

THE PREPPER'S LONG TERM SURVIVAL BIBLE



11 BOOKS IN 1
A GUIDE TO THRIVING SELF-SUFFICIENTLY DURING DISASTER SCENARIOS,
HOME-DEFENCE, PANTRY, STOCKPILING, OFF-GRID BUNKER,
SURVIVAL MINDSET, AND MORE

JIM GRYLLS

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1

THE PREPPER'S LONG TERM PANTRY IN 72 HOURS

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THE PREPPER'S DOOMSDAY COOKBOOK

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3

THE PREPPER'S DISASTER-READY HOME

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4

THE PREPPER'S LONG TERM NATURAL MEDICINE

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5

THE PREPPER'S THRIVING MINDSET

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6

THE PREPPER'S MILITARY PROTOCOL

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7

THE PREPPER'S WILDERNESS SURVIVAL HANDBOOK

JIM GRYLLS

8

THE PREPPER'S LONG TERM KNOWLEDGE

JIM GRYLLS

9

OFF-GRID SOLAR PANEL & 12 VOLT POWER FOR PREPPERS

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10

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11

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SCENARIOS. HOME-DEFENSE,
PANTRY, STOCKPILING, OFF-GRID
BUNKER,
SURVIVAL MINDSET, AND MORE**

BY JIM GRYLLES

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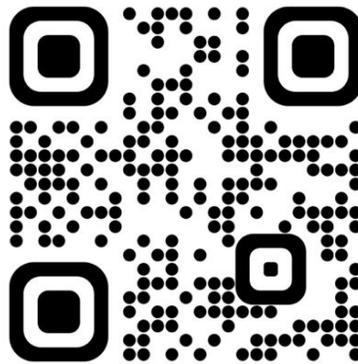
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TABLE OF CONTENTS

ABOUT THE AUTHOR

THE PREPPER'S LONG TERM SURVIVAL GUIDE

INTRODUCTION

CHAPTER 1 WHAT IS PREPPING?

WHAT ARE WE PREPPING FOR?

ATTITUDE OF SURVIVAL

WHEN SHOULD YOU BEGIN PREPARING?

CHAPTER 2 WHAT IS A DISASTER AND EXPLAIN THAT THERE ARE MULTIPLE TYPES OF DISASTERS?

CHAPTER 3 TYPES OF DISASTERS

EARTHQUAKE

TSUNAMI

LANDSLIDE

FIRE

FLOOD

STORM

TYPHOON

FUEL SHORTAGES

HURRICANES

TROPICAL CYCLONES

METEOROLOGICAL DISASTER

ENVIRONMENTAL DISASTER

EPIDEMIC DISEASE

INDUSTRIAL ACCIDENTS

DISASTER PREPARATION

CHAPTER 4 UNDERSTAND THE SITUATION AND UNDERSTAND PREPAREDNESS

PREPARATION MENTALITY

OUR RESPONSIBILITIES

CHAPTER 5 DO YOU HAVE A PLAN?

HOW TO PREPARE FOR DISASTERS IN YOUR AREA

PLANNING, PREPARATION, AND PREVENTION

MAKE A FAMILY EMERGENCY EVACUATION PLAN

CHAPTER 6 WHAT SURVIVAL SKILLS DOES A PREPPER NEED?

CONCLUSION

THE PREPPER'S LONG TERM PANTRY IN 72 HOURS

INTRODUCTION

CHAPTER 7 WHY YOU NEED A FOOD STORAGE PANTRY

SURVIVAL DURING CRISIS

FOOD SECURITY IN DIFFICULT TIMES

LEARNING FOOD MANAGEMENT

UNINTERRUPTED SUPPLY OF ENERGY

HELP AND RESCUE

CHAPTER 8 ALL ABOUT YOUR PERFECT PANTRY

STORAGE-FRIENDLY

SHELF LIFE

EXPIRATION DATES

NON-PERISHABLE FOOD ITEMS

COST-EFFECTIVE

MEALS READY TO EAT

HEALTHY

VARIETY

CHAPTER 9 FOOD FOR LONG-TERM EMERGENCIES

CHAPTER 10 BEST FOODS TO STOCKPILE

WHAT TO KEEP ON HAND

CHAPTER 11 FOOD STOCKPILING DO'S AND DON'TS

CHAPTER 12 STORING DRY FOODS

WHAT MAKES A CONTAINER EFFECTIVE?

CHAPTER 13 PRESERVING AND PICKLING

THE BENEFITS OF PICKLING

PICKLING METHODS

CHAPTER 14 CANNING BASICS

HOW CANNING WORKS?

WHAT YOU NEED FOR CANNING?

THE CANNING PROCESS

CHAPTER 15 OTHER TIPS TO STORE FOOD FOR SURVIVAL USE

CONCLUSION

THE PREPPER'S DOOMSDAY COOKBOOK

INTRODUCTION

CHAPTER 16 COOKING UNDER CRISIS

FIRST THINGS FIRST: DO YOU NEED TO RATION FOOD?

COOKING METHODS AND SUPPLIES

COOKING TIPS

CHAPTER 17 LIST OF ALL FOODS TO HAVE DURATION AND CONSERVATION

CHAPTER 18 15 MUST-HAVE LONG-TERM SURVIVAL FOODS

CHAPTER 19 BREAKFAST RECIPES

Recipe 1. Bacon and Potato Hash

Recipe 2. Black Beans and Sausage

Recipe 3. Chicken and Dumplings

Recipe 4. Egg Sausage Sandwich

Recipe 5. Flintstone Steak and Lemony Asparagus

Recipe 6. Jerk Chicken Legs

Recipe 7. Lobster Roll Sandwich

Recipe 8. Maple Sriracha Chicken Kabobs

Recipe 9. Turkey Egg Sandwich

Recipe 10. Wild Berry Breakfast Bread Pudding

CHAPTER 20 LUNCH RECIPES

Recipe 11. Artichoke and Poblano Paella

Recipe 12. Bacon and Sweet Potato Skewers

Recipe 13. Cajun Chicken Wings

Recipe 14. Chicken Breast with Savory Stone Fruits

Recipe 15. Chicken "Stir Fry"

Recipe 16. Chili Con Carne

Recipe 17. Lamb and Zucchini Shish

Recipe 18. Potatoes and Meatballs

Recipe 19. Skillet Cornbread

Recipe 20. Tex Mex Chicken Pockets

CHAPTER 21 DINNER RECIPES

[Recipe 21. Bacon Ranch Chicken Packet](#)
[Recipe 22. Creamy Bacon and Potato Soup](#)
[Recipe 23. Fireman's Spicy Stew](#)
[Recipe 24. Foil-Wrapped Cheesy Potatoes](#)
[Recipe 25. Foil-Wrapped Ground Beef Veggie Stew](#)
[Recipe 26. Grilled Salmon with Lemon](#)
[Recipe 27. Hobo Chicken and Vegetables](#)
[Recipe 28. Pan-Fried Potatoes and Mushrooms](#)
[Recipe 29. Spiced Lentil Soup](#)
[Recipe 30. Tomato Chickpea Soup](#)

CHAPTER 22 SNACK/SIDES RECIPES

[Recipe 31. Best Corn Casserole](#)
[Recipe 32. Creamy Stuffed Jalapenos](#)
[Recipe 33. Foil-Pack Cheesy Fries](#)
[Recipe 34. Foil Packet Hot Dog](#)
[Recipe 35. Fully Loaded Baked Potatoes](#)
[Recipe 36. Garlicky Cheese Bread](#)
[Recipe 37. Herb Steak Foil Packet](#)
[Recipe 38. Parmesan Peppered Asparagus](#)
[Recipe 39. Rustic Whole Carrots](#)
[Recipe 40. Street Corn over the Campfire](#)

CHAPTER 23 DESSERT RECIPES

[Recipe 41. Apple Crisp Fritters](#)
[Recipe 42. Autumn Plum Skillet Tart](#)
[Recipe 43. Banana Chocolate Surprises](#)
[Recipe 44. Campfire Banana Boats](#)
[Recipe 45. Cinnamon Apple with Buttery Nut Topping](#)
[Recipe 46. Deconstructed Peach Cheesecake](#)
[Recipe 47. Grilled Pineapple and Maraschino Cherry Pound Cake](#)
[Recipe 48. Lemon or Chocolate Dessert Pie](#)
[Recipe 49. Oreo Pudding Pie](#)
[Recipe 50. Strawberry Shortcake](#)

CONCLUSION

THE PREPPER'S DISASTER-READY HOME

INTRODUCTION

CHAPTER 24 PROTECTING YOUR HOME

CHAPTER 25 THE BUNKER

[GETTING THE NECESSARY PERMITS](#)

[HOW TO ACTUALLY CHOOSE THE RIGHT LOCATION FOR YOUR BUNKER](#)

[HOW TO MAKE A STRUCTURAL PLAN FOR YOUR BUNKER](#)

[WHAT KIND OF MATERIALS SHOULD YOU USE TO BUILD YOUR BUNKER](#)

[HOW TO DIG A HOLE FOR YOUR BUNKER](#)

[HOW TO SUSTAIN A LIVING IN YOUR BUNKER](#)

CHAPTER 26 HOME DEFENSE

[HOME DEFENSE PLANS](#)

[HOME DEFENSE WEAPONS](#)

[HOME SECURITY MEASURES AND ALARM SYSTEMS](#)

CHAPTER 27 DEFENSE OF THE PERIMETER

[FENCING](#)

[MODERATION IS KEY](#)

[THE GARAGE DOOR](#)

[KEEP IT SECURE](#)

[GAINING ACCESS](#)

[HIDING](#)

[DOOR POWER](#)

[FISHING ATTACK](#)

[ADD A LOCK](#)

[THE FRONT DOOR](#)

[SOLID DOORS](#)

[GET NEW LOCKS](#)

[DOOR REINFORCER](#)

[THE STRIKE PLATE](#)

CHAPTER 28 WINDOW SECURITY

[MAKING GLASS NYE UNBREAKABLE](#)

[TRIP WIRE ALARM](#)

[WIRELESS ALARM](#)

[OPENING WINDOW DETERRENCE](#)

CHAPTER 29 BEDROOM AND NIGHT SECURITY

CHAPTER 30 SECURITY AND HYGIENE FOR DISASTER PREPPING

CONCLUSION

THE PREPPER'S LONG TERM NATURAL MEDICINE

INTRODUCTION

CHAPTER 31 BASICS OF SURVIVAL MEDICINE

INFECTIONS AND WOUNDS

CONTROLLING BLEEDING

PREVENTING INFECTION

BURNS

ANKLE AND KNEE INJURIES

INJURIES THAT DO NOT HINDER MOVEMENTS

INJURIES HINDERING MOVEMENT

BLISTERS

DEHYDRATION

SHOCK

CHAPTER 32 WILD MEDICINAL HERB AND PLANTS TO USE

BLACKBERRY

BURDOCK

WILLOW

PLANTAIN

DANDELION

ECHINACEA

YARROW

COMFREY

BIRCH

JEWELWEED

ELDERBERRY

LAVENDER

LEMON BALM

BLACK WALNUT

CHAPTER 33 NATURAL TREATMENTS AND REMEDIES

CHAPTER 34 THE USE OF ESSENTIAL OILS

BUYING AND STORING ESSENTIAL OILS

USING ESSENTIAL OILS SAFELY

SOME QUICK POINTERS ON USING ESSENTIAL OILS

[CHAPTER 35 PREVENT YOURSELF FROM GETTING SICK WITH HYGIENE](#)

[CHAPTER 36 HYGIENE TIPS FOR SURVIVAL](#)

[CONCLUSION](#)

[THE PREPPER'S THRIVING MINDSET](#)

[INTRODUCTION](#)

[CHAPTER 37 DIFFERENT SCENARIOS - DIFFERENT PREPARATIONS](#)

[CHAPTER 38 HOW TO PREPARE YOUR FAMILY FOR STRENUOUS SITUATIONS](#)

[CHAPTER 39 SURVIVAL MENTALITY](#)

[PLANNING AND PREPARATION](#)

[DEALING WITH ANXIETY](#)

[SURVIVAL MINDSET TRAITS](#)

[CHAPTER 40 RESPONDING WHEN SOMETHING DOES HAPPEN](#)

[CHAPTER 41 ATTITUDE TOWARDS SURVIVAL](#)

[CHAPTER 42 HOW TO SURVIVE THE WORST SCENARIOS](#)

[BE PREPARED FOR AN EARTHQUAKE](#)

[BE PREPARED FOR A HURRICANE](#)

[ESSENTIAL MEDICAL SUPPLIES FOR ANY DISASTER SITUATION](#)

[CHAPTER 43 DECEPTIVE STRATEGIES FOR SUCCESSFUL SURVIVAL](#)

[CHAPTER 44 3 TIPS FOR YOU AND YOUR FAMILY](#)

[CREATE AN EMERGENCY CONTACT LIST](#)

[REGULARLY REVIEW THE PLAN](#)

[SET SEVERAL EMERGENCY MEETING PLACES](#)

[CONCLUSION](#)

[THE PREPPER'S MILITARY PROTOCOL](#)

[INTRODUCTION](#)

[CHAPTER 45 BASIC PREPPING STRATEGIES FOR EMERGENCIES](#)

[PRACTICE YOUR SKILLS](#)

[SURVIVAL SKILLS AND BEHAVIOR FOR MILITARY](#)

[SURVIVAL TECHNIQUES ARE PLENTIFUL](#)

[SURVIVAL SKILLS ARE BETWEEN YOUR EARS - YOUR BRAIN](#)

[PROTECTING THE ENVIRONMENT](#)

CHAPTER 46 IMPORTANCE OF SURVIVALIST SKILLS

TEACH YOURSELF TO SURVIVE

APPRECIATE

GET CLOSER TO THE NATURAL WORLD

ASSISTANCE IN AN EMERGENCY

KNOW WHO YOU ARE

SELF DEFENSE

CHAPTER 47 ATTRACTIONS, STRESSORS, AND READJUSTMENT

STRESSORS

ATTRACTIONS

BENEFITS

READJUSTMENT

CHAPTER 48 TYPES OF DISASTERS

TECHNOLOGICAL OR HUMAN-MADE DISASTERS

NATURAL DISASTERS

COMPLEX EMERGENCIES

CHAPTER 49 BUILD YOUR PLAN FOR DISASTER

THE RIGHT MINDSET

CHAPTER 50 STEPS TO INCREASING YOUR PREPAREDNESS FOR DISASTERS

CREATE YOUR OWN HOUSE

LIGHT UP THE DARKNESS

MAKE YOUR WINDOWS MORE SECURE

TAKE ADVANTAGE OF LANDSCAPING

FENCING IS ESSENTIAL

STRENGTHEN DOORS AND ENTRANCEWAYS

PREPARE TO DEFEND YOURSELF

CHAPTER 51 LEARNING THE MOST IMPORTANT SKILLS AS A MILITARY

HARD SKILLS

DEVELOPING A PROFESSIONAL ATTITUDE

DEVELOPING A PROFESSIONAL NETWORK

DEVELOPING LEADERSHIP ABILITIES

CHAPTER 52 GATHERING THE SUPPLIES YOU NEED TO SURVIVE

SURVIVAL NECESSITIES

SECURITY ESSENTIALS

CHAPTER 53 SURVIVAL FOODS THAT YOU NEED TO KEEP YOU ALIVE

WHAT DO WE REQUIRE?

CHAPTER 54 FIRST-AID TIPS IN DIFFERENT EMERGENCY SITUATIONS

CONCLUSION

THE PREPPER'S WILDERNESS SURVIVAL TIPS AND TRICKS HANDBOOK

INTRODUCTION

CHAPTER 55 WRITING AN EVACUATION PLAN WITH YOUR FAMILY

COMMUNICATION

WHAT IF YOUR KIDS ARE IN SCHOOL?

DEVISING A PLAN TO BUG OUT

HAVING A BUG OUT VEHICLE

CHAPTER 56 15 ITEM YOU NEED, AND YOU CAN AFFORD

CHAPTER 57 FINDING A GOOD LOCATION FOR SHELTER

LAND CHARACTERISTICS

DANGERS FROM THE ENVIRONMENT

SLOPE

WATER SUPPLY

CHAPTER 58 SETTING UP YOUR SHELTER

CHAPTER 59 SPARK A FIRE

BATTERY AND FOIL

WITH TWIGS

CHAPTER 60 DEFENDING YOURSELF IN THE WILDERNESS

WHY IS LEARNING SELF-DEFENSE NECESSARY?

SITUATIONS YOU MAY ENCOUNTER

SELF-DEFENSE TECHNIQUES

CHAPTER 61 TOP 15 PREPPER MISTAKES TO AVOID

CHAPTER 62 WILDERNESS SURVIVAL TIPS

CONCLUSION

THE PREPPER'S LONG-TERM KNOWLEDGE

INTRODUCTION

CHAPTER 63 FORAGING FOR PLANTS

CHAPTER 64 EDIBLE WILD PLANTS

CHAPTER 65 FOOD AND WATER PROCUREMENT

FOOD PROCUREMENT

WATER PROCUREMENT

CHAPTER 66 FIRE

FUEL

OXYGEN

EMBER

CHAPTER 67 BUILDING A FIRE

CHOOSING A LOCATION

GATHERING TINDER AND KINDLING

CONSTRUCTING A FIRE PIT

IGNITION

EXTINGUISHING A FIRE

CHAPTER 68 WARM UP AND COOL OFF

CHAPTER 69 FIVE KNOTS FOR SURVIVAL

FIGURE EIGHT KNOT

BOWLINE KNOT

CLOVE HITCH

SHEET BEND

TAUT-LINE HITCH

DOUBLE HALF HITCH

SQUARE LASH

REEF KNOT

CHAPTER 70 TIPS AND POINTS TO REMEMBER

CONCLUSION

OFF GRID SOLAR PANEL & 12 VOLT POWER FOR PREPPERS:

INTRODUCTION

CHAPTER 71 OFF-GRID SOLAR PANELS

CHAPTER 72 DESIGNING METHODS

THE LAZY METHOD

[THE MINIMALIST](#)

[THE CLASSIC 400-WATT](#)

[THE OFF-GRID KING](#)

[THE ULTRA-LIGHTWEIGHT](#)

[THE LOW BUDGET](#)

CHAPTER 73 INSTALLING SOLAR PANELS

[DETERIORATE AT THE LOCATION OF THE SOLAR PANEL](#)

[INSTALL THE LOWER AND SIDE COVERINGS](#)

[INSTALL THE UNDER-ROOF SCREEN OR A WATERPROOFING SYSTEM](#)

[LAY THE RAILS AND PANELS](#)

[CONNECT THE PANELS TO THE INVERTER](#)

CHAPTER 74 MAINTENANCE OF SOLAR PANELS

[REGULARLY INSPECT YOUR PANELS](#)

[KEEP YOUR SOLAR PANELS CLEAN](#)

[KEEP TRACK OF SUN AND SHADE](#)

[MONITOR OVERALL USAGE](#)

CHAPTER 75 12 VOLT POWER

CHAPTER 76 PROS AND CONS OF SOLAR PANEL SYSTEMS

[THE BENEFITS](#)

[THE DRAWBACKS](#)

CONCLUSION

U.S. ARMY SURVIVAL GUIDE HANDBOOK:

INTRODUCTION

CHAPTER 77 BASIC RULES FOR SURVIVING IN THE WILD

CHAPTER 78 FINDING FOOD IN THE WILD

[TIPS FOR FINDING FOOD IN THE WILD](#)

CHAPTER 79 FINDING WATER SOURCE IN THE WILD

CHAPTER 80 SETTING UP YOUR SHELTER

CHAPTER 81 SENDING S.O.S. TO THE WORLD

CHAPTER 82 WILDERNESS SURVIVAL TIPS

CONCLUSION

CAN I ASK YOU A FAVOR?

ABOUT THE AUTHOR



Jim Grylls is a writer, mountaineer, and military man. He learned to free climb and sail from his father at the early age of 7. He also earned the rank of second dan black belt in Karate when he was a teenager. But mostly, as he likes to point out, he is a prepper who spends his life learning how to survive an eventual end of the world.

He trains themselves and other families to be prepared for every scenario, teaching food supplies storing and how to build shelters and customized evacuation plans.

Grylls also teaches people (even kids) how to deal with pandemics and natural disaster complications, which are insights.

He traveled 6 continents, challenging himself to survive various dangerous situations, especially in contact with wild nature, training strength and endurance and the mind.

“It is never too early to prepare for the end of the world”, he usually says to his students.

**THE PREPPER'S
LONG TERM
SURVIVAL GUIDE**

**WHEN AND WHY PREPPING.
14+1 CATASTROPHES THAT CAN HAPPEN
TOMORROW AS A DÉJÀ VU, AND HOW
TO PREPARE YOURSELF FOR THE
WORST SCENARIOS**

BY JIM GRILLS



INTRODUCTION

If you toss a dart while blindfolded at a bookshop these days, you're much more than likely to strike anything related to survival. Prepping subjects abound on the shelves. To learn more about the importance of having additional batteries for flashlights and making sure you have the newest and greatest water filtration system, visit your favorite online bookshop.

However, things weren't always like this. Back in the day, at the heights of the Cold War, the only books about survival available were those that focused on wilderness survival techniques. That kind of stuff. Things like how to construct a debris house and start a fire till you can be rescued. We researched, and then we put our learnings into action. We assembled an unfathomable number of kits for survival in various forms, sizes, and combinations for our team. We learned how to do the shooting, filter water, and prepare food and supplies for a survival situation.

Fast forward a few decades, and preparation has risen to the level of public acceptance. It was only inevitable that authors of all stripes got on the metaphorical bandwagon as soon as this occurred. The vast majority of these books have been and continue to be fantastic resources, but several others have been less than perfect. Time and time again, the books and guides advise readers precisely what they should do until electricity is restored, some assistance comes, or until they can make their way back to civilization after being separated from society. Among the many lists of the bug-out bag items are instructions on how to fix a broken leg using a paracord and a stick and eighty-five different methods to create a fire and fix a broken leg.

But what if the power actually goes out and the lights never turn back on? Is it possible that there will never be any help? This long-term situation has always been absent in survival nonfiction, and it continues to be so now. Until now, that is. If you have it actually in your possession, this is the secret to surviving months, even years, after the original calamity. We intend to go much beyond bugging out and instead concentrate on being self-sufficient in the event of a catastrophic disaster. Of course, most of the information in this book is still relevant today, when things are as normal as they can be, as opposed to after EMP knocks down the power system from coast to coast and the country as a whole.

Look anywhere on a bookshelf if your primary interest is in being better prepared in the event of a power outage that lasts many days. Continue reading if, on the other hand, you are foresighted enough to recognize that a food stockpile sufficient to survive even a single month might not be sufficient to withstand the length of a pandemic. If civilization collapses around your ears and you are worried about how you will maintain your relatives alive and secure, this book is what you are looking for. Let's take a trek to the far end of the preparation path to see what we can find. Instead of

delving into the blizzards, wind storms, and being stuck in the woods, we'll go straight into long-term survival preparation. Never fear; we will be there alongside you the whole time. We will make every effort to ensure that you do not get disoriented along the route.

Chapter 1



WHAT IS PREPPING?

The term "prepping" is short for "preparing" or "preparation" at its most basic level. Still, it has come to be associated with large-scale disaster and catastrophe preparations in modern meaning. Prepping might include simple things like storing up canned goods in preparation for a severe storm or keeping a well-stocked first-aid kit on hand, but it can also contain much more.

Although the terms "prepping" and "survivalist" are often used synonymously, "prepping" is more commonly used to describe actions such as stocking up resources, trying to prepare your home to be reliable, and so on, whereas "survivalist" is more commonly used to describe the

development of wilderness survival skills. However, the two concepts are highly similar, and the names are occasionally used interchangeably.

While the idea of being well prepared for a large-scale disaster may seem unusual to regular people (many of whom are fooled by normalcy bias), it seems like a natural thing to do to those of us who are more aware of the larger world and what's going on in it. The world may continue to function normally, and those who were well prepared will have wasted some money and effort preparing for a crisis that never materializes.

On the other hand, if a terrible disaster strikes, those who are prepared will have a much better chance of surviving — while those who are unprepared will almost certainly perish. When we talk about safety, we don't want to take any chances; therefore, we plan for everything.

Consider this: are you a person who has any type of insurance? Do you have health insurance? What about life insurance? Do you have homeowner's insurance? You can consider yourself a "prepper" if you own any insurance. You've purchased insurance in preparation for a specific type of rare but destructive catastrophe so that if it occurs, your expenses will be covered, and your suffering will be reduced.

Prepping is essentially the same as purchasing insurance; you're purchasing insurance for the prospect of living in a world without insurance companies. Prepping is insurance that will assist your family in surviving if something occurs that causes civilization to collapse somehow.

If you actually have any type of insurance, you have a "backup plan" if something goes wrong. Prepping is your backup plan - when something in the world goes wrong, this plan kicks in.

Prepping is your backup plan - when something in the world goes wrong, this plan kicks in.

WHAT ARE WE PREPPING FOR?

If you think society can't fall apart, you're either not paying attention or incredibly naive. There are several methods in which our normal way of life could end instantly, including natural disasters and artificial catastrophes.

Some years ago, we were locked in a cold war with Russia, with the threat of nuclear war hanging large. In the future decades, it's not difficult to see a new cold war with China, increased tensions, or even an all-out conflict with North Korea. Not to mention the tense relations that the United States and the West have with Iran, Pakistan, Russia, and several other countries, all of which are developing nuclear weapons. That's just in terms of nuclear war. What about traditional warfare or terrorist attacks?

What about natural catastrophes such as hurricanes, earthquakes, and floods? Surely, we've all witnessed a rise in large-scale natural disasters in recent years. What about a global pandemic like the Spanish Flu (which killed 50 million people, or one-third of the world's population)? More than 2 billion people could die in a Spanish Flu scenario; what influence would this have on our daily lives, the economy, and society? Scientists are becoming increasingly concerned about super viruses and antibiotic-resistant bacteria resistant to treatment. All it takes is one of these illnesses to become both extremely resistant and highly contagious, and we may be talking about billions of deaths rather than millions. Would we still have power in this situation? Would shops remain open? Would the food supply we've grown to rely on continue to function? Nobody can fully answer these questions, which is why preparation is so crucial.

The short version is that the world is in greater danger than it appears. Everything we think of as "normal" could vanish at any moment - or we could go another 200 years without witnessing the disaster we're preparing for. However, there is always a risk, and peppers are simply those who know that risk and are prepared to protect their homes and families in a large-scale catastrophe.

ATTITUDE OF SURVIVAL

Anyone, anywhere, could be affected by a wilderness emergency. When faced with an unexpected survival circumstance, man can overcome many obstacles, overcome great odds, and ultimately result. But what exactly is survival? Survival is the art of surviving in the face of adversity. The term "survive" refers to the ability to stay alive, to live. Taking any given circumstances, accepting it, and trying to better it while maintaining your life until you can get out of it is what survival is all about. Most significantly, survival is a mental condition.

In emergencies, a person's ability to resist stress is crucial to survival. Your brain is your most valuable survival gear, and in a survival crisis, it is your most precious asset. The physically powerful isn't always the most effective at controlling fear in emergencies. Survival is frequently determined by an individual's stress reactions rather than the emergency's threat, terrain, or nature. Mental skills are far more crucial than physical talents in a survival emergency. The psychological reactions to the stress of survival might sometimes prevent them from using their available resources. Without a positive mental attitude, you're unlikely to use your physical abilities.

To survive an unforeseen survival circumstance, one must be in the right mind. The most important factor is one's attitude or psychological state, and

it is, without a doubt, the most crucial component of survival. A strong will or will to survive is required to go through the worst, and a strong wish to live must be present.

The mind can command the body to perform incredible things. According to records, willpower has often been the most important aspect in surviving outdoor catastrophes. Survival is impossible without the will to live. In most cases, survival is possible, but it necessitates a great deal of effort on the part of the individual. When faced with a challenge, humans may be extremely brave and resourceful. The mind is a great force, and the body, acts, and reasoning is all under its control. What affects you mentally has an impact on your physical well-being. A desire to live, a refusal to give up, and a positive mental attitude all help to raise the odds of survival.

A positive attitude significantly impacts the mentality and desire required to create a life goal. Setting goals provide the drive and mindset needed to deal with pressures. When you're forced to rely on your resources in an unexpected survival crisis, you'll have to adapt to your needs and solve issues. If you want to survive, you must eventually decide to take care of yourself rather than rely on others. You must try to achieve a goal of survival continuously. In your mind's eye, imagine yourself achieving your goal. A person can overcome many hurdles with strong willpower. Never give up your desire to live since people who have no desire to live are doomed.

You will be presented with various challenges in your survival condition that you must conquer. Your mind will be your most valuable asset, but it may also be your greatest enemy. You'll need to overcome negative ideas and images and conquer and control your fears. You'll need to change your thinking patterns and develop a positive, upbeat "can-do" attitude. To adjust to the circumstances, you'll need to be creative and use your abilities to

improvise. Instead of fighting nature, work with it. You'll be in charge of addressing the problems that keep you alive. Your problem solving must be founded on identifying threats to your life, understanding their importance of influence, understanding the degree of the threat to your life, and taking actions that will keep you alive. It is critical to keep your safety in mind at all times. It will be easier to resist recognized opponents than unknown enemies if you summarize and examine what you need to combat. In an emergency survival situation, your main enemies are loneliness, exhaustion, discomfort, cold/heat, hunger, thirst, and fear.

You must respond to your body's problems and indications and defend yourself against the key enemies of survival to keep your body alive. Remember to have a nice mental attitude at all times. Don't stress yourself further by falling into destructive emotional states such as self-pity or hopelessness. Keep in mind the main things of your life, and don't let the image of yourself go away. Consider getting lost as an opportunity to discover something new. Your experience could be exciting if you approach it with the right attitude. Rejoice in the task. While you're there, you might as well appreciate the environment and grow as a person due to your survival experience. Your positive mindset will assist you in overcoming your survival enemies. Most people have probably dealt with loneliness, weariness, pain, cold/heat, hunger, thirst, and fear before, or to the point where they were a threat to their life. Any one of them, or a combination of them, might undermine your self-esteem and reduce your motivation to fight for your life. These emotions are natural, but they are magnified and harmful in a wilderness survival situation. You will be able to control them rather than allowing them to control you if you learn to recognize them.

WHEN SHOULD YOU BEGIN PREPARING?

Resource Storage

To be a successful prepper, there are two major factors to consider. The first concern is resource storage. Our goal is to be ready for a disaster that could lack access to energy, clean water, and food. To be prepared, we must first determine what we can live without and then begin to store some of the items we cannot live without. Food and water are typically the first things that come to mind, but you also need to consider first aid treatment necessities and products that aid in survival.

We also need to decide on the kind of survival gear to make replenishing our supplies easier. As an example, we require water to survive. However, no matter how much clean drinking water you store, you'll eventually run out. As a result, we must determine what equipment we will require to filter or extract our water.

Survival Skills and Knowledge

The second layer of preparation is survival knowledge (some believe it is even more essential than the first). Feeding your family is considerably simpler if you know how to hunt, fish, raise, and prepare. Getting clean water gets more difficult if you don't know how to seek for it or purify it. You can better defend your family from wild animals or violent looters if you know how to handle a rifle, archaic weapons, or martial arts. Treating wounds and ailments gets easier if you can identify medicinal plants in the wild and know their uses. It's likely that these skills were common two centuries ago, but most individuals are untrained now.

Do you see it? It may break your resource stockpile with just your survival abilities. It's difficult to prepare for every possibility, and the conditions of survival after a major storm will be considerably different from those after a

global flu epidemic. Make a basis of essential resources like food, water, and shelter materials, and maybe you can improvise the rest. Greater knowledge means more adaptability.

A plan for how you and your family will meet their basic requirements in a crisis is the simplest first step for those new to the prepared attitude.

Chapter 2



WHAT IS A DISASTER AND EXPLAIN THAT THERE ARE MULTIPLE TYPES OF DISASTERS?

A disaster is something that destroys or damages a large area, especially an unexpected, large-scale calamity.

A disaster can come from many sources: natural, industrial, and even accidental. You never know when a disaster will strike, but it's always wise to be prepared for the worst. Suppose you're an educator or work with children of any age. In that case, you may recognize how difficult it is to keep children safe in the event of a natural or environmental disaster. This explores what you need to do now to make sure they'll be safe later on.

Thankfully, some people study these disasters and help to mitigate their impacts eventually. They do this by educating other people on risk reduction and understanding the probability of these events occurring to provide sufficient warning time and advice on how best to manage them when they happen.

Natural disasters are typically distinguished from other types of disasters by a high impact event that contributes to the magnitude of economic or human loss, such as the eruption of Krakatoa in 1883. The resulting tsunami killed 36,000 people and destroyed two-thirds of homes in the Sunda Strait region. Other examples include floods or earthquakes that strike without warning and extreme weather, including tornadoes, hurricanes, and blizzards.

At least 575 million people worldwide lived through some form of a natural disaster during 2016 alone. From drought to famine to war, there's no shortage of threats when it comes to Mother Nature's wrath.

In general, natural disasters can be classified either based on their sources or based on the effect they cause (i.e., landslides and tsunamis).

Natural disasters can be grouped in a variety of ways according to the type of catastrophe they cause or damage:

Category 1: Applies to those natural disasters where falling buildings or landslides primarily cause the loss of life, and severe injury is likely, as in a large earthquake.

Category 2: Applies to extreme weather events like hurricanes and blizzards, which can cause severe damage to homes, infrastructure and sometimes lead to loss of life. Category 2 is also known as "catastrophic" because it can cause significant widespread and long-lasting damage.

Category 3: Natural events such as forest fires, earthquakes, and tsunamis may cause damage. Such disasters kill fewer people than Category 1 and 2 but still damage homes, property, and infrastructure.

It's easy to think that an earthquake is the only kind of disaster imaginable. But there are many other types of disasters, from mudslides to wildfires to fuel shortages. Learn about them all here!

If you're like me, you actually know how important it is to have a disaster plan for your family. The unfortunate truth is that disasters can strike at any time, and when they do, the best of us can easily be undone. Follow these steps to get ready for the worst and to increase your odds of coming out unscathed:

1. Assemble an emergency kit that includes everything from food and water for three days to an extra set of keys with batteries and phone chargers. Keep a copy in the car as well as one at home, so they're accessible no matter where you are if disaster strikes.
2. Create a family emergency plan that outlines a course of action in the event of an emergency or natural disaster.
3. Identify safe places to go and people to contact. Ensure your whole family is prepared to leave the "box" in case you need to evacuate. You should also consider relocating away from high-risk areas, like flood zones, and acquiring long-term supplies like water, batteries for radios and flashlights, food for home cooking, and canned food packed in durable containers that are easy to move.
4. Always stay informed, especially on stormy days. Check out NOAA's Weather Radio by clicking [here](#). You can also sign up for the news service on the radio too.

5. Update your family's health insurance policies and check on travel and evacuation plans.
6. Contact local officials to see how they can be of assistance. Many times, local officials will provide evacuations or sheltering services based on needs. Do not hesitate to call your county's emergency management office or 911 if you need assistance during an emergency (or any other time!)
7. Have a Plan B in place. Having one is critical when disaster strikes; it can make the difference between life and death if you cannot contact your family members because of power outages or cell phone towers down.
8. If you are going to evacuate, secure your family members and pets, especially those who have health problems or are young/infirm. Make sure a list of names and phone numbers for everyone is available in case of an emergency.
9. Practice your role as coordinator of family duties during an emergency or disaster. Not everyone will have time to run out the door, get gas and snacks for everyone or buy extra supplies.
10. Have a cash supply on hand at home in case banks and ATMs are not operational.

Take every precaution to ensure that no matter what happens, you are ready to handle it. I've assembled this intending to help you be as prepared as possible for any disaster – big or small.

Once you have your list together, prioritize it according to importance. It should be pretty straightforward at this point since there's nothing on your list that isn't necessary for survival in these circumstances... However, there

is no harm in prioritizing based on what's most convenient or what will last for an emergency.

The following steps are more difficult without having any practical experience (we're sorry!). Try to determine how much (or how little) you'll need each item on your list at a time. Remember that you can't store unlimited amounts of food or water.

Some things, like matches or medicines, are more vital than others. Think about what would happen if there were no supplies for these items and what that would mean for your survival should an apocalyptic event occur now...

Once you've made your list, you should make up a rotating system for your survival supplies. Decide what to store where and how often the items on your list should be rotated to make sure they're always fresh. You'll also need to decide how many of each item you're going to store. The best way to do this is by making a chart or a graph.

If your supplies are limited, remember that it's better to have some food in storage than none at all.

After you've decided what items to store, put them in a backpack or other container and place them in a secure area. Now that your list is complete and your supplies have been prioritized, it's time to move on to the next step.

A few weeks before a disaster occurs, ensure that all of your emergency supplies are located precisely where each supply item should be... After your disaster occurs, the stores will be more or less in the order you want them.

Also, remember to keep your supplies from getting damaged or soaked by water. Water - especially if it's coming in after an earthquake - is very destructive to most things made of metal and plastic. You don't want something fundamental like a flashlight or batteries to get ruined because

someone has forgotten about his emergency supplies... So be sure to keep them dry and well protected from the elements.

Before you leave for your vacation, take care of some of these preparations so that when you get back home, you'll be ready for whatever disaster may come your way.

To prepare your community for a disaster, you will need to:

Plan for the best possible outcome, but also plan for and prepare for the worst. Prepare at every level of government, including the Federal Emergency Management Agency (FEMA). Become knowledgeable of local emergency procedures. Be prepared to follow those procedures effectively in the event of an emergency. Be ready to assist others who may be unable to do so themselves.

When a natural disaster strikes, people need to know where they can turn for assistance. They need to know what steps to take to save their own lives. They need to know how to keep their families safe and what they should do if faced with the aftermath of the disaster. People need to be informed and ready - because, in the end, preparation truly is the key.

Since 1980, over 100 million Americans have participated in preparedness activities sponsored by FEMA, with more than 100 million people participating annually. FEMA's preparedness activities include public information campaigns, local emergency planning committees, community emergency exercises, and many other activities designed to increase individual and community preparedness for disasters.

The FEMA-sponsored disaster preparation activity is not an endorsement of any specific product, business, or technique. Preparation does not indicate

acceptance or support of any particular strategies, initiatives, or goods described.

This is about preparing for catastrophes and the ordinary mistakes individuals make during crises that keep them dangerous longer than they should.

The reason it is terrible for you and your family or coworkers not to panic and flee the location is that if others panic, then accidents might happen that damage many people when just one or two would have actually been if everyone kept calm.

Avoid driving during a catastrophe if possible. Not only may automobile and truck accidents damage roadways, but many individuals who leave their vehicles might be killed by neighboring traffic. If you decide to actually drive, make sure you don't take extra risks or that there are no other cars around. Avoid roads and public transportation, where there is a greater risk of an accident or terrorist strike.

Also, bear in mind to pack an emergency kit with essentials like flashlights, batteries, a battery-powered radio, food and water for two weeks, medications and first-aid supplies, and defense (such a handgun or non-lethal weapon) for everyone in your family. Also, establish a contact outside the region in case of an emergency.

Remember this: many disaster situations occur at night when the public isn't able to see what is going on very well. You may find that you and your family are in danger when you are out during the day and in the dark. It is vital to stay alert during the day as well.

Despite many people thinking it's best to have a shower after being at a disaster site, there are many actual reasons why this particular type of

activity is not suitable for everyone or for everyone at the same time. First, there is a chance of contamination from plants or water supplies directly after a disaster occurs, especially if there is flooding or other chemical spills that can happen. Second, there are dangers of drowning or falling in the shower, such as getting out of the storm. Third, when you're at a disaster site and don't have electricity, batteries would be impossible.

If someone is injured and bleeding because they had an accident at a disaster scene or elsewhere, it's essential to make sure they are taken to a proper location right away for emergency care. You also don't want to over-use first-aid items that are available such as gauze and bandages, if more advanced help is needed.

News media have many responsibilities and should be able to broadcast what is going on at the time of a disaster. This can be extremely important because it will let everyone know that help is on the way or what they need to do in case of an emergency. Television news shows worldwide are beneficial because they will explain how to stay safe during a natural disaster. This is especially true because many children are glued to their television sets during disaster-related shows so that they know what's going on.

If you're in charge of any organization like your local school, you should plan for the worst-case scenario. Sometimes this is announced before the disaster occurs, and sometimes the information comes out after. If you don't have this type of training, you'll be blindsided by the tragedy as well.

The best time to prepare for a natural disaster or other situation is when it doesn't seem like there will be one at all. The more time that goes by without a major catastrophe, the harder it will be to adjust your plans to accommodate it when it does happen.

This focuses on why we should be prepared and what we can do to prepare ourselves for a natural or human-made disaster.

This information is not available to the general public when it comes to catastrophe, so we need to find out what we can do to prepare ourselves for a natural or human-made disaster.

You can do the two most important things if you know that there will be a disaster: first, having an emergency kit and staying away from dangerous areas.

You can also put other things in your emergency kits such as money, medicine, food, and water for at least two weeks, as well as protection (such as a firearm or non-lethal weapon) for each member of your family. Also, make sure to have someone outside of the area that can be reached quickly in case of an emergency.

The time between disaster events varies from person to person because it depends on the earthquake or storm about to hit and what type of disaster will be happening.

Sometimes disasters are expected but not always.

There are many tips when dealing with a disaster, and knowing what to do will help you stay safe. This is very important because we need to know what the situation is going on to prepare for it properly. Keep your emergency kit handy at all times, as well as learning what everyone needs in case one of these situations occurs in the future.

Hopefully, you will never have to use your disaster kit, but it is always good to be prepared.

Chapter 3 TYPES OF DISASTERS



EARTHQUAKE

Earthquakes are measured by their magnitude and can range from as low as 2-3 on the Richter scale up to over nine on the Richter scale (which would be considered catastrophic).

When earthquakes occur, they create great shaking that displaces soil and rocks. Displacement of soil by earthquakes allows for landslides to occur; landslides result in flooding because they block river channels with debris; which results in storm surge damage because more water flows into a river than is naturally discharged through its mouth due to currents. Landslides and tsunamis can also cause damage by consequences such as soil erosion, loss of wildlife habitats, and changes in river channels. Earthquakes are usually associated with volcanic eruptions.

Earthquakes occur naturally on earth as the planet shifts, while volcanoes are formed when gas or lava trapped underground finds its way to the surface.

Earthquakes can be devastating, but thanks to good building codes, these natural disasters rarely result in the loss of lives.



TSUNAMI

The word tsunami means ‘harbor wave’ in Japanese. These are usually caused by earthquakes but can also be caused by landslides or volcanic eruptions. Tsunami waves are capable of traveling across entire oceans and can reach heights over 100 feet high!

Tsunamis are caused primarily by landslides resulting from earthquakes or volcanic eruptions and the collision of oceanic tectonic plates. Tsunamis are among the world's deadliest natural disasters, and there is evidence that they have been responsible for 9% of the world's known fatalities from natural disasters. Natural events such as hurricanes, earthquakes, tornadoes, and floods can be viewed as tsunamis; however, they do not result in many casualties per event.

Tsunamis are giant, fast-moving waves that result when large quantities of water slip onto a continental slope at sea level, breaking ocean currents and causing waves to form where the water converges with the land. Earthquakes

cause some tsunamis. Winter storms can also trigger tsunamis if their wind-driven waves reach the ground within a few hours. Submarine landslides, underwater explosions can also trigger tsunamis or volcanic eruptions referred to as debris flows (also called lahars). Many coastal areas are susceptible to tsunamis because of the semi-enclosed nature of the coasts and the shoreline configuration. Tsunami damages typically occur when they strike near a densely populated place or along a narrow coastal stretch that is susceptible to landslides during earthquake activity



LANDSLIDE

A landslide is the movement of large amounts of rock and earth down a slope due to gravity. Landslides often occur during periods of heavy rain, earthquakes, or volcanic activity.

Landslides are natural occurrences as the Earth's crust shifts and moves, causing land areas to collapse down a slope. These landslides usually occur during heavy rainfall or earthquakes.



FIRE

Fire is a type of disaster that's exclusive to the United States. The causes can include arson, natural and technological causes, as well as an accidental fire. It's estimated that over 75% of all home fires occur due to careless behavior such as arson or smoking.

Though most people associate fire with wildfire, it also comes in the form of forest fires, grass fires, gas leaks, and even car-crash fires. Fire causes thousands of deaths worldwide every year.



FLOOD

When a large amount of water is released quickly into an area, the area becomes flooded, causing flooding and damaging buildings and infrastructure. A flood can be caused by channel overflow, heavy rainfall from thunderstorms or hurricanes, and hurricanes themselves.

This rise can be caused by heavy rainfall or thunderstorms (as in flash floods). The term flood also encompasses other types of flood events during periods of heavy rain, including landslides, debris flows, and debris flows from volcanic activity.

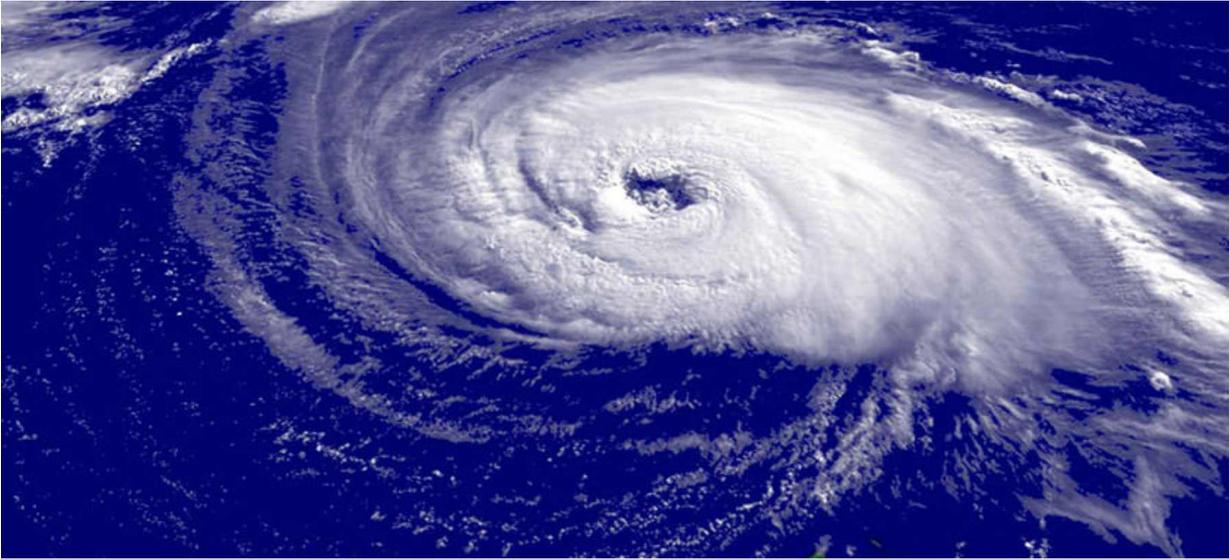
A flood is actually a large amount of water that flows into an area and creates water that rises above the land. Floods are caused by creating natural bodies of water such as lakes and streams and artificial slots like parking lots and dams.



STORM

When a storm occurs, the National Weather Service will warn those who might be affected by it to be prepared and not caught unprepared for a hurricane or other storm event.

A storm is a natural disaster that occurs when a high-pressure system moves over low-pressure systems, causing rising air masses that create wind and rain, snow, or hail.



TYPHOON

Typhoons occur when warm water is forced through a cold air mass corridor by either extratropical cyclones or tropical intrusions. The resulting low-pressure area in the Typhoon's center pulls in cold air from the surrounding atmosphere and causes severe weather damage. Typhoons can have damaging wind gusts and high rainfall levels. Sectoral rainstorms can occur concurrently with a hurricane which can cause severe flooding.



FUEL SHORTAGES

A fuel shortage is when there's not enough gasoline to supply the needs of the area. It can be caused by issues with refineries or even petroleum product theft.

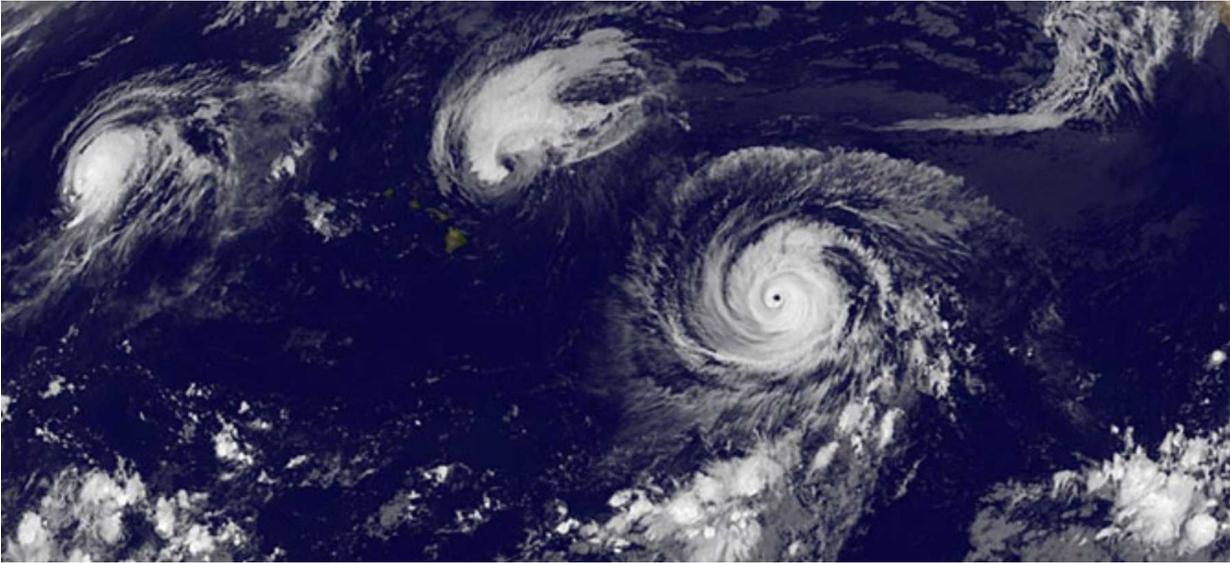
Fuel shortages are caused when there is not enough gasoline, diesel fuel, or other fuel types to supply an area for transportation or energy needs. This can be caused by some sort of disruption at a refinery which may cause fuel supply disruptions.



HURRICANES

Hurricanes or cyclones are large low-pressure systems with significant spin in the horizontal plane originating over tropical or subtropical waters. These storms tend to be more severe than other types of tropical storms and can lead to severe flooding, damaging winds, rain or snow, tornadoes, or frost.

Hurricanes are the deadliest type of natural disaster. The Atlantic hurricane season occurs between June and November. Hurricanes often cause enormous damage to inhabited coastal areas, from which recovery can take years if it occurs at all.



TROPICAL CYCLONES

Tropical cyclones vary in size and shape, but often travel as enormous wind circles emanating from a massive circulation core. Tropical cyclones migrate from west to east in the Northern Hemisphere and from south to north in the Southern Hemisphere. Tropical cyclones emit around 100 megatons of TNT worth of energy. It would take a storm like Andrew or Katrina 10 million years to re-enter the land.

In 2004, weather-related disasters like floods and droughts caused roughly one-third of all disaster deaths. Earthquakes, typhoons, volcanoes, and tsunamis are additional major calamities.

In 2004, weather-related disasters accounted for roughly one-third of all disaster fatalities. Earthquakes, typhoons, and volcanoes are also big calamities.

The frequency of natural catastrophes varies based on the climate. Hawaii in the US and Japan in Asia have had few or no natural catastrophes in the

recent century. However, scorching weather and poor farming methods have resulted in hundreds of natural catastrophes in Bangladesh during the last decade.

From earthquakes to hurricanes, the consequences may be deadly.

METEOROLOGICAL DISASTER



These are also known as natural disasters caused by weather, climate, and other atmospheric conditions. Hurricane Irma in 2017, for example, is one such disaster that wrought havoc on several Caribbean islands.

ENVIRONMENTAL DISASTER



These disasters stem from human-made causes like oil spills or dumping radioactive waste materials into waterways. One such disaster occurred in Brazil when a dam collapsed due to heavy rainfall and released toxic sludge into multiple towns nearby.



EPIDEMIC DISEASE

These are not natural disasters but are human-made, usually from a virus that spreads fast and causes mass casualties. One such epidemic in 2014 killed over 11,000 people in West Africa.



INDUSTRIAL ACCIDENTS

Oil rigs, factories, and other industrial facilities can cause environmental damage and destruction. A recent explosion at an oil rig in the Gulf of Mexico caused a massive oil spill that unfortunately killed 11 workers.

The effects of natural disasters can drastically affect the affected communities and inhabitants. Families suffer huge losses due to large-scale flooding (in 2015, almost 24 million people had their homes destroyed by flooding from heavy rains). The good thing is there are various organizations and agencies dedicated to helping the victims of natural disasters worldwide.



DISASTER PREPARATION

Disaster preparation is, first and foremost, about awareness. Planning is a critical step in the process, but you also need to be prepared for the worst.

What are your specific needs? Where are vulnerable areas in your home or business? What would happen if there was no power for three days? How much water do you need to have on hand in case of emergency?

It's time to be proactive and think ahead. This will walk you through some simple steps that could make an all-too-real catastrophe less devastating.

Chapter 4



UNDERSTAND THE SITUATION AND UNDERSTAND PREPAREDNESS

So here we are, in the actual midst of a global pandemic. You're quarantined in your home somewhere in the world, feeling that eerie mix of calm and panic. It's a concoction that makes your throat dry and your chest feel like it's about to explode. Or are those just symptoms of something more sinister?

Your favorite bar was boarded up after some hooligans raided it two nights prior. There's a church ten blocks away still serving chicken stew in Styrofoam bowls, but the police are standing by, keeping people from trampling one another. The police are enforcing curfew now too. No one's

allowed out of their homes unless it's on the way to the hospital... or the morgue. Things are bleak. Too bleak.

You're wondering if now is the time to start preparing for the end. You've got a few cans of expired ham and beans, some rotten-looking potatoes, and a purple onion that has lived in this apartment longer than you have. Well, people have survived on less, right?

What if you could rewind to the time just before people were panic-buying in your city? To the time when the news showed more than just the death toll. You might have found this book right on time. After all, it is never too late or too complicated, or too crazy to prepare. Preparation takes no more strength than going grocery shopping. Preparation takes no more time than it takes to fill a backpack. Preparation takes no more knowledge than it takes to flip a page.

In what follows, you will find a comprehensive guide to stocking your shelves, gathering your team, and steeling your mind. For you will find that preparation is all about mentality.

PREPARATION MENTALITY

Panic is a sickness. It kills more people than a virus or a fire or a flood ever could. Panic makes us think that guns are more important than food. It makes us trample over other people just to get to what we need. It makes us throw money at products or gadgets that we think might save us instead of learning how to actually take care of ourselves. Panic makes us stupid. Stupidity is deadly.

How do we avoid panic? The only cure for panic is preparation. Preparation is about being positive that you will have not only the necessities for survival, but also the purpose to move forward, the reason to keep pushing,

keep adapting, keep thriving. Preparation ensures that your focus is always on how to make the most out of a bad situation, rather than facing that situation without any plan at all.

It is not outlandish, or conspiracy theorist, or overly zealous to prepare for a natural or manmade disaster. It is a basic facet of human evolution. In much the same way our predecessors had to prepare for a hunt or a war, you prepare for an actual job interview or an exam. We run scenarios through our mind, readying our body for the task at hand. The greatest test of our lives comes from the need to survive and if you are reading this then you understand your part to play in any extreme emergency.

It's not about trying to collect everything you can in a wild fear of what the future might bring. It's about focusing on what you actually can do in this moment to maintain health and normalcy regardless of the future. More than that though, it's about equipping yourself so that you can better serve your family, your friends, and your community.

OUR RESPONSIBILITIES

As an actual husband and father of four, I've come to know the importance of community and cooperation. My family has been a part of our local Prepper's Group for over twenty years now.

My youngsters have grown up recognizing the value of self-sufficiency as well as assisting others. They've helped me out by putting sandbags, removing damage, raising awareness, and even recruiting friends. One of my happiest moments was when Andrew, my son's buddy, ran up to me to show me his family's fire escape plan.

In my 62 years, I've seen many individuals stand up to assist others, but no one can help others until they first know how to help themselves. Soak up all

the knowledge in this book and apply what I tell you. In an emergency, you can help people better by reducing your own fears.

One thing you won't find in any other survival guide is that sense of togetherness that comes with a disaster. You only ever find fear-driven advice that tells you to keep to yourself and trust no one. You only ever hear about the horrible looting and hoarding that goes on and how being prepared might make you a target to be mugged or killed.

So, here in this book, I will teach you how to prepare yourself, yes, but I will also challenge you to become a leader in your community. I will challenge you to be disciplined and kind unless you're left with no other choice. Regardless of what you read in Dawkins' book, our species has evolved not through our warring and self-serving ways, but through our innovation, collaboration and adaptation to hardships. As a team, you can move forward through pandemics, floods, fires, earthquakes, or whatever disaster flies your way.

Chapter 5



DO YOU HAVE A PLAN?

Making a plan will help you think realistically about handling a crisis and reducing the chance that panic will set in.

Create a Family Emergency Plan. Everyone needs to know their specific roles, including where they need to go, who they are going with, how they will get there, phone numbers for everyone involved, and how much food/water/clothing they should take. It's also essential for kids to know not to open the door for anyone until an adult says it is OK.

Understand Your Surroundings. Consider sandbagging as a way to mitigate flooding.

Have an Emergency Kit Ready. You should have supplies ready to go at all times. Think about what items you are most likely to need in the event of an

emergency. The following are suggested things to keep in the kit:

Water -- at least one gallon per person, per day for at least three days. Plan to use bottled water if you can't boil it for any reason.

Non-perishable food, including canned food, dried food, or ready-to-eat packets. Also include snack foods and crackers that can be eaten without heating, such as beef jerky or protein bars.

Clothing and personal items -- extra shoes, warm clothes for everyone in your family (wool hats and gloves), additional medication, or essential documents.

Flashlights and batteries.

A First Aid Kit.

Any special needs items, such as a portable toilet or a device to help those with disabilities.

HOW TO PREPARE FOR DISASTERS IN YOUR AREA

Since disasters can happen anywhere at any time, you want to be prepared no matter what your situation is.

So what can you do? Well, we've put together all about how to prepare for disasters—whether they strike your friends or family in an area different from yours or whether it's the disaster that affects you.

Whether your area is hard-hit by a natural disaster, such as floods or earthquakes, or it's a more common threat like a hurricane or tornado, you can prepare for disasters by following these tips:

1. Turn on the news. It's probably not news that these disasters happen all over the world.

You can also read newspapers or watch TV news bulletins to learn more about any disasters that have been reported.

2. Think about your situation. There are different kinds of natural and human-made disasters that can happen to you and your family:
3. Study the news reports. After you get a general idea of what happened, try to find out as much detail as possible about the destruction an area has suffered.
4. Determine how you'd like to help. Do you feel like you should go and help neighbors in an area hit by a natural disaster? Maybe you have more of a reason—as an engineer, for example, or as a volunteer fire fighter?
5. Talk to your family. Tell them that there is a possibility of a physical disaster occurring, and encourage them to prepare for it, such as stocking up on water and other supplies.
6. Look at the area map. If a flood or tornado has damaged your area—say, this is the map of where you live—then look for an evacuation route that will get your family to safety quickly.
7. Prepare for safety first. Find food and drinking water, keeping warm, and more after you secure safety. All of these help you survive in a disaster.
8. Have a plan for your family. Take care of your family in a disaster situation is just as important as how to help others. How can you

protect your children? Are there any dangerous plants on your property?

9. Assess your home. Because you already know some of the places that may be affected by a natural disaster, look at the area map and find any areas that would have been hit hard by flooding or tornadoes.
10. Stock up on water. Usually, the most important thing to do is to eat and drink as much as possible. Water is essential because it'll keep your body hydrated—and it's also a good source of liquid if you have to do a lot of walking, like in an evacuation scenario.
11. Find out which food items are best to have on hand. High-energy food items like protein bars and trail mix can help get your energy running again after a long period of sleep or physical activity.
12. Be ready for cold weather. In a disaster, you won't want to be wearing all your warm clothes, and you'll probably want to wait for temperatures to rise. You'll have to have at least a layer of warm clothing on.
13. Take supplies with you if you need to leave your area. If disaster strikes, get your family together and collect as many supplies as possible first before driving out of place into safety.
14. Prepare for medical problems. In a natural disaster that takes out power grids or water systems, people may become sick because of a lack of medical care in the affected area. Try to make sure that you have adequate medical supplies on hand.
15. Think about what you're going to do when disaster strikes. An emergency plan that tells your family where to go in case of a natural disaster.

16. Consider moving away from an area at risk for earthquakes or floods. If it's possible, it's also intelligent to relocate yourself and your family away from an area that has been known to be damaged by flooding or earthquakes in the past.
17. Look at your car. If you have to evacuate, you'll need transportation to get away. If the flood or tornado damaged your vehicle, consider getting a new car and keeping all of your supplies in that vehicle.
18. Be prepared for home invasions. Determine how you would like to protect your family from home invasions in case of a disaster, and look into getting home security systems installed at different locations around your house.
19. Plan for after the disaster. Once the crisis is over, it's essential to relocate yourself or your family to another safer area.

PLANNING, PREPARATION, AND PREVENTION

Prepare for the worst with these disaster prevention tips!

It's not always easy to predict natural disasters, but thankfully there are ways to minimize your risk of them happening. From preparing an emergency kit to making sure you know how your home is insured, these disaster prevention tips will ensure you're ready in the event of a disaster.

It's essential to be prepared for a disaster in your area. Disasters are unpredictable and can strike at any time. But being prepared can help you avoid or minimize the effects of a disaster.

Find out if there is an evacuation route from where you live, work, or study that doesn't pass under trees or over hills during heavy storms.

Don't forget to plan for safety and comfort in the absence of electricity.

MAKE A FAMILY EMERGENCY EVACUATION PLAN

Know where your neighbors live, work, or study so you can help them if they are in need.

Fill up your gas tank before a significant storm so you won't be left with a severe shortage of fuel afterward.

If you work in or near a school, learn what to do if there is a threat of an active shooter.

Check for gas leaks before a storm is about to hit or during the shower at your home, business, or place of worship if that's where you're providing emergency services. This will prevent fires from destroying homes and businesses.

Avoid overloading extension cords and appliances with heavy loads like clothes and furniture; they can cause fires if they get caught in a nearby wall heater, portable heater, or another device.

Put away anything that can burn at least six feet above the floor: fireplaces and logs, flower pots, stoves, grills, outdoor heaters, and other appliances.

Increase the distance from tall buildings. If you live in a high-rise building, stay in your building if it is safe to do so. Take the stairs unless an alternate object will prevent you from falling, such as a railing.

Make sure your home has fire extinguishers, especially ones that can be used indoors.

Has an emergency kit packed and ready for use at all times? Your equipment should have a battery-powered or hand-crank radio, extra flashlights and

batteries, a first aid kit, food, water, and additional medication.

Chapter 6



WHAT SURVIVAL SKILLS DOES A PREPPER NEED?

Essential Prepper Skills To Learn Now!

A prepper needs a lot of survival skills, but not all of them will be required for the same event. It is only essential to have all three survival skills practiced, mastered, and ready for use in practical situations.

#1. First Aid for Animal

Saving your pets is essential, but above all, it is very much enjoyable. A lot of skills are involved in first aid for animals. First, the animal has to be saved from danger. Then it must be rescued, sedated, and moved to safety. Finally, it requires proper sedation or treatment to ease the pain. While all

this is happening, the animal must be kept unhurt and safe. It takes a lot of skill, practice, and knowledge to make this happen.

#2. Typical Home Repairs

A prepper is used to being aware of the inevitability of disasters. A prepper is used to catastrophes and facing them without flinching. One way to overcome tragedies is to be prepared for them. A house is an example of a home, and it takes care and knowledge to make repairs. Tools are essential to carry with you when you go out and repair something. As for the material for repair, you can use anything you find in nature.

When you are asked to repair something, do it. Make sure you test the repairs, and add some extra retention, and this will save you the cost of having it fixed.

#3. Wild Herbs and Their Uses

Wild herbs are beneficial in a survival situation. They can be used to create medicines and remedies. They can be used for various cooking techniques as a part of a survival meal. They can also be used as a cosmetic and cleaning product.

#4. Finding Your Way in Nature

In any survival situation, the direction will be your greatest friend. Everything you can use to save yourself and your prepper family will be used in the right direction. If the weather is terrible, then the prepper must prepare their own shelter, they can also make use of their cold-weather apparel.

#5. Improvised Shelter

Another devastating natural disaster, you can be sure, has done its fair share of ravaging, and there will be a lot of building materials lying around. The prepper has to know when to improvise, test, and implement these construction materials. Building an improvised shelter is also a skill best practiced when possible.

#6. Dealing with Cuts, Burns, and Bleeding

Cuts, burns, and bleeding are widespread in the world of a prepper. The prepper will, on many occasions, be required to deal with these injuries. A rescue may be required for the bleeding to stop, but also to clean the wound. The prepper also needs to be aware of the poisonous plants around them as well as the scars that require attention. However, they will have to keep their heart rate high to allow the body to cool and clot the wound.

Don't prepare for SHTF, zombie apocalypse, or even TEOTWAWKI. Preparing for everyday challenges, frequent crises, and global events is smart. 2020 will be known as Pandemic 2020.

But the Covid-19 virus wasn't the only concern. Global food shortages, supply chain disruptions, job losses, and money shortages resulted from the virus's effects. Toilet paper, meat, and other basics were scarce. Due to the global bicycle scarcity, businesses and eateries closed.

In the event of a power outage, a hurricane, a snowfall, or the stomach flu, preparing is prudent. Planning ahead of time might help you actually avoid being startled if anything bad occurs. You'll probably be able to handle the difficulties from home.

It seems that you live in a world where you are continuously told that you must be scared.

You must be concerned about the changing climate and the resulting weather catastrophes. Natural catastrophes such as earthquakes and tsunamis must be feared.

Wildfires must be feared. It would help if you were afraid of conflict breaking out on the doorsteps. You must be concerned about an insecure government and a sluggish economy. It would help if you were afraid of the neighbors.

Is all of this fear necessary?

What if you could replace fear with self-assurance?

True, the world may be a frightening place. Your lives become unhappy and unfulfilling if you lose yourself in anxiety and dread. You may feel discouraged and sad. You may feel helpless. Being proactive is among the

most effective strategies to overcome fear and the emotions of helplessness that come with it. You replace fear with confidence by preparing for such unexpected events. Our feeling of helplessness transforms into a sense of mastery.

You'll go over the fundamentals of emergency preparation and preparing to help you successfully withstand natural catastrophes, as well as provide you with a step-by-step guide on how to get started. You will use it as a starting point for becoming prepared & that you will return to it throughout your disaster preparation journey. Preparing for a disaster is not difficult or costly for ordinary people.

You can spend wisely in the survival toolkit and avoid wasting money if you know what the finest tools & gear to keep on hand are. You may feel empowered rather than anxious by spending your time and effort in self-education and acquiring new skills.

Please don't make all of your preparations at once and forget about them. Maintain a preparedness attitude throughout your life. If you put tools away after you're done with them, you'll know they're in the correct place if you need to locate them quickly. By rotating your food storage, you can ensure that your food is always fresh and good. You won't have to actually rush to the shop at the last moment if you have daily goods stocked. Keeping the focus on the future will assist you in determining what you can do now to improve tomorrow.

**THE PREPPER'S
LONG TERM PANTRY
IN 72 HOURS**

**HOW TO ACQUIRE FOODS ON A BUDGET,
CANNING, PRESERVING AND
STOCKPILING
FOR LONG TERM SURVIVAL**

BY JIM GRYLLES



INTRODUCTION

When you're prepping for an emergency, one of the most important elements to have is food. The general recommendation is to actually have at least a few days' worth of food on hand at all times, but what good are a few days if you find yourself unable to leave your home for weeks? Especially now, in the wake of the actual COVID-19 pandemic, it's become clear that sometimes you simply can't leave your home. Maybe the stores are too crowded and supplies are gone. Or maybe you get diagnosed and have to stay at home for at least two weeks. Or what if some other calamity causes you to have to stay put in your home for weeks or even months?

Being prepared in the particular event of an emergency is one of the best moves you can make. While we all like to think that nothing will happen to us or our families when we're all cozy in our homes, disaster could strike at any time. Whether it's an earthquake that decimates the infrastructure and

cuts off the supply routes, the outbreak of war, or even a pandemic that causes a total lockdown, it's essential to have food on hand. But not just any food will do. Having a well-stocked, healthy, nutrient-rich pantry can make the difference between life and death, depending on how long the disaster lasts.

It's easy to say that nothing bad will ever happen to you, and there's a chance that you'll be right. But there's also a chance that you'll be wrong, and you don't want to be left with only your words of regret to eat. Preparing in case of an emergency isn't much different from buying insurance for your car. You have it in case you need it, while hoping that day never comes. However, the day you get into an accident, you'll know that your initial investment was worth it.

Preparing for the worst isn't about paranoia: It's about being prepared so you and your family are kept safe. You want to go to sleep knowing that if anything happens, you've prepared yourself and your family to the best of your ability. Even if you live in a city, being able to bug in, or stay in place until the danger passes, is essential. You'll need food if you want to shelter in place, making no trips out to find food or other resources.

That's what this book is here for. It's hard to know which foods can be safely kept and which ones you'll need to keep yourself healthy. That's why, in this book, you're going to learn about your nutritional requirements and what you can do to meet them, even when you don't have access to grocery stores.

By this stage, you might think that all this sounds great, but why should you believe a word I say? Well, let me introduce myself. My name is Ted Riley, and I've spent my life learning about survival. It all began when I first entered the Boy Scouts, and my love of learning to survive in this crazy, wonderful world has continued since then. I spent more and more time

outdoors, learning to live off the land. The outdoors was like my extended home as I'd swim, make my shelters, and even learned to catch and gut fish with my father.

By the age of 10, my family started traveling for work. My father's unique skills meant he was sent all over the world, and while we didn't want for much, we still found ourselves in situations that weren't the safest. I learned about the value of being able to survive in new environments, how to make my presence known, how to assimilate when necessary, and how to make myself disappear.

You might think that what I experienced in countries like Pakistan is nothing like what you'd face in your daily life, but just take a look around you. In 2020, cities and states in America were calling curfews, initially to slow the spread of a deadly virus, and then to prevent violence from riots across the nation. Every country falls apart at some point. Emergencies happen at some point. War and violence are very real parts of the world. Why pretend otherwise?

My early life experiences encouraged me to settle down in Eastern Oklahoma. Here, my family has a homestead, and every day we're one step closer to self-sufficiency. Part of my motivation for this was to enjoy the satisfaction that comes from creating our world and meeting our own needs. However, part of it was influenced by what I saw growing up.

I don't doubt that we'd be able to survive just about anything, and my children have learned about the importance of self-sufficiency and preparedness. It's taken work, but now, I'm able to go to bed each night safe in the knowledge that, no matter what happens, we'll be able to get through it.

Before settling into my home, I dedicated my life to studying survival, both in the wilderness and in urban environments. I knew this was my calling, and now, I have a new one: to share my knowledge with others and ensure that they too can survive and protect themselves and their families. Are you ready to learn about how to keep yourself and your family alive when the world becomes a more dangerous place? Are you ready to build up a contingency plan in case you can't easily access food? By the end of this said book, you will have a better idea of how you can keep your family fed and safe no matter what happens. So, let's get started!

Chapter 7



WHY YOU NEED A FOOD STORAGE PANTRY

The importance of survival food storage cannot be neglected. No one can survive without a constant supply of food. Living without food and water causes malnutrition, deficiency diseases, and ultimately death. There are certain crisis conditions in which securing a regular supply of food is just not possible. The year 2020 is a recent example of such a crisis. Worldwide lockdowns made it difficult to go out and buy groceries on a weekly basis. Similarly, in other pandemics, war-like conditions, famine, and natural disasters, mankind is met the most difficult circumstances, and such conditions call for food stock that is available at home. This stock must be sufficient enough to meet the needs of every family member as well as ensure good health.

According to food science, only a well-planned and well-written food management program can guarantee good health and food security for a longer duration.

Following are some of the known benefits of survival food and its storage.

SURVIVAL DURING CRISIS

Who knows how long a crisis will last? It can take weeks to months, depending on the changing circumstances. You cannot simply rely on external food sources in such changing and ever-wavering conditions. Running out of food and living for days without it is simply not a choice. The only argument that highlights the importance of survival food the most is that our existence depends on it. Now, imagine there is an impending crisis, and you are haphazardly stocking food in your house, and then the food supply is cut off. In a week or two, you will realize that you are running out of some of the basic ingredients needed to cook a complete meal. If only you had prepared a comprehensive list of items along with their required amounts, and then grocery shopped accordingly, such a situation could have been avoided!

Survival is more than living: It is about living a healthy and active life. For such a life, you must have everything healthy to eat. Without sufficient survival food stock at home, you cannot guarantee sound mental and physical health.

FOOD SECURITY IN DIFFICULT TIMES

One of the profound reasons that we need to stock survival food at home is food security. It does not even have to be a crisis in order for us to do so. You can stock these items to have long-term food security as well. For

instance, if you are always working and don't get enough time to consistently buy your groceries, having non-perishable survival food items stocked in your pantry will help big time.

Storing food for a month or more is commonplace in circumstances where there is a constant threat of food shortages or inflation. People then bulk buy the required items and store them in their pantries. Basement storage is also a common practice in places where there are harsh living conditions. People in those places keep their basements filled with survival food items for three to six months, or even for a year. For instance, people living in extremely cold climates stock up on food before winter.

LEARNING FOOD MANAGEMENT

The best part about survival food storage is that it equips you with all the right skills to manage food. Even on normal days, when we grocery shop and stock our kitchen cabinets with weekly staples, we tend to waste a lot of our energy, time, effort, and money due to our inadequate understanding of food and lack of management skills. But once you go through this whole process of survival food storage, from initial research to list-making, buying in bulk, obtaining appropriate storage items and materials, then packing the food and storing it in an orderly fashion, you become an expert at managing a large amount of food. And not only that, when you live on the survival food, you also learn how to effectively utilize that food without wasting a single bit of it. In order to actually increase the utility of the food, you also improve your cooking skills so that you can actually enjoy a variety of flavors and aromas.

Having these food management and utilization skills can prove to be more helpful on normal days. Now you will be able to buy more food on a smaller

budget, and that food will be healthy and nutritious, carefully managed, and stored.

UNINTERRUPTED SUPPLY OF ENERGY

The concept of survival food revolves around the provision of an adequate amount of energy to the body. In testing times, this food proves to be a constant source of energy for both the mind and the body. The survival food storage techniques further teach how to best use this food to extract an adequate amount of energy per day to meet all the body's needs.

HELP AND RESCUE

Once the survival food is stocked and packaged in suitable boxes and containers, it gets easier to take with you at the time of need, especially when you cannot leave with all your household items. A survival food package for three to four weeks must be kept ready separately so that you can take it anywhere in difficult circumstances. Whether you are hitchhiking or forest camping, this survival food can help sustain you for days without any fear.

Chapter 8



ALL ABOUT YOUR PERFECT PANTRY

Before you start hoarding and stocking food items at home, it is imperative to clearly see the survival food and what it should be like. Understanding the food you eat and how it stays fresh is the basic science that every prepper must learn in order to manage food over a long period of time. Only this understanding can help you use this food up to its best utility in a crisis. By examining the food's purpose, we can draw a complete picture of what we are looking for. There are certain features that every survival food must have. The following are some well-known features of survival food, which can be taken as a standard selection criterion to pick and choose food for long-term storage.

STORAGE-FRIENDLY

What does it mean for food to be storage-friendly, a prepper may ask? Well, the food we are planning to consume must have all the features that would make this storage easier. It should be treated, managed, and stored properly. It must be light and portable to easily move it around in your pantry and use it whenever needed. Once this food is stored in a plastic bucket, PETE bottles, or other storage pouches, it should take up minimum space so you can store a large amount of food in a smaller space.

For instance, freeze-dried and dehydrated food items are suitable for longer-term storage, but freeze-dried food takes much bigger storage space than dehydrated food. So, the best choice is to store the bulk of dehydrated food instead of freeze-dried food. Dehydrated food can be considered more storage-friendly than freeze-dried food. Such subtle differences can make the food either suitable for storage or non-suitable for longer-term storage. Remember, the whole process should be kept as easy and convenient for you (as the prepper) as possible. You don't need to menu-fatigue yourself during the process.

SHELF LIFE

The next important criterion to choosing food for your survival storage is shelf life. It is that time period in which food or any other commodity can be kept or stored without the product losing its original quality and composition. When it comes to food, the shelf life indicates for how long the food is suitable for consumption; beyond the stated shelf life of the food, it can go bad, lose its nutritional value, or turn toxic. Many characteristics determine a food product's shelf life—for example, the content of the food, its sustainability, processing, packaging, and conditions of storage.

EXPIRATION DATES

We commonly find expiration dates written on the food packaging, but the shelf life is hardly ever mentioned. It is because of the fact that both durations have different significance. The expiration date has importance from the manufacturer's standpoint, whereas shelf life is considered important when the same food is stored. The expiration date is mentioned to mark a time period in which that food must be consumed, and it is determined according to the ingredients and composition of the product, whereas shelf life determines the time period in which food remains to be fit for use. For example, even if pasteurized milk is marked with an expiration date of two weeks, the milk can go bad in just one day once it is opened and placed at room temperature; this means the milk does not have a longer shelf life.

Certain factors determine the shelf life of food, and by controlling these factors, we can extend that amount of time.

NON-PERISHABLE FOOD ITEMS

Before marking the survival food as non-perishable, it is important to learn the difference between perishable and non-perishable food. The classification is based on the food's quality to stay fresh. Perishable food items cannot stay fresh for more than a few hours at room temperature, and they can only sustain in low controlled temperatures such as refrigerators and freezers. Even in freezers and refrigerators, such items can only remain fresh for about two or three weeks, depending on their type and composition. For this reason, perishable food is not suitable for survival food storage. You can only store some for immediate and short-term use. Perishable food

includes meat, fresh vegetables, fruits, dairy products (such as milk), and cooked food.

However, food classified as non-perishable can stay fresh and edible for longer durations. These food items do not go bad at room temperature, and they can be cooked easily for a complete meal. Flours, grains, legumes, pasta, whole and powdered spices, etc., are naturally non-perishable. There are some perishable products that can be converted into non-perishable ones through food processing. For instance, fruits like grapes that are otherwise perishable are dehydrated to make raisins that are non-perishable. Similarly, other methods can be employed to expand the fold of non-perishable food items and store them for long durations.

COST-EFFECTIVE

Buying groceries for weekly use is one thing, but to stock them for a month or more can be a big burden on your wallet, and you cannot spend all your money on food when there is a crisis. Therefore, the food we plan to stock for such a condition must also be budget-friendly and cost-effective. It does not have to be cheap and low-quality, but the packaging must be of good quality and reasonable pricing.

There are certain ways in which you can buy and store lots of non-perishable food items without feeling a financial burden or strain. First, prepare the list of all the items needed for storage and write down the total amount required. Then divide the total amount into weeks, set a target to buy 25 or 50 percent extra groceries every week, and then stock that extra in your pantry. In this way, your overall financial burden will be divided, and it will take minimum time and effort to stock food on a weekly basis. This practice can also be carried out on normal days to keep your food secure all the time.

MEALS READY TO EAT

While not all survival food items are termed as MREs (meals ready to eat), it is also not a standard food selection standard, but it is important to discuss this concept here, as many preppers commonly use MREs for survival storage. It is mostly utilized by the people who are constantly traveling in a crisis or going to places where there is no food supply. MREs are ready-to-eat meals available in sealed packages. Inside of one is a variety of food items that can provide much-needed calories, carbohydrates, fats, fibers, proteins, etc.

While the idea of having a well processed, healthy, and variety of food in a single package seems tempting, MREs are only suitable for those who cannot manage to stock or who don't have the resources to stock food. These packages are comparatively expensive and will cost you more than the raw non-perishable food. The only advantage these ready-to-eat meals have is that they can be consumed instantly without cooking, and they are rich in nutrients. These packages work well for emergency stockpiling, and for survival food storage, you can buy a few MREs (if affordable) just in case times get really difficult.

HEALTHY

Just because there is a crisis and you need to survive for a longer period of time with survival food, it does not mean that you can compromise the quality of the food you're eating. In fact, biological science tells you that the human body needs more calories and nutrients to sustain and live a healthy life in a crisis condition. For this reason, the food that we are storing for such conditions must be rich in nutrients. It must be better in quality than the food we normally eat. There are several perishable food items that we

wouldn't be able to consume during the crisis, so the food that we are going to consume must be capable of providing the nutrients of those perishable items as well.

For instance, we cannot consume fresh meat and milk while living on survival food. The protein intake must be met by consuming high protein non-perishable items like grains, legumes, protein powders, dry egg supplements, etc. Similarly, other minerals, vitamins, and fibers widely present in fresh vegetables and fruits must be consumed through canned vegetables, fruits, psyllium husk, whole wheat flour, dried herbs, and dehydrated food products. The food that is stored must contain a perfect balance of all the macro and micronutrients.

VARIETY

It is natural to get bored and lose your morale during crisis conditions. And if your food is also not attractive, fun, and exciting, you will soon lose your appetite. Indeed, living on survival food is not easy, and it comes with all forms of challenges, but you can turn it around and make things exciting by keeping variety in the stocked food. In fact, most of the food that we can store for this purpose comes in wide varieties, which can store to make a range of different meals. Take legumes, for instance, and you can stock yellow, brown, red, orange, green, and white lentils, then use each to cook various meals. You can use the same lentils for cooking soups, stews, gravies, and snacks.

Having variety in survival food is not an option—it is an absolute need! You can maintain this variety by keeping different seasonings, spices, condiments, a variety of grains, pasta, and beans, etc. By employing different cooking methods, the same food can be cooked repeatedly in

different ways. Use slow cooking, stewing, fermentation, baking, or other cooking styles for cooking the basic combination of ingredients. Mix and match one type of seasoning with a different type of grain. Make use of rice and bread to prepare different servings every time. You'll need to be as creative as possible in order to keep the menu fun and exciting.

Chapter 9



FOOD FOR LONG-TERM EMERGENCIES

Before preparing for survival food stocking, every prepper must have a complete and full-fledged list of all the food items that must be bought. The food must be categorized and grouped in a well-written list so that the prepper remains oriented during grocery shopping.

Canned Liquids

Canned food products have a longer shelf life as they are prepared using various preservatives. If you want to stock otherwise perishable food items like pineapples, olives, or vegetables, then store them in their canned forms. These canned products must have a higher liquid proportion so that the food would provide you a good amount of nutrients and ensure hydration as well. You can also store various liquids in the sealed cans like coconut milk,

condensed milk, and evaporated milk. Other food items that can make a good canned product for your survival stock include vegetables, chicken and beef stock, broths, stewed or crushed tomatoes, etc.

Distilled And Seltzer Water

Though water is not food, it is still the basic necessity of every individual. We can probably survive days without food, but we certainly cannot survive without water. Moreover, water is also largely used in cooking. If you fear the crisis could make you water-deprived, then you must have a sufficient amount of water stored in your pantry. Distilled or seltzer water is appropriate for long-term storage. Make sure to store water in a sealed bucket or PETE bottles, away from all other stored food items.

Powdered Milk, Whey, and Eggs

As we know, fresh animal milk cannot be stored for more than three days in the refrigerator or more than a week or two in the freezer, and for long-term storage, we can't have fresh milk on the list. It must be replaced with other non-perishable options with a greater shelf life that includes all forms of dehydrated, powdered milk. It is a good substitute for fresh milk. But make sure to get yourself quality milk powder and avoid buying tea whiteners, which are neither healthy nor nutritious.

Like powdered milk, there are other powdered substitutes available that easily replace certain dairy products. Vegan egg powder substitutes are available, which provides the same amount of nutrients as an egg. Whey protein powder can also be stored as a survival food to maintain optimum protein intake.

Hard Cheeses

Not all varieties of cheese are suitable for long-term storage. The only variety you can store at home is the waxed hard cheese, though you will have a hard time finding this cheese; all your efforts are worth this highly nutritious and rich waxed cheese. This cheese is enclosed in a wax sheath, which prevents bacteria and mold growth while keeping the moisture away from the cheese inside. The hard Parmesan cheese in powdered form has only four months of shelf life, but it can last fresh for twenty-five years if packed in a wax case. Wax-encased Gouda, sharp cheddar, swiss, and Kraft Parmesan cheese are options you should look for.

Protein Bars and Drinks

Since it is not ideal to store fresh meat products as survival food, protein intake can be compromised on this survival food menu. For this reason, protein intake must be maintained by consuming protein via protein bars or drinks. These items are available in dry forms, which can be easily stored in a refrigerator or some other dry and cool place inside your pantry. You should be looking for high-energy protein-rich bars that have a longer shelf life.

Canned Dehydrated Meats

Storing meat in its fresh form is not on the card. Unless you have a freezer spared for meat storage, you cannot even think of storing meat for long periods of time. Even in the freezer, meat can only last fresh for about three or four weeks. However, we can easily store another substitute that can provide good taste and protein content. Such meat items include all the canned and dehydrated varieties. For instance, canned tuna can be stored in the refrigerator, or you can make jerky to enjoy the meat every now and then on the survival food diet.

Drink Mixes

You can't have fresh drinks and juices on the survival food stockpile. The closest substitute to those drinks is ready-to-make powdered drink mixes. These powdered mixes come in various flavors, including pineapple, apple, mango, orange, lemon, etc. You can simply mix and drink them for a refreshing experience. Similarly, other dry drink substitutes can be added to the survival food stock. They mainly include tea leaves, coffee beans, and powder. There is an endless variety of tea that you can add to the menu, such as black tea, chamomile, cardamom tea, green tea, earl grey, lemongrass, etc.

Tea, especially green tea, is actually full of antioxidants, and it has natural healing properties. Lastly, coffee is a good addition to the stock as it has a longer shelf life, and when kept in a dry and cool place, the beans remain fresh. Brewed coffee is an energy booster and can be used in other drinks and desserts as well.

Oils

Cooking is not possible with some use of fats or cooking oils, and your survival food stock is also incomplete without sufficient oil storage. Since cooking oils and other fats can sustain well at room temperature, you can easily store them in large plastic buckets or PETE bottles. Vegetable or plant-based cooking oils are healthier options to look for. Olive oil, organic fat shortening, or lard are a few other options for long-term storage. If cooking oil is stored properly in a clean and sealable container, it won't go bad for as long as two years. Solid fats like butter, lard, and shortening should be kept in the refrigerator if the atmospheric temperature is high.

Whole Wheat Flour

Another survival food item that you can store in your pantry with complete ease is dry flour. Whole wheat flour is considered the most appropriate as it is rich in fiber and other nutrients. It can be stored fresh from four to six months in a moisture-free, cool, and dark place. However, if you are buying other packaged flour, go by the package's expiration date. Similarly, you can also store rice or chickpea flour, but to prevent these powdered grains from developing insects over time, try the dry ice method to remove all the moisture or add desiccants to the storage containers. Besides flour, you can also store packaged cake mix, pancake mix, or bread mix. Leave them sealed in their market-bought pouches until you are ready to use them. Buy small single-use packets or pouches.

Cereal

Whole grains, shredded wheat, and cereal are some of the best survival food as they are loaded with energy and nutrients and are low-maintenance stock food. You can find nearly all the nutrients you need in cereal and grains: proteins, fibers, carbohydrates, folate, selenium, vitamin E, manganese, magnesium, and zinc. So, it is recommended to store them in a large amount in dry and clean sealable containers.

The best practice is to actually store them in small sealable food-grade plastic bags according to each week's need, then stock these bags in an orderly manner.

In this way, the rest of the packed cereal and grains will remain safe as they will not be exposed to the moisture repeatedly.

Potato Flour

Storing potato flour in your pantry will help you in the long run. You can actually keep it as a backup if you run out of wheat-based flour; you can

then use it to prepare dough and batter. Since it can absorb moisture well, it makes a nice yeast dough.

Corn as a Grain

You cannot store fresh corn or corn cobs for more than a few days. Canned corn is fresh for a few weeks. But the same corn, when dried, can be stored for months. Dried corn comes in a variety of forms like corn flour, cornflakes, and cornmeal. All the dry varieties can be easily stored in their company packaging or a sealable jar. Corn flour is used in baking, or as a thickening agent, whereas cornmeal can be used to make bread and cake.

Oats and Oatmeal

How can we forget long-lasting oats and oatmeal? This survival food is a must to become a part of your pantry storage as it can easily make you get through difficult times due to its high nutritional value. Oats make a good and nourishing breakfast. If you can't find anything quick and easy to serve at the tables, then cook delicious oatmeal in just twelve minutes. The oatmeal recipes do not even call for a large number of ingredients as they can be easily cooked in water or milk.

Breadcrumbs

Another good survival food option that you can store in your pantry with complete ease without the fear of early spoilage is Breadcrumbs. That's right! Breadcrumbs are already dry, and they are packed in sealed pouches. You can either directly stock the pouches or keep the crumbs sealed in a glass jar. Let's face it, Breadcrumbs are a part of every other crusted meal, so we can't get really crispy food without some use of them. It is wise to store them for longer-term use. Make sure to keep the crumbs away from moisture, or else they will lose their crisp.

Meals Ready to Eat

Also known as MREs, these are often recommended on the survival food diet. The concept emerged from the military ready-to-eat meals, which are often sent along with military personnel to places where there is no food availability. These packaged items have a longer shelf life. Now MREs are also manufactured for civilians, but a complete package can cost more than other survival food on this list. The meal comes in a complete package with a variety of shelf-stable food inside like jams, canned meat, sauces, pureed fruits, vegetables, etc.

Crackers and Cookies

Though crackers and cookies are not healthy, they can keep your survival food diet fun and exciting. Crises can be nerve-racking, and crackers or cookies are a perfect way to feel good about it—store small packets of crackers and cookies in a variety of flavors. While buying the cookies, make sure to get those that have a relatively greater nutritional value and a longer shelf life. Cream and butter cookies do not stay good at room temperature, so if you are planning to store them, then either freeze or refrigerate them in a clean, sealable container.

Rice

Both beans and rice are the staples of every stockpile diet. When you are buying rice for survival food storage, jasmine rice is a good option as it is good in quality and comparatively cheap. Additionally, you can try other varieties of white rice, like short-grain Asian rice, wild rice, or Italian Arborio rice. Using the diverse varieties of rice, you can make different meals. White rice is preferred over brown rice as white rice does not take

much of the cooking resources to cook as brown rice. Rice flour and popper rice can also be kept in the pantry, provided you keep them dry and clean.

Pasta

Ideal for long-term storage, dry pasta can be stored for a month without spoilage, and it is a good source of instant energy. It requires minimum resources, and you can boil it in just a few minutes. Pasta is available in a wide variety, so we recommend dividing your overall pasta needs according to these varieties. You can store dried tortellini, couscous, orzo, egg noodles, fettuccine, gnocchi, spaghetti, lasagna strips, macaroni, penne, mostaccioli, linguine, rigatoni, and rotini. Then there are soba buckwheat noodles, rice noodles, chow mein, and bean curd noodles; perhaps you can store all of its endless varieties for months and even an entire year. The downside is that pasta is also prone to insect attacks like other grains, so it should be stored in an absolutely moisture-free space.

Raisins, Dried Fruits, and Fruit Strips

Processed dried fruits are a rich source of energy and other nutrients. Dried fruits like raisins, apricots, cranberries, dates, and mangos can be easily stored in sealable Ziploc bags or market-bought packages. Aluminum pouches with food-grade plastic lining are most suitable to store the dried fruits, whether separately or in trail mix form. Raisins and currants should be stored in a large amount for survival storage as they are full of iron, proteins, fiber, vitamin C, potassium, and antioxidants. From cookies to bread, muffins, desserts, and breakfast oatmeal, raisins can be added to enhance the flavor and nutritional content.

Jams and Jellies

There is yet another way to extend the shelf life of fruit and convert their flesh and pulp to jellies and jams. Once cooked into jams, the fruit can last for months. For this reason, jam and jellies are also added to the ready-to-eat meals (MREs). You can store raspberry, blackberry, and strawberry jams.

Apple butter, apple sauce, or grape jellies are good to store for long-term survival storage. PETE bottles and sealable mason jars are most appropriate to preserve these jams and jellies. Keep the storage containers away from heat and light.

Canned Fruits

Fruits contain more calories than vegetables, and therefore it is important to keep as many fruit-based items stored in the survival stockpile. Instead of fresh fruits, go for the canned fruits, which are packed in syrups and liquids inside a can. Fruit packed with liquid provides calories, nutrients, and hydrates as well. Pineapple, mandarins, cherries, pumpkin puree, etc., all come in a sealed can, and you can keep them stored for up to three months in the refrigerator.

Canned Veggies

Since fresh vegetables are also crossed off the survival food list, we are left with canned options. Fortunately, there are several canned vegetables available in the market. Canned green beans, olives, artichokes, asparagus, beets, cabbage, and sauerkraut are all easily available in stores.

Beans and Legumes

One cannot overemphasize the importance of legumes and beans. Whether dried or canned, beans prove to be a high-energy survival food. This category includes a number of varieties: chickpeas, black-eyed peas, split peas, kidney beans, white beans, cannellini beans, etc. A pack of beans can

provide as many as 1,250 calories per pound. Moreover, you can pair them with ingredients in several ways to enjoy a new meal every time. Beans and legumes grow in plants' roots; that is why they are stored with carbohydrates, protein, essential oils, fiber, vitamins, minerals, and phytonutrients. In their dried form, beans can be stocked for three to six months.

Nuts, Seeds, and Nut Butter

All nuts and seeds are known as little power boosters. Though used in small amounts, nuts and seeds can provide the most energy and calories. They are dense and rich in nutrients, so they must be stocked in the pantry in a good amount. Commonly used seeds include sunflower seeds, pumpkin seeds, hemp, flaxseeds, etc. Nuts and seeds can go rancid in a month or two, so they must be used in rotation. Add cashews, walnuts, and almonds to the stockpile. Roast varieties or nuts are considered more appropriate for long-term storage, including Brazil nuts, pine nuts, hazelnuts, pecans, etc. If you fear that these nuts will go rancid after a month, store other nut-based alternatives with a relatively long shelf life like peanut butter, almond butter, nut bars, etc.

Honey

If you like the idea of storing something healthy in your survival food stockpile, then store a good amount of honey. We know that honey is produced in a natural environment, and it does not go bad at room temperature, even for months. So, instead of using other artificial and unhealthy sweeteners, keep honey in your pantry. It is not only good and mildly sweet, but adds a nice flavor to all your desserts, smoothies, drinks, and bread. It is important to actually check the quality of honey; it has to be

100 percent pure in order to sustain long-term storage. Keep it sealed in a tightly closed jar or bottle in a dry and cool place.

Iodized Salt

Salt is the natural balancer of sodium in the body. Without cooking, it is almost impossible from seasoning to curing, pickling, and marination, salt is used in all the processes, and thus there must be a sufficient stockpile of salt in the pantry. Iodized salt is recommended for daily usage, as well as for storage. Such salt prevents thyroid-related disorders like goiter. Besides iodized salt, there are other varieties of salt that every prepper should stock for long-term usage. Canning and pickling salt is a granulated form of pure salt with additives and preservatives.

Then comes the pink Himalayan salt, which is rich in minerals, copper, iron, potassium, calcium, and magnesium, and it has a peculiar taste, entirely different from table salt. Epsom salt is yet another variety that is good for digestion and for the skin as well.

Sugars and Molasses

Sugars and molasses are another important part of the routine diet, and one cannot simply stock food without storing a good amount of sugar. Thankfully, sugar does not demand much maintenance, and if you are keeping it moisture-free, and away from insects and mites, it will last for as long as you want. It can be bought in bags and pouches, but the best way to store sugar in bulk is by using mylar containers or plastic buckets. Take large-sized containers with sealable gasket lids having five gallons or more of the volume, and then add sugar to this container. Keep it tightly sealed.

Spices and Herbs

Even during a crisis, you cannot think of having tasteless food. We all want some flavors and aroma in every meal. Therefore, spices and herbs should be stored as well to make those rice and beans tasty. All dried herbs, ranging from dried rosemary to oregano, dill, and thyme, are shelf-stable. They can be easily stored in a sealable bottle, even in your kitchen cabinets. Spices like crushed or powdered red pepper, cumin, dried mustard, garlic powder, onion powder, ginger powder, chili, and saffron are also good to store for long durations. As long as you keep the spices and herbs moisture-free, you can enjoy them for months.

Condiments

Remember that not all condiments are not shelf-stable, and some even go bad when left at room temperature. But condiments are an essential part of our meals, so we can store some in canned varieties. Pickle relish, Dijon mustard, and canned mayonnaise make for good survival food. It's the same with sugar-free ketchup and other sauces. These condiments are only suitable for short-term storage, probably for one to three months, provided that they are kept in a cool place like a refrigerator. Soy sauce, Tabasco sauce, and Worcestershire sauce can also be stored in clean PETE bottles to flavor soups, stews, and gravies.

Chocolate

Surprise! Surprise! Now you can enjoy chocolate even on your survival food stock. Since chocolate-based products are sustainable, they can be stored for about a year in cool and dry places. Whether it's dry cocoa powder, chocolate chips, or chocolate syrup, they all are good power boosters containing lots of antioxidants, which is exactly what we need on this diet. The chocolate you are buying to store should be pure, and it must have

minimum sugar or milk content. Dark and semi-sweet chocolate is more preferable for storage purposes.

Apple Cider Vinegar and Other Vinegar

Among the few last things that you can store in your pantry is apple cider vinegar. This vinegar is actually a result of the fermentation process, so it can practically last fresh in your pantry without much effort. Apple cider vinegar has numerous health advantages, and you can add it to a number of drinks, soups, stews, marinades, and salads. Buy a couple of apple cider vinegar bottles and keep them in your pantry. Balsamic and rice wine vinegar are other good options for storage.

Vanilla Extract

Since the vanilla extract is commonly used in baking and cooking and has a longer shelf life, you can store three or four bottles in your pantry for occasional use. It's not just vanilla extract that you can store, as there are several other extracts that you can now store from one to three months, like cocoa extras, peppermint essence, banana extract, etc. Keep these bottles in a cabinet or a shelf where it is dark and comparatively cool.

Leavening Agents

are used in preparing the dough for various kinds of bread. These agents help raise the dough and make it soft and fluffy after baking. Since leavening agents are important in cooking, they must also be stocked in the pantry. Commonly used leavening agents are dry yeast, baking powder, and baking soda. Baking soda and baking powder are both dry white powders, which can be easily stored in small spice bottles or PETE bottles. If you are keeping them moisture-free, they do not expire for more than a year.

Yeast comes in three different varieties: fresh yeast, instant yeast, and active dry yeast. When it comes to stockpiling, I often recommend everyone to store active dry yeast, and it is available in a granule; it is quite effective and needs rehydration for activation, whereas instant yeast can also be actually used as a substitute and can be stored in small aluminum packets or spice bottles.

Chapter 10



BEST FOODS TO STOCKPILE

Providing your body with the necessary fuel during a disaster is vastly different from an everyday diet. You'll be spending more energy than you would normally, so you'll need to eat high-energy, high-protein foods. If the emergency is actually related to a disease such as the COVID-19 pandemic, then you'll need to actually eat nutritious foods in order to maintain good health. Since you'll only be able to keep a limited supply of food on hand, it is best to have a small supply of high-end foods.

WHAT TO KEEP ON HAND

The following foods are non-perishable or close enough with lengthy expiration dates, so you can keep them on hand for long periods of time,

even if it's not disaster season. Remember to keep a list of everything in your food stockpile and check the expiration dates every six to twelve months in order to make sure things are kept fresh.

Peanut Butter

This is a great source of energy and contains healthy fats and protein. Unless otherwise indicated on the jar, you won't need to refrigerate the peanut butter once it is opened. The ideal option is peanut butter that is low-sodium and gluten-free, so it can meet different needs and not increase your thirst.

Whole-Wheat Crackers

This is a great replacement for bread that can mold and go stale. Crackers are also a great substitute if you need to make sandwiches. However, due to the actual higher fat content of whole-wheat crackers, they will have a shorter shelf life than plain crackers. However, extra fiber is important when you're hungry. You can prolong the freshness of the crackers by having them vacuum packed.

Nuts and Trail Mixes

These are important high-energy foods. Not only are they healthy, but they can also be very convenient for snacking during or after an emergency. Be sure to purchase them in vacuum-packed containers if possible since this prevents the nuts from oxidizing and losing their freshness.

Cereal

It is best to choose multigrain cereals with individual packaging so they won't end up going stale once opened.

Granola and Power Bars

These are both filling and healthy. As a portable snack, they often stay fresh for at least six months. They are actually also a great source of carbohydrates which gives you more energy without eating a lot of food. Plus, you can get them in a variety of flavors to satisfy everyone.

Dried Fruits

When you don't have access to fresh fruit, this option can still give you potassium and dietary fiber. This will give you both calories and nutrients.

Canned Fish or Meat

These will often last about two years in the pantry and provide an important source of protein after a disaster. The vacuum-packed pouches will have a shorter shelf-life but may still last up to six months. However, the pouches may require less room and won't need a can opener.

Canned Vegetables

If you can't get fresh vegetables during or after an emergency, then the canned option will still provide you with the essential nutrients you need. Be sure to keep a mixed supply of vegetables on hand in order to have a range of healthy vitamins and minerals.

Canned Soups and Chili

These can often be eaten right out of the can and can give you a variety of nutrients. Make sure you choose a low-sodium option to avoid increasing your thirst after a disaster.

Dry Pasta and Pasta Sauce

These might be carbohydrate-heavy and full of gluten, but they are a filling option. Plus, dry pasta and jarred sauce can be kept on the shelf for months.

If you or someone in your direct family has dietary restrictions, then you can consider getting gluten-free pasta or pasta made from another alternative.

Bottled Water

You should try to have at least a three-day supply of water. This is at least a gallon per person per day. A normally active person drinks at least a half-gallon of water a day. Plus, you'll need at least another half-gallon per person per day for food and washing purposes. To ensure hydration, you can also purchase a case of water that has added essential minerals and electrolytes to help with hydration and improve the taste.

Sports Drinks

These drinks contain electrolytes and carbohydrates that can help rehydrate and replenish you when water is scarce. Just make sure there aren't too many additives like sugar or artificial sweeteners.

Powdered Milk

Nearly all dairy products will need to be refrigerated, except powdered milk. This is a great substitute source for calcium and Vitamin D if you don't have the option of fresh milk.

Sugar, Salt, and Pepper

If you have a propane or charcoal stove to prepare your food after a disaster, then you'll often be cooking your food. You can improve the flavor of both fresh and packaged food if you keep a basic supply of seasonings and sweeteners on hand.

Multivitamins

Supplements are important to have on hand since they can replace nutrients that you would normally consume through your diet but may be in short supply after a disaster. Vitamins don't need to be boring so if needed, consider purchasing fruity gummies or other vitamin types. Choose a vitamin that has a complete day's worth of vitamins and, if possible, even omega 3s and folate, so you have complete coverage.

Chapter 11



FOOD STOCKPILING DO'S AND DON'TS

Building an emergency pantry can be overwhelming, especially if you're new to prepping. Let us go over some tips that can help you succeed. As you build up your pantry, remember these do's and don'ts.

Do: Know your storage limits

One of the first things you should actually do when getting ready to stockpile is think about your space. Where will all your food go? There are certain areas that experts don't recommend for food (like under your sink, over the oven, in the laundry room, etc.), so these should be crossed off your list for now. Check out your closets, bedrooms, basement, and anywhere else you believe will work. Some reorganization may need to be done to maximize these areas. Consider building shelving and getting storage bins.

You don't need to have all the areas primed and ready to go before you start stockpiling, but knowing where you can make more space is always good.

Knowing your storage limits can also help you know what items to prioritize. If you actually don't have a ton of space, you'll want to focus on items that ensure your survival, like water, canned vegetables, protein sources, and so on. Filling your limited storage space with tons of energy bars and bags of flour won't help you in an emergency. Depending on how limited your space is right now, your pantry may not look as varied as you would like it. However, you can be confident you at least have enough water and essential nutrients.

Do: Practice cooking and using your stockpile items

Prepping is as much about the skills and knowledge you accumulate as the physical items. This is true whether it's knowing how to use medical supplies or how to start a fire. When it comes to food stockpiling, your skill-building consists of cooking meals. As foods draw close to the end of their peak nutritional value, you'll want to use them and replace them with fresh food. Make the recipes you would prepare during a time of crisis so you can experiment with flavorings. If you've stockpiled cooking equipment like camping stoves or MRE heaters, practice using those, too. You'll get comfortable with them so that when a time comes when you need to use them, you'll be fine.

Do: Take the time now to get organized

There's a lot of list-writing in food stockpiling. You want a list of types of food you'll need and the amounts. You'll also have meal plans and a list of package dates. Getting organized can take a lot of work, but it is more than worth it later on. By taking the time and energy now, you're saving yourself

a lot of time and energy later. You'll also end up saving money because if you don't know when your food expires, you won't be able to gradually rotate and replace them properly. Instead, you'll end up with large batches of food that aren't great and you'll need to spend a larger amount of money to replace everything.

Good organization also includes committing to proper storage conditions. This ensures your food lasts as long as possible, so you aren't constantly rotating and replacing things. When you take the time to carefully store essential food and water supplies, you can sleep easy at night knowing everything is sealed and protected.

Don't: Ration water or cut back dramatically on food

During a crisis, you never want to ration your drinking water. During stockpiling, if you aren't sure you have enough, get more. If you have a limited storage space, water should be your top priority. Not getting enough water can have serious health consequences. At the very least, you'll feel fatigued and ill. The added stress of living through an emergency won't help, either. Keep in mind that if you're physically active, sick, or sweaty, you'll need more water than usual.

In this same vein, you want to be careful about rationing food. There is more flexibility here than with water, but your body still needs a minimum amount of nutrients to function properly. Don't slash your normal caloric intake per day during a crisis just so you can save on storage space. Nutrition is more important.

Don't: Depend on vitamins for nutrition

Speaking of nutrition, you shouldn't neglect to get healthy food and try to fill in the gaps with bottled vitamins. Vitamins are best provided to the body

through food. The vitamin industry is also rife with low-quality brands, so it's easy to get something that won't do you much good. This doesn't mean you can't get any vitamins - they're a good idea if your storage space is really limited and you have specific needs - but you certainly shouldn't depend on them. Focus on getting nutritionally-dense foods first. Afterward, if you have space or are concerned about getting enough nutrients, go ahead and get high-quality vitamins.

Don't: Stockpile only the bare essentials

In theory, people can survive on very little. Rice and beans are a complete protein, so with plenty of water, you could survive for quite a while. However, you won't feel very well. Health problems will pop up. When stockpiling, balance the need for good nutrition with foods that help with your mental health. This could mean stockpiling your favorite tea or freeze-dried desserts in addition to the staples necessary for life. Emergencies can take a toll on your emotional well-being and something as simple as a cup of coffee could help you adjust. You do want to prioritize the essentials first, but don't stop there. Your mind and heart will need feeding, just like your physical body.

Chapter 12



STORING DRY FOODS

Once you start stockpiling your food, you'll probably notice that there's a lot of dry foods that need to be stored. Storing dry foods isn't as simple as just tossing them in the containers that they came in into your pantry. You need to make sure you protect them from light, insects, rodents, oxygen, and moisture.

When foods that are low in fat and moisture are stored properly, they can be stored for much longer than you might think. Wheat from 4,000 years ago was found in an Egyptian tomb, and it was still edible. This was because it was stored properly.

Since the whole point of storing food is to protect your family if you cannot access normal grocery shopping for an extended period, you want to make

sure it is protected. Without the proper care, you may find that the foods you thought you could rely on are no longer good. Most packaging lasts for about a year, but if you want to keep foods for longer, you'll want to ensure that they have been cared for the right way.

Whether you're packing grains or legumes, there are a few simple steps you can follow to ensure they're suitable candidates. These are:

1. Choose high-quality dry foods that contain less than 10% moisture and are also low in oil content, such as white rice.
2. Select the right container for the food, the space you have, and your preference.
3. Choose the best method to prevent insects from infesting the container.

While you might be a bit intimidated by all of this, it's not as hard as you might think. As you get more familiar with the options, choosing the right one becomes almost intuitive. By following these guidelines, you will be able to keep your food safe so you know you can rely on it when it's time.

We will first cover what makes your storage choices effective. Then we will go over the most common options: Mylar bags, cans, PET bottles, plastic buckets, and glass jars. We will address how to treat your containers in several ways, and finally cover how you can store your food to keep it safe.

WHAT MAKES A CONTAINER EFFECTIVE?

Food containers must be effective, or you're just wasting your money. If you want to ensure that you're choosing the most effective containers, you need something that's going to prevent your food from spoiling. Most foods will spoil because they're contaminated with something. Typically, this is air,

chemicals, insects, light, moisture, rodents, temperature, or time. Now, most of these can be mitigated in other ways. Time is controlled by rotating your stores regularly. Temperature and moisture are eliminated by using a cool, dry pantry for your storage. Chemical contamination is avoided by using only food-grade products to store everything. This leaves your container needing to combat against just four of the biggest spoilers of your food: oxygen, light, insects, and rodents.

Blocks Oxygen

The air you breathe contains roughly 21% oxygen, which allows it to oxidize many compounds in food. It also allows for both insects and bacteria to grow. By removing or displacing oxygen, you can help boost the shelf life of the foods you choose to store. This means that your most effective containers will have some way of blocking airflow from entering. Throwing an oxygen absorber into the container will also be useful for longer shelf life.

Blocks Light

Light can cause changes to the physical and chemical properties of your food. In particular, it allows for food to deteriorate rapidly and causes the degradation of nutrients. It can also degrade the packaging, so if you think you can get away with storing your rice in a bucket that doesn't allow light to enter, you're wrong: The container will still degrade. The best thing you can do is ensure that where you place the container is dark.

Blocks Insects

Insects would love nothing more than to get into the stockpiles you set up. Once they invade, there's going to be no way to decontaminate the food they get into. Insects will enter your grain stores if you keep them in their original

packaging, which is why it's such a good idea to store them in something else.

The most common pests that you're likely to run into are weevils, beetles, moths, and ants. They'll do whatever they can to get into your food. They will go from egg to larva to pupa to adult, and it's difficult to eliminate them once they're able to spread. The best thing you can actually do is to store your food somewhere oxygen-free, which will deprive the insects of necessary air and keep your food safe.

Blocks Rodents

Mice are troublesome, as they can chew through foil pouches and Mylar bags rapidly. They can even chew through plastic buckets if they're determined to do so. Rats can be even worse: They can even get through metal containers if they're determined enough. If you've got rodents, there's a good chance they're going to target your food store. You will need to keep the environment clean and free from rodents. If they're able to chew their way into the bag, they will contaminate your food stocks.

Chapter 13



PRESERVING AND PICKLING

If you actually have a bounty of fresh berries or fruits that you need to preserve, you can do so with preserves. Likewise, a glut of cabbage or cucumbers could become a bounty of pickled foods that are tasty, healthy, and fun to snack on. Our grandparents once used these arts to protect and preserve their harvests for long after the growing season. Jams and jellies can retain up to 70% of the nutritional value of fruits, and they taste great. However, they are loaded with sugar, and you typically only eat a small amount at a time. Pickling is much more nutritionally balanced, especially if you choose methods that will ferment the foods. However, be mindful of a high salt content, as this could be detrimental to the effect you're trying to create.

THE BENEFITS OF PICKLING

Pickling offers several benefits that make it a worthwhile skill to learn in order to fill your pantry. These include:

- **Food preservation:** When you pickle food, you extend its shelf-life, especially if you don't have access to refrigerators. Pickled foods are soaked in vinegar or something of high acidity to prevent spoilage.
- **Reduced food storage cost:** While freezing is currently the most commonly used long-term storage solution for food, it is also expensive when compared to other options. Pickled food remains stable at room temperature.
- **Flavor:** Pickling was originally done to preserve food, but it also allows food to taste much better. Corned beef, for example, is pickled. Sauerkraut on a hot dog? Pickled. Kimchi? Pickled. Pickled foods are often delicious and worth the effort you put into preparing them.
- **Health benefits:** Pickled foods, especially when they're fermented, are substantial sources of nutrients. The sodium content in the brine can also relieve muscle cramps after sweating, and boost hydration when consumed in moderation.

PICKLING METHODS

Pickling is the process of using some sort of high-acid solution (typically either vinegar or a fermented substance) to preserve food. When the environment is high in acidity, the food cannot go bad. A high acidity environment can be created through salt or vinegar.

Pickling follows just a few key steps: brining, packing in jars, covering with hot vinegar, and usually processing in a water bath. Pickled foods can then

be stored somewhere cool and dark. Most often, they should be left to sit for eight weeks to develop flavor, but no one's judging if you crack into them sooner!

Pickling with Salt

Pickling with salt can be done either with dry salt or with brine. When using the dry salt method, you combine dry salt with vegetables. As the vegetables sit, the liquid is pulled out of them and creates the brine. Other times, a pre-made brine can be mixed into the vegetables to soak for a set amount of time. In this state, vegetables will ferment, which is the process during which bacteria in foods converts the sugar into an actual lactic acid, which is a natural preservative. This is actually the most common method of preserving foods that usually don't process and preserve well, like cabbage, which can become kimchi or sauerkraut. Pickled foods will last for up to a year.

Pickling with Vinegar

Typically, using vinegar is a much quicker process because there's no fermentation of the vegetables. They will sit in brine for a while, which aids the flavor and crispness, before being drained, boiled in vinegar, packed in jars with more vinegar, and then water bath-canned to seal the jars. Vinegar has acetic acid, which boosts acidity and prevents microorganisms from developing.

When pickling foods, you must use very fresh ingredients or you will end up with mushy results. If you're actually planning on making a batch of pickled vegetables, try to pickle them as soon as they've been picked. You want to catch the food at peak freshness.

When pickling, you'll only need salt or vinegar and water. You can use both in some situations. When using salt, ensure that it is always pickling or kosher salt. These salts are free from anti-caking agents that could cause cloudiness. This isn't harmful, but it will affect the appearance. You can add other ingredients as well. Often, sugar, herbs, spices, and garlic can be added to create different varieties of flavors.

Some people choose to use firming agents for crisping up vegetables. They often turn to lime or alum. Lime is calcium hydroxide, and alum is potassium aluminum phosphate. These aren't necessary, but can be used, and you may see them in recipes from time to time.

Chapter 14



CANNING BASICS

So far, we've spent a lot of time talking about dried goods, but those will only go so far, especially if you're interested in keeping fresh vegetables from your garden. This is where canning comes into play. While tins can keep dry foods long-term, you can also use canning jars if you want to preserve your produce to last in the middle of winter. With canning, you can preserve that delicious tomato sauce you made with freshly picked tomatoes, or the nutritious soup you made from scratch. Having some fruits and vegetables on hand is a great way to stretch your harvest so you're feeding yourself all year-round instead of just during the summer months.

Canning is a great way to actually preserve produce without damaging its nutritional content. When you choose to can your food, you usually have two

options: canning with boiling water baths or canning with pressure canning. Most will be canned with pressure, but when you have high-acid foods, such as an abundance of tomatoes from your actual garden, you can use the boiling water bath option instead.

It might seem intimidating, but it is how people stored their food for generations before the popularization of grocery stores. You've probably heard horror stories about food poisoning, botulism, spoilage, and pressure canners blowing up, but keep in mind that if you do things just right, you'll be just fine.

You can grow your food during the summer, and then enjoy working on storing it as it's harvested. We'll go over the tools and then the process itself. We'll break it down into a few simple steps: sterilizing jars, filling jars, and then canning. We will discuss both the boiling water bath and the pressure canning methods. Finally, we'll go over the processing time for the most common produce people tend to can.

HOW CANNING WORKS?

Canning, despite sounding intimidating, is simple. It works by putting foods in jars or other similar, heat-tolerant containers such as cans, and heating them to temperatures that will destroy all the potential microorganisms that may have been present in the food to cause it to spoil. As the jar is heated, the air is forced out from the jar, and when it cools off again, a vacuum seal is created. This vacuum seal then prevents any air from re-entering the jar, which locks out any microorganisms that could have contaminated it.

Usually, the jar is heated in one of two ways. You can use a boiling-water bath, which is usually recommended for fruits, tomatoes, jellies and jams, pickles, and other pickled goods. In the bath, jars are heated by covering

them completely with boiling water to cook for a specified amount of time. You can also use pressure canning, which is currently the only safe method you can use to preserve vegetables, meats, seafood, or poultry. During pressure canning, the jars are placed in a few inches of water within a pressure cooker, which is then heated to at least 240°F. This is achieved through pressurizing the environment. This method is necessary because of *Clostridium botulinum*. This is the organism responsible for botulism. Though the cells can be killed at boiling temperatures, the spores they create can still survive. The spores can grow rapidly in low-acid foods, which meats and veggies are classed as. As the spores grow, they then release toxins that can be deadly. These spores are only killed off when you pressure-cook food at a temperature of 240°F or higher for a specific amount of time, depending upon the type of food and your altitude.

High-acid foods can usually kill the spores without allowing for the release of the toxins, but to reach that acidity, the food would need to have a pH of 4.6 or lower. This is typically applicable to fruits or pickled vegetables which are canned in brine or vinegar. Some foods, like tomatoes, are close to this pH value, so they are usually canned with the addition of some lemon juice or citric acid.

WHAT YOU NEED FOR CANNING?

Food safety is no joke, and it's so easy to unintentionally set up an environment to become infected with botulism. You need to actually make sure you have the right tools on hand. While it's highly unlikely that, even if you can something poorly, it will develop botulism, the risk is there, and it's always better to be safe than sorry, especially where your family's wellbeing is concerned. The best thing you can do when it comes to canning is to ensure that you gather all the right tools to help protect the foods.

Canning Jars and Lids

Some jars are reusable, but others must be replaced each time you use them. Verify which kind you have, and when in doubt, always opt for new lids if you're unsure. Select jars in various sizes so you can store everything from jams to sauces and larger quantities of veggies or pickles. Lids may be one-piece or two-piece, so long as you verify that they're the right size.

Tongs or Jar Remover

Tongs may work just fine for removing jars, but you run the risk dropping them, which could be dangerous at such high temperatures. It's recommended that you get a jar remover, which has rubber grips that won't conduct heat, and will grip the top of your jar tightly as you remove it from the water bath.

Funnel

A canning funnel is specifically designed to fit into jars to allow you to keep your rims cleaner, which is necessary in order to get a proper seal. They also allow you to get everything into the jar easily, since you'll be able to use the funnel to guide everything in. Choose one specifically designed for filling jars for the best results.

A Pressure Canner

Canning can be done in just about any large pot, but if you're going to pressure can, you'll need something that will create the necessary pressure. A pressure canner will trap the steam within it to pressurize the container and raise the temperature further.

THE CANNING PROCESS

Sterilizing Jars

The first step of canning is to begin the process with sterile jars. This is essential. While the process of canning will raise the temperature to kill bacteria, it's still good to make sure you're working with as clean an environment as possible: If you're off with your temperatures even a little, you'll be risking a lot. The sterilization process is, thankfully, quite easy.

- Discard damaged jars. Start by going through all the jars you intend to use and inspecting them carefully. Any cracks or nicks in the jar's rim can interfere with the vacuum seal you're trying to achieve. If you notice any jars that are damaged, discard them. They're not safe to use.
- Sanitize jars and lids. When you know which cans you'll be using, wash them in hot water with soap, and dry them completely. Alternatively, you can actually run them through the dishwasher to sanitize them and get them ready to go.
- Keep jars warm. Once they've been sanitized, set your jars in the oven, set at 180°F. This is an essential step: You don't want to put hot food into a cold jar, or a cold jar into a boiling hot bath. By keeping them hot, you can prevent this from happening.

Filling Jars

With the jars prepared and ready to fill, it's time to load them up. Keep in mind that all the jars are still hot, so do not handle them bare-handed. Instead, use a jar lifter or oven mitts to protect yourself. With that in mind, take the following steps to fill the jars:

- Fill Jars: Using your funnel, pour food or liquid into the jars. Each recipe you choose to jar will have a different allowance for headspace,

which will vary by ingredients. Follow this recommendation. The headspace is the space in the jar between the food and the top of the jar.

- **Remove Air Bubbles:** When the jars are full, use something long and skinny, like a wooden skewer or rubber spatula, to dislodge any air bubbles. There are bubble remover tools, but these are rarely necessary.
- **Wipe Rims:** When all the jars are filled, make sure the rims are clean to prevent anything from impeding a vacuum seal. Now's not the time to be messy: You want everything as immaculate as possible. You can use a clean, damp cloth for this process. Just make sure there's no lint left behind.
- **Tighten Lids:** Place the lids on the jars and tighten them. If you're using two-piece jar lids, make sure you center the flat part and then tighten the band until it is finger-tight. Your jars are now ready for processing.

Boiling Water Bath

The boiling water bath method is quite easy. When your jars are ready to be processed, you can simply move on. Remember that you should only use the boiling water bath if you're canning something high in acid. This can't be reiterated enough. Any low-acid foods should never be processed in this manner. It's repeated as often as it is for a reason: Botulism is fatal, sometimes up to 50% of the time, if you cannot seek medical treatment. Don't risk it. Properly can your food.

High-acid foods can be stored for between 12 and 18 months in this manner, so if you want to preserve your fruits or acidic vegetables using this method,

continue with the rest of these instructions.

How to Boil Jars

When it's time to boil your jars, there are a few simple steps, and the only extra equipment you'll need is a container that is deep enough to allow for the jars to be submerged, and something that will lift the jars off the bottom of the pot to allow for full circulation of the water as they are boiled. There are many jar-lifters you can get for this process.

1. Make sure that your jars have been sterilized before you begin the canning process. Once you have sterilized jars, place them in a large pot and fill the pot with water. The water needs to be able to cover the jars. Begin to simmer the water at 180°F for 10 minutes. This is done to prevent the jars from breaking when they are filled with hot food (this process is called hot packing) or when the jars are placed in the boiling water bath. It is important to keep the jars in the simmering water until they are ready to be hot-packed.
2. Using a funnel, fill the food into the hot jars. Refer to the recipe or table you are using to gauge the required headspace (the empty space that needs to be left between the food and the lid). It is important to remove any air bubbles that may have been created, so taking a non-metal tool like a spatula or a plastic chopstick, carefully work the tool down the jars and remove any air bubbles. You might need to put more food into the jar to maintain the headspace once the air bubbles have been removed.
3. Clean off any leftover sauce on the jar rims. This can be done with a cloth or damp paper towel. This will ensure the jars are sealed properly.

4. Next, place the bands and lids on the jars. Tighten the bands until you feel slight resistance. Make sure not to overtighten the jars. It will not make the jars seal better in fact you will achieve the opposite. Always use new lids. You can reuse bands if they are in good condition
5. Fill the canner halfway with boiling water. Bring the water to a full simmer. Gently lower the jars one at a time into the water with a jar lifter. You can use a canning rack to lower all the jars at once, but being gentle is the key. Pay close attention to the water level. If the water level does not cover the jars by 1 to 2 inches, you will need to add more boiling water until the water covers the jars. Bring the water to a rolling boil, cover the canner and boil for as long as the recipe requires.
6. Keeping them upright on a towel, wire rack, or cutting board, keep them roughly 1 to 2 inches apart. Do not retighten the rims even if you hear a pinging noise. This is just the jars cooling and sealing. Leave the jars in their new position without any disturbances for 12-24 hours.
7. Checking the seals is an exciting and important part of the canning process. Simply push the center of the lid down. You are looking for the center of the lid to remain down and not pop up. To double-check the seal, remove the band and try to remove the lid. If the lid does not move, you have a good seal. Sadly, if the center does pop up or you are able to remove the lid easily, the jar is not sealed. In this case, store the food in the fridge for up to 3 weeks or in the freezer for up to 1 year.
8. Label all jars and store them in a cool, dark, and dry place, so they are ready to enjoy!

Pressure Canning

For your low-acid foods, pressure canning will keep them safe. This is also effective if you want to can complete meals, like soups, stews and sauces. You can even preserve meats in this fashion if you want something shelf-stable. This process will require you to get a pressure canner.

How to Pressure Can

This process is a bit more involved than using a water bath, but it can be just as effective. You will want to follow these steps:

1. Begin with sterilized jars and lids. Then place an actual rack in the bottom of your pressure canner. Add boiling water to it. Usually, you want to have about 3 inches of water at the bottom of the canner.
2. Place your filled jars into the canner, not touching anywhere, then attach the lid. Allow the steam to leave the petcock opening for 10 minutes, then shut it until the steam comes out in a steady stream.

Turn the heat off, and leave the whole thing alone until the pressure has reached 0 and stays there for a few minutes. Then, you can remove the lid and start pulling out the jars with the jar lifter. Leave them to cool completely on a dry tea towel.

Chapter 15



OTHER TIPS TO STORE FOOD FOR SURVIVAL USE

Being a successful prepper requires proper storage and you should prepare a storage room to handle your storage needs. You have to focus on light, pests, moisture, time and temperature because the food can be spoiled due to humidity and excessive sunlight. You can build a wooden shed or a temporary room to store your preserved food items. It will be good to install shelves in your room to get extra storage space. There are a few tips to preserve food items:

Drying

Drying is a great way to preserve fruits, herbs, vegetables, and meats. If you want to dry herbs, you can tie them together and hang in a sunny place. You have to dry moisture out of food to protect it for a longer period of time. This practice is used throughout the world, such as southern Italy, where it is famous to dry tomatoes and India which is famous for drying mangoes and chilies. If you want to dry herbs, you can hang them in a sunny place away from moisture. You can dry fruits and vegetables by placing them on a clean surface, but select a sunny place to keep them in the sun for a few weeks. This method works the best in warm and dry climates. The electric dehydrating machine is a modern method to dry fruits and vegetables.

Salting

Salting is a small category of the drying method. You can add salt to foods, such as fish and meat to extract moisture. This will reduce the bacterial content and make the food flexible for later use. Salt can make animal protein a bit leathery. Beef jerky and salted cod are famous food items prepared with preserved meat.

Canning

If you want to can food, you have to heat the food. This technique is developed by a French Chemist in 1795. This method was used to preserve food for Napoleon's army. It is a popular way to preserve fruits, meats, and vegetables. You can use both cans and glass jars to preserve food. It is important to sterilize these cans in boiling water along with lids for a few minutes. You can fill these cans and glass jars with jam, jelly or other content. Add brine or sugar syrup in the cans. After filling, you should secure the lid firmly, but don't make it too tight.

It is then time to place the jars in a pot with water, cover it and let it boil. You have to process it for almost ten minutes at a full boil and then pull the jars or cans out from the hot water and let it cool. They will seal like a vacuum as they cooled down. Cooking time will actually vary depending on what you're canning.

Pickling

The main difference between canning and pickling that you will need salt and acid for pickling. You have to soak your produce in a brine prepared with salt. Pickle them for the desired amount of time and transfer them in a jar full of vinegar. At this point, you can get the advantage of pickling method to vacuum seal your can or jar. Pickling will not change the texture too much and the vegetables undergo a fermentation process. It can boost vitamins and levels of Vitamin B6.

Freezing

In the old days, people were in the habit of getting ice from the neighboring mountain to preserve food. Now, you have electrical freezers to preserve your foods. These freezers can change the texture of the most vegetables and fruits, but the fish and meat will not change their texture. In the summer, you can freeze your berries to make smoothies and bake cakes. It will be good to freeze fruits and vegetables in batches. For instance, you can spread out fresh berries or other fruits on a baking tray and place it in the freezer. Once they become solid, you can put them in a bag. This will avoid clumps of your fruits, because clumps are difficult to separate without a thawing process.

If you want to actually keep food fresh, you can prepare packages and freeze meats, soups, bread, fruits, casseroles, and cakes. You should freeze fresh

food as quickly as possible to keep it at zero degrees. Packaging food in the freezer containers will avoid any deterioration. There is no need to open container in the freezer because the dry air of the freezer will deteriorate the food. There are a few things to avoid freezer burn:

Reduce Exposure to Air: You should wrap the food tightly to avoid exposure to dry air.

Avoid Fluctuating Temperature: It is essential to keep freezer closed as much as you can, and try to determine the name of things that you want to remove from freezer, before opening it.

Don't Overfill Freezer: Use caution to not over-fill the freezer because it will reduce the circulation of air and increase the speed of the damage.

Fermentation

Fermenting is fairly similar to canning, although you don't have to seal up the food and allow the entry of good bacteria. You can use acidic brine because brine helps you to control the fermentation of your food by selecting anaerobic bacteria, kill potentially harmful molds and bacteria strains to conserve your produce against breakdown.

Salt Curing and Brining

It is an old method to preserve meat because the salt creates an inhospitable environment for bacteria and microorganism. You can rub the mixture of sugar and salt on the pieces of fresh meat, pack it tightly into a crock and store it in a stable place and cool temperature. Brining will start the salt curing, but you can use additional brine solution that should be changed on a regular basis. Salt-curing requires you to soak meat in water for a long time to remove the excess salt and bring it to an edible level.



CONCLUSION

No one knows when disaster will strike. No one can predict when roads may be blocked, food shortages may prevent access to healthy foods, or war or catastrophic emergency may end life as we know it. We've already seen this relatively recently with the COVID-19 pandemic. No one expected that there would be something that could shut down the entire world. Yet restrictions around the world have caused shortages of many foods we once took for granted. Who's to actually say that next time won't be worse?

The COVID-19 pandemic was a major eye-opener for many people who never thought that anything bad could happen to them in their suburban, middle-class home, yet disaster happened. Flour and sugar were off the shelves for a while. Bread and pasta? Good luck. While shopping has returned to normal in most places, there are still echoes of shortages, and uncertainty remains: What if it happens again? Will you be prepared? Will

you know what you need to keep stashed to ensure that your family will eat, no matter what happens?

Reading this book was the perfect first step to assuaging those fears, and now you've done so, you can start taking action. You've learnt everything you need to know to set up your very own food storage to prevent your family from suffering from malnutrition should anything prevent you from accessing resources normally. We live in strange and uncertain times, so being prepared is more important than ever. If you can't access food, it's your health and the health of your family that are most at risk.

Your family relies on you to ensure that they have everything they need. Your children look to you to make sure there is always food on the table. Perhaps you have a partner who relies on you too. Preparation can help you navigate difficult times and last long enough for help to arrive, or until you can start working toward self-sufficiency in other ways.

As you read through this book, you were guided through several key points to help you prepare in case another crisis hits suburbia. We went over the essentials of maintaining a healthy body, as well as the nutrients your body needs. We discussed how to keep your immune system in peak condition with the foods you choose. From there, we discussed several game plans to stock up your pantry with confidence. From shopping trips to stock up the pantry to gardening your way towards self-sufficiency, we explored ways to ensure that food will be available if disaster strikes.

We also discussed several storage options to help you keep your food for as long as possible. We discussed the best methods for dry storage in the pantry to keep your food from rotting, from being infested with insects or rodents, and from losing flavor. We discussed how to can to maintain nutrition, and how to do so safely to prevent botulism. We went over stocking a chest

freezer and how to keep it functioning for as long as possible. We addressed dehydration as an alternate method to store foods long-term. We went over how to pickle vegetables that may otherwise not preserve well. And finally, we discussed a game plan for stocking up on vitamins that will ensure that no matter what the situation, you and your family will have essential nutrients.

You have all the tools at your disposal at this point. You know what you need, how you can get it, and how it can all be kept and stored to ensure that it's there when you need it. What happens from here is up to you. Aim for a stockpile of food to last you and your family three to six months, by which time, you should be able to stabilize and find alternative sources of food if necessary. You owe it to yourself to be prepared, and now you are.

Thank you for taking the time to read through this book as your introduction to creating your very own stockpile of food. Hopefully, as you read, you found plenty of information that was useful to you. Hopefully, you actually feel a bit more at ease that even if disaster strikes, you can still get by if you know what you're doing. You've got the knowledge. You can learn the skills. And then you'll survive.

The human species is incredibly adaptable. It's versatile. It can actually survive in just about any environment. You can do this too if you put your mind to it. You already have the mindset of prepping. Now it's about implementation

**THE PREPPER'S
DOOMSDAY COOKBOOK**

**HOW TO PLAN AND COOK
NUTRITIONAL EMERGENCY MEAL ON A
BUDGET +
15 LONG-TERM FOODS YOU ALWAYS
NEED**

BY JIM GRYLLES

INTRODUCTION



The phenomenon of food prepping or getting meals ready beforehand is not new. The trend is actually quite old now and has often been promoted by dietitians and nutritionists for a sustainable and healthy life. However, the reason it has become a regular in the headlines recently is because of everything that has actually been going on in the world right now. Those people who had been talking about how effective and efficient it is to prepare food and make entire meals to save for later are being appreciated for their organizational skills. They have been proven right that if a sudden shortage or halt in production arises, we should all have something to fall back on.

With instances where even big supermarkets and stores were stuck due to lack of supply, the preppers who had stockpiled and stored food were in a better position than everyone else. You can no longer deny that food prep is done in the right manner, can save lives. So what is it actually about? Well,

to put it simply, it entails the storing of items and preparing meals that can be portioned out for consumption later. Once it's prepared, nothing else is required; you can grab it and go whenever you want. While in the short-term, meal prep is done for about one to two weeks, in some situations, you can also extend the duration to months. Yes, it is actually possible to save and store meals or food items so that they can be taken out and consumed when there is an emergency.

You might be wondering as to how this all works. Well, it's a combination of factors such as ingredients, cooking, and then storage, which allows the food to retain both its taste and freshness. If you want your food and meal prep to work, you have to first and foremost devise a strategy that employs your survival skills and abilities in the best way possible. This basically means that you have to think and eliminate all the factors that could result in the failure of the system. Avoiding food items that invite germs, insects or bacteria is one of them. The other is slacking off with meal prep and leaving it to do another time.

Other than this, you also have to invest in storage containers and units that keep the food safe and protected. Then, lastly, you have to consider health restrictions and boundaries that you can push. When there is a situation where your main goal is survival, you have to let go of all the diet plans and trends you might have been following. You cannot stick to them when prepping food and have to choose the items according to their long-term usability. This means that you will be stockpiling all types of dried and canned goods that you may not incorporate in your eating plans normally.

Now, you might find it difficult to process all this and may be feeling the pressure rising. Well, there is no need to work yourself up into a frenzy. If

you pace yourself and follow a plan, then you will be able to overcome any problem or obstacle.

Chapter 16 COOKING UNDER CRISIS



When you're in an emergency, your cooking habits might change. Depending on the crisis, different problems could pop up. Maybe your power is out and you can't use your oven and stovetop. Maybe your trips to the grocery store are limited, so you're cooking through your stockpile and need to actually make every meal stretch as much as possible.

FIRST THINGS FIRST: DO YOU NEED TO RATION FOOD?

Depending on the kind of emergency you're dealing with, you may not need to ration food too much. If you're able to access groceries more easily, rationing won't be as much of a concern, but saving money might be. You want to use your stockpile efficiently.

The first thing you actually need to know is that you should not ration water. This is dangerous. Your normal food consumption can be cut down a bit if necessary, but it should be done safely. Food should not be rationed

for children or pregnant women. In general, women (who aren't pregnant) need at least 1200 calories a day to maintain their weight while men need at least 1500 calories. If you're active, you'll need more. Stress can also amplify or repress your appetite, so how you feel isn't always a great guideline to follow during tough times. If you know stress tends to trigger overeating and you want to avoid that, you'll need to be more precise about servings.

Nutrition plays a big role, as well. Eating 1200 calories of only pasta is not going to do your body good compared to 1200 calories of pasta, canned meat, and vegetables. In addition to paying attention to calorie count, you want to watch your meal's variety.

Ideally, you want to design your meal plans before an emergency happens. This way, you don't need to worry about counting calories and nutrients while stressed. You can just follow your meal plans and recipes, knowing that each serving reflects at least the minimum nutritional and caloric content needed for health.

COOKING METHODS AND SUPPLIES

Your normal cooking methods might not be an option during an emergency. If you can't use the microwave, oven, or stovetop, how do you prepare your food? There are a handful of choices:

Camping stove

There are tons of camping stoves out there that use a variety of energy sources. Most are reasonably affordable. Fuel sources include propane, butane, and even solar energy. Some types can be used safely indoors, but always check before beginning to cook. Charcoal should never be used

indoors. Denatured alcohol stoves are safer indoors than propane or butane. There are also many sizes of camping stoves, which is great if you want a portable cooking source.

Outdoor grill

If you have an outdoor grill, you can rely on that to cook just about anything. Wrap meals in foil, put food directly on the grill, or use a cast-iron skillet. You can find countless recipes for basically any type of dish for the grill.

Indoor fireplace

If you actually have a wood-burning fireplace, you can use that to cook. There are grills you can use in the fireplace that make the process easier. Stockpile wood alongside your food supplies if you plan on using your fireplace.

MRE heater

If you want to save fuel and energy and you have MREs, you can just use an MRE heater for those dishes. These pouches are used by campers and servicemen. They are a combination of powdered food-grade iron, magnesium, salt, and water. When water is poured in the heater pad, it releases enough heat to warm up the MRE in about 12 minutes. These should be used in a well-ventilated area because even though they don't produce carbon monoxide, they can activate detectors. I haven't seen other cooking uses for MRE heaters except for hot drinks like instant coffee or cocoa.

Traditional wood stove

A wood stove isn't a common feature in most homes these days. If you have the money and space, getting one installed can set your mind at ease should the power go out. These stoves are *also a heat source that is perfect for cold winters.*

Outdoor fire pit

You can dig a fire pit or buy one that's above ground. There are also different types of fuel you can use, such as propane, natural gas, or wood. Ease of use and price vary depending on the fuel type and other features of the pit.

Cooking supplies

In addition to the normal pots and pans you most likely also have for cooking, you'll also need firestarters, fuel (wood, propane, butane, etc.), a few can openers, and a cast-iron skillet.

COOKING TIPS

You don't actually need to be a master chef to cook well during stressful times, but here are some tips that can particularly help make the experience easier:

Don't use more water than you need

Depending on the emergency, you might want to conserve the water you use for cooking. Most people use too much water when they're boiling food like pasta and rice. You only need enough so the food is just submerged. You can also save water by preparing vegetables using the steam created by cooking potatoes, pasta, rice, etc. Just put a steamer basket on top of the boiling pot. Did you know that you can reuse pasta water? Instead of

dumping it down the sink, save it and use it for cooking more pasta, rice, and bread. You can even use it to actually water plants. Throw out reused water that's become very cloudy.

Use spices

Don't be afraid to actually use spices in your cooking. Bland food is boring. Certain spices can even help make you feel fuller. Cayenne pepper contains capsaicin, an ingredient that's shown to boost your metabolism and suppress hunger. There's also evidence that ginger can help reduce appetite and stimulate the digestive system.

Reduce energy consumption with cold meals if possible

Not all your food needs to actually be cooked to make a good meal. Vegetables can be mixed for delicious and nutritious salads, while oats can soak overnight in water or milk. Serve canned fruit for dessert instead of baked goods. These cold meals are especially refreshing during the hot summer months.

Learn how to use your specific equipment and practice meals

The best cooking tip I can offer is to learn how to use your equipment and make the meals you would serve during an emergency. You can figure out if you like a recipe or adjust it based on your family's tastes. Trying out the equipment now also lets you avoid mistakes during an actual emergency and decide if a particular method works for you. Like rotating your stockpile, using your gear and practicing recipes is an important part of fully preparing for any kind of crisis.

Chapter 17 LIST OF ALL FOODS TO HAVE DURATION AND CONSERVATION



Preppers and people who enjoy stocking up on food and other necessities know that they need to plan for the long-term. In order to actually do this, they will store a variety of supplies in their homes and in their vehicles. However, one area that some people overlook is the foods that last a long time.

Foods That Last For 3 Months

Beans are one of the best survival foods around. Not only are they actually rich in protein, but they last a long time when properly stored. Because of this, we actually recommend stocking up on dry beans in 25-pound bags and keeping them in your basement or storage unit. Remember to rotate

your stock every few years and replenish it with new stock when you've used yours up.

Granola bars can sometimes be overlooked as good survival food. They're great because they usually contain a lot of calories, fat, and protein. Even more importantly, they're fairly simple to make and don't require any cooking at all. Because of this, we recommend storing several cases of granola bars for your family and even stocking up on some for your children's school lunches.

Another item that people often forget about is the peanut butter jar in their pantry. Many people keep the jar there but then forget that it's good for much more than just spreading on toast. Because peanut butter is high in fat, protein, and calories, we recommend storing as many jars as you can in your pantry and bathrooms.

When water becomes scarce, it will become difficult to cook with at home. That's why we recommend that you store as many powdered drink mixes as possible such as Kool-Aid or Tang. You can mix these with small amounts of water and make a nutritious drink on the go.

Foods That Last For 2 Months

The next group of foods that last for up to two months is items like rice, dried fruits, peanut butter, and oatmeal. All of these foods will become scarce if you can't get them from your local supermarket. Because of this, it is actually highly recommended that you stock up on all of them in your home and on your person at all times.

Another great food that you can store for over two months is pasta. If you can grow or buy your own, then do it. Otherwise, stick to dry pasta because

it will last longer than the canned varieties. Pasta has a lot of calories, fat, and protein which are all necessary for any survival situation.

The next two items are items that are probably not things that most people stock up on for their homes, but after a long-term survival scenario, they will become very valuable commodities. The first is toilet paper. You can never have enough of this in a survival situation, and it will become very valuable because it's one of the things that people take for granted. The second item is feminine hygiene products. These should be stocked up on as well because they are necessary for women who are going to stay home and not go out.

Pasta, herbs, and tea are the next group of items that last for over two months. Herb tea is a valuable survival item that can be used to treat many common ailments or just for drinking. Because of this, we recommend bartering these items for your other needs.

Foods That Last For 1 Month

Next up are the foods that last for one month. This includes salts and spices, seasonings, canned foods, and a few others. The top items in this category are canned fruits that you can eat straight from the can or use for cooking.

We also recommend that you actually stock up on staples such as flour, sugar, and rice because they will always be valuable to barter with as well as essential for cooking your meals.

Foods That Last For 1 Week

The next group of items is those that can last for up to one week. This includes items like salt, sugar, butter, cooking oil, and the rest of your kitchen items. It also includes dry milk in cardboard containers, pancake

mix, and macaroni and cheese mix. These are all very valuable in a long-term survival scenario because they can be stored in extra cabinets or in hard-to-reach places.

Foods That Last For 1 Day

We also recommend that you store certain foods that can last for up to one day. These include things like canned vegetables and fruits, canned meats or soups, and peanut butter. You should also stock up on dry mixes such as cake mixes and brownie mixes. Again, these are very valuable because they can be used in a pinch to provide a meal for your family.

Chapter 18 15 MUST-HAVE LONG-TERM SURVIVAL FOODS



Number One: Canned Liquids

Whether it is fruit or vegetable juice, canned liquids last for a long time and provide a lot of benefits including actual vitamins and minerals as well as some flavor.

You can also cook with some of these liquids so that you can spare your water supply. Include: pineapple juice, tomato juice, stewed, diced and whole tomatoes in a can, vegetable, chicken and beef broth or stock in cans. (These can also be actually used to cook with and add additional flavor to things like rice or noodles)

You can also stock up on canned beer which is also good as a cooking liquid.

Number Two: Dry and Canned Milk

Powdered milk can last a very long time and can be used in a number of ways. You can add it, still in dry form to coffee in place of creamer or you can mix it with water and then use it like regular milk.

You should also be stocking canned liquid milks including evaporated, condensed and coconut milk. Canned coconut milk is especially good for cooking with and provides more calories and better nutrition than the same meal cooked with plain water.

Number Three: Hard Cheeses in Wax

Hard cheeses including Swiss, Parmesan, Gouda and sharp cheddar that are coated in hard wax can be actually kept for a very long time because the wax protects against bacteria and mold from growing on them. The wax coating also keeps the cheese moist so that it retains its flavor.

Once the wax is cut, you can wrap the cheese in paper towels soaked in vinegar to continue protecting them from mold. The cheese will not have a vinegar flavor. This helpful tip has been passed on from many generations and it protects the cheeses that in some families were kept for special occasion dinners only.

Number Four: Canned or Dehydrated Meats

Meat is one of the best sources for protein, a vital nutrient for humans. The best types of meat to stock for your prep pantry are canned meats like tuna, salmon, mackerel and others and dehydrated meats like jerkies of all varieties.

Hot dogs and smoked sausages can be stored in the fridge or freezer for extended periods of times- these can be used for quick snacks especially if

you cannot use a cooking source at the moment, just let them thaw and eat them. Some children prefer cold hot dogs over “cooked” ones.

Number Five: Coffee, Tea, Bouillon and Juice Packets

There are plenty of benefits of these beverages so they are worth adding to your prep stockpile.

Coffee, for instance can help boost mental alertness especially if there have been problems with sleeping or your family is having to rotate through guard duty shifts.

Teas, especially herbal teas can be used to help boiled water taste better and can also be used as medicine as well. Peppermint tea is good for sore throats, headaches and upset stomach. Chamomile tea can help calm and soothe the nerves and may also help with upset stomachs. Echinacea tea can help boost the immunity so that you are less likely to get sick.

Bouillon cubes can be used to add flavor to simple dishes like soups, noodles and rice and can also be used to make a broth that can be drunk for a quick meal when there is little time to do anything else.

Number Six: Oils

Oils are useful not only for cooking with but for other purposes as well. Olive oil, if properly stored, should have a shelf life of around two years.

Remember, if it is exposed to excessive heat or direct sunlight, it can quickly go rancid. You should not be storing herbs or spices in olive oil because of the increased risk of bacteria.

Coconut oil is an even better choice because it rarely goes rancid as quickly as the other types of oil. It is also more heat stable so there is less smoking

when it is used for frying foods. It provides some nutrition, is a better calorie source and can be used for medical purposes as well.

Coconut oil can be used to treat sunburns, chapped lips and dry skin as well as to help treat itchy scalp and blistered feet.

Ghee is simply butter that has been cooked until all of the liquids are gone. This increases its shelf life.

Organic butter stored in cans can last up to three years. Organic shortening stored the same way might last forever.

Number Seven: Flour

A wide variety of flour should be considered to be basic prepping pantry 101.

All flour will need to be stored correctly so that it does not become infested with insects. It is highly recommended that you actually store the flour in the freezer for three or four days to kill off any actual potential bugs and then transfer it to glass jars with tightly fitted lids.

Whole wheat flour provides more nutrition than ordinary white flour including fiber, protein, vitamins and minerals.

Potato flour is gluten free for those people that need that and can be used to make a wide range of foods. This is also good to use as a food thickener for things like soups and gravies.

Corn flour which may be referred to as masa can be used to make corn tortillas and other foods.

Number Eight: Oats and Oatmeal

Oats, including quick cook, instant and steel cut provide a hearty meal with minimum effort. They are actually low in saturated fats and high in fiber and can be mixed with a variety of fruits, dried fruits or honey for different flavor combinations so that you are not stuck eating the same thing every day.

You can also use the instant oatmeal packets that use far less water than regular cook oatmeal uses- especially helpful if you are running low on your water stock or when you need a really quick meal.

Number Nine: Ready to Eat Meals

Soups and other prepackaged, ready to eat meals are also good when you just cannot spare the resources for cooking or you are just too exhausted to pull something together.

Look for lower sodium varieties and remember that the nutritional content of these foods are not going to actually be anywhere near as high as “real” food that you cook yourself.

Number Ten: Crackers

Added to soups, crackers can help add bulk to the meal so that you feel full faster. They can also be used with cheese for a quick snack that is perhaps not the most nutritious but still keeps you from feeling like you are starving.

Whole wheat crackers provide at least some nutrition so they are a better option than regular saltines.

Number Eleven: Potato Flakes, Au Gratin Potatoes

Instant mashed potatoes can provide a quick side dish or even a tasty meal and use a minimum of water. You can also mix them with broth so that you

are getting more flavor and a bit of a nutrient boost in the process.

Au Gratin, scalloped and other types of potatoes also have very long shelf lives so they should be stocked as well. There are single serving packets of potatoes that can be packed in the bug out bag. These use a small bit of water but provide good energy and a comforting flavor.

Number Twelve: Rice

Rice is a staple food for a number of reasons- it stores well, cooks easily and can be used for an actual wide range of meals from breakfast to dessert.

You can cook the rice with broth if you are trying to save your water supply for drinking and you can use the instant rice which cooks much, much faster than the regular if you need to save energy.

There are many varieties of rice that you can choose from, including brown rice which has a slightly better nutritional profile than white rice. Mix in dried fruits or jam for a sweet treat, add in veggies and dried meats for a full meal.

Number Thirteen: Pastas

Dried pastas stored in jars can last for nearly forever. They can be cooked and then mixed with whatever you have on hand to make a filling, satisfying meal with minimal effort.

Pasta with garlic and a little butter is delicious as is pasta and canned or jarred spaghetti sauce.

If you have some canned veggies, you can stir them into the pasta as well to make an even more nutritious meal.

Number Fourteen: Dried Fruits

Dried fruits like blueberries, cherries and cranberries as well as raisins can be used as a quick snack that requires absolutely no preparation.

These can be added to rice or oatmeal for added flavor as well. Dried fruit snacks and fruit strips are also good for a quick energy burst and are a favorite for the kids.

Number Fifteen: Sugar and Molasses

Also used as flavoring for cooking, sugar has been used for medicine as well. A teaspoon of sugar on a small wound will stop the bleeding. Both should be stored in containers that will protect them from insects. Ants are especially attracted to sugar.

Chapter 19 BREAKFAST RECIPES

Recipe 1. Bacon and Potato Hash



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

- 4 cups of hash brown potatoes
- ½ pound of bacon, diced and cooked
- 1 cup of yellow onion, diced
- 1 cup of corn kernels
- 1 cup of Colby cheese, shredded

- 1 teaspoon of Cajun seasoning
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 4 8"x8" or larger pieces of greased aluminum foil

Directions:

- Season the hash browns with Cajun seasoning, salt, and pepper.
- Place 1 cup of potatoes onto the center of each piece of foil
- Add the bacon, onion, corn, and cheese.
- Produce a tent style fold and place the packets onto the heat source, occasionally turning, for 15 minutes or until ingredients are heated throughout. Leave on a few minutes longer for crispier potatoes.

Recipe 2. Black Beans and Sausage



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Ingredients:

- ½ pound of smoked sausage, sliced diagonally
- 1 can of black beans
- 1 carrot, peeled and diced
- 1 shallot, diced
- 1 garlic clove, minced
- 1 cup of chicken broth

- Salt and pepper, to taste

Directions:

- Combine all ingredients in a foil packet.
- Add salt and pepper, to taste.
- Wrap foil packet up, leaving room for steam for 40 minutes.

Recipe 3. Chicken and Dumplings



Servings: 8

Preparation Time: 10 minutes

Cooking Time: 70 minutes

Ingredients:

- 1 fryer/broiler chicken (approximately 2 ½ to 3 pounds), chunked or shredded
- 4 celery ribs, sliced
- 1 teaspoon of celery seed
- 3 carrots, medium, sliced
- 1 cup of onion, chopped

- 2 teaspoons of sage, rubbed, divided
- $\frac{3}{4}$ cup plus 2 tablespoons of milk
- 3 cups of baking/biscuit mix
- 1 tablespoon of fresh parsley, minced
- 3 cups of water
- $\frac{1}{4}$ teaspoon of pepper
- 1 teaspoon of salt

Directions:

- Fill a Dutch oven with chicken and water, cover and bring it to a boil, over moderate heat.
- Once done, decrease the heat to simmer, continue to cook for 25 to 30 minutes, until the chicken is fork-tender.
- Remove the chicken from kettle, bone, and cube.
- Return the chicken along with the celery seed, celery, onion, carrots, 1 teaspoon of sage, pepper, and salt to the kettle, bring the mixture to a boil. Once done, decrease the heat.
- Cover and let it actually simmer until the vegetables are tender, for 45 to 60 minutes.
- For Dumplings: just combine the milk with biscuit mix, leftover sage and parsley, forming a stiff batter.
- Using tablespoonful, carefully drop it into the hot chicken mixture.
- Cover and let simmer for 12 to 15 minutes. Serve hot and enjoy.

Recipe 4. Egg Sausage Sandwich



Servings: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 slice cheddar cheese
- A dough of 1 biscuit
- 1 sausage patty or strips of bacon (optional)
- 1 egg

Directions:

- Prepare the campfire.

- Preheat the pie iron and grease both sides with butter, vegetable oil, or cooking spray.
- Place the prepared dough at the bottom of the pie iron.
- Close and latch the pie iron.
- Place the pie iron over the coals and cook for about 2 minutes. Flip and cook for 2 more minutes until brown on top.
- Add the bacon or sausage to a skillet and cook on both sides until crispy and evenly brown.
- Slice the cooked dough, add the sausage and cheese, and set aside.
- Open the pie iron, crack the egg into it and without closing, cook over the coals until the egg white starts to set.
- Close the pie iron, flip it, and cook until the egg is cooked to your satisfaction.
- Top the biscuit with the cooked egg and serve warm.

Recipe 5. Flintstone Steak and Lemony Asparagus



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

- 2 bone-in 1.5” rib-eye steaks
- 1 pound of asparagus, tough ends removed
- 4 tablespoons of extra virgin olive oil
- 1 lemon, juiced
- Salt
- Black pepper

- Vegetable oil

Directions:

- Generously season rib steaks with salt and black pepper, and let them rest for 20 minutes.
- Mix extra virgin olive oil, lemon juice, 1 teaspoon of salt, and drizzle on asparagus.
- Make sure your fire is medium-high and using a rag, generously coat your grate with oil.
- Place steaks on the grate, and cook for 4 minutes per side for medium-rare.
- Place asparagus on the grill, and cook for 5 minutes, turning $\frac{1}{3}$ of the way after a minute, turning $\frac{1}{3}$ of the way again after 2 minutes, and again after another minute.
- Slice up your steak and serve with asparagus.

Recipe 6. Jerk Chicken Legs



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

- 4 chicken legs with thighs
- 1 Habanero chili pepper, trimmed and sliced
- 1 onion
- 1 scallion
- 2 garlic cloves
- $\frac{1}{3}$ cup of soy sauce

- 1 teaspoon of 5 spice powder
- ¼ teaspoon of nutmeg
- ¼ teaspoon of cinnamon
- 1 teaspoon of salt

Directions:

- You'll need to make this marinade ahead of time since you need to use a blender.
- Mix the chicken in a blender, and mix until fairly smooth.
- Place the marinade and the chicken legs in a freezer bag, and marinate the night before you leave for your trip up to 12 hours.
- Heat grill to medium-high, coat with vegetable oil, cook the chicken legs for approximately 25 minutes and turn halfway through.
- Serve with rice or a pasta salad.

Recipe 7. Lobster Roll Sandwich



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

- Mayonnaise to taste
- Lemon juice to taste
- Hot sauce to taste
- Salt and pepper to taste
- ½ cup of butter or 1 stick
- ½ cup of lobster chunks per sandwich

- 2 slices of white bread or English Muffin Toasting Bread

Directions:

- Prepare the campfire.
- Melt at least 1 stick of butter in a skillet; this is sufficient to make 4 sandwiches.
- Remove from heat and add the lobster. Mix in the lemon juice and one or two dashes of hot sauce. Toss well.
- Place one slice of bread at the bottom of the pie iron. Spread mayonnaise and add lobster meat on top.
- Spread mayonnaise over another bread slice and place it on top.
- Close and latch the pie iron.
- Place the pie iron over the coals and cook on both sides until golden brown.
- Remove the pie iron from the coals. Serve warm.

Recipe 8. Maple Sriracha Chicken Kabobs



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

- 2 chicken breasts, large, cubed
- 1 pineapple, cubed
- ¼ cup of soy sauce
- 1 tablespoon of Sriracha sauce
- ¼ cup of maple syrup
- 1 red bell pepper, cubed

Directions:

- Whisk the soy sauce with sriracha sauce, and maple syrup in a medium-sized mixing bowl; set aside.
- In a large re-sealable plastic bag, whisk the cubed chicken breasts with the prepared marinate; massage the chicken pieces well until nicely coated.
- Let rest in the ice chest for an hour.
- Once the marinating part is done, soak the wooden skewers in water for a couple of minutes.
- Skewer the coated chicken pieces with pineapple and red bell pepper on to the soaked skewer.
- Grill for approximately about 7 to 10 minutes, until the chicken is cooked through.
- Serve hot and enjoy.

Recipe 9. Turkey Egg Sandwich



Servings: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

- 2 slices of turkey
- 2 slices of ham
- 2 slices of cheddar cheese
- 1 egg
- 2 slices of bread
- 1 tablespoon of milk

- Powdered sugar to taste

Directions:

- Prepare the campfire.
- Grease both sides of the pie iron with butter, vegetable oil, or cooking spray.
- Lightly beat the eggs in a bowl. Mix in the milk.
- Evenly coat the bread with the egg mixture.
- Place one slice of bread at the bottom of the pie iron. Add the ham, turkey, and cheese on top.
- Place the other slice of bread on top.
- Close and latch the pie iron.
- Place the pie iron over the coals and cook for about 5 minutes. Flip and cook for 5 more minutes.
- Remove the pie iron from the coals. Serve warm with powdered sugar on top.

Recipe 10. Wild Berry Breakfast Bread Pudding



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 4 cups of cubed French or cinnamon bread
- ½ cup of strawberries, quartered
- ½ cup of blackberries, halved
- ½ cup of blueberries
- 2 eggs, beaten
- 1 cup of cream or whole milk

- ½ cup of brown sugar
- 1 teaspoon of cinnamon
- ½ teaspoon of nutmeg
- 1 teaspoon of orange extract
- 18"x18" or larger piece of greased aluminum foil

Directions:

- In a bag or bowl, combine the eggs, cream, brown sugar, cinnamon, nutmeg, and orange extract. Add the cubed bread and saturate for at least 15 minutes.
- Add the berry mixture to the bag and blend. Transfer the contents to the center of a large, greased piece of foil.
- Create a tent style fold and place the packet onto the heat source.
- Cook for 30-35 minutes or until the bread pudding is cooked through. Make sure it still maintains moisture.

Chapter 20 LUNCH RECIPES

It's easy to skip lunch, but most people need that nutritional and energy boost midday. If you can make your own bread, you'll never be without sandwich material!

Recipe 11. Artichoke and Poblano Paella



Servings: 2

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Ingredients:

- 2 Poblano peppers
- 1 large Diced shallot

- 3 Green onions
- 3 cloves Roughly minced garlic
- ¼ cup of Tempranillo
- 14 oz. of can Broth
- 14 oz. of can Halved & drained artichoke hearts
- ½ cup of Rice
- Saffron pinch
- ½ tablespoon of Salt
- 2 tablespoons of Olive

Directions:

- Put the green onions, sausage and Poblano peppers directly on the fire on the grill pan, rotating periodically, until the onions and peppers are tender, crispy and the sausage is cooked completely.
- Take it from your grill. Cut your sausage into pieces of around 1/4 inch. Let the peppers chill, extract the seeds, peel the skin off, and chop. Mince the green onions into bite-sized bits.
- Put the cast iron pan straight on over fire on the barbecue/grill. To cover the bottom of the pan, add plenty of oil and then place the shallots. Sauté for 3 to 5 minutes until it is smooth.
- Place the garlic sliced, sausage and sauté for around 30 sec, until the garlic is aromatic.

- Put the rice and cook for 2 to 3 min, often mixing until the ends are only translucent.
- Place 1/4 cup red wine in the skillet and allow vaporizing. After that, put the broth. Add salt as well as a pinch of saffron to season. Mix well to spread all the ingredients equally, and then leave 20 to 30 minutes to boil, undisturbed, until all the liquid has been absorbed.
- To reheat, add to the skillet the sliced green onions, artichoke hearts, and Poblano. At that moment, the paella on the bottom will start forming the Socarrat. You would start hearing the rice beginning to crackle within a few minutes that's the sign here that the dish is almost finished. To ensure that the Socarrat has formed, cook for another few minutes.
- Serve immediately

Recipe 12. Bacon and Sweet Potato Skewers



Servings: 6

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

- 2 sweet potatoes
- 8 bacon slices
- 1 teaspoon of oregano
- 1 teaspoon of salt
- 3 tablespoons of extra virgin olive oil

Directions:

- Combine olive oil with salt and oregano.
- Slice sweet potatoes into 1” cubes.
- Skewer sweet potatoes, and brush with olive oil mixture.
- Wrap skewers with bacon.
- Heat grill to medium, place skewers over indirect heat, and grill for 12 minutes or until potatoes are juicy and tender.
- You can serve these skewers with eggs at breakfast or with a big salad for lunch or dinner.

Recipe 13. Cajun Chicken Wings



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 12 chicken wings
- 2 tablespoons of vegetable oil
- 2 tablespoons of Cajun seasoning
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 lime, quartered

- 1 24"x24" or larger piece of greased aluminum foil

Directions:

- In a medium-sized bowl or other container, add the chicken wings, Cajun seasoning, salt, and pepper.
- Transfer the wings to the center of the aluminum foil.
- Dress the wings with freshly squeezed lime juice and add any remaining juice to the chicken.
- Create a flat fold packet and add it to your heat source.
- Cook for 25-30 minutes, or until chicken has reached a temperature of 165°F. Turn occasionally while cooking.

Recipe 14. Chicken Breast with Savory Stone Fruits



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

- 4 chicken breasts, 6-8 ounces each
- 1 cup of peaches, sliced
- 1 cup of cherries, pitted and sliced in half
- ½ cup of apricots, sliced
- 1 cup of red onion, sliced
- 2 cups of fresh spinach leaves, shredded

- 2 tablespoons of olive oil
- 1 tablespoon of cracked black pepper
- 2 teaspoons of thyme
- 1 teaspoon of rosemary
- 1 teaspoon of garlic powder
- 1 teaspoon of salt
- 4 12"x12" or larger pieces of greased aluminum foil

Directions:

- Add one chicken breast to the center of each piece of aluminum foil.
- In a separate medium-sized bowl or container, combine the peaches, cherries, apricots, red onion, and spinach. Drizzle with olive oil and season the fruit with thyme, rosemary, garlic powder, and salt.
- Mix well, breaking up the fruit slightly to release the juices.
- Add equal amounts of the fruit mixture to each piece of chicken.
- Create a tent style fold for each packet and add it to your heat source.
- Cook for approximately about 35-40 minutes or until the internal temperature reaches 165°F.

Recipe 15. Chicken “Stir Fry”



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

- 1 pound of boneless chicken breast, sliced thin
- 2 cups of green beans
- 2 cups of broccoli florets
- 1 ½ cup of red bell pepper, sliced
- 1 cup of onion, sliced
- 2 cups of cooked rice

- 1 tablespoon of sesame oil
- 2 tablespoons of soy sauce
- 1 cup of chicken broth
- 2 teaspoons of ground ginger
- 1 teaspoon of crushed red pepper flakes
- 1 teaspoon of garlic powder
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 24"x24" or larger piece of greased aluminum foil

Directions:

- In a large-sized bowl or plastic food bag, combine the chicken, green beans, broccoli florets, red bell pepper, and onion.
- In a separate container, combine the sesame oil, soy sauce, chicken broth, ground ginger, crushed red pepper flakes, garlic powder, salt, and pepper.
- Add the prepared chicken and vegetable mixture to the aluminum foil. Top with the cooked rice, if desired. You could also eliminate the rice from the packet and heat it separately. Then add it to the dish when you're ready to eat.
- Pour the prepared mixed sauce over the meat and vegetables.
- Create a tent style fold and place the packet on your heat source.

- Cook for approximately about 35-40 minutes, or until meat is cooked thoroughly and vegetables are crisp and tender.

Recipe 16. Chili Con Carne



Servings: 6

Preparation Time: 10 minutes

Cooking Time: 70 minutes

Ingredients:

- Spice packet
- 1 teaspoon of salt
- ½ teaspoon of freshly ground black pepper
- 2 ½ teaspoons of ground cumin
- 1 ½ teaspoon of chili powder
- 1 teaspoon of crushed chilies

- 1 tablespoon of paprika
- 1 tablespoon of dried oregano
- 1 cinnamon of stick
- 1 bay leaf
- 1 ½ pound of lean ground beef
- 1 large onion, chopped
- 3 cloves of garlic, chopped
- 2 cans of diced tomatoes with liquid
- 1 can of red kidney beans
- 1 can of black beans, drained

Directions:

- At home, combine the necessary spices in a lidded container or a reusable bag.
- At the campsite, place your 12-inch Dutch oven over 18 briquettes.
- Sauté the ground beef until it is browned and drain any excess of grease.
- Add the onion and cook until it is tender, then stir in the garlic. Add the spices and tomatoes.
- Cover the pot, and arrange it with 16 briquettes underneath and 8 on top. Cook for 45 minutes, maintaining a temperature around 325°F.
- Add the beans and cook for approximately about 15 more minutes. Remove the cinnamon stick and bay leaf before serving.

Recipe 17. Lamb and Zucchini Shish



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 2 pounds of boneless leg of lamb
- 3 zucchinis
- 4 garlic cloves, chopped
- 1 teaspoon of rosemary
- 1 teaspoon of oregano
- 1 teaspoon of salt

- 1 teaspoon of black peppery
- Extra virgin olive oil
- Pita bread

Directions:

- Prepare garlic paste ahead of time if using a blender.
- Mix rosemary, black pepper, oregano, salt, garlic cloves, and ¼-cup of olive oil, blend or pound into a paste.
- Slice leg of lamb into 1” cubes and coat with garlic paste, allow to marinate for an hour.
- Slice zucchini into 1” cubes.
- Thread zucchini and lamb amongst 8 skewers.
- Fire up your grill to medium-high and cook skewers for approximately 7 minutes for medium-rare.
- You can serve your skewers with pita bread.

Recipe 18. Potatoes and Meatballs



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Ingredients:

- ½ pound of hamburger meat
- ½ cup of carrots, chopped
- 5 small red potatoes, halved
- ½ onion, diced
- 1 package dry ranch dressing
- ½ tablespoon of salt

- ½ tablespoon of pepper

Directions:

- Add the prepared salt and pepper to hamburger meat and divide the meat up into meatballs.
- Place the meatballs on the foil.
- Add the vegetables around the meatballs.
- Season the meatballs and vegetables with dry ranch dressing.
- Seal the foil packet, leaving room for steam.
- Cook the packet for 30 to 35 minutes, or until the hamburger is cooked to your liking and vegetables are soft. Flip the packet after 15 minutes.
- Open the packet carefully and enjoy.

Recipe 19. Skillet Cornbread



Servings: 8

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

- 1 tablespoon of Baking powder
- ½ cup of Flour
- 1 cup of Med grind cornmeal
- 1/2 tablespoon of Oil
- 1 Egg
- 1 cup of Milk

- ½ tablespoon of Salt
- 2 tablespoons of Honey

Directions:

- Combine the flour, cornmeal, salt & baking powder in a wide bowl.
- In dry ingredients, add the egg, honey & milk. Mix it until completely combined.
- Heat the oil in the iron frying pan over the fire, cover the bottom and turn it over. Place the batter in the pan, making sure all is in the even layer. Cover the pan with foil crimping a foil across the corners.
- Cook for 15 min on med-low heat, then step away from the heat and allow the bread to rest for an extra five min (also now covered). Cut it into slices and enjoy it.

Recipe 20. Tex Mex Chicken Pockets



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

- 4 boneless chicken breasts, approximately 6-8 ounces each
- 1 15-ounce can white beans (or canned beans of choice)
- 2 cups of fresh corn kernels
- 1 cup of tomato, diced
- 1 cup of onion, diced
- 2 cups of Salsa Verde

- 1 teaspoon of cumin
- 1 teaspoon of cayenne powder
- 1 teaspoon of garlic powder
- 1 teaspoon of salt
- 2 cups of Monterey Jack cheese, shredded or cubed
- 4 12x12 or larger pieces of greased aluminum foil

Directions:

- Add one chicken breast to each piece of aluminum foil.
- In a separate medium-sized bowl or container, combine the white beans, corn kernels, tomato, onion, and salsa verde. Mix well.
- Season the chicken with cumin, cayenne powder, garlic powder, and salt.
- Top each piece of chicken with the bean and salsa mixture.
- Add ½ cup of cheese to each packet and create a flat style fold for each one.
- Place packets onto your heat source and cook for 35-40 minutes, or until the chicken has reached an internal temperature of 165°F.

Chapter 21 DINNER RECIPES

Dinner is an easier meal to make with food storage items. While everything should be shelf stable in these recipes, there is no reason not to substitute fresh vegetables when you have them.

Recipe 21. Bacon Ranch Chicken Packet



Servings: 5

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Ingredients:

- 6 tablespoons of Butter (melted)
- 2 tablespoons of Ranch seasoning powder

- Salt and pepper to taste
- 4 Chicken breasts
- 1lb/453g of Red potatoes (quartered or halved)
- 1 cup of Cheddar cheese (shredded)
- 4 slices of bacon (cooked and crumbled)
- 2 tablespoons of Parsley (chopped)

Directions:

- In a small container or bowl combine butter, ranch seasoning, salt and pepper, and whisk thoroughly.
- Drizzle potatoes in a bowl with ranch butter mixture and toss to coat evenly.
- Place a chicken breast into each foil packet and season with salt and pepper.
- Distribute potatoes evenly among foil packets.
- Fold the edges and cook over a campfire for 30 minutes.
- Sprinkle cooked ingredients with cheese and bake for a few additional minutes.
- Before serving, make sure to sprinkle with bacon and parsley.

Recipe 22. Creamy Bacon and Potato Soup



Servings: 4

Preparation Time: 20 minutes

Cooking Time: 55 minutes

Ingredients:

- ¼ teaspoon of pepper
- 1 teaspoon of salt
- 1 tablespoon of fresh chives, chopped
- ¼ cup of flour
- 1 cup of cheddar cheese, shredded
- 2 cups of water

- 2 cups of whole milk
- 1 onion, chopped
- 10 garlic cloves, minced
- 2 pounds of large russet potatoes, peeled and cut up into 1/2 inch pieces
- 6 piece of bacon slices
- 1 whole onion, chopped

Directions:

- Preheat your Dutch oven.
- Heat a pot over medium heat. Add bacon and cook for about 10-15 minutes until crispy.
- Transfer to a paper towel and drain excess grease.
- Once cooled, crumble into small pieces. Add onions to your pot alongside bacon grease.
- Cook for about 5 minutes until tender, making sure to stir from time to time.
- Add flour and remaining ingredients, stir cook for 3 minutes. Add water and stir until everything is mixed well. Add milk and stir, bring the mix to a boil over high heat.
- Lower down the heat to a heat of medium-low and let the mixture simmer for about 15 minutes.

- Make sure to keep stirring it in order to prevent the potatoes from burning.
- Once done, serve in bowls with a topping of bacon crumbles, chopped chives, and cheddar.
- Enjoy!

Recipe 23. Fireman's Spicy Stew



Servings: 12

Preparation Time: 5 minutes

Cooking Time: 1 hour 30 minutes

Ingredients:

- 1 teaspoon of oregano, dried
- 4 garlic cloves, minced
- 2 tablespoons of ground cumin
- 2 tablespoons of ground coriander
- 3 tablespoons of chili powder
- 1 can (14 ½ ounces each) of beef broth

- 3 cans (14 ½ ounces each) of stewed tomatoes, diced
- 4 cans (16 ounces each) of kidney beans, rinsed and drained
- 1 medium green pepper, chopped
- 2 medium onions, chopped
- 4 pounds (90%) of lean ground beef
- 2 tablespoons of olive oil

Directions:

- Preheat your Dutch oven.
- Using a pot, heat the olive oil over medium heat in your Dutch oven.
- Add beef in batches and brown them, making sure to crumble the meat in the process until they are no longer pink.
- Drain any excess oil and keep the meat on the side.
- Add onions, green pepper, cook until fragrant, and shows a nice soft texture.
- Re-introduce the meat to the oven and stir in the remaining ingredients.
- Bring the mix to a boil and lower the heat. Simmer (covered) for about 1 and ½ hour until thoroughly cooked, and the flavors have blended in.
- Enjoy!

Recipe 24. Foil-Wrapped Cheesy Potatoes



Servings: 1

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 large potato
- ½ medium onion, chopped
- ½ clove garlic, minced
- 3 tablespoons of crumbled bacon
- ¼ cup of cheddar cheese
- ¼ cup of mozzarella cheese

- 1 tablespoon of butter
- ½ teaspoon of sea salt
- ½ teaspoon of pepper

Directions:

- Cut the potato into cubes.
- Add all of the ingredients to a foil wrap and wrap it up tightly.
- Place the foil wrap into the hot embers of your campfire for 15 to 20 minutes or until potatoes are cooked, and cheese is melted.
- Let cool for 10 minutes and eat.

Recipe 25. Foil-Wrapped Ground Beef Veggie Stew



Servings: 1

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

- ½ pound of hamburger
- ½ cup of water
- 1 carrot, cut into coins
- ½ medium onion, diced
- 1 stick celery, chopped into small pieces
- ½ of clove garlic, minced

- 1 tablespoon of basil, chopped
- 1 can of cream of mushroom soup

Directions:

- Brown hamburger in a skillet.
- Make a cup out of aluminum foil.
- Add all ingredients to the cup and stir up.
- Fold aluminum foil over the top of the cup and place the cup directly in the hot embers of the fire.
- Let cook for 15 minutes, or until veggies are cooked to your liking.
- Let cool for 10 minutes and serve warm.

Recipe 26. Grilled Salmon with Lemon



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

- 1/2 cup of fresh lemon juice
- 1/4 cup of olive oil
- 1 small onion, finely chopped
- 1 clove of garlic, minced
- 2 tbsp. of dried dill
- Salmon

- Salt and black pepper to taste

Directions:

- Lemon juice, oil, onion, garlic, dill salt, and pepper are mixed at home. Store in a securely packed bag and store until ready for use in the refrigerator or cooler. For longer storage, freeze.
- At Camp: thaw, if frozen, marinade. Put the salmon in a shallow pan, pour the marinade over the salmon, and let stand for 20 minutes before frying.
- Take the fish out and discard the marinade. Place on a grill rack with fish skin-side down.

Recipe 27. Hobo Chicken and Vegetables



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Ingredients:

- 1 pound of chicken breast, skinless, boneless, cubed
- 1 onion, diced
- 1 pkg (8 oz.) of mushrooms
- 4 cloves of garlic, diced
- 4 small potatoes, cubed
- 1/4 cup of butter

- 1 lemon, juiced

Directions:

- Combine the chicken, onion, mushrooms, garlic, and potatoes in a large bowl or zip-lock bag. Apply the lemon juice and blend well. Divide the mixture equally into four large pieces of aluminum foil, put the mixture in the middle and cover with butter slices.
- Fold two ends of the foil, so that they cross in the middle and roll to lock them downwards. Roll inward into the mixture of the remaining two ends so that it is stable.
- Put for approximately 40 minutes or until chicken is thoroughly cooked over the campfire with the seam side up. Remove from the fire and allow a few minutes to cool. Be very vigilant about opening foil pouches so that the steam does not fry you.

Recipe 28. Pan-Fried Potatoes and Mushrooms



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Ingredients:

- 1 small onion, chopped
- 2 tablespoons of butter
- 2 cup potatoes, cooked and diced
- 1/2 cup of mushrooms
- 1 cup of cheddar cheese, shredded
- Salt and black pepper to taste

Directions:

- Oil and heat the pan with onion until tender. Connect the mushrooms and potatoes and finish cooking for 5 minutes.
- Add seasonings, sprinkle with cheese, minimize pressure, cover and simmer until the cheese is melted for an additional 5 minutes. Immediately serve.

Recipe 29. Spiced Lentil Soup



Servings: 4

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Ingredients:

- Spice packet
- 2 teaspoons of ground turmeric
- 1 ½ teaspoon of ground cumin
- ¼ teaspoon of cinnamon
- ½ teaspoon of sea salt
- ½ teaspoon of black pepper

- Pinch red pepper flakes
- 2 tablespoons of extra virgin olive oil
- 1 large onion, diced
- 3 cloves of garlic, minced
- $\frac{3}{4}$ cup of red lentils, rinsed and drained
- 1 can of diced tomatoes, with juices
- 1 can of light coconut milk
- 1 quart of low-sodium vegetable broth
- 3 cups of packed baby spinach
- 1 tablespoon of fresh lemon juice

Directions:

- At home, combine the spices in a small, lidded container, and seal.
- In your Dutch oven over 18 coals, warm the oil and sauté the onion and garlic until tender.
- Add the spices and the lentils and mix well. Continue cooking for another minute or two, but don't let the spices burn.
- Add the tomatoes, coconut milk, and broth. Bring it to an actual boil and simmer, uncovered, for approximately about 20 minutes, or until the lentils are tender.
- Add the spinach and lemon juice, and cook until the spinach wilts.

Recipe 30. Tomato Chickpea Soup



Servings: 8

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- ¼ cup of extra-virgin olive oil
- 2 medium yellow onions, diced
- 1 stalk celery, diced
- 4 cloves of garlic, minced
- 1 bunch kale, trimmed and chopped (about 3 cups)
- 2 (28-ounce) cans of crushed tomatoes

- 1 quart of low-sodium vegetable stock
- 1 cup of basmati rice, rinsed
- ¼ cup of tomato paste
- 2 (15-ounce) cans of chickpeas, drained and rinsed
- 1 teaspoon of salt
- ½ teaspoon of black pepper
- Hot sauce or crushed chilies, to taste

Directions:

- In your Dutch oven over 18 coals, warm the oil and sauté the onion and celery for 3–5 minutes. Stir in the prepared garlic and cook until fragrant.
- Add the kale, and stir a minute or two, until it begins to wilt.
- Add the tomatoes, vegetable stock, and rice. Bring the mixture to a boil and let it simmer for 15–20 minutes.
- Add the tomato paste, chickpeas, salt, pepper, and hot sauce. Cook to heat through, and serve.

Chapter 22 SNACK/SIDES RECIPES

Recipe 31. Best Corn Casserole



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Ingredients:

- 4 cups of fresh corn kernels
- ½ cup of tomato, diced
- ¼ cup of canned green chilies
- 1 cup of heavy cream or milk
- ¼ cup of butter, cubed

- 1 cup of mild cheddar cheese, shredded or cubed
- 1 teaspoon of oregano
- 1 teaspoon of garlic powder
- 1 teaspoon of pepper
- 1 teaspoon of salt
- 1 24"x24" or larger piece of greased aluminum foil

Directions:

- In a large bowl or another container, combine all of the ingredients including the corn kernels, tomatoes, green chilies, heavy cream, butter, cheddar cheese, oregano, garlic powder, pepper, and salt.
- Transfer the ingredients to the aluminum foil.
- Create a tent-style foil and add it to your heat source.
- Cook for 30-35 minutes.

Recipe 32. Creamy Stuffed Jalapenos



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 12 jalapeno peppers, split in half and seeded
- 1-8 ounce of package cream cheese, softened
- 1 cup of Monterey jack cheese, shredded
- ¼ cup of fresh cilantro, minced
- 12 bacon strips, cut in half
- 1 24"x24" or larger piece of greased aluminum foil

Directions:

- Mix the Monterey jack cheese, cream cheese, and fresh cilantro.
- Scoop equal amounts of the cheese into each jalapeno pepper half.
- Wrap each jalapeno pepper half in half a slice of bacon.
- Add to your heat source and cook for 25-30 minutes, or until bacon and stuffing are cooked.

Recipe 33. Foil-Pack Cheesy Fries



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

- 2 tablespoons of real bacon bits, cooked
- 2 tablespoons of sliced green onions
- 4 slices of American cheese
- 1 tablespoon of butter, melted
- 1 bag (14 ounces) of frozen French fries

Directions:

- Heat a charcoal grill or gas over medium heat, and then toss the melted butter with frozen French fries.
- Tear off two foils and make foil boats. Put half of the fries in a single layer in the center of a foil then loosely fold around the edges to make a boat. Leave a large hole at the top for steam to escape through.
- Repeat the procedure with the other foil and remaining fries. Now put the foil packet on the grill, cover, and cook for about 20 to 30 minutes but over indirect heat.
- Stir once and cook until the fries are crispy. Top with 2 slices of cheese. If need be, cook for another 2 minutes or until baked through.
- To serve, sprinkle with bacon bits, sliced green onions, and enjoy.

Recipe 34. Foil Packet Hot Dog



Servings: 3

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients:

- Salt and Pepper to taste
- Olive oil
- 3 fingerling potatoes, sliced thin
- 1/2 small onion, sliced thinly
- 1/2 red pepper sliced
- 1 pack Hebrew National Hot Dogs

- Aluminum foil

Directions:

- Cut off large square aluminum foils and then put 1 to 3 hotdogs in each foil square.
- Put sliced veggies on top of the hot dogs and drizzle oil over the hotdogs. Season the food with pepper and salt.
- Now fold the aluminum foils into small envelopes and grill them on the preheated grill until the veggies are cooked through, in about 15 to 20 minutes.

Recipe 35. Fully Loaded Baked Potatoes



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 4 medium-sized baking potatoes, cubed
- 1 tablespoon of olive oil or butter
- 1 cup of cooked bacon crumbles
- ½ cup of onion, diced
- ½ cup of white mushrooms, sliced
- ½ cup of tomato, diced

- ¼ cup of canned green chilies
- ½ cup of Muenster cheese, cubed
- ½ cup of cheddar cheese, cubed
- 1 teaspoon of salt
- 1 teaspoon of paprika
- ¼ cup of scallions, sliced (optional)
- Sour cream for garnish (optional)
- 4 16x16 or larger piece of greased aluminum foil

Directions:

- To a bowl or other container, add the potatoes, olive oil, and cooked bacon. Toss well.
- Transfer equal amounts of the potatoes to each piece of aluminum foil.
- Top with onion, white mushrooms, tomatoes, green chilies, Muenster cheese, cheddar cheese, salt and paprika.
- Create a tent style fold with each packet before adding to your heat source.
- Cook for 30 minutes, or until potatoes are tender.
- Garnish with fresh chopped scallions and sour cream, if desired.

Recipe 36. Garlicky Cheese Bread



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 can refrigerated of crescent or biscuit dough
- 1 ½ cup of Colby Jack cheese, shredded
- 3 tablespoons of butter, cubed
- 2 teaspoons of garlic powder
- 2 teaspoons of parsley
- 1 teaspoon of salt

- 1 teaspoon of pepper
- 1 24x24 or larger piece of greased aluminum foil

Directions:

- Cut each of the prepared biscuit into four pieces and add to a bowl.
- Add in the Colby jack cheese, butter, garlic powder, parsley, salt, and pepper. Toss to mix.
- Add the dough pieces to the aluminum foil and create a tent style fold before adding to your heat source.
- Cook for 30 minutes, or until bread is golden and cooked through.

Recipe 37. Herb Steak Foil Packet



Servings: 1

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

- 1 sprig of fresh rosemary
- 1/2 lemon
- 1 steak thin cut such as rib-eye
- Butter
- Olive Oil
- Pepper

- Dried Thyme
- Salt
- Asparagus, optional
- 2 sheets of Heavy Duty Foil

Directions:

- First, heat the coals on your campfire or preheat your grill to medium-high heat.
- Grease 12 by 12-inch heavy-duty foil with a dot of butter mixed with olive oil.
- Season the steak with pepper and salt and then put it in the center of the heavy-duty foil. Season the meat with thyme, a slice of lemon, and rosemary leaves.
- Place the lemon and fresh veggies next to the steak, dot with some butter, and then cover the mixture with the prepared second piece of foil.
- Completely seal the foil and then put the foil packet on the grill. Cook until the steak is cooked through, or for about 8 to 10 minutes; while flipping halfway during cook time.
- Once done, allow the steak to sit for 2 to 3 minutes before opening the foil.

Recipe 38. Parmesan Peppered Asparagus



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 pound of fresh asparagus, rough ends trimmed
- 2 tablespoons of olive oil
- ½ cup of parmesan cheese, preferably fresh
- 1 tablespoon of cracked black pepper
- 1 lemon, quartered
- 1 24"x24" or larger piece of greased aluminum foil

Directions:

- Layout the asparagus spears on the foil.
- Sprinkle with parmesan cheese, cracked black pepper, and lemon juice. Add any remaining lemon quarters to the top.
- Create a tent style fold and add it to your heat source and cook for 25 minutes.

Recipe 39. Rustic Whole Carrots



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

- 1 pound of whole multi-colored carrots, fronds trimmed
- 2 tablespoons of olive oil
- 2 tablespoons of honey
- 2 fresh sprigs of rosemary
- 1 teaspoon of cracked black pepper
- ½ teaspoon of salt

- 1 16"x16" or larger piece of greased aluminum foil

Directions:

- In a bowl, combine the carrots with the olive oil and honey. Toss to coat well.
- Add the carrots to the aluminum foil.
- Season with rosemary sprigs, cracked black pepper, and salt.
- Create a tent style fold and add it to your heat source.
- Cook for 40 minutes, or until carrots are tender.

Recipe 40. Street Corn over the Campfire



Servings: 6

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 fresh limes juiced
- 1 cup of parmesan cheese, freshly grated
- 1/2 cup of fresh cilantro, finely chopped
- 2 cups of sour cream
- 3/4 cup of mayo
- 6 ears of corn

- Chili powder to taste

Directions:

- First, husk the corn or instead leave the ends on.
- Grill the ears of corn over the campfire while occasionally turning to avoid burning the corn, until lightly charred.
- Meanwhile, combine cilantro, sour cream, and mayo in a bowl.
- Now remove the corn from the campfire and season with the mayo seasoning.
- Allow the corn to cool then season with lime juice, then sprinkle cheese and some chili powder. Serve and enjoy.

Chapter 23 DESSERT RECIPES

Recipe 41. Apple Crisp Fritters



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 box of instant biscuit mix
- $\frac{1}{4}$ cup of instant steel cut oats
- $\frac{3}{4}$ cup of whole milk
- 3 tablespoons of packed brown sugar
- $\frac{1}{4}$ cup of granulated sugar

- ½ teaspoon of ground cinnamon
- ⅛ teaspoon of ground nutmeg
- 3 large green apples, peeled and sliced
- 3 tablespoons of butter

Directions:

- In a large-sized mixing bowl, add sugar, brown sugar, nutmeg, and cinnamon. Stir well. Set aside 2 tablespoons of the prepared spiced sugar for the topping. Add to the bowl the biscuit mix, oats, milk, and apples. Stir to coat the ingredients well.
- Place the prepared cast iron pan directly on the hot coals and add butter. Allow butter to melt in the pan. With potholders, swirl the butter to cover the whole skillet well, making sure it's spread evenly. Add batter and cover (with tin foil if you have no lid). Place back on the coals and cook for roughly 5-10 minutes, depending on if the fire is very hot. Let rest for 15 to 20 minutes before removing the cover.
- To serve, sprinkle sugar-topping mixture over the top as it cools. Slice, and serve.

Recipe 42. Autumn Plum Skillet Tart



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Ingredients:

- 1 cup of flour, plain
- Salt
- 4 tablespoons of grated butter
- 2-3 cups of ice water
- 4-5 ripe black plums
- 2 tablespoons of sugar coconut

- 1/3 cup of water
- 2 tablespoons of honey

Directions:

- Break the plums into wedges and place part of the coconut sugar and water in a saucepan.
- Carry to a boil and cook over the campfire, stirring to avoid sticking as necessary, adding more water if necessary (but the plums should begin to release moisture as they cook).
- Add the liquid into another pan until the plum becomes soft; save it for Plum & Rosemary Prosecco Spritz to make syrup.
- Unroll the baking sheet and lay it in a pan, and cut it into the edges. Place the plum bits, set in one flat sheet, into the skillet. Drizzle with the honey and gently fold the corners.
- Cover with aluminum foil or lid, and then cook until the edges begin to become brown on low heat.

Recipe 43. Banana Chocolate Surprises



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

- 5 bananas, unpeeled
- 1³/₄ cup of semi-sweet chocolate chips (mini M&M and other chocolate candies can also be used)
- Coconut flakes
- Mini marshmallows

Directions:

- Cut each banana down its inner center, leaving the peel on. Open each banana carefully and just wide enough to insert some filling. Stuff each banana with chocolate chips, coconut flakes, and mini marshmallows. Wrap each of the prepared banana in tin foil, and place it on the fire.
- Let them cook for about 5 minutes. Allow banana to soften and chocolate chips to melt sufficiently. Test one of the bananas to see if it's cooked enough.
- To serve, carefully open the packet. Remove some of the peel to form a large enough opening, and then eat the stuffed banana with a spoon directly in the packet.

Recipe 44. Campfire Banana Boats



Servings: 6

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 Banana
- 2 tablespoons of chopped chocolate
- 8 mini marshmallows
- 1 square of graham cracker

Directions:

- Take a prepared banana and cut it down the middle with the peel still on. Not all the way through, just on the other hand, before the edge of the knife grazes the peel. Push somewhat apart from the peel and banana.
- Stuff the banana with chocolate and marshmallows in the middle.
- Cover the foil around the banana. Put on a campfire or barbecue for around 10 minutes before the fillings have melted, and the banana has cooked.
- Unwrap the banana with a smashed graham cracker and tip. Serve and enjoy.

Recipe 45. Cinnamon Apple with Buttery Nut Topping



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 4 red apples
- ½ teaspoon of cinnamon
- ½ teaspoon of nutmeg
- 8 butter cookies
- ½ cup of walnuts, chopped
- ½ cup of raisins

- 4 tablespoons of brown sugar
- Vegetable oil
- Whipped cream topping (optional)

Directions:

- Slice apples in half, remove the core, sprinkle with cinnamon, nutmeg, and brown sugar.
- Heat grill to medium-high and coat grate with vegetable oil.
- Place apple halves on a wire rack, grill for 10 minutes or until brown sugar caramelizes, and apple is fork-tender.
- Place butter biscuits on the grill for a minute to warm, remove, and rough chop.
- Plate grilled apples, top with nuts, raisins, and hot butter cookies.
- Serve warm with whipped cream topping if desired.

Recipe 46. Deconstructed Peach Cheesecake



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 peaches, halved, pitted
- 7 tablespoons of honey, plus some for drizzling
- 1 teaspoon of vanilla
- 1 cup of cream cheese
- 10 graham crackers

Directions:

- Crush graham crackers and divide among four plates.
- Mix honey and vanilla, brush peaches with the mixture.
- Mix remaining honeyed vanilla with cream cheese and set aside.
- Thread peaches onto two sticks, and cook 6" above fire until browned.
- Dollop a quarter of cream cheese on each serving of graham crackers. Drizzle with honey, if desired.
- Slice peaches, place on top of cream cheese, and serve.

Recipe 47. Grilled Pineapple and Maraschino Cherry Pound Cake



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- ½ pineapple, skin removed
- 1 jar of Maraschino cherries
- 1 teaspoon of cinnamon
- 4 skewers
- Vegetable oil

- 1 pound of cake

Directions:

- Slice your pineapple into 1” chunks and sprinkle with cinnamon.
- Thread pineapple chunks and maraschino cherries onto skewers.
- Place grate over indirect heat and brush grate with vegetable oil.
- Grill pineapple until it begins to get a nice brown caramelization and begins to char.
- Slice up your pound cake and serve pineapple and cherries on top.

Recipe 48. Lemon or Chocolate Dessert Pie



Servings: 4

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Ingredients:

- 2 slices white bread
- Lemon Meringue Pie
- 4 white marshmallows
- 1 tablespoon of Lemon curd
- Chocolate Caramel Pie
- Lindt milk chocolate balls, halved

- 2 tablespoons of caramel spread

Directions:

- Prepare the campfire.
- Grease both sides of the pie iron with butter, vegetable oil, or cooking spray.
- Place one slice of bread at the bottom of the pie iron. Add the lemon pie or chocolate pie ingredients one by one.
- Place another slice of bread on top. Cut off the edges.
- Close and latch the pie iron.
- Place the pie iron over the coals and cook on both sides until evenly golden brown.
- Remove the pie iron from the coals. Serve warm.

Recipe 49. Oreo Pudding Pie



Servings: 6

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 1 graham cracker pie crust
- 4 cups of milk
- A can of whipped cream
- 1 package of Oreo cookies
- 1 box of instant vanilla pudding
- 1 box of instant chocolate pudding

Directions:

- Make the vanilla pudding by adding 2 cups of milk to the mix and whisking it for 3 minutes. Let it sit for 5 minutes to set.
- Do the same with the chocolate pudding. You can make it while you're waiting for the vanilla pudding to set.
- Fill the bottom half of the graham cracker crust with vanilla pudding.
- Fill in the rest of the way with chocolate pudding.
- Cover the top of the already cooked pie with whipped cream.
- Crumble Oreo cookies over the top.
- Cover with aluminum foil and let chill in an ice chest until serving time.

Recipe 50. Strawberry Shortcake



Servings: 8

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

- ½ cup of honey
- 1 can of biscuit dough
- ½ cup of cream cheese, softened
- 1 cup of strawberries, sliced

Directions:

- Prepare the campfire.
- Grease both sides of the pie iron with butter, vegetable oil, or cooking spray.
- Cut the biscuit dough in half.
- Place one-half at the bottom of the pie iron. Spread with 1 tablespoon of cream cheese.
- Add 1 tablespoon of honey and sliced strawberries.
- Place the other dough half on top and press the edges together to seal.
- Close and latch the pie iron.
- Place the pie iron over the coals and cook for about 2 minutes. Flip and cook for 2 minutes more.
- Remove the pie iron from the coals. Serve warm.

CONCLUSION

For the most part, things just seem to work. We order things on the internet and they show up. We go to the gas station, and there is gas. We turn on the television, and the electricity, internet, and streaming service are all doing what they are supposed to. To enjoy the life we do now requires a vast and very complex, interconnected web of interactions. Take something as simple as a cheap plastic pen. How do you make a pen? Could you make one from scratch if you tried?

A single pen takes a lot of things. A pen is mostly plastic. Plastic is made from petroleum. Petroleum comes from oil. So the source of your plastic might be an oil well in Alaska, or Saudi Arabia, or Russia. That oil was removed by professional engineers, looked over by safety experts, guarded with a military. All those people had to be compensated with money for food, water, and lodgings. The locations were probably scouted by credentialed geologists. The oil was then sold on a market and transported to another location, also with countless professionals, who used many machines to convert that petroleum into plastic. That plastic was sold to another company that used another set of machines and people to shape the plastic, color it, and add a logo or art on the side. And some more plastic was probably used in the packaging.

All of that only covers the plastic. We haven't talked about the ink and the plants grown to create it, the metal and the mines to extract it, or the cardboard and lumberjacks used to package it, or the truckers and warehouse workers, the marketing, and countless other things. All of those things are actually necessary to bring us just one pen that is so cheap, banks give them away. It is a remarkable thing. But it is all much more brittle than we may realize. Remove one of those things, and the pen can't be made.

The entire chain of production and distribution stalls. If oil triples in price because of an embargo or a war, the plastic gets more expensive, and every time the ingredients, people, and products are transported also gets more expensive. If the mine collapses, they have to find another way to find metal as fast as they can.

That's just a pen. That's not even something that matters like an electrical grid or clean water. If one thing goes wrong, the people affected find a solution. If two or three of these things break down at the same time, an entire chain reaction of problems will follow. We think this is the ordinary state of affairs. It is not. This new world is only about 50 years old, and humans have never existed in anything remotely as complex and brittle and fantastic.

Everyone who is old enough to remember 2020 has experienced a small sample of what can happen when things get bad.

You can't prepare for everything. You can't have every possible contingency for every imaginable disaster. The goal isn't to be perfect.

A nutritionist friend once gave me a little piece of advice. I asked her if she had any good rules of thumb for eating well. She answered, "When you are in the grocery store, look ahead of you and behind you. What are the other people in line ahead and behind you eating? Are you eating healthier than they are?"

If you are eating healthier than the two people standing near you, you are 67th percentile of nutritious eating. If you go to the grocery store again, and you are still eating better than they are, you're in the 75th percentile. A third time, you're in the 85th percentile, etc. I don't need to be the most prepared person imaginable. With a little bit of preparation, I am already

more prepared to protect my family and my property than are 99% of people.

If you have a tool for hunting or trapping, camping equipment, means to collect water and clean it, basic emergency medical supplies, and a few pounds of rice and beans, you are already in better shape than almost everyone in the town you live in.

Humans have survived some of the most horrific conditions imaginable. We are all the descendants of these people. We are all the descendants of an unbroken chain of survivors that traces all the way back to the beginning of life on this planet. Every person has the potential to continue in that tradition. We are particularly one of the most adaptable species, which is why we are on seven continents: the wonderfully Eden-like environment of the Mediterranean, the seething heat and dryness of the deserts, the tundras so cold barely anything can live there, the diseases and predators of the jungles, and thin oxygen and dangerous geometry of the mountains.

It doesn't take much to prep. It doesn't require a major lifestyle choice or a set of beliefs or politics. All it requires is a little bit of knowledge and a little bit of effort and mindfulness to become a person who can get themselves—and the people they love —through things that countless humans went through long before us.

There is a way the world ought to be. We all have a sense of what that looks like, even if we often disagree on the particulars. But part of growing up is actually learning that the ought to be and the is don't always have much in common. There was something every parent has said to their child at least once, and from the kid's perspective, it's one of the most frustrating statements they've ever heard: "Life ain't fair." Even hearing that sentence

seems unfair. But it also happens to be true a lot of the time. Your parents were right, so take that wisdom and act accordingly.

Don't wait for help; be the help. Don't pray to be saved; be the person that other people pray will save them. Take care of yourself and the people who matter most to you, because those people are the best reason for living at all.

Be safe out there.

THE PREPPER'S DISASTER- READY HOME

**HOW TO CONVERT YOUR HOME INTO A
FORTRESS AND BUILD YOUR OFF-GRID
BUNKER + HOME-DEFENSE TIPS AND
TRICKS**

BY JIM GRILLS



INTRODUCTION

There's actually an old joke about two men being threatened by a bear. One of them puts on some running shoes and the other says, “You can't outrun a bear. Why are you putting on your running shoes?” The friend answers, “I don't have to run faster than the bear, I just have to run faster than you.”

This is a very similar philosophy to home defense. There's no way to make your home a perfect fortress that someone can't get into—with enough time and energy, anyone can get into any house. Your goal is to make your home so defensible that it becomes unattractive to people who might try, so they might prefer to seek somewhere else to loot or invade.

All of your home protections will do one or more of a few things, all of which increase the risk to the trespasser:

- They will make breaking in take a lot more time.

- They will make breaking in louder and easier to be spotted by people inside the home and neighbors.
- Instead of a crime of opportunity, make breaking in a chore.
- Record the activities and make it easy for law enforcement to find the culprits after the fact.
- Make breaking in a serious risk to their health and survival.
- If your security is doing all four of those things, then you're doing it right.

Thieves, looters, and other people who might threaten the security of you, your family, and your home, have predictable patterns. Home invaders tend to investigate, (i.e. 'case') a home before breaking in. Home invaders tend to choose the targets they believe will be the easiest to get into and out of. Security isn't perfect protection, but it strongly discourages criminals from taking a chance. If you are the little piggy who built his house out of bricks, the wolf ignores your house and targets the one made of straw.

Burglars tend to operate in groups of 2-4. They feel braver when in groups, and they are able to better subdue anyone inside if they have to. Those breaking and entering usually put a lot of thought into getting in, but much less thought into leaving.

So now, we will tackle about the things we need for the Defense of our Homes in Disasters, and other crisis in the future.

Chapter 24



PROTECTING YOUR HOME

Sadly, disasters and emergency situations can bring out the worst in people. Thieves and looters may try to steal from your home during these tough times. Aside from keeping your supplies safe, you must exert all costs in order to ensure the safety of your family. At all times, even when not anticipating a disaster to strike, keep your home burglar-proof.

Lock All Doors

Remember to keep doors properly locked at all times. Outside doors should be made of steel and locked with heavy-duty deadbolts so that burglars will find no chance of getting in your private property, as wooden doors can be easily broken in by large axes. Don't worry about looking too paranoid; if it makes you feel safer, triple lock or even quadruple-lock your front and back

doors. Be careful about keeping your keys; if they are stolen or lost outside, you might want to consider replacing your locks.

Install Alarms

Install burglar alarms or sonic alarms into your homes so that you will always be one step ahead should an intruder burst into your home. In many cases, the mere shrill noise of an alarm is already enough to scare a burglar away. If not, at least you are given time to prepare your weapons. There are many types of alarms in the market nowadays; make sure to use one that works well and will work just as well without electricity.

Add Steel Bars to Windows or Replace with Plexiglass

Most intruders come in through windows instead of doors. Therefore, it is actually just as important to keep your windows burglar-proof by installing steel bars or using unbreakable Plexiglass. Remember to keep low windows closed especially during the night. Draw curtains close as well to keep peeping toms away.

Arm Yourself

Different places in the world will have different laws (and take different stands on) the ownership of firearms. Fortunately, there are a variety of other everyday tools that can be used against an unwanted intruder. Popular weapons of choice include pepper sprays, bear maces, spray paint, crowbars, hammers, construction tools, and your Swiss Army knife. While it is important to be armed and prepared, be sure to keep these harmful items away from your children. Any member of the family in possession of any of these items should also be properly educated on how to use them.

For a pet-loving family, consider getting a guard dog to satisfy both your companionship and safety needs.

Essentially, arming yourself with self-defense and martial arts skills will make you a strong contender against thieves even without the aid of weapons.

Keep Emergency Numbers Ready

Post numbers of emergency hotline, the nearest hospital, fire department, police station and your family doctor near your telephone and have them entered in everybody's phonebook. Put them on speed dial if necessary.

Lock Your Pantry

Consider installing a lock into your pantry door to keep your supplies safe from naughty hands. Don't lose the key, though.

Build Secret Hiding Places

If your home is big enough, consider building hiding places that you can seek refuge in to hide yourself and/or your supplies. You don't necessarily have to actually drill a hole into one of your walls to do this; sometimes, all it takes is actually a little creativity, some closet space and drywall.

Chapter 25



THE BUNKER

The history of building underground survival bunkers goes back to the 1950s when the Cold War threatened nuclear attacks. People started to look for methods to build shelters to survive a nuclear explosion and its aftermath. Nowadays, as we face the risks of a pandemic, people have regained interest in building underground bunkers. There are also certain countries in high-risk areas prone to natural disasters like tsunamis and tornadoes, in which cases an underground bunker would come in handy.

GETTING THE NECESSARY PERMITS

The first step in building your underground bunker is to ask your local city officials about all the necessary paperwork and permits you need for the

process. Each location has various climate and soil conditions, so you should know whether your area is safe to build an underground shelter in. Obtaining a permit is important to abide by the current rules and regulations and for safety precautions. If you do not comply with the local rules, you may be facing hefty fines on an already expensive bunker.

When you approach your local city building to apply for a permit, make sure to have all the necessary documentation. You will need to have a legitimate plan and blueprint for your bunker. Don't forget to include a map of the exact location where you plan to set your underground shelter. According to the type of land and weather conditions, the type of permits needed may differ. The types of permits include a grading permit, building permit, discretionary permit, plumbing permit, and electrical permit.

You will be required to obtain a grading permit if the digging and filling parts in the land will cause a major change in the land's features and surface. The land will first have to be tested to see whether it is an environmentally sensitive area. This means that the area needs to be protected because it serves as a natural habitat for certain animals, has a unique landscape, or holds historical value. If you are planning to set your bunker in one of those areas, the city has to make sure you won't be damaging the topography of the land.

A building permit is a necessity in building any kind of structure above or under the ground. This permit ensures your building process is conducted according to the local rules and regulations, ensuring the safety of its structure. Another permit similar to the grading permit is the discretionary permit. This type of permit is required if the surrounding area is affected as a result of the proximity to the bunker or how it is designed. Since you will most probably be spending a lot of time in the bunker, you will need a water

supply facility with underground plumbing. This requires a plumbing permit to ensure that you're safely getting rid of waste. The same goes with the electrical permit, assuming you will need to install electrical equipment and wire it correctly and safely in your bunker. Another reason to get a proper permit is to find out if your selected location has any major utility lines to avoid damaging them when digging a place for your bunker.

HOW TO ACTUALLY CHOOSE THE RIGHT LOCATION FOR YOUR BUNKER

After obtaining the necessary permits, it's time to choose the perfect location to set your bunker. The location has to be safe enough to build an underground bunker, so you should avoid any areas susceptible to floods and fires. It is also not a good idea to build a bunker in a heavily forested area. Digging up a wide network of roots can be complicated and time-consuming. It is also most likely that your permit won't cover an area where you'll be uprooting trees. You should, of course, make sure you don't dig up spots that have underground utility lines.

HOW TO MAKE A STRUCTURAL PLAN FOR YOUR BUNKER

Building a bunker can be expensive, so you might not want to build a large one. While you can purchase a ready-made bunker that only needs to be set in the ground, it can be even more expensive. You could aim for a smaller area and use certain tips to make use of your space. Think of your bunker as a trailer home where it is best to use vertical storage to make use of the space.

When developing a blueprint for your bunker, make sure you have the right measurements. Only include the area that will be occupied by the bunker,

excluding trees and utility lines. Knowing the particular and the exact square footage of the area will help you create the blueprint accurately, which you'll need before applying for your permits.

You should have enough space to walk around in the bunker without wasting any space. You can use space-saving furniture like foldable tables attached to the walls and vertical cabinets for storage. An open area space will make you feel that your space is bigger than it is, so don't think about compartmentalizing rooms. Instead of doors and separate rooms, you can add curtains for privacy if you plan to stay in the bunker with other people.

No matter the type of design you are planning to have, you need to plan for comfort and efficiency in case you have to spend a lot of time in the bunker in extreme situations. The minimum recommendation for the indoor area of a bunker per person is 5 to 10 square feet. Use this guideline to plan your space depending on the number of people who might share your bunker with you.

WHAT KIND OF MATERIALS SHOULD YOU USE TO BUILD YOUR BUNKER

You want to choose sturdy materials to build your bunker to withstand tough conditions. If your bunker is aboveground, you want its structure to withstand extreme weather. If it is underground, you want it to be strongly built to avoid contamination from any particles from the outside like debris, dust, or water in case of floods. According to your area, you should research what kind of risks to expect, whether it's hurricanes, tornadoes, earthquakes, or floods, and tsunamis. This kind of disaster will help you decide on the type of material you should use.

There are three types of common materials used to build shelters. The first one is metal sheets, which are robust and water-resistant. This is excellent in building bunkers in areas that are susceptible to floods. The downside of metal sheeting is that this material is expensive. You have to weigh its advantages and disadvantages depending on your area's requirements before choosing this material.

A more affordable option is building with bricks. They are also sturdy and provide good insulation, insulating you against extremely cold or hot weather. Bricks also provide a vintage design to your interior, which gives your bunker a homier feel. However, you should actually keep in mind that it is not as water-resistant as metal sheeting, so it might not be suitable for areas with a high probability of heavy rains or floods.

The final most common material is concrete. It is also cheaper than metal sheeting unless you go for self-healing concrete. This type of concrete can repair cracks but, while it is more expensive than regular concrete, it saves up to 50 percent of future repair costs. This material can last up to a couple of centuries, so it makes one of the sturdiest materials for building a bunker.

The worst material to use in a bunker is wood. It cannot withstand extreme weather as it requires constant maintenance. It is susceptible to infestation and rotting, which makes it a poor choice for an underground bunker. You can use it in your interior design to spruce up the place, but you have to make sure that you actually maintain its cleanliness.

If you want another affordable option without building an entire bunker, consider getting a shipping container. These containers make excellent bunkers as they are made from a sturdy material, but it is not designed to be buried underground. It could, however, provide you with a lot of space so you won't feel as claustrophobic in it as you would in other bunkers.

You must know that the container should be reinforced with special materials to prevent it from getting dented or damaged due to the large amounts of dirt that would cover it. You will also need to add inner insulation as the container's walls are not insulated. Keep in mind that the temperature beneath the ground is more consistent than the temperature outside, but you'll still need to add insulation to the container. Otherwise, shipping containers are water-proof, air-tight, and fire-resistant, making them a good choice for a bunker. However, you should not press your luck by burying them in extremely damp or acidic soil to avoid corrosion and rust from actually seeping into the outer walls of the container. Shipping containers could last up to 30 years, and if you properly maintain them regularly, they could last for a longer time.

Remember that your bunker needs to be reinforced no matter what material it is made from. Building a bunker underground is completely different from a shelter aboveground. You have to protect your bunker from collapsing due to the high pressure applied by the surrounding dirt. For the best results, use self-healing concrete with additional metal sheets to support your bunker. You must combine metal with either concrete or brick to build a sturdy bunker. An ideal thickness for the walls of your bunker would be 1 to 3 feet. You should also consider installing earthquake-proof materials if your area is prone to earthquakes.

No matter how water resistant the materials you use are, you should still install water-proof material as a precaution in case of heavy rainfalls or floods. The most common materials used to water-proof underground bunkers are cement, rubberized asphalt, polyurethane, EPDM rubber, PVC, thermoplastic, and a bituminous membrane.

Polyurethane is one of the most popular water-proofing materials because it provides a seamless membrane by filling all the cracks in concrete. This protects it from absorbing water and thus prevents it from seeping inside the bunker. Polyurethane is also successful in making the outer layer of concrete extremely robust. However, keep in mind that this actual material is a possible health hazard. It's harmful to inhale or touch it, so extreme care should be taken while handling this material.

Cement is made up of sand and silica-based particles as well as organic and inorganic materials. When these components interact with lime, they are converted to a liquid that acts as a water-resistant seal. It is actually a popular choice because it is easily manipulated and molded. Follow the instructions on the cement package for the correct amount of water. You can also add acrylic material to make the coating sturdier and more durable. The biggest disadvantage of cement is that once it is hardened, it becomes too rigid to alter.

EPDM rubber is a synthetic material made from a combination of propylene and ethylene. The resulting rubbery material is used as a water-proof seal which can be used on the roof and sides of the bunker. Rubberized asphalt also provides a sturdy seal as it is usually used in trailers to water-proof the roof. This material can withstand tough weather conditions, so it makes a good choice for water-proofing your bunker. It can also be added to concrete to increase its durability.

Another popular material is thermoplastic. It might actually be a bit expensive compared to the aforementioned types, but it can last up to 50 years. It converts to a semi-solid material when heated, making it an easy material to mold and utilize to seal any cracks in the outer cement walls. It is more resistant to impacts than other materials, so it provides great protection

for your bunker. Bituminous membranes are made by mixing asphalt or coal tar with other substances. The resulting material is sticky and provides great insulation. The downside is that it does not withstand hot temperatures as it is a combustible material.

PVC is also a great option for water-proofing your bunker, and it works great in reinforcing your bunker. This material is mainly used for underground structures like tunnels and swimming pools, making it a great option for your underground bunker. PVC is easy to install and can last a long time without maintenance.

HOW TO DIG A HOLE FOR YOUR BUNKER

Digging a large hole for a bunker will require special equipment. Your gardening shovel will not suffice in this case as it will be extremely time-consuming. Special trenching and excavating equipment are crucial in digging a large space efficiently and quickly. A trencher is used to create proper drainage, dig up spaces to install utility lines underground, shovel large amounts of soil and dirt, cut through pavements and tree roots.

A trencher is useful in mapping out the area for your bunker as it outlines the borders for the excavator. Excavating equipment comes in all shapes and sizes. It is used to dig up holes of any size and carry the dirt to another location. After you decide on the square footage of your bunker, you should start cutting through the soil with the trencher. Then, use the excavator to remove the soil to make space for your bunker. An excavator is characterized by its linear motion, making it extremely efficient at digging holes quickly. You can rent a small excavator for the digging purpose or invest in one if you plan to actually use it for other purposes like planting a garden in your backyard.

Before you start the digging process, you have to be acquainted with the safety measures of trenching. You will need to install a protective system to avoid cave-ins. To do that, you can choose one of the three most common methods of trenching protection. The first method is sloping, where you don't cut at a vertical angle with your trencher. Instead, you cut at a 45-degree angle so that you create a slope. Another similar method is called benching, which involves creating a few steps at a downward angle so that you can safely climb down and up the sides.

The next common method in reinforcing your trench is shoring. This includes using certain supporting materials, usually made from wood or metal, to keep the soil on the sides in place without crumbling down. A similar concept is to use a trench shield or a box, usually made from steel or aluminum, which is also used to prevent the collapse of the side walls in the hole.

When digging your hole, you have to keep the depth of your bunker in mind. It should be deep enough to protect from any disaster occurring aboveground. It also should not be too deep, or else you will be risking getting trapped. You should not cover your bunker with dirt more than 10 feet. It is best to use packed dirt instead of the soil you dug up for your hole. Packed dirt is the perfect insulator for your bunker, and it can protect you from radiation from potential nuclear attacks.

HOW TO SUSTAIN A LIVING IN YOUR BUNKER

There are four main things you will need in an enclosed bunker to survive for a while until conditions are suitable for you to get out. First of all, you will need a quality ventilation and filter system in your bunker. A good

system will draw air from the outside and filter it from nuclear, chemical, and biological materials to ensure that you are breathing clean air.

The next important aspect of survival is electricity. You will need to install a generator to provide you with enough power for your bunker. Before choosing your generator, determine the number of appliances you will be using, including the lights, to calculate the estimated amount of wattage you'll be using. The best option is to install a solar generator and your regular generator in case you have to stay longer than anticipated and run out of fuel to power your generator.

One of the most vital aspects of your bunker is a clean water supply. You will need to install a water filter specialized for bunkers, like a UV filter. The ultraviolet light in the filter is sufficient to kill bacteria and viruses found in water. Next is the waste disposal system. This is a crucial element in your bunker because improper waste removal can have disastrous effects on your health in a closed bunker. There are various options to choose from, so you need to decide which type best suits your needs.

You can use a structure similar to an outhouse, which is a closed room with a place for a toilet, but the waste goes into a trench underground. This option is not the most sanitary, but it could be the cheapest way and can last a while if built correctly. Another sustainable option is using a composting facility as a bathroom. It does not require running water, thus saving your water supply for drinking, cooking, and bathing. It also converts waste into an organic fertilizer, which can be used for your garden. However, it can be expensive and might smell, especially in an underground bunker.

A temporary option is to use a PVC pipe to create a poop tube. Mountain climbers use it as a toilet when they are above the ground. However, this tube is not meant to last, so it might not be the best option for a prolonged

stay, but you can have it as a backup. The most popular option is to actually install a waste pump system, which requires the use of water similar to a flushing toilet. The system also contains a lift, which carries waste from lower levels toward upper levels.

Other necessary items include a stock of nonperishable food items like dehydrated foods, rice, canned foods, and ready-to-eat meals like those used in the military or on camping trips. You should store foods that are nutritious and provide you with the proper daily calories. Common food items to include in your bunker are canned beans, fruits, and vegetables, dried meats, nuts, peanut butter, dry milk, energy drink powder, grains, and protein bars. These items must be replaced once in a while to ensure you only have in-date food to hand when the time comes to use the bunker.

Since you have a power generator in the bunker, you should keep a heating source like a microwave to cook your food to make it more palatable. You can include alternative heating tools like a small portable stove or flameless ration heaters usually provided in military MREs. You don't actually know how long it will actually take before you get out of the bunker, so you want to make it as comfortable as possible.

You should also try to make the interior design as pleasant as possible, or else you could risk getting cabin fever. It is caused when enclosed in a tiny space and might leave you feeling irritated, depressed, and unable to focus. Keep a few personal photos around the bunker, keep a portable speaker or install a sound system to play some music, and add a few dumbbells.

Chapter 26 HOME DEFENSE



HOME DEFENSE PLANS

Home defense is the act of defending one's dwelling from attack. Defense strategies are based on the security, mobility, and versatility of the defender's home and their weapons.

Home is the only place where a person is safe and secure. So, an actual home should be the safest place on earth. But it's not always the case in today's world. One needs to take care of his/her home as much as possible to keep their family members safe and secure.

Home security includes physical security and psychological security also because some intruders tend to find out weaknesses in human psychology while intruding into the home of someone.

Psychological security will make you mentally prepared for any such incident so that you won't lose your cool while defending your family members, loved ones, or your home. Psychological triggers are fear, anger, adrenaline rush, which are mostly responsible for a negative outcome in any kind of self-defense situation.

Physical security includes the protection of the home, including outer walls, doors, windows, and most importantly, the house itself.

Your mobile phone can be handy in many cases while defending your home, but it is not a permanent solution because it can be easily snatched away by an intruder.

A house with large windows and openings will also make an easy target for any intruder, so you need to ensure that all openings of your house are protected with effective locks so that no one can enter into your home from outside.

Your interior walls should be well built to have sufficient strength to resist any kind of force which an intruder might use on you. So this is an important factor which should be addressed before choosing the best home defense product/plan for your home.

We should be planning our home defenses to have an efficient and quick response in case of any intrusion.

Planning a home defense doesn't need to be complicated. It doesn't require too much time and money to put plans in place. Some of the most important things that we need to consider are the following:

Security. Determine the best possible way for you and your family/loved ones to stay secure while at home, which includes security measures such as

locks, alarms, bars on windows and doors, etc.

Mobility. Once you plan how your home will be protected, you should also plan on ways on how to reach your home in case of an emergency—by phone or car or even walking (even if it is only short distances).

Physical fitness. Your physical fitness should be well maintained if you have to navigate your way through your home during an emergency. You should be able to navigate in a dark room or any hole or crevice which may be present in your house.

HOME DEFENSE WEAPONS

Home defense weapons come in different shapes, sizes, and weights depending upon their usage and purpose. As already said that there is no one single best Home Defense weapon as it all depends on your need, budget, and locality. An example of commonly used home defense is:

A knife or a blade can be ideal for self-defense because it is portable and safe if used properly. The preferred way in self-defense is to be used as a last option because of its high risk. Don't ever use a knife to defend yourself against an intruder unless necessary, or you are not sure what will happen next. A large number of incidents have occurred because of knife attacks, and many people have lost their lives in such attacks. Using a blade during times of stress creates an imbalance that can cause serious injuries or even loss of life.

In some places, carrying weapons in open view can be considered illegal, so you need to carry your weapon concealed under normal daily clothes.

This is the reason there are actually so many countries and states have banned the carrying of lethal weapons openly after certain incidents, which

caused undesirable consequences on the people and various countries.

These are some weapons which can be used for home defense:

Chemical weapons. Chemicals like chlorine gas and pepper spray can help you keep away intruders from entering into your house, but these are not preferred much nowadays because chemicals such as chlorine gas and pepper spray can also cause harm to the user or anyone who is near him/her in case of its use.

Physical weapons. We can use different types of physical weapons for self-defense.

- **Batons.** These are nonlethal weapons, which can be used for self-defense. The most common and actually a popular version of the baton is the police nightstick.
- **Sap gloves.** They are light-weighted weapons used by police officers for self-defense and personal protection. These gloves are filled with lead shot or sand, which makes them a powerful impact weapon.
- **Baton attachments.** We can use different types of attachments to make our baton more efficient and effective in the case of home defense. Some of the most popular additions are knives, stun guns, impact grenades, etc.
- **Firearms.** They are used for self-defense in some instances when we can't use any other kind of weapon. There are actually various kinds of firearms that are used for hunting, sport shooting, and self-defense.

There is no single best home defense product/plan for everyone. It all depends on your location, budget, and what situation you need to defend your home from.

For example, if you live in a high rise or a house with multiple floors, you can use an alarm system which will go off and alert the police at their nearest location who will come to check out the situation. If you live in a rural area with no emergency services nearby, you can use a stun gun as your home defense weapon and stun the intruder until the police arrive at your place.

You should actually also keep in mind that police usually take time to arrive at the spot of any emergency, so it is better to be prepared with your own home defense weapons and plan before an intruder enters into your property.

Home Defense Products

Before deciding on what home defense products are best suited for you, you should consider your personal needs. In other words, home defense products should be chosen according to your own personal situation. So there cannot be anyone Home Defense Product which can suit everyone's individual needs.

Home defense products usually fall into two categories:

1. **Defensive weapons.** These products are used to remove or keep away an intruder from entering into your home or otherwise harming it. They are used to incapacitate the intruder and to stop him from harming your family.
2. **Offensive weapons.** Offensive weapons are hand-held weapons which can be used in case of a defense or offense. They are usually carried by the homeowner as a means of self-defense against intruders, burglars, and other criminals.

There are various kinds of home defense products which we can use for our own protection, let us have actually a look at them one by one:

Home security product. Home security products are devices that help in maintaining round the clock protection around our house. There are various kinds of security products available today which will help you defend your home from intruders, first thing that you should ask yourself is whether your home needs any type of security system installed or not.

If your home is protected with a sound alarm system and you have other physical security products like bars on windows or steel doors in place, then you don't need any kind of home security system, but if your doors, windows, and walls are not protected with strong locks or have no protection at all than installing a home security system can be a good idea.

Home security systems are mostly electronic in nature, so you should make sure that it has backup batteries which can be used in case of power failure.

There are many types of home security systems available today which come with different features and advantages.

Wireless security systems. Wireless security systems are best suited for homes and or commercial buildings because they don't require any complicated wiring and the best thing is that they can be installed easily. For example, if you are looking for a wireless doorbell system for your home, then there are various kinds available in the market which you can buy depending upon your budget.

Wireless door chime. This system helps in alerting the person at the door, so he can open up and receive his visitor, it usually comes with a backup power supply in case of power failure.

Wireless home security alarm. These are the alarm systems that let you know when there is an intrusion and burglary attempt around your home. It helps in sending signals to the concerned authority so they can come and save you from any kinds of danger.

Home security systems with backup batteries. Backup batteries are used for saving data in computers or other devices, here it is used to protect your home from intruders. These types of security systems have backup batteries which can be used in case of failure in the power supply.

Wireless home security alarm systems. These are the systems that transmit your signal to the concerned authority through a wireless network so that they can come and save you from any kinds of danger.

Home security cameras. These are the surveillance cameras which let you know about things happening at home, it is very simple to use because it works with electricity, no wires required. It is also helpful in monitoring unauthorized intrusions, and they keep a record of all your activity so that you can check.

A home defense plan should include the following:

Activities, time, and locations of your family members, which will vary from one household to another.

List of signs, sounds, or attacks that can be used as an alert system. This includes sounds that could be used as an alarm system, such as ringing the doorbell during normal times, such as during the night or under heavy rain or thunderstorm when it won't disturb anyone else.

Home defense weapons, which will vary from one household to another and will also depend on the intruders. So it's better to keep a prepared list of

your home defense weapons and their location so that you won't be worried about locating them in an emergency situation.

Home defense routes, which will vary from one household to another as well. It is essential for you to know where your family members are at any moment while being attacked by an intruder and what route they took during such an attack.

In case of a fire or flood or any other emergency situation involving more than one family member, there should be predefined places where these people can meet up.

These are some of the essential factors which should be taken into consideration to defend your home from intruders, these are not the only factors that you should consider, but these are some of the most important ones.

HOME SECURITY MEASURES AND ALARM SYSTEMS

Home security measures and alarm systems are the most important system that we should always look for when it comes to home defense plans for our home. Below are some of the home security measures that can be used to safeguard your house from intruders.

Security doors have a unique locking mechanism that is completely covered by the door and its door frame. This makes it actually difficult for someone to break into your home without using any equipment of his own.

A doorjamb system is another important Home Defense measure that you should have in your house. It works by stopping or making the door unstable when an intruder attempts to push through or open it. A doorjamb system triggers the doorbell to ring and send a signal to the people that are

prearranged to receive such signals, in this way, no one is allowed to enter into your house without being noticed.

Security door locks. A good number of modern security door locks have a fingerprint feature that will help you monitor all individuals who try to enter your home or property. You can choose from various kinds of specialized locks depending upon your budget and the amount of protection that you need.

Window guards. Window guards also help in keeping intruders away from your window and also help in making it harder for burglars to actually break in through your windows.

Dead bolts. Deadbolts are strong and safe locks which are used indoors, windows, and other entry points of your home.

Anti-intruder alarm systems. These kinds of alarm systems have been modified and upgraded to a greater extent so they can now be actually used for a number of purposes such as alerting the police at the first sign of trouble, setting off an alarm when your home is under attack or intrusion by an intruder or any other unwanted person.

Home security cameras. These home security cameras can be used as a way to monitor your property for any intrusions. They can record all kinds of activity happening around you, so you don't miss out on anything.

Night-vision home cameras. These cameras are used to record footage at night. There are various kinds of such lenses that can be used depending upon the light conditions that you need.

Siren. A home security siren can be used in an emergency situation like a fire or flood so that you can easily get help from nearby buildings and also

alert the police and other security people.

Electronic door locks. These require no keys to operate. They work on a simple touchpad or button, which makes them easy to use. Their lock is very durable and strong and will not break in case of any heavy force applied to it.

Specialized locks. There are various kinds of special locks available today which can be used for home security purposes. Some of the most popular specialty locks include-

Door chains. Door Chains are used to help you protect your home from any unwanted intruder. These chains usually come equipped with a doorknob or a locking mechanism which is hidden behind the wall; it works by creating a barrier between the door and the frame.

If you want to get the great protection for your home and family, you should buy a good alarm system. For this, you don't have to be a professional security expert. You can easily install an Alarm System in your own home, which is simple, easy to set up, and doesn't require any special knowledge or training. Also, the cost of these systems has been brought down drastically over the years so that everyone can install them without worrying about spending too much money on them.

You have to ensure that the system that you choose to use is the right one for your home and it should be able to do what it's supposed to do, if it doesn't do any of these, then its better you replace it with a better one as this will ensure maximum security.

Additional Home Security Measures

Home security kits and tools. You can also get Home Security Kits and Tools which would allow you to perform all the home defense measures in situations where you might not be able to use other items such as a gun or a knife.

Here are some examples of these tools and kits:

Police alarm. It is one of the most important measures that you can use to keep intruders at bay. You can find many different types of police alarms which are more effective if they are installed professionally.

Strobe light. They are important to give an intruder a chance to run away without getting caught by you or your family. Its bright light and sound will add to the confusion which surrounds the moment where someone is trying to break into your home, giving him a chance to escape before he gets caught.

Laser alarm. This is another important item for home security; it is very effective in preventing or repelling burglars.

Fencing. It is one of good ways to keep intruders from getting in your property, it also protects your actual property from the elements such as high wind and cold. You can choose from different kinds of fencing depending upon the area where you live and the amount of money you have.

You can always find these additional home security measures in the market today. They will protect you and your property from intruders at any given moment. Many of the leading companies offer a variety of home security systems for different kinds of uses, whether it is kids, seniors, or even pets. We have shared some of the popular home security systems that are very effective and easy to set up.

It's important that you take your own personal security into consideration before installing any kind of home security system or anything else for that matter, this will ensure maximum protection for you and your loved ones.

These are some of the security measures and alarm systems that will make our home much safer so that we can feel secure in our home without any fear of intruders.

Chapter 27 DEFENSE OF THE PERIMETER



The next home defense strategy is fortification. The purpose of fortifying your very home is to actually prevent or delay an intruder from entering your home by force. You want to make it hard for someone to get in, so they'll give up and move on. If they are determined to get in, then you'll want to make it take longer to breach your home, buying you time to prepare and call for help.

When making upgrades to your home's security, keep in mind that fortifications don't need to repel a siege. Thieves strike quickly. If they don't get the results they want fast, then they are much more likely to abandon the attack. Fortifications should be made to last for several minutes, not hours.

While this may actually conjure up visions of a home with bars on the windows and a fence topped with razor wire, in reality, fortifications are much more practical. A fortified home does not need to look like a prison.

No one wants to live in prison. People want to find the balance between security and inviting. Fortification can be done easily and won't detract from a home's curb appeal.

FENCING

The first line of any fortification is to put up a fence around the perimeter of your yard. If you live in a neighborhood, the homeowners association may have guidelines about where a fence can be placed and what it should look like. In my opinion, chain-link fences are only good for keeping in small dogs and not much else. They're cheap, see-through, and can be jumped over by any able-bodied person.

I suggest a wooden privacy fence. Wood privacy fences are six feet tall and repel most jumpers. It doesn't make sense to place a six-foot-tall fence around your front yard; that kills curb appeal. So, the better option may be to install a fence starting on the side of the home, extending around the back perimeter.

Make sure your HVAC units, power meter, and cable box are included inside the fence. This way, the vital lifelines of your home can be protected. Make sure all gates are locked with a padlock. Your gates are important entryways, just like your front door. I suggest you use a combination lock on each gate. That way, you don't have the hassle of getting the key every time you mow the grass.

If you actually have small children in your home, then a combination lock may not be a good idea. If your kids have to flee your home in case of an emergency like a fire, then they might not be able to set the combination to escape.

That being the case, you may want to consider using only a “D” ring from the hardware store to secure the gate. Get one that you would put on a chain, not one you’d put your keys on. This will only work if the locking portion of the handle is located on the inside of the gate.

MODERATION IS KEY

Fortifications need to be made in moderation. It’s not wise to make a home completely impenetrable. While keeping thieves out is the top priority, there may come a time when first responders need to enter to provide assistance.

For instance, a man at home may suffer a heart attack. He’s able to call 911 but unable to get to the door to let in the paramedics. In this case, the actual home needs to be breached to save his life. Likewise, firefighters need to be able to enter homes quickly to put out fires in homes when the owner is away. There is a balance to consider when fortifying a home.

Chances are, your home is ready to repel an attacker if you’ve followed the suggestions of this book so far. But your home has two important doors that can’t be overlooked. To keep a home secure, don't forget to focus on the garage door and, of course, the front door.

THE GARAGE DOOR

The garage is a vulnerable part of a home for reasons you’ve probably never thought about. You park your car, get out and go into the house. Or it’s where you work out or store the boxes you never unpacked from moving. And you certainly don’t think about your garage door as long as it is working. So why is the garage such a sensitive spot for a home?

The garage of any home contains many targets for thieves. In any given garage in America, there are tools, unlocked cars, sports, and lawn equipment. Does someone really want a used blower? Yes, it can be pawned easily.

If the garage door is left open, especially when no one is home, everything inside is an easy take for a thief. Don't make your home a target for a crime. This is one of those crimes a homeowner can create unintentionally.

KEEP IT SECURE

Keep the garage door closed. Yes, this is as simple as it actually sounds. A good percentage of specific homes in my neighborhood actually keep their doors open all day. Most people keep their front doors locked because they want to keep the bad guys out. The largest door to a home needs to be given the same consideration.

Many people leave their car doors unlocked in the garage. This makes a vehicle a target for theft as well. It can be relieved of all its valuables, not to mention that a skilled thief can hotwire the car and drive off.

Another reason to keep the garage door closed is to conceal that no one is home. An open garage door with no actual cars inside actually tells everyone that there are no adults at home. Granted, a teenager could be home for the day, but don't invite trouble for her.

When this sort of valuable information is given away, the likelihood of a home being targeted for a crime may increase. Don't give away any information to a crook. The less they can understand about a home, the less likely it will become a target.

A garage can be used for storage space, or you may have more cars that can be parked inside. This means a car is parked in the driveway. Doing this leaves the garage remote, or clicker as I call it, exposed in the car. A burglar can break a car window and be inside the garage in under a minute. Store garage remotes in a console or glove box so that they can't be seen from the outside.

GAINING ACCESS

Once someone has access to the garage, bad things can happen. In the case of an attached garage, many people do not lock the door between the garage and their kitchen. This is a problem.

Once someone is in the garage, they can have easy access to the rest of the home if this door is left unlocked. Don't be taken by surprise when an intruder walks through the door unabated. Always lock the door leading from the garage into the home.

When someone gains access to a garage, they have a myriad of options to do more harm. Consider the contents of your garage for a moment. Do you store tools inside? Maybe a machete for yard work? A crowbar for the occasional odd job? When someone with bad intentions gets their hands on those types of items, they can be used against you. All a burglar needs to do is close the garage door behind them, and they can actually work in secret to break into the rest of your home with your tools.

HIDING

Gaining access to the garage provides for another potential crime. Once inside, a criminal can wait for a family member to actually come home and attack from a place considered "safe." Hidden away behind a few boxes or

under a specific empty vehicle, an attacker can actually strike when it is least expected.

From here, he can gain control not only of that family member but the rest of the family. Once a hostage is taken, compliance can be gained from the rest of the house. This is a bad scenario for any family.

DOOR POWER

I've seen numerous blogs and infographics that encourage people to secure their garage by pulling the disconnect handle for the door. I think the idea is that you go on vacation and pull the emergency release handle to keep the motor from opening the door.

Thieves can use a programmable door opener that uses "rolling" codes to open garage doors. So, disengaging the garage door means the door can't be opened in a rolling code attack. Sounds good, right? Nope.

In reality, what pulling the release handle does is put your garage door in "neutral." While the motor won't open the door, it can be manually opened from the outside. Disengaging the door from the motorized track can make it easier for a burglar to get in.

Instead, if you want to secure your garage from a rolling code attack, then you need to simply flip the breaker for the opener motor. That's it. This can keep the door down, and it can't be opened again electronically until the breaker is flipped back on. You need to plan to enter your home from another entry point as the garage door will be unresponsive until power is restored.

FISHING ATTACK

The internet is full of videos showing how a garage door can be hacked in 20 seconds with a coat hanger. The process is simple. A bad guy with a hanger bends it out and sticks the hook portion of the hanger above the middle of the garage door. Now he fishes around to find the switch that the emergency release handle is on. Hooking that switch and pulling should disengage the door from the motorized track, putting the door in neutral to open manually from the outside.

This fishing attack can be foiled. The best way to secure the emergency release switch is with a ten-cent wire tie. From under the switch, wire ties it to the bracket that holds it onto the track. This should allow the door to function as normal but keep the emergency release switch from being pulled with a coat hanger.

ADD A LOCK

You might not know that garage doors can have keyed locks. For about \$12 online, you can order a lock system that can act like a deadbolt. This should only be used when away for an extended period, as getting in and out of your car to manually unlock it every day would be beyond tedious.

There are electronic remote locks for garage doors, but unless you have a lot of extra cash, the \$12 manual lock should secure your garage door if installed correctly. Guard the garage door as you would a front door. Keep it actually closed and secure all the time.

THE FRONT DOOR

The front door of your home should look inviting to guests, not burglars. While it may seem shocking to think, most burglaries occur by gaining access through the front and back doors of a home.

While movies may fill audiences with ideas of high-tech break-ins involving hacking and lasers, that's not usually the case. According to Nationwide Insurance, 34% of burglars gain access to a home through the front door, making it the most common way a burglar enters a home.

I specifically discuss upgrades for the front door; many of these ideas can be applied to the back door as well. The back door accounts for 22% of break-in entry points. That means 56% of break-ins in America occur through a door.

SOLID DOORS

The first consideration to be given to bolstering a front door is the door itself. In a cost-saving move, most home builders use hollow, metal doors filled with fiberglass. Replace hollow doors with wooden ones. Wooden doors are usually solid and much heavier. This can be a costly upgrade.

Front doors with windows embedded in them should be avoided. While these decorative doors add a touch of class to an entryway, they are not very secure. The weakest point of this type of door is the glass itself. It can easily be smashed, and a burglar can reach inside and unlock the door quickly.

This also goes for windows around the door frame. A quick strike with a baseball bat can leave a hole large enough for a hand to fit through and unlock the door. Keep your door secure by removing the glass from around the doorway.

GET NEW LOCKS

If you have just purchased a home, the first thing that you need to do as the new owner is to replace all the door locks. While the former owners might

have been nice people, you don't know who might have had a key to their home. Err on the particular side of caution and get new deadbolt locks and locking door knobs for a new home as soon as you close on it.

When purchasing a new lock set for your exterior doors, you have some options. You can purchase a single or double cylinder deadbolt. A single-cylinder deadbolt is your normal lock with one exterior keyhole and a thumb turn (the lever you flip) on the interior. A double cylinder deadbolt has exterior and interior keyholes, which means a key is necessary to unlock the deadbolt.

If you have decorative glass in your front door or glass around the door frame, a double cylinder deadbolt might be a good idea. This way, if a burglar smashes a window and reaches around the door, there is no thumbturn for him to flip and open the door. He simply finds another keyhole.

Place the key for the interior cylinder nearby; do not keep the key in the cylinder. This defeats the advantage of the double cylinder deadbolt. I've had these locks before on doors with glass in them.

However, you must understand that double cylinder locks should not be used in a home with children. In the event of a specific emergency like a fire, children need to be able to get out of their very homes as easily as possible. Forcing a child to look for a key while your home is filling with smoke is a terrible idea. For that reason, only install single-cylinder deadbolt locks in homes with children.

DOOR REINFORCER

Another way to fortify the front door is with a door reinforcer. This is a plate that surrounds your deadbolt and knob. These are easy to install and keep your door from splitting during a kick-in-style attack. They can also add protection from an ice pick or a crowbar wedge attack.

These plates come in single, one lock, double deadbolt, and knob configurations. Being a homeowner, I suggest buying two individual plates to avoid any surprises at install time.

THE STRIKE PLATE

The deadbolt strike plate is the afterthought of your deadbolt door lock system. It's the part of the system that attaches to the door frame. It's usually installed last, or people just use the existing one when installing a new lock.

You can buy the best deadbolt lock on the market, but if the deadbolt goes into a flimsy strike plate, it's not as effective. When a door is kicked in, it is usually the strike plate that fails, not the deadbolt lock.

Many companies now make a strike plate with a "strike box" or an enclosed chamber for the deadbolt to anchor inside. This enclosed area makes the strike plate much stronger and more resistant to being kicked in.

Also, in the strike box are usually two more holes for screws. So now you have four points to secure the strike plate to the door instead of the traditional two. This is a good upgrade for all the exterior doors of a home, not just the front door.

Not to be overlooked are the screws used to mount the strike plate. Most come with screws that are 1 inch or smaller. If the door is kicked in, the only thing holding the lock to the door is the 1-inch screws that can be torn

out of the door frame. Instead, upgrade the screws to longer ones that will mount further inside the door frame, reinforcing the entire lock system. This is not an easy process; make sure your drill and bits are up to the challenge.

Chapter 28 WINDOW SECURITY



Houses are absolutely filled with windows and even doors that have a glass panel in them. The sad part about these windows is that it only takes an ice pick, or another device with an extremely sharp point, to shatter the glass. Even worse is the fact that most windows have locks that anyone strong enough to bench press one hundred pounds can just forcibly break.

MAKING GLASS NYE UNBREAKABLE

Meet the Security Window Film, which comes in a great and wide variety, usually ranging from tens to hundreds of dollars. If you want to make sure that your house looks great and don't mind the somewhat high price, then this type of film can even withstand standard bombs being thrown at it. This is not the same as bullet-proof glass, which is much higher in cost, as it is designed to make it incredibly harder to get in but not designed to completely stop intruders. Most Security Window Films are adhesive-based

films, so it will usually be the same as tinting your windows but with Security Window Film instead.

TRIP WIRE ALARM

While you don't want to make a window impossible to open for yourself, you do want to make sure that you know when an intruder has decided to make his way into your house by way of the window. This alarm is simple to set up.

You will need:

- A small Nail for wooden windows or a really well-made adhesive hook for metal windows
- A Hammer
- A Thick string
- Duct tape
- An Air Horn

Directions

1. Attach the small nail or adhesive hook to the top of the frame where the window can slide up.
2. Wrap the string around the nail or hook.
3. Then, duct tape, or another method of securing, the air horn to the wall next to the window. You don't want to have it inside of the frame because that will make it easier for the intruder to see and avoid.

4. Tie a slipknot around the top and bottom of the air horn so that, when it is tightened, it will push the air horn head downwards. If duct tape fails to hold the air horn up, then you can use four boards nailed together and then to the wall, with a little room in the back for the string.

WIRELESS ALARM

While the air horn will last much longer than any type of alarm that runs off of power in cases where you have no power, a wireless alarm system that runs on batteries can be useful for at least a couple of months, if not a year or more. Often very low in price, these types of alarms simply stick to a door or a window and go off when the sensor it comes with is not directly in front of the alarm. However, you want to purchase a wireless alarm that boasts a high dB volume, preferably around 120. This will actually allow you to not only know that an intruder is there but allows you to get ready to defend yourself because the loud sound will temporarily disable the individual until they recover or shut off the alarm.

OPENING WINDOW DETERRENCE

There are some individuals who view windows as just objects that came with the house and not something that they would normally open. Most windows open from the inside, which means that an intruder must open them from the bottom if they are to open them at all. Most windows are also built so that they are segmented into four different pieces of glass per window pane, which is a security measure that prevents them from just breaking the glass and sliding through the open hole. This means you can target the bottom of the window. This next part will take some time and will only work with wooden framed windows, but it will deter any intruder from

attempting to handle the bottom of the window. The best part is that it will draw blood from the intruder so that if they get away, there is a guarantee the police have DNA evidence to go off of when they attempt to track them down.

You will need:

- A box of nails that are thin enough to be confused with needles
- A stripped leather belt
- A couple of regular nails
- A hammer
- Adhesive glue
- A drill

Directions

1. Thread the belt with the needle-like nails an inch apart from each other.
2. Make holes in the bottom sill of the window, if you can, that lineup with the needle-like nails in the belt.
3. Lay this belt into those holes and coat the back of the belt, where the head of the nails are, with the adhesive glue.
4. Press the bottom of the window against the back of the belt and allow the adhesive glue to dry.
5. Once it has dried, use the regular nails to nail the leather belt into the bottom of the window to make sure the intruder has a harder time trying to remove the belt.

This type of defense is both a security measure and a booby trap. Not only will it slow the intruder down because they have to be careful not to hurt themselves, but most intruders will grab the bottom of the window, not knowing these nails are there. Not only will it draw blood, but it will handicap the intruder if they don't know about it before they open the window.

Chapter 29 BEDROOM AND NIGHT SECURITY



The next area of the house for security is the bedroom, where you will find most of your personal belongings, including your computer, phone, wallet, and medication. If you are not sleeping in the same room as your bed, then this is also where your television will be located. You also want to make sure that there are no windows in this area of the room that can be used by an intruder to look into it. While there is no way for you to completely seal off your bedroom from intruders, there are a number of ways to keep the culprits guessing and the police guessing as to your whereabouts. And, if no one can find out where you were, then it will be just as much a mystery as the disappearance of Amelia Earhart or Amelia Earhart's plane or Amelia Earhart's crew.

The first step in night security is what you do at night. If you like to fall asleep watching television (if that is even possible), then leave one light on,

or two if you have a bedroom that is larger than ten feet by ten feet, and leave the television on. If you are not one for leaving lights on, then put some sort of electrical appliance on that makes some noise, but leave it on. Play CDs or tapes that have nothing to do with your past or present life. Play music that you have never heard before if possible. This will make it seem as if someone is home and asleep in the room with all of these lights. This will send the message that someone is in that room and that they are reading or doing homework. It will also keep any intruders from coming into the room due to their fear of being caught.

Your bedroom needs to be completely secure from intruders. In most cases, there will be no way for the intruder to get up to your bedroom unless you let them in or they break a window or a door. If there is a window that you have trouble reaching by grabbing the ledge while standing on your bed, then place a small piece of wood against it and then stick a coat hanger into the wood for increased leverage that will allow you to pull up on the ledge while standing on your bed. If you have a window with a screen, then secure it with a piece of wire. In the summer, you can use a bungee cord. In the winter, use a rope that will provide enough tension to hold down your window while still being able to move with the wind.

The next part is to make sure that you have a locking door in your bedroom. This can either be a lock on the doorknob itself, or it can be a sliding lock on the doorjamb itself. If it is a traditional lock on the doorknob, then you need to make sure that the key will not be able to hit any other part of the door jamb when you turn it, or you can install a new type of deadbolt that has a bolt that goes into the doorjamb and locks into its own slot on the other side. Deadbolts are simple to install, and you can get them at any hardware store. They will make it nearly impossible for anyone to gain

entry into your bedroom. This is the reason why I do not buy deadbolts when they are cheaper. I want to show you that you can use this for free or with something that is no more than a couple of dollars. This homemade lock had worked for me every time, even in the middle of the night, when it was being used by multiple people who were drunk. The only thing that I have asked in return is that my patrons come up with their own ideas so I can share them with you.

Chapter 30 SECURITY AND HYGIENE FOR DISASTER PREPPING

1. Home defense tactics

If everything you've actually tried so far has failed, the intruders are dead set on breaking into your house. This may also indicate that they know that you are not at home and will face no opposition.

If you're at home, the home defense techniques are more about self-protection than deterrence at this stage. This may not always imply confronting the intruder, but it does imply surviving the circumstance.

2. Escape plan & meeting places

Depending on the circumstances, stepping away and seeking assistance may be your best choice. You don't want to give up all you possess, yet nothing is essential to you than your family.

In the case of a home invasion, everyone in the house must have a clear knowledge of escape routes. This implies that everyone knows that whenever someone enters the room, we must all enter the room. You come here if someone comes in there.

In a scenario like this, the family is likely to get divided, therefore having a location where everyone can gather is critical. This may be a friend's home, a public facility, or any other location where assistance is accessible.

3. Hiding Spaces & Safe Rooms

When you think of safe rooms, you usually envision 8-inch concrete walls with a blast door. This, on the other hand, would be fantastic! Most individuals are unable to do so.

If escape isn't feasible, it's also critical to have the essential self-defense materials in this chamber. Most intruders will take whatever they want and go, but you'll need to protect yourself & your family in certain situations.

Consider various places in the house that may be utilized as hiding spots, as well as the distinction between concealment and cover, with your family as you discuss escape routes. (It's not considered cover if it can't stop a bullet.)

4. Tactics for self-defense

If escaping isn't an option, you may need to protect yourself & your family. While deadly force isn't always necessary, we must consider the possibilities.

When it comes to guns (or any weapon for that matter), we should examine our local regulations on self-defense in the house. In certain places, defending oneself in your own house is almost illegal. Regrettably, this is true.

5. Firearms for home security

The most effective choice is firearms, but they should be used only when required. They may be effective deterrents as well, but be ready to shoot if required. You have no business having a weapon if you haven't had the necessary experience or training with them. The last thing you actually need to do is shoot a late-arriving family member or have your firearm fall into the hands of attackers.

Clearing a room in a tense circumstance is not the same as firing at paper targets just at range. Classes are available almost everywhere, so do yourself a favor and register if required.

In addition, your weapon should be kept in a secure location where only you get access to it. Accidents involving firearms happen frequently, but they seldom happen to individuals who follow the proper protocols.

6. Lethal weapons

Certain individuals may not want to possess guns, and some circumstances do not need deadly force. There are many alternatives accessible in these circumstances. Some weapons aren't even considered weapons until they're needed.

Pepper spray, pepper ball guns, stun guns, baseball bats, kitchen knives, and other less-than-lethal self-defense weapons are just a few examples.

It actually might be a good idea to have some of these less-than-lethal weapons stashed in strategic locations around the home. That is if you are certain that no one in the family will do anything foolish. If you have teens or little children, you may want to reconsider.

A baseball bat would be the most apparent location, right by the front entrance. If you've planned the escape routes ahead of time, you might hide firearms beneath tables, under/in furniture, or anyplace else where your assailant would be surprised.

7. Self-defense skills

Self-defense skills such as Jujitsu, MMA, or martial arts, in general, are another alternative. Some simple self-defense techniques do not require years of study.

8. The cover of night

Another excellent tip that many people overlook is having a light on in the home so you can see at night. Not only will this alert you (& them) to their presence, but it will also allow you to see what you're shooting at.

You have a tiny kitchen light turned on, as well as a few motion-activated outlet lights strategically positioned around the home. Teenagers, as an added benefit, have these.

9. Practice, practice, practice

Practice the escape routes, your programs and procedures, and how to use your weapons. After that, go ahead and then do some practice.

CONCLUSION



This book envisions a future where most of the world is thrown into complete chaos and disorder. This might seem like an extreme way of living for some people, but we can assure you that it is not. We hope that we have sparked your interest and shown you why prepping makes sense to some people who want to be safe and ready for whatever life throws at them.

The world we live in today is unpredictable and dangerous. We never know when something could happen that would make it impossible for us to leave our homes or find any of the things we need every day like food, clean water, medicine, etc. But with this guide, you'll have all the information necessary to keep yourself safe during an emergency.

We also covered first aid and skills such as starting a fire without matches and building your own shelter. These are two very important assets to have in a survival situation, so we hope you have grasped their importance.

Prepping is not just about stockpiling food, water, and other supplies. It's also about becoming self-sufficient so that you can survive even if there are no stores or services nearby. You need to be able to provide everything you need on your own – from power sources to medical care. This book will teach you how!

Prepping is a smart move. It's not just about actually preparing for the worst, it's about being prepared to survive and thrive in any situation you actually find yourself in. This book will teach you how to be self-sufficient and live off of your own resources even if society as we actually know it collapses around us. You don't have to be a prepper or survivalist to benefit from this book. Whether you want to learn more about prepping or simply prepare yourself for everyday emergencies, this guide has something for everyone.

**THE PREPPER'S
LONG TERM
NATURAL MEDICINE
LIFE-SAVING REMEDIES, HERBS,
ESSENTIAL OILS, AND HYGIENE TRICKS
FOR WHEN THERE IS NO DOCTOR**

BY JIM GRYLLS



INTRODUCTION

There are several potential events that might lead to disorder and upheaval in the world. It is in their best interest to have all of the requirements on hand, as this will significantly improve their chances of surviving any potential catastrophes. Because war, political upheaval, or natural disasters may all cause social disturbance, having access to a survival medical manual is essential in the event of any of these types of emergencies.

The vast majority of people are unaware of the fact that instability is accompanied with a great deal of danger to their lives. Some of these challenges may come in the form of an inability to locate food and drink, as well as clean water and appropriate medical assistance. Having the survival manual on hand, on the other hand, would make it a little bit simpler to not just survive, but also flourish, under circumstances of this kind.

Having endurance training would be beneficial to one's chances of surviving; hence, seeking assistance with it wouldn't be such a terrible idea. To our great good fortune, there are a great many genuine institutions located all over the globe that educate students not just on how to endure adversity but also how to grow as a result of it.

You may always acquire free knowledge and training over the internet, even if you are unable to use these training facilities or could be experiencing some troubles with rising the training expenses. You must practice mental discipline in addition to acquiring the essential training on the set of priceless abilities that are required to assure your survival. This is one of the most significant things you can do.

You will be able to keep your cool in stressful circumstances if you have the mental discipline and physical fitness to do so. This will help you survive. In this manner, it will be feasible for you to make sensible judgments, which will go a long way toward actually assisting you in maintaining your concentration and making decisions with clear heads.

When a prepper has the appropriate survival medicine handbook, it will be a little bit easier for you to know how to react in certain situations with confidence as well as the necessary technical know-how. This is because the survival medicine handbook contains information on how to treat injuries, illnesses, and other medical emergencies. You will also be aware of the kinds of supplies, medicines, and equipment that you may utilize to guarantee that you are constantly keeping a couple of steps ahead of the catastrophe that is now occurring.

You will also be able to actually improvise in the face of a life-threatening problem, which will, in turn, spare you (as well as others) from a great deal of hardship. This will be beneficial to both parties. Because of this, it is

actually a good idea to always learn as much as you can as early as possible about basic survival strategies and survival medicine.

Put an end to complacency, particularly the sort that watches while problems become worse before attempting to find solutions. Your abilities in surviving adverse conditions might come in helpful in a wide variety of settings, with the exception of war or civil instability.

Your unique skill set may also come in handy while you are out camping in the wilderness, when your automobile breaks down, or when you are the victim of a personal assault. You may wind up saving many lives, which is the ultimate goal of survivalism, if you put in the effort to do things the correct way and apply yourself.

Chapter 31



BASICS OF SURVIVAL MEDICINE

INFECTIONS AND WOUNDS

You can hurt yourself on rough surfaces, with sharp outdoor tools, and items with jagged edges when you are outdoors. The backcountry has a lot of hazards that can cause puncture wounds, cuts, and scrapes. It is important to know how to treat these wounds to prevent infection. This is actually an extremely useful thing to know.

If there is too much blood loss, the patient may be bleeding out, and this means you should call the search and rescue team at the earliest opportunity. The patient's body may go into shock when they hurt themselves, but you should do everything you can to help them to remain calm.

CONTROLLING BLEEDING

You can stop a wound from bleeding by applying direct pressure on the wound. You should keep the wound elevated above the heart level to ensure the blood does not clot. If you must treat your wound or someone else's wound, wear gloves before you treat it. Carry a few packs of gloves in your first aid kit. Take a piece of clean gauze or cloth and apply some pressure to the wound. If the gauze or cloth cannot absorb any more blood, add more gauze or cloth to the top of the wound.

You can use pressure bandages to treat wounds and manage the blood flow. To do this, place a piece of gauze on the wound and wrap it with a bandanna or ace wrap. The objective is not to make a tourniquet but to ensure you cover the wound carefully. Do not wrap the wound too tightly.

PREVENTING INFECTION

Once you have actually controlled the bleeding, you should think about doing something to help heal the wound and prevent infection. This is especially important if the search and rescue team will take too long to reach you. The first thing to actually do is to wash the wound with clean water. You may need to use more than half a liter if needed. The objective is to remove any germs or dirt in the wound. Washing also ensures the dirt and germs under the skin are cleaned out. It is best to use a backwash pump or syringe to clean the wound. If there is a lot of dirt, you may need to pull it out carefully using tweezers and cloth.

First aid kits come with alcohol wipes, and it is important to use these to clean the skin and area around the wound. Do not actually use these wipes to clean the actual wound because the alcohol may damage the body tissue. Once the wound is actually clean, cover it using an antibiotic ointment.

Apply a clean cloth or gauze on the wound and wrap it tightly to ensure the ointment does not move. The ointment cannot be used before you clean the wound. So, ensure the wound is clean and dry first.

It is important to check the wound at least twice a day. You may need to actually clean the wound and apply the ointment to the wound whenever needed. It is also important to check the wound to see if there is an infection. A little warmth, pus, swelling, and redness are normal because your body is fighting the bacteria. If the symptoms get worse, it indicates your body is unable to fight the bacteria. This is when you should ask for help and use some medicine to heal the wound.

In such cases, you may need to open the wound and clean it once more with more water. If you have a fire around you, warm some water and soak the wound in it. You may also need to actually use antibiotics or painkillers if you cannot handle the pain. If you know which ones to use, pop a pill after you eat.

If your wound is going to be infected, you will know within a day or two. Once it is infected, stop the hike and call the search and rescue team. It is dangerous to leave it untreated.

BURNS

When you are actually on a camping trip, you will need to handle fire, hot pots, and boiling water. You need to cook over a fire, and you may burn yourself while working with these items. You may also have sunburn, but this injury is not as bad as other burns. When it comes to actually treating burns, the first thing to do is to stop the cause of the burning. The next thing to do is remove the heat source immediately and let the area cool down. Pour clean and cold water into the area to stop the burning process.

Once the area is cool, use clean and cold water to scrub the area clean. Use an antibacterial soap, too, to prevent any injury. The objective is to stop the area from getting infected and affecting the tissue and bone. The next thing to do is to cover the area using an ointment and use a clean cloth or gauze to hold the ointment in place. This ointment will not only reduce the possibility of infection but also reduce the pain. You can take ibuprofen if you want to as well because there may be a lot of pain.

If you have burned in your extremities, ensure you keep the area elevated. This is the only way to prevent swelling and inflammation. You must keep yourself hydrated and avoid going into shock to ensure you do not hurt yourself in the long term. You may need to reach out to search and rescue if the burn:

- Has spread around any limb
- Exposes deep layers of bone or skin
- Covers a large part of your leg, torso, or arm

ANKLE AND KNEE INJURIES

The most common reason people need to be rescued on hikes or treks is soft tissue injuries. An injured shoulder, wrist, or elbow is only slightly inconvenient, but an injury in the ankle or knee may affect your ability to finish the hike. These injuries may not be chronic, and some may flare up because you have overused the joint. You may also have sudden injuries when you walk on uneven terrain or trip on stones or creepers. If you hurt yourself this way, you should stop and look at the issue. Assess the injury and see how you can protect it from getting worse. Do not try to be a hero because it can lead to lifelong and permanent injuries.

Your job is not to complete the hike but to care for the injury. You cannot determine if the injury is a sprain, strain, fracture, or tear. The objective is to determine if you can walk or not despite the injury.

INJURIES THAT DO NOT HINDER MOVEMENTS

If the injury does not affect a person's mobility and he can put his weight on his legs and feet without too much pain, it is not a very serious injury. In such cases, all you should do is wrap the injury using an ace bandage or athletic tape. You can also buy specific wraps for such injuries at a medical store or Walgreens. If you have a bad ankle or knee, it is best to use these before going out for a hike. If you can hike with a bad ankle or knee, you must secure it with a bandage. If you want to actually keep hiking after you get hurt, spend some time padding the injury, so you can address the issue when you reach the base camp.

Follow the steps given below to take care of your injury:

- Rest: You must take some rest every few hours to ensure relief of pain. If you walk too much and the movement causes pain, it is an indication that you have tendinitis
- Ice: Place a particular ice pack on the injury for thirty minutes and remove it until the area is warm
- Compression: Wrap the injured area securely with an ace bandage or tape to preserve blood circulation
- Elevation: Ensure the injured area is kept elevated to preserve the blood flow

If you can rest for a day while you hike, you should do this. This can prevent any complications and give your body enough time to heal. It is also good to

keep the injury compressed and cold. This is the best way to reduce swelling, making it easier for you to hike the next day.

INJURIES HINDERING MOVEMENT

If someone cannot move his arms or legs easily because of an injury, this should be treated as an "unusable" injury. If you have actually such an injury, you may find it difficult to put any weight on it. Bear in mind that a usable injury can become unusable if you do not take care of it. For example, if you have actually sprained your ankle but continue to hike, the ankle will begin to swell. The sprain is a usable injury, while the swelling on the ankle makes it an unusable injury.

If you want to treat an unusable injury, you must use a splint and place it in the right position. Consider the following:

- If you have an ankle injury, you must place the injured foot at 90 degrees from the lower leg
- If you have a knee injury, bend your leg slightly

You must use a pad to cover the injury. Use sleeping pads, jackets, clothing, or any other soft items to pad the injury. You should also add a canoe paddle or hiking pole to prevent the movement of the joint. Once you put the splint and cloth in place, wrap the joint with webbing or belt to hold it tight. Consider this equation when you must create a splint:

Rigidity = Compression + Padding

If you keep the injury tied and padded tightly, it is easier to protect the joints from further injury. You can then begin walking slowly. You may need to stop every few hours to adjust the padding and splint. Alternatively, you can stop only when you feel uncomfortable. Avoid tying the splint too tightly to

avoid losing feeling in your limbs. You must check the padding every few minutes to determine if it is too tight. See if the person can move his toes or fingers and see if you can push two fingers into the padding.

If the injury is very bad, you cannot hike. If you see the bone protruding from the skin or see the color of the skin around the injury has changed, you must go to a hospital at the earliest. You need professional help.

Search and rescue teams do take a few hours to get to the patient. So, do not expect people to help you immediately. You should use a splint and stay somewhere safe while you wait for the team to rescue you.

BLISTERS

Blisters may not sound like a medical emergency, but they are the most common injury that happens outdoors. Blisters can ruin your hiking trip if you do not take care of them well. Unfortunately, blisters are often not cared for in the way they should be because people do not understand what to do with them. Experts share different tips and techniques when it comes to treating blisters, and this can be overwhelming.

Blisters form on your feet or palm because of friction. When the thick skin on these parts is rubbed, it will separate from the sensitive and soft skin beneath it. If the thick skin is sweaty or warm while it is being rubbed, it can lead to blisters. Your feet will be sweaty and warm in your boots, and your feet are prone to experiencing blisters.

If a blister does not form on your foot, you can just leave it be. If you have blisters on your feet, do not let this blister pop in your sweaty and dirty sock because this can lead to an infection. You may also find it difficult to finish the hike if the blister increases in size. The best way to actually treat a blister is to drain the liquid out of it carefully. Treat this blister like a small wound.

Wash the area around the actual blister with clean water and then sterilize it using an alcohol pad. Now, sterilize a needle or a sharp point by holding it over a flame or in alcohol. If you or the patient is worried about the process, hold the point parallel to the foot. Slowly slide the point into the top of the blister. The skin around the blister will be dead, so you or the patient will not feel any pain outside the blister. Once you create a hole in the blister, leave the top in place to protect the skin. Once the blister is drained, apply light pressure on the blister to check if the blister has drained completely. Next, cover the blister with an ointment to prevent any infection.

People choose to use moleskin to cover a blister, so it holds the ointment. Tape the moleskin to your skin to ensure it stays in place. Most people do not like it when another person sticks a sharp object into their skin, but they feel better when the blister is completely drained. You do not have to rush to a hospital or evacuate someone who has a blister.

DEHYDRATION

Dehydration may not be a life-threatening or major situation, but if you do not drink enough water, it can create issues. It is important to keep yourself hydrated to ensure your joints are lubricated. Water heals your muscles and aids digestion. It also supports some crucial functions performed by the body. If either you or anybody from your group is dehydrated, it can lead to other issues.

The symptoms of the former type of dehydration are mild thirst and dry lips. The latter is characterized by poor decision-making, irritability, and frustration. In these cases, the brain shuts down. These symptoms may also occur if you have heat stroke. This does not mean you are safe in cold

environments. You may be dehydrated even in cold environments, so you need to identify and know the symptoms.

If you want to ensure nobody in your group is dehydrated, follow the rules given below:

- You must drink enough water to ensure you pee every four or five hours. If you do not pee every four hours, it is a sign you are dehydrated
- If your urine is not bubble-free, clear, or copious, it is an indication of dehydration

Bear in mind dehydration is caused due to a loss of sodium, chloride, and other key electrolytes. Hopefully, someone in your group carried salty snacks and energy drinks, which can be used to increase the electrolytes in your body.

SHOCK

Everybody has a different reaction to situations, but the body's natural response is to go into shock. Your body will focus on pushing blood into vital organs and your brain as a response to shock. You may feel this way when you bleed or go through major trauma. Your body may also go into shock when your heart does not pump enough blood. It may also go into shock when blood vessels do not dilate as they should, thereby making it difficult for your body to actually maintain the right blood pressure.

Let us explain what happens when your body goes into shock using an example. You are taking a shower at the top of a mountain. The water being used comes from the lake at the base. When you turn on the tap, water may not come out of it for the following reasons:

1. The pump (synonymous with your heart) used to push water from the hill to the top of the mountain does not have enough force. The water does not move through the pipes easily
2. The water (synonymous with your blood) leaks out of the pipe and does not move up to the mountain
3. The pipes (synonymous with your blood vessels) between the cabin and the pump are too wide.

You can compare the water flowing from the pump to the showerhead with the blood flowing from your heart to the other particular parts of your body. It is difficult to take a shower if this does not work. This difficulty is nothing compared to the lack of blood flowing through your body since this can lead to life-threatening issues.

Your body can go into shock for many reasons. If you are a responder, you must look for signs and symptoms of shock when someone around you is injured. Some symptoms include:

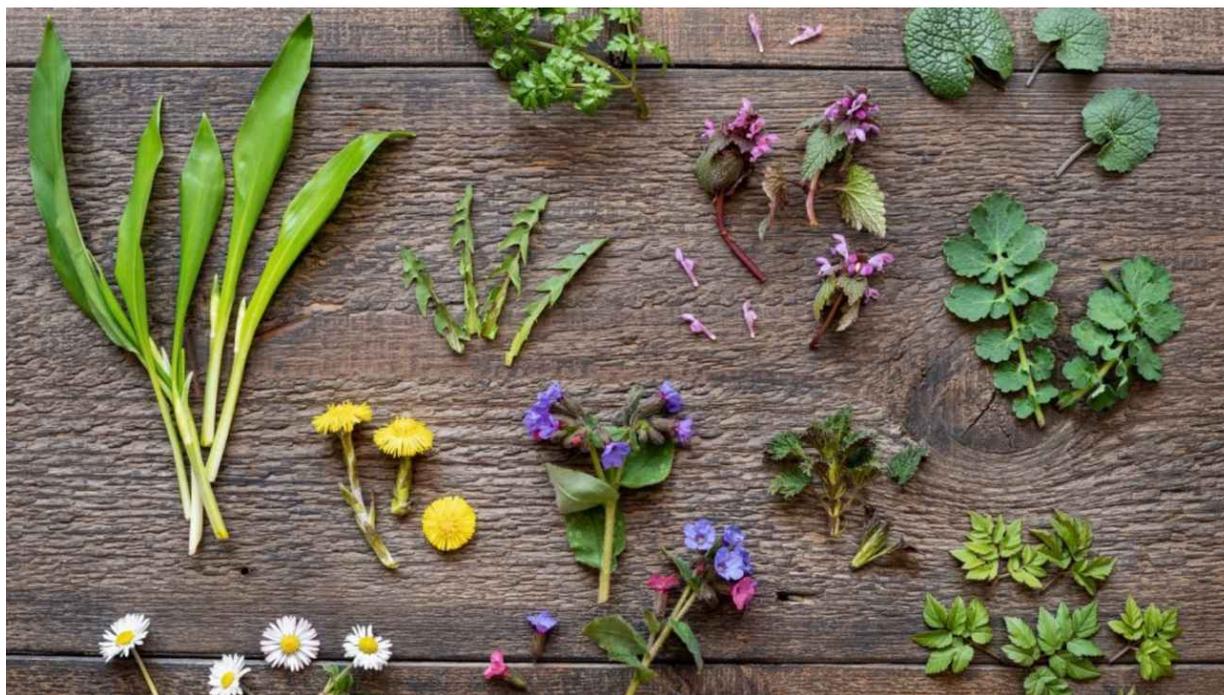
- Vomiting
- Nausea
- Confusion and anxiety
- Shallow breathing and a rapid pulse
- Lightheadedness, dizziness, and weakness
- Clammy, pale, and cool skin

If you are not hurt, focus on helping the person who has gone into shock to try and come out of it. You can also use one of the following methods to treat someone who is in shock:

- Ensure the person is reassured and calm in any situation. You must also ensure you stay calm in such situations. This is the only way to lower a person's heart rate
- Ask the person to lie down to reduce their discomfort and pain. You can ask him to lie down on a sleeping bag
- Tell them to keep their feet elevated to ensure the blood moves to the core
- It may not be very cold where you are, but wrap the person to keep him dry and warm
- If the person cannot drink water on his own, do your best to keep him hydrated. Never force them to drink water since it can cause choking.

A patient who exhibits signs of shock will need to be kept calm until professionals evacuate him. If you are waiting with the patient until help arrives, help him maintain his heart rate. Check the patient's status every 10 minutes to see if he is calm or not. You can let the person who comes to rescue the patient know how they are feeling, mentally and physically, so they know what to do.

Chapter 32



WILD MEDICINAL HERB AND PLANTS TO USE

Apart from having over-the-counter medication at your disposal, it is important for you to learn a thing or two about obtaining and preparing natural remedies from the wild. As a skilled and experienced survivor, you don't need to be reminded that there are plenty of unfortunate circumstances and unexpected turn of events that can end up surprising you down the line.

It is, therefore, a smart move to always be prepared for any situation bound to happen at any time. One of the unexpected eventualities can come in the form of losing your medical bag or not accessing your medication in time.

This unfortunate happening means that your chances of being fully exposed to infection have just skyrocketed. But as a thorough survivalist, you

shouldn't allow panic to get the better of you since it is possible for you to get your hands on alternative, naturally occurring medicine.

A survivalist is supposed to be on the lookout for anything that they can use to increase their chances of survival. Being calm and observant is the whole point of undergoing training in the first place as it opens a Prepper's eyes to a world of new possibilities.

If a survivalist isn't able to retrieve their medicine stash, then they will always come up with useful ways of finding drug while out in the wild. Finding natural herbs for medicinal purposes isn't enough though because once the herbs have been obtained, the survivalist has to find a way to make them edible.

Most of these natural remedies can either be ingested, injected, chewed or consumed in the form of herbal tea. Other forms of medicines in the wild can be crushed and rubbed directly against the skin to prevent inflammation or any harm efficiently. The latter is quite impressive and convenient because it might go a long way in saving your life as well as a lot of inconveniences.

It is a good thing for a survivalist to take their time ensuring that they are getting the complete survival training right. That includes fully understanding the process of finding and preparing natural medicine in the wild for survival purposes. The process takes time, and a survivalist has to be patient so that he or she can undergo the learning course and become good at it.

Most of these wild medicines occur in the form of herbs, weeds and trees. For that matter, a survivalist is supposed to be equipped with the knowledge

to adequately understand how to identify, collect and process these medicinal plant parts.

They will also be required to know the exact plant parts that have the desired pharmaceutical significance be it the leaves, the branches, the seeds or the stem. Different procedures are used to obtain medicine from these wild plants which, as expected, should be familiar to any prepper.

To make matters easier, a survivalist can collect these plants and transplant them into their gardens. Doing so will make it accessible for their day to day use. Having these herbs around their homes will help them in actually learning how to prepare potions and at the same time save them the hustle of looking for them in the wild.

Apart from using them when having problems with your health, you can also incorporate some of these herbs into your day to day diet which will, in turn, make you and your family healthier. Some of them also do such an excellent job in boosting immune systems as you will see shortly.

Challenge yourself into finding new ways in which you can incorporate these unusual plants into your daily routine, and you will live to be grateful that you did. Some of these vital, naturally occurring medicines that a prepper can use for all sorts of injury and ailments include the following:



BLACKBERRY

The reason why blackberries are popular is not just because of their undeniable sweetness but also because of their nutritive and medicinal value. These berries have been known to prevent and cure diarrhea which can be a terrible inconvenience especially when you are actually trying your best to survive under harsh living conditions. These berries are usually pink in color when almost but they turn black as soon as they are ripe enough for consumption.

Apart from being vital in the fight against diarrhea, blackberry leaves can be used to make mouthwash from scratch, and all this is thanks to their acidic nature. The process is very easy as long as you know how to make tea since the procedures are one and the same. For you to unleash its astringent properties, the fresh blackberry leaves have to be immersed in boiling water and allowed to actually steep for about five to ten minutes.

Once your mouthwash is prepared, you can confidently get rid of oral related problems simply and cheaply while you are surviving. The good news is that

this homemade toothpaste is long-lasting and very effective when it comes to oral cleansing.

BURDOCK



Countless cases leave your blood infected during a struggle or living under poor conditions. With tetanus, venom or from consumption of infected food, it is important for a survivalist to find a way of cleansing their blood once in a while. If not taken care of in time, blood poisoning can lead to long-term complications or even worse, death.

The burdock plant has proven priceless when it comes to blood purification, and at the same time, it is such an excellent liver tonic. Its leaves and roots can be processed for blood purification, and the same can also be used for general body cleaning. When in the wild or in hiding because of war, you are exposed to a lot of agents that will contaminate your body. It is, therefore, shrewd to get rid of these toxins if at all you want to perform optimally.

Apart from purification, the burdock root-alcohol tinge can be used for the effective elimination of eczema and other skin related disorders without having to worry about any side effects. The fresh leaves can be eaten while

fresh or if you aren't a fan of bitter herbs, then boiling them will do away with the bitterness. Just remember to drain the water once you are done with the boiling.

WILLOW



Willow trees thrive in moist areas, and so a survivor should always look out for them because they have some powerful medical properties that they might want to take advantage of will out in the wild. For centuries, the willow tree bark and branches have been used to cure quite some ailments. If you take the boiled willow with the remedy and the symptoms don't subside immediately, then you should try sipping it once every two hours, and you will be cured eventually.

Boil its green leaves for about ten minutes until it forms some astringent. You will then soak a cloth or a ball of cotton in it and then gently press it against ulcers, boils, carbuncles or abscesses for a while. You can also boil the willow tree bark and then proceed to take a couple of sips. For ages, this has been used in the treatment of inflammation and as a pain reliever.

A sip of the acid-tasting willow solution can also act as an effective anti-diarrhea drink that can help you stay healthy as you survive in the wild or a harsh period. If possible, you should have a willow tree planted in your

garden for its nutritive and medicinal values, and you will not be disappointed, not by a long shot.

These herbs can be chewed if you have the stomach for bitterness and it will relieve fever in case you have one. Make it a habit to have some willow bark in your medicine bag since it will give you a chance to survive when you thought you weren't battling an infection of sorts.



PLANTAIN

As small and insignificant as it may actually appear to be, plantain can save your life while out in the wild because of its medicinal properties. If you look closely, you can spot the small, green weeds that grow in lawns with its plausible, parallel veins. As a duly trained survivalist, you can never miss out on these useful herbs at any given moment. You should, therefore, make a point of planting plantain your garden if you ever have the chance for easy access.

A tincture made of plantain should be used at least thrice a day for it to have the desired effects. Plantain tincture can be very useful in handling venomous bites and stings and can be utilized as a supplement and not alternative for a snakebite kit (since snake venom is too strong). But this easy-to-make tincture can be used to combat bee, scorpion and wasp venom. It can also be used for other insects that can bite or sting and cause a lot of pain and discomfort.

Preparation of the plantain paste is easy since all you need is to crush it and the dough will gradually form. Always keep the dough over the stung or bit area until you feel relief which should be immediate. If not, then you can add some more plantain paste to the sensitive region which should take care of the discomfort.

DANDELION



Out in the wild, you might not have the luxury of choosing what you eat in order to survive. As a result of this, you might end up having indigestion problems, but you can relieve yourself by making a tincture out of dandelion and consume it thrice a day for the best results. An alcohol based tincture is usually recommended by many experts because dandelion is highly soluble in alcohol hence increasing its general effectiveness.

There are many cases of a person losing their appetite while out in the wild as a result of an infection or other reasons. If this happens to be the case, then dandelion can be used to remedy this condition and boost your appetite because of its mild diuretic properties.

If you want to use dandelion tincture as an appetite booster, then you need to prepare it. That will require 1-2 tablespoonsful of dandelion leaves which you will add to a cup of boiling water and leave it to actually settle for a couple of minutes before being drunk as a decoction. You will be required to drink it about three times a day for it to have the desired effects.



ECHINACEA

For a long time, Echinacea has been used in an efficient manner to take care of fungi and yeast infections which have been known to thrive a great deal especially when out in the wilderness. It is, therefore, important for a survivalist to make sure that they know how to identify, prepare and use Echinacea since it will go a long way in boosting their overall survival chances while out in the wild where conditions are moist. Apart from being useful in combatting fungi and yeast infections, it is important for you to make sure that your general immunity has been given a boost.

As a serious prepper, you need to ensure that you have Echinacea since it also does a tremendous job in the prevention of recurring ailments such as common cold which can be such an inconvenience. You can use the dried leaf or the dried leaf as a tea and make sure that you have an easy time while surviving in whatever harsh realities that face you.

It is also crucial that you keep the Echinacea roots and leaves in your diet so as to boost your immune system for a healthier life. According to research, Echinacea proves to be very effective when in the treatment of vaginal yeast just the way it is efficient in the reduction of the common cold in adults.

It is still to show any side effects as it is the case with conventional, artificial medicines which is always a good sign. Echinacea products have also shown to improve skin conditions once it has been applied in conjunction with the creams which is always a good sign.



YARROW

Yarrow, apart from its undeniable appeal to the eye, is known for its several medicinal qualities that a real survivalist should pay attention to at all times. Yarrow has been known to not only sterilize cuts, wounds and bruises but also hasten the healing process especially when the application is made much earlier.

Apart from its medicinal properties, Yarrow can also be an effective poultice especially when the bleeding doesn't seem to stop. Once it has been applied to the wound, it will suck up all of the blood and create a thick barrier that will stop blood from spurting out and the infectious microorganisms from getting into the bloodstream.

Also known as the soldier's woundwort or staunch weed, it is very easy to prepare the yarrow leaves with the intention of using them for their clean and clotting properties. Firstly, collect the leaves and crush them right before placing them over a wound and you will feel its effects immediately.

Apart from the leaves, the Yarrow flowers can also be used for their healing features; impressive indeed. Yarrow can also be dried and mixed with comfrey water or plantain (or both) and used for wounds for a much faster healing and elimination of mild poisons and venom. Yarrow can be planted in a home garden and utilized for the purposes above.



COMFREY

Comfrey is also another naturally occurring medication that every survivalist needs to add in their watch list while out in the wild. It has been known as the perfect topical treatment for arthritis, sprains, burns and bruises especially when you get to use the young leaves and the roots that are tender.

Because of the presence of an alkaloid element called Pyrrolizidine that can cause extensive damage to the liver, comfrey roots are deemed unsafe for internal use. Preparation of the comfrey leaves and roots is quite a natural process that shouldn't take a survivalist that long to master.

But still, you can get to use it strictly for the external usage above and get the chance to benefit from its rapid healing properties. If you can successfully get rid of the alkaloid element, then comfrey tea is something that you can enjoy without worrying about liver damage. But while out in the wild or under pressure, it is not wise to take chances.

BIRCH



There are plenty of things that can end up causing you a lot of pain while in the face of danger. Some of these causes include stings, bites, fists, kicks, bullet wounds, a concoction, fever or a fracture among many other reasons. In short, there are plenty of causes of pain, and for you to think clearly, you need to actually find a way to quell the pain. There are plenty of painkillers that you can purchase over the counter and have them stashed in your medical bag.

But if you are looking for an effective, natural analgesic (pain killer) that you will enjoy taking because of its sweetness, then birch bark is what you need to consider. You might also want to know all about birch leaves because you might not have access to over-the-counter meds in turmoil and might be in need of some pain relievers.

Apart from being so easy to prepare, it is easy to obtain it from the wild, and that said you need to ensure that you have it at your disposal. Precaution needs to be taken when consuming birch since too much of it

might lead to side effects such as nausea, tinnitus (which is also known as the ringing ears) and stomach upsets.

JEWELWEED



Jewelweed, scientific name *Impatiens Capensis*, is known for its ability to get rid of plant poisons as efficiently as possible. Some of the plant toxins in context include oak, sumac and ivy poison among others. The latter means that the moment you come in contact with these toxins, your first response is supposed to be getting some jewelweed and making a mush out of it then apply around the affected area on your body.

It is important that you actually do this as soon as possible if you are to be successful in combating the effects of the poison. Sometimes a survivalist might not be aware that they have been in contact with poisonous plants and only realize when they start developing an itch or blisters. Still, the jewelweed will do such an excellent job taking care of them and it will take away any itch or discomfort within minutes of application.

It is important for a smart survivalist to always look out for jewelweed while out in the wild since it might just end up saving their lives.



ELDERBERRY

People are prone to sustaining injuries in the midst of turmoil, and so it would be such an actual brilliant idea for them to ensure that they are equipped with medication for that. If not, they should have knowledge on elderberry which will work wonders once it has been applied to the skin.

Apart from enhancing healing at a faster rate, elderberry can be used to make sure that ailments such as flu and colds as well as other common respiratory complications are managed. Elderberry can also come in handy especially in the case where one has got asthma since it has been known to be effective as an anti-inflammatory, which in turn will take care of the swelling mucous membranes.

Elderberry is also known for its anti-cancer properties which go on to suggest that everyone, survivalist or not, should incorporate its intake on a regular basis. You should be cautious though when consuming these rather useful berries since they are mildly toxic if not fully ripe. If eaten raw while

on medications such as laxatives, diuretics or water pills and diabetic medications, it might end up harming your health.



LAVENDER

Apart from the fact that lavender is contemporarily employed as a fragrance, it is still popular among survivalists because of its distinct medicinal properties. Just like jewelweed, lavender has been known to bring fast relief from itches and discomfort that rushes are familiar for causing. You can develop rushes in hardship areas for some reasons which go a long way in insinuating that you need to make the necessary efforts to have lavender with you.

Thankfully, you can get to grow it in your home garden just to make sure that you are actually on the very right track when it comes to accessing the lavender. If not, then you can always keep an eye out for those growing out in the wild with the intention of grabbing them for your consumption.

Lavender, apart from smelling good, can also be used as the perfect insect repellent. You will find the latter imperative especially when you go out in the wild, and you come in contact with mosquitoes and other disease-

carrying insects and bugs. Lavender can also be used in the treatment of minor burns that you might sustain during your survival quest.

Caution should be taken when ingesting lavender, and it should be a no-no for pregnant women or small children. As a matter of fact, lavender's use should be restricted to external use only so as to be safe at all times.



LEMON BALM

You can always enjoy your cup of lemonade while effectively combating the inconveniencing side-effects of cold sores. Sleep is also an important part of a survivalist's life since it helps them be restored and have better chances of survival the following day. That means that insomnia can be a terrible drawback that lemon tea can quell within a matter of minutes.

It also helps one to calm down which is also important for a survivalist to make the necessary lifesaving decisions. Lemon balm is also known to take away cold sores and its depressing effects actually without any problems at all. As a matter of fact, researchers have discovered that lemon balm is much more efficient than the strongest cold medication obtained over-the-counter which also come with their fair share of side effects.

It would be very convenient for any survivor to either have some lemon balm grown in their gardens which would be a tad easier for them to access

it for its medicinal purposes. Always drink lemon tea as often as possible so as to stay clear of cold sores and insomnia related complications.

BLACK WALNUT



The black walnut is another top survivalist's favorite because of its multiple medicinal uses. First of all, you can actually make use of its highly medicinal green husks in the treatment of small bruises, cuts and wounds. The latter is because these green shells have the clean property that will effectively give you an additional advantage when clearing infectious microorganisms from your wound which will, in turn, hasten the healing process.

You can also make horrible tasting tea from the husks in an easy-to-follow process, but you can bet that it will be much nastier when the parasites have a taste of it, involuntarily of course. It is, therefore, a smart idea for you to always consider getting into the habit of drinking the black walnut extract tea for you to keep your body from harmful parasites that can result in malnutrition and further weakening of your body.

You can endure sipping at least a cup a day for seven days so that you have an increased chance of successfully expelling these harmful parasites that

can have an easy entry into your body while surviving in a hardship area. It is also important for a survivalist to know how to identify black walnut in the wild if they don't have it growing in their homes.

Chapter 33



NATURAL TREATMENTS AND REMEDIES

The pharmaceuticals that have been accumulated will not endure indefinitely. They will be deleted or lose their efficacy as time progresses. For this specific reason alone, it is critical to understand how to use nature to assist you in treating your patients in your practice. The reality is actually that a large proportion of the drugs now in use were initially derived from plants and other natural sources. We have been more or less conditioned, and maybe even brainwashed, to think that the remedy for all of our ills can be found in a bottle with a prescription on it. On the other hand, nature is overflowing with its kinds of medication, many of which are better for us than the chemical concoctions given to millions of people every day.

In the event of a headache, we don't even hesitate to go for an aspirin. On the other hand, many of us would laugh at the person who is drinking willow bark tea, even though the medication used in both cases is almost similar. It might just be a question of convenience for many people. After all, as a culture, we want everything, from our food to our entertainment, to be quick and simple to get. After a fall, however, we may not have the luxury of taking a handful of medicines to remedy an issue as quickly as we would want. To learn more about natural medicines, we recommend that you make use of any local resources available to you, as well as purchase at least a few guides on plant identification and usage.

Practical, hands-on experience, on the other hand, is unrivaled. Speak with the employees at natural foods shops to see if they can put you in contact with someone in your area who teaches herbal medicines and related subjects, such as homeopathy. Additionally, you may try contacting someone at your local county extension office, as they may be able to actually refer you to an expert in your field. A guide who can take you out into the fields and woods and demonstrate how to identify beneficial plants is exactly what you're looking for. Field guides are useful, but plants alter their appearance during their life cycle, so they should be used with caution. Having someone who can take you by the hand and direct you to the plants you're looking for is a priceless learning opportunity.

Another thing to actually bear in mind while using natural medicines is that they are not scientifically accurate science. For example, although we all know that garlic has amazing antibacterial capabilities, we also know that the usage and amount of garlic will vary from person to person and scenario to situation. There is actually a certain amount of "fudge factor" involved here. Plants, on the other hand, are not created to the same high standards as prescription drugs. There will be a difference between the plantain that

grows this year and the plantain that grows the next year. Furthermore, the effects of these plants on people differ from person to person, at least to a certain degree. What works well for one illness may not work as well for another, and vice versa. As a result, gathering experience via trial and error is encouraged now, when the going is good, and you can afford to make errors. What follows is a list of just a few of the most helpful plants found in most places of the world. Acquire the ability to recognize these plants at all phases of their life cycles. Perhaps you could even grow a few little harvests of them to ensure that you have access to them at all times. When garlic is ingested, it is an effective natural antibiotic. Additionally, you may crush the cloves and mix them with a little water to produce a paste, which you can then use as a poultice to battle infection. It will also give pain relief for painful muscles and joints when taken in this manner.

As many of you are well aware, Aloe vera is very effective in the treatment of burns, including sunburn. Cut or break off a portion and crush it to uncover the dense sap underneath the surface layer. Apply the sap directly on the burn for immediate relief.

Plantain, whether crushed or eaten, is a wonderful remedy for all types of rashes and itches. As a poultice, it may also aid in the removal of toxins from a wound and the speeding up of healing. A tea produced from ginger is very effective in settling troubled stomachs and aiding in treating digestive disorders. Another kind of tea, produced from pine needles, is a good source of vitamin C, which is believed to help the body's immune system function more effectively. Abrasions, skin irritations, and burns are all conditions that may be treated with burdock on the skin or just under its surface. It's yet another herb that may be utilized to make a poultice for the skin. The inner surface of the leaves should be exposed once they have been broken up. Apply straight to the skin. Yarrow is actually a very effective in the

treatment of bleeding wounds. Tear the leaves into little pieces and apply them to the wound. It will aid in the speeding up of clotting. We cannot emphasize enough how important it is to get familiar with these and other natural therapies. While living in a grid-down scenario for an extended period, your sole medicine cabinet may be the one outside your front door.

Chapter 34



THE USE OF ESSENTIAL OILS

People often forget they can extract essential oils from most plants around them. Essential oils can be used to improve your health, wellness, and beauty. Essential oils are extracted using different methods. Among the most well-known or commonly used mineral oils obtained from distillation are eucalyptus, patchouli, lavender, peppermint, and tree tea. Citrus fruit oils are the result of the expression, while essential oils are derived from flowers using the solvent extraction method. Since essential oils have many uses, including pharmaceutical, medical and aromatherapeutic uses, the range of products associated with essential oils is extensive.

These encompass products like essential oils for categories like:

- Hair

- Stress and Relaxation
- Insect Repellants
- Pets
- Skin

If you want to use essential oils and blend them for different uses, you must use carrier oils to reduce the effect of the essential oil. Apart from carrier oils, you also need some tools to store essential oils and blends, including diffusers, glass bottles, bags, and tinctures.

BUYING AND STORING ESSENTIAL OILS

Essential oils are used for health and wellness, so you need to buy essential oils from a known vendor. This is the actual only way you can ensure the quality of the essential oil. Poor quality or adulterated essential oils will not provide you with the benefits you desire and may actually be harmful. Consider the following when you purchase essential oils:

- Do not buy products labeled "fragrance oil," "perfume oil," or "identical nature oil" since these are not pure forms of essential oil
- Do not buy from suppliers who claim their essential oils are "therapeutic grade" or "aromatic grade" because they are lying
- Buy essential oils from vendors who sell essential oils in dark glass containers. If they sell these oils in other containers, the oils will have impurities
- Be wary of vendors who sell all kinds of essential oils at the same price

- Buy from vendors who provide adequate information about the product being sold by them
- Learn the actual botanical name of the essential oil, country of origin, and extraction method before you buy it
- Learn everything you can about essential oils and how you can use them in the wild. Read the FDA guidelines to ensure you do not harm yourself.

When it comes to storing essential oils, consider they are volatile and prone to losing their essence if exposed to air, sunlight, and inappropriate temperature. The following are some aspects to consider when it comes to storing essential oils:

- Store essential oils in a cool place.
- Use dark glass bottles to store essential oils with airtight lids.
- Keep away from sunlight.
- Avoid leaving the essential oils near a stove, candle, or fire. This is a big no-no, as these oils are often flammable.

USING ESSENTIAL OILS SAFELY

Essential oils can be considered dangerous substances since they contain some chemical compounds. These compounds are highly concentrated. If you handle essential oils the right way, the risk of using essential oils are minimized. Be aware of potential risks and follow basic guidelines when you use essential oils. Owing to their strong nature, one does need to exercise caution while using essential oils. Given below are the safety measures you need to take when using essential oils. If you are still unsure of how to use

the oil, it would be best to consult a physician or an aromatherapy practitioner.

Never Use Undiluted Essential Oils on Skin

Experts may know how to use undiluted essential oils on their skin or to use on their patients. Having said that, this is something you must avoid doing since undiluted essential oils harm your skin. It is only recommended you use undiluted essential oils if you know for sure that they will not harm you. Every essential oil has a specific component, and this component reacts differently with your skin. Some instances of when you can use essential oils in their undiluted state are when you get a bug bite, burn, or sting. If you choose to actually use an essential oil in this way, it is important to know you should never use an essential oil on a child without first diluting it.

Some oils may cause allergic reactions or sensitivity to the skin. Before you use new oils topically for the first time, do a skin patch test on a small area of the actual skin before using it in other parts of your body. Sensitization occurs when you become susceptible to a reaction from an essential oil you previously did not react to. If you find you are actually suddenly reacting to essential oil, stop using it.

Before using any essential oil, it is important to do a patch test to understand how your skin reacts to the oil. It is easy to perform this test to help you determine how the essential oil affects your skin. Essential oils have different effects on people. If the oil does not affect you, it does not mean it will not affect another person. If you are allergic to actually a particular plant, you are more than likely allergic to the essential oil extracted from the plant.

Follow the steps given below to actually perform a patch test:

- Using a drop orifice, add one or two drops of diluted essential oil to the inside of your elbow. By diluted, I mean you must mix a few drops of the chosen essential oil with a carrier oil.
- Apply a bandage or gauze to cover the area. Do not let this area get wet while you test the effects of the oil on you.
- If you actually feel any irritation or reaction, remove the actual bandage immediately and wash the area with warm water and soap.
- If there is no irritation after twenty-four hours, the diluted essential oil is safe to use on your skin.

Differentiate Between Phototoxic and Non-Photo Toxic Essential Oils

Phototoxic essential oils can cause inflammation, irritation, redness, blistering, and burning when they are exposed to UVA rays. All citrus essential oils are phototoxic. There are actually exceptions to this rule, such as lemon (steam distilled), lime (steam distilled), mandarin, sweet orange, tangerine, furocoumarin, and bergapten free bergamot.

Know When Not to Use Essential Oils

Some essential oils should actually be avoided if you are pregnant, have asthma, epilepsy, or other health conditions. Consult your physician or a trained practitioner before using any essential oils if you have any health conditions or any concerns about using essential oils.

Using Less Is More

Essential oils are very concentrated. If an actual recipe calls for one to two drops of essential oil, then this is the quantity you will need to get the job done. Use a carrier oil if you are applying essential oils to your skin.

Determine the Oils Used in Aromatherapy

Some essential oils cannot be used for aromatherapy, including rue, wintergreen, bitter almond, onion, and wormwood. Ensure you choose the right essential oils for aromatherapy before you begin using them. If you are unsure about the oils to use, speak to an expert.

Do Not Ingest Essential Oils

Since most essential oils are highly concentrated, it is important to never consume them before understanding how essential oils work. You must also understand the risks involved with using essential oils.

SOME QUICK POINTERS ON USING ESSENTIAL OILS

It is essential to know what essential oils are and understand how they should be used safely. Most essential oils are highly concentrated. It is for this reason they are dangerous if not used carefully. Ensure you can handle yourself and the oils you use when you have decided to use them for your body. The following are some rules you must follow when you use essential oils. Keep these points in mind, especially when you use them outdoors.

Use a Drop Orifice

If you prepare essential oil blends at home or want to use a few drops on a tissue paper or cotton ball, use a drop orifice. Ensure you use the correct proportion of the oil based on what has been prescribed by your doctor or the professional you consulted. If you are going with your children, ensure you use a drop orifice with an adjustable orifice. This is the best way to ensure you reduce the dosage. If you find you consume more than necessary, visit the doctor immediately. You can reduce the effects of the oil by drinking a

glass of milk or buttermilk. Ensure you do not use more than necessary when you use essential oils.

Speak to a Physician or Expert

If you want to use essential oils, it is important to speak to someone who knows how to use them and the effect of the oils. Understand the effects of the oil on your body so you do not find yourself in trouble when you are outdoors.

Understand the Effect of Essential Oils

Before you use essential oils, determine how your body reacts to them. You must make sure your skin is safe when you use essential oils. It is important to do this before you use the oil, especially if you want to carry it outdoors. If you find the oil harms your skin even slightly, ensure you wash it off immediately.

Use Blends

This book has some blends you can use when you are outdoors. Apply a little oil on your actual skin and wait for a few minutes. If you find there is no negative response to the oil, you can continue to use it. Use carrier oils whenever you make any essential oil blends.

Be Careful When Applying Essential Oils

Keep the following tips actually in mind when you use essential oils:

1. Essential oils should never be used on bruised, burned, or scarred skin. In addition, it could also make the wound turn septic, and this would lead to a different set of problems.

2. Some essential oils may impact items and other instruments. If you realize you have used essential oils and touched your contact lenses, you may risk harming them permanently. During the procedure, there is a possibility that you may hurt your eyes. Take off your contact lenses right away and put two drops of vegetable oil in each of your eyes. It is recommended that you clean the lenses before using them again.
3. You must be very careful about your ears and avoid applying essential oils anywhere close to your ears.
4. When exposed to light, essential oils exert a distinct set of effects than when used in the dark. If you wish to utilize essential oils outside, you need educate yourself on how the oil functions or how it responds to sunshine.

Chapter 35



PREVENT YOURSELF FROM GETTING SICK WITH HYGIENE

1. Keep your hands clean

Wash, wash and wash

This has been our mantra from the very start. No matter what else you do to keep yourself safe from disease, do not forget that handwashing should be your number one priority. Handwashing alone can help save you from many illnesses. Our hands consciously and unconsciously get in contact with many contaminated surfaces throughout the day, and when these hands touch the mucus membranes of the body, bacteria and viruses get a free pass inside you.

If you do not have access to clean water and soap everywhere, an alcohol based hand sanitizer can be your next best friend. Washing hands can literally save lives.

2. Stay at home when you are actually sick

Another important thing to actually keep in mind is that there are countless contagious diseases, even a simple cold or flu, that can spread if you go out unnecessarily while you are sick. Even in the pandemic like Covid-19, the best advice that the health experts gave was to self-isolate in case you feel sick. By staying at home, you can prevent spreading illnesses to other people. In the recent Covid-19 scenario, using health measures and self-quarantine itself helped a lot and kept the hospitals from getting overwhelmingly full.

3. Eat green vegetables

A lot of people don't like eating vegetables, especially the boring greens. Well, this time you should keep in mind that the green vegetables are full of nutritious juices and a wide variety of vitamins. Taking plenty of vitamins can help keep you away from many diseases. It fortifies your immune system and helps you in fighting viral infections specifically.

4. Get proper sleep

We cannot stress more on how important sleep is to keep your body healthy and fit. Sleep essentially restores your body and makes you a new person every morning you wake up. Sleep replenishes your body and reinvigorates it. Another important thing to actually keep in mind is that an adequate amount of sleep helps you in fighting off microbes and helps in building resistance against viral attacks.

5. Get vaccinated!

Remember that the only thing that is going to save you from many fatal diseases is a dose of vaccine. Vaccine does not damage your body, and no, it does not give you more diseases. In simple words, it is merely a harmless form of microbes that is injected into your body so that the body can actually recognize it and build immunity. So, the next time that microbe attacks, your body will already know how to fight against it and will not be taken by surprise.

6. Take proper nutrition

Your body is going to build from the food you eat. If you actually eat healthy, your mind and body stays healthy, and if you don't, you get sick. There are many foods that can specifically help in building your immunity. We have made a list of a few foods to get you started:

- Citrus fruits: Citrus fruits contain a large amount of vitamin C. Vitamin C is our saviour in fighting against diseases, specifically viral illness. It helps in building your immunity by increasing the number of white blood cells in the body. These include lemons, oranges, grapefruit.
- Spinach: Ever wondered why the health experts always advise you to eat green veggies like spinach regularly? It is because spinach is a wonderful vegetable. It is not only rich in vitamin C but also provides your body with a wide variety of antioxidants to keep you healthy
- Sunflower seeds: Not widely eaten, but sunflower seeds are packed with nutrients. The most important nutrient in these seeds is Vitamin E. Like vitamin C, vitamin E also helps to some extent in building your immunity. Vitamin E also acts as an antioxidant.

Let's get back to hand hygiene as it is the single most important factor in prevention of illnesses.

Hand sanitizers play a very important part in maintenance of hygiene. Water and soap are not accessible everywhere and that is why hand sanitizers can help ward off bacterias and viruses for some time. Like every other product, the efficacy of hand sanitizers also depends on its adequate usage. It is really very important to actually know how to properly use these products and what safety concerns should be actually kept in mind while using them

Here we will give you a quick summary on what to avoid and keep in mind while using hand sanitizers, whether commercially produced or handmade.

What to keep in mind while using hand sanitizers:

- Hand sanitizers, while being very important for hygiene, do not substitute hand washing. These cannot be used on your hands if there is visible dirt on it. In these cases, you must wash your hands first to remove the dirt.
- It is important to actually know the composition of the products that you are using. Products that contain large quantities of chemicals will do more harm than good.
- Make sure that you are not using a large quantity of essential oils in your homemade preparations. Although essential oils give a soothing effect to the skin, excessive use is not advised.
- Try to test a small quantity of whichever product you use on a small patch of skin first. Every person's skin is different and while one product is suitable for one skin, it might not be good for another person. In people that have sensitive skin type, using harsh chemicals or excessive drying of skin produces adverse reactions and may cause

damage. It is important to report to a healthcare professional if you are having any serious symptoms

- Keep these products out of the particular reach of children as many of them might contain ingredients that can be toxic if ingested orally. When you make hand sanitizers at home and do not label them or keep them away from the kids, there is a chance of accidental ingestion that might prove hazardous. In case it does happen, it is advisable to take the child directly to the emergency room and inform them timely.

Illnesses like coronavirus or influenza have been seen to wreak havoc all across the world. An important thing to actually and really keep in mind is not to panic while the whole world is doing so. In this, we managed to educate you not only about the basics of hand sanitizer usage but also on the pros and cons and safety measures to take while using them. Remember, prevention is better than cure and together we can fight against any calamities that may befall.

Chapter 36



HYGIENE TIPS FOR SURVIVAL

Most of us seek to actually do our best every day trying to do at least the same, if not the most, what is on our lengthy, too - make lists. It can be a struggle to try to look after ourselves in our crowded daily lives. Every now and then, we may all need to take a little reminder to boost or preserve our wellbeing at least part of our day. So here are ten tips to help you refocus and take care of your wellbeing.

1. Get enough time. Get seven to nine hours of sleep. Take short breaks from working all day long to relax, close your eyes, and breathe to increase your productivity. Increase the strength and the capacity of your body to regenerate and heal with the necessary rest of your daily

life. Do what you can to build your dream home relaxing atmosphere and have more of it whenever possible in your life.

2. Eat balanced food. Balanced nutrition. Choose foods that will supply your body with outstanding fuel to help you complete your activities every day and fulfill your goals. Find out and provide the most nutritious types of carbohydrates, fats, and proteins in your diet. Don't get distracted. Don't get distracted. Take action for the boy. If you want something crunchy, pick celery sticks instead of cookies. Take a slice of fruit rather than the piece of cake if you want something tasty. You will turn your diet and your life one step at a time. Fill out MyPyramid.gov from the US Department of Agriculture to evaluate your diet, get safe food ideas, and hear more about positive improvements.
3. Drink a lot of water. In our bodies, every cell depends on water to perform natural functions. Air also flushes our bodies with toxins. Lack of water can dehydrate, and even moderate dehydration can sap or deplete our resources, leaving you too exhausted to fulfill your daily needs, duties, and obligations. Make sure you hydrate every day to improve or preserve your health.
4. Exercise at least about 30 minutes a day (for children 60 minutes). Most of us know that physical fitness is a vital aspect of keeping a good lifestyle, but getting off of the sofa in fact after a long day or jumping out of bed early in the morning with a list of one million things so all of us will not always follow as we think. Visit [Let's Moving](#) or the pages of the American Heart Association to learn more about fitness changes by exercise. So do it to move, strengthen, and stretch your body every day.

5. Keep your hands clean and dried. It is a simple way to stop illness. Frequent hand washing is one of the easiest ways to prevent illness and disease. Handwashing involves either soap and water or a hand sanitizer dependent on alcohol. It may help to restrict bacteria, ailment, and other microbes transfer. Clean your hands thoroughly for at least about 20 seconds with soap and water. Purify your hands with a soap or hand sanitizer before eating, or do all you can to reduce bacteria transmission and decrease the risk of infection.
6. Know how pain, fear, and anxiety can be handled. Taking time each day to pray, meditate, and breathe deeply will significantly improve your ability to deal with tension in your everyday life. Choose an experience that you truly like and draw away from what you would not necessarily be able to alter. Make sure you cultivate and love everything in life, even though it's a little period a week. Add everything at the beginning or end of each day.
7. Make your decisions to create a healthy atmosphere. Assess who and what you include in your life. Who brings stress? And who is promoting peace? Any tension causes are inevitable. Nonetheless, make smart decisions as to who and what you include in your lives and do whatever you can to improve your awareness of how others and causes of tension can be treated, which you cannot take away or alter. You will create harmony in your own life by being a good person. Note, you must draw just what you bring into the universe, or what is in you.
8. Live and be grateful for what you've got. This allows you to retain or regain your happiness. Thanksgiving is the product of counting your thanks and appreciating what you have, what you have the potential to

do, and any act of your own. It is an attribute that can draw people to you because of the optimistic perspective on life and way of living. This will positively affect and enhance the quality of your life by promoting good things and good people.

9. Allow yourself to transform your life through experience, knowledge, and resources. Write voraciously and devote yourself as a lifetime reader. Knowledge will provide you with the strength and knowledge required to accomplish all of your aspirations and ambitions. Wisdom will allow you to achieve enduring peace and happiness while you pursue your dreams and lifespan.
10. Be inspired. Remain inspired. Know that the most important aspect is attempting to do something. Take a moment to get one of your life's goals going. By placing one foot in the very front of the other and taking steps to complete one job at a time, you will start to develop the life you want! No, right now, really ... Stop reading and invest time and effort into studying and accomplish one of your main life goals immediately!

CONCLUSION

After all is actually said and done, it is imperative for the world to have Preppers because they help a great deal in increasing chances of survival in all kinds of tough and risky situations. It is also vital for more people to develop that all-important Prepper mentality so that at the end of the day, we actually all have an increased chance of surviving irrespective of whatever situation is thrown at our faces.

It is continuously necessary to master the art of remaining calm since it is a crucial requirement for making clear-headed, lifesaving decisions. Mastering survival medicine is needed whether it is human-made or naturally occurring medicine. These dreaded calamities have a knack for hitting hard when least expected.

So, it is crucial for everyone to be thoroughly prepared by reading the signs that precede these situations and plan in advance. Thankfully, it is quite easy for anyone to become a Prepper.

All you need to do is make sure that you are taking the necessary lessons and practicing on a regular basis. Consistent practice is the only way for you to become better at survival. With time, you will gain the experience and the essential skills to make crucial decisions that can as well be a matter of life and death.

Being a good Prepper or Survivalist needs a lot of training and research. That means that you need to make use of the internet as well as books. Getting to attend seminars hosted by fellow Preppers in a bid to receive as much information as possible can help a great deal.

Always learn how to keep updating your knowledge especially on naturally occurring remedies and how to administer them properly. Knowing where to find the wild medicines and knowing how to use them for your survival are entirely different things.

It is for that reason a critical step to learn how to prepare and apply these medicines that occur naturally in the wild as you may end up saving a lot of lives. Once again, you can get the opportunity to use the internet to do your research on the medicines within your locality.

It is important to be actually physically fit at all times so as to improve your performance during such trying situations. Always jog every morning before starting your day, do a lot of cardio and if possible, hit the actual gym a couple of times a week. Being physically fit will help you in maneuvering through rough and dangerous terrains and at the same time boosting your endurance levels.

By so doing, you will always thrive in everything that you do in the name of survival. You will also have more confidence as a Prepper because your knowledge in wild medicine and food is vast and intact. Once again, it is easier to sign up for survival training since it is cheap, very common and necessary.

For the umpteenth time, always remember on working as hard as possible and learning new ways of improving yourself. You can also shift from gym to body training so that you can end up boosting your physique as well as general performance while you are out in the wild.

Get to find a good physician to carry out a full body checkup. That way, you will always have a much better chance of getting ahead and not being

caught up when you weren't ready. If you have some disease, then having the right medication can be the difference between life and death.

It is imperative for you to bring your entire family for the checkup. It would be devastating for one of your family members to develop some health complication while out in the wild, and you cannot help them. It is also important to get immunity booster shots so that you and your family can stay clear of opportunistic ailments such as dysentery.

Any experienced prepper will tell you that there is strength in numbers since you can share information at all times and make sure that you have a shot at surviving. That said, it is important always to be prepared for the worst outcomes and it's never too late to become the kickass prepper that you have always wanted to become!

THE PREPPER'S THRIVING MINDSET

**HOW TO THINK AND ACT AFTER THE
SOCIETY COLLAPSE + 3 TIPS TO
ENTERTAIN YOUR FAMILY**

BY JIM GRILLS



INTRODUCTION

Someone who has made preparations for calamities despite the fact that they may not be totally foreseeable is known as a prepper. Some catastrophes might strike when you are away from home or even in your own house. Preparedness enthusiasts need to be aware of the steps they should take both before and after a natural catastrophe strikes.

At its most basic, "prepping" is a condensed form of the words "preparation" and "preparing," but in today's context, the term "prepping" refers to an entirely other set of activities. Now, the term is often used in conjunction with making preparations for various emergency situations and severe calamities. It begins with the most fundamental preparations, such as storing food, water, and medications, but it quickly expands well beyond that point.

In the end, we want to actually be able to endure any potential tragedies by being well-prepared for them.

1. When Disaster Strikes

You'll also want to secure shelter for your family if you're outside already. You can also make sure you have a plan for the unexpected.

2. Take Care of Nature

You need to take care of nature and leave it alone. This means that you can't paint over rainwater tanks, dig up your well or fill in your pond. If you do that, you may not have water in the future.

3. The Power Grid Is Down, And You Need to Protect It

Your power might be out for weeks or months. When the lights go out, looting usually follows. Your neighborhood may not always be as safe as it was before an emergency or disaster caused a power outage.

4. Protect Your Home from Looters

One of the biggest dangers during a crisis is looters. They are looking for easy targets and will attempt to take whatever they can from homes, businesses, cars, and trucks that aren't protected by security measures.

5. Staying Healthy in A Disaster

When the power goes out, getting water and food can become an issue. Make sure that you have a supply of bottled water and canned foods. A camping stove is a good option, or you could get an electric campfire stove if you want the ambiance of campfires. Clean water is also a vital issue as many people don't realize that it's easy to contract diseases from dirty water. You can boil your water or get an inexpensive solar shower.

6. Protecting Your Family

When disaster strikes, you need to be prepared for the possibility that some members of your family might not be with you. If this happens, it's essential to have plans to reunite the family. Your first step is to get a method of communication. You can do that by getting a HAM radio license or getting a charged cell phone for each person in the household so you can call them if they aren't home when you are.

7. Research Evacuation Plans

Your evacuation plan will vary depending on your location, but most people think they can quickly get out of an area if disaster strikes by driving out of the site. But what are you going to do if you can't drive? You should have information on where highways are closed, bridges or tunnels are damaged, and other issues that could impact escape routes.

8. Financial Preparedness

Financial preparedness can help you to survive unexpected disasters. Having an emergency fund set aside for disaster situations can help you handle any financial hardships during a crisis. Finances are something that people often delay dealing with until they have the time.

9. Go Green

Being green means taking care of Mother Earth in general, but it also means being prepared for natural disasters. For example, you might think that using gasoline in a generator is the best option because it runs on gas. Still, generators aren't always reliable for running 20 hours straight without interruption. An alternative would be to get 3-kilo propane or butane fueled generator and use that instead.

10. Think Outside of The Box

We all think about what we would do if disaster struck every day, but how prepared are you? Think outside the box and try some things out. You can make some incredible discoveries during an emergency and enjoy something that you usually wouldn't even know about.

Your town may not be affected by any of these disasters, but some of them could likely happen to you and your family. Make sure that you're prepared to handle any disaster situation with the help of these tips. Prepare and survive!

Chapter 37



DIFFERENT SCENARIOS - DIFFERENT PREPARATIONS

A prepper will always be prepared to address different scenarios. Some of the scenarios which you will be preparing for are:

No matter what type of survival scenario—whether it be a natural disaster or something man-made—a prepper has a plan ready to go to save someone's life.

Having food and water on hand is the most important part of any emergency kit. It doesn't matter how well prepared and stocked up you are if you don't have any food and clean water.

For a natural disaster, you will need to have a stockpile of food and water so you can stay hidden from rescuers as well as help rescuers find survivors.

Food should be high in calories and have a long shelf life. It's okay to have freeze-dried food as long as it is a combo of freeze-dried and canned foods. Canned food does not last forever, but it does last a lot longer than other preserved foods.

Have No Fear!

Well, you will not have to be afraid of facing survival situations. This book is going to make sure you have the necessary skills to keep you, and your family alive, in the event of any type of emergency.

You are going to learn what you **MUST** have in order to survive, no matter what type of situation you are faced with. You will also learn how to create shelter, find food and water, and do much more. This way, you will be able to assure that you and your family have the best opportunity to remain alive and tell your own stories of survival.

The information you are going to learn in this book is about surviving in all types of conditions, from the desert to frozen tundras. It may not be fun and exciting to think that you will need to know this information, but if you find that you do need it, you will be very happy that you have the intelligence to study what this book will teach you.

Practicing survival skills can be fun and exciting. As serious as the topic is, it is better to approach it with an adventurous and healthy attitude instead of one based on fear and panic. This is especially important if you are practicing survival skills with children. Your children need to be assured and prepared, not scared out of their wits.

Do make sure to practice; even if you think you will never need to remember each skill that you learn, it is better to have learned it thoroughly, just in case. You cannot simply read this book and assume you will know how to do each task.

Of course, you can keep this book with you at all times. But the fact is that you will struggle if you have not given yourself the opportunity to excel in each task without the pressure of actually needing each skill in order to remain alive.

You will also gain something else. You will gain self-confidence. This is tremendously important when it comes to handling emergency situations. You will also be able to do something that many people have forgotten how to do, survive independently of man-made conveniences.

Chapter 38



HOW TO PREPARE YOUR FAMILY FOR STRENUOUS SITUATIONS

When does your family encounter a strenuous situation?

What sorts of things might be difficult for children to handle in a strenuous situation?

What can you do to prepare your family for these types of situations?

I often find myself preparing for the unknown: traveling, camping, and going to unfamiliar places. It's hard being unfamiliar with the area or context, and it's difficult when there are people nearby who are also struggling with this. I find my best approach at making these moments less scary is through preparation.

This way, if anything is missing or I forget something, I can quickly fix it before we leave. Another idea is to pack a few extra things in your child's backpack. This way, they are prepared if they lose something on their own.

Making this process more fun for your child will make them more likely to prepare for these situations. Let them know that they will be given a treat if they keep everything organized and ready to go before leaving.

We get it. It's hard to talk about what can happen in the event of a disaster. But if you don't prepare your family for these events now, who knows how they'll react when it happens?

This will cover all the crucial points you'll need to keep in mind when preparing your family for strenuous situations: what disasters are most likely in your area; how to assess and organize your home and property; what gear is essential for survival; and more. Plus, we'll give you some helpful guidelines on preparing children so that they're not frightened during an emergency.

Step 1: Assess and Prepare Your Home and Property

The first thing you need to do is assess the risk that your home faces from natural disasters and human-made hazards by completing these steps:

View an interactive map showing how likely each type of hazard is in your area.

Examine Your Home's Physical Features

Inspect your home's structure and assess whether it can withstand a load of a hurricane or other severe storm.

Look at you're building for any weak points that may make it vulnerable to fire, floods, or earthquakes.

Examine Your Property Connected to the House

Check the pipes and power lines that connect to your home.

Appraise Your Insurance Policy and Other Plans

Before you make any purchases, get an insurance policy for your house. And also, consider buying extra supplies from places such as Home Depot or Amazon based on how likely you think you'll experience those hazards. Compare your purchase to what you need before having them delivered and ready for use.

Make sure you have emergency plans for your area.

Step 2: The Most Likely Disasters in Your Area

Next, you need to recall the list of probable hazards in your area to get an idea of what disasters are most likely to happen there. For example, people in California should be more concerned about wildfires or earthquakes than flooding, while Floridians are more likely to worry about hurricanes. To help you decide what needs immediate attention and what can wait for a later time, here are some things that make each hazard more or less dangerous:

How Can You Tell If a Natural Disaster Might Affect You?

Signs of a Hurricane or Tornado

For a hurricane or tornado, follow these indicators for where they're headed next.

How Can You Prepare for a Tornado?

Find a place to shelter in a sturdy building.

Although this is not advisable, it's also possible to take shelter outside of your home if you can't reach a safe area.

How Can You Prepare for a Hurricane?

Even though a hurricane's strength depends on its category, powerful storms have similar, devastating effects.

Before a hurricane gets to you, make sure you know what to expect and where to get the latest news about it, including the following:

What Should People in the Path of a Hurricane Do?

Find an actual shelter as soon as possible if there is no time left to evacuate. If you can't evacuate, stay inside and prepare for the worst. Have flashlights ready, as they'll become your only source of light once the power goes out. Remember that hurricanes tend to be unpredictable, so stay alert.

The Essential Gear for Survival

Besides preparing your family and property for natural disasters, you need to have the right gear so that you can all survive until help arrives.

How can you prepare for the possibility of a major earthquake in your area?

Prepare an emergency kit that's ready for when disaster strikes.

To build your kit, include the following three things: first-aid supplies, food, and water.

You can find this checklist for what else to include in your emergency kit at [ready.gov](https://www.ready.gov).

How can you prepare for floods?

Find a safe place to live or work based on how risky your area is and do this by checking out these indicators.

If you're in a low-lying area with no high ground nearby, try to evacuate before it's too late.

How can you prepare for wildfires?

Prepare an emergency kit that's ready for when disaster strikes. To build your kit, include the following three things: first-aid supplies, food, and water.

A friend or relative can help you by stocking the emergency kit for you, but remember that they might be sick with worry while they wait for news from you.

What Should You Do in the Event of a Nuclear Accident?

In a nuclear accident, find an area with low radiation levels or highly high-level air filters. Stay indoors until you are told to leave and always follow official instructions.

How Can You Prepare for Living in a Natural Disaster Area?

This type of preparation is made more accessible if your area's been dubbed a disaster zone.

Prepare yourself for the worst by taking the following steps:

To better evaluate what kind of equipment will be most helpful during a disaster, here's a list of things that each hazard can cause:

No matter how often you practice these safety tips, there will always be room for error. Understand that surviving is an unlikely prospect unless you

seek help once it's all over. If you're lost in the woods, remember that your best chance of survival is to stay put—no straying from your route.

How Can You Prepare for an Avalanche?

The first step is to understand weather and avalanche conditions for where you're going. The third step is to prepare your equipment correctly. The fourth and final step, however, can only be learned through personal experience.

How can you prepare for extreme temperature changes?

Depending on how your body reacts with temperature changes, find a layer that works for you and pack accordingly:

Ensure your clothing layers are compatible, or they will either get in the way of one another or make it difficult to adjust as needed.

How can you prepare for heat exhaustion?

The first step in heat exhaustion is recognizing the symptoms. When it comes to heat exhaustion, four specific symptoms indicate a problem:

When heat exhaustion becomes a problem, drink water, and avoid heavy exertion. Dehydration from heat and physical activity will lead to a more severe condition known as hyperthermia. If hyperthermia keeps complicating your situation, seek medical treatment immediately.

How can you prepare for swimming in severe weather?

The best way to keep yourself safe during extreme weather events is by preparing ahead of time. When it comes to swimming in severe weather, remember that water temperature can range anywhere from around 50 degrees Fahrenheit to well over 100 degrees Fahrenheit. To avoid

hypothermia, make sure you wear warm clothing that will help to protect you from unforeseen.

If hypothermia becomes a problem in the water, consider floating on your back to keep your head above water. If you're not doing too much vigorous swimming, try to remember how long it's been since you've last seen land. If it's been a while, try to stay calm and conserve energy when it matters most.

Chapter 39



SURVIVAL MENTALITY

What is meant by a survival mentality? A survival mentality is the mindset of a winner in every situation that you find yourself in. It is the most important weapon in your arsenal, and in some situations, it could be the difference between life and death. So, why is a winner's mentality so important when you find yourself in a struggle for survival?

PLANNING AND PREPARATION

First of all, a survival mentality helps you to remain positive in all circumstances. With this positivity comes confidence that you can carry out the tasks that you need to and that you can take the necessary steps in order to survive. Positivity breeds confidence, and confidence breeds success. In a

life or death struggle, you need all the positivity you can get. If you have already cultivated this mindset, you're already on your way to coming out on top in any survival situation. You may not actually be able to predict the future, but you can always be mentally ready for it.

A strong mentality is one of self-reliance. The ability to do things for yourself and to be able to adapt to different situations is the mentality that you will need in many difficult situations. There are practical steps that you can take to make sure that you are able to cope with whatever comes your way. The ability to be self-reliant comes from a quality that is inherent in all of us, but only some make use of it. It is the ability to plan and organize for the future. Proper planning is a sign that you have the mentality of a winner because you're able to put into practice the ideas that you have, you know that these ideas will work, and you're able to organize them in a coherent way.

Planning sometimes requires sacrifice, but those with a strong desire to win will be willing to put everything on the line in order to achieve their goals. The mentality of a winner doesn't only apply to survival situations. You need to have a never-say-die attitude in every aspect of life. You never know when you will require it.

DEALING WITH ANXIETY

When you're actually out on the trail, there are times when you will start to feel overwhelmed by situations that you never thought you would encounter, no matter what your skill level in survivalism may be. We all get scared. This is a fact of life. But some people never appear to be rushed or concerned in any way. Why is this? It is because, a long time ago, they learned that whenever they're faced with a situation that threatens to derail

their confidence, you have to remain outwardly and inwardly calm. This inner peace enables them to not panic in situations.

For the vast majority of us, though, fear is something that we don't generally tend to handle very well, like that the massive spider in the bathroom that causes us to lose our cool or a large, frightening, and noisy dog for some people. These are relatively minor disturbances. But when we're lost in the jungle, the threat is suddenly made more real in a disorienting and claustrophobic environment. Death can often occur in a matter of hours unless you're able to keep it together and take the necessary steps to extricate yourself from the predicament. So, how do we overcome fear in simple terms?

The first step is to specifically identify the source of the anxiety. What is causing you to lose your mental focus at that moment? Let's take one hypothetical example: you're lost, there's a predator near you in the forest, and you know it's a wolf (even if you can't see it). Once you've identified that it is a wolf, the next step is to determine whether the fear is a rational or irrational fear. In the case of a wolf, the fear is most certainly rational and, therefore, a security feature in your mind. It stops you from going near that wolf instead of leading you into a panic. With the knowledge you now have, you're able to make a detour around the area where the wolf is, and you can avoid the danger. This is how fear works. We need to harness it to make ourselves stronger.

Our bodies are a cocktail of different chemicals, and when someone is stressed, certain hormones are pumped into the body. When we're in the grip of these hormones, they can affect how we react to situations. If we react negatively, we could end up making a situation that endangers ourselves or others. The key is to harness this fear and use it to our advantage.

The next step is to latch onto something bigger than ourselves. What drives us to succeed? What are some times when we've faced similar situations and overcome them? What are some times when we've faced situations and gotten through them, even though we didn't think we could? Latch onto these former times and remind yourself of what you're capable of and who you truly are. Then, you can do what you set your mind to. Activate your faith, whatever that may be to you. Remember a loved one. Harness the power of your emotions to take control of yourself, and thus your situation.

SURVIVAL MINDSET TRAITS

There are certain traits within someone that's a survivor compared to a person who is not. In fact, we can all survive if we choose to change our attitudes towards life and towards our circumstances. Tenacity, adaptability, work ethic, creativity, positivity, acceptance, humor, bravery, and motivation are some of the qualities you need in order to effectively cope with the situations you find yourself in on a day-to-day basis. Let's look at a few of these traits.

Tenacity

Tenacity is the ability to remain steadfast even in the midst of difficulty. Tenacity has nothing to do with your physical fortitude or even your state of mind sometimes. It is a manifestation of your will to overcome any and every situation. Tenacity is fighting against your own desire to give up, even when this would seem easier than carrying on. However, tenacity alone is hard to maintain when the struggles of life are constantly beating you down. Guilt, fatigue, stress, anxiety, fear, and worry can all gnaw away at your inner strength. You have to maintain this inner strength throughout your ordeal. Talking to others can help if you're in a position where you're

stranded with others. If you're on your own, this is more difficult. Invent distractions as a way of keeping your mind busy.

Adaptability

Adaptability is the ability to evolve according to changing situations and seasons and change the way you think and feel. In survival terms, this means, for example, that you won't act the same way in a forest as you will in a jungle. They are different environments and require different ways of operating. Having the knowledge and skills to be able to function in every kind of climate, weather, situation, or biome is known as being adaptable. Obstacles to your adaptability can be stubbornness and resistance to change. The way you can overcome this is by opening up your mind to different possibilities and solutions.

Work Ethic

Work ethic is a mental quality as well as a physical one. The desire to work hard starts in your mind. Survival is about hard work. In order to keep yourself alive, you have to work hard at performing the tasks that you need to perform. The downside is that you can often be hindered in your desire to work by things like circumstance, bodily injury, and factors beyond your control. Sometimes, there is actually nothing else to do in such situations, but to the best you can until circumstances are more favorable again. You may want to build a sophisticated and warm shelter, but it might be raining and impossible to do anything. The only option left to you might be to hide in a cave and wait out the rain. Such is the need for adaptability when you cannot perform the work that you really want to do.

Creativity

Creativity is a quality that allows you to think outside of the box. Hindrances to creativity might be fear of getting something wrong if you take a step outside the box. The way to overcome this is to get over your fear of failure. When you're in a life or death situation, you need to think of new ways to overcome difficult situations.

Positivity

Positivity is an overlooked quality when you're in a tense struggle for survival. All your effort might be so focused on getting through the experience that you forget to be thankful for what you already have. When you have a positive and determined attitude, difficult situations seem easier.

Acceptance

Acceptance of circumstances doesn't mean you accept their difficulties as well. It means that you actually acknowledge where you are at and are willing to make the necessary changes to get out of the situation.

Humor

Humor isn't just for clowns. Humor in difficult situations can actually be a beneficial thing because it helps you to view your situation from another perspective. Sometimes, it can be healthy to laugh, even when things seem dire. It allows you to rest for a bit when things get really tough.

Bravery

Bravery is actually not the absence of fear but the strength to overcome what is causing it, even when every specific part of your being is actually telling you that you won't be able to make it. Bravery can come in many forms. In survival situations, it takes on the form of choosing to fight for your life

when it would be much easier to give up. Bravery never backs down from a fight.

Motivation

Finally, we all need motivation. Motivation is the desire to carry on even when there seems to be no hope. It is a skill cultivated by pushing yourself to complete tasks even when you feel tired. It is the glue that holds your survival together. It can sustain you long after other tried and trusted methods have failed. Never give up hope.

Chapter 40



RESPONDING WHEN SOMETHING DOES HAPPEN

We can be prepared for everything, but still not be ready when it really does happen. It's kind of like watching water boil. It takes forever for it to happen, but you are still surprised to see it. A disaster can affect you in much the same way. How you handle a disaster and its consequences can make it either a life-changing event or something that happened and you can move forward from.

How do you respond when something happens to you? Are you actually one of the people who freak out and run, or do you face the situation head on and allow whatever happens to run its course? By knowing how you react to

certain circumstances can really help you to get past a disaster and go on living your life as you are accustomed to.

Evaluate the Situation

When something first starts to happen, you might not really believe that it is actually happening to you. This might put you into a state of shock for a few moments before you get your senses together and get ready to handle it. Look at what is happening and think about what the ramifications of the situation can be. Once you have sized up the situation, you will be ready to make informed decisions on how to handle the problem in the best way possible.

Think of Possible Solutions

Every problem has more than one good solution. Depending on what is happening and how it's happening, think of ways that it can be handled and take steps to make sure that the situation will be handled quickly and efficiently. If you have action plans in place, begin to follow those and let them do their work. Knowing where you're going next is the best way to ensure that you get through the disaster with as little loss as possible.

Act in the Best Interest of the Problem

Find the solution that will work best for the situation and its severity. Act accordingly, and have confidence that you are doing the right thing in order to save your family and your home. Don't doubt your decisions. It can take just a second for a small disaster to turn into a tragedy. Trust your instincts and keep calm while going through with the actions.

Don't Allow Stress to Affect Your Judgement

We all have a flight or fight response when it comes to handling a sudden event. The adrenaline is running high, and that can cause extra levels of stress to build up. That stress can affect your judgement if you are not careful to keep it under control. Take a deep breath and use that burst of energy for your own good and let it help you to solve the situation.

Have Specific Jobs for Everyone in the Household

Having action plans in case of emergencies will help all of the members of the household to have a specific duty so that everyone knows how to act when the problem arises. For the common disasters, such as fire or flood, have an action plan that will give each and every member of the direct family a responsibility that will keep them calm and focused during the crisis.

Know Where the Resources are Stored

Having backup resources is important, especially when dealing with natural disasters. Some people have tornado shelters in their basements that are equipped with canned food, blankets and other resources that will come in handy if your home is in the path of a tornado. Make sure that everyone in the actual house knows of these resources and where they are located. This will help if the situation should arise.

Know Your Plans and Act Accordingly

Making sure that you have multiple action plans in mind will help when something does happen. Make sure that everyone understands the plans and even practice them. In my house, we used to have fire drills so that everyone understood how to evacuate and where to meet. Use these resources so that you know that each member of the household is out of danger as soon as possible.

Having plans and actually having to deal with a disaster are different things. Plans are good to have, but everyone must know how to act upon them and execute them when and if the time should actually come to use them. If you know that someone in your household will react in a certain way, learn to deal with that reaction before anything does happen. Being prepared for anything will ensure that your family is safe if something should happen.

Disasters can happen to anyone, at any time. How you prepare yourself to handle them can make a huge difference in how your home and family survives the outcome. Many of the tips in this book take just a few moments to implement, but they can do wonders at saving your home. Be prepared and have steps in place in case something should happen that can compromise your home or your family's safety.

No matter how busy you are, your home is the place that you go to rest. Protect it and be prepared for whatever may happen. Get the necessary tools and make some plans just in case something should happen. You will be glad you did if something should happen!

Chapter 41



ATTITUDE TOWARDS SURVIVAL

Anyone, anywhere, could be affected by a wilderness emergency. When faced with an unexpected survival circumstance, man can overcome many obstacles, overcome great odds, and ultimately result. But what exactly is survival? Survival is the art of surviving in the face of adversity. The term "survive" refers to the ability to stay alive, to live. Taking any given circumstances, accepting it, and trying to better it while maintaining your life until you can get out of it is what survival is all about. Most significantly, survival is a mental condition.

In emergencies, a person's ability to resist stress is crucial to survival. Your brain is your most valuable survival gear, and in a survival crisis, it is your most precious asset. The physically powerful isn't always the most effective

at controlling fear in emergencies. Survival is frequently determined by an individual's stress reactions rather than the emergency's threat, terrain, or nature. Mental skills are far more crucial than physical talents in a survival emergency. The psychological reactions to the stress of survival might sometimes prevent them from using their available resources. Without a positive mental attitude, you're unlikely to use your physical abilities.

To survive an unforeseen survival circumstance, one must be in the right mind. The most important factor is one's attitude or psychological state, and it is, without a doubt, the most crucial component of survival. A strong will or will to survive is required to go through the worst, and a strong wish to live must be present.

The mind can command the body to perform incredible things. According to records, willpower has often been the most important aspect in surviving outdoor catastrophes. Survival is impossible without the will to live. In most cases, survival is possible, but it necessitates a great deal of effort on the part of the individual. When faced with a challenge, humans may be extremely brave and resourceful. The mind is a great force, and the body, acts, and reasoning is all under its control. What affects you mentally has an impact on your physical well-being. A desire to live, a refusal to give up, and a positive mental attitude all help to raise the odds of survival.

A positive attitude significantly impacts the mentality and desire required to create a life goal. Setting goals provide the drive and mindset needed to deal with pressures. When you're forced to rely on your resources in an unexpected survival crisis, you'll have to adapt to your needs and solve issues. If you want to survive, you must eventually decide to take care of yourself rather than rely on others. You must try to achieve a goal of survival continuously. In your mind's eye, imagine yourself achieving your goal. A

person can overcome many hurdles with strong willpower. Never give up your desire to live since people who have no desire to live are doomed.

You will be presented with various challenges in your survival condition that you must conquer. Your mind will be your most valuable asset, but it may also be your greatest enemy. You'll need to overcome negative ideas and images and conquer and control your fears. You'll need to change your thinking patterns and develop a positive, upbeat "can-do" attitude. To adjust to the circumstances, you'll need to be creative and use your abilities to improvise. Instead of fighting nature, work with it. You'll be in charge of addressing the problems that keep you alive. Your problem solving must be founded on identifying threats to your life, understanding their importance of influence, understanding the degree of the threat to your life, and taking actions that will keep you alive. It is critical to keep your safety in mind at all times. It will be easier to resist recognized opponents than unknown enemies if you summarize and examine what you need to combat. In an emergency survival situation, your main enemies are loneliness, exhaustion, discomfort, cold/heat, hunger, thirst, and fear.

You must respond to your body's problems and indications and defend yourself against the key enemies of survival to keep your body alive. Remember to have a nice mental attitude at all times. Don't stress yourself further by falling into destructive emotional states such as self-pity or hopelessness. Keep in mind the main things of your life, and don't let the image of yourself go away. Consider getting lost as an opportunity to discover something new. Your experience could be exciting if you approach it with the right attitude. Rejoice in the task. While you're there, you might as well appreciate the environment and grow as a person due to your survival experience. Your positive mindset will assist you in overcoming your survival enemies. Most people have probably dealt with loneliness,

weariness, pain, cold/heat, hunger, thirst, and fear before, or to the point where they were a threat to their life. Any one of them, or a combination of them, might undermine your self-esteem and reduce your motivation to fight for your life. These emotions are natural, but they are magnified and harmful in a wilderness survival situation. You will be able to control them rather than allowing them to control you if you learn to recognize them.

Chapter 42



HOW TO SURVIVE THE WORST SCENARIOS

There are several types of supplies you can make or buy depending on what you are preparing for. To get started, let's talk about the type of emergencies and what you might need for those.

Emergency kits are not something you should just buy and throw in a closet. These kits need to be well put together, have the items necessary for the situation at hand, and be stored in a place where they will be easily accessible. Here are some emergency kit ideas:

BE PREPARED FOR AN EARTHQUAKE

There are several types of earthquake kits: The most common one is an earthquake kit which comes packaged with two-way radios, a stockpile of

nonperishable food items (including bottled water), flashlights, extra batteries, and instructions on how to use them. Earthquake kits are very easy to find, including stores such as Walmart and Home Depot. These types of earthquake kits can be purchased for about \$50–\$100.

Others buy earthquake kits to prepare for the possibility of an earthquake or other natural disaster. Earthquake kits are not as common as the general type we just talked about, but they are still available and could save you a lot of money if purchased in bulk. These kits can include first-aid supplies (bandages, sutures, medication), emergency water supply (tanks or filters), canned food items such as beans, peas, and tuna, and nonperishable snacks such as candy bars and granola bars along with matches and candles. Emergency earthquake kits can range from \$50–\$200 depending on how many people you need to be covered.

An earthquake kit can also be put together depending on the budget and what you want/need to include. The best thing about making an earthquake kit is that you can tailor it to your family's needs. Create a list of foods, medical supplies, and anything else you think might be useful during an earthquake. You can then go out and purchase those items or create them yourself. For example, if you would like to save money by making some of your own supplies, you could make your first-aid kits using over-the-counter medicine (aspirin, burn cream) and gauze bandages. You can also make your own emergency water supply by filling up empty two-liter bottles with water or using a filtration system. If you are worried about making your water supply, there are many different types of emergency water storage options available to purchase.

The key is to create a kit that will meet the needs of your family for at least seventy-two hours, if not more. You should also think about an earthquake

kit for your car in case you have to leave home quickly.

A lot of people think that you should never use water to put out a grease fire, but that is not true. Use a fire extinguisher (2 ½, 5, 10 lb.) or try to smother it with a lid or pot. Never use flour, salt, baking soda, or other dry absorbents as they may explode. If the fire cannot be controlled, get everyone out and leave the area quickly and calmly so you do not become injured from debris or smoke inhalation.

BE PREPARED FOR A HURRICANE

There are several different types of hurricane kits you can create depending on how much money you have to spend. You can find hurricane kits that include food rations such as MREs (Meals Ready to Eat), flashlights, batteries, first-aid supplies, and many others for under \$50. You can also find hurricane kits that include bottled water, nonperishable food items, extra batteries, and other items for about \$100. These types of kits are created by some of the larger online retailers of supplies.

A lot of people believe that a hurricane kit is unnecessary because most people don't live in hurricane-prone areas. That's true, but it doesn't mean that you shouldn't be prepared for one to happen. Most people were caught off guard when a storm hit them, and they had no idea what to do because they actually didn't have enough supplies for those types of emergencies before the storm hit.

ESSENTIAL MEDICAL SUPPLIES FOR ANY DISASTER SITUATION

It is necessary to be prepared for whatever disaster situation may arise. You never know if a natural disaster will strike or if you might find yourself in the midst of a political one. We have particularly taken it upon ourselves to

do some research on what will be essential medical supplies in any kind of situation, and we are going to share this with you today so that you can prepare your own survival kit accordingly.

Some of the items that were essential for our list include sterile gloves, gauze pads, adhesive tape, IV catheter sets, medical scissors, waterproof adhesive tape rolls (duct tape), and an EKG machine like the multi-lead M3 cardiac monitor. This is quite a nice little item to have, considering that any medically relevant problem can arise during a disaster, and the fact that it's waterproof is just an added bonus.

We also made sure to include other items such as burnt cream, gauze rolls, adhesive tape rolls, and even some portable stools if you're going to be on your feet for any length of time. An important thing to remember is that you'll want to have a lot of these items on hand because if there is anything that we learned from our research, it's that there's no knowing how many people will need medical attention during a disaster situation.

The next thing is going to be to prepare your medical bag, which is going to contain everything that you need to treat or treat injuries. This includes bandages, gauze, meds, sterile gloves, first-aid kits, medications, and much more. If you can find a used backpack or something similar, then that would also help with the problem of space.

You also want to ensure that whatever kit you are using has enough room so that it's easy for all the items in it to fit. If there is too much stuff packed inside of your bag, then it could become quite heavy and somewhat difficult for you to carry around with you whenever you go outside.

If you are going to be on a boat or something similar, then you will need to actually make sure that your storage area is waterproofed. Ideally, you'll

want to make sure that whatever you're storing your medical kit in can be submerged without any negative consequences to the items inside of it.

Most of these things can be purchased from Amazon if you're having trouble finding some of them locally. We'd also like to mention that all of these things should already be in your survival kits if they are up to date.

Chapter 43 DECEPTIVE STRATEGIES FOR SUCCESSFUL SURVIVAL



Stealth, misdirection, and seeming as something or someone you aren't and directing people's movement and attention where you want it is common deception methods used by preppers.

1. Blend in with Clothing and Gear Choices

You don't want to appear to be anything other than a well-equipped, experienced, and skilled prepper during a crisis. You will still be a target for those going hungry, no matter how skillful you are.

When preparing for this optical deception, the first thing to consider is your clothing and equipment. To those you contact or those who may see you, you want to avoid "appearing" like a prepper.

Hunting like a survivalist can make you a target even before the SHTF; people would remember you and come looking for the goods they think you have packed, and you'd be surprised at how clever and patient some burglars are.

You should not wear stylized survivalist or tactical clothing; you should not wear camo clothes (unless it is required for true stealth), openly carry your guns, or utilize tactical-looking web gear, backpacks, or the like.

Ensure your EDC items aren't excessively bulky (the "Bat Belt" appearance) and that they're either common or hidden. You'll be OK in your everyday clothes, as long as they're comfortable and durable, and appropriate for the climate and environment.

Start wearing your "worn and unclean" clothes when the SHTF and the better portions of society collapse so you fit in with everyone else who hasn't showered and avoid becoming a target.

Now, don't let your clothes become too filthy since they won't help you stay cool in the hot or warm in the cold like clean garments will, and they're also a vector for all kinds of horrible infections and skin conditions.

You only want to look filthy, not truly be filthy. The emergence of newness is a red flag for some dodgy components against which you are most likely well-prepared.

Much of what you've just held applies to your car. Don't drive about town in a fully loaded Hummer or a heavily raised truck, loaded with supplies and garnished with bumper stickers, vinyl decals, and other "prepper-centric" ornaments.

If you really must have that capacity, then go to great lengths to keep as much unnecessary, attention-seeking garbage off of it as possible. If possible, your daily driving and the big-out vehicle should fit in.

Make any repairs or upgrades to your vehicle in a garage or your backyard, away from visitors' eyes. This precaution keeps your neighbors from talking about (or stealing) your multiple items automobile instead of taking their own when SHTF.

2. Be Invisible

By taking steps to match individuals' baseline populating an area, you can make yourself virtually invisible to those searching for their next meal. Again, try not to stand out.

Unless you are extremely slim, you should be skipping certain meals if they are all lean due to a lack of food. If they're messy, filthy, and exhausted, don't mix with them unless you're dressed and smelling like a newly chosen flower.

Match a location's local customs, no matter how little they seem. When bargaining, if people pay the price, don't negotiate. You bargain if people bargain as though the sky is falling (or has already fallen).

Pay close attention to how individuals speak, gather, and socialize. Match the baseline as closely as possible.

People will notice that "you aren't from around here" no matter what you do. That's fine; avoid making waves (attracting unwanted attention, creating a disturbance), and don't push too hard to blend in.

Trying too hard to fit in when you have a visible and seemingly insurmountable "sore thumb" is suspicious.

Consider the case of the fake zebra: a mule colored black and white might get away with it, but a horse with a sheet over its head is unlikely to pass muster.

3. Negotiation Skills

When it comes to pressing hands and getting someone to do something for you or give you what you want, the twin arrows of charm and bribe should be in everyone's quiver.

When you know how to perform it correctly, you can easily trigger these profoundly programmed impulses for your profit. A compliment is a classic tool used by the confidence builder and alliance creator.

Flattery can sometimes get you out of a dangerous position, get you more food rations, or get you through a checkpoint.

However, you must be assured that you can pull off flattery before trying to work it. Flattery identified as manipulation will be severely criticized, resulting in a scene at best and trouble at worst.

4. It's All Right to Be a Little... Direct

Getting people to go where you want them to go is often as simple as providing them with the simplest path forward. After all, the "simple" method is the most effective, and brilliant people who utilize big-think operate efficiently. Right. Please remind me why the mousetrap is free.

This principle can be applied to your home and, more specifically, your bug-out position. It is easy to guide attackers to follow a specific path when breaking into your home by placing garbage or other impediments in your yard, around your perimeter, and inside the structure.

If you use this method, you may easily lead them into a kill zone or away from your assets and other group members. You'll be more prepared to surprise them this way.

You can handle this in various ways, from planting thorny plants and bushes under windows to trying to board up entire doors. Physical barriers such as walls, fences, and barbed wire aid in movement control, while improvised equipment such as epoxied shattered glass shards and rebar caltrops give a clear "Not this way" message.

5. Use Deception to Protect Your Home

Another deception technique is to make your home, or bug-out location appear abandoned, destroyed, or looted.

You can get a burglar or raider to quit before they even discover your true stockpile by presenting them what they half expect to see.

This is one way to keep your home from being a target by making it appear as if there is nothing valuable there.

This requires some serious planning and a willingness to perform what is required in the immediate aftermath of an SHTF event.

6. Keep Your Supplies Hidden

When it comes to obtaining supplies, you'll want to be as covert as possible before and after the SHTF. Store your supplies in various hidden spots throughout your home so that if one is compromised, you still have supplies.

Make it a point to hide as much of your loading and unloading materials into your house or stockpile as feasible during your preparation.

When unloading boxes of supplies, pull into the garage or the backyard so your neighbors aren't aware of how much and what you're storing.

If you are unable to attend all deliveries, have boxes of goods brought to the back door of your home rather than leaving them out front where they might be seen.

Create a cover story if you build an underground bunker to store your supplies and have no method of keeping it hidden from neighbors. When SHTF, people will view it for what it is. For example, you could casually mention that you are frightened of storms and are constructing a makeshift storm shelter.

7. Use the Trojan horse Technique

When unloading boxes of goods, pull them into the garage or the backyard.

Make objects appear to be something else so you can hide them in plain sight. Like a Trojan horse, this approach entails concealing anything valuable under a non-threatening and inconspicuous "shell."

A normal swimming pool is a ready storage for considerable amounts of water storage and a lot of summertime fun. Installing a pool will not raise any eyebrows compared to adding a dedicated rain watershed system or a secondary water storage tank.

You could do something similar using a weathervane or beautiful windmill on your roof to hide an antenna or camera gimbal. Guns and other weapons can be hidden inside DIY projects. Guns and other weapons can be hidden in quick-deploy hiding furniture created to order or hidden inside DIY hiding places in furniture.

8. Use camouflage to your advantage

Camouflage is the technique of visual stealth achieved via tactics that deceive the sight, either by making the object disappear completely or by breaking up its shape so that it cannot be observed.

Camouflage techniques in rural settings have a lot of potentials since the more pastoral, natural environment is suitable for using camouflage.

When you're the only person with the sole residence for miles, mixing in with the rest of humanity isn't an option; therefore, you'll have to make your artificial goods and housing fit in with the natural surroundings.

9. Invest in Defensive Landscaping

Many people mistake securing the perimeter of their home or bug out a place as if it were Fort Knox, which houses all of the world's gold within its walls.

Physical defenses can help halt and fix attackers in place, but no fortification can defend itself against a determined attack. Furthermore, proper barriers are a huge, flashing red warning sign that indicates "essential things are at stake."

Consider employing defensive landscaping instead of flood lights and a ten-foot-high wall with barbed wire at the top, which practically screams to criminals that what you have inside is worth any cost to defend.

Defensive landscaping utilizes plants and other natural materials to build a defensive perimeter around your home or BOL that appears normal but deters invaders by making them believe your place isn't worth the effort.

Holly bushes big shrubs that stay green all year, grow well in various soils, and have prickly leaves that pinch if you push into them. When fully grown, it can be quite noisy.

Blackthorn. A spiky, shorter shrub grows less than a foot tall and has small thick leaves suitable for use as a barrier. It has white flowers and produces a dark blue-black fruit. Because the fruit is used to taste sloe gin, it is also known as Sloe.

Firethorn. It's ideal for creating a nearly impenetrable hedge. It has thorny stems with brilliant reddish-orange fruits and white flowers in the summer months and can reach fifteen feet.

10. Keep Your Survival Garden Hidden

A classic row garden visible from the road will be a big clue that the house is not only not abandoned but that the residents have supplies and food.

Plant your garden in various portions around your house and property using organic techniques and sustainable landscaping to mix it into the landscape as much as possible. Plant less common plants that don't seem like food is also an option.

If you must utilize classic row gardening, huge camouflage netting and other techniques outlined above can help break up the evenly spaced look of plants or your greenhouse from passersby's view.

11. Employ Decoys

You can sometimes employ deception in the other direction than what you'd expect, to encourage people to perform in a way that harms them, and wastes their time and energy.

With a deception, you can accomplish this. What exactly is a decoy? A decoy is a distracting person or object, or a "false target," something that looks real but isn't. Decoys are among the oldest forms of deception utilized in battle, but they also work well in the hands of cops and citizens!

Even if you don't know your head from a hole in the ground, you've probably come across a few decoys in your daily life. Cops utilize vulnerable decoy "bait automobiles" strategically placed to deceive scumbag car thieves into attempting to steal them.

12. When Strong, Appear Weak

Strength can be a deterrence; no one wants to collide with someone to have their head stove in for their trouble. Only the desperate, insane, and extremely confident attack something or someone who appears well-armed, capable, and confident.

That said, even if you are well-off and have a large, well-equipped team behind you, you should take care not to appear that way. Why? Do you want to be attacked because you appear weak and meek?

No, but if someone feels it's a worthy attempt, i.e., a high return, in a long-term SHTF situation, you will have plenty of opportunities to be rolled, ambushed, and ripped off.

If you're swaggering around where others can see you, well-dressed, well-fed, and rolling around in a group, you'll be on someone's list, and they'll be looking for you.

Chapter 44



3 TIPS FOR YOU AND YOUR FAMILY

It is probable that during a crisis, communication networks would become unreliable, and power outages could also be possible. Take into consideration that sending a text message rather than making a phone call often results in a much higher possibility of success. Always keep in mind that you must react to communications in order to let the sender know that you have received their message.

To get started, you need to actually choose a communications coordinator who lives outside of the state. This individual will be actually responsible for handling all of the necessary correspondence. Someone who, in the case that members of the family are not able to communicate with one another, will be kept informed by those members.

CREATE AN EMERGENCY CONTACT LIST

Create a contact list for family members, relatives, the out of state contact, schools, places of work, medical facilities and service providers.

Make sure everyone has a copy of this printed list in their EDC bag. Everyone should also have a printed copy of the Family Emergency Contact Plan in the EDC bag as well.

REGULARLY REVIEW THE PLAN

Discuss with schools, what their emergency plans are and make sure the family plan is compatible.

SET SEVERAL EMERGENCY MEETING PLACES

You need FOUR prearranged meeting places for different circumstances.

Indoors

This is the room where everyone should go for safety in case of a typhoon.

Neighborhood

If you are forced to leave the house, this is somewhere nearby where you can all meet up. A neighbor's house, or something like near the big tree.

In Town

This is where everyone will meet if you are away from home and cannot get back to the home (Library, Church, Family friends' home).

Out of Town

You may be away from home and authorities begin immediate evacuation and you cannot get home. It could be a home of a relative or a public evacuation center.

All of these locations and contact details for them should be on the printed evacuation plan.

CONCLUSION



For those of us living in the modern era, our lives have never been so dependent on the outside world and its steady stream of goods and services. An interruption in that flow would mean rapid and irrevocable consequences for our society. Being prepared for a particular emergency will help you manage your resources more strategically with an eye towards long-term survival within your local area. Each of us should plan to survive a year or more without outside support. That includes stocking up on crucial everyday items as well as some less common supplies and developing skills that can put these things to use when times get tough.

There are many things to consider. Some of these are more practical than others, but all of them should be given at least a little bit of thought. The best preparedness plan is one that suits your individual needs and circumstances. You may not have room to store hundreds of gallons of

water and cans upon cans of goods, but you can still be as prepared as possible with a realistic setup.

Preppers are individuals that tend to be preoccupied with the idea of disaster and are looking for a way to prepare for it. They tend to be most survivalism or preparedness, which is a type of self-reliance. It may consist of allocating resources (money and food) or coping mechanisms such as disaster preparation. It can be health-focused (e.g., exercise), economic-focused (e.g., hoarding water or gold), spiritual-focused (e.g., barter), or any combination thereof. Preparedness is a response to concerns about adverse events, both natural and manmade, that may threaten welfare in the future.

What is considered 'prepared' is affected by the population and their occupation, location, and access to resources. Preparedness generally consists of three general levels: basic needs, emergency response, and personal preparedness. As such, a level of preparedness may be seen as a continuum with various degrees or steps to take depending on the interests of the individual. The most extreme forms of preparedness are referred to as survivalism, prepper, or doomsday prepping (DODP).

Prepping can involve several different types of preparations. These can include things such as storing food and essential supplies, developing a survival kit, or preparing in special ways for disasters. It can also involve building an emergency shelter and generally seeking out alternative forms of energy. In the case of prepping for a disaster such as a natural disaster, disaster preparedness may involve stockpiling enough food and water to survive in the event that electricity networks fail. Growing one's own food is typically more expensive and time-consuming than purchasing it if it is

not necessary, yet it does enable some degree of self-sufficiency for years, even during periods of poor weather.

Preparation in this sense may ensure a good outcome in life by helping to cope with inevitable problems. However, it can also be a psychological challenge and may prevent you and your family from getting the most out of life. There is a concern that some people may prepare for threats that are unlikely to come about or prove difficult to handle.

Preppers often have a great day-to-day appreciation for the utility value of items that don't have an obvious survival application in the short term. This is why they criticize their own side for not having sufficient preparedness. They believe that preparation for a disaster should be an all-inclusive process—with the goal of ensuring that everyone in the family can be as comfortable and mobile as possible without having to rely on others.

A survival gear list like this one makes no attempt to provide information on how to obtain these items and does not recommend them to those seeking survival skills. This list does, however, give some general guidelines on where people should devote their efforts if they want to acquire these skills through training courses and books especially geared towards preppers.

Some people have looked at the prepping movement as a means of preparing for the apocalypse and thus making sure that you and your family survive. This is an extreme view of things, however, and one can hardly say that everyone who preps is looking for a lunar landing. Some people are simply trying to expand their skillset; others are looking to be more self-sufficient or make money from home.

Prepping is an activity that many people are interested in, but it's not something everyone should get into. It's worth noting that the original definition of this term was a "motion to advance certain proposals in the House on a non-Government or non-Party basis, which may include a call for additional members." In short, it then means one does not expect others to help them.

**THE PREPPER'S
MILITARY PROTOCOL
HIDDEN SECRETS USED BY FORCED
ARMY
TO SURVIVE DURING THE MOST
HORRIFIC SCENARIOS AND HOW TO
EASILY
APPLY THEM NOW**

BY JIM GRYLLS



INTRODUCTION

Preparedness for natural disasters is no longer something that should only be of concern to people who live in regions that are more likely to be struck by natural hazards, such as those who reside in the Midwest and are forced to live in constant fear of tornadoes or those who live on the coast and could be at risk of hurricanes.

Instead, preparation should take into consideration a wide variety of potential catastrophes, including those that are caused by human activity, such as a breakdown of the electricity system, an economic collapse, or an accident at a nuclear power plant. It's possible that a catastrophe is just something that's inconvenient and happens at the wrong moment, but it might also be something that's destructive and puts lives in danger.

You should only have one aim in mind when a catastrophe strikes, and that is the survival of your family. This is true regardless of the sort of crisis you anticipate or may experience in the future. The good news for you is that actually there are preparation actions that you can take to reduce the impact a catastrophe has on your family and raise your chances of survival. This book will walk you through those procedures so that you may maximize your chances of making it through an emergency situation.

You have a very tremendous amount of responsibility as a parent, and one of those responsibilities is to know what to do in the event of a disaster and to instruct your family on what to do in such a situation. This will ensure that all of you remain well-prepared and safe in the event that a major catastrophe occurs.

Chapter 45



BASIC PREPPING STRATEGIES FOR EMERGENCIES

Most preppers refer to "the rule of threes" when it comes to prepping. People can live 3 minutes without air, three hours without water, three days without shelter, and three weeks without food. That is more than enough time to prepare yourself if a catastrophe hits. It also helps to practice your skills, which will be invaluable in case you ever have to use them.

PRACTICE YOUR SKILLS

You may have learned some skills in the military, such as fighting, but you should also think about developing new ones. Hunting and gathering can be important ways to feed your family during a time of scarcity. Learn new

skills to help you survive. Prepping does not mean hoarding supplies. It is about building a healthy body, stockpiling essential supplies, and developing skills. Some of the skills you learn today are the same as those your ancestors had millennia ago. However, if you're a modern hunter, you need to work on developing your weaponry and fitness.

SURVIVAL SKILLS AND BEHAVIOR FOR MILITARY

Survival techniques are not limited to firearms, but can also include other methods, such as protecting the environment and learning to avoid conflicts. These techniques are available all around us, and are often right between our ears.

SURVIVAL TECHNIQUES ARE PLENTIFUL

There are many different survival techniques for the military. The first one is to know how to use your senses. You can use the stars to determine a rough direction without a compass or map. This technique can save you from many situations. Once you know the basics of the techniques, you can use them to find food and shelter in a disaster area. The second method is to stay calm and do not panic. Instead, remember the STOP principle: Sit, Think, Observe, Plan.

SURVIVAL SKILLS ARE BETWEEN YOUR EARS - YOUR BRAIN

Your brain is the important survival tool. When faced with an emergency, the fight-or-flight response will limit your awareness of your surroundings and will limit your ability to make informed decisions. Using your wits and practicing survival skills will help you to keep your brain active, making

decisions easier. You can also use your wits to avoid a potential threat and to reinforce your survival thoughts.

PROTECTING THE ENVIRONMENT

As military operations expand around the world, so does the importance of protecting the environment. By recognizing the importance of the local community and extending their values to protect the environment, military leaders can better implement sustainable policies and reduce the environmental impact of their operations.

Fortunately, military policy makers are beginning to recognize the link between defense preparedness and environmental degradation, and are integrating their goals into new policies. This paper will examine the legitimate military needs against the environmental risks of their use. It will also make recommendations for future study and help the United States fulfill its role as a global citizen.

Chapter 46 IMPORTANCE OF SURVIVALIST SKILLS



Gone are the actual days when we had to hunt for our food, build shelter, and escape predators. Survival skills may be used to maintain life in any form of the natural or man-made environment. They are intended to supply essential requirements for human survival, such as water, food, and shelter.

TEACH YOURSELF TO SURVIVE

First and foremost, and this is the most apparent thing, but it's worth repeating: you never know when you'll be in a real-life survival situation. The chances are minimal if you drive twenty minutes to work every day and only leave the country once a year. There's always a chance, no matter how you spend your life.

Natural catastrophes, harsh weather, and accidents may all strike without notice, causing significant damage or death if not appropriately addressed. If the worst happens, make sure you have the abilities to survive – or even thrive – and you'll be able to guide yourself and the people around you out of a difficult position.

APPRECIATE

As you have a better awareness of the natural world, you will be able to appreciate your daily existence much more. After two weeks of hard labor in the desert, jungle, or whatever environment you're reliant on, being able to pick up food from the store and having all of the tools you need in one spot will seem so much sweeter.

GET CLOSER TO THE NATURAL WORLD

With so much of the planet being occupied, controlled, and molded by humans, finding locations that are still untouched can be challenging. Survival tours allow you to immerse yourself in these environments while learning how to interact with nature to survive in an unknown environment.

ASSISTANCE IN AN EMERGENCY

People learn how to offer emergency assistance as part of their survival skills. Knowing how to stop a serious cut from bleeding or resuscitate someone using CPR can give young adults more confidence in their capacity to survive on their own, even if it only happens in the rarest of circumstances.

KNOW WHO YOU ARE

Never overlook the significance of self-reflection. Completing a challenging survival course will boost your self-esteem, but it will also teach you new things about yourself. What are your adaptation strategies when you're under a lot of stress? What are some ways to cleanse your mind and think clearly?

SELF DEFENSE

Self-defense is undoubtedly one of the most difficult areas to prepare your children for survival since mastering any sort of self-defense, whether it is martial arts, firearms, or weapon training, takes a lot of time, discipline, and devotion. As a result, training children in at least one kind of self-defense will greatly enhance their chances of remaining safe in any scenario.

Chapter 47 ATTRACTIONS, STRESSORS, AND READJUSTMENT



After you get back from the war, you will face challenges and temptations. You will face Attractions, Stressors, and Readjustment, as well as your personal Readjustment process. But how to handle them? Here are some tips. Follow these tips for a successful readjustment.

STRESSORS

The effects of stress on our physical and cognitive systems are reflected in our physiological and psychological responses. Stress has practical implications in a wide range of professions, including the military. However, few studies have examined multiple physiological responses to acute stress. In this study, we investigated the physiological and psychological responses to acute stress in sixty male soldiers. Our study

focused on the effects of stress on reasoning, attention, working memory, and various aspects of our mood.

While stress can be beneficial, too much of it can be detrimental to your health and performance. Fortunately, there are methods to help you manage your stress. You should take care of yourself by getting enough sleep and eating a healthy diet, drinking water continuously throughout the day, and maintaining a positive mindset. By learning to reduce your stress, you can avoid the many physical and mental health risks associated with extreme situations.

ATTRACTIONS

Military spouses and children are often looking for ways to stay active. Some landlords install a play area for kids and a swing set. Other landlords offer kid-friendly perks like extra storage space, a dedicated living room, and play areas. A list of local kid-friendly activities can be provided by your landlord. And, if you want to spend time without the kids, consider setting up a folder with all the local activities that are available for you to visit.

BENEFITS

There are many benefits to living at home as a military. You can enjoy the company of other military families, who can be a great support during deployment. Living on post also saves you a ton of money on rent, since you won't be spending more than your BAH. However, living on post can also mean living with many other people, and sharing walls can get pretty old. In addition, there will be many people coming and going, and it can feel cramped and crowded.

A major benefit to renting off base is the freedom to pick a location that fits your needs and your budget. Living off base gives you more options in the area you live in. This can help you build equity and wealth in the future.

READJUSTMENT

Military personnel often experience readjustment to their new environments more quickly than civilians. The Army, for example, must contend with multiple environments, and the stressors can vary widely from place to place. Readjustment to a new environment requires a variety of measures and approaches, including specialized training for a unit's leadership and a comprehensive plan to address the needs of all personnel.

Chapter 48



TYPES OF DISASTERS

Disaster is a serious issue for the living. Depending on the type of disaster, the impact might range from minor to major. Disasters, in particular, can be caused by a variety of factors. However, calamities may wreak havoc on both material and human resources in most cases. Although they are actually unpredictable and can be unconditional, there are various factors we are also to blame.

A disaster is an event of such severity and size that it cannot be managed with ordinary processes and resources due to several uncertainties such as multiple deaths, injuries, disease, and property damage. Uncertainty can arise for a variety of causes. Natural disasters, human mistakes, equipment failure, sickness, biological hazards, and other factors can all play a role.

Disasters strike when a community is "poorly resourced or structured to resist the effect, and whose population is susceptible to poverty, marginalization, or other forms of socioeconomic disadvantage" (Mizutori, 2020).

Disasters can last anywhere from a minute to an hour, a day, or a week, and their impacts can range from small to major. Human resources, economic resources, environmental supplies, and actually even the lives of many species, including humans, can all be destroyed by disasters. Even if a disaster only lasts for a short time, it will have long-term consequences that are typically beyond the capacity of the afflicted society to bear.

There are different types of disasters and can take various forms. All of them, however, may be categorized into 3:

1. Technological or Human-made Disasters
2. Natural Disasters
3. Complex Emergencies

TECHNOLOGICAL OR HUMAN-MADE DISASTERS

Humans can also contribute to disasters, either directly or indirectly. Human-caused disasters are defined as incidents that occur mostly in or around human settlements and are caused by humans. Typically, such catastrophes result in environmental or technical disasters.

Human-made disasters include aspects of human intent, carelessness, or error, and the breakdown of a human-made system. Furthermore, natural resource disruptions can also result in man-made disasters. Most prevalent examples of human-made disasters are terrorism, large-scale crime or mass

violent occurrences, war, arson, civil disturbance, biological/chemical danger, reduction in consumption resources, and so on.

The following are some of the most prevalent sorts of man-made or technical disasters:

A. Environment Degradation

Environmental degradation is a sort of disaster that occurs when natural resources are consumed in excess, diminishing the environment's ability to satisfy societal and ecological demands. As a result, the effectiveness of ecosystem services is reduced, resulting in flood and landslide mitigation. As a result, the likelihood of natural disasters rises.

B. Pollution

Another sort of man-made disaster is pollution. It impacts natural resources and living beings despite the lack of obvious signs. This lowers the quality of the environment and affects the environment's capacity to balance ecological requirements. Pollution levels rise dramatically daily because of humans' vast amount of waste. As a result, disaster risks have grown. Furthermore, many disasters damage and destroy the ecosystem after they occur.

C. Terrorism

Terrorism is a man-made catastrophe that occurs when terrorists use force or violence against people or property while breaking criminal laws for threats, revolt, or ransom. Terrorism tries to wreak havoc on a country and instill fear among its citizens. Intimidation, murder, bombings, kidnappings, hijackings, and even cyber-attacks are all examples of terrorism. Terrorists can also target individuals at public events, gatherings, and monuments with chemical and biological weapons.

D. Accidents

Accidents may occasionally turn into disasters. It frequently involves unintentional occurrences that result in significant loss of lives and property. Industrial, technical, and transportation-related accidents occur during the manufacture, use, or transit of hazardous materials.

NATURAL DISASTERS

Natural disasters are defined as natural incidents that occur slowly or quickly and result in widespread human health devastation, death, and suffering. When biological activities, such as rainfall, exceed the average limit, they can become natural disasters. The intensity or magnitude of these disasters and the area of the range, duration, and speed of onset are all important factors to consider.

Natural disasters have a negative effects on the ecosystem. They frequently result in mass destruction. Humans and other species are both harmed by such disasters. A natural disaster, such as a wildfire, devastates the environment and causes animal habitat loss of life. It also has a negative impact on natural resources and property.

Furthermore, numerous man-made activities may be the cause of some natural disasters. Deforestation, mining, and agricultural operations, for example, can all cause landslides. They are, nonetheless, included in the category of natural catastrophes.

The following are actually some of the most typical forms of natural disasters:

A. Geological Disasters

Geological catastrophes are catastrophic occurrences that occur above or below the Earth's surface due to Earth's changes. Volcanic eruptions are particularly common when tectonic plates collide. Areas with active plate tectonics, on the other hand, are prone to earthquakes.

B. Climatological Disasters

Climatological disasters are sudden and dramatic changes in the environment produced or exacerbated by the atmosphere. Long-lived/meso to macro-scale phenomena from intra-seasonal to multi-decadal climate variability are primarily responsible for this hazard. Moreover, these disasters can last from minutes to days. They are further divided into two categories: Extreme Temperature and Wildfire. In addition, forest fires and land fires are also classified as wildfires (fires due to grass, scrub, etc.).

C. Meteorological Disasters

Extreme weather conditions, such as the actual rain, snowfall, or drought, can all result in meteorological disasters. Disasters of this nature generally have an impact on the atmosphere and climate change mechanisms. Furthermore, these disasters are extremely harmful to the ecosystem and have the potential to destroy countless lives, including diverse species. Tornadoes, hailstorms, and hurricanes are all instances of meteorological disasters.

D. Biological Disasters

Biological disasters are natural or unlucky occurrences that can cause illnesses, impairments, or even death in numerous species, including people and plants, at a higher rate than usual. Biological disasters are characterized as large-scale severe illnesses, viruses, or infections in plants, people, and other animals produced by living or non-living creatures. Microorganisms

such as pathogenic bacteria, poisons, viruses, and other pathogens are commonly responsible for these calamities. Animal plagues and insect-borne illnesses are two frequent instances of biological disasters.

E. Space Disasters

There are several forms of disasters in space. Solar flares, airburst events, and impact events are common natural space occurrences. At least once in the Earth's 4.5 billion-year history, impact events have happened. It's also been suggested that it was responsible for the extinction of all non-avian dinosaurs millions of years ago. Solar flares are described as the sun's abrupt emission of massive volumes of solar energy. In distant galaxies, airburst occurrences are seen as massive, intense ray bursts (e.g., Gamma-ray). If such an event occurred now, it might lead to the extinction of numerous species, including humans.

COMPLEX EMERGENCIES

Some disasters can develop due to the combined effects of several disasters. The effects of natural and man-made catastrophes are broadly characterized. Complex emergencies might involve, for example, the breakdown of authority, attacks on critical assets, looting, rising crime rates, a variety of other conflict scenarios, or even wars.

The following are actually some of the most typical forms of complex emergencies that fall in the category of disasters:

A. Food Insecurity

Food insecurity is actually and typically thought of as a secondary disaster. It is largely a danger that involves occurrences that result in harm to food storage and systems. Climate change can also have an impact on people's

food supplies. Food insecurity causes challenges and uncertainty because individuals require appropriate, healthful, and nutritious food at specific times of the day to actually live a healthy existence. It can also result from human activity, such as a failed agricultural experiment.

B. Pandemics and Epidemic

Pandemics also involve calamities that affect a vast area, such as a whole nation or the entire planet. The WHO, for example, has proclaimed a pandemic of recent coronavirus sickness (World Health Organization). Both natural and human-caused disasters are possible. The epidemic is largely concerned with the devastation produced by calamities such as sickness, disability, or death of individuals in a certain region or community.

C. Displaced Populations

People who have been forced to leave their homes due to catastrophes or technical or deliberate acts are included in the displaced population. People might be refugees or citizens of the same nation (people from other countries or opposite borders). This might result in a unique emergency since basic structural livelihood demands would be unknown. It has the potential to push individuals to commit crimes and engage in other conflicts.

Chapter 49



BUILD YOUR PLAN FOR DISASTER

Disasters can occur at any time and without warning. Whether it's a fire, flood, gunshot, power outage, or other emergency, emergencies make the news frequently enough that case of emergencies planning is no longer confined to security and facilities specialists. Suppose top management asks what technology, training, or manpower the company should invest in to ensure that it is prepared for an emergency. In that case, that question should not be interpreted as an open invitation to go shopping but rather as an opportunity to discuss the needs for each type of emergency using as much backup data as possible. It is critical to actually be prepared and have a strategy to safeguard your house and family.

STEPS TO DO

1. Compile information.

- What are the most likely disasters or risks in your area? Is it for your house?
- How would you know if you'd been warned?
- How should you prepare for each disaster?

2. Be aware of the warning signs in your area.

- Become familiar with your community's warning systems.
- Be sure you can see or hear the appropriate warning from your home.

3. Get insurance for yourself and your family.

- Review your homeowner's insurance policy.
- Purchase supplementary insurance to cover scenarios that aren't covered by your current policy.

4. Be on the lookout for emergency broadcasts.

- Broadcasts from the Emergency Alert System (radio, TV)
- Weather radio warnings from the National Oceanic and Atmospheric Administration (NOAA)
- Radio, television, and the internet are all useful news sources.

5. Decide on a location for your family to gather after a disaster.

- A safe distance from your house in case of an emergency
- Outside of your area in case you are unable to return home

- Find out where the area's evacuation shelters are.

6. Develop a family communication plan.

- Decide how you'll communicate with each other if you're at work, school, or somewhere else.
- Make a call to an out-of-state friend or relative as an emergency contact for everyone.
- Make a list of emergency phone numbers, including contacts in your neighborhood.
- Give all family members emergency phone numbers and post them near each phone.

7. Put together an emergency supply kit for the whole family.

- You may need to actually survive on your own briefly until you can seek assistance.
- Prepare a kit with 3 or more particular days of supplies (food, water, clothes) (food, water clothing).

8. Practice your plan

- Practice your strategy with your family regularly (every six months) (every six months).
- Check your disaster supply kit three months constantly.
- Every three months, replace saved water and food.
- Keep track of any changes to emergency contact information.

THE RIGHT MINDSET

Is there a way to psychologically prepare for difficult events with the right readiness training? Educate and train yourself ahead of time to know what to do when an emergency occurs. In the case of an emergency, you must be prepared to care for yourself.

There's a chance that 911 providers won't be able to help you. They may also be affected by the disaster. Learn basic first aid and other life-saving skills to look after your family and friends.

Grocery shops, petrol stations, and emergency services, among other things, may be unavailable. Help from anyone other than yourself may be sluggish or nonexistent.

Who is to blame when you and your family are hungry during a disaster? Assume responsibility and begin planning right away.

When you don't know what's going on, it's difficult to know how to react. Prepare communication and information-gathering strategies. A hand-crank NOAA radio is something that every survivalist should have for emergency instructions and information.

The Internet and Social Media

Learn about the many social media platforms and websites that provide disaster-related information and updates. If the internet is still available, it might be a useful resource.

Communications

It's possible that the mobile network is down. It's possible that the power and phone systems aren't operating. As a result, you'll need to think about how you'll communicate. Depending on how far apart your family is, you might

be able to use good quality walkie-talkies. Consider ham radio if they're further away.

Evacuation Preparedness Training

If you're instructed to leave, then leave. As Hurricane Katrina and Harvey demonstrated, staying put to weather a disaster often results in tragedy.

Evacuating should only be a minor inconvenience if you plan ahead of time.

Work on preparedness training together and talk to your family about the plan. Make sure they're familiar with it. Walk them through the plan after they have a basic knowledge of it. Gradually increase the tempo so that everyone understands what to do in an emergency.

Not everyone reacts the same way to difficult events. Keep an eye on your loved ones. They should be on the lookout for you. Help someone facing difficulties in a polite and friendly manner if you notice them. Keep yourself safe, secure, and ready.

Chapter 50



STEPS TO INCREASING YOUR PREPAREDNESS FOR DISASTERS

The traditional saying goes that your home is your castle. What did kings do with castles back in the day? Although they were beautiful and often colorful displays of wealth, their principal function was to provide a defensible position to protect residents from attack. While you won't be defending your home from invading armies, it will be the haven you retreat to in an emergency.

Unfortunately, while most modern homes are designed to keep out the ordinary casual burglar, they aren't built to be defensible. Is there a way to secure your home if the world we know it comes to an end? Here's some food for thinking.

CREATE YOUR OWN HOUSE

Are you thinking about relocating? Why not construct with the defensibility in mind? Modern architects consider elements like curb appeal and aesthetics while designing residences. Whether or not you can use it to protect your family during the zombie apocalypse is far from their minds. If you have the resources to design your dream home, why not make it one that is also safe from a disaster?

Contemporary home designs - frequently rectangular and made of concrete rather than wood-frame and drywall since concrete is more energy-efficient, are a great place to start. Concrete homes are not only resistant to attack in crises, but they are also fireproof or at least fire-resistant, which could be a critical feature during times of unrest. Additionally, you can design your home with more secure entrances and exits.

Almost any property can be converted into a defensive, apocalypse-proof residence in the long run. However, instead of spending thousands of dollars or more on an existing property, starting from scratch can be more cost-effective.

LIGHT UP THE DARKNESS

Darkness can either be a friend or an enemy when the sunsets. It might protect you from prying eyes, but it can also expose you to harm by giving cover to those who wish to harm you. You have a few possibilities depending on the situation and specific details surrounding your particular apocalypse.

The first is to ensure that the area surrounding your home is well-lit. Yes, it will alert others to your whereabouts, but it will also prevent them from

following you.

Installing motion sensors that light up when someone approaches too close to your house is another possibility. This keeps you from being a visible target and warns you if someone is following you. Consider using solar energy or other off-grid methods to power your lights and motion sensors. Even if the local electricity goes out, your home will be safe.

Bonus: Set Your Alarms

We're not referring to your alarm clock. Instead, numerous additional alerts are critical to your existence. Smoke alarms are huge, so make sure they're in good functioning order and regularly check them. A carbon monoxide detector, which should be installed on every floor of your home, is another must-have.

Of course, assuming the grid is still operational or you have your power generation setup, you can buy a security system that will sound an alert if someone tries to enter your home. For everyday use, acquire a smart security system, and you'll be protected 24 hours a day, 7 days a week. It also assists in insurance and can help you save money on your energy bills.

MAKE YOUR WINDOWS MORE SECURE

Your windows may be wonderful sources of natural light, but they're also one of your home's most vulnerable areas. Even if your window is double-paned and insulated, a well-placed rock can break it into fragments on the ground. You can install security glass in your existing windows, but this might be costly.

Your existing windows can be made a little bit safer with security glass film. You can apply it to your window glass, keeping your windows from

breaking. It won't stop a determined criminal, but it will make the intruder's job a little more difficult because the intruder will have to clear away the now-broken glass inside the film. It also makes your home safer during adverse weather by preventing flying particles from entering.

TAKE ADVANTAGE OF LANDSCAPING

Mother Nature has created some devious plants that can assist you to increase your house protection now and in the event of a long survival scenario. Make the most of your landscaping. Start growing prickly plants or poisonous plants in areas that would be vulnerable or impossible to monitor.

Plant blackberries and gooseberries along fences or under windows. You'll have many berries to harvest during the picking season and a spiny hedge. If you've ever walked into a blackberry bush, you know how dangerous the thorns can be. They can also grow almost anywhere, thrive in neglect, and take over your property if you allow them to.

Bougainvillea is a thorny vine that may grow up to 40 feet long, making it excellent for hanging over fences. Their thorns irritate the skin, and their juice can produce unpleasant rashes.

These are just a few options. There are numerous ways to make Mother Nature work for you regarding house security, including using vegetation as cover, purposely falling trees to block access to key highways, and using hills as cover defensible positions.

FENCING IS ESSENTIAL

Make it difficult for people to get to your house. Fencing is necessary to keep the undesirable out, but not all fencing is created equal. Even small fences can deter some would-be criminals by making access to your home

more challenging. On the other hand, taller fences are the best option for increasing home security in a survival situation.

If you're aiming for tall options, keep in mind that you shouldn't obstruct lines of sight. Chain links are wonderful options for keeping your home safe while allowing you to observe what's going on outside of your boundaries. In any case, your fence should entirely encircle your property or, at the very least, cover key escape points. On the other hand, leaving gaps makes you more susceptible if someone decides to attack your home. Most people won't bother scaling them if you add some concertina wire.

Consider putting a pair of security gates powered by an off-grid power source if you're concerned about getting in and out swiftly. You may program these to open and close automatically, providing you the freedom to come and go without exposing your home to risk.

STRENGTHEN DOORS AND ENTRANCEWAYS

Doorframes are usually made of light wood, and door handle kick plates are attached with half-inch screws that barely reach the nearest stud. If you can't replace the door frame, replace the kick plate screws with longer ones, at least 3 inches long.

It is also possible to replace your door with something more substantial. Steel or solid hardwood doors are heavier and more difficult to hang, but they will sustain an attack better than hollow-core doors, common in modern homes.

PREPARE TO DEFEND YOURSELF

This should go without saying, but arming yourself is one of the best things you can do to improve your home security. Ten people will tell you the best

weapon; you'll receive ten different answers. It's up to you which weaponry you use, but most people think that having a 12-gauge shotgun on hand is one of the greatest options for home defense.

Whatever weapons you choose to arm yourself with, keep in mind one thing: practice makes perfect. It's pointless to buy a rifle, shotgun, or handgun if you don't know how to use it. Take a firearms safety course. If you don't plan to carry your firearm in public, enroll in a concealed carry course. Don't forget to visit the range and practice regularly. Knowing how to use your firearms could save your life. Keep it in a safe that is designed exclusively for firearms. You don't want it to fall into the wrong hands.

Chapter 51 LEARNING THE MOST IMPORTANT SKILLS AS A MILITARY



There are three main categories of skills that soldiers need to master: Hard skills, soft skills, and leadership. Each category includes specific training and experience required for a position. To make the most of your training, be sure to apply for these courses. The following are the main points to consider while preparing for a transition.

HARD SKILLS

It may seem like an oxymoron in the moment, but mastering it will set you apart from the rest. Even if you are not in the military, learning to adapt is crucial for many jobs.

Being self-disciplined is another skill that employers value in job applicants. This trait will enable you to meet deadlines, work under pressure, and be successful under pressure. You may also be able to manage and lead a team in a high-stress environment.

DEVELOPING A PROFESSIONAL ATTITUDE

There are many ways to develop a professional attitude as a military member. First, you must be willing to be obedient. In American democracy, military professionalism requires objective civilian control. The military should not be permitted to dictate what should happen on a battlefield; it must follow the laws of the land. Secondly, military leadership must be responsible, a criterion of moral conduct.

DEVELOPING A PROFESSIONAL NETWORK

Developing a professional network is essential for anyone looking to land a job in civilian society. For military members, networking is even more crucial. While most relationships formed in the military are based on rank, location, and role, your professional network is more akin to an online social network, with fewer boundaries. Using your professional network as a foothold for an unlisted job can be a great way to secure a foot in the door.

DEVELOPING LEADERSHIP ABILITIES

Military leadership requires the development of a wide range of skills. It requires leaders to develop subordinates, deal with performance problems, and value people. Research on leadership development can help personnel policies, and help military leaders understand how to better lead and develop their subordinates.

The most essential leadership ability a military leader should develop is tenacity, balanced by flexibility. This ability is crucial when overcoming an insurmountable challenge. It takes indomitable will to achieve a seemingly impossible goal, but with a flexible mind and flexible behavior, a solution can be found and a new approach can be adopted. Flexibility in decision-making and strategy implementation is crucial for a successful military leader.

Chapter 52



GATHERING THE SUPPLIES YOU NEED TO SURVIVE

Now that your home is secured, you need to begin to gather the supplies necessary to survive a disaster, whether it be a WROL/AHBL situation or a natural disaster.

Before we begin, it's important to note that with a quick internet search, you can find hundreds of prepping supply lists scattered all over the Internet. The list that follows is not intended to be the most thorough or to be all-encompassing.

In addition, the list does not take extreme living conditions into consideration. However, it will still serve as a good starting point regardless of your dwelling's location. Let's get started.

SURVIVAL NECESSITIES

Water / H₂O

In a disaster scenario, drinkable water almost immediately becomes the most valuable commodity. Even more so than food because humans can survive longer without food than without water. 60% of the human body is made up of water and the cells that make up our organs need water to keep them working. Water lubricates our joints and keeps our body temperature in check through respiration and sweating. It also helps in eliminating bodily waste.

Water is the universal solvent and is the main indicator that a particular location can support life. In addition to drinking, water is essential for other activities such as bathing, food preparation, and growing crops.

It is extremely important that you stock up on water before a WROL/AHBL situation. It will quickly become difficult to find clean, drinkable water in a disaster scenario. If you're alone and portability is of utmost importance, there are some excellent camping water filters available that are small and light-weight enough for you to carry in your backpack or prepper pack.

Food

The next commodity to begin stocking up on is food. Even though our bodies need water more than food, they still need the nutrients that are only found in food. Nutrient-rich food is necessary to keep our bodies functioning at maximum efficiency. There are four categories that you should consider when stocking up on food supplies. They are short-term, long-term, staples, and ultra-long-term food supplies.

Food is considered "short-term" if it is perishable. Perishable food has a shelf-life of only 30 days or less so you should be sure to consume them

before they expire. If you need to extend them past their expiration date, there are ways to preserve them and make them last longer than their designated shelf-life. One example would be sealing them in vacuum sealed jars or bags.

The next food category is “long-term.” Food is categorized as long-term if it has an indefinite shelf life. The most common example of long-term food is canned food. Canned tuna, sardines, fruits, chicken, and beans are just some of the examples of canned food. Stock up on this category as much as you are able. In a WROL/AHBL scenario, long-term food will make up the majority of your food stock.

The next category is “staples.” Staples are additives that make food taste better or items that allow you to bake or cook better tasting food. Examples of staples would be salt, pepper, spices, baking soda, yeast, flour and sugar. If circumstances allow, stock up on these to expand your food supply. However, these items are not essential to your survival.

Lastly, we have the “ultra-long-term” category. An example of ultra-long-term food is freeze dried goods. The benefits of this type of food are that it doesn’t go bad for years, is light-weight, and is easily transported. Stock up on this type of food if you have plenty of cash and have limited time to prepare.

Clothing

Your next concern after food and water should be to protect your body against the elements. You should have clothes for both outdoor and indoor use. Wicking garments are ideal for the summer and hot climates. Thick garments that you can layer are ideal for winter and cooler climates. In

addition, make sure that you have a good pair of sturdy boots to keep your feet protected against rough terrain if you will be traveling.

Hygiene/First Aid

Hygiene products are very nice to have on hand, but they are not essential. The bare essentials in this category would be something to wash your hands with after touching something dirty or something to scrub your body with when taking a bath. When stocking up on hygienic products think of whether that item would help prevent you from getting sick as you go about your day-to-day activities.

The obvious example of a hygienic item is soap. Soap helps you get rid of the dirt or germs on your body that, if left there, could cause sickness and disease. Another example is hand sanitizer, which helps keep your hands clean during and after you eat or drink.

Applying first aid to any injury or wound is a constant necessity. First aid is very often the determining factor in whether someone survives an injury or not.

Power/Lighting

Now that you have food, water, clothing, hygienic, and first aid items, the next things that you need to consider are power sources and lighting. It is always best to have an alternative power source in the event the grid goes down. With an alternate power source, you will be able to provide power to the essential tools that you have in order to survive.

Rechargeable batteries can also be extremely useful if the grid goes down. They can power many things like flashlights, radios, GPS devices, etc. If you will be relying on rechargeable batteries, make sure to buy solar-powered battery chargers. They are cheap, readily available, and very user-friendly.

You might also consider keeping old car batteries around as an alternative power source. You can attach a 1000-watt power converter to a car battery and charge small mobile devices and even run small appliances in your home.

If you're going to be in one place for an extended period of time, nothing beats a 3000W power generator as an alternative power source. To keep it running, you will need to stock up on gallons of fuel as well. Propane and propane lanterns are also good items to stock up on since they can provide outdoor lighting especially when working in poorly lit areas.

Tools

You will want to keep a set of tools handy at all times. You will eventually need to do some repairs on your home and on your perimeter defenses. Buy basic, multi-purpose tools as much as possible. Multi-purpose tools are extremely portable and will prevent you from having to bring multiple tools with you while doing repairs. Additionally, tools that can also serve as weapons can be very useful additions to your supply essentials. Examples of this type of tool would be an axe, hatchet, machete or a rip claw hammer.

Sanitation Items

Keeping your living area clean is always important. Therefore, stocking up on sanitation items is a good idea. Trash bags, bleach, and isopropyl alcohol are good examples of items to have on hand for cleaning purposes. Unsanitary conditions can bring about sickness and disease. Keeping your surroundings clean even when the grid goes down is an essential component to survival.

Communications

Essential communication devices include HAM radios and survival-grade “walkie talkies” (two-way radios). Make sure your supplies contain extra rechargeable batteries for these devices.

SECURITY ESSENTIALS

While the ownership and usage of guns is a controversial topic in the world today, during a WROL/AHBL scenario it is absolutely essential to your safety and survival. You must be able to protect your family, property, and supplies from looters, robbers, or other assailants. A gun is the fastest, safest way to accomplish this. A warning gunshot will go a long way in quickly communicating that you are not someone to mess with. Guns not only act as tools for defense, but they can also be used to hunt game.

Guns and ammunition can be very expensive so it’s important that you do your homework before purchasing. It’s recommended that you have more than one gun on hand. Handguns or pistols like the 9mm are small, easy to use weapons that are ideal for defending yourself. Rifles are mainly for hunting small game like squirrels, turkeys, etc. but can also be very effective in self-defense. If you have prior firearms experience and want to take your arsenal to the next level, recommendations include a .45 ACP handgun; preferably the Colt 1911 or the 5.56mm M4 Carbine.

Having the best guns in the world will be of no value to you if you don’t have the right ammunition. Stock up on the correct bullets for the guns that you have. Remember, a gun without bullets is just an expensive paperweight.

After purchasing your firearms and ammunition through the proper channels, you should train and practice using them to ensure that you’re able to defend yourself safely and effectively.

Chapter 53



SURVIVAL FOODS THAT YOU NEED TO KEEP YOU ALIVE

It would actually be comforting to have some nice food stored aside if you were in a difficult situation in the wild (for both calories and morale). Even while you may go for weeks without eating if you have satisfied your shelter and water demands, you can never underestimate the importance of food in a survival situation.

Few of us would fair well in an emergency without food since we come from a culture that consumes three large meals a day, plus snacks. We also don't have to find out how difficult that would be. Your companion starts looking delicious if you hide some meals and snacks.

WHAT DO WE REQUIRE?

If survival food consisted of raw calories, a gallon of white sugar would suffice. Still, we truly need a combination of protein, fat, and carbohydrates to provide us with enough calories to complete survival tasks. Many foods can meet these requirements, but I like "survival chow" to meet a few more requirements. Survival food should have the following features to cut my book:

- The product has a long shelf life.
- A good source of calories and a variety of macro and micronutrients.
- The capacity to eat it without elaborate preparation.
- Being able to consume it straight from the packet, even while walking.
- We'll start with a food you can carry in your pocket and bag, then move on to the food you can store off the grid.

1. Trail Mix

Nuts and dried fruit have been used as a travel snack since ancient times because they are nutrient-dense and lightweight. Today, we have a wide assortment of prepackaged trail mixes and comparable snacks, most nutritionally sound right out of the bag. This food has only one big flaw: short shelf life. Most trail mixes contain nuts, which are high in unsaturated fat, and this fat can grow rancid in just a few months, affecting the flavor and possibly causing GI distress. Trail mix is a viable survival food that you can eat by the handful if you don't mind changing your stock every few months. However, this food would not be suitable for long-term storage.

The traditional trail mix, which contains peanuts, raisins, and M&Ms, is also high in sugar. A healthy mix with various nuts and seeds will deliver more protein, vitamins, and minerals. In addition to potassium, calcium, iron, and vitamin B-6, one cup of normal trail mix provides 700 calories and 40% of your daily protein intake. Before getting rotten, most trail mixes endure three to nine months (two to three months in hot weather).

2. Jerky

This classic delight comes from the Quechua word "ch'arki," which means – you got it – "jerky." The method of dehydrating meat into this dried heritage meal has been passed down through many cultures, and it's still a popular global food today. Biltong, an African jerky made from sun-dried beef that has been lightly breaded in spices, sugar, and vinegar, is a great example. Not only do the spices contribute to flavor, but coriander, a traditional ingredient, is antibacterial against 12 major bacteria species that cause food poisoning. Jerky is an excellent survival meal for the pocket, pack, and campsite, whether you make it at home and package it for lengthy storage or buy some yummy packs at the shop.

Nutritional Summary: This dish is high in protein and sodium, with a little iron, but poor in fat, carbohydrates, and most micronutrients. You couldn't survive on jerky indefinitely. Jerky calories vary depending on the beef used and any sweeteners added, but one ounce of jerky typically contains roughly 80 calories. In cold conditions, the jerky should last six months or longer.

3. New Millennium Bars

These overgrown shortbread bars are hard and oily, and they don't appear like much when you first tear open the hermetically sealed packaging (it takes some effort to open them), but bite off a little corner and try one. When

I ask how they enjoy it, most of my survival students lift their eyebrows in light surprise and remark something like "not bad." New Millennium Energy Bars are an excellent survival food that can be used in any situation or stored. Their five-year shelf life allows them to be stored in a cache and rotated only twice every decade. Their packaging is durable enough to withstand the demands of pocket travel or inclusion in a survival kit. They also don't have a bad flavor.

Nutritional Summary: These high-calorie bars are mostly fat and carbs, with a good supplementation of vitamins and minerals to live on them for a long period. There are 400 calories in each three-ounce bar, and these have five-year (or longer) years.

4. UST Emergency Food Rations

While "ration" and "delicious" aren't usually synonymous, these emergency supplies may persuade you otherwise. These nutrient-dense bricks aren't pretty to look at—and they're a little dry—but they provide nutrition and flavor. These goods are essentially bigger copies of the New Millennium snack bars, with a five-year shelf life (pre-date those serving-size bars). These bars are vacuum-sealed in thick packaging and have a five-year life span assuming the packaging isn't damaged or destroyed. The primary characteristics of this nourishing diet are the plentiful carbs and fat, but keep in mind that the bars are quite heavy on the stomach. This product has an apple cinnamon flavor and a texture similar to shortbread cookies.

On the other hand, the texture is extremely hard, so people with sensitive teeth or dental difficulties should avoid it. On the other hand, the texture is extremely hard, so people with sensitive teeth or dental difficulties should avoid it. They're also rather dry, so drink plenty of water to help your body digest these meals.

Nutritional Summary: These 18-ounce containers are divided into three-ounce blocks containing 400 calories and 100% of your daily vitamin and mineral allowance. I'm now eating some that are four years old and appear to be in good condition. If kept in a cool spot and the packaging isn't damaged, I expect them to last longer than their five-year expiration date.

5. Canned Good

You're not alone if a can of Dinty Moore beef stew is your concept of a survival food supply. Over the past year, individuals have been stocking up on canned items. Their biggest disadvantage is their weight, as the foods contain their typical amount of water. When there is a lot of water in the can (such as in a soup or stew), the cans are more likely to break if they freeze solid. Despite these drawbacks, canned goods have several various benefits.

To begin with, they are insect and rodent proof. The wrapping on most meals on this list can be ripped right through by a hungry mouse, but not the canned food. Second, this cuisine is less expensive than the majority of the other options available, and you might be able to acquire your food for less than \$1 per can, depending on the brand and entrée. Finally, this food outlasts jerky, trail mix, and other "grocery store" snacks.

Canned goods often have a "best by" date of 18 to 24 months from production, while most canned items can survive five to ten years. Just make sure you obtain a variety of canned foods and study the labels to see how many calories are in each one. The higher the number, the better. The meal is also ready to consume right out of the can, the fourth advantage. Finally, avoid using swollen, leaking, or otherwise suspect cans. Being paralyzed by botulism is the last thing you want to happen in an emergency. Canned products are well-suited for cool, dry, dark settings that stay above freezing but are never appropriate for a survival pack or bug-out bag. Nutritional

Summary: Canned products can provide a variety of macro and micronutrients, except vitamin C, depending on the product you choose. Because of the high heat required in the canning process, most or all of the vitamin C in the food is destroyed. On average, canned goods will last at least five years.

6. MREs (Meals Ready to Eat)

This meal-in-a-pouch is nearly synonymous with survival supplies, and you can't go to a gun show without running into a few old cases that people are attempting to sell. The menu line has come a long way in the last few decades. MREs now offers a wide selection of entrées and snacks that reflect the evolving tastes of today's armed troops, rather than every other packet being a pork slice in a bag. These meals have a lot of advantages and disadvantages. They are ready to consume and can be stored in stable, cool temperatures for up to five years. They are, however, vulnerable to rodents and degrade quickly in hot temperatures. When you're finished with your supper, there's a lot of garbage left. More waste than any other product or food type on this list. Despite this, MREs will always have a place in our survival food framework because of their practicality, variety, and familiarity. MREs are supplemented with vitamins and minerals, and they provide a decent variety of macro and micronutrients. The normal meal package contains about 1400 calories, so two MREs per day should be plenty to get an adult through a day of chores. MREs have a five-year life span in optimum conditions, a few years in variable temperatures, and only a few months in extreme heat (like in your vehicle during the summer).

7. Dry Goods

This was our ancestors' survival food, and it can still sustain us well today—at a low cost. But there's a catch: you'll have to know (or learn) how to make

everything from scratch. Pasta, rice, flour, dried beans, and sugar are common ingredients that are simple to store and use. Yes, you'll need a lot of water to make the foods, but the best essentials need to be boiled. Money can be saved by buying dry products, Mylar bags, and oxygen absorbers in quantity and packaging the food yourself. A five-gallon bucket typically stores more than 30 pounds of dry goods or 40,000 calories.

Chapter 54



FIRST-AID TIPS IN DIFFERENT EMERGENCY SITUATIONS

A first-aid kit is an excellent tool to have on hand, but it's not always the best solution. That's because there are many types and degrees of emergencies, from minor scrapes and sprains to life-threatening accidents and disasters. In some cases, you need more than just first aid; you may also need to evacuate!

1 - Choking Incident

If someone chokes on an object, begin by asking them what they are blocking on and then try using the Heimlich maneuver to dislodge the object from their airway. If this doesn't work or the person becomes unconscious, call 911 immediately.

2 - Heart Attack

Once they arrive, emergency responders will give the person oxygen and perform CPR if necessary. They may also administer medications to dissolve a blood clot or open up the arteries that are causing trouble.

3 - Shock

It can lead to severe complications, so it's essential to treat it right away. If someone is in shock, try taking a blood pressure reading. If their BP is low, begin administering warm liquids intravenously. Then, keep the patient as calm as possible to help prevent a seizure or cardiac arrest.

4 - Dehydration

Dehydration happens when a person's body loses more fluids than it can replace, and minerals are lost as well. If this occurs, call 911 and bring emergency medical services to give the person IV fluids and check for any severe injuries. Then ask them to make sure they drink plenty of water or other fluids through an intravenous drip until they feel better.

5 - Burns

If a person suffers from a burn, immediately call 911 and attempt to help stop the burning process. If the person cannot stop burning or chemical exposure, remove all contaminated clothing and gently flush the burn with running water until it stops steaming. Then, cover it with a clean bandage and follow all other instructions from emergency responders.

6 - Seizures

If someone has an epileptic seizure, try to make sure they are safe during their episode and wait for them to finish shaking or convulsing. Then, check their breathing and pulse rate, which should be regular after the seizure

subsides. If they are injured or still having trouble breathing, call 911, and an emergency medical technician will administer first aid until a doctor arrives.

7 - Fall

If a person has fallen and has possible broken bones or other injuries, remove any clothing that could restrict their movement. Then, move them onto a flat surface as gently as possible while applying pressure to any open wounds. If the person is awake and responsive, ask if they have any pain in their neck and back. If so, gently apply pressure on both sides of these areas and have them wiggle their toes to check for numbness. Finally, if there is any swelling or discoloration around the joints, gently shift the joint to test it out.

8 - Diabetic Shock

If someone has diabetic shock, go to the hospital immediately. Then, check their airway and breathing and pay attention to their mental state. If possible, take their blood sugar levels every few minutes to see if it improves and keeps them as hydrated as possible. Next, call 911 when you arrive at the hospital. Once there, emergency responders will give the person oxygen to increase their oxygen intake. They may also administer medications like insulin and intravenous fluids until they stabilize.



CONCLUSION

Make preparations now now to ensure your long-term existence. The majority of intelligent people are of the opinion that the question is not whether or whether a catastrophe will occur, but when it will. Therefore, a prudent individual will start making preparations right now.

The first thing you actually need to do is choose exactly where you will be residing during an event that might last anywhere from a few days to the rest of your life. As a result, you must a strategy for the next three days as well as a plan for the longer future. In the short term, you could decide to shelter in place or move to a different building on your property. It's possible that moving to a new place where there are more natural resources accessible will be necessary for your long-term survival.

In order to actually ensure your own survival, you need to immediately begin cooking food. Again, the first step is to stock your three-day emergency bag with the kinds of food that your body is most likely to rely on for its source of energy. The next step is to begin stockpiling enough food for a whole year. Now is the time to actually learn how to grow since in the future your family may rely on your abilities, and you do not want any crops to fail. Find out which plants truly do well in your region and study how to store the seeds from such plants. After that, you should make it a priority to acquire animals that will assist you in providing food for your family.

In order to actually survive for an extended period of time, you will need the ability to generate some kind of energy. You have numerous possibilities based on your setting. The initial investment may be rather substantial if the system is properly installed. Therefore, choose which one would work best in your setting, then go to work constructing the system in your own house.

You will, in the end, be very responsible for your own safety. Everyone needs to be knowledgeable in self-defense. You should also consider getting a good survival knife and a survival rifle that is sized enough for you.

**THE PREPPER'S WILDERNESS
SURVIVAL TIPS AND TRICKS
HANDBOOK**

**15 ITEMS YOU NEED, AND YOU CAN
AFFORD (FOR NOW), MISTAKES TO
AVOID WHILE PREPPING, FAMILY
ESCAPE PLAN FROM CITY, AND MUCH
MORE**

BY JIM GRYLLS



INTRODUCTION

To start with, you need to be aware of the basic fundamentals of surviving in the wilderness. These fundamentals are the kind of things that even casual outdoors enthusiasts should know – central ideas such as how to navigate without a compass or a way to find shelter. Alas, many people go hiking or camping without a vague concept of even these most basic of ideas – this is often what leads to people being stranded in the wild without supplies or any idea of what to do.

The biggest killer in the wild isn't lack of water or food – it is the surroundings itself. Most of the people who die in the wild fall to their deaths. The second most common reason for death is drowning. This tells you that if you know the terrain and can traverse your environment, your probabilities improve significantly.

The first thing you need to learn to overcome your environment is knowing where you are and where you are going. If you know which way safety lies in, then you aren't lost... just stranded. If you have a rest area and you know how to get there, you then have a means of escape. You just need to continue to exist until you attain safety. On the other hand, wandering aimlessly in the wild is a recipe for catastrophe. That is why any wilderness survivalist must understand how to navigate. Ideally, you are properly prepared, and you have a compass and a map with you. If a simple navigation gadget is unavailable to you, you will want to learn how to navigate without a compass.

As soon as you know which direction you need to be heading in, the next step is the ability to actually reach your rest area. In the wilderness, there often won't be roads or paths that you may observe – if there is a route to observe, then probably you aren't truly lost or stranded in the first place. Just because you know protection lies a way away doesn't mean that you will be able to travel a direct line in that direction.

Surviving what your surroundings have to throw at you isn't just a matter of finding your way – it is also about surviving the elements. Heat and cold can both kill right away. As we referred to earlier, falls are one of the most common killers in the wild. Knowledge of the weather and terrain is critical to survival. For example, surviving in intense wintry weather includes completely unique considerations than surviving intense heat. Preferably, you need to be a survivalist who at the least has a passing understanding of the way to survive the unique terrains and climates that you are likely to encounter. That means having a running knowledge of surviving in the mountains (e.g., the Rocky Mountains) as well as surviving in the desert. You should understand the difference between cold weather survival gear and what you'd need in warmer weather. Gadgets such as snowshoes and

skis might possibly prove life-saving in an extended, frigid wintry climate, but would serve no purpose in other conditions. In the end, if you know what you are doing, then you definitely will be capable of living to tell the tale, even in the most severe conditions.

If you have a good grasp on elements such as weather, terrain, and weather, your subsequent attention must be the core skills that help you in surviving. That means being capable of meeting your simple needs as consistent with the rule of three. The primary needs are, in order of priority: shelter, water, then food.

In terms of shelter, the best way to protect yourself from the elements when in the wild is being capable of starting a fire without tools. Being capable of regulating the temperature of your environment (especially in the cold) is critical to survival.

It is sad how terrible people have come to be at finding water, because basically every other life-form on the planet does it without trouble. The problem is, the comfort of modern life (having drinkable water available any time we want) has to lead to us forgetting what is quite a simple survival instinct.

Chapter 55



WRITING AN EVACUATION PLAN WITH YOUR FAMILY

Bugging in rather than bugging out will usually be the superior option for most survival scenarios because you get to keep your entire stockpile, you know the area and the people, and you won't become vulnerable and exposed out on the open road.

Nonetheless, there will still be situations where you are forced to bug out from your home, and it's important that you are adequately prepared to do so. Any good bug out plan always begins by writing an evacuation plan with your family.

Evacuations are actually more common in the United States than most folks realize. Each year, floods, fires, and other natural disasters force hundreds of

thousands of people across the United States to flee from their homes. Industrial or power plant accidents can also happen that force people to flee their homes.

In certain situations, the authorities will determine that the hazards within an area are serious enough and either strongly advise or even mandate an evacuation of all households. When a community evacuation does become necessary, the authorities will let the public know through sirens, text alerts, phone calls, or e-mail addresses.

The amount of time that you have to flee from your home will be entirely dependent on the type of disaster. If the disaster is a natural disaster such as a hurricane if you are warned early, then you could have a day or more to evacuate. Other kinds of disasters, however, could give you only a few hours or mere minutes to evacuate.

This is why forming an organized and efficient evacuation plan with your family is so important. Your evacuation plan needs to lay out the following things:

- How will your family be able to contact one another if you are separated?
- How will you assemble your family together?
- Which destination(s) will your family evacuate to?
- What are your routes for getting to that destination?
- Which supplies will you take with you?
- What will your mode of transportation be?

One reason why an orderly evacuation plan is so important is because your family may be split up when disaster strikes. Your children could be at school, on a field trip, or at a friend's house, you could be in your office working, and your spouse could also be away working or at an appointment or wherever.

Ideally, you will want to devise a number of different evacuation plans that will serve as your family's response to different scenarios. For now though, let's just focus on developing one evacuation plan, starting with communication.

COMMUNICATION

The core foundation of your evacuation plan needs to be communication between your family members. When disaster strikes and you need to evacuate immediately, chances are going to be pretty good that not all of your family members are together at the same spot.

Could it be that disaster strikes in the evening when your family is all eating dinner together or on a Sunday afternoon when none of you are doing anything? Possibly, but you still have to prepare for the possibility that all of you will be spread out over town.

This is what makes communication so critical, so that each of you will be able to contact one another and thus get together before you evacuate the premises.

It's possible that you may all be warned of the looming disaster by the local authorities before it strikes. If so, you will have a little bit of time to get in touch with everybody and determine what actually your best course of action should be.

To ensure that each family member can get in touch with one another, you all need to have a contact card in your pockets, wallets, or purses at all times. This card needs to contain the cell phone numbers, e-mail addresses, and social media names for each member of the family. Each family member will actually need to have a cell phone with, or at least guaranteed access to a cell phone, as well.

On a separate card, have the e-mail addresses and phone numbers for other contacts as well in the event that not each of your family member can get in touch with one another. These other contacts should include grandparents, aunts and uncles, cousins, family friends, local authorities, and so on.

WHAT IF YOUR KIDS ARE IN SCHOOL?

What do you do if your kids are in school when a catastrophe happens? After all, you have to be prepared for the possibility that you are forced to evacuate while one or more of your kids in the classroom.

Every school will already have their emergency response plans, so you'll be comforted in knowing that. However, it is solely the responsibility of you as a parent to find out what the specific emergency plans are of your school.

Questions that you will want to ask your school and receive an official answer on include the following:

- Has the school stored away supplies in the event of long term emergencies (food water, medicine, etc.)?
- Does the school allow students to communicate with others, such as family members, in the event of a disaster?
- Does the school have a shelter where the students and teachers can take refuge should they need to evacuate the main building(s)?

- Does the school allow students who have cars and drivers licenses to leave the school during a disaster?

Don't feel nervous about asking your children's school these questions. You need to know the answers for them so you can factor them into your evacuation plans.

If any of your kids has a driver's license and is at school, and assuming that the emergency rules of the school allow them to evacuate, then you must assume that those kids will rendezvous with you at home. Make sure that your older children with driver's license are responsible for bringing their younger siblings with them as well.

In contrast to this, if none of your children have a driver's license or if the school forbids students with licenses to leave the campus during an emergency, then you will have to go and pick them up yourself.

But remember that communication is essential. The moment a catastrophe hits, you need to get in touch with your children immediately to confirm with them that they will rendezvous with you at home or at another point. If your children don't have cell phones or are not allowed to use them at school, then call the school and ask to speak with your children.

DEVisING A PLAN TO BUG OUT

Communication is absolutely critical as part of any disaster preparedness plan because failure of your family to communicate with one another will only lead to failure of your evacuation plan. Remember that your family needs to work together as a team in order to outlast disaster, and no team can be successful without proper communication.

That being said, coming up with your actual bug out plan is equally as important as communication. It's great if your family can all get in touch with one another, but good does it do if you don't have a plan on what to do after?

It is wiser to have multiple disaster plans as responses to different kinds of disasters. But again, we want to keep things simple and so you should focus on only a single evacuation plan for now.

But even though each of your evacuation plans will be unique in some way, there will be certain factors that each and every one of your plans needs to have. Let's go over what some of those factors are.

Perhaps the most important factor that each of your evacuation plans needs to have is where your family will meet up before you evacuate your home. For most people, the answer will be their house: everyone in your family knows where it is, how to get to it, and all of your supplies are already there so you can more quickly load up your bug out vehicle.

Then the next most important factor will be your bug out location AND your routes for getting to that location. Notice how I used the word 'routes' rather than 'route.' This is because in the event that one route becomes blocked off, you want to make sure you have back-up options.

There a host of reasons as to why a route could become blocked off: it becomes blocked off by law enforcement, traffic is too heavy, buildings have collapsed and blocked access, and so on.

I cannot enunciate this further: **YOU MUST BE AWARE OF EVERY POSSIBLE ROUTE TO YOUR BUG OUT LOCATION.** In addition, you also need to know how exactly you can change routes should one indeed become blocked off.

If all of the roads have truly become inaccessible or blocked off, you may have to strike it out on foot. This is not ideal, as you are more exposed, will be slower and have to spend more energy, but it is an option and for that reason you can't count it out. Remember that hiking trails or railroads should be included in your list of routes as well.

Your bug out location can be anything from a simple landmark, a cabin outside of the city you own, a secret location, or a friend or relative's home outside of the city. Specific criteria it needs to meet include the following:

- It must be a drivable distance from your city on a full tank of gas
- It must be in a location outside of the danger
- It must be in a location that is sparsely populated
- It must have enough resources for you to survive on while you wait out the disaster

HAVING A BUG OUT VEHICLE

In order to evacuate from your house to your bug out location, you need to have a vehicle to bug out in, right? This is why your bug out vehicle needs to be factored into your overall evacuation plans.

There are several qualities that would be ideal for your bug out vehicle to have, including:

- Has Enough Space For Each Of Your Family Members (this is a must)
- AWD or 4WD Capabilities
- Is Suitable for Off Road Use
- Is Reliable and in Good Working Condition

- Has Enough Cargo Space to Haul Extra Supplies (bug out bag, first aid equipment, water, food, gasoline, firearms and ammunition, comfort items, etc.)

I would recommend either a pickup truck or an SUV (both in 4WD or AWD) as the best option for a bug out vehicle because it effortlessly fulfills each of those qualities as well.

At the same time, not every family owns a truck or an SUV, and that many include your own family. If all you own is a minivan or a sedan, then you're going to have to make it work.

Even though sedans usually lack 4WD, an advantage they do have is superior gas mileage. And while minivans typically are not 4WD as well, something no one can deny is that they have plenty of cargo space for hauling a large family and equipment.

No bug out evacuation plan is truly complete without a dependable bug out vehicle. It really is that simple. Designate which one of your vehicles you will use for evacuating, you will sit where, and the specific supplies that you will carry in it.

In short, coming up with effective emergency evacuation strategies needs to include the following:

- Solid communication between each family member
- A rendezvous points here your family will meet (your house works best)
- A way to pick up your children if they are in school and knowledge of your school's emergency plans

- A bug out location outside of your city and knowledge of each of the routes to get to that location
- A bug out vehicle that can haul your entire family and some supplies

Whether you decide to carry drinking water in a separate container or together with water for other uses, using a collapsible bottle means it will be occupying very little space when empty. In addition, this bottle helps you to drink water in hygienic conditions due the convenience its spout provides.

3. Water bottle and filtration

In a survival situation, hydration is critical. When your water supply runs out, and you have to drink from rain or flowing streams, bring a pre-filled canteen and enhance your bug-out bag with water purification tablets or a water filter.

4. Chargers

You'll need chargers to keep your phone charged during less predictable periods. Solar chargers, rechargeable batteries, and hand-crank generators can all be useful.

5. Sleeping bag

Because a sleeping bag takes up the most room, it's worth the time and effort to figure out how to store and pack it while bugging-out. A folding sleeping pad and hammock can help you get a better night's sleep if you have the space.

6. Food with a long shelf life

Food with a long shelf life is more useful while bugging out. Canned goods will last longer; just remember to include a can opener and utensils.

7. Toiletries

Toiletries are a must-have in any bug-out kit. Bring a spare toothbrush, a tiny tube of toothpaste, soap, and toilet paper.

8. Cutting tools

A survival knife may be required in an emergency. In the woods, a hatchet or machete might be especially useful.

9. Cookware

Pack the very basic. The following will suffice:

- Stove and the fuel to use with it–1
- Metal cooking pots–2

You would use one of these to boil water, and the other one to make food

- Metal cup–1
- Tin opener–1
- Pot scrubber–1

In fact, it's not such a big deal if you find yourself without a pot scrubber. You can always find natural scrubbing substitutes along the way.

10. Firestarter

One of the most important survival abilities is the ability to light a fire. Bring some fuel (light, dry sticks, and paper) to initiate a fire. Look for some on your own if you're in the woods. Fires will provide warmth and cooking, and fuel can help speed up the fire-starting procedure. A fire, lamps, a headlamp, and glow sticks can help you see at night.

11. Clothing

Long-sleeved clothing will keep you warm while protecting you from the heat, pests, and toxic plants. Bandanas will contain sweat. You might also want to keep a small sewing kit in your survival gear if you need to mend your clothes.

12. Survival tools

The greatest bug-out bags will include a variety of other survival gear. Prepare your house bag with self-defense essentials such as a signal mirror, duct tape, pliers.

13. Lighting gadgets

Think in terms of candles, an LED lamp, small LED keychain, 2 flashlights with batteries and water proof matches. You can also add a light glow stick, not just for the purpose of lighting, but to be able to draw rescuers' attention to your location. Something else great to pack are cotton balls. Carry the jelly to light them separately. You use these to make fire by soaking a ball in jelly and then lighting with a match. With these ones, you wouldn't worry that you are in a moist or humid place.

- Foodstuff
- Clothing
- Tent or tarpaulin for shelter
- First aid kit
- Communication gadgets, such as phone and its batteries
- Other handy items like a fishing kit, dust mask, and such.

14. Important Documents

After you have left your residence, it is possible that you will not have access to any crucial documents or papers. If you and your loved ones have driver's licenses or other forms of identification, you should make duplicates of these to store in your go-bag if you ever need them.

15. Backpacking bucket

You can conveniently use this one to trap rain water from a roof, which you can then use for your basic needs. And it fits your bug-out-bag just fine.

Chapter 57



FINDING A GOOD LOCATION FOR SHELTER

LAND CHARACTERISTICS

The first land feature you'll need to consider is accessibility. When we speak of accessibility, it means accessible enough for you and your family to get to but not easily accessible to vehicles, people and wild animals if you want more security, peace and quiet. Statistically speaking, you'd be better off camping far from very public areas, as people with bad intentions may not be interested in all the trouble just to get to your shelter and do something bad.

You should also avoid setting up your shelter just off any trail and make sure you're set up at least 100 feet from the nearest one. The reason for this is so

that you minimize the likelihood of being bothered by wild animals or other people, especially the bad ones.

Another factor to consider when you look for a place to set up your shelter in the wild is elevation. Good elevation provides good drainage when it rains, minimizing the risk of you and your family being swept away by flash floods. Another benefit of good elevation is that there are much less annoying insects, mosquitoes and ticks, particularly at more than 4,000 feet above sea level. This is because of the relatively cooler temperatures at such heights. The tradeoff however is access to water.

Speaking of elevation, lower lands tend to accumulate more cold air during the cold months so make sure to avoid them. Not only will you actually lower your risk for flash floods but you also avoid freezing to death during the cold seasons.

Another characteristic you should consider when looking for a place to build your wilderness shelter is the wind. Setting up in open and breezy places gives you the benefit of being able to bear the warmer months on top of keeping vampires (mosquitoes) away and good view. The only tradeoff is the risk of your shelter being blown away so if you're going to set up shop in windy areas, make sure your shelter is sturdy enough to withstand wind. Just go for a location with a slight breeze for a comfortable stay, prevention of condensation in your abode, minimizing insect infestations and enabling campfires to keep going.

Since the wind blows mostly from the western side, good shelter locations are usually on the eastern or southern sides of trees or hills. In particular, this can be very useful during windy and rainy climates.

Lastly, consider the direction of the sun. A shelter that faces the morning sun (east) has a higher chance of drying faster from condensation and helping you wake up naturally from the sunlight.

DANGERS FROM THE ENVIRONMENT

It goes without saying that you need to make sure that your shelter – and that includes you and your family – should be as secure as possible from the many dangers lurking in the wilderness. For one, you'll need to stay clear of locations that are very close to falling rocks and large boulders that are at risk of rolling over during an earthquake. You'll also want to stay clear of river gullies that have gone dry as surprise local thunderstorm, which can be the equivalent of a week's worth of rain, can quickly fill up with rampaging waters. You'll also want to stay clear of trees that are either dying or already dead because strong gusts of wind can easily cause their dead branches to fall on your shelter if you're directly beneath or close to one.

SLOPE

It's best to look for a flat or relatively level ground to set up your shelter on, which is also ideally well-drained in order to help keep you dry as you lay down to sleep at night. If the ground you set up your shelter on is sloped, make sure to arrange your sleeping position in such a way that your head is higher than your foot.

Make sure that the area you plan to set up your shelter on is relatively large to hold your makeshift shelter or tent and keep it free from roots, tree stumps and rocks.

WATER SUPPLY

Spring water is best because water from such sources is usually quieter and cleaner than faster sources like rivers, even if you treat the water. The only benefit to being proximate to a fast moving body of water like a river is that it isn't a conducive environment for the vampires, a.k.a. mosquitoes and insects because fast moving water bodies aren't ideal for breeding.

Regardless, consider setting up your shelter at least 200 feet away from any water body for your and the environment's sake. Your sake because 200 feet is a good distance to keep mosquitoes and other insects away (they're attracted to water bodies for breeding) and keeps you out of harm's way if strong rains suddenly raise water levels of such bodies. And your risk for running into wild animals is higher when you set up your shelter near bodies of water because it's not just your watering hole – it's theirs' too. Being too near fast moving and loud bodies of water run the risk of keeping you from hearing the sound of approaching wild animals and protect yourself.

Chapter 58



SETTING UP YOUR SHELTER

After you have found your place under the sun and in the wilderness, it's time to make your home sweet home. There are actually and really two ways of doing this: with your tent or from scratch. It actually goes without saying that your life will be much easier if you're able to bring your tent but if your wilderness stay is one that's totally unplanned and unexpected, you'll need to make sure you have a place to stay during the night(s). Of particular concern is hypothermia, which is cold weather's most potent killing machine. As such, you should focus on making sure your shelter is well insulated, especially if you're going to be actually stuck in the wilderness for a relatively longer time. The best way to optimally insulate your shelter, makeshift or otherwise, is to look for something to brace it against such as fallen trees, long boulders or just about any large immovable object.

You can also tie a relatively long piece of wood or branch in between two branches that are stuck in the ground, which can be quite difficult and a little bit less durable. Some wilderness veterans prefer bracing a forked and sturdy branch on the ground with a longer branch laid on top. This is just one of the many ways to create your “lean-to”.

Look for branches or sticks on which you can lean the horizontal braces against. Make sure these branches or sticks are sturdy because the sides of your shelter will be hinged on them. Put enough room between them and your shelter’s braces so you can comfortably crawl in and out of it.

After you’ve set up your braces, pile twigs and small branches over the fat sticks while leaving only the 2 ends open because they will form the opposite side of your lean-to shelter. Continue piling small bits of debris like moss, grass and leaves over your shelter’s frame to enhance its protection from the elements and insulation. Practically any small debris from the wild can work just as long as it’s not easily blown by the wind. Then, layer your debris – moss, leaves, whatever – across your angled wall.

Lastly, you’ll need to insulate yourself from the ground’s cold temperatures – which can suck the heat out of your body and increase your risk for hypothermia – by layering about 6 inches of debris on your shelter’s floor for you to be able to lie on.

Oh, it’ll be good if you can also dig a fire pit when you’re done with your shelter. Just ensure it’s not near your shelter or any underbrush and it’s clear of any debris that may be set on fire.

Chapter 59 SPARK A FIRE



Now that you've set up your wilderness home sweet home, it's time to keep warm and cook food. There are 2 ways to go about this: with a battery and gum wrapping foil or nature's way, i.e., using sticks and twigs found on site.

BATTERY AND FOIL

You can use just about any battery but my personal favorite is a double-A battery. The key to this technique is short-circuiting your battery to create a small fire that you'll use to build a bigger one.

All you need for this are a battery and foil, like the one wrapping your chewing gum. It's best to have your fire building materials ready at this point.

You simply place the metallic part of the foil on the negative terminal of your battery, place the other end on the positive terminal – preferably without directly touching them, and wait for the short circuited battery to set the foil on fire, which you’ll then drop on the prepared tinder materials to build your fire.

WITH TWIGS

In case you were in a hurry to escape the urban disaster or simply forgot to bring a battery and foil on your wilderness adventure, you can use twigs or sticks found onsite to create a small fire to build your campfire. The oldest of all fire-starting methods, rubbing sticks together is also the hardest. More than just proper technique, you also need to use the right kind of wood for your spindle and fireboard. The friction created by your spindle and the indentation of your fireboard results in grinding the particles from the two surfaces, which needs to achieve an 800-degree heat to create glowing coal-like forms, which will be placed on your tinder to be blown gently into a bigger fire.

To do this, you need to first cut a notch in the shape of a “V” on your fireboard, then use your knife’s or a rock’s tip to create a small depression adjacent to it. Place a piece of tree bark below the notch for catching the ember you’ll be able to create later on.

Next, put your 2-foot long spindle in the fireboard’s depression and with constant pressure, roll it in between your palms and quickly running down the spindle. Repeat this until you notice a red glow on your spindle’s tip and an ember is made.

Lastly, tap your fireboard to transfer the glowing ember on the bark, which you’ll use to bring the ember to your tinder bundle for fanning into a flame.

Chapter 60 DEFENDING YOURSELF IN THE WILDERNESS



WHY IS LEARNING SELF-DEFENSE NECESSARY?

The idea of self-defense may not have crossed your mind before. It is tempting to think that you will always be alone and never encounter any kind of opposition or criminal element. However, you need to actually be prepared for anything and everything. All circumstances must be prepared for in the planning phase of your trip.

SITUATIONS YOU MAY ENCOUNTER

The situations you may encounter depending on where you are going. Often, you might not encounter any kind of situation where you need to fight while you're in a survival situation. But, in everyday life, you may encounter these situations. Therefore, you need to be both mentally

prepared and physically ready to combat the threats that you encounter and to minimize risk to both yourself and the people you love. In order to be fully prepared, you need to learn the techniques that will enable you to get away safely. But what are the situations you might encounter where you need to have these techniques ready? It can be daunting to think that you might be called upon to engage physically with someone in order to protect those you love. But knowing when and where these situations might occur can make the situation a little easier.

Criminal Encounters

Encounters with criminals can take place anywhere and at any time. But there are some situations that are riskier than others and where you need to be more aware than ever. We live in a society that is actually unpredictable, and danger can strike at any moment. People are desperate, but they don't show it immediately. What will you do when people are hostile towards you and demand your possessions or threaten your loved ones? Start by taking evasive action.

These criminal encounters usually take place in areas that are not well-lit. Walking alone at night with possessions is an open invitation to being accosted. Avoid areas that are of poor repute. Be particularly careful in places where you would normally expect to be safe. Such areas include public parks, restrooms, and other similar sites. Criminals know where people will let their guard down, so you need to think differently than you usually would if you want to stay safe. If, however, you take all the necessary precautions and still end up in a situation where you need to defend yourself and others, you should only use these defensive techniques as a last resort. They are meant to provide enough time for you to make a quick getaway without being harmed and losing your possessions.

Encounters with Wild Animals

In some cases, you might actually be required to defend yourself from wild animals, particularly in a survival situation. Self-defense techniques may or may not be effective against these animals, but you can still prepare by learning techniques for avoiding them and techniques for engaging with them, and what weapons work best against certain kinds of animals. Some techniques you can use when facing aggressive wild animals are standing tall and appearing intimidating. Don't back off, even if this is your first instinct. And certainly don't turn tail and run away, or turn your back to the creature. Many predators would consider this a sign that the chase is on. Instead, always stand still, adopt slow, deliberate movements, and never take your eyes off the creature. When we face these creatures, we need to, for a minute, step outside of our own human body and think the way an animal does. What would intimidate them most of all? What would cause them to be more aggressive? Think about how other creatures would view you and tailor your behavior accordingly. It might just buy you enough time to save your life.

SELF-DEFENSE TECHNIQUES

There are actually a specific number of techniques you can use when you find yourself in a specific situation where you need to defend yourself. These techniques are mainly for when you find yourself unarmed, but they can be used in many other types of situations. Knowing how to protect yourself is about more than just knowing what moves to use in any given situation. First, you need to know the correct areas to aim for. Second, you need to be physically strong enough to strike out at those areas in a way that will injure your opponent and give you enough time to make a clean break.

Above all, remember that the best form of defensive technique is to prevent the incident from happening before it occurs. By being safe, you're avoiding having to face the incidents in the first place.

Basic Techniques

These basic techniques cover the wrist hold, the front and back choke, the bear hug, the mount position, and how to land a basic strike. It is essential that you practice these techniques over and over again so that when it comes time to use them, you will be primed and ready to do so.

There are some preliminary moves that you might want to learn so that you can use them before you find yourself in a tight situation. For example, when someone approaches you that looks hostile, you need to draw attention to the situation as much as possible. Criminals hate people who make a lot of noise and disturbance, as it draws attention to their activities. Try to get as much in the face of the criminal as possible. They hate it when people stand their ground against them. If you have a loud whistle, blow that too. These tactics are not guaranteed to keep you safe, but they do serve as a way of attracting attention to the situation the attacker was trying to keep as secret as possible.

There are a few weak points you also need to be aware of. The main points of an attack should be the eyes, nose, throat, and groin area. Always target these areas first as they are the most sensitive, and they feel the most pain.

The eyes are a great point to attack first because they are sensitive and, if an attacker can't see properly, he can't reach you. You have the upper hand immediately. Striking at the eyes is the most important point you can reach.

A strong and determined strike can easily break the nose, and if not broken, at least seriously injured, leading to all kinds of complications for the

attacker.

A blow to the ears of an attacker can render them stunned for a few moments, allowing you to get away. This is because the ears are responsible for helping us balance due to the number of tiny hairs they contain. A strong strike to the ears causes disorientation.

A blow to the throat can cause severe pain and discomfort for an attacker for a few moments. If the blow is a strong one, it can even disable them for a while as they struggle to catch their breath. Therefore, when you strike, it should be with your palm. Your fingers should be held straight and tightly against one another, and the blow should be short and sharp.

Other important areas you can attack are the center of the torso, the knees, and the groin area itself. The groin area is particularly painful because there are many nerve endings in this area. As a result, it can wind an opponent for quite a long time, giving you enough time to get away safely.

Biting is an effective way to get an assailant to release their grip, particularly if a part of their body, such as their arm, is near your face, and they happen to be holding onto you at the time. Many people might be put off at the idea of biting someone, thinking it is in some way unhygienic or dirty. But the reality of the particular situation is that you have to do whatever is necessary to save your own life and protect those you love in any situation you encounter. Sensitivities have to be put aside when you are fighting for your life. So, when you bite, bite hard and with all your force. This should surprise the attacker enough for them to let go momentarily, so you can make an escape.

Grabbing the little finger of an assailant and twisting can be enough to make them let go in some cases. It is a surprisingly painful maneuver that

can catch an attacker unaware. Make sure you grab onto the little finger, bend it back and twist it. The attacker will have no choice but to let go, as you can break his finger if he does not.

The wrist hold is a technique used by an attacker where they try to control your arm by grabbing your wrist. You need to regain control of your arm so that they can't strike out at you. Countering this tactic will change the momentum of an attack, and it can be employed in order to use an opponent's momentum against them. What if the attacker grabs you by the wrist.? What do you do next? What you need to do is to find the weakest point of the wrist. This is usually the region between the thumb and forefinger. Try to rotate your arm so that the momentum of your arm is pushing against the weak point of the attacker's hand and lever yourself free. Don't try to pull or kick back against the opponent because this will lead to you losing your stable base, and you will be easier to knock off balance. Always keep a firm footing.

The front and the back choke is a technique used when the attacker grabs you around the neck and back but leaves your arms free or grabs you from the front and has their hands around your neck. It may not seem like an advantageous position to be in, but if you keep a cool head, you can turn the tables on your opponent. Place one of your forearms on the attacker's and use the other hand to push back against their throat. Make sure to push hard against their throat with your fingers and use your full force.

The bear hug is an attack from behind where the attacker grabs you and pins both of your arms to your sides. Without the use of your arms, what do you do now? Well, you use your legs. Raise your foot so that it is almost parallel to the attacker's shin and stamp hard with all your force, raking the attacker's shin and damaging their foot in the first place. The initial shock,

pain, and surprise might cause the attacker to loosen their grip for a fraction of a second so that you can make a clean getaway.

The mounted position is the most effective technique an attacker can use against you, and it is the most difficult hold to break out of. In this position, an attacker usually has you on the ground with their knees on your chest, making it extremely difficult to move or adjust your position to one where you can gain the advantage. But, there are still moves that you can make in order to reverse this seemingly impossible situation and still come out on top. The first step is to actually remain calm and assess your options. Next, turn on your side, bringing your elbow and knee together underneath the attacker's leg that is closest to you. Continue pushing against their leg with yours. When you reach the half guard stance, that is to say, your opponent's leg is tangled with yours, turn on your opposite side and place both hands against the opponent's other leg. This should cause the opponent to be thrown off the stable base. Free both legs from underneath the attacker's control and use them to lever yourself away. There are actually many techniques that you can use to escape this most difficult of situations. The most important thing is to actually remain calm and stay prepared at all times. Use your innate ability to improvise and strike hard when the situation demands it.

Basic strikes are the bread and butter of any self-defense kit. If you're not as strong physically as you think you should be, you can still make use of these techniques to help you out in a difficult situation. They can be brandished by anyone, even those who have a slightly smaller frame. The key to their success is the technique, not outright strength. The following are some of the strikes you can use in different situations and how you can use them.

A heel palm strike is a common technique in self-defense situations. Standing in front of the attacker, strike towards the throat with your palm up, your wrist flexed, and your fingers strong. Recoil your strike once it meets its target, as this will cause the attacker's head to snap back. Striking the ears can also stun or disorient an attacker.

Fighting Dirty

When you're in a survival situation, there is no time to think about whether you're being nice to the other person, and there is certainly no time for sympathy. So in order to get the advantage and get away quickly, you need to adopt the same tactics as the criminals. In other words, in order to outwit a criminal, you have to think like a criminal. This does not actually mean that you turn your morals off. Rather, it means you are able to predict what they will do, so you can counter it. Sometimes this counter tactic may involve something like a groin attack. In this case, you need to be prepared to act in ways you wouldn't usually, given the seriousness of the situation.

One of these techniques is biting. It has already been addressed here, but you should perhaps know a few other things about this tactic. First, you need to actually make sure that any force you use is proportional to the attack that was used on you so that you don't get into trouble. Remember, your only objective is to escape, and this should be the goal always.

Eye gouging is another attack that can temporarily take the momentum away from your attacker. Scratching or clawing at the attacker's eyes can be effective because it stops them from seeing your attacks and being able to attack you as a result. In addition, they might not know where you are because they're temporarily blinded, and you can escape as a result.

As the name suggests, groin attacks are attacks where you strike the groin area of an assailant. This is often the most sensitive area of the assailant, and it can cause them great discomfort. Make sure that when you strike these areas, you hit with all your force and don't hold back your strike at all. Strike and strike hard. You need to actually give yourself enough time to escape.

Using Weapons

Sometimes, the threat you face is more significant than you can manage to overcome with your own raw physical strength, technique, or power. At times like these, you need to rely on an equalizer to try and balance the odds more in your favor. To be clear, the use of weapons is never encouraged for the purposes of terrorism or violence and should only be used for defensive purposes and as a last resort. Weapons are a way to tilt the odds more in your favor and should be viewed as such. You want to immobilize or stun the attacker so that you can get away. You do not want to use more force than is necessary. There are many weapons, both designed for use and improvised, that can really help you to get out of a difficult situation. Let us look at some of these weapons.

Bags, shoes, keys, umbrellas, torches, and many kinds of household items can all be employed against the face of an assailant to teach them a lesson. Always be bold and never back down if you have to use these weapons. The only way to really actually win is to be confident.

There are more conventional weapons you can use to protect yourself as well, such as guns, knives, and mace sprays. However, each of these things has its own advantages as well as disadvantages.

Mace sprays are effective at close range, but they can be used against you if you're not careful. They are also highly dependent on being accurate. However, if you do manage to deploy them, they can be highly effective at doing their job. They blind an opponent for a good length of time, which can be extremely useful in a dangerous situation. However, against multiple opponents, you are better off using other strategies.

Knives are cheap and simple to use, but they are the tool of an aggressor most of the time. Therefore, be extremely careful how you employ them. Usually, they are a killing weapon, and that is something you do not need to be doing. Before you decide to use one, you need to ask yourself whether you'd be prepared to physically stab someone. It can be a difficult ethical choice, and perhaps, these are best avoided as far as self-defense situations are concerned unless you absolutely have no choice.

Guns are even more ethically challenging. When you own a gun, it is usually because you intend to use it. And unless you are used to using such weapons, they can present a myriad of ethical issues. For example, would you be prepared to shoot and possibly fatally wound another human being? Do you have the knowledge and the skill to use them in potentially stressful situations? If the actual answer to any of these questions is "no," then you should probably not be investing in a gun for self-defense purposes.

How to Cope in Difficult Situations

In potentially difficult situations, knowing what to do can be challenging for even the most ardent prepper or survivor. Stressful situations always seem to challenge you in ways you never thought you'd be challenged, and there is always the gray area in which these situations seem to occur. Let's look at some of the situations you might be expected to encounter that require you

to be mentally and physically prepared. However, life is about developing strategies that will aid you even before you face these situations.

When faced with multiple attackers, what strategy will you employ? You need to know that going down to the ground in such a situation could be a potentially fatal move. Always stay on your feet, and utilize this knowledge in any and every situation that you face.

When attackers are invading your home, and there are intruders inside it, or when you come home from work one day, and you realize that there is someone inside, what will your reaction be? You could call the police, but what would be the better solution? Maybe there is no time to call the police, and you have to make a split-second decision. Making use of household items can really save your life in this situation. Baseball bats, kitchen knives, brooms, axes, anything can be used as a weapon if you have the ingenuity to use it. If the attack is at night, resist the temptation to turn the lights on and instead operate in darkness. You actually know your own home better than anyone else, and turning on the light will only give the enemy unnecessary clarity. You're most effective when you're hidden and unknown.

When faced with an assailant with a weapon, you need to know how to act. First, try to stay out of range of the weapon and, if possible, grab it and try to control it. Once you've alleviated the threat to yourself, you can calm down and take control of the situation in a more effective manner. You can distract the assailant by dropping something, such as a purse or wallet. When their gaze is diverted, you can grab it and make your escape. But your reflexes have to be very quick in order to do this. The main thing is if there is another option to take that doesn't involve fighting back to save

yourself, then take it, even if it means giving the crook your valuables. Your life is worth more than temporary possessions.

When you're faced with a riot, you need to keep calm and not allow yourself to be carried up in the state of emotion that is sweeping the situation. If you are not part of the riot, the easiest solution would be to get out of the vicinity as quickly as possible. But what if you are surrounded? You need to try and stay safe, and the best way to do this is to actually blend into the crowd and not try to stand out. The more you stand out, the more you will draw attention to yourself, which is what you want to actually avoid if at all possible. Stay out of sight, draw as little attention to yourself as possible, and try to move with the crowd so that you don't get caught in the crush. When you spy an opening at the edge of the crowd, move on and get out of the throng. The best advice is to not attend events where it is likely there will be a riot. This way, you avoid the possibility of being caught up in a situation you never intended to be in. If possible, get indoors and off the streets immediately. Stay away from windows and open areas. Always stay safe and avoid dangerous situations before getting into them. This is called being proactive rather than reactive.

If you have the money, get self-defense training. It will really help you to become more confident, and it can save your life in a difficult situation. There are different kinds of training available, from beginner to expert. But by and large, the best kinds of training are those which focus on the basics and honing down your critical skills necessary for self-defense. Fancy kicks are useless and impractical when faced with real-life situations and are impressive only for show.

Chapter 61



TOP 15 PREPPER MISTAKES TO AVOID

Prepping isn't easy to do, and as a beginner, you are likely to make many mistakes. You can scare yourself to death reading everything you find on the internet about prepping, especially when people talk about things that went wrong. However, proper preparation and attention to detail mitigate most risks – you cannot account for everything, but you can certainly reduce the potential for things to go wrong.

To that end, here are the top 15 mistakes that you should avoid making:

1. Keep Your Mouth Shut! Do Not Tell Others About Your Emergency Shelter

Have you ever watched “Shelter Skelter”, an old The Twilight Zone episode? Find it on YouTube and watch it – it will tell you why you should

keep your mouth shut. In short, a man at a party shoots his mouth off about his emergency shelter. Then, when the emergency sirens go off, every one of his neighbors turns up at his door, smashing the shelter door off. It turns out that it was a false alarm, but if it happened to you and the cause was an atomic blast, you would have received a huge dose of radiation.

The only people you should tell are those that you trust 100 percent and that you want joining you in your shelter should the need arise. The only other people you can talk to it about are other preppers if you have a community near your home. Other than that, keep it zipped and tell no one else.

Desperate people are the most dangerous, and the last thing you need is desperate people trying to get into your last safe place.

2. Not Doing Your Disaster Scenario Homework

Some disasters are common in certain areas, and the biggest mistake you can make is not prepping for what is common in your area. It's fine if you've prepped for all potential scenarios, but if you, for example, prep for the worst case, such as nuclear fallout, and not for tornadoes that are common in your area, then you're going to be out of luck when the next one hits.

Say that your area is prone to severe flooding every ten years or so. You might think that ten years is a long time and the last one only happened two years ago – you've got plenty of time, right? Wrong. With global warming and the crazy weather patterns of late, another flood could happen at any time. And if you're not actually prepared for it, you could be in serious trouble.

Obviously, you don't want an underground shelter in a flood scenario – you will lose the lot. And what if you live in a hurricane-prone area? You may not have to leave your home, but you should be prepared for water, gas, and

electricity supplies to fail, at least for a few days. You also need to be prepared for the temperatures – a disaster can strike at any time, be it the height of summer and or in the depths of a frozen winter.

3. Not Staying in Shape

As a prepper, you actually need to be ready for anything, and that means staying in shape. You cannot possibly protect yourself, your family, and your property if you can't even make it up one flight of stairs without collapsing at the top.

You live in a fast, busy world, and there isn't always enough time to work out. And then there's the expense of a gym membership to consider. Well, you don't have to join a gym to get in shape. Start working out at home instead. There are actually plenty of specific exercises you can do in just five minutes at home. And if you take public transport to work, get off at an earlier stop and walk the rest of the way. Take the stairs, not the actual escalator or elevator; go for a half-hour walk at lunchtime. So many things you can do, and it all adds up to a fitter, more prepared you. And if your family needs to get in shape too, head out for bike rides and hikes on the weekends.

4. You Don't Have any Training or Survival Skills

It's all very well splashing out on expensive survival gadgets and spending a fortune on prepping – which you don't have to do –, but you also need to learn the necessary skills to use such gadgets to the best effect. Buy whatever you think will work, but take the time to learn how to use it in the event of an SHTF scenario.

Think about it; you get caught out in a crisis, you don't have your bug-out bag with you or any weapons for self-defense. Or you do, and you don't

know how to use them. What then? You could rely on yourself to a certain extent, but without survival skills and training, you won't last long in the face of danger.

Provided you are in good shape, learned self-defense, and have a variety of survival skills under your belt, you actually have a much better chance of surviving pretty much any disaster situation. You don't have to be Bear Grylls, but you do need some skills.

5. Not Choosing the Right Foods for Long-term Storage

You might think any old dried or canned food will do, and there are some strange items that you might see on survival videos that really are not suitable items to stockpile. Take Ramen noodles or Ramen soups – there is more nutrition in a cardboard box! They are not healthy and are full of salt, and unless you have several liters of water spare to wash it down – which you won't have –, you won't last long living on them. Plus, they contain no protein and no other nutritional value.

You must check the labels on the food you store. Too many people pack their kits full of high-sodium snacks – while it is nice to have the odd treat, that's not what this is about. Concentrate on ensuring you store foods with a balance of protein, fat, and carbohydrate – these are the essential macronutrients for health. Having a few salty snacks on hand is fine, but don't go overboard – be sure to do your research before you buy emergency food stores on the internet.

6. You Have Too Many Small Pets

This could be a controversial point. Most people prep for natural disasters and smaller-scale disasters, those that could leave them with no power or water for days or longer, and in these cases, a couple of smaller animals is

fine. If you are actually one of those that believes the apocalypse is just around the corner, though, and you must have an animal, get a bigger one.

Large dogs can help protect you when you are trying to survive, while smaller animals will drag you down.

7. Forgetting to Have Something to Exercise Your Mind

Whether you actually bug in or bug out, you need to have something to keep your mind ticking over. While food and water are important for survival, don't neglect your mind. Put some books in your stockpile, a mixture of genres, and don't forget to include a few survival books too – these will be of great benefit in an SHTF scenario. Put away books on creating a garden, food preservation, first aid skills, and anything else you can think of that will help in a desperate situation.

You should also store a few board games, packs of cards, puzzle books, and other fun things that will keep you occupied and stop your brain, turning to mush.

8. You Don't Have Fitness Gear in Your Emergency Shelter

This doesn't refer to “the big stuff”, like running machines and so on, but you should have some kind of exercise equipment. Not only will it keep your fitness levels up, but research also shows that exercise can stop you from becoming depressed.

All you need is actually a few dumbbells, a set of resistance bands, and any other small fitness equipment you can think of. That type of gear can even go with you if you need to bug out.

9. You Have Far Too Much Reliance on Electronics

How many prepper videos have you seen where people bury items and then mark them on their GPS? You might think that's a great idea, but what happens if the grid goes down? What happens if a massive electromagnetic pulse (EMP) bursts in your area? That's right, your GPS won't work, and you won't find where you buried your gear.

Do things the old-fashioned way – learn how to read and use a map. People do still use them; not everyone relies on a GPS to get them where they need to go. Invest in a map showing your area and a bit wider out if necessary. You can also invest in a map book, showing the whole country. That way, you can get where you need to go without relying on a GPS.

You should also learn to navigate by the sun and stars – it's not as hard as you think. You can also purchase a small Faraday cage or Faraday bag that will keep your electronics safe in the event of an EMP.

10. You Spend Far Too Much on Survival Gadgets

This is another major mistake by prepper beginners. You start surfing the Net, looking for survival gear, and you get sidetracked by expensive, unnecessary gadgets. How many variations of a knife have you seen? How many different axes or flashlights? At the end of the day, you should keep it simple. Buy only what you really need and leave the gadgets to someone else. Set yourself a monthly budget and don't go over it.

11. You Don't Monitor Expiry Dates

You should always have actual water purification tablets on hand and two types of food storage – near future and far future. For the latter, make sure you check expiry dates and rotate your stock regularly. When you buy items, stick an expiry label on it and have things stored in order of their date – this also applies to your water containers, as water will go bad if not stored

properly or it gets contaminated in some way. Your water purification tablets will help if your water goes green, so make sure you have plenty of them and that they are always in date.

12. Failing to Stay Organized

It's one thing to ensure you have adequate food stock, but storing it in a room and then forgetting about it is not good practice – by the time you need it, it may no longer be edible.

You should actually also plan for the eventuality that you may need to evacuate – not just your home but your town or city. Make sure you have a bug-out plan in place that gives you a fast, safe way out, avoiding huge traffic tailbacks.

13. You Don't Have Enough Water

Most preppers aim for 72 hours' worth of food, but water is a different matter. You might think a couple of cases will do the trick, but it won't. You have to consider at least two liters of water per person per day for drinking, more if the temperatures are high. Then factor in cooking and washing, and you can see it starts to add up. The minimum is a gallon per person per day – bear in mind that you can go for three weeks without food but actually only three days with no water – make it your top priority.

14. Planning to Bug Out and Not Bug In

Many preppers focus on scenarios where they have to evacuate their homes and travel into the woods to bug out. But not all scenarios require that; when earthquakes or hurricanes strike, the best place you can be is in your basement, safe at home.

At the end of the day, bugging in is always going to be better than bugging out, but few preppers even consider it and don't bother making a plan. Clearly, you need to focus on a bug-out plan because the implications are more serious, but never neglect a plan to stay at home for a few days.

15. Keeping Your Prepping Gear Together in One Place

Another common rookie mistake is storing everything in the same place. It might seem sensible, but really, it isn't. For example, say that you store everything in your garage. When a hurricane hits, your garage is the weakest point – what if you can't get into it to get all your gear out? Spread your gear around your home, so at least some of it is accessible should the need arise. You could even consider a rented storage locker for some stuff – that way, if you are out and can't get back to your home, you at least have access to something you can use.

Chapter 62 WILDERNESS SURVIVAL TIPS



The wilderness is actually a tough place to be for a day, let alone for days, weeks, potentially months on end. Your mental and physical strength will be tested to their limits, and it really is a case of survival of the fittest. Most people think that they could survive in the wilderness easily, but what would you do in the event of an accident? How will you really cope? And are there actually any tips or tricks that could help you?

Here are six basic steps you should learn, master, and remember if you are to survive in the wilderness:

1. Have the Right State of Mind

In other words, get a grip. Your state of mind is actually the key to your survival – if you are prone to panic, you won't last long. Panic equals bad decisions, without thinking about the consequences; if you start making

impulsive choices, you are minimizing your chances of survival and rescue.

Even if a fast decision is needed, take a minute (or a few moments if the decision is imminent) to relax. You will make much better decisions and find more efficient solutions. While cortisol and adrenaline help you, do some deep breathing to bring your blood pressure down. Inhale for an actual count of five, exhale for an actual count of four, slowly. Repeat until you are under control.

2. Always Have a Plan

Start with what is the most important and work from there. For example, if someone has injured themselves, that must be dealt with before anything else – that's where your first aid kit comes in, along with knowledge on dealing with common injuries.

Once that has been dealt with, you and your entire group need to decide who is doing what and how the chores are going to be divided. You also need to decide how long to stay in one place and when to move on.

If you have gotten lost, you should sit tight to make it easier for rescue. If you have a good survival watch, you can get yourself out of trouble – they have compasses, barometers, altimeters, and more on them, ensuring you know what's coming and where to go.

If you opt to move on, you need a plan for shelter, water, and food.

3. Build a Shelter

This is particularly one of the first things you should do when out in the wilderness. If you have your bug-out bag, you should have shelter and a

sleeping bag, but if you don't, you're going to have to build one, especially if the night is drawing near.

Find a large fallen log and lift it to lean against a rock or another large tree. That's your shelter foundation. Cover it with branches, leaves, and brush, and if you have one, spread a tarp over the top to keep the rain out.

Clear bugs and sharp rocks from the ground and make a bed from leaves and twigs. If you are caught out in heavy snow, dig a hole and spend the night there – do make sure the entrance can't get blocked by drifting snow or an avalanche, though. Small caves are also ideal shelters, especially as you can build a fire in the entrance. Do make sure no animals inhabit the cave before you move in, though.

Avoid crevices, anywhere that can potentially flood or anywhere that might be home to large wild animals.

4. Make a Fire

This is the next important thing and easily done if you have waterproof matches. Light a bunch of twigs, and keep adding larger branches. Make sure all the wood is dry, or the fire will struggle to light and stay alight.

If you do not have any matches, use friction to create a spark – build a nest from dry leaves and grass, then find a piece of flat wood. Make a small notch in the wood. Put a piece of bark under the notch, and using a pointed twig or small piece of wood, spin it first in the hole, rolling it until embers light the board. Then you can transfer this to the bark and start your fire in your nest.

If the sun is high and strong, and you have glasses, use them to direct the sun at the nest; it will catch fire. The same can be done with a plastic bottle.

5. Find Food and Water

If you don't have your bug-out bag with you, you will need food and water, particularly the latter. If you are carrying a water purifier and have a water source nearby, you have a great source of water. If not, produce your own by collecting rainfall from leaves. You could wrap green branches with plastic bags and wait for them to sweat too.

For food, if you have any with you, ration it. If not, find food. You can set traps or hunt for animals if you have the tools with you, or look for insects, such as larvae, worms, and other small bugs – these are packed with protein, and you'll find them in humid dark places under rocks, and around trees.

Do make sure you actually really know the difference between poisonous and safe insects and plants.

6. Signal for Some Help

To do this, use all that you have on hand three times – a whistle should be blown three times, with a few seconds break, and then again.

Build three campfires; if you are moving, tie ribbons on three trees in a group, or leave three rock mounds.

If you have a satellite phone, you are in a good position to get help by sending an alert message.

The last tip: Whenever you leave for the wilderness, make sure someone knows where you are and what your itinerary is.

CONCLUSION



Your objective is always to provide shelter, water, fire, food, protection, and medical care for your family and yourself. Having a reasonable stockpile of select, high-value materials can be the difference between life and death.

Being a prepper, a survivalist, or a tinkerer is not a matter of paranoia or shying away from society. The lessons in this book have been taught in every civilization around the world for thousands of years, and the basic points remain the same: Stay sober and productive, build your skills, diversify your skills, and be resourceful.

The clichéd critique of preppers is that we sit in bunkers and hoard canned food and guns, while society collapses all around us. Such perceptions deride our concerns, and it is natural that our concerns, as a default, be derided. What we've learned from prepping is that if we do not care for

people and for our planet, we will not survive. If we do not care for our fellow humans and Mother Nature, we will not survive.

This book may be the most accurate and comprehensive guide to survival ever written. Some people view preppers as extremists and highly negative people. However, these people are the most proactive who ever lived. Their main goal is to survive longer than anyone else thus, they make the necessary preparations each day. In fact, if everyone has a prepper's mindset, then the world will be a more efficient place to live in.

Let's conclude by noting that prepping is not an end in itself—it is a means, rather, to an end. This is not about collecting or hoarding things but rather about acquiring skills that can be used to create the future you hope to see. A prepper doesn't hoard—he or she uses these skills to create new tools and devices to make the world around him or her even better.

Learn from your prepping experiences because you have a lot to teach other people. You have a lot to teach because you have a lot to learn. The lessons you have learned will help other people, should they ever need to know those particular lessons. Share those lessons with those you love, those you're forced to coexist with, and those you have yet to meet.

But that's just one person's opinion. You have nothing to lose by putting the skills in this book to the test. It's your turn. Time to go out there and create something worthwhile.

**THE PREPPER'S
LONG-TERM KNOWLEDGE
PREPPER KNOTS, START FIRES, EDIBLE
WILD PLANTS AND PROCURE GUIDE**

BY JIM GRYLLES



INTRODUCTION

How many people are preparing for the future?

The business of prepping is growing. While it is impossible to determine the exact size of the business, there are signs that it is broad. It is simple to find locations to buy goods online, and many major cities have shops devoted to selling items that a prepper would require.

You may stay in a big city. You may reside in a tiny town. Even if you live in a town somewhere between these two, there are likely people in your neighborhood who are preparing for a crisis. Those seeking to learn more about prepping may be able to locate survivalist/prepper gatherings or an exhibition, depending on where they reside. If you can locate one, you'll probably find lots of hands-on activities involving your family, as well as plenty of information and places to buy much-needed goods.

Preparation Types

In general, there are two types of preparation. There are two types of plans: short-term, which is for a catastrophe that will last up to three months, and long-term, which is for a crisis that will continue longer than three months, typically up to two years. Although the fundamental concept is the same, the equipment and materials are often different.

Anyone can think about doing some short-term planning. Of course, there's a possibility that an emergency will not occur where you live, but there's also a chance that it will. In recent years, snowstorms (as recently as the 2014-15 winter months), tornadoes, blizzards, floods, wildfires, and hurricanes have all occurred. That is just in the United States in the last ten years; other catastrophes occurred all around the globe at the same time. Even while these natural catastrophes have not struck every state, they seem to be occurring more often and in more places. It's actually a good idea to stock up on enough food and water to last your family three months.

It's possible that long-term planning isn't something you can accomplish right now. Even if you don't want to stockpile enough food and water to last two years, having enough food and water to survive six or more months is a good idea. You may buy freeze-dried or dehydrated meals or other products to help you achieve your food storage objectives from several internet sites.

Reasons to Prep

There are actually a very particular variety of reasons why individuals gather goods and prepare for an emergency. These include the following but are not restricted to:

Knowing what it's like to be in the middle of a natural catastrophe or seeing a loved one suffer through one

There is actually a fear that the economy will collapse.

In attempting to be as self-sufficient as possible, there are concerns about state insurgencies or conflict.

Those prepared for the unexpected do not want to be reliant on others or the state in the event of a catastrophe. They believe that since they are prepared, they will be able to survive with minimal outside assistance. Preparing is based on this fundamental concept.

If you want to actually learn more about prepping, you may do so by searching the internet (there is a lot of information accessible), borrowing books from the local library.

When a kid becomes a scout, they learn vital skills about survival and preparedness. It is part of a scout motto, and rightfully so. You can't expect a 10-year-old kid to be able to live alone in the wilderness, but you can anticipate him to be.

Simple Essentials Bag

Let's face it, and you're not going to go about with a 20kg backpack full of food, knives, axes, sleeping bags, weapons, ammo, and everything else for the rest of your life. It's appealing to the eye, and it'll look fantastic if you're entertaining guests.

Chapter 63 FORAGING FOR PLANTS



Most of us are dependent on our surroundings and shops for providing us with foods, groceries and so on. Today, we are exposed to several dangers that can tarnish us and several diseases that can harm us. With the environment becoming exceedingly unpredictable, it is best to be prepared for any impending dangers that may await us. During disasters we are not able to find foods that we can eat and often we end up not having enough food or the food supply runs out. In these cases, knowing how to forage becomes a very useful skill.

Foraging can be defined as that method through which we search for food that is edible. It is primarily associated with forests and camping where we aren't exposed to savvy gadgets and stock of supplies. Foraging is associated with people back in the early days who used to search for food and would go to another area once the food source in a particular area was

over. Foraging is not just limited to searching for plants to eat, but it also includes hunting and fishing.

When it comes to foraging, always remember that you are eating for survival. It is a good idea to actually carry packed foods, canned foods and so on. Carry what you can. The main condition when it comes to foraging is to know if the plant is or is not poisonous. The rule of thumb here is to know all about the plants in your area. When you are trying to survive during disastrous times, the first and foremost step is to not go very far from known areas. Don't try to go into uncharted territories. This is because the plants species you will find here will usually be very different from the plant species in known localities. Determine a good locality to go to and stay there. Take a course or have a handy guide on knowing how to identify plants that can be potentially harmful. Learn about the species in your vicinity. If you know the plants in your locality in and out, you will know what is edible and what is not. Thus you can also be able to avoid the plants that you don't know. When identifying plants also look for their other uses.

Always remember to be well acquainted with the herbs, bushes and trees. Learn and read as much as possible. Take classes on gardening or go for courses on foraging. Try to read all about the plants, forget just identifying those plants, learn about the nutrition associated with the plants, if the plants have any medicinal properties and so on. This will help you because if you ever manage to get hurt in your attempt to survive the disasters then by knowing if the plant is medicinal you can probably apply it or consume it for its medicinal properties.

It is imperative to avoid plants that you cannot identify. Several plants look very similar and if you are not a hundred per cent sure about the plant then it is best to avoid the plant. If it ends up being a poisonous plant then you

are doomed. So it is best to stick to known plants. Remember to cross check and recheck the plant to be very sure about its type and if it is edible. Also remember to learn the soil conditions and what plants grow in what soil conditions.

Another rule of thumb to remember to is to know the scientific names of the plants. Common names usually refer to several different types of plants. Some poisonous plants and edible plants can have the same common name but will vary in their scientific names. Usually when looking for plants, if you cannot deal with their scientific names, it is best to choose their Latin names. Latin names of plants do not change and you won't make any mistakes. It is a good idea to get an expert to teach you first hand. This is important when it comes to prepping. You will avoid making mistakes. Another thing is to use all your senses when trying to identify plants. Don't try to just have a visual idea of the plants. Plants may look very similar but their smell, texture and taste may vary. Usually, poisonous plants smell bad and they are rough to touch. Below is gist on how to identify plants

1. Look at the plant closely. Look at the flowers, the leaves, the roots and so on. This will give you an idea on what type the plant is. If you cannot identify the plant vaguely at this point, it is best to avoid the plant.
2. Then sniff the plant. Try not to get too close but get a whiff of the plant. Check if you can identify the plant from then on.
3. Then rely on touch, feel and texture of the plant. Check if the leaves are soft or hard and similarly with flowers and so on.
4. Finally if you are absolutely sure it is not poisonous take a small bit of the plant. Always remember to rinse and wash the plants several

times before using. You don't know what kind of pollution it will have and what dirt it may have. It is a good tip to eat or use one leaf or petal at a time and see if you are developing any sort of allergic reactions to it. The rule of thumb here is to first rub the plant leaf or the petal on your skin and wait for a while to check for any reaction. If you do not face any reaction then rub the petal or leaf on your lips and wait for a while and if you still don't have any reaction try eating a small portion of it and wait to check if you are developing any symptoms.

Now another important thing is to know the habitat of the plant. Apart from just knowing what kind of plants grow in your vicinity, it is a good idea to know the natural habitat of the plant. If you ever happen to get dislocated and have no idea which area you are in, knowing the natural habitat of the plants would help. If you end up in a marshy area, then you should have adequate knowledge to know how to identify marshy plants, similarly with desert plants like cacti and so on. Also get acquainted with plants that grow with a certain type of plants. Usually some plants grow next to each other or they grow in the same vicinity. For instance, when you spot yellow docks you are also likely to spot poke weed in the same vicinity. Also do not underestimate the power of seasons. There are plants that do not grow in every season. Hence, it is important to know what plants grow in what seasons. You don't know when disaster may occur, therefore knowing the plants in all seasons is very important.

Plants change appearance according to seasons so know how to identify the plants in any season. For this purpose it is actually a good idea to follow the plants throughout all seasons. If you can afford to light a fire then it is always a good idea to boil the plant, its leaves, roots, stems or flowers. This

will get rid of any toxic element and get rid of any bacteria that may be clinging onto it. In plants, there are specific parts you can eat and those that you can't. Know the difference as it can literally save your life. You can eat the berries of some plants but you may not be able to eat the leaves of those plants like elderberries. Similarly, some parts of plants can be eaten during certain seasons. Try to get information regarding this also.

Do not forage in toxic areas. This does not just limit to the area but also the place where the plant is growing. If the edibles are growing near the road then chances are the leaves or fruits or whatever the edible parts are may be highly contaminated with lead and you may get lead poisoning. Similarly soil too matters. Avoid pesticide infested areas and areas that are near factories or industries. Water source is important as well. When you go foraging know what the water source is for that particular plant. This is actually especially important for those plants that are eaten raw. Contaminated water can lead to a lot of problems as well. It is best to actually stick to plants that look healthy. Do not go for plants that appear sick, decaying or frail. These plants may be infected with some virus or bacteria and may not be good to eat. Doing this will help you reduce the risk of acquiring any illness. Consuming plants that are diseased can also cause death.

Chapter 64



EDIBLE WILD PLANTS

1. Alfalfa



Alfalfa is a wonderful diet for both horses and people. Alfalfa is nutrition dense. They were among the first to understand alfalfa, according to legend. These weeds may reach 3.5 feet tall with a deep root system. The stems have three-leaf clusters, like a clover. Many of these are located beside rivers, railways, abandoned farms, and meadows

2. Apple Blossom



Apple blooms are beautiful and delicious. They pair nicely with salads and desserts. Try some blooms over an apple pie with cream or in a cool glass of lemonade. Delicious, but take care. 1-2 blooms max per time. Too much may cause nausea.

3. Amaranth



Also called *Amaranthus retroflexus*. This weed is an edible plant found on most of the continents in work, but it is native to the Americas. All parts of this weed are edible, but you have to be careful because the leaves have spikes. Its leaves are spiky, but they are not poisonous. You can eat this weed raw if the conditions are really bad!

4. Artichoke



The artichoke may grow up to 8 feet tall in sunny areas. The artichoke leaf is the most valued food component. This plant's lush greens are great for salads, stir-fries, and plain old supper sides. Artichoke roots have also been used to make various coffees and teas.

5. Asparagus



This vegetable is mostly found in Europe and North Africa, West Asia, and North America. The asparagus found in the wilderness has thinner stalks than the asparagus you find in the grocery stores. This plant is full of vitamin C & B6, potassium, and thiamine. You can eat it raw or boil it, whatever you like.

6. Baby's Breath



Baby's breath is a weed, yet it's beautiful, fragile blooms make it an attractive plant. This plant has a strong taproot and upright stalks. As the plant matures, the upright stem begins to sprawl. This plant produces tiny, beautiful white blooms with a green border.

7. Basil



You can use basil flowers as your alternative to leaves in a recipe that demands basil. Basil flowers should be used in moderation due to their strong flavor but can be added to many kinds of pasta, soups, or salad dishes.

8. Black Trumpet



Their form and color make these trumpet-shaped black mushrooms difficult to find. They resemble trumpet-shaped

deadwood. The interior of these mushrooms is scaly and brittle. So, handle them with great care. These mushrooms have a strong stalk at the base and no gills. They develop in bunches.

9. Blackberry



Blackberry leaves may be palm or oval-shaped. The stems are robust and prickly, and the plants frequently yield excellent fruit that may be utilized in sweets, salads, jams, beverages, and wines. It is found in unmaintained wasteland, forest, and hedgerows.

10. Borage



Borage, or *Borago Officinalis*, is a common garden weed. Borage has long been considered to benefit the adrenal glands, kidneys, digestive system, and heart. In normal gardens, it protects pests like Japanese beetles and tomato worms from damaging other plants.

11. Broadleaf Plantain



This plant is high in nutrients, and you may use it medicinally to treat diarrhea and digestive problems. In a rosette, look for oval or egg-shaped leaves. When you break the stems, you'll discover strings that look like cereal. The leaves are edible.

12. Broccoli



In the wild, broccoli grows to a pretty good height, and the heads are seen sprouting up out of the plant. These plants grow nonstop for a few years straight, making them well within the parameters of a perennial plant. The entire broccoli plant is edible, making it the perfect food to forage.

13. Bull Thistle



Edible prickly weed unlike other thistles, the dark green leaf blades have a layer of short, prickly barbs. It's safe to eat even though it's rough to touch. The bull thistle is *Cirsium Vulgare*. Except for the flower, they can grow up to 3 feet tall.

14. Burdock



The leaves of Burdock are dark green on top and lighter, hairy underneath. The leaves are heart-shaped at the plant's base but thinner near the blossom stalk. After May, the stems turn woody, but fresh stems may be peeled and roasted. A tall stem develops when the plant is over a year old. The roots are lengthy and resemble black parsnips but grow in rocky soil, making harvesting difficult.

15. Calendula



Calendula officinalis is the scientific name for Pot Marigold. Marigolds have been grown for millennia, making their

origin impossible to pinpoint. Leaves are oblong, toothed, and long. The leaf has thin hair-like features on both sides. The blooms are a brilliant yellow-orange. The petals are thick with a dark brown or black core. They like bright light and well-drained soil. The whole bloom may be eaten as a garnish. They may be candied and used as a garnish.

16. Carnations



The more fragrant the carnation, the more pronounced the taste. The majority of *Dianthus* species have a floral, clove-like flavor with a hint of spice. They are great for garnishing salads and soups and work well with sorbets, fruit salads, and ice cream. Only eat the petals, though, as the base of the flower has quite a bitter taste.

17. Catmint



These are small flowers characterized by a spicy and strong mint flavor. Thus they should be used in moderation. Add catmint to rice dishes into veggies and pasta dishes. You can also try these flowers to complement meat dishes.

18. Cattail



This plant was a part of the diets of different Native American tribes. Most parts of this plant are edible. You can eat the rootstocks or the rhizomes of Cattails. You can actually boil them or eat them raw. The best part of this plant is the white part of the stem that is near the bottom.

19. Chicken Mushrooms



This mushroom is a favorite among foragers and survivalists alike. These mushrooms may be as drab as the earth they grow on, but their vivid orange and yellow hues make them readily recognizable. Because of this, many beginner mushroom hunters think these mushrooms are toxic.

20. Chickweed



The garden wood is both applicable in medicine and diet. Whether raw or cooked, you can eat most weed parts, including the flowers, stems, and leaves. It tastes like spinach and incorporates well with many dishes.

21. Chicory



Cichorium intybus In Europe, North America, and Australia. This bushy shrub produces tiny blue, lavender, or white blooms. It can be eaten whole. Boil or consume the leaves uncooked. Boiling the roots makes them taste great. You can eat the flowers if you're craving a snack in the wilderness.

22. Clovers



Also called *Trifolium*. Clovers are edible plants. They can be found in any grassy area. It has trefoil leaflets which are

how you identify this plant. Clovers can be eaten raw, but if you boil them, they would taste a lot better.

23. Coltsfoot



While the blossoms resemble dandelions, coltsfoot leaves have a waxy, heart-shaped appearance. The flowers, stems, and leaves are edible parts.

24. Common Chokecherry



This rose-like shrub is also a tree. Known as the red or eastern chokecherry. This plant's leaves alternate on the stalk. Each leaf is oval-shaped, long, and hairy at the tip. The leaves are darker towards the top of the tree and gradually lighter as you gaze downward.

25. Common Yarrow



The flowers and leaves of this actual plant are the only edible parts. They are rich in a variety of nutrients, but consuming too much of them is seldom advisable. When it comes to common yarrow, always opt for the flowers and young leaves. They have a slightly bitter taste when consumed raw.

26. Coriander



Coriander has thin, branching stems that may reach 3 feet. A pinnate leaflet grows from the stem to create the entire leaf. Upper leaves are thinner and more divided. Umbels of light purple and white blooms develop. Initially, the seeds appear as green berries. They become brown and fall off the plant as they ripen.

27. Cornflowers



These beautiful flowers can be used to add a touch of summer to omelets, pasta dishes, and salads. They mix well with other flowers and come in a variety of colors. The strength of flavor can differ slightly from flower to flower but range from a sweet to a spicy clove flavor.

28. Courgette



The majority of squash flowers have a sweet taste and thus can match well with cheese and other fillings. You can also butter courgette, deep fry, and sauté and add to pasta. Slice the flowers thinly and then add to scrambled eggs, omelets, soups, or just color your salads.

29. Crabapples



The crabapple is a common tree of the *Malus* genus. It blooms in white, pink, or rose. Its fruit is sour and yellow, orange, or red. This tree's leaves are oval with a pointed tip. In the spring, the leaves are green or dark green, and in the fall, they become orange or reddish-purple. The serrated leaves cluster.

30. Curly Dock



Yellow dock or curry dock's leaves may be eaten raw or cooked or added to soups and salads. You may eat the stem raw or cooked, roast, boil, or consume the uncooked ripe seeds. Its leaves are sour owing to high oxalic acid content; therefore, use caution. Also, replace the water often while cooking.

31. Damson Tree



The damson tree is a small to medium height tree and has oval leaves with a serrated edge. The leaves are shiny and dark green. They are sweet tasting and resemble a small plum. It can be found in woodlands, alongside pavements, in parks, and hedgerows

32. Dandelion



The weed normally grows anywhere, especially on grassy and in waste places. Its leaves normally grow from the

base of the plant in a rosette, while its flower is developed from a hollow stalk. Dandelion normally produces a milky sap from its parts when cut out.

33. Daylily



Daylilies are adored by gardeners worldwide. Their beautiful flowers only last around 24 hours after blooming. The blooms bloom early in the morning and fade late at night. A bloom on the same stem sometimes replaces a wilted one. Some Lily species only bloom at night.

34. Dryads Saddle



The 8 cm long woody stem frequently darkens to black at the base. The underside of the cap contains huge irregularly shaped off-white pores. The crown is yellow to ochre and has a wide fan shape. It has dark brown scales. After a while, the inside flesh turns leathery. Found in deciduous trees.

35. Echinacea



Indigenous tribes of North America considered this medicinal herb incredibly helpful. It is believed to strengthen immunity levels, regulate blood sugar, control inflammation, and improve skin health. A tea made from echinacea leaves and its flower petals is said to have a calming effect.

36. Elderberry



This is an ornamental shrub and is quite popular in regular gardens. It's used to attract butterflies and a variety of birds. The only parts of this plant fit for consumption are the flowers and the berries.

37. Fennel



Fennel has long stalks that may reach 4 to 9 feet in height. They have big yellow flower clusters on top. Long feathery leaves with widely spread fronds. Its oblong, ribbed seeds the fragrance of

fennel distinguishes it from other plants. Find it around roadsides, meadows, rocky slopes, and forest margins.

38. Field Blewit



The stem of these is off-white and has a blue/lilac covering. It is short, chunky, and swollen at the base. Cap underside is white to off white and busy. The cap is convex and of a beige to grey-brown color with white inner flesh. Found in meadows and grasslands, often grows in groups.

39. Fireweed



This plant is widespread throughout the US, although warmer regions like Texas and the Deep South may not be fortunate. The tall plant is called fireweed because it is typically the first item to sprout on the ground burned. Its vivid pink blooms easily identify it. It grows 3 to 6 feet tall. On a slope, you can see a field of fireweed.

40. Fuschia



These flowers serve as great green or fruit salad due to their shape, as they appear decorated if used into jerry when in crystals. Prepare the flower by removing the green and brown bits, and then remove the stamen pistils. Fuchsia berries are also edible and can be used to prepare jams.

41. Garland Chrysanthemum



Its leaves and blossoms are tasty. Or chrysanthemum leaves or tasty chrysanthemum leaves. It is rich in antioxidants and minerals but should never be eaten in excessive amounts. These flowers resemble daisies and have a variety of leaf forms. The petals are usually yellow in the middle, becoming white towards the end.

42. Giant Puffball Mushroom



The Puffball species of mushroom is indeed edible, but there are a few other kinds of mushrooms that mimic the appearance of the Puffball, which are not ideal mushrooms at all. The best way to know just what you are dealing with when it comes to these puffy kinds of mushrooms is to cut them open and look inside at the material.

43. Ground Plums



If you find ground plums sprouting off the vine, grab them! These resilient plums thrive all year with little inputs. They hang firmly in difficult terrains like dense woods and even mountain slopes. It's a delicious treat wherever you find it. Cooked or uncooked, these plums are tasty. Foraging for ground plums is rewarding.

44. **Hairy Bittercress**



Leaves grow opposite each other in actual pairs along the entire leaf stem with one final leaf at the end. It grows close to the actual ground and has flowering stems which ground a little above the leaf height. Flowers are actually tiny and white and grow in small groups. Found in pathways, light grass, bare soil, and walls.

45. **Hawthorn**



Right at the outset of spring, the white flower petals of the Hawthorn plant begin to emerge. These eye-catching flowers are not only good to look at, however, but they are also very good to eat. The roughage of this plant makes for a great salad. And if you wait just a little while longer as spring begins to turn into summer, the berries that form on this plant can be collected and turned into a tasty, all-natural jelly for your toast!

46. Hedge Garlic



Hedge garlic has a two-year cycle. Its first year produces small, broadly heart-shaped leaves that are close to the ground. In its second year, the leaves become more triangular, and the leaf edges are serrated. The seeds, flowers, and leaves are all edible and work great in cooked foods and salads.

47. Hedgehog Fungus



Spines that may grow up to 6 mm long and range in color from white to pink salmon cover the gills and stem of this fungus. The stem is often off-center where it meets the caps. The cap is convex and uneven and occasionally has depressions around the center. It is a creamy yellow color or pale flesh/salmon-colored. It can be found in woodlands.

48. Hibiscus



The flower can be infused easily to prepare a citrus-tasting tea. Also, add a few strips of vibrantly colored petals to your fruits salads. However, only use the petals from flower heads as using the whole flower has plenty of pollen.

49. Kelp



Also called as *Alaria esculenta*. This is a seaweed found in almost all parts of the world. You can eat it raw. If you like, you can use it as an ingredient in your soup too. It is rich in vitamin K, lignans, and folate.

Chapter 65



FOOD AND WATER PROCUREMENT

FOOD PROCUREMENT

Food procurement and preparation are the top priority when living off the grid.

When it comes to food, you should always be on the lookout for any edible plants or animals nearby. It is also a good idea to learn how to hunt and fish so that you are not limited to just plants as your source of food.

WATER PROCUREMENT

Water procurement and purification play a huge role in living off the grid because you cannot survive without fresh water. You must always be aware of how to find fresh water and purify it when needed so that your chances for survival increase exponentially.

It is important to know where the nearest natural source of water is to avoid having to go too far out of your way. It is also important to know how much water you need per day, which can vary depending on your physical activity levels and the temperature outside.

For example, in extremely hot weather you will need a lot more than usual. The body sweats more in hot weather to cool itself down.

Make sure that you purify all freshwater sources because there could be parasites or microorganisms in them that would make you sick if consumed without proper treatment.

Locating Water Sources

As previously discussed, your shelter should be built near (but not too close) to a water source whenever possible (200 feet away). However, few sources of water are safe for immediate consumption in the wilderness—you may hike up to a clear lake or river and think you've struck gold, but this water can contain millions of organisms (i.e., pathogens, viruses, bacteria, etc.). Depending on the circumstances, drinking water with possible pathogens may be OK if you think a rescue will occur soon. In that case, a hospital will be able to cure any parasites or bacterial infections.

Water flows downhill. Be on the lookout for dips, valleys, and low-lying terrain where water may be flowing. However, avoid any

lower elevations you come across (i. e. subalpine areas) because the risk of absorbing harmful pathogens is higher here.

Take note of the vegetation in the area. Any areas with lavish green vegetation are areas where you should be able to find water nearby.

Plants are a water resource. Plants consume water, so they can provide you with a source of water. Strategies for pulling water from plants include consuming the plant itself or extracting the water or sap.

Fruit—For edible sources of water, you can look for fruits such as blackberries or strawberries to readily consume.

Grass—The heavy dew found on grass can also provide readily consumable water:

Take any absorbent cloth you have available around the shins of your legs, then go for a stroll through the grass before the sun rises to soak up water that can be wrung out for consumption.

Avoid Cacti—While sourcing your water from a cactus may seem like a good option, the pulp is extremely acidic and will lead to diarrhea and/or vomiting if consumed on an empty stomach. This will further dehydrate you and be counterproductive to your survival. Thus, this should not be consumed when depending on water to keep you alive.

Don't forget to use your senses:

- Rest stops along your trail are great opportunities to observe your surroundings.

- Listen for any signs of water flow/streaming. In the wild, it should not be too difficult to hear, especially in an isolated area.

Snow and ice can also be great sources for water in cold weather. Ice has more water supply than snow, so if you have the option, go for ice. However, neither should be consumed in its ice or snow form because ice will cool your core body temperature and increase your risk for dehydration:

- Melt the snow or ice to increase its temperature.
- You'll also want to purify it before consumption whenever possible to reduce the risk of ingesting harmful contaminants.

Most sources will need to be purified before drinking to minimize your risk of illness due to hazardous bacteria or viruses. You should attempt to locate readily-drinkable water first as it will save you time and energy. Your surroundings and the life around the water can indicate where to begin your search for drinkable water.

Animals need water for survival and know where to go to get safe drinking water:

- Observe wildlife and animal activity to see where they go to get their water.
- Take note of any animal tracks/footprints as they may lead you to sources for available drinking water.
- Birds are also a great guide for finding water:
- Their flight paths can direct you toward a water supply.

- Observe their flight paths, both in the morning and evening, to guide you toward drinkable water in the area.

Don't forget about the bugs:

- The presence of certain insects can indicate drinkable water sources. Take note of any swarming insects as they typically linger near readily-drinkable water.

Collect Rainwater:

- Rainwater is a safe, bacteria-free water source.
- Capture the water in containers.
- Direct water into a container with a tarp. Tie the edges of the tarp to high points of a tree or bush and use a rock above the container to create the low point where water will naturally flow.

Collect Dew

Dew is a bacteria-free water source.

Soak up the water with a cloth and then squeeze the water out into a container.

Chapter 66 FIRE



When controlled, fire is your best friend when lost in the wilderness. Even if you have the correct shelter and clothing, nothing beats having a roaring fire. However, making fire isn't easy if you do not have a lighter or matches.

FUEL

What you feed and in what order you give it to the fire will determine your success in creating flames. Before you can start making your fire, you should have all the fuel prepared and waiting.

Tinder is what you will use to grow the ember into a flame. This material must be dry, or it will not allow the ember to grow. Petroleum jelly-soaked cotton balls are something that you can carry in your tinder kit and are very easy to make at home. While in the wilderness, look for dried leaves, twigs, shaved bark, and even pine needles to help you start a fire. If you can find dry grass, you can use this to create a tinder nest that can be folded around

other tinder types to protect the glowing ember. When selecting tinder, ensure twigs are no thicker than your smallest finger and no longer than the space between your thumb and pinkie when your hand is outstretched. You will need to collect enough of the tinder type you want to use to fill the space created when you join your hands at your fingertips.

Kindling is made up of branches that are no thicker than your thumb and as long as your forearm. This fuel must be completely dry. To test the dryness snap the branches. It needs to crack loudly and not splinter apart. You can also use bark as kindling. Collect enough kindling to fill the space created when you join your hands in front of you.

Firewood is what will be used to feed a fully grown fire. This wood should be coming from fallen and dead trees where possible. It shouldn't be thicker than your wrist (as it will not burn away completely) and should be as long as your entire arm.

You can strip the outer bark layer of dead trees to find that the inner layers are drier. You can strengthen your fire by building it up with this bark before feeding it damp twigs and sticks

OXYGEN

As the fire burns, it will need a constant stream of oxygen to keep it going. A fire that becomes smothered will eventually burn itself out. This way, you are fully prepared when you have a lit ember in your hands.

There are many ways you can build up your fire before adding the burning tinder nest to it. The first, and most commonly used, is the teepee shape (McLean, 2017). First, create a typical teepee shape using firewood, leaving an opening. Through the opening of the teepee, add the kindling with some

tinder mixed in. The burning ember in a nest of tinder can be added to the top of this.

Alternatively, you can create a criss-cross or log cabin design. To do this, start with a pair of large pieces of firewood. Then take two smaller pieces of firewood and lay them on top of this layer to make a second, crisscrossing layer. Continue to do this with smaller pieces of firewood until you have about four layers. The inside should contain a mixture of mostly kindling with some tinder. Top with the lit tinder nest and feed as needed.

If you have a large stump and an ax, you can create a Swedish torch fire. This structure is perfect for cooking on. Start by almost splitting the wood so that it has a deeply marked X-shape. Stuff the center with kindling and tinder before lighting it. Any pots or pans can be balanced on this while the fire burns. Alternatively, tie several smaller logs together around a bundle of kindling and tinder to create the same effect.

If you are stranded with no tools and large pieces of firewood, consider setting up a star pattern fire. Set the branches out to mimic the spokes of a bicycle but leave the center open. In the center, build a tinder and kindling pile before setting it alight. As the firewood burns, nudge the branches closer to the flames, feeding it from outside.

Build a lean-to-fire structure to protect your growing fire from the rain or wind (Mossy Oak, 2019). Start by taking a large piece of firewood and placing it to block off the rain or wind. Next, add several smaller pieces of firewood against this to create a lean-to. In the sheltered bottom area, add a mixture of kindling and tinder. Light it and continue to feed it until it starts to consume the lean-to. By the time it does this, it should be strong enough to withstand the rain and wind. If not, continue to add another layer to the lean-to, ensuring that oxygen can still freely move through the structure.

EMBER

While most good hiking kits should contain at least some waterproof matches, lighter, or tinder kit, it is actually also a good idea to have some flint and steel as this will not easily be damaged (Eureka!, 2015). Most modern-day flint and steel are made of a ferrocium rod (Ferro rods) and a steel scraper. By rubbing the steel scraper along the rod, you will create sparks. To create a burning ember, you will need to have some tinder ready. This is so that it can catch the sparks as they are created. Once a spark glows into an ember, blow gently until the tinder starts to smoke before it bursts into flame.

Another method to start a fire is using a curved surface to magnify the lights to a singular point. Have a tinder nest ready, then use a magnifying glass, a curved glass bottle, a mirror, or the polished bottom of a can (using chocolate or toothpaste) to create a pinprick of white light. Hold it steady until you see smoke starting to rise. Blow gently to ignite the ember and feed more tinder to keep it going until you can feed it kindling. Alternatively, if you have a clear plastic bag, you can partially fill it with water (TKOR, 2016). Then twist the bag (but don't pop it) until the bag bulges to create a spherical corner. This can also be used to concentrate light rays.

Another method that can be used is friction. However, this takes some practice getting used to and may take some time to generate the necessary ember. The most well-known friction fire starters are the hand drill (also known as the spindle and board method) and the bow drill.

- This method starts with a board that has a hole that matches the width of the spindle.

- There needs to be a small V-notch cut into the hole closest to the edge of the board.
- This will allow the charcoal dust to build up and fall onto some non-flammable material (such as foil or thick paper). Within this dust, the ember will be born.
- The spindle (a long piece of slender, rounded wood) is placed in the hole; then, it is vigorously rubbed back and forth between the palms of your hands. You can also create a bow and use a rope or shoelace string to tie the ends together.
- It is important to apply steady pressure downward on the spindle as you twist it back and forth.
- If you don't want to use the palm to rub the stick, you can create a bow tied to a string to rub the spindle on the board.
- Continue to do this until you see the charcoal dust pile is starting to smoke. Gently blow on it to see if an ember has formed.
- Once the ember has formed, transfer it to a tinder nest and continue to gently blow on it until flames are noticed.

Chapter 67



BUILDING A FIRE

Building a fire is one of the most important skills you can master and should be practiced before you even embark on your survival journey. Being stranded in the wilderness without having a fire is a death sentence, particularly in cold climates. Building an actual fire not only keeps you warm, but it discourages predators, raises your morale, allows you to heat water and cook food, and many other necessary benefits.

There are various ways to construct fires so that it offers you the best kind of warmth. Knowing what specific ways you can build a fire will be advantageous to you in the long run. Depending on your actual circumstances, you will need to adjust your fire-making strategies. Your tools are also incredibly important in determining what kind of fire you're

able to make. If you have a flint, for example, you're far more likely to be able to get a fire started quickly than if you have only matches and the surrounding area is wet and damp. If it's raining and cold, you'll also need to think about how you are going to approach the process of fire-making. Fires need warm and dry environments. If you actually don't have access to these types of areas, or they are not readily available, then you will need to move to an area where you can build a fire under cover. There are actually a few key things you need to be aware of before starting a fire.

CHOOSING A LOCATION

When choosing where you build your fire, you need to consider its position in relation to other flammable materials. If you're carrying anything that could conceivably catch fire, you need to store it properly so that it doesn't leak. But this aside, the most important thing to be aware of when selecting your fire location is that it needs to be in a well-ventilated area. Make sure that nothing is in the way of the fire that you intend not to burn, such as food supplies and cooking materials. Keep your fire close to the source of the materials you intend to cook. If your fire is for a signal, then build it in an area where it can possibly be seen by a passerby. If you want to keep yourself warm, build a fire in an area where heat won't escape but where oxygen can still permeate. The moral of the story is to build your fire in the area that best suits your needs at the time.

GATHERING TINDER AND KINDLING

There's a difference between tinder and kindling, which many inexperienced fire starters may not understand. But it is important to understand the difference between these two things in order to start a fire effectively. Tinder refers to the small, dry objects, such as twigs, leaves, and grass that are used

to set alight the larger objects, the kindling. In other words, tinder is the catalyst that makes kindling burn. Further examples of tinder are moss, pine needles, pine cones, and many others. Finally, kindling are the logs that make up the fire itself or whatever you are going to use to keep the fire going.

CONSTRUCTING A FIRE PIT

Constructing a fire pit will allow you to keep your fire confined to a specific area. This is a good idea if you're intending on spending a lot of time in a specific area. The first thing you actually need to do is to remove all debris and dirt from the area that you're going to use. Next, arrange your stones in a circle, like a cairn. In the center of this circle, arrange your sticks in a teepee-like structure. This is going to be your kindling. The next step is to arrange your tinder. Place the tinder in a bunch at the bottom of the kindling so that it surrounds it. Light the tinder, and you'll start your fire.

IGNITION

When speaking of lighting your fire, there are various ways to do this. You can start your fire by using a flint to create a spark, but there are many other ways to do this as well. Which method you use depends on what tools you have at your disposal. Let us say that you are equipped with only basic survival equipment, with no fancy items in your inventory. Let's look at some of the methods that are commonly employed to start a fire.

The first is called the bow method, when you make use of a simple friction system to simulate the action of a drill to create heat, and therefore a spark. You will need several items: a simple bow, a string, a handhold, a drill, a board, and a knife.

For the board, you'll need to find a branch that is about 6 inches across. Trim the branch until it is about 1 foot in length. Split the branch in half and make sure that you trim it down so that it is about 3 inches across. Cut a small depression about 1 inch from the edge of the board and about 5 inches from the end of the board. Cut a small wedge out of the board in line with the depression you just made.

For the handhold, whittle down a 5-inch-long, 3-inch-wide piece of branch and trim the edges so that it can be used safely. Next, cut a notch in the center of the wood piece.

For the drill, select a stick of a similar length to the handhold. Next, whittle down a piece of the branch until it is around 0.8 to 1 inch thick. Sharpen the dowel at both ends, but make it sharper at one end than the other.

Choose a string or a shoelace, whatever you have available, which should be about one-quarter of an inch in diameter.

Find a thin, bendable, but strong piece of wood to use as a bow. It should be around three-quarters of an inch in diameter.

In order to assemble the drill:

1. Apply pressure to the board with your foot on the opposite side of the board from where you cut the depression earlier.
2. Wrap the string around the drill, making sure it is held securely.
3. Make sure that the string is between the bow and the drill.
4. Hold the handhold in your left hand and press your left wrist to your left chin.
5. Cap the depression in the handhold over the top of the drill.

6. Continue until you start to see small sparks and then start to gently blow on the area to generate oxygen in the flame.

When it starts to burn slightly, add the lit tinder and continue to provide oxygen to the area.

EXTINGUISHING A FIRE

When you need to extinguish the fire for any reason, you need to starve it of oxygen. This can be done in various ways. Bear in mind that the only time you want your fire to go out is if you are finished using it. In the majority of cases, if you will be trying to get warm, you definitely don't want your fire to go out unless it dies naturally. However, if you need to move in a hurry, you're going to want to extinguish your fire quickly. If your fire for some reason starts to get out of control or sets something else on fire, you need to think quickly. Trample on the burning kindling and embers if they have died down a bit. Or you can also scatter the embers, grinding them into the dirt to deprive them of oxygen. In the event that the fire is large and cannot be trampled, move the pieces of kindling away from the base of the fire so that they cannot feed the fire anymore. It should soon die down.

Chapter 68



WARM UP AND COOL OFF

While a shelter is essential, being able to create a fire will allow you to stay warm, cook food and even keep unwanted animals at bay. However, unless you happen to actually be carrying a box of matches or a lighter, you will need to get your fire started the old-fashioned way. In fact, there are a variety of different methods which can be employed to get your fire going:

Flint and Steel

It is quite possible that you will in fact be carrying anything composed of metal on your person; an example of this would be a belt buckle or a penknife. An ignitable spark may be produced by striking this with a piece of flint. A piece of extremely dry grass or another form of kindling that you have managed to find may be set ablaze with the spark if it is dry enough. It

is vital to have a lot of kindling available, in addition to a few sticks of varying sizes, in order to assist in getting the fire started in the correct manner. In order to avoid being burnt, you are going to need some form of fabric to wrap your hand in while you are holding the flint.

The sparks that are produced ought to settle on the kindling, and you will need to blow on them in a soft manner in order to get the fire started. As soon as a flame has been established, you may add a few additional pieces of kindling to the fire.

Rubbing

If you do not have metal or cannot find flint, you may be able to employ this method that uses just naturally found products. The first thing you will need to actually locate is a particular piece of hard wood; it will need to be roughly two inches thick. You will then need to gouge a straight line down the middle with it, your survival knife will do this easily, but a stone or similar object can work. The aim is to create a thin groove in the wood approximately a quarter of an inch wide. You will then need to find a stick and create a point at one end of the stick. To create the heat necessary to start a fire, you will need to run the stick the length of the groove in your wood with as much force as you can muster. The stick should remove tiny shavings from your wood base, which will be ignited by the heat of your movement. Again you will need to blow gently as you add tinder to your wood and coax the flame into existence.

The Drill

This uses a similar technique to rubbing but requires more practice to get it right. You will, again, need a stick that has a point on it, or you have created a point. You will then need to cut a small hole in the base board; this should

be approximately an inch from the side. This is the point of a v-shaped notch you will need to cut next. The point of your stick is located in the hole at the peak of the V. You will then need to spin the stick by having one hand on either side, constantly moving in opposite directions to each other whilst pushing the stick down. The V is then filled with your tinder to start your fire.

After a few moments, you should start to see smoke, and you will be able to blow gently to encourage the flame into existence and add more tinder and wood.

There are a variety of other ways to start your fire, but these are the simplest for anyone new to starting fires. Of course, if you have glasses or a magnifying glass, you will be able to amplify the sun's rays and create a fire. As with the other techniques, you are after smoke and then blowing gently with tinder to create a fire. It can be a good idea to actually practice these techniques in your own garden; this will ensure you have these skills if you ever need them.

Essential Tip 1 - North

Navigating may be one of the biggest issues you face if trying to find your way back to civilization. It can be easy to actually become disorientated and simply walk in a large circle. If you have found a river, then you will be able to follow this; you will have a source of water, potential food and are likely to be heading towards civilization, providing you follow the flow of the river.

However, you can also navigate by knowing where North is. At night time, it is easy to work out which direction North is; simply look at the sky and

locate the big dipper; there are two sides in line at one side; directly above these two is the North star and north.

Of course, if it is cloudy or daytime, you will need to locate North via a different method. In the middle of the very day, the Sun is in the south. Keeping the sun behind you will ensure you are heading north. You can also look at the trees to see which side has the most moss; this is an indication of north. Alternatively, place a stick in the ground and mark where its shadow is. Then wait a little while and put the stick in the ground again and mark its shadow. You can then draw a line between the two marks, which goes from east to west. You should then be able to look at the sun and assess which way it is moving; the opposite side of this is north.

Essential Tip 2 – Natural resources

Survival aids are abundant all around you if you are prepared to look. For example, should you have been fortunate enough to have found a river, then you will be able to follow it to find civilization. However, it may not be possible to keep it in sight at all times, depending upon the thickness of the woods. This is an opportunity to use the natural resources to lash several sturdy trees together to make a temporary raft. The river may become too rough for simple construction, but it will move you much quicker and with a lot less energy than trekking through the undergrowth. Just be sure to take a sturdy stick with you to help you steer or row if necessary.

Essential Tip 3 – Defenses

One of the things that actually many people forget is that dangerous animals exist in the wild. Even with a fire, they may be tempted to come close and assess the possibilities. To avoid any incidents, you should consider placing

defenses around your perimeter; these should be far enough away to give you a warning and close enough to see what you are dealing with.

A good defense can be achieved by circling your camp with bits of brush and small pieces of wood; no animal will be able to creep through without making a noise. You can also string up some wood or metal, which will jangle against itself or another piece to make a distinctive noise. The aim is to ensure you are awake and can deal with any issue.

Essential Tip 4 - Signaling

If you are actually waiting to be rescued or walking but hoping to be discovered, then you will need to be able to signal any rescuers. There are a variety of ways of doing this, but it is important to have decided what you will do before they arrive. The smoke from a fire will always stand out in the landscape. If you have a mirror, you can use it to bounce the sunlight back into the eyes of any pilot to ensure they know you are there; just don't do this for too long as you will blind them.

You may even be able to lay large logs into an SOS pattern in a clearing; you will need to actually assess the situation and decide the best course of action.

Chapter 69



FIVE KNOTS FOR SURVIVAL

There is one ability that you absolutely must have in your toolbox if you like spending time in the great outdoors in any capacity, whether it as an enthusiastic camper, a dedicated climber, or a wilderness adventurer.

Tying knots was probably something you did as a child for fun, but now that you're an adult, you'll be glad you know how to do it since it may save your life.

The same kinds of knots are emphasized by a variety of authoritative sources as potential lifesavers in precarious circumstances that occur outside.

So, in today's lesson, I'll walk you through the process of tying a few of the most significant knots, as well as give you some background information on each one.

The following is a list of the top five survival knots that you should learn to tie:

- Figure Eight Knot
- Bowline Knot
- Clove Hitch
- Sheet Bend
- Taut-Line Hitch

However, before we go any farther into these five vital survival knots, I just want to make sure that you have enough of paracord.

Here is a selection of six quality brands of paracord in case you find yourself in need of some or in the market for an upgrade to the cordage you already have.



FIGURE EIGHT KNOT

A figure-eight knot may be tied in a variety of ways, the most common of which are the plain figure eight, the figure eight follow-through, and the figure eight on a bight. The first knot is a fundamental figure-eight knot, as the name of the knot suggests.

The two additional contribute to the primary configuration and broaden the range of applications for the knot. This is one of the most secure knots you can tie, and it maintains up to 85 percent of the rope's strength even after it's been tightened. Because of this, it is quite unlikely that the rope would snap while you are making use of it.

Survival Uses

If you tie a figure-eight knot at the end of a rope, it will prevent you from slipping down the rope in its most basic form. It is safe and will not come undone no matter how much pressure is applied. In addition, you may tie knots along a rope such that they remain in place and are big enough to use as handholds as you are climbing.

When it comes to climbing, one of the most helpful kinds of knots is called the figure-eight follow-through. One of the reasons is that with it, you can form a safe loop at the end of a rope, which is helpful in situations when someone has to be hoisted up in a secure manner.

Additionally, it may be used as a footing in instances when grasping onto the rope would be difficult due to the presence of adverse weather.

A sturdy loop at the end of the rope that may be clipped onto an anchor is produced by tying a figure eight on a bight knot. You may also make secure loops in the center of the rope to serve as handholds or footholds. This can be done by passing the ends of the rope through the loops.

When working in conditions when there is a large wind gust or when moving stuff up or down a steep slope, this survival knot for anchoring is extremely useful.



BOWLINE KNOT

The bowline knot, much like the figure-eight knot, is resistant to pressure measured in thousands of pounds. The difference between it and a figure eight is that it is simpler to untie once it has been used. It's possible that the bowline is the most reliable of all the several types of survival knots you'll need to master. In addition to this, it is a flexible knot, and there are many other applications for it.

Survival Uses

Bowline knots may be tied around items or even through them, and you can even tie them around oneself (even one-handed). If you ever find yourself in a particular situation where you urgently need to tie a knot, having the ability to do it using just one hand may be a lifesaver.

A bowline knot is tied at the end of a rope to create a loop, and the knot becomes more secure whenever there is more force applied to the loop. Because of this, it may be handy for hanging objects from tree limbs, such as food and equipment for survival.



CLOVE HITCH

A knot that secures a rope's attachment to a certain item is known as a hitch. The clove hitch is a basic yet essential knot that is easy to tie and may be used in survival situations. The advantages that come along with using it are that it will not get loose or slide, and you will be able to adjust the length of the rope without having to untie the knot.

Survival Uses

Although it is actually not as sturdy as the figure eight or bowline knots, the clove hitch is an excellent choice for securing objects to the ground. Because it does not often slide or get loose, it will assist you in securing a shelter because it maintains its tightness.

The clove hitch is a handy knot because it enables the rope to be adjusted without requiring the knot to be untied. This makes it possible to lower heavy things or move them to a higher location.



SHEET BEND

If you need a longer length of rope than you have on hand, you may use a sheet bend to securely bind together many shorter sections of rope to make the larger piece you need. It does not matter whether the two ropes are of different diameters or if they are made of different materials; it will still function.

Survival Uses

The sheet bend may be beneficial to any strategy of survival that involves the use of rope. It's a smart method to make use of every last bit of rope or paracord you have lying around.

If you don't have enough rope of a longer length to utilize, it's also an effective method for making a cargo net out of numerous shorter strands of

cable by tying them together.

Hammocks, stretchers, snowshoes, and fishnets are all made using cargo nets as a fundamental component of the manufacturing process.



TAUT-LINE HITCH

The fact that the taut-line hitch may glide up and down the rope and make it tighter is the primary advantage of using it. This maintains the rope's tautness and allows for a variable amount of pressure to be applied. When it is actually no longer necessary to use the hitch, it may also be easily untied.

Survival Uses

When seeking protection under a tarp, a taut-line hitch is the knot of choice.

The first step in erecting a barrier between you and the weather is to stretch a rope between two trees and then drape your tarp over it. This will provide some kind of protection from the elements. It is necessary to have a sturdy tightrope to hang the tarp from in order to transform it into a shelter.

Your loop will be able to slide and grasp much more easily with the help of a taut-line knot, which makes it much simpler to stake in a huge waterproof survival tarp.

DOUBLE HALF HITCH

A Double Half Hitch is a common way to tie a rope to a post or ring. The basic steps for this knot are simple and easy to follow. Please make sure you use straight cord segments and keep them in a tight splinter-free knot. To learn the Double Half Hitch, you need to practice tying it yourself until you can do it correctly. Here are a few tips for tying it:

The first step is to bring the rope's working end over the standing part. Next, tuck it under the vertical position and then get the other end back under the rope's working end. The second part of the rope is then passed through the second loop. This completes the Two Half Hitches. In addition to making these knots, they help decorate an inside space, such as a room. Lastly, the double-thread rope is the best choice for tying a single-half-hitch.

If you do not need to tie your horse, you can use a Double Half-Hitch to tie it securely. It's also an excellent knot for use in macrame, where it can be used for decorative purposes. Another excellent use for this knot is in fly fishing. A Double Half-Hitch makes it easier to cast a line when tied correctly. If you're looking for an additional knot for tying a fishing line, you can also tie a half-hitch to the end of the rod.

The Half-Hitch knot is one of the simplest types of overhand knots. It is formed by taking the rope's working end and sliding it over the standing part. Unfortunately, it's not very secure, so it's always good to use another knot to strengthen it. This knot is a great survival knot, but you can't depend on it for many situations. Fortunately, the Double Half-Hitch is incredibly versatile and will make any camp stable.

SQUARE LASH

If you have ever experienced a survival situation, you know how frustrating it can be to have no rope or cord. Thankfully, there are ways to make your cord with shoelaces or the drawstring of your coat. By following these instructions, you will soon be able to make a simple cord that you can use for several different purposes. And if you're truly desperate, you can tie a monkey fist around a ball bearing to help you stay afloat.

The Square Lashing is an essential survival knot that can be used to secure two objects at right angles. These objects include branches, gun barrels, and knife handles. You can also use this knot to create a fence by driving poles into the ground and attaching bars using Square Lashing Knots. If you're ambitious, you can even use the Square Lashing to construct a raft by securing bamboo poles across each other.

The square knot is a vital survival knot because it is a foundation for many others. You can tie it by crossing your left leg over your right hand, then tying another piece of rope around the other. This type of survival knot is beneficial for situations with limited yarn but still needs to tie a rope securely. But be warned that the square knot is not very secure. While it is helpful in certain situations, it should not be used for load-bearing purposes.

REEF KNOT

When prepping for a disaster, many people stockpile rope and learn knots. While knots are an essential part of survival training, they can also help you make gear or repair your tent in the wilderness. This list is intentionally more extended than most lists of survival knots because these skills can be beneficial when you need to make your gear. As a gear junkie, I know that having the right tool for the job is essential.

The bowline knot is highly versatile and can be used to hang food away from predators. This knot is also helpful in emergency rescues, as it forms a loop that can be passed through. It is also great for securing animals, as it doesn't slip or get too tight and won't damage an animal's neck. You can learn to tie this knot by practicing it at home. A bowline knot is also helpful in the wild.

The Midshipmen's Hitch is probably the strongest and most secure, but it is more difficult to adjust after heavy tension. The Magnus Hitch, on the other hand, is more secure but more difficult to twist. And remember to reverse direction before tying the last half hitch. But, if you've never learned these knots before, they could save your life if you're in a survival situation. So, learn the basics of survival knots today!

In a survival situation, you may need to climb. Perhaps it's necessary to find a path or scout a particular area. You'll need to use specific knots to tie your gear securely in such a case. Some more common survival knots include the bowline and the clove hitch. These two knots can be tied around a rope to anchor yourself or haul it up a steep incline.

Chapter 70 TIPS AND POINTS TO REMEMBER



In this chapter we look at some pointers to remember when you do go on a survival streak.

1. Bring along items such as tiny knives, flashlights, cigarette lighters, Kleenex, band-aids, and the like just in case anything goes wrong.
2. It is a good idea to store water in tanks or barrels at your backyard, alternately carry a bottle to store water.
3. Always check your supplies to make sure that none of them have expired.
4. Practice as often as you can. Join prepper's community or club. You can even go for classes, as all these will make a difference. Also try practicing various situations.

5. Carry toilet papers. You can use them to start fires with a cigarette lighter, they can double up as tissues, you can even write on them.
6. Visit the Red Cross in your area. They usually have guides and handy tips for you.
7. Do not forget to carry iodine, they are very useful in purifying water, getting rid of germs and can help when you get infected.
8. Always weigh your bag and see for how long you can carry it.
9. Freeze milk. Opt to use skimmed milk instead of full fat milk because the fat settles on the top and gets separated. Frozen milk lasts for a long time and during power cuts it becomes really useful.
10. Remember the rule of 3s, you can go 3 minutes without air, 3 hours without shelter.
11. Carry seeds in your survival kit. Seeds might not seem like a comprehensive meal but you can eat them and you can grow them. So they double up for future food. It is a good idea to carry seeds that grow on most terrains and grow in most weathers.
12. Go for self defense classes, you never know when you will encounter man made disasters like terrorism. Learn how to fight well and carry ammunition if you can. You can prevent further inconveniences like robbers, thieves, and murderers and so on.
13. Carry shovels no matter what. These are useful as weapons, they come in handy during cooking, they can be used to chop things, they can be used when you are sowing seeds and more importantly if you are stranded and you need help, you can shovel the ground, put

leaves and paper in it and then start a fire. These usually serve as signals for people to come to your rescue.

14. Carry a compass with you.
15. Learn how to perform CPR and go for first aid classes. This will help in case any one of your family members are in danger.
16. Always store your important files and documents on cloud, and if you can't do that then store it in your mails, Gmail provides an option to store all your documents. This will help you in case your computer crashes during times of disasters.



CONCLUSION

Prepping isn't a series of actions. It is a mindset to be prepared. It implies you're willing to accept the possibility of a disaster. It means taking ownership of your own and your family's safety and security. It entails acting rather than reacting during a disaster.

Spend some time researching the most probable disasters. EMP attacks, storms and floods, earthquakes, and economic collapse are just a few examples. Yes, these kinds of dangers are very unlikely, but it doesn't rule out the possibility of them occurring.

You will be in a good mental position when catastrophe strikes if you acknowledge a genuine danger. This alone may save your life since you'll be prepared to act rather than panicking in the event of danger.

Preparing for crisis escape or catastrophe scenarios with the proper equipment and abilities may help you replace your fear with confidence.

Preparing isn't only for SHTF, zombie apocalypse, or even TEOTWAWKI scenarios. Preparing for daily issues, regular crises, and global events is a good idea. The year 2020 will actually be remembered as the pandemic year.

The Covid-19 virus, however, was not the only issue. There were food shortages, supply chain disruptions, layoffs, & money shortages all across the globe as communities struggled to cope with the virus's impacts. Toilet roll, meat, and other necessities were difficult to come by. There was a worldwide bicycle shortage, with stores and restaurants closing.

Power outages, hurricanes, snowstorms, and the stomach flu are all reasons to prepare since they may make it difficult to cook, get to the store, or even go to work and earn money. You may be prepared for any situation by planning ahead of time, so you won't be surprised if anything terrible happens. You'll most likely be able to deal with the issues from the comfort of home.

It seems that you live in a world where you are continuously told that you must be scared.

You must be concerned about the changing climate and the resulting weather catastrophes. Natural catastrophes such as earthquakes and tsunamis must be feared.

Wildfires must be feared. It would help if you were afraid of conflict breaking out on the doorsteps. You must be concerned about an insecure government and a sluggish economy. It would help if you were afraid of the neighbors.

Is all of this fear necessary?

What if you could replace fear with self-assurance?

True, the world may be a frightening place. Your lives become unhappy and unfulfilling if you lose yourself in anxiety and dread. You may feel discouraged and sad. You may feel helpless. Being proactive is among the most effective strategies to overcome fear and the emotions of helplessness that come with it. You replace fear with confidence by preparing for such unexpected events. Our feeling of helplessness transforms into a sense of mastery.

You'll go over the fundamentals of emergency preparation and preparing to help you successfully withstand natural catastrophes, as well as provide you with a step-by-step guide on how to get started. You will use it as a starting point for becoming prepared & that you will return to it throughout your disaster preparation journey. Preparing for a disaster is not difficult or costly for ordinary people.

You can spend wisely in the survival toolkit and avoid wasting money if you know what the finest tools & gear to keep on hand are. You may feel empowered rather than anxious by spending your time and effort in self-education and acquiring new skills.

Please don't make all of your preparations at once and forget about them. Maintain a preparedness attitude throughout your life. If you put tools away after you're done with them, you'll know they're in the correct place if you need to locate them quickly. By rotating your food storage, you can ensure that your food is always fresh and good. You won't have to actually rush to the shop at the last moment if you have daily goods stocked. Keeping the focus on the future will assist you in determining what you can do now to improve tomorrow.

Finally, if an S.H.T.F. catastrophe occurs, you'll want to surround yourself with individuals you can rely on to help you survive in the long run. People are more likely to survive in a group than they are on their own. Human beings are social animals. The image of the tough individualist surviving in the face of adversity is a popular myth.

Unfortunately, convincing the friends or family members that spending the effort and time to prepare for such an event is worthwhile may be difficult.

Most people assume that none of the situations will ever occur or will not live long enough to witness them.

People who prepare for S.H.T.F. don't usually promote it so that when the time comes, they won't have everyone they recognize knocking on their door.

In any case, no one in your society talks freely about what S.H.T.F. is, at least not without some social shame. Finding a community of individuals who share your values might be difficult.

Finally, your safety is in your hands, so start preparing now while also looking for a trustworthy gang. Everyone who is a part of your plans will be grateful.

Create sessions for practicing and refining abilities pleasantly and engagingly. A day or two of lightweight hiking is a terrific bonding activity that allows you to put your talents to the test.

You may go to the gun range or have a simple head-shed meeting to exchange contact information, contingency plans, communications plans, and other information.

To survive an S.H.T.F catastrophe, you don't have to be snake-eating, off-the-grid survivalists; a community of typical generalists working together for mutual advantage will have a lot greater chance than a single, fragile superman without support components.

If you're genuinely alone and have no one to turn to, don't worry: if you practice and prepare to intend to take no chances, avoid risk, and be cautious with your threshold for danger, you'll be able to prevent most difficulty before it begins.

S.H.T.F does not have to be shortened for "certain death." The key to planning for and surviving a genuine disaster is understanding how it differs from a regular emergency.

They may appear massive at first, even impossible, but each event can be split into separate phases and dangers that are easy to plan for and prepare for.

Remember that doing nothing is nearly always worse than doing anything badly, so get started now before calamity hits.

**OFF GRID
SOLAR PANEL & 12 VOLT
POWER
FOR PREPPERS:
A TECHNICAL GUIDE TO DESIGN,
INSTALL AND MAINTAIN
SELF-SUFFICIENT SOLAR PANELS**

BY JIM GRYLLS

INTRODUCTION



The world is suffering a crisis, and it has been growing worse over the last century. The industrial revolution started a crushing grind on the Earth's atmosphere, and greenhouse gasses have been destroying safe gasses in the air. The world has suffered many setbacks, such as disappearing ozone, that has made living on Earth more difficult than ever.

People are highly dependent on fossil fuels, and with the emergence of new technologies, this need is greater than ever. To make matters worse, not only are fossil fuels destroying the Earth, but they are also running low. Third world countries are now gaining dependence on fossil fuels along with the rest of the world. With the advent of water purifiers and machines for mass distribution of products, each worthwhile endeavor is based on a dependence on fossil fuels.

With initiatives to kick start a better planet, the idea of green energy is a common goal for the entire world. Not only will it help return health to our planet, but green energy also presents a possibility for renewable energy. In case you actually have been living under a rock, green energy involves the production of energy without pollutants. Types of renewable energy include wind, geothermal, and hydroelectricity, to name a few.

However, each has its obstacles. Wind energy is derived through windmills that are only useful in windy locations. If there is actually no wind, there is no energy produced. Geothermal energy uses the heat of the Earth to create electricity, but it is often expensive and requires a deep hole in the Earth from which to draw. Hydroelectricity is commonly used with large rivers, but these are often scarce in desert areas. Not all of these are readily available around the world. However, there is another option that is available and its use is rapidly increasing.

Solar has become one of the most commonly accepted ways to produce energy with a minimal carbon footprint. Instead of sending thousands of pounds of greenhouse gasses into the sky, solar technologies use one of our most renewable resources to date: the sun. Solar energy is nothing new, but the ways to harness it have developed significantly over the years.

So, what can you do about it? Well, with the rise of affordable materials, you can change your own house, RV, van, car, or boat into solar-generating machines for a fraction of the cost it was ten years ago. They are also more modifications available on the market, which means that professionals will offer competitive prices to install solar panels for you. However, if you are crafty and adventurous, you can put everything up yourself.

It is common to feel that you do not have the skills necessary to complete the work, but that could not be further from the truth. In fact, this book was

created to guide you through to make your own installations. Not only does this book guide you through for the creation of your own solar panel setup, but it also includes average prices and diagrams to walk you through the wiring and instructions.

In this book, you will actually read about how to build portable solar powering stations on dollies, cars, vans, RVs, and boats. Essentially, you should be able to power electronics and charge batteries on land and sea. In theory, you can add extra electricity to any project near or far; it is up to you to test those boundaries.

Chapter 71 OFF-GRID SOLAR PANELS



Solar cells being the source of energy for any photovoltaic (PV) system, are an excellent investment. These devices are built of silicon, which is the most plentiful and economically appealing semi-conductive material for use in the production of solar panels because of its abundance and affordability. In the same way, as each other element in the periodic table is made of electrons, neutrons, and protons, silicon is formed of the same elements. The photoelectric effect is a physics phenomenon that was established by Albert Einstein and is responsible for the mechanism that causes solar cells to create electrical energy. It is simple and straightforward to explain that the physics underlying it involves the transition of energy from light into electricity. Solar radiation encompasses a broad variety of wavelengths. Solar radiation may be separated into two principal components on the basis of this spectrum: ultraviolet and visible light (more commonly known as heat and light.)

The visible light zone contains the wavelength range of solar energy that solar panels may employ to generate power. Sunlight particles, known as photons, have inherent kinetic energy that drifts them towards the Earth. Whenever these particles originating from the Sun's surface reach the silicon interface of the solar cell, they transmit their kinetic energy to the silicon atom's electrons. This energy transfer causes the silicon to act as a conductive material, allowing a modest electric current to flow. Without delving into more science, the output of the solar cells may be combined using series/parallel connections to form a structure known as a photovoltaic module. This enables us to enhance the electric current and voltage values, as well as the power outputs that are feasible for usage in typical market applications. The above idea applies to all solar panels.

There are several distinctions to be actually made between PV modules. As a consequence, we can categorize solar panels depending on their working technology. These types are rigid (monocrystalline), semi-flexible (polycrystalline), and flexible (amorphous) solar panels.

Panels come in a range of forms and sizes.

All of the information presented so far applies to all solar panels. There are certain differences amongst PV modules that are worth mentioning. With conversion efficiencies ranging from 19 to 22%, these modules provide the greatest light-to-electric energy conversion efficiency on the market (for recent top brands). As a consequence, they are being investigated for use in a range of PV applications, notably those with limited space for solar cell installation. They are more expensive because of their improved performance. These PV modules are also in great demand in the market for recreational vehicles (RVs), cabins, and boats because they use the available space to generate the maximum electrical energy. They are also often found

in a range of home-related applications due to their appealing black or dark blue tint. The manufacturing method of monocrystalline solar cells produces a rounded shape edge on the cell's outside edge.

Chapter 72 DESIGNING METHODS



The design of a solar panel system generates many questions that must be considered before diving into the implementation. For example, it will be necessary if your solar electric or photovoltaic van is the right size or the costs of installation and maintenance. Also, all these important points have to be treated with meticulousness to optimize energy efficiency. Consequently, in addition to contributing to the maintenance of the good health of our planet, the type of installation indicates a certain monetary interest.

THE LAZY METHOD

The lazy method of selecting a solar power design involves putting certain features into consideration. Some of these features include budget, weight, durability e.t.c.

THE MINIMALIST

The minimalist design is a good option if you wish to install the system off-road (car or minivan) with a limited roofing space. It also offers an aerodynamic and lightweight setup. However, you may not be able to run large appliances like microwaves and large motors.

THE CLASSIC 400-WATT

The power or wattage is one very important feature to consider when choosing a solar power design. The classic 400-watt solar power system offers 400 watts panels which are the average wattage you can get from solar panels today. Despite the solar projects that you may be considering, a 400-watt solar system is a great option.

THE OFF-GRID KING

The off-grid system term refers to the system not relating to the grid facility. The off-grid system is also called a standalone system or mini-grid which can generate the power and run the appliances by itself. Off-grid systems are suitable for the electrification of small communities.

THE ULTRA-LIGHTWEIGHT

Do not ignore these criteria when choosing a design for your mobile solar power system. Indeed, for a good quality material, which will assure you a supply of energy at all times and in all hours, you must opt for a powerful material. But this material still has to be light enough since the system is expected to be mobile. For a nice rendering, you can choose the solar panel kit according to the design of your motorhome.

THE LOW BUDGET

When selecting a design for your mobile power system, you may need to pay attention to the cost as well. It is essential to find a low budget design that will suit your power needs while still offering other required features.

Chapter 73 INSTALLING SOLAR PANELS



To install solar panels, you must necessarily be comfortable with working with heights, roofing, and waterproofing to avoid water leaks. This is done by installing hooks, rails, or battens. Depending on the solar panels and their method of attachment, you may need to install an under-roof screen or a waterproofing system. A good physical aptitude is also necessary to intervene on a roof and handle the voltaic panels.

Basic steps

- Deteriorate at the location of the solar panel
- Install the covers (lower and side)
- Install under-roof screen or waterproofing system
- Lay the rails and panels
- Connect the inverter to the grid

Tools required

- Screwdriver and/or drill driver with sockets and / orbits
- Circular saw
- Power extension cord
- Meter rule
- Scaffolding or ladder
- Roofer's ladder (depending on coverage)
- Key flat or bushings
- Screws
- Fishplate and other hardware for installing the rails
- Aberration or zinc
- Lead strip
- Battens
- Extruder gun with silicone glue
- Electric wire with IRL tubes and / or bridges if necessary (depending on configuration)
- Protective gloves
- Anti-fall system
- Protective glasses
- Safety shoes

DETERIORATE AT THE LOCATION OF THE SOLAR PANEL

There are two distinct cases. If the roof is covered with mechanical tiles or slate, you will have to carry out a partial removal. You must start by delimiting the precise location where you want to install the solar panels. It is also necessary to remove the tiles on a surface slightly larger than the surface of the panels to be laid. Once this is done, a hole appears in your roof: the photovoltaic panels will be housed thereafter meticulous preparation.

If you are decoupling near the ridge, be careful not to break the ridge tiles or the half-posts. If your roof is not planked (truss structure), do not walk in the middle of the battens or on the under-roof screen as there is a risk of falling.

INSTALL THE LOWER AND SIDE COVERINGS

The arguments are connecting parts between the roofing materials of your roof and the various elements which protrude from the roof (the solar panels and their fixings). There adaptations specific to each model of mechanical tiles, both for the shape and the color. For slates, it is a slate-colored sheet or an old-fashioned piece of zinc.

The installation consists of a screwed fixing placed on the existing battens or added battens. The use of a screwdriver and a meter rule is necessary to report the exact measurements. The hooks are also fixed with screws.

INSTALL THE UNDER-ROOF SCREEN OR A WATERPROOFING SYSTEM

Installation of the roofing screen

When installing a roof, an under-roof screen must be installed. The latter is a technical plastic film which has the function of creating a barrier impermeable to water but not to air. It is recommended when installing this under-roof screen to provide an air space between this screen and the insulating complex. If this is impossible and it rests on the insulation, then opt for a screen with high permeability to water vapor or HPV. This allows the passage of vapor and reduces the risk of condensation in the insulating complex. If condensation occurs in the insulation, it becomes less effective, and may even rot. The strips must be actually covered with the adhesives recommended by the manufacturer and according to its recommendations.

Installation of the sealing system

Depending on the installation, the solar panels can rest on a flexible plastic waterproofing system. This is to be installed on the roof (a rigid foundation made of battens is then necessary). These sealing systems are then screwed onto the battens at the location of the panels.

LAY THE RAILS AND PANELS

The rails must be fixed securely to the rafters using hooks (use the screwdriver and suitable screws for this). The solar panels are heavy and offer a great catch in the wind. Complex shapes with possibly certain adjustments adapt their shape to certain tiles allows fixing through the cover. Full derailing is no longer necessary since the structure of the rails is above the cover.

If the rails are not long enough or need to be crossed, there are fishplates as well as many other connecting pieces. Note that some solar panels can actually rotate a quarter of a turn with their long side being found vertically. It may then also be necessary to lay the rails vertically.

The panels are then fixed to the rails using hooks or bolts. Once all the panels are in specified place, you can fix the upper cover and then install the missing tiles or slates. When installing solar panels on a waterproofing system, the support rails can be directly installed on it.

CONNECT THE PANELS TO THE INVERTER

The inverter is actually an electronic device that transforms the unstable direct current. This inverter is itself connected on one hand to the panels, and on the other hand to the non-consumption meter. This meter is found at the head of all the individual electricity production installations connected to the network. It is imperative to know how to read an electrical diagram to carry out this step properly.

Some panels must be connected in series, while others must be connected in parallel.

If each panel produces a voltage of 12 V, the two panels in series produce a voltage of 24 V. If you connect the terminals of the same polarity, the panels are connected in parallel. This assembly produces a voltage of 12 V, but the intensity produced is the sum of the intensity produced by each panel. However, if you connect two groups of panels in series or parallel, the tensions of each group must be equal to preserve the panels and maximize their production.

Chapter 74 MAINTENANCE OF SOLAR PANELS



Everything needs maintained. Cars need oil changes, grass needs to be cut, dogs need to be walked, and solar panels need to have regular maintenance.

REGULARLY INSPECT YOUR PANELS

Solar panels are out in the open, and exposed to the elements. Having that said, there are many things that could adversely affect them from the environment. Even something as actually simple (and gross) as a bird defecating on top of the unit could wreak havoc. In order to counteract such contingencies, you will need to regularly inspect your panels. Hail storms and wind and rain damage are one of the most common problems that most outdoor solar panel systems face, so if the weather has been especially bad in your area, you might want to climb up on a ladder and take a look.

KEEP YOUR SOLAR PANELS CLEAN

Sometimes solar panels become completely covered in dust and pollen from the environment. If this happens it can actually have a significant impact upon the productivity of your mobile solar power unit. You may need to regularly clean your solar panels themselves. Clean them with just plain water, don't try to use any special solvents. To make things even easier, some are able to even use their garden hose to spray the surface of their solar panels clean.

KEEP TRACK OF SUN AND SHADE

In order to keep your solar panels at their most effective, you are going to have to be able to track just how much sun and shade are prevalent at any given time. This means that you need to have your solar powers placed in the best possible position. This is no doubt of prime focus when a solar power system is first installed.

Nearby buildings or other structures may be erected that create shade and block out the sunlight that reaches your unit. Vegetation may also grow up around the solar panel over the years, that creates shade and limits productivity as well. These things were not in place during your first install, but over time such new factors may come into play, so make sure you keep track of overall sun and shade.

MONITOR OVERALL USAGE

Although it is tempting to believe that our usage levels of electricity can be kept under wraps without much oversight, this is usually not the case. You need to be able to monitor your overall input and output on a regular basis.

For these companies to purchase your solar power you need to have an accurate usage history to give to them.

Fortunately for us, most inverters—a device that is just about mandatory anyway—have built in meters that allow you to directly gauge your overall daily power output. In many instances you can even download associated apps direct to your smart phone so that the inverter can send them to your mobile device no matter where you are. Be sure to use these new innovations to monitor your overall usage of power.

Chapter 75 12 VOLT POWER



This is one of the best mobile solar power projects you could take part in, and one of the most effective. For this project you will need:

12 volts to 220-volt inverter

20W Solar Panel

USB Hub

Super Glue

DC to DC USB Booster Circuit

LED leads

Breadboard

N914 diode

Mini slide switch pin

To get started get out your solar panel and solder a pair of solid core wire ends to the negative and positive leads of the solar panel. Now place your solar panel and LED leads into the holes inside your breadboard. As soon as you see the LED lighting come to life you will know that your solar panel is indeed functioning as it is supposed to.

Next you are going to install your DC to DC USB Booster Circuit. Put your DC to DC USB Booster Circuit leads right into the holes of your breadboard, making sure that they are placed within the same row of the breadboard.

Next, you need to install a mini slide switch so that you can always know when your charger is active or not. This is perhaps the most difficult step. But once you locate where your mini slide switch pin needs to go on your breadboard, go ahead and put it in place. Once this is in specified place, you can then move on to install your N914 diode. This diode will be responsible for controlling the signal in which your current of solar powered electricity will travel to your connected device.

This diode will make sure that the just the right amount of power is released in order to prevent short circuiting your equipment. Put this diode in the same column of your bread board as the DC to DC USB Booster Circuit. Finally, you are going to want to round this little tutorial off by putting your solar panel into your breadboard. Just be sure that your circuits line up and match with what you need on your breadboard and everything should work without a hitch.

Chapter 76 PROS AND CONS OF SOLAR PANEL SYSTEMS



THE BENEFITS

Here are some benefits of using solar systems:

- Least negative impact on the surroundings – if you compare this to other sources of energy, it is not a pollutant such that damages the water or the air in our environment.
- During peak hours, you can generate more electricity. These hours are from 11:00 am to 16:00 pm. Solar panels produce the maximum output during these periods. Electrical energy is more valuable now, as it is being used by several persons.
- Solar systems reduce your electricity bills. This means, you need less current from the public grid, since you can generate your own power.

- Maintaining the system requires a little amount of moisture or water if compared to nuclear power plants that need more energy.
- Solar system is another source of jobs for technicians. It also boosts the economy due to increased power generation for households and commercial purposes.
- You can earn some income by selling excess electricity from your solar array into the utility grid.
- Maintains the power of the public grid. This is because there may be blackouts if there are many power plants supplying current to the grid scattered all over the area. There could be human damages or natural disasters including faults from too much load.
- It does not produce any noise unlike generators that pollute the environment with much noise.
- During transmission of power, much energy is lost up to five percent. This loss may affect the output and capacity.
- Solar energy could be harnessed everywhere even in remote regions, wherever there is sunlight.

THE DRAWBACKS

Despite the numerous benefits of using solar systems, there are several drawbacks or disadvantages for using the solar systems. These include:

- Mounting solar panels demands a lot of space. This depends on your solar array and the amount of power you want to consume in your apartment. The more electrical energy you need for your appliances, the more panels you should install. Then, if you acquire more panels,

you should ensure that you have enough space to accommodate them all.

- The release of greenhouse gasses, which are sources of pollution in the environment. This occurs during installation and even transportation of photovoltaic systems. Other poisonous substances applied in manufacturing solar systems can be harmful to the surroundings. But the pollution from solar-based energy sources can never be equated with other sources of pollution.
- Solar energy depends on the weather conditions – despite the fact that you can harness energy from the sun during cloudy days, the performance and power output usually drops on such days. The peak performance is always on sunny days.
- Solar energy cannot be accessed in the night hours, except you have power already stored in the batteries to be utilized during the night.
- A fairly high cost of acquiring the system – this cost covers installation charges, batteries, PV panels, and cables.
- Solar energy is stored in the batteries, which are expensive.

CONCLUSION



As the world continues to actually look for alternative energies to aid in the healing of the world's atmosphere, renewable energy sources are in high demand. Each nation is implementing different strategies to combat the rise in temperatures over the years. With the growing disparity of the energy crisis, finding alternatives to fossil fuels is more important now than ever.

Solar energy is not only renewable, but is also readily available. The sun is not scheduled for extinction for another 14 billion years, so we can count on solar energy every day until then. Solar energy is also good for the environment. Solar panels last anywhere from 15 - 25 years, and many exceed that time frame. With technology evolving and solar power materials getting cheaper all the time, it is only a matter of time before the world develops solar technology for almost every application.

Solar panels work by using photons to create electron movement, which generates energy. The energy is translated into direct current and requires an inverter to change it into alternating current, the energy most commonly used in major appliances and equipment. When adding solar panels to any flat surface, always use proper racking. If not properly attached, the solar panel could be easily damaged in severe weather. The charge controller regulates the energy flowing from the solar panels into batteries. Without a charge controller, the energy fed into the batteries may cause an overload, rendering them useless.

If you live in a place with constant sunlight, you may be able to power your entire home or mobile equipment by using very few panels, which, in turn, lowers your energy bill. Since solar energy is becoming more advanced, it also powers heating and lighting, and charges wearable electronics.

However, as with every up, there is a down. Solar panels are often expensive to install initially. Though they require very little maintenance, you may feel a sting in your checkbook after the initial installation. Solar panels are also extremely weather - dependent. Photons may still come through clouds on dismal days, but they do not have nearly the same efficiency. Therefore, if you live in a mostly - rainy area, solar panels may not be the correct choice for you. Batteries are not the cheapest option, and they can set you back quite a bit if you have to replace them often. Solar panels have also led to wildfires by literally setting wildlife on fire, though this is not as common with smaller installations. Finally, solar panels are difficult to break down. They contain the mineral cadmium, which is toxic and can bleed into the environment when rain falls on broken panels. Until there is a safer way to dispose of solar panels, they remain environmentally damaging if not disposed of properly.

When building a mobile solar power station, use a stand to hold the solar panels and batteries. These are some of the easiest setups to build, and they can power electronics at any location. Attaching solar panels to cars and RVs is also popular and is becoming easier all the time. Since many people are on the road for hundreds of hours every year, solar panels have a tendency to require more attention and maintenance. Finally, installing solar panels on a boat requires serious thought. Though it is as easy to install the panels on a boat as any other setup, they require more attention to detail. You must keep all equipment, except the solar panels, below deck to ensure that they are stowed away from water and salt, which may cause them to erode.

When setting up your own system, use your imagination. The designs expressed in this book give suggestions and advice, but it is up to you how they are built. Remember to shop around when dealing with any materials. You may not realize the treasures you can find on the solar panel market if you don't look around.

U.S. ARMY SURVIVAL GUIDE
HANDBOOK:
THE PREPPER'S SURVIVAL ARMY GUIDE
TO WILDERNESS THRIVING

BY JIM GRYLLS

INTRODUCTION



Natural disasters are terrible. They are unpredictable. They can't be stopped. They take people's possessions, houses, and lives regardless of their age, class, gender, ethnicity, or other methods of categorizing people. Despite this, many people have been affected by natural disasters, often against high odds. Following their experience, these people are often asked the same question.

How did you survive?

This question might be asked by someone who is merely inquisitive, wants to keep a record of the disaster, or is trying to devise a strategy for what they should do if they find themselves in a similar situation. Every time the question is asked, this latter concern is always present subconsciously. When viewing a terrible situation as someone who was not directly affected by it, it is almost instinctive to consider what you would do if you were in

that circumstance. If you have a plan in place ahead of time, you will most likely know what to do in the event of a disaster and be able to save yourself, your family, and perhaps some belongings. To gather information for your ultimate survival strategy, you'll need to ask others how they survived.

Of course, this is often a useless exercise. Because there are too many factors at play during a natural disaster for one answer to be the sole solution. There can be no one ultimate strategy for surviving a disaster. No natural disaster is the same as the last, and no one survives a natural disaster like any other survivor. This isn't to say that studying how people survived isn't worthwhile. General survival principles can be derived by examining unique survival methods.

Chapter 77 BASIC RULES FOR SURVIVING IN THE WILD



You've gotten yourself into a bad position in the woods, and you'd want to get out of it as quickly as possible. Possessing self-defense abilities is something you should strive towards. The following are the top ten survival techniques that every outdoor enthusiast should be familiar with.

1. Take control of your mindset.

When faced with a survival crisis, it is important not to panic. It is more probable that you will survive a tough circumstance if you keep a positive and proactive outlook.

- Make a strategy for achieving your goals.
- Take stock of your available resources.
- Identify the essential activities that must be completed to survive (water, shelter, warmth).

- Grit is often the distinguishing characteristic between a survivor and a non-survivor.
- Recognize that emotions are not always true. Even though you may be feeling hopeless, keep your mind focused on the chores that must be completed.

2. Construct a shelter that is insulated.

- Building a sturdy shelter may help keep you safe from hypothermia as well as the weather.
- The main source of warmth will come from the heat generated by your body; therefore, construct a shelter that is just large enough to fit your body while laying down.
- Use existing materials, such as a downed tree or a sturdy branch, to build the framework for your lean-to. If you want to make it more elaborate, use a larger tree.
- Assemble the sides- on one side; stack sticks closely together. Fill in the spaces with smaller and smaller sticks as you go.
- Increase your shelter's insulation value by covering the walls with natural bark, needles, moss, or pine needles. The denser the material, the better your shelter will perform. Ground insulation should be of a comparable thickness, preferably thicker than the air insulation above.

3. Construct a shady enclave.

In certain circumstances, the most important factor to consider is heat protection.

- Maintain a calm head- Digging only a few inches down the earth may reveal a layer of colder ground.

- Construct a lean-to shelter out of twigs or limbs to protect the open ground.
- The shelter's function is to provide shade, therefore, keep the doors and windows open. Be creative with the stuff you have on hand.
- Maintain your composure- Lie down in the cool dirt under the canopy of trees.

4. Locate a source of potable water.

Survivalists consider finding pure, uncontaminated water to be the Holy Grail of their quest.

- Rainwater: Collect, store, and consume.
- Water absorbed from snow takes a significant amount of energy on your part to do so. First, instead of consuming the snow, you should melt it. This is a simple task that may be accomplished over a campfire. If none of these choices are available, turn to the sun. Cut up some ice and put it in an open water bag in full sunshine to speed up the process. If there isn't any sunlight, you may utilize the heat generated by your body.

5. Look for other water sources.

Cooking water for one minute at a high temperature is the most effective and safest method of killing germs.

- Some plants signal the presence of water sources nearby, which may be used to dig for it. Recognize the vegetation, such as cattails, cottonwood, or willows, then dig a seep hole until you find a source of moisture. Wait for a puddle of water to form in the opening.
- Consider the topography of the area: rock outcroppings and indentations are probable places where water may collect. Make a mental note to boil

any water that you come upon in puddles or streams.

6. Gather water from nearby plants.

- Dew: Dew accumulates on the leaves and grasses of plants and grasses. Soak up the dew with a towel and compress this into a container. This may be a highly efficient technique of collecting a large quantity of water in a short period.
- Plant Moisture Bag: Plants sweat in the same way as people do. If you place a plastic bag over a tree's leafy limb, water will accumulate.

7. Make a fire in the fireplace.

You'll want to practice alternate fire-starting techniques in advance of the time when you'll need to use them.

- It's quick and simple to ignite a waterproof match or a lighter. In a waterproof container, keep your matches dry.
- Firestarter made of magnesium are recommended for medium-sized fires. Make a spark and light your magnesia filings using your knife by shaving them away from the stick.
- Advance: A battery may generate a spark, igniting a tinder to start a fire. Make use of your car battery (which has been removed from your vehicle or boat) by connecting the negative and positive pins using wires or steel wool. This will cause a spark to be induced or the wool to be ignited. When using smaller batteries, position two batteries together such that the positive and negative sides are facing each other. Connect the poles with steel wool strands to spark the wool. A 9-volt battery is ideal for this application.

8. Building Fire

- Make a tinder bundle out of pine needles, dried leaves, milkweed, thistle down, and some grass to get started.
- Begin by starting with something basic and simple: tiny dry wood for kindling.
- Think big; look for bigger chunks of wood that will burn for a long time.
- Prepare the nest by constructing it out of fuel and using a bigger piece of wood to serve as the wind barrier. Make a tipi made of smaller kindling to allow for more oxygen to enter. Light the fuel and put it beneath the tepee to keep it warm. Exhale slowly and steadily to help spread the flame. As the smaller bits catch on fire, gradually increase the size of the fuel being added to the flames.

9. Learn how to tie these knots.

All outdoor enthusiasts should be familiar with several different knots. If you're going to survive, you'll need to have these two items on hand.

- If you need to connect anything to a rope using a loop, the bowline is a very helpful knot to know how to tie. The harder you pull on the rope, the tighter the bowline becomes. Keep this in mind once you've completed a loop: after emerging from the hole and passing through the tree's branches, the rabbit returns to the hole it came from.
- Use the double half hitch to wrap a rope around an item and secure the other end. This is a helpful knot for when you're putting up a shelter. Using your half hitch, wrap it around your tree or pole and continue in the same way for a double hitch. To make sure it's secure, pull it tight.

10. Construct a spear.

Spearfishing and hunting may be made easier if you have the right equipment.

- Choose a long straight stick.
- Create a fork by splitting one end of the stick.
- Use a wooden wedge or a small stone to separate the fork from the knife.
Secure it in place with a lash.
- Use an actual knife or a sharp rock to sharpen the edges of each fork.

Chapter 78 FINDING FOOD IN THE WILD



Food of many different kinds is all around you. You just need to know the best places to find it based on the environment that you find yourself in. Let's look at some of the places you could encounter on your survival journey and how these differ in terms of the food you can expect to find and also how you can access it.

Wetlands

Wetlands are home to a huge variety of life because they contain large bodies of water, as the name suggests. In these bodies of water, you can find all kinds of life. Animals from all over the region come to drink at these water sources as well, and this means it is much easier to track and trap prey. Examples of these water sources in wetlands include ponds, lakes, streams, and rivers. You can find frogs, toads, fish, mollusks, crustaceans,

and snails in these areas. In addition, aquatic life can be located in the muddy bottoms of these rivers, streams, and ponds.

Near the ocean, eating is even better. Various kinds of fish, crabs, mussels, clams, and seabirds all present an excellent opportunity to grab something to eat. Tidal pools are a fantastic way to find prey that is trapped when the tide goes out. Always be sure to be careful what you eat and ensure that it is not poisonous.

Valleys and Mountains

Inland areas can contain both mountainous, rocky regions, open fields, and forests. One of the actual most accessible sources of food you can come across in these regions is insects, such as grasshoppers, locusts, and crickets. Termites, ants, grubs, and other similar creatures can be found in rotting plant matter, logs, and vegetation. Frogs, salamanders, birds, eggs, and worms can also be eaten, but caution is needed with some kinds of frogs and salamanders that can be toxic to humans. Eating these kinds of animals won't cause you to gain weight or provide a sufficient amount of energy, but they will keep you alive in the short term. It is about making use of what you have when you are able to find it. There is no room for sentiment when you're faced with a potentially perilous survival situation.

Deserts

Food is typically harder to come by in arid regions due to the lack of water. Desert areas are more of a challenge to find any kind of protein source because there are fewer animals that live there due to the extreme dryness of the climate. Finding food in these regions can be a challenge at the best of times, and so you have to take what you can get when you can find it. However, there are certain kinds of animals that have found a way to exist

in these regions, despite all odds. These include yak, various burrowing squirrels, and rabbits, among others. Snakes can and have been eaten in the desert. They are a good source of protein when there is little else to be found. Scorpions are also present. They may not present to be the most glamorous source of food, but they will help you to survive when there is nothing else. Be careful of hunting them. When you encounter one, hold it down with a sharp stick and remove the tail. Next, peel off the shells, and roast them over a fire. Insects and various kinds of burrowing lizards are also common in these regions. These can be treated the same way as you would the scorpion: split small lizards open, remove their internal organs and roast them over a fire with a sharp stick. There are numerous ways to prepare insects, which will be addressed later in this guide.

There are a number of key problems you might face when hunting for food in the desert, and it is best to be prepared for this. The first is that animals that live in these arid regions are often well-camouflaged and adapted to protect themselves if they are faced with danger. As a result, they are actually difficult to catch because they are well suited to a lifetime of avoiding capture by larger predators. The second issue is that time able to be spent hunting for food is limited because of the inhospitable climate.

TIPS FOR FINDING FOOD IN THE WILD

These are some helpful tips for finding food in the wild and strategies for planning your approach to finding food before you even embark on your survival journey.

The first tip you need to be aware of is to avoid brightly colored creatures, as these are colored in such a fashion as a warning to predators. These animals can contain bitter substances, toxic chemicals, or spines or hairs.

They can also bite or sting. This does not mean that all brightly colored animals are dangerous, but that the vast majority are.

Before you go out, do your research thoroughly so that you know where to find food and what to expect in any survival situation. Although you might have the right equipment, this doesn't mean that you will be able to use it effectively. Therefore, you need to plan ahead thoroughly and use your knowledge wisely.

Carrying various guidebooks can be an invaluable help in survival scenarios. However, you might not know everything about the subjects you most require an understanding of. In these cases, you will need to get a book that helps you to access and use this knowledge on the spot. Great examples of these guides include plant guides and guides to different kinds of animals familiar to the region you will be traveling to. Plants, in particular, need special attention, as there are many varieties that look like each other. Educate yourself on plant identification before going into the wild.

Always remember that unless impossible, you need to cook all food thoroughly in order to eliminate pests and diseases. Cooking food also makes it more palatable and pleasant to eat. In addition, the warmth acquired from hot food can raise morale, so before you begin your survival journey, always be sure you know how you are going to generate heat and power so that you can cook your food thoroughly.

If you're going into the wild, you're going to need to know how to hunt and kill various forms of wildlife. While it would be nice to find food laid on, in the wild, the initiative is required in order to gain the food you need for eating. Therefore, you have to be prepared to trap, hunt, and catch animals,

birds, and fish. Educate yourself on proper methods of trapping and the tools you'll need to take along with you in order to construct said traps.

In emergencies, you'll need to have this knowledge stored. What will you do if there is a sudden food shortage and the shelves are bare? Money will profit nothing. Only your knowledge of the wild will matter because you'll be equipped to take advantage of the conditions around you. Having a general understanding of how to find food starts with being prepared and being educated. With that being said, let's look at the most important foods that you will need to be going for and what you should be looking to hunt and eat based on your skill level in survival situations. Not everyone has the skill to go after the same food. Some people are more experienced. You should not spend unnecessary energy seeking after large game, for example, if you do not need to be doing that. Rather focus on things you are able to manage.

Chapter 79 FINDING WATER SOURCE IN THE WILD



When it comes to water, rivers, streams, lakes, and ponds are all viable options, as long as you keep a few considerations in mind. First and first, there's a good chance you aren't the only one who is aware of them. However, if your goal is to avoid any human interaction, we don't know whether you'll have to go to war with someone claiming the whole water supply as their own.

Second, you must be doubly certain that you do all humanly possible to filter and disinfect the water before it enters your mouth and becomes your beverage of choice. Waterborne diseases such as giardia are dangerous and should not be taken lightly. Regardless matter how pure and immaculate the water seems to be, there are likely to be bugs floating in it that are too tiny to notice and are just waiting for some poor moron to drink glass so they can go to work.

Trying to transport it by hand over any significant distance will get weary quickly. However, if that is the only water supply accessible, you'll have to devise a strategy for dealing with the situation. Using buckets with tight-fitting lids, such as the ubiquitous five-gallon pails seen in any deli or bakery, is one alternative that could be worth considering. Then, using a dolly with two wheels, move them around the room from one end of the room to another. A wheelbarrow may also be used, although it will need a little more muscle to lift than a handcart.

The presence of flowing water, such as streams and rivers, is often considered more dangerous than stationary water. Moving water is not often contaminated with algae and other harmful organisms. However, if a still pond is the only choice available to you, then so be it. If possible, wipe away any heavy algae growth accumulated on the water's surface before filling your bucket. All you're attempting to do is reduce the quantity of content that will need to be filtered out later.

Chapter 80 SETTING UP YOUR SHELTER



After you have found your place under the sun and in the wilderness, it's time to make your home sweet home. There are two ways of doing this: with your tent or from scratch. It goes without saying that your life will be much easier if you're able to bring your tent but if your wilderness stay is one that's totally unplanned and unexpected, you'll need to make sure you have a place to stay during the night(s). Of particular concern is hypothermia, which is cold weather's most potent killing machine. As such, you should focus on making sure your shelter is well insulated, especially if you're going to be stuck in the wilderness for a relatively longer time. The best way to optimally insulate your shelter, makeshift or otherwise, is to look for something to brace it against such as fallen trees, long boulders or just about any large immovable object.

You can also tie a relatively long piece of wood or branch in between two branches that are stuck in the ground, which can be quite difficult and a

little bit less durable. Some wilderness veterans prefer bracing a forked and sturdy branch on the ground with a longer branch laid on top. This is just one of the many ways to create your “lean-to”.

Look for branches or sticks on which you can lean the horizontal braces against. Make sure these branches or sticks are sturdy because the sides of your shelter will be hinged on them. Put enough room between them and your shelter’s braces so you can comfortably crawl in and out of it.

After you’ve set up your braces, pile twigs and small branches over the fat sticks while leaving only the 2 ends open because they will form the opposite side of your lean-to shelter. Continue piling small bits of debris like moss, grass and leaves over your shelter’s frame to enhance its protection from the elements and insulation. Practically any small debris from the wild can work just as long as it’s not easily blown by the wind. Then, layer your debris – moss, leaves, whatever – across your angled wall.

Lastly, you’ll need to insulate yourself from the ground’s cold temperatures – which can suck the heat out of your body and increase your risk for hypothermia – by layering about 6 inches of debris on your shelter’s floor for you to be able to lie on.

Oh, it’ll be good if you can also dig a fire pit when you’re done with your shelter. Just ensure it’s not near your shelter or any underbrush and it’s clear of any debris that may be set on fire.

Chapter 81 SENDING S.O.S. TO THE WORLD



There may be times that in order to survive in the wilderness, you'll need to get help. For example, you may be badly injured and can't bring yourself back to the safety of civilization. Your only hope is for other people to know where you are and that you need help. There are 2 ways that can significantly increase the chances of that happening and consequently, your chances of survival.

One way is using a signal fire and in particular, it should be in an open area for optimal visibility. Examples of these in the wild include clearings in a forest or hilltops – places where there isn't anything that will disperse the smoke.

The fire should be created on a platform so that the base of the fire doesn't touch ground, preventing its moisture from saturating your firewood. Set aside the most flammable materials for this fire so you can be assured of a

fast flame and as soon as you light the fire, pile on the branches like there's no tomorrow in order to quickly produce thick smoke which is what rescuers can clearly see and identify as a possible S.O.S. to the world.

Another way you can send an S.O.S. to the world is by using a mirror to signal for help. Your mirrors flash can be seen for miles, even at night with just the moonlight as your light source. As such, it's more effective than a flashlight. If you don't have a store-bought mirror with you out in the wild, you can always do a MacGyver and use any item with a reflective finish to do so, like a rearview mirror or your cellular phone's screen.

The key to actually successfully pulling this off is the ability to aim the reflected light. To do this, you can make a peace sign with your fingers and center your target in between the "V" formation. Flash the mirror's reflection back and forth across your "V" formation.

Chapter 82 WILDERNESS SURVIVAL TIPS



Here is a list of some of the tips you can follow for any of the disasters listed above and what you need to do in order to save your life when a disaster strikes.

Tip #1 – You need to be aware of your surroundings and quickly anticipate disasters and come to terms with the fact that they can happen at any given point of time. Do not simply ignore or be oblivious to the signs of disaster. It is a known fact that psychology accounts for over 90% chances of survival. You need to be mentally prepared if you want to face any disaster coming your way. The phrase ‘survival of the fittest’ often refers to those people who want to survive so badly that they are willing to test any limits and fight until their last breath. If you are mentally unprepared or emotionally unstable then your chances of survival will surely go down.

Tip #2 – Do not panic. It is natural of us human beings to look at the looming sense of danger and start questioning our chances of survival and other unimportant things rather than focusing on getting out of the situation. When you face such a situation, your adrenalin is pumping through your veins. You are currently in shock and adding panic to the mix will simply just short circuit your brain. You will feel all the things going south when you let panic rule your emotions. One of the ways of doing this effectively is by preparing to face this scenario beforehand. Try to train yourself in different arts and defenses that you might need in case of a calamity. When you are skilled you are mentally prepared to take on whatever is coming your way.

Tip #3 – Reality check. While it is important to be confident about your skills, it is also important to know your limitations. No one is skilled at everything and get through with living in a dire situation without facing difficulties. Any setbacks you may face will only help you get stronger and also make you wiser for the next time. You need to create survival plan that is specifically designed on the abilities that you and your family members possess. You also need to remember that there will be shortcomings in the form of variables and you need to take those into consideration while constructing a plan. Your family may not be skilled enough or may lack in exercising that certain skill, or you may be lacking in special medications or other mobility issues that can slow you down. It is wise to know your flaws so that you can find solutions or find your way around it during the times of a calamity.

Tip #4 – Less is more. You will have to learn to make your way around your survival with limited supplies. Depending on the nature of the disaster, how long it will last and where you take refuge, you need to realize that

your supplies will not last forever. What are the methods using which you can produce more food and the locations where you can find safe drinking water should be the next few questions that require an answer. You need to implement some of your theoretical knowledge and a little bit of wisdom until you can find your way back home.

Tip #5 – Keep your plan as simple as you can. While making complex and fancy preparations and survival plans sound good it is extremely hard to carry such equipment or bring along all the sophistications of a civilized society. You are in a high-pressure scenario and you need to overcome your shortcomings and work on the possibility of survival.

Tip #6 - Develop good knowledge on the area you live in and be aware of the disasters that your location is most prone to. This is the most vital information you need because you can prepare a survival plan and kit that is more specific to the disaster. Remember, not every part of the world is prone to the same disasters. You need to tweak your plans according to the location you are in.

Tip #7 – Gather all your home based supplies in a single place with everything you need in order for you to create a survival kit for you and your family. It should contain all the emergency supplies that you would require and it should also be specific to you and your family's interest. This will be extremely useful if one of your family members has a disease and you need to carry along that specific medication around, such as asthma and diabetes.

Tip #8 – You need to be in total control of both your body and mind while preparing to face a disaster. But more importantly you need to be physically compatible to your preparedness plan so that you can get to your reclusive unscathed. You need to be practicing these skills and hone them until you

can actually use them in the wilderness. Keep tweaking your plan and do not be afraid of making mistakes while making the plan, as you will learn as the times passes by.

Tip #9 – Help those in need. The ones that you will come in contact with during the calamity are your neighbors. Remember they are going through the exact same thing you are going through. Try and accommodate some of their family members especially the elderly people and the children. They are the ones who require the most attention and the supplies. Try to participate in rescue teams so that you can find out the status of others in your neighborhood and help the ones in need.

Tip #10 – When you are done with your survival kit and your preparation work, you need to ensure that you keep replacing and tweaking the items in the bag as some of them might be perishable or out dated. Always store extra stacks of batteries, as they tend to come in handy more than any of the other resources. Try to fit in rechargeable batteries in the list of items you need to carry. But remember to keep this bag light, as you might need to carry this for a long while.

These tips and tricks are methods to keep you prepared for any type of disaster. Preparedness training for survival is one of the key factors that might aid in your survival. Once your confidence builds you need not worry about any situation because you will find the courage in yourself to fight and face the challenges. Even if everything does not actually go according to the plan you need to reinsure yourself and your family and keep a positive outlook towards the situation. Remember being prepared is only half way there. Your attitude and your will to live would reflect directly on your chances of survival.

CONCLUSION



Through deciding on versatile supplies such as multi-tools and bandanas, securing an array of easy-to-make meals, and arranging an excellent distribution of weight in your bag, you can prepare yourself for a worry-free outdoor adventure.

You will remember the things you need to live safely in regular life and then adapt them to fit outdoor life. Once your bag is packed, you will be geared up to dive into the next adventure: using a blend of tech and nature's navigation equipment to find your way in the wilderness.

Stay calm and determine actions, not based on your emotions, but on logical plans for survival. Focus on the right survival priorities and preserve your strength. 95% of all rescues are successful in less than two days, so your unexpected trip should be quickly resolved.

CAN I ASK YOU A FAVOR?



Thank you for reading this book, we hope you enjoyed it, and most of all we hope you found it useful!!

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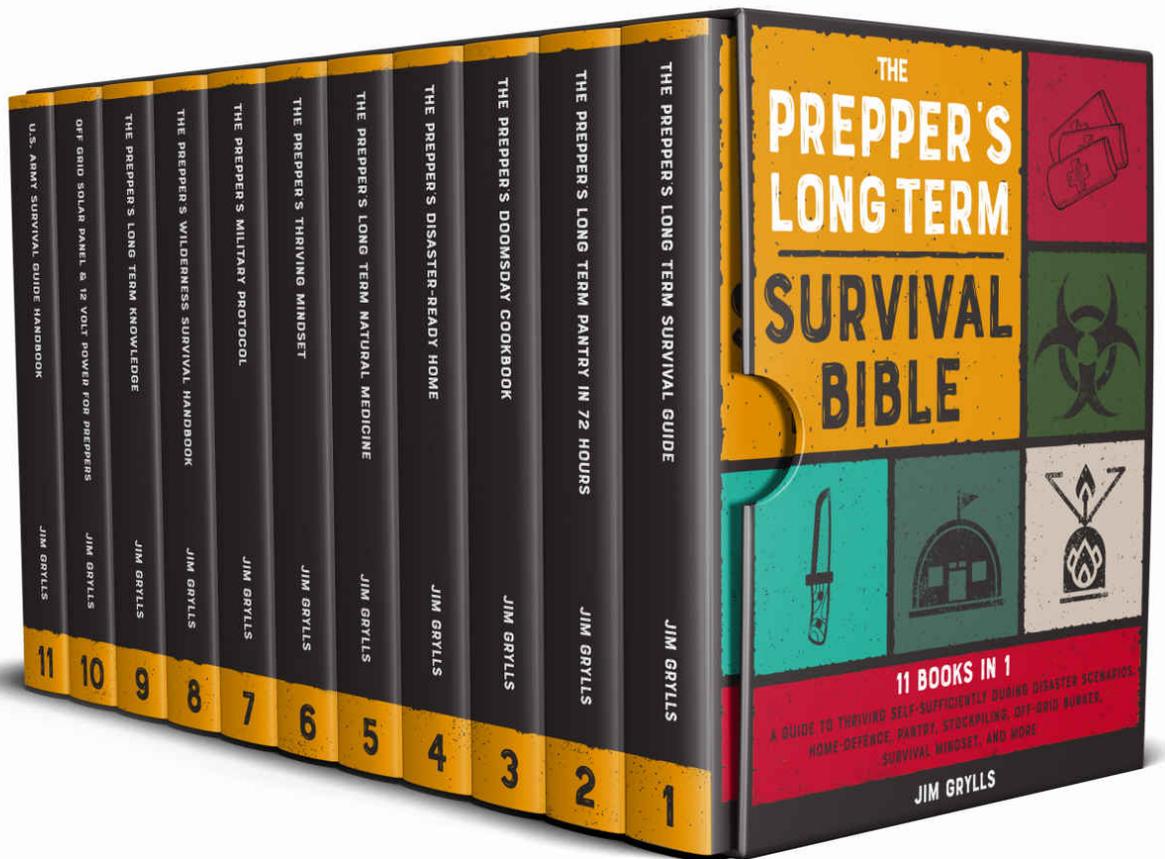
Here is Jim's email: prepperbooks@jimgrylls.com

We thank you again and hope to have you always with us on this journey for survival. Best wishes!



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