



The book cover features a patriotic theme with a blue and white star pattern at the top, transitioning into a red and white diagonal stripe. The title "PATRIOT SURVIVAL PLAN" is prominently displayed in a large, bold, serif font. Two white stars flank the word "PLAN". In the lower right, a black silhouette of a person is shown. The bottom left corner contains a circular seal and the number "11258". Faint, cursive text is visible in the background, including phrases like "these truths to be self-evident", "that all men are created equal", "life, liberty and the pursuit of happiness", "We hold these truths to be self-evident", "that all men are created equal", "that they are endowed by their Creator with certain unalienable Rights", "that among these are Life, Liberty and the pursuit of Happiness", "That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed", "That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence in the course of human affairs has shown that the good which has been effected by the adoption of new Governments has not been proportionate to the suffering which has been endured by the people in the process of their institution. It is the duty of the people to be ever on their guard against the encroachments of Government, and to be ever ready to resist the oppression of the few by the many."

PATRIOT SURVIVAL PLAN



11258

DISCLAIMER

The information contained in Patriot Survival Plan, and its several complementary guides, is meant to serve as a comprehensive collection of time-tested and proven strategies that the author of this course has learned over the years, related to survival and preparedness. Summaries, strategies, tips and tricks are only recommendations by the author, and reading this eBook does not guarantee that one's results will exactly mirror our own results. The author of Patriot Survival Plan has made all reasonable efforts to provide current and accurate information for the readers of this course. The author will not be held liable for any unintentional errors or omissions that may be found.

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INTRODUCTION

The world is increasingly getting more dangerous – more uncertain.

We're living in a time when, one and only one person can step-up and make a difference in your family's safety, your home's safety and your own safety.

You.

But you already know that. It's why you decided to invest in this course in the first place.

Because of that, I want to thank you. Not for my sake. Not for the money you invested. But for your family, your nation and your neighbors.

We might never meet, but I need you to do one thing:

Pay close attention to the information I'm about to uncover in this course.

Here's what you're going to find:

- Critical information *everyone* should know (and hopefully you already do). This is a review to cover all our bases. It doesn't

make sense to talk about advanced concepts without covering the basics.

- Real-world nuggets to help you get an idea of what things will be like when a crisis hits (this is critical for mental preparation, so *please* don't skip these vital scenarios, no matter how unlikely you think they are for your area).
- My closely-guarded tactics that I've gleaned from my research. I've intentionally kept this entire course short. Light on the filler and heavy on what you need to know. Don't skim over any of this information.



READ THIS BEFORE YOU GO ONE WORD FURTHER...

The only way you're going to learn anything from this course is if you take an open minded look at what I'm presenting and think carefully about the tactics and techniques provided.

After all, if you found a better way just to do *one single thing* to keep your family safer, wouldn't it be worth it?

I've kept this course intentionally short so you can read-it quickly and pick-out the critical information for your situation easily.

Some of it might be review. Or all this prepping for survival could be completely new to you.

Either way, make it your goal to come away with **ONE TACTIC TO PROTECT YOUR FAMILY.**

You might get more, but when it comes down to it, one crucial edge might be all you need in a crisis. Don't get overwhelmed. Don't get frustrated. Don't be un-teachable.

So let's jump right in. Commit to read this course and look for just **one** tactic and your family will be safer because of it.



MODULE 1: EXTREME SURVIVAL TACTICS

Most of us live rather ordinary, comfortable lives. We go from day to day, working, mowing the lawn, cleaning the house and watching television. The idea that a crisis might be right around the corner is actually foreign to most people. Often, they think that the crisis will happen to others, but not to them.

Yet, the accumulation of human experience shows that very few of us will manage to pass through life without some type of crisis touching our lives. Actually, most of us will pass through more than one crisis; and those crises will be of different types. The other thing that human experience teaches us is that most of the time, those crises will come totally unexpected.

Oh, there are a few types of crises that we have ample warning for. Generally speaking, we know when a hurricane is going to come and have a fairly good idea of where it's going to hit.

Many other types of crisis “broadcast” their arrival in different means. Of course, in many cases, the warnings we receive aren’t all that obvious, making it hard to be ready for the crisis to come.

Nevertheless, when the crisis comes, we can go from fat and happy, sitting in front of our television, to struggling for survival in a matter of seconds. The quickness in which most crises arrive makes it hard to prepare for them and even harder to make the mental leap from one mode to the other.

Of course, the more mental and physical preparation we do, the better able we are to shift from normal mode to survival mode quickly and easily. That’s why organizations like police and fire departments spend so much time and effort on training. They never know when a crisis will hit either, so they have to be ready at a moment’s notice.

The other problem is that we usually don’t know what type of crisis we’re preparing for. People who live in hurricane zones can be prepared for the possibility of a hurricane, but that doesn’t mean that they’re prepared for an EMP attack. The only way that one can prepare effectively is by

accomplishing “broad range” prepping, in which they are developing plans and preparing the necessary stocks of supplies for any disaster which might come their way.

Preparing has its limits. Whenever you’re dealing with a survival situation, you need to be intensely aware of the fact that the situation will be fluid. No matter how much time you’ve invested in thinking of ways you might survive the most terrifying situations, those situations will always be different than you envisioned when they unfold.

There are plenty of people out there who prepare for survival situations by stocking up on camping supplies, learning bushcraft techniques and so forth. For the vast majority of people, however, survival situations will involve urban landscapes and those situations require different strategies, tactics and tools.

In many cases, the aftermath of the crisis is harder to deal with than the crisis itself. Take a hurricane for example. Surviving the hurricane usually only means getting through a few hours, or a couple of days at the most. Surviving the aftermath of that hurricane can be a problem that lasts for weeks or even months.

In the cases of both Hurricane Katrina and Hurricane Sandy, it was **months** before the people's lives returned to some semblance of normal. I say "some semblance" because the "new normal" was quite different from the "old normal." Getting through the first week after the storm, before help arrived, was the hardest.

Since most people don't prepare adequately for any crisis, let alone the one that hits them, the biggest risk in the aftermath of a crisis is the crowd of unprepared people. These people are looking for someone to blame for their misery and problems, not accepting the fact that *they* had something to do with it. At the same time, they are desperate for food, water and other supplies to meet their needs. Looting and violence become commonplace, as these people turn into gangs roving the streets.

Among the most intensely fearful situations are those that involve riots. Urban uproar can occur for almost any imaginable reason, from complex political situations to the local sports team losing a game.

URBAN UPROAR

There are a few things about riots that you need to know about. Knowing these things can actually give you

advantages when dealing with these situations:

- ✓ The full force of the riot can take a while to get going
- ✓ Riots are often times confined to specific areas of a city
- ✓ Riots can be escaped by physically removing yourself from the area closest to the violence



When you're working through scenarios involving urban rioting, be aware of the fact that most riots don't start out where people likely think there would be a danger of such a situation developing. When the local college students are out on the street protesting something, it's very unlikely to develop into a riot. Riots often times erupt because of long-term political conflicts that are finally pushed past the breaking point by a particular event.

This event will oftentimes be something that is covered in great detail in the news. It may be an

incident of police brutality, a change in a government policy, a meeting of a particular organization that is not popular or it may be some other event that sets the riot off, but you should have some warning that there could be trouble on the horizon.

When these riots start up, you may be trapped in your home or you may be out and about. We will start out with what to do if you are trapped in your home.

WHY A BUNKER ISN'T ALWAYS WHAT YOU NEED

There are a lot of people out there who want to sell you a lot of products designed to help you build your own bunker. Some of these products are quite good and some of the justifications that people have for building what amounts to a bunker in their own home are actually good ones. However, hunkering down is not always the best policy for a survival situation.

In fact, a bunker may be the absolute worst thing to rely upon during a riot. The bunker may keep you safe if somebody breaks through the front door on your home and can't get to your safe room, of course, but that might not be the kind of protection that is optimal for this situation.

In any situation where urban violence is a threat, the best survival setup is one that gives you options. You should have a survival setup that consists of tools and tactics that you can use to address the situation. One of the primary tactics in an urban riot that may just save your life and that you should work hard on is finding ways to escape.

It might be tempting to get into your safe room and lock the door, but remember that somebody may decide to torch your building at some point, which means that you'll basically be trying to keep safe by hiding out in what amounts to a death trap. You should have an option to escape. Some of the tools that you can use to make sure that you have a way to get out include:

- ✓ Your fire escape
- ✓ Collapsible ladders
- ✓ Easy access to transportation
- ✓ A set meeting place for friends and family
- ✓ Communications equipment that can help you gather information on the situation
- ✓ A bug out bag

If being prepared for bad situations is something in which you have an interest, you probably have some of these tools already. These can be very

easily integrated into part of your survival setup.

Between having a bug-out bag ready to go with all of the supplies that you'll need to flee the city, communications equipment that can let you know the movements of the riot and a set meeting place so you can gather together with everybody going with you without having to get in touch with them over potentially jammed phone lines, you should have all of the options that you need.

Your home, of course, should be stocked up with extra water, food, medical supplies and all of the other emergency provisions that intelligent people keep in their homes. In the event of a riot, utilities could be cut to the areas affected for a very long time.



The key element in having a good survival setup is making certain that it doesn't not require you to remain in your house or apartment. If there is a

riot going on, staying in your house or apartment may be the absolute worst course of action you could possibly take.

WHEN TO GO, WHEN TO STAY

Making the decision to abandon your home during a crisis or the aftermath of a crisis is a difficult decision. As a general rule of thumb, you don't want to leave your home, unless you have to.

Your chances of survival are generally better in your home, than they would be anywhere else. Not only does it provide you with shelter, but you also have the greatest amount of equipment and supplies to help you survive.

That doesn't mean that there are never circumstances when you should leave your home. The people of New Orleans were told to evacuate their homes before the hurricane hit. Many did not and had to be rescued from their rooftops. Some didn't make it, but died due to their lack of willingness to abandon their homes.

Extreme weather can cause circumstances where it is necessary to leave your home in order to survive. You might also be best advised to leave your home if

widespread looting, vandalism and violence are going on in your area. In such cases, being at home may just make you a target. If that's going on, you'd be better off elsewhere, rather than having to fight (and possibly die) to protect your home.

Never leave your home just to leave but always leave to go somewhere better. That means having a viable bug-out plan, with a pre-determined destination. If you have the money to do so, prepare someplace that you can go to; stockpiling some supplies there, as well as preparing shelter for your family. Another option might be to go to a friend's home in the country, so that you can get away from the violence in the city.

The bug-out location you choose will depend upon your finances, your family's needs and potential places you can go to. Leaving to go live in a tent may not seem like a good idea, but it's much better than staying at home to die.

In addition to having a place to go, you need a means of getting there.

Many people buy four-wheel-drive trucks to get them to their bug-out location. However, if there aren't many such trucks in the area where you live, that truck may just be conspicuous enough to get you

attacked by the angry mob. Better to have a vehicle that you can slip through the crowds stealthily in. Regardless of the bug-out vehicle you have, you may reach a point where you need to abandon the vehicle and continue on foot. Keep this in mind when preparing your bug-out bag and any additional supplies that you are planning on taking with you.

The bug-out bag should contain the most essential items, while additional items can be carried in other containers. In the case of being forced to abandon your vehicle, having one bag per person that you can grab and go may make the difference between life and death.

COVERT CROWD CONTROL TACTICS

The large crowds that assemble when a riot is underway can be terrifying. They can be extremely irrational, randomly violent and, even in situations where you may have been generally in agreement with whatever political cause set off the riot, that doesn't mean that the people involved in the riot are going to identify you as an ally. They may very well identify you as a target.

At some point, if there is a riot going on near your home, it's likely that you're going to have to deal with that

crowd in the worst possible way: trying to get through them. To do this successfully, you have to understand the psychology of large crowds. Here are some techniques that you can use to, for all intents and purposes, control the behavior of that crowd in a way that could keep you alive.

MOVE WITH THE CURRENT

In any large crowd, movement tends to take on a dynamic similar to the way rivers and streams move. If you wanted to be less charitable about it, crowds also take on a dynamic similar to the way herds of cows move. Everybody tends to follow each other in the same direction.

In a riot, anybody moving against the direction that the crowd is moving in is immediately going to stand out. Likewise, anyone moving faster than the crowd – i.e. running for their lives – is going to stand out to the crowd. The first step in becoming a target is standing out among the crowd.

One clever psychological trick you can use to get away from a crowd that may be headed for a confrontation with the police or that may become suddenly dangerous to you and your family is to move at an angle to the crowd, so that you are gradually working your way to the edge. Then,

when you're on the fringe of the crowd, look for a place where you can break away, through a store or down an alley in a way that is unnoticeable.



The idea is to not stand out at all, to blend in as much as possible and to make certain that getting out of the situation doesn't call attention to you or anyone you are with.

BEWARE OF YOUR CLOTHING

Don't let the fact that you're probably reading this on an enormously impressive piece of technology fool you: human beings are still extremely tribal creatures. The way you look is going to make a big difference in how people in the crowd that you have to move through react to you.

It's also going to make a big difference in terms of how the police act toward you, if you happen to have contact with law enforcement on your way out. To make certain that you are being as inconspicuous as possible,

you should know the following about clothing and what it signals.

One of the ironies of a protest is that many of the protesters and the police officers with whom they are having conflicts are going to look quite similar. The people who are, for lack of a better term, *professional protesters*, tend to gravitate toward military style clothing, particularly black clothing.

Black bandannas tied across the face bandit style are very popular with such groups. Avoid wearing this type of clothing. Your survival gear may very well include BDUs and other military type clothing. You're much better off trying to get out of the area affected by the riot wearing a pair of jeans and a T-shirt.

Police will identify you as one of the miscreants involved in the riot if you look like those people and the people causing trouble in the riot may very well try to get you involved in some of the violence and may react to you extremely negatively if you point out that you're not one of them.

In some situations, you're going to have to make something of a compromise here. If you have a gas mask or a helmet, you very well may want to don them before you take off into the crowd.

Unfortunately, this may make you a target. Police who see protesters in gas masks may – quite logically – assume that those protesters are ready and willing to engage in violence with the police. If the crowd is not organized at all and has just become randomly violent, the fact that you have those items may make you a target, as people may want to take them from you. If somebody tries to take away your equipment, just give it to them and get out.

REMEMBER WAYS TO GET INFORMATION

It's become very popular for protesters to communicate with one another on social media outlets while a protest is going on. In addition to monitoring official media, make sure you pay attention to sites such as Facebook and Twitter, where protesters may be communicating information about where they're going to be moving, how the police are responding to them and so forth.

This could very well give you an advantage in getting out of the area. Once you know where the protesters are headed, simply head in the opposite direction.

YOUR CAR



If possible, do use your vehicle to get out of the area of a riot. It's the fastest way to get out and, provided you don't end up in the middle of an enormous crowd, it offers you a lot of protection. There is one thing you have to keep in mind at all times when using a vehicle, however. If you are approaching a police barricade in your vehicle and you do not slow or stop as ordered, the police officers will regard you as a threat.

There is only one implication of them regarding you as a threat you need to understand: They will shoot you. If you're going to take your vehicle out of the city, be aware of where the riot is moving, where the police have barricaded streets and say well clear of those areas. Ideally, you should try to hit a major traffic artery – such as a freeway – and just keep on moving

until you are far enough away from the riot to be safe.

If your car is stopped by rioters and if they start trying to commandeer it, just get out and get away. You can always replace a car, but you cannot replace your life. The one exception to this is if it is possible for you to get through the crowd of rioters without them being able to physically stop, rollover or otherwise destroy your vehicle.

How you decide to deal with the protesters trying to obstruct you is entirely up to you and is completely dependent upon the situation, but remember that you should value staying alive above anything else.

WHAT YOU SHOULDN'T DO WHEN TRYING TO PREVENT AN ATTACK BY A MOB

A lot of people who are interested in preparing for survival situations do so in part, by having weapons available. Before you reach for a weapon, you have to understand that a riot is an extremely fluid situation and that you are not likely to know what the entire situation is if you're caught up in the crowd.

The two biggest dangers you face as far as weapons and being in a riot

situation go are having the police misidentify you as a threat to them and having someone in the crowd try to take your weapon from you and, possibly, to use it against you.

You also have to take into account the self-defense laws that apply in your jurisdiction. Some jurisdictions require you to try to run before using deadly force to defend yourself. Other jurisdictions do not. You need to be aware of the situation wherever you are located before you make the decision to use a weapon to defend yourself.

Whether or not you actually use that weapon, however, you need to make certain that it is not making you a target.

Be wary of carrying anything that may look like a long gun or an actual long gun in a riot situation. Rioters may identify you as a police officer or as a tempting target, as you have a weapon they can take away from you.

Police officers may quite reasonably assume that the fact that you are in a crowd of rioters with a weapon makes you an extremely deadly threat. You do not want to appear as a deadly threat to the police.

Putting all political and social thought on the matter aside, you do not want to try to stand your ground

if you are confronted by a mob in a crowd. There are tactics that you can use to try to get out of the situation. The best of all tactics is to simply try to get away however you can.

Harkening back to the way people behave when they are in crowds, be aware of the fact that, if you start running full steam, you're going to activate a sort of chase instinct in the crowd.



They will most likely be able to run you down. Try to talk your way out of the situation and, if necessary, try to bribe your way out of the situation with cash or whatever possessions you have on you that the crowd may want. Once you do get out of the situation, remove yourself from the proximity of the crowd as quickly as possible.

If you do have to fight, make certain that you commit yourself. There is absolutely no way to tell a person how a situation like this will turn out. The

only thing you can say for sure about it, is that it will be terrifying.

If the crowd will not back off, however, you may have to make it apparent to them that you are too much of a threat and too determined to survive to be a good victim.

THE ONLY PEOPLE SKILL YOU NEED TO HELP YOU IN ANY SITUATION

If there is one people skill that's going to keep you alive in a situation like this, it is confidence. Just as appearing confident can keep you out of bad situations in a bad part of a city, appearing confident can keep you out of bad situations in a riot.

As just an example of this, you may have noticed that journalists can often times manage to move through a crowd of rioters without being harmed or even threatened. In part, this is likely due to the fact that they appear as if they have a reason to be there, as if they don't expect to be attacked and that they do not appear afraid. You'll want to adopt this attitude.

Be aware of the threat around you, but don't let it intimidate you. If you appear intimidated, it's going to make you a target. It makes it very obvious that you do not want to be

there and, therefore, that you are not one of the crowd.

Because you are simply trying to survive and get clear, you can focus on that task and not on how genuinely terrifying it might be to be around such urban violence. Concentrate on what you're trying to do, make sure you take care of everything you need to do to realize your goal and just get out.

As long as you can focus on the task at hand, you will appear to others as if you have a purpose in being there and that can make all the difference in not getting accosted.

A great many people who fall under the definition of preppers concentrate on dealing with conflict by escalating the force to deadly levels immediately. In truth, your people skills and your ability to read the people you run into while you are trying to get out of a riot situation will generally get you a lot farther than wanting to turn everything into a fight. Remember, you probably don't have enough bullets to deal with the whole crowd.

Blend in, look like you have a purpose, do not invite or take invitations to conflict and, above all things, only engage in conflict when it is the absolute last resort. If you can

develop the sort of skills that allow you to resolve conflicts peaceably, it just might keep you in one piece while you are trying to flee one of these deadly situations.

THE ONE BAG BLUEPRINT YOU MUST HAVE FOR EVERY MEMBER OF YOUR FAMILY

If you have a family or roommates who are, for all intents and purposes, your family, you need to make certain that all of you are prepared to get out of a situation where urban violence has erupted. You should all have the equipment to get out individually, without needing everybody to gather up together in order for you to all have what you need.



This means having a bug out bag. That bag should contain at a minimum:

- ✓ Maps of the area with meeting places marked

- ✓ Compass
- ✓ Enough water to get at least a few miles in an urban environment
- ✓ A means of purifying water
- ✓ Canteen, water bottles or water bladder
- ✓ Three days' worth of food
- ✓ Backpacking cookware
- ✓ A good knife
- ✓ A ready source of energy, such as protein bars or trail mix
- ✓ A first aid kit
- ✓ Basic survival gear for the environment and climate you will be operating in
- ✓ Means of starting a fire
- ✓ Means of constructing a basic shelter
- ✓ Means of catching food in the wild
- ✓ A change of clothes, including sturdy tennis shoes or hiking boots
- ✓ Rain poncho
- ✓ Personal hygiene supplies
- ✓ Equipment for dealing with tear gas
- ✓ Portable two-way radios for communication
- ✓ A tactical flashlight
- ✓ Weapons, to protect yourself and to hunt

Where the tear gas element is concerned, there is an easy way to handle it. You can go down to a drugstore and get any type of antacid, Maalox works well. Dilute this to a

50/50 mixture with water in a spray bottle. If you are sprayed or otherwise come into contact with tear gas, spray the mixture on your face and anywhere else you have been sprayed to neutralize it.

If you happen to be hit with pepper spray, this mixture will not neutralize it. The only thing you can do is flush it away with water. While using up your drinking water may not be advisable, once you have pepper spray in your eyes, nose and mouth, you're going to do it, simply because of the pain involved.

Don't swallow the water that you are rinsing yourself off with, but use water to flush out your eyes, mucous membranes and your face so that the pepper spray is at least removed from your skin.

Your first aid kit should include nitrile gloves so that you can help other people who have been sprayed.

Carry a bandanna with you so that you can tie it over your nose and face in the event that you run into an area that has been sprayed with tear gas. You can wet the bandanna in either apple cider or lemon juice to increase the efficiency with which it neutralizes gas.

If you wear contact lenses, take them out before fleeing. If tear gas gets on

your contact lenses, it's going to incapacitate you completely. Tight fitting goggles – even the types of goggles you use for snorkeling or diving – can provide excellent protection against tear gas getting into your eyes.

The apple cider or lemon juice on your bandanna is not going to last very long. Ideally, you should soak it before you leave your home and store it in a plastic bag so that it stays wet.

When you pull it out and use it, however, do not try to walk through a cloud of tear gas with it. Immediately move to higher ground. Tear gas is heavier than air, so it will settle at ground level and, if you get to an elevation, it will thin out.



USE RADIOS OR TEXT

If you are in a situation where violence has erupted, it's likely that communications are going to go down very quickly. Text messages have a much better chance of getting

through jammed phone lines than calls or communications over the Internet.

You can also purchase handheld radios that operate on the Family Radio Service. These will give you quite a bit of range – up to a few miles – and allow you to communicate with your friends and family if you become separated. There are also people who relay messages over these radios, so you may be able to rely upon that in a bad situation.

Those maps you put in your backpack should have gathering places marked. Select places that are not likely to be same ones where rioters are going to gather. Avoid banks, public buildings, government buildings and so forth. Ideally, you should pick somewhat out-of-the-way places that are close to your house or apartment where your family can gather.

This not only gives you a place where you can expect family members to show up, it also ensures that, as those family members get closer to the area where you are to gather, they should come in range of your radio at some point.

Do not rely on electronic maps or GPS systems to navigate in an emergency situation. You should also make an effort to walk to all of those gathering

places once and a while so that you know all of the different routes you can take in a bad situation.



UNDERSTANDING WHAT YOU FACE

In a situation involving urban uproar, realize that you're going to be dealing with a scenario that is inherently out of control. Things will get chaotic very quickly, property will get destroyed, people will get assaulted and the police will most likely get extremely violent when dealing with the protesters. The best survival strategy is to get out. A bunker, in these situations, is not likely to do you a lot of good unless it is your absolute last resort.

If you do have to hunker down for a while in your home, wait for the crowd to pass and wait for the streets to clear. Even if it seems like it's

calming down, get to a safe location far away from the violence.

Even though whatever crowd is causing the violence may have moved on to a different part of the city, it's always better to watch it calm down on television, far away from the heart of the violence, than it is to stay in your home and hope that the crowd does not make a return to your neighborhood.

Riots are very real threats in urban areas. If you do have reason to believe that there is something going on politically or socially that could lead to violence, be prepared to get out.

Make sure you brief everybody in your family or in your household on what the plan is, so that everybody knows

what they are going to do the minute a bad situation develops. The faster you act, the better your chances of survival.

Have your bug out bag ready to go, know the maps that you have set up with your family and have the equipment you need to deal with threats such as tear gas. Take your car if you can but, if you cannot do so safely, get out on foot. You may come back to a burned-out apartment and a destroyed vehicle, but the important thing is that you make it back and that you don't get caught up in a situation that could cost you your life.

RECAP

Ok, let's do a quick recap of this module. Do NOT forget this information as it will be crucial when disaster strikes.

Keep your options open in case of riots. Don't rely on a bunker to keep safe, make sure you have plenty of options to flee if necessary.

Set up a meeting place with you and your family, as well as a backup for that in case it is compromised. Make sure from time to time they don't forget things like this one.

Avoid dressing up in camouflage to be mistaken with a protester. Jeans and a t-shirt will do.

If you're lucky enough to be in a car, always go for the highways.

That's it for now but there are many other things to talk about. Make sure you read every module until the end and, more importantly, that you keep coming back to the recaps and the end of each of them. This will ensure you'll commit to memory all the critical things you need to know to be prepared.



MODULE 2: MILITARY-GRADE SURVIVAL MINDSET SECRETS

Survival is about more than just knowledge. An in-depth understanding of survival techniques can be an invaluable asset when faced with a crisis situation. However, the single most powerful ally imaginable is your own mindset.

The human brain is capable of some truly amazing things. This is especially true when enduring the stress of imminent danger. Interestingly enough, all military issued survival guides begin with sections explaining the mindset required to survive before actually providing the reader with physical survival techniques.

This is a testament to how imperative the proper mindset is when survival is in question. Stories abound of people who have survived literally against all odds simply because their will to do so was not shaken.

95% OF PEOPLE DIE IN THE FIRST 3 DAYS OF A SURVIVAL SITUATIONS WITHOUT THIS...



People are faced with survival situations all the time. Of course, some provide an image of imminent death while others simply remove comfort for a period of time. The difference between those who survive and those who do not can often be attributed to a single trait: the will to survive.

Studies have shown that as much as 95% of people who die of psychological trauma do so within the first three days. Breaking down mentally will compromise your chances of survival more than any other single factor.

There have been cases where people have eaten their own belts for nourishment or survived in the desert for days and somehow did not

succumb to dehydration despite losing 25% of their body mass. Almost as frequently are those who, when faced with a stressful situation, take their own life rather than make an attempt to survive even though help may only be a day or two away. Although the will to survive cannot be traced back to a single gene, it has been proven time and again that it alone can be enough when all odds are seemingly against you.

The mind is capable of overcoming incomprehensible amounts of stress. This is never more apparent than in survival situations.

The mind will be faced with many challenges. Understanding them in advance will make transitioning between them much easier. Most individuals will experience shock initially. Specifically called *psychogenic shock*, it occurs as a result of extreme psychological and emotional stress. This is known as *the crisis stage* and if not controlled, can lead to irrational thought and outright panic; neither of which is conducive to survival.

In a group situation, a natural leader may emerge, capable of directing the group and gaining control of the situation. A single person will have to work hard to lead themselves and gain control of their mental faculties.

Initially, all survivors are controlled externally by the environment in which they find themselves. The key to changing this dynamic is to begin formulating a plan.

The plan need not be elaborate. Focus on the keys to survival (which will vary based on the situation) and formulate an action plan with these in mind. It will help minimize the mortality risk right from the start and increase the chances of being rescued in some cases.

The coping period follows the initial crisis onset. During this time, the survivor realizes the gravity of the situation and must take appropriate action. Appropriate action can mean many different things including doing nothing at all.

Often you may feel the urge to move (just to feel as though you are doing something productive) when, in fact, moving from your location may be counterproductive. Even when faced with hunger and severe cold, rational thought must prevail.

Recalling training can reduce the likelihood that panic will dominate and ensure that you are making rational decisions consistently. Remember that people have survived for up to three weeks without food;

although it may not seem that way when hunger strikes.



It's important to remember these things before making hasty survival decisions. The ability to control emotions and thought processes is far more valuable than food during the early stages of survival.

The will to survive is not something that can be taught per se. It is a combination of training techniques to minimize psychological stressors combined with one's own determination to beat the odds.

HOW TO MOLD YOUR MIND LIKE A NAVY SEAL

The Navy SEAL training program is a perfect example of how the mind can be more powerful than the body. As much as 75% of applicants entering the SEAL training program fail. After carefully examining results, Navy psychologists determined that most of these failures were not related to physical ability.



In other words, the SEAL candidates are capable of completing the tasks, but for some reason they were dropping out like flies. Mentally, these men were not fit for the challenges presented to them. Keep in mind that SEAL candidates tend to be of above average intelligence so the problem is not an IQ deficiency.

Rather, the problem lies in the mind's innate ability to react to stress. Overcoming the mind's natural propensity to handle stress in a certain way is the key to surviving seemingly insurmountable odds.

By implementing some mental training into the SEAL curriculum, drop outs have decreased drastically. The same survival mindset tricks can be used by anyone. These tools can make the difference between life and death when faced with a survival situation.

**THE LIFESAVING TRUTH
ABOUT GOALS (READ THIS
NOW)**

Goal setting is not limited to lofty, sometimes ambiguous long term goals about your career or family. It is important to set short term, midterm, and long term goals.



Focusing the mind on surviving the next five minutes will be much easier to attain than thinking about the long term consequences of surviving a situation. This is considered a short term goal. A midterm goal might be surviving the day and finding shelter for the evening.

The human brain tends to think long term and this train of thought can be very dangerous in a situation that can demand split second decisions.

SEAL candidates are taught this very technique. By thinking about making it through the next five minutes, it takes away the hopeless feelings that can arise by focusing on the long term. Similar techniques are taught

to recovering addicts. By focusing on making it through an urge to use, the chances are greatly increased that the individual will be successful.

HOW NAVY SEALS SURVIVE HAVING THEIR OXYGEN RIPPED OUT! AND HOW YOU CAN USE THEIR STRATEGY TO DEFEAT TRICKY SITUATIONS...

During the underwater testing portion of SEAL training, the instructor will swim underwater and sabotage the candidate's air supply. The primal fear of drowning is initiated and can leave candidates disoriented and unable to perform.

Studies have shown that those who visualized successfully completing the exercise before beginning were much more successful in this portion of the test. Practicing the techniques in your head before completing a task increases the chance of success.

Rehearsing the proper technique for hunting an animal, scaling a rock face, or finding shelter will allow the mind to cope with the idea and you will be better prepared for unexpected circumstances that may arise during the activity.

This “mental training” can be as valuable as actual physical training in completing the task. The great challenge in learning anything is mental, not physical. Therefore, by having the mind go through the task over and over, the mind is trained in telling the body what to do when the time comes.



Granted, the body needs to be trained as well, but not as much as the mind does. The body needs to be strong enough and have enough agility to accomplish the task. However, how the body completes the task is up to the mind.

What people call “muscle memory” really isn’t remembered in the muscles, but in the subconscious part of the mind. It is the result of having repeated the action enough times that you can do it on autopilot, without having to think of the steps necessary to accomplish the task. This can often mean the difference between life and death.

Martial arts experts practice making the same moves over and over again, until they reach the point where they are able to do it, and do it well, without thinking about it. Their eyes see an opponent make a particular move and their bodies automatically take the necessary actions to counter that move.

You can do the same thing with pretty much anything. Drawing a gun from a concealed holster requires certain moves to be made. Repeating those moves over and over again, doing them exactly right, builds a neurological pattern in the mind. When it's time to draw the gun in an emergency situation, you don't have to think about the particular movements, you merely think "draw."

While physically repeating these movements over and over is helpful in learning these types of skills, the same thing can be accomplished by thinking it through over and over again. A new typist, wanting to increase their typing speed can do so by thinking through typing random things, such as street signs while driving.

This ability to think things through is even more important in the case of things that are not easily practiced, such as the Navy SEALs who have

their air supply compromised while diving. Going underwater and having someone rip out your oxygen supply over and over is not only dangerous, it's hard on the equipment.

There are a host of potential situations that one can't physically practice, situations in which it is important to know how to react before they occur. This is where this mental training is extremely useful. By thinking through as many of these scenarios as you can imagine, coming up with a reasonable set of actions to take when they happen, you can greatly reduce your reaction time and the initial shock when those events occur.

This can be a casual form of what is known as "contingency planning." Contingency planning is practiced by military organizations, police departments and fire departments everywhere. It's a process that happens sitting at a desk or in a conference room. A scenario is proposed and the individual or team thinks through a logical response to that scenario, creating a plan of action. Then, when the problem occurs, they don't have to think of what to do they just open the appropriate notebook and find the plan.

One of the great advantages of contingency planning is that there is ample time to think through various possible responses, picking the best for the situation. If it is found farther on in the process that an important step was left out, the “clock” can be turned backwards, inserting it. Real life doesn’t give you those options.



The other great advantage of contingency planning is that the mind has a tendency to shut off in a crisis situation, right when we need it the most. That’s why so many people run around like chickens with their heads cut off in the midst of a crisis.

Their minds have shut off and they don’t know what to do. With the plan already written down, you don’t need to think, you just follow the directions.

DO NOT SAY THE WRONG 7,000 WORDS IN A CRISIS

Studies have shown that people can talk to themselves as fast as 7000 words per minute. If the majority of these thoughts are negative, failure is certain. Learning to maintain positive “self-talk” is another key to a proper survival mindset.

Managing self-talk begins by realizing how often it occurs. Then, you must challenge these thoughts. “I’ll never find food” is a negative thought. Challenge it. Although it may seem like no food is available, realize that never is a very strong word and the reality is that food may be right around the corner. Focus instead on what has already been accomplished and the mind will begin to think more positively.

If you look around you, you’ll notice that negative people have a lot of negative things happening in their lives. Why is that so? Are they negative because of all the negative things happening, or are the negative things happening because they are

negatively focused? I propose that the second is the true answer.

Think about it for a minute. If you're convinced that bad things are going to happen, then you will focus on those bad things. That focus will often make the thing all that much worse when it does occur. Even worse than that, you won't take the necessary actions to counter the event. You'll have defeated yourself in your mind, before you even start.

To be a survivor, you have to convince yourself that you are a survivor. If you tell yourself you're buzzard bait, you'll become buzzard bait. Only you can control your thoughts. Only you can decide to focus on the positive instead of focusing on the negative. Only you can make yourself overcome those negative thoughts.

Focusing on the positive will change the way you see things, your attitude and, ultimately, your actions. Many successful survivors have even used mantras to maintain positive thinking. Something as simple as "survival" or "man (or woman) of action" repeated consistently throughout the day can strike a chord within that will increase the chances of survival.

While that may seem kind of hokey, what those people are doing is

programming their minds for success. By repeating those mantras over and over, they convince themselves of that reality. Then, when faced with the situation, they are convinced that they can overcome it.



Remember the Navy SEALs we were talking about in the last section? What made the difference between those who failed and those who made it? One part was their mental preparation, but the other part was that they were convinced that they could do it.

They weren't any tougher, smarter or stronger than the ones who quit; they were just convinced that they could do it. They didn't quit because they convinced themselves that quitting wasn't an option.

The same thing is valid for you: quitting isn't an option. Quitting means dying. Even worse, quitting means your family is going to die as well. You have a responsibility to them, so suck it up, kill those

negative thoughts and convince yourself that you are going to succeed.

NEWSFLASH: NAVY SEAL USES HIPPY TECHNIQUE TO CONTROL CRUCIAL BRAIN-CHEMICALS (AND YOU CAN TOO)

Stress reactions can be helpful but they can also be deadly. As the blood stream is flooded with chemicals from the brain (Cortisol, Adrenaline, and others), the body becomes very reactive. Physical and mental training are easily forgotten in stressful situations. How do you overcome this?

By stopping for a minute and focusing on breathing, your attention is temporarily shifted away from the situation allowing the brain to stabilize. Once the brain gets over the initial anxiety period and is able to think again, your chances of making the right choices and taking the right actions is increased drastically.

Now it becomes possible to think logically and still benefit from the physical performance boost afforded by the chemical increase in the body. Attempt to exhale more deeply than you inhale. This will unconsciously slow down breathing and heart rate.

It can also help to further the relaxation that occurs when performing a breathing exercise because it ensures that as much carbon dioxide rich air is being replaced with fresh, oxygenated air as possible. Often during survival situations, the brain is already starved for nutrients and the additional oxygen can help to rejuvenate the mind.

Try this exercise to learn controlled breathing techniques:

Step One – Focus on breathing in through your nose and out through your mouth;

Step Two – Concentrate on exhaling deeply (contracting your stomach muscles helps);

Step Three – Focus on nothing else other than the deep breathing. If your mind begins to wander, gently redirect it back to breathing.

This exercise is very similar to techniques used for the type of meditation practiced in yoga and other similar activities. Focusing on breathing alone allows your mind to relax and regain composure under even the utmost stress. After just a few minutes of this, re-evaluate the situation.

A few controlled deep breaths is all that's required. With practice, this becomes second nature and provides much better control of the body's natural responses to fear.

Navy SEALs are known to be calm under pressure. Practicing these techniques will prepare you mentally for any survival situation. Knowledge is a powerful survival asset. So is proper preparedness.

THE FIRST THING YOU MUST DO IN ANY SURVIVAL SITUATION (WITHOUT THIS, PANIC CAN ATTACK AND SHAKE YOU LIKE A RABID DOG...)

Making a plan for survival lies in the gray area between a mindset skill and a physical survival skill because it encompasses both. From a mental perspective, creating a plan provides a few benefits.

First, the creation of a solid action plan reduces the likelihood of emotional disturbance. A plan provides hope, a succinct method for getting through the catastrophe. A good plan not only generates hope, but will help to relieve anxiety or even depression.

It is best to make a plan before finding yourself in a survival situation. Even so, that plan will probably have to be modified, based upon the specifics of the situation. This should be done as soon as possible after finding yourself in the situation, so as to not waste time, effort and resources. After assessing the situation and the surrounding environment, decide what the top priorities are. Is it a cold area? Then heat and shelter should be of the highest priority.



Having a plan helps you focus on the positive things you can do to increase your chance of survival. It helps you keep your mind focused on the positive, rather than the negative. Taking action to help oneself always boosts the emotions, helping us to think that things aren't totally beyond our control.

Establishing a list of tasks is not only a good general survival practice; it is also one of the best ways to stave off emotional distractions before they can occur. Creating the plan in the

beginning also eliminates clouded decision making due to hunger, thirst, or injury that you may encounter later in the situation. Making a quick action plan is simple.

Step One – Assess the highest priority items for survival based on the environmental conditions;

Step Two – Determine how best to attain or create the goals from step one;

Step Three – Take each task and break it down into a more manageable subtasks;

Step Four – Begin taking action;

Step Five – Assess your progress (this builds self-confidence and combats hopelessness).

Humans can survive for three days without water and at least three weeks without food. Taking a little time to assess the situation and make a plan will not be detrimental (excluding imminent danger) and is the best foundation possible for making it home alive.

HOW WWII MARINE SAVED A SUNKEN SUBMARINE... AND HOW YOU CAN USE THIS TECHNIQUE TO NEVER FEEL OVERWHELMED

Countless survivors have been debriefed after successfully battling the elements and winning. The one common denominator among all these stories is not the expensive gear they may or may not have had.

The skill that each of these people used to survive is available to anyone. It is the ability to think sequentially. The adage “think big” does not apply here. In fact, the exact opposite is true. Thinking small and focusing on direct actions forces your brain to think logically and regain composure even in times of extreme stress.

During World War II, the USS Indianapolis was struck by a torpedo and sank. Hundreds of sailors were thrown into the water. A marine on board, covered in oil from the massive oil slicks covering the ocean surface, barely made it to a life raft. His mouth was full of vomit and fuel. Sailors on the life raft were injured badly.

What this marine did next is exactly the same concept that will keep you

alive. He cleaned his pistol. While that may seem a little strange to you and I, Marines are taught to clean their weapons first, before taking care of themselves. So, he was actually just following training. However, that simple action made all the difference in the world. There was no danger where he might need the pistol. He cleaned it because it was a simple, direct action that forced his brain to think logically.



He went a step further and directed the injured and frantic sailors on the life raft with him to hold pieces of the pistol as he disassembled it. Already he had regained enough mental capacity to realize that this simple act would help his ailing shipmates.

Breaking down large tasks into small chunks may seem counterintuitive. However, even in times of great stress the brain can handle these little tasks and combined, these little tasks equal

the same large task. The difference is in presentation. Do not think about how impossible it will be to climb the rock face in front of you. Without climbing experience, it may seem impossible. Instead, focus on climbing just five feet up, then ten feet, etc.

Once he had finished cleaning his pistol, he went on to other simple tasks, directing the sailors to take part as each had ability. By doing so, he was able to get more and more of his fellow shipmates thinking rationally as well and overcome the shock of having their submarine sunk. His simple action ultimately led to saving the majority of the crew of that submarine.

US MILITARY RESEARCH PROVES THIS ONE THING IS VITAL...

Sleep is essential to survival. Loss of sleep messes with the higher brain functions, cutting their capability; the very brain functions that we need as sharp as possible in a survival situation. Even when not in a survival situation, lack of sleep can produce effects similar to drunkenness in as little as 24 hours. Hallucinations and temporary psychosis are soon to follow.

Military studies have shown that soldiers awake for more than 24 hours continuously begin to fall into micro sleep. These short, involuntary bursts of sleep may only last a second or two, but in a perilous situation that can be the difference between life and death.



In 2004, a study was done at the University of California that evaluated the performance of medical students based on the amount of sleep they received. Students that got less than four hours of sleep made twice as many medical errors as those that got seven to eight hours of sleep.

A similar study done by the U.S. Navy concluded that SEAL candidates showed significant signs of fatigue after 72 hours without sleep. Specifically, shooting accuracy decreased by almost 40% without sleep. Cognitive abilities such as memory, attention, visual-spatial ability, and risk taking are all affected by lack of sleep. Data analysis and decision making capabilities are also

hindered. Even food deprivation does not have the devastating effects on mental ability that lack of sleep can.

Although the stress of a survival situation can be high, sleep is an integral part of a survival mindset and should not be overlooked.

Military survival manuals recommend alternating sleep cycles with others (if you should be so lucky as to have companions in a survival situation) because it will ensure that at least someone in the group will be functioning at a sufficient cognitive level when a crisis arises.

Even napping for as little as 20 minutes at a time can have beneficial effects on your overall well-being and situational awareness. Once the basics of food and shelter have been established, achieving some degree of rest should be your next priority.

The health of your mental faculties will depend on this in order to stay sharp and implement the other techniques necessary for survival.

THE UNTOLD TRUTH ABOUT EMOTIONS AND SURVIVAL

Military survival manuals spend a great deal of time discussing the various feelings that may be

encountered while in a survival situation. This is due in large part to the experiences of properly equipped service men and women who have taken their own lives rather than continue to survive against odds.

There are stories of pilots killing themselves despite having adequate food and water supplies. Why? These individuals lost hope and ultimately the will to survive. Hopelessness, fear, isolation, frustration, and fatigue are just a few of the emotions that you will experience during this stressful time. Below is a list of common emotional factors along with suggestions for how to cope with each.

Fear is a natural emotion and certainly one that can mean the difference between life and death. Fear has been known to allow people to accomplish extraordinary things while others become paralyzed by it. These steps will help you to master fear:

Step One - Understand fear

Step Two - Admit that it exists

Step Three - Accept it as a reality

Step Four – Decide to overcome it

Fear can be overcome; all it takes is deciding to do so. The best way to overcome fear is to face it head on and do the thing that you are afraid of. Once you've done that, you teach yourself that you are stronger than the fear.

By relying on training and past experiences, you will find that self-confidence improves. As this occurs, fear will subside to a controllable level. Setting small, achievable goals and completing them will help to bolster self-confidence, diminish fear, and greatly increase the chances of survival.

Anxiety is similar to fear although not as intense. It is often associated with “butterflies in your stomach” or the general feeling that something bad will happen. This emotion can be overcome by adopting a simple plan and adhering to it almost religiously.

Prisoners of war have even gone so far as to try teaching their captors English while learning the native language. Although seemingly frivolous, this behavior leads to reduced anxiety. Essentially, anything that will keep your mind from the negativity of the situation will help to reduce these feelings.

Anger is an emotion that can severely impair good judgment and it can arise

over many things in a survival situation. It can stem from frustration or bubble up for almost any other reason. If the situation permits and it will not endanger you further, screaming or walking away from the immediate area is often enough to keep this emotion at bay.

Loneliness can become a serious concern. Humans are social beings and often the social interactions encountered daily can be taken for granted. Dealing with loneliness can be very difficult for some. People in isolated situations have been known to go mad, hurting or even killing themselves.

Setting simple, achievable goals will increase self-confidence. Increased self-confidence leads to increased self-sufficiency both of which help to curb feelings of loneliness in a stressful situation. Remaining active and adhering to the survival plan will help to keep the mind from wandering into this dangerous territory.

Boredom can become a factor especially in longer survival situations. Coping with boredom can be a difficult task. Often survival can be a very repetitive task. Taking frequent breaks and reminding yourself of the importance of the task

at hand in relation to the survival plan can help. Sometimes inventing unique tasks can help as well.

The U.S. Air Force Survival Handbook recounts the story of a survivor imprisoned in a hut that began killing flies and feeding them to non-lethal spiders. Although this task may seem silly at first, it was how this individual was able to cope with weeks of doing nothing.

Many others have overcome the boredom associated with survival situations by creating mental exercises for themselves. This can consist of repeating passages of Shakespeare, doing math problems in their heads or inventing new ways of doing things for survival.

Another way to avoid boredom in a survival situation is to spend time doing things to improve your situation. Building a better shelter, fashioning furniture out of the materials nature survives or creating a natural water supply will help keep the mind and body busy, staving off boredom.

Hopelessness stems from the feeling that no matter what transpires, the outcome will not be favorable. It is important to realize that no matter how futile a situation may seem, the will to survive is often enough.

Countless prisoners have died from what can only be attributed to a willingness to do so.

That is to say that they simply gave up. This is a testament to just how powerful the mind can be and it is essential to not get stuck in this frame of mind. Remembering past training and the ability to accept alternate means to achieve goals can help to minimize the hopelessness that may arise.

Once again, we're back to the importance of maintaining a positive mental attitude. Hopelessness can't exist in a mind that is positive, but will quickly overcome one that is focused on the negative.

HOW TO BUILD-UP "BRAIN ARMOR" TO PROTECT AGAINST ANY SURVIVAL SITUATION

From a psychological perspective, coping is defined as the “constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing” (E. M. Cummings et al, *Life-span Developmental Psychology* (1991) p. 92).



Survival is mentally taxing. Probably more than anything you have ever experienced, survival will test the absolute mental boundaries of anyone.

The body and mind are preconditioned to react to stress. Sometimes these reactions are helpful. The adrenaline kick experienced if being attacked by a bear, for instance, allows you to run faster and farther. Other times these reactions are not beneficial. The feeling of desperation after not eating for a couple of days can lead to negative thought processes that are detrimental to survival.

Learning the proper techniques to deal with the many stressors of a survival situation is a key component to a successful survival mindset. Some of these techniques will be learned through trial and error as you struggle to survive. Others can be practiced in daily life so they become

a valuable part of your inventory when the need arises.

Training is an important strategy for survival. This includes mental training as well as possessing a physical survival skill set. Knowledge of the area you are in beforehand, practice using your equipment, and having an understanding of what to expect in a survival situation are all important aspects of success.

Motivation, similar to the will to survive previously discussed, is a quintessential trait. Some survivors convince themselves that they are simply not meant to die in these conditions while others may focus on loved ones at home to provide the motivation required. In either case, having something to look forward to cannot be duplicated with any tools you may be carrying in your pack.

Attachment and motivation often go hand in hand. Attachment refers to the desire to be reunited with loved ones. The love for family and friends can manifest itself as a searing will to survive when survival is questioned.

In a dire situation, **hope** can simply be defined as the absence of hopelessness. Maintaining a positive outlook is one of the most difficult coping strategies to master but it is one that is essential.

Without hope for an improvement (no matter how small) in the situation, there is little chance that any other component of a survival mindset will work effectively. Consistently working to develop a positive mental outlook will pay big dividends when your life depends on it.

Acceptance of a situation is not to be confused with “giving in.” In fact, those who fail to accept the situation have a far greater chance for failure due to the irrational decision making and uncontrollable emotions that often ensue. Learning to accept a situation for its face value is a trait that although useful in many aspects of life is especially prevalent in a survival situation.

Helping others (when in a group situation) can be beneficial to your own coping mechanism. Simple psychological support such as encouraging words is sometimes all that is required for those who have failed to adjust properly.

Whether this works or not, it tends to have a calming effect on everyone. At all cost, avoid dispensing sedatives that may be on hand to help others cope. This can exacerbate the onset of psychotic symptoms often associated with stressful situations.

There was a story I heard many years ago about a severe survival situation. A group of people was caught in the mountains during a blizzard. Not being prepared to survive the blizzard, they realized the gravity of the situation and decided to get out.

Unfortunately, one of the members of the group had fallen and suffered an injury, making it impossible for him to walk. Most of the group wanted to abandon him, being fearful for their own lives. However, one level-headed individual refused to abandon the injured man and vowed to get him out, even if he had to carry him out on his back.

The others ran on ahead, seeking to escape the blizzard; but the one took up his friend and carried him on his back. They fought through the snow, over treacherous ground, as the temperature continued to plummet.

After many hours of struggling along, they encountered another member of the group alongside the trail, dead. He had apparently succumbed to hypothermia and lost track of where he was. They reasoned that he had taken off his coat because he felt warm; a sure sign of the advanced stages of hypothermia.

As they continued on, working their way through the snow, they came

after one member of their party after another, all dead alongside the trail. Their fates had been similar to the first one they had found; although they had lasted slightly longer.

Arriving in town, they were amazed that they had made it, especially considering the number of their companions that they had encountered dead. Yet, it was the heat generated by having to work extra hard to carry his injured friend that made it possible for the good Samaritan to survive.



In addition to these strategies, there are many other proven ways to prepare you mentally for the challenges that you will surely encounter. Taking an honest personal inventory is extremely important. Understanding innate strengths and weaknesses will allow you to develop areas where you may be deficient. Even asking family and friends who know you well can be helpful. Often, they may point out areas of weakness that you were not aware of.

Fear has already been discussed as a real factor in survival. It is important to realize that fear is inevitable. To pretend that you will not experience this powerful emotion during a survival situation is to walk the line of ignorance. However, recognizing that it will come can help you to prepare for it and overcome it.

Fear is nothing to be ashamed of and can be a useful tool when understood, anticipated, and controlled. It is not the fear that is a problem, but rather letting the fear overcome you. A healthy fear, respecting the risks that you face is helpful in keeping you safe. It will cause you to take the necessary, cautious actions to survive. Try not to eliminate fear for that is impossible. Instead, work to build confidence in your ability to function despite your fears.

Relaxation skills are a powerful asset as well. As a stress management technique, relaxation can clear your mind. A clear mind results in clear decision making. Some may relax by meditating or praying, some by thinking about a favorite vacation spot. Learning how to calm down in spite of insurmountable odds will play a major role in your mind's ability to cope successfully.

Never underestimate the power of emotion. Always remember what's at stake. Depression, hopelessness, anxiety, and mental fatigue are not just words in a psychology textbook. They are real things and they will occur if you fail to maintain a positive attitude.

There is more to survival than just knowing how to start a fire or build suitable shelter. These skills are extremely important, but many have survived unimaginable conditions without this knowledge.

The will to survive coupled with the mental skills required to keep your mind working for you and not against you is the single most important asset a survivor has. Let it slip away with thoughts of desperation and self-pity and the human brain is fiercer than a brown bear.

Leveraged effectively, these mental skills are the breeding ground for a survival mindset. A survival mindset

is the difference between being a survivor and a statistic.

RECAP

Wow, that took longer than I thought. Here's what you should remember from this module.

Most of the times, disaster victims die from stress-induced psychological reasons. Learn to control yourself and your chances of survival increase dramatically.

Learn to make short-term goals (from 5 minutes to several hours) to adapt your goal-setting mechanism in emergency situations. Visualize yourself in a disaster and how you successfully survive it. Visualization exercises are very powerful. In stressful situations, learn to break down large tasks into smaller ones.

Lastly: accept fear. Accept that you'll be afraid of what comes and you'll be more at peace with yourself.



MODULE 3: FEARSOME- FIGHTER FOOD STOCKPILING

The theme song to the musical “Oliver!” based on the story of Oliver Twist by Charles Dickens, starts out with the words “Food, glorious food, my favorite diet.” I think we can all agree with Oliver’s statement there, as we all like to have a diet of food, more food and even more food.

Nevertheless, many of the crises that people face make food a very rare commodity. The average American family only has three days of food stocks in their home. When the normal supply chain bringing food to the grocery stores breaks down, that three days’ worth of food isn’t anywhere near enough to live on. People find themselves rooting through trash cans, eating their pets and even resorting to cannibalism in order to survive.

Even if the disaster passes quickly, it can be a long time until the supply chain is fully restored. After Hurricane Katrina, it took months before stores were fully stocked again. You would think that FEMA would have learned from that, but the same thing happened again after Hurricane Sandy. Two months after the storm, people were still digging through the trash, trying to find enough to eat

A large part of survival is being properly prepared to meet the crisis. This doesn't just mean being mentally prepared, but physically prepared as well. While the right mental attitude may help you get through a crisis, it will be a whole lot easier to make it through if you have the right materials on hand to work with.

That's why anyone who is serious about getting their family through a disaster with the least amount of harm knows to stockpile food for their family. We're not talking about three days' worth of food here; we're talking about 30 days or more worth of food. Actually, experience has proven that 30 days' worth isn't even enough, as the normal supply chains can take much longer than that to repair. It's better to have 90 days' worth of food on hand, so that your family isn't one of those that are digging through some dumpster, looking to fill their bellies.

Building a food stockpile takes time. You can't wait until the last minute and expect to go to the grocery store to stock up on three months of food. Oh, many will do that but that's the very reason that you can't. With everyone else trying to do it, you won't stand a chance in getting what you need for your family.

SO, HOW MUCH FOOD DO YOU NEED?

Different people have different ideas about how much food they need to stockpile in order to have enough to get through a crisis. The problem is that there is no real standard method for deciding how much food you need, because there is no such thing as a standard crisis. Each of them is different, so the needs that you will encounter for each of them are different.

When the Argentinean economy collapsed in 1999, it was three years before the country was back on its feet. For many people, those were three years of utter hell, as they struggled to survive. Thousands of people lost their jobs and were reduced to collecting corrugated cardboard to sell for recycling, in order to be able to buy food.



As we've already discussed, even something as "simple" as a hurricane can disrupt supply chains for months, leaving people without the most basic necessities of life. Since none of us can see the future, we have no way of knowing how long it will take to restore the supply chain for the next crisis.

The only realistic answer to this question is to decide what threats are likely to occur in the area where you live. If you live in the Colorado Rockies, you're not going to have much of a chance of a hurricane hitting you. However, you have a pretty good chance of being snowed in for three or four months at a time.

Don't limit yourself only to local threats either. There are a number of threats that we face as a country. It has been fairly proven that our electrical grid is susceptible to terrorist attack and even cyber-terrorist attacks. That could be a nationwide problem if it were to happen.

Likewise, the risk of an EMP attack always exists, especially since many countries who hate the United States have nuclear capability. Many Muslim controlled countries would love to explode a nuke in the U.S. North Korea has promised to do so.

On top of the risks from outside the country, there are internal risks that could cause us severe problems as well. In many ways, the United States is tearing itself apart, with the government being the ones to do most of the tearing.

Between high unemployment, Obamacare and "quantitative easing" of inflation, we could very well be heading for an economic crisis that will make the Great Depression look mild. There's also the risk of civil war, sparked by the actions of liberal politicians forcing their ideas on the country.



Photo by: ProgressOhio

I'm not trying to be a fear monger here; all I'm saying is that you need to consider all the risks when you determine the worst-case scenario that you face. That's the situation you need to have a food stockpile to survive, not some little storm that blows down the power lines for a few days. Once you've figured out the biggest threat you face and the amount of time that the problem will

take to overcome, then you have a pretty good idea of how big a food stockpile to create.

Don't panic. I know what you're probably thinking, "There's no way that I can afford to build a six month food stockpile." That's what I thought too. But, you've got to realize that you can't afford not to. However... and this is important... nobody is trying to tell you that you have to build a six month or 12 month stockpile today. Start out small, building a stockpile for 30 days. Then gradually work to expand on that, eventually getting it to the point you feel it needs to be.

Nobody starts out building a 12 month food stockpile. Those people you've seen on Doomsday Preppers, who have a 10 year food stockpile, they've been working on building that for years. On top of that, they're "professional preppers" who have given up having a life, in order to prepare. That's not you.

Let me repeat myself here. Start small. Build a 30 day stockpile. Then, once you've got that built... pat yourself on the back. You'll be better off than 99 percent of the population. Once you've congratulated yourself, start working on the next 30 days. Keep going at it, 30 days at a time,

until you get where you think you need to be.

30 DAY STOCKPILE BLUEPRINT: AN EASY 8-STEP METHOD FOR ACQUIRING YOUR STOCKPILE

You're considering stockpiling food, but you've never done it before. Just the thought of it can be overwhelming. Of course, it doesn't help that a friend just showed you his awesome stockpile, enough food to feed his family for 30 days.

How did he do that? If you want to have the same peace of mind, here is a blueprint you can follow to start to grow your reserve of emergency food and water. It is a step-by-step set of instructions that takes all the confusion out of accumulating your stockpile. You'll also be pleased to know it's as easy as... well, 1, 2, 3.



Keep in mind that you might have to make some dietary changes to develop your stockpile. While it is important to feed your family foods they like, the foods that they like may not be foods that you can store for long periods of time. It would be a good idea to search out some recipes for the foods that you are going to store, so that you can find things that will work for your survival food stockpile.

STEP #1: DEFINE EXACTLY HOW MANY PEOPLE YOU'RE STOCKPILING FOOD FOR

Most individuals create an emergency stash for their immediate family – those individuals currently living in

their home. Before you decide you want to include Uncle George, Aunt Bernie and the elderly lady across the street you need to come to a realization about the amount of food you'll need.

To get a realistic estimate about the quantity of food you'll need, start with calculating the amount of food you would need to collect for those only living in your home. You may decide that is a large enough project to undertake.

STEP #2: MAKE A LIST OF THE FOODS YOUR FAMILY EATS

It will do no good to buy food your family doesn't eat. Then you're storing a mass of food that is not only taking up space, but your family wouldn't touch even if it were the last food on earth.

On the other hand, you need to be sure that you're storing the right foods. Many families eat a lot of junk food, which not only doesn't store well, but won't sustain your family through anything, let alone through a crisis. So, while you want to feed your family foods they like, you want to make sure that your food storage will sustain them nutritionally as well.

The other problem is that a lot of the foods we buy regularly won't keep without refrigeration. By definition, a food stockpile has to be foods that don't require refrigeration (or freezing). So, while your family might like steaks and baked potatoes, they might have to settle for reconstituted dehydrated beef and canned potatoes.

It is best to create a menu to figure out what foods to buy. If you create a two-week menu and repeat it, you'll have a much more accurate idea of what foods you want to stockpile, than if you just say "we like this food." a menu both ensures that you're getting everything you need for every meal and that you aren't buying too much of one type of food, at the expense of other types.

STEP #3: DECIDE HOW LARGE OF A STOCKPILE YOU'RE AMASSING.

You may want to begin stockpiling for a relatively short period of time. Many individuals collect enough food and water to sustain them for a month, others choose three months or longer. The most common system is to start out with enough food for one month, then add to it in monthly increments until reaching their goal.

Before you decide, think hard about *why* you're stockpiling. Are you waiting for those zombies to conquer the living? If you so, you'll need enough food to last for a very long time. If, however, you're thinking more immediate needs, like a large storm that prevents you from leaving your home, you can be more moderate in how much food you stockpile.

If this whole process intimidates you or you're on a tight budget (as many of us are) you may want to start out with just stashing away two weeks of food. You can always add to that later.

The point isn't so much how much food you stockpile at the beginning, but that you are starting to stockpile. Once that becomes a habit, then it's easy to keep increasing your stockpile. Don't worry so much about the number of weeks or months at the beginning; concentrate on taking the first step.

STEP #4: CALCULATE YOUR FOOD NEEDS

If you're not sure how much food your family will eat in a day during an emergency, visit this web site: Ready Nutrition. It contains a food calculator. You put in the number of people you're feeding – broken down into adults and children – and it will

not only tell you how much to buy, but it'll give you a good idea of what to buy as well. Here's the web site:

<http://readynutrition.com/resources/category/preparedness/calculators>

Keep in mind that this is one person's (or one group's) idea of how to calculate food storage. While it is a good guideline, it may not fully meet your family's needs. For example, they have a lot of legumes (beans). If your family won't eat beans, then that may not be what you want to store.

On the other hand, if your family wants to eat, they may have to get used to some new ideas and some new foods. Don't wait for a crisis to strike to try that, though. If you're thinking of storing those legumes, then start experimenting with recipes, so that you can find ways you can use them.

Another thing that the calculator is missing is meat. Meat is extremely hard to store for long periods of time. That's why they are using legumes for protein, instead of meat. Once again, we run into the conflict between what you can do and what your family will eat. You can solve this problem to some extent by using dried, cured and canned meats.

STEP #5: CREATE A PRIORITY LIST

Using the list you originally created, now prioritize these choices. Which are the ones that should something happen right now, what would sustain your family? These are the foods you're going to stockpile first.



By "sustain your family" I mean the foods that will give them the necessary nutrition to keep on keeping on. More than anything, that means foods which will provide them with the necessary energy to work, rather than the micronutrients that medical science tells us we need. In a survival situation, dietary priorities change; you're not as concerned about vitamins as you are calories.

I'm probably going to make some people mad with this, but in reality, during a survival situation, what your body needs are the macronutrients of: carbohydrates, fats and proteins. A properly balanced diet of these

three will sustain you, providing energy to work (that's physical work) all day long. Fruits and vegetables, which provide the micronutrients of vitamins aren't necessary.

That doesn't mean that you can go for a long period of time without those fruits and vegetables. I'm talking about a survival situation, not day-to-day living. While a diet high in carbohydrates and lacking in vitamins will sustain you well for a survival situation, if you eat it too long, you'll become sick. We're only talking about short-term here.

Having said that, prioritize your list in such a way as to make the macronutrients you need the highest priority. Then, once you have those on hand, buy the fruits and vegetables to give you the micronutrients you need.

STEP #6: NOW CHECK OUT THE MOST ECONOMICAL WAYS TO PURCHASE THEM

Review all your choices: the local grocery store, local outdoor supply stores, big box stores, online web sites. Choose the ones you feel most comfortable dealing with. You're going to get the best prices by buying in bulk. Rather than buying a whole bunch of little packages of rice, buy

the big bag. That will work out better for storage anyway.

Buying in bulk will often save you money as well. The buying clubs, like Cosco and Sam's Club are a real help for this, as they sell foods in large packages. Since the customer always pays for the packaging, buying a 50 pound bag of rice is cheaper than buying 50 one pound bags of rice.

You don't have to buy everything at once. Remember, you've prioritized your list, so buy based on those priorities. Get a little bit each week, until you've reached your goal. We'll talk more about this later.

STEP #7: REPACKAGE THE FOOD FOR LONG-TERM STORAGE.

Other than canned goods, the food we buy in the grocery store isn't packaged for long-term storage. You can tell this quickly enough by looking at the expiration date on the package. Normally, that's only a few months into the future. Why? Not because food won't keep longer, but because the packaging isn't designed to keep it good for longer than that.

You have to remember that those expiration dates are based upon the type of packaging used and the worst-case situation for storing the food.

The manufacturer has to guarantee that the food will be good until that date, so they're going to use a date that they can be sure of. But, by simply repackaging those same foodstuffs in better ways, you can often get years of life out of the same food.

Proper packaging of your food stock is just as important as buying the right food. There are a lot of things that want to destroy your stockpile, so you want to be sure that you defeat them all. I'll show you in a little bit how to properly store your food for the maximum life.

STEP #8: FIND HIDDEN (AND, IF NECESSARY, INVENTIVE) STORAGE LOCATIONS.

This may be a bit tricky. You want to store these supplies so they aren't seen by visitors and are not underfoot, but at the same time you want them immediately accessible during an emergency. No, we're not asking for a lot here, are we?

OPSEC (operations security) is an important part of your family's survival. If everyone and his brother know that you have a stockpile of food hidden in your house, guess where they're going to go when they can't find food anywhere else? Unless you're planning on feeding all those

people, you want to be sure they don't know what you're doing.

At the same time, you do need that food stored in such a way that you can get to it when you need it; hopefully, without tearing your home apart. That requires developing some innovative and unusual ways of hiding your stockpile. We'll get into where you can find some good storage spots later.

Congratulations! You're done! And it only took eight easy steps.

5 A DAY: 5 SECRETS TO STOCKPILING FOODS ON A BUDGET

Stockpiling food might seem a bit expensive to you – even extravagant – especially when you may already be just barely making your normal food budget buy the essentials now. You probably don't even want to think about how much it would cost to accumulate a stash that would last from three months to a year.

What if you could accrue your food over a relatively short time period for,

well, let's say, approximately \$5 a day? Would you be willing to give it a try? That's right! You can start today with just \$5. No, that \$5 will not buy you a month's supply of food for a family of four. But it will get you started. Any step toward your ultimate goal is a good step.

STARTING WITH THE FIRST 5

Actually using this \$5 a day plan, you can store enough food for your family in just about in 30 days. After you tuck it in your storage locations, then you can sit back (at least before you need to start rotating your supplies) knowing that should a disaster strike, your family will be eating well.

You'll want to start off by purchasing staples that are easy to prepare, including rice, pasta and ramen noodles (yes, they are both cheap and filling!). In fact, do this for about a week or so, depending on your family's eating habits. You'll be amazed at how quickly these foods accumulate.

The second segment of your \$5 a day excursion would be at least five days of purchasing containers of water.

When you've finished the week of water buying return to buying foods that are quick and easy to fix as well

as nutritious. Be sure to expand your choices. You'll want to have a variety of food on hand.

HOW TO PULL THIS PLAN OFF

TIP #1: BUY AN ITEM ON EVERY GROCERY VISIT

No, you really don't need to make an extra trip to the grocery store every day just to buy these items. But every time you do visit the store, buy one item that costs approximately \$5.

Sometimes you can get packs of ramen noodles for as low as 5 individual servings for one dollar. If you buy five on one trip, you've already stockpiled 25 servings of noodles. You'll be amazed how quickly a simple \$5 purchase adds to your cache.

TIP #2: BRAND NAMES? NOT NECESSARILY!

Sure, there are times when the brand name products are of better quality than off brands. But in some instances, the off brands are every bit as tasty and nutritious. The point is that you're stockpiling food for an emergency. You really shouldn't be as concerned about buying a well-known name as you are about merely having enough supplies to last.

TIP #3: CAN YOUR OWN FOODS

Even if you grow just a small garden, you can take some of your produce and can it. If you take the cost of the canning supplies and divide it among the number of jars you're canning, you really will see how economical it is.



You can also find canning paraphernalia inexpensively at discount stores or even at flea markets and swap meets. If you buy this material over a period of time, your cost per day will fall well within the \$5 a day range.

Don't know how to can? Check online. There are a number of online sites that specialize in canning; providing how-to information, recipes and even sources for supplies. You can also check your local university's extension service. Just about every major state university has one.

TIP #4: REVIVING THE FINE ART OF COUPONING

If you've been watching television lately, you're probably already one step ahead on this tip. Couponing, once wildly popular in the 1980s has made a comeback. Today, it's called "extreme couponing." While you don't have to go wild, paying a little attention to coupons has the potential to save you big bucks.

With a careful read of Sunday newspaper advertising supplements, coupon advertising publications mailed to your house and online coupon sites, you can reduce your stockpiling costs.

All you really need to do is plan ahead some. First, check out all of your grocery flyers for your stores for the week. Discover where the good prices are on the foods you're interested in. Then check to see if you have coupons to match those purchases.

You'll want to get organized. Consider clipping coupons for food items you know your family could use in an emergency. Store these in a recipe box or a wallet-like accessory. Then not only do you know for sure you have them, but you can take them along. Should you find any items on sale that weren't in the flyer or hadn't originally thought about buying,

you're prepared. You simply pull the coupon out of your holder.

TIP #5: SEARCH THE MOST UNORTHODOX PLACES

This may sound crazy to you but, if you're stockpiling on a \$5-a-day budget, then you may want to consider . . . well, Craigslist. It's the site where you can find just about anything for sale – including sometimes bulk foodstuffs.

Of course you have to be careful about what it is you exactly buy. You really don't want to take a chance on foods that you suspect that someone has tampered with. But what if you could buy five-gallon unopened bucket of wheat berries cheap? You may also be able to find canned foods, or other foods.

If the item you're interested in costs more than \$5, consider it a purchase that qualifies for two days of buying. While you're on Craigslist, why not hop over to eBay. People have made amazing discoveries of inexpensive foodstuff.

In fact, it would probably be a good use of your time if you surfed the web in general. You may want to search for such keywords as “inexpensive food,” “emergency food supplies,” or

even “stockpiling food cheap.” You'll never know where that may lead you.

Yes, accumulating an emergency supply of food can be daunting – but only if you let it. If you break the process down into its simplest forms, then you can easily – if slowly – acquire the foods that may very well save your family from starving during a disaster.

WHAT FOODS DO YOU WANT TO STOCKPILE?

We've already talked about picking foods that your family will eat and picking foods that will store well. I even mentioned about the need to concentrate on macronutrients, rather than micronutrients. As I said, for a short-term survival situation, your greater need is for the macronutrients of carbs, fats and proteins, and not for the micronutrients that you get from fruits and vegetables.

However, if you're looking at building a stockpile of foods to last more than a couple of weeks, you'll definitely want to include fruits and vegetables. Fortunately, a wide variety of these are available as canned foods, which store easily and for long times, without losing their nutritional value.

Granted, canned vegetables aren't as tasty as fresh and I wonder how they compare nutritionally, but they're definitely better than no vegetables at all.

There are a number of common dried fruits on the market as well, which provide all the nutrition of the fresh ones, in a tasty flavor that is easy to store and easy to take with you. If you want to be a bit adventurous, start drying your own fruits. Not only will that save you money, but you can rest assured that they don't have any added chemicals.



The trick to stockpiling foods is to select the ones that will give you the most bang for your buck. That means that snack foods are out. Besides, snack foods don't keep for very long, no matter what you do to try and package them. The following foods are all good ones to stock as part of your survival strategy:

- ✓ Water
- ✓ Canned meats (chicken, tuna, beef, Spam)
- ✓ Beef jerky (can be reconstituted with water for use in soups and casseroles)
- ✓ Whole grains (whole grains store longer than ground flour, but you'll need a flour mill to go with them)
- ✓ Pasta (in all its various forms)
- ✓ Ramen noodles
- ✓ Rice
- ✓ Dried fruit, including raisins
- ✓ Canned fruit
- ✓ Canned vegetables
- ✓ Canned soups
- ✓ Powdered milk
- ✓ All kinds of dried beans (legumes, a great source of protein)
- ✓ Powdered eggs (not great as eggs, but an essential ingredient for baking)
- ✓ Bouillon (for making soups)
- ✓ Breakfast cereal (bulky, but kids love it)
- ✓ Coffee (you'll be glad you did)
- ✓ Sugar (keeps forever)
- ✓ Honey (really keeps forever)
- ✓ Cooking oil
- ✓ Jams
- ✓ Oats (for oatmeal, oat bread, oatmeal cookies)
- ✓ Salad dressing (if you can grow veggies, you can have salad)
- ✓ Peanut butter (good source of protein)

- ✓ Baking supplies (yeast, baking powder, baking soda, etc.)
- ✓ Salt (essential for survival and for cooking)
- ✓ Nuts (good source of protein)
- ✓ Spices (helps make your emergency foods taste better)
- ✓ Hard candies (give your family a treat and it will store well for a long time)

Although water isn't normally considered a "food item" I've included it in this list due to the great need we have for it. In a temperate climate, you'll need one gallon of water per person per day for cooking and drinking. In a hot climate you'll need to up that to two gallons per person per day.

That doesn't include the water you'll use for washing, which doesn't have to be as purified as the water you use for drinking.

HIGH-NUTRITION TRICKS: HOW TO GET THE HEALTHIEST FOOD FOR YOUR STOCKPILE

Sure, you can stockpile all the food you want, but if should you ever have to live off this, how can you be sure that your family is receiving enough nutrients? Your family's nutritional supplies during a disaster may be a bit

more demanding than usual. You're no doubt under stress and your body will be requiring more calories and more nutrients.

Remember, our priority is to feed our families the macronutrients of carbs, fats and proteins. You have to have enough of all of these to keep your body running all day long. Your body will burn the carbs first, followed by the fats and then the proteins. So a balance of the three provides a time-release sort of effect.

Superfoods are those that provide the most bang for the buck. These foods have a high energy value for our bodies, as well as a high nutritional value. In every case I can think of, they can be eaten either alone or added to other foods, giving them incredible versatility.

As you select the foods for your stockpile, you want to make sure that you include enough of these superfoods, so that your family will have plenty of energy. Since you'll be in "survival mode", you're probably going to be doing a lot more physical work than you're used to. In that case, you're bodies are going to burn more calories than you're used to as well. You either have to provide those calories to your body through your fat reserves or through what you are eating.

RAISINS?

YOU'VE GOT TO BE KIDDING!

Let's look for example at the humble raisin. Small and very unassuming; but hiding inside that wrinkled skin is a food that packs a singular nutritional wallop most foods just can't match.



They're perfect for your purpose, because they are an already-dried fruit. They were once grapes. Because of this, they have all the nutrient value and benefits of the grape – only they're smaller. That's not something to overlook when you're stockpiling food and space is at a minimum.

They're an excellent source of carbohydrates. Feel free to translate that into energy. They also are rich in iron and vitamin C as well as a host of antioxidants, phytonutrients. Raisins alone can give your stockpile

of food a real nutritional shot in the arm.

Raisins are a must-have in your emergency preparedness pantry if for no other reason they are magnificently versatile. Imagine, for a moment, all the ways your family can enjoy this simple fruit.

AS A STAND-ALONE SNACK

The members of your family can take them directly from the package to their mouths. There may be no nutritionally better snack in the world than a box of raisins, which makes it a remarkable item to have on your shelves.

ADD TO YOUR FAVORITE FOODS

We've all heard – and probably eaten – raisin bran. Who says that's the only cereal that can contain this unabashedly nutritional gem? When you stockpile raisins, you can add them to any cereal to boost its energy-producing level.

But don't stop just with cereal. If, during a disaster, you have other foods that need a nutritional makeover, bring out the raisins. If you're baking at all, add them to

cookies, muffins, pancakes – well use your imagination.

ADD TO YOUR MAIN MEAL

Go ahead and experiment. Try putting them in with your meat dishes from pork chops to chicken. It doesn't have to be an elaborate addition. After all, you're cooking in the middle of a disaster. Add those raisins in there to ensure your family gets that nutritional bump.

MAKE A TRAIL MIX

Add raisins to your homemade trail mix. You may want to use nuts and seeds and perhaps some breakfast cereal (after all the cereal is fortified with nutrients.) Your body will be teamed by the vitamin fortified dry cereal and the small but mighty raisin. You can also include other nutritionally dense foods like almonds and sunflower seeds.

Create your personalized trail mix with your family food preferences in mind. If they like the ingredients, they'll want to munch. That means you can rest easy knowing they're getting the nutrition they need during this stressful period.

MORE SUPERFOODS TO STOCKPILE

What about the “Rodney Dangerfield” of superfoods? You know the one that doesn't get any respect? That would be peanut butter. Most adults view it as a child's food, but forget why parents have no argument about allowing their children to eat it.

Yes, the answer can be found in one word: nutrition. Peanut butter is an excellent source of iron and protein as well as carbohydrates. It's also a versatile food. You can bake it into cookies, eat it in sandwiches or even create a delicious peanut sauce for your dinner entrees. You can even put it on apples and munch them as a snack. What kid (and adult) can't eat peanut butter straight from the jar?

Another benefit to peanut butter is its general perception as being a comfort food. Remember that many adults grew up on peanut butter, just like many of today's kids are. There is nothing more comforting than a peanut butter and jelly sandwich. When everything around you and your family is in turmoil, it's nice to be able to offer something that is not only highly nutritious, but is also comforting.

STOCK UP ON RICE, BUT NOT THE KIND YOU THINK!

Stocking up on rice is probably a no-brainer. After all, it stores incredibly well and has great nutritional content. But before you go out and buy that rice, why not think about brown rice instead of white.

Sure, it doesn't have quite the shelf life the white variety does, but it does contain more nutrients. In fact, it's considered a "complete food." It contains virtually all the nutrition the human body needs to survive. And it does last up to five years. If you rotate the foods in your stockpile periodically, this shelf life should serve you fine.

THREE "SURPRISE" SUPERFOODS FOR YOUR PANTRY

That's right! As you're preparing your emergency supply of food you may have either overlooked these or completely dismissed them as being not suitable for long-term storage.

Take a second look at the apple in your refrigerator. You may have already reconciled yourself that you'll have to kiss that "apple a day" goodbye if you encounter an emergency. Think again.

It may surprise you to learn that apples can be stored for months – under the right conditions. The best

apples to choose for your long-term food facility is a tart one with a thick skin. But there is a trick to keeping this fruit full of flavor and its nutritional content high.

You'll want to wrap each apple individually in newspaper and then store them in a cardboard box. This way you can have fresh apples (which go well with peanut butter, by the way) even in a disaster.

Another way to enjoy your apples in the midst of a disaster is to dry them. Dried apple rings retain all the flavor and nutrition of fresh apples, but without all the water. Dried apples are great as a baking ingredient, eaten alone, cut up and put into trail mix or dipped in peanut butter.



The next surprise superfood you'll want to consider buying is the carrot. Ideally, you shouldn't wash them and store them in sand or even mulch. You'll want to keep them in a dark,

cool area that gets plenty of ventilation. (Think about it. Carrots grow underground. They feel perfectly at home in this situation.)

The carrot will last for a good six months in this manner. While that may not sound so long compared to some of the decades other foods last, you'll be grateful to have them on hand even this long.

Just like apples, carrots can be dehydrated as well, making them last for years. Dried carrots aren't all that great to eat as a snack, but they're great for soups, stews and casseroles. Boiling a handful of dried carrot slices in water for a few minutes quickly reconstitutes them to their original form, making "fresh" cooked carrots for your soup.

THE INCREDIBLE, EDIBLE EGG

No, you're saying right now. There's no way I can keep eggs in an emergency food pantry. Yes there is. Of course, there are a few simple storage tricks you need to know. First, you need to buy a fresh range free eggs, directly from the farmer. At one time that directive may have been impossible to fulfill, but not anymore.

There's a definite resurgence in the raising of chickens for their eggs.

Eggs bought directly from farmers can be, depending on what they feed them, organic. Without a doubt, they



also have an enhanced nutritional value compared to what you'd buy in the store.

The trick to storing them is not to wash them. These farm-fresh eggs contain an outer coating, called a bloom. It naturally protects them from spoiling and any type of contamination. In fact, fresh eggs can be stored up to a year in a refrigerator. Knowing this it may be worth your trouble to find fresh eggs and begin buying them regularly. You can rotate them occasionally in order to always have an edible (and, yes, incredible) supply on hand.

PACKAGING YOUR HOARD FOR LONG-TERM STORAGE

As I mentioned before, the food you buy in the grocery store isn't packaged for long-term storage. The companies that sell that food are expecting you to eat it within a few months at the most; in some cases, within a few days.

That's acceptable for your family's daily food needs, but not acceptable for your stockpile. As we discussed in the last section, some types of foods can be stored by rotating your stocks. But trying to do that for everything in your pantry may be somewhere along the realm of impossible to accomplish.

That's really not a problem, as many types of foodstuffs can be stored for long-term, simply by packaging them correctly. To understand this, we need to understand what makes food go bad. Basically, food has just a few enemies:

- ❖ Heat
- ❖ Sunlight
- ❖ Oxygen
- ❖ Microorganisms (bacteria and protozoa)
- ❖ Insects
- ❖ Rodents

Heat, sunlight and oxygen destroy food by chemically altering it, so that the nutritional value is lost and the flavor of the food changes. Microorganisms, insects and rodents all want to eat your food stockpile themselves, robbing your family of needed foods. In the process of eating it, they often spoil at least some of what they don't eat.

Let me digress for a moment here. Even though bugs may have gotten into your food, that doesn't mean it's not edible. It may not be as appetizing, but it's still edible. The idea of sifting flour came from the need to filter out both bugs and unground pieces of the wheat. Once sifted, bug-infested flour is usable. All you have to do is get over the idea that it had bugs in it. The same goes for a wide variety of other foods.

Rice that has become bug invested, can still be eaten as well. To remove the bugs, larvae and eggs, simply put the rice in a pan of water. Everything that's not rice will float to the top, where you can skim it off.

If the food can be packaged in such a way as to keep the things in that list out of it, food can last for years. So, all we need is a system of packaging that fulfills those requirements.

Canned foods already meet this need. The canning process preserves foods for long-term. At a minimum, you can expect canned foods to last for ten years. In fact, as long as the top of the can hasn't popped up and the can hasn't rusted through, you can pretty much count on the food inside as still being good.

Unfortunately, canning only works for foods that are wet, as the food has to be covered by water in the can. If it isn't covered by water, then there is no guarantee that it will stay good. So, canning is limited.

One of the things that makes canning so effective is that the cans (or jars) are submersed in boiling water and left there long enough to ensure that the temperature of the contents reaches at least 160°F. That's hot enough to ensure that all of the microorganisms in the food die. So, the finished canned food doesn't have any live microorganisms in it to eat the food.

PACKAGING DRY FOODS FOR LONG-TERM STORAGE

Dry foods, which constitute a lot of your stockpile, can easily be repackaged for long-term storage by using a combination of Aluminized Mylar bags and 5 gallon plastic

buckets. The plastic buckets should be food grade, to ensure that they don't contaminate the food inside. These are readily available at Home Depot or Lowe's. They are easily identified in that they are white.

You can also get used food grade five gallon buckets from the bakeries and restaurants who regularly receive foods packaged in these buckets. All you have to do is make friends with your local baker and ask him to save you the buckets. They have to be washed... but, once cleaned, they'll be perfectly good.



The Mylar bags can be ordered through a number of sources online. A six gallon bag works well for a five gallon bucket, as it provides a little extra space at top for sealing and resealing the bag.

You'll also need oxygen absorbers. Once again, there are a number of online websites that sell these. They

come in different sizes, as different types of food need different amounts of oxygen absorption.

You can find the exact amount of oxygen absorption needed for different food types on the websites of the various sellers. Using these accomplishes two objectives: it prevents the food from oxidizing and it insects (which need oxygen like you and I do) from living inside the food.

If you don't have oxygen absorbers available, you can accomplish the same thing with frozen carbon monoxide, commonly known as dry ice. Carbon monoxide is the same weight as air, so it disperses equally. Therefore, when using dry ice, it is necessary to give it time to dissolve and drive out the air in the bag.

To store food by this method, follow these steps:

1. Place the Mylar bags open in the five gallon buckets.
2. Fill the bags with the food you want to store in the bucket. Typically, people fill a bucket with one type of food. Stop filling about one inch below the lip of the bucket.
3. Using a hair straightener or clothes iron, heat seal a strip across the top of the bag, leaving about a two inch space at one end

that isn't sealed. Please note that you don't have to melt all the excess plastic, but only a strip about two inches wide. Leave the rest of the plastic for resealing if you remove part of the contents.

4. Place an oxygen absorber in the bag. From this point on, you must work quickly until the bag is sealed, as the oxygen absorbers are very fast acting.
5. Use the hose from a vacuum cleaner, stuck through the gap you haven't sealed, to suck out as much of the air as possible from the bag.
6. Pull out the vacuum cleaner hose and heat seal the bag the rest of the way. Breathe a sigh of relief that you got it sealed.
7. Fold the top of the bag over and place it in the bucket. Put the lid on and use a rubber mallet to ensure that it seats fully.

If you are using dry ice instead of oxygen absorbers, you'll need to place it at the bottom of the bag, before filling it with the food. Since dry ice goes directly from a solid to a gas, without passing through a liquid state, you don't have to worry about it making the food wet. The dry ice will need some time to dissolve before you seal the bag all the way. You will need to experiment with this, but it should be about 15 minutes.

COVERT FOOD STORAGE TACTICS: HOW TO KEEP YOUR FOOD FROM SPOILING OR BEING EASILY FOUND BY LOOTERS

Consider this fictional scenario that may someday morph into reality. You have your cache of food stored in various locales within your house. But you really don't try to hide your activity. That means when the plumber comes or friends visit depending on where in the house they go, they may have full view of your food.

What would happen, hypothetically speaking, should an emergency arise and these individuals who snatched a view of your pile were caught unaware? If the emergency were serious enough and long enough do you think they may be tempted to come by and help themselves? Or, if not them, perhaps someone they may have mentioned it to. It may not take long before people are thinking of ways of looting your emergency pantry.

Let's face it. It's not that you wouldn't *want* to feed everyone who knocks at your door, but you only have a limited quantity of food. These are times for

hard choices. The choice in this instance is clear: you feed your family first.

Right now, you may not think that "covert" stockpiling is necessary; it may very well go against everything you ever learned. But, should that time hit, you'll be glad you did.

TAKE A LOOK AROUND YOUR HOUSE

As you may have already guessed, you're surveying your home with an eye to two factors. The first is how to keep those small critters out of your food. The second is your goal of keeping the larger critters – that is, other people – out.

Let's start with the smaller guys first. Every preparedness expert agrees that the best place to store your food is in a location that's dry, cool and dark. Ideally, you're looking for areas (and more than one would be great – we'll talk about that later) in which the temperature doesn't rise much higher than 75 degrees Fahrenheit.

Should you not be able to find a year-round cool place, then you can rotate your supply regularly to ensure their quality. In this way, no stash spends a lengthy time in potentially damaging extensive heat.

It's also imperative that you keep this emergency reserve dry. Many individuals prefer to store their foodstuffs in the basement. Before you do so, though, acquire a few pallets on which you can place the food. This keeps them several inches off the floor to ensure proper air circulation as well.



The only criterion for storage that's left to talk about is light. Keeping foodstuffs like cooking oil out of the light is vital. This becomes even more important if you store any products in what are known as PETE bottles. These containers are amazingly effective when you use them with oxygen absorber packets. They not only help preserve the nutritional value and taste of your food, but they help to keep insects out as well.

KEEPING YOUR CACHE OUT OF SIGHT

As we mentioned earlier, this might be the most difficult part of food stockpiling. Keeping the food out of sight from non-family members. So where do you store your food and water?

There's no easy answer to this question. There is no one location recommendation that works for everyone. You'll have to take many factors into consideration – all wrapped around your individual living situation.

Here are several of the more common places others have stored food and water. You can look this list over to see if any of these locations work for you. You can also adapt one of them to suit your specific needs. Keep in mind, though, that you will need to be able to access this food as quickly as possible should an emergency occur.

FOOD UNDER THE STAIRS

How many of you remember your parents storing seasonal items like Christmas decorations under your basement stairs? This was a logical place, since it didn't take up needed floor space in the basement and no one could tell it was there.

Maybe you have a space under your stairs that can be converted into a food storage area. This would be an ideal location because, even when people visit, they wouldn't be able to see your food. It would be easy to build several shelves to hold the varying sizes of cans, jars, bottles and even plastic containers of food.



STORING YOUR STASH IN THE GARAGE

This may work for some families, but there are some qualifications that need to be taken into consideration before you commit to this spot. First, you'll want to make sure that you can store the food so it isn't in plain view. If you have an old steel cabinet that would work nicely.

You may also want to build or buy some type of cabinetry if your garage is large enough. While the food would be sitting out there, very few people would even consider going through your cabinets.

Another consideration for garage storage is the fluctuation in temperature. If you live in an area where it gets ridiculously cold in the winter and insanely hot in the summer, the garage would not work. If you don't think these fluctuations make that much difference, chew on this: the nutritional value of food lasts about 50 percent longer when it's kept away from the extreme spectrum of temperature.

GOT A UTILITY ROOM? YOU'VE GOT YOURSELF STORAGE SPACE

If your house has a utility room where you use your washer and dryer, you may have just found a perfect food storage location. Shelves can easily be mounted above your washer and dryer to store all the essentials involved in doing the laundry. Now all you need to do is take a good look around to see where you can stash some food.

You can add shelving along any wall. Some rooms even have small closets. The utility room challenges your

imagination. If you've never looked at your laundry room as a covert storage room, now's the time to see it in a different way.

HIDING THE FOOD IN PLAIN SIGHT: THE MAGIC OF KITCHEN STORAGE

For some people, the most obvious location turns out also to be the least expected. That will be the case should you decide to make room for emergency storage in your kitchen. Visitors seldom actually rummage through your kitchen cabinets, so they'll have no idea of what's behind those doors.

Between the different size shelving and the large storage areas on the bottom you'll be able to hide quite a variety of different sizes of containers in this room.

THAT'S NO MONSTER UNDER THE BED, THAT'S FOOD!

Perhaps this is obvious, perhaps not. But many individuals store both food and water under beds. Let's face it, it's highly unlikely that a casual visitor in your house would search out your bedroom, kneel on the floor and look under your bed for food. They

would have quite a bit of explaining to do in this case.

For most of us, the space under the bed is empty (except for the travels of an occasional "dust bunny" or two). This makes it the perfect storage area. You're not using it now so you're not feeling as if you're displacing any other type of storage.

Since the height and width of beds vary, you may need to do some investigation to see what types of containers actually fit. Some people use all the beds in their house for storage, using some for water and others for foodstuffs.

To ensure that no one accidentally sees it, you can always decorate your bed with a dust ruffle. Now, unless the person is really desperate for food, he won't be going through the trouble of inspecting under your bed.

This is just a start of how you can store your food, keep it as fresh and nutritious for as long as possible and keep it safe from potential looters as well. As you continue to examine your house with an eye to food storage, you'll be able to find all sorts of clever ways to disguise your caches.

Wait! What's inside this end table in your living room? And this coffee

table? What do you have stashed in there?

LAST-MINUTE STOCKPILING

Seventy-two hours. That's all the time you have. It might be a hurricane barreling down on your region. It could be a Nor'easter, a massive blizzard zeroing in on your city. It may even be the strident threats of an impending military attack. The cause really doesn't matter. The point is you have three days to stockpile food.

Tick. Tick. Tick. The clock is counting down. Where do you turn to accrue the most amount of food in the least amount of time?

Hopefully you haven't waited until that announcement comes over the radio to buy the food you'll need. If you are truly trying to have your family ready for any disaster that might strike, then you should already have a goodly stockpile of food sitting on the shelves at home. Even so, you still want to top off that stockpile with whatever you can get.

If the disaster is serious enough, the money you are holding in your pocket might end up being worthless, so you're much better off spending that money on something of true value...

food, than keeping it as cash. Even if you buy food that you don't end up needing, you can always use it as barter goods.

The quickest and easiest place to start buying that food is right under your nose: your local grocery store. While this may be the fastest way to fill your pantry, it can also be a deceiving activity as well. Think back to the last time a natural disaster threatened a region. You might have watched the throngs of people shopping at a grocery store, or perhaps you were at the store yourself when individuals were in a stockpiling frenzy.

I call it a frenzy because usually that's exactly what occurs at a grocery store three days (or less) before a storm. People are buying up lots of foodstuffs. Usually, though, they haven't put much thought into what they are buying. They walk out the store with a good deal of food but with far too many items that are perishable.

The other part of the frenzy is that people lose their reason. This not only shows up in what they buy, but how they buy. You'll see people grabbing armfuls of foodstuffs, without a thought to the nutritional value of what they are grabbing. Even worse, the mass hysteria that is rising in people's throats can very easily

lead them to fighting over what is on the shelves, especially when they see that things are starting to run out.



Photo by: Anthony Albright

The average grocery store only stocks three days' worth of food. That's three days' worth, based upon their customers' normal buying habits. They depend upon almost daily deliveries to keep their shelves full. In some cases, such as perishable foodstuffs, they receive daily deliveries of food. However, the buying frenzy before a storm is anything but normal and can empty grocery store shelves in mere hours.

This shopping trip shouldn't be quite like your ordinary weekly expedition. You should be buying with an eye to foods that will last for a while on your pantry shelf.

When that time comes, you really don't want to spend any more time in the store than you absolutely have to. So prepare your list of foods – based on your family's preferences, right now. If you want to save even more

time, take another ten minutes and use this trick.

Once you have the list of nonperishable foods that you know your family will eat, then write the list down again. This time you're going to write them in order of their placement in the store.

Visualize your local grocery store. Better yet, some stores actually have maps that help direct the shopper to the areas and foods. If your store has one, then get it on your next trip so you can use it when planning your stockpile buying.

In the midst of the turmoil of that buying frenzy, having your list already written out and in the right order for finding things in the store can make all the difference in the world. While everyone else is running around like a chicken with their heads cut off, you can calmly and quickly make your way through the store, buying the supplies you need.

By the way, I instituted this sort of shopping for my regular family grocery shopping. We can make it through the entire store, buying a whole week's worth of groceries and back out the door again in 30 minutes, including the time waiting in the checkout line.

A SHOPPING TRIP WITH A TWIST

When you make this excursion you're going to view your store from a slightly different perspective. You might be familiar with the floor plan of the grocery, but you may never have given it much thought. All the fresh produce, meat and much of the frozen food section are located around the perimeters of the store.

Usually, these are the areas you shop. But this time, you're going to avoid them and dig into the deeper parts – into the inner aisles of the store. (If your store offers a floor plan, look at it now. You'll see how true this statement is.)

This is where you'll find canned foods, packaged meals, pasta, sauces and other foods with a longer shelf life. These are the foods you're going to stock up on. Buy canned vegetables, fruits, and other foods that your family likes.

One of the most common problems in any crisis, regardless of whether it is bad weather or a financial crisis, is the loss of the electrical grid. Perishable foods aren't going to last long without refrigeration, so there's really no reason to stock up on them.

While milk, juice, eggs, meat, fruit and veggies are all important parts of your diet, you're going to have to go for canned and dried versions of them, rather than the fresh foods that you are used to eating.

Remember, we're talking about survival here. While it is important to provide your family with foods that they like, it's much more important to provide them with the nutrition that they need. You're going to have to find the balance between "like" and "need" in this.

While your kids might not like canned chicken in a casserole as much as they do mom's homemade fried chicken, it will keep them alive and kicking.

THINK BULK

An alternative to going to your local grocery store is a membership store like Costco, Sam's Club or BJ's. If you have one close to you, this is the ideal way to quickly and easily stockpile and it is far more economical.

In some ways, these stores are set up perfectly for your mission. Buying in bulk is the perfect answer. It should take you only one trip to stockpile enough food for you to withstand a short-term disaster.

ORDER ONLINE

Order Online? With only three days at your disposal? It can be done, but you have to stipulate you want expedited or rush shipping. This will cost extra, of course, but you'll have the foodstuffs on hand without the hassle of battling any stores.

While you're online don't overlook a veritable staple of the traditional food stockpile: ready-to-eat emergency rations. Granted, these may not taste like Grandma's home cooking, but they will do exactly what their name implies. They will provide you with nutritional subsistence during the emergency.

If you have a large outdoor supply store in your area, you can find ready-to-eat meals there as well. You'll find them in one (or all) of three ways: cans, vacuumed-sealed pouches or foil packs. There's an extra perk to buying your food this way and that's their shelf life: 10 years or more!

These items are pre-packaged for you in individual serving sizes and are specifically created for emergencies. When you think of these the most familiar thought might be the government rations for soldiers. They are both convenient and long lasting. And they take up much less space on shelves, making them easier to stash

away out of sight. Imagine, with just one trip or one click you can have your shelves stocked quickly and with the peace of mind that your family is also receiving their nutrients.



While technically, we're talking "food," we're also including water. Don't forget to stockpile lots and lots of water. The human body can survive longer without food than without it. Whether you're buying your supplies at the grocery store or at a big-box store you'll want to buy a sufficient amount of water as well. The rule of thumb is that you'll need a gallon a day per person.

So if you have a family of four eight gallons of water will last approximately two days. With only 72 hours to accumulate this, the quickest way to acquire it is through your local grocery store. You can buy your water in either individual bottles of 500ml or you can it in gallons – or both

RECAP

1. Need to stockpile food fast? Think inner aisles of your grocery store where you can find the foods with the longest shelf life.
2. Should an impending disaster loom and you need to accrue a quick stash, don't hesitate to shop online for necessary items and even pay for rush shipping if necessary.
3. When choosing a storage site, search for a cool, dry and dark place to help keep your stash from spoilage or infestation of insects.
4. Rotating your stock also helps to ensure freshness and save the dry goods from being infested with insects.
5. Store your cache out of sight from visitors to minimize the potential of looting. Good storage locations include closets, under the beds, the utility room and under the stairs.
6. When purchasing your stock be sure to include nutrition-rich foods, especially raisins, peanut butter, apples, carrots and eggs.
7. Before you even make one purchase, decide on the number of people you will need to feed during a disaster. Keep the number to a bare minimum.
8. To avoid stressing your budget, buy one \$5 item each time you go grocery shopping.
9. Canning foods is an economical way to create a healthy stockpile.
10. Use "cents off" coupons when you can. Those pennies add up quickly



MODULE 4: WHAT TO DO WHEN THE LIGHTS GO OUT

One of the most common occurrences that accompanies any disaster is a loss of electrical power. We merely have to look at any of the recent disasters to see that. The electrical grid is the most fragile part of our infrastructure and almost anything can cause it to fail. We don't even need a disaster, as normal everyday storms cause power lines to go down and people to be without power.

The major difference in the power outages that accompany disasters and those that accompany any normal storm is that the damage is more widespread and takes longer to repair. It is not unusual for people to be without power for two weeks or more after a hurricane.

Even so, hurricanes are only regional events. Part of the reason why power is restored so quickly (if two weeks to three can be called "quick"), is that electrical companies send in crews to help with repairs. Of course, that's for a disaster that is only impacting a limited area. What would happen if a major part of the electrical grid went down, or even the entire grid due to an act of cyberterrorism, an industrial accident or an EMP?

We depend upon electrical power for so much of our lives, that the loss of the electric grid means the loss of much more than just the ability to air condition our houses and use our computers. Literally everything we depend on in the area of public service depends upon electrical power to function.

Without electrical power we wouldn't have clean water coming out of our faucets, refrigeration, gasoline for our cars and we could forget about any store opening its doors or even the merchandise getting to those stores. Quite literally, modern society would come to a complete stop without electricity.

We're not talking about returning us back to the 1800s; we're actually talking about a much worse situation. In the 1800s, people were used to doing things without electrical power. They had horses and wagons to get them from place to place. They depended upon human or animal power for most things. So, stores could operate, farmers could grow crops and people could live their lives. Today, we don't have those alternate ways of doing things, so without electrical power, life as we know it would just come to a stop.

SURVIVING WITHOUT ELECTRICAL POWER

If you tell most people today that they'll be without electrical power, they think of all the electronic devices that we use every day. Rarely will you find someone who will actually think of the essential services that use electrical power. The closest they might get is realizing that their lights will be out. However, we use electricity for many things on a daily basis. Things like:

- ✓ Refrigeration
- ✓ Air conditioning
- ✓ Heating
- ✓ Cooking
- ✓ Pumping water
- ✓ Sewage treatment
- ✓ Pumping gas
- ✓ Lighting
- ✓ Communications
- ✓ Traffic control
- ✓ Running our financial networks
- ✓ Keeping track of everything – via computers
- ✓ Security systems
- ✓ And so much more

So, if we find ourselves in an extended power outage situation, we're going to have to find other ways of doing thing. Of course, the better prepared we are for that eventuality, the easier it will be to survive.

We need to realize that mankind survived for centuries without the advantages that electrical power gives us. It's really only been in the last century that we've used electricity to power out lives. While there are very few of us alive anymore who remember those days, that doesn't mean we can't learn.

If we are going to live without electricity, even if it is only for a few weeks, we need to find other ways of doing things, ways that our ancestors did things, or even improvements on the ways that they did things.

While that list I just gave you is rather extensive, there are really only a few of them that we truly need to concern ourselves about individually for survival. Those are: water, heating, sewage, light, refrigeration and cooking. Let's take a look at each of these individually.

HEATING

Although it may not seem like it, heating is actually the greatest need for survival. Actually, it's not so much heating, as making sure that your body's temperature stays where it should. Just a couple of degrees too hot or too cold and your body starts losing its ability to function correctly. A few more degrees and you're likely to end up dead.

Hypothermia (lowering of the body's core temperature) is the biggest killer in the wild. That's why man puts so much effort into shelter and clothing. Without clothing to insulate our bodies and shelter to protect them from the elements, it becomes increasingly difficult to avoid hypothermia.

While clothing provides excellent insulation to retain the heat which our bodies create, it only does that as long as the clothing is dry. Wet clothing can actually make us lose our body heat as much as 300 times faster than standing there naked. How quickly it helps draw the heat out of our bodies depends upon the type of fabric that it is made of.

The only fabric that still provides some insulation value when wet is wool. This amazing material will still retain half of its insulation value when sopping wet. Not only that, but wool fibers are naturally oil-coated, so they resist and shed water extremely well. While wool is heavy, for survival purposes, it's the best.

The shelter that our homes provide is specifically against hot and cold temperatures, water (rain) and wind. Water and wind work together to steal our body's heat, so we really need protection from them. Any structure can provide that, as long as

it is sealed. Once the roof and walls get holes in them, or windows and doors get broken out, the ability to protect us from water and wind become severely compromised.

Hot and cold are another thing entirely. The laws of thermodynamics tell us that temperatures will equalize. So, unless we are doing something to add or remove heat from a home, the internal temperature will eventually match the external temperature. That's why we have heating and air conditioning in our homes.

Of course, with a power outage we lose the ability to heat and cool our homes. the furnaces and air conditioners we use to maintain the inside of our homes at a comfortable temperature won't function without electrical power and the amount of electrical power one can produce on their own isn't usually enough to operate them, unless one has a whole house generator.

Let me mention something about whole house generators. While they are an absolutely wonderful idea for taking care of short-term power loss, they are also an extremely expensive alternative should the power go out for an extended period of time. A 15kw whole house generator (which really isn't big enough) running off

natural gas, will cost about \$48 per day to operate. Multiply that by a month, and you'd better own a gold mine.



Should the power grid go down in the wintertime, heating your home will be one of the biggest challenges you face. There are several ways to go about this, all of which require some sort of preparation:

- ✓ Fireplaces – as long as you have a stack of firewood
- ✓ Wood burning stoves – much more efficient than fireplaces, but you still need that stack of firewood
- ✓ Kerosene heaters – energy efficient and excellent for heating a room. Just make sure that you put in a good stock of kerosene.
- ✓ Passive solar heating – the hardest to implement, but the cheapest to run; usually takes some redesign of your home.

If you're in survival mode, you may not want to try and heat your entire

home. You could waste a lot of time and effort trying to find enough fuel to heat the whole house. On the other hand, closing off the majority of your home and heating a couple of rooms isn't all that hard. If you don't have doors to close off the rooms with, you can tape up blankets over the doorways.

WATER

According to medical science, people can't live for more than about three days without water. I say "about three days" because a lot depends upon their activity level and the temperature where they are. Suffice it to say that water is clearly a necessity for survival.

Most survival books will tell you that you need one gallon of clean water per person per day for drinking and cooking. That's okay in a temperate climate, but if you live in a hot climate you'll need more, especially if you're working out in the heat. In those cases, you should count on two gallons of water per person per day.

Finding that much clean water could be a serious challenge if the power is down and the city water pumping station can't send you the water you need. Once again, you need to include a lot of water in your stockpile.



Stockpiling water can be difficult, as the volume of water you need makes it hard to store. In addition, water can become easily contaminated. Water that sits in sunlight can grow algae. Many types of microorganisms want to inhabit your water supply as well. So, unless you are sure that the water you are storing is 100% pure, you'll want to check it every once in a while.

Should you receive any sort of warning that a disaster is pending, you want to make sure that you get as much water as possible. Open the faucet and fill every container you can get your hands on. Fill the bathtubs as well, although not for bathing in. A bathtub can hold as much as 60 gallons of water, plenty to last your family for several days.

In addition to your water stockpile, you probably have other water in your home that you may not have thought of. The hot water heater will have 30 to 60 gallons of water in it. You can get that water out by using the drain spigot at the bottom of the tank.

Your toilet tanks (not the bowl) will each hold a few gallons of water as well. If you have a pond in your garden or a swimming pool for the kids, you might have 500 gallons of clean water sitting in your back yard.

There are probably places near your home where you can find water as well. Ponds, streams and irrigation canals are all sources of water which will be available in a grid-down situation. Find out where they are ahead of time, and make a map so that you can find them if you need to.

Remember that gasoline for your car will be scarce, so you may not be able to drive to those locations in search of water. What other methods can you use? If you have a bicycle, you've got one of the best, fuel-free methods of transportation ever invented. Get a stroller trailer to go with it, and you can carry as much as 20 gallons of water per trip.

PURIFYING WATER

You can't count on the water that you get from a lake or stream being fit for drinking. For that matter, water that you receive from the city in a time of crisis may be suspect as well. It's not unusual for city water supplies to become contaminated during a crisis.

The basic problem with water that you get from these sources usually isn't that it is chemically tainted or dirty, but that it has microorganisms in it. The same microorganisms that we talked about, which want to get into your food supply, will also get into water supplies. So, the biggest

concern in purifying water is the removal of all microorganisms, so that the water can be safe to drink.

Unless you want your whole family to die of the runs (more correctly known as dysentery), you'll need to purify your water before you can drink it. There are many different ways of purifying water, so you should have at least a couple of them available to you.

BOILING OR PASTEURIZING WATER

Just about everyone knows that you can purify water by boiling it. The reason that this works is boiling raises the water temperature to 212°F (at sea level), which is hot enough to kill the bacteria in it.

Actually, it isn't necessary to bring water to 212°F to kill the bacteria in it, 158°F will work. If the water is brought to this temperature for several minutes, it will kill all the bacteria in it, making the water safe to drink. This process is called pasteurization.

The WAPI (water pasteurization indicator) is a great, yet inexpensive device to have on hand for purifying water. It consists of a wax pellet trapped inside of a plastic tube. The tube is contained in a plastic container, which can be used to float

the WAPI in hot water. When the pellet melts and drops to the bottom of the tube, the water is pasteurized.



The WAPI was originally developed for use in third-world countries where clean water is scarce. It is very inexpensive and basically foolproof. While the device can't really be damaged by use, it would be a good idea to have a couple of them on hand, in case one becomes lost.

DISTILLING WATER

If you want really pure water, the best method is to distill it. Every moonshiner knows how to build a still to distill their moonshine out. Since most of us aren't moonshiners, then we might need a little bit of instruction.

There are several ways of making a water distiller, but they all have some things in common. The water needs to be heated in an enclosed container,

hot enough to cause it to boil or at least to create steam. The steam coming off the water will be pure, without and solids, dissolved chemicals, or little bugs.

That steam needs to be condensed back down to water. This is done by running it through copper tubing. The copper tubing is usually made into a spiral, ensuring that it has a downhill path to the collection container. This is important, as if there is a low point in the tubing, with it climbing back up again, the water will collect there, blocking any water from getting to the collection container.

The same general idea can be done with a solar still. The major difference in a solar still is that the light of the sun is used to provide the heat to vaporize the water. This type of a still doesn't need to bring the water to boiling in order to work, merely raise the temperature enough to cause it to become vapor.

The solar still consists of a box with a sloped glass top. At the bottom end of the glass, there is a tube to collect the water that condensates on the glass. This water is then allowed to pour out into a collection container.



The inside of the box needs to be painted black for the best heat absorption. A clear glass baking pan (or two) is placed inside the box and filled with water. The device is left sitting in the sun to work. As the sun hits the box, it will heat up the inside, causing the water to vaporize. That water will condensate on the bottom of the glass and run downhill to the tube for collection.

Water from distilling is the purest water you can get. This is the only method that you can use, where you are assured of removing all chemicals, salts and minerals. The only possible contamination is from chemicals that boil at a lower temperature than the water. If this is a risk, the risk can be mitigated by pouring off the first cup of water from the still, and then collecting the rest.

MECHANICAL WATER FILTERS

Mechanical water filters are any type of filter that works by filtering out particles based upon their physical size. A good mechanical filter can take out all biological impurities, but can't take out chemicals or salts.

There are many mechanical filters on the market. The ones you can find in the big box stores probably won't be good enough for your needs. To remove all bacteria and protozoa, a mechanical filter needs to be rated at 2 microns or smaller. To remove viruses, a mechanical filter needs to be rated at 0.2 microns or smaller. Most of the mechanical filters in the big box stores are rated at 5 or even 10 microns.

The Berkley filter system is a very popular filter system for preppers. While expensive, it can filter a large quantity of water and do so extremely well. Another excellent brand is Sawyer. Their microfiber filters go down to 0.2 microns and are back-flushable. They fully test each filter and guarantee them for 1 million gallons of water.

The reason they are able to guarantee their filters for such a long time is that they are back-flushable. When the filter begins to get clogged, you

take a syringe and push water backwards through the filter, cleaning it out. Once cleaned like this, it's as good as new.

Unless a water filter has this back-flushing capability, it will eventually fill with solids, blocking the flow of water. When selecting a water filtration system, check for this. If the filter you select can't be back-flushed, be sure to stockpile an adequate supply of filters to get your family through any crisis.

MAKE YOUR OWN BIOFILTER

While commercially manufactured filters are useful, you don't have to buy a commercial filter; you can make your own. The biofilter is an adaptation of the same technology that is used in sewage treatment plants. It will purify pretty much any water, making it drinkable.

This is a three-stage filtering process, consisting of:

- ✓ Gravel
- ✓ Sand
- ✓ Activated charcoal (or activated carbon)

The easiest way to make a biofilter is to use three five gallon buckets, stacked one on top of the other. The

buckets will need holes in the bottom, to allow the water to flow to the next stage. All the same, the holes will need to be covered to prevent the materials in the bucket from flowing to lower buckets. This can be done with common screening.

The three buckets are stacked, with each one sitting on the lid of the one below. The lids will also need holes in them, in order to permit the water to flow. The top bucket has the gravel, which filters out the leaves, twigs and other large chunks of stuff. The middle bucket has sand, which filters out the smaller particles. Finally, the bottom bucket with the activated charcoal captures bacteria and some chemicals.

The reason activated charcoal is used is that the amount of surface area per gram is enormous. This provides plenty of surface area for bacteria to be captured in, keeping it in the filter. At the same time, the large surface area ensures thorough filtration.

When making the biofilter it is important to rinse all the ingredients thoroughly, to remove any dirt. If you can see any particulate matter or cloudiness in the rinse water, then it still isn't clean enough. Continue rinsing until the water comes out clear.

CHEMICAL WATER PURIFICATION

There are many types of chemical water purifiers available, from water purification tablets you can buy, to common chemicals that will work just as well. To try and put a comprehensive list of these in this book would be unrealistic. However, I do want to introduce you to the most common and easy to use chemical water purifier... bleach.

The chlorine that is used for keeping swimming pool water clean is the same chemical that most municipal water treatment facilities use. It's also sold to the general public for whitening clothes. That's right; the same inexpensive bleach you buy for making your whites whiter is the most common water purification chemical on the market.

Bleach is extremely easy to use as a chemical water purifier. Not only that, but it's almost foolproof. If you can count to eight, then you can purify water with chlorine bleach.

To purify water with bleach, merely add eight drops of bleach per gallon of water. Stir it around a little, to ensure that it gets through the whole water supply. Then comes the hard part... wait. You'll need to give your water supply at least 20 minutes (better 30

minutes) to ensure that all the microscopic creepy crawlies have had a chance to die. Once that has happened, you can drink the water.

Don't worry if you go a few drops over, as you can use twice as much bleach, without any risk of harm. If you don't like the taste or smell of bleach, you can solve that problem as well. Merely leave the now purified water sitting in an open container, such as a pot or food-grade five gallon bucket, overnight. By morning, the chlorine should have evaporated out of it.

SEWAGE DISPOSAL

Human waste is one of the dirtiest things on the planet. The amount of bacteria that live in human waste is incredible. These same bacteria, which come out of our intestines, can kill us if they get into our bloodstream.

If you recall the recent incident with the cruise ship that was adrift without power, sewage disposal was one of their major problems. Sewage was literally overflowing in toilet and running down walls, due to lack of proper disposal methods. With the ship's power out, they had no way of properly treating and disposing of that sewage.

If the power goes out and city water is cut off, there's a good chance that the sewage system won't be working properly either. Besides that, the luxury of using that much water to flush toilets will be something that most people have to watch.

If you live out in the country and your home has a septic tank, you'll probably be better off than the people living in the city. You'll at least have your own sewage disposal, without having to depend upon the city taking care of it. However, you'll still have the problem of water. This problem can easily be rectified by using the grey water from washing dishes and clothes to flush the toilets.

Mankind dealt with the problem of sewage disposal long before modern plumbing systems were developed. The outhouse, in all its various forms, served mankind's collective need for a way of getting rid of digested food for centuries. While digging an outhouse isn't most people's idea of a fun project, it could be a very important one for maintaining your family's health.

If you decide to dig an outhouse, make sure that it is well away from any water sources, as the bacteria from an outhouse can contaminate water as much as 100 feet away. You also need to check to verify that there

is no water supply downhill of the outhouse, as that could extend the 100 foot figure extensively.

An easier alternative is to make a camp potty out of a five gallon bucket. The bucket needs to have a toilet seat mounted to it, along with the necessary framework to hold the toilet seat. Put a double or even triple layer of plastic bags inside the bucket to catch waste. As the bag fills, remove it, tie it off and set it aside for disposal, putting a new bag into the bucket.

If you have a source of lime, that can be put in between layers in either your outhouse or your camp potty. Lime will absorb the odors and liquids, helping prevent the potential spread of disease.

GIVE ME SOME LIGHT HERE, PLEASE

Artificial lighting is one of those wonderful things that we take for granted, which comes to us from having electrical power. Thomas Edison's invention of the light bulb, oh so many years ago, transformed society, giving us all cheap, reliable lighting for our homes and businesses.

Of course, without electricity, there's no electrical lights. So, once the lights

go out, we're going to find our homes to be rather dark. During the day we can count on the light from the sun, but once the sun sets, we're going to be without light.

This really isn't all that difficult a problem to deal with. The use of candles and oil lamps goes back thousands of years. While not as convenient as electric lights, they still work. The only thing is that you need to stockpile the necessary supplies.

COOKING

Cooking without electric power really isn't much of a challenge, either, although some may think of it as such. Of course, a microwave oven isn't going to work without electricity, nor are most stoves. Even if you have a gas stove, that doesn't mean that it will continue working without electrical power; the station which pumps your natural gas to you may not be operating.

Here again, those that live out in the country may have an advantage that they haven't thought of. Homes which have a propane stove in them won't suffer the same fate as the rest of us. As long as their propane tank has fuel in it, they'll be able to cook.

For the rest of us, some sort of alternative cooking method is going

to be required. There are many of these, so it's not really all that hard to come up with something that will work.

If you're using a fireplace or wood burning stove to heat your home, you've already got a perfectly good cooking method available. While a modern fireplace really isn't built with cooking in mind, all you really need to be able to use it for cooking is to have a way in which you can support a pot or pan over the fire.

A barbecue grille or fire pit is another simple and common way to cook. While most people's barbecue grilles are propane these days, that's not to say that you can't put wood or charcoal in them. When the propane supply runs out, use the grille just as if it was designed for charcoal. To restore it for use with charcoal once again, all you have to do is clean it out.

Taking the idea a step further, you can always build a campfire in your back yard to cook over. The only risk in using a campfire is that it might mess up your fancy pots and pans.

A solar oven is another extremely effective way of cooking without power. There are many styles of solar ovens, but the one thing that they all have in common is that they

concentrate the sun's rays on a pot contained within the cooker.

The most common style of solar cooker consists of a series of aluminum foil coated panels that reflect the sun into a box. This can easily be made by almost anyone, out of readily available materials.



While a solar cooker of this type will function, you need to think of it more like a crockpot than an oven. The efficiency of it will depend a lot on the amount of sun you have and how well you adjust the flaps of the cooker to focus the sun's rays to strike the pot with the food inside.

A second, more efficient type of solar cooker is a parabolic cooker. While this type also focuses the sun's rays onto the pot with the food in it, it does so much more effectively.



While making a parabolic cooker isn't as easy as making the first type of solar oven I showed you, it is still fairly easy. To start, you'll need an old satellite television antenna, the larger type that were used before the little ones that we use today. Those were typically five to six feet in diameter.

The antenna will have a stem sticking up out of the middle, with the actual collector part of the antenna at the end of it. The parabolic dish itself acts as a reflector for the radio waves, much as you are going to use it as a reflector for the sun. The point where the collector is at is the point where your food pot should be.

To turn the satellite antenna into a solar cooker requires coating the inside of the parabolic dish with aluminum foil. Glue small pieces of foil onto the surface, shiny side out. It's important that the foil not become wrinkled in the process of

gluing it on, as any wrinkles will reflect the sun to an unwanted angle.

A third type of solar cooker is made from a Fresnel lens. These lenses are the plastic sheet magnifiers that are sold for people who have trouble reading small print. The back side of the Fresnel lens consists of molded-in concentric rings which bend the light waves at an angle. By doing so, they manage to magnify an image, without the thickness associated with a normal lens.

Old-style large screen televisions, from before our modern flat screen televisions hit the market, use a Fresnel lens behind the glass. These televisions project the image onto the backside of the screen. The Fresnel helps magnify the image to fill the large screen. If you happen to find one of these old televisions on somebody's curb, waiting for the trash man, you can fairly easily harvest the Fresnel out of it. If not, you might try finding one on eBay.

To turn this into a solar cooker, all you need is an adjustable frame for the lens and a support for the pot that the food will be in. The focal length of these lenses is usually about 24 inches, so the support needs to hold the food pot at a distance of 24 inches behind the center of the lens.



REFRIGERATION, KEEPING FOOD FRESH

Most preppers don't even think about trying to replace refrigeration in a grid down scenario. Refrigerators use a lot of electricity and trying to produce that much electricity is cost prohibitive.

Of course, if disaster strikes when it is cold outside, that may not be much of a problem. Rather than being concerned with keeping your food cool, you'll be concerned with keeping your house warm. You'll be able to keep food cool by placing it outdoors. However, if it is hot outside, food will spoil rapidly without having electricity available.

There is a simple alternative for refrigeration, one that has been in use for centuries in more primitive cultures. This is the zeer pot. The zeer pot works by taking advantage of the natural cooling capability of evaporation.

A zeer pot consists of two ceramic pots, one larger than the other. The two are nested and the space between them filled with sand. Water is poured into the sand, making it wet. That water seeps through the pot, making the ceramic wet as well. As the water evaporates, it cools the pot.

This type of solar cooker can provide an extremely high amount of heat, actually heating up the cooking area enough to cook eggs in less than a minute. I've actually seen pennies melted by the heat that this type of solar cooker can produce.

If you think about it, this is not much different than using a magnifying glass to burn leaves and ants, something that every kid tries with their first magnifying glass. If the lens was big enough, it would actually be possible to smelt metal with this sort of setup.

The effect can be increased by covering the pot with a wet cloth.

A zeer pot will keep produce from your garden fresh for as much as four times as long as leaving the same produce sitting out on a table. While not large, it is quite effective. For more space, additional zeer pots can be made.

Since the key to the cooling action of the zeer pot is evaporation, the outer pot should not be glazed in any way. The inner pot can be glazed, especially on the inside, to protect the food. With a glazed inner pot, there is no need to use purified water to dampen the sand in the zeer pot.

RECAP

A loss of power or grid down situation is one of the hardest things for modern man to prepare for. We depend upon electricity for so many things, that we have trouble making it through a 15 minute blackout, let alone weeks without power. Those long-term power outages cause us problems as well in that there are so many other essential services that we have to do without.

Keep in mind that our ancestors lived for centuries without electrical power. It's only in the last century that we've become so dependent on it. If they could do it, than you and I can as well; we just have to adapt our lives accordingly.

More than anything, preparing for a grid-down situation means developing the means to be more self-sufficient. Instead of depending upon the power company and government providing your family with what you need, you'll have to do it yourself. If you think about it that way, it all makes sense.



MODULE 5: THE ULTIMATE SELF DEFENSE FIGHT PLAN

The world is not a safe place. Burglary and other dangerous crimes occur every few seconds in the United States. In fact, within the next 20 years, three out of every four homes will be broken into. With these staggering statistics, it's no wonder that defending your home and family has become a top concern.

In a 2003 survey, 45% of people said that some form of home invasion was one of their greatest fears. This fear is understandable. Surprisingly, only 27% of the people surveyed had made any preparations to defend against this threat. At this rate, the likelihood that you will be prepared in the event of an attack is slim at best.

With the shakiness of society and the looming threat of financial collapse, amongst other dangers, the world isn't getting any safer. If anything, the need to be able to defend your home and family is greater now than it ever was before. With the way things are going, we can only expect this to get worse.

Making a plan to defend your home, family, and livelihood is a proactive choice. It is a choice that could mean the difference between life and death. Planning for the worst now will ensure that you are prepared when necessary and will greatly reduce the chances of becoming just another statistic.



Let me clarify something here. The term “self-defense” usually refers to defending yourself from an attack. The term “home defense” refers to defending your home from attack. While the two seem like the same thing, they are not. Self-defense skills work wherever you are, not just at home. On the other hand, home defense skills and plans only work when you are at home.

Most self-defense instructors are teaching unarmed combat, in other words, martial arts. There’s only one problem with that. That is, that the bad guys are using guns and knives. Unless you are exceptionally good at unarmed combat, with special

training in how to take weapons away from an opponent, and are presented with a situation where your training will work, all that self-defense training won’t do you the least bit of good.

In the event of a crisis, we’re really concerned about home defense, more than we are in self-defense. As much as possible, you’re going to want to stay at home, so that you can stay below the radar. Remember the mob riot situations we were talking about in module 1? Well, the best you can do is stay out of sight of that mob.

So, we’re talking about defending your home and family in a situation where society has broken down and the normal protections that exist in a “civilized society” are lost. In that case, you’re going to have to defend yourself and your family. That doesn’t mean getting a black belt in some form of martial arts; that means getting some guns and learning how to use them effectively.

THREE REASONS WHY HAVING A HOME DEFENSE PLAN IS IMPORTANT

Standard home-related crimes such as burglary occur with alarming regularity in the United States. These

crimes have increased dramatically with the failing economy and high unemployment rates that Americans are experiencing.

Reason #1. The Pareto Principle states that 80% of the effects come from 20% of the causes. In business, this translates to 80% of sales coming from 20% of clients. This principle has been applied successfully in many instances. Survival is no different except that the rule is more akin to 80/10/10.

In a survival situation, 80% of people affected will do nothing; they are waiting for government aid and leadership which may take weeks to arrive (if it does at all). Another 10% will resort to crime and the final 10% (or less) will be those who made preparations in advance. Which group do you want to be in when your life and those of your family could be at stake?

Reason #2. Imagine how much more important a secure home will become in the event of a local or even a global catastrophe. Rioting and widespread criminal activity will run rampant. Events in the past decade have proven time and again that crime increases during and after natural disasters.

After Hurricane Katrina, for instance, the crime rate increased by more than

20% in the greater New Orleans area. Even locations further removed, such as Houston (where many Katrina refugees migrated), saw increases of almost 10% post-hurricane.

Hurricane prone areas are only one example. Tornados, severe snow storms, and widespread power outages can also have a severe impact on crime rates in an area. Furthermore, we have to consider the consequences of a widespread catastrophe such as war, famine, or biological contamination.

Although some of these scenarios may seem like the stuff of science fiction, experts agree that there are many possible situations that could affect the entire world (or at least entire countries).

Reason #3. Terrorism is a real concern especially after the 9/11 attack. Although the government has done an excellent job of deterring further attacks since then, it was the complacency of the country that allowed those attacks to happen in the first place. Terrorism will always be a real threat.

Without a plan to combat the additional threats that these situations can bring about, the chances of survival are decreased drastically.

You do not need to be a genius to make a home-defense plan. You also do not need extensive military training. A clear understanding of the basics of home defense coupled with some practice will greatly improve your family's chances of survival when things get tough.

THE DIFFERENCE BETWEEN SELF-DEFENSE AND HOME-DEFENSE

Self-defense is about being able to defend yourself from any and all attackers. Home defense is about being able to defend your home against any and all intruders. However, without a solid grasp of self-defense tactics, methods and strategies, there's no way that anyone is going to be prepared to defend their home.

If you go to take classes on self-defense, you're probably going to learn some sort of martial art, or tricks that have been adapted from martial arts. In other words, you're going to learn unarmed combat. That's fine for what it is, but you have to recognize up front that those types of self-defense classes pose severe limitations on the situations in which you can defend yourself, especially against armed assailants.

Most self-defense classes will include instruction in various means of disarming an armed aggressor, whether armed with a knife or gun. Once again, that's good for what it does, but it's limited. For any of those to work, your attacker needs to be within arm's reach.

In any post-disaster scenario, if you wait until a potential attacker is within arm's reach of you, it's already too late. That's like you handing them a weapon and challenging them to kill you before you can take it away from them. You don't want any aggressors to get anywhere near you, let alone within arm's reach.

There's a saying to "not bring a knife to a gun fight." I'd like to expand that to include bringing your martial arts training, your martial arts weapons, your katana, your taser, your pepper spray or any unconventional weapon that you can think of. Today's criminals aren't trying to bully you with a switchblade; they're going to stick a gun in your face (if you're lucky) or just shoot you in the back.

In a post-disaster situation, where people are desperate, you have to count on them doing desperate things. That can include gangs coming together to attack those who look like they have supplies, killing others to get food and any and all

types of weapons coming out of the woodwork.

In such a situation, the only true self-defense weapon to depend on is a gun. Actually, instead of depending upon one gun, you need to depend upon several guns. That way, you can be sure that you always have one available.

"BUT, I DON'T LIKE GUNS"

There are a lot of people around who don't like guns; many are afraid of them. I can understand and respect their opinions. However, I'll have to say that anyone I've ever met who is afraid of guns or even who doesn't like them, doesn't know guns.

A gun is merely a tool, like a hammer or a saw. This particular tool is intended to protect and to hunt. Its ability to protect is dependent on stopping the assailant from doing whatever they want to do. That usually means hurting or even killing the assailant.

Killing someone else is never something to look forward to. Anyone who does, has severe psychological problems. On the other hand, allowing someone to hurt you or your loved ones, or even rape and kill your family is foolish. If you are using a gun for self-defense or defense of

your home, you have to remember that you're not the one who started the fight; they are. If you don't shoot them, then they will probably shoot you; either before or after doing other horrible things to you and your family.

Throughout history, there have been peace-loving people who chose not to take up arms in their own defense. They expected to be able to talk to any attackers and talk them out of their intended actions. That sounds very noble, but there's only one problem with that philosophy; everyone who's ever tried it has ended up dead.

Unfortunately, there are a large number of people in the world who believe that they have the right to use violence for their own benefit, regardless of how that violence affects others. You can't reason with those people, all you can do is try and stop them. Whether the police stop them by arresting them and locking them up or you stop them by shooting faster and more accurately than they do is pure chance. Actually, you have a better chance of stopping them than the police do, as the only time the police can legally act is after the criminal has acted.

If violence is necessary to stop violent people, then it behooves people like

you and I to be prepared to use violence to stop them. The difference between using a gun to stop them and spraying hairspray in their eyes is merely a difference in the effectiveness of the weapon we choose to use.

The gun has a much greater possibility of stopping them than the hairspray does. If that results in their death, you have to remember that they started the fight; you merely ended it.

SELECTING THE GUNS THAT YOU NEED

Selecting a gun is a very personal decision. Different people have different ideas of what type of gun to use for self-defense, hence the wide variety of gun models on the market. However, all those models boil down to a few basic types:

- Handguns
- Rifles
- Assault Rifles
- Shotguns

Handguns can further be broken down to two categories: semi-automatic and revolver. Revolvers are the Old West six-shooter, with a slightly more modern look to them. They are much simpler than semi-automatic pistols and highly reliable.

The only problem with them is that they are limited to six shots before reloading; reloading takes longer than with a semi-automatic pistol as well.

Semi-automatic pistols hold as many as 17 rounds, depending upon the model of pistol. The rounds are contained in a replaceable magazine, making the process of reloading take only a few seconds (less with practice). They are more complicated than revolvers and a little more expensive.



Another major factor with handguns is their caliber. Handguns range from .22 caliber up to .50 caliber. This number refers to the diameter of the bullet in hundredths of an inch. So, a .45 caliber bullet is just over twice the diameter and about six times the weight of a .22 caliber bullet.

The larger the bullet, the more of an impact it makes when it hits. That means that it has a greater chance of stopping an assailant. So, the conventional wisdom is that you

should use the largest caliber handgun that you are comfortable with.

Handguns are the most common self-defense weapon there is. The reason for this is their portability. One can carry a handgun with them all the time and still be able to go about their daily business (please note that in most states, you need a license to carry concealed).

The problem with handguns is that they are limited in their range. Shooting farther than 50 feet accurately takes skill and practice. However, 70% of all self-defense situations occur within 21 feet. So, for self-defense that's usually not an issue.

Home defense is another issue entirely, especially home defense in the event of an attack that happens in the aftermath of a disaster. While the pistol may still be an excellent choice for use indoors, if you are trying to defend your home from an attacking mob, you want to stop them outside; that means using a larger weapon than a pistol.

Rifles cover all types of hunting and shooting rifles, again with a wide range of calibers. They are designed for shooting longer range than pistols, with a higher amount of

power and a higher degree of penetration into their target.

While rifles are very useful, I have to question their usefulness in a self or home defense situation. By definition, a rifle is a long range weapon. So, unless you own a large piece of property, shooting with a rifle would mean that you are probably shooting at people who are off your property.

The problem with that is that you don't know their intent until they step foot on your property, and maybe not even then. While the angry mob down the street might look like they are heading for your home to ransack it and burn it to the ground, unless they are carrying signs stating that intent, you don't really know. All you can do is make a guess. They could just be marching down your street.

We have to remember that there will be an "after" to the post-disaster time. When that time comes, the authorities will be trying to go back and find those who broke the law during the post-disaster time. If you are forced to kill someone to defend your home and family, that might include you. Without clear criminal intent on the part of that mob, you could end up being thrown in jail for murder.

So, while rifles are extremely useful for hunting and even useful if you are defending yourself out in the country, for most people trying to defend their selves and their homes, they just aren't practical.

Assault rifles differ from regular rifles in that they are designed and built for military use. As such, they have a full-automatic firing capability, much like a machine gun. The appearance isn't what makes them assault rifles, but rather this full-automatic capability.



The news media and certain liberal politicians have been muddying this definition for quite a while. In their defense, I have to say that I doubt if any of them have looked in the dictionary to find a definition of an assault rifle. They just went with how things looked. However, many rifles which are being referred to as assault rifles, such as the AR-15 aren't. They don't have the capability of firing on full automatic, so they can't be assault rifles, no matter how they look.

The AK-47 doesn't look as "scary" as the AR-15, but is infinitely more dangerous. While the AK-47 doesn't quite look like a hunting rifle, it looks much more like one than an AR-15 does. Yet, the AK-47 is an actual assault rifle, because it is designed to fire on full automatic.

Unless you are truly faced with that angry mob storming your home, an actual assault rifle is probably the worst thing you could use to defend your home. Any firearm, fired on full automatic, has a tendency to climb. That means that your first couple of shots might be at the angry mob, but the rest of them will be drilling holes in the sky somewhere. When those bullets come down, they could hit an innocent person, whom you would be liable for hurting or killing.

Shotguns were originally developed for hunting wildfowl. They put out a number of pellets in a roughly circular pattern; with the idea that at least one of the pellets will hit the bird.

Since World War I, the shotgun has found a much broader use in military and police work. The trench gun of World War I fame was nothing more than a sawed-off shotgun with a large magazine. This was extremely effective in the trench warfare of the time, as soldiers didn't have to aim



accurately, but could shoot instinctively.

The main advantage that the shotgun provides is from the number of pellets that it shoots, eliminating the need for highly accurate aiming. That doesn't mean that it doesn't have to be aimed at all, but in a situation where rapid firing is needed, the shotgun allows the shooter to fire quickly, just like shooting at a moving bird.

This makes the shotgun an excellent weapon for home defense, both indoors and outdoors. One thing that must be remembered is that the individual's ability to aim and shoot will be severely degraded by the stress of the situation. A shotgun can help compensate for that, still allowing the defender to hit his target.

Shotguns are somewhat limited as to range. However, out to about 100 feet, they are an extremely lethal self-defense weapon. After the first 100 feet, the pattern of the pellets is spread out enough that it is actually

possible for someone to walk through the pattern without getting hit. At these longer ranges, the shotgun is actually more effective if it is shooting slugs, as opposed to shooting pellets.

BUY MORE THAN ONE

As you can easily see, there is no one perfect gun for all uses. That's why most people who own guns end up buying more than one. For surviving a post-disaster situation, where there is a general breakdown of law and order, one gun probably won't be enough.

Ideally, you should have one pistol and one long gun for each member of your family or team who will be defending your home. While a couple of these people may use rifles for their long guns, you'll probably be most effective if most are using shotguns.

You'll also want to put in a goodly stock of ammunition for all the calibers of weapons you have. A gun,

without ammo, is nothing more than a finely machined piece of metal, suitable to be used as a paper weight. Most experts on prepping recommend at least 1,000 rounds of each caliber of ammo you will use for your stockpile. While you may never use all of that, this is one area where it's definitely better to have too much, rather than have too little.

PRACTICE, PRACTICE, PRACTICE

Contrary to the way Hollywood portrays things, you can't just pick up a gun and be an expert with it, even if you're holding it wrong. John Wayne was an actor, that's why he could shoot a six shooter 19 times without reloading, hitting a squirrel in the left eye every time. Without the help of a special effects department, you and I can't match that performance.

Shooting a gun accurately is a skill, not a talent. It isn't something that some people can inherently do perfectly. While there are some who seem to pick up the necessary skills faster than others, even those rare people need to practice.

When I took my test to receive my Concealed Weapons License, there were the typical assortment of people in the class. All of them had one thing in common, the desire to get a license

so that they could defend themselves and their families. I thought most of them would be people like me: people who had been shooting for a while. I was shocked to find out that three of them had never shot a gun in their lives.

While I am a strong proponent for our Second Amendment rights, I also firmly believe that every right carries with it responsibilities. In the case of firearms, the right to use them carries the responsibility of knowing how to use it accurately.

Imagine being in a situation where someone else had to use a gun to protect their family, but they hadn't practiced. Between their nervousness and their lack of ability, they hit one of your children in the leg, instead of hitting the robber who's trying to stick them up. How would you feel?

That outrage is perfectly normal. It's the type of outrage that fuels those that want to take our right to bear arms away from us. In addition to all the intentional shootings by criminals, they use all the accidental shootings by people who don't know what they're doing with firearms as a "reason" to take firearms away from honest, law abiding citizens.

When that time comes that you have to use a gun to defend yourself or your

loved ones, you can't count on your mind functioning rationally. Your abilities will be severely degraded. Even if you're used to shooting a one inch group at seven yards, you'll find yourself shooting all over the place. You'll have trouble hitting a man sized target standing ten feet away from you.



That's why practice is so important. If someone who can shoot that well is likely to have trouble shooting

accurately enough to hit an assailant, what about everyone else? How poorly are they going to shoot?

Practice trains what they call "muscle memory." While I personally don't think that my brain is in my muscles, I recognize the accuracy of this concept. When you do something over and over again, you train yourself to do it on autopilot. Then, when you have to do it for real, you really don't have to think about it, you just do it.

Look at your normal morning routine. Most of us go through that about three-quarters of the way asleep. So, instead of thinking about what we're doing, we do it on autopilot. Somehow we manage to brush our teeth, get dressed and eat breakfast, without being able to think clearly. We might even be able to drive to work in the same condition, although that isn't real safe. Once we get to work and have our second cup of coffee, our brain starts working.

The more practice you have shooting your guns, the better you'll do when you have to do it for real. That's the reason why police and military forces spend so much time on the shooting range. They know the value of practice.

YOU'RE NOT GOING TO BE SHOOTING AT A BULL'S-EYE

While shooting practice is essential for surviving an armed altercation, what most people think of as shooting practice isn't enough. If all you do in shooting practice is shoot at a fixed target, you're not ready to face armed attackers.

That's not to say that you shouldn't shoot at a target, or even that you shouldn't shoot at a bull's-eye. That's a necessary part of practice, so that you can get your accuracy up. But, that's not enough in and of itself.

The problem is that real life shooting doesn't present targets lined up in a row for you to shoot at. In fact, the targets have this horrible habit of moving around, making them even harder to hit. On top of that, they're shooting back at you, which really throws your aim off.

Most real life shooting scenarios are over in about three seconds; although that could change with desperate people looking for food in the aftermath of a disaster. How long they keep fighting will depend a lot on how desperate they are and how much they think they've got a chance of defeating you. If you're effective in

firing at them, they'll be much more likely to break off the attack and flee.

The second problem with shooting at targets is that most attacks happen at night, not in bright light. Criminals like the dark, thinking it will hide them. The problem is that aiming a gun at night is much harder than in the daylight. If you don't have your guns set up for night fighting and haven't practiced in low light, you might find that you can't hit a thing.

The third problem with shooting at targets is that you will rarely find yourself in a firefight with only one opponent. Criminals are cowards and will only attack when they have you outnumbered. Shooting at only one target doesn't prepare you for engaging multiple targets.

So, once you get your shot group down to a reasonable size, the next step in learning how to use your guns effectively is what they call tactical shooting.

Tactical shooting consists of training exercises which are designed to simulate real life shooting scenarios. Cardboard silhouettes are used, instead of regular targets and they are set up in seemingly random locations, as real attackers would be. Just to make it more interesting, some "good guys" are interspersed with the "bad

guys” so that you can get penalized for shooting the wrong people.

Typically, you are required to move while you shoot, either moving from place to place between shots or shooting while you are moving. Once again, this is done to simulate reality, in which both you and your assailants are likely to be moving.

Many shooting ranges have one night a week when they have a tactical shooting competition. It isn't so much a competition as it is a way for everyone to practice shooting using these tactical scenarios. Every scenario is different, forcing you to work out how you would handle each one.

The final clincher to make the tactical shoot difficult is that it is timed. You're not only trying to hit all the targets, but you're doing it against the clock. Once again, that's done to simulate real life, where you don't have time to line up your shots and squeeze the trigger slowly. It puts you under much more pressure, making it harder to hit your shots.

Even if you're an expert shot, you'll probably do horribly the first time you try and do a tactical shoot. That's what happened to me, and I'm a fairly good shot. But when that timer went off, my one and a half inch groups

weren't even on the target, let alone being kill shots.

A CHEAPER WAY TO PRACTICE

Shooting enough to become proficient can get rather expensive, especially if you're using a large caliber pistol. There is a way to get a lot of practice cheaply though and that's using an airsoft gun.



Airsoft guns are an evolutionary development of a BB gun. They shoot a 6mm plastic ball, which is propelled by mechanical energy. Although a shot from an airsoft gun might sting a little, it can't really hurt you, unless it hits you in the eye. The really great thing about airsoft is that unlike other “toy” guns, these are make as identical copies of “real guns. So, you can probably find one that is an almost perfect match for your favorite pistol or tactical rifle.

With an airsoft gun, you can practice moving and shooting tactically in your home or backyard. This provides incredibly valuable training, which you may not even be able to get at a tactical shoot at the range. The only problem with this is that airsoft guns can't fire accurately at long-range or in windy conditions. However, you can do a lot of excellent drills with an airsoft gun:

- Firing while moving – especially maintaining your sights on the target while moving
- Using cover to prevent getting hit – practice with other family members, the penalty for not using cover is the stinging shot from an airsoft BB
- How to fight as a team – working to cover each other and clear rooms
- Getting into action quickly – drawing and firing, without the risk of shooting yourself in the foot (okay, you can still shoot yourself in the foot, but with an airsoft gun, it won't hurt as much).

When looking at airsoft guns, look for one that is the same model as your normal gun. That way, the training you do with it will more closely simulate your real gun. You will also be able to add any accessories, such as

tactical lights and laser sights which you use on your regular gun.

You also want one that has “gas blowback.” Although more expensive, this allows you a more realistic shooting experience, as the gas blowback causes the gun to recoil like a real one would.

BUT, THEY WANT TO TAKE OUR GUNS AWAY

Politicians, aided and abetted by the mainstream media and fueled by the recent mass murders, have been hard at work trying to take our Second Amendment rights away from us. They haven't succeeded so far, but that doesn't mean that they've given up. If anything, they are working harder than ever to find a way of passing laws that will eliminate or at least greatly reduce our right to keep and bear arms.

Should this happen, I'm sure that part of their plans is to start collecting guns. Senator Feinstein said it when she said, “Mr. and Mrs. America, turn in your guns.” That's her goal, along with the goal of many others.

Even without taking our gun rights away from us, they can seriously degrade our rights to protect ourselves by changing public opinion. In England, where it is illegal to own

handguns, you can't even use a shotgun to protect yourself. Forget the fact that it's legal to own a shotgun, they've turned public opinion and the courts so far against gun owners, that if you shoot a criminal in your home, you go to jail.

With all this happening, one has to wonder how much longer we're going to be able to keep our guns. Thinking ahead, it would be prudent to have other alternatives for use in the case that our gun rights are taken away from us.

One option is to have guns that are "unregistered." I say that in quotation marks because technically and legally the federal government can't have a firearms registry. However, the Bureau of Alcohol, Tobacco and Firearms knows who has certain types of guns.

Recently, a buddy of mine who owns a gun shop was sent a spreadsheet by the ATF, asking for certain of his records of gun sales. Since gun shop owners are required by law to keep records of those sales, that wasn't surprising. It's normal for gun shops to receive requests for information from both local and federal law enforcement agencies, when they need that information in the solving of a crime.

What made this different was that the people on the list were all of the customers who had bought AR-15 type rifles from that gun shop owner in the last year. There was no explanation, nor was there any indication that any of those people had broken the law in any way. For that matter, there was no reason to believe that those guns had been stolen from their owners and used in crimes. Even so, it was only the records on the AR-15s that the ATF was interested in.

Based upon that, I'd have to say that the federal government knows exactly who has firearms and what types of firearms they have, even though it's illegal for them to do so.

Getting back to "unregistered." If you buy a firearm privately or have received it by inheritance, then there probably isn't any record of you having that firearm. When they come looking to collect firearms, they won't be asking for those, because they won't know you have them.

CONSIDER ALTERNATE WEAPONS

While we all know that criminals won't turn in their weapons, even if the government tries to force them to do so, honest citizens might have to. In that case, it would be good to have

something else to fall back on; some sorts of alternate weapons that you could use to protect yourself and your family.

There are lots of different types of alternate weapons around, some of which are designed to be weapons and others where everyday items can be used as weapons. While most will work in an emergency, they're really not something that you want to use if you don't have to.

THE MIGHTY BOW

The best alternate weapon around is a bow. Bows are silent, not registered or controlled by the government, and have a proven ability to kill. Modern bows are compact, while still having an incredible amount of power. With them, one can kill an armed attacker; just as well as one can kill a deer.



Photo by: bcgrote

Granted, going up against a gun with a bow isn't a fair fight, but it's much better than going up against that gun

with a taser or with pepper spray. At least the bow gives you some range.

Just like a gun, using a bow requires lots of practice. However, it's something you can practice in your own back yard, rather than having to pay range fees to go shoot it. There's no law against "accidental firing of a bow" like there is for a firearm.

KNIVES, ONE OF THE OLDEST WEAPONS

The other alternate weapon you should try to become proficient in is the knife. A knife can be as deadly as a gun at short range; although it's worthless in the hands of one who doesn't know how to use it.



If you remember that your purpose is to break or stop an attack, then it's actually rather easy to figure out how to use a knife effectively. Most people try and attack with a knife, rather than defend with it. What I mean by that is that they try and stick the knife into their enemy before their enemy can stick the knife into them. That's okay if you're a trained knife fighter, but if not, you need simpler tactics.

The easiest way to use a knife effectively, without extensive

training, is to use it to attack the knife hand or arm of the person attacking you. Don't bother trying to kill them, just cut their hand or arm. That will usually make them drop the knife by involuntary reaction. Even if you don't make a serious wound, you can deter them and possibly make them run away.

You can do the same thing with someone who is holding a pistol, although the risk is much greater. If you cut the arm holding the pistol, they are likely to drop it. Once unarmed, there's a good chance that they will run.

SHOULD YOU SHOOT?

Eventually, it all might come down to a decision to shoot and take the life of another individual. That's not an easy decision to make, or an easy action to take. Nevertheless, it's the other person, not you, who is forcing that decision.

You have to make up your mind that you can and will shoot to defend your home and family before that moment comes. If you wait until that time, then you are most likely to end up dead. You see, the person who comes to your home to attack you has already made that decision; that gives them the advantage.

Often, self-defense situations occur so rapidly that you don't have time to think. You have to react to the threat quickly and appropriately, based upon your previous training and decisions. In this way you can react quickly and appropriately to any threat that presents itself.



The other part is to be aware of the situation; you need to develop what the Air Force calls "situational awareness." That means an awareness of everything that is going on around you, so that you aren't startled by the actions of others.

There are four different levels of alertness that you need to know and practice. As a situation escalates, you escalate your level of alertness as well, so that you are prepared to respond as need be. These levels are:

Condition White – Everything is okay and you're not paying attention to anything in particular. This is how most people live. If you want to survive, you really should never be in

this state, except maybe while you are asleep.

Condition Yellow – There is no threat visible but you are aware of your surroundings, who is there and what they are doing. You are keeping your head on a swivel, looking for potential threats. At this level, you aren't expecting to take any action, but are merely making sure that everything is okay.

Condition Orange – You recognize that there is a potential threat and you are mentally preparing yourself to react to it. Hopefully, you have identified the threat, although it is possible to be in condition orange just because you recognize that there is a threat, without having found the threat. In that case, you are actively seeking out the threat.

Condition Red – At this point you have determined that the threat is real and you are going to have to react to it. If your gun isn't already in your hand, then your hand is hovering over the holster, ready to grab it. You are moments away from a firefight.

If the time comes when you have to fight, then do so with all that is within you. The more violently you react, the better chance there is of winning the fight. Attacking is always better than defending, from a fighting point of

view. Just make sure that you are justified in the use of deadly force, so that you don't end up in jail for protecting your family.

BREAKING AN ATTACK QUICKLY

Since most attacks come from multiple attackers, you need to learn how to recognize the leaders. This is an important part of winning any battle. Let's say that you have a group of ten hungry, angry men who are attacking your home. You can pretty much count on the fact that they won't all want to be there. Most of them will be there because they are following a leader.

If you can figure out who the leader is, you can end the attack quickly. The leader will be the one who's talking the most and giving the others orders. Often, he will be right out in front, where he can be a good target.

Taking out the leader will often break the attack. That's the most important person for you to find and to shoot at, regardless of what everyone else is doing. Throughout history, many an attack has been stopped dead in its tracks by simply killing the leader.

FOUR WAYS TO PREVENT A STANDOFF

Ultimately, the best way to win a fight is to not have to fight. If you can keep people from finding you and finding out that you have supplies that they need, then there's a good chance that you can avoid fighting all together. To do so requires some extra work and imagination, but it's worth it.

Pre-plunder your property: Just like in peacetime, looters and attackers are far more likely to attack a pristine looking mansion than a dilapidated shack. You can make your house and property look unappealing by creating the impression that it has already been attacked.

Trash, broken furniture, and other random piles of junk could trick invaders into thinking that your home has already been taken and there is nothing left to offer on your property. This could even be part of bolstering your perimeter, and instead of neatly arranged barricades you could rely on random piles of hardware to deter vehicle and foot traffic. You could even go so far as to spray a few bullet holes of your own and otherwise make a façade as though a struggle had already ensued.

Stay on guard: The smaller the family and the bigger the property, the

harder it is to keep a 24/7 watchful eye over your home. Cameras and motion sensors are an option but will give the appearance to looters that you are wealthy and have something worth taking.

Early detection systems, as already discussed briefly, can go a long way to notify you of an intruder and give you time to get into a more defensive position. Simple trip lines using tin cans or bells will cause an invader to freeze and possibly retreat but if you are familiar with your property and your preps you will at least be able to pinpoint his location.

Have an escape plan: The purpose of this discussion is to stand your ground at all costs, with fleeing your fortress dictated as a last resort. But if you are overrun or forced to abandon your home for any number of reasons you should have an escape route plan in advance.

If you have the time, terrain, and ability, a tunnel leading out from underneath your home to a nearby escape hatch or neighboring property could be viable, though extremely difficult and time consuming to build. It's best to have at least one door, window, or hatch hidden from view and located on the least exposed wing of your home so in a last resort you can escape unseen and unscathed.

Stay on the high ground: In the King of the Hill section we discussed why the upper levels and roof of your home have a strategic advantage when defending your property from an attacker.

Your walls should be lined with sandbags and your doors and windows ready to be outfitted with some kind of protective shielding. If an invader manages to make it past your perimeter defenses and is right outside of your walls, you want to be ready from prefabricated gun port to take a shot if necessary.

SPECIAL CONSIDERATIONS FOR CHILDREN, SENIORS, AND ADULTS WITH DISABILITIES

Just as important as making a good self-defense plan is understanding the capabilities and limitations of members of your household. When the home is under attack, everyone in the house must work together to be effective.

Talking with the family is the first step. Explain why you are making a self-defense plan and work together to solve problems. Realize that everyone will play a role, no matter how insignificant, and plan accordingly.

Small children, senior citizens, and adults with disabilities will not be capable of many of the tasks outlined in your plan. Make sure that in the event of an attack they are safe. This may be in the form of a safe room or it may just mean going to a specified place in the house. The key is communication. Having everyone in the household practice where they will go will lessen the likelihood of confusion during an actual attack.



Even if those people can't shoot, they might be able to help the fight by reloading your guns while you do the shooting. In the Old West, families fought this way. Dad would be shooting the attacking Indians while mom reloaded his rifle and shotgun. The kids would go up to the loft to watch and make sure that none of the enemies were sneaking around the back to attack from that side. The family worked together, fought together, and mostly survived together.

If someone is incapable of moving on their own, designate another family member to evacuate them to a safe location. Again, anything that eliminates confusion will save valuable time when you need it most.

The important thing is to make an honest assessment of your own

capabilities and those of the people living in the home. If the ability to complete a task is in question at all, delegate that task to another more capable family member if possible. There is no shame in doing what is best for everyone's survival. Pride has no place in a self-defense plan.

RECAP

It may seem dreary or depressing to think about what could happen. But as crime rates continue to increase and the global economy remains in turmoil, the worst thing you can do is nothing at all. Preparing for an attack at home is something that everyone should do. Unfortunately, statistics have shown that very few people do even the minimal amount to secure their homes and families.

Creating a self-defense plan now and practicing it will ensure the best chances of survival for you and your loved ones if an attack occurs. Being proactive now is the only way to ward off an attack that could occur at any time without warning.

Remember these key aspects:

- Get the right weapons and learn how to use them
- Train your family to fight together; even those that don't shoot can help
- If you have to fight, do so violently to get it over quick
- Take out the leaders first, to try and break the attack

With a home being broken into every few seconds in the United States during a time of peace, what do you think will happen when something goes wrong?

Complete economic collapse, natural disasters, and terrorism (to name a few) will push these figures to astronomical levels. At that time there will be those who have prepared and those who are victims. Which do you want to be?



MODULE 6: EXTREME HOME SECURITY SECRETS

A trend is sweeping across North America convincing average and hardworking homeowners to trade in their monthly wages in order to turn their homes into fortresses and their free time into learning survival skills.

Every prepper and survivalist has different priorities in preparation for a multitude of potential catastrophes, none of which seem substantiated by actual imminent danger. Projects can range from bolstering your perimeter, building a survival bunker, weapons training, and countless other potentially lifesaving or sustaining plans.

While these strategies, when adopted correctly, will help to prolong your ability to defend your home, they are often considered the only sound options. The fact of the matter is no matter how many guns you have, how strong your perimeter may be, or how much military or survival experience you may have, if you don't completely know your way around your own home and have a plan B and C to back up plan A; all of your preparation might be futile.

DEFEND YOUR TURF

For experienced home preppers and those just getting into survival and home security, like is so often the case, the little things will often make the most difference. When it comes to keeping your family and home protected in the event of a disaster, what might otherwise seem extreme can be perfectly normal.

The options are endless as to how best prepare for intruders, an invasion, or any unwanted activity on the property you are relying on to survive.

While many preppers and survivalists will claim that an arsenal of weaponry, an impenetrable bunker, and an area stocked with food and water are your keys to survival, not everyone has the disposable income, property space, or skill set to acquire all of these things.

There are a variety of strategies the average person can explore in order to maintain fortress-like impenetrability of your home and neighborhood to be prepared for whatever hostile threats may breach the area.



HOME BUNKERS – LIFE SAVERS OR MONEY WASTERS?

Let's begin with the idea of installing a bunker. Many preppers feel that bunkers are the ultimate in home defense, acting as a self-contained shelter that is impossible to breach.

A solid bunker would definitely give most people a certain piece of mind in the event of a catastrophe or attack, knowing that they at least have a few days, weeks, or even months edge over the non-prepared in terms of food, water, and the all-essential shelter.

Recently, manufacturers and home enthusiasts alike have been designing and marketing some really impressive in-home, underground, or bug-out bunkers that are often equipped for an entire family to survive for over a year's time.

Ultimately the decision is one of personal preference and must take

into consideration level of income, available time, proper land and resources, and the know-how and determination to create a life-saving finished product.

But with prices ranging from tens to hundreds of thousands of dollars, your money could easily be put to use fortifying your home in different ways and learning the proper skills to defend it while being able to move freely in and out.

THE FLAWS OF A BUNKER AND 5 WAYS TO GET FLUSHED OUT

Aside from their high prices, most bunkers do have some fundamental flaws that need to be addressed before relying on one to keep you alive for an extended period of time. Most people utilizing bunkers are buying prefabricated, durable, and enclosed structures that can either be buried underground or situated in a specific landscape backdrop in a defensive position.

Whether your shelter is a shipping container, an old school bus, a giant industrial freezer, or an actual survival bunker, no matter how much food, water, weapons, and supplies

you pack in the most vital element you need to survive is oxygen.

For that you will probably have to install more than one form of ventilation and exhaust system, which likely means some form of tube or hose jutting out from inside the bunker. That one protrusion can cause any number of problems for you and your family and potentially jeopardize not only your safety but also the integrity of the actual bunker.

If an attacker does make it past any other defenses you may have and the only thing between him and you is your bunker wall, your options are limited... and he only wants one of two things: to eliminate you as a potential threat and move on or to take everything you have and maybe claim your shelter... chances are there is little room for negotiation in between.

You could be flushed out of your bunker in any number of ways through a vulnerable entry point (like an exhaust) by:

1. Smoke - from a smoke grenade or diverted from a fire
2. Fire - gasoline or flammable substance could be poured down an exhaust and lit

3. Explosion - grenade or explosive could be dropped into the bunker
4. Water - copious amounts of water could be poured or diverted and drown you
5. Earth - you could be bulldozed or buried alive with dirt or sand

Your bunker walls may stop a bullet, be flame retardant, and withstand forces of pressure, but you still need air to breathe and anything that can obstruct that is life threatening.

10 WAYS TO SECURE YOUR HOME FORTRESS

The more sound, dynamic, and affordable alternative to a bunker is to turn your entire home (or at least a section of it) into a defensible and secure space so that you can maintain relative normalcy inside, no matter what chaos may be happening outside your walls.

However, if you are a property owner, it is best to start from the outside and establish a solid perimeter. If you're an apartment, condo or townhouse owner, you have less of a perimeter to defend per say, but your close quarters to potentially hundreds of other people seeking survival also leaves you at more risk of attack.

Property owners, especially those with large plots of land and few if any

neighbors, have a much better home security advantage. You have better visibility of the surrounding land and can slow attackers from reaching your home bunker by putting up barriers and traps throughout your perimeter.

In many respects, it's more viable to spend tens or hundreds of thousands on a quality piece of land with access to natural resources than garage-sized doomsday tomb. The options to protect your property are endless and range from:

1. Simple alarm systems
2. Electric security fencing
3. High walls
4. Trenches and dirt parapets
5. Hedge rows
6. Security cameras (or fake camera deterrents)
7. Water filled moats or natural runoffs, streams and rivers
8. Various barriers or obstructions including large cement or earthenware pots, boulders, standing or downed trees, etc.
9. Snares, pits, and other traps
10. Attack animals

Now, before you run off and start building high walls, traps and start looking for trained attack animals, let's slow down a minute. Just because they are possibilities, it doesn't mean that you should necessarily do them. In fact, there are

very good reasons for not doing some of those things.

First of all, the last thing you want to do is draw attention to yourself. I guarantee you, if you build a 10 foot high wall around your home, with concertina wire on top of it, it's going to stand out in your neighborhood. That goes for people living in the country as well. People are going to wonder what illegal activity you're up to, that requires that level of security. When things fall apart and people are looking for food, they'll probably remember your fortress and decide that you have something in there that's worth going after. The next thing you'll know, you've got an armed mob in front of your gate.

While I love the idea of traps and pits, you have to remember that if someone gets hurt in them, you're both criminally and civilly liable. Maybe that won't matter while things are a mess and there is no organized law enforcement, but when things get back to normal, you can rest assured that someone is going to come after you. The same applies to those trained killer dogs that you have roaming your property.

The ideal defensive perimeter is one that doesn't look like a defensive perimeter. That means doing things like putting in a hedge with thorns, or

a fence, complete with the ability to be electrified should the need arise.

Another important aspect to your perimeter defense is using it to shape the coming battle. There is no such thing as an impermeable defense. If your adversaries are committed to getting past your perimeter defenses, they will. Knowing that, it's best to use your perimeter not so much to keep them out, but to trap them into attacking you along the axis in which you are most prepared to repel the attack.

If people want to attack your home and are willing to try and breach your perimeter defenses, you'd better get used to the idea that you're going to have to fight to defend your home. In that case, you want to make sure that the deck is stacked as much to your advantage as you can.

The best way to stack the deck is to create an ambush. Simply put, an ambush is a defense where you have a prepared point that you want the enemy to be in, so that you can shoot at them. This prepared point has several names, such as the fire sack or the kill zone. Regardless of the name, it's a place where the enemy is under your guns, and where you are best prepared to shoot at them.

You can use your perimeter very effectively to create an ambush. The secret isn't so much keeping the enemy out of your perimeter, but rather choosing where the enemy comes in and the path that they take from the perimeter to your home.

Let me tell you a little psychological trick which will make it extremely easy to use your perimeter to create an ambush. That is, when faced with a choice of two ways to go, you can count on people going the easiest way almost all the time. So, if you create your perimeter in such a way as to have one easy way for them to approach your home, and everything else is hard, you can pretty much count on them using the easy approach. That approach must lead to your ambush.

That approach should also be one that is under constant surveillance and have alarms on it. The last thing you want is for someone to approach your front door, having made it through your perimeter, without you knowing it. Ideally, your ambush should take place somewhere between your front door and your perimeter.

Anything you can do to prevent a threat from reaching your safe haven should be explored and adopted to best suit your specific environment.

That includes using the environment to create your ambush.

Some people, upon realizing that you have the advantage and are ready for them, will leave. Others won't be as smart and will press forward the attack. They are more likely to turn tail and run if they realize that they have no chance of success. This can happen if you give them a massive show of force, so that they can see that they are trapped in your ambush.

On the other hand, ambushes are most effective when they are sprung as a surprise. If you were in a purely military situation, in a time of war, that's the way you would do it. Being in a non-war situation makes it a bit harder. Running an ambush like it would be done in the military could be considered murder, plain and simple.

If you have decided that home is where the heart is going to stay put, no matter what kind of collapse is going on outside, you're going to need to batten down the hatches and learn how to use what you already have in your home, plus a few inexpensive additions, to turn it into a bunker of its own.

If you have a basement or crawlspace in your home, especially if it's a solid cement and cinderblock foundation,

you already have the makings of a last ditch bunker for your family.

But the intention here is not to limit yourself to a single room of your home. You have to be comfortable to move freely about knowing your walls are secure. If you lock yourself into your basement, then you've accomplished the same thing as locking yourself in a bunker. You can't fight as effectively there and you are liable to being killed by the same means that were mentioned as problems for a bunker.

YOU NEED MORE THAN JUST A LOCKED DOOR

If you think the conventional wisdom no how to keep your home from being broken into is going to help you during a crisis situation, you'd better think again. Conventional wisdom is for conventional situations, where you are trying to deter robbers who don't want to attract attention to themselves. Desperate people do desperate things and they're not going to be worried about being noticed breaking into your home.

Don't just believe me about this; give me a minute to prove my point. Conventional wisdom says that you need a deadbolt on your door to keep people from breaking in. Okay, that makes sense, so everyone does it.

However, it's really easy to kick through a door that has a deadbolt. Take a look at this video from Tin Hat Ranch:

<http://www.youtube.com/watch?v=2ThARJb74Cw>

While I'm making my point, let me go one step farther. Remember all that conventional wisdom about sliding glass patio doors; how you should put a stick in the bottom track and a couple of screws in the top track to keep them from popping the door off its tracks. Check me if I'm wrong, but I don't think that will keep anyone from putting a rock through the glass and just walking in.

Basically, the same conventional wisdom is given for windows that is given for sliding glass doors: that of making it harder to open the window. Unless you happen to be confronted by attackers who are concerned about not leaving broken glass on the floor, that's not going to make a bit of difference. Window glass is not hard to break regardless of what is done to the window frame.

Hopefully by now I've convinced you that the conventional wisdom isn't going to do you much good. Now let's talk about what is going to do you some good, mainly, fortifying your doors and windows.

DOORS

According to statistics, the number one place for criminals to enter a home is through the front door. The back door is number two, and windows come in close behind that as number three. While it is theoretically possible that armed assailants will try and break through your walls, if things get that bad, you probably want to run, not stay and fight.



Most entry doors are solid core, which means that they are fairly robust in and of themselves. The weakness to those doors comes from any glass windows in the doors and the way that they are installed. To make that

door more robust in protecting your home from entrance, you'll need to work mostly on how the door is installed.

Typically, an entry door is installed in a way that merely attaches it to the door frame. The hinges, door lock and even the deadbolt attach to the door frame. The door frame itself is nothing more than 1"x 4" lumber, which is free floating in the opening in the home's structural framing. The only attachment between the door frame and the 2"x 4" structural studs is a few finishing nails. That's not very strong.

The weakness in all this is the door frame itself and the hardware that is holding it all together. Doors don't fail because the deadbolt fails, but because the door frame does. So, the trick to making an entry door stronger is to replace the hardware and strengthen the door frame to the point that the force of the kick is transferred to the structural studs in the wall, and is not totally carried by the door frame. To do this:

- ✓ Replace the screws in the door hinges and strike plate with 3" long case hardened screws.
- ✓ Install a second deadbolt, spread far away from the primary deadbolt (preferably high up on

the door). That way, the force of the kick will be spread out farther.

- ✓ Replace the standard door striker plate with a strike reinforcement plate. This is a longer plate, which will spread the shock of the impact over a larger area, preventing it from failing easily.
- ✓ Install a door edge reinforcement around the locks to help prevent the door from breaking.
- ✓ Install floor attachment systems, which secure the door in place by attaching a device, which is attached securely to the floor. Should anyone try to kick in the door, open it with a prybar or pick the lock, the floor attachment system will hold in place, securing the door, even when all else fails.
- ✓ If the door has windows in it or side lights, then install window grating inside the windows, to keep people from breaking out the glass and opening the window.

Although I've mentioned these steps for the home's entry door, because that is the most likely avenue of attack, don't limit yourself to taking these measures on only the front door. If your home has a back door or garage door, these same measures should be applied to those doors as well.

Sliding glass patio doors are even worse than front entry doors from a security point of view. If you feel that you must have that glass patio door, then you need to do some work on it to make it more secure.

Besides the conventional wisdom items that are done to keep the door from being opened by taking it off its tracks, you also need to make the glass shatter resistant. There are three basic ways of doing this:

- Cover the glass with security film. While this won't stand up to repeated abuse, it will withstand several hits with a hammer or baseball bat, before the window shatters.
- Make plywood covers for the glass, to be put on in the case of expected violence.
- Attach a layer of plexiglass to the door and sidelight, covering the existing glass. While not a perfect solution, it will be much more rugged than glass alone.
- Put burglar bars over the door and sidelight. These will probably have to be custom made, but are an extremely effective deterrent.

Of course, the best solution for a glass patio door is to replace it with a regular entry door and then harden the entry door using the methods already mentioned. But, for those

that feel they need their glass patio door, these other methods will add a measure of security.

WINDOWS

If all your doors are secure, the next most likely point of entrance is via windows. Being made of glass, windows are extremely easy to breach. Of course, building a home without windows makes for a very dark home, so that's not such a good idea either. To make your home secure, you're going to have to make the windows secure as well.

There are several ways of securing windows. By far, the best is to install window bars. While not all that attractive, window bars offer the advantage of being extremely sturdy and hard to remove. Removing them usually requires backing up a truck and attaching a chain to the bars. That gives you enough time to put your defensive plan into effect and thwart their intentions.

Of course, if your window bars are installed on the inside of the home, rather than the outside, then it's much harder for them to access the window bars and pull them out. To do so would require breaking the window glass in order to attack the chain; this should inform you that your home is under attack.



Photo by: Quinn Dombrowski

If you don't want to install window bars, then you're left with making the window glass itself stronger. This can be done by a number of ways:

- Place window security film on all the windows. While it isn't armor plating, for windows, it's the next best thing.
- Install a layer of plexiglass on all your windows. This has the added advantage of providing extra insulation, improving the R-value of your windows.
- Replace the glass in your windows with the type of industrial glass that has wires in it.

Another rather effective measure is to make plywood covers for all your home's windows. In the case of a hurricane or a breakdown in society, where there is a risk of attack, these can be installed over the windows. At the same time, these will help make your home appear abandoned, lessening the possibility of attack.

Please note that none of these methods is perfect. Regardless of how well you secure your windows, a determined attacker can find a way through them. The best that you can do is make it difficult enough for them, that you slow them down, giving you enough time to put your home defense plan into effect. Hopefully, if you can slow them down enough, they'll give up and go elsewhere.

WALLS

While the possibility of someone trying to drive their truck through your home's wall is minimal, I can't say that it doesn't exist. An even greater possibility is that they may try shooting through your home's walls, with the intent of hitting you inside.

This risk increases tremendously if your home comes under attack. You have to realize that any true attack on your home is going to be done by irrational people. Being irrational,

they can be expected to do irrational things, such as shooting up your home indiscriminately. In such a case, there is a very real possibility that bullets will be coming through your walls.

A brick home is some protection from these bullets as most handgun bullets won't pass through brick. The same could be said for shotguns, unless the shotguns are loaded with slugs instead of pellets. However, the real risk is from rifles. Pretty much all hunting rifles can shoot through brick, converting part of the brick into shrapnel as it passes through.

One of the most affordable methods to add an extra layer of security to your home is to line your walls with sandbags. They have been used in military engagements for generations because they are cheap, easy to mass-produce, and a single layer can stop a high caliber bullet. Other than high-power sniper rifles and machine guns, there are no rifles that can shoot through a sandbag.

You can stack a row of sandbags on the inside and/or outside of your walls as high as you want and know that your home is effectively bulletproof. If you are trying to bulletproof your second story, you can stack a single row of sandbags four feet high. The floor structure in

your home should be able to support this much weight, without problem. If an attacker wants to get in he's going to have to do some serious heavy lifting.

Actually, you don't even need to add sandbags to cover the entire perimeter of your home. Part of your defensive plan should include firing positions for every member of your family. If you have family members who will not be shooting, they should still have a specific location that they go to and specific duties to help defend the home. You only need to add sandbags to protect those firing positions and other locations, as those are the only places where people should be.

BE THE KING OF THE HILL

In conflicts throughout history, maintaining the high ground has often proved to be a distinct advantage over your opponent. Hopefully, in the course of your prepping you've figured out ways to keep the lower levels of your home from being entered. In any case preparing the upper floors and, if possible, the roof of your home is crucial to protecting your property.

The height has the obvious advantage of a greater line of sight, allowing you to spot and potentially eliminate intruders from a distance before they are within immediate range of your home.

If you can access your roof, it will likely make for a great primary lookout point to provide you with a panoramic view of your surroundings and any avenues for intruders to use for their attack. The roof, as opposed to the basement, could also make for a last resort defense location if the rest of your home is compromised.

Things like flowerpots, building materials, broken tiles, brick and extra lumber should be stored on the roof. These items can be easily discharged to deter advancing intruders and cause serious physical damage.

The same goes for the windows in the top floors of the home, where potted plants and other heavy items can be lobbed upon attackers below.

Height also gives you an advantage for shooting. It's much harder to shoot uphill and downhill, than it is to shoot on the same level. However, it's harder to shoot uphill than it is to shoot downhill. Most of the time, the shots fall short, going under the target. So, by shooting down on your

adversaries, you increase the chance that they will miss you.

Of course, you need to be prepared for shooting down at them as well. The trick is that if you shoot and miss; hold your shots a little low. In other words, instead of aiming at center mass, aim a little lower. That way, your shots will hit where you want them to.

DEVELOPING A DEFENSIVE PLAN THAT TRULY DEFENDS YOU

There's an old saying that failing to plan is planning to fail. There is no place where that is truer than when it comes to defending your home and family. Many preppers depend upon their collection of weapons and the hardening of their home to be enough; but in reality that's just the beginning.

Before establishing your defensive plan, you need to have an idea of what you are defending against. That means putting yourself in the shoes of an imaginary attacker and seeing your home from the outside. This is best accomplished by putting on a

good pair of walking shoes and going out there where they would be.

There may be more than one direction that your home can be attacked from, so make sure that you find all the possible directions. Then, from them, pick out the most likely. If you live on a cul-de-sac, they'll probably come from the direction of the major artery. If you have neighbors on all sides, they probably won't attack through the neighbors' yards. If there is an empty lot behind you, that might be a good staging point for them to attack from.

Once you've defined the possible and likely directions of attack, you can check your perimeter defenses, to see if they are done in such a way as to ensure that you can funnel the crowd the way you want to. If not, you may need to make some changes to your perimeter.

Your defensive plan is the one everyone is going to follow in the case of an attack. It needs to include:

- Individual fighting positions (where everyone goes)
- Rules of engagement (when you shoot)
- Chain of command (who's in charge)
- Communications (how will you keep each other informed)

- Decisions factors for breaking off and fleeing
- Layers of defense and fall back positions

A couple of those things are rather obvious, but let's talk about those that aren't. The shoot/no shoot decision is probably the hardest especially when we combine it with the idea of layers of defense. So, let's start there.

LAYERED DEFENSE

When we talk about layers of defense, we're actually talking about a standard military strategy. No army in the world sets up a fixed defensive position where they don't have alternate positions to fall back to.

They typically try and have three or four different positions that they can fall back to, making different lines of defense. Each time, the defensive perimeter gets smaller, to compensate for troop loss.

We need to modify this concept a little for defending your home. Typically, in a non-crisis situation, the idea that you can defend your home (known as the castle doctrine) only applies when the perpetrator is inside your home.

However, in a situation where you are facing a breakdown in society and

being attacked by a hungry mob, if you wait till they get through your front door, you've probably already lost the battle.

Your first line of defense has to be your property line. As much as it might be nice to be able to start shooting at people when they are down the street, it can be fairly argued that you don't know that they are attacking you until they set foot on your property.

The exception to that would be if they start shooting at you from down the street. Should that happen, it's actually to your advantage, as they have to fight farther to get to your house. Since you would be returning fire, it would clearly be a case of self-defense, with them as the aggressor. Legally, that's to your advantage.

Your second line of defense is the perimeter of your home: your walls. Ideally, you never want them to cross that line, but rather to be able to do all the fighting between your property line and your front (or back) door.

Remember when we were talking about a "kill zone" for an ambush earlier? That kill zone has to be somewhere between the edge of your property and your front door.

With your defensive layers decided on and the kill zone in place, it's much easier to make your shoot/no shoot decision. That usually boils down to the actions of any aggressors more than anything else. If they look hostile and don't stop when you challenge them, the next step is either waiting for them to shoot first or making the decision to shoot first yourself.

INDIVIDUAL FIGHTING POSITIONS

Each member of your family or of your team (assuming you have others with you) needs a specific assignment to fulfill when it looks like shooting is about to start. There are several things to take into account when picking these positions.

First of all, you want as many people as possible to have a clear line of fire to the kill zone. That's your priority. Don't forget that even though your attackers aren't going to be sophisticated in a military sense, they may think of sending someone around to the back door. So, be sure to have someone who is "checking six" as pilots say.

You also want those people to be able to support each other. Your attackers may decide to single out a particular family member and try to take them

out. If that happens, you want the other members of your team to be able to shoot at the attackers who are trying to get to that family member.

There may be people in your family who can't be fighters. Either for physical or psychological reasons, they can't participate directly in the fight. That's okay, not everyone can. Those people can still be part of your plan. They can be lookouts for checking six; they can reload your weapons; they can even act as messengers for the fighters.

KNOW WHEN TO RUN

There is always the possibility that you won't win the fight. As much as you don't want things to work out that way, you have to take that possibility into account. That means having a plan to escape from your fortress, should it be necessary.

There are two crucial elements to this plan; timing and methods. The timing will depend to some extent on the methods, so let's start there.

We've already talked about your property line being your first layer of defense and the perimeter of your home being the second. Actually, the perimeter is more like the third, as you'll be attacking them in the kill zone that is between the perimeter

and your front door. You still need one more layer of defense; that is a “safe room” within your home.

I’m not using the term safe room in the way that most people do so. For most, a safe room is a fortified room for the family to retreat to, while they wait for the police to come rescue them. That’s a great idea if you know that the police are truly going to come; but in the type of situation that we’re talking about, the police may never come. That type of a safe room may become a coffin, rather than a refuge.

The safe room I’m talking about is a room to which your family can run, in order to make your last ditch stand before escaping. As such, it needs to be someplace that you can all get to easily, be easily defendable, and offer a clear escape route.

Once you make the call to go to your safe room, you are planning on leaving your home. The only thing that could keep you from leaving in that case would be to either kill the last of your attackers, or for them to give up and run away.

Usually, the signal to go to the safe room would be a breach of your home’s perimeter. Once the aggressors make it into your home, you are better off leaving, than

staying. Of course, if there are only one or two aggressors and you can take care of them, then you don’t really need to leave. But, in the case where your home is under attack by that hungry mob, you are better off leaving, than trying to fight from room to room.

Once in your safe room, you’re going to set one more ambush. That will be the first time they try to rush you. Take as many shots as you can, inflicting as much damage as you can, and then leave, while they are regrouping for another attack.

EVERY ROOM HAS A WEAPON

Ideally, you’ll always have a gun at hand if you have to defend yourself and your home. But, things don’t always go the way we want them to. There may be times when you are unarmed (I hope not). Your gun may jam (always a possibility) or you may run out of ammo and not have time to grab some more. In those cases, you’re going to have to use whatever comes to hand, and do so quickly.

You’ve got to develop a new mindset. To one who thinks weapons, anything can be a weapon. All it takes is looking at it with the right mindset. People who are highly trained in self-defense, martial arts and

unconventional warfare have this mindset, and you can have it too. You don't even need all that fancy training to get it; all you need to do is start looking at things and asking yourself how they can be used as weapons.

To secure your home in a less commercialized and less conventional manner, you need to start thinking both practically and creatively. As a homeowner, a sizeable percentage of everyday items around the house can mean the difference between a secure and a compromised perimeter.

You can simply take a walk around your house, examine every inanimate object, and start brainstorming ideas for secondary uses for them as weapons or barriers in the case of an emergency.

If you intend to stay put during a survival situation, making as many offensive and defensive instruments as you can out of everyday household objects, adapting them to suit your needs, and having them readily available at the drop of a hat will give your already protected vantage point even more situation ready.

Each room probably has at least a handful of items that you would never think to be used as weapons or

defenses. But again, try thinking outside of the box of things that could be easily accessed or rigged ahead of time to be used in an emergency, as home security means a constant state of preparation rather than waiting for the brown stuff to hit the fan.

3 EASY WEAPONS UNDERNEATH THE SINK

Starting in the kitchen, the butcher block full of knives is probably the most obvious weaponry available. But what about the pots and pans, heavy-duty utensils like meat tenderizers and the coffee pot?



Each of these is likely easily accessible and ready to cause blunt force trauma. Open up the cabinet under the kitchen sink to find a treasure trove of both offensive and defensive products.

Aerosol cans – can be effective blinding agents at close range or punctured or shot at to act as a homemade smoke bomb

Floor cleaners and liquid soaps/detergents – especially the colorless variety, can be used on solid floors inside or out to act as slippery traps for intruders

Miscellaneous chemicals – Chances are between your kitchen sink, laundry room, and garage, you have some chemicals that can be set ablaze and cause serious damage (just be cautious as to not compromise your home's structural integrity)

BLUNT FORCE FURNITURE

Many preppers underutilize the furniture and appliances in their homes, keeping them only for their real-world practicality. But while some big, heavy items may not make for good combat weapons, they are crucial for home defense.

Washers, driers, and refrigerators can be placed in doorways or exposed windows to act as barriers while still operating as intended. The same goes for couches, bed frames, and heavy wooden tables which can be strategically placed or prepared ahead of time to be disassembled and reused to fortify entry points.



This is especially valuable when you are facing the likelihood of a breach of your home's perimeter. Part of your preparation for that breach should be putting as many obstacles as possible between the breach point and your safe room. Each obstacle will slow your attackers down somewhat, giving you another chance to shoot at them.

The other advantage of these obstacles is that nobody can shoot accurately while they are negotiating them. If your assailants are trying to shoot at you, while climbing over the

sofa that is in the doorway, you can be sure that their aim won't be accurate. While they could still get lucky and hit you, the chances are much diminished.

Don't expect your furniture and appliances to stop bullets. It takes a 1/8 inch thick piece of steel to stop a handgun bullet. There isn't a single appliance out there that has that thick a skin. So, while they make good obstacles, they don't make good cover.

5 HOUSEHOLD WEAPONS YOU DIDN'T THINK OF

Pool tables - with their assortment of wooden cues and heavy balls can be used as hand to hand combat or thrown at an attacker in a last ditch effort.

Musical instruments - which are typically made of solid wood or brass, which can be sacrificed for their leveling power

Electronics - DVD players, small televisions, radios... these things lose their value when chaos erupts but can be dropped from above and inflict damage

Cables - Every piece of electronic equipment in your house is attached to a cable, and you probably have a

similar amount of extension cords lying around that can be used for:

- Setting snares
- Trip wires
- Noose traps
- Whips or lashing
- General cordage

Christmas lights and ornaments, which can be broken and scattered in areas of foot-traffic to warn you of intruders on your property.

If a shed, garage or attic is attached to your home, it should be one of the first places you examine and prepare for security purposes.

Shovels, axes, hoes, garden stakes, and even power tools make for ready-to-wield weapons. Not to mention gasoline and oil, which not only can be used to fuel but also to cause serious personnel damage or cause diversions.

DEFENDING THE DEFENSIVE MENTALITY

The idea behind this method of defense is not to compromise every piece of working equipment in your house so that it can be used as a weapon or trap. Instead it is to look at things in a different way and adapt the items that you already have in your home and make them more

purposeful in the event of an emergency.

Conventional survival methods and supplies are time-consuming and expensive. Using what you have around you is simple and free.

This is also not to discourage the value of commodities like guns, storage caches and perimeter protection; these are all essential facets of a survival mindset.

But for preppers just getting started on a budget, or for the diehard gear-heads that have overlooked the many useful items in their homes, simply taking inventory and thinking creatively can help you identify dozens of easy household methods to better defend your family.

THE MOB MENTALITY IF YOU CAN'T BEAT IT, START YOUR OWN

Every prepper and survivalist is different in a number of ways. One of these is whether they prefer the lone-wolf mentality or would rather have a support group to call upon when things go south. Networking can be a much more viable option to survive than trying to go it alone.



Even so, if you go knocking on your neighbor's door the day after disaster strikes, you probably won't receive a warm welcome.

If you live in an area where you and your neighbors can mutually benefit from one another's resources and skills, it's important to establish a working agreement as soon as possible and come up with strategies to carry out a collective sharing operation.

This is much more likely in a rural or open suburban environment where it is more likely that neighbors have natural and cultivated resources that could serve to benefit more than a single family.

Perhaps you aren't particularly well versed in weapons training and you have neighbors with military or police experience you may be inclined to seek their expertise. Or maybe you have more than enough food and

supplies to feed your own family and want to exchange your goods for something your supply cache is lacking but your neighbor has in bounty.

Pretty much every neighborhood in America will have welders, nurses, truck drivers, gardeners, and other specialized tradesmen and women who in the event of a disaster could team up to form an efficient survival network.

Whether camped out in the remote wilderness or staying put in your suburban neighborhood, if you get a large enough alliance of like-minded individuals together, you can outman, outthink, and outgun any approaching mob.

Since it seems rather evident that a mob will break out in the event of a disaster; as has occurred after wars, political uprisings, hurricanes and other catastrophic situations in our history, we should expect it again. The good news is that those mobs never last long. After a few weeks, stores will be empty with no source of restocking and unprepared people will ultimately start perishing. While that is not something to look forward to or rejoice over, it will make your survival task easier.

URBAN SURVIVAL PITFALLS

Whether you have decided to take a stand on your own or network with neighbors, your ultimate aim is to keep the masses outside from invading your space.

Those living in urban environments, with apartment buildings, and homes that are stacked one on top of another, as well as those living in areas that are especially crime infested, are at more of a disadvantage in any survival situation. Even if you have neighbors that you are assisting or relying on for help, you will still be threatened by outsiders wanting what you have.

In the event of a societal collapse, it is inevitable that mobs and gangs will take root in urban centers. They will quickly loot any available store and public building for any weapons, supplies, and food to likely stockpile in a fortified area of their own, and they might come knocking on your door too.

Fortunately, all of the strategies already mentioned apply to people in urban survival situations the same as they do to rural or remote property owners, with the exception of the landscaping and perimeter security. Turn your apartment, condo, or

townhouse into a fortress, be familiar with your surroundings, and brace yourself to defend your ground.

Hopefully, if you are an urban dweller, you have some kind of plan to get out of the city and into a less exposed and sparsely populated area. Whether a hole in the ground, a survival-rigged RV, or cabin in the woods, if you have a place you can get to and a means of getting there, it should be your priority to get out of the city.

If you don't have access to a bug-out location, it is possible to hold your ground and survive, but you need to be aware of your threats and prepared to face them, and still consider getting out of town.

EVADING MARTIAL LAW

For our purposes we will consider two different degrees of martial law. In its proper form, martial law involves an area's military population assuming leadership over its population to oversee the continuance of civilian operations on a normal level until an elected civilian government can be restored.

In this sense, the military is using its authority and crowd control abilities to prevent the outbreak of chaos in

the absence of a true leadership to enforce laws and maintain civility.

The martial law we hear about today occurs when a functioning government deploys its own military to somewhere within its own borders to rule by equal parts law and force.

They will limit certain privileges, implement curfews and rationing, and otherwise keep track of the population unlike ever before. This type of martial law has been used in times of disaster as recently as hurricane Katrina in New Orleans when an entire city was nearly wiped out, leaving people to completely fend for themselves.

Neither situation is ideal for survivalists and home preppers who are aimed at staying off the grid and maintaining a sustainable and secure perimeter. With that said, here are some recommendations to keep in mind in the event of a martial law declaration.

7 WAYS HOW (NOT) TO COMPLY

Trust no one, take nobody's word. No matter who declares authority or who comes knocking you and your possessions are vulnerable. The outsiders could want to confiscate your weapons, food, and supplies

leaving you with next to nothing. You never know if these people are going to be government-hired hands seeking to maintain order or collect all available supplies for the common good, or it could be a group of thugs that want nothing more than what you have. In either case, the people knocking on your door have the same goal, to take what you have away from you, so that they can use it.

Keep a low profile: Whether or not you are facing a mob, this is an ultimate rule of survival. It means keeping your mouth shut and letting as few, if any, people know where you are, what you have, and what your survival plan is. At the drop of a hat, a government or gang informant could tip off the leadership and sell you out, so you want to be as quiet as possible and stay under the radar.

Neighbors – even if you have elected to go with a group survival dynamic, you will want to have methods and codes in place to communicate with your neighbors. Even they could be compromised and forced into giving up information about you so you want to be able to recognize if their questions or requests start getting too personal or bold.

Avoid authority: This goes along with trusting no one, but is particularly important in a martial

law situation. Though you may be targeted and forced into communication, if you can, avoid any relationship or voluntary contact with bureaucrats, government officials, army, and police.

They may claim that they are serving your best interests, but in reality they are still serving the best interests of the leadership and military law which in no way will benefit you in a survival situation.

Beware of impersonators: In the event of a societal collapse or natural disaster, it is a possibility that average civilians will don the attire of authority figures in hopes that it will earn them elevated privileges. Whether SWAT team gear, EMT clothes, or military uniform, people associate these positions with authority and knowledge and may want to impersonate the real thing.

In a government martial law takeover, this would be very difficult as these organizations are typically familiar with their own and would quickly spot a fake. Accordingly, if you are a loner wandering around in uniform and come across your alleged group they may want to put you to work immediately, for which you may not have the proper skills.

Comply and Lie: If you get the point where there is no choice but to open your door and stare down the barrel of a gun, you're going to want to be cordial if you want to live and have some chance at salvaging your goods and your home. One of the first things that will be confiscated are firearms and you will need a way to deal with this. It is likely that those who come to your door are there reluctantly and under orders and would rather check you off your list and move on without added incident.

Decoy guns – not foolproof, but worth a chance. Whether an old musket that hangs on the wall for decoration or your father's out of commission shotgun that hides in a closet, if you have an unusable gun that could be passed off as the real thing then give it a go, but a piece of junk probably won't pass. Otherwise you can buy something inexpensive along the lines of a .22-caliber rifle and sacrifice it in order to keep the rest of your arsenal.

Complain – Complaining can buy you one of two things: time or avoidance. If, under martial law, you are being questioned or facing confiscation of your possessions, try to use mind-tricks on your assailants in a general tone of complaint while still complying with their requests. Hand over your (decoy) gun and demand to

know when it will be returned, why it is being taken, and how are you supposed to protect yourself without at least one gun?

Hide your guns: Most survivalists know that guns will be your best friend and biggest commodity in the event of a disaster. To avoid confiscation and thievery, you want to come up with some creative ways to hide your weapons so that only you know where to find them yet they remain relatively accessible in times of need (especially should you have a weapon confiscated).

Outside: burying your guns in the ground, under rocks, or wrapped up and contained in a tree or stump are some of the least detectable routes you can take to hide your firearms. There is no failsafe method, but there are plenty of corrosion resistant wrapping papers and dehumidifying agents available to keep your gun, parts, and ammo protected. It is advisable to apply quality gun lubrication to your gun's parts before sealing them in a water and airtight container and hiding.

PVC pipes: These work great for keeping weapons and other supplies airtight and secure. They can be painted in camouflage and concealed anywhere outdoors, in a tree, or even in a shallow stream or hidden inside

among rafters or elsewhere where the eye could easily miss the painted tube.

Plain sight: if you want to keep your guns indoors for the most part, or if you live in a very dry climate where exposure to moisture is an idle threat, you can spare the step of wrapping or encapsulating your weapons. You can still oil your gun thoroughly, add desiccants, and wrap it in some protective layer, but otherwise you should be able to store them under floorboards or inside wall panels without damage. Plain sight doesn't necessarily mean out in the open but could include hidden in or amongst: old tool boxes, unused refrigerators or other appliances, junk piles, or any other location that may seem obvious but will help to obscure a weapon.

Height: whether using PVC pipes or hiding somewhere in plain sight, putting your weapons above eye level is a good option as, for whatever reason, people tend not to look up much when on a search. Whether above a stone wall, above the wall trimming inside your house, on the top shelf of a closet, the harder it is to see the easier it is to keep in your possession.

Prioritize personal survival: you are the only one looking out for yourself and should adopt the methods above,

as well as others, to ensure that you have and keep what you need to survive.

You are at risk for having weapons, food, water, and surplus supplies of any kind confiscated during martial law. You need to have a backup plan and your own ways of caching or procuring food and water in order to survive in the absence of a functioning society.

Become proficient in using firearms, collecting water, and catching or growing food so that you can continue to sustain yourself while the people around you suffer from dependence.

CREATING A SELF-DEFENSE PLAN IN NINE STEPS

Armed with an understanding of the many considerations for making a self-defense plan, the flowing checklist provides a concise way to begin planning now.

TALK WITH YOUR FAMILY

Creating a self-defense plan should be a family effort. Whether family lives with you or not, everyone can

benefit from having a survival plan in place and working together will almost always produce superior results.

ADDRESS THE WEAKNESSES IN YOUR HOME

This includes everything outlined above. Perimeter defense, security systems, deterrents, doors, and windows. Nothing will invite criminals more than a home that is not prepared.

MAKE AN HONEST ASSESSMENT OF FITNESS

Take your own health and ability as well as those of your family members very seriously. For instance, if part of your plan is to evacuate to a reinforced area of the home, ask yourself how everyone will get there. Do you have an infant in the home? Or maybe someone in a wheelchair? These things must be considered when making your plan.

DECIDE ON A SECONDARY LOCATION

Figuring out where to evacuate to in the event that your home is destroyed or becomes overrun is essential.

RESEARCH DIFFERENT “FORCE OPTIONS”

A dog, firearms, pepper spray, and handheld weapons should all be considered. Figure out what you are comfortable with and practice using these weapons whenever possible.

PRACTICE

Practice running through actions you will take if an intruder gets through the perimeter. Have the family join in. Nothing will make you more efficient than physically practicing what to do when attack is imminent.

CONSIDER TAKING A FIRST AID COURSE

Even just a basic first aid course is helpful but if time and money allow, work your way up through the more advanced techniques as well. Medical treatment is an invaluable skill; especially when outside medical response is not guaranteed.

PRACTICE

Continue practicing and improving on techniques. You will probably see some holes in your plan as you practice. Make changes and make sure everyone is aware of the changes. Then practice some more.

This checklist is a basic guideline that will allow you to formulate a self-defense plan that works for you.

Each situation will be different and it is important to keep an open mind while making a plan. For instance, if a flood occurs and your safe room is in the basement, what will you do? By thinking of as many possibilities as you can, you will be better prepared when the moment arrives.

As you begin to develop a self-defense mindset, you will always notice something that can be done differently. This is not a bad thing. In fact it is an excellent way to improve your plan as you become more familiar with the many concepts of defending your life and property from unknown assailants. Use the checklist as a guide and adapt it as you see fit.

RECAP

The reason there are so many preppers and survivalists in our society is because there are so many fears and potential threats that may resort in a time and place where the only means of survival you have is your own determination and ingenuity.

The best way to be prepared is to brace yourself for just about anything and learn an A, B, and C way of every essential survival method you can. The people that survive and prosper in times of disaster aren't going to be those with the most food, water, and weapons but those who know how to procure each of these things on their own in a variety of ways.

Your home is vulnerable even in times of peace, but that doesn't mean you can't beef up your walls, Rig traps, construct homemade weapons, and do everything in your power to keep it.

Unfortunately there is no single survival rule or handbook to follow because you never know exactly what you are going to need to survive and under what circumstances.

The idea of this discussion is to demonstrate the variable nature of survival and extreme home defense and to prove that while there is no way to make you, your family, and your home invisible, but there are a plethora of tricks, strategies, and procedures that can and will help you survive and sustain when all hell breaks loose.

A black and white photograph of a woman with short blonde hair, wearing a white lab coat, standing in a laboratory. She has her arms crossed and is looking towards the camera. The background is filled with various pieces of scientific equipment, including microscopes, test tubes, and other labware, creating a complex and detailed environment.

MODULE 7: BUILD THE REST OF YOUR STOCKPILE

In module three we talked about the importance of stockpiling food to help you make it through a crisis situation. Of all the things that you need to stockpile to make it through a disaster and post-disaster situation, food and water are the most important. Even so, they aren't the only things. There are many more things that you should think about having on hand; things that you might not have right now.

Survival is a different game than everyday life, so it requires different “playing pieces” on the board. We saw in module four how you'll have to do a number of things differently in a post-disaster situation, due to the lack of electrical power and other essential services. Having to overcome the lack of those services places a much greater burden for individual survival on the individual.

In addition, experience has shown that supply chains are severely damaged by any disaster. One of the serious problems in recovery operations is always getting the necessary supplies. Many things work to make it hard to get supplies in such as lack of fuel, lack of communications and damaged roads.

Even if the supplies get to the scene of the disaster, stores which don't have power aren't ready to distribute them. Often, they don't even have manpower available, as most people are at home, trying to take care of their family and salvage what they can of their lives. In the great equation of life, survival ranks much higher than going to work.

Without the ability to count on normal channels of supply, it is essential to have the necessary supplies stockpiled to get your family through an emergency. While it's impossible to have everything necessary stored in your basement or attic, there are a number of categories of supplies that you need to have.

While it might be possible to survive without these supplies, it will be much easier for your family to survive if you have them. Remember, a large part of survival is mental, so anything you can reasonably do to increase your family's mental comfort adds to your family's ability to survive. While some die-hards may call simple comforts and conveniences unnecessary, only you know what your family needs to have to maintain its mental and emotional stability.

To make this list easier to understand and work with, I'm going to go through this in categories, grouping

similar types of items together. That way, you can use it as a ready reference for your preparations.

Don't forget to take another look at the areas I have listed back there in chapter four. There are a number of things that I mentioned needing to stockpile, in order to be able to survive without power. Since they are mentioned there, I'm not planning on repeating them here.

CAN SOMEONE GIVE ME A LIGHT?

To start your survival stockpile, you'd better make sure that you can start a fire. Starting a fire is one of those skills that are becoming lost in our modern society. Unless you have a fireplace or are used to lighting campfires, you may not know how to get a fire going.



I realize that starting a fire seems to be something rather simplistic, but it's not. While many materials will readily give up their substance to fire, that doesn't necessarily mean that they will start burning easily. In fact, most materials don't start burning readily, simply because not enough heat is applied to them.

Granted, you can always start a fire by pouring gasoline onto your fuel, but that's cheating. Not only that, but you don't want to have to count on using that gasoline for fire starting; you need it for other things.

Survival instructors tell their students to have two primary and two secondary forms of fire starting. However, that's for surviving in the wilderness, not for surviving at home. At home, all you need is a primary means of starting fire, but you need enough of it to make sure it will last.

Primary means of starting a fire are matches and butane lighters. These are easy to work with, plentiful and store well. Even so, they do have their limitations. Matches can get wet and lighters don't work well when it's cold. So, don't just depend upon one or the other, have both and keep supplies of them in several different locations.

Always be sure to store matches for survival in waterproof containers. You don't need a waterproof match container, any plastic food storage container or jar will work. Just make sure that you keep the striker to go with those safety matches, or they won't light. Of course, if you manage to find strike anywhere matches, you'll be better off.

TINDER FOR YOUR FIRE

Maybe even more important than your matches and butane lighters is proper tinder to start a fire. Tinder is the first stage of the fire, which is lit by the match or lighter. It needs to be something that ignites easily, as well as burning long enough to spread the fire to your kindling.

You can buy commercially prepared tinder for starting fires under a number of different brand names. These are usually called "fire starters," which can be a little bit confusing as matches and other means to get the fire started are also called fire starters. The difference is that these fire starters need a spark or flame to get them going.

It is also easy to make several types of very effective tinder. While there are many different forms of this, two of the most effective are:

- Cotton balls and petroleum jelly – made by rubbing petroleum jelly into a cotton ball with the back of a spoon.
- Dryer lint and wax – made by putting dryer lint into a cardboard egg carton, then pouring melted candle wax over it.

While both of these methods work well, I personally prefer the cotton balls. Not only are they extremely easy to ignite, but they burn hot enough and long enough to get the rest of the fire going easily.

GOTTA HAVE SOME FUEL

That little bit of fire isn't going to do you much good, unless you have something to burn. Keeping a house warm with a wood fireplace takes a lot of fuel, so make sure you have a nice woodpile out back. Hardwoods, while more expensive, produce more heat per cubic foot than softwoods do, so you're better off biting the bullet and buying hardwoods.

Of course, you're probably going to need the same firewood for cooking over as well, so even if you have other plans for heating your home, you'll want to have some firewood anyway. There's nothing wrong with redundancy. In fact, it's a commandment for survival.

Speaking of heating with other means, you will need whatever type of fuel to feed whatever type of heater you are planning on using. Don't just buy a five gallon can and call it good either, you'll end up freezing. Calculate how much fuel your heater uses per day and figure out the maximum number of days you'll need fuel for.



That may mean that you need a lot of fuel, but don't despair. Just like you stockpile your food slowly, you can stockpile your fuel slowly as well. Don't let yourself get into the mindset that you have to do everything this month. You'll go broke trying.

MIDDLE EASTERN GOLD... GASOLINE

Heating fuel isn't the only type of fuel that you're going to need if things go south. Gasoline is always in short supply during a crisis and its aftermath, mostly because of there not being power to pump it. Most people only have the gas that's in their car, with nothing in reserve.

The first thing you can do to make sure you have some gas is to change a bad habit that most of us have. That is, keep the top half of your tank full, instead of the bottom half of the tank.

I've known people who put five dollars' worth of gas in their vehicle every day. They never have more than a quarter tank of gas, because they never buy more than a quarter tank. It's just as easy to buy five dollars to fill the top quarter of a tank (or however much it costs for your car) as it is to buy five dollars to fill the bottom quarter of a tank.

In addition, it's a good idea to have a few extra gas cans full of gas at home. A five gallon can of gas gives you enough to drive around for a few days during an emergency, if you use it judiciously.

You'll also need gasoline for such things as running generators, lawn

mowers and rototillers. If you're planning on using any of these devices during the aftermath of a crisis, then you'd better make sure you have enough of a stockpile of gas to keep them going.

There are two problems with storing gas: it's flammable and it doesn't keep well. The first problem is easily dealt with by keeping the gas in a shed on your property, rather than in your home or garage. That way, even if it does burn, the damage is minimal. The second problem is solved by rotating your stock of gas, using up what's in your cans and then replenishing it with fresh gasoline from time to time.

MEDICAL SUPPLIES

Medical services are almost always overwhelmed in the aftermath of a disaster. Many people get hurt during the disaster itself and many more get hurt trying to salvage what they can of their homes and their lives. On top of that, it can be hard to get to a hospital when gasoline is limited.

You can do a lot by having your basic medical supplies on hand in your home. More than anything, you need first aid supplies to be able to take care of cuts, scraps, burns, fractures and bullet wounds. We're not talking about a simple ten dollar first aid kit

here. You need something that will help you take care of some major needs.

There are a number of excellent products on the market, which can help you take care of major wounds, without having medical experience. Celox, a clotting agent is available packaged in a number of different ways.



These are excellent for dealing with any serious wound, reducing clotting time and the associated blood loss. Israeli bandages are essentially the same thing, only in a military dressing. Like Celox, they clot the blood quickly, as well as absorbing it and protecting the wound.

Another very useful addition to your first aid kit is a Sam splint. This is a padded aluminum material, which can be shaped by hand. With it, you can easily fashion a splint for pretty much any fracture or sprain. Combining a Sam splint with Ace

elastic bandages prepares you to quickly and easily take care of these injuries.

In addition to being prepared for injuries, your first aid kit should include basic over the counter medicines and antibiotics to deal with a wide variety of common problems. Many preppers are buying fish antibiotics for use in a post-disaster situation, as they are the same as human antibiotics, with different names and different packaging.

As this is not a medical book and I am not qualified to give medical advice, I am not going to tell you which antibiotics to stock and what to use them for. However, you can find this information for yourself with a little research.

An excellent resource to have on hand to go with your medical supplies is the book “Where There is No Doctor.” This book, which was written for missionaries and relief workers worldwide, provides a wealth of information about diagnosing and treating a wide variety of sicknesses and injuries. No survival library is truly complete without it.

Don’t forget to stockpile any medicines that family members need regularly. If you have family members with chronic conditions or elderly

family members who will be with you in a crisis, those supplies may be necessary for survival.

DO YOU HAVE A MAUL?

No, that's not a misspelling. I'm not talking about a mall, where women go to practice the female sport of shopping, nor am I talking about a Star Wars character. A maul is a tool, which is similar in appearance to an axe, and is used for splitting logs for the fire.

Having the right tools on hand to get you through the aftermath of a disaster can make a huge difference. Most people don't keep enough tools on hand, limiting their toolbox to a few screwdrivers, some pliers and a set of wrenches.

Since you don't know what sort of a disaster you might face, you really don't know what you're going to need to do to survive. That's the whole point of prepping, being ready for anything that might come along.

Many disasters, especially weather related disasters, cause damage to our homes, requiring repairs. In addition, living without electrical power requires the ability to use a variety of tools (such as the above mentioned maul), so having a good selection of

tools on hand can make a huge difference for your family.

Don't limit yourself just to the tools, though. If a hurricane or tornado hits your home, you'll need some materials to patch things up with. While keeping an entire lumberyard at your home isn't real practical, keeping a few sheets of plywood, some hardware (nails and screws) and some tarps is. You'd be amazed what you can do with some plywood and tarps.

HELLO... HELLO... IS ANYONE THERE?

Communications is another thing that typically breaks down in the middle of any crisis. The same media that we depend upon for everyday news is often out of service when we need it the most. Just trying to find out what is going on in the world can be a major challenge.

You could contend that we really don't need the media lying to us in the midst of a disaster, and I'd tend to agree with you, except for one thing. Without some word of what is happening and how widespread the problem is, we have no way of gauging how long the disaster is going to last and how long it is going to take for the country to recover from it.

While we don't need to be news addicts, it can be helpful having a basic idea of what is going on. Since the local media outlets will be out of order, that means going farther afield in search of news. The best way to do that is with a shortwave radio.

In addition to a shortwave radio, you might want to get a couple of disposable cell phones. These can be extremely useful in a survival situation, providing you with a means of contacting family and friends to tell them you are okay. While cell phone service may go down, it is likely to be back up faster than other services.

Finally, you need some way for your family to communicate locally, especially when one is working outside your home or you are under attack. Small, portable radios are idea for this; the kind you might use when traveling in convoy or when walking in the woods. These are fairly inexpensive, run off of batteries and give you communications capability for as much as a couple of miles.

POWER TO THE RADIOS

If you're going to have all those radios, you'd better have a stock of batteries to go with them. Actually, there's a lot more than radios that you'll need batteries for. We use a

wide range of battery powered electronics in our day-to-day lives. While not all of those are necessary in a survival situation, many can be useful.

The most common sizes of batteries in use today are AA and AAA. However, you really need to do a thorough inventory of the devices you have in the home and see what size batteries they need. Large flashlights may require C or D cells; some electronic devices may require lithium button cells. Most tactical lights are now using lithium batteries as well, as they provide longer life.

SPEAKING OF TACTICAL LIGHTS

Speaking of tactical lights, there's no such thing as too many flashlights. Without electricity, you'll end up doing a lot of things in the dark, especially in the winter. While I've already talked about lanterns and candles, flashlights are much more portable and easy to use when you are working.

Tactical lights are the name that is used for the modern aluminum body flashlights that are being sold in more and more places. They have several advantages over common flashlights. Being made of aluminum, they are more rugged than other flashlights,

they are compact, and most of them use new high intensity LEDs, which provide a very bright, white light, that requires much less power to operate.



Another very useful type of light to have is a headlamp. No, I'm not talking about the kind that a car has, but rather the type that straps on your head. These are compact, lightweight, can be used hands free and have the advantage of always being pointed in the direction you are looking. When you are trying to work with your hands in the dark, a headlamp can make things much easier.

TIME FOR A LITTLE GARDENING

No matter how big a food supply you put in, it's eventually going to run out. When that happens, you're going to be in the same shape as all those people who didn't bother to stockpile

food. It'll just take you longer to get there.

Of course there are other options. The first one that you should do is to plant a nice big vegetable garden. While a garden may not provide all your nutritional needs, it can go a long ways towards doing so. It's already been proven by a number of different families that you can grow enough in your back yard to feed your family.

To have a successful garden, you'll need to stockpile heirloom seeds. These are the naturally occurring types of plants that existed long before GMOs came on the scene. I guess you could call them the seeds that grandma used.

One of the great advantages of heirloom seeds (besides the fact that they are nutritious) is that they produce seeds which can be planted. GMOs don't do that. If you save the seeds from your own produce, planted from heirloom seeds, you can keep your garden perpetually, providing needed nutrition to your family.

YOU'LL NEED MORE THAN SEEDS

If you're going to get into vegetable gardening to help your family survive, you'll need more than just a stock of

seeds. There are tools and supplies that you'll need to make your garden grow. You'll want to make sure you have those as well.

Actually, you'll be much better off if you start gardening before a crisis hits. Gardening is not easy, especially for people like me who weren't born with a green thumb. You'll have to learn new skills, which are best done before you need those skills to survive.

KEEPING YOUR HEALTH UP

Personal hygiene is an important part of maintaining your health. We talked earlier about the sanitation problems that come hand in hand with a disaster. We've also talked about the problems that lack of water can cause. One of those problems is the difficulty in keeping yourself clean.

Armies around the world stress personal hygiene. That's not so that soldiers can look pretty, but it's been proven a necessity to keep troops healthy in the field. Living in a combat zone makes it extremely hard to keep oneself clean, but not doing so can lead to a wide number of health problems.

Stocking up on personal hygiene items can go a long way towards keeping your family healthy. It does more than that though. Keeping clean is actually an important part of maintaining your family's morale. Can you imagine the stench of living in close proximity to a group of people who never bathe? Uhg!

In addition to the normal personal hygiene items, including lots of soap, you would be well advised to stock up on antibacterial hand cleaner. This is a liquid soap product, with antibacterial agents mixed in. The really great thing about this in a survival situation is that you can use it without water. So, you can clean your hands before eating, without having to use any of your precious water supply.

Another important area you might miss is feminine hygiene supplies. If you have women in your home, this will be important to them. Granted, there are things that women can do, even if they run out of sanitary napkins, but they'll be much more comfortable if they have what they are used to using.

IT'S NOT JUST YOURSELVES THAT YOU HAVE TO CLEAN

Speaking of personal hygiene, you're not just going to have to keep your bodies clean. It seems like everything in our lives has the ability to get dirty, especially when we don't want it to.

Once again, this is important for the sake of your health and the health of your family. Keeping your home, kitchen, dishes and clothes clean in the aftermath of a disaster may be much more difficult than you

imagine, but it is necessary to keep your family healthy. Make sure you have enough dish soap and laundry detergent on hand to last you through the crisis.

Remember, you're going to get much dirtier in a post-disaster survival situation than you do sitting in an office. Working in the garden and cutting firewood make you sweat more and expose you to more dirt. So, you're going to get your clothes much dirtier than otherwise.

RECAP

In the aftermath of any disaster, supply is going to be a big problem. This won't just affect your food supply, but every aspect of your life. Supply chains will be busted, stores will be closed, and getting anything you need will become very difficult.

You're going to have to be ready to depend upon the supplies you have stockpiled to see you through. This doesn't just apply to food and water, but to everything you need in order to survive. Taking the time to put in a good stock of supplies takes forethought planning and time.

There's no way I'm going to say that the list I've put in this module is anywhere near complete. All I've really done is to hit the high points. By doing so, I've given you a head start. But don't stop there. With every step of your preparations, you'll end up finding additional things that you need to stockpile, in order to be ready for a disaster.

What you stockpile and what another family stockpiles may not be the same either. That's okay. You're building your stockpile based upon your family's needs and your survival plans. That may very well be different than your friends.

As you prepare various parts of your survival plan, be sure to test everything by using it. Try cooking without electricity. Try starting a fire. You will not only learn new skills by doing so, but you will also learn many other things that you need to add to your supplies, in order to be ready to survive through any disaster that might overtake you.

CONGRATULATIONS!

You've made it through the *Patriot Survival Plan*.

Right now there are three possible emotions you're feeling and I want to be upfront about them:

You're either feeling...

Overwhelmed because of learning too much too fast and everything feels hopeless or like too much to prepare for.

Underwhelmed because your "already knew all this"

OR

Satisfied that you've gotten new tactics and are ready to protect your family.

If you feel like you relate to number 1, don't panic. Go back through and make a 10-step list that can get you started on these preparations. Do just a little each and every day and your family will be safer because of it.

If you're number three I'm glad this worked for you. But if you were nodding your head 'yes' for number one or two, you need to read the next-steps outlined below:

If you think you "already knew" everything I just shared, let me say I'm glad you're qualified and have been taking your family's preparations seriously.

But let me also give you a warning.

It's easy to get overconfident and think your preparations are more complete than they actually are.

I know. I've made that mistake.

So this is a call for you to do a gut-check. Take a look back through anything you skipped or anything you thought "yep, already knew that" and ask yourself this important question:

"Even if I already knew that, am I actually DOING it?"

It's easy to skip what you know and never actually implement it. Read back carefully and remember the goal we established at the beginning of the book.

LOOK FOR ONE TACTIC THAT CAN MAKE YOUR FAMILY SAFER AND IMPLEMENT IT.

Part of this plan is to give every man, woman and child in America an easy to understand method their "hero" – normally the husband of the house – can put into action.

Don't get caught in the "I know it all" trap. Skim back through and find your tactic, weak point or big takeaway you can use now.

GOT FEEDBACK? I WANT TO HEAR IT

Now that you've completed the whole course and found your one big takeaway, I need your help.

I'm constantly trying to make this course better for fellow Americans who are serious about protecting the ones they love.

So please, if you have any feedback (good, bad or indifferent) please send an email to the support address you got in your receipt.

Looking forward to hearing from you. Be the hero your family needs.

God bless,

Matt Stevens