

Prepper Secrets &
Survival Guide:

The Se7en Catastrophic Mistakes

Most Preppers Make.



*Your Prepping and Survival Guide
Be Ready when Disaster strikes. It will.*

Ben Nox

Prepper Secrets and Survival Guide

The Seven Catastrophic Mistakes Most Preppers Make

Your Prepper and Survival Guide for 2014

Everything you find in this book is protected by copyright and should not be used without the written permission of the author

This book and the material covered is for informational purposes only. We take no responsibility for what you do with this knowledge. We cannot be held responsible for any property or medical damages caused by items you read about in this book. We would advise you to check your local laws. Some of the items we refer to are illegal in some areas, and we would highly advise you against building these

in said areas. Any of the weapons we discuss should never be pointed at a person or animal.

The material taught throughout this book is for informational purposes only. By taking any information or education material from this book, you assume all risks for the material covered. You agree to indemnify, hold harmless, and defend Ben Nox and everyone involved from any and all claims and damages as a result of any and all of the information covered.

By taking and/or using any informational resources from this book, you agree that you will use this information in a safe and legal manner, consistent with all applicable laws, safety rules, and good common sense. You further agree that you will take such steps as may be reasonably necessary or required by applicable law to keep any information out of the hands of minors and untrained and/ or immature individuals.

Copyright 2014 Ben Nox

Introduction

Prepping and, by effect, preppers, have become a common topic in recent years. This is partially due to the influence of the media and the influence of television shows depicting survivalists or promoting survival tips. The general public has one of two possible images in mind when they think preppers. Either they think of people sitting in a basement huddling around a camping stove wearing a tin-foil hat or they think of scruffy mountain men outfitted with enough firepower to start World War III. Neither of these images depicts the real truth about preppers or their culture.

The primary concern with preppers is not to abandon society but, rather, to be as prepared as possible for scenarios that could result in the destruction of the current social structure. Prepping can be defined as simply being prepared for the future. The uncertainty about the future is generally what most preppers worry about when they make their preparations. What will there be to eat? Where will I stay? What will I do if the electricity is out? These types of questions are of the utmost importance to people who are concerned with prepping and survivalism.

There are, generally speaking, three major steps that are involved with prepping. The first step is to acquire supplies. The supplies, of course, all depend on the person doing the prepping but generally include food, tools, and weapons. The second step is to learn skills involved with surviving. These can be urban or outdoor survival skills and can range from fire starting to weapon maintenance. Finally there is a level of importance that is placed on the community aspect of survival. No man is an island and, thus, it only makes sense to include others in your plans. At the very least a person should include family and close friends in their plans. After a catastrophe there is really no telling who is worthy of trust and who isn't.

The Seven Catastrophic Mistakes

Through the process of prepping, there are always difficulties to be encountered and dealt with. Most of the time these problems can be overcome fairly easily. There are, however, some problems that can be deceptively complicated and can snowball into catastrophic errors when faced with a real survival situation. These problems, of course, do not present themselves outright. They are only present when it is too late to actually do anything to resolve them and the issues that they present.

There are seven catastrophic mistakes that almost all preppers make at one point or another. These mistakes are not anyone's fault and could, in truth, happen to anyone. Generally speaking, these problems can arise at any time during the process; especially when preppers lose a bit of the vigilance that they usually have toward their preparations.

Mistake 1 – Mishandling of Food

The number one mistake that a prepper can make is to mishandle their food stores. The worst possible scenario for any prepper is for a disaster scenario to occur and for a prepper to find out that their food is rotten or otherwise inedible. This is not as crazy as it sounds and it is actually an extremely common occurrence in the prepping community.

The first issue that can come up with the mishandling food is simply not buying enough of it. A person should take stock of how much food intake they have on a given day (or how much their family's intake if others will be using the cache). Once the daily food intake is quantified, determine how much food will need to be purchased and stored by multiplying the daily food intake by the length of time a person wants to have food readily available without leaving the home.

The formula, then, is: *(food storage) = (daily intake) * (length of comfortable survival time)*

A second aspect of this mistake is prepping the wrong food. Food storage should primarily be dry goods and canned goods. Fresh vegetables, frozen foods, and foods that require refrigeration are not a good idea because they will rot almost immediately in the event of a power outage. Store things like rice, dry beans, water, canned meats, canned vegetables, and quick energy sources such as energy bars. Another good idea is to store a large container of sugar and powdered drink mixes.

The final aspect of food mishandling that preppers make is in the storage of food. Food storage principles are somewhat obvious (for the most part). Don't store food by chemicals. Don't store meat and vegetables together. Don't store things in areas of excess heat. Try not to store things directly on the ground (shelving is a better option in almost every case). [Here](#) is a list of guidelines that can be followed both in emergencies and prior to emergencies in order to store food safely and successfully.

Mistake 2: Lack of Long Term Plans

The second catastrophic mistake that most preppers make is having an utter lack of long term plans. Storing items is a wonderful thing to do. It will help you be prepared for any emergency. With that being said, it will only go so far in a long term emergency situation. Without a long term plan there is no telling what will happen when the food and the other supplies run out.

The first step to creating a good plan for a disaster situation is to have a good map and a route out of the area just in case it is needed. It is better to be prepared than to be caught unawares. Get a list of friends and family that you may wish to find in a survival situation and discuss your plans with them. Set rally points in order to have somewhere to meet. Have maps. Have a compass. Plan what to do in case your city is uninhabitable or if your home is breached. Is there a place to go outside of the city? Do you have the skills to find your own food and to survive outside of your current location if your storage is used up or lost somehow? All of these questions need to be answered. Long term plans are essential to any preppers planning phase.

A long term plan will, at the very least, include the following:

- What to do if food runs out
- Where to go if the home must be left
- Who will play what role during a long-term situation
- How will you survive in the wilderness (what skills are necessary)
- What tools and equipment will be most useful over a long time period
- What is the local wildlife like

This is very simple information. At the same time, not many people know it. In a time when the grocery store is right around the corner, it makes sense for most people to not have information about the local terrain or wildlife. That information, however, is vital in a survival

situation in which a person may need to travel and survive in that local terrain.

Mistake 3: Neglecting Location Specific Knowledge

Do you live in the mountains? Is your climate cold? What are the seasons like? Are hurricanes a possibility? These kinds of questions do not occur to many preppers. These questions are of vital importance. The location of an individual prepper is going to play a huge role in the type of storage capabilities they may have, their options after a disaster, and the kinds of things that they will need to understand in order to survive in their environment.

Here is a brief list of things that it would be good to know:

- Local poisonous plants, edible plants, and medicinal plants
- The type of terrain
- What type of gear will be most useful in the local terrain
- Seasonal changes in weather, common types of inclement weather, etc.
- Fresh water sources in the surrounding area
- Less populous surrounding areas

Mistake 4: Prepping Too Much Weaponry and Ammunition

The over-reliance on weapons as opposed to survival tools is probably the most common catastrophic mistake that preppers make. This is partially a result of the pop-culture surrounding preppers. A lot of people get into prepping because they have an idealized mental image of what survival is like and, thus, prepare their storage cache as if they were going to personally defend their city from an invading army. Television shows and websites often show pictures of people with rooms full of ammunition and weaponry and have interviews with preppers talking about how safe they will be in the event of some sort of disaster.

In reality, preparing ammunition and weaponry is not as complicated as it is made out to be. A good hunting rifle, a shotgun, and a handgun is all that is really necessary. The shotgun will primarily play a role in defense. The rifle can be used for hunting and for protecting the home (and yourself) from any threats that are farther away. A good handgun has a myriad of uses and it probably the most essential of the three. A few boxes of ammunition for each and a good cleaning kit will suffice. The idea that interlopers will be everywhere during a disaster or that the house will need to be defended from hundreds of armed bandits or huge groups of people is mostly fantasy. Even if it wasn't, it is universally a better idea to cut and run than to stay and fight. Life is always going to trump pride in a potential combat situation.

A prepper would be doing themselves a disservice by spending all of their money on weaponry and ammunition and neglecting food, survival bags, tools, and knowledge. A gun is not going to stop a person from starving to death. Extra bullets are not going to be carried instead of extra food, useful tools, or medical supplies. It would pay to stock a bit of weaponry and ammunition and to leave the rest to the warmongers.

Mistake 5: Prepping With Single Use Tools

Preparation can be somewhat short sighted when it comes to picking tools to purchase and store. Many people will pick up as many tools and as much equipment as possible for their home. That, in truth, makes a lot of sense. Having a lot of equipment is always better than having no equipment. The problem is: if a person needs to leave their home they will then have to carry all of those tools with them.

It makes sense, then, to get as many multi-use tools as possible. A hatchet that doubles as an axe. A multitool. Swiss army knives or other multiple-use knives. All of these will provide a myriad of uses. Good para-cord is a good thing to have because it will be able to be used in a variety of situations. The thing to avoid is buying, say, a set of screwdrivers of different sizes when one screwdriver with multiple bits for the end would suffice. It makes sense to be prepared, but an individual has to take into account the changes in the status quo (lack of electricity, lack of water, the sudden burden of weight restriction when traveling) when choosing what tools to buy.

Another thing to avoid, obviously, is power tools. Unless a person plans to have a generator or electricity handy, those batteries are going to be hard to charge and those tools are going to become nothing more than a space wasting burden. Don't make the mistake of buying the wrong tools and don't make the mistake of buying tools that will become a burden in a survival situation.

Here are a few quick tips to help:

- Buy multi-use tools only (multi-tools etc)
- Take weight restrictions into account
- Don't buy bulky tools if possible
- Don't buy electric or battery powered tools

Mistake 6: No Survival Bag

An over-reliance on the idea that the home is a fortress leads to lack of preparation for actually leaving the home. It is extremely important for every prepper to have a survival bag (also commonly known as a go-bag). A disaster could potentially occur anywhere at any given time so it only makes sense to be prepared. A house or an apartment is not a castle. A myriad of things could occur that require a person to leave the home and, thus, it pays to be prepared just as well for that scenario as for any other.

A survival bag is going to contain the basic supplies and tools that will be necessary for moving and surviving during a disaster scenario. Ideally the bag will contain everything that a person needs to survive for three days. It is not meant for long term survival but it is meant to give a prepper a head start on long term situations and to provide relief for short term situations. A basic survival kit will include a number of important items: a swiss army knife or a multi-tool, a small container of matches (waterproof), a compass, a map of the area, a sewing kit, small items (fish hooks, etc), a flashlight (ideally solar powered), and a radio (ideally hand crank). The radio can be used to listen for emergency signals.

It can be extremely easy to overlook the creation of a go-bag during preparations but it is an absolutely essential part of any survival plan. The most effective method would be to constantly have a go-bag. Maybe keep one in the home and keep one in the car. That way if an emergency occurs the go-bag will never be too far away and can fulfill the purpose it was created for.

Mistake 7: Not including friends and family in planning

No man is an island. Too many preppers are so focused on preparing themselves and their home for an impending disaster that they ignore one of the best resources available to them: their friends and family. Friends and family should always (*a/ways*) be included in plans. Not only is it important to let them know that you are prepared and to help them be prepared as well, but it is important to have some kind of plan in place to meet up should a situation arise.

Make a plan that includes your family and your close friends. Try and set up a rally point so that everyone can meet up in the event of a disaster. Take stock of what each person is prepping so that as much ground can be covered with as little effort as is necessary. If anyone has a home that is outside of a metropolitan or populated area, that is the best place to choose for everyone to meet.

Miscellaneous Tips

Obviously there are some things that everyone should know how to do regardless of what other items they are preparing and what other knowledge they have. Here is a brief list of things that it would pay dividends to learn about:

- **Making fire** – Especially with flint and steel.
- **Purifying water** – Through boiling or use of tablets.
 - It would also be a good idea to learn to purify water through filtration. One way to do this is to take a large piece of bark, make it into a cone shape, and fill it with filtration material going from largest at the top to smallest at the bottom. Then simply allow water to filter through it and it should be relatively purified.
- **Basic gardening** – To grow food from seeds and to collect seeds.
- **Weapons training** – There is no need to prepare weapons nobody knows how to use them.
- **First aid** – Basic first aid. This should include wound cleaning and management, basic triage techniques, and how to sew a wound closed should that be required.
- **Home defense** – Basic carpentry or other skills that would help reinforce the home in the event of a potential break in or invasion scenario.

Conclusion and Recommendations

Avoiding these seven catastrophic mistakes will make every preppers life a lot easier in the event of a catastrophic disaster. It will allow them to have friends and family to lean on and to know how to survive in the local environment.

Here is the list of mistakes in its entirety:

1. Mishandling of food
2. Lack of long term plans
3. Neglecting location specific information
4. Prepping too much weaponry and ammunition
5. Prepping with single use tools
6. No survival bag
7. Not including friends and family in planning

Finally, here is a list of recommendations:

- Learn food safety and handling procedures and apply them
- Make long term plans that includes the local region and locations (and meet-up information) of friends and family
- Prepare a survival bag for use in case the home must be evacuated
- Get as many multi-use tools as may be required
- Don't neglect any information that may be useful
 - This ranges from basics such as fire making and water purification and goes all the way to local plants and animals.
- Don't fall for red herrings such as weaponry, ammunition, and flashy survival equipment that is more marketing hype than usefulness.

Avoiding these mistakes and keeping these recommendations in mind will make every prepper much more likely to survive should anything happen. It will also act as a force multiplier that will reward them for their efforts.

Want more?

Do you want more? Then I suggest you watch this video:

<http://bit.ly/7survival>