

Prepper SURVIVAL

A Beginner's Guide to Bugging Out



Including Bug-out Bag Checklist

MIKE WALLACE

Prepper Survival:

A Beginner's Guide to Bugging Out *(Including Bug-out Bag Checklist)*

By Mike Wallace

Table of Contents

[1. What Does it Mean to be a Prepper?](#)

[2. Packing a Bug-Out Bag](#)

[3. Picking a Bug-Out Location](#)

[4. How to Create a Bug-Out Shelter](#)

[5. How to Store Food](#)

[6. How to Create a Disaster Plan](#)

[7. A Basic Guide to Self-Defense](#)

[8. How to Survive Various Disasters](#)

[Copyright Notice](#)

1. What Does it Mean to be a Prepper?

A prepper is an individual who carefully prepares for any emergencies and disasters that could happen. Due to the various disasters that either happen or seem to be approaching each year, survivalists are gaining credibility—as well as stockpiling supplies—by the truckload.

Devastating hurricanes, tropical storms, nuclear power plant leaks, forest fires, earthquakes, sinkholes, and snowstorms all seem to be increasing in frequency and intensity. Meanwhile, the U.S. debt spirals upward, threatening the value of the U.S. dollar. New superbugs that are resistant to any known antibiotics also threaten an epidemic which could wipe out much of the world's population. The threat of terrorism is a concern as well.

In response to the possibility of an apocalyptic future, survivalist organizations have formed throughout the nation. These groups pack backpacks designed to provide everything—including food and gear—that would be needed during a 72-hour emergency, or more. In the event of disaster, these bags can be grabbed at a moment's notice.

Although preppers have varied opinions about which disaster is most likely to hit first, they all agree on one thing: the future looks more dire every year.

Many outside the movement see preppers as alarmists—even “lunatics” or “crazies.” Preppers know these descriptions are not accurate. They are simply making preparations for a disaster that could very well happen someday.

If you find yourself worrying about what the future holds, becoming a prepper is one of the best things you can do. In addition to providing some sense of preparedness or security, being a survivalist can be a lot of fun.

Preppers often meet to learn about gardening, self-defense, and other survival tactics. By building community they make new friends and get exercise.

If you are interested in becoming a prepper, one of the first steps you should take is to find like-minded people by joining a prepper group. Being able to ask other preppers questions and acquire knowledge from them can be a wonderful learning experience.

There are prepper groups located all over the United States. Meetup.com is a good website to find nearby prepper groups. Call the leader of your local group and ask them when their weekly meetings are.

When reaching out to other preppers, it is important to preppers are often very private. Make an effort to avoid asking preppers you have just met too many questions about where they live and what survival gear they have until better acquainted.

It's also important to remember that becoming a prepper is very much a personal journey. While learning to be more self-sufficient is likely to help you feel more confident and self-sufficient, don't expect all your friends to join you on this journey. The media often portrays preppers negatively as conspiracy theorists—or worse.

One recent event that portrayed preppers negatively was the 2012 Connecticut School shooting. The mother of the shooter was a prepper who had taught her son about guns, and the news media pounced on that information to make preppers look bad. This was cherry picking: most prepper kids do not grow up to be mass murderers.

Another fountain of bad publicity has been the National Geographic reality show *Doomsday Preppers*. Preppers who have seen this show know that it is a fake portrayal of their lifestyle. For example, Alfred Dutton (one of the cast members) recently received a 21-month jail sentence for creating explosive weapons. Most preppers know that explosives are not necessary for survival.

Lately more and more people have shown interest in becoming preppers. Local city governments in California have called for people to pack a 2-week bag in case a tsunami hits Los Angeles. In many ways, prepping is similar to a religion because the people who practice it enjoy coming together and helping each other to learn how to prepare for the future.

According to a survey by Adelphi University Center for Health Innovation, 55% of U.S. Citizens believe that they will be taken care of by the government when a disaster hits. If you watched the news about the masses of people who fought for survival after Hurricane Katrina and Hurricane Sandy, you know this isn't true.

Trusting in Uncle Sam to take care of you is not good enough. Your chances of living through a disaster of apocalyptic proportions will be strengthened if you learn survival techniques and build up storage of food in preparation. To learn the "prepper basics"—and how to prepare for any disaster that might happen—I invite you to read on.

2. Packing a Bug-Out Bag

A bug-out bag is a backpack prepared by a prepper with all the necessities for survival. If a nuclear power plant disaster occurred within 30 miles, you could grab your bug-out bag, hop in the car and immediately drive away from the dangerous radiation.

While the term “bug-out bag” used to describe an emergency evacuation bag that could allow a person to survive up to 72 hours, preppers have expanded on its original purpose. The old survival packs contained only a basic store of food, water, and a first-aid kit to make the 72 hours as comfortable as possible. Modern survival packs carry radiation tablets, a gun to shoot small game, ham radios, and many other items.

Choosing a backpack for your bug out bag

Because of the variety of items they may contain, putting together or buying a backpack to use for a bug out bag can be a confusing decision. Many of today’s most popular backpacks are designed for mountaineering or traveling the world. While these packs would generally serve well for a bug out bag, they are also quite highly priced. For the cost conscious prepper, the best bag choice would be a military backpack.

The two most popular systems of packs used by preppers are MOLLE and ALICE. MOLLE is a newer version of the old ALICE system, but many preppers still prefer to use ALICE since they considered more durable and they are cheaper as well. MOLLE packs have more padding on the shoulders and hip belts. Which system is better is still subject to debate on the Internet.

Another point of disagreement between preppers when it comes to choosing a bug out pack is whether an internal or an external frame is better. Internal frame backpacks are popular, but they don’t have as many straps and lashing points as external packs. If you are

running through the woods an internal frame pack is less likely to get caught on something. External frame backpacks consist of a bag attached to a frame by pins. The bag and the frame are easily separable.

An external frame backpack allows the user to hang all sorts of gear from the frame, including saws, axes, guns, fishing poles, or other items to the frame. Many preppers prefer external frame packs because of this feature.

The most important thing to consider when purchasing a bug out pack is to buy one that comfortably fits your torso. Most newer frames are adjustable, which helps. If you do manage to purchase a non-adjustable frame that doesn't fit comfortably, your life can be miserable. The biggest issue is if the frame is too long. A frame that's too short won't feel uncomfortable, but you won't be able to carry as much gear.

Packing the backpack

When packing the backpack, make sure that the pack isn't overloaded. Most people, unless they are very big and strong, can't carry more than 50 pounds comfortably. Women who are smaller in size may only wish to carry around 35 pounds, and children should carrying no more than a small day pack.

What to put in your bug out bag

Here is a packing list of items that either should be in—or considered—for your bug out bag:

- Enough food and water to last 3 days, with the food being non-perishable items
- Water purification tablets
- Cooking supplies
- Fire starting tools (several different kinds)
- A disaster plan

- First aid kit and medicine
- Maps and other travel info
- Tent, sleeping bag and pads
- Medical records
- Crank operated radio
- Crank operated flashlight
- Gun and ammunition
- Cash and silver coins
- Important papers such as identification card, birth certificate and marriage license
- Folding and fixed blade knives
- Duct tape
- Ropes
- Plastic tarps
- Compass
- Wool socks and other weather appropriate clothing items
- Whistle
- Items for personal hygiene
- Bug repellent

There are many other items that could be put into a bug out pack, but it is important not to overload your bag. By joining a local prepper group, you can find out ideas for suggestions of what to store in the bags. This is important because every area is different—there may be a danger of lyme disease in nearby fields. It is necessary to modify your bug-out bag to address these concerns so you can be fully prepared.

3. Picking a Bug-Out Location

A bug-out location is the place of shelter where a prepper plans to go once a disaster hits. The shelter should be located within a day's drive of your house and in a rural area.

While there are urban preppers, the city is going to be a terrible place during a disaster. You will want to be able to seek refuge in the country where gardening and hunting is possible. Here are 4 things to consider when choosing a bug-out location:

1. Does the bug-out location have land for gardening?

If a disaster keeps you from returning home for months—or even years, good land for planting crops will be crucial. Check the soil for sandiness (loose, dark, and rich soil is best for growing plants) and find an area that receives frequent rain. Try to find land in a state that gets at least 25 inches a year. Drier states will still have sections of lowland with wetter environments, but beware that these areas may be crowded with other survivalists during a time of trouble.

2. Is there a population center near the bug-out location?

City residents will be desperate for food and supplies immediately after a disaster hits. Crime rates will soar. Nearby grocery stores will quickly become emptied.

While you shouldn't plan your bug-out location in a city, being somewhat near a small one will have its perks. After things start to recover, small towns will once again become the center of trade. Large cities will still be full of desperate people and armed gangs doing whatever they can to survive.

3. Is the bug-out location a good place for a bug-out shelter?

Eventually you may wish to purchase a plot of land to build a shelter on. If that's not financially feasible, check your location for national forest land and other protected areas that will be excellent hideouts during the aftermath of a disaster. The western United States has many protected natural areas that would work well.

4. Is the bug-out located within reasonable reach of your home?

While northern Canada may sound like a wonderful place to hide out after a disaster, it is inaccessible to most people. Choose a location that is within a gas tank's drive away, and then store the gas required to for making the drive in a place where you can get it if needed.

There is no perfect bug-out location. Everybody has to make a choice that feels right for them. Alaska is a wonderful spot, but unless you live there full time and can handle the harsh winter environment, it isn't recommended. The most important thing about a bug-out location is that it is close enough to be accessible. Some people move closer to their ideal locations. Here are some of the pros and cons of potential bug-out locations in North America:

Northeast—not recommended because of the massive population centers nearby. Everybody will be leaving them in search of food and supplies at the same time. However, Maine and eastern Canada are good bug-out locations because of their remoteness and thousands of square miles of woods.

Southeast—there are many remote swamps and mountains in the southeast, but make sure to stay away from population centers and the coastline. Much of Florida and other low-lying states may be under water someday, so preppers should plan on picking a shelter area inland.

Midwest—the best places in the Midwest for a bug-out location are the national forests of upper Michigan, Wisconsin, and Minnesota. These woods provide much shelter and occasional clearings for

farmland. The areas surrounding Chicago, Detroit, and other large cities should be avoided.

Southwest—even though the desert areas of the Southwest do not immediately appear habitable to a survivalist, with careful planning they can be a great location for prepping. There will be fewer people to worry about, although waterholes may have stiff competition.

Northwest—there are dozens of mountain ranges in the Northwest that are perfect for preppers. Areas near the coastline should be avoided except for northern Canada and Alaska.

4. How to Create a Bug-Out Shelter

If you have fond childhood memories of creating forts in the woods out of logs and branches, now you can put those skills to use by building a disaster shelter. Called “Bug Out Shelters,” special places that survivalists prepare as their retreat in the “11th hour” range from small large underground storehouses to small cabins.

These hideouts, which are usually found in the country, are designed to be 100% self-sufficient.

You may have a general idea of the area where you want to build your survival shelter. Here is a list of things to check before picking a spot for your bug-out shelter. Some of them overlap what you should look for in terms of a general “Bug Out” location, yet still bear repeating:

1. Is the shelter close enough that you can reach it?

The owner of a fancy off-the-grid cabin in northern Idaho may have bragging rights, but it won't do him much good if he lives in Chicago when the disaster strikes.

2. Is there water and arable land nearby?

Consider a shelter to be a place where you may be living for up to a year or more. It will be very important that there is good dirt for growing vegetables located within a quarter of a mile away from the shelter

3. Will the shelter be prepared for winter?

A disaster could happen at any time of the year. It is important that preppers be just as prepared to relocate to their bug-out shelter

during the cold of the winter and the humidity of the summer.

Types of Bug-out Shelters

The type of shelters built by preppers varies greatly. From million dollar concrete bunkers to small cabins, everybody has their own idea of what makes a suitable disaster shelter. Here are four different kinds of bug-out shelters that you can build:

1. A-Frame Log and Stick Shelter

While not a suitable long-term shelter, a quick shelter can be formed in the woods when needed. Simply find a small tree that has fallen over and lean it against the fork of a tree. Then put large sticks against the smaller tree, then small sticks, and finally cover up the holes with leaves and ferns. This will work better than no shelter at all.

2. Camper

An old RV or trailer parked in the woods can make a great bug-out shelter. It is important that the camper is viewed as a place to sleep, eat, and store supplies. Make sure to construct an outhouse near the camper since there won't be a place to dump wastewater. Old campers are available for purchase on Craigslist for under \$2,000.

3. ISBU Shipping Container

Steel shipping containers are very popular among survivalists. It is important to know that many upgrades will be required before a shipping container can be considered a home, including windows, insulation, and plumbing. There are several companies dedicated to selling them to preppers. The containers become quite expensive once many improvements are made.

4. Cabin / Tiny House

There are many cabins and “tiny houses” for sale at low prices that work great as bug-out shelters. Keep in mind that purchasing a small 50 year old cabin is going to be much cheaper than buying a new one and having it transported to your property. Craigslist is a great place to start looking. The cabins usually come with land. One of the best places for cheap cabins is the Upper Peninsula of Michigan, which is a very popular area for hunters and other outdoor enthusiasts. There are many well-built cabins available there for low prices.

5. Yurt

A yurt could be described as a circular wooden cabin with a canvas roof. The structures are surprisingly strong as well as reasonably-priced.

Additional costs are commonly incurred by yurt buyers are when they take their dwelling off the grid. Purchasing solar panels, compost toilets, and other luxuries all greatly add to the expense.

There are several companies that build and sell yurts in North America.

6. Other options

There are many other kinds of bug-out shelters that you can build. Go on the Internet and research what types may be available in your area while using your imagination. Some preppers have even chosen a boat as their disaster shelter.

Once you have picked out a bug-out shelter, spend as much time and money as you feel comfortable with in preparing it. Some people buy off the grid accessories that cost tens of thousands of dollars.

Remember that someday when a really big disaster hits, the more self-sufficient you can be, the more comfortable you are going to live. Many expensive gadgets such as ultra-efficient refrigerators that can be powered by solar panels might result in maintenance headaches or not function properly just when you need them most. How prepared you will be is more related to the thought and planning you put into it, than how much money you spend.

5. How to Store Food

Although making sure that extra food is on hand and protected from rotting is essential to survival, food storage has become a lost art. Fifty years ago, many suburbanites grew a garden and canned their own food. Today, relatively few people still practice these arts.

Preppers are bucking this trend by beginning to can or dry their own food again—and you can too.

How to get started

The first thing to do is to decide on where you are going to store your food. If the food is being stored at your bug-out shelter, consider building a small cellar or basement with a pantry. Any place that is cool, dark, and dry will store food well over a long period of time. Places to store food in a house include basements, closets, and garages.

Setting water aside

Don't forget to store water as well—most people forget about their need for H₂O when prepping for food storage. There is a chance that a disaster could hit in the middle of a summer drought, in which case water supply will be limited.

Another potential scenario is the local watering hole could attract all types of crazy people, becoming a dangerous place to frequent after a disaster. For these reasons, keeping a couple weeks' supply of water stored away is an excellent idea. A large plastic drum is an excellent place to store large quantities of water. The average person needs 1 gallon of water a day.

Unfortunately, most kinds of food cannot last forever. Many preppers cycle out their oldest stores with new food every couple years. This

protects the old food from going bad and getting wasted.

Food Storage Tips

Storing food can be a tricky process. It is easy to make mistakes.

One of the best ways to preserve food is to can it. By sealing food in sterilized glass jars, foods that normally don't last can last keep a very long time. Some of the commonly canned foods are jam, tomatoes, peaches, and applesauce. If you don't have one already, you should purchase a comprehensive canning book.

The simplest types of food to store are dry goods. Crackers, flour, rice, beans, pasta, and other non-perishable foods can be stored in 50-gallon plastic barrels underground for up to a few years at a time.

Here 4 tips that should help you to successfully store food in preparation for a disaster:

1. Pack healthy food that your family will eat

If your family doesn't eat rice, beans, and potatoes regularly, it will be difficult for them to adjust after a disaster. Instead of packing Twinkies in your bug-out bag, try cooking a couple disaster meals a week in preparation—one breakfast meal and one lunch meal. This will help your family to adjust more quickly in the aftermath of a disaster.

2. Check the expiration dates and regularly rotate foods

Don't leave food in long-term storage until it is expired: if a crisis happens, you may need a supply for at least several months. Be sure to move the oldest food to your main pantry so it will be eaten soon and replace it with new food once every several months.

3. Never put your eggs all in one basket

Make sure to store a variety of foods in different kinds of containers in case one type spoils. Perhaps the basement that the food is stored in isn't as dry as you thought it was, and the plastic containers aren't as air-tight as advertised. It is a good idea to have multiple back-up plans in case something doesn't work out.

4. Don't forget to pack cooking essentials and fuel

Formulate a plan to cook your food when living in your bug-out shelter. Store cooking fuel and a steel cooking grate for campfire use. It is also important to bring salt, baking powder, yeast, vinegar, and other cooking essentials. While these condiments aren't necessary and will eventually run out, they can ease the pain of adjusting to living and eating in a bug-out shelter.

6. How to Create a Disaster Plan

A disaster plan is a list of actions to take when there is a disaster. When a catastrophic event happens, you could be split from your family for months. You could also be homeless. A well thought out plan of what to do in such circumstances will prepare you for almost anything that can happen.

The first thing to do is to find out what types of disasters could possibly strike in your area. If there is a nuclear power plant 100 miles from your home you will need to plan how to flee in the opposite direction. Residents of Wyoming will want to research what to do next if the volcano under Yellowstone National Park erupts. Every disaster plan will be different—depending on where you live and the location of your bug-out shelter.

The next step should be learning what disaster services operate in your area. Is there a local Red Cross chapter nearby? A disaster service can help provide food and supplies in event of a disaster. Unfortunately, most of these government funded disaster services can't be completely depended on to provide help during a disaster—there will likely be hundreds of starving people clamoring for their services. This is why preppers prepare for disasters—so they can survive without the government's help.

When creating a disaster plan, be sure to cover all your bases for all the different types of disasters. Some events may result in such a way that you can remain in your home. Others might cause you to call your family, grab your bug-out packs, throw them into the back of the car, and roar off. For example, if a severe hurricane is coming through, you may want to leave a couple days before the storm is forecasted to hit. But if storm is almost on top of you, it will be wiser to hunker down and stay put.

The first part of a disaster plan should be a meeting place. If a disaster comes without warning, the best place to meet up is at home. There should be a second meeting place at least 20 miles

away in case the home area has been made inaccessible by the disaster. A bug-out shelter also works great as a meeting place, if it is close by.

After choosing a meeting place, pick an emergency contact, in the event that your family gets separated. The contact should be somebody who lives in another state hundreds of miles away. This lessens the chance of a disaster affecting the emergency contact as badly as you.

If a disaster were to occur, the next step after meeting with your family would be to grab supplies. There are going to be a few items that you will want to bring for sentimental value instead of necessity, such as a pet dog or a teddy bear. Everybody should write down what they are going to load into the car.

The luggage should be transferable within a couple short trips from the house to the car, so that in event of a real emergency the family doesn't get bogged down trying to bring an HDTV or potted plants.

Common sense is in order here: it is also a good idea to do several trial runs where you load up the car quickly and get ready to take off. A fun idea would be practice carrying out your disaster plan, then drive your bug-out shelter for a weekend of camping.

An escape route is an essential part of any disaster plan. While it may not sound as important to those living in farmland, people who live near mountain ranges should place double importance on planning multiple routes of escape.

Often there is only one major highway between a prepper's home and the bug-out location. This highway could be blocked during major disasters, making it necessary to know alternate travel routes. Bring along paper maps in case the GPS doesn't work.

Once you have written up a complete disaster plan, print it out on paper and hang it around the house where it can be read every day. Be sure to review the process at least once a week with your family.

7. A Basic Guide to Self-Defense

During times of extreme adversity, it is unlikely that you and your family will be protected by law enforcement. Most police will be busy protecting their own families. In a dangerous environment, it is important for everyone to know the basics of self-defense.

Avoiding conflict in the first place is the number one rule of self-defense. If you perceive someone as an aggressor and attack, you risk extreme retaliation. The smartest people follow their instincts and try to avoid confrontation. Although a working knowledge of self-defense can be extremely helpful in such turbulent time, the best protection is still avoidance.

As the aftermath of Hurricane Katrina (and other disasters) has demonstrated, attacks do happen during periods of lawlessness. Part of your preparedness plan, then, should include a plan for what to do in the event of attack.

Strategies for Self-defense

There are many different techniques to use during an attack. While a self-defense and gun-safety class can teach you much more than this book can, here are some basic steps to get you started:

1. If a hostile situation arises, the first tactic should be to try to scare the attacker off.

Shouting loudly at the aggressor to “BACK OFF!!!” and pushing him or her away may buy time for others to come to your assistance. It may also scare or startle the attacker into leaving.

2. Be sure to strike the most vulnerable body parts when fighting back.

Some of the best places to hit are the nose, eyes, throat, groin, kneecap, and shins. Take a self-defense class and learn how and where to attack, as well as the best defensive techniques.

Choosing Your Weapons

There are many different types of weapons that preppers can use. Some of the common choices are knives and bows. Many preppers enjoy collecting guns, while others stockpile assault weapons and ammunition. Following is a list of gun types that are popular with preppers for every type of situation:

1. Remington 870 Special Purpose Marine Magnum

The Remington is a 12-gauge shotgun that is efficient for both hunting and self-defense. Over 10 million have been sold since the 1950s. There are several different kinds, but the Marine version is rust-proof and holds up better in outdoor weather.

2. Kahr PM9

The PM9 is a small little gun with a three inch barrel that can be carried on a person at all times. Its magazine holds seven rounds and packs a mighty wallop.

3. McMillan TAC-50

The McMillan is a great choice for providing security at the perimeter of your shelter. The gun is known to be very accurate as well as light-weight for its category.

4. Bushmaster Carbon 15 M4 Carbine

Better used as a tool of warfare than for self-defense, a semi-automatic rifle is a good choice if you believe there may be a revolution in America soon.

5. Springfield M1A SOCOM II

The Springfield is a large gun that can efficiently kill any large game animal in America—moose and bear included. It has a 10-round magazine and a 16-inch barrel, as well as an extended optics rail.

Choosing what weapons fit into your prepper supplies is a personal decision: there is no “perfect” choice. The preferred method for self-defense remains—and will always be—avoidance. Buying camouflaged clothing could be a better choice than spending money on assault weapons.

8. How to Survive Various Disasters

Being “prepped” or ready means having a plan for any disaster that might strike. The location of your home will greatly influence the type of disasters you might face.

Residents of Florida have hurricanes to worry about as well as the fact that the state is only 300 feet above sea level. Californians may wonder about a large earthquake sinking parts of their state into the Pacific Ocean. It is likely that you are already aware of the natural disasters that regularly occur in your area. Preparing specifically for disasters that are most likely to occur will give you a greater chance of survival.

Regardless of whatever disasters you think you might face, there are some basic things that you as a prepper should definitely be doing. It is always important to grow a garden, have a bug-out bag and shelter, and store emergency rations and food in the house. In addition to these basic preparations, there are specialized things you can do to prepare for the various types of disasters that may occur.

1. Nuclear Explosion

The first thing to do is to decide whether to stay where you are at or evacuate to a distance farther away from the radiation.

Radioactive fallout can travel hundreds of miles on wind by dust particles, so it's very important that you distance yourself from the fallout as much as you can. You'll also want to fill and seal multiple containers of water before they can be contaminated by radiation.

If you wait the situation out in your basement, be sure there are no open air vents going to the basement that radiation can blow through. Supplies you should have on hand include Potassium Iodide pills on hand to help prevent thyroid cancer and a Geiger counter to measure radiation levels.

2. Solar Storm

The sun often experiences very large solar storms that send solar flares shooting towards earth. These bursts of energy are usually harmless.

Many preppers suspect that sooner or later a flare of massive proportions will hit the earth and fry all electric appliances. Anybody who is driving a newer car that has a built-in computer could be affected.

There are several different strategies preppers use to protect against solar storms. Some purchase older vehicles that don't depend on electronics to run. Others invest in backup generators and fuel supplies. Another tip is to build a faraday cage—an enclosure that protects the objects inside from electromagnetic intrusion. This idea can be applied to small devices by enclosing them with tinfoil. It is also a good idea to keep your backup hard drives in an enclosure to protect against a possible solar storm.

3. Economic Collapse

The continual devaluing of the dollar is one of the foreboding disasters that worries preppers the most. It is literally guaranteed to happen—why would politicians ever stop spending money and start saving?

Most of the world's governments have discovered that the best way to get reelected in a democracy is to promise voters more than the government can afford to spend. Because governments can't seem to stop themselves from spending more every year, the end result is going to be hyperinflation.

This is exemplified by the spending of the U.S. government. As of this writing, U.S. debt is already above \$16 trillion dollars and continuing to rise.

The best way to protect against an economic collapse is to invest in the essentials of life. First start by growing your own garden, since food prices will rocket even higher once the dollar loses value. Then buy toiletries, light bulbs, and other basic household goods. Finally, invest in a number of small silver coins so you will have something to exchange for goods in the future. Silver and gold are likely to still hold value in the event of an economic collapse. Many preppers have put large portions of their savings into precious metals.

4. Climate Change

Every year more and more disasters take place. 2011 was a record year for natural disasters—a tsunami hit Japan causing a nuclear disaster and record floods swamped Thailand. On April 27, over 300 tornados happened in southeastern United States, killing over 321 people.

While most preppers don't support the theory that these disasters are caused by global warming, they do agree that the climate seems to be getting more and more erratic. The most important thing to consider when planning for climate change is to make sure that you do not live in an area of low elevation near the coast. For example, many scientists predict that Florida could be completely under water someday.

There are many other types of disasters that preppers should be preparing for, including plagues, famine, earthquakes, and volcanoes. Many of these are location-specific, meaning that you may not be in danger, depending on where you live. Whatever disasters you end up prepping for, make sure to implement disaster-specific preparations into your bug-out bag and shelter.

Copyright Notice

Copyright ©2013 Feather Trail LLC
All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical means, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher. Please purchase only authorized print and electronic editions and do not participate in the electronic piracy of copyrighted materials.

The pictures contained in this book were licensed for use on payment of a fee. The original creator of any picture retains the full copyright to same. You may not copy or reproduce any pictures in violation of the creator or publisher's copyright.

Published by: Feather Trail LLC
Cedar Lake, Michigan