

**A Quick Start Handbook For Modern
Day Preppers To Prepare For Any Disaster's**



THE URBAN PREPPER



The Urban Prepper

**A Quick Start Handbook for
Modern Day Preppers to Prepare
For Any Disasters**

Table of Contents

[Title Page](#)

[Chapter 1](#)

[Chapter 2](#)

[Chapter 3](#)

[Chapter 4](#)

[Chapter 5](#)

[Conclusion](#)

[BONUS BOOK 1:](#)

[Introduction](#)

[Chapter 1 - Why Mason Jars](#)

[Chapter 2 - Glass or Plastic?](#)

[Chapter 3 - Food in a Jar](#)

[Chapter 4 - Non-Food Storage Essentials](#)

[Chapter 5 - Alternate Uses of Mason Jars](#)

[Chapter 6 - Wrapping It Up](#)

[Conclusion](#)

[BONUS BOOK 2:](#)

[Chapter 2](#)

[Chapter 3](#)

[Chapter 4](#)

[Chapter 5](#)

[Chapter 6](#)

[Conclusion](#)

[A Preview Of: Survival Essentials For Beginners](#)

Introduction

Billions of people live across the globe, each one with unique characteristics. They have different lifestyles. Their geographical locations are also different. One of the few similar characteristic shared by people across the globe is the possibility of experiencing a disaster.

Disasters occur unexpectedly. Everyone, both rich and poor, suffer from the same effects and even lose lives in extreme cases. What makes the difference is the level of preparation done in facing these significant events. Some people tend to be complacent because they live in disaster-safe locations. Living in a large, professionally-constructed home in luxurious communities make some people feel as if they are invincible from disasters. Of course, a quality property in a safe location makes its occupants feel a lot safer and more confident that their assets are protected.

Some locations are prone to natural disasters due to their geographical profiles. But even other sites far away from disaster-prone locations also experience the consequences brought by these calamities. Consequences include power outage, infrastructure issues, impassable road, communication problems, food and water shortage, and many more. Hence, everyone should prepare themselves for any disaster in case the calamity situation worsens.

Reasons highlighting the significance of disaster preparation include saving assets, avoiding the inconvenience of retrieving vital documents, and keeping everyone in the family safe. Experts emphasized on many occasions that disaster preparedness is the line that separates people from losing their assets and lives.

Obtaining this book means you fully understand the importance of being prepared for these instances. This book covers a quick look on different types of disasters and emergencies that are responsible for damaging millions worth of assets and increasing death toll counts. You'll also learn about various aspects of preparation like your property and supplies, your family, and your survival kit. Additional tips will also be discussed to prepare you in these emergency cases.

Chapter 1

A Quick Look at Disasters, Accidents and Emergencies

The lexical definition of disaster is a catastrophic event, whether natural or accident, causing significant damages to humans or the environment. Disasters are often attributed to natural calamities, which every country experience. However, disaster management experts also coined the term manmade disasters. As the term implies, these disasters are caused by humans or other man-made inventions. Common disasters that threat nations include the following:

Natural Disasters

Natural disasters are triggered by natural phenomena like severe environmental changes. Geographical profiles of countries often trigger these changes. For instance, countries situated along and within the Ring of Fire, a site within the Pacific Ocean's basic, tend to experience tectonic activities contributing to more occurrences of earthquakes, landslides and volcanic eruptions. Locations along the coastal area sustain damages from hurricanes, typhoons and tsunamis. Usual types of natural disasters apart from the aforementioned ones are floods, tornadoes, winter storms, droughts, heat waves, wildfires and epidemics.

Man-made Disasters

Man-made inventions, infrastructures and technological advancements trigger these disasters. Despite their advanced natures, these inventions and high-end facilities may have malfunctioning systems. These errors can have significant damages on the environment and on human population. Examples are chemical spills, nuclear plant emergencies, explosions and power outages. Man-made disasters also include attacks with the goal of damaging properties and hurting other people. Terrorist attacks fall under this category. Types of terrorist attacks are bombings and chemical and biological terrorism. Civil unrest is also included being

disruptive of peace in a community and may even turn into a full-blown chaos.

Government authorities have already provided countless resources about these disasters. Resources are also available online. This stresses that preparation is indeed crucial to handle disasters and their complex effects to everyone.

Preparation also starts at home, which is why it's best to know your location well and how to disaster proof your house then have all the needed items at hand before these events occur.

Chapter 2

Local government offices record past occurrences of disasters and their types in the site. Focus your research on past catastrophic events and their severity level to set your expectations. Check if these disasters were too severe that people must evacuate. Look into local officers' procedures in handling evacuation and the duration before declaring the site is safe for residents to return to their homes. Details obtained through this research will be useful in this initial preparation phase.

Inspect fire and emergency exits in your property. These are easier to see in apartments as they are often located on window railings. Condominium units have designated emergency exits connected to stairs. Know these exits upon settling in the house. Create a map and mark these exits for your family's use.

Check if the house has installed safety features. Inquire if smoke and fire detectors are installed inside the house. See if there are fire extinguishers, water source and hose in case of fire, and others used for fire accidents. Use these as points before choosing a property. You're allowed to conduct an ocular inspection of the property, which is the best time to ask the real estate agent about additional safety features. This will give you an idea about necessary modifications to set in the future.

Documents should be protected at all times because obtaining new copies is inconvenient. Important documents to protect are bank statements, tax records, loan agreements, credit card accounts and statements, business-related documents, insurance policies, personal documents like birth, marriage and death certificates, passports, citizenship records, and others. Photocopy these documents to get duplicates, which will be your backup copies if you lost the original through disasters about purification depending on water composition within the area.

Having cash on hand is essential since withdrawing money from ATMs might be impossible. These loose bills serve as your

emergency money for buying supplies and other needs. Save at least a hundred dollars cash on hand in smaller denominations.

Some natural disasters, like in cases of typhoons, don't occur instantly. Weather experts study and forecast weather changes to warn people for possible damages they can bring. This gives residents, especially those in nearby cities that may be hit with the disasters, an ample time to shop for supplies.

Keep your devices charged during disaster occurrence. Power outage often follows the initial disaster attacks. Take advantage of electricity while it's around.

Chapter 3

Preparing Yourself and Your Family

Preparation extends to your family members. Your goal is to get everyone through the disaster safely in a calm way. Family members are different, which means preparation according to age and health conditions is also different. Follow general and special preparation tips to ensure your family is aware of the disaster and handle the situation confidently.

Preparing Your Survival Kit

Prepare your survival kit by placing your supplies in a single container. Items to store in your kit will be discussed in the next chapter. Place this survival kit in a location known and accessible for every family member.

Designate a Safe Meeting Place for Family Members

Family members may be separated with each other due to panicking or debacle brought by crowds rushing to evacuation sites. Set a safe place where your family should meet in case a member was separated from the group. Families wait for their missing member to the safe site and then go together to the evacuation area. Set the meeting place near the evacuation site or other accessible sites known to every family member.

Teach the Child about How to Use Phones

Children should know how to use landlines at home as well as other telecommunication means. Several rescue-related shows in the past showed how children could save lives because they know how to call for help. Teach your kids the numbers to call. Then teach him how to use a telephone to call for help.

Dealing with disasters and evacuation is already a challenge. Individuals with disabilities may find this more challenging due to

their conditions. Families with disabled individuals need to devise an evacuation and preparation plan for individuals with these conditions.

Chapter 4

Make identification cards complete with your contact details and alternative numbers. Keep the cards in the kit and distribute them to family members when you're ready to evacuate. This will keep you from last minute searching for contact cards since they are with your supplies.

Apart from contact details, include the wearer's health condition, taken medication, physician's contact number, and allergies for faster medical assessment in case clinic or hospital admission may be needed.

Power outage will shut down your refrigerators, which means you can't store fresh meat and vegetables. Hence, the best food supplies to keep should last without refrigeration. Common food types are MREs, dehydrated food, cereals and instant drinks.

Your kit can be a larger container that serves as supplies storage. A portable storage may also be used during evacuation. Ideally, the supplies in your kit should be sufficient for the next three days.

Documents

Keep a set of copies in a sealable bag and folder then keep them inside the kit. This is a good strategy in case the original ones have been damaged or if nervousness prevents you from finding them inside the house.

Put the medicine and first aid kit together with your food supply, but make sure that they have their own containers. Aside from the first aid kit, keep a set of important medications inside the pack to have enough supply of medication if it's too dangerous to go outdoors.

Use a separate small kit for lighting needs like flashlights, extra batteries, candles and your power banks. You can use them at home or when lighting is needed at evacuation sites.

Evacuation sites don't usually provide sleeping bags, blankets and small pillows. Prepare your own set and be ready for relocation when community officials asked you to do so. Set one sleeping bag for each family member. Limit your kit's size by bringing pillows for your kids. If you can't sleep without pillows, buy inflatable pillows to save space kit space. Bring your tent as well in case there's a specific site for pitching.

Chapter 5

Adults recover faster after experiencing traumatic calamities and evacuation. Provide extra support kids more by assuring them that the worst is over. Depending on the disaster's severity, some local government offices may conduct debriefing sessions. Enlist your children to these programs to help them get through the trauma more effectively. Moreover, assure your children that you will never leave them alone and that you will stay safe for them.

Check Your House for Repairs

Check the house parts that need repairs immediately. See if all your security systems are still working and hire a technician to repair damages. You may also want to enhance the affected parts' construction in the future to keep them from sustaining the same damages.

Conclusion

Being prepared in any disaster is the line that keeps you away from significant damages and even losing your life and your family. There's nothing wrong in being prepared for the worst as you will experience more problems if you won't do these simple preparation tips. The good news is you have available resources as guides in dealing with the possible effects of disasters. Keep in mind that being knowledgeable of the disaster you'll face makes you more confident in handling the situation. Be the main support and source of strength for your family members, especially to your kids who are prone to posttraumatic disorder after a stressful situation.

Be knowledgeable. Be prepared. Be safe in every disaster you'll face with these tips

**BONUS BOOK 1:
Prepping With Mason Jars**

**Several Beginner Steps for Urban
Preppers to Using Mason Jars to
Prepare For Disasters**

Introduction

This book aims to provide you with more specific information on how you can prepare for serious disasters using resources that may already be sitting in your cupboards, your attic or your collection of junk. You will find that the humble mason jars that you might be taking for granted have a lot of practical uses when it comes to disaster preparedness. Learning about these uses will help you take advantage of this common household item for your prepping needs. Thanks again for downloading this book, I hope you enjoy it.

Chapter 1 - Why Mason Jars

Back in the days before tin cans, Tupperware and other plastic containers, refrigerators and space age packaging, there were only a few ways of preserving food. Salting, sun drying, and turning fruit into jellies and jams were common methods, but storing these food items long term in wooden barrels, metal pots, and ceramic jars were not as good in extending shelf life.

In 1858, a tinsmith from Philadelphia named James Landis Mason invented a container that started a whole new industry: home canning. Made of lime glass, this jar had a few threads on the outer perimeter of its opening. This allowed a cap made of a metal band that accepted the threads to be screwed on, clamping down a lid with rubber on its underside to create a water tight seal.

With his invention, women across the nation started a whole new industry to preserve fruit, vegetables, and even sauces, stews, and meats by canning. Every harvest season, many of these sturdy glass containers were brought out from cellars to be washed and boiled to sterilize them. They were then filled to the brim with peaches, pears, and apples in light syrup. They were capped, sealed, and then dipped in boiling water to further sterilize them. After this process, the filled jars were then returned to the cellars to be stored for future use.

Homemade jams, jellies and tomato sauces were processed and packed in pint and half quart jars while slightly larger ones were used to store pickled meats, salted pork and corned beef. These were also packed in the same damp, cold and dark cellars where the tight seals kept their contents edible even after weeks, months, and even years of storage.

Chapter 2 - Glass or Plastic?

Before deciding which type of Mason jar to use for disaster preparation, you may want to consider what it is made of aside from just its size.

There are basically two materials used in the manufacture of Mason jars: glass and plastic.

Modern glass Mason jars are still made of soda lime glass as are most tableware. A few are made of sodium borosilicate glass which is what Pyrex cookware is made of. That type of glass makes such a jar heavy but excellent for cooking. Mason jars are now made by Jarden Corporation of New York which acquired the original glass jar makers Ball and Kerr. Other companies that manufacture them are Cool Gear International and PMI Worldwide which manufacture them under the brand name Aladdin using recycled glass.

Another advantage of using glass is that it is easy to clean and sterilize unlike plastic which reacts chemically and stains easily. Fat and other food and chemical residue also cling to plastic longer than glass and may need cleansers or soaps to dislodge. These cleaning implements may be scarce or unavailable in a disaster. Glass is easy to clean requiring only lukewarm water.

.Why use plastic?

Plastic is non-biodegradable making it just as durable as glass for long term storage.

The light weight and water resistance of plastic also makes it an ideal flotation material. Water tubes and life jackets are made of plastic. Air tight water drums

The answer to the question now depends on what you intend to use it for. In preparing for disaster that question goes down to the following uses: food storage, essential non-food item storage and alternate usage

Chapter 3 - Food in a Jar

As stated earlier, one of the most essential uses of Mason jars is the storage of food. That has been the historical use of Mason jars since its invention.

While it is true that more efficient packaging such as vacuum sealed foil bags exist, most packaging these days can get crushed and flattened. When subjected to temperature variations, these can also explode. Others can leak dangerous toxins or can easily be punctured or torn exposing their contents to contamination. Mason jars are obviously more reliable and durable when it comes to storing food.

Chapter 4 - Non-Food Storage Essentials

Apart from being used to store food, Mason jars are excellent storage containers for essential non-food items such as medicines, sanitation and fire kits and stress buster packs.

Chapter 5 - Alternate Uses of Mason Jars

Among the fun things that glass Mason jars can be used for is lighting and water filtering.

When the power goes out and you have eaten all the stuff out of your mason jar MRE's, turn those empty containers into makeshift lamps. One of your options would be to put a small candle inside a Mason jar and lighting it. The jar will protect the candle from being blown out. If you put your hand over the jar, it will keep rain or the leaks from snuffing out the flame. This will also warm your hands when you put the over the jar's mouth.

Chapter 6 - Wrapping It Up

Disaster preparation is very important. Not even rescue and relief is guaranteed to be immediately available just because the hospital or fire department is three blocks away. Emergency and disaster situations can drastically affect your access to basic necessities and services.

Just because space and your funds are limited does not mean you cannot come up with an emergency kit.

Now all you need are a few items and you are all set for the next big disaster. What's important is that you found great uses for those empty cherry, pickle, peanut butter, and mayonnaise jars. Those bulky protein whey jars and all those antique glass jars that Mom told you to keep for something important can definitely be put to better use.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to know more about how to utilize mason jars in preparing for disaster situations.

The next step is to try the 12 useful tips as presented in this book and take advantage of the practicality and versatility of mason jars both in everyday life and in disaster situations.

May the tips in this book and the stories to illustrate them guide you in using Mason jars for your disaster preparation. While you do not want to be right in the middle of a disaster, you also do not want to be caught unprepared in case a disaster.

Thank you and good luck!

BONUS BOOK 2:
Pandemic Survival Essentials
How To Protect Your Self From
Modern Day Pandemics Such As
Ebola

If an apocalypse were predicted to strike the world in the near future, you would want to take the necessary procedures to survive – right? Well, you should treat pandemic diseases to be the same. Pandemic outbreaks can be deadly and the areas where it attacks can be worldwide. For this reason, there are already pandemic survival kits on sale for individuals to prepare themselves for an oncoming virulent disease.

This guide was written to educate you, your family, as well as your community about deadly pandemics and how you can protect yourself with the ultimate kit. This will inform you on how to construct an efficient survival kit and the various essentials you will need to survive a deadly virus – such as Ebola

A pandemic is a lethal disease or virus that affects many people worldwide. Based on past experiences, pandemics prove to be deadly–killing multitudes in a matter of hours to several weeks. Considering the fact that virus strains are able to mutate, in the same way that humans and different organisms have evolved over the years, who's to say that a pandemic will strictly not occur?

Another illustration of a deadly pandemic is the infamous Bubonic plague, also known as the Black Plague

Yes, medical instruments have been improved and are considered advanced in this era, however we must anticipate the worst to come. It is time to upgrade your first-aid kit, if you have one, to a pandemic survival kit. It is critically important to assemble a survival kit made for pandemics. Numerous of individuals feel that they aren't obliged to create one, but that's a common mistake. This kit resembles a literal lifeline that everyone has a chance to take. This survival kit will sufficiently help you and others when disasters abruptly come about. Moreover, the supplies that encompass a survival kit will effectively protect you from virulent diseases lurking – such as the Ebola virus.

So save yourself the hassle and get started on stocking up on emergency essentials. As Edward Coke said, "Precaution is better than cure."

Chapter 2

There are some issues to consider when you are assembling your kit of essentials. Certain questions arise, like is it really important to have one? Where will you store it? Is your home big enough? Not all households have a basement or garage where they can properly store their emergency survival box, and not all people can spend a lot of money at one time.

Many organizations aim for emergency preparedness, and many more are in the process of implementing various procedures to help prepare people before disaster strikes. An example of this is the implementation of broadcasting a nine-second warning that alerts people when an earthquake will occur in their area. What can people do to prepare for emergency in nine seconds? Well, they can find shelter underneath a table; they can avoid brick housings; and they can put down dangerous objects that they were holding.

Chapter 3

Ebola, also known as Ebola hemorrhagic fever or Ebola virus disease, is a deadly disease shown in humans and some mammals. Persons affected with this condition are immediately at risk of death, and it can occur within six to sixteen days. Aside from this, it can be preventable—if the proper measures were taken. The first reports concerning Ebola was identified in Sudan back in 1976, although most cases originate from Africa. Since then, it has died down a bit before returning at high-speed.

Chapter 4

Now that you have a thorough idea of the risks that Ebola carries, it is time to get started with the pandemic survival essentials. If an apocalypse were to come in the near future, wouldn't you want to survive? Well, think of pandemics like Ebola as an apocalypse – because both can certainly kill you. Furthermore, no one can predict when a pandemic will break out and you certainly do not want to wait until it happens.

Before you start buying various products and supplies, consider the basis of your kit. Where will you stash the materials in? Where should the kit be stored? Some people who already have a pandemic survival kit available usually possess one or two plastic storage boxes stocked full of supplies. Others store the materials in their garage and leave it as it is. However, it is advised to keep an organized kit like the former where it can easily be reached and movable.

We'll start off with the ten basic essentials that every pandemic survival kit needs.

Water should be the first supply you stock up on. This is because when a pandemic breaks out, it is possible that infrastructure where the disease is focused will be incapacitated. This means no electricity, and no water – how long would you last if a survival kit were absent from your house? Consider the number of people in your household when you are storing water.

Furthermore, it is suggested to purchase a water filtration system. You don't know if you'll ever run out of water, and to avoid consuming unpurified water, you can run it through a purification or filtration system to make it safe and healthy to drink.

Canned goods are common to reserve, mainly for its convenience. The suggested canned foods to store for emergency should contain high levels of vitamins, proteins and nutrients. pasta, soups and stews. When you whip out your survival essentials, make sure to eat the older canned foods first, or the ones you put in first. Canned fruits can last up to three years, while canned seafood and meats

lasts up to one year. Do not consume canned goods if it has a bad odor, or if it is leaking.

Medicine

Make sure you set aside a full supply of medicine such as pain-relievers, fever relievers and cough suppressants. You can include extra medication as well, like anti-diarrheal drugs and antihistamines for allergies. Of course, if you have any other medication devices that you or any of your family members require – for example, an inhaler – you should store those as well.

Aside from medication and drugs, it is advised that you also add in antibacterial ointments and solutions for disinfecting and cleaning wounds that you may acquire. Harmful bacteria can ravage your body if it entered through an improperly treated wound. In fact, it is recommended that you assemble a first-aid kit if you don't already have one. The various items that encompass a first-aid will be explained to you next.

Chapter 5

What should you do if ever your prevention measures failed and you or a member of your family is affected? When a pandemic strikes and causes infection to thousands of people in your locale, it is most likely that the hospitals nearby will be jam-packed with ill patients — not to mention the spiked increase of demands for treatment. And if ever a viral infection were airborne, then you would certainly avoid stepping outdoors. So what are the proper steps of action?

Apart from the pandemic essentials, it is the addition of your defensive actions and the use of these materials that will boost up your chances of survival. Making practical use of these essentials requires effort to bring them into play. You, yourself, need to carry out routine health practices that will help you, because safety doesn't happen by accident.

Here are a few ways to fully prepare for the wave of infection.

Purchase protective gear and clothing

Numerous of individuals think that it's ridiculous to wear a hazardous material (hazmat) suit when infection is near your vicinity—but maybe not. It may cause people to become frightened or make terror surge through their veins, but it's safe. It is better to look absurd and be safe in a suit than to contract Ebola and suffer the consequences.

Chapter 6

You need to prepare and prevent—not repair and repent. Once you have realized the seriousness of pandemics like Ebola, you would certainly want to protect yourself from such dangers. That is why it is strictly important to take preparedness and prevention seriously.

An epidemic like Ebola can, and might, form into a pandemic. Unexpectedly, it has already killed thousands of people in various countries. Imagine if you were a victim of the deadly virus—if you possessed the various pandemic survival essentials, do you think you would have had a higher chance of survival and prevention against it?

Countless of people believe that this era is a very fortunate one. This is because we have advanced medical technology and equipment that weren't present back then. These advanced devices are utilized specifically for maintaining good health and security among nations worldwide. The problem is that people rely on these technologies that they assume the worst is not going to happen. The only way a person could foresee a disaster is when it's already too late.

Encourage your friends and family to prepare, and spread the word to high places. You do not want to wait long enough until you have to repair damages and atone for your mistakes. Lack of preparedness may even cause you extreme consequences—getting infected, suffering from the disease, and death.

So why wait? Do not rely on sheer luck that you may not contract the disease. The virus can spread to anyone and everyone, if prevention measures weren't implemented. So pack up on these essentials, and you will be secured for life.

Conclusion

After going in-depth about the dangers that pandemics can bring, it is only hoped that people take the necessary precautions to protect themselves, their family and their community from such disaster. Ebola is a critical life-threatening disease and needs to be contained. However, we cannot solely rely on health organizations to confine the virus. You need to be responsible and choose the safer route, which means assembling your survival essentials and know how to use them.

Ebola has already been reported in various places, most of them being completely unanticipated. If you took the precious time to read this, then congratulations. Now you know what the next step should be to lead a healthy and secure life.

Share this with your friends, family and community members. Knowledge is just as valuable as safety is, and needs to be spread. A community that routinely practices safe sanitization and health procedures will be enough to prevent the Ebola virus of reaching your home.

A Preview Of: Survival Essentials For Beginners

Prepping is not just about the equipment or tools but also about the state of mind when disaster comes. You need to prepare your mind for the worst and be calm about it. Hence, it is best to prepare even if you don't see any disaster coming. This allows you to complete survival kits and even orient your family in dealing with disasters.

The following are just some of the things you need to prepare for to survive a disaster: water and food supply, fire and power generation, tools, first aid kit, hygiene and cleaning supplies, and shelter. All of these can help a lot when disasters come. The earlier you prepare, the better it would be. In fact, prepping is not only a means of survival; it can also be a family activity. In the next chapters, you will learn how to prepare for disasters but for now, learn from these simple tips as you begin prepping.

First, take baby steps. This tip goes for a lot of things including prepping. Instead of overwhelming yourself with unnecessary things such as the cost of buying a fireproof and waterproof tank where you can stay if zombies attack, you should take a deep breath and set your mind to what you have to do. It is best to start reading about disasters and how to survive during those times. There are a lot of blogs, books, and internet articles which can help. If people think you are insane because you prepare for the inevitable, do not even mind stopping. When the disaster comes, you can see who really is crazy for not preparing.

When a disaster strikes, most people focus on the disaster itself and not the effects of the emergency such as power outages, lack of food supply, and lack of fuel. Therefore, you must be prepared for the worst and you must be ready for the effects of the disaster. In times of disaster or not, humans need food and water to survive. As part of your preparation, you must have water supply: those which can be drunk at the onset and also means to collect and purify water. You must also have a food supply that can be prepared easily and can last a long time.

It is basic to prepare for a ten to fourteen day disaster and as you learn more about prepping, you can store food for several years' supply. What should your food supply contain? This depends on your preference and how long you think a disaster will last. The easiest thing to stack is canned goods as they are readily available and cheap. Canned goods are also the traditional emergency food because they last for more than a year and they can be eaten without other preparations. Most canned goods have an easy-open feature which makes it good especially when you don't have a can opener. The thing you must remember is to stack different types of canned goods suited to your diet and ensure proper nutrition.

If you are preparing for a disaster that is expected to last long, food which you must include in your food supply are dehydrated foods. These can be made at home but supermarkets offer packed dehydrated food. These are also ideal for disasters which have lasting effects because they can last up to thirty years if they are not opened. Also, this type of food can be easily stored. Unlike canned goods, dehydrated foods require preparation; they need to be boiled before they can be eaten. Hence, if you want dehydrated food in your food supply, better learn to make fire and you must have water supply. If you think that there will be no food production for quite some time after disasters, you can stack on some seeds which are not genetically modified and which are suitable to your climate. You

can maintain a vegetable garden and save another round of seeds for re-planting.

Aside from food, you also need to ensure that you have adequate supply of water. It is a fact that humans can survive for a couple of days without food. However, the same is not true when it comes to water. Water is a key to survival. When preparing for a disaster, you must have enough water supply for you and your family. Water is necessary not only for hydration but you also need it for cooking, washing, and for hygiene purposes. It is highly recommended that you store one gallon daily per person. If you chose dehydrated food for consumption when you face disasters, you must add more water. You can secure water, yes. The question would be proper storage.

There are containers actually made for storing water such as water barrels. Choose one which is made of food grade plastic. The good thing about water bottles or barrels is that they can be reused.

Although water may become stale after sometime, this should not worry you because that is just an indicator of dissolved oxygen.

Unsealing the barrel but being careful of possible contamination will help add oxygen into the water. If you really doubt the safety of the water you stored, you can filter and purify it. Aside from the electric modes of filtering and purification, you can choose to filter water with cheesecloth and eventually boil it with liquid iodine.

The whole world is heavily dependent on fuel and electricity generated by power plants. People need power to charge their phones and gadgets, to make appliances work, and to communicate with each other. Everything today requires power to work. As a prepper, you must know where to get power when disaster comes because power supply will be disrupted and it may take some time before you can use it again. The same is true with fire. People are used to microwave ovens, gas ranges, stoves, and other easy ways

to cook food. They are even dependent on thermostats to keep them warm. As a prepper, you should also know how to create fire from scratch. A prepper who knows where to get power and knows how to create fire has a greater chance of survival than anyone else.

In the previous chapter, you learned that there are different types of food you can include in your stock. Even if you choose ready-to-eat meals, you still need fire to boil water in case you run out of supply. You also need fire to keep you warm and to see in the dark if the damage brought by the disaster is great. It is best to know how build a fire from scratch but you can include in your stock lighters and matches which are waterproof. If you choose to buy a propane generator, you may also use propane for cooking or heating the home. Also, it is highly suggested that you invest in a good camp stove or learn to use a pellet stove.

It cannot be denied that the world today is heavily dependent on things working with electricity. The age of the hatchet, the knife, and other simple machines is already a history. While that is the case, you need knowledge of simple tools as you begin prepping for disasters. What are the basic tools that you need?

A bug out bag is important especially if you need to evacuate. A typical bag out bag contains essential supplies for 72 hours. It is best to choose a waterproof bag and must be large enough to contain the supplies you need including food and water. What should be in your bag? For a 72-hour bag, you should have at least three gallons of water, three-day food supply, fire starters, multi-tool knife, first aid kit, water purifying tablets, cap or hat, hygiene supplies, simple fishing tools, tools for personal protection, flashlight, insect repellent, and a sleeping bag.

As stated in the previous chapter, disasters in cold weathers are difficult to deal with especially if you are unprepared. Aside from the

heaters, there are tools which can give additional warmth such as thermal blankets and thick clothing. As a prepper, you should know the importance of a thermal blanket. It is not thick, it is light—perfect for keeping you warm. In times of disaster, there are a lot of falling debris, uprooted trees, broken glass, and other things which can harm you. In case of terrorist attacks, detonated bombs can cause injury. You can be wounded, sprained, and cut during disasters. Sometimes you can avoid being hurt but oftentimes, you will need medical intervention. Although 911 quickly respond to emergencies, it is best that you have a first aid kit as part of your prepping.

The things which are underrated in terms of survival planning can prove to be essential and an example would be hygiene and cleaning supplies. Food, water, shelter, and tools are important in prepping but hygiene and cleaning supplies increases survival rate. Although hygiene and cleaning supplies are often taken for granted in discussions on survival, remember that these play a major role in survival.

History proves that human waste or wastes in general cause disease if not disposed or taken care of properly. Yes, you may have adequate water and food supply during disaster but your chance of survival decreases once you are unable to deal with your wastes. Maintaining a sanitized and clean environment during and after a disaster is a way to avoid sickness. Having a clean surrounding even after a disaster can improve your mood and outlook on things. You don't have to wait for the weather bureau before you start preparing your hygiene and cleaning supplies.

To prevent diseases from spreading, you must consider proper sanitation. This requires water as already discussed in the first chapter. Basically, you need the following:

Another thing necessary for survival is a secured shelter. It is as essential as water and food because without a safe shelter, the chance of survival is low. There are different types of disasters; some would require you to stay in your home and some would require evacuation. As a prepper, you should prepare for both.

What can you do to keep your home safe in case of a disaster? The answer is

Your bug out vehicle can also be a shelter too in case you need to hit the road. Preparing your vehicle is also a must when it comes to prepping. Before leaving, make sure that the family first aid kit, fire extinguisher, extra car battery, jumper cables, water and food supply, and all things you need to bring are safely arranged in the vehicle. Aside from the contents of your vehicle, you also need a secure vehicle. It would be better to choose a vehicle which is not open-topped or not soft-topped to protect your supplies from thieves when disaster strikes. Vehicles which can carry water, food, and daily essentials for a couple of days which are sufficient for the family are ideal bug out vehicles. Furthermore, vehicles which can travel off-road are also a good choice.