

PRIMAL DEFENDER

Helping Ordinary Families Become Quietly Capable

MY PACE PLAN

A Layered Backup System for Every Critical Need

WHAT IS A PACE PLAN?

PACE is a military-proven framework for building redundancy into every critical system. The idea is simple: if one layer fails, the next one kicks in. The goal is never a single point of failure.

P	Primary	Your first-choice solution under normal conditions.
A	Alternate	Your backup when the primary fails.
C	Contingency	Your backup to the backup.
E	Emergency	Your last resort when everything else is gone.


*"The point isn't to have the most elaborate plan. The point is to never have a single point of failure."
— Becoming a Primal Defender*

HOW TO USE THIS TEMPLATE


Pick one domain. Write your four layers — don't overthink it. Just ask: "What's my backup if this fails?" Fill in one table at a time. Then test it.

At Level 1, your answers will be simple. That's the point. As you progress, your plans get deeper and more redundant. Start somewhere. Start now.

WATER

 WATER	
P PRIMARY	<i>e.g. Municipal tap water</i>
A ALTERNATE	<i>e.g. Stored water — barrels or bottles in garage</i>
C CONTINGENCY	<i>e.g. Portable water filter + local creek access</i>
E EMERGENCY	<i>e.g. Boiling water over open fire</i>

FOOD

 FOOD	
P PRIMARY	<i>e.g. Fresh groceries from the store</i>
A ALTERNATE	<i>e.g. Pantry staples — canned goods, rice, beans</i>
C CONTINGENCY	<i>e.g. Long-term freeze-dried food storage</i>
E EMERGENCY	<i>e.g. Hunting, fishing, foraging</i>

POWER

⚡ POWER	
P PRIMARY	<i>e.g. Utility grid power</i>
A ALTERNATE	<i>e.g. Battery bank / power station</i>
C CONTINGENCY	<i>e.g. Portable generator + fuel supply</i>
E EMERGENCY	<i>e.g. Candles, wood stove, passive solar</i>

COMMUNICATION

🗣️ COMMUNICATION	
P PRIMARY	<i>e.g. Cell phone / internet</i>
A ALTERNATE	<i>e.g. FRS/GMRS handheld radio</i>
C CONTINGENCY	<i>e.g. Ham radio or satellite communicator</i>
E EMERGENCY	<i>e.g. Hand-delivered note, pre-arranged rally point</i>

SECURITY

SECURITY	
P PRIMARY	<i>e.g. Locked doors, perimeter lighting</i>
A ALTERNATE	<i>e.g. Alarm system / security cameras</i>
C CONTINGENCY	<i>e.g. Dog, safe room, neighborhood watch</i>
E EMERGENCY	<i>e.g. Armed home defense response</i>

CUSTOM DOMAIN: _____

DOMAIN: Fill in above	
P PRIMARY	<i>Primary — write your answer here</i>
A ALTERNATE	<i>Alternate — write your answer here</i>
C CONTINGENCY	<i>Contingency — write your answer here</i>
E EMERGENCY	<i>Emergency — write your answer here</i>

CUSTOM DOMAIN: _____

DOMAIN: Fill in above	
P PRIMARY	<i>Primary — write your answer here</i>
A ALTERNATE	<i>Alternate — write your answer here</i>
C CONTINGENCY	<i>Contingency — write your answer here</i>
E EMERGENCY	<i>Emergency — write your answer here</i>

TEST YOUR PLAN

A plan on paper is a starting point — not a guarantee. Test your layers. When you do, you'll find gaps you never expected.

- Turn off your home's power for one evening. What actually fails?
- Don't use tap water for 24 hours. How long do your stored supplies last?
- Disconnect from the internet and cell service for a morning. How do you communicate?
- Walk your perimeter at night. What vulnerabilities do you see?
- Locate your emergency supplies. Can every family member find them without your help?

The goal isn't perfection. The goal is that when one layer fails, the next one catches you. Build the plan. Test the plan. Improve the plan.

PRIMAL DEFENDER

primaldefender.com | Helping Ordinary Families Become Quietly Capable