

THE SHTF STOCKPILE

13 Items Every Prepper Should Stockpile Before SHTF



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PREPPER'S
HACKS
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Prepper's Hacks Box Set

120 Incredible Survival Life Hacks
That Every Prepper Should Know

THE SHTF STOCKPILE

13 Items Every Prepper Should
Stockpile Before SHTF



Fred Cruz

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Introduction

Doomsday! What will it really be like? How easy is it likely to happen?

- World War III?
- Asteroid hits earth and all technological systems go down?
- Terrorists manage to break down the world's economic structure?

Whatever the type of threat is, it is the result that we are interested in, for the sake of preparing ourselves. It is social breakdown that we really fear. It could just be localized as the after effects of some deadly weather pattern, or mother nature throwing a tsunami at us.

If you happen to live where these weather disasters can actually become a reality, then you will be a sympathizer of the term "Preppers." These are people who simply want to prepare themselves and their loved ones, for a possible event whereby there is a breakdown in everything as we know it:

- No food in the shops,

- No energy suppliers,
- No water system,
- Empty gas stations.

It is also about thinking of the worse case scenario, and readying yourself, before its inevitability.

The recent tragic hurricanes of Katrina and Sandy, are living proof of what can happen, when the unexpected happens.

- Within days there will be no fuel for vehicles.
- Businesses and shops will come to a halt.
- People will rob each other, and loot stores for basic needs.
- Emergency services will disappear.
- Those who are already ill, will start to die, because there will be no one left to care for them.
- Money will be of no use, as food and water will be the only currency.
- Cell phones will soon stop working.
- Water Plants will no longer operate, and cholera and other diseases could soon break out.

- Martial law may control us all, with curfews in place.
- Survivors could be conscripted to work on work parties, wherever they are needed.

No one can really know what it will be like, we can only hazard guesses. No one really knows if today's generation will be the ones to go through this, it could be generations down the line, if at all. What you can know, and do, is simply prepare yourselves and your loved ones, just incase life does change, dramatically.

If it does happen, then there will probably be little in the way of warning. Governments can be secretive when they wish to avoid large panic. The chances are that you will have to survive wherever you live right now, so all you can do is prepare your home today, and hope for the best.

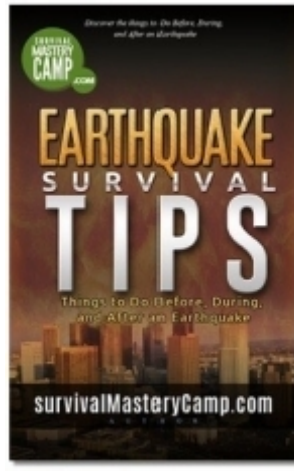
In the 1990s, people living in Bosnia experienced a similar event, when their city was blockaded by an army. They lived in a city without water, energy and no emergency services. They were forced to survive on very little of anything. Armed groups began to take over and life became a game of survival. Many of those who were alone or ill, did not survive. Those who banded together in large groups were the stronger ones, in this situation.

You see, it can, and does happen, So, how ready are you and yours?

We cannot know what the real life situation may be, and once it happens, we can only improvise as we try to survive it. However, those who have their own set of supplies will have an advanced start, to those who have nothing. The first rule for any survivalist is shelter, so staying in your own home, if you can, will overcome this most basic of needs. The body needs to stay warm and have somewhere to rest and recuperate. If your home is not blown up or flooded, set up camp and get surviving.

Read this guide to make you think about the 13 most important things you are going to need, to start that stockpiling.

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Chapter 1 – Emergency Items 1-3: Food, Water, Containers

Initially, any items that do remain in the shops will become very expensive, and if law and order breaks down then, what little there is will be looted. If you already have a stock pile of essentials, then you are less at the mercy of outside forces.

In this chapter we are starting our guide with the items that are top of the list, and can be stored in readiness for any Disaster Day. Food and water are certainly top of the list of necessities. Keeping that food and water safe while times are “normal,” is the only sensible option.

Even non “Preppers,” will probably have enough food to last a couple of days, maybe even a week. Much of that food will need cooking, and there will probably be no energy. So if you’re going to store food produce, then it has to be the right type. Food should NOT be fresh and perishable, however it should be:

- Easily edible, without cooking.
- Have a good shelf life date.

Food

If you have a secure house or safe base, than a camping stove is an essential item. Camping gas containers are easily stored and the luxury of being able to cook food makes it a worthwhile expense. Even those on the move a small camping stove is not too difficult to pack and carry, and can be useful when you are unable to use a campfire.

If you have no camping stove, or the facilities to start a fire, then Self Heating food packs are a good alternative. These come in a variety of dishes, and are nutritionally balanced, to provide many essential vitamins and minerals, and are ideal for emergency situations.

These are packaged to have a long shelf life and are easily opened. Most meals come with a heat pack, so that when water is added to it, a chemical reaction occurs and the meal is heated to 100°F in around 10 minutes. These are easily available in bulk at online stores, and are the ideal Preppers foodstuff.

Tins of fish, meat, vegetables and fruit are not easy to carry around, due to the overall weight, but perfect if you have a safe house or secure base. Contents can be eaten cold and the shelf life will be

very good. This type of food will also provide nourishment with plenty of vitamins and protein.

Dried foodstuff such as beans, vegetables and fruit. Good to put in a backpack. Dried legumes can be quite heavy, whereas dried vegetables and fruit will be very light. You will, of course, need water to re-hydrate any dried food.

Meat Jerky - Modern jerky is often marinated in sauces before drying, so the taste can be good. Be careful of the high salt content of jerky.

Rice - A great non perishable, high in calories and protein. If you cannot cook it, then you can leave it soaking in water until it expands, but it may take a couple of days.

Nuts - High in protein so a good source of giving you a “full” feeling. Jars of peanut butter would be a good source of food, if you have a safe house.

Salt and Sugar - Good basic pantry ingredients that can add so much flavor to your bland meals.

Powdered Milk - You will be so glad you have this. Great for drinking if you have plenty of water to make it up, also great to add to

that bland cooking. A good source of calcium.

Water

Ideally you will have enough warning to fill the bathtub full of clean water and cover it. You will be surprised how quickly this amount of water will go. Water is going to be a constantly needed commodity. When the taps stop running, and the toilet starts to leak with sewerage, you will need to store that water well away from any possible contamination.

Considering the average person uses 1 gallon of water in a day, and this does not include bathing or cooking, then you are going to need a lot of water. Storing approximately 3 gallons per person for 20 days will be a safe amount, but would take some pre-planning to hoard such a large amount, just in readiness for an event.

It might be best to consider having a large tank to hold around 1000 gallons. These tanks are not as big as you would imagine, about the height of an adult and 1000 gallons will last a family of four for around 125 days with careful use. The water stored this way, will need treating or changing every 6 months.

Further storage, if you have the room, of smaller 50 gallon containers of water, and more accessible water bottles, kept one

third full. Remember when not in an emergency condition, either treat or change your water supply every 6 months.

Another obvious source of water is rain water, barrels or containers can be used to collect this.

How long water keeps depends on how clean it was at the point of storage. In most Western countries, tap water will keep for about 10 years, providing it has been stored well.

For those on the move then water purification tablets are an essential item. Dirty water carries all sorts of contaminations. The last thing you need, in a disaster scenario, is to be ill from the water you drink. For those in a secure base, then equipment to filter the water that you collect, will be necessary. There are many suitable filters you can purchase now, but if you are ill equipped then a fine cloth, doubled over can be used to filter contaminants out of the water. Plus boiling of the water, if you can, for 3 minutes.

There are filters available even for sea water, these could be useful if you live near a coastal area.

Containers

Containers - So very important if you have a safe house.

Use the correct containers for your water, plastic and metal are good, but they must be able to be sealed and they must be kept out of the light. If you live in a cold climate be aware of the containers freezing over. To prevent expansion and damage to containers by frozen liquid, ensure that the liquid has room to expand inside the container.

Fresh cooked food can be kept longer if stored in airtight containers so have a number of these in your 'preppers' kit. Don't rely on paper or plastic packaging.

Find a good all round back pack so you can go foraging every day.

Chapter 2 – Emergency Items 4-6: Weapons; Tools; Hunting Equipment

In this chapter we will discuss other ways of finding that all important food. If you are in an emergency situation for a long time, you may also be needing to defend your supplies and yourselves.

Weapons

Not all countries allow firearms. In countries where they are illegal, you need to be considering your legal options, such as a crossbow, air guns, self defence sprays and even knives. However, if you live in a country where firearms are widely available, then everyone is going to have one, so you will need to consider this option as a means of protection, security and even self defence.

We cannot advise on types of firearms, this is beyond the scope of this book, but you might use what firearms you are comfortable with, maybe you have used them in the past for hunting or as part of a firearms club. It is a difficult thought that others may want what you

have. Just like you, they may also have loved ones to feed, so you could find yourself having to defend what is yours.

Tools

Knives - The more functions it has then the better. A type of Swiss army knife might be a great tool to have amongst your top priorities.

Fire Starting Kit - There are plenty of modern gadgets that will assist with fire lighting. Keep a couple of them handy and easily accesible. A small fire can cook the dinner, purify the water and keep you warm. Well worth having an easy method of starting that all important fire. It might be worth learning how to start a fire without modern equipment and starting to store the basic equipment for this, aswell.

Saw or small axe - An essential tool for making firewood, from chopping up wooden furniture and tree branches.

Hammer and Nails - As time goes on and you are needing to defend your shelter, you may find yourself needing to lock out access areas to stop others from getting in to your fortress.

Hunting equipment

Basic hunting skills are essential to your survival, when you can no longer rely on the local store to provide your food stuffs. There are plenty of survival guides on hunting and fishing. This type of survival skill is a long term one, for when foodstuffs that you have stored have run out.

In this book we are simply trying to get you to think about the main concerns that you will have, and food is top of the list. Looking at the variety of hunting skills in depth is beyond the scope of this book, but an interesting link is available here that can get you started in developing and building traps and snares and knowing what equipment you will need to set aside [hunting skills](#).

Chapter 3 – Emergency Items 7-8: Hygiene, Medicines

So far we have looked at Food, Water and Protection, now we need to be considering Hygiene and Medicines. Bacteria and germs are sure killers and must be next on the list of priorities. All around you there will be filth, as there will not be any garbage collections, and sewage will probably be overflowing all over the streets, if you have to stay in a city.

With open sewage comes germs and diseases. You will suddenly start to experience that the slightest of illnesses or injuries, can be very debilitating, and even life threatening. So let us have a look at stockpiling a few items that might just make the difference in that first year.

Hygiene

Here, we will look at the importance of 6 basic and very important points of hygiene; Brush, Liquid Soap, Teeth, Feet, Rubbish and

Sanitation.

Proper sanitation is an essential necessity, especially in the case of good hygiene. Where everyone will go to the toilet, is a decision that needs to be made early on. For obvious reasons it needs to be away from the food preparation areas, and preferably away from your living area. One possible option is to continue to use the toilet.

Obviously it will not be practical or efficient to use your limited water supply to flush. Instead, you put in a trash bag (as you would in a bin), which can be used individually and wrapped up when you have finished, and then disposed away from the home. This would need the supply of a lot of plastic bags, such as a few packs of the smaller nappy bags. Alternatively, a toilet bucket can be used in a similar fashion. This needs to be situated away from the food and water.

Of course basic housekeeping cleansing is still required, but not to the extent of current necessity, but basic cleaning will make life more comfortable and reduce the risks of infection. A good brush will help clear away the dirt and debris, and if possible, antibacterial sprays will help keep your surroundings clear of dirt and germs.

Liquid soap is an excellent all round performer with a multitude of uses. It can function as shower gel, hand soap, shampoo and even the soap to clean your pots, utensils and clothes. Any liquid soap will do all these jobs.

Dental hygiene is still important, the risk of decay will be reduced because of the scarcity of sugary foods, but good teeth are essential. Teeth are given to us for a reason, so we can chew our food, and remember, food is at the top of the list. Even if you can only brush your teeth with a dry toothbrush daily, and use the liquid soap occasionally on your teeth. Once your toothbrush is no longer useable, just using a cloth or chewing the end of twig to make it into a fibrous brush, will do. There are other simple solutions to keeping your teeth healthy, such as rubbing with sand, or salt.

Let us not forget about our feet. They are all we have to get us around. It is essential to stop toe nails from overgrowing, so have a small pair of multi purpose scissors in that first aid kit. Keep those feet clean so there is no danger of any fungus growth that will disable you in any way.

Of course hygiene is not just about our body, as with the scenario of the brush, it is about our immediate environment. Having a place to burn any rubbish, having a place for toileting, these are all necessary requirements to think about, for surviving.

Medicines

Pain and injury are going to need to be treated immediately. Put together a basic first aid kit, tailored around your skills. This is another of those times when we suggest, try and find a booklet or video on stitching up an injury, it might just save a life. We cannot instruct you how to treat injuries in this guide, we can only encourage you to think about the equipment that might be needed and perhaps learning some basic skills.

Painkillers, which are presently easily accessible, as over the counter products, yet will be so scarce in a survivalist situation. Here we refer to the cheaper products, such as Paracetamol, Aspirin and Ibuprofen. Having a ton of plasters, they might come in handy, but in reality, clean rags will be far more useful. These will stem blood flow, clean wounds and even come in handy for the female monthlies, which is not going to an easy time for any woman.

Antiseptic Creams for swellings, cuts and insect bites, will prove very useful.

Multipurpose scissors.

Vinegar is a great multipurpose liquid. It will cleanse deep cuts, work as a disinfectant is also a great stain remover.

A good set of tweezers, essential from removing foreign objects such as wooden splints.

A needle and thread, great for repairing clothes and even at a pinch sewing up wounds.

Chapter 4 – Emergency Items 9-10: Clothing; Camping

Of course shelter is your top priority, but not everyone will have the luxury of a secure base. For those who will have to move about, this chapter will offer you some guide to staying warm, and the equipment needed to survive on the road.

In item no. 9 we will advise the best clothing to wear, and in section 10 we will be having a quick look at the basic camping needs for surviving.

Clothing

This will be much dependent on the climate influences. However, you should always prepare for the cold, even if it is just night time only. One of the most important pieces of clothing to try to ensure you have stored away in your backpack, is waterproofs. Who knows, it may be an event that changes the weather patterns, so provide clothing for all climates.

A few light t- shirts, warm thick jumpers, waterproof trousers and tops, a good heavy thick coat. Don't overdo it, just 2 pieces of everything sensible. If you are in a cold climate, you might put some thermals in there, and don't forget coverings for your hands, feet and head. Sunstroke can be a killer and you lose so much heat out of the top of your head, that a good hat is essential.

As well as clothing you will need to be thinking about bedding. A good quality sleeping bag is well worth its weight. It can provide heat in colder climate and good ventilation in warmer ones.

Camping

This is not going to be your normal average camping holiday. There is no point stocking up on stoves and torches and all the modern gear. You only want to be carrying your shelter, and a back pack full of survivalist gear. Even if you do have a shelter, you might like to store some camping gear.

You do not know for sure that you can remain in your own home permanently, if at all. You may have a need to go out travelling, perhaps to find relatives. If it turns out you really do not need this gear, then put it in your bartering equipment.

Basic Tent

One of your worst enemies will be the elements and whatever they are throwing at you. If you do not have permanent shelter, you will want something that is light to carry, and waterproof. There are specialist thermal reflective tents, that are inexpensive. You might want to consider the type of tents they put up in arctic conditions, as you know these will be tough. You do not want or need a complicated or large tent. Consider these tips when buying your emergency tent:

- Can I carry it?
- Can I put it up in the dark?
- Is it water proof?

You could also do with one that has a built in extra thick, ground sheet, so it is in effect a tunnel tent. Let us assume you are living in it, then you only need to fit in your backpack survival kit, and yourself. Believe or not, you only want a tent in a drab camouflage color. You do not want to stand out. Remember, there will be others who have nothing, and will not care about hurting you to take away what little you have managed to keep.

Mosquito Net - You might also need to consider having some of these in your stockpile, dependent on your surroundings.

Enamel pots are light and hard wearing. Stock up on these prior to the event. There are even enamel pans whereby all you need is folded inside which includes plate, cup and cutlery. If everyone has one of these, then that's one less worry.

Small Camping Stove Not essential, but if you have the room then they can be useful, when building a campfire might not be possible.

Back packs - A good, large but lightweight backpack that will carry your portable home. Make sure it is comfortable with plenty of support, it will be on your back for long periods of time. Do your research now, and shop around for the most suitable items, to store in your stockpile. There will be a lot to carry, if you are to survive.

Chapter 5 – Emergency Items 11-12: Lighting and Heating; Bartering

Lighting and heating

Lighting - For your lighting needs you may be lucky enough to start off with torches and batteries, but these are not going to last long. There are dynamo or wind up torches that can be useful, with these type of torches, you power them up by repeatedly squeezing a handle, which provides a small electrical charge, enough to power a weak torch. It can be a little noisy, so not be used if hunting. Other options are the obvious candles, but you will need a means to lighting them. You could also make your own candles with a few basic ingredients.

Any sort of oil or fat, a piece of string, a receptacle for pouring a little oil in. Soak the string in the oil and let a small piece stand outside of the oil. This is the end you will light. The string will soak up the oil slowly and keep your string wick lit. You can even use the fat that has come from cooking meat. Let it stand and set, and then put a piece of string in the middle.

Crayons are made of wax. Tie together 3 crayons with a piece of string in the middle. Light the string and once the wax starts to melt, you have a candle.

Heating - Regardless of your personal situation, you are going to need some form of energy to cook and keep warm. For most of your personal heat, you should rely on your clothing, but there may be extreme weather patterns, bringing in plummeting temperatures. Here are a few useful suggestions of dry items to have in your storage, which will provide you with an ongoing fire to burn:

- **Tinder** - to get your fire going = bark, sawdust, dead grass, straw.
- **Kindle** - To flare your fire up = pine cones, rags, dead leaves, paper or cardboard, twigs.
- **Fuel** - to keep your fire going = larger chopped pieces of wood and branches, make bricks from dried grass or even dried animal dung, coal (if you are very lucky), animal fat can be used like an oil fuel.

Bartering equipment

Any of your stores can be used as potential bartering supplies. Everyone will want everything that you have managed to put aside. However, it would be foolish to barter your main supplies, as you and your loved ones will need these. There will be certain skills whereby you might be able to barter for food, particularly if you know first aid well, such as stitching up wounds.

Those with good medical and first aid knowledge will be well sort after in a disaster situation. You might consider stocking up on some luxuries that people will miss, and may be willing to swap for something that they have, such as:

- Tobacco.
- Alcohol.
- Tea bags, instant coffee.
- Socks and Gloves.
- Reading Glasses.
- Certain toiletry items, such as wet wipes, razors,
- Packs of cards.

- Needles and threads.
- Instruction books on survival and medication.
- Vitamins.

These are all things you can use yourself, so they will not be a waste of time, but you may be glad you stored up on some luxury items, just to give you a good bartering hand.

Chapter 6 – Emergency Item 13: Transport

This final of our list of 13 is Transport. Even if you are lucky enough to have a shelter that you can use for stores and protect your loved ones, you will still need the means to travel around. When your own supplies start to run down, you will need to go out and forage. You may even need to go out to find a new shelter. Finally, you will need to go out to find out news of what is happening in the big world around you.

Transport

Bicycle - Not the fastest mode of getting around, but does not take up a lot of space and will be useful for local travel. You could even have a small trailer attached, for those foraging sessions. The biggest advantage is that it needs no fuel, only your own legwork. Obvious limitations are if you need to get away from a dangerous situation in a hurry.

Motor Bike - This would be excellent for making a quick getaway and gives a wider area for foraging. The obvious disadvantage will

be the necessity for gas, to run it. Again like the bicycle you could attach a small self made trailer to carry your provisions

Sled - You could even build yourself a sled with wheels. This can be as simple as 2 poles and a bridge across them. Again, as with the bicycle, you will not be able to get away from a dangerous situation in a hurry.

Boat - If you are near water, a simple canoe or boat with oars will be ideal. They will provide an excellent means of transport and also help provide food by using them for fishing expeditions.

Livestock - Useful for carrying heavy items, but they will need to be fed and cared for. They may also be sought after for food so could force you to need heavier security.

Wheelbarrow - This could even be in the form of shopping trolleys, although the larger the wheels, the better for pulling along on rough terrain. Great to be used for foraging and carrying items back to your base.

Feet - We mention this one last because it is the most reliable. We cannot stress enough on looking after your feet. Find a good pair of boots and lots of socks to keep your skin dry.

It would be nice to add a 4-wheel drive or a motor home, but realistically, there will be no gasoline to run such vehicles.

Conclusion

This is a scary thought, and one that we do not want to think about, right here and now.

How can we possibly continue on with our normal lives, if we believe this is our future?

Some believe it is inevitable, others believe it is only a possibility, and many even say it can never happen. It is up to you to follow your own beliefs.


Let us not panic and hide ourselves away, just yet. All you need to be doing, for now, is preparing for a possible breakdown in society, as we know it. It cannot harm anyone, if you simply feel the need to stockpile a few basic items that could, in the end, save the lives of your loved ones.

This book will guide you in those decisions. What to start thinking about, should you suddenly find your world in the middle of marshall law, with no certainty that it will end, or even that things will ever get better again. What will it cost to read a few books on surviving? Nothing really, just a few dollars and bit of your time.

So read this book and start to become a “Prepper,” because no one can guarantee that tomorrow will be the same as today.

SURVIVAL 101

Prepare Yourself and Your
Family to Survive Natural
Disasters



Arthur Palmer

Survival 101

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Survive Natural Disasters

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Introduction

The most extreme forces of nature are impressive and humbling to observe from a safe distance. Throughout history there have been monumental natural events that have shaped the Earth's evolution: Krakatoa; Tunguska; the Lituya Bay Megatsunami. The power of these natural phenomena can range from mild to catastrophic in magnitude, and they affect more than 250 million people across the globe each year! Recent tragedies such as the Indonesian tsunami and Hurricane Katrina have highlighted the unimaginable devastation that can be wrought upon populated areas, but this was nothing new. As instances of severe natural disasters appear to be on the rise, now is a good time for people in at-risk areas to teach themselves how to keep their families safe from the devastating power of Mother Nature.

This book will outline the fundamental steps that you can take right away to be prepared for whatever natural disaster has a chance of coming your way in the future. It will also instruct you on how to act when the disaster hits in order to ensure your family's safety throughout the duration of the frightening experience. Finally it will teach you what to do in the aftermath of the disaster, particularly if your location was severely hit.

You will be taken through these instructions for the four most common, and most destructive, natural disasters:

- Earthquakes
- Tsunamis
- Hurricanes
- Tornadoes

Through this you will learn that being informed and being suitably prepared are your best defenses against these phenomena. The same will be true for other natural disasters that could affect you. Read on to learn how to protect your family from Mother Nature's wrath!

Chapter 1 – Earthquake Survival

Few disasters are as unpredictable as an earthquake, but with good preparation you and your loved ones can come through unharmed. The key is to know what survival supplies to have prepared, what emergency procedures to establish, and how to avoid the greatest hazards once shaking becomes violent. Earthquakes originate miles underground and have three main causes:

- **Global tectonics:** The Earth is made up of several immense plates which are so tightly pushed together that there is always a struggle for room. Inevitably, the pressure between certain plates becomes so great that they finally shift; an event that doesn't happen gently. That shift is a tectonic earthquake, and can happen at any moment. These are the most violent of Earth's quakes.
- **Volcanic activity:** Earthquakes can take place before, during and after a volcanic eruption, the result of moving liquid beneath the Earth's crust.
- **Interference by mankind:** Man-induced earthquakes are often caused by drilling and digging processes in the search for natural resources. Such activity can unsettle the delicate

balance between tectonic plates, making a tense situation escalate into a catastrophe.

Scientists have never predicted a major earthquake. The knowledge of how to do so has not been discovered, nor is it expected to be in the near future. In relation to us, their occurrence will appear largely spontaneous, but an incident in one area can allow probabilities to be calculated for potential reoccurrences. As a result, scientists often focus efforts on the long-term alleviation of earthquake hazards by modifying structures to be more earthquake-resilient, rather than creating short-term predictions. Earthquakes are a fact of life, and building cities that can withstand them is the best strategy.

Precautions You Can Take

An earthquake's greatest danger lies in the fact that it can occur seemingly spontaneously. If you live in a location that's prone to earthquakes, preparation before the event is essential. The greatest hazards during an earthquake are collapsing walls, flying glass and falling objects.

- **Create a family disaster plan.** Discuss with your family what an earthquake is, and how it might occur. Explain to your children how to prepare and respond to an earthquake. Once your plan is devised, print a copy of it for everyone. Teach

yourself and your spouse how to help children cope with the trauma of a disaster.

- **Define your 'Safety Zones'**. This can be against inside walls, under sturdy tables or desks, or in stout doorways. Practice earthquake drills periodically, stressing swift movement into a Safety Zone. This is vital for your children to know and do. Practice avoiding windows, fireplaces, or appliances if a quake hits; always avoid the kitchen, it can be a deathtrap during an earthquake. Stay away from anything that could conceivably fall on you. No-one should rush downstairs or outside while the building is shaking, or while there is a danger of falling or being hit by flying debris.

- **Have food and water supplies on hand.** It can take 72 hours or more for help to arrive, so you need rations to sustain yourself and your family for at least this long. You may also be thankful if you keep some emergency supplies at work! Having knowledge of first aid could be a very useful skill for all family members. Also, keep emergency telephone numbers written clearly by every phone, and teach children how and when to call emergency services or tune in to radio stations for emergency broadcasts.

- **Minimize hazards in your house.** Ask yourself what would fly out of your cupboard if the doors opened during a quake. Fasten to the walls any tall, heavy furniture that could topple over. Hang heavy pictures and mirrors away from beds and

places people sit. Keep breakables or heavy objects on bottom shelves. Secure a water heater by strapping it to wall studs and bolting it to the floor.

- **Repair any significant cracks in ceilings, walls or foundations.** Seek expert advice if you are concerned about potential structural defects; unchecked damage could lead to fire or collapse. Defective electrical wiring and leaky gas connections are also fire hazards. Repair them. A working smoke detector is a must. Additionally, store any flammable products securely in closed cabinets with latches, on bottom shelves. Teach all family members how and when to turn off gas, electricity, and water.

- **Designate two places where everyone can meet:** one will be your home, the second should be somewhere outside your neighborhood in case some complication prevents you from accessing that area. Bringing neighbors in on your emergency plans could strengthen your potential survival bid. Be prepared in the event that authorities recommend evacuation: discuss with family where they should go and what they should bring. Nominate an out-of-town friend or family member as a check-in contact for everyone to call if you are separated.

Your Earthquake Supply Kit

Putting together a good supply kit before as a precaution before disaster strikes will ensure you don't have to compete with other desperate survivors for the limited supplies available after an earthquake takes place. Your kit should be packed into a durable container, and contain the following items:

WATER – Store one gallon of water per person, per day to last at least 72 hours (don't forget pets!). Pack water purification tablets for if you're forced to draw drinking water from other sources. Avoid drinking water from swimming pools or spas as it may contain too many harmful chemicals to be safely consumed.

FOOD - Store at least a 72-hour supply of [non-perishable food](#). Having enough canned and dried foods to feed each family member for a full week would be safest. Note that canned goods have a normal shelf-life of one year, so consider replacing them if unused.

TOOLS – Emergency tool checklist:

- A small amount of money.
- Utility knife, nylon rope and duct tape.
- Fire extinguisher.
- Crescent and pipe wrenches to turn off gas and water pipes.

- Flashlights with extra bulbs and batteries.
- Battery-operated lanterns for the evening hours.
- Portable radio with extra batteries.
- Non-electric can opener.
- Camp stove or barbecue to cook outdoors. Be sure there are no nearby gas leaks before igniting anything. Include matches or a durable lighter.
- Non-breakable eating and drinking utensils.
- Waterproof heavy-duty plastic bags, a shovel and toilet paper. Also add disinfectant and hand sanitizer. Damaged sewer lines might necessitate makeshift latrines.

FIRST AID KIT AND HANDBOOK

MEDICINE AND SPECIAL ITEMS - Stock necessary supplies for babies, the elderly or disabled and others with individual needs.

CLOTHING & BEDDING – You may be forced to sleep rough. Pack protective clothing, waterproofs, and bedding or sleeping bags. Include extra blankets and heavy clothing like rubber-soled shoes and work gloves.

COPIES OF IMPORTANT DOCUMENTS – keep these in a fireproof container or a safe deposit box with a key you always carry.

WHEN AN EARTHQUAKE STRIKES

If you are indoors, stay there - Get straight into your safe zone; this could be under a heavy desk or table, in a hallway or windowless room, or against a sturdy inside wall. If you have prepared your house in the way described earlier in the chapter, you will have minimized indoor hazards.

If you are outside, get into the open – you're safest away from power lines, buildings, and anything else that could fall on you. If you are driving, carefully maneuver as far away from traffic as possible and stop. Do not stop on or under a bridge or overpass, or near trees, lamp posts, power lines, or signs. Stay inside your vehicle until the quaking ceases. When you resume driving, avoid breaks in the pavement, fallen debris, bumps in the road and anything else that looks out of place. In mountainous terrain beware of falling rocks, landslides, trees, and other land features that could have been loosened by the shaking.

Chapter 2 – Tsunami Survival

What is a Tsunami?

In 2004, the second largest earthquake on record rattled the earth beneath the Indian Ocean and caused an enormous series of tsunamis to devastate the shores of Sri Lanka, Indonesia, Thailand, India and other Pacific nations. The death toll exceeded 300,000, and the property damage was insurmountable. Though certainly not the first tsunami to strike the shores of inhabited land, the 2004 Pacific catastrophe showed the world the sheer terror and devastation that tsunamis threaten.

The most common causes of tsunamis are earthquakes beneath the sea bed or huge underwater landslides, but they can also be a byproduct of volcanic activity or of a very large mass – like an asteroid – hitting the ocean. It is not uncommon for people to believe ‘tsunami’ is a word used to describe a *tidal wave*; this is incorrect, as tsunamis are not caused by tidal forces. In fact, tsunamis consist of a succession of large waves that can move at incredibly high speeds – in the open water their speed can be in excess of 600mph!

A tsunami in open water can be extremely hard to identify, as the waves can appear to be fairly normal in size. As they approach shallow coastal waters, they swell in size to anything from 20 feet to 100+ feet in extreme cases. As one is about to strike land, it increases dramatically in size and decreases significantly in speed. Low lying, coastal communities are most at risk of damage from these natural disasters; the word *tsunami* actually comes from the Japanese word for 'harbor wave'. They are notorious in that area of the world for their historical occurrences and the damage they have wrought upon harbors and coastal dwellings.

How to Survive a Tsunami

First, know whether you are in an area that has encountered tsunamis before. If you are, you can safely assume a system is in place to help warn the population about impending tsunamis. Check for websites that provide information on tsunamis specifically for your local area; you would be well advised to subscribe to such a website to receive regular updates and alerts. Simply put, 'at-risk' locations will always have an agency in place that looks for seismic activity with the potential to cause tsunamis, and then contacts appropriate emergency personnel in threatened areas. Thus, having a reliable radio to hand at all times may not be a bad idea if you live in a known tsunami zone. This will ensure you're swiftly notified if a tsunami warning is issued for your area.

If a Tsunami Warning Is Issued:

- Contact friends and family within the danger zone. Between all family members involved, you should have a pre-arranged system in place for an efficient chain of calls, spreading the word swiftly. With the warning in place, and everyone promptly notified, you must tune in to emergency broadcasts and follow the instructions of the relevant authorities. Evacuation is the only way to guarantee safety in the event of an approaching tsunami; it is important that people evacuate in a calm and orderly fashion to a place of higher ground.
- If a tsunami is caused by a severe earthquake, it is possible that the quake could damage telecommunication mediums and electricity grids. This can leave people unable to contact others. Consider, as a precaution, having a few pairs of [two way radios](#) in the homes of family members in the area. This way, if a severe earthquake does occur you'll still be able to contact one another.
- If you are within a known tsunami zone and feel an earthquake, do not wait for a warning. Immediately move away from low lying areas to higher ground; if you have already felt the quake, you may only have minutes to make your escape from low ground. Stay calm, but don't hesitate! Sometimes the time lapse between earthquake detection and the issuing of tsunami warnings is longer than it takes for the waves to strike.

- An infamous precursor to a tsunami is that the sea level around the coast will swiftly drop. This is important to know, but if you are near enough to the sea to witness it, it's likely you'll have very little time before the tsunami hits. Evacuate to higher ground immediately!
- If you are on the beach and observe one of the tsunami warning signs, it may be worth considering fleeing to a nearby multi story hotel with concrete reinforcement. Known tsunami zones will be prime locations for such buildings to be constructed, and they may be a safe haven in a desperate situation.

Golden Rule: *Have a Tsunami Evacuation Plan*

Ultimately, you should be aware of the threat of tsunamis if you live in a coastal community. Agreeing an evacuation plan amongst your loved ones could be what saves you all in the event of this particular natural disaster.

- Have a phone notification system in place with those you love, to ensure the evacuation message is passed on swiftly.
- Be aware of a few places on higher ground you can evacuate to.

- Have two-way radios in a variety of handy places (one could be in your car, another in a backpack, another at work; with their counterparts in places your spouse and children are likely to be at any given time).

The secret to tsunami survival is swift, organized evacuation to known safe zones – this can only be achieved by having a pre-arranged system in place, and ensuring communication with your loved ones can be maintained.

Chapter 3 – Hurricane Survival

Hurricanes are vast cyclonic storm systems which usually develop in tropical or subtropical regions during the summer and autumn months. To qualify as a hurricane, wind speeds within the storm system must exceed 74 miles per hour. Hurricanes are individually named to aid in their identification but each hurricane is, essentially, a complex system made up of hundreds of individual thunderstorms. Working together, these storms can produce tornadoes and generate inconceivably powerful tidal surges that can lay waste to coastal areas. Hurricanes are among the most destructive of nature's phenomena. Their appearance is not to be taken lightly.

Hurricane Survival Plan

A high wind in itself is not the principal danger. High winds blow around debris, shred buildings and turn objects into missiles, and these are the most life-threatening hazards brought about by a hurricane. You can also expect torrential rain, hail, and thunderstorms, with the added danger of flash floods and tidal surges in low-lying coastal areas. Having an established survival plan is essential if you live in a region that could experience a hurricane. The following are the necessary steps to put this in place.

Know how to be forewarned of an imminent hurricane

Hurricanes are rated by wind speeds in categories:

- Category 1: 74-95mph
- Category 2: 96-110mph
- Category 3: 111-130mph
- Category 4: 131-155mph
- Category 5: 156+ mph

Determine the level of risk for hurricane impact where you live. You must be prepared to evacuate if the order is given, and know where to go. Invest in a weather radio to keep track of events unfolding. Broadcasts to these radios are sent out via VHF radio waves, so any receiver that can pick up this frequency will suffice. Also know and post the TV and radio stations that broadcast official emergency and weather information.

If a hurricane watch is posted, it means there is a probability a hurricane will reach your area, so prepare as if it were coming at

you. A hurricane warning, however, means it is approaching and you must seek shelter immediately. Hurricane watches give 36 hours to prepare, and hurricane warnings give 24 hours to prepare.

Prepare 72 hour emergency kits for each family member (pets included!)

Your hurricane survival emergency kit should consist of:

- Plywood, nails (for boarding up windows prior to the hurricane, and also damaged roofs or collapsed walls following high winds)
- Gallons of bottled water and a large supply of non-perishable food
- Inflatable life raft, oars, and manual pump (in case of low land flooding from tidal surges)
- Rope and tarpaulin
- Toolkit – hammer, wrench, utility knife, duct tape
- First aid kit
- Propane camp stove, back-up propane canisters
- Two-way radios

- Emergency light with backup batteries
- Check batteries and replace water and packaged food every six months.

The safest place during any high wind storm is underground, away from windows, in a middle room or closet of a building and under a strong, heavy piece of furniture (in case of a roof or wall collapse). The basement is the best option, but if your home does not have a basement you can go to the inner-most closet or windowless room and take cover under heavy furniture. Note that you can purchase prefabricated shelters that you bury underground in your yard; these are supremely safe places to survive a hurricane.

Once your safety zones are established, you must outline a family disaster plan for procedures to follow when heading to them. Practice drills for gathering supplies and taking steps to minimize potential hazards from damage brought on by the storm. Make alternative plans for evacuation procedures so that your family knows where to go and how to remain in contact if you become separated. Make plans for re-connecting with family members. Discuss scenarios where people are at work or school, or stuck elsewhere when the disaster strikes. There are useful tips on creating family disaster survival plans in the previous two chapters.

Prepare your house to withstand the hurricane

If you choose stay at home, it will help to have installed sturdy shutters that lock securely to protect your windows (and thereby the house's occupants). Lacking shutters, you can use heavy plywood and nail it firmly to the window frames. Covering doors and windows with sturdy shutters and panels, and also securing roof trusses, must be a priority during hurricane preparation. Houses are designed as closed systems, so they withstand wind pressure best when they are sealed tight. If flying debris penetrates a window or a violent wind demolishes a door, the winds rushing in through the breach will push against the roof, trying to lift it, while the swirling external winds will create suction. Under these conditions, a house can be swiftly demolished before anything can be done to stop it.

Review your sheltering options

Special needs should check with their home health care agencies and register with the appropriate emergency management agency for their location.

1. *Plan A*: **STAY AT HOME** - If you plan to stay home, make sure you have taken the previously described steps to enable your house to withstand a hurricane. No mobile home can be made safe to withstand a hurricane, and if authorities advise you to evacuate then you should do so.

1. *Plan B: **STAY WITH LOCAL FRIENDS/RELATIVES*** - If you expect to take shelter at someone else's home during a hurricane, this must be arranged in advance. You will only have chosen this option if you're certain their house will have adequate preparations and supplies. Have an alternate plan ready in case these people are out of town when a hurricane hits.

1. *Plan C: **RELOCATE OUTSIDE THE THREATENED AREA***
 - If you intend to travel a long distance (remember hurricanes can be thousands of square miles in magnitude) to vacate the threatened area, use an up-to-date road map if you don't already know the route, and avoid major bodies of water. Make the journey as early as possible to avoid traffic jams and dangerous winds – you do not want to be in your car when a hurricane strikes.

- *Plan D: **GO TO AN EMERGENCY SHELTER*** - If you do not have a safe place to shelter, public emergency shelters will be established in assigned locations. The opening of such shelters will be announced on radio, television and emergency broadcasts. If you plan to go to a shelter, be sure to bring along your irreplaceable documents and bedding. A public shelter is a last resort; home comforts will be sacrificed.

Wait for an official 'all clear' declaration from emergency management authorities before leaving your shelter

When re-entry is allowed into stricken areas, you may need verification of your home address. Beware of lingering hazards such as broken power lines, gas leaks, sharp objects and unstable constructions. Understand that power could go out for hours or even days, so it might be a good idea to invest in a gas-powered generator that can produce small amounts of electricity to see you through any time where the grid is down. Keep your emergency kit with you for anything that could happen. Help where you can, but call authorities if a problem is dangerous or beyond your abilities.

Chapter 4 – Tornado Survival

The word 'tornado' conjures the infamous image of that spinning, funnel-like cloud swallowing up everything in its path. It is an immensely violent windstorm that can be spawned during a thunderstorm; the catastrophic result of warm air rapidly ascending above the blanket of cooler air brought on by a particularly heavy lashing of thunder and lightning. This goliath of nature can produce wind speeds that make hurricanes look like a gentle breeze, lifting and throwing whatever obstacles it comes up against in a devastating maelstrom of destruction. These winds are the most violent our planet can produce, and are the most singularly destructive weather-related events. The most extreme twisters will conjure winds of well over 300mph, and grow to heights of more than 60,000 feet into the Earth's atmosphere.

Luckily, we are not defenseless, even against a force of nature as powerful and unpredictable as a tornado. Scientists and meteorologists are learning more about the formation and behavior of the mighty winds, resulting in earlier and more accurate emergency broadcasts predicting where a tornado will appear and its probable path.

The scale for measuring the severity of tornadoes is as follows:

- **F0 - Gale Tornado (40-72mph)** *Path length:* 0.3-0.9 miles;
Path width: 6-17 yards
 - **F1 - Moderate Tornado (73-112mph)** *Path length:*
1.0-3.1 miles; *Path width:* 18-55 yards
 - **F2 - Significant Tornado (113-157mph)** *Path length:*
3.2-9.9 miles; *Path width:* 56-175 yards
 - **F3 - Severe Tornado (158-206mph)** *Path length:* 10-
31 miles; *Path width:* 176-566 yards
- **F4 - Devastating Tornado (207-260 mph)** *Path length:* 32-
99 miles; *Path width:* 0.3-0.9 miles
- **F5 - Incredible Tornado (261-318 mph)** *Path length:* 100-
315 miles; *Path width:* 1.0-3.1 miles

How to Survive a Tornado

The best practices for tornado survival are similar to those of surviving a hurricane. Make sure you are continually able to access emergency broadcasts to keep up to date with information, and know the tornado severity scale by remembering the information above. Establish tornado safety procedures with your family, and regularly perform drills to ensure all family members are able to enact the procedures safely. Keep a well-stocked emergency kit, checking batteries and replacing food and water every six months. Being prepared, as with all natural disasters, is the best survival strategy you can implement.

Tornadoes often manifest themselves quite suddenly, so it can be less easy to prepare your house to resist them than with a hurricane. It can also be more risky attempting to evacuate an area under threat from a possible tornado. The same principles of protecting all exterior doors and windows and seeking shelter underground still apply, but the ferocity and suddenness with which a tornado can strike mean there are a few other considerations to be taken.

Signs a Tornado is About to Strike

Watch for abnormal behavior in animals; does your dog or cat seem unusually restless? Does there seem to be a sudden absence of birds, notably accompanied by darkening skies and plummeting air pressure? These are strong indicators that a tornado is imminent, and you should consider putting your tornado survival plan into action immediately.

You should be alert if a tornado watch or warning has been issued somewhere not too far away from you, even if it isn't issued specifically in your area. Be vigilant enough to spot darkening skies and sudden drops in air pressure, and if you hear an unusual rumbling sound that is faint but growing in volume. These are the last minute precursors to an imminent tornado, and once that rumble has built into a deafening roar, you are hit! A moment's hesitation could be what enables a twister to descend upon you before you reach shelter, so don't ignore the signs if there is even a remote possibility of a tornado striking your area.

If a tornado is looming before you, a good tip is to put on a helmet. Preferably a helmet that includes face protection, like a motorbike helmet. If you don't have that to hand, any type of protective headgear is better than none. With flying debris and toppling buildings being the most immediate danger a tornado presents,

protecting your head will increase your probability of surviving if struck by one of these cascading missiles.

When the Tornado Hits

During a tornado the same rules apply as with a hurricane. Get to your underground shelter, where your emergency kit can sustain you and you are safe from the dangers of the high winds. A strong alternative is a well-built tornado-safe room inside the house can protect against even a tornado of F4 severity. If you aren't able to shelter underground, and have no safe room, head to a contained room or hallway in the center of the ground floor, get under some heavy furniture and take cover. Avoid exterior walls, doors and windows as they all become significant threats if the tornado hits them. Mobile homes are definitely not safe places to shelter, so if you live in one you must seek shelter elsewhere.

DON'T STAY OUTDOORS DURING A TORNADO.

If possible, get inside a building of sufficient strength to withstand the extreme winds. If no such shelter is available, or there is no time to reach it, lie in a ditch, gutter, or the lowest-lying area you can find. Even crouching beside a strong building will increase your chances. Protect your head and neck with your arms, and look out for large falling objects or potential flash floods.

If you are in a vehicle, you must not attempt to outrun a tornado. Heavy rain, traffic or fallen objects could obstruct your movement, and the tornado could be travelling at up to 70mph, changing direction without warning. If it gets too close, it could easily lift your vehicle and send it tumbling helplessly through the air. Instead, pull over in a location without large trees, power lines or other hefty objects that could fall onto your vehicle. Vacate the vehicle immediately and seek some form of shelter, protecting your head and neck with your arms.

The Aftermath of the Tornado

Observe the radio or television for emergency information/instructions. If untouched by the tornado, stay out of the afflicted area until your entrance is permitted by officials; your presence could impede emergency operations. Try to get out of damaged buildings. Once out, do not reenter unless there is an absolute necessity. Practice immense caution as you move through a damaged area – steer clear of broken glass and downed power lines.

If you are not in need of medical attention yourself, check for injured victims and utilize first aid if required. Do not attempt to move severely injured victims unless there is no alternative; you risk furthering their injuries. Wait for emergency medical assistance to

arrive. Check on neighbors/relatives who might be in need of special assistance. If an urgent need arises for help, it's your decision as to whether or not you contribute. Your primary concern should be your safety and that of your family.

Conclusion

The four types of natural disaster covered in this book are the most common that affect populated areas throughout the world. Other types of natural disaster include volcanic eruptions, wildfires, floods, landslides and avalanches. The common factor between all types of natural disaster that originate within the Earth's atmosphere is that it is observable that certain areas of the world are prone to certain types of natural disaster.

It is important to be aware of the history of the area you live so that you know what disasters could potentially occur, placing you and your family in a specific survival situation. This knowledge will inform you of the necessary procedures you can put in place with your family to be prepared for the onset of one of these situations arising. Pre-planned shelters and havens, practiced emergency procedures and well stocked/maintained survival kits will give you the best chance of not only surviving a natural disaster, but also minimizing the damage it wreaks upon your livelihood. Combine this with vigilance regarding staying continuously aware of potential warnings before a disaster strikes, and you can feel confident that you have

taken all the steps you can to keep your family prepared and protected from the most extreme forces of nature.

Living in a region that has a history of a certain type of natural disaster, or the natural conditions for one to take place, is all the motivation you need to prepare for one. Not doing so is irresponsible and potentially puts you and your loved ones at great risk. The steps to prepare for natural disaster survival are far less complex and risky than those needed to improvise once one strikes! Be responsible and be prepared to face the unthinkable if there is a chance it could descend upon you.

EMP SURVIVAL

**Best Resources on How to
Prepare and Survive in Case of
an EMP Attack or a Solar Flare**



Bryanna Lamb

EMP Survival

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Introduction

Magic is very attractive, to those who are not the magician especially. It has a lure that entices you to watch, and sit in wonderment at how they managed to pull a rabbit from the hat, or make an elephant disappear. Electromagnetic Pulses have a similar allure. You don't know how they work, or even why. You just appreciate the consequences of these EMPs, and go on with your life.

Think of the last time you visited the supermarket. You probably purchased a few staple items, like milk, bread, and cheese. Perhaps you even bought wine and cigarettes. You took your purchases to the counter, and watches as they were scanned through, the amount owed to the cashier going up with each swipe. After you left the supermarket, you did not even stop to think about the processes involved in getting your products from the manufacturer into your shopping bags.

Then, when you went back, you went to the same aisles, milk, bread, cheese, wine, and cigarettes. You did not stop to think how these items seem to be replenished on the shelves, ignoring this magic, and putting it down to a highly efficient staff. Chances are though, that you did not even think this far, and you just walked away from

the items, assuming that on your next visit to the supermarket, you will find them in the same place, just waiting for you to buy them.

What is actually happening behind the scenes is largely thankful to EMPs. When you scan an item out of the supermarket, when you make a purchase, technology takes over, and lets the supermarket know that they are minus one item. A chain reaction then follows, on that ensures that the supermarket knows how much they still have in their inventory of that item, and whether or not they need to contact their supplier to replenish the stock. Some orders are even placed automatically, depending on the systems and technology at play.

This is a kind of magic I suppose!

What would happen though, if the magic suddenly disappeared? What would happen if it was suddenly gone, and the entire system failed, or crashed, irrevocably? In the absence of this magic, your life would change, for the worst, and it would be a very long time before you, and the world at large, recovered from this disaster.

A nuclear EMP could take this magic away. A solar flare could also strip the world of this magic on which we have become so dependent. Fortunately, while you have no control over EMPs, and while a solar flare seems all the more imminent, there are measures that you can put in place for these seeming inevitabilities. There are

a few things that you can do, starting today, to ensure that you survive these events that will be similar to Armageddon!

Firstly though, you need to know what an Electromagnetic Pulse is. After all, how can you prepare yourself for a war when you do not know the enemy? At the risk of sounding like Sun Tzu, you need to have a thorough handle on your enemy, if you are to have any hope of defeating them.

Let us now go through just what exactly an EMP is, and you will see how these little pieces of magic have infiltrated every area of your life. Whether you want to know it or not, they have invaded everything that you do, and they have taken firm hold of your reality as you know it. Technology is a beautiful thing, and it continues to marvel us, with new advancements being made all the time. The foundation of this technology however, is very fickle, and you are about to see why!

Chapter 1 – What Is An Electromagnetic Pulse?

An electromagnetic pulse is, basically, an intense burst of electromagnetic energy. It is caused by abrupt and rapid accelerations of charged particles. This can result in a number of problems with electronic devices and equipment. It can also physically damage airplanes, power lines and even buildings.

There are three known causes of EMPs:

- A lightning bolt
- A solar storm, and
- A nuclear explosion or EMP type weapon

EMPs are sometimes called transient electromagnetic disturbances. It occurs in the form of radiated electric or magnetic fields. Depending on the source, it may also occur in the form of conducted electrical current. Sources of EMPs can either be man-made or natural.

We all know what lightning is. These lightning strikes cause surges in electric currents, in nearby wires and cables. These surges in electricity cause damage to your electrical appliances, particularly those that you have plugged into the wall sockets of your home and

office. Surge protectors are therefore highly recommended when you hook up your TV, computers, and other essential electrical appliances.

EMPs by high altitude detonation happen when charged particles are released within the ionosphere of the Earth. The ionosphere refers to the shell of electrons and electronically charged particles that surround the earth. This *shell* is located between 30 and 500 miles above the earth. Know this though, that the size of the ionosphere can fluctuate, due to various factors.

Huge downward surges in particles in the ionosphere create massive electrical currents. The currents can cause a barrage of problems for us on earth. Among these problems are the shorting out of power grids and transformers. Actually, any equipment that depends on electricity will be affected.

This is not a good place to be, and this situation will result in more problems than you can even comprehend.

It is important to know that EMPs have occurred before, and chances are, they will occur again. The 1859 *Carrington Event* is one of the first. In fact, it was the first documented event of a solar flare impacting the earth. Named after Richard Carrington, the solar

astronomer who first witnessed this event through his telescope, it occurred on September the 1st, at 11:18AM EDT!

The US government launched a 1.4 megaton nuclear warhead in 1962. They launched it over the Pacific Ocean, around 250 miles into the atmosphere. The resultant forces were much stronger than anticipated. Street lights and microwave links in Hawaii were damaged, some 900 miles away. Instrumentation was driven off the scale, making the EMP difficult to measure, and an accurate reading impossible. This event was known as *The Star Fish Prime Tests*.

Another event was called *Test 184*. This Soviet EMP occurred around the same time as the *Star Fish Prime Tests*. This warhead was not as powerful as the Star Fish Prime one, but it was exploded approximately 180 miles over the mostly populated area of Kazakhstan. This EMP knocked out a 600-mile shielded underground power line. This power line was buried three feet underground. Fires were caused in the power station connected to the line, and diesel generators were damaged.

Another event worth mentioning is the CME that hit Canada on the 13th of March, 1989. This was a powerful solar flare, one that resulted in a major blackout. Six million people were left without power for approximately nine hours. This CME disrupted power transmission from the Hydro Quebec station, and melted power transformers as far as New Jersey. It has been concluded by NASA

scientists that the strength of this event was about a third that of Carrington.

So, now you know that EMPs are a real possibility. The best precursor of future events is past events, and history, unfortunately, has a nasty way of repeating itself. The International Electrotechnical Commission, or the IEC, has a team of scientists that have placed EMPs into three distinctive categories, E1, E2 and E3. Let us now discuss these briefly, just so that you know what you're dealing with:

1. The **E1** is the quickest of all the EMPs. It is brief, lasting a mere microsecond. The intensity of this pulse is extreme, however. This pulse occurs as a result of nuclear blasts or EMP weapons.
2. E2 is slightly slower than E1, characterized by events like a lightning bolt. Because of the pace of **E2** EMPs, it is easier to protect yourself against them. Nuclear blasts and EMP weapons have both E1 and E2 characteristics, meaning that the protective measures you have in place against an E2 might have been damaged by the E1 pulse.
3. The slowest is the **E3** pulse. This could last minutes, hours, or even days, and is usually found in CMEs from the sun.

Fortunately, the sun does not produce E1 and E2 pulses, but nuclear blasts are known to have all 3 types of pulses.

The main difference between nuclear and solar EMPs is that while the chances of a nuclear EMP happening are small, a solar EMP is almost inevitable. Depending on its cycle, the sun can release up to 3 CMEs a day, although most of these are not strong enough to create serious problems for us here on earth. While most are usually directed away from the earth, we have been hit by some, as alluded to earlier. There have been some near misses too, like the July 2012 incident. Knowing that at some point, they will hit the earth again, it is important to know what solar EMPs are...

Chapter 2 – What Are Solar EMPs

While you may not even be aware of it, not having felt it, seen it, or read about it in the newspapers, July 2012 was a very close call for the earth. The earth was nearly knocked back into the Stone Age, and this was not at the hands of a crazy dictator or a giant asteroid. We were almost a victim of the life-sustaining celestial body, the sun, and it could have been very bad.

The sun emitted one of the largest solar flares and coronal mass ejections ever to be recorded. This flare just missed the earth, and if indeed it had struck us, we would still be picking up the pieces today!

Increased activity in the sun is generically known as a solar storm. The July 2012 solar storm consisted of a huge solar flare, which was followed by a massive coronal mass ejection, or CME. Solar flares are the result of sudden releases of the sun's stored energy from its corona, which causes the intense heating of the sun's plasma, by tens of millions of degrees. This accelerates and kicks out all types of radiation, creating a solar prominence, or eruption.

It would be very bad news for the earth if we were to be hit by such a solar flare. Similar to man-made EMP weapons, solar energy

particles would strike the earth with such force, the atmosphere would be ionized. This would create a vast cloud of energetic electrons. These electrons would then bounce around inside the atmosphere and destroy electronics, fusing conductive wires everywhere. Some satellites in the earth's orbit would probably be taken out too, in the rush!

The largest known solar flare to actually reach the earth, and strike it, prior to the 2012 near miss that is, was the Carrington event that took place in 1859. This solar flare and CME took out much of the Victorian telegraph network in North America and Europe. This just shows you the magnitude of the impact of these events on life on earth, if indeed, we are hit.

Solar storms are therefore one of the biggest risks to mankind and to modern society. They have the power to knock out entire city power grids, and without power in today's world, there is essentially no life. Like other natural disasters, we know that solar storms, and the resultant solar flares and CMEs will happen. We just don't know when, or how often, and it is almost impossible to measure their severity until they actually occur.

The number of CMEs varies greatly, as said before, and is dependent on where the sun is in its 11-year cycle. At its lowest, they average about 40 a month. At its peak though, there can be as many as 120 per month. Solar gasses travel rather quickly too, and if a

solar storm is pointed towards the earth, it can reach us anything between 17 hours and four days.

Now you know what an EMP is, and what a solar flare is. Let us get into the consequences, should one hit us, and the ramifications of not being prepared for this disaster. There are preventative measures in place for almost every natural disaster out there today, from earthquakes to floods, volcanic eruptions to typhoons. You will really do well to be prepared in the eventuality of a solar flare strike.

So, just how much damage could an EMP or solar flare cause for the earth as we know it?

Chapter 3 – The True Impact of EMPs and Solar Flares on the Planet

It is clear from the previous chapters that powerful solar flares and EMPs can cause serious damage to us on earth. The main disaster will affect all electronics on the planet. Massive CMEs have affected the earth in the past. And we all know that nuclear EMPs have also played a part in negatively affecting life on earth.

When these disasters hit, the earth was not so heavily dependent on electronics. The last time a CME smacked us upside the head, technology was not as advanced as it is today, and therefore, neither were electronics.

The last time we were subjected to a CME, for example, was in 1859. This resulted in the failure of compasses and telegraph systems. Today, we are heavily dependent on electronics and electricity than we were back then. We would be in serious trouble if a similar phenomenon hit us today. The electricity in any and all large conductors would be induced by magnetic fields and forces, including power transformers, and the power grid itself!

The power grid in North America operates at nearly full capacity. It would certainly not be able to handle the additional electrical load from a solar super storm. Power lines would snag, and eventually snap. Much of the continent would experience massive power outages. Radio signals would fall victim to magnetic fluctuations. Satellite and communication systems would collapse.

It would take months to repair the damage. People would panic, because they would have no way of knowing what is going on. They would have no way of finding out what was happening. Emergency services would be affected. And while these magnetic fields might not immediately affect cellphones or computers, what happens when your battery dies and you have no way of recharging your device?

Communication systems would fail regionally. So, while you may still be able to turn your cellphone or computer on, you would lack the services required that render your device useful. You would therefore only be able to play preloaded games on your device, unable to access the internet, make phone calls, send text messages, or access your social network profiles.

There is no way for us to prevent a solar super storm. We have control over the man-made EMPs, but we certainly do not control the sun. Limiting the impact of CMEs is possible. Overhauling the power grid for one, where the grid is not operating so close to capacity as is currently the case.

Shielding that protects our electrical infrastructure needs to also be developed. This will protect us from magnetic fluctuations. And while even the worst super-storms could not entirely wipe out all electrical systems across the planet, and while some regions might be unaffected, even a modest CME could show us just how vulnerable we are to the sun's temper tantrums.

So while it would take a solar even of unprecedented magnitude to send us back into the Stone Age, this is a real possibility, and one for which we need to prepare ourselves. The following chapter will give you an indication of some of the steps you can take to prepare yourself for what is looking more and more like an eventuality.

Chapter 4 – How to Prepare For an EMP or Solar Flare Event

Fortunately, there are ways to protect yourself against EMPs and solar attacks. These may involve coating certain electrical parts, or even allowing electricity to be routed around transformers. These steps would be very expensive, but the cost of not setting these measures in place would be catastrophic.

Extra transmission lines would need to be installed. Generators would have to be used to divert power around particularly vulnerable nodes on the electricity grid. Again, these are preventative measures that would cost a lot of money, but the cost of not setting them in place cannot be measured in monetary terms alone.

Devices can be protected by encasing them in Faraday cages. These are shells of conductive material that prevents the device from experiencing external electromagnetic currents. In fact, this is how the military protects some of its most important facilities.

Some people take their preparations too far, to say the least. However, preparing for an EMP or CME is not unwarranted, and in

fact, it is essential. Both governments and individuals need to be prepared for this. Governments need to secure their electrical grids. Individuals need to be prepared by keeping enough food and water, to last for about a week, at least.

Let us now go into some detail as to how you can prepare for and survive an EMP or solar flare...

Our dependence on electricity and the power grid has changed dramatically. What started out as an inconvenience has evolved to such an essential part of our lives that our very lives even depend on it. This has happened so gradually that we do not even realize that without electricity, we would be transported to a time worse than even the Wild West of old. According to some scholars, a massive power grid failure could kill as much as 90% of the world's population!

Preparation for an EMP is not easy, to say the least. Chances are, we will not know if it is the result of a nuclear attack, or a solar flare. We will also not know how long the devastation will last. It can be weeks, months, or even years. Your survival will depend largely on your openness to the possibilities.

An EMP has the power to disrupt, destroy, or damage your life as you know it. These are due to the residual effects of an EMP, including starvation, disease, and even total societal collapse. You

need to, therefore, take immediate steps towards survival, and have a plan in place, in the event of an EMP.

You need to be prepared for the time immediately following an EMP, as well as for the years following the catastrophe. You need to understand that mankind will be devastated. This might sound drastic, but that is exactly what it is. Your survival will depend on how well you are prepared for this event.

Tip #1:

Do not underestimate the danger! This could be fatal. If you do not have a plan of action following an EMP, you may be dead. Do not spend too much time thinking about it. Look out for the signs that an EMP is happening. Cars will fail to operate. Telephones and cellphones will not work. All the lights will be out. Be swift about the implementation of your plan, remembering that you will still be held accountable for your actions the day society is restored. You will need to be honorable in your actions, therefore.

Tip #2:

Know that anything can happen, and it probably will! The saying '*hope for the best but prepare for the worst*', is very much applicable here. Some of the worst things that could happen, and therefore perpetuate the crisis, are:

- Planes falling out of the sky

- Loose wires that could electrocute you or your group
- Fires might flare up everywhere
- Carbon monoxide poisoning is a possibility
- Pathways may become blocked
- War may result
- Marshal law and rioting will be rampant
- Prisoners could get out of their cells
- Children could be used as decoys
- Disease will probably spread rapidly
- Food may likely be confiscated
- Dogs may be on the loose, and they may become rabid
- People could turn to eating their pets
- People could end up eating each other
- Swimming pools could become mass graves
- Nuclear plants may detonate because of their inability to stay cool

You need to keep your head, and your cool, and know that any of the above are real possibilities.

Tip #3:

Water is your most important commodity! Following an EMP event, the water mains will start to lose pressure. Fill every possible container in your home with fresh water, including your bath tub. There are devices that you can buy to maximize your water storage in the event of an EMP or other natural disaster. Water is important while you wait out the disaster, so make sure that children and teens

are aware of their duties surrounding water storage, in case you are not home when it happens.

Tip #4:

Surge protectors are gold, in the event of an EMP! You should install surge protectors at every opportunity in your home. When you experience an EMP, you do not want to unplug appliances immediately, and you do not want to plug in your generator immediately either. You do not want to draw attention to your preparations. Also, you risk electrocution, which is easily solved by the use of quality surge protectors.

Tip #5:

Fight the urge to alert your friends and neighbors! You do not want to create panic. Play it cool, play it safe, and pretend to be as in the dark as everyone else around you about the situation. Know who your allies are in advance of an EMP, trusting that everyone else will know soon enough what is going on.

Tip #6:

Know that money will have a very short shelf life! Spend all the paper money you have on hand as quickly as you can. In the event of an EMP, these notes will quickly lose value, and you may find them worthless very soon. Pay more for items if the merchant is prepared to sell to you. You will be able to eat the bread and cheese;

you will not be able to eat the \$20 you might have paid for it. So take action, and get rid of your bills as quickly as you possibly can.

Tip #7:

Empty out your refrigerator as quickly as you can! You want to avoid opening your fridge often, to ensure that the items inside are kept as cold as possible. You need to open it for the purposes of consumption though. Eat the items in your refrigerator first, ice-cream, ice cubes and cheesecake should not be left to go to waste. Eat your food in your refrigerator as they thaw out, in order, to ensure longevity.

Tip #8:

Start rationing your food and water! Shelf-stable food and water need to be rationed. You are only allowed to indulge in the food that will spoil. Cannibalism is a real threat in the event of a severe EMP, so you do not want to be tempted to engage in this gruesome act. You do not want to eat your friends. Hell, you do not want to eat a total stranger either. So go easy on the consumption of foods, and make sure that as a rule, you purchase items with a long shelf life.

Tip #9:

Resolve to survive! There is always hope, and provided that the initial EMP doesn't kill you, know that you can survive an EMP. You

just need to be as prepared as you can, have a survival plan in place, and stick to your plan!

There are some things that you can do in advance too, to prepare for an EMP. The following tips will go a long way to ensure that you are more prepared than most, especially the people who did not read this book!

Chapter 5 – Preparing in Advance for an EMP

The best way to prepare for an EMP situation is to have **a solid actionable plan** in place. There are some essential tips that will help you put together your plan, and make it easier for you to stick to it when an EMP event does occur. We have seen that this situation is looking more and more likely, and even inevitable, so you need to take these tips to heart and use them in creation of your survival readiness plan.

Tip #1:

Analog is key! In a world without digital, you will need to go analog. Analog radios, thermometers, clocks, and soil pH meters are all essential items to have at your disposal in the event of an EMP situation.

Tip #2:

Plan your fuel needs! Buy a generator, learn how to store fuel, learn to deal with solar energy effectively, plan for your life off the grid, and purchase a hand cranking radio and flashlight.

Tip #3:

Prepare your car! In case you are in your car when an event strikes, know that it will probably stop working. You need to therefore stockpile on car essentials. Always carry food and water in your car. Have an escape plan in place for your car too. Have good walking shoes in your car in case you have to walk home. Have a fold-up bicycle in your vehicle too, in case you are far from home when the EMP event strikes.

Tip #4:

Have a family plan in place! Have a realistic plan, and then a contingency plan in place. Discuss the medicinal needs of your family, having extras on hand in the event of an EMP event. Medicines usually have a very long shelf-life, so you can keep them in your survival kit for a long time. Discuss your sanitation requirements, and prepare for them. Fire risks should also be assessed; fire extinguishers and fire blankets are essentials for your preparation.

Tip #5:

Implement simple changes to your daily routine immediately! Start today to take the stairs instead of the elevator. In the event of an EMP event, the elevator will not work anyway. Avoid busy places in the city as often as you can. Get out of larger cities if this is possible for you. You do not want to be stuck in a huge city in the event of a catastrophe. Buy a foldup bike!

Tip #6:

Read, read, and read! Read as much as you can about EMPs, both fiction and non-fiction. This will get you in the frame of mind required of you to survive in the event of an EMP situation.

Tip #7:

Build a Faraday Cage! A Faraday cage is a container that prevents electromagnetic pulses from completely destroying your electronic equipment. This will protect you communication essentials. The intense interruption of solar radiation will therefore not affect you. You can research how to build one for yourself by simply looking on the internet. After all, this is the same place that will teach you how to make a bomb! Buy surge protectors as well. This will help to maintain your communication systems for a while in the event of an EMP.

Tip #8:

Move away from nuclear reactors! This might not be possible for you to do immediately, but you might seriously want to consider creating as much distance between you and a potential source of an EMP!

You need to continue preparing for an EMP event, and you need to start today. The longer you wait, the less likely you are to survive such an event. Preparation is key to anything in your life, and with the tips provided in this book you will be in a much better position to survive an electronic Armageddon. That is exactly what this event will feel like, and unlike the judgment day described in the bible, the chances of god saving you will be slim to none.

You will need to save yourself!

Conclusion

It is advisable that you print this book out, and keep it on hand for easy reference. Your tablet, laptop, and cellphone will not work in the event of an EMP! Read it, and read it again. More than just reading it however, you need to apply the tips and suggestions in this book, if you are to have any hope of surviving an event such as an EMP. The question is not if this event will take place, but when.

The likelihood of a man-made EMP event is slim. While it is slim though, it is not impossible. A natural EMP event is inevitable, more so now than ever before. This can be seen in the fact that it has happened before, and also in the near miss we experienced in July 2012. You need to get prepared for this event then, if you are to hope than you will make it out alive.

This book will help you get prepared for an EMP event and a solar flare. It should not be a last minute resort either, which will see you scurrying around like a headless chicken trying to figure out what you need to do, and what you should be doing. You should have been prepared for this event well in advance. You can now start your preparations for this catastrophic event.

This is not a doomsday prophecy, by no means. What is it? It is a useful tool that will help you to get ready for when this event takes place. You need to be ready for this day, and armed with this book, you will be able to get your head around getting out of a sticky situation, in the event of an EMP event.

You will do well to get to grips with the information in this book, and you will do even better to use it!

Prepper's Hacks

39 Incredible Survival Life Hacks That Every Person Can Use to Be Prepared for Unpredictable Natural Catastrophes



Tiffany Ray

Prepper's Hacks

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Introduction

Learning to prepare for the unexpected can be a challenging experience. But it is often a necessary one, given the fact there are so many different curves that are thrown our way every day. *Prepper's Hacks: 39 Incredible Survival Life Hacks That Every Person Can Use to Be Prepared for Unpredictable Natural Catastrophes* is a short but thorough eBook that offers 39 basic tips for learning how to predict and react to the unexpected. It covers the essentials needed for food, energy, clothing, as well as gives basic advice on where to learn more about the topic.

The unexpected can take on many forms and in order to handle those multiple forms, it is best to get a general idea of how to react, rather than a solution to each and every individual problem. Thirty-nine tips are enough to give the reader a general idea of how to handle life's unexpectancies, but not enough to tire and bore the reader. It also leaves room for the individual to explore on their own how to prevent and fix events that does not go as planned.

Consider *Prepper's Hacks: 39 Incredible Surviving Life Hacks That Every Person Can Take into Account to be prepared for*

Unpredictable Natural Catastrophe as an introductory guide that allows you to both learn ideas for preparing for the unexpected future and to give you the tools you need to create your own plans to react to the unexpected.

Guides for preparing for the unexpected often resemble those that teach basic skills for the wilderness and other outdoor events. You will find similar types of advice in this book. Guidelines for keeping steady temperature in extreme weather settings can be applied to both indoor and outdoor settings. If there is a power outage, you will need to know how to stay cool or warm, whether you are inside the four walls of a standard home or in the middle of woods. The principles are the same.

A major part of learning to prepare for the unexpected is to plan for such an unforeseen event. Planning is an entire chapter included in this book and includes similar numbers of tips that are included in the other chapters. Planning involves more than creating an outline of what steps to take.

It also requires putting aside a certain set of tools or documents and having several alternate ways to react. Unlike other skills discussed in this book, planning is one that may not necessarily include the purchase of materials or goods, but the creation of an idea of how you will make use of these materials and goods.

The skills taught in this book are not only good for learning to prepare for the expected. They are also useful in handling matters for everyday life, even when life is steady and predictable. We would all like to save money on the monthly bills so we can put it towards something else. By utilizing the suggestions in this book, such as insulating the home, a reward can be reaped without having to react to the unexpected.

Essentially, a guide for learning to react the expected can assist in helping you to live better and more fully, even when nothing but the expected takes place. This guide can be thought of as a guide for helping to do this, even if you never experience something that is dramatically unexpected.

Many of you have probably heard stories about the life of living for the unexpected. Some are more dramatic than others. There are varying degrees of this lifestyle and you shouldn't expect to live to one end or the other. Some will have months and months of food and other supplies stored in a secret room underground. Others will have a small cabinet of items that will last for a few days.

It is entirely up to you to determine how much you will prepare for the unexpected. It is based on several factors, including the convenience you have around you and how you are able to react to these factors. Do not take one or another person's experiences and preparation skills as the only guide for how you should live.

On the other hand, do not live insulated and without the input from others attempting to do the same thing. You'll find support and advice from those around you in various settings. This can be a fun experience as well as a learning one. Finding out what other people have done to prepare can be thought as a group or club that gives exclusive advice.

Creative ways to share information can be generated. Use every medium that you have available to spread the word. Some of the best ideas for preparing for the unexpected may come from an actual person rather than a book.

Prepper's Hacks: 39 Incredible Survival Life Hacks That Every Person Can Use to Be Prepared for Unpredictable Natural Catastrophes does by no means include every aspect of preparing for the future. It can be taken as just a small start to a much larger journey of learning to live in a manner that allows you to react effortless as if you always knew the event would happen. This small step was never meant to be the only step on your journey.

Feel free to explore other literature as you progress and learn more about the life. Of course, if you feel this is the only piece of information you need about preparing for the unforeseen, you have everything you need now. As you start making plans and drafts for

your idea to react to the future, you will get a feel for how much more and what types of information you'd like to seek.

As you progress to creating your plan for planning for the unexpected, you may feel old tips are not useful and there are updated and newer ways to accomplish this. Feel free to discard these tips and move on to more updated ways of planning if these are methods that seem to work better and have also been proven to work among those that have tried them. Like the future, tips for preparing for it are prone to change and there is no need to keep the same old methods if there are more efficient methods to use.

The journey begins here but will most likely never end here. Have a fun and rewarding experience as you learn to prepare for the future.

Chapter 1 – Food Tips

1. Water Resistant Wrapping: Many people who have backpacked or camped or done anything outdoors have experienced the need to protect something from rain and the elements. There are several types of more expensive coverings that can be bought. But one way to do this yourself is by using heavy duty garbage bags and cutting them to fit the material you need covered. This is a tactic that can be used indoors or out, in the case of rain or other conditions which dampness is a problem. Purchase several boxes of large bags and keep these on hand in case the need arises.
2. Stocking up on what you like: It's always recommended that you keep a few items for several days' worth of food, but many experts want you to keep foods that are often bland and boring. It's best to keep shelf-stable foods of what you normally eat.
3. Visit Wholesale stores: It's true that usually things are cheaper when they are bought in bulk. Visit stores that sell items in larger quantities and stock up on things you would need for a few days or even weeks. Wholesale and larger

markets are a good choice, but be cautious when purchasing items from these places. It is discussed within this book the importance of consuming the foods while they are within their expiration date. Having too many edible items in bulk can create a problem of not being able to consume them within their appropriate time frame. The result is a loss of money and possibly even food that is no longer able to be consumed if there is a need to do so in the case of an unexpected event.

4. Proper storage: All the bulk items in the world won't be any good if you don't know how to store them properly. Purchase containers that are able to be sealed tight and resistant to dampness and water.

5. Pay attention to dates: Many food items in sealed containers can last for months and even years. There is debate over how long to keep food that is past an expiration date. It's a good idea to keep foods that are not close to the expiration date. This can be accomplished by keeping tabs on how close each item is to its date and consuming it before the date arrives. Replace after it has been consumed to keep the supply full. It may be helpful to keep a log chart of other type of sheet which displays all items and their respective dates.

6. Invest in supplements: Even if you don't take supplements daily, you may want to keep a few in your supply case. When food is in short supply, you may need to add extra vitamins and minerals to the food you already eat. Treat supplements just as you would food and pay attention to expiration dates. Supplements come in a variety of forms. It is not necessarily in the form of a tablet. Look for ways to supplement with powders and foods that are already fortified.

7. Adequate Water Supply: Ensure there is enough water for all persons in your quarters for at least several days. Purchase sealed containers and store in areas where they will not be punctured or otherwise damaged to a point where the water leaks and becomes wasted. It may be necessary to have a set of utensils or other supplies from which to dispense the water and food from as well. This is especially true if you have larger containers of water and it is not as feasible or convenient not to drink from the containers, such as the case in a situation where multiple people to give food and water to be.

Chapter 2 – Energy and Power Tips

1. Keep various sources of light available and on-hand. This includes a supply of flashlights and other lighting that can be used without electricity. The amount of light needed is dependent upon your situation and location. A smaller environment may require the use of only a few light sources. A larger home or other environments may need a much larger supply.

Develop a plan to determine how many sources you need based on your dwelling or environment. Have these sources in a central location that is easy to access. Alternatively, you may have smaller versions of these sources in each room to access until the main supplies are located. Keep batteries needed to supply the lights. A set of rechargeable batteries is a good idea. Of course, these should be charged before the electricity is lost. Batteries should be kept in a location where they are free from excessive elements, especially dampness. Batteries that are not kept in this condition may not work when the time arises.

2. If outdoors, have plenty of supplies that supply power and energy. These often need larger and much more powerful batteries. Ensure that these batteries are charged fully at

all times and if there is a way to take along a charger for them, do so as well.

3. Cooking outdoors is always a challenge. Cooking indoors without a power source is an even bigger challenge. Learn ways to accomplish both of these. For outdoor cooking, learn the different appliances that can be used in a camp or similar setting and the fuel you need to power these.

If you are in an area with an open space or a space of your own, these may even be used while at home during a time when the power supply is not working. An alternate way to accomplish this is to make use of food that does not require heating. Keeping several supply packages of these types of food may solve the issue of cooking and heating food altogether.

4. Keep a set of various light sources for the home for every location, situation and occasion. For example, you may want to have a set of larger lights with wider flash areas to mimic dimmer indoor lighting when there is now power. Smaller flashlights are used for shorter-term uses and can be kept nearby. When the power is down, use these lights until you can find your way to the larger lights that will be a bigger source of power.

5. Consider non-traditional sources of energy to live by, even when normal power is available. This can save money on costs as well as come in handy if there is ever a power outage. Depending on the area in which you live, these sources may be used just as much as standard energy sources are.

6. Remember to consider power sources for both warm and cooler seasons. It is easy to think of supplies during cold months. But hot months can be a challenge and staying cool in humid weather is just as vital. Look for cooling and heating sources that can be powered with batteries or other rechargeable energy sources.

Chapter 3 – Insulation Tips

1. Keep a supply of blankets and other materials that will keep you warm, indoors or out. A blanket that is designed for extremely cold temperatures is a good idea. Often, there are camping blankets that function as both sleeping bags and fully unzipped blankets that can be used either in an outdoor or indoor setting.
2. Insulate the indoor areas of your home during each season. This helps to keep temperatures within a normal range during any season. This can be done both on your own and with the help of a professional. Use plastic sealants, gels and other modifications to keep heat and air in or out and save on the monthly utility bill at the same time.
3. Have a clothing supply that will accommodate you in all seasons. Again, the same is true for both warm and cold months. It is obvious to keep items such as long underwear on supply for the colder months. But clothing fabrics that whisk away sweat from the body during the warmer months is just as essential if there is no source of cool air for an extended period of time. When considering clothing, it is

also important to consider comfort. Some of the older warmer materials contain fabrics that may be itchy or heavy or otherwise uncomfortable. During an unforeseen event, it is always better to have as many comforts as possible, especially considering what may be going on around you. Newer fabrics are equipped with designed that allows you to stay comfortable while protecting the body from the elements.

This is especially true for many synthetic fabrics. Look into your options and read on each material to determine which will bring the most benefit in the case of an unexpected event where maintaining temperature would be vital.

4. Keep clothing and other materials intended to preserve the temperature in a location that will also result in their preservation. If these items are worn, dirty or become the object of moths, they will be of no use. Sealed packages that can be reopened are the best. Other items include containers with lids that can be tightened. Ensure these items are in a place that is free from dampness and other causes of mildew.

A container that is resistant to dampness is the best idea. The option to wear some clothing if there is not an unforeseen event is entirely up to you. But it may be difficult keeping track of items and it you may end up not replacing your supply. You

want to keep these items in good and new condition, as this will enhance their ability to regulate the body's temperature. It may be best to buy a set of clothing and never wear them unless the need arises where you need to wear them for the unexpected event.

5. When buying items of clothing that are to be worn during extreme temperatures, it is always best to get fabrics that are easiest to clean. Even though you will probably not have access to a washing machine for an awhile while you are using them, machine washable clothing is essential. Avoid fabrics that need to be hand-washed. However, materials that are hand—washable are ideal due to the fact you may be without these facilities. Items should be simple and free from intricate designs and other materials that require special care.

6. Consider tents and other enclosed areas that can be easily broken down and assembled as needed. This is good for both outdoors and indoors as well. A smaller tent can be assembled indoors to keep warm in a smaller space that you dwell in. Such an enclosed area with heavy duty fabrics may assist in keep the temperature steady within the small space.

7. Remember the rule about layers. Instead of thick fabrics, consider placing several thinner layer fabrics on the body to assist in maintaining temperature. This keeps warmth in the body better and is more convenient when the temperature rises and there is less need for more fabric.

Chapter 4 – Learning Tips

1. Use various sources of information to learn more about the survivalist lifestyle. The Internet is a good source, but you should be careful about who the expert writing is and what he or she has to say. Use trusted sources from reliable sites or otherwise well-known author. The ability to evaluate a source can be tricky. There are no set rules for doing so.

A source that look reliable may in fact offer problematic information while a source that looks amateur may contain the best information that is available. Look for a site that has been in operation for a while, several months to years. A site that is associated with a larger company or organization that specializes in outdoor living or other rugged lifestyles may also be a good option.

2. Read up on the survivalist lifestyle through books that teach the subject in a variety of areas. Once you've mastered the basics within each area, get books that focus on specific areas you feel you need to improve upon or those that apply to you more than others.

3. Subscribe to magazines that highlight survivalist lifestyle or other outdoor or rugged lifestyles, such as camping and outdoor living. Make a collection of articles you find especially useful or inspiring that you can refer to when necessary.

4. Take courses that teach you real life lessons on survival. These might include skills taught for camping and outdoor activities as well as basic survival skills that are needed in the case of unexpected events. Courses may be available for a fee and some may be free of charge.

Experiment with a bit of both to determine where the most pertinent information based on your situation can be found. In a few instances, you may be able to go on longer and extended trips with a group that is designed to teach you more about preparing for the future. It is limited by your budget, your time and what is available in your region.

5. Join a group that focuses on survivalist skills. This group may meet either in person or on-line. Preferably, you can find a group that meets regularly and engages in trips and activities that assist in practicing such skills. You will gain knowledge both from the lessons taught in regular meetings as well as through conversation and exposure to various members of the group.

6. Books on tape and other audio lectures are great ways to catch up on survivalist skills while you are on the go. These can be listened to in any setting you'd normally listen to music or other audio pieces. Learn if there are any podcasts available that regularly feature information on the survivalist lifestyle. In addition to those mentioned above, there are numerous other electronic ways to acquire information on preparing for the future. Look into videos online as well as apps that can be used to help you make decisions about planning for the unexpected.

7. Sign up for any workshops, weekend events and other occasional lessons you can find on the survivalist lifestyle. These may include special speakers coming into a town near you or a mini workshop hosted by a survivalist expert.

Chapter 5 – Planning Tips

1. Organization is the key in any event. Organize your plans for survivalist events before they occur. There are various ways in which to accomplish this. It include both organizing on paper as well as larger physical components, such as the bins or cabinets you will use for placing essential items.
2. A major collection of items you will need to organize is the collection documents needed. These include any financial and other papers that will come in handy make transactions if the need occurs. Place this in a place that is protected from dampness and other elements so they can be retrieved as soon as possible without damage when needed.
3. Make a plan to dwell or evacuate if the need arises. A home with a basement can easily be converted to a living area in the upper part of the home is not suitable for doing so. A plan to leave can be divided into several parts, including the mode of transportation, short-term versus long-term evacuation and routes for doing so if the need arises.

4. List of important contacts that should be made should be drafted and updated whenever necessary. Include names of the persons or organizations involved as well as any contact information that can be used, from phone to email. Make detailed notes of why this contact is necessary and best manner to reach these persons.

Keep in touch with these contacts so they know you are planning to rely on them in the instance the need arises. Update contacts when necessary. Make sure all contacts have your entire contact information as well.

5. When making plans, make several alternate ones in case the original one does not work out. This includes plans for any event you foresee, including food and storage, dwelling, evacuation and so forth. Have at least one alternate plan and several more if you can think of them. Keep drafts of these plans in the same location where your most important documents are kept ideally, this is a box small enough to carry to most places where you go and is also protected from the elements such as water.
6. Engage in practice drills to carry out your plans. Do this regularly, at least once a year and potentially more, especially if you are in a situation that is more prone to

needing to carry out these plans. You may perform one or all of the drills to assist you in this preparation.

7. Seek professional guidance for the drills and plans you have. Match your plans with those designed by national experts on outdoor living and other adverse events.

Chapter 6 – Miscellaneous Tips

1. Build your collection of survivalist materials gradually, unless the need for faster progress is present. Buying a few goods every month or so will result in a collection that is larger within a year or two and is less expensive than buying many items at once.

This can also assist you in buying too many items that cannot be used later in the future. If each and every item bought is considered carefully, there is a much greater chance it will be used in the future, even if that usage is just for replacing it with a newer item once that inventory has been taken.

2. Save money while preparing for unexpected events by utilizing stores where these items can be bought cheaply. These include large wholesale stores and other places where items can be bought in bulk. There is a trend in general to save and look for deals and discounts. This has been a trend in smaller groups for some time but it is just now making its way into the larger population. Take advantage of every opportunity

to look for coupons, clubs and other ways to save here and there.

3. Continue to stay informed on new ideas and techniques for survival. Watch any new series that discusses these, read the latest books written by experts and continue to subscribe to any magazines that regularly feature these topics. Information that is available is often free of charge or of very little charge. It takes very little to invest to reap the rewards of having the knowledge to prepare for what may not be expected.

Everyday life may offer the opportunity to pick up a tip or two on preparing for the future. These tips may not come from literature designed to directly promote this either.

4. Health is essential to any survivalist. Keep the body healthy through physical activity and good nutrition. The benefits from doing so are rewarding in any situation, even though where the unexpected is not part of them.

Conclusion

There are countless ways in which you can prepare for the future. The 39 tips included in this book are just a few of the ways in which you can get started, Take advantage of every chapter regardless of where you stand in your readiness to prepare.

There will be chapters that seem redundant or review. It may be tempting to skip them, but it may be more helpful to skim through them quickly or read them as thoroughly as you would a chapter that contains more pertinent information. There is always something new to learn or review for most people, even for the most experienced person who has learned to prepare for the future.

There may be chapter favorites that include information you feel is more pertinent than others. Feel free to read and reread these chapters to get a fuller understanding of the information that is being conveyed. For some of you, this may be a chapter or two of information you feel is most necessary. For others, it may mean the entire book and every chapter included.

Preparing for the future includes so many areas, many of which are not included in this book. These areas may be assessed by the

individual as he or she reads the information present here. Thinking of your own needs and how they apply to the situation you are currently in will help you to prepare better than just following a guide alone or following a set of rules or tips.

Thirty-nine tips may sound like plenty, especially for those just beginning the journey to preparing for the future. But in reality, these 39 tips are ideas that are used in everyday life already, many times without putting much thought into them. In reality, preparing for the future consists of hundreds and thousands of tips to use. But each tip will be unique for the individual and the person.

Let the Prepper's Hacks: 39 Incredible Survival Life Hacks That Every Person Can Use to Be Prepared for Unpredictable Natural Catastrophes be your first stop to making plans to prepare for the future. Take ideas from every aspect of future planning, from food to energy sources to even the miscellaneous tips that fall into several categories.

Prepper's Hacks: 39 Incredible Survival Life Hacks That Every Person Can Use to Be Prepared for Unpredictable Natural Catastrophes can assist you in a variety of manners to prepare for the future. Take the time you need to evaluate and learn each tip and how it may apply to your situation. Some tips will be more helpful than others. But almost each and every tip will have some relevance.

Prepper's Hacks: 39 Incredible Survival Life Hacks That Every Person Can Use to Be Prepared for Unpredictable Natural Catastrophescan help you discover how relevant each tip for preparing for the unexpected is and if can also assist you in the future when you decide to evaluate other tips and ideas.

LIVING OFF THE GRID

39 Off Grid Living Secrets for
Off the Grid Homes and
Advantages of Solar Energy



LAURA CAMPBELL

Living Off the Grid

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Introduction

As technology pushes us further towards an age where everyone is connected, more and more people are finding it attractive to disconnect and live off the grid. While this sounds easy enough, the truth of the matter is that our society has made it increasingly hard to be self-reliant. Because of this, people have become frustrated, and want to know what they can do to at least start to move themselves away from what society tells them their lifestyles should be.

In this manual, we will explore 39 different tips and tricks you can use to start to live off the grid. Some of these techniques are simple and easy, while others may require some planning and preparation. Regardless of if you're looking to completely redo your entire life, or if you're just looking for something simple to start with, this manual is filled to the brim with great suggestions and methods of living "off the grid."

Chapter 1 – Sustainable Food

One of the first things people look at with living off the grid is growing and harvesting their own food. This gives people a tremendous sense of power and accomplishment, and it can be done simply, or in a complex manner.

1) A personal garden. The biggest journey begins with a single step. Many people fantasize about growing their own food, but the truth of the matter is that growing and sustaining crops is hard work. You have to consider what types of crops will grow in your region, how much space you will need, your water needs, and so on. It's best to start small, with a simple garden. We recommend a 10 x 10 area to attempt your first run at growing food. If this pans out effectively, then expand it each growing season based on your needs.

2) A raised garden. Many people who are first-time gardeners seriously underestimate how eager local wildlife is to devour your crops. A simple raised garden is a good way to deter them, and this can be done with boards, or with beams. This also gives your crops some additional room for roots.

3) Hanging Gardens. Many gardeners look to hanging gardens for greenhouses, or for areas where soil quality might be considered poor. Some crops, such as tomatoes, grow just fine upside down. The base for these can be everything from potting soil to growth bags, depending on how you want to do it.

Some intrepid farmers have even gone so far as to use items like burlap bags and even pantyhose for their tomato roots to nest in. While odd sounding, these items can easily be a substitute for soil, and a hanging garden means that depending on how high you're hanging your crops, you may wind up with more fruits and veggies than you would have from a traditional garden.

4) Garden Tables. A picnic table with a raised lip is a wonderful way to not only experiment with growing food, but it also provides a great staging area for new crops. Plus, you can sit instead of squatting, which can make gardening more enjoyable. This can also lead to having a vertical garden. The biggest benefit, aside from having minimal back problems? A raised garden like this is virtually bunny free, and can mean a lot less crop loss from unwelcome critters.

5) Animals. While certain animals can be a bit of a chore to maintain (such as cows), others like chickens, pigs,

and even goats are smaller and easier to manage. Chickens can provide eggs and meat, goats give milk that is just as healthy as a cows, and pigs are a wonderful source of food. While you may not be 100% comfortable with slaughtering your animals for meat, they can produce other items, and they can also be sold or traded for needed food and supplies. Also, there are butchers that will happily tend your animals for a fee, leaving you with all the meat and none of the work.

6) Rainwater barrels. Food is good, but you will also need water. A simple rainwater collection system connected to your gutters should be enough to collect all the rainwater you may need to survive. If you live in an area with bad soil, or if a well just isn't an option, rainwater can be easily collected in cisterns or water-tight barrels and then used at your discretion.

7) Filtration systems. Your rainwater, while fresh, may not be clean. A good and natural filtration system is a sand tank. Take a barrel and fill it with alternating layers of fine grain sand and pebbles. As water passes through the barrel, the sand and pebbles act as a natural scrubber and can help to remove impurities. As for how thick your sand and pebbles need to be, you may want to consult with a water filtration expert, as this answer may depend on the size of

your barrel and how much water you plan on moving through it.

8) Wells. A well is a long-term and often effective means of getting yourself off the water grid. Your well water is yours, and isn't put through any type of chemical treatment before reaching you. Also, your water table is typically easy to measure based on nearby sources, such as lakes and rivers. Well water can be a bit harsher on your plumbing than being on the grid, and you may want to test the water in your area for its mineral content. Still, it is, overall, a better option for those of you who want to truly disconnect. On top of that, it can save a lot of money to go completely self-reliant on your water and sewage.

9) Compost bins. Growing your own food is fine, but making your soil good for crops can be a challenge. A barrel on its side and raised by a beam system on either end is a wonderful way to store your compost. Just make sure to aerate it, and to provide a means of spinning it to help the decomposition take place.

10) Greenhouses. These were mentioned in a prior tip, but they can be immensely helpful. A greenhouse doesn't have to be large, and a simple, cheap starter house can be done with wood and strong, clear plastic (although glass is

preferred.) A greenhouse allows for year-round growing, and also helps to keep your starter crops safe and warm.

Chapter 2 – Home Living Tips

Having access to your own food is great, but there are other things you can do to separate yourself from the industrial grid. In this chapter, we will take a look at tricks around the house you can use to keep yourself off the grid.

11) Glass containers. One of the easiest ways you can start to keep yourself off the grid is by reusing and keeping food and other items stored. Glass containers are cheap and easy to obtain- any jar can be cleaned out and repurposed. They are great for food storage, or for storing and organizing supplies.

If you're curious about buying glass jars, look no further than the last jar of spaghetti sauce you purchased, or the last jar of pickles. Lots of common food products come in glass containers, and all of them have the ability to be reused.

12) Plastic containers. Many times, we throw plastic containers away without considering what they could be reused for. For instance, a half-gallon jug of milk or juice could easily be recut to be a gardening spade. Regular

containers for soda can be reused for other drinks or liquids, and make for great water storage bottles. If you have plastic containers, look around at what you need and consider that your trash might end up being useful.

13) Power-Free Lighting. This technique has been used in communities where power isn't available. A clear, 2 liter bottle can be cleaned out and filled with water as well as a capful of bleach. This can then be put in a hole in the ceiling of a room and can catch outside light. While it may not seem like it, this bottle technique can put out the equivalent of a 60 watt bulb. This is a great technique for small areas, such as sheds.

14) Purge your old stuff. Chances are, you have a lot of clutter built up in your life. It happens. One of the points of living for yourself is making sure you're getting the most out of everything, and that can't happen if you have piles of unused and unneeded items stacked up in your garage. Besides, you can probably use that cluttered space for something practical, like a work bench.

15) Sewing. Many times, we get rid of older clothing by simply throwing it away when all that's wrong is that it has a few tears. Learning to do simple patch jobs can stretch your clothing budget, and can also help you to repurpose your

older clothing into other, more practical items. While you may not be able to sew up all your clothing, one popular repurpose trick that many off the grid people perform is to take old shirts and sew them into quilts. This makes for something warm, soft, and potentially made from memories, making the project more special.

16) Consider home repairs. Before you go completely off the grid, look at fixing up your house, first. Make sure that your home has the proper siding and roofing materials it needs to get you through the seasons, and that you're caught up with your heating and your plumbing. While this might seem like an odd suggestion, once you go off the grid, many of your repairs may have to be done by you. If you're not comfortable with this prospect, or if it's not something you want to consider for a while, then take the time to have them done now.

17) Cooking tips. How is your stove heated? Are you looking at doing more cooking from a crock pot or over a burner? Off the grid living can impact how you prepare your food, so make sure you have the means to cook what you need to. Some people have gone so far as to switch over from propane and electric to a wood burning stove. This can mean more prep work, but it also means you'll be freed from the bonds of natural gas.

18) Baking Bread. There are numerous recipes for bread. It is one of the easier items to cook, and it can serve as a wonderful addition to dinner. Bread is a relatively cheap dish to make, and only requires a few basic ingredients. It's also a great way to make use of any fruit (such as bananas) that might be ready to go sour. Bread is recommended for its filling qualities, its ease of preparation, and for how many people it can feed.

19) Dehydration. Look into getting a dehydrator for your food. This can help with keeping your meat and fruits longer, and can also aide in making things like beef jerky. You might also want to look into canning. Canning is a great way to keep food long term without worrying about it going bad. Also, it provides a sense of real accomplishment to know that you were the one who provided for your family, long-term. Just be careful and make sure you know what you're doing. It's extremely easy in canning to accidentally mess the process up and have food spoil.

20) Homemade juice. If you're growing vegetables, you might also consider growing fruit. Both can give you plenty of juice, and the health benefits speak for themselves. Yes, vegetables can make a wonderful juice, and the most commonly grown vegetable, tomatoes, makes a wonderfully healthy juice for you and your family. Consider when juicing that most of the vitamins are found in the pulp of the fruit and

vegetables, so if you're a bit sloppy on what you're juicing, you may be doing your family a healthy favor.

21) Collect firewood. If you're going to heat your home with a wooden stove, or if you're going to cook with one, you're going to need to keep a wood pile. Make sure you keep it a good three feet from the side of your home, as wood stacked long term against your house can result in mold or termite damage.

22) Homemade cleaners. Take a good look at your bleach cleaner. The active ingredient is roughly two capfuls of bleach. The rest? Water. Bleach spray, the most common and effective of all household sprays, can easily be mixed up at home. For the rest of your cleaning needs, consider vinegar, baking soda, and lemons. Lemons are used by many who live off the grid for their cleaning needs, as the smell of lemon is often times associated with cleaning, and the lemon itself has a cleansing, acidic quality to it. In fact, lemon juice itself can be pretty powerful. Here's a quick experiment you can try.

The next time you let your dish sponge get filthy, rinse it off and put it in a bowl with some lemon juice, and then cook it in the microwave for several minutes. The lemon juice will help to kill

anything living in your sponge, and it will come out clean and smelling fresh.

While these are decent suggestions for those of you wanting to look at cooking and cleaning off the grid, how are you going to power your home? In the next chapter, we will explore options for sustainable power when living off the grid.

Chapter 3 – Energy Needs

Living off the grid can mean a lot of things for a lot of people, but one common thread in everyone's definition is the idea of being self-reliant with your energy needs. This can be accomplished in a variety of ways.

23) Solar power. This is a huge step to take, but also a common one for people wanting to live off the grid. If you want to go solar, you're going to need more than just panels. First things first, consider the region of the country you live in, and what kind of panels you may need. Some are better suited for drier climates, while others can handle harsh and wet seasons far better.

24) The next consideration when looking at solar power is the quality of your roof. Have you had it replaced recently? If so, did you do it with solar panels in mind? If your roofing shingles aren't compatible with your panels, you may find yourself creating a long-term hassle that needs to be repaired on a regular basis. If you're going to go solar, consider replacing your roof tiles at the same time.

25) Direction. You are going to want to get the most out of your panels, so you're going to want them to face in the right direction. If you live in the Northern hemisphere, then you want to put your panels on the south side of your home. Vice versa for those of you that may live in the Southern hemisphere. This will guarantee that you're getting the most out of your exposure to the sun, and that your energy needs are being met.

26) Gutters. This doesn't come to people's minds right off, but you may want to re-examine your gutter system when getting solar power. Not only is water flow impacted by having solar panels on your roof, but that same water that has been redirected can also be collected in a rainwater tank. You may need to redo your gutters to work with the new water flow issues you are experiencing from having new panels on your rooftop.

27) Power goals. What do you want to get out of your panels? Are you looking for a power supplement? Most solar is not considered 100% sustainable, as you're not going to have sunny days every day. Also, there's the issue of night time. If you're just looking to offset your bills during the day, then solar is a wonderful option.

28) Batteries. There are now options for those that want to maximize their solar batteries. Tesla has recently introduced a home battery that can fit on a stand or on your wall, and it can hold an immense amount of power. More than that, it can be doubled, giving you the ability to meet well over 98% of your overall energy needs.

29) Sellback. Some of you may not be ready to cut the power cord completely, and that's okay. In fact, for those of you that find yourselves with a surplus of energy, you can probably work out an arrangement with your power company to sell some of that electricity back. This can not only offset the cost of your power, but it can also help your solar panels to actually turn a profit.

30) Wind power. Depending on where you live, you might also want to consider using wind power to help sustain your property. Wind is not considered extremely reliable, but it can generate a massive amount of energy when it gets going. If you're looking to offset things with wind, then consult with an expert about how many windmills you would realistically need for your property and your perceived needs.

31) Geothermal. Again, based on where you live, this may be an option. Geothermal relies on the naturally heated water within the Earth to power your home. Homes that rely on geothermal find that it is by and large sustainable, and that it helps to drastically reduce your energy costs. Also, depending on how you use it, geothermal can do wonders for your heating and your water temperature.

32) Generators. Chances are, you may find yourself in a situation where you need to generate additional power. In these scenarios, you may want to consider getting a home generator. While initially expensive, they tend to have a long life, and are designed to withstand the elements. A home generator can be used in the event of an emergency, and they can run on gasoline, propane, or even kerosene, depending on the model. A good generator can last you up to ten hours, giving you time to get things fixed, or to get your family safe and warm.

33) Propane. This is for those of you who want to disconnect from the energy grid, but still aren't ready to go all out. Converting to propane means that you control how your energy is used. Propane burns clean, and you can store it on your property. It also heats well, and is a standard for farmers and other rural communities. The downside is

that propane can often times be expensive, and the cost has put many off from its use. Still, it is a way to have some control over how you get and use your power.

Your power is important, and before you go completely off the grid, make sure to carefully explore your options when it comes to keeping your home warm in the winter and cool in the summer. Besides, if you can't keep your home livable, you're seriously hindering one of the main reasons you're going off the grid in the first place.

Chapter 4 – Emergency Preparation

For some people, living off the grid means that you want to save some money, or to free yourselves from the control of being at the mercy of the power and water companies. For others, it means preparing for the worst. Many survivalists feel that living off the grid is the best way to prepare for a coming disaster, and there are some things you can do, both small and large, to make sure you are also prepared while still staying isolated.

34) First Aid. If you're going to take yourself off the grid, make sure you're ready for anything that might come along. Having a good first aid kit in the house is a great way to start. You'll need things like bandages, iodine, Bactine, gauze pads, non-stick bandages, Band-Aids, cold packs, heat packs, splints, and pain killers.

One item that you might have noticed was not on that list was antibiotics. Yes, they can be extremely helpful, and if you do need a doctor, chances are, you'll be prescribed some. The problem with antibiotics is that they can lose their potency over time. In fact, if you're trying to keep them for more than a year, they've probably lost all their medicinal

qualities. While important, consider leaving the antibiotics with the medical professionals until you truly need them.

35) Candles, water proof matches, and flashlights. In an emergency, you're probably going to lose power, and this can mean losing light. While you may have a generator, that doesn't mean you automatically have to use it, and if you have candles, this can be a cheap way to light your home without wasting significant resources. Along with that, you may want to make sure you have a good flashlight, spare batteries, and a hurricane lamp.

That last item is surprisingly common, and can be found in the candle aisle of most big box stores. They are very bright, safe, and easy to use. In a storm, they can help to put frightened family members (especially children) at ease.

36) Crank radios. While phones are great, if you're living off the grid, you may not necessarily have one at your disposal. Same with television. In that case, you may find yourself wanting to know what's going on in the outside world. If so, consider getting a crank radio.

These can be found at most sporting good stores, and they come with a wide array of options built in. Some allow you to charge a flash light, and some even come with a cell phone

extension. They're relatively easy to keep powered, and they are guaranteed to never go out so long as you keep cranking. In an emergency, it is a nice item to have.

37) Signaling devices. If you or your family is in danger and you need to reach the outside world, you are going to want to have some way of contacting others. The easiest way to do this if you are without a phone is through flares. Having a flare gun in your home gives you the ability to quickly notify people and let them know that there is danger. On top of this, it might be handy to have some road flares to help mark the path to your home, or to alert motorists to danger.

38) Emergency pack. You never know what type of danger may strike. You need to be prepared with an emergency pack. This is a backpack or bag that contains emergency supplies. This can include, but may not be limited to, clothing, blankets, ammo, food, water, matches, a tent, or any other item you may need to have on hand. Consider your region and what kinds of disasters might occur. Are you more likely to be snowed in? What about forest fires or floods? Consider the different threats to your region and plan accordingly. While it may hopefully go unused, it is always better to have and not need, than to need and not have.

39) Fire extinguisher. This one should go without saying. In the event of a fire, it is always good practice to have a fire extinguisher in your home. Whether it is stored under the counter or by the door, it doesn't matter so long as it is readily available. This can mean the difference between a minor problem and losing your home, and they are relatively cheap to purchase. On top of this, they are typically portable, and can come with you in an emergency pack, or on a typical camping trip.

That's taking a look at 39 tips and tricks for sustainable living when you decide to go off the grid, but now, let's discuss some other options that at least deserve an honorable mention.

Chapter 5 – Going Green

Going green and off the grid are often times confused. While both are considered good practices, they are not the same thing. For example, one of the primary tenants of living off the grid is that you are trying to be self-sustained. Going green simply means that you are supportive of the environment, and that you are doing what you can to limit your carbon footprint.

Green practice 1) Electric cars. Limiting fossil fuels is a great way to go green, but as of yet, there really isn't a car out there that is 100% off the grid. Electric cars may cut down on your oil dependence, but that electricity has to come from somewhere. Many times, people plug in at home, which draws from the grid and is powered by coal, hydro, or nuclear power sources. If you're charging your car off your panels, that's great, but you're probably not going to draw enough to successfully charge your car and keep your home going.

Green practice 2) Bio diesel. Bio diesel is as close to off the grid driving as you're going to get. A bio diesel vehicle, if tended right, can technically run off of cooking oil. That oil still needs to be purchased, and in cooler climates, this is not a viable option. On top of this, the cost of outfitting your car to be bio diesel is expensive.

Green practice 3) Recycling. This is something very much associated with living off the grid, but there is a slight difference between how most people do it and how off the grid homes do it. For most people, recycling means resubmitting your waste to a trash company. Even if you're putting your recyclables in a special container, in many instances, that waste is going right back to the same place your regular trash is. It is then all put on a conveyer belt and resorted for the items that can be reused.

In a true off the grid situation, items are repurposed. In other words, you don't rely on an outside service to collect your items, you handle their clean-up yourself. While recycling is noble, it is still an activity that is dependent on living on the grid.

Green practice 4) Supporting local farmers markets. This is highly encouraged, and is something that many people who do end up off the grid also do. The catch is the type of market you are at. If this is a true farmers market, then you're going to have local growers trying to sell their crops.

In many cases, you'll instead see local businesses selling goods and services. While this is a wonderful way to support your community and yes, can sometimes lead to buying from farmers directly, it's still not exactly supporting the off the grid lifestyle. You're still contributing to the grid, and to businesses that rely on it.

Green practice 5) Water conservation. With all the droughts lately, this has become a hot button for a lot of people. Many people want to save water, but there's a difference between conserving it and collecting it yourself. Yes, it's always good to pay attention to how much you're using and where it is going, but that water you're being careful with is still coming off the water grid, and therefore is not a good example of self-sustained living.

Green practice 6) Eating organic. Just because the place you buy your food from says it's organic, that doesn't mean it's being supplied from a self-reliant source. The term organic can mean many different things, depending on where you're buying your food and what type it is. In fact, a lot of whole foods and organic distributors are just as processed as the rest of the food industry, with only minor changes in their processes to justify the verbiage, "organic."

Many people think this can be avoided by buying organic vegetables, but in the case of some veggies, tomatoes especially, even organic can be a problem. An organic red tomato might mean it was grown without using anything special, but still chemically treated to turn red prematurely in order to let it stay fresh longer on the shelf. If you truly want organic food, then you need to buy direct from the farmers, and not from the grocers. It's truly the only way you can be sure, and yes, that does help support self-sustained living.

Going green can be wonderful, and there are many benefits to the practice, but don't confuse this with being self-sufficient. If you're truly looking at going off the grid, consider the practices you have in mind and how they are connected to other services, or what might have been done to make those natural products that you're so keen on having.

Conclusion

Living off the grid is a dream shared by many, and as we've stated before, it can be done in a variety of ways. One key factor in living this way is that it shouldn't be a decision that is made lightly. You are talking about making some serious changes to your lifestyle, and these can take time, preparation, and financing to do properly. If living off the grid is something you are seriously considering, take the time to plan out exactly what you want to accomplish and what you will need to get the job done right.

Everyone wants to be more independent, and off the grid living is one of the best ways to make that happen. No matter where you live, the option is always available to you. Whether you're looking at a little independence in your food or your power, or if you're planning on disconnecting from the modern world entirely, there is a wide variety of safe, effective, and rewarding ways you can start your own off the grid experience.



SURVIVAL Pantry Essential Guide



GLEN WHITE

The Prepper's Guide with New Tips
on CANNING, and PRESERVING
and STORING FOOD and WATER



Survival Pantry Essential Guide

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Introduction

Why you need a Survival Pantry?

What would do if an earthquake, hurricane, winter storm or other disaster struck your community? How would you survive without access to food, water, and electricity for weeks or even longer?

Who is asking you to think about what to do if the worst comes to the worst? Scaremongers? Bloggers from the fringes of the internet? Companies trying to sell you something? No. This is the advice from the Department of Homeland Security, the Federal Emergency Management Agency and the American Red Cross. They recommend you store emergency food and water supplies so that in a time of need you can provide for your family.

The twenty-first century is an unstable and unpredictable age to live in. From 9/11 and international terrorism, to Ebola and international pandemics, financial meltdowns, economic uncertainty, and natural disasters, this age is characterized by volatility. Who can predict what will happen next?

What we do know is that in a technologically advanced, hyper-connected world, disasters have the potential to be much worse than before. We only have to remember the panic after Hurricane Katarina. A city without basic supplies was unable to cope.

Consider the fact that there is not one person in the world who can make a cell phone on their own. For our every basic need we are utterly dependent on technology and complex supply systems that most do not understand. Our modern life depends on huge organizations working together across the globe. This makes many things possible. But what if the organizations break down?

At the same time, people have become divorced from basic methods of survival. These methods, essential for the whole of history of human history, have for many become irrelevant. The innovations that make modern life so easy and convenient could be the very things that cause chaos and disorder in an emergency.

It is not surprising that many people are taking sensible steps to safeguard their family's future. Food is a basic human need. Knowing that you can access food in times of hardship is reassuring. A survival pantry is an investment for your family; an investment that can keep them happy and healthy in an emergency.

The Advice in this Book

This book is structured around practical advice to establish your survival pantry or improve the store you already have. 50 tips guide you through all stages of preparation. The first chapter gets you started and encourages you to carefully consider what you are trying to achieve. Then we look at organizing your pantry and how this relates to the way you use it.

Chapters 3 to 5 are divided into short, medium and long-term stores. They give advice on the best foods for prepping, how to store and use them, and how long you can expect them to last.

It's not all about food. Chapter 6 highlights items you need to make your survival pantry a success. You will hear a lot about storing water in this book – it's vital –so don't skip Chapter 7. As well as goods bought from the store, many preppers preserve their own food and Chapter 8 looks at how this is possible.

Finally, Chapter 9 reflects on prepping as a way of life. Successful prepping is no one-off project but a continual process in which you learn about your family's well-being and better manage the world around you.

Chapter 1 – First Steps towards a Survival Pantry

Getting Started

As Mark Twain reminds us, “The secret of getting ahead is getting started.” But before you throw yourself into building your survival pantry it is wise to take a few moments to think about what you are planning to do.

Tip #1: Incorporate your Survival Pantry into your Overall Survival Strategy

Your survival pantry is a central part of your overall survival strategy that helps you keep warm, dry and secure. Will you be able to do this at the same time as accessing your store? Will you have access to alternative sources of power? Who will have access to your pantry? How many people? Will you be able to prepare food where your store is?

Tip #2: Have a Plan for Using your Survival Pantry

Develop a phased, long-term plan of how to use your resources. Maximize efficiency by using your store in a planned correct order. Assess the food store available in your garden and normal pantry and be ready to use perishable food from your refrigerator first. Estimate when you will need to switch to your secure survival pantry and begin to consume non-perishable foods and staples.

Tip #3: Choose your Pantry Space Carefully

The space you choose is of the utmost importance and depends on your particular circumstances. It must be dry, it must be cool and dark, and it must be secure, both from humans and animals.

Be careful of basement locations prone to flooding. Survival pantries at the top of buildings may get too hot. Preppers who choose to base their survival pantry in a location away from their living space need to ensure access to the store in a disaster.

Size matters. The bigger your store, the more food and water you can horde and the longer you can survive. Some people will have access to larger spaces than others and each survival pantry will be constrained, to some degree, by the physical space available. Whatever space you have you can always maximize its potential through a sensible choice of food, good organization and efficient storage – you don't need to access all your food at the same time.

Tip #4: One Location is Better than No Location; A Small Store is Better than No Store

Don't not put all your eggs in one basket. For preppers the logic could not be clearer. As a disaster unfolds, the prepper may not have any control over what happens to their survival pantry. By having more than one pantry, preppers immediately reduce risk and increase their chances of survival.

In a perfect world all preppers would be like squirrels - able to establish pantries in a variety of locations. And in the long-run, establishing a set of stores is something that can be worked towards. When the prepper is starting, however, they must consider Mark Twain's warning and not let the difficulty of achieving the perfect scenario put them off starting to create a much better situation.

In other words, it would be a huge mistake not to begin your project, either because you feel you don't have enough space or because you worry you have only one space to work with. Even a small horde of food and water makes an enormous difference to you and your family. Get started now and look to improve later.

Tip #5: Make your Survival Pantry Unique to your Family

It starts with understanding your family and knowing what is important to them. The purpose of a survival pantry is to provide for their well-being and make it through days, weeks, months and maybe even years. You know your family, their needs and tastes, and you know what kind of survival pantry will be best for them.

The value of food can be broken down to the vitamins, minerals and calories it supplies. But a survival pantry should be more than nutritional support. It acts as a guarantee against the uncertainties of modern life. A guarantee that you have access to something that brings a semblance of normality to a world that may be disintegrating around you.

Food not only keeps us alive. Eating together strengthens bonds between people and in times of crisis the ability to provide a family meal ensures feelings of well-being. Those feelings could come from a favorite type of candy, or a well-loved condiment. There is no one-size fits all. The advice here is a starting point to shape a pantry for your family, its specific needs and its own special tastes. You should be able to look into your survival pantry and know that it could only be yours and no one else's.

Tip #6: Don't Forget to Stock Foods for your Pets

It's amazing how many preppers forget to stock food for the furry members of their family. You don't want to use your supply of food to feed your dogs and cats!

Tip #7: Consider how you will Use the Food in an Emergency Situation

A frequent oversight is to stock up with food that, when an emergency occurs, the prepper is unable to use. Cooking raw grains is more difficult than you might expect and requires specialist equipment and practice to do correctly.

The key to organizing a survival pantry is realizing that it is not simply a food store but a tool for an emergency. Prepping is not about buying lots of food and keeping it; it is about being prepared for action.

Tip #8: Make Storing Water and Liquids a Priority

Water is vital. Without a supply of clean drinking water your chances of survival are severely diminished.

How many times have you heard emergency relief responses appealing for clean drinking water? In all recent disaster situations, after medical care, clean water is the most pressing need. In this

type of situation, do you want to be one of those with water or without?

The problem is that in modern society running water in our homes is normal. While others may take this for granted, for preppers such complacency serves as a warning. In a disaster situation it is the loss of basic services that pose the biggest threat.

Chapter 2 – How to Organize a Survival Pantry

The game we are playing is food preservation. To preserve food it must be free of bacteria and your survival pantry must be free of the water that allows bacteria to reproduce.

Tip #9: Keep your Pantry Cool and Dry

The ideal temperature for food storage is between 40 degrees and 72 degrees. If survival pantries exceed this, food will lose its flavor, texture, and appearance.

Tip #10: Store your Food off the Ground and Away from Outside Walls

To control temperature think carefully about the location of your store. It must be as dry as possible. An air-conditioner or dehumidifier can prevent moisture accumulating. Floors and outside walls are where moisture accumulates.

Light affects the flavor and appearance of food. This means no windows for your pantry and if you use clear containers they need to put in labeled boxes with lids. It might look a little less homely, but it's better in the long-run.

Tip #11: Keep a Clean Pantry to Keep Pests Away

Air-tight containers not only keep out the moisture, they also prevent your food feeding pests. But this is all undone if you leave a few food particles on the shelves or floor.

Tip #12: Keep your Pantry Safe and Secure

None of this will be of any help in an emergency situation unless you keep your survival pantry protected. Invest in a good quality door and a secure lock. Keep copies of your keys safe.

Tip #13: Consider the Pros and Cons of the Deep Freezer

Deep freezers have good insulation and maintain low temperatures without power. In a well-insulated freezer, foods will maintain ice crystals (so safe to eat) for at least two days.

You can maintain cold temperatures by keeping your freezer well-packed and ensuring the seal is in good condition. Try to limit the number of times you open the door. An inventory helps you know the contents of your freezer without opening it.

Tip #14: Organize for the Short, Medium and Long-Term

Knowing when items are going to be consumed helps use space efficiently. A simple scheme divides your store into the short, medium and long term. Generally your short-term supply feeds you for six months. The medium-term supply will cover you for a further six months, and perhaps a year or so longer. Finally, your survival pantry also contains food that keeps indefinitely.

Tip #15: Store all Necessary Ingredients

When you use your survival pantry, you will find that in order to use some food types, you will need to have other food types. There are some ingredients that might not have been high on your list that you really need to make a fully functioning survival pantry.

Tip #16: Mix it Up

Avoid packing the pantry with an easy and long-lasting food. This will drive you and your family crazy and lack the variety of nutrients

they need. Employ a variety of foods, types of preservation and ways of preparing food. No one knows the scenario you will have to deal with. It's best to be prepared for anything.

Tip #17: Spice it Up

Condiments and seasoning are easily forgotten, but they add variety to meals and make them more enjoyable.

Tip #18: Choose Containers Carefully

Nothing will be worse than vigilantly preparing your food store only to find that when you need it most it has been ruined by substandard or inappropriate containers. Food needs to be protected from moisture, bacteria, insects and rodents. Poorly stored food might only help household pests to survive better than you.

Be careful when opening food boxes and other re-sealable containers. To keep out damaging moisture, seal them tightly after each use. Once packets of cookies, crackers, sugar, dried fruits, and nuts have been opened transfer them to air-tight containers.

Tip #19: Keep an Inventory

An accurate inventory is essential. Begin this good habit straight away. A good inventory records exact quantities, instructions for use, storage dates, and those all-important expirations. Use a permanent marker to write important information directly onto items in your food store

An inventory really becomes useful when you start to remove items. Your records starts to show how your family uses the store, what items they consume and how much - invaluable information!

Tip #20: Use a Checklist to Evaluate Foods

For each food you consider putting into your pantry ask these ten questions:

- How long can it be stored for?
- What conditions does it need to be stored in?
- Does it require a special container?
- Does it take up a lot of space?
- Does it require special equipment to be prepared?
- Does is need to be heated?
- Does it need water?
- Does it need to be used in conjunction with other foods?
- Can it be used to provide a range of different meals?

- Is it enjoyable to eat?

Chapter 3 – Food for your Short-Term Store

Tip #21: The Law for the Store is First-in, First-out

With short-term expiration dates preppers follow the practice of first-in, first out and always place new items at the back of the short-term area to ensure a constant rotation of food.

Tip #22: Use your Short-term Store to Experiment

The risks of an emergency occurring in the next few months are substantially less than over the following years and you will go through a number of cycles of your short-term food stock while developing your longer-term stores. Make this an opportunity to try out methods of preservation and storage. Investigate different combinations of food types to see what creates the best meals. Use this knowledge to fine-tune your pantry.

Tip #23: For Processed Food Obey the Expiration

A typical short-term store contains processed food, such as '**ready meals**,' or products with a high oil content, such as **peanut butter**. These foods can have long expiration dates, but exercise caution using them after. In your short-term store let the expiration date be your guide.

Tip #24: Meat Matters

Unless you are a vegetarian, you will want to eat meat; and not just because you like the taste. Meat is possibly the most efficient source of sustenance. Products like vacuum-packed **beef jerky** have the moisture removed and further preserved by being salted, so as well as being a great source of protein they can be stored for a longer too.

Smoked salmon, sausages and hot dogs pack plenty of protein. Consume them first in a power failure.

Typical short-term foods include **powdered milk** and flexible foods, such as **crackers**. **Cereals** are often fortified with iron and vitamins and make for a quick and easy snack. But don't forget you'll need milk!

Tip #25: Make the Most of your Root Cellar

Root cellars store **carrots, apples, potatoes, onions** and **garlic** for several months. Don't keep them in plastic bags or in the refrigerator.

Chapter 4 – Food for your Medium-Term Store

Tip #26: Mangle your Middle for Pantry Success

It's clear what the short-term store is for – food to be eaten soon before it goes bad. And the long-term store – a stock of food to keep you safe far into the future. In comparison, the medium-term seems vague. But here's where to focus because carefully managing the medium-term is key. The longer you use your medium-term goods, the longer you save your long-term store and the longer you enjoy more varied foods.

Tip #27: Take a Can-Do Attitude

Cans are the core of your medium-term store. Food preserved in liquid and sealed in cans gives a great combination of nutritional value and longevity - food inside remains preserved for months, even years after the expiration date.

Canned condensed meat and **vegetable soups** are wonderful sources of protein and offer easy to prepare meals. **Canned**

vegetables are a real favorite for preppers to hoard in their survival pantry. **Root vegetables** provide serious vitamins and fill you up - try **carrots**, **potatoes** and **sweet potatoes**. For variety, store **artichoke hearts**, **olives**, **asparagus**, and **sauerkraut**. **Pumpkin puree** is a good source of Vitamin A, and like many canned veggies, by adding **garlic**, **spices** and **bouillon**; it can be used to make a healthy soup.

Canned Corn is a prepper's essential, while oily fish, such as **canned salmon**, **canned sardines**, **canned mackerel** and **canned tuna** contain Omega 3 oils.

Beans, be they green, white, red or refried are a fantastic source of fiber and energy – bursting with more than 1200 calories to the pound! With such a variety and nutritional value, it makes sense to stock a full range.

Canned fruit packs in more calories than veg. What's more, the juices are also a valuable source of hydration. Your store could give you the pick of **mandarin oranges**, **peaches in syrup** and **pineapple chunks**.

Canned nuts keep longer too. And while we are going nuts, **peanut butter** lasts long enough for you medium-store, just make sure it's pure butter and doesn't contain oil.

Tip #28: Jam can get you Out of a Jam

You might then think of **jellies** and **jam**. And why not? They offer a great range of fruit flavors from grape to apple and blackberry. Once the jam has been opened it needs to be kept cold.

While we are thinking of sweet things, it is a good idea to pack away supplies of long-lasting **hard candy** for your medium-term store. Just make sure they are well-hidden from the children!

Tip #29: Pick Pumpernickel

Unless you have a freezer, it is tough to find long-lasting bread products. One exception is Pumpernickel. It fills you up and can be kept up to 4 months when wrapped and 2 years when stored in a can!

Cans are great but not the only item you need. **Dried corn** can be mixed with water and salt to make corn tortillas. Use a fine grain to make empanadas and a coarser grain for grits. There are also many suppliers of **dried vegetables** online who sell bulk quantities at reduced prices, including mixes for soups. **Raisins, dried apricots, dates, cranberries** and **mangos** bring variety to mealtimes.

Tip #30: Pack Protein

Normally associated with gym users and those who want to build up muscle, **whey powder** is extremely useful to preppers too. It is easy to store, long lasting and makes high protein shakes and smoothies. Whey powder is very susceptible to water and must be stored in an airtight container.

Tip #31: Stock the Stock

Bouillon cubes of compressed chicken, beef or vegetable stock, are the essence of survivalist food. Small, easy to store and simple to use, stock improves the flavor of a whole range of foods. The smell alone makes any situation seem better.

Tip #32: Don't forget Oil

Cooking oils are kitchen essential but your favorite might not be best for your pantry. **Crisco shortening** lasts 2 years unopened, 1 year if opened. **Coconut oil** lasts 18 months, but a more expensive, cold pressed variety, is likely to be in good condition for a number of years.

Tip #33: Think Drink

Coffee and **tea** are easy to store and last a long time. Don't discount the benefits of being able to sip your favorite brew when times are tough. With all that dry food around you need to get hydrated and **canned fruit juices** are great for this.

Chapter 5 – Food for your Long-Term Store

Tip #34: Rely on the Tried and Tested

The staple of every long-term store are: water, wheat, rice pasta and dehydrated milk.

Wheat was perhaps the first food stored for the future. Stored correctly it keeps indefinitely. Choose the nutritive value of whole wheat flour for your survival pantry. Remember to bring some into your short-term store to find the best way of using it.

Oats are another healthy food traditionally stored to help people through lean times.

Rice is cheap, has a very long shelf life and contains many nutrients. Storing a range of different type of rice avoids mealtimes becoming predictable. The healthiest is brown rice, but it doesn't keep as long.

Flexible, cheap, simple to prepare and a well-loved comfort food, **pasta** is a prepping staple. If stored correctly, pasta keeps for a very long time indeed. Remember, cooking rice and pasta use up your water supply.

Cows and goats are long-lasting, but not available to every prepper. Instead opt for **powdered milk**. Powdered milk has been heated to remove the moisture and if you can keep it dry it will last you a long time.

Tip #35: Keep it Dry to Store Indefinitely

Your long-term store will be primary composed of dried, dehydrated, or freeze dried foods. But it needn't only be grains; **freeze dried fruits, vegetables, and meats** last twenty years or more.

Tip #36: Buy in Bulk to Cut Costs

As your long-term food storage won't get used in the way your short-term food storage will, it becomes easier to build-up a supply. Foods more suitable for long-term store are available to buy in bulk. Major food retailers offer good deals on packs of freeze dried food.

Tip #37: Look for Variety

A respect for the long-term staples shouldn't mean you ignore other possibilities. **Baking powder, sugar, condiments, spices, herbs, and alcohol** are all worth a space in the long-term horde.

Spices, salt and sugar take up little space but make a huge difference to the preparation of food. Salt acts as a preservative by pushing out water and inhibiting the growth of germs, and lasts forever.

Survival spices to consider might include **saffron, ginger, mustard, cumin** and **oregano**.

Cheese might not be the first thing you think of to put in your survival pantry, but not all cheeses need to go in the fridge. Hard cheeses such as **Gouda, Parmesan** or **sharp Cheddar** have good shelf lives and if they are encased in wax you can leave them to mature, before enjoying them over twenty years later!

Tip #38: Put some Honey in your Store

There are no 'miracle' foods for your survival pantry, but **honey** comes close. It is sweet, it soothes sore throats, it works as an antibiotic, and although it may go cloudy and its flavor may change, you can keep it indefinitely!

Chapter 6 – Essential Non-Food Items

Tip #39: Don't Carry the Can

With all those cans in your pantry, how frustrating would it be if you couldn't open them? For this reason it's very important not to have a manual can opener. You most certainly need **several manual can openers** and you need to know where they are!

Tip #40: Get Basic Equipment and Use it

Make sure you have the basic survival equipment to prepare food without electricity. This includes, **firewood, charcoal, lighter fuel, candles** etc. The best way of knowing how to use these is to do just that – use them often and keep them in good condition.

As well as camp stoves consider a **Dutch oven**. These versatile cooking implements provide regulated heat and the opportunity to bake.

Your long term pantry will likely include whole grain wheat so you need a **grain mill**. A hand mill allows you to grind your own flour even when the power is out.

Tip #41: Keep Keeping Clean

You need to keep your pantry clean but you also need to store **cleaning products** to keep food preparation hygienic. It's also a great idea to store disposable equipment, such as **paper plates**, **plastic utensils** and **disposable cups**.

Vitamins are not a food, nor a substitute for food, but they are a great idea. As well as **multi-vitamins**, be sure to pack a **calcium**, **magnesium** and **zinc**.

Inventory lists, or **survival pantry forms** can be bought with all the survival pantry essentials already on, or adapted to your own food choices

Water storage is made easier with **water-brick containers**. They are portable, comfortable to hold and easy to transit. Most useful of all they are stackable and fill any available space.

Ease the pressure on your water store by making use of the water that falls from the sky with a **rainwater collector**. Other cheap but

useful items are **food-grade buckets**, available in the painting aisles at many retailers. They cost around \$4 and make an excellent airtight food container.

Finally, invest in seeds. Not to eat but to keep as a **seed bank**, this can be used to plant your own crops, when the time is right.

Chapter 7 – How to Store Water and Liquids

Tip #42: Don't Forget the Importance of Water

Humans cannot survive for more than three days without water. You will need to drink about half a gallon of water per day to function properly. Children and nursing mothers, people with injuries or illness, or those simply needing to work, require even more.

Water is also needed for food preparation, washing, cleaning and watering your garden. For cooking and hygiene you should aim to store at least one gallon per person, per day.

Water is heavy, expensive, and difficult to store and people are lulled by a belief that water is cheap and abundant. In an emergency it will be neither and whatever you can invest to secure your water supply will be worth it.

Tip #43: Bolster your Long-term Water Horde with Canned Liquids

The need for water should also inform the choice of food in your horde. Be aware when storing nuts, crackers and preserved foods that their high-salt content will make you thirsty. Instead, look towards canned foods containing liquid content.

Tip #44: Use Commercially Bought Water

Stock-up on water from shops. Suppliers to businesses, such as offices or gyms may be able to offer the best deals. Once bought, store in its original container. The seal should not be opened until needed. Bottled water has an expiration date, so rotate it.

The price of bottled water varies and at times of uncertainty is liable to increase or even sell out. Don't get caught. Prep your water supply well in advance.

You can bottle your own water. The best way to do this is simply to visit your local camping supplies stores and buy food-grade water storage containers. However, some may prefer to save money and recycle water receptacles. If you wish to do this, follow this process:

1. Use plastic bottles rather than cardboard containers as these can hold residues of sugars and proteins which can lead to the growth of bacteria.
2. Clean bottles with soap and water. Rinse until there is no soap left. Check that your hands are entirely clean.
3. Disinfect bottles with a solution of 1 teaspoon of plain household chlorine bleach for every 1/4 gallon of water. Be certain the solution has washed the surfaces of the bottles. Rinse meticulously with clean water.
4. Fill bottles from the tap. Make sure the original cap is used for each bottle so that it fits tightly. Without touching the inside of the cap, secure firmly. Use a permanent marker to write the date on the bottle and put in your store.
5. To disinfect water that hasn't been treated with chlorine, add two drops of a chlorine-based household bleach to each gallon of water.
6. Water sold by retailers has expiration dates. Your own bottled supply should be used and replaced twice a year.

Tip #45: Make Space in your Store for Canned Seltzer Water

Canned seltzer water is a useful complement to your basic water store. Firstly, it lasts indefinitely. It also adds variety and a little fizz to your water supply. And lastly, it can even help to alleviate constipation!

Tip #46: Save Water when Cooking

A little clever prepping saves water supply and creates more interesting meals. **Canned coconut milk** is an amazing product which is great for hydration, perfect for food preparation and cook rice quicker. Cans of **stewed tomatoes**, or beef, chicken and vegetable stock, even beer, can all be used to prepare food.

Chapter 8 – How to Preserve and Can your Own Food

If practiced properly, canning is a safe and handy way of preserving a range of foods. Food is placed into containers and heated to remove air and destroy bacteria. When the containers cool a vacuum seal is formed which stops any air and bacteria returning.

Tip #47: Choose the Correct Method of Canning

For low-acid foods, such as meat, poultry, seafood and vegetables, use **pressure canning**. The jars are placed in pressure cooker containing 2 to 3 inches of water and heated to 240°F.

For foods such as pickles, jellies, fruits or tomatoes, the **boiling water bath canning** is better. The jars go into a regular large pot, covered in water and cooked for a specific time.

Tip #48: Buy a Home Canning Kit, Accessories and Recipe Book

For boiling canning it is best to buy a **home-canning kit**. This provides you with jars, lids/rings, and a rack to lower the jars into the water. As the water boils it must circulate and the rack holds your jars off the bottom of the pot.

You need equipment to manipulate the jars at high temperatures - a prong-like jar lifter and a lid lifter with a magnet on the end. You also need a tool to measure the 'headspace' in the jar, and funnel for filling your jars.

1. Sterilize your lids and jars. It is best to leave the jars and ring lids in the dishwasher on steam dry. The flat lids should be placed in a hot pan of water.
2. Position your rack into the pot in the lifted position and boil the water.
3. Using the funnel, fill the jars with the food you wish to preserve.
4. Check the amount of "headspace" (space in the top of the jar) to make sure it's as per the recipe. At this stage you should also get rid of any air bubbles.
5. Wipe the lids to ensure nothing prevents an airtight seal.
6. Using your magnetic lid wand take the flat lids from the hot water and place them over the jars.
7. Screw the ring lid on (there's no need to try to get it very tight).
8. Use the jar-lifting to place the jars onto the rack, making sure they do not touch.

9. Lower the rack into the boiling water so that it covers the lids.
10. When the time outlined in the recipe has passed, lift the rack.
11. Leave the jars to cool.

Conclusion

The advice in this book emphasizes one essential aspect of organizing a survival pantry - like all aspects of prepping it is never complete until you need it.

Once you have assembled a robust and reliable survival pantry you must then manage it. Managing your pantry will involve rotating the stock, using it when necessary and inspecting it for spoilage.

Tip #49: Never Stop Improving Your Pantry

Establishing a survival pantry is a continual process of finding the best ways to make certain your family is as well-prepared as possible. Never stop looking for ways to improve your pantry; to make it better stocked, more clearly organized and more efficient.

Make your pantry something you use. This will become necessary when utilize your short and medium-term foods. Once you use your store you will begin to think about it differently.

Tip #50: Inspect your Survival Pantry for Signs of Spoilage

Remember to monitor your pantry. Spoiled food can attract pests, be a sign that your survival store is too warm or too damp, or show that there is a problem with your containers. Throw out cans that have become swollen, dented, or corroded. You wouldn't keep a bad apple in your fruit bowl because it affects the other fruit. For the same reason, be diligent about anything that is not in perfect condition. A thermometer and a humidity meter are cheap but useful pieces of equipment.

To conclude, we should refer back to the two questions we asked ourselves in the introduction: What would we do in the event of a disaster, and how would we survive? The advice in this book will help you develop a well-prepared survival pantry. This pantry will provide your family with a reliable, secure and long-lasting food resource. But as well as the physical store, you are also providing security and precious piece-of-mind in the face of an uncertain future.

Not only that, as you following the contents of this book and put your plans into place, you are developing your essential survival skills and establishing a preppers mindset. Both are invaluable for the future.

CANNING

Beginners Guide To Canning And
Preserving Food In Jars



DANA RICE

Canning

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Introduction

Canning and preserving food in jars actually dates back long before our grandmothers were sweating in their kitchens over the stove. Before refrigerators were invented or were really all that common in households, people didn't want their food to be wasted, so they came up with canning food as a way to preserve it rather than waste precious food. Really the idea is genius since refrigeration hadn't been invented yet.

Still today, canning and preserving our extra food is a wonderful alternative to wasting extra foods that we have. If you see a sale at the grocery store or at the farmers market, this is a great way to take advantage of those opportunities. Additionally if you grow your own food in a garden or an orchard, you can always can or preserve that food as well in order to ensure that none of the food is wasted.

We will talk about the types of food you can preserve and can as well as a few tips when choosing the food. We'll discuss the materials you will need as well as the preparations you'll need to do prior to the canning process. Then we'll discuss canning your food and using both a canner and a pressure cooker.

This is an exciting new adventure that you're embarking on. It may seem a little overwhelming at first, but after your first time canning you'll have the hang of it and you'll be ready to tackle any type of fruit or vegetable, jam or jelly that you might dream up.

Chapter 1 – What Types of Food Should You Can

Really the answer to this question is limitless. There is truly no right or wrong answer to what you should or shouldn't can because you can preserve or can almost any fruit or vegetable, although some definitely turn out better than others. If you are curious about the best types of fruits and vegetables to can and preserve you can look online and see what kinds of recipes are available for your specific inquiries. Some fruits work better as jams while others work better sliced and canned in syrups. It just depends. With apples you can make applesauce or apple pie filling, both of which are excellent choices.

However there are a few things to consider when you are standing at the farmer's market and there's a sale for bushels of apples.

Choose What You Have A Lot Of

When you're canning or preserving something you want to fill lots of jars. Canning isn't the simplest of projects and it does take quite a bit of time, days sometimes, so if you're going to start the project, you might as well have a fair amount of something to begin with.

Don't decide to can beans if you only have a few jars full of beans. It really won't be worth the time and effort you'll put into canning the beans. You'll at least want to have a full load of jars for your canner to make it worth your time.

Additionally, this works best when you have an abundance of something. So you are trying to ensure that something doesn't go to waste. For example, you have a garden and your garden is just exploding with beans that your family can't eat them all. So you decide to can them in order to keep them from going to waste. Maybe you even wait a few extra days in order to ensure that you have as many as your canner can handle.

If you aren't a gardener, but the farmer's market is where you find your fruits and veggies, the same applies. You can see when the farmer's bring in their abundant crops and are trying to unload extras. They will be selling boxes of apples for \$10 or less. You'll be able to pick up pounds and pounds of apples for far cheaper than you would ever see at the grocery store. This is when you want to take advantage of making your apple pie filling or applesauce.

Make Only What You'll Eat

Just because you saw the apples for sale at the farmer's market doesn't mean you should buy them if your family won't eat applesauce. This is probably one of the most important tips we can

give. Don't spend the time or the money canning something you or your family won't eat over the next year(s). It is far too much work to do it and then have it sit on the shelf and collect dust because no one will eat it.

Start Simple

If this is your first time canning, choose something simple. Look through the recipe books and find something that doesn't look too complicated. Most canning recipes aren't too hard, but when you get into making jams, applesauce, etc. it can become a little more complicated. Try something a little less complicated your first time around.

Make Sure Your Food is in Good Condition

Just because you're going to can it doesn't mean the food shouldn't be in good condition. You still want the food to be ripe and in its prime - no mold, bruising, etc. However, this doesn't mean that the food has to look nice. The food can be oddly shaped and still taste great, which means it can be perfect for canning.

Whatever food you choose to can, find recipes online or in a recipe book and get ready to start canning. You'll be on your way to having excellent canned food for months to come.

Chapter 2 – What Materials You Need to Start Canning

In order to start canning, you're going to need some basic supplies. Some supplies you might already have in your kitchen, but others you're going to need to buy in a store or online. Here is a list to get you started.

- *Water Bath Canner* – A water bath canner will do the job for most fruits, tomatoes and a few other things. Most water bath canners are 21-quarts and that is big enough for the average canner, but you can buy bigger sizes if you want. Make sure you buy one with a rack included (especially if you choose to buy one used); however you can buy a rack separately if needed.
- *Pressure Cooker* – A pressure cooker is used to can vegetables, meats and seafood. A pressure cooker differs from a water bath because it gets extremely hot (240 degrees Fahrenheit) – hot enough to kill the bacteria found in meats and seafood.
- *Canning Jars* – Glass canning jars are needed to store the food you plan to can. You can buy these jars once and

then reuse them each time you can as long as they have been thoroughly washed for each use.

- *Canning Lids and Rings* – Canning lids and rings are specific to the canning jars you purchase, so you'll need to buy them from the same manufacture you bought the jars. That way the lids and rings fit properly. This is to ensure they seal once the food is inside. The lids cannot be reused because they are sealed with the heat from the canner or the pressure cooker and then that seal is broken when you open the lid. However the rings can be reused just like the jars.
- *Tongs* – Tongs are used during several parts of the canning process, so make sure you have a good set of tongs in your kitchen. We'll talk more later about when you'll use them.
- *Jar Lifter (optional)* – If you'd like to purchase a jar lifter, you can. If you're going to be doing a lot of canning, this might be a worthwhile purchase. A jar lifter can help you lift the hot jars out of the canner after the canning process is complete. If you'd rather not purchase the jar lifter, you can use your tongs.
- *Magnetic Lid Lifter (optional)* – The magnetic lid lifter is used to pull the lids out of the boiling water and place on the jars after the food has been placed inside. Again you

can use your tongs instead, but this handy device would be nice if you were planning to do a lot of canning.

- *Wide-Neck Canning Funnel (optional)* – This funnel is specifically designed with canning in mind. It really depends on what you are planning to can. If you are canning dozens of jars of applesauce you may want to consider this as an addition to your supply list as it would be helpful. However if you were canning beets and beans, you probably would never see this tool as helpful.

Tip: *Some websites offer canning kits that include all of these items bundled together rather than making you purchase them individually. It may be cheaper to buy them bundled than sorting out which items you need and trying to buy them one by one.*

Chapter 3 – Preparations

Now that you know what you want to can and you have all your materials, you are ready to begin your preparations. So let's get started!

Before you really get started, you'll want to look at several recipes and pick the one that you think is best. There will always be multiple recipes for any given canning project. Even something as simple as canning green beans will have many recipes and you'll have to decide which one sounds the best to you. The other important thing about looking at a recipe book will tell you the suggested cooking times and techniques that are most recent and up to date.

These cooking times are changing all the time, because new research is coming out all the time about how long we should be cooking our food in order to ensure that it is safely being preserved.

The next important step is to wash your hands. This may seem a little childish, but it's extremely important throughout the entire canning process that you do whatever you can to keep your hands and workstation clean. The last thing you want is for bacteria to get into your jars and then live in there for the months or years before

you open them. Be vigilant about washing your hands and your workstation during the canning process.

After you've washed your hands, prepare the food as the recipe tells you to. That means you might need to cut up all the fruits and vegetables so they will fit into the jars. This might mean peeling the fruit or snapping the beans. Some fruit can be slipped, which means you can boil it first and then the peels or skins will easily "slip" off. You'll also need to take out all the stems, cores, pits, etc. from any fruits or vegetables. Basically, you'll need to remove any part that you don't want to eat.

Pay special attention to your recipe and follow it to the letter. If there are pre-canning cooking instructions make sure to do them. Most jam needs to be cooked before you can it. The same might apply to pickles or applesauce.

If your recipe calls for a canning liquid other than boiling water, you'll need to make that, too. Some recipes need a syrup or a pickling mixture. This helps to preserve the fruit or vegetables. Make sure you consult your recipe to see what you need.

Tip: *If you would prefer a low calorie option, you can replace sugar with Splenda or Stevia, but don't use Nutrasweet – it doesn't preserve well over time.*

You'll also need to sterilize your jars. Place each jar in boiling water for at least ten minutes. After they have boiled for ten minutes remove them with tongs or your jar lifter. If you aren't going to put your food in them right away make sure to place them somewhere they will continue to stay clean.

You'll also need to sterilize your lids and rings. Although the rings never actually touch your food, we suggest sterilizing them just to be safe. Place them both in boiling water. Once the water is boiling, you can reduce the heat enough to keep it hot, but not bubbling. It seems to work best if you start them while you fill your jars with food. You want to take your lids out and place them directly onto your jars with the food already inside.

Now that all your preparations are ready, let's can your food!

Chapter 4 – Canning Your Food

You have all the preparations done and now you are sitting here ready to can your food. So let's get to it. Get that food into their jars!

- **Fill the Jars** – The first step is to fill your jars. You'll need to take your food, whatever it is, and fill the jar. Your recipe will tell you how to pack your food and about how much to plan to put into each jar. Use your funnel if the job is easier with a funnel or scoop handfuls and dump them into the jar arranging them as best you can.
- **Head Space** – It's always important to leave a little space at the top of your jar. They call this space the head space. Depending on the type of food you are canning it can range from an eighth of an inch to an entire inch. Your recipe should instruct you about how much space to leave, so make sure to pay attention to this important detail or you could have broken jars in your canner.
- **Add a Preservative** – Okay, I know this may sound a little redundant, but yes, you're probably going to add a preservative. Even if you are adding a liquid preservative, you're still probably going to add this one, too. This will probably be something like sugar, salt or lemon juice, Vitamin C, etc. It's important that you add it before you add

your liquid so that the liquid helps to mix it all the way through your jar.

- **Add Your Syrup or Preserving Liquid** – Now we add the other liquid preserver you made earlier in your recipe. This will help to keep your fruits and veggies preserved through their lifespan in the jar. Make sure as you pour your liquid into the jar that you leave at least a half inch of space at the top of the jar.
- **Air Bubbles** – It's inevitable that as you pour in your liquid that you'll get some air bubbles trapped in your jar. Work to remove them as best you can by first using a small knife to release the liquid into all areas of your jar. You can also use your fingers to help move around the food and liquid to release any trapped air bubbles.
- **Wipe Rims & Threads** – Using a damp, clean washcloth, wipe down the edges, rim, threads and any other area of your jar that may have gotten dirty since you sanitized your jar. If you dripped some of your liquid down the side carefully wipe it up. If after a while you need to replace the washcloth don't hesitate to do so. You really want to make sure the top rim of your jar is clean because that is where your lid will create its seal with your jar.
- **Place a lid on each jar** – Using your tongs or magnetic lid lifter, get a lid for each jar. Whichever method you choose to use is fine, just make sure not to touch the lids with your

hands – they will be very hot from being in the boiling water. You also don't want to pass any germs or bacteria onto the lids that might be on your hands.

- **Screw a ring over each jar** – Take a sanitized ring and screw it down tightly over each jar that now has a lid. You don't need to worry about tightening it any tighter than you can make it with your hand. You'll also want to make sure that you can loosen the ring later, so don't tighten it too tight, just a snug fit is fine.

Your food is all ready to go into the canner, so let's talk about how to use your canner or pressure cooker!

Chapter 5 – Using Your Canner or Pressure Cooker

You know all about the steps you need to take to get your food ready and prepared to can, but you don't know the first thing about using your canner or pressure cooker. So let's talk about what you do once you've got your food all ready in their jars and you just need to get it in the canner and start the canning process. We'll talk about both using a canner and a pressure cooker, so regardless of what you are canning you can know how to do either one.

Water Bath Canner

If you are using a traditional canner and you are going to can most fruits (like applesauce, peaches, and pears) and many cooked foods (like relish, pickles, and jams), you will probably use a water bath to do your canning.

Your recipe should indicate for sure what type of canner you should use, so pay attention to your recipe and look for any up to date information since recently things like tomatoes have changed and are recommended to be canned in a pressure cooker.

Once you are certain you are using the water bath canner, put your jars onto the rack in the bottom of your canner. Add water to cover your jars by somewhere in the neighborhood of one to two inches. A good rule of thumb is to measure to the first knuckle of your finger, but you could always use a real measuring device as well to be certain.

Check your recipe to see if you should add hot or cold water to the jars. You should never add water that is a drastic change to the current temperature of your jars as they could crack.

Note: *You should not stack your jars in a water-bath canner, because then the second level of jars would not have any water surrounding, or you would have to submerge your first level to reach the second. This would cause your food to can unevenly.*

Cover your canner with its specified lid and bring your water to a gentle boil, this means probably medium to medium high on the stove. You don't need a rolling boil, just a gentle boil. Check your recipe to see how long you are supposed to let your jars boil and then allow your jars to boil for the specified time.

Tip: *It is very important to add processing time to your canning if you are more than 3000 feet above sea level. Your recipe should help you know how much time to add to the original processing time if you are above 3000 feet. It may also tell you that for any additional 1000 to add more time. Follow these directions carefully or your food will not completely process.*

Pressure Cooker

The pressure cooker is a little bit more complicated than a water bath canner, but once you've used it a couple times, you'll have the hang of it and be canning your non-acidic fruits, vegetables and meats. You can also use a pressure cooker to can peaches and pears and save time, because it's much faster than water bath canning.

Like we mentioned before, with a pressure cooker it is important to raise the temperature in low acidic foods in order to prevent bacteria from forming. So let's talk about how you work your pressure cooker.

Take your jars and arrange them inside the bottom of your pressure cooker. If space allows, you can stack them, but not directly on top of each other. Instead, you'll need to stagger or straddle them, so the bottom of one jar isn't sitting directly on the lid of another.

Add water to the pressure cooker. The pressure and steam is what is cooking your food – not the water, so if you stacked your jars, you don't need to worry about filling the water up to both levels. See your recipe for exactly how much water to add, but generally a good rule is anywhere around a cup (your recipe might call for less, and that's okay).

You'll also need to check the gasket on your pressure cooker to make sure that it can form a proper and strong seal with your pressure cooker once it's closed. If it cannot you will not be able to pressurize and can your food. Gaskets tend to dry out and crack when they sit on the shelf for a year without use.

Sometimes you can revive a dried out gasket by placing it in hot water for a few minutes. If this doesn't help, you'll need to replace your gasket. Regardless, don't be surprised if you find yourself replacing your gasket every few years.

Once your jars are inside and you've confirmed that your gasket will form a strong seal, place the lid on your pressure cooker and twist it firmly shut. Usually there is some sort of indicator either on the handle or otherwise that will tell you when the pressure cooker is sealed and closed. Take off the rocker from the lid of the pressure cooker – this will allow the steam to be released.

Bring your pressure cooker to a boil. Usually your recipe will indicate at what temperature (medium high or high), but if not, choose medium high. Steam will be released from the lid of the pressure cooker where you took off the rocker before. You can also watch the pin on the pressure indicator letting you know that the pressure and steam is building up inside the pressure cooker as well.

Watch for the steam to rush out the top of the lid in a steady and even stream. When it is doing this for a minute or so it is called a “full head of steam.” You’ll want the pressure cooker to vent a “full head of steam” for at least seven minutes or see your recipe if calls for something different.

After you have seen the “full head of steam” for seven minutes or the specified time indicated on your recipe, place the rocker carefully back on the lid. Now you are starting your processing time. Check your recipe for the full processing time that you’ll need to allow depending on your food. Once the rocker is placed on the lid, you’ll see the pressure start to rise on the pressure gauge. That is normal.

At this point you’ll need to change the temperature on the stove to accommodate for the pressure needed on the canner. Your recipe will specify what pressure is needed for the duration of your processing time, so you might needed to play around with the temperatures to get it just right. Your altitude can also make this tricky.

Hopefully your recipe gives you an indication about how to adjust your temperature for the pressure based on your altitude. It will take a little time to see the pressure change once you make a change on the stove, so be patient each time you make an adjustment.

Remember it is a large pot full of water and jars that you are changing, so it will take a little time to see the effects of the change.

Pressure cookers a little finicky. They tend to be affected by the smallest things, so you have to watch them carefully. The pressure could drop suddenly because someone opened a door close by and let in a cool draft. So you'll need to check back on them every five to ten minutes to make sure the pressure is still holding at whatever the recipe called for.

If the pressure has dipped, you'll need to raise the temperature on the stove a little until you can regain that pressure. If the pressure is up, you'll need to lower the temperature.

Although this seems annoying, pressures that are consistently too low will fail to cook your food all the way through. And pressures that are too high could result in breaking your jars, which would be a mess to clean up and you'd have wasted time and food.

Once the jars have processed for the full time stated in your recipe, turn your heat off. Make sure you leave the rocker on the lid of your pressure cooker. Watch for the pin to drop on the pressure gauge. This will tell you that there is no longer any pressure inside the pressure cooker. Carefully remove the rocker on top of the lid and let all the steam vent from the pressure cooker for at least a few minutes.

After you can no longer see steam venting from the top of the pressure cooker, carefully open the lid of the pressure cooker. Hold the lid so that it rests between you and the jars or rest the lid on top of the pressure cooker for a few minutes letting the cool air of your house circulate through the pot of your pressure cooker.

All of these steps are very important, because you are slowly releasing the pressure from the pressure cooker. If you are too fast to relieve the pressure your jars will break, resulting in not only a big mess to clean up, but also wasted time and food.

Now your food is canned and preserved. Let's talk about just a few more little things just to finish up and make sure you don't have any last minute blunders.

Chapter 6 – Finishing the Process

Okay, you've gone through the canning process, you know how to use your canner and pressure cooker, but let's make sure you don't make any last minute mistakes with those jars, and let's talk about what to do if it didn't work the first time.

Getting Your Jars Out

They are going to be hot when they are finished processing, so be careful getting them out. Jar tongs are available to buy, or you can use regular tongs. We've also seen it done with just a hot pad. But whatever you choose, be careful not to drop one!

You might have a fancy rack that can be pulled directly out of your canner, which is handy, so check and see if you do. Once you've pulled them out, place them on a clean towel to cool. It is recommended to let them cool a full twenty-four hours before putting them in storage.

Check to Make Sure it Worked

The foolproof way to make sure they sealed is to push on the lid. If it bounces back at you, it didn't seal correctly. Essentially the lid should do nothing when you push on it. If it springs back or makes a noise, it did not seal.

What to Do if Your Jars Didn't Seal

If your jars didn't seal, remove the lids and rings, put a fresh lid on them, and try again! It's that simple. Throw them in with the next batch and process them again. It won't hurt them a bit to go through the canning process again. If you aren't going to can again, you can always put that jar in the fridge and eat whatever it was in the next week.

Wash the Jars

We also recommend that before putting the jars into storage that you run a damp cloth over them just to rinse any residue or grime that may have built up on them during processing. It may seem unlikely, but you'd be surprised. Some of these jars may see a long shelf life, so you don't want them to have a sugary residue sitting on the

outside of the jar for the next nine months – it could attract a few pests.

Label with the Date

We also recommend that you label your jars with at least the year and probably the month, too. It isn't that hard, and doesn't take that long. Since you won't be reusing the lids again, it's a breeze to simply take a permanent marker and quickly write the date on the lid. If you plan to reuse the jars and the rings, avoid writing on them, so it doesn't become confusing in the years to come. You can also print labels and stickers if that is something that better interests you.

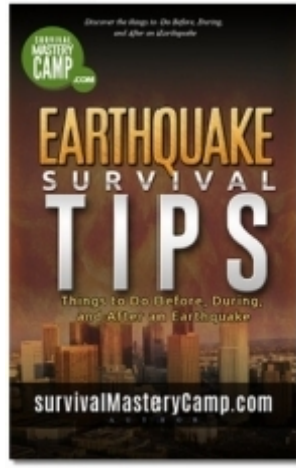
Conclusion

And there you have it! Now you know how to can and preserve all those wonderful things you have growing in your garden out back that you were worried about going bad before your family was going to eat it. And you can take advantage of those great buys at the farmer's market and not feel guilty that the food is going to go to waste, because you know some great options for canning and preserving it that will feed your family throughout the year.

You know all about the kinds of foods you should be looking for, the materials you need, the preparations, how to can your food, using your canner, and what to do with your jars once they are finished.

You are well on your way to becoming an expert canner!

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