Claim / Data Point Supported	Citation	Link
Apollo 11 mission: launch, crew, lunar landing, splashdown, quarantine	Smithsonian National Air and Space Museum	https://airandspace.si.edu/explore/stories/apollo-11-moon-landing
Armstrong’s first words on the Moon	Britannica	https://www.britannica.com/story/moon-landing-just-the-facts
Apollo 11 mission sequence, technical details, lunar module undocking, landing, EVA, docking, Earth return	NASA	https://www.nasa.gov/mission/apollo-11/
Armstrong and Aldrin’s time on the Moon, sample collection (21.8 kg), experiments, flag, plaque	PSRD Hawaii	http://www.psrd.hawaii.edu/July19/PSRD-Apollo11-discoveries.pdf
Michael Collins’ role in Command Module Columbia	Gilder Lehrman Institute	https://www.gilderlehrman.org/history-resources/spotlight-primary-source/eyewitness-account-sinking-titanic-1912
Saturn V rocket: size, power, F-1 engines, launch sequence	Air & Space Museum	https://airandspace.si.edu/explore/stories/tools-and-technology-apollo-program
Lunar Module (Eagle): design, ascent engine, critical manual landing by Armstrong	Wikipedia: Apollo Lunar Module	https://en.wikipedia.org/wiki/Apollo_Lunar_Module
Fuel margin at landing: less than 30 seconds left	Smithsonian National Air and Space Museum	https://airandspace.si.edu/explore/stories/apollo-11-moon-landing
“Arming switch” incident and Aldrin’s use of a pen to trigger ascent engine	Momentslog	https://www.momentslog.com/history/the-apollo-11-moon-landing-giant-leap-for-mankind-and-space-exploration
President Nixon’s alternate speech prepared in case of disaster	National Post	https://nationalpost.com/news/the-cold-war-led-to-the-moon-landing-but-historians-disagree-on-how-the-moon-landing-influenced-the-war
Apollo 11’s scientific legacy: lunar rocks, laser retroreflector, seismometer, solar wind experiment	American Museum of Natural History	https://www.amnh.org/explore/news-blogs/apollo-11-scientific-legacy
Laser retroreflector still used to measure Earth-Moon distance	MOAS	https://www.moas.org/To-Choose-Our-Destiny--The-Lasting-Legacy-of-the-Apollo-11-Moon-Landing-1-69.html
Seismometer recorded moonquakes for a month	MOAS	https://www.moas.org/To-Choose-Our-Destiny--The-Lasting-Legacy-of-the-Apollo-11-Moon-Landing-1-69.html
Apollo 11 samples proved the Moon is a differentiated body with a magma ocean origin	PSRD Hawaii	http://www.psrd.hawaii.edu/July19/PSRD-Apollo11-discoveries.pdf
Apollo program cost: $20–25 billion in 1960s dollars (over $100 billion today)	Research & Innovation EC	https://research-and-innovation.ec.europa.eu/document/download/3fb7597a-1680-4dff-86a3-1b82b02ad4b0_en?filename=mission_oriented_r_and_i_policies_case_study_report_apollo_project-us.pdf&prefLang=it
Over 400,000 people worked on Apollo; spin-off tech: water purification, computer chips, materials	Apollo11Space	https://apollo11space.com/apollo-program-technology-revolutionary-innovations-that-changed-our-world/
Apollo Guidance Computer: first digital, multitasking, portable computer, enabled real-time navigation	Apollo11Space	https://apollo11space.com/the-apollo-11-mission-and-its-impact-on-the-development-of-modern-technology/
Apollo 11 as Cold War “moonshot,” JFK’s 1962 Rice University speech, political context	Wikipedia: We choose to go to the Moon	https://en.wikipedia.org/wiki/We_choose_to_go_to_the_Moon
Cold War space race: Sputnik, Gagarin, Kennedy’s challenge, U.S. superpower status	Saylor Academy	https://learn.saylor.org/mod/page/view.php?id=71283
Apollo 11’s global impact, over 650 million watched live	Miller Center	https://millercenter.org/the-presidency/educational-resources/space-race
Soviet Union officially recognized Apollo 11 as a genuine achievement	National Air and Space Museum	https://airandspace.si.edu/explore/stories/space-race
Conspiracy rebuttals: flag “waving,” no stars, shadows, Van Allen belts (science explanations)	Royal Museums Greenwich	https://www.rmg.co.uk/stories/space-astronomy/moon-landing-conspiracy-theories-debunked
Van Allen belts: Apollo trajectories minimized exposure, radiation dose comparable to medical scans	BBC Sky at Night Magazine	https://www.skyatnightmagazine.com/space-science/van-allen-belts
8,400+ photos, 382 kg of moon rocks, independent verification	Institute of Physics	https://www.iop.org/explore-physics/moon/how-do-we-know-we-went-to-the-moon
Apollo 11’s legacy: inspiration for STEM, ongoing space exploration, Artemis program	Momentslog	https://www.momentslog.com/history/the-apollo-11-moon-landing-giant-leap-for-mankind-and-space-exploration
Effects of spaceflight on the human body: muscle, bone loss, radiation, and engineering challenges	Wikipedia: Effect of spaceflight on the human body	https://en.wikipedia.org/wiki/Effect_of_spaceflight_on_the_human_body
Artemis program and current/future moon missions	NASA Science	https://science.nasa.gov/resource/legacy-of-the-apollo-11-moon-landing-handout/