

WHERE DO I START?

FOOL-PROOF PREPAREDNESS FOR BEGINNERS



Including Advice from Top Experts!

Brought to you by [Author L.R. Burkard](#)

Why Food Storage:

Hi, Linore Burkard, wife, mother, Christian author, here.

I grew up in New York, in view of Manhattan. The farthest thing from my mind was ever having to store supplies for future need. The nearest deli and grocery were only around the corner and across the street.

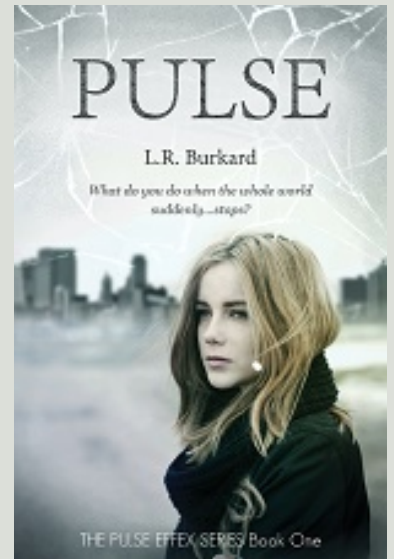
When we moved to a more rural environment, I learned to avoid unnecessary shopping trips by keeping better stores in the house. However, even that was nothing next to what happened after I wrote my book, [PULSE](#).

You see, as I researched the book, I discovered some very disturbing facts. For those who haven't read it yet, PULSE shows the aftermath of a solar flare (aka, CME, or, Coronal Mass Ejection) which has, in turn, caused an electromagnetic pulse that takes down the electric grid for the continental United States.

The book focuses on three families for whom life is changed, virtually instantly. Reduced to existence without the help of anything electric or electronic—no heating systems, no air conditioning, no telephones, (not even cell phones) no TV, radio or internet. Even most transportation would be immediately disrupted. (Your fancy new expensive car won't run after an EMP, either.)

Imagine it. I did! It's quite the nightmare. Because while PULSE is a work of fiction, the threat of an EMP, unfortunately, is not.

One solar storm, or, one terrorist's high-altitude bomb, could set off an EMP, just as the book entails. What's



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more, the government is well aware of this—but hasn't taken steps to protect the power grid.

A sufficiently powerful electromagnetic pulse, or EMP, can render the United States virtually without electricity or electronics—almost instantly. A Congressional Report detailing the likely results of such an EMP is not only proof of their awareness, [but is online for you to read for yourself](#).

The picture isn't pretty. It could take YEARS to restore power. They estimate that within one year, more than 70 million people in this country would die.

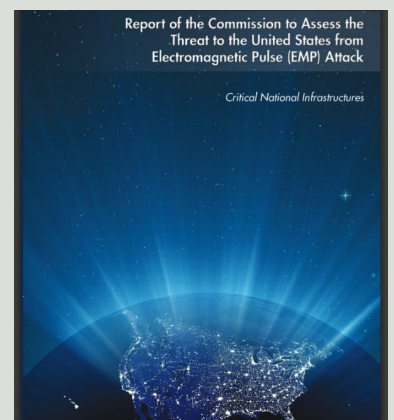
Needless to say, being aware of how quickly "life as we know it" could be shattered, the question arose for me, "What can be done?"

None of us can change the government's lack of action. (Despite the dire consequences outlined in the Congressional Report, an amendment to "harden" the US infrastructure failed to pass. Nothing was done!) Which leaves us on our own to prepare individually and as families.

So I did some more digging. It turns out that only 4% of Americans are prepared for a disaster. I decided that I wanted to be among that 4% rather than the 96% who will be waiting for FEMA—if they ever come.

What about you? A catastrophic EMP may not happen in our lifetime. However, one need only watch the news to see that many other natural disasters will and do occur somewhere on the globe quite regularly. The threat of terrorism, war on our shores, natural disasters—these shouldn't be ignored. Even more importantly, their effects can be mitigated—if you prepare now.

Below: "Report of the Commission to Assess the Threat to the United States from Electromagnetic Pulse [EMP] Attack "



This PDF is not, however, about fear-mongering. I'm not trying to make you paranoid, or to consume you with worry. In fact, learning to prepare will provide a sense of security—you'll know you're doing what is necessary—just in case.

It's really perfectly natural to want to set things by for a rainy day. We've been lulled into thinking there is no need to do this in today's world, but that's precisely my point: This world could change, quickly and decisively, with disastrous effects.

Ask yourself, how long could you and your family eat three meals a day if stores were closed—indefinitely? If you had no transportation? If you couldn't get online and order anything?

What you prepare now while times are good may be life-saving; or, in case of smaller events, merely life-enhancing. It will give you an edge when a minor disaster takes out power for a few days or a week; *but save your life if a major, grid-down event occurs.*

In my book, only one family was ready when the world changed.

Disturbing things happened for those who weren't.

I want you to be among those who are ready.

I pray this little introduction to the world of "prepping" will start you on that path.

Linore Burkard

For more information on EMPs, [see this page of my website.](#)

[Links change. If the link above doesn't work—or any included in this ebook--please email me at LRBurkard (at) roadrunner (dot)com]

I'm not one of THEM!

Hollywood seeks out and exaggerates "Extreme Preppers," highlighting people with whom most of us cannot relate, nor would we emulate. True preparedness has nothing to do with paranoia, and everything to do with good stewardship. It's just wise to prepare for things that may occur, and chances are you already do this to some degree.

Do you own car insurance? Homeowners? You're a prepper! (Preparing for what may or will happen.)

Do you put up food for the winter? You're a prepper!

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The Journey Begins

If you're new to the world of "prepping" you're not alone.

People by the hundreds are joining the ranks of the prepared every day. Some, because of dire forecasts concerning the economy; others begin preparedness efforts because of the growing awareness of threats such as an EMP or HEMP (High altitude EMP caused by terrorists) or other attacks, such as ground nuclear. Others begin a little food storage simply because they understand that natural disasters happen—if not to them, to someone they know; someone, perhaps, whom they can help. Tornadoes, hurricanes, volcanos, earthquakes—they can all wreak havoc on life as we know it.

For those of you waking up to the idea of prepping because you've just read my book, ***PULSE***, first allow me to thank you for reading. But I'm even more grateful that you're taking the message of the book—that LIFE AS YOU KNOW IT can end, suddenly, without warning, and for a long, long time—seriously. You're getting the idea that no one will be there to pick up the pieces for you.

Without electricity, our nation, in the words of some, "will be brought to its knees." Others describe a "grid down" event (non-working technological system) as a return to the nineteenth

Without electricity, our nation, in the words of some, "will be brought to its knees!"

century. If you think that sounds bad, consider that others have suggested life in the U.S. would be more like the Middle Ages!

We may never come to such dire straits—*God grant that we don't!* But the beauty of a preparedness lifestyle is that, if the worst WERE to happen, you'll be far more likely to survive. And if the worst never does occur, you'll certainly be ready for smaller calamities, such as minor power outages caused by local disasters.

It's Not About Fear

This is not about living in fear or worry about what may happen. Ultimately, we all need to put our trust in God for everything that occurs in our lives. No matter the threat, God is Sovereign, and he is good.

But preparedness is a biblical idea. There are times when God allows war, famine, and other natural disasters to occur. When he sends judgment on nations for sins, it can be catastrophic for that nation. And our nation has been in the business of legislating sin for quite some time.

But God sends warnings, first.

COULD THIS BE YOUR WARNING? YOUR WAKE UP CALL?

Preparedness is Vital for Social Stability

When we become better prepared individually and as families to face most any disaster, it is not for ourselves alone. Every prepared household will be one less desperate household following a catastrophic event, thereby *helping to keep society intact*. Think about it: If every household were to keep enough food storage to get themselves through a year of living without grocery stores, without Wal-Mart, or other

convenience outlets, there will be no reason to panic or, worse, get violent.

Before you dismiss the idea of long-term food storage as untenable, consider that in the past, most households did get by without weekly trips to the grocery store.

They survived. You can, too.

And you don't have to become a homesteader or farmer. All you need do is prepare NOW, while you can, while everything's still working, and you can get to the stores.

This is your opportunity, in fact, to grow in self-reliance. You'll feel better, stronger, more confident, knowing you have seen to the needs of your household no matter what may come.

It is absolutely feasible to put aside enough food for a household of virtually any size, for months, even years, if you so choose.

The key is doing it step by step.

And you don't have to spend a fortune to do it, nor do you need a huge home with tons of closet space.

Food Storage is Nothing New

For centuries, ships would let out to sea with a huge, hungry crew—and enough supplies to get them to their next port. This could be months

"The difficulties, hardships, and trials of life, the obstacles one encounters on the road to fortune are positive blessings. They knit the muscles more firmly and teach self-reliance. Peril is the element in which power is developed."

W. Mathews

away. If a 17th century ship could stow enough food for a crew of hungry seamen for months and months at sea, you can do the same for your household, *only better*. Seamen ate hard biscuits towards the end of the voyage and tough, dried meat. They also got scurvy from lack of vitamin C. You'll be amazed at what is available today, already freeze-dried; or, what you can store yourself. And vitamins and other supplements can be stored like other supplies.

In ancient Egypt, a seven year famine hit the land. But no one had to starve, despite the loss of all crops (which in turn, affects animals and eventually the entire food chain). Why? Because one man, Joseph, oversaw the storage of enough grain to feed a whole nation, and then some.

If the ancients were able to store enough food for a whole country for SEVEN years, surely you are able to store enough for your household for one or more.

Most of our great-grandparents routinely put aside food for the winter. Food storage was not a foreign idea to them.

So it really isn't a matter of, *Can it be done?* (More than three million in the United States have already done it.) The question is, *Will you get it done?* We're not talking about calisthenics, here. All it takes is a little planning and buying extra for a

If the worst happens, whether a complete economic collapse, a terrorist attack, a catastrophic solar flare or something else, you CAN be prepared to survive for a long time without a working US infrastructure.

But for the most part, we prepare for smaller emergencies—things that are more likely to happen.

rainy day—in this case, for many rainy days—and then storing it properly so it will be edible and palatable when needed.

Closing Thoughts

Nobody knows the future, or what calamities we may face as a nation. But here's the thought I want to leave you with. Bad times happen. Sometimes, they are relatively minor. Being food prepared will offset any minor setback, such as a job loss, a downturn in the economy, a minor storm that disrupts power—and so on.

Millions of people have done food storage. But don't plan on showing up at their doorstep if the worst occurs, thinking they will take care of you. They will need what they've got. Most people plan on having something to share with others, but no one else can take care of the needs of you and your household. It is up to you.

And you *can* do it!

The following pages will get you started.

The national average of preparedness for a crisis is only 4% of the population. Do you want to be among the 96% who are waiting for FEMA—or the 4% who can get by on their own?

(If a grid-down event occurs, FEMA won't be coming!)

START SMALL

Before we get into detailed tips, let me encourage you to start small. Store enough food for your whole household for **three to 14 days**. This is what I call the "simple storm" scenario approach². In other words, if a storm hits and you lose electric for a few days, you will have enough in this supply to get by.

The government is not much help for long-term disaster preparation, but they are very good at telling what you need for a short one. [Check out this site](#)

Take a look at the following list for ideas on what to store for your Simple Storm supply. Personally, I'd recommend multiplying what is necessary to make it a good month's supply. Once you have that in place, decide for yourself whether or not to take it even further and store enough to last longer. Each family must choose for themselves how "prepared" they want to be. But always keep your Storm kit separate, and available. Don't hide it in the attic or someplace out of reach. When you need it, it should be handy.

²Note: Calling a storm 'simple' does not refer to its severity, but rather its scope. If a blizzard hits and knocks out power for a week, it is still a 'simple' storm because it is not a nation-wide event, and does not cause a national disaster such as grid-down from an EMP or HEMP could. Therefore, even a tornado that wreaks local havoc is still a 'simple' storm, because it has not brought the nation to a standstill.

STEP BY STEP

"A long time ago my dad put mom in charge of storing food for one month at a time until she stored enough for *two years*.

But our family always prayed that God would raise up a 'Joseph' to store food for our whole country, just like Joseph did for Egypt way back when. If people in ancient days could store enough grain to get through a famine, why shouldn't we, with all our knowledge, be able to do that today?

But we never saw a Joseph rise up."

Lexie Martin,
From [PULSE](#)

Storm Kit Supply List



1. Water
2. Food
3. Light
4. Heat
5. Other

1. WATER.

- One gallon per person, per day (for drinking and sanitation).
- For a Storm kit, this is doable. Once you start prepping for longer time periods, it becomes a challenge to store enough water. A good SOURCE of water, not dependent on electricity, and an excellent quality water filter are then of paramount importance.

2. FOOD

- Shelf-stable foods. Canned soup, canned stew, chili, canned fruit, easy-to-prepare foods--instant oatmeal, mac and cheese, boxed meals, canned tuna, V-8, tomato juice. Chocolate! (Some foods you love)

- Foods that don't need to be heated. (Granola bars, jerky, fruit cups, dried fruit, peanut butter, snack foods.)
- Manual Can Opener! Stainless steel cooking pot for use on a grill or camp stove. (For heating food, you'll need a grill or camp stove, rocket stove or volcano stove, etc. A way to heat food is not strictly necessary for short power outages, but it will go a long way towards good morale. A hot woodstove with a shelf on top may suffice.)

Note: I ONLY recommend buying such processed food for emergency purposes. In general, I consider processed foods to be akin to poison for the body, but they WILL keep you and your family alive in an emergency. This IS the time for comfort food!

3. LIGHT

- Flashlights, with extra batteries. One per person.
- Battery-operated lantern(s). Flashlights are not enough, as they will not light an entire room.
- Emergency candles—with caution. And only if you have a fire extinguisher.
- Oil lamps—same caution as with candles. More difficult to store, as they break.
- Glow sticks. Makes it fun for kids and are good for navigating safely within the home. They are also cheap and long-lasting. Not especially bright, however.
- Tip: Keep an automatic power-outage light plugged in at all times. It stays off until the power's out. Solar lights are handy to have on hand, also.



4. HEAT

Storms that cause loss of power in winter are more dangerous for most people since home heating becomes an issue. For this reason, a good generator is recommended, especially if you have no woodstove or fireplace. (In summer, it

will keep your food cold, which is also important.) Other than this one item, your emergency supplies need not be costly, especially if you shop for them little by little.

Since small, short-term crises are far more likely than a long-term grid-down event, it is virtually guaranteed that you will use the generator at some point, which is another reason for justifying this purchase.

- A generator, with extra fuel, stored safely. Rotate the usage of this fuel, since it will degrade over time in storage.
- Wood, for woodstove. Fire starters, matches, lighter fluid
- Indoor rated kerosene heater or other space heater.*

For the Kit:

- Extra blankets, clothing, hats; sleeping bags if possible.
- Hand warmers
- Tarps, duct tape
- Fire extinguisher

*Carbon Monoxide Alert!

Do not use gas or propane-powered devices indoors! [430 Americans die each year](#) from unintentional carbon monoxide poisoning, most of those deaths occurring in winter.

5. OTHER

- Medications
- First Aid Kit
- Rechargeable or Solar Radio, batteries
- Wet wipes, napkins, antibacterial soap
- Latex gloves, work gloves
- Spare battery for cellphone; other extra batteries
- Infant supplies, if applicable: Formula, bottles, diapers, etc.
- Small games, books
- A Bible
- Pets? Pet food and water
- Feminine supplies, personal hygiene items
- Paper plates, cups, plastic utensils, etc.

Remember: Keep your Emergency Kit in one or two containers. You should not have to scramble around trying to locate items after the emergency arises.

Additional Resources:

[Free PDF from MetroTokyo on Disaster Preparedness](#) (in English)

[FEMA Recommendations for a Basic Disaster Supply Kit](#)

For more information, check the website links of the contributors to this PDF, which you'll find in the coming pages. These guys know their stuff!

Quick List Scriptural Basis for Preparing

Note: This is by no means a discussion of biblical motivation for preparing. It is a "quick list" only; food for thought, if you will.

"In the house of the wise are stores of choice food and oil, but a foolish man devours all he has." Proverbs 21:20

"Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest." Proverbs 6:6-8

"He who works his land will have abundant food,
But he who chases fantasies lacks judgment."
Proverbs 12:21

(Note: Israel was an agricultural nation when this was written, but it applies to all of us: "Working your land" means bringing in the food by whatever means you earn it. It means buying what you need because you've earned the money to do so. "Chasing fantasies" means you slack off and daydream that someone else will take care of you.)

"A prudent man sees danger and takes refuge,
But the simple keep going and suffer for it." Proverbs 22:3

"Draw water for the siege,
Strengthen your defenses!" Nahum 3:14a

(A warning to prepare for enemy attack by storing water. In ancient times, enemies would stop up water sources going into a city before erecting their siegeworks to conquer it. Modern water sources are vulnerable in different ways—but vulnerable, nevertheless.)

"Wail, you who live in the market district,
All your merchants will be wiped out! " Zephaniah 1:11a
(As a result of God's judgment on the nation. This is a good reason not to be solely dependent upon "the merchants," i.e., Wal-Mart or your favorite grocery store, for your sustenance.)

Isn't Hoarding a Sin?

Food storage is not the same as hoarding. Hoarders are irrational and often keep junk that is useless, and what they save is all about them. It isn't for the good of others.

Stockpiling supplies for a disaster or emergency, even if it's only for your own family, is humanitarian and can be life-saving.

(The life you save may be your own!)

"By faith Noah, being divinely warned of things not yet seen, moved with godly fear, *prepared an ark for the saving of his household...*" Hebrews 11:7

In Psalm 132:15, God says he will bless his people with "abundant provisions." The poor he will satisfy "with food."

Right now in America we have been blessed with abundant provisions. Are you storing some up? God HAS provided. Now do your part and get some into your home! Not just groceries for this week or the next but groceries in abundance.

When God gave manna to the Israelites in the desert, it only lasted for one day. Each day's manna had to be collected anew. Right now, your "manna" is on the shelves of the grocery store. It won't go bad overnight as it did in the desert. Start food storage today!

"But if a man makes no provision for those dependent on him, and especially for his own family, he has disowned the faith and is behaving worse than an unbeliever."

1 Timothy 5:8

ABOVE ALL:

Seek righteousness, seek humility,
Perhaps you will be sheltered on the day of the Lord's
anger. Zephaniah 2:3b

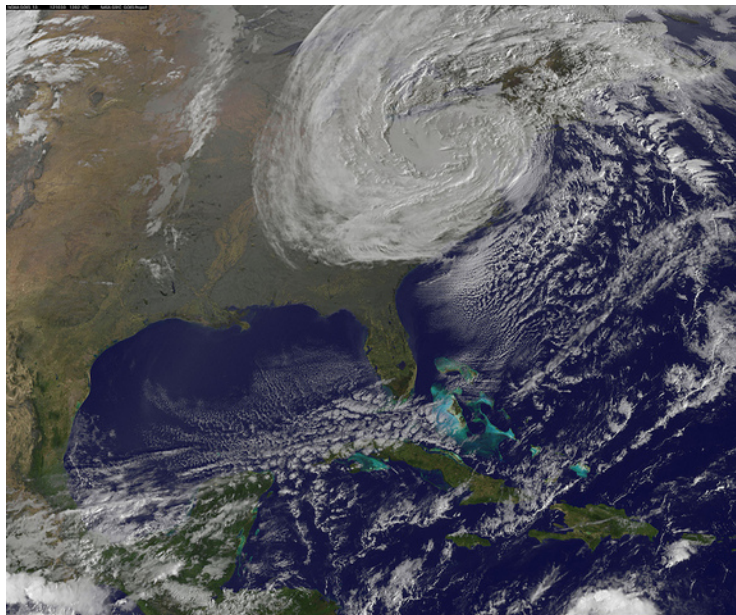
The gospel is simple: "If you confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved." Romans 10:9

"The times and instruments of national judgment are in the hands of God."

The Biblical Illustrator, (re: Jeremiah 1:11-16)

"Don't overlook the obvious here, friends. With God, one day is as good as a thousand years, a thousand years as a day. God isn't late with his promise as some measure lateness. He is restraining himself on account of you, holding back the End because he doesn't want anyone lost. He's giving everyone space and time to change" (2 Peter 3:8-9, The Message).

This means you have time to prepare! First, get right with God. Real preparation begins with spiritual preparation: Being ready to face eternity.



1 "Hurricane" Sandy over the Eastern Seaboard

If you told a New Yorker or New Jersey resident in 2012 that they were going to experience a "post tropical cyclone" they would likely have dismissed the idea. New York doesn't get tropical storms, right?

But it did. The official name for Hurricane Sandy was "Post Tropical Cyclone Sandy." There are communities that are still not recovered from this. It left 8.5 million people without power—for weeks.

The point is, things happen that you don't expect.

OK—you've heard my input. Now let's take a look at what some Preparedness *Experts* have to say for how to get started. And, in case you're not convinced there are enough reasons to be prepared, don't miss this next article by Michael Mabee! Sometimes, you CAN'T call 911.

*If the disaster strikes,
it's too late.*

Michael Mabee

Author, prior military, law enforcement, EMS

Is Emergency Management Ready for a Long-Term Blackout?

By Michael Mabee

Is Emergency Management in the U.S. – and in your community – prepared for a long-term loss of the electric grid?

According to FEMA, Emergency Management protects communities by coordinating and integrating all activities necessary to build, sustain, and improve the capability to mitigate against, prepare for, respond to, and recover from threatened or actual natural disasters, acts of terrorism, or other man-made disasters.¹

That is a good mouthful of federal speak for “the people holding the (mostly empty) bag when the grid goes down.”

One of the strengths of modern Emergency Management is its flexibility. Most towns can handle a structure fire or an auto accident with their own resources. But when something larger happens, like a tornado, a fiery multi-car pile-up with multiple casualties, the system expands and resources are brought in from neighboring towns. And in a larger scale disaster, like a hurricane or earthquake, resources can be brought in from the federal government and agencies all over the state or country. So, in theory (and in practice) Emergency Management can handle disasters small and large.

But this strength is also a critical weakness: What if the disaster was of national scale and so there were no outside resources available to help your town? What if you were on your own?

¹

[http://training.fema.gov/EMIWeb/edu/docs/emprinciples/0907_176%20EM%20Principles12x18v2f%20Johnson%20\(w-o%20draft\).pdf](http://training.fema.gov/EMIWeb/edu/docs/emprinciples/0907_176%20EM%20Principles12x18v2f%20Johnson%20(w-o%20draft).pdf) (Accessed: May 10, 2014)

Two recent articles in Emergency Management publications discuss such scenarios. The first was an article in Fire Engineering by Ken Chrosniak: *Electric Power Blackout: The Power of One*.² The second was an article by Garrison Wells published by Emergency Management Magazine: *Threat of Massive Grid Shutdown Increasing in Face of Disasters*.³ If you are an emergency manager, you really need to read these articles: You and your jurisdiction are not prepared for a long-term blackout.

So let's do a quick tabletop exercise.

Scenario: A massive solar flare (coronal mass ejection) has taken down the majority of the electric grid in the United States. Many of the extra-high-voltage (EHV) transformers have been damaged and it may be months – or longer – before power is restored. All you have is whatever resources your town or jurisdiction currently has on hand (disasters are, after all, “come as you are”). If you want to spice it up, assume this is in the worst season for your area, e.g., winter in New England or summer in Texas. Because this is a national scale disaster, you can't count on any aid from the outside for the foreseeable future – perhaps months. The cavalry is not coming.

Exercise Objectives: (Oh, I forgot to mention, half the population or more of your town will die – but that's okay. This is only a drill. The purpose of a drill is to harvest the lessons learned and do better next time – or when it happens for real. The vast majority of towns, states and even the federal government have never drilled this scenario.)

The objectives are:

1. Determine what resources and capabilities you have
2. Determine the obvious problems your town/jurisdiction will face
3. Think about things that could be done prior to an event to prepare and mitigate

² <http://www.fireengineering.com/articles/2013/07/electric-power-blackout-the-power-of-one.html> (Accessed: May 10, 2014)

³ <http://www.emergencymgmt.com/safety/Grid-Shutdown-Increasing-in-Face-of-Disasters.html> (Accessed: May 10, 2014)

The first objective is fairly simple. You probably already have a good idea of what your town's resources are. But, your existing resources and capabilities may be less than you think. Will all your resources show up to work if their families are in jeopardy from a national catastrophe? Also, even if most of them do, remember that all you have is what you have in town now: Fuel, medical supplies, number of cops and firemen. Nothing else is available.

For the second objective, I'm not even going to throw in any injects. The facts are bad enough. When the grid goes down for a long period of time, we can briefly broad-brush the challenges to a town as follows:

- Long-term interruption of power
 - People will be without heat/AC.
 - People will be without refrigeration.
 - People will be without the ability to perform basic things like cooking or boiling water.
 - People will be without basic sanitation and, hence, at risk for diseases.
 - People may be without transportation immediately (EMP damage) or soon (lack of fuel).
 - Most, if not all, forms of communication will be disrupted.
 - Critical backup generators will soon run out of fuel.
- Long-term interruption of supply chain
 - Food will stop.
 - Fuel will stop.
 - Medicine and medical supplies to pharmacies will stop.
 - All products, parts and supplies will stop.
- Long-term interruption of essential services
 - Water service will stop.
 - Sewer service will stop.
 - Fire, EMS, and police will be unable to respond (for lack of fuel, personnel and communications).
 - Medical services will be severely disrupted or unavailable.
- Collapse of law and order (temporary or permanent)

- The police will not have the manpower, communications, or transportation to provide security for the community.
 - Desperate people will resort to looting, burglary, robbery, or any means necessary to get food and water.
 - It is unlikely that federal help is “on the way” anytime soon
 - Many local governments will quickly become ineffective.
-
- Starving refugees arriving from urban areas
 - Even if, miraculously, you live in a community that is prepared and has a plan to attack the above challenges, look to your nearest urban areas—refugees will soon be forced to flee the cities. Any plan for a town’s survival will have to address how to humanely handle desperate refugees while protecting the town and maintaining law and order.
 - Town borders will have to be monitored and protected.
 - Town assets will have to be guarded from looters/criminals.

When you really think about the implications of each of the items above – and begin to put this operating picture together, it is grim. And, local Emergency Management will be holding the bag. Nobody higher is coming in to become the incident commander. The National Guard can’t come to every town (and they have their own problems – guardsmen are going to have a tough choice when asked to report to duty when their families are in danger.)

Let’s take one of the above problems as an example: Desperate people will resort to looting, burglary, robbery, or any means necessary to get food and water.

So, you have a grocery store and a pharmacy in town. Those are going to quickly become targets. How many meals does the average family in your town (and neighboring towns) have in the cupboard? With the supply chain gone and no food coming in, what do you think will happen one week from now when people are out of food? This means you are X number of meals away from anarchy. Can your law enforcement resources handle this?

Let's look at another: Water service will stop.

Most people get water either from “city water” service or a well. Both require electricity. The vast majority of your town will be without their primary water supply. People are going to be at risk for waterborne diseases – if they are lucky enough to even have questionable water to drink.

As you go through and think about the implications of each of the above (and perhaps a few more that you may think of – the above list is not comprehensive) one thing becomes clear. Emergency Management's dependence on outside resources when the size of the disaster overwhelms the local capabilities has failed us here. We need to be able to depend on ourselves in this worst-case national catastrophe scenario.

It is also clear that for any town or jurisdiction to adequately prepare, mitigate, respond and recover from a long term electric grid outage, we need to do a lot of work beforehand. This brings us to the third objective: what could be done prior to an event to prepare and mitigate?

The answer is a lot.

The answer is not “that could never happen” (because it could) or, “if that happened, there is just no way to be prepared for it” (because that is just patently false). Several members of Congress have been concerned about this vulnerability of the electric grid for years and there are reams of Congressional testimony and federal reports⁴ that conclude that this can happen. Moreover, several members of congress advocated in 2012 that communities start a civil defense program and be prepared to fend for themselves in the absence of federal assistance for a prolonged period of time.⁵

⁴ <http://michaelmabee.info/government-documents-emp-and-grid-security/> (Accessed: May 10, 2014)

⁵ <http://michaelmabee.info/a-good-idea-does-not-need-to-pass-congress-to-be-a-good-idea/> (Accessed: May 10, 2014)

It would be great if the federal government took concrete steps to protect the electric grid. Legislative attempts to do so have failed for years to make it out of committee.⁶ The companies that own and operate the electric grid are against such legislation – and they have a lot of money to lobby against it.⁷

So, in absence of the federal government taking steps to protect the grid, local Emergency Management must take steps to protect their towns – to prepare, mitigate, respond and recover from a national-scale long-term blackout. This scenario needs to be one of the hazards considered in our “all hazard” comprehensive approach.

Some initial suggested steps.

1. Every town and jurisdiction should do a tabletop drill with a long-term national blackout scenario (months).
2. Nobody has a budget for this – you will need community involvement. Starting a **Community Emergency Response Team (CERT)**⁸ or involving your CERT Team if you have one, is a great way to start getting the community involved.
3. If you can get some public interest, consider starting a non-profit civil defense organization that has this specific mission:
 - (a) To educate and promote individual, family, and town preparedness for disasters;

⁶ <http://michaelmabee.info/critical-infrastructure-protection-a-goal-not-achieved-a-nation-still-in-peril/> (Accessed: May 10, 2014)

⁷ <http://michaelmabee.info/apocalypse-unknown-peter-vincent-pry/> (Accessed: May 10, 2014)

⁸ <http://www.fema.gov/community-emergency-response-teams> (Accessed: May 10, 2014)

(b) To provide disaster assistance and relief to town residents in the event of a disaster; and

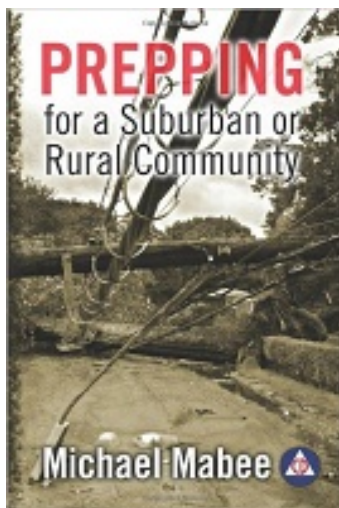
(c) To educate and provide planning and resource options to the town for preparation and response to a “worst-case,” long-term catastrophe affecting the town.

Some members of Congress attempted to pass a resolution advocating that communities and their citizens do this. While House Resolution 762 (112th Congress)⁹ may have died in committee along with other legislation to protect the electric grid, a good idea does not need to pass congress to be a good idea.

Is Emergency Management Ready for a Long-Term Blackout? You will have to answer this question for your own town or jurisdiction. After all, it will be local Emergency Management that owns this problem. It will be too late for you to figure it out once the lights go off.

This article is excerpted by permission from PREPPING: For a Suburban or Rural Community, by Michael Mabee.

About the author:



Michael Mabee is the author of [*Prepping for a Suburban or Rural Community: Building a Civil Defense Plan for a Long-Term Catastrophe*](#). You can follow Mike on Twitter @CivilDefenseBK or check out his blog and website <http://www.CivilDefenseBook.com>. Mike's career has included EMS (emergency medical services), law enforcement, military and federal government experience.

⁹ <http://www.gpo.gov/fdsys/pkg/BILLS-112hres762ih/pdf/BILLS-112hres762ih.pdf> (Accessed: May 10, 2014)

Chris Ray

*Navy Veteran, Firearms Instructor, Prepared
Christian.net*

Ins and Outs of Food Storage

One of the five basic human needs is food. How to store it can be one of the more difficult things to figure out when you're new to preparedness. The sheer size of the task can seem overwhelming. Take a family of four, eating three meals a day, and two snacks a day—that is 84 meals and 56 snacks in a week, or 336 meals and 224 snacks in a month. Seeing as most people shop for what their needs will be in the next week or two, planning that far or further ahead can be a lot to wrap your brain around.

Let's see if I can help.

Guidelines

First of all, food storage isn't one size fits all. You'll need to tweak things to fit your family's needs. That being said, here are some guidelines that can help you build your food storage and keep it rotated.

Shelf Stable

My definition of a shelf stable food is one that can last for six months or longer without freezing or refrigeration, and won't spoil. Stock up on these, since they are designed to last on the shelf for awhile.

Eat What You Store, Store What You Eat

This is the food storage golden rule. It will make sure that you don't waste money on foods your family doesn't eat. For instance, don't sock away fifty pounds of white flour

*First of all, food storage
isn't one size fits all.*

if you've never baked from scratch in your life. Store foods you can USE.

When building your pantry, I recommend getting a notebook and writing down all shelf stable food that your family consumes for a week or two. These are the “eat what you store, store what you eat” foods to concentrate on. (Most women probably already know what their families eat and can skip this step, but if you're a guy like me, it can be very instructive.)

There are exceptions to every rule and this one is no different. We happen to eat foods that don't store well, so if we only stored foods that were shelf stable that we consumed regularly, our food storage wouldn't amount to much. What we have done is stored some shelf stable foods that we eat along with some that, because of their long shelf life, we have decided to use for storage even though they're not our favorites.

What Kinds of Foods Should You Store?

What can you supplement your food stores with other than the ones you eat frequently? There are many options available for foods that have a long shelf life, though some you will need to repackage.

The Staples

A staple is a food that is used commonly. Think of sugar, flour, salt, rice, beans and so on. These staples, when repacked into Mylar bags with oxygen absorbers, can have a shelf life of 25+ years.¹

Dehydrated

There are commercially dehydrated foods available that tout a 25+ year shelf life. This can be achieved because the oxygen in packaging is replaced with nitrogen. Most of the data I have seen on home dehydrated foods say 1-2 years. We've mostly dehydrated fruits, but you can make jerky, soup ingredients and so much more. (Unfortunately, the dehydrated foods never seem to last more than a couple weeks around me, but others report good results even after a year or two.)

Freeze Dried

There are many brands of freeze dried foods on the market. I have tried a few and enjoyed most. My wife Trudee and the kids did not like some. Manufacturers

have gotten smart and have the entrees available now in a small pouch as well as a #10 can. I highly recommend you try the pouch first, as it's only a few bucks and will save you money if it turns out no one likes the food.

Freeze dried foods also have a shelf life of 25+years, as long as the packaging isn't opened. Once you open the #10 can, you need to consume it within two weeks. I don't know if it is possible to freeze dry your own food. *[Note from Linore: It is. Doctor Prepper does this. But you'd have to purchase a freeze-drying machine, and it's pricey.]*

Because of the shelf life, and some other factors, we decided to add some freeze- dried food to our food stores. We purchased some entrées as well as some baking ingredients like powdered eggs, powdered milk, powdered cheese and powdered sour cream. These are items that would be hard to come by in a prolonged disruptive event.

MRE's and Emergency Ration Bars

MRE's or Meals Ready to Eat were originally designed for the military. They are already cooked meals. They include a heating element that you add water to in order to activate. They often come with a dessert and condiments.

Emergency Ration Bars often say something like "2400 calories". That is for the total bar. However, there are usually nine separate bars, each one containing 250+ calories.

These foods have their place in food storage. They make good additions to BOB's *[Bug out Bags—Pre-packed bags you have ready in case the emergency requires that you leave your home. These are bags you can grab and take with you—emergency supplies that are always ready to go]* and winter car kits. Shelf life can vary from 5-8 years if stored in optimal conditions.

A #10 can is a much larger size than what you usually find in the grocery store. Some warehouse stores like Sam's or Costco's offer cans similar in size to a #10. They seem to be the standard for food storage companies.

Home and Manufacturer Canned Foods

Whether you purchase commercially canned food or can it yourself, canned food is a great way to supplement your food storage. The most common question is: “how long does canned food last?” [Food Reference.com](http://FoodReference.com) and the FAQ at [the Ball Jar Company](http://theBallJarCompany) state the same basic information. Properly canned food that is stored in temperatures above freezing and below 75 degrees will last at least two years. The food will often last a lot longer than that, but over time there may be changes in the color, texture etc. If the home-canned food looks okay and isn't bulging, open it and see how it smells. Same goes for store purchased cans. If it smells fine it's probably safe to eat, but for home canned items, it's a good idea to heat well before consuming. [*Note: Do not even smell food from a can that is leaking or bulging! Just throw it out.*]

What are the Dangers to Food in Storage?

The life of many foods can be extended greatly by avoiding the following dangers.

Heat

Temperatures between 40 degrees and 72 degree Fahrenheit are ideal for food storage. For every 18 degrees above 72, the food loses up to half its nutritional value. If the food is exposed to temperatures over 72 degrees for an extended amount of time it can lose its color, texture and taste.

Light

Keep things in a dark space if at all possible, as light can affect the appearance and taste of food. *Mylar bags and food grade buckets will also help here. *[Note from Linore: YouTube has scads of people happy to show you how to store food in Mylar bags.]

Oxygen

When fats oxidize they turn rancid. Keeping your food in an oxygen free environment will prevent this, as well as kill pests that may be in the food. You can remove oxygen with oxygen absorbers in an airtight bag.*

Moisture

Moisture can take the form of humidity, condensation or even a water pipe breaking. To mitigate this, I keep much of my preps in Mylar bags and put the Mylar bags in food grade buckets. You can also add a desiccant to the inside of the Mylar for added moisture removal. I try not to have any food with cardboard packaging out in the open, as it is susceptible to accidents involving liquids, such as broken pickle jars, broken pipes or the “Not Me Ghost”, you know, children.

Pests

Pests range from larvae in bulk food to mice in your food storage area. There are a few ways to deal with each. For larvae, you can place a bag of rice, beans or whatever dry food you intend to store in your freezer for a couple days. This will kill any bugs, larvae or eggs. I used to do that, but it’s time consuming, my freezer isn’t that big and it’s usually full. I found, on a forum, that the simple act of removing the oxygen would kill any pests in the food. This made sense and they were steps we were already taking. We have not had any problem with pests in any of the food we have stored this way. If you want to make sure, feel free to do both. I have also read that Bay Leaves will keep pests away and some people add them to the inside of the Mylar bag as well as the inside of the food grade bucket.

To summarize, keep your food storage in a dry, dark, cool area in oxygen free and pest resistant containers.

How Much Food Should I Store?

This is something everyone will have to decide on their own. That being said, I think everyone should have a minimum of three months food stored. I personally would

To summarize, keep your food stored in a dry, dark, cool area in oxygen free and pest resistant containers.

Dry basements, root cellars, closets, under stair cases—all of these might be the ideal place.

eventually like to get to one year stored for my family. This will give us a large cushion if I should lose my job, or a number of other things take place. It would also give us room to help those in need in a short term situation.

When you're beginning your food storage it may be difficult to wrap your mind around storing an extra 90 days of food, or an extra year. Don't overwhelm yourself! Break it down into easier chunks, like a week, then two. And just keep adding to it.

How Do I Know How Much Food I Have Stored?

One good method is to use a food storage calculator. [Emergency Essentials](#) has a very good one that is free. With it, you can add how many family members you have and some basic information about them. There are over 500 foods already available to choose from and the ability to enter your own foods that might not be listed. Once you've entered in your information, simply hit "calculate" and it gives a tally of how many days food you have stored, along with the nutritional information. If you shop from [Emergency Essentials](#), you also have the ability to add items that you want to purchase on your *next* order.

How Can I Afford Food Storage?

I recently wrote an article called "[Frugal Preparedness](#)" that has many tips. The comments have even more suggestions from readers. There are many easy things you can do to build your pantry, beginning with taking it one step at a time.

Chris Ray

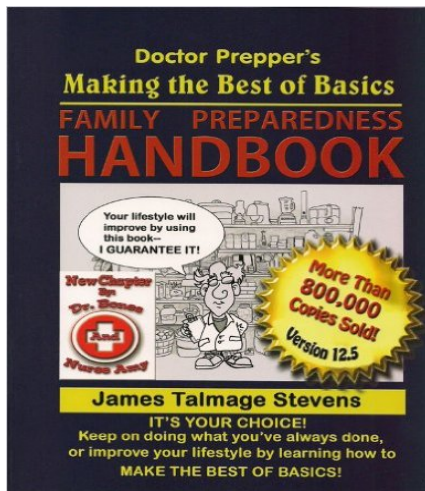
Navy veteran, NRA certified firearms instructor, and owner of Practical Defense, is also the founder of [Prepared Christian.net](#). At Prepared Christian, Chris shows that preparedness is based in scripture, and teaches people how to be better prepared for emergency situations. He has written over 450 articles on faith and preparedness, and has ranked in the top 20 survival/preparedness blogs by several ranking sites.

In addition to the above, Chris is currently awaiting accreditation with the Minnesota Bureau of Criminal Apprehension to teach the Minnesota Personal Protection (CCW) class, among others.

Doctor Prepper, James Talmage Stevens

Author, Podcaster, Preparedness Expert

*The following section comes from the author of **Making the Best of Basics: Family Preparedness Handbook**.*



Making the Best of Basics is the #1, all-time best-selling preparedness book—ever. It has sold more than 805,000 printed copies, and tens of thousands of CD, DVD, and digital download copies. It was #1 in Amazon's non-fiction category for more than 15 weeks, was awarded the best cookbook on Amazon for 1998, and has been a favorite of the preparedness industry for more than 41 years.

At the end of this section, you'll see a special way to get a copy of ***Making the Best of Basics*** at 50% off! (While supplies last. At the time of publication of this ebook, there are roughly 200 copies left. Doctor Prepper says, "When they're gone, that's it! They're gone.")

"Every head of household should assure that there are enough resources available to the family to sustain shelter, medication, water, food and clothing, and where possible, fuel for at least a period of months, according to their means and ability to acquire them."

Doctor Prepper

"But if a man makes no provision for those dependent on him, and especially for his own family, he has disowned the faith and is behaving worse than an unbeliever."

1 Timothy 5:8

Self-Assessment of Your Self-Reliance

Preparedness Rules of Threes

As you develop your family's self-reliance, these rules will be operating—regardless!

These Preparedness Rules of Threes explicate how preparedness is defined as the state of *being prepared or put in proper condition of readiness before an approaching event*, whether:

- Expected or even thought *possible*; or
- Unexpected; or
- To put your things or yourself in readiness.

Being prepared for whatever situation might afflict you requires that you determine which natural, man-made, and/or personal disasters and emergencies you are vulnerable to. Then you need to know first aid, CPR, and other life-saving skills. Adaptability is critical to self-reliance and self-mastery. The ability to function intelligently while being independent is necessary, too!

Realizing your potential for family self-reliance requires skills you don't normally learn naturally and are not taught in today's school of life.

If you are to achieve preparedness—or become even better prepared—you must re-forge yourself, break out of the urban safety mold, study, learn, practice, and work at becoming competent with new abilities, skills, and talents until you are comfortable with your new self.

There is no easy way to become self-reliant—it requires work—many meaningful efforts in self-education—and quite often a good measure of self-denial. This is not a race for the quick, but a life-long, determined, and continuing effort.

You are, in effect, trying to hit a constantly-moving, constantly-changing, and totally unpredictable target—while blindfolded!

“If you fail to prepare, you prepare to fail...” was a mantra of one of America's famous over-achievers, Ben Franklin.

- Initiating the Preparedness Rules of Threes: Keep Your Goal in Mind!

Brought to you by L.R.Burkard, Author of [PULSE](#), *Christian Apocalyptic Fiction*

Dr. Stephen Covey said: “*See the end from the beginning... .*” The first and foremost of all the categories of preparedness is ***Spirituality***...it’s a driver/motivator that will carry you through the toughest tests of situation and times.

The first and most important step in protection and prevention is to determine the most likely or highest potential disasters or threats which could cause an emergency/disaster situation for your family.

- **Preparedness Rules of Threes: Requirements of A Preparedness Plan**

1. **Acquire and place in your safe shelter** a supply of water, food, clothing, heating/cooking fuels, and medications;
2. **Commit to this 3-T program**, assuring you acquire the preparedness resources you’ll need for an extended period:
 - ☐ **Time**—preparedness takes long hours of study and practice—and energy; many things must be learned and implemented to assure your investment will have a positive return on your investment in you!
 - ☐ **Talent**—preparedness requires extreme mental application, personal energy, and great effort to develop and build your abilities, skills, and habits
 - ☐ **Treasure**—preparedness requires a serious commitment of your money to acquire the requisite food, equipment, and supplies
3. **Get out of debt** and have a readily available cash fund (not in a bank account) for emergencies!

- **Preparedness Rules of Threes for providing for your family require that you:**

1. **Plan;**
2. **Prepare;** so you can
3. **Prosper.**

- **Preparedness Rules of Threes for implementing your family plan requires:**

1. **Practice!**
2. **Practice!**
3. **Practice!**

- **Preparedness Rules of Threes to maximize your preparedness efforts:**

1. Proper planning, with
2. Adequate practice, promises to
3. Prevent poor performance!

- **Preparedness Rules of Threes of humor:** there’s a need to have a few humorous bones in your bug-out kit.

You need a combination of these bones to bear up under the burdens of preparedness:

1. A wishbone;
2. A backbone; and
3. A funny bone!

- **Disaster Preparedness Rules of Threes: there are only 3 types of disasters:**

1. Natural,
2. Man-caused, and
3. Personal

How can you mitigate these threats or eliminate their negative impact on your family's health, life and lifestyle?

- **Assume this set of Basic Preparedness Rules accurately define your most critical needs—the alternative to which is death without them, when needed:**

1. 3 minutes without air;
2. 3 hours without shelter and appropriate medical care,
3. 3 days without water; and
4. 3 weeks without food

OK, you're still breathing! But what if there was no water available from your faucets—what would you do?

- ☐ Do you know how much drinking water is “hidden” inside and outside your house and can you access it?
- ☐ Do you know how to treat unsafe water to make it safe for drinking and cooking?
- ☐ Do you have the tools and equipment on hand to deal with drinking water being unavailable?

- **Remember these Rules of Three for Food Storage so you can assure your family's health and well-being:**

1. **Store what you eat;**
2. **Eat what you store;**
3. **Use it or lose it!**

What's in your food storage that's truly nutritious—that would sustain your family in a near-normal manner?

- How long do you think your family could eat if your stored foods were the only food available to them?

☐ 1 day ☐ 1 week ☐ 1 month ☐ 3 months ☐ 6 months
☐ year ☐ longer

- Do you know how much food is available in your refrigerator, freezer, cabinets, pantry, closets, or under your bed—wherever you keep your supply of long-term foodstuffs? Do you know what you have on hand in these categories:

☐ canned & bottled food ☐ packaged food ☐ dried food ☐ dehydrated food ☐ freeze-dried food

- Do you know which foods your family will need::

☐ to buy ☐ in what priority ☐ quantity of each ☐ where to buy them most economically

- Can you prepare your stored foods, maximizing their: ☐ shelf life? ☐ flavor?
☐ nutritional qualities?

- Do you know how to sprout seeds to provide “live” foods? Were you aware sprouting provides an abundance of:

☐ essential vitamins and minerals,
☐ plant proteins and enzymes, or food when
☐ nutrition when there’s neither time, nor planting is not in season, nor when there is no space for a garden?

- Given your current situation, if you could no longer obtain water, food, vitamins, medication, and money in a routine manner, how long would you be able to sustain yourself and your family without access to these necessities?

☐ 1 day ☐ 1 week ☐ 1 month ☐ 3 months ☐ 6 months
☐ year ☐ longer

Do you have the knowledge, experience, skills, talents, tools, seeds, and available space to plant a garden and raise your own food?

- Can you preserve your own food(s) for future use—especially if electric and gas supplies were unreliable?

☐ brining ☐ canning ☐ cooling ☐ dehydrating ☐ freezing ☐ pickling ☐
smoking ☐ dry curing

Then, there are these questions you must ask yourself:

- Where would you live for the next year if a catastrophe occurred and destroyed your family's residence today?

- How long could you live—or even survive—on your current savings if your current occupation were terminated?

☐ 1 week ☐ 1 month ☐ 3 months ☐ 6 months ☐ year
☐ longer

- If you need life-preserving medication(s), how long will your current supply last if it/they were no longer available?

☐ 1 day ☐ 1 week ☐ 1 month ☐ 3 months ☐ 6 months
☐ year ☐ longer

- What **OTC** medications, vitamins, minerals, herbal supplements, and health aids are on hand in your home? Would they support your health during extremely stressful times?

☐ How long would your supply last? ☐ 1 day ☐ 1 week ☐ 1 month
☐ 3 mos. ☐ 1 year

What type of job(s) can you qualify for if your current employment is terminated?

☐ What education or training do you need to acquire now so you can be a viable candidate for future jobs?

If these questions—or rather, your answers to them—make you uncomfortable, then this is your opportunity to go to work on finding solutions that will make you more comfortable! Resolve these questions—and many others you may have about being self-reliant—by reading, studying, and utilizing reliable information.

When you've established your family's security with both emergency supplies and a long-term storage provisions and have them in your possession under your complete control, you would be able to turn a life-threatening situation into a manageable problem!

Now is the most appropriate time to begin your efforts to become prepared for the uncertain—and perhaps the certain—future events that could cause your family crises beyond your control:

- **Preparedness Rules of Threes for setting your family self-reliance goal(s)** in place and implementing them:
 1. Establish your family preparedness program;
 2. Create your in-home convenience store; and
 3. Build upon your success as you practice and you'll be able to have a fully-developed self-reliance program!
- **Preparedness Rules of Threes for recognizing you've accomplished the reality of your family becoming Self-Reliant:**
 1. You'll be able to continue your family's lifestyle in a near-normal manner;
 2. You'll be able to utilize your family's preparedness resources effectively; and
 3. You'll be able to sustain life, security, safety, and normality for an extended period of time—regardless of external conditions.

Don't Get Caught with *Your* Pantry Down!

Three Concepts of In-Home Pantry Storage

- What's your current attitude about food storage?

Describe:

If you've only considered food storage necessary for "**natural disasters**" and major weather-related catastrophes, then consider the following reasons for the wisdom of having an in-home, pantry, or food storage program:

- A more economical way to live—allows more disposable income for other family needs
- A healthier, simpler lifestyle—more time for other more pleasurable activities
- A feeling of security—confident because you've made preparations for the unexpected
- A new skills for living—survival of the fittest
- A sharing of responsibilities in the home—increasing stewardship & maturation of family members
- A disciplining of mind & body—obedience to counsel about what we put into our body

There are **3** definitive food storage methods for building an in-home convenience store. The charts following pages outline some major considerations for each of the methods described.

• **Preparedness Rules of Threes for food storage methods:**

1. **Pioneer method;**
2. **Package method;** or the
3. **Pantry method.**

Each method has its merits and champions, problems, and detractors. Choose the method or combination of food storage methods that work most effectively for your family!

The "Pioneer" Method

By far, the **Pioneer Method** is the most difficult method at first, requiring the most dedication and commitment—but has the greatest long-term benefits for continuity, *i.e.*, stability, sustainability, and better health and nutrition. However, most people don't have the discipline, are not willing to take the time, not able to provide or develop the space required, willing or capable of developing their own abilities, learn and master the skills, or implement the plan in which they're fully vested.

In fact, the skills for “**scratch**” production are mostly forgotten or haven’t been taught today’s adult generation. The “Pioneer” method is the most difficult lifestyle—because it requires effort & serious modification to your current urban lifestyle!

Pioneer Method Considerations

| Advantages / Requirements | Disadvantages / Problems |
|--|---|
| * becoming adept at home production skills | * learning how to work and share |
| * learning new skills: canning, drying, root cellaring, etc. | * learning how to share responsibility |
| * . producing a large part of your year’s supply every growing season from your property | * need at least a 50’ X 100’ garden area—without adequate land & zoning, difficult to be self-reliant |
| * owning tools of production: canning & drying equipment | * may cost more to produce in-home at onset of program |
| * knowledge of food production | * cost of tools |
| * food tastes homemade | * working & sweating |
| * lowers cost of foods & foodstuffs | * expenditure of time and effort |
| * gardening is healthy for the mind & body | * generally cannot supply everything from urban property |

The “Package” Method

The **Package Method** is the easiest and most often utilized method—unfortunately! People buy a pre-determined package program or food storage plan because it seems simple, easy, and quick! When the buyer neglects to learn how to use all those stored bulk-packed cans, sacks, and buckets of products, it’s eventually thrown out.

The dismaying truth is that buyers are then turned off to the wisdom of family preparedness because of their own bad decisions! The “**Package**” method is workable when thought out and made part of your lifestyle, but generally—since it requires little thinking or planning—there is consequential failure! Lifestyle change is required to implement this method, too.

Package Method Considerations

| Advantages / Requirements | Disadvantages / Problems |
|--|--|
| * “package deal” of dehydrated, freeze-dried, & MREs | * expensive per serving, requires cash outlay immediately |
| * easy way to acquire food: cases, cans, individual servings | * breaking open 25-lb. can of wheat, rice, or beans—it’s like eternal marriage! |
| * long-life storage of bulk products | * not enough food choices for average family |
| * guaranteed storage for many years | * unlikely you would use this food on a regular basis |
| * meals are quick, simple, and effortless to prepare | * no pain—what did you gain? Can you subsist on it?; Do you like it?; Do you know how to use it? |

The “Pantry” Method

The **Pantry Method** is perhaps the most frequently utilized of the three methods—whether your existing “pantry” is adequately provisioned or merely a pass-through for your daily bread—or is a short-term storage facility for your eventual transition to a more sustainable lifestyle.

Also known as the “*eat what you store—store what you eat*” method. Most people forget the 3rd part of the Preparedness Rules of Threes: “...*use it or lose it!*” A moderate lifestyle modification is also required to accommodate this method.

Pantry Method Considerations

| Advantages / Requirements | Disadvantages / Problems |
|--|--|
| * most economical & practical method—starting with your next grocery shopping trip | * requires more effective purchasing—constant attention to detail; cooperation of entire family required |
| * buying foods & foodstuffs more effectively—quantity discounts and / or on sale | * must practice the 4 “ M ” values: M inutes (time) M anpower, M oney, & M aterials |
| * budgeting of resources | * requires extended period of time to build reserves |
| * eating better, improving diet | * requires knowing what & how much consumed |
| * becoming more practical | * prepare familiar foods with unfamiliar ingredients |
| * commitment & passion | * sacrifice of non-essentials |
| * starting small, and grow as your budget permits | * financial commitment |

| | |
|---|--|
| * always having necessities and/or ingredients for meals | * requires attention to detail |
| * becoming urban self-reliant | * may not be able to keep up with Jones' |
| * simplest, easiest—and generally—the healthiest approach | |

Summary of Advantages & Disadvantages / Requirements / Problems

| |
|---|
| * the optimum solution is a combination of all 3 methods—taking a “mix-and-match” approach to in-home storage |
| * have some <i>package</i> or program foods with your in-home storage supplies—they’re lightweight, compact, & portable |
| * preserve foods from your garden, your neighbor’s garden, or from your favorite store—gain experience with in-home production and preservation |

The most important thing for you to do is to get started now—just do it! The longest trip begins with the first step!

Bottom Line:

- **Preparedness Rules of Threes**—determination of how you’ll choose to proceed with your food storage program:
 - Which method best fits *your* lifestyle?
 - What are *you* going to do to become prepared?
 - When will *you* do it?
- **Preparedness Rules of Threes**: penalties for not embarking on the road to self-reliance:
 1. **Thirst!**
 2. **Hunger!**
 3. **Pain!**

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There are no emergencies for those who are properly prepared!

Brought to you by L.R.Burkard, Author of [PULSE](#), *Christian Apocalyptic Fiction*

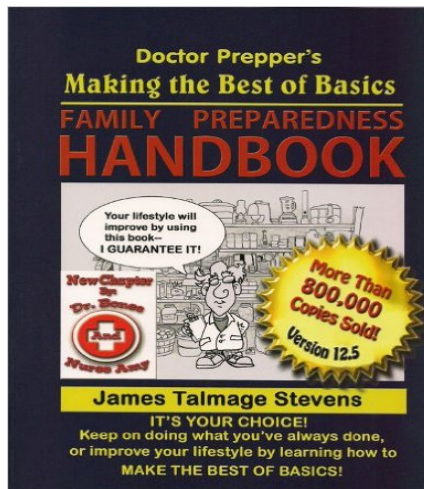
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Doctor Prepper has kindly allowed me to offer you a whopping 50% discount off the retail (see Amazon.com) price of his 560+ page classic guide to preparedness!



Even more generously, it is an affiliate offer for me.

The Family Preparedness Handbook is especially helpful for those seeking to be more self-reliant, for homesteaders, and do-it-yourselfers. But even for the family simply wanting to get food security

under their belt, this book will show you the way like no other!

To get the 50% off discount, you must order via [THIS LINK](#). And enter the code **doctorprepper** at checkout..

"There is a powerful, secure feeling in knowing that you have chosen to take charge of your personal readiness and that your family will be able to eat and sustain a relatively stress-free rebound period after a disaster." Doctor Prepper

The Family Preparedness Handbook has an astonishing array of information. Section headings include:

The Preparedness Lifestyle

- *Self-Assessment Test*
- *Comprehensive Checklists*
- *Resource listings*

Starting the Preparedness Lifestyle

Setting Up Your In-Home Convenience Store

Beginning Basics

- *Water*
- *Using powdered milk*
- *Sprouting*
- *Honey*
- *Whole-Wheat Flour*
- *Sourdough*
- *White Flour*
- *Triticale (flour)*

Back to Basics

- *Dehydrating*
- *Game*
- *Energy and Fuel*

Health

- *Supplements for storage*
- *Battling Stress*
- *Essential Oils*

Creating a Preparedness Library

Acquiring Gold and Silver
Basics of Medical Survival
Recipes
And More!



Note: These tips come from a smart lady who managed to store THREE YEARS worth of food for her family after feeling led by God to do so. She is the farthest thing from a hoarder I know. In fact, her beautiful house would make you think she never kept anything that wasn't absolutely necessary. I'm here to say, she knows what she is about! And, food storage needn't take over your home, or pocketbook.

1. Consider antique stores as opportunities for education and acquisition. Ask questions. Your great, great grand parents did a lot of things without electric. Buy a manual can opener, coffee percolator, oil lamps and other finds that will be essential if the power's out. Some of these things can still be purchased new, but are expensive. Antique stores are a prepper's secret weapon.

2. Use a food calculator to determine how much food and supplies you need to store. Get a plan and stick with it, adding to your stores a little at a time. Then, consider canning your own meat after stocking basic foods. (I've canned meat for years. It tastes great and is safe if you follow good canning etiquette, ie., safety rules. It won't last as long as freeze-dried food, but it's as good as fresh-cooked.) Eating beans and rice for a long while gets old. Get spices as well.

3. Think water, water, water. Know where the nearest water source is. If you are guessing you are 2 miles away, you may be surprised to find you are really 5. Find another source. Move, drill a well or store what you think you'll need. If no readily accessible source exists, use rain catchment devices, and a good water filter for safety's sake. Make sure to buy a bucket to carry drinking water. Don't use it for any other liquid.

4. Have heavy chains and locks for bikes and other things of value sitting outside—including your rain buckets!—or find places to store inside. People *will* steal these things.

5 Print up EVERYTHING you think you'll need. Directions, documents, recipes. Create a handbook for important papers. If the electric goes out with everything stored on computers, it will be gone. You may have a great list of recipes for what you've got stored, or for laundry soap and bug repellent; you think you may remember, but in stressful situations it will be hard to recall.

6 . Have cash and items to barter with. Some people suggest alcohol, but to a starving family food and something to cook on will be much more valuable. Basics will be important to people. And by the way, you DO have something to cook on without power, right?

7 . Winter weather? Keep warm- Extra blankets, axe, wedge, for fire wood. You may have all the food in the world but freeze to death, so think about these things as well. Tarps and duct tape are handy for sealing off one main living area so you don't have to heat the entire house. And fire extinguishers are a MUST.

8 . If you have kids consider buying clothing a few sizes bigger for them. They will eventually wear this stuff, so you haven't lost anything by buying ahead. Garage sales and thrift shops are good places to do this.

9 . Have extra tiles for the floor, or laminate, and other house repair items in your storage. If someone breaks a window, how would you repair it?

10 . Get your Bible out and keep calm. God is in control! And he will guide you in hard times.



Cal Wilson

Author, [*Dirt Cheap Valuable Prepping*](#)

Start With a Short Term Disaster Kit

Putting together a short-term disaster kit is something that can give anyone a sense of immediate accomplishment. Why? Because it is not difficult to do; and because there is a much higher likelihood of shorter-term disasters happening than long-term ones, which makes it time and effort well spent.

For that reason, I recommend starting by putting together enough supplies for you and your family to survive a three-day power outage. A case of water, some dehydrated food (available from the camping section of Target or Walmart), some flashlights with good batteries, and some clean clothes and blankets are probably all that would be needed to get someone by for a short-term disaster.

Beyond that, it's a good idea to look into "bug-out bags." Every member of the family should have one; for those who commute or who may be away when a longer-term disaster could hit, the bug-out bag should remain in their car or workplace.

The contents of the bug-out bag depend on your surroundings and what disaster you envision could happen. I have a bug-out bag in my car, and in it I have a change of clothes, a Berkey Sports water bottle, a few power bars, camping food and pans, a minimal first-aid kit, a flashlight, a pup tent, toilet paper, copies of important papers, a tire-iron and a light hatchet (the last two for protection but also for foraging if need be).

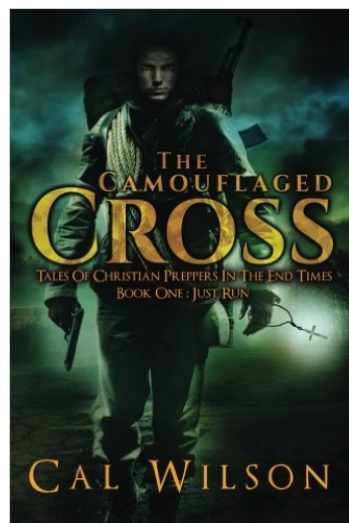
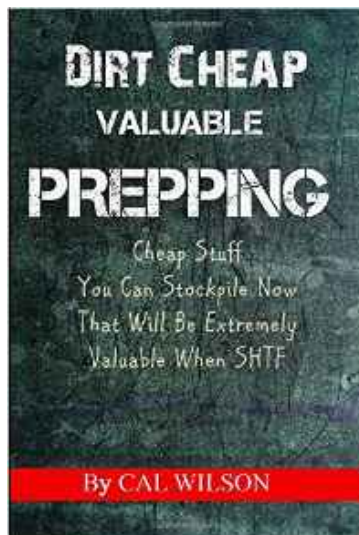
In my book, [*Dirt Cheap Valuable Prepping*](#), I prioritized the items new preppers should stock up on. I believe I included a lot of ideas that have not been covered

Prepping is not only about things to do or items to buy. It's a lifestyle.

anywhere else. For example, many prepping experts advise stocking up on toilet paper, which most people will run out of in a prolonged disaster. In my book I advise buying a few travel bidets, which take some getting used to but will still keep you clean after you have run out of toilet paper. And in the book I give details on the brands of flashlights and batteries to buy, what types of containers to use to store stuff in, the importance of electrolytes and recipes, cheap fire-starting things, the importance of medicines, and so on.

At the end of the book I also included a list of prepper-themed TV shows, movies, websites and prepper podcasts that I advise the reader to watch or listen to. Prepping is not only about things to do, or a series of things to buy. It is a lifestyle, and these podcasts and the rest get you into that lifestyle pretty quickly.

Cal Wilson, Author, [Dirt Cheap Valuable Prepping](#), and [The Camouflaged Cross](#) Series



Ken Jensen

Survival Consultant, Blogger, Podcaster



I have been asked many times what I would recommend for someone just getting started in survival, that is, preparedness. It is a vast subject, so I can understand how confusion can set in.

Let me help you here.

There is no one-size-fits-all solution to preparedness and a resilient life, but I will do my best to give you an actionable roadmap to preparedness with the understanding that YOU WILL ALTER this map to work for YOUR specific circumstances.

And let me reassure you: What you DON'T do is go out and buy a bunch of stuff without knowing what direction you are going in, what your preparedness goals are. You will have to spend money eventually, but first you should get a sense of your purpose and direction.

And here's the good news: The most critical steps in your preparedness journey are ABSOLUTELY FREE!

STEP 1: JOIN A COMMUNITY OF LIKE-MINDED PEOPLE

The main reason to join a community in the very beginning is because you need guidance. Beginners are full of ideas, but they are often untimely and out of order.

Using people as a sounding-board for your ideas, you can invite knowledge and wisdom into your decisions from some who have been preparing for a long time.

So join an online group or forum. There are many to choose from. The one I belong to and can recommend is [Top Survival Forum](#).

STEP 2: MAKE LISTS AND LISTS OF LISTS...

Lists are important. They are your road map. By creating lists, you are doing the #1 thing in survival: Stopping to Assess the Situation. If you were going on a long trip, you wouldn't get in your car and start driving in any direction. You'd follow a map. The lists you create are your maps, your way of navigating. If there is ANYTHING I would have liked to be available when I started in preparedness, it would have been a guide like this one!

The following categories are all headings for lists you should create and cover in your preparedness plans. Every other list is based on this one.

- ☐ Water
- ☐ [Food](#)
- ☐ Fire/Energy (Heat, Food Prep)
- ☐ Shelter
- ☐ Health/Sanitation
- ☐ Security

The Food Log—What to Store

Get a notebook and a pen or pencil. Keep this on your refrigerator or on your counter-top where you can easily access it when you use items for cooking. This is a running log of what and how much you use. I would recommend you write down the items used and the quantities. Example: 3 Eggs, 2 Cups of flour, 2 tomatoes,

and 1 lb ground beef. When you use spices, include their names. If you do this for a minimum of two weeks, you'll be creating your first food storage shopping list. Now that you know how much you and your family consume for two weeks, go shopping. You'll purchase what's on your list, (including substitutes for variety) but **DOUBLE IT**. This is basically called copy-canning. It is a basic, no-frills way of raising your food supplies. This will get you to a month's supply of groceries quickly.

Which brings us to a prepper's rule of thumb: Eat what you store and store what you eat.

Tip: If you get in the habit of purchasing a few extra cans of what you actually eat each time you shop, you'll find over time that you no longer "have" to buy certain items *unless* they're on sale. You have the ability to wait for that sale since you've been stockpiling extras. (This is a little-discussed perk to living a preparedness lifestyle!)

I recommend keeping a food log for a month. Take what you eat over a month and multiply it by 12 to get a year's supply.

Disaster Preparedness

Choose the Mundane over the Insane when it comes to what you will prepare for. An underground bunker will help you with a nuclear fallout, but not with a job-loss or mugging, which are more likely.

Before you go out and get ANYTHING, you need to consider what disasters are possible and which ones are the biggest threat to you specifically. Remember, the bigger the [disaster](#), more-than-likely, the smaller the chance of it happening.

However, "[The End of The World as We Know It](#)" ([TEOTWAWKI](#)) scenario can happen from the smallest disasters, if it affects you and your family in dire ways.

Your end of the world situation may not affect me in the least.

So be prepared, as much as possible, for the most likely threats to you in your part of the world, whether they be hurricanes, tsunamis, tornados, earthquakes, etc. Work on plans for all of the likely disaster scenarios and what everyone is required to do when it happens.

STEP 3: ARE YOU A CAMPER? REORGANIZE YOUR CAMPING GEAR

A huge leap in your preparedness is to know what you have and where it is.

Search your shop, garage, bathroom, basement, attic, and under your bed for all the gear that you take camping... or should take camping.

Next, consult your “Preparedness Needs List” and determine what items you have that will meet these.

Do you have any water purification pills? Do you have a filter? These cover your basic water needs.

Do you have any jerky, canned stews, or camping food? This will cover your basic food needs. You get the idea...Camping gear is great for emergency supplies.

With this simple strategy—using what you've already got—you are likely to have the resemblance of a 72 hour kit for home use.

STEP 4: MAKE A BASIC BLACK OUT KIT OR STORM BAG

If you haven't already done your basic storm kit, get it done!

Start with a basic book bag or duffle bag for the gear you will either round up from around the house, or purchase. Next keep a few bottles of water in your bag. Keep at least 32 fl oz of water for each person (two bottled waters). This is not a “grid down” bag, this is a basic storm blackout kit.

Pack a few granola bars, meal bars, or energy bars in the bag for each person. Have flashlights or headlamps (I prefer the latter). Just get a bunch of cheap LED flashlights (only ones that take AA or AAA batteries) so you can place them in every room in the house. This is meant to get you back to your bag and to ensure everyone has one. Tea-light candles are good to have in the storm bag along with a couple quality flashlights or headlamps. Get an inverter. You only need a 250-400Watt inverter. Bigger is NOT better right now. Just plugging them into the outlet in your car is the best thing here, because how easy it is. Keep a long extension cord with it, and have some electric blankets (one per person). Also have a small fan for each person.

The blankets, cord and fans cannot fit in the bag, but get the gear and stash it away. Know where you can go to get away from danger. Storm Shelters, Safe Rooms, etc. are all forms of exit strategies. There is much more you can add to this list, but if you keep it simple, you will find that you become prepared faster. Blog Post: Low Cost Storm Survival

MEDICAL FIRST AID

There are two different first aid kits that I recommend putting together.

- An "At-Home" Kit
- A Wilderness (Away from Home) Kit

At-Home First-Aid Kit

The BEGINNING Home First Aid Kit will probably be a bit bigger than your wilderness kit, because you can store it better.

- 4×4 Gauze Pads
- Vet Wrap
- Ace Bandage
- Silvasorb Gel
- Hydrocortisone Cream
- Antimicrobial Soap
- Isopropyl [Alcohol](#)
- Hydrogen Peroxide
- Saline Solution
- Band-aids
- Maxi Pads
- Analog Thermometer (No [Batteries](#))
- Adaptic Dressing
- Moleskin
- Mucinex
- Benadryl
- Ibuprofen
- Acetaminophen
- Anti-Diarrheal Medication
- Nitrile Gloves
- Medical Tape
- Bandage Scissors
- Cold Packs
- Hot Packs
- Pedialyte

*Brought to you by L.R.Burkard, Author of [PULSE](#), **Christian** Apocalyptic Fiction*

- Flashlights or Headlamps
- Your Maintenance or Prescription Medications (Enough to last their lifetime)
- Basic First Aid Manual

Wilderness (Away from Home) First-Aid Kit

The list below is not a very detailed list, but is designed to give you a few ideas about what you should have in your away-from-home kit. Remember, you are planning your route and drawing a map to follow to a location called “Preparedness.” Wilderness kits are required for each family member who spends much time out of the house.

- Tweezers
- Safety Pins
- Antibiotic Ointment
- Antiseptic Towelettes
- Wound Closure Strips
- Moleskin or duct tape for blisters
- Band-aids
- ACE bandage
- Bandanna (for splints)
- Ibuprofen
- Antihistamine
- Gatorade powdered drink (emergency electrolytes, energy)
- Signaling device (whistle, mirror)
- Safety Matches/fire-starter
- Mylar blanket

Beyond what I have listed above, I have a [free training](#) that you can sign up for called “[Creative First Aid Kit Components](#)” that will cover 21 different items that you either already have, or can get easily, that you probably didn’t know were useful in first aid. Here’s a hint... THEY ARE!

Natural Water Resources, Water Options and Storage for Emergency

Know where your sources of water are.

Make a list of any natural features in your yard, neighbors yards, or close by such as rivers, streams, ponds, lakes, etc. Know where you could go right now for water if needed. You also want to know any normal water sources in your home. You can store tap water in 2-liter soda bottles, or those thick plastic orange juice or

apple juice bottles. Know that you have water in your hot water heater. These are ideas, but you need to make YOUR list.

Other ideas: Store water in 50-gallon drum barrels, or an IBC Tote (250 gal). Can you harvest run-off from your roof, or your shed, or... a tarp that you set up For more information on water harvesting and storage, I have a large amount of posts. Follow the link to a list of [water harvesting and storage blog posts](#).

Sometimes you have to think outside the box: Natural resources are abundant and can be your means of survival. Nature provides us with everything we need if we are willing to look.

Make a list of Natural Resources to Provide Emergency Water

- Your Yard
- Your Neighbors' Yards
- Close Rivers, streams, lakes

Live in an Urban Area? Don't know where to Get Water? Listen Up!

Urban Environments provide water to the crafty. Try these awesome sources.

- Pools
- Landscaping Ponds
- Hot water heaters
- Toilets (tanks)
- Wells

With advance notice, you will have time to collect over 190 Gallons in MINUTES!

Advanced Notice of Disasters Can Occur with:

- Thunder Storm Warnings
- Blizzard Warnings
- Roving Blackouts
- Hurricanes and Tornados
- Known Rioting

When you get advanced warning, you can fill everything up that holds water.

- Bathtubs (60 gallons each for small tubs)
- Sinks (2-5 gallons per sink)
- Keep Hot Water Heater full (50-90 gallons)

If you have a pool, you have thousands of gallons of water that need only be filtered.

Fill containers you have for even more storage:

- Soda bottles
- Juice bottles
- Anything with a sealable lid
- Deep pots
- Milk Jugs (I don't like these, as they retain a milk residue.)

In the worst case scenario when you have absolutely no water storage, you may still have access to natural sources as discussed earlier, including ditches, ponds, swales, a well with no pump, creeks, lakes, etc.

AS LONG AS YOU HAVE A GOOD QUALITY WATER FILTER, ALL OF THESE SOURCES BECOME USABLE.

Let's Break down a Basic Outline of Water Storage

1. Store water in soda bottles and juice bottles.
2. Build or buy Cisterns or rain catchment containers

1. 50 Gallon Drums
2. 250 Gallon Totes
3. 1500 Gallon Storage Tanks from Tractor Supply
3. Use pool water, if you have a pool.



Tip: 1 You don't have to use roofs for water catchment.

If you have 1200 sqft home and only half the gutters empty into a 50 gallon drum, it would only take .13 inches of rain to fill one up!

Tarps, emergency ponchos, plastic sheeting, or anything positioned properly to allow rain to fall into a container will work.

Those with city water can have an independent well dug which can direct water to a cistern or to the house. It's a great back up plan.

Ken Jensen

Survival Consultant, Blogger, Podcaster

To learn more about Ken or see the resources he has available, please visit the following websites:

<http://bestsurvivalskillstraining.com>

<http://CleverSurvivalist.com>

<http://ThePrepperPodcast.com>

<http://topsurvivalforum.com>

<Http://survivalgeartools.com>

Carl Reinemann

Disaster Expert, Consultant

The Art of Situational Awareness

Many people ask what the best tool is for survival during a crisis.

Most times, the best tool in your kit is your brain. Keeping your brain functioning at its best amid stress could save your life more than any other single piece of gear, as well as the lives of your family.

It comes down to this: In any disaster or emergency, you need to keep focused. We call this situational awareness. As the name implies, situational awareness simply means knowing what's going on around you. It sounds easy in principle, but in reality requires much practice.

While it is taught to soldiers, law enforcement officers, and fire fighters, it's an important skill for civilians to learn as well.

In a survival situation, being aware of a threat even seconds before everyone else can keep you and your loved ones safe.

Situational awareness can be boiled down to three states of consciousness: **RED**, **YELLOW**, and **GREEN**.

We spend most of our lives in the **GREEN** zone. This is the zone where you are pretty much tuned out to everything around you; you feel safe.

The **YELLOW** zone can be likened to that feeling you get when something doesn't feel right, gut instinct; like when there's a tornado watch, or leaving the office late at night in a dark parking garage. Your senses are heightened—use them; look, listen and feel for any different or

In a survival situation, being aware of a threat even seconds before everyone else can keep you and your loved ones safe.

potentially dangerous people or things. Look up from your smartphone. Don't zone out! Open your eyes, ears and nose, and calmly scan your environment to take in what's going on. Learn to trust your own instincts and be cautious when you feel a **YELLOW** zone feeling in your gut.

The **RED** zone is the state at which you "graduate" from the **YELLOW** zone and have entered the fight or flight response. You're no longer wondering if something's going on—something IS going on! You, or the world around you is in crisis mode. All your senses are ON.

WATCH everything; LISTEN for everything. SENSE everything. Use your brain to filter all the senses and make a decision on the best action you can take. Depending on the crisis, it may be to run away from danger, or to shelter in place.

Situational awareness is a mindset. You have to practice it until it becomes almost second nature. For instance, when I've flown around the country, I've noticed that some people zone out and ignore the safety lecture from the flight attendant. Are you one of them? If so, you need to pay attention! Not only to the flight attendant, because what she is sharing could save your life, but to other signals around you as well. If you miss all the **YELLOW** zone warnings, you will find yourself in **RED** without a clue as to what to do.

Likewise, if the power goes out, will you take action? Or will you sit around and hope for someone else to rescue you? Situational awareness includes being cognizant of threats that MAY occur and doing what you can, ahead of time, to mitigate them.

Ideally, you want to reach the point that it's just something you do without having to think about it.

Don't be paranoid;

Just mindful.

Starting today, remind yourself to look for entry/exit points whenever you enter a new building or area. Look for safe areas to shelter and hide if need be. Start observing people and look for irregularities and suspicious activity. You can do this anywhere, while shopping, working, driving, etc. Start coming up with action plans in your mind on what you would do in that specific situation if you saw a possible threat.

Learn to think in "What if" scenarios, including how you would respond. Doing this regularly will increase your awareness. I for one always look for exits, whether it's a theater I'm in, a school, restaurant, or even an outdoor arena. Knowing how to get out of a place fast could save my life.

It's not rocket science. If you hear a weather warning alarm, and take appropriate cover or action, you've used situational awareness. Don't be paranoid, just mindful.

Do that day in and day out and situational awareness won't be something you have to intentionally think about, but just something you do naturally.

Carl Reinemann

[Disaster Preparedness Consulting](#)

Carl Reinemann spent his career in law enforcement, first as a Park Ranger then as a Chief of Police in Northeast Ohio. Now residing in Wisconsin, Carl started his consulting business as a way to instill in others the need to be "Prepared in Mind and Resources."

[Disaster Preparedness Consulting](#) will work with you to develop a personalized extensive preparedness plan covering such topics as supplies, communication, food and water, shelter, security and comfort. We can evaluate your current readiness and offer insights and goals to help you become better prepared.

It's not rocket science. If you hear a weather alert and take appropriate cover or action, you've used situational awareness.

David Kobler

Army Veteran, Preparedness Expert, Videographer

Mark Goodwin

Author, Podcaster, Preparedness Specialist

Tips from, The Seven Step Survival Plan:

Are You Spiritually Ready?

Thinking about what comes when we finally leave this world may not seem like a topic that should be covered by a survival book, but to the authors, it is the single most important prep of all. Survival isn't really about survival. It's about delaying your eventual demise. If it were really about survival, it would be a futile subject. Because no matter your preparations, no matter your lifestyle, no matter your food storage plan or your collection of guns and gold, statistics show that ten out of ten people die.

Despite your healthcare plan, despite your genetic makeup, exercise program and diet, we all have a six foot hole waiting for us. That realization can be a little overwhelming and downright depressing, unless... Unless you have hope beyond the grave. We have that hope, and the authors believe that faith in Christ Jesus is the path to eternal life. He said, "For God so loved the world, that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

A common misconception is that people are generally good. Maybe you think you are good. Many people believe because they haven't killed anybody that they'll go to heaven. But what if God's standard is higher than just not killing anybody? What if his standard is perfection? Would you be able to go to heaven? Have you

Survival isn't really about survival. It's about delaying your eventual demise. If it were really about survival, it would be a futile subject. Because no matter your preparations, no matter your lifestyle, no matter your food storage plan or your collection of guns and gold, statistics show that ten out of ten people die.

ever lied, stolen, or disrespected your parents? In fact, the Bible says that nobody, not Mother Theresa, not Gandhi, nor the Pope, is perfect. Romans 3:23 says “for ALL have sinned and fall short of the glory of God.”

Fortunately for us, Jesus paid our ticket with his sacrifice on the cross. Romans 6:23 says, “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” We hope you’ll pray and ask God for forgiveness and tell him you accept that free gift if you’ve never done it before.

Some readers will be absolutely livid about being “preached to” in a survival book, but please understand that as people who actually believe this, the authors feel we would be derelict in our duty by not informing you. The choice is yours to do what you will with the information, but no prepper book is complete if it doesn’t prepare you for the inevitable day that you expire. Jesus said, “What does it profit a man if he gains the whole world yet loses his own soul?” Prepper translation: “What good will it be to survive the coming economic collapse, nuclear war, or other apocalypse if you won't go to heaven when you eventually die?”

Knowing God is not just pie in the sky. It has a very practical application for our time on this planet as well. Being connected to God will give you hope. Knowing the Creator of the universe is helping you through will give you great peace in hard times.

Are You Financially Ready?

A 2012 Survey by CreditDonkey.com found that 40 percent of Americans had less than \$500 in savings. That is absolutely alarming. Nearly half of the country is one crisis away from financial disaster. Before you do

Jesus said, "What does it profit a man if he gains the whole world yet loses his own soul?"

Translation: What good will it be to survive the coming economic collapse, nuclear war, or other apocalypse if you won't go to heaven when you eventually die?

Nearly half the country is one crisis away from financial disaster...

anything else, if you haven't already, you need to save one month of living expenses to be held in cash, in your home, for an emergency fund.

Consider bank 'holidays'— periods of severe financial upheaval similar to those that have occurred in countries like Argentina in 2001 or, more recently, in Cyprus during 2012. When governments or banking regulators fear runs on the banks, they close the doors until a solution can be reached. These banking closures can last for weeks, and they always come with no warning whatsoever. People assume these events are reserved for less developed countries and something like that could never happen in America. Those people are not well-informed and they are wrong.

[And don't plan on cashing in on FDIC insurance]—In 2008 the FDIC released a memorandum stating the insurance fund had only fifty-four billion dollars insuring deposits of over four trillion dollars. That suggests they would be able to cover less than 2 percent of the deposits if there were a major banking crisis. Good luck trying to get them to pay you...

...Former head of the Department of Homeland Security Janet Napolitano said it's a matter of when, not if, our infrastructure will be targeted by terrorists. When the lights go out, so do credit card processing machines and ATMS."

Are You Ready to Evacuate?

A "bug out bag" is a ready-to-grab backpack or duffle bag that has the essentials you need to stay alive for seventy-two hours. You may also hear it called a seventy-two hour

Banking closures can last for weeks, and they always come with no warning whatsoever. People assume these events are reserved for less developed countries and something like that could never happen in America. They are wrong.

kit, go-bag, or go-kit. Whatever the name, its purpose is the same: to keep you alive for three days.

Notice its purpose isn't to keep you comfortable for three days... The temptation to put enough tools and supplies to restart society entices us all, but if you give in to it, you'll end up with a bag you can't even pick up, much less hike with. If you focus on the mission, staying alive for seventy-two hours, you can put together a good kit that will have all the essentials and very little fluff. Fluff adds weight, which will slow you down. Ounces add up to pounds, and pounds add up to pain, so keep it light.

When assembling your bag, we highly recommend choosing a backpack which will allow you to keep your hands free. Choose a muted color, "the grey-man approach," so you don't stand out or draw attention.

The three most important needs that should be met by your bug out bag are **shelter**, **water**, and **food**.

SHELTER : Pack for the worst possible weather your area may get. A small bivy tent ¹ or other compact model (available on Amazon for under \$70) can sleep two, and weigh less than three pounds. Set up your tent and waterproof it as soon as you get it. (Not only will you have a truly waterproof tent, you'll get some practice setting it up.) Staying dry and warm are super important when surviving outdoors.

Better than a tent is a hotel! Keep a list of telephone numbers to hotels along your exit routes. If your area has to be evacuated because of a hurricane, chemical spill, or terrorist attack, the hotels will fill up quickly. Having a bag packed and ready to leave in a moment's notice will

"He (Jesus) said to them, 'But now if you have a purse, take it, and also a bag; and if you don't have a sword, sell your cloak and buy one.'" Luke 22:36

increase your odds of getting out of the city and to a hotel before others.

In cold climates, a blanket or sleeping bag is a must. Mummy bags are compact and designed to conserve body heat. Mylar bags are inexpensive and good to have, but don't bet your life on them. A heavy duty space blanket, while more expensive (around \$15) is much more effective and less noisy than a Mylar blanket.

WATER: Water is heavy: eight pounds per gallon. Adding twelve pounds of weight to your bag would be brutal. Nevertheless, having at least a half-gallon per person is advisable, even if you are in an area with abundant fresh water supplies. If not, keep at least a gallon per person.

You can find a good portable water filter at outdoor stores and online. Katadyn makes a good variety which allows you to pump water directly from a lake or stream into your water container.

Another low-cost option for water-purification is Potable Aqua iodine tablets. They come in a very small bottle with directions for use. Chlorine based purification drops are available as well.

LIFE STRAW makes an affordable alternative to pricey filters. It is simply a small tube that allows you to use it like a straw and drink directly from the water source. It doesn't provide a method of purifying water for drinking at a later time, but it is a good backup purification device.

FOOD: MREs are a pricey choice but convenient and storable. (They are widely available at camping stores and online.) Other ways to keep sufficient calories in your bag are granola bars, dried fruit, and canned items. Make sure you have can openers, at least two.

TOOLS: We absolutely recommend getting a good multi-tool, as well as

- A fixed blade knife.
- A folding camp shovel, or at least a plastic garden shovel.
- Optional: a machete, saws, hatchets. Wire camping saw.
- Two quality flashlights. Keep them small because big ones will add weight and take up space.
 - Battery operated AM/FM Radio with weatherband.
(Emergency broadcasts are repeated on weather bands, so it's a good

feature to have.) An AM/FM that also receives shortwave can be had for a few dollars more. [For more detailed lists in all the categories mentioned here, see *The Seven Step Survival Plan*]

First Aid Kit—a must have.

- Pain relievers
- Bandages
- Antibiotic gel
- Gauze
- Hand sanitizer
- alcohol prep pads
- Burn gel

CLOTHING: We recommend at least a couple pairs of socks, extra tee shirt and change of underwear. A sweater or hoodie is a good idea. But clothing will fill a bag quickly. Remember this is survival, not vacation.

HYGIENE: Put together a small hygiene kit with travel size toothpaste, toothbrush, soap, and shampoo. Being dirty for three days won't kill you, but you'll sleep better and feel better if you can clean up a little. Baby wipes, toilet paper (smash it down to save space), etc.

MEDICATION: Try to set aside three days' worth of medications if anyone takes anything regularly. Diarrheal medicine can save lives. Same for Benadryl. Have a small can of bug repellant and mini-sized sun screen.

FIRE: Try to stick with foods that don't require cooking or preparation; however, fire has other purposes besides cooking. If you need to, you can boil water to make it drinkable, as long as you have a metal water container. A fire can lift your spirits and dispel darkness. It can provide warmth and be a deterrent to critters. Have a good, old-fashioned lighter; waterproof matches; and a magnesium fire starter if you know how to use it (practice and learn, if you don't).

DOCUMENTS: Scan all of your important documents to a password protected flash drive. If you ever have a fire in your home or are leaving to never return, you'll have all of your important information on a protected drive in your bug out bag. These will include your **personal identification documents** such as driver's license, passports, birth certificates, etc. [For a more complete list, please see *The*

Seven Step Survival Plan]. Also include **financial documents** such as bank accounts, credit cards, stocks and bonds, and **real estate** deeds, tax records, etc. You will also need **Medical and Insurance** IDs as well as any other insurance, health care proxies, living will, etc.

MISCELLANEOUS: Comfort items can be tremendously reassuring, such as:

- Deck of playing cards
- New Testament with Psalms
- Duct Tape
- Paracord
- Large garbage bags
- Small fishing kit

This article was excerpted with permission from, [The Seven Step Survival Plan](#) by David Kobler and Mark Goodwin. The book gives a great many more details on everything mentioned here. To learn more, please see [The Seven Step Survival Plan!](#)

David Kobler

US Army veteran David Kobler served as an expert advisor for National Geographic's "Doomsday Preppers." His free videos cover the entire spectrum of prepping at his [SouthernPrepper1 YouTube channel](#). David speaks at preparedness expos across the country. He is available for private consulting at SouthernPrepper1@yahoo.com.

Mark Goodwin

Christian Constitutional Author Mark Goodwin produces podcasts twice weekly at [PrepperRecon.com](#), featuring economic and preparedness experts from around the world. Mark's postapocalyptic fiction, [Economic Collapse Chronicles](#) or [The Days of Noah](#) Series are available at Amazon.com. "Works of fiction...until they become history."

Notes: A bivy tent= A bivouac sack (also known as a **bivy**, bivvy, or bivi) is an extremely small, lightweight, waterproof shelter, and an alternative to traditional **tent** systems. It is used by climbers, mountaineers, hikers, ultralight backpackers, soldiers and minimalist campers. (Wikipedia)

One last word about...Water

...He satisfies the thirsty. Psalm 107:9a

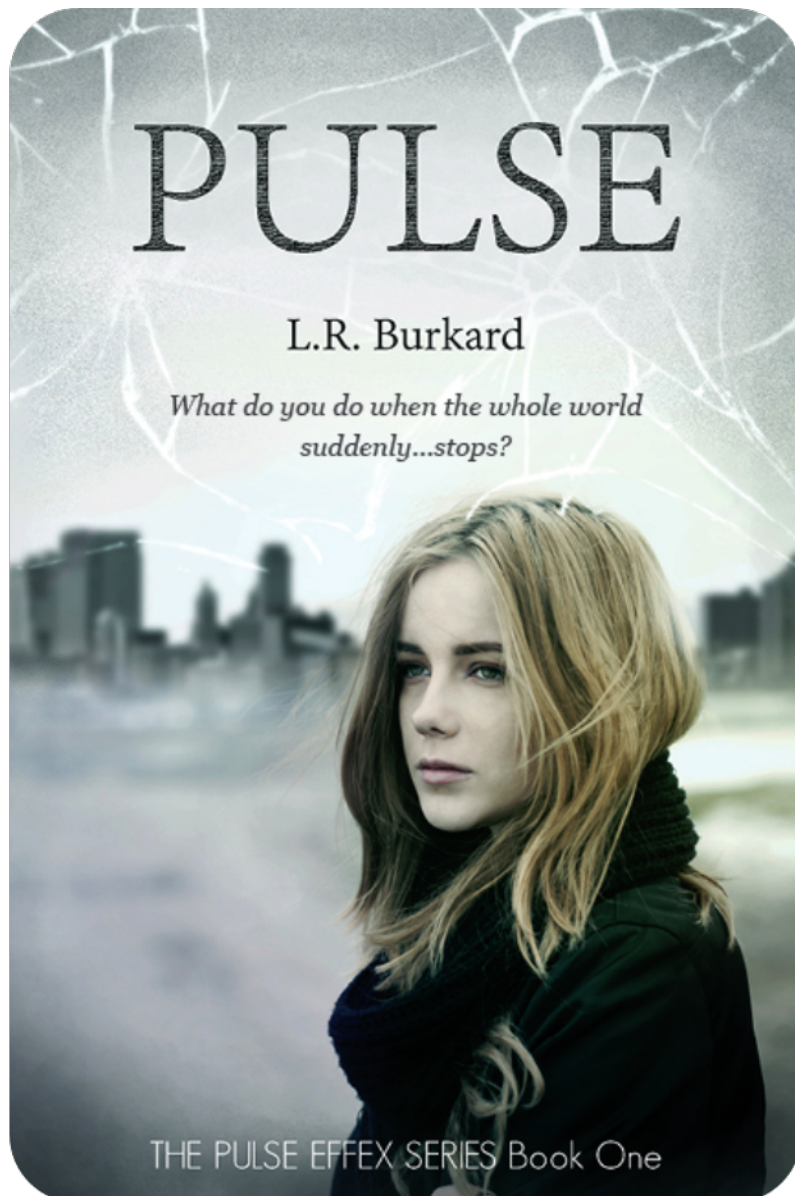
We've all heard the rule of thumb, right? People can survive only three days without water. If your water supply depends upon electricity, then it is subject to interruption by a crisis. Don't be caught without a secondary source. Even most private wells are dependent upon electricity to power the pump, so you'll need either a manual way to access your water, or you'll have to store a good amount of it. If you have access to water that isn't necessarily potable (safe to drink), you'll need a really good water filter. Prudent people invest in a superior filter for water security even if they have a good source of clean water. Better safe than sorry!

TIPS

- Every time you shop, buy a gallon of water to store.
- Fill empty 2 liter soda bottles with tap water.
- Store somewhere away from light and heat
- Keep accessible
 - After a year, begin using the oldest water first, and keep replenishing what you use.
 - Purchase a good quality water filter.
 - Storm Warning? Fill the bathtubs and other containers immediately! You'll use bathtub water for cleaning – don't use your good stored water for anything but cooking and drinking.



Left: Big Berkey water filter. One possible means of purifying water. (This is the one I use.) Click the picture to see their website. (I am not an affiliate of Berkey.)



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