

PREPAREDNESS & SURVIVAL Guide for Beginners



Preparedness and Survival Guide for Beginners

By <http://www.PrepperSurvivor.com>

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CHAPTER 1 - WHY BEING PREPARED FOR A DISASTER IS IMPORTANT



Super Storm Sandy ripped up the eastern seaboard of the United States, leaving death and destruction in its path. While everyone knew the storm's path and when it would strike, people and the community as a whole were caught off guard by the devastation. Super Storm Sandy is an example of why preparing for the worst-case scenario is the prudent path to take.

The people and community in the storm's path had prepared based on their experiences with storms in the past. However they did not prepare for the worst-case scenario. The city's aging infrastructure contributed greatly to the devastation because it failed almost immediately when the storm hit, which apparently was not taken into account during preparations.

Denial, procrastination and economics were all a factor in why some did not prepare for the storm. A majority of the people failed to recognize what effect the storm surge and the subsequent flooding would have on them. The recommended 72 hours worth of supplies is outdated given the state of infrastructures in most cities and towns. You have to assume you will be on your own for at least 10 to 14 days. To assume otherwise means you will not have enough food or water and must rely on disaster relief agencies that apparently had problems getting personnel into the disaster area. Knowing this and knowing this has been a problem in the past, you cannot assume agencies will be on the ground in your area in a timely manner.

Everyone must rethink their disaster preparedness because there is confusion as to what the government's role is and what a citizen's responsibility is during a crisis. If you properly prepare, you will not have to rely on government agencies that closed offices because of the weather. Additionally, you cannot predict what a storm will do based on past storms. Self-reliance is important to ensure you and your family survives. The storm, even though it was forecasted to be a

super storm, was never classified as a hurricane. This likely played a role in how people prepared.

You always want to be in position where you have too much and not enough supplies. Emergency disaster supplies are not crisis specific. In other words, if you do have a surplus then they can be used for the next calamity, which is sure to strike. It is not a matter of if, but simply a matter of when the next disaster makes landfall. Your priorities are shelter, water, fire, energy and food. You must plan for extended utility outages and realize you may not have contact with disaster agencies for days or even longer. You essentially will be trapped in your home or surrounding neighborhood because of damaged roads and washed out bridges. Any disaster from tornadoes to blizzards can trap you in your home without electricity, gas or water.

The dependence on gasoline was readily apparent during recent events. Society is so dependent that some will resort to violence to get enough to run their generators. The storm also showed people that they cannot rely on just one plan and that they must have a backup plan. Generators failed because they were installed in some cases, below ground level, which of course were the first to be flooded. Other situations were more tragic because people failed to understand the dangers of toxic fumes from their generators. This is what being prepared is all about. Do you know where to install and operate your generators safely? Are they protected from disasters? These questions and more must be addressed when preparing for any disaster. Planning is crucial and you must always have a contingency plan if your generator fails or the power is out for longer than you expected. Expect the worst and do not be surprised by the unexpected. You must plan for the unexpected.

Useful Links:

[Communications During a Crisis Using Citizens Band/Two Way Radios](#)

[First Aid Kits for Survival](#)

[Best Emergency Water Sources for Survival](#)

[Choosing the Right Sleeping Bag](#)

[Finding Water in the Wild](#)

[Choosing the Perfect Backpack](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 2 - TYPES OF DISASTERS THAT CAN HAPPEN



Anything can happen to anyone at anytime. A disaster can strike you as an individual or as a family, or strike an entire community, state or country. Natural disasters happen so frequently to the point where some people simply go through the motions when preparing. However, given the state of the world today, manmade disasters are becoming more of a possibility. Rogue nations are always looking for ways to create havoc and eventually they will succeed in creating a disaster.

Therefore, when considering which types of disasters are possible you must consider manmade ones as well.

TYPES OF NATURAL DISASTERS

1. Tornadoes typically follow severe thunderstorms, but they are still unpredictable. These storms can cause structural damage to homes and businesses, power disruptions and fatalities from flying debris and collapsing buildings. Heavy rains sometimes associated with tornadoes can cause flash flooding as well. Expect local to widespread power disruptions and given the nature of tornadoes, entire neighborhoods could be destroyed or the storm may only level one structure in an area. The storms move fast and their effects can be as devastating in some cases as the storm itself.
2. Hurricanes are predictable and their progress can be tracked by satellite. Experts can predict when and where they will make landfall with a great deal of accuracy. What cannot be predicted is their destructiveness once they make landfall. Storm surges from high winds typically accompany hurricanes. The surges create flooding and the seawater can contaminate wells, rivers and surface bodies of water. The flooding can also cause raw sewage to be present on the surface, which can contaminate the floodwaters and drinking water resources. The effects are damaged structures from wind and flooding. Expect widespread electrical and other utility disruptions as well as damaged roads and bridges.
3. Blizzards can close highways, collapse buildings from the weight of the snow collecting on roofs, and bring down trees and power lines. Cold temperatures are also a factor and fatalities are caused by falling branches, downed power lines, traffic accidents and hypothermia. Expect local power disruptions and limited travel. Blizzards are forecasted when there are favorable weather conditions.
4. Earthquakes are not predictable and can strike virtually anywhere at any time. To determine if an area is prone to earthquakes, experts can only rely on what has happened in the past. Earthquakes can cause widespread damage to buildings and infrastructures. Fatalities are caused by collapsed buildings, bridges and falling debris. Expect in some cases extensive damage to local infrastructure, which means it could be weeks before power is restored to certain areas.

Even though nature plays a role in disasters, some can actually be caused by human error, structural failure and mechanical



malfunction. Such disasters include breached levees and dam failures, which cause widespread flooding and power disruptions. Drowning accounts for most of the fatalities that result from these disasters.

MANMADE DISASTERS

1. A surface detonated one-megaton nuclear device will cause widespread destruction and fatalities from the blast and radioactive fallout. Ground zero is typically a 2-mile radius where nothing or no one can survive the blast. Buildings are destroyed up to 0.6 miles from the blast, and only the sturdiest structures will still be standing up to 2.0 miles from the blast. Seven miles from detonation, the fatality rate can be 50 percent or higher with a 40 percent injury rate among survivors. Fatalities in the blast area are caused by blast pressure, and thermal heat. Once away from the blast area, fatalities are caused by exposure to radioactive particles. The fatal radioactive fallout can be as much as 100 miles from detonation. Anyone in the fallout zone that is not protected will suffer from radiation poisoning.
2. Biological attacks can occur and it may be days or weeks before anyone realizes it has happened in some cases. The attack may only become evident when people begin to die or show symptoms and then it will take extensive testing to determine the biological agent. The number of fatalities depends on the agent used. Plagues and virus do not typically have a 100% fatality rate. Although with advancements in biological warfare, any agent can be modified to increase its potency.
3. Chemicals have been used to fight wars and have inflicted casualties on civilians for decades. Terrorist organizations may very well have chemical weapons that can be used to cause widespread casualties in any city or community. Chemicals can be sprayed from planes, carried as payload on missiles and released into the air from canisters left on a subway or bus.

CHAPTER 3 - BEING PREPARED MENTALLY FOR SURVIVAL



Your mind is one of the greatest assets you have in a survival situation. The ability to reason and think through a problem is vital to survival. This is not to say that being physically fit is not an asset as well, but sheer strength can only carry you so far and you must use your ability to think to take the strain off your body. One hundred strong people can beat on an oak tree with stout sticks for hours and even days without toppling the tree. Yet one person can topple that same tree by thinking to put an axe head on one of the stout sticks. Use your mind to save your body.

People panic because they do not know what to do next, and some will run in circles once they realize they are lost, stranded or confronted with an emergency. Many people simply do not have any experience or training and are at a loss as to their next move. Part of preparing for any crisis is training your mind for survival. You must assume at some point you will have to face a crisis or some type of emergency whether it is a natural disaster or you become lost in the wilderness. Being prepared will quell panic and allow you to think clearly. Knowing the next move will keep you from running in circles.

Having confidence in your abilities is important and the only way to gain confidence is through knowledge and training. Gain knowledge by researching and practicing in controlled environments. If your home and community expects seasonal natural disasters and you want to learn how to survive without electricity and running water, try turning off your utilities for a few hours at a time to become accustomed to these conditions. Once you feel confident to try this out, shut the electrical breaker and gas valve off for a full 24 hours and learn what you need to do to prepare foods, bathe, keep warm and maintain a certain quality of life without electricity or other utilities. You must also know what emergency supplies you would need and how much. Living for few days without modern conveniences will show you what you will need for supplies in

a real survival situation. Training and practicing what you know in a controlled environment will prepare you mentally for when disaster does strike.

You can also apply the same techniques to learn how to survive in the wilderness. You will need certain skills to survive in the woods. You simply cannot expect to survive in a wilderness environment for any extended period of time without certain skills. Once you become lost without survival training then you will panic and your mind will conjure up all kinds of scenarios. This could result in injuring yourself and burning vital energy while running from bush to tree looking for answers. Begin by learning what skills are needed to survive and begin learning those skills. Once again, practice and apply your new knowledge in a controlled environment for a few hours and then a few days at a time.

As you develop your skills, your mind will naturally provide you with the answers without thinking and you will know the next move you must make. As you advance in your training, you will know what materials, tools and supplies you will need to survive any situation.

Start preparing today because you never know when you will be in a survival situation. To assume you will never be confronted with an emergency only means that when you are confronted you will not be ready.

CHAPTER 4 - PHYSICAL READINESS BEING PREPARED FOR A CRISIS



With today's technology, daily survival is not as demanding physically as it was 150 years ago. Machines and other devices along with electricity have taken over for our bodies. In the years past, survival was by the day and even by the hour in some cases. Seeds had to be planted and ground tilled for the next crop without machinery. The only food available was what you could raise, forage or hunt for. Survival was physically demanding and people's bodies were conditioned for the rigors of daily life.

Imagine if you had to begin your day without electricity. Water would have to be pumped or carried to the house by hand for your morning coffee and breakfast. Laundry would have to be done in large pots over an open fire or even at a river's edge. Everyone needs clean clothes no matter what the weather is like. Hundreds of years ago, it was a daily struggle just to keep food on the table. Hunters had to leave before first light, and many times they returned after dark empty handed.

DISASTERS CAN STRIKE AND THEY CAN TRANSPORT US BACK 150 YEARS

One more super storm or even a rogue nation armed with cyber experts can cripple the country's power grid in a matter of minutes. Once you are without electricity and fuel for your vehicles, the physical demands will be overwhelming unless you are prepared physically. You will have to walk everywhere, but many people today simply do not walk anymore. They ride in taxis, on buses, trains and in their own vehicles. Some people do not even have the proper shoes for walking. The first step to preparing your body physically is by beginning a walking regimen, and without vehicles or other means of transportation, you will have to carry things while walking.

Start out by walking one mile twice per day. You do not have to power walk or time yourself, but get used to walking along the streets where you typically drive. This accomplishes two things. It begins to condition your body and it gives a directional perspective because landmarks and other directional guides look different at street level. Once disaster strikes, you will need to know how to find your way on foot. You can ride or drive a route everyday and yet not find your way on foot along the same route in heavily populated urban environments.

After seven days of walking one mile twice daily, begin carrying a backpack with 10 pounds in it and do the one-mile twice daily. During this time, you will decide what the best shoes for walking are. Some of you will have had blisters after the first 10 minutes of walking. Keep in mind during a disaster there will be debris underfoot such as glass and other sharp objects, so shoes will be an important factor in a survival situation. At the end of two weeks, add 10 more pounds to the pack and carry it with you wherever you go. Ideally you will have 20 pounds of survival essentials in your pack. However, during an evacuation your pack will become much heavier.

You will not always walk on flat sidewalks or streets during a disaster, so after two weeks you must begin walking on different terrain where you have to step over and around objects with your pack on. Carry a stout walking stick once you begin walking on uneven terrain. This helps with balance, and the stick at some point may be needed as personal protection or be replaced with a weapon. Additionally, during this time try out different packs because your pack may very well be your home during a disaster. Your pack must fit you properly and

be large enough for your essentials as well. If you have to evacuate during a crisis then you can expect to carry between 40 and 50 pounds of emergency supplies on your back. You must be conditioned for this and the other tasks you will have to accomplish.

Once in a survival situation you want to be able to carry everything in a backpack on your back. You simply cannot carry a suitcase or duffle bag in your hands because you will wear yourself out and your balance will not be as good. Besides you may need your hands free for personal protection. So you should always carry a pack on your back.

Useful Links:

[Choosing the Perfect Backpack](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

CHAPTER 5 - ESSENTIAL EMERGENCY SURVIVAL SUPPLIES



People sometimes tend to focus on the emergency itself and not the effects of the crisis. The effects being disrupted utilities such as electric, gas and water, and no fuel for vehicles, generators and impassable roads. Your home may even be damaged forcing you to seek shelter somewhere else. You will have to survive without electricity and you must have an adequate supply of water and/or the means to collect and purify a water source. You must have food that can be easily prepared with limited resources, and have the tools and materials necessary to repair your home or to construct a shelter. Additionally you may have to evacuate, which means you will have to take your supplies with you.

The Essentials

1. Have between a 10 and 14-day supply of foods/snacks that are ready to eat and do not require refrigeration. Some people turn to dehydrated foods for use during emergencies. The foods have a shelf life of up to 30 years if left unopened, and they have a variety of foods from which to choose and are easily storable. However, dehydrated foods do require water and the means to boil water so they can be reconstituted. This means you

would need additional water and a reliable heat source and fuel for boiling water. Canned foods are the traditional emergency foods. They are readily available and inexpensive. The shelf life is typically one year from the date of purchase. You will have to stockpile multiple cans for a well-rounded diet. Canned foods in most cases can be eaten right out of the can without preparation, but heating does make for a more enjoyable meal. Meals Ready to Eat (MRE's) is another option and there are military and civilian versions available. The shelf life is between five and seven years. The meals are packaged for easy storage and they are easily transported in backpacks. Each meal is an entire meal with entrée, (approximately 1,200 calories each) and each package usually contains the traditional condiments and eating utensils. MRE's can be eaten without heating or any preparation. Each meal package can, however, be immersed in hot water for heating.

2. Water is vital to survival and you must have an adequate supply for drinking, personal hygiene, cooking, mixing infant formula and for powdered milk if applicable. The recommended daily amount per person is one gallon; this includes water for drinking, sponge baths and oral hygiene. Add more water if you plan to use it for cooking or have young children. The average adult needs between 2.0-2.5 quarts/liters daily just for hydration.
3. Use personal hygiene items, such as hand sanitizer and bath wipes, for bathing without water to conserve your drinking water.
4. Have tools and materials for emergency repairs to your home, such as plywood sheets and tarps.
5. Insect repellent and/or netting if applicable.
6. Have individual water containers, such as canteens for carrying water, if you have to evacuate.
7. Shovel for burying garbage and digging outdoor latrines because you simply cannot allow waste to collect on top of the ground. Bury it to prevent insect and rodent infestations and to prevent the breeding and spreading of bacteria and diseases.
8. Bag of lime for odor and bacteria control in garbage pits and latrines.
9. Matches/lighters.
10. Illumination such as propane or oil lanterns.
11. Emergency thermal blankets; one for each member.
12. Rain gear/ponchos for each member.

13. Dust masks, heavy gloves and sturdy shoes.
14. Emergency shelters, such as tents or tarps.
15. Axe, sledgehammer for extraction from damaged structure and for rescue operations.
16. Heavy rope for rescue operations.
17. Backpacks to pack your essentials in if you have to evacuate.
18. Battery operated radio and/or ham radio or Citizens Band (CB).
19. Red or orange garbage bags can also be used to signal rescue personnel.
20. Portable cook stove such as a propane camp stove or charcoal grill.
21. First aid kits; one for each member.
22. Cash/change.
23. Have one gallon of common household bleach that does not contain any additives to be used for emergency water purification.
24. Coffee filters for emergency water filtration.

It is assumed you would have clothing appropriate for the season and you would have cooking utensils along with pots and pans. Make sure you have a supply of prescription medications and any medical devices such as portable oxygen tanks, canes, walkers and so forth. Have a supply of over-the-counter medications for pain, allergies and stomach upset.

Part of your preparations must include knowing the locations of all shelters in the area and knowing the evacuation routes out of the area. Drive the routes to the shelters and evacuation routes so you are familiar with the roads, and make sure more than one member of your family knows the routes as well.

Useful Links:

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 6 - WHAT TO DO WHEN DISASTER STRIKES



Once disaster strikes, the decisions you make may have an effect on whether you survive or not. One decision that is critical and must be made quickly is whether to stay or evacuate from your current location. However, more information is needed in order to make that decision. First, you need to ensure that your home or shelter is not damaged to the point where it poses as a safety hazard. Additionally, you must ask yourself if you can protect your home from the elements and if you can make it secure against intrusions. It is recommended that you do not discuss your plans with anyone outside of the family and do not advertise the fact you have supplies stockpiled.

If your home is damaged making it uninhabitable then you can consider constructing temporary shelters on your property. This may not be an option in heavily populated urban environments because of personal safety issues. The effects of any crisis could result in a lack of utilities, damaged roads and highways, and the inability to restock provisions because of supply chain disruptions. Additional effects can be civil unrest in the form of demonstrations and protest in front of government buildings after a few days. People during a

crisis will turn to the authorities for help and when help is not forthcoming, they will turn against the government. You should avoid these types of gatherings at all costs.

One of the factors you must consider is civil unrest when deciding to stay or go. If you live in an urban environment and the streets are full of demonstrators, the effects may very well be destruction of property and violence against others. In any crisis, certain elements of society will look to victimize others by looting and other criminal activity. Leaving the heavily populated area would be the better option before civil unrest boils over making it impossible to escape the city. In any event, always have your backpacks fully packed and ready to go.

Once reality sets in and people realize they are in a survival situation, the ones that did not prepare will be seeking out those who did prepare. You can expect friends, neighbors and even strangers to look to you for help. Some may ask, and others may simply try to take what you have. Therefore, if you find yourself in this type of situation then leaving may be the best option. Your first responsibility is to your family and yourself.

If you decide to stay, fortify your home by covering its windows and sliding glass doors in order to prevent injury from flying glass and to make intrusions more difficult. Criminals like to take the path of least resistance and once they realize you have prepared resistance for them, they will move on to find a less prepared victim. Avoid commercial areas of town because that is where the looting will be taking place. Do not engage anyone in crowds or demonstrations. You cannot sway their minds and many are there because they simply have no other place to be. After a few days, agitators and anarchists will have taken over the demonstrations to forward their own agendas.

If you decide to evacuate the city, do it just before the sun rises. Ideally, as part of your preparedness plan, you would have mapped out various routes out in the city. Keep in mind you will likely be on foot so your supplies must be such that they can be carried in a backpack. Your priorities are shelter, water, fire, food and personal protection. Move swiftly and keep your head high. Criminals look for victims that appear distracted or are not paying attention. Showing confidence can help you avoid confrontation. Some may think that slipping away at night is the best time to leave. Nighttime is actually a dangerous time during a crisis because looters and others looking for victims will be out and anyone that is not a criminal will stand out and become a target. People are expected to be out during the day so you will not stand out and can move

without drawing as much attention to yourself. There will be others leaving as well, but avoid alliances until you know their motives and have some idea of their character. You must remember that people will do things during a crisis that they would never otherwise consider.

Useful Links:

[Finding Water in the Wild](#)

[Choosing the Perfect Backpack](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

CHAPTER 7 - ESSENTIALS FOR YOUR BUG OUT BAG



Your bug-out bag, or sometimes called a 72-hour bag or go bag, is designed to provide you with the essentials while you evacuate a disaster area. In all likelihood, you will have to evacuate on foot so your bag must be one that can be shouldered. Trying to carry your bug-out bag by hand will become burdensome quickly and you must have your hands free for balance and personal protection. Your priorities in any survival situation are shelter, water, fire and food.

Your backpack should be water resistant if not waterproof and it must be large enough to contain all of your supplies. The pack once loaded and shouldered should not extend much beyond the sides of your body and it should have kidney straps to secure the pack around your waist to prevent movement of the pack while walking. Some packs include a lightweight metal frame that is molded to fit the back with additional cushioning for your kidneys.

Pack the backpack so the weight is evenly distributed. You do not want all the heavy items in the bottom of the pack because this will put too much weight on your shoulders. Quality packs will have a harness for attaching knives,

flashlights and axes. The bottom of the pack should also have straps for securing sleeping bags. Purchase a load-bearing belt to carry canteens, personal protection, and other clip on tools. You do not want all your water in one container because of the weight, and if the container becomes damaged then you could lose your supply. Therefore, break it up into smaller units.

WHAT GOES IN YOUR BUG-OUT BAG

- Water For At Least Three Days - One Gallon Daily
- A Three Day Supply Of Food: MRE's And High Protein Bars Are Recommended
- Two Ponchos Large Enough To Cover You And Your Shouldered Pack Can Be Used For Emergency Shelter
- Waterproof Lightweight Ground Tarp Can Be Used For Shelter
- Fire Starting Materials Such As A Magnesium Stick and/or A Ferro Rod (Matches Are Unreliable And Should Never Be Your Sole Means Of Fire Starting)
- Personal Protection
- Multi-Tool And A Fixed Bladed Knife
- Camp Axe/Machete/Folding Saw
- Water Purification Tablets: Iodine Or Chlorine Dioxide Tablets
- First Aid Kit - Also Consider A Suture Kit For Bleeding Wound Closure
- Assorted Medications For Pain Allergies And Stomach Upset
- Hand Sanitizer
- Gloves
- Sun Block And Sunglasses
- Hat
- Coffee Filters For Emergency Water Filtration
- Assorted Fish Tackle And Hooks
- A Spool Of 15-20 Pound Fishing Line
- Spool Of 20-24 Gauge Wire
- Compass And Map Of The Area And State
- Clip On Flashlight
- Personal Hygiene Items
- Collapsible Walking Stick
- Liquid Insect Repellent (Netting As Well If Insect Pose More Of A Threat Such As If You Are Near Swamplands) Aerosol Cans Are Bulky And Less Efficient
- Extra Socks You Must Keep Dry Socks On At All Times

- Minimum Of Two Stainless Steel Canteens
- Small Battery Operated Radio
- Nylon Sleeping Bag That Can Be Rolled Tight And Secured Outside Of The Pack
- A Nylon Tent Is An Optional Item If Space Allows
- Small Container Of Laundry Soap Is Also An Optional Item

It is assumed if the weather is cold then you will have on your cold weather gear, so there is no need to pack an extra coat. If the weather is temperate; however, pack a coat to be prepared for weather changes. Extra clothes can be packed if you have the room. Otherwise take advantage of your surroundings and wash your clothes in rivers, lakes or streams when the opportunity arises.

Be prepared to run out of food and water. Your bug-out bag will have the tools and materials for you to collect, filter and purify a water source, fish for food, make snares and make weapons for hunting small game. Even if you have water, you should supplement your current supply when given the opportunity. Follow the manufacturer's instructions on how to use water purification tablets. Always filter your water before purification to filter out waterborne cysts that contain bacteria, insects, sediment and other debris. Sand, gravel and charcoal can also be used to filter a surface water source.

Useful Links:

[Choosing the Right Sleeping Bag](#)

[Choosing the Perfect Backpack](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

CHAPTER 8 - WATER PURIFICATION AND STORAGE

Water is essential in life. When you prepare for a disaster you must stockpile enough water for your needs and also have the means, if you do run out, to collect, filter, purify and store more drinking water for an extended crisis. You will need water for hydration, cooking and personal hygiene. One gallon daily for each individual is the recommended amount. This amount takes personal hygiene into consideration (sponge baths and oral care). The average adult needs between 2.0 and 2.5 quarts/liters of water just for daily hydration. Consider extra water if you plan to use dehydrated foods because they do require water for reconstitution. You should also consider your options if you have to evacuate and carry water with you. Water weighs roughly 8.5lbs/3.8kgs per gallon in its container so you can reasonably expect to carry three days (72-hours) worth of water if you have to evacuate on foot. This means you may need to collect and purify a surface water source while you are evacuating the disaster area.



LONG-TERM STORAGE

Water should be stored in containers designed for water, such as containers that you purchased water in or barrels specifically for water storage. Water barrels are typically blue and are made of food grade plastic. They are blue to indicate that they are for water storage.

Water bottles can be reused and it is recommended that you wash each bottle thoroughly before refilling with tap water for storage. Use hot soapy water and rinse thoroughly. There is no need to refrigerate water simply. Just keep it out of direct sunlight. Many believe that water will "go bad" over time; it is not the water that goes bad but the container. Plastic water bottles will become brittle over time from exposure to light. Once they reach the brittle stage, they will begin to crack and leak. Water stored for long periods will taste "stale" from a lack of dissolved oxygen. To add dissolved oxygen, unseal the barrel or container while being careful not to contaminate the water and shake the containers to create air bubbles. The bubbles collect dissolved oxygen from the air and deposit it in the water.

If you feel your water has become contaminated, this article will explain in detail how to purify your drinking water source.

Wash any storage container with soap and hot water and rinse well before filling with tap water. If you are using a water hose to fill large containers, it must be a hose rated safe for drinking water. Tap water provided to your home from a municipality does not require further purification once it is in the containers.

WATER SOURCES COLLECTION FILTRATION AND PURIFICATION METHODS

You may find yourself in a situation where your water supply has been depleted or you have to evacuate with limited supplies and must collect water along the route. There are surface water sources that you can use for drinking water once it has been filtered and purified. Sources if you live in an urban area include public swimming pools, public fountains, lakes, streams and ponds found in some public parks, private swimming pools and hot tubs, direct rainfall and rain runoff from buildings. Sources of water in rural areas include swimming pools, hot tubs, lakes, streams, ponds, direct rainfall and rain runoff from your roof.

FILTRATION

Filtering mediums include coffee filters, charcoal, sand, gravel, cloth and cheesecloth; if layered several times. Ideally, you would use all of the filtering mediums by layering in a container that has a hole in the bottom.

Water should be filtered to remove cysts, sediment, insects and other debris that can harbor and reduce the effects of boiling and chemical treatment.

PURIFICATION

Acceptable methods of water purification include boiling, two percent liquid iodine, iodine and chlorine dioxide tablets and sodium hypochlorite (liquid chlorine), which is a common household bleach without additives for fragrances or thickeners for splash free pouring. Typically, household bleach will contain between 5.25-6.0% sodium hypochlorite as an active ingredient. Read the label carefully for the active ingredient.

BOILING

Filter then rapid boil water for one minute at sea level, and for three minutes if 500ft/152m or more above sea level. Water boils at a lower temperature in higher elevations so it must boil longer at the lower temperature. Less air pressure at high altitudes means a lower boiling point of water.

CHLORINE BLEACH

Filter from the collection container into a clean container before adding the drops. The ratio is two drops of bleach per quart/liter of water or eight drops

(1/8 tsp) per gallon. If you need to purify fifty gallons at a time then simply multiply eight drops times 50 gallons. The problem with purifying large volumes of water is that the water must be shaken well to mix the bleach. Once mixed you must allow at least 30 minutes before drinking. If the water is cloudy even after filtering, you can double the drops to four per quart/liter or 16 per gallon. Mix well and wait an additional 30 minutes.

LIQUID IODINE (TINCTURE OF IODINE)

Filter your water from the collection container into a clean container before adding the drops. Add five drops of 2% liquid iodine to a one quart/liter container or 20 drops per gallon. Shake well and wait 30 minutes. Double the drops if the water is cloudy after filtration. Follow the manufacturer's instructions while using purification tablets.

Typically, you would carry liquid iodine or purification tablets in your bug-out bag. You should also ensure you have a suitable vessel for boiling water and a means to filter water. Water that contains poisons or chemical toxins cannot be made safe to drink by any of the described methods.

Useful Links:

[Best Emergency Water Sources for Survival](#)

[Finding Water in the Wild](#)

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 9 - EMERGENCY FOOD STORAGE FOR YOUR HOME AND FOR EVACUATION

Once disaster strikes, food is not something you want to have to worry about in the immediate days ahead. Therefore, you need an ample food supply stockpiled. The type of foods you store is as important as how much. Then there is the question of food safety because in most cases you will be without refrigeration or a reliable chilling mechanism.



DEHYDRATED CANNED OR MEALS READY TO EAT (MRE'S)

You should have a variety of foods on hand to meet various demands. For long term storage and if you feel confident you will be able to stay in one place for an extended period, you would probably benefit from dehydrated foods. However, dehydrated foods will require water in their preparation. The foods will need to be reconstituted with water, so you would need a reliable water source and a means to boil water. This means fuel needs to be another consideration. Dehydrated foods offer a larger variety from which to choose. If left unopened, they have a shelf life of up to 30 years. The foods are typically packed in cans, or sturdy plastic buckets. The foods can be portioned out for evacuation, but once opened the shelf life is dramatically reduced. You would also have to carry extra water and a heat source/vessel for the cooking process.

Canned foods purchased from retailers are an emergency standby. You can expect a one-year shelf life from the date of purchase. The food can literally be eaten from the can without heating or any preparation. Canned food is ideal for quick meals when you do not have a fire or do not want to have one. The variety is limited so you would need multiple cans for a well-rounded diet. The weight may be burdensome if you have to carry a large supply of food in your backpack. Foods you pack in cans at home are another option, but the foods are typically preserved in glass jars making them difficult to transport. Home canning is ideal if you have a garden and expect to be in one place for an extended period.

Military and civilian version MRE's are another viable option. The typical shelf life is between five and seven years. The meals come packaged in lightweight packaging that are easy to store, and pack in backpacks. Each meal is complete and usually comes with the most common condiments and eating utensils. They offer a wide variety from which to choose and each meal is approximately 1,200 calories. The meals can be eaten right from the package without heating or preparing, although you can immerse the package in hot water to heat it up. MRE's can be carried while on patrol, or while evacuating to another location. You can quite easily carry a week's supply in your backpack.

CONSIDERATIONS

Grains can be stored in food grade buckets for an indefinite period. Wheat grain or wheat berries can be ground into flour for rough breads or milled finer for pastries that are more delicate. Wheat is an all-purpose food that should be part of any emergency stockpile. You should also consider storing seeds for developing your own renewable food source. Powdered milk can be stored for years up to 15 in some cases, and is an ideal way to help keep young children hydrated while providing essential vitamins. Use "whole" powdered milk to gain the most calories.

Consider storing salt in bulk to be used as a seasoning and to cure meats, including fish. Salt has an indefinite shelf life if kept in a moisture free environment. Honey is a natural sweetener loaded with nutrition and can be stored for years on the shelf.

EVACUATION

Evacuation is always a possibility and you may not have much notice so preplanning is essential. In any survival situation, you must have shelter, water, fire and food. You may want to consider food caches along your expected evacuation route and along alternative routes as well. You may not have time to load your vehicles so you must have supplies waiting at an offsite location.

If you have the means, all types of foods can be carried in a vehicle but you must also consider that some members may be on foot patrolling along the evacuation route or you may send an advance team to the safe site to make sure it is safe to proceed there. Anyone on foot can carry MRE's or beef jerky along with other lightweight foods ready to eat. Keep in mind a fire may be out of the question so foods would have to be eaten cold. Dehydrated foods can be portioned out into smaller containers so when you do have the chance you can prepare a hot substantial meal. Certain dried foods, such as fruits and vegetables, can be eaten without any preparation and it can make a reasonably good meal if fire and water is not available.

HOW MUCH FOOD

One person's minimum daily consumption should be one can of meat product, such as tuna fish or canned stew, meat based soups, spaghetti and meatballs and one can of vegetables along with a tablespoon of high protein product such as peanut butter. You would also need one can of fruit product daily. Consider snacks as well to help supplement. You may also consider one glass of powdered milk daily.

During a disaster your physical activity will likely rise so you would need more calories. This means you would likely need two MRE meals daily because this would give you approximately 2,400 calories a day.

You will have to read the labels carefully on dehydrated foods to portion the amounts out. Some manufacturers will sell you a packaged deal on dehydrated foods. They will provide anywhere from 30 days up to two years. The amount is based on two meals per day.

These figures are for informational purposes only and are only considered estimates. To calculate more accurately how much you would need to keep track of what you and your family eats over a 30-day period, you may purchase 20 pounds of meal and at the end of six months throw away 20 pounds of meal. Therefore you have to determine what you would really eat and then see if you can store the types of foods needed for sustaining long periods of life. Keep in mind during a crisis you may not have the luxury of picking and choosing.

CHAPTER 10 - BUG OUT VEHICLE HOW TO GET READY



It is recommended that you do not use an open topped or a soft-top car as your bug out vehicle. Thieves and other malcontents may suspend wire or rope across roadways to disable people and vehicles. You will need protection from these types of situations and people. Your vehicle may very well be your shelter as well. There are certain military type vehicles that may have so-called wire cutters mounted on the front to disable wire or rope draped across a roadway.

If the wire is a heavy enough gauge and secured properly it can stop the vehicle regardless, so this is something you want to keep in mind. Your objective is to keep the wire or rope from making contact with your neck or body.

Otherwise, any type of vehicle can be used if it is large enough or you have a trailer. Trailers allow you to carry more, they can be unhitched and hidden if needed as well. You must be able to carry shelter, water, food and other daily essentials. You will need tools and extra fuel. Carry all fuel in jerrycans that can be attached outside of the vehicle or onto the trailer. The cans can take rough handling and are much safer than plastic containers.

Vehicles that can travel (four-wheel drive or all wheel drive) off road with a high ground clearance make the ideal bug out vehicle. However, this may not be practical for some people.

PACK AHEAD OF TIME

Redundancy is the best backup plan so have multiples of the same items. You should have your bug out vehicle packed and ready to go at all times. Make sure it has a fire extinguisher, first aid kit, personal protection, jumper cables, and extra battery for the car, tools, three-day supply of water and food. You will also want clothing appropriate for the seasons so you will have to rotate clothes to keep up with the changing weather. Make sure you have a tent or some type of shelter, sleeping bag and thermal blankets along with rain gear.

In addition to all that was mentioned, you would want a long-term survival kit packed with fire starting tools and materials, water purification tablets, fishing line, assorted tackle, sewing kit and canteen, fixed bladed knife, multi-tool and a compass with maps of the area, state and country. Make sure you have personal hygiene items packed as well.

Carry coolant for your vehicle as well as motor oil. The spare battery can be used to jump start your vehicle or install it and charge the dead battery while your car is running on the jumper cables. Once you decide to bug out you can then pack extras in your trailer if you have one or pack the vehicle. You must consider the possibility that you will not have time to pack so having your vehicle ready at all times means you can evacuate without carrying anything from the house.

EVACUATE TO AN UNKNOWN LOCATION OR A PREDETERMINED LOCATION

You may not have a safe haven or have chosen routes to use for evacuation. If you must evacuate without a location in mind then your first objective is to get away from the disaster area and then scout for a base camp to stop and evaluate the situation. Use your vehicle for shelter along the route. You may not have time, or it may not be safe to set up camp each night. If you do not have a predetermined location, you may want to consider packing more than three days worth of food and water to give yourself ample time to find a safe location.

If you know where you are going, keep in mind that the routes chosen may be blocked so ensure you have alternative routes mapped out. If you had cached supplies along the route, this makes evacuation easier because you will not need to take the time to pack before you can leave.

Useful Links:

[Choosing the Right Sleeping Bag](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

[Preppers Must Have List](#)

CHAPTER 11 - ELECTRICITY AND FUEL DURING A DISASTER



Gas operated generators are probably the number one source of electricity during a crisis. You can have the generators installed in-line so once the power is interrupted the generator automatically starts. This will require a professional installation and so you should notify the power company of your intentions. Feedback can cause injuries to utility workers if the generators are not installed correctly. You can choose natural gas or propane powered generators as well, but keep in mind during a disaster your natural gas may be interrupted. Propane is typically stored in tanks or bottles on the property so you would not have to rely on a utility company.

Smaller gas operated generators are portable and can be operated outside in any weather and you would have to use the correct sized extensions cords to power appliances inside the home. However, you cannot operate any gas-powered generator in an enclosed space because of carbon monoxide gas.

Solar powered generators are another source of electricity, although they do not produce as many kilowatts. They can be a backup generator though and you can

use them to power smaller appliances. The generators typically charge batteries for use during the night or on cloudy days.

Solar panels are another option to generate electricity for your home during a disaster or for supplemental usage of high wattage appliances. The panels are typically installed on the roof for the greatest sun exposure but they can be installed on poles on the ground. You should have your property evaluated for adequate daily sunlight before having the panels installed. In most cases, you need a minimum of six hours per day. The panels generate immediate electricity when the sun is shining and will charge battery packs for use during nighttime hours and cloudy days. The size and number of panels has a direct effect on how many kilowatts are generated. You would have to calculate how many kilowatts you use daily and then install the appropriate size and number of panels.

You would usually have to be connected to the local power grid to feed off excess electricity generated. If you supply power back to the power company then you will receive credits. In other words, they will buy power from you and issue you a credit or even a check in some cases. You can use these credits during the night or on cloudy days.

Propane is a reliable fuel that can be used for cooking ranges inside the home and for propane grills outside the home, and for a heat source as well. You can install small propane heaters for emergency heat or you can have a "whole home" propane furnace. The whole house furnace will have electric blowers that will not work during a power outage so for emergency heat it is recommended you have radiate heaters that use propane installed in various locations. The heaters, grills and ranges can be fueled from the same source by installing a large enough tank to where they would not need electricity to operate.

Propane can come in 100-pound bottles that can be easily moved and refilled/exchanged or you can have a large tank permanently installed to supply all of your appliances. The tank would have to be refilled by the energy company. They would dispatch a tanker truck filled with propane to fill the large tank using a hose. You can store propane in tanks and bottles indefinitely on your property.

CHAPTER 12 - HEATING SOURCES



Alternative heat sources include wood, wood pellets or even pellets made out of vegetation that can be burned in a pellet stove. Pellets stoves are much more efficient than wood stoves, and the pellets can be purchased at any home and garden store, and are easily stored as well. You can make your own pellets if you have the equipment and have access to large amounts of sawdust or vegetation.

If you burn wood then you would have to calculate how much you would need and the efficiency of your wood burning fireplace if that is what you plan to burn wood in. You can put an insert in your fireplace that burns wood chunks or pellets.

The insert is a wood burning stove designed to fit into most fireplaces. The advantage is you already have a flue and firebox, so there is no need to add stovepipes or build a flue. The metal box heats up and the radiant heat can easily heat several rooms if not the whole house. It burns wood much more efficiently than an open fireplace. The stoves have dampers to control airflow and draw, and at night you can bank the fire and restrict airflow so you will have a smaller fire overnight. Then in the morning, you will still have a fire.

Some people convert their wood burning fireplaces into propane fueled fireplaces. Typically, a ceramic log set is placed inside the fireplace box to help hide the propane burners and to add visual appeal. You will need bottled propane on the property. Depending on the size of the propane fireplace insert, you may be able to heat your entire home instead of just the room where the fireplace is located. The fireplaces do not require electricity to operate, which makes them ideal for an emergency heat source.

Kerosene heaters are popular but they must be used carefully and you must have an adequate supply of fresh air in any room which you use it in, so make sure you have cross ventilation. Kerosene can be safely stored in tool sheds and even in garages in an emergency. Certain camp stoves or the so-called Yukon stoves can use kerosene, and they use the drip method. You will have a fire chamber where fuel drips into for continual ignition. Be very careful when using these stoves because if the fire goes out then the fire chamber can fill with fuel.

Heat sources can also be thermal blankets, wool blankets and clothing. Have everyone stay in one room of the home so you can close it off to the rest of the home. Heat conducts from warm to cold so you want to trap whatever heat is generated in the room. Use thermal or wool blankets to cover windows and doorways. Make sure everyone stays dressed while awake and for sleeping, everyone should remove as many clothes as possible while under the covers. You do not want to sleep in damp clothes, socks or overcoats. Put very young children under the same covers for warmth. Your covers will trap your body heat to keep it from escaping to cooler air. Thermal blankets are ideal because they are designed to reflect radiant heat back onto the body.

CHAPTER 13 - SURVIVAL GARDENING



Having your own renewable and reliable food source is an important part of survival. Having a garden ensures you will have food regardless of the situation. Once the grocery stores shutter their doors and the trucks and trains stop running, you will still have food. However, you must plan carefully to ensure you have enough food to carry you through the off seasons or through the winter months by canning and preserving.

Use heirloom seeds so you can harvest the seeds from each plant to carry on that plant's heritage.

During the dust bowl in the United States during the 1930's, crops were destroyed by droughts. The lack of vegetation allowed the wind to remove all of the valuable topsoil. This created a seed shortage because at the time the only seeds available were from the plant itself.

The government decided they needed a reserve seed depository and the only way to get enough seeds at the time was to have scientists develop hybrid seeds or genetically modified seeds in a laboratory. In other words, seeds could be grown without the need for plants. This worked except for the fact that the plants themselves produced a sterile seed which forced farmers to buy seeds every season. However, heirloom plants did survive and over the years the plants have come back. So you can still find heirloom plants and seeds today for your garden.

To be truly independent during a prolonged crisis, you would need to harvest seeds from your plants to stockpile for the next growing season. Seeds if harvested correctly can last for years. Your garden must produce enough so you can have a surplus to preserve as a food source. Most vegetables can be canned

or pickled for long-term storage without refrigeration. Vegetables can even be dried in a dehydrator or your oven to preserve.

Before beginning, you will need to research what plants grow in your temperature zone. You can grow non-native plants if you grow them indoors by using hydroponics or if you have a room that receives plenty of natural light or you can install grow lights to supplement. You can grow many plants in pots or window boxes. Herbs grow all year round indoors inside window boxes or small planters. Typically, a well-cultivated spot outdoors will yield the most produce. You can compost yard and certain household waste to use as fertilizer or mulch. Plants will need nutrients throughout the growing season and you can either use commercial brands or make your own. Keeping in mind you may not have access to commercial fertilizer during a disaster.

Pests are always a problem when growing outdoors. Certain plants, however, are natural repellents such as chive, garlic and dill, anise, and catnip. Some even repel deer and prevent them from eating your plants as well. Many flowering plants attract wasps, which in turn will eat aphids. Plant these and others as companion plants in or near your vegetable garden.

Tomatoes can be grown practically anywhere because they do not need bees to pollinate, since they are self-pollinating. If you grow them indoors out of the wind, you will need to shake the bush gently to allow the pollen to float free in order to pollinate the flowers once you have both the male and female blossoms. Outside breezes dislodge the pollen. Vine plants such as cucumbers and squash thrive outdoors if grown on a trellis. The vines will climb and attach themselves to the trellis and provide support for the heavy produce they bear. They can be allowed to crawl along the ground, but when resting on the ground the vegetable is more susceptible to rot and pests. You can put straw down for the vegetables to rest on to help control rot. Watermelons and other large fruits must be allowed to trail along the ground because of their weight.

Useful Links:

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 14 - MEDICAL SUPPLIES AND FIRST AID



Medical kits are critical in a survival situation and your medical supplies should be close to 50% of your overall survival kit. You may have to treat yourself and others when professional medical care is not available to save your life or the life of another. Before setting out on any adventure or when preparing a survival kit for emergencies, redundancy will save lives. Every person or family member should have his or her own well-stocked medical kit and everyone should have a working knowledge of emergency medical treatment.

When administering first aid, always use the kit of the injured individual first. This ensures you have supplies if you become injured yourself.

Combat medics always reach for the compression bandage that a soldier is carrying on his or her load bearing belt or harness.

First aid kits off the shelf are a good starting point. Your medical kit can be expanded beyond the typical items found in most kits:

1. CAT Tourniquet
2. Olaes or Israeli bandage
3. HyFin Chest Seal
4. Celox or Quikclot gauze
5. Antibiotics pill pack
6. Burn gel
7. Nasal tube

KEEP IN MIND THE ITEMS LISTED ARE IN ADDITION TO AN
OFF THE SHELF MEDICAL KIT.

BLEEDING WOUNDS

Arterial blood vessels carry blood from the heart, so the arteries are pumping blood under pressure. Blood from a cut artery will be bright red and will spurt or pulse from the wound in rhythm with the heartbeat. Blood loss can be rapid and the blood flow must be stopped immediately or else the wound may prove to be fatal from blood loss. Direct pressure is the quickest way to stop blood loss. Hold a compression bandage on the wound for 30 minutes to seal off the wound (blood congealing) and then secure it with tape tighter than a normal dressing, but not so tight that it restricts blood flow. Leave the bandage in place even when it becomes blood soaked. Elevate the wound above heart level if possible.

Venous or veins carry blood back to the heart. Veins do not pump blood under as much pressure, so wounds should be treated with pressure and then wrapped with a pressure bandage to control blood loss. The blood from veins will be dark red/maroon or even look purple.

Capillaries connect arteries to the veins. Wounds that cut capillaries are small scrapes and cuts that are easily treated with adhesive bandages in most cases. The wound can be sewn up to keep the wound clean if it is larger than what a bandage can cover or appears to be bleeding too much. Use the iodine solution before and after stitching.

A tourniquet can be applied if direct pressure is not working but you must be careful when using a tourniquet. If left on too long or applied incorrectly it can cause permanent damage to tissues and cause gangrene because of restricted blood flow to the tissues. A tourniquet must be applied between the wound and the heart about two to four inches above the wound and never directly over the wound. Once the wound has stopped bleeding, clean and dress the wound. The pressure must be released every 30 to 50 minutes for up to 2 minutes at a time to prevent tissue damage. Lone survivors should leave a tourniquet in place because they may pass out and bleed to death while releasing the pressure.

To treat shock in conscious victims, elevate the lower extremities six to eight inches while on a flat surface. If the victims are unconscious then place them on their sides or stomach with their head to one side in order to prevent them from choking on vomit or blood. You must provide warmth to victims of shock using a blanket or any covering, or shelter and do not move them once you have

positioned them. If you are alone and must treat yourself, rest with your head lower than your feet, in a depression or place your feet up against a tree so your head is lower than your legs.

THE INFORMATION CONTAINED IN THIS ARTICLE IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT TO BE CONSIDERED MEDICAL ADVICE. YOU SHOULD ALWAYS ATTEMPT TO SEEK PROFESSIONAL MEDICAL TREATMENT FOR ANY INJURIES OR WOUNDS. THE PROCEDURES DESCRIBED SHOULD ONLY BE ATTEMPTED BY PERSONS WITH MEDICAL KNOWLEDGE WHEN THERE IS NO POSSIBILITY OF PROFESSIONAL TREATMENT.

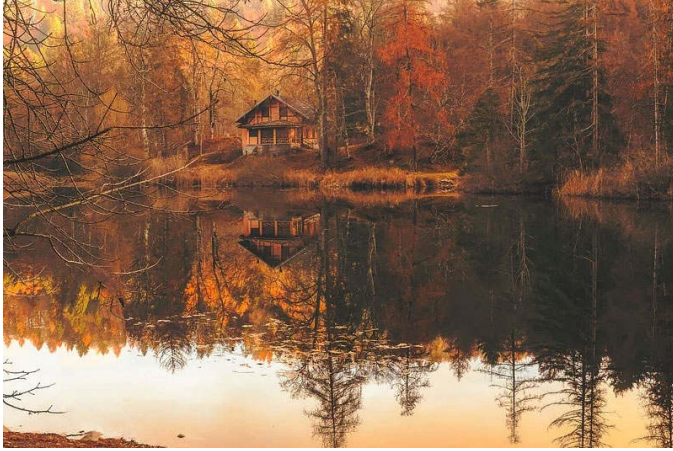
Useful Links:

[First Aid Kits for Survival](#)

[7 Best Bug Out Bags](#)

[Preppers Must Have List](#)

CHAPTER 15 - HOW TO PREPARE YOUR HOME AND SHELTER DURING EVACUATION FROM A CRISIS



Shelter is a priority during any disaster. Whether it is manmade or natural, it can put you in a survival situation. In some cases, you can shelter in place and at other times, you may have to evacuate to seek shelter in a safer location.

You will also need shelter during the evacuation period. Some may have a so-called safe haven that they intend to evacuate to, which would make it easier because it is assumed they would have an idea of time on the road. So, planning would be less complicated.

If you have to leave and it is unexpected, you would have to plan differently because you do not have a destination in mind. It may take days or even weeks to find a safe location to establish a base camp.

SHELTER IN PLACE

Once disaster strikes, the safest place is typically inside your home. But there are things you can do before disaster strikes to ensure it is even safer. If you receive warnings about a natural disaster, you can prepare based on those warnings. For example, if you expect a hurricane then you can inspect the exterior of your home for foliage such as overhanging branches, shrubs and even trees that can be trimmed or removed to help prevent wind damage. Plywood can be installed over all glass openings to prevent injuries from flying glass and to help protect the inside of the home from water damage. Sand bags can be another option if you suspect that you are at risk for storm surges. Have tarps available to cover roofs and other holes in the structure to keep the elements out.

Personal safety is always an issue during and after a disaster. Looters and other criminal elements are active during a crisis, and they may pose a risk to you and your property. In the immediate days after the emergency, this is when they will be most active. Plywood over the windows not only protects you from flying glass and debris, but it also deters forced intrusions.

Stay inside at night and have as many lights illuminated as you can in order to let criminals know the home is occupied because this may make them move along. If your doors are damaged then you can use heavy furniture to block the openings. Anything you can do to slow down a forced entry will give you time to escape if someone is intent on gaining entry. Many times, they will see you are prepared and have taken steps to deny them access so they move on.

SHELTER ON THE ROAD

Your vehicle is the safest option. However, you must ensure that it is out of any danger zones. If flooding is an issue, you do not want to be trapped in your vehicle and be swept away. You cannot be in your vehicle if tornadoes are in the area because your car can be flipped over and trees and other objects can fall on it.

Ideally, you would be prepared to flee on foot by having a backpack ready for each family member. It is important when preparing for any crisis that each person have the means to survive on their own if they become separated for any reason. Each pack should have enough food and water and other essentials for at least three days. You would need emergency essentials even if you went to a community shelter. Small nylon tents, ponchos and tarps can be shelter even if it is on your property because of the damage to your home. Tents are ideal for traveling because they can be erected and used along with your vehicle for shelter.

Useful Links:

[Choosing the Right Sleeping Bag](#)

[7 Best Bug-Out Bags](#)

[Best Tents for Survival](#)

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 16 - COMMUNICATIONS DURING A SURVIVAL SITUATION



Communication and communication devices are an essential part of daily life. People today are accustomed to being able to contact anyone anywhere at any time. Devices are attached to ears, belts and purses. The ability to talk is just a click away, until the device fails or a disaster destroys the communication towers or the electrical grid goes down rendering home phone systems useless.

Electronic devices fail, and certain events and even equipment can make them fail. However, a disaster is not the time to be without communications with loved ones and emergency responders or rescue personnel.

You must have a backup plan when your cell phone and home phone is no longer operational.

You will need in some cases a way to send and receive information that does not require an active power grid, cell, and radio or microwave towers. There are several options. One is a battery operated or hand crank am/fm radio. The radio would be for information only if the station is able to broadcast. Broadcasting radio stations would require a working transmitting tower. Some stations would have generators that would be active during a power outage, but then again, what employees if any would be there to provide information? This is not to say you should not have a portable radio, but it should only be one of several options.

Walkie-Talkies or two-way radios are another option and most sets of radios are designed for the Family Radio Service (FRS). This means you do not need licensing if you use the lower wattage channels. Some ham radio operators can monitor certain two-way radio frequencies and ham radios have an extended coverage area. Therefore, you can transmit an emergency call/signal and someone may be able to receive your distress signal and pass it on to the proper

authorities. By law, you cannot add a booster to increase transmitting wattage without the proper license. Walkie-Talkies are ideal for communicating during a crisis because they rely on battery power and radio frequencies. Anyone with a Walkie-Talkie tuned to the same frequency (channel) can communicate with you. You can also monitor all channels for useful information. It is recommended that every member of your family have a radio in their possession and that everyone knows how to use them and what channel to tune into in an emergency.

Emergency scanners that use 12V power or are battery operated can be used to gather information. You can monitor emergency traffic, in some cases, from first responders, rescue teams, certain municipal workers and law enforcement. Check with your local authorities on any laws or regulations regarding the possession and use of police scanners. Scanners are receivers only, so you cannot transmit traffic nor can you attach a device to interfere with any traffic being transmitted.

Citizens Band Radios (CB) are another option; they can be battery operated handheld devices or be installed as a base station in your home that typically relies on a DC adapter for use with AC household current. Many models are installed in vehicles and they rely on the vehicle's 12V DC system for power. The broadcasting range varies depending on whether you have a license to broadcast on certain channels and if there are regulations that regulate transmitting wattage. Other factors that affect all radio communications include terrain, weather and type of radio. You can communicate with or monitor anyone who is on the same channel if you are within range. CB's have an emergency channel, which is channel nine (9), that can be monitored or you can break in and relay emergency information or ask for help. Law enforcement may monitor channel nine at various times.

Ham radios are another option, which requires licensing by the FCC and there is a fee associated with obtaining a license. You will be required to demonstrate your proficiency by taking a test for licensing in most cases. Ham radios can be a base station or installed in a vehicle. The range can be hundreds of miles or longer depending on certain factors. Ham radio operators routinely help during a crisis to relay information back and forth.

Useful Links:

[Communications During a Crisis Using Citizens Band/Two Way Radios](#)

[Choosing the Perfect Backpack](#)

CHAPTER 17 - HOME DEFENSE



Protecting your family and property has always been a priority for homeowners. Even in the best of times there are those looking to take what others have.

Homeowners have numerous security options such as monitored alarms, surveillance systems, security gates and even roving guard patrols in some neighborhoods.

Monitored and unmonitored alarm systems are very popular, but what happens during a crisis when the power grid is down? Most systems will have a battery backup but usually the backup is only good for a few hours.

The systems are designed for short power disruptions. Disasters can damage and destroy an entire community's infrastructure and power grid while leaving families to struggle for weeks without utilities. Home defense becomes even more of a priority during a disaster.

WHEN THE LIGHTS GO OUT

Criminals like working in the dark and they know the emergency response will be slow if there is a response at all during a crisis, so they will take advantage. There are crimes of opportunity during a crisis. Criminals will in essence rattle doors to find one unlocked and if they do, they will slip inside and grab what they can. Then there are smash and grab criminals. They do not care if the door or window is locked because they will simply smash it open and grab what they can, and then you have the organized criminals that target homes and businesses based on the assumed value of the items inside.

Typically, you would be the victim of random looters, door rattlers, smash and grab criminals, unless it is known or suspected that you have high value items inside. Keep one more thing in mind during a crisis and that is, desperate people who failed to prepare. They will become convinced their family is starving or suffering from the cold which may cause them to turn violent as a result. They will justify their actions in the name of providing for their family, and some may be people you know as well.

DETERRENTS

Criminals like the path of least resistance and once they realize you have taken precautions, they may move on to an easier target. Ideally, you have prepared for the crisis by having adequate lighting, such as oil or propane lanterns. Lights on in a home can be a deterrent. Locked doors and plywood over the windows will make some move along. Opportunists are not as likely to be equipped to tear off plywood sheets nor do they want to spend the time and chance being discovered. Covering your glass openings will deter smash and grab criminals as well. However, do not get a siege or bunker mentality where you barricade or trap yourself in your home. You must be able to escape a fire, or a collapsing structure. You simply want to slow or stop a forced intrusion, and you do need an escape route if someone is intent on gaining entry to your home. Your object is to slow an intruder long enough so you can escape.

PERSONAL PROTECTION

There may be a time where no matter what the steps you have taken, you may be confronted with an intruder. The person may be desperate for food or water, or in some cases they will want to take over your home. You must be prepared for this by having some type of weapon. Grappling with an intruder is not a recommended option unless there is no other way. You will want to keep them from grabbing a family member, or you. The best deterrent is a firearm. There is simply no arguing with a locked and loaded weapon in the hands of a homeowner protecting their family. Criminals know this. However, weapons must be ready at all times during a disaster. Carry it with you in plain sight as you walk through your property during daylight hours. Looters and others may do pretext calls or drive/walk by during the day looking for potential victims. Some criminals may pose as insurance adjusters or home repair contractors and if they see you with a weapon, they may cross you off the list

RECOMMENDED WEBSITE:



REM870.COM – BLOG ABOUT REMINGTON 870

Tips and advices about Remington 870 upgrades, repairs and accessories.

<http://www.rem870.com>

CHAPTER 18 - FIREARMS AND YOU DURING A CRISIS



Firearm purchases are on the rise. There are as many reasons for these purchases as there are people because everyone has their own reasons. Disaster after disaster and hard economic times has forced some people to reconsider their stance on firearms. Even though your home is in rubble, you do not want strangers picking through (looting) the remains. Your home may be standing and yet, the power is out and the neighbors have abandoned the area. You are alone in the dark and law enforcement is spread thin. Therefore, you are not a priority.

Just a week ago, neighbors spoke greetings to one another and then today the area is a barren wasteland with gangs of criminals roaming at will. This scenario is real because it has happened and is happening now. Today's disasters leave more devastation than the ones in the past due to ailing infrastructure and simply because there are more people and structures to destroy. Citizens are coming to the realization that during a major crisis they are on their own. Firearm purchases have increased to the point where gun shop owners are forced to turn people away at times because the Federal Government cannot

keep up with the background checks. Criminals are not buying guns from gun shop owners.

GETTING STARTED

Home defense is your priority. You fear forced intrusion in the middle of the night or looters stealing your belongings after a disaster. You want to stop them and keep your family safe. Yelling at them and threatening to call the police is a waste of time because criminals know the response times better than the dispatchers do. You need a deterrent and the means to stop them from physically harming you and your family. A firearm is a deterrent and can force criminals to back down once they are confronted with an armed homeowner protecting their property.

However, waving a revolver around or carrying a shotgun like a club will only get someone unnecessarily hurt. You must have training in the use of firearms. Training will give you confidence in your ability and it will show. No one with ill intent wants to confront an armed, confident and well-trained homeowner. Firstly, however, you must choose a weapon for your home defense. It is recommended that you have a revolver which can be carried on your person at all times during a crisis as well as a pump action shotgun. Weapons are of no use if they are locked away, so you must get into the habit of having one at arm's length or on your person during a crisis.

Train with your weapon at a certified firing range. Shooting in your backyard poses serious safety and legal issues. Once you have mastered firing and reloading then you can do dry runs in your home. A pump action shotgun with an 18.5-inch barrel is ideal for confined spaces. Longer barrel shotguns will bang into doorways and drag along walls in narrow hallways. At port arms length, the weapon will not extend to where it catches in doorways and is light enough to where you can lead with it through doorways. The weapon must always be pointed toward the target so lead with the barrel once you have determined you have an intruder. Having a weapon shouldered and coming face-to-face with an intruder means you are not ready to engage.

Pistols should be worn at all times during the disaster. Desperate people may turn violent at anytime and may try to force their way in during the day or confront you as you inspect your property. A holstered weapon on display will act as a deterrent. Anyone driving or walking by looking for homes to rob later that night will also notice you are armed. A show of force can prevent a confrontation. It is recommended that you do not carry a weapon until you have been trained in the use of it. Your weapon can be used against you, and the first

sign of an amateur is someone who waves it around and states they will shoot, when if they did shoot they would hit the floor, ceiling or an innocent person. It is implied that if you have a weapon then you will use it unless your actions tell an intruder you are not trained and have no confidence in using it.

CHAPTER 19 - BUSINESS IN BAD TIMES



Bad businesses will fail in good times while a good business can thrive in bad times. Great emphasis is placed on the business "savvy" of the ones running their business. But as smart as a person may be in business, having a product that no one wants can drag a business down to the point where things start to snowball. Once sales fall off companies, they go into cost cutting mode which usually means layoffs. Customer care suffers, which in turn will drive people away.

Companies may even try to "cheapen" their product to save costs. Again, causing unhappy customers; this is the snowball or domino effect. When money is not so tight, people do not look as closely at a product to determine whether they want it or need it. When times get bad, people cut back and realize they may want something but do not necessarily need it. Therefore, having a product everyone needs at all times is the key.

It may seem to some that the stores are still crowded, the restaurants are overflowing, and that you are the only one with money problems. You cannot always tell if the crowds are less because what is the difference between 60 people eating versus 100 dinners in your mind? To the restaurant, the difference is monumental. There will always be discretionary money, and businesses in bad times scramble to get their share. Companies are taking a hard look at what it actually costs to produce or sell a service or product that will reduce their profit margin and hope for volume sales. Marketing is also important because you have to spend money to make money. Marketing does work because people may not buy something for a dime. But when presented as two for a quarter sales increase, this is good marketing.

Producers are putting less in containers and yet, are still selling at the same price in hopes that consumers will notice. They tell consumers that they did not raise prices, but have in essence by putting less in the container. Consumers have been conditioned to how a product is packaged and many times, unless they read the label, they cannot tell that there are three ounces less in the can. Large companies can get away with this, but smaller ones cannot weather the criticism. You cannot deceive your customers or clients and expect them to be loyal, and you cannot expect the same profit margin when things do get tight. You as a business must weather the storm by cutting costs and not cheapening your product or service because there are always some things that can be cut.

You want to build up credibility during hard times so you can be rewarded during good times. Clients and consumers will remember your actions and attitudes once times improve. Trying to make a fast dollar today by taking advantage of consumers may spell doom for your company in the future. There are businesses that have so-called cornered the market on certain items and will "gouge consumers." This happens usually during a crisis. If you are the only service station for miles that has gas and you raise your prices because you know people must have your gas, then you will soon fail. You could conceivably make more money in the future if you reduced your prices because you know people are desperate. In some cases, motels and hotels could offer free rooms or discounted rooms. This is the most successful and probably the least expensive form of marketing you could have.

CHAPTER 20 - SURVIVING A HURRICANE



Hurricanes can be tracked and with a great deal of accuracy, forecasters can determine when and where the storm will make landfall. What cannot be predicted with any accuracy is how destructive the hurricane will be. Anyone living near a coastal region has to expect that at some point their community and property will suffer the effects of a hurricane. Preparedness is essential to weather the storm and the aftermath. The most recent hurricane that struck the eastern seaboard is an example of how the aftermath and the effects of the storm can linger for days and even weeks.

To determine your storm surge risk, please visit: <http://www.nhc.noaa.gov/surge/risk/>

For more information about emergency management and what procedures your city or state has in place to deal with a disaster, please visit:

<http://www.fema.gov/regional-operations/state-offices-and-agencies-emergency-management>

GETTING YOURSELF AND PROPERTY READY FOR A HURRICANE

Once you know a storm is headed your way, this is not the ideal time to begin preparations. You should expect seasonal storms and you should be preparing in the months and weeks leading up to the storm season. Trying to purchase supplies and materials within the hours before the disaster strikes can be an economic burden and it may mean you cannot get what you need because the stores have run out of supplies.

THE ESSENTIALS

Look to your home and do what you can to secure it by covering windows and in particular sliding glass doors. Flying glass and other debris causes the majority of injuries during disasters. Make sure outdoor furniture is secured or moved inside to prevent loss, and to keep it from flying into your home causing damage. Rising floodwaters can be gradual or in the case of Hurricane Sandy, homes can be underwater in a matter of minutes. Even if you relocated to the upper floors, your home may be swept off its foundation. Have emergency supplies packed in backpacks so they can be carried easily. That way if you do lose your home to floodwaters or you have to evacuate then you can erect temporary shelters. Make sure you know how to shut your main gas line off at the meter and that you have the proper tools.

1. Having tents and tarps for emergency shelter is important, along with propane heaters and camp stoves for heating food. Have at a minimum one week of food and fuel for heaters and cooking stoves. You cannot rely on natural gas supplied by your local utility company; you must have portable gas bottles of propane.
2. Your water supply can become contaminated or stop all together even if it is supplied by a water treatment plant and any surface water can be contaminated by seawater because of storm surges. You should have a week's supply of drinking water and water for sponge baths and oral hygiene. One gallon per person daily will cover hydration needs as well as personal hygiene.
3. Use body wipes that are especially for bathing without water to conserve drinking water.
4. Use hand sanitizer because regardless of the situation, you will need to prevent the spread of harmful bacteria.
5. Matches, candles, flashlights and bottled gas/oil operated lanterns for illumination.
6. Battery operated radio.
7. Clothing, thermal blankets, work gloves and proper footwear to protect your feet from storm debris along with cold weather clothing if applicable. Once you realize a storm is coming, make sure everyone stays fully dressed in the event that you must evacuate in a hurry.

8. Have cash and change on hand because you will not be able to access ATM's or banks.
9. Make sure all of your important documents are packed in a waterproof container and that you can carry the documents with you. You will need insurance paperwork, deeds, mortgage agreements and lease or rental agreements.
10. Make sure your car is fueled up and that you have extra fuel for generators stored safely.
11. Insect repellent and/or netting for controlling insects if applicable.
12. Personal hygiene items
13. Dust masks
14. You should have tools and materials to make emergency repairs to your home, such as tarps and sheets of plywood. Include shovels, rope, brooms, axes and sledgehammers for emergency extraction or rescue of others.

Make sure you visit the website to determine your storm surge risk. If flooding is likely, then you may very well want to evacuate early. Make sure you know where any emergency shelters are located and you know the evacuate routes out of your city or community. Once again, make sure your supplies are transportable by packing them in backpacks. This also makes it easier to keep the supplies close to prevent them from being washed away or damaged. You will need your emergency supplies whether you evacuate or go to a shelter. It may be days before disaster relief agencies are on the ground and distributing emergency supplies.

Useful Links:

[Communications During a Crisis Using Citizens Band/Two Way Radios](#)

[First Aid Kits for Survival](#)

[Best Emergency Water Sources for Survival](#)

[Choosing the Right Sleeping Bag](#)

[Choosing the Perfect Backpack](#)

[Best Tents for Survival](#)

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 21 - SURVIVING A TORNADO



Injuries and fatalities from tornadoes can be caused by flying debris, downed power lines, vehicles being crushed or flipped over while a person is inside of it and mobile homes toppling over from the winds. An F-1 tornado can have wind speeds in excess of 100 miles per hour (mph), and an F-2 can create wind speeds over 150 mph while an F-5 can have wind speeds in excess of 300 mph. Tornadoes are not necessarily predictable but they can be forecasted based on favorable weather conditions. A tornado watch is issued in advance of a possible storm while a tornado warning indicates one is in the area and may have already touched down. Seek shelter when a watch is issued.

SHELTER

Some people may have a storm shelter specifically designed for protection from a tornado. The shelter can be underground, or constructed inside of your home and placed in the garage or on any solid foundation. Your basement can also be a shelter, as well as an interior room that does not have outside walls. Once a tornado watch is issued, you should gather your emergency supplies and go to the shelter, basement or the designated room inside of your home.

Other considerations include community shelters. The shelters may be public buildings, or storm shelters specifically for tornadoes. You should know the locations of all community shelters and possible alternatives. Your community may have other buildings they can use once shelters become full, so inquire about any possible substitute structures. Once a watch is issued, you should start for the shelters if you feel it is safe to do so and carry your emergency supplies with you. The shelters may not be able to provide emergency supplies and it may take days for federal relief agencies to begin operations in the area.

If you are driving and realize a tornado is in the area then you must park your vehicle safely and seek cover in any depression. Do not attempt to outrun the storm because you can cause a traffic accident. Avoid drain culverts because heavy rains may accompany the storm and flash flooding is a possibility. Do not park your vehicle under overpasses or near any trees. The tornado can flip your vehicle and trees and/or light poles can fall on it as well. Do not stay inside of a mobile home. You are safer outside as low to the ground as possible. The high winds will move mobile homes off their foundation.

As a rule, you are safer inside of a solid structure, other than a mobile home, than you are outside. A large number of injuries and fatalities are caused by flying debris. However, if you are caught outside then get as low as possible in a depression or even a ditch until the storm passes. Once again, do not seek cover inside of a culvert because you can become trapped and there is the possibility of flooding. Do not get under trees, signs or light poles.

If you have children you can protect their heads and bodies using heavy clothing and bicycle or football helmets. Getting under a mattress is another option. You want protection from flying and falling debris even inside of your home.

Once a watch is issued, gather your emergency supplies and carry them with you no matter where you go. You simply do not want to have to pull supplies out of the rubble. Make sure you have at least a seven day supply of food and water. You should also secure temporary shelters, such as tents, in case your home is damaged to the point where you cannot live in it or use tools and materials to make repairs to it. The tornado can damage the local infrastructure, which means you may be without utilities for days or even longer even if your home was not damaged. You must have an adequate amount of emergency supplies.

Useful Links:

[Communications During a Crisis Using Citizens Band/Two Way Radios](#)

[First Aid Kits for Survival](#)

[Best Emergency Water Sources for Survival](#)

[Choosing the Right Sleeping Bag](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 22 - SURVIVING AN EARTHQUAKE

Earthquakes strike without warning and they can happen at any time during the day or night. You have to be prepared at all times if you live in an area prone to earthquakes. The damage can be extensive to the local infrastructure, homes and businesses depending on the strength of the earthquake. There are steps you can take now to help you prevent injuries to you and your family.



THE FIRST STEPS

To prevent flooding and injury from a toppled hot water tank, you can secure the tank to a wall or beam using metal or nylon straps. Many larger televisions that rest on television stands come equipped with straps designed to keep it from tipping over. So if equipped, ensure the straps are properly installed. Keep in mind that in some cases your refrigerator can topple over, so never gather near any appliance that can be a tipping hazard.

Designate a safe room in your home where everyone gathers once an earthquake strikes. The room should be an interior room without outside walls and it should contain a heavy table that can be pushed up against a load-bearing wall. Everyone would get under the table to prevent injuries from falling debris. Make sure the table is not under hanging chandeliers, near windows, under skylights or close to a brick or stone fireplace.

Inspect all bedrooms to make sure any wall mounted televisions cannot fall onto a sleeping person and that no clothes, bureaus or wardrobes can topple over onto the bed. You should never mount pictures or mirrors over or near any bed. You should map out an escape route from the home that can be used if you feel your home is hazardous to be in during an earthquake. Only leave your home if you feel certain your home is not safe.

Have alternative exits in the event one is blocked. However, your home is the safest place to be during an earthquake unless you suspect it will collapse. In industrialized countries, buildings constructed in earthquake prone areas will be constructed to keep the building or structure from collapsing. Buildings in these areas can cause foundation damage along with other structural damage, while making the home uninhabitable but not necessarily an extreme hazard for the time being.

Falling debris is much more of a hazard outdoors than inside your home. Bricks and other objects, including broken glass, will be falling from buildings. You also have downed power lines, toppling light poles and even trees that can be uprooted. Expect bridges and raised highways to either collapse or suffer damage making them impassable.

If you are outside during an earthquake, find an open area and lie on the ground. Do not seek cover under any trees, bridges or under anything that can fall on you such as streetlights, light poles, or signs. If you are in a vehicle then get off

any roadways, highways or bridges. You may have to simply abandon your vehicle and escape on foot. Asphalt and concrete can buckle and create sinkholes. If you are on a city street, try to get inside a commercial building because the streets over any rail system can collapse.

Once the initial shock is over, you can expect aftershocks. Once it is safe to do so, shut off the main electrical breaker and the main gas line at the meter. Approach the meter with caution and if you smell or hear gas escaping, do not approach. Natural gas piped to your home will contain additives to make it so it can be detected by smell. Typically, the chemical is a methyl mercaptan blend which resembles a rotten egg smell.

Useful Links:

[Communications During a Crisis Using Citizens Band/Two Way Radios](#)

[First Aid Kits for Survival](#)

[Best Emergency Water Sources for Survival](#)

[Choosing the Right Sleeping Bag](#)

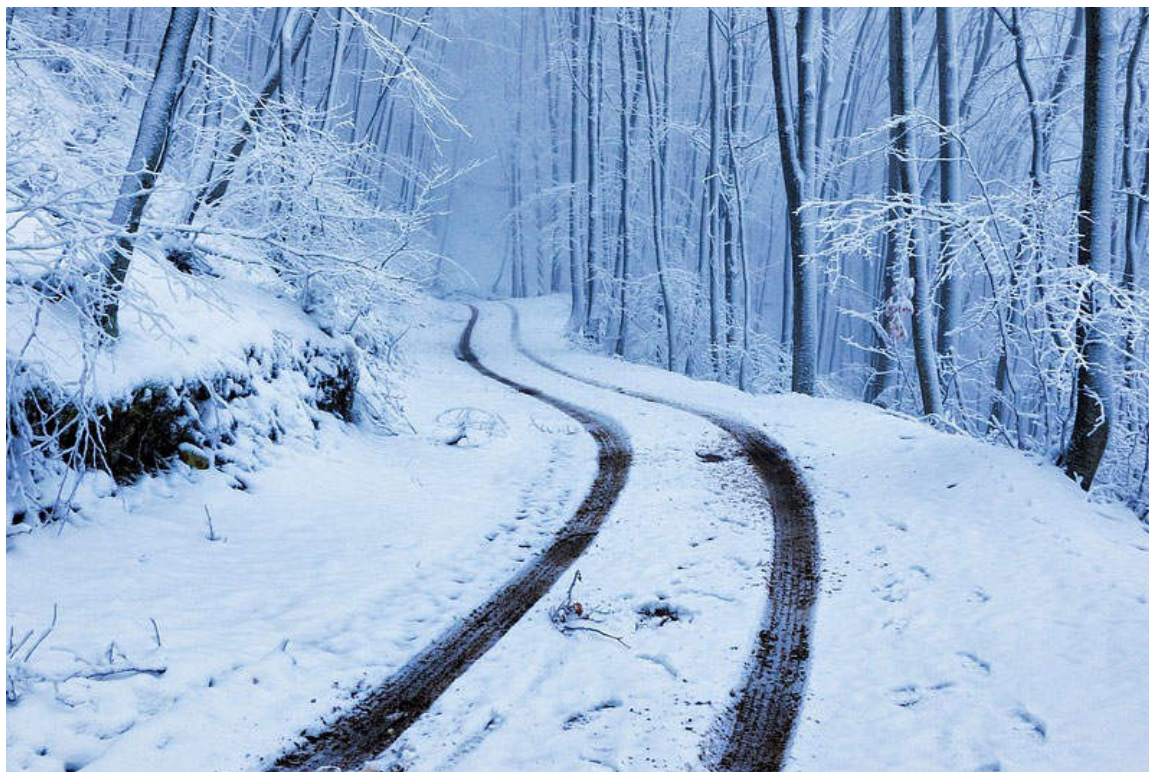
[Best Tents for Survival](#)

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)

CHAPTER 23 - SURVIVING A BLIZZARD

Unless you do not have access to radio or television, you would usually know a blizzard is headed your way if you live in area prone to blizzards. However, there can be times when you are caught off guard. You may be visiting the area, and staying for a short period or simply driving through the area and a sudden storm comes up.



If you know or suspect a blizzard is likely to occur, then preparation is the key. Heavy snow is accompanied many times by gale force winds and frigid temperatures. High winds and snow can cause branches and trees to fall onto people, homes and power lines. You can expect to be without power for extended periods of time, which means in some cases you will not have any heat. To properly prepare, have alternative means of heat such as wood, pellet or propane burning fireplaces or stoves and/or portable propane heaters. You will also need food and water, and it is recommended to have enough for at least seven days. Even if the power is restored quickly, the roads may be impassable for days afterwards. Being inside any shelter is preferable to being outside in a storm.

If you are caught in a blizzard while driving, the safest place is in your vehicle. Leaving the vehicle means you are giving up your shelter. Blowing snow can cause whiteout conditions and you can become lost within feet from your car. Even with heavy clothing, you can succumb to hypothermia. Stay inside your vehicle and only go out to ensure the tailpipe is not buried in snow. An obstructed tailpipe can cause toxic fumes to backup into the vehicle. Even if the exhaust pipe is clear, you should keep a window down a few inches while running the engine. You can run your vehicle for short periods every 20 minutes to keep the engine from cooling down and to warm you up.

Ideally, you would have emergency supplies in your car such as food, water and thermal emergency blankets and a signal flag to attach to your vehicle so it can be spotted in blowing snow. A bright red or orange garbage bag is ideal and it can be attached by closing a back window on the bag holding it in place. Do this on both sides of the vehicle if you have more than one brightly colored garbage bag or signal flag.

If you are on foot then you need shelter from the wind and snow and in heavy snow; the quickest shelter is the snow itself. If possible, find a windbreak such as large rocks or even certain trees if there is no danger of snow-weighted branches falling on you. Begin digging down into the snow to create walls to break the wind or piling snow up to create a wall if you do have protection such as a rock wall behind you. You can also dig out a snow cave in a snowdrift but be careful because the drift is not so big that you cannot extract yourself from the snow if the cave collapses. The inside temperature of a snow cave can be as much as 20 degrees warmer than the outside air.

CHAPTER 24 - SURVIVING A FLOOD

Only a few inches of water can cause extensive structural damage to a home. Flash flooding and storm surges can destroy a home in a matter of minutes while slowly rising waters can trap homeowners for days or even weeks in some cases, inside their homes. Heed mandatory evacuation orders before you become trapped in your home or community. You can expect damage to roads, highways and bridges while also experiencing extended power and other utility outages.



Planning is important because you have to decide quickly if you plan to stay with your home or evacuate. If you live in a coastal area then storm surges can create extensive damage and fatalities. Heavy rains can cause rivers to rise and levees and dams to overflow. If you have a second story home, you should have your emergency supplies stored on the upper floors and plan on moving your family upstairs as well when flooding begins. Make sure you carry all your important documentation with you that is packed to prevent water damage.

Before you and your family move upstairs, shut off the main gas line and electrical breaker to the home. If you have a small boat, you can secure a line

from the boat to the roofline of the home while making the line long enough to accommodate any rising waters. Attach the line so it can be retrieved from an open window or roof in the home. Once on the upper floors or the roof, you can retrieve the boat to evacuate the home.

Never wade through floodwaters because you can be swept off your feet even if you are in only a few inches of water. Additionally the waters will contain raw sewage and there may be displaced wildlife to include dangerous snakes, so avoid immersing yourself in floodwaters even inside your own home. Never attempt to drive a vehicle across any flooded roadways. In some cases, it takes less than two feet of fast moving water to carry a vehicle away.

Fire is a very real possibility in flooded areas so ensure that you have several fire extinguishers available at all times. Consider having an appropriately sized inflatable life raft as part of your emergency supplies as well. It is always a possibility that floodwaters can rise above the roofline of your home. Rafts are easy to store and inflate once the lever is pulled. Some rafts come equipped with coverings for shelter from sun, wind and rain.

Ensure you have the tools needed to reach your roof from your attic or through the ceilings if you do not have an attic. You would need a firefighter's axe, rope, sledgehammer and pry bar. Have an emergency ladder available as well, so you and others can escape through an upper story window into a rescue boat. The floodwaters may be several feet below the upper story windows and you would need a ladder to reach the boat. The ladders attach using hooks over the windowsill.

Water food and warm clothing is essential if you intend on sheltering in place. You will need thermal blankets, wet weather gear, sturdy shoes, and gloves along with facemasks. You must keep in mind that once the floodwaters recede, there will be contaminants from garbage and raw sewage. Protect your hands and body from contaminants by wearing gloves, facemasks and clothes that cover your body while cleaning up.

CHAPTER 25 - SURVIVING A POWER BLACKOUT

Blackouts can happen at any time and they are not always caused by a disaster. Blackouts can happen when the power grid is over taxed, such as during extreme bouts of heat or even cold. Utility companies and even local governments can initiate brown or black outs to reduce the strain on power plants. In some cases, you may not have warnings and the blackouts can occur in the winter or summer months. You should be prepared to survive at all times for extended periods without electricity.



Electricity powers our daily lives, the country and the world. Living without it may seem primitive to some because of our dependency on electricity. However there are things you can do to prepare and survive a power blackout. First, you will need emergency supplies, while keeping in mind that you will not have tools or appliances to help you carry out everyday tasks. This will make cooking more difficult, as well as laundry, bathing and caring for your children. As you prepare ahead of time, you will not know how long the blackout will be so you have to prepare for the worst. If damage to the power grid caused the

blackout, it can take days or even weeks to repair. Therefore you should prepare for at least 14 days.

1. Have 14 days worth of ready to eat food stockpiled along with snacks. The outage may also affect gas service and your water supply, so you may not have a reliable heat/cooking source or sufficient water to prepare meals.

2. Stockpile a 14 days' supply of water using one gallon a day per person to calculate the amount needed. Consider other water sources for laundry needs such as a backyard swimming pool, hot tub, backyard water features or any surface water source in the area. Most surface water would have to be filtered and purified before using for bathing or laundry. You must also have additional water on hand if you plan to use dehydrated foods because they will require water in the cooking process along with a heat source to boil water.

3. Use oil or propane fueled lanterns for illumination. You can use battery operated ones, but batteries may not last for the duration of the blackout. Have flashlights on hand for specific tasks, but for general lighting the propane or oil lanterns are recommended.

4. Battery operated radio

5. Insect repellent and/or netting if applicable because during the summer months and without air conditioning, you may have windows and doors open and you will spend more time outside. So you must be protected from disease carrying insects.

6. It is assumed you would have clothes appropriate for the seasons and you should consider adding thermal blankets, winter boots and heavy coats for the winter months. Many people become accustomed to getting in a warm car and then arriving at a warm workplace and may not have the proper cold weather clothing. Check your cold weather gear to ensure it is adequate for the times that you may be without heat.

7. Medical supplies and personal hygiene items. Consider using waterless bathing wipes to conserve water and have an adequate supply of hand sanitizer to help prevent the spread of bacteria.

8. Use propane camp stoves for cooking along with charcoal grills and outdoor propane fueled grills.

This article also assumes you have eating and cooking utensils and typical household items such as laundry soap and bathtubs or portable tubs that can be

used to do laundry. If you have children, consider a separate emergency kit just for your children. The kit should contain their medications, foods, toys and clothes.

CHAPTER 26 - LESSONS FROM JAPAN 2011



On March 11th 2011, a 9.03 magnitude earthquake struck the Pacific coast of Tohoku. The earthquake is now referred to as the great East Japan earthquake. It was the strongest earthquake ever to strike Japan and one of the five strongest ever in the world. The tsunami caused by the powerful quake had waves up to 133ft/40.5m high. The waves washed 10 miles inland along some areas. Estimated deaths were over 15,000 with thousands more considered missing.

Unfortunately, the earthquake and tsunami caused Japan's nuclear reactors to melt down which spewed radioactive material into the air and water. It will be years before any accurate accounts of damage and deaths from the meltdown can be calculated. The earthquake was so powerful that it shifted the earth's axis by 4ins/10cm and moved the main island of Japan 8ft/2.4m.

THE EARTHQUAKE WAS THE MOST POWERFUL EVER

The first lesson from this disaster and others is that history is no indication of the future. Just because it has never happened before does not mean it will not happen at some point in the future. Preparations were made and reactors were built based on probabilities. The 9.03 earthquake was not in the equation, and thus the buildings and reactors could not withstand the powerful quake. The waves were about 133 feet in height. This is an unimaginable height that simply swept over anything in its path, including the reactors. Millions of people were displaced without shelter, water, food and medical care. The numbers were overwhelming, even for the most prepared people amongst them. Essentially, they had procedures in place that did not come close to being adequate enough because of the power of the earthquake and tsunami.

Japan has had numerous earthquakes over the years, so they are expected to happen and they do prepare for them. The buildings in Japan are designed to withstand the shock, and yet it was not enough because no one ever imagined it would get this bad. The lesson to be learned here is to expect the so-called unexpected and if prepared properly, logic dictates that nothing is unexpected.

Why build a nuclear reactor that can only withstand an 8.5 or even 9.0-magnitude earthquake when there is always the possibility of a 9.03 or even a 9.5 or 10.0 magnitude? Can no one imagine a 10.0 if no one imagined a 9.03 either?

Disasters are devastating and one can never know how much so until one occurs. Unfortunately, that is where lessons are learned after the fact. However, there are certain things that are expected to happen, yet no one seems to prepare for the worst. They hope for the best and essentially “wing” as it were. Instead, people should be preparing for the worst and hoping for the best.

Governments have a tremendous influence on outcomes. In some societies, the government dictates reaction and public disclosure is not allowed so other countries cannot always learn from the disaster. Transparency is important, so lessons can be learned no matter how it makes the authorities look. Governments sometime are so caught up in how they look, and public disgrace is to be avoided in some cases over the lives of its citizenry.

Others may have ideas if everyone knew the true magnitude of the situation, but hiding behind veils of duplicity and secrets does not allow the world to prepare for the next disaster, possibly a 10.0 earthquake.

CHAPTER 27 - PREPAREDNESS THE FIRST STEPS

Much of the focus throughout this year (2012) has been on the so-called doomsday preppers, and there is even a show dedicated to preppers. Preppers are individuals that take preparedness to a whole new level by dedicating all their time and financial resources to getting prepared. You may watch these shows and wonder what you should prepare for because most if not all preppers have a specific scenario in mind thus, they prepare based on that. Therefore, some of you may be overwhelmed because literally anything can happen. So how do you prepare for all possibilities?



First, you must realize that regardless of the disaster, you will always need the essentials to maintain life. Shelter, water, fire/energy, nourishment and medical care are the essentials you will always need. However, certain situations will require specialized clothing and equipment to survive such as a nuclear detonation or the release of chemical and biological contaminants into the community. Preparations for nuclear, chemical and biological attacks are the next level after you have gathered the essentials for survival. Presumably, the crisis will disrupt your utilities, such as electricity, water and gas for cooking and heating. This is where you begin; you must prepare to live without modern conveniences.

START WITH THE BASICS AND WORK UP FROM THERE

How do you decide how much? The amount of supplies and materials depends on what you are preparing for. Do you simply want to be ready for power disruptions during a natural disaster or do you believe in a doomsday scenario? Some believe they will have to survive on their own for years, if not for their entire life, if certain scenarios play out. Others feel it may be only a few years before communities and government bodies are operating again.

As history has shown us, natural disasters can be devastating and are made even more so when people and communities are not prepared. You can be without utilities for several weeks while living in a home that is damaged or even living in a tent in the front yard. These are the effects of any disaster, whether it is manmade or natural. If you survive the crisis itself, you must then survive the effects. As stated before, emergency supplies and materials are not necessarily disaster specific, and without the basics you will not survive to have to worry about nuclear, chemical or biological attacks.

You will need at least two weeks of food and water if planning for natural disasters. Typically, experts and community leaders recommended a 72-hour supply, but that recommendation is outdated. As you prepare, remember you will have to perform all the tasks without the benefit of electricity.

For those that believe in the doomsday theories, you will need enough provisions to get you through at least the first two years. You will need to develop a reliable food source, such as growing gardens and raising livestock. It will take several years to begin producing enough to preserve, so you will need enough food and water as you begin preparing for long-term survival. You must not have the worry of providing for your family while you work on alternative sources for survival.

CHAPTER 28 - EMERGENCY PREPARATION CHECKLIST



Emergencies happen quickly and by their very nature, they happen without warning. Therefore, you have to be prepared at all times. Having an emergency preparation checklist can help you evaluate your status at a moment's notice. It is important that every member of your family or group have access to the list.

THE PLAN

Your home is typically where you will do most of your planning. However, the checklist should also include plans for what to do if a family member is at work or school.

1. You will need to have alternative routes to and from the workplace and schools in the event the roads, bridges or highways are damaged
2. You should have in your vehicle an extra cell phone battery, flashlight, a phone charger, important phone numbers (including contact information for school officials), walking shoes and clothes appropriate for the season.

YOUR HOME

- An evacuation plan is important. You must have an area where everyone gathers in the home during an emergency.
- Know what exits to use and include windows. If you have a multi-story home, have emergency ladders in each bedroom for emergency evacuation out an upper story window. You must have drills so everyone has a chance to use the ladders.
- Know how to shut off the main gas line at the meter, keep a tool and flashlight by the backdoor so you can find the meter in the dark and shut the line off. You can keep tools and a light in the meter box if so equipped, but most meters are exposed to the elements. Also, have a flashlight by the main electrical breaker.
- Check off the hot water tank when you have strapped it to the wall so it will not topple over and cause flooding.
- Know how to find the emergency evacuation routes out of your area and know where all emergency shelters are located.
- Make sure you have adequate emergency supplies of food, water and first aid kits.
- Have your emergency supplies packed so they can be easily carried in the event you have to evacuate.
- Have important documents in one place and protect them from water and other damages, and make sure they can be gathered and carried with you.
- Have a staging area outside of the home if it becomes damaged.
- Make sure you have ample propane if you have an outdoor grill because this may be your only means of cooking.
- If possible, store emergency supplies in various locations such as a secure shed away from the home or in a detached garage in the event your home is damaged. This protects some of your emergency provisions. Make a point to gather large water storage containers such as 50-gallon food grade plastic barrels. Redundancy is the best back up plan so if one cache of supplies is damaged then you must have another close by, and the same theory applies to staging areas and emergency exits as an alternative.
- Make sure your vehicle is always ready to go.

The checklist list is not comprehensive so you have to make adjustments for specific disasters such as earthquakes. So check off that no bedrooms have wall-mounted televisions, or have wardrobes or bureaus that can topple onto a sleeping person. Make sure your safe room does not have skylights, outside walls or brick fireplaces.

Outside your home, trim or remove trees or branches that can fall and damage your home. If you have a privacy or security fence around your home and it has a locking gate then make sure all family members know where the key is because if members have to evacuate out of an upper story window, you do not want them trapped in the backyard.

Useful Links:

[Communications During a Crisis Using Citizens Band/Two Way Radios](#)

[First Aid Kits for Survival](#)

[Best Emergency Water Sources for Survival](#)

[Choosing the Right Sleeping Bag](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

CHAPTER 29 - PREPPERS MUST HAVE LIST



Before getting started, you must consider the amount of supplies needed for a specific time and then consider what happens when you run out of supplies. There are no guarantees and what you thought would only be a week may turn into several weeks or even longer, and you find yourself running out of supplies. The must have list for anyone preparing for any type of situation must include the tools and materials needed to develop alternative sources of food and water.

Additionally, once you have calculated how much food and water you need and for how long, assume your calculations are wrong. Friends, neighbors and strangers along with possible damage to your structure and supplies will have an impact on how long they last, thus your calculations are wrong. This emphasizes the fact that you need more than just food and water. You must have the means to produce more.

1. You must have the ability to grow your own food for a prolonged crisis. This means you should be gathering seeds and materials needed to raise food in any environment, including one where the soil is contaminated. Foods can be raised without soil by using hydroponic methods.
2. You will need the proper materials, tools and skills necessary to preserve any foods that you can acquire, by either canning, pickling, smoking, salt curing or drying.
3. Have the tools to take care of a garden.
4. Materials to construct a greenhouse such as plastic or Plexiglas, and the framework; either PVC or wood.
5. You will need the right tools for hunting, such as long bows, firearms and crossbows along with trapping supplies.
6. You will need an energy source such as wood, coal or wood/vegetation pellets.
7. You need personal protection along with an evacuation plan if your area turns hostile and the most reliable protection is a firearm, but do not limit yourself to just one type. You will have to consider the area you will be protecting when choosing a weapon. People in urban areas will have to choose differently than someone in a rural environment.

The list could be endless, but keep in mind that you cannot possibly stockpile enough food and water to last you essentially your entire lifetime. Therefore you will need a reliable and renewable food source that you control. You will need the knowledge, skills, tools and materials to construct and repair your shelter, make tools, and essentially start over if there is a total collapse of the financial and manufacturing sectors.

In addition to what you need to survive, you will need items for barter. Even if you do not drink alcohol or use tobacco products, you should have an adequate supply to trade for items you may need such as specific medical supplies. It is not recommended that you trade ammunition or weapons, and only trade medical supplies if you have more than enough for you and your family's use. You must always consider your family's welfare first when it comes to bartering.

Useful Links:

[Best Emergency Water Sources for Survival](#)

[Choosing the Right Sleeping Bag](#)

[Finding Water in the Wild](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

[Preparedness Food Storage List](#)

CHAPTER 30 - COMMON SURVIVAL AND PREPARATION MISTAKES



Over packing sounds counterproductive because logic dictates you can never have too much, but you can have too much when it comes to preparing for survival. It is all about priorities. In some peoples' minds, they assume they need what is currently in their home to survive away from home, which is impossible of course. If forced to evacuate you may only have what you can carry in a backpack or if you are fortunate enough to be able to escape in a vehicle then you have more options, but the big screen television is not one of the options. There are things essential to your survival and there are the things you only think are essential.

WILDERNESS SURVIVAL KITS

People typically over pack and thus begin to leave their survival kit behind because it becomes burdensome.

Some may be confused and rightly so about what a survival kit is. Some believe you must have enough food and water in one to survive forever, and will pack and pack until they cannot even shoulder the bag. A survival kit is designed to provide you with the tools and materials necessary to collect and purify water, hunt and fish for food and to build a shelter. It is not designed for you to carry all of the food and water you may need and it provides the tools to build a shelter where ever you might be stranded. Your kit is designed to take over if you become lost or stranded, and the supplies you packed for the time you expected to be hiking or camping are depleted.

STOCKPILING SUPPLIES AT HOME

The wrong types of foods and containers

There are situations where you may have to evacuate your home. You will need supplies for the trip and for when you arrive at a destination. People tend to believe they will always have their home to live in during a crisis and so they do not prepare for the possibility of leaving. To prepare for any situation, you would need foods that can be packed and carried on your back. Some preppers have safe areas they plan to escape to using vehicles, but vehicles break down and safe houses or areas can be destroyed or even taken over by others. Keep in mind all foods must be such that they can literally be eaten from the can or package. You may not have time or the resources to start a fire and prepare foods such as dehydrated ones.

Prepare for sheltering in place and prepare for the possibility of sheltering in the wilderness because your current location can become hostile. Home canning is ideal for long term survival but glass jars are not ideal for carrying in a backpack, and dehydrated foods require water and preparations. Therefore you should have a variety of foods to suit whatever action you must take. Do not make any assumptions. You must plan and prepare for all possibilities.

Some may brag about how well prepared they are and encourage others to do the same

It is important that everyone prepare so everyone can survive and not be a burden to others, but some will still not prepare for whatever reason. The ones that do not prepare will be looking for those that did. Some will ask for help and others may try to take what they need out of desperation. Do not advertise you are prepared because you will become a target once disaster strikes.

Putting all of your supplies in one place

Having all of your supplies in one place is not ideal. You may be robbed and lose all of your supplies, you may have a fire or the disaster itself may damage your home. Cache supplies, even if it is in the backyard in the ground or in a secure shed. Bury them in various locations, so if you do have to evacuate you can supply or resupply as you move out. Cache provisions along the evacuation routes while making sure you have alternative routes mapped out with supplies cached along those as well.

CHAPTER 31 - WHAT TO DO DURING A MASS EVACUATION



A survey conducted by the West Virginia University shows that 40% of the people surveyed would leave/evacuate during a crisis, but do not have a destination in mind. A large percentage of the same respondents also ranked high that there was the probability of a terrorist attack in their area. The same survey indicates low levels of confidence in the government's preparedness/planning as far as handling a mass evacuation from any given area.

The take away from this study is that you as an individual must prepare, educate, practice and not rely on anyone but yourself during an evacuation. In some cases, the evacuation routes in and of themselves can become disaster areas. Planning is crucial.

Certain natural disasters can be forecasted ahead of time to some extent, and in particular, hurricanes, tropical storms and certain types of flooding. Terrorist attacks cannot be predicted or forecasted. Analysts and experts can only assume that an attack could happen and evacuation orders would not be issued unless there was a definitive time and place of an attack. Logic dictates if they had that much information then the attack could be prevented. Therefore, any attack would be a surprise and any mass evacuation plans would be improvised at best.

PLANNING AHEAD

You have to know in which direction to travel. This is easily determined if the disaster is a natural one. You simply head inland during a hurricane using predetermined routes. During a flood, you evacuate to higher ground, before you are trapped. Therefore, the question is which way you should travel when it is not a natural disaster. Suppose for a minute that a nuclear device was detonated in a city close to you or someone released chemical or biological contaminants in the area. It is not likely the government would have the answers before you had to evacuate in order to protect yourself. In other words you cannot wait on instructions from the authorities. You have to be ahead of the situation by moving fast. That way you are not caught up in the traffic and pedestrian snarl. Information is essential.

First, you must have an idea of where you are heading. Rural areas are ideal regardless of the disaster. Terrorist groups and others that seek to create chaos will target symbolic structures/monuments and heavily populated areas. Thus, ground zero as it were, will be centered in or near cities. Take the time to know the surrounding area and not just in one direction. Map out a radius as well. It is crucial you do not waste time deciding the direction that you must travel if you have to vacate the area.

Ideally, you can evacuate in a vehicle, but be prepared to do it on foot if needed. You may find that several miles from your home that the roads are blocked, destroyed or otherwise impassable. Therefore, have your essentials packed and ensure each member of the family or group has their own pack with essentials so they can survive if they become separated. Avoid bridges and interstates because that is where the majority of people will be. You can maneuver along secondary roads, and it may be easier to bypass obstructions by going around them. You cannot go around blockage on a bridge or certain other major highways.

Do not stop for anyone unless you know him or her to be law enforcement. During a major disaster, Martial Law is likely to be enacted which means federal troops can be deployed to enforce local laws, make arrests or detain individuals and quarantine areas as they see fit. Avoid troops unless your life is in danger because many times they will simply detain people and sort it out later. Keep in mind if there are demonstrations or riots, they will not know if you are part of the problem or not. They will be acting for and with consent of the federal government and particularly the Commander in Chief.

Staying informed of local, national and worldwide events can give you a heads up if something does happen. Even if a nuclear device, or chemical or biological weapons strikes a city hundreds of miles away, your community will be affected and you should under these circumstances move from your area immediately. Move away from the affected area to a predetermined rural safe zone. Many times, armies will “soften” a target by a surprise attack of this nature and then move ground troops into other areas before the citizens and the government can gain some semblance of order.

Useful Links:

[Communications During a Crisis Using Citizens Band/Two Way Radios](#)

[First Aid Kits for Survival](#)

[Choosing the Right Sleeping Bag](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

CHAPTER 32 - PREPAREDNESS FOOD STORAGE LIST

Food is a priority during a crisis even though the average person can survive up to three weeks without food. Food is comfort and can immediately bolster morale and make the crisis easier to handle. Even the process of making a meal can return some normalcy to an otherwise chaotic situation. Nutrition is a priority and to ensure you do not lose your food supply to spoilage, rodents and insects, it must be processed and stored properly.



Basic Essentials

- Salt/Pepper
- Various Dry Spices: Store To Protect From Moisture Rodents And Insects
- Cooking Oil
- Vinegar: Cider And White
- Flour Stored In Moisture/Rodent And Insect Proof Containers
- Powdered Milk Properly Stored: Used For Nutrition/Making Sauces And Gravies

Food Storage

Canned foods are popular for emergencies and relatively inexpensive and can be purchased virtually anywhere. However, the typical shelf life is one year from date of purchase and the variety can be limited. Persons with specific dietary concerns would have to shop carefully. Because of the limited variety, you will have to stockpile multiple cans of food. When calculating the amounts, the average person will need one can of protein, one can of vegetables and one of fruit daily. Store the cans where there is no chance of freezing, like a dry area. Canned foods are already processed to prevent spoilage and the freezing and thawing of the contents can ruin the food and cause the can to rupture. Excessive moisture will cause the can to rust prematurely and form holes in it. Protein is important during a survival situation to maintain energy levels and proper red blood cell production. Keep in mind your physical activity level will rise during a crisis and you likely burn more calories as a result.

Avoid consuming high sodium foods. You can have comfort foods available but do not consider them as a substitute for a well-balanced meal. For children and adults alike, they can have cookies, dried fruits, hard chocolate and crackers. Crackers and peanut butter will provide the needed carbohydrates and protein to supplement a canned food diet. Peanuts, jerky and trail mix make ideal supplements during the day as well.

Dehydrated foods have an extended shelf life up to 30 years in some cases if unopened. They have a large variety from which to choose from including meats, fruits, vegetables, gravies, potatoes and even desserts. Once opened, the shelf life is reduced. The preparation requires water for reconstitution and a means to heat that water. The foods can be stored at room temperature and while the containers can be relatively large, each can contains a large number of meals. Keep in mind when ordering foods for long-term survival, the amounts calculated are based on two meals per day.

Meals Ready to Eat (MRE's) have a shelf life of between five and seven years when stored on the shelf. They require no preparation, so they can be eaten from the package. Each meal has about 1,200 calories, and two per day is recommended for each adult.

Considerations

Have a variety of food packages on hand that can be easily carried in backpacks and vehicles. Canned foods are ideal for short-term if you have a shelter in place, but they can be cumbersome to carry if you have to relocate or evacuate. Dehydrated foods can be broken down into smaller containers for packing in a backpack, but consider the fact that you will need water, a vessel for cooking

and a heat source for preparation. MRE's can be carried in a backpack relatively easily and can be eaten cold or immersed in hot water for heating the food.

1. Stockpile over time to lessen the economic burden.
2. Inventory your stockpile once completed and note the amounts and expiration dates.
3. Rotate foods into your daily diet that are close to expiration and replace.
4. Inspect all foods every 90 days for damage from insects and rodents.
5. Do not become complacent because a crisis has not occurred and allow your food supply to be used for camping or other outdoor adventures.

CHAPTER 33 - EMERGENCY WINTERTIME ESSENTIALS FOR YOUR VEHICLE

The safest place if you are caught in a snowstorm while driving is in your vehicle. Sudden blizzards accompanied by high winds can cause whiteout conditions, and you can become disorientated and lost just feet from your vehicle. Stay inside and when you have to go out to make sure the tail pipe is not clogged with snow, keep one hand on the vehicle or tie a rope to you and the car's door handle. You cannot run your engine if the exhaust pipe is obstructed with snow or vegetation. Make sure to have a window down a few inches while running the engine. Once you become stranded, run the car's engine for ten minutes every 45 minutes to an hour.



Preparing Your Vehicle

Always keep the vehicle's gas tank topped off. This ensures you have fuel if you become stranded and it also prevents moisture build up in the lines that can freeze and prevent you from starting the engine. The following is a list of essentials you should always have in your car when traveling in the wintertime.

- Three days of high protein foods that can be eaten as is, such as Meals Ready to Eat (MRE's), protein bars, hard chocolate and trail mix.

- 72-hour supply of water protected from freezing, place in Styrofoam coolers with newspaper or clothing for insulation.
- Tire chains and traction pads, sand or cat litter for traction.
- Small shovel
- Glow Lights the kind that you snap and shake.
- Cell phone and charger/extra battery even if the phone does not have a carrier. If charged, the phone can dial 911.
- Two thermal or wool blankets and/or sleeping bag.
- Snow boots, heavy coat, gloves and hat
- Signal material such as brightly colored cloth or signal flags that can be held in place by closing a rear window on the material, used to signal rescue personnel
- Jumper/battery cables and/or a battery box with power converter and jump start cables attached
- Tools for minor car repair, duct tape, gallon of anti-freeze and extra motor oil
- Knife and multi-tool
- Matches, lighter and alternative fire starting materials such as a magnesium stick
- First aid supplies
- Snow brush and ice scraper
- Maps of the area along with a compass
- Flashlight and avoid lights that use the vehicles' battery
- Nylon tow rope and avoid chains or steel cables for towing, they can snap and whip around causing serious injury if used to pull a vehicle

If possible, get signal fires going near the vehicle. Smoke can be seen for miles during the day and the flames can be seen at night. Stay wrapped in blankets to prevent body heat from conducting away from your body. Hypothermia is dangerous and can be a fatal condition.

CHAPTER 34 - SURVIVING A FOREST FIRE



Planning is essential to surviving a wildfire. Information is crucial, so you must know the dangers in the areas you will be hiking, camping or hunting. Check with your local forest service and know the probability of a forest fire before traveling within a particular area. Chances of a forest fire increase if the temperatures are high and the humidity is low. Find out how much rainfall the area has received in order to decide if the underbrush is tinder dry or not.

These are danger areas if it is a popular spot for campers and hikers because humans are the cause of many forest fires.

Escape

Even though you are careful with your campfires, others may not be and you could be caught in a forest fire while hiking or camping. Getting ahead of the fire is important by maintaining situational awareness, looking for smoke and smelling the air. If you see or smell smoke, identify the probable location and move in the opposite direction immediately. If you take too long, the fire can encircle you while leaving you no escape. Do not get trapped on hilltops. You will want to move downhill from any fire because the heat from the inferno will rise and it can be as high as 1000°F/537°C. Valleys or canyons can also trap the heat/smoke and either end could be blocked, trapping you in the middle.

Open ground with a firebreak between you and the fire is ideal. Firebreaks include logging roads, fire roads or even highways. Water is a safety zone as well, and if you have no other choice get into the middle of the river or stream and as far out as you feel safe in a lake or pond. The fire can of course jump the

break, but a break will slow the fire down. Areas already burned can be safe if the combustibles have been consumed and if the heat and smoke is tolerable.

When the forest fire hits a firebreak, it may split. The combustibles have been consumed up until this point causing it to move along the break and then possibly jump the break. Depending on the vegetation there may or may not be a safe zone behind the fire.

If you are trapped and the fire is close, get to a lower ground, such as a ditch or any depression. If you have to then scoop out a depression and cover yourself with soil if possible, but only as a last resort. You want the heated air to pass over you, and if covered with non-combustibles you may have a chance of surviving. Keep your face from the heat and as low as possible. Avoid overhead dangers from falling trees or limbs if you have escaped to an already burned area.

There are shelters specifically designed to reflect up to 95% of heat from a forest fire that you can carry with you if you are traveling in a high fire risk area. The shelters provide protection from radiant and convective heat. Several models have an optional travel pack that will attach to the bottom of your backpack for easy carrying.

CHAPTER 35 - BACKPACK FOR SURVIVAL

Before you can put together a survival backpack, you first need the right backpack. Having the right pack is important because it will contain all the essential items that will keep you alive in a survival situation. Your pack should be water resistant or even waterproof. It should have kidney straps for securing the pack around your waist, along with ample padding. The waist straps will reduce the weight on your shoulders, and transfer it to your hips, and it keeps the pack from banging against your lower back as you walk.



People tend to overload their packs, which can be problematic. After a few hours along the trail, they have to decide what goes and what stays. They simply cannot handle the weight. Be honest and realistic with yourself. Your bag should be around 50 pounds. You should have about 25lb/11kg of water, and the rest food and gear. Water weighs 8.5lb/3.8kg per gallon and the recommended daily amount per person is one gallon. To lessen the weight on your shoulders and to allow more room for other items, use a weight bearing web belt for around your waist. Use canteens that have pouches which can attach to the belt. Have one canteen on each side, and as you use the water from the canteens just replenish from the pack. Do not carry water in gallon containers because this makes the weight distribution difficult.

A note about water: The average adult requires between 2.0 and 2.5 quarts/liters of water daily just to maintain proper hydration levels. In extreme heat, you may require up to one gallon of fluids daily. The one-gallon per day recommendation under normal conditions considers personal hygiene requirements such as sponge baths and oral care. Do not forgo personal hygiene if water is available because this will help prevent illnesses by reducing the spread of bacteria.

Your pack should also have straps either on the top or bottom to attach a sleeping bag, poncho, tarps or a tightly rolled nylon tent. This frees up room inside the pack and distributes the weight evenly. If you do not have straps then use a paracord to attach rolled items.

The military issues an Alice Pack which can hold up to 80 pounds of gear and comes with a metal frame. The pack can be worn with or without the frame. Your pack should have straps and/or buckles on the harness for attaching flashlights, compass, knives, machetes or hatchets.

Pack Essentials

Your priorities are shelter, water, fire and nutrition you cannot survive without these. It is assumed you would have cold weather clothing on if it is cold and if the weather is temperate then add a cold weather coat, gloves and hat for changes in the weather. You will not have enough room to pack too many extra clothes, but you must have extra socks.

Socks will need to be changed quite frequently regardless of the weather. Sweaty feet will cause blisters and if your feet become wet, they must be dried as soon as possible to prevent trench foot. Trench foot is a medical condition caused by prolonged exposure to cold wet conditions. If left untreated this condition can cause permanent damage and result in gangrene and amputation. Trench foot is not a result of frostbite. The temperature does not have to be below freezing to develop trench foot.

Water is a priority and along with your water supply, you should have water purification tablets and coffee filters so you can collect, filter and purify a water source along the trail.

Avoid canned foods because of the weight. Instead, consider Meals Ready to Eat (MRE's). The packages are lightweight and are not easily damaged so they can be packed tightly inside the bag. Each meal is roughly 1,220 calories each and the daily recommendation for an adult is two meals a day. You can also carry beef jerky and protein bars. Avoid high sodium and high sugar content foods.

Carry a quality fixed bladed knife. Many experts will tell you that a quality knife is one of the most important items you can carry. You should also have a multi-tool knife.

Make sure you have rain gear such as a poncho and it must be large enough to cover you and your pack when shouldered. A quality poncho can also be used as an emergency shelter. Carry a small nylon tent if you have the room.

Have a sleeping bag, appropriate for the season, and keep it tightly rolled and secured outside the pack. Have two thermal blankets so one can act as a ground cover. Carry one or more nylon tarps that can be

rolled tightly and secured outside the pack. Use for emergency shelter or ground cloths.

Carry fire-starting tools such as a magnesium stick and Ferro rod, in addition to matches. Have a camp axe, machete and/or a folding wood saw. Have nylon rope, fishing line and assorted hooks and tackle. Carry 20-24 gauge wire for animal snares, general bindings and gear repair.

Have a first aid kit along with personal hygiene items such as hand sanitizer, bath wipes and oral care items. Carry extra bandanas, sunglasses, flashlight, and personal protection. Consider a collapsible walking stick as well.

Useful Links:

[Fire Starter for Survival](#)

CHAPTER 36 - VEHICLE ESSENTIALS FOR SUMMERTIME TRAVEL

Summertime heat can be hard on a vehicle. The engine is prone to overheating, and tires can be affected by the heat as well. This means if you are traveling in the summertime then you may experience a vehicle breakdown on a desolate stretch of highway. The summer heat can be dangerous to you as well. Dehydration is a very real possibility in the heat and you must prepare yourself as well as your vehicle.



Essentials for Your Vehicle

Even if you only commute a few miles to work, you never know what might happen. You might decide to take a shortcut, or for whatever reason you may decide to travel somewhere else. You need to be prepared for a breakdown or an accident involving wildlife, or an accident where you simply run off the road and your vehicle becomes disabled. To survive a few hours or a few days in the summertime heat, you need to be prepared. The following is a list of essentials everyone should have in their vehicle for summertime travel.

- At least a three days' supply of water and calculate the amount using the one gallon/four liters recommendation for each person daily. The average person

needs at least two quarts/liters daily just for hydration. If you are sweating profusely then you may need up to a gallon daily to maintain fluid levels in your body

- Food for 72-hours such as protein bars, MRE's, trail mix and/or peanut butter and crackers.
- Coolant for the radiator and avoid using water for coolant. Water boils at a lower temperature than radiator coolant. Only use water in the radiator as a last resort
- Quality spare tire and the tools needed to change tires.
- Tools for roadside repairs.
- Duct tape, electrical tape.
- Cell phone and charger and have an extra battery.
- Maps of the area and a compass.
- Signal flags that can be attached to the vehicle. If your vehicle has run off the road into heavy vegetation, place signal flags where the vehicle left the road.
- Glow lights that can be placed in the back and front windows so the vehicle can be located in the dark.
- Work gloves
- Fire starting materials
- Battery operated flashlight
- Multi-tool and a fixed bladed knife.

If it is hot, stay close to the vehicle and try to avoid exertion to slow your perspiration and do not attempt to walk to civilization. You can become dehydrated in a matter of hours. The vehicle is your only shelter for the night and unless you fear your life is in danger, never attempt to hike out of your predicament in the dark. Nocturnal animals begin hunting at dark, which includes dangerous reptiles such as snakes. Let rescue personnel find you and make their job easier by staying close to your vehicle. Start a signal fire if there is no chance of creating a forest fire. The smoke can be spotted from miles away.

If you are prepared, you can survive quite easily for three days or longer if you do not panic and begin blundering around out in the heat. Water is your main priority along with having shelter at night, so do not give up your shelter and avoid exertion to prevent heavy sweating.

Useful Links:

[Fire Starter for Survival](#)

[Emergency thermal \(space\) blanket and how/when to use it](#)

CHAPTER 37 - ADVICES TO SURVIVE ACTIVE SHOOTER SCENARIO

An active shooter is someone who basically goes on a killing spree with a firearm in a populated area. Some famous examples of this are the Colorado movie theater shootings and the more recent terrorist attack in Paris' Charlie Hebdo satirical magazine in France. These situations both involved gunmen entering a populated building and opening fire on a group of people, which make them active shooters. Even though we hear about these kinds of shootings in the news all the time, the chances of it actually happening to you are rare. But still, it is best to stay educated on what to do in these situations in case an active shooter enters your environment.



There is no full proof way to survive an active shooter scenario, but there are safety precautions you can take to increase your chances of survival. The first thing you have to do is know your environment. Be aware of all the exits and areas where you can escape from a deadly encounter. Then make a habit of staying near these exit areas in case an active shooter does come in, and you have to escape. For example, when you go to the movie theater, sit in the back row. Not only will a shooter have trouble seeing you there, but you can make a faster escape that way as well. Remember that real life is not like a video game.

If someone with an assault rifle comes into a room you are in and starts shooting, then you won't want to stick around. You will want to escape right away. Just make sure you are the first to escape because there will be a crowd of people doing the same thing, which is another reason why being near the exit is important.

Now you may be in a situation where you are trapped. Perhaps you are in a classroom with the windows locked and the shooter is blocking the only door to escape. In this situation, the best thing you can do is take cover and try to barricade yourself behind some heavy objects. These could be chairs, desks or any piece of furniture near you. If you have your mobile phone then try dialing 9-1-1 and make them aware of the situation. However, if you are not armed then you will pretty much have to pray that the shooter doesn't come after you. That is why the best way to survive an active shooter scenario is to have your own firearm. Depending on your age and location, you should strongly consider getting a permit to carry a firearm. That way if an active shooter invades your environment, you can barricade yourself from their bullets and then use your own firearm to shoot back at them.

It may sound easy to survive an active shooter scenario by shooting back with your own weapon, but if you have never shot a gun at someone before then it can be quite scary. In a situation where someone is firing an automatic weapon and killing people, you have to be certain that you know how to handle your weapon. That is why if you are going to go through the trouble of getting a gun permit, you should practice shooting your gun at the local firing range. At least that way you can practice your aim and have a better chance of hitting an active shooter. But this still won't prepare you for the adrenaline rush you will feel when someone points a firearm at your direction. This feeling could easily turn into fear, which will temporarily make you forget everything you learned at the firing range. So if you have no prior military training or experiences getting shot at, then active shooter scenarios may be too scary for you to handle a weapon. It all depends on the kind of person you are and how much real life drama you can take while staying in control.

If you do not believe in firearms or simply do not like shooting them, then you will need to find another way to protect yourself from an active shooter. In some situations, simply talking to the shooter and being friendly with them might help. Again, it depends on the circumstances of the shooting. Some active shooters have particular targets they go after out of an act of vengeance, whereas other shooters just kill everyone in sight. But if a shooter bursts into

your classroom or office and doesn't immediately start firing their weapon, this means they have some reservations about what they are doing. This is a good thing because it means they are likely acting out of emotional pain and not thinking clearly. So if you try talking to the shooter and rationalize the situation to them in a friendly way, they may decide to give up and not hurt anybody else. But whatever you do, don't purposely put yourself in harm's way. You should only try talking to the shooter if you are stuck in a room with them and have no other way out.

The last alternative to surviving an active shooter scenario is to play dead on the ground. If you are in a room with a lot of people and a shooter barges into the room shooting at everyone, then just fall down to the ground as quickly as possible and play dead. If one of the bullets hits you in a nonfatal area, like your limbs, then try to remain calm and play dead anyway. Chances are the shooter won't notice which people are being hit with their bullets because they are just shooting everywhere. Remember, the active shooter is probably on an adrenaline rush anyways and the experience of shooting other people is likely a shock to them. This means they are going to move quickly and not stick around very long after shooting up a room. So if this happens in your situation, then stay on the ground and don't move until the shooter leaves. However, you should only do this if you are surprised by the shooter and do not have time to barricade yourself before they get to you.

In mass shooting situations, the shooter goes unnoticed up until the time they shoot their first victim or group of victims. Then people nearby will hear the gunshots and get into a defensive position. But for those first victims, they don't have time to get into a defensive position because they are not aware of what is about to happen to them. This makes it very difficult and scary when a mass shooting is sprung upon them out of the blue. It means they won't have time to barricade or protect themselves from the shooter. So when the shooter bursts into their room, the victims will need to quickly examine their options; escape, shoot back, talk with the shooter or play dead. In such an intense moment, it may be hard to choose the right thing to do. Therefore, you should try not thinking about your options so much during the attack. Just know what your options are right now while you are safe and keep them in your brain. This will make it easier to improvise your decision when an active shooter scenario arises. Hopefully, you will be able to choose the right option that saves your life and the lives of those around you.

CHAPTER 38 - SURVIVING A RIOT

A riot is something that can occur at any time and in any location. You could be aimlessly walking down the street and a riot could break out right next to you. Riots can be extremely dangerous because they involve a lot of angry people who are usually upset over some kind of religious, racial, economic or social issue. Since you won't be able to solve the issue, all you can do is try and survive the angry mob that lurks before you. This must be taken seriously because thousands of people die every year in riots. Some get beat up, robbed or even trampled to death from being stepped on by hundreds of people. So you must take precautions for your own survival. Try to stay informed about the riot by checking the news on your Smartphone. If you already know there is a riot somewhere, then do not go to that area under any circumstances.



If you have a car or other vehicle available when a riot is nearby, then stay inside of it at all times. Just drive slowly through the riot area without honking or making any gestures. If you are on foot then you have to be very cautious. Do not try and get involved in the riot, regardless of whether or not you agree with the rioters. Just mind your own business and don't say anything to anyone. This is your best way of avoiding a conflict with somebody who doesn't agree with what you have to say.

If the riot is a group of people standing in one location, then do not engage the group. Try and put as much distance between yourself and the rioters as you possibly can. As long as you do not draw attention to them, they won't come after you. The one thing most riots have in common is they all take place outside. So if you simply stay indoors then you shouldn't have to worry about the rioters engaging you in any way. Therefore, stay indoors at your home or in your office at work until you hear that the riots are over with. This will keep you safe and secure from harm's way.

For those who are participating in a riot because you feel emotional about the cause, you might want to find another way to present your opinion. For example, you could try forming a civilized protest that does not involve violence. In fact, the law states that you are allowed to protest because it is freedom of speech and freedom of expression. Just don't cross the line and do something that goes beyond your rights, like rioting.

CHAPTER 39 - SURVIVING PANDEMIC AND OUTBREAK OF DISEASE

Modern medicine and technology has advanced enough to where it can stop most viruses and diseases before they spread. The problem is the public never knows how far it will spread until it is too late. So as soon as you hear about a pandemic or an outbreak of some deadly disease, you need to know how to increase your chances of survival.



The biggest precaution you have to take is to stay away from other people. This means no physical contact with anyone because you don't know who is infected. Now you may think it is easy to tell who is infected because they will show symptoms of the disease. But people who just recently become infected don't always show symptoms right away. So you cannot assume someone is not infected. Instead, assume everyone is infected and then become an isolated person so you can stay away from potentially infected people. Whether you live in the woods or in an urban city, just stay inside your home for as long as possible until the problem has been quarantined by the government. This is where public health officials pinpoint the region where the disease is actively spreading and blocks it off from the rest of the world. This

means nobody can leave or enter this region until the disease has been completely stopped. If there is no cure for the disease, then everyone who is infected will simply have to die before the disease is killed.

The one problem with staying in your home for extended periods of time is you won't be able to get any supplies from the outside world. What you need to do is stock up on supplies in case you think an outbreak could likely happen in the future. If you wait until you just find out about the outbreak before purchasing supplies then you need to move quickly. In the early stages of an outbreak, it has not spread too far. So this gives you enough time to run to your local drug store and purchase survival items. First you will need plenty of canned food to last you a couple of months. You will also want to get respirators to help filter out the air that you breathe. Other supplies include antibacterial soap, water filters, HEPA filters, latex gloves, 50 rolls of toilet paper, and lots of bottled water. With all of these items, you should be able to survive just fine until the government eliminates the epidemic taking place.

Useful Links:

[Ebola Outbreak – How to Protect Yourself](#)

CHAPTER 40 - SURVIVING A WATER INFRASTRUCTURE PROBLEM

Water infrastructure systems allow the public to have clean drinkable water out of their faucets and manageable wastewater going out of their toilets. This system also makes sure clean water is provided to those in the agricultural industry. That way they can grow healthy crops that are edible after their harvest. However, if water infrastructure systems develop problems and deteriorate then it will make clean water harder to obtain. The water infrastructure in America is a perfect example of one that is crumbling before our very eyes. This is happening because city governments cut funding for maintaining these systems, which eventually results in their demise. We've already seen this with bridge infrastructures and now water infrastructures are being affected all across the nation. Since you have no control over the government or these public problems, all you can do is survive the best way possible by trying to obtain clean water.



Now you don't have to worry so much about the toilet water because you are not drinking that water. You only have to be concerned about the water you drink and the water you bathe in. So the first step is to stock up on purified drinking water. Every supermarket sells bottled water in bulk at very affordable

prices. Stock up on as much water as you can once you notice the water infrastructure in your area getting worse. But if for some reason you are low on money and cannot afford to purchase lots of bottled water, you will have to make your own purified water. In order to do this, you will have to take the contaminated water from your faucet and boil it over your stove. Boiling water is the quickest and easiest way to kill microorganisms that contaminate our water supply. However, it will not take out chemicals or salts from the water. To take these out, you will need to purchase a water filter. You can purchase a simple water filter for \$20 at your local home improvement store. For showering, you can also purchase filters for your showerhead that actually clean the water as it comes out.

The last thing you will have to worry about is your food supply. If the farmers who grew your fruits and vegetables were using dirty water, then you might be eating contaminated food. The best thing you can do is to either grow your own food or purchase organic produce from a farmer's market.

Useful Links:

[Finding water in the wild](#)

CHAPTER 41 - SURVIVING A MAJOR FOOD CRISIS

If you have ever seen the movie “Soylent Green” then you will know that people with nothing to eat will have to find alternative food supplies. For those who live in the United States or some other first world country, you have probably never experienced a food crisis before. This is basically when you don’t have enough food to eat for whatever reason. Perhaps you live in an area where farmers are not producing enough crops or you simply don’t have the money to buy food. A food crisis can be a scary thing because you need food in order to function properly at work and in your daily life. So, what do you do?



Any time you are in a situation where you don’t have food, it is likely because you are depending on someone else to bring or sell you the food. This is where the problem initially lies. You have to learn how to produce your own food, or at least stock up on canned food for storage in case an epidemic occurs where there is a public food crisis. If you have land available to use for a garden then you should definitely start one right away. Gather seeds for as many fruit and vegetable plants as you can grow in your land space. If you need more space then you might want to consider starting an indoor garden as well. The point is to grow as much food as possible so you can feed yourself for a majority of the days throughout the year without having to rely on purchasing food from a store.

Sometimes you might be in a situation where a food crisis hits you unexpectedly. Perhaps you lose your job and cannot afford to buy any more food, or maybe a natural disaster strikes and wipes you out completely. If you don't have any reserved food stashed away, what are you supposed to do then? You won't have enough time to grow more food and you may not have any money to buy more. If you lose your job then you can likely collect unemployment benefits and food stamps to purchase more food. If it is a natural disaster then look for community shelters and public programs that feed refugees.

As for those living in a third world country without public programs or land to grow food, you are in the worst position. The best thing you can do is get any kind of job you can get in order to make enough money to feed yourself. You just have to think outside the box and find any way to obtain food.

Useful Links:

[Preparedness Food Storage List](#)

CHAPTER 42 - ITEMS TO BARTER IN BAD TIMES



There are good times and there are bad times. Unfortunately, it is more common these days to experience bad times because of economic uncertainty and rising cost of living. But what can really be bad is enduring an expected event, such as a terrible storm, which prevents resources from the outside world from being made available to the people of your community.

In tough situations like these, you may not have enough money to afford necessities, such as food, in order to survive.

Either that or you won't have access to your bank account for one reason or another to get more money. This means you will have to barter items that you already have with other people in exchange for these necessities. So what do you barter?

You have to remember that if you are experiencing a tough situation then the other people and businesses of your community are likely experiencing it as well. Therefore, you need to barter items that they would be interested in having. What you first need to do is take an inventory of all the items you currently have in your possession. Then you need to make a list of all your essential items. In the essential category, you should list items that people could need for survival, like canned food, clothes, water bottles, disposable razors, water purification supplies, sanitary supplies, first aid kits, fuel, hand tools, batteries, generators, coffee, tea, duct tape, bags, knives, flashlights and so on. If you have a spare cell phone or a solar powered cell phone charger that you don't need for yourself, this could probably score you huge bartering points with someone.

Next see which of these items you have an overwhelming supply of and consider bartering that item for another item which you don't have a huge supply of. For example, let's say you have a whole kitchen cabinet full of canned food but you don't have any water bottles. You might want to consider bartering these canned foods with a neighbor who will barter their water bottles. That way, both parties get what they want without drawing bloodshed over trying to get these necessities by some unlawful means. Now apply this same concept to your other essential items by trying to barter items you have a lot of in exchange for items that you don't have a lot of. Then you can maximize your list of necessities until the terrible situation you are in comes to an end.

Useful Links:

[Preparedness Food Storage List](#)

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[Choosing the Right Sleeping Bag](#)

[Finding Water in the Wild](#)

[Choosing the Perfect Backpack](#)

[7 Best Bug Out Bags](#)

[Best Tents for Survival](#)

[Preparedness Food Storage List](#)

[Preppers Must Have List](#)