smell gas

#### **Quick Checklist: First 15 Minutes**

- Check for threats
- Check people
- Decide: Stay or Leave
- Shut down risks
- Gather critical minimum
- Put on shoes and clothing

## **2.4. The First Hour**

The first hour is the transition to a managed mode. You must restore structure.

**During this period:**

Assess the environment. Is the building safe? Are the exits clear? Is there fire or a crowd nearby?

Establish a control point. Define a spot for your gear: water, med kit, light, and radio. Keep it away from windows and entrances.

Perform medical triage. Focus first on what kills in minutes: bleeding, unconsciousness, or breathing issues.

Switch to conservation mode. Do not use water or food without accounting for it. Lights and phones strictly on "save."

Start a situation log. Write down the time, resources, and decisions. In stress, memory fails. Records replace memory.

### **Quick Checklist: First Hour**

Assess the environment

Organize a control point

Perform medical triage

Switch to conservation mode

Start a situation log

## **2.5. Decision: Stay or Leave**

The worst mistake is to delay.

If there is no threat of occupation or total collapse, the rule is: stay in a prepared dwelling. A prepared place is safer than chaotic movement.

### **Stay if:**

The building is intact

There is no fire or chemical threat

- The situation in the area is stable
- You have water and resources
- Leaving is more dangerous than staying

**Leave if:**

- There is a fire or gas leak
- Structural damage makes the building unsafe
- The area becomes a direct threat zone
- There is a clear, realistic evacuation route

But if there is a risk of occupation: **LEAVE. Do not wait.** Do not "see how it goes."

Normal law no longer protects you. Movement may be banned. Searching for water can become deadly. Violence becomes a tool of pressure. Women and girls face a direct threat of violence.

**The key principle:** Leave not when you are afraid, but when you can still leave calmly and from a position of control.

## **2.6. Water in the First 72 Hours**

Water is the absolute priority. Not food. Not information.

- Account for everything: Bottled, technical, and reserves in heaters.
- Separate by purpose: Drinking, cooking/medicine, and hygiene.
- Introduce rationing: Start accounting for every drop immediately.
- Protect drinking water: Keep it sealed and clean.

- Purify strictly: Follow protocols. No guessing.

Dehydration develops silently. If you drink too little, you make errors in judgment.

## 2.7. Food in the First 72 Hours

Food ranks below water.

- Do not eat from stress. Food is for strength, not anxiety.
- Start with perishables. Use what will spoil first.
- Do not open extra. Open packages are a sanitary risk.
- Choose by function. High-calorie, simple, and low-thirst foods.
- Save fuel. Avoid cooking if possible.

## 2.8. Temperature and Body Protection

- Dryness is priority. Wet clothing is a direct threat.
- Footwear is mandatory. Even indoors.
- Sleep warmer than you stay awake.
- Avoid excessive sweating. It leads to rapid chilling.

## 2.9. Medical Minimum

Stop what kills quickly and prevent deterioration.

- Priorities: Breathing, bleeding, shock, and dehydration.
- Chronic illness: Maintenance medication is a strategic resource, not a personal item.

## 2.10. Communication and Information

- Use communication briefly. Short, factual data only.
- Power-saving mode immediately.
- Filter news. Practical info only: danger zones, water, and weather.
- Do not spread rumors. Panic spreads faster than threats.

## 2.11. Energy: Light, Fire, Power

- Flashlight before candles.
- Targeted light only.
- Charge only the essentials.
- Treat every battery as your last.

## 2.12. Security

- Lock and check all doors.
- Reduce visibility. Do not show bright lights.
- Control the entrance.
- Avoid unnecessary conflicts. Silence is safety.

## 2.13. Fatigue and Pacing

**Adrenaline lasts 6–12 hours, then you "crash."** An exhausted person makes absurd mistakes.

- Introduce shifts if possible.
- Eat and drink by the schedule.
- Schedule short sleep.

If you are the only adult, you must strictly control your own exhaustion. "Holding on" means a collapse is imminent.

## 2.14. Vulnerable Groups

Children: Need warmth, water, and a calm, simple routine.

Elderly: Monitor dehydration and blood pressure.

Animals: Factor in their water, food, and noise.

## 2.15. Typical Mistakes

Overestimating time: Thinking help will arrive "very soon."

Chaotic water use: No counting, no rationing.

Late economy: Saving only when the supply is gone.

Curiosity: Going outside "to look" without a reason.

Ignoring sleep: The leader often breaks first.

## 2.16. The 4 Stages of the First 72 Hours

**First 15 Minutes:** Task—Escape immediate threats.

**First Hour:** Task—Regain control and organize the point.

**First 24 Hours:** Task—Stabilize the routine (water, food, sleep).

**24–72 Hours:** Task—Transition from shock to resilience.

Conclusion

**The first 72 hours are won not by the strongest, but by the one who maintains order.**

- Do not panic.
- Prioritize quickly.
- Conserve water and energy.
- Avoid unnecessary risk.
- Maintain discipline.

**The first 72 hours are not about comfort. They are about management. If management is lost at the beginning, the price of every subsequent mistake only goes up.**

### ***[Next Chapter Preview]***

#### **Chapter 3. Safety, Low Profile, and Family Protection**


*In a prolonged crisis, your neighbor is not just a neighbor. They are a potential risk — or a source of pressure. If they know you have water, they will come for it.*

*In the next chapter, you'll learn how to avoid the mistakes that turn your home into a target:*

**Critical mistakes:** – *Talking too much: revealing resources to others – Visibility: light, noise, or routines that expose you – Early escalation: showing strength too soon – Heroism: unnecessary risk and attention*

**Family discipline in a real crisis:** – *We do not seek conflict – We do not reveal information – We do not display resources – We do not attract attention*

 ***This is where most people lose control.***

 **Access the full system to protect your family [GET THE FULL CHAOS PROTOCOL](#)**

