

# CONFESSIONS OF A PREP PER



**COMPREHENSIVE  
SURVIVAL GUIDE**

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# CONFESSIONS OF A PREPPER

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## **Chapter 1: An Introduction To Why You Should Prepare**

The world as we know it is constantly changing and becoming more volatile each and every day. From natural disasters, war, terrorism and even violence from our own citizens. We need to prepare for these disastrous scenarios. This book is aimed at preparing you and your loved ones for any disastrous situation. We will teach you how to survive common natural disasters and also prepare you for the unlikely worst case scenarios such as terrorism and even economic collapse. This book contains easy to understand information that will guide you through the beginning preparation process. If you're already an experienced prepper, this book will contain information to supplement your supplies and may even have tips and tricks that you haven't yet thought of. Whether you're a new prepper or an experienced prepper this book contains valuable insight for how to handle a disaster should it occur. Download today and learn how to protect your family and loved ones!

### **Introduction Why You Should Prepare**

Whether you believe that the world is a safe place, or you believe that the world will end shortly; you should at least have a basic understanding of what to do if a disaster does occur. Many individuals view preppers as conspiracy theorists, or even slightly delusional, but this couldn't be further from the truth. Preppers are prepared for any type of disaster ranging from common natural disasters to unlikely large scale events. They are prepared and know how to take remedial action in any of these situations. How much you decide to prep is entirely up to you, but having an understanding of this information and being able to utilize these techniques could mean the difference between life and death should they occur.

### **The Increasing Volatility Of Natural Disasters**

The number one reason you should learn how to prep effectively is due to natural disasters. From floods, fires, tornadoes, hurricanes and earthquakes, no matter where you live; natural disasters can affect you. Global warming and climate changes have created stronger, powerful, and larger amounts of natural disasters. Understanding how to safeguard your family during and

after these disasters is a skill that everyone should have at least a basic understanding of. The survival rates during Hurricanes Katrina and Sandy might have been higher if these principals were understood and practiced by people.

## **The Increasing Volatility Of Man Made Disasters**

While man made disasters like terrorism and war are less likely than natural disasters, that doesn't mean you shouldn't be well prepared. Nuclear, biological and even chemical weapons are being developed throughout different nations, some of which are considered terrorist nations. Not to mention gun violence and shootings have been all over the headlines in the news. Should any of these worse case scenarios occur, your knowledge of prepping will be tested.

## **Common Occurrences During A Disaster**

Unfortunately, many people will rely on government aid and instructions during a disaster. The reality of the situation is that the government may not be able to provide aid until weeks after a disaster, and when the aid comes it may not be what you initially expected. Nothing is more demoralizing then starving for weeks only for the government to show up with a rationed amount of water and food. Look at hurricane Katrina as an example of government aid and intervention. For weeks citizens had to deal with aggressive violence, no food or water, and terrible sanitation conditions.

Stores quickly ran out of food and water, any remaining supplies were quickly looted. Violence quickly broke out as people turned on each other when looking for supplies. Others hid out and avoided trouble simply waiting for the government aid which took weeks to arrive. Many casualties could have been avoided if just a basic understanding of prepping was known.

## **The Breakdown Of Violence.**

Many of you have heard of the 80%/20% rule commonly known as the Pareto principal. Well, there is a similar rule that applies when a disaster occurs. This rule is considered to be named the 80//10/10% rule. It states that 80% of people will do nothing during a disaster. They are either paralyzed by fear or they are awaiting governmental leadership. These are the people who will stay put in their homes no matter how bad their situation becomes. The majority of this 80% will rely on the governments aid for food and shelter. They have little or no understanding of survival skills and their chances of

survival will depend on others.

The next 10% resort to violence. Whether they are taking advantage of a lack of law enforcement, or they are just scared and react to their fears with violence, these 10% are the troublemakers. You will see this group rioting and looting immediately after or even sometimes during a disaster. They will be the ones that form “gangs” during disasters and raid homes looking for supplies and valuables on offer. This group is responsible for all the violence and robbing of evacuated homes during hurricane Katrina and the looting that occurred during Hurricane Sandy.

The last 10% are the leaders and the people who are prepped accordingly for the situation. They have a supply of all the necessary items and information to survive and subsequently help others to survive. These individuals are responsible for heroic acts and are often at times leading the 80% who are paralyzed by fear. They have the knowledge to treat medical issues, they have the supplies to aid others, and have the knowledge to lead other individuals to their safety. This knowledge can derive from military training, law enforcement knowledge, or an understanding of prepping and survival. These ten percent are the true heroes and are responsible for saving human lives.

## **Nations Run On Just In Time Supplies**

It's common knowledge that almost all developed nations run on “just in time” deliveries. What this means is that food, water and other necessary supplies are usually delivered daily in order to remain fresh. Super markets and supply stores only have enough inventory to last 24-48hrs. Even worse, when a disaster does occur many people panic and begin to “stock up” heavily, even though they should have already had a proper food and water supply. This means food and resources are depleted almost instantaneously by these people. You need to be able to survive these disastrous situations and learn how to survive without relying on other people for help.

## **Final Word Before We Before**

Prepping needs to be honed and practiced just like any other skill you can learn. Educating yourself, learning different tactics and practicing those tactics will all to improve your prepping skills. This book will teach you the basics of prepping and how to be prepared well. We urge you to continue to practice prepping and seek out other sources of knowledge in addition to this book. Don't just stockpile food and supplies and assume your prepared. Take these principals that we are going to teach you and dig deeper. Prepping can be a great hobby to take up and you will find yourself amongst the ten percent of heroes that are ready to lead should a disaster ever occur. Good luck!

## **Chapter 2: Principals Of Prepping**

Whether you are new to prepping, or you're a seasoned prepper there are a few basic principals we would like you to bare in mind when reading this book. We will go over all of these principals in more detail later on in this book, but we would like you to keep them in mind throughout.

### **Have A Plan For Every Situation**

When a disaster does occur, your fight or flight instincts will kick in and your body will naturally be pumping large amounts of adrenaline. It can be difficult for you to act rationally during a disaster, especially if you are trying to locate your friends and family. Having a solid plan in place for any disastrous situation will help resolve this problem. You and your family need to have multiple plans in case of different disaster scenarios. What happens if a disaster occurs when you are at work? Your kids are at school? What happens if a disaster strikes on a weekday or weekend? What are you going to do and how are you going to execute your plan? Brainstorming different survival plans and educating your family is a great exercise that will ensure you are ready for any disaster that may come your way. So when reading this book, keep challenging yourself to create new disaster situations and how you can plan for that scenario should it occur.

### **Always Be Ready**

You never know when or where a disaster will strike, so you should always be prepared. Disasters can occur over the course of a split second and your survival rate decreases every second you waste trying to initiate your survival plan. You need to be ready, no matter if you are at work, school, or relaxing at the weekend.

## **Know How To Use Your Tools**

We are going to recommend numerous tools and different equipment in this book that will increase the odds of your survival. Many preppers make the mistake of purchasing new tools and testing them out for only a few minutes and then storing them away. Take the time to test them out and really get to grips on how to use these items, don't forget – they may well save your life. Practice cooking meals, filtering water, etc. When a disaster does occur you don't want to be learning as you go along.

## **Have An Evacuation Plan**

Many casualties from disasters could have been avoided if the proper evacuation protocol had been followed. You hear numerous stories of people trying to “ride out” a hurricane only to drown because of the high flood waters. You should have numerous evacuation plans and routes. Try to have an evacuation rendezvous in each cardinal direction around you. You never know which routes will be blocked due to traffic and you don't want to put yourself in further danger by evacuating. The more evacuation plans and routes that you have to choose from; the better your ability to escape danger when the time comes.

## **Know When You Should Stay Or Evacuate**

Whilst it's important to have an evacuation plan, sometimes it may be better to actually stay in your home. You will have more supplies in your house than on the road, which may improve your survival rate. Also, depending on the type of disaster that you are facing, evacuation can put you in more danger than staying put. Traffic, additional attacks and having to abandon your car are all possibilities when evacuating. We will go into more detail on whether you should stay or go later in this book and how to make the proper choice should the need arise. Obviously, if an evacuation order is given by the government then you will need to gather your supplies and evacuate.

## **Stores Cannot Be Relied On**

Once a disaster occurs you'll need to have your own supply of food, water, and survival equipment. Stores will quickly sell out of all supplies or they will be looted. Trying to purchase last minute supplies that you should already have can put you in harms way. We will go into detail in the next few chapters about how you can build a supply of everything you will need to survive unaided for an extended period of time.

## **Government Aid**

Government aid is also a luxury that you shouldn't solely rely on. As we mentioned above, it can take the government weeks to provide aid to victims. During a full scale disaster, you need to be aware that the government may not be coming or providing any aid whatsoever. When aid does show up, it may be rationed, without enough food and water to supply your family. You need to learn how you can provide food, shelter, and protection to yourself and your family. You need to become self-sufficient and rely only on yourself when disaster strikes.

## **Its OK To Start Small**

We are going to be providing you with numerous lists of supplies, equipment, and essentials in this book. Some of these items are inexpensive, while others carry quite a price tag. Some readers may feel stressed and anxious that they are not properly prepared due to the recommendations in this book. These lists and recommendations can be built up over a period of time. A great prepping supply cache is not built overnight. (although it can be). Our advice is to start slowly and build up your supplies over time. Try to make it a habit to purchase a few extra items every week or month. After awhile, your prepper's supply kit will grow. But don't feel overwhelmed if you are just starting, or you are new to prepping. There are plenty of ways to grow your supply even if you are on a tight budget.

## **Chapter 3: Prepping Your Home**

Prepping your home is going to be the first topic that we are going to discuss. Whether you want to evacuate or not, your home needs to be prepared. If you do choose to evacuate a well prepared home will prevent break-ins, looting, and likely structural damage. Many preppers will spend a huge amount of money on creating their supply stockpiles; only to ignore the basics of securing and maintaining their home.

### **Taking Care Of Important Documents**

The first items you need to take care of are important documents. When a disaster strikes you may need to leave or evacuate, leaving you without any documentation or information. This is a terrible situation and unfortunately many preppers fail to have all of their documents in order. We recommend that you make multiple copies of the following items and place them in a bug out binder. This binder should be an easy to carry, four hole punch binder, and should have laminated pages where you can easily slide the information into the sleeves.

But there is a downside when having all of your important documents in one folder, especially if you are going to keep a copy at your workplace or in your car. So, we recommend that in addition to your bug out binder, you should have a bug out USB device. These small devices can be tied around your neck or kept in secure locations. You can scan and upload copies of the aforementioned documents and then encrypt your usb device making it impossible for them to fall into the wrong hands. With an encrypted usb device, you can give one to each family member and have the peace of mind that only they can access the device if the time comes. But remember there might be certain scenarios where computer access will not be available. At which time you should turn back to your bug out binder.

### [Recommended USB Devices](#)

#### **Your Bug Out USB and Binder Should Include:**

Copies of medical records for elderly or special medical cases

List of current prescriptions

Names, Addresses, And Numbers Of Doctors

Blood types of family members

Copies of health insurance cards

Misc. medical documents

Names, numbers, and address of attorneys

Binding contracts

Living wills

Divorce papers

Child custody papers

Adoption papers

Legal documents

Copy of rental agreement

Lease agreements

Important receipts

Firearm serial numbers

Appraisals of valuables

Photos of valuables for insurance purposes

Immunization records

Resumes

Diplomas

School transcripts

Military documents

Social security cards

Photos of family and pets

Vaccine records

Immunization records

Birth certificates

Marriage certificates

Passports

Driver license

Concealed weapon permit

Name, addresses, phone numbers, and emails of all family and friends

Copies of saving bonds, stocks, and investments

Contact info for bills

Investing firms handling your investments

Insurance policies

Documents relating to employment

Documents relating to your businesses

Contact info for your banks

Deeds, titles for house and car

Copies of credit card front and back

## **Securing The Perimeter Of Your Home**

When a disaster does occur and you decide to stay in your home, you need to make sure your home doesn't attract the wrong type of attention and ultimately has the ability to keep any intruders out. The longer that a disaster scenario goes on for the more aggressive those bottom ten percent of people become. They will quickly become disinterested in valuables and more interested in food and water supplies. This can be a problem, especially if you are going to be prepared. Securing the perimeter of your home is a must for the safety of you and your immediate family. You should also be prepared for the loss of power as some of these tips will not work without an active power supply. Soon we will be going over power loss and how to secure yourself in the next chapter, but please keep this in mind when reading this chapter.

### **These Tips Work In Non-Disaster Situations**

The great thing about prepping is that it will of course prepare you for a disaster, but importantly it will also improve the security of yourself and your family during everyday life. The following tips are designed to help you in a disaster, but they will also allow you to improve the security of your home. Taking responsibility of your families safety will allow you to have peace of mind while you are working or traveling. Some security systems we are going to recommend even have smart phone apps that allow you to monitor your home from the roadside. So while these tips may be geared towards disasters, they will also improve your overall safety during in every day life.

### **Don't Attract Attention**

The first rule of hunkering down is not to attract unneeded attention. If are having large cookouts and you are running your generator for weeks on end, you are going to attract the wrong kind of attention from people. When you are hunkering down it's best to avoid attention and keep everything very low key. We will have more information on running electricity and generators over the next few chapters, but you should always keep the activities in your house to a minimum.

## **Strengthen Your Perimeter**

When those bottom ten percent start looking for homes to loot and rob, they will always go after the easiest targets first. Homes that look abandoned, have numerous entry points, easy access, no surveillance, no dogs and no fence are all going to be targeted first, naturally. You want your home to be last on the list whether you are hunkering down or you have already evacuated.

## **Steps You Can Take To Make Sure Your House Isn't Invaded**

The first step you can take is to barricade your perimeter. The best way to do this is with a fence or a perimeter of thorny bushes. This might not be an option for everyone, but a strong fence is one of the best deterrents of intruders. Fences can also be quickly adapted to suit additional security measures such as barbed wire, depending on the type and severity of the disaster incurred.

## **Diversion Signs**

You want to place as many warning signs to discourage intruders from breaking into your house as possible. Beware of the dog signs, security camera signs and security alarm signs are great to place around your property to make intruders think twice before entering. If you don't want to invest in a security camera system, we recommend you purchase a few fake cameras and place them around the entrances of your home. We highly recommend beware of the dog signs due to the fact that looters will ignore security system signs if the power is out.

## [Diversion Signs and Alarms](#)

## **Remove Places To Hide**

You should try to remove bushes and other areas where intruders can hide, ambush, or even break into your house. Replace these bushes and areas with thorn bushes, especially around windows making it harder to break into windows.

## **Security Surveillance Cameras**

We highly recommend that you put serious thought into purchasing a surveillance system for your home. The surveillance camera technology has made huge strides in the past few years and you can pick up a great system for an equally great price. Many of these systems come with night vision, a recording dvr that can record hours of footage, and even applications that allow you to monitor you home remotely from a desktop or computer. This is great; especially if you decide to evacuate or you want to monitor your home from work. Security cameras are a great deterrent and will also aid law enforcement when finding criminals that do break into your home. While security cameras are a great investment when you have power, you need to be aware that any loss of power during a disaster situation will make your cameras useless, unless you have a backup generator. That being said we still highly recommend you invest in a security surveillance camera for not only prepping but the overall safety of your family in everyday life.

[Security Cameras](#)

[Fake Security Cameras](#)

## **Dogs**

Dogs are another great investment for home security as their presence will intimidate any intruder. Dogs will also be able to see and hear intruders before you even notice them. Having a dog that is also trained to attack is another great weapon at your disposal. If you don't have a dog, then we highly recommend you invest in a fake dog alarm to ward off any potential intruders.

## **Lights**

There are two trains of thought when it comes to lighting your house for security purposes during a disaster. The first, is that you want a well lit property with motion detection lights so you can see intruders. The second train of thought is that you want to avoid unnecessary attention. We listed a few of our recommended solar and motion detection lights below if you choose to illuminate your house.

### [Motion Alarms And Flood Lights](#)

## **Preventing Entry**

The next step you need to take is to make sure your house is well protected from entry. This means sealing up doors and windows and preventing unwanted entry. Thieves will test doors and windows to see if they can be easily broken or kicked in, allowing for a quick robbery. This is especially true if you have already evacuated your home and the looters have an ample amount of time to survey your property.

## **Doors**

The number one way that all break ins occur is by kicking in a persons door. Protecting your entry and exit doors to your house is a must, especially if you need to leave your house and evacuate. The best way to protect your doors is with a faux-screen door. This is essentially a metal barricade that goes around your door but instead of looking like a typical bar door it takes on the

appearance of a screen door. This will strengthen your door and will make it very difficult to break into your house. You should always have a dead bolt and screening chain lock on every door to also add another layer of security. Be sure to also reinforce the doorway or you will find that your doorway will crumble if kicked in. Many new preppers will secure their doors with numerous locks and chains only for the door frame to be kicked in and the door subsequently removed. Don't make this beginners mistake.

### [Door Reinforcement Devices](#)

## **Glass Sliding Doors and Windows**

Many homes have glass sliding doors and windows that are easily broken and allow quick entry into your home. For glass doors and windows on your lower level floors we recommend you board them up during a disaster. This will not only protect your home from the elements, but it will also prevent your home from burglaries. Use a weekend to purchase plywood and cut and secure your windows. Keep all the screws and plywood and store them in a safe place, for when a disaster strikes. Now that you have pre-drilled holes you can easily set up your plywood panels around your house with little time and effort involved. Being able to board up your house in less than 30 minutes will allow you time to secure your home but more importantly it will allow you to evacuate if you decide that is the choice you are going to make. Make sure all sliding glass doors also have sticks blocking their path to prevent opening. Investing in hurricane shutters is also a great option as they will rapidly lock into place and will prevent burglary and damage to your home. Make sure all windows have a locking mechanism. You may also want to purchase a protective film that will make breaking the window difficult.

## **Basement Windows And Small Obscure Windows**

The second most common way for an intruder to break into your home is through a small basement or obscure/weak window on your ground floor. Take some time to make sure these windows have the proper security measures in place. Small and obscure windows are sometimes difficult to secure due to the lack of proper security locks available on the market. Consider replacing or sealing off these windows if you cannot find an adequate way to secure the windows from being broken or kicked in.

## **Securing Your Garage Door**

Another area that many preppers forget to secure properly is their garage door. Garage doors are actually very easy to break and enter if you are not secured. Padlocks and deadbolts are available for garage doors if you are going to evacuate or you are going to hunker down. Also make sure that the door leading from your garage to your home is just as secure and protected as your front door itself. Tint or cover any windows on your garage door to

make sure thieves cannot see in and look for easy items to steal.

[Security Glass, Window Film, And Garage Door Security](#)

## **The Interior Of Your House**

Now that you have the exterior of your house secure, it is now time to move inside. The interiors of your house should always be organized and clean. Having a cluttered house will only make it more frustrating and difficult to move around and find items, in an already stressful event. Remember, if the power goes out it will be difficult to see and you could hurt yourself tripping over cluttered items. So make sure you make an effort to always keep your house uncluttered and all of your emergency items are in their proper space.

## **Battery Powered Alarms**

Unless you have a 24 hour night watch team in place, you should consider investing your money in battery powered alarms. These alarms will alert you when someone is trying to enter your house which will allow you to take the necessary precautions. Having time to assume a defensive position or arm yourself with a weapon could be the difference between life and death for you and your family.

## [Motion Alarms, Flood Lights, And Sound Alarms](#)

## **Blinds**

When a disaster does strike you want to have a set of blinds on each window that will block any inside lighting and activities. This is extremely important when the sun goes down as you need to keep lighting and attracting attention to a minimum. Having the blinds that shield the sunlight can also keep your house cool in the event that you lose power.

## **Creating A Safe Room**

During the height of a disaster, or if your house is under siege, you will naturally want to move your family and loved ones into a safe room. A safe room is designed to offer you the maximum protection and safety for a limited amount of time. This room should be located inside the home, have no windows, be surrounded by support walls, it should be anchored to the concrete foundation, and should be in a discreet location. Many preppers choose to invest in fake bookshelves or even hidden doors to protect their safe rooms. This is often expensive but it is something you may consider.

## **Items In Your Safe Room**

Your safe room should have all the items and equipment that you will need for a short term survival period. Remember the goal of your safe room is maximum protection during the height of a storm or disaster and essentially needs to provide shelter until threats leave your home. Have your safe room items either already stored in your safe room, or in a location you can easily grab them and leave. Disasters can happen in a split second and wasting time finding your supplies can be very costly. Your safe room should be equipped with the following items:

### [Safe Room Supplies](#)

Emergency First Aid Kits

Spare keys to your house

Air horn

Battery powered fan

Hand and foot warmers

Medications

Blankets

Respirators

N95 masks

Plastic sheets

Duct tape

Defensive weapon

Land-line phone- land-line phones will work for a short period even if power is out

Cell phone

Portable toilet

Toilet paper

72 hour food supply- we will go into this in more detail in the food chapter

Snacks and energy bars

Few gallons of water

Defensive weapons

Dual powered radios

Smoke detector

Carbon monoxide detector

Entertainment for kids

NOAA radio

HAM radio

2 way radios or walkie talkies

## **How To Prevent Thefts**

Unfortunately, even the most barricaded of homes will eventually be invaded if the thieves are motivated enough to force their entry. In order to reduce the amount of items stolen and limit your damage, you should follow these tips:

### **Hide Valuables In Dummy Items**

Anything of high value or significant worth should be hidden in dummy items during a disaster or if the need to evacuate arises. These dummy items look like normal household items and will not attract the attention of thieves.

#### [Dummy Safes](#)

### **Fake Floorboards and Walls**

Fake floorboards and walls are also ways to consider hiding valuables, although they are a bit more expensive than the the aforementioned. Fake floorboards and walls are also great ways to hide your food supplies if you feel like you are at risk of theft over your food and water.

### **Diversion Safes**

Many robberies will last only a few minutes as the thieves try to get in, grab as many items as possible and get out before attracting attention. Many thieves will actually leave immediately once they think they have items of value. You can trick them into believing they made a large score with a diversion safe. Thieves will quickly grab the safe and exit your house thinking they've just hit the jackpot. This reduces the amount of items that will be stolen and also safely puts your family out of danger.

## **Thieves Go For The Master Bedroom First**

The first place that thieves head to during a break in is of course the master bedroom. Most people will have large amounts of cash, jewelery and other valuables in the room that they sleep in. Try to avoid storing your valuables inside your master bedroom. The least likely room to be searched is your child's room. So if you are going to store valuables, you may think about putting them somewhere in your child's room to avoid theft.

## **Chapter 4: Power Outage**

During almost any disaster you will eventually experience a power outage. The large majority of power outages only last for a few hours and are usually caused by smaller storms. That doesn't mean you shouldn't be prepared for longer term power outages. Hurricanes and other disasters have been known to create power outages that can last the best part of a month. Also, power will not be available during worst case scenarios; so you need to be prepared in the event power is out for an extended period of time. This chapter we will discuss how you can prepare for a power outage and how to survive without a power source.

### **Creating A Power Outage Kit**

This handy power outage kit is designed to be small and easily accessible for small power outage situations. Having all these supplies in one spot will make it easier to deal with a power outage. Your kit should include:

#### [Power Outage Supplies](#)

Phone number for power company

List of items to unplug

Battery powered fan

Pocket knife

Tool kit

Hand crank weather radio

Deck of card

Various books

Fist aid kit

Cell phone charger for your car

Battery powered clock

Matches

Food thermometer

Manual can opener

Batteries

Oil lamps and candles

Coleman lamps

Light sticks

Battery LED light

Flash light

Head lamps

Handheld flashlights

### **What To Do**

It's a good idea to unplug large electronics and other devices that are not protected by a surge protector. You also need to make sure that you are disconnected from your main electrical grid if you are using a back-up generator. Check your neighbors houses as well to see if your power outage is an isolated event. Avoid opening your fridge as keeping it closed will keep the food colder for a longer time period. Use a hand cranked radio or your cell phone to see what caused the power outage.

## **Driving During A Power Outage**

If power is out and you decide to evacuate, you need to make sure you take a few precautions. Firstly, unplug all the electronics and power systems before evacuating. You should try and take a route that has a small amount of traffic lights. Traffic is going to be heavy; especially with downed traffic and road lights. Also be on the lookout for downed power lines on the road as you drive.

## **Generators**

### **Gasoline Vs Diesel Vs Propane**

If you don't have a generator purchased already you should really consider buying at least a small starter generator. Generators are ideal during disasters and having the ability to generate even a small amount of power can increase your overall odds of survival dramatically.

### **Fuel Types**

Gas generators are very flammable and need to be operated outside or in a highly ventilated area. Gasoline is very hard to store and some laws actually prevent you from storing gasoline containers indoors, so be sure to check your local laws if you are going to be storing large amounts of gasoline at home. Propane and diesel on the other hand are easier to store and can be stored for over a year before they begin to deteriorate in any way. Once again you need to check with local laws and your home insurance companies for any storage rules and guidelines for these fuel sources.

### **What Generator Size Do I Need**

#### [Generators and Generator Supplies](#)

The size of your generator will depend on your goals and what you want to accomplish during a disaster. Sizes will range from small, which can power a few smaller devices, all the way up to large which can power your whole house or RV.

## **Small Generators**

Small starter generators are great if you're a camping fan or you want a smaller generator to use during a disaster. These generators are great because they are relatively inexpensive and can produce between 1000-4000 watts of electricity, which is amply enough to power a few appliances. They are light weight and easy to carry and subsequently move around.

## **Medium Generators**

The next step on the generator scale is the mid sized unit. These can range anywhere from 5,000 to 20,000 watts of power. This amount of electricity can run larger appliances such as your fridge, making it useful to keep your food supply preserved. Depending on the size of the unit you may even be able to keep your air conditioning functioning. These units are larger and usually have wheels to make them easier to move around, but they are by no means very portable.

## **Fixed Generators**

These are large generators that are responsible for generating huge amounts of electricity. You will typically see these generators in construction sites or attached to RVs. They can produce between 15,000-30,000+ watts of electricity which is enough to power a small home for an extended period of time. These generators usually need to be professionally installed.

## **Generator Supply Kit**

One major mistake some preppers make is by not having a generator supply kit. The power goes out and they start scrambling trying to find the parts and pieces that they need to get their generator up and running. Whats often worse is when the generator breaks down or needs a spare part, but there are none around. So, make sure your generator supply kit is always nearby and ready to go:

Motor Oil

Air filters

Oil filters

Extension cords

Fire extinguisher

Spare parts

Instruction manual

Flash light

Cyalume sticks

Tool set

Spare generator parts

Spark plug

## **Generator Usage**

Make sure you test your generator and practice using it before for real you store it away for a disaster. Test out how much power you need and what

appliances you can operate using just the generator. Make sure you regularly change the oil and always check fluid levels before starting it up. Always use your generator in an openly ventilated area and never use it indoors. Don't overload your extension cords and never pour fuel directly into a hot engine. You ideally want to keep someone watching the generator with a fire extinguisher nearby, whilst it is running.

### **Why Less Is More**

When operating your generator, you always want to apply the motto less is more. First off, you never know how long a power outage will last and you could be burning your precious fuel sources. Generators are also very loud and will attract unwanted attention to your exact location. The main purpose of your generator should be to keep your freezer/fridge running. Your fridge will still keep your food cool if it operated just 50% of the time. Use a thermometer to measure the temperature of your fridge and power the fridge up again if necessary. But you should always try to keep your generator use to an absolute minimum.

## **Common Appliances That Require Power**

Your best bet for powering smaller appliances is to purchase manual replacements that don't require power to run. You can accomplish most household activities with just a bit of energy and sweat. Here are a few items that can be replaced with manual versions:

Microwave

Small kitchen appliances

Grain mill

Washer

Dryer

Vacuum

Lighting

Fans

[Solar Oven, Wonder Wash, and Other Power Outage Devices](#)

## **What To Do In The Winter With No Power**

Winter can be a tough time to lose power if you don't have a sufficient heat source to warm your home up. Make sure your family has a supply of winter caps and proper winter clothing for each member. Stock up on blankets and flannel sheets and have everyone wrap themselves up sufficiently before going to bed. Head and foot warmers that heat up with contact are great for skiing and snowboarding, but more importantly they also work well in survival situations. Close up all of the rooms you are not using and try to keep your family in a centralized location for maximum heat sharing. Doing exercises such as pushups and jumping jacks can heat you up and get your blood flowing again.

## **What To Do During Summer If You Have No Power**

Losing power in the summer can unfortunately make your home extremely hot and uncomfortable. You will struggle to feel any kind of relief and it makes you wonder how some homes operate without central air conditioning at all. Try to keep your hands and feet in small bowls of cool water if you are sitting around as this will provide relief to the whole of your body. Small kiddie pools are also a great way to cool down and beat the heat. Consider investing in thermal curtains that block out the sunlight and keep your home cool.

A combination of spraying yourself with cool water and using a battery operated fan are both great ways to keep cool. If you're going to be working around the house or outside, do it either in the morning or at night time, when the sun is at it's coolest. Try to keep your movements to a minimum during the hottest hours of the day. Use the most minimalistic approach to clothing as possible. (bathing suits are a great idea) Keep your windows open and air circulating in your house throughout the day. Wet a bandanna and place ice cubes in your hat to quickly cool down your head if it's becoming too much. Before going to bed, take a spray bottle and spray down your sheets to keep yourself cooler at night.

## **Sources Of Heat**

Heating is essential for both the comfort of your family and to naturally increase the odds of your survival. There are many ways to provide heat in your home on the market today; and this section will cover the pros and cons of each heating source available. Always check with your local laws and insurance agencies to make sure you are compliant.

## **Vented Wood Heating Devices**

Wood heating devices such as fire places and smaller wood stoves are great for survival. Many people take fire places for granted, but each home should at least have a small vented wooden stove. Wood is relatively inexpensive and should be stored outside in large logs covered by a roof or a piece of large plastic tarp. Large logs will not be targeted for theft because they are wide and heavy. Use an axe or saw to break up and cut the wood into the chunks you need for fuel.

## **Heating Devices**

There are also numerous options on the market today for smaller heating devices. Kerosine and Propane are the two most popular choices for heating sources. Both fuels have their pros and their cons. Once again check with your local laws and insurance agencies regarding the use and storage of these often flammable materials.

## [Heating Devices](#)

### **Propane VS Kerosine**

Kerosine is the cheapest of the fuel products on the market and is still used in a number of houses today. It produces carbon monoxide when burnt so there is a lesser risk of poisoning. You still want to make sure that you are using your kerosine heaters in a ventilated area as potentially harmful pollutants are still released. You should always have a carbon monoxide, smoke alarm and an oxygen sensor near by when using any type of heater. You should also be cautious when using kerosine around other flammable materials. You can purchase kerosine in five gallon plastic containers, mainly due to the fact that kerosine and metal do not work well together.

### **The Two Types Of Kerosine Heaters**

There are two main types of kerosine heaters that we are going to recommend. The first is a radiant heater. Radiant heaters are great for heating smaller areas especially if your family is huddled together at night-time. Most

of the models feature a heat reflector which allows you to direct the heat source to the important areas and other models may even include a fan to blow the hot air in your direction. One great feature about radiant heaters is the transportable fuel tank. This allows you to move just the fuel tank and refuel without having to move the entire heater. This may sound simple but it can be a real time saver in a disaster. When purchasing a radiant heater you should look for one with the proper safety shut off devices and we recommend a battery powered lighting device for added convenience.

## **Convective Heaters**

The second type of kerosine heaters you should consider are the convective heaters. This is a larger heater than the radiant one and can be powerful enough to heat up a large area. These heaters are best used inside your basement, garage or back deck. Unfortunately, unlike the radiant heaters you cannot remove the fuel tank which makes fueling longer and more difficult. You will usually have to siphon the fuel into the tank. Like all heaters, convective heaters need to be operated in a well ventilated area to prevent human poisoning.

## **Propane Heating Sources**

Propane is another recommended heating source due to the substance's ability to be stored for long durations. Propane heaters are very portable and the durability and ease of movement with propane tanks allows them to be set up in a hurry. You want to make sure that you once again use these heaters in a highly ventilated area and your heaters come with adequate safety shut off switches. You want to make sure your propane heater comes with a a low oxygen shut off switch. There are also state laws that you should be aware of when you are purchasing a propane heater. Once again these heaters are best used in your garage, basement or patio areas.

## **Heating Sources For Cooking**

Now that you have a proper heating source for the home, we will now discuss heating sources for cooking. There are numerous pros and cons to each type of cooking fuel and your choice will depend on what you want to accomplish

with it. We recommend trying out and stocking up on all these cooking sources until you find one that suits your needs the best.

[Cooking Devices](#)

## **Using Propane For Cooking**

Propane is a great choice when cooking for a number of different reasons. As we mentioned above, propane has the ability to be stored for longer periods of time and propane is very convenient to use. Propane is also readily available in almost every hardware and grocery store. Please bare in mind, since your propane supply can be used for both heating and cooking devices, propane now has two uses when a disaster strikes. Not to mention the majority of people already have a propane grill that they use for cooking.

## **Cooking With Butane**

Butane is another option that you can cook safely with in a disaster situation. Butane containers are smaller, and weigh much less than propane containers making them easier to move around and store. Butane canisters are also easier to attach as they do not require any screwing on like their propane counterparts. Butane also contains between 10-15% more energy than propane does. The main drawbacks to butane are that the substance is not as common as propane, and butane has a tendency to under-perform in temperatures under 50F. So bare that in mind if you are going to be using butane in colder environments.

## **Cooking Gels, Sterno, And More**

The next options we are going to talk about are the cooking sources found in cans and cooking gels. Many of these substances are used to cook or warm dishes at buffets or other larger eating events. Sterno is a great cooking source that you should include in all of your supply caches. It's easy to handle and extremely portable, thus it's great especially if you are evacuating. Unfortunately, Sterno does not store well for extended periods of time so you need to rotate your Sterno cans. Cooking gels are great for outdoor use and can burn for a number hours at a time. Just like Sterno, cooking gels do not store for long periods of time.

## **Outdoor Cooking Methods**

Its best to do all of your cooking outdoors, just to make sure you're properly

ventilated. Similarly, please note the following cooking sources can only be used outside. They are highly dangerous to use indoors but they are popular cooking methods for camping outdoors.

## **Charcoal**

Charcoal is a great source of heat for cooking outside due to its convenience of ignition and its ability to generate a powerful heating source. Charcoal is easy to store and can last for a very long period of time as long as it isn't exposed to any air. The main reason that charcoal is very popular is due to its ability to be used in varied situations. You can light and cook it inside different containers ranging from fire pits, metal garbage cans, wheelbarrows and even fire places. This makes setting up a makeshift camp and starting a subsequent fire source very easy. Be sure to bring some lighter fluid to make starting your charcoal fire that little bit easier.

## **Liquid fuel**

White gas is extremely popular among the camping community and it usually powers the extremely popular Coleman grills. White gas is never to be used indoors, but it can be great for outdoor use. These stoves are popular for a reason.

## **Multi Fuel**

Finally, we get to cooking sources that are powered by a variety of different fuel sources. These can be great additions to any preppers arsenal and will allow you to diversify your fuel sources. These grills are used by marines and service men on duty in Afghanistan so you know they are resistant.

## **Chapter 5: Food Supply**

Purchasing and stockpiling food supplies in the event of a disaster is a tactic that everyone should adhere to. Having a back up supply of food is critical in any disaster and will dramatically increase your odds of survival. When a disaster occurs, your local grocery stores will immediately run out of food supplies and any leftover food will quickly be looted and stolen. If there is a power outage, common everyday foods that need to be kept cool/dry will quickly disappear. Without a proper food supply, you will find yourself venturing from your safe house looking for additional food resources; thus putting yourself at risk. Leaving your safe house to seek food puts you in danger and also exposes your house to watchful looters. If you begin to run on a caloric deficit your energy level will slow and your decision making will also become cloudy. Government aid and supplies should also not be counted on and can leave you waiting weeks for any food. These supplies could also be rationed off, only leaving you with the bare minimum of food and water intake. In this chapter we will discuss ways to properly store, choose and create your food stockpiles.

### **Food Storage Enemies**

Maintaining the quality and penultimately preserving your food source should be your top priority when it comes to creating a food supply. Nothing is more dangerous than a disaster occurring and suddenly realizing your food supply has been contaminated. In order to keep your food well preserved, you should avoid the following enemies:

#### **Heat**

Heat will dramatically decrease the shelf life of your food supply. Your food should be kept in a cool area, that is preferably climate controlled. A small air conditioning unit might be a wise investment if you are building a larger food supply room.

#### **Air**

Exposure to air can also dramatically reduce the shelf life of your food

supply. You need to ensure you are familiar with the effects vacuum sealing if you are going to properly store your food. Investing in oxygen absorbers will also allow you to remove any oxygen that could contaminate your food supply.

## **Light**

Light is another enemy of your food supply. Light will not only decrease the shelf-life of your food, but it will also increase the heat inside your room. Make sure your food is kept in a dark/cool location.

## **Humidity and Moisture**

Moisture and humidity are also known to decrease the shelf-life of your food supply. Make sure your food is kept in a cool and dry place. Look at investing in a dehumidifier and moisture control apparatus.

## **Expiration Dates**

Even though you're saving up food for your emergency supply, you need to make sure you rotate it sufficiently. Many types of food have expiration dates that you need to be aware of. Rotating your food is the best technique to solve this problem. Your food storage supply should be rotated and consumed to avoid your food hitting the expiration mark.

## **Pests**

The last enemy of your food supply that we are going to talk about is pests. There are many different types of household pests that can chew their way through and contaminate your food supply. You need to actively monitor your food supply for any pest development issues and take the proper steps to fix the problems should they arise.

## **Where Do You Store Your Food**

The first thought that may come to your mind when you are looking at our food list is “Where am I going to keep all of this food?”. That is a great point especially if you are having trouble finding space for your regular food supply, never mind the extra load for an emergency. Many of these items can be hidden in different rooms or areas and we actually recommend you have multiple food supply source areas. You want to have one large food area that is the recommend climate, but you can store other food that has a longer shelves life in different rooms. Spreading out your food supply rooms diversifies your risk and increases your odds of survival.

### [Food Storage And Preservation Tools](#)

## **What Do You Store Your Food In**

When you are storing your food it is important to make sure the food is in the proper containers. Having your food in proper containers will dramatically increase its overall self life. We recommend that you begin investing in mason jars, food grade buckets and gamma seal lids. Be cautious of home improvement buckets, as they are not the same quality as food grade buckets. Mylar bags are also a great way to keep your food preserved and easy to store. Mason jars can be vacuum pressurized and gamma seal lids will keep your food sealed shut till use. Metal cans are also a great way to store your food.

## **Start Small**

If you are new to your to prepping and food storage, this may seem a bit overwhelming at first. The best advice we can give you is to start small. Building a proper food supply for you and your family can take months of work to properly build. We recommend that you start small and simply start buying a few extra items at the grocery store and begin slowly adding to your food supply each week. Picking a few items to double up on each week will slowly build your food supply source and wont break your budget at the same time.

## **Rotate Rotate Rotate**

Many people think that your food supply is for emergencies only and should not be touched. This is a big mistake and can lead to the food being wasted due to short expiration dates. Your food supply should not be avoided, instead it should be rotated. This means you are constantly using your food supply each and every day. Just be sure that once you use one item, you must purchase a new one and “rotate” the new item to the back of the supply line. This will allow you to use the food that's closer to expiration and keep fresher food and supplies ready in case of an emergency.

## **Test, Test, Test**

Many survival food kits are purchased in large bulk orders to save the buyer money. This can lead to purchasing food items that are not of the quality or taste that you decided. Dehydrated and frozen food ingredients can also taste quite different then their fresher counterparts. You should always test out and purchase small amounts of food supplies before making the jump with much larger purchases. Try out different recipes and food items until you have narrowed down your list to items your whole family will enjoy. Purchase a small solar heater and practice with your family cooking items in the back yard. This is a great learning and even a bonding opportunity for your family. Most of the food items we have listed are available in variety packs or they come as small starter kits.

## **Freeze Dried Vs Dehydrated**

When creating your food supply, you are going to have two different options available to you in regards to preserved food. We recommend that you try both and your keep both freeze dried and dehydrated foods in your supply kit. Both have their pros and cons but you should always try tasting each type of food before making a bulk purchase.

## **Freeze Dried Food**

Freeze dried foods are generally more expensive than their dehydrated food counterparts. Freeze dried foods will allow you more variety in your options, with such favorites like ice cream sandwiches. Freeze dried foods also are very fragile and have a tendency to crumble when damaged. Freeze dried foods will last for 10+ years and most of the foods are tasty and relatively enjoyable. Freeze dried foods are not as nutritious as their counterparts. Freeze dried foods may lose additional nutrition when they are cooked.

## **Examples Of Freeze Dried Foods:**

Raspberries

Mandarin oranges

Pineapples

Corn

Red peppers

Green peppers

Mushrooms

## **Dehydrated Foods**

Dehydrated foods are usually cheaper and easier to store when compared to freeze dried foods. You have a variety of options when it comes to dehydrated foods that will allow you to cook a varying amount of meals. Some dehydrated foods may lack full taste or may have a different taste than you were expecting.

### [Freeze Dried and Dehydrated Foods](#)

#### **Examples of Dehydrated Foods:**

Potatoes

Onions

Carrots

Sweet potatoes

Bananas

Hash browns

Green onions

#### **Recommended Dehydrated Dairy:**

Freeze dried cheese

Milk

Butter

Eggs

## **What Should You Stockpile**

Creating your food supply can be overwhelming and we urge you to start off small. Start tracking your families eating habits and how much food you consume during an average week. Take notes on your families favorite meals and see if you can replicate them in a survival situation. Easy meals that can be cooked during a survival situation will include:

Skillet meals

Casseroles

Chilli

Stews

Soups

You would be surprised at the number of dishes you can make with survival food alone. Recipes that are high in canned foods, herb and spices, grains, rice, beans. Dehydrated dairy, flour, sugar, and different sauces can all be made directly from your survival supply. Unfortunately, recipes that include sour cream, cream cheese, large amounts of dairy, certain vegetables and high protein sources may be unsuitable to store and recreate. Like we mentioned before, see if you can copy your families current recipes and create them with preserved food alternatives.

## **What To Consider**

When creating your basic food stockpile, you should always bare in mind a few factors. You want to make sure you have a balanced collection of large meals that take time to prepare and smaller meals that can be prepared with little to no preparation. Also, you should ideally take into account your storage area and the amount of space you have readily available. Large items such as rice and grains will take up a lot of space while cans and mason jars can be easily stacked to save space. You want to also make sure you are completely aware of the nutritional values of all your supplies. Having a food

supply high in nutrition will ensure you stay healthy during your survival period. Also keep in mind the shelf life of the food you are purchasing and make sure you are properly rotating your food in order to avoid expiration. Lastly, your food supply should be full of items that quickly sell out within the first 48hrs of a disaster situation.

### **Looking At Disaster History**

Taking a look back at prior disasters allows us to create a basic food supply plan, ultimately giving us an idea of what to expect. By analyzing the food items that sell out quickly during disaster situations, you can better prepare your food supply on offer. When a disaster occurs these foods are sold out in most stores within 24-48hrs and should be included in your food supply:

Flour

Baking powder and baking soda

Sugar

Crackers

Honey

Spices

Dried fruits

Pickles

Nuts

Sports drinks

Olive oil

Whole grains

Cereal

Jerky

Popcorn

Salt

Pet foods

Canned fruits

Soups

Rice

Pasta

Beans

Tomatoes

Canned vegetables

Canned meats

Tuna

Water

Protein drinks

Alcohol

Candy

Peanut butter

Tea

Salsa

Ramen noodles

Baby food

**Recommended Freeze Dried and Dehydrated Items:**

Carrots

Jalapenos

Bananas

Hash browns

Onions

Potatoes

Raspberries

Oranges

Corn

Peppers

Mushrooms

Milk

Butter

Eggs

Cheese

Shortening powder

Sour cream

Grapes

Sauces, Herbs, Spices

Pepper

Ginger

Mustard powder

Curry

Cinnamon

Chili powder

Cayenne pepper

Allspice

Diced garlic

Onion flakes

Table salt

Montreal steak sauce seasoning

Thyme

Tarragon

Sage

Rosemary

Oregano

Parsley

Mint

Dill

Chives

Bay leaves

Basil

Ranch dressing

Barbecue sauce

Mustard

Ketchup

A1

Worcester

Tabasco

Soy sauce

## **Basic Starter Kit**

Creating different recipes and trying to replicate your homely meals can be a time consuming and lengthy process just to stock up on the food that your family wants. If you are just starting and just want to learn the basics we recommend you start here:

2-4 containers of whey protein

1 gallon of olive oil

bags of oats

bags of salt

bags of sugar

bags of flour

2-4 large containers of sport drink mix

Ample amounts of Gatorade or other sports drinks

2 large jars of peanut butter

20 cans of meat ( chicken, tuna, etc)

20 cans of veggies

20 cans of fruit

15-20lbs of beans

10-20lbs of rice.

This should get you started, at which point you can begin rotating and adding

ingredients and other foods; once you've begun to test them out and see what recipes your family likes.

## **No cooking No Problem**

### [Easy Cook Meals and Protein](#)

Foods that require little or no cooking are ideal for any disaster situation. Make sure you stock up on:

Breakfast bars

Just add water or instant coffee

Pudding cups

Crackers

Cookies

Tuna cans

Candy

Rice cakes

Applesauce

Canned fruits

Jerky

Peanut butter

Cocoa mix

Sports drink mix

Protein powder

Canned pasta

V8 juice

Almonds

Energy bars

MREs

### **Basics You Should Consider Learning**

You can improve the quality of your own food supply by learning a few preserving techniques. Learning how to properly store different items is essential and will allow you to store your favorite recipes. Learning how to bake your own bread will also add variety to your food supply. Learn the dehydrating basics and learn how to create and add to your food supply.

## **Chapter 6: Water**

During a disaster you also need to have an abundance of water. You cannot solely rely on your local store for water during a disaster. Water is usually the first item that is sold out during a disaster as most people only have a basic 48-72 hour supply of water. You need to take precautions and make sure that your family has a generous supply of water and create a plan detailing where to find other sources of water should you run out. This chapter will be dedicated to helping you create your water supply and we will also be discussing ways to find, filter, and purify other sources of water you locate.

### **Creating Your Water Supply**

Just like your food supply, it is essential that you begin stocking up on your water supply. FEMA recommends 2-3 weeks of water supply for your family. As you might have guessed, we recommend you prepare for a much longer time line. As a rule of thumb, each member of your family should be slotted two gallons of water per day. One gallon for drinking and another gallon for cleaning, sanitation and other uses. So take the number of your family members and multiply it by two, next you multiply by the number of days you want to survive and that should be your target number.

### **Where Do I Store All This Water?**

When it comes to storing water, we recommend a three tier system. This allows you to maximize your water storage space and ensures you have room for all of the water that your family needs.

#### **Tier 1**

Tier one is comprised of water bottles and other small portable water containers. You can put these water bottles in any location that is not directly exposed to sunlight. This includes closets, cabinets, or even under your bed. These water bottles are for quick access and should be rotated regularly. You should never store water that it is in plastic containers for extended periods of time.

## **Tier 2**

Tier 2 is comprised of larger bottles of water or pallets of water. These containers can be purchased at bulk discount chains such as Costco. Buying in bulk with coupons or waiting for the best deals is the most cost-effective way to purchase tier 2 water if you are on a budget

## **Tier 3**

Tier 3 is your large water container that is meant to store gigantic amounts of water. This amount of water is going to large and immobile. This water tank can be stored indoors or outdoors.

[Water Supply Pouches, Bags, And Drums](#)

## **Other Sources Of Water**

You want to make sure you have enough water for an extended period of time, but what happens if you need to find additional sources of water? Understanding where to find additional water sources and how to filter and purify the water can dramatically increase your odds of survival. This skill is essential especially if you have already evacuated and you can't rely on your water supply at your new safe house.

## **Purifying, Filtering and Treating Water**

When finding a new water source it is imperative that you take the proper course of action to filter and purify that water source. Drinking contaminated or toxic water could be the last move you ever take. Always proceed with extreme caution when drinking any type of unsanitary water. Seeking out additional water sources should always be a last resort.

## **Be Aware Of Chemicals**

The following filters and purification methods will only work on water that is chemical free and ph balances. Purifying and filtering water that is contaminated with chemicals will simply not work. You need to be aware of the water source that you are selecting and you need to make sure there is no chemical contamination evident. If you have any doubts about chemicals in the water or in the immediate area, do not drink the water and move on to another location.

## **Use A Coffee Filter**

We are going to recommend coffee filters in both your supply kits and your bug out bags. Coffee filters are great for filtering out water before purifying it. Coffee filters will collect most of the dirt, debris, and sediments before you boil or place the water in your filter. This will extend the life of your filters and will make purifying water so much easier.

## **Boiling The Water**

Boiling your water source is the recommended method to purify your water. Boiling can kill almost 100% of all micro-organisms living inside. We recommend that you boil your water for at least 3-4 minutes in order to ensure that you fully purify the water. Unfortunately, lighting a fire or using a heat source to just boil your water is not only time consuming, but it can rapidly drain your fuel supplies.

## **Chemical Treatment**

You can purchase chemical purification tablets that will rid water of bacteria, virus and other hygienic problems. These chemical treatment packages are highly recommend due to their long shelf life and simplicity of use. They are also safer than other methods we are going to recommend and should be a staple product in any preppers emergency supply kit.

## **Purifying With Bleach**

Bleach is another way that you can purify water as long as the bleach is pure and doesn't contain any coloring or other ingredients. The standard rule of thumb is eight drops of bleach for every .04 ml. You want to let the water sit for thirty minutes.

## **What To Look For In A Filter**

Having a few portable filters in your home and in your bug-out bag is imperative for any prepper. The ability to filter water when your water supply is out can dramatically increase your odds for survival. With that being said, there are a few things you should keep in mind when selecting a filter.

## **What Is The Filter Made Of**

The filter medium, or substance that the filter is comprised of, will have an effect on the overall life and durability of your filter. A labyrinth or matrix filter is a dense filter designed to catch different particles and prevent them from entering your water. A fiberglass filter is one of the most effective filters but has a shorter time frame than other filters. Ceramic filters are often the most popular filter medium. They can be cleaned multiple times and they capture the most particles. Unfortunately, they are very delicate and can break easily if you are not careful. We recommend that you also use a carbon core ceramic filter as it will capture more debris and filter your water better.

## **How Long Will It Last**

Durability is an issue that you need to be prepared for when choosing a filter.

Some filters will clog or need parts replaced sooner than other models. Ceramic filters will usually last the longest but you will lose performance after numerous filters. You should check the information from the manufacturer as they will tell you how long a filter should last. Try to cut this number by 25% or in half as it is better to be safe than sorry. You can always extend the life of your filter by using a coffee filter and pre-filtering your water. Sediments and debris will dramatically decrease the shelf life of your filter.

## **How Easy Is It to Clean?**

Your filter is going to be dirty and at some point will be clogged. How quickly and easily the filter is to clean should be a factor you consider when you purchase your filter. Once again, ceramic filters are easy to clean and maintain throughout their lifespan.

## **How Much Effort Is Required?**

Filtering water can require a great deal of energy especially if your filter has a tough pump system. You can look at the manufacturers' information which tells you the filters pump force. (How difficult it is to work the pump.) Other options include gravity filters which rely on gravity to filter the water. These are usually large water containers that you fill and gravity filters it. They are by no means portable, but they are a great addition to your safe house.

## **UV purifiers**

Another option that is available to you is UV purifiers. These are battery or solar powered purifiers that are simple to use and very effective. UV purifiers do not filter the water so it's best to have pre-filtered water before using your UV purifier.

[Water Filters, UV Pens, And Treatment Tablets](#)

## **Chapter 7: Sanitation**

One aspect that most preppers overlook is how to deal with sanitation issues. Many people take sewage and sanitation control for granted and they quickly find themselves in trouble when a disaster occurs. You cannot rely on plumbing to work in a disaster and you need to have an understanding of how to properly dispose of waste and make sure your food and water supply doesn't become contaminated. Your immune system may be lowered due to lack of calories so you need to be extra careful when it comes to sanitation preparation.

### **The Sanitation Basics**

There are a few sanitation rules that every prepper should abide by. The first, always wash and clean your hands. You need to make sure you are disinfecting your hands before eating or drinking anything at all. You should make it a habit to disinfect your hands as much as possible during the day. You should also make sure your family is aware of this rule, especially younger children.

### **Homemade Sanitizer**

1 quart of water mixed with a  $\frac{1}{4}$  teaspoon of bleach can create a homemade sanitizer. This makes it easy to wash and clean your hands before eating or drinking anything. Try to clean your hands as much as possible and make sure your family understands the importance of washing and cleaning.

## **What To Do With Human Waste**

When your toilets are not properly working, going to the bathroom can be quite the adventure. We recommend a five gallon bucket or container and this toilet seat. You can put a plastic bag in the bowl and carry on with your business. After you are done, add bleach and sawdust to your bag and dispose of it.

## [Sanitation Products](#)

## **Where to Dispose of Garbage**

You want to make sure you are disposing garbage and waste at least 150 feet away from your safe house and never near any water source. You want to make sure you bury all garbage and waste, as well to prevent animals from getting into your trash.

## **Get Rid Of Garbage In A Timely Manner**

You should always make it a priority to get rid of garbage in a timely manner. If your garbage supply is piling up you run the risk of a pest and germ infestation. Try to remove garbage or waste immediately.

**If you are going to burn trash please be aware never to burn the following:**

Moldy wood

Magazines or colored paper

Rubber

Plastics

Painted wood

Particle board.

## **Stocking Up On Toilet Paper**

If you want to stock up on a supply of toilet paper for your home, we recommend visiting restaurant supply stores. These stores will offer a large discount for buying toilet paper in bulk.

## **Chapter 8: Evacuation Procedures**

When a disaster does occur most important decision you make will be to either stay or evacuate. Depending on the disaster, you must quickly weigh the pros and cons of each choice and make an executive decision. Adrenaline will be flowing through your body and your thoughts may not be clear. Visualizing and preparing for different scenarios and having multiple back up plans are essential for your safety and survival. This chapter we will discuss when you should evacuate and when you should stay.

### **Make Your Decision As Quick As Possible**

When a disaster occurs you want to always try to analyze all the facts about the situation and make a decision as quickly as possible. Other people may already be evacuating which could slow you down. Each second that you remain indecisive could affect your ability to survive and evacuate. For slower moving disasters such as Hurricanes you have the option to analyze all the facts before making a decision. But in a disaster scenario that occurs suddenly, you need to analyze the situation and make a decision as quickly as possible.

### **Have Multiple Evacuation Scenarios**

You should always have multiple evacuation routes and evacuation scenarios you can follow. Having multiple safe houses or safe areas which you can evacuate to is a must. We recommend you have an evacuation route in each of the cardinal directions and you have multiple safe houses. If you only have one or two evacuation shelters or safe houses then look for safe areas or camping grounds that you can turn to in a disaster. When a disaster does occur, you will never know which roads will be destroyed or which roads will be filled with traffic or additional danger. Thus it is best to have as many backup evacuation routes and shelters as possible.

## **Questions To Ask Yourself When Deciding To Evacuate**

When you're deciding whether or not you should evacuate you should consider the following factors and ask yourself the following questions:

What is the current disaster?

Do I need to evacuate now or can I wait and analyze more information?

Is my home prepared for this disaster?

If I don't evacuate now, do I have a chance to evacuate if the situation deteriorates?

Is the movement of the disaster predictable?

Do I have an evacuation route that is safe and safe house to evacuate to?

Will I encounter traffic or other threats if I evacuate?

Is the disaster going to get worse or better?

How safe will my evacuation location be?

What is the worst case scenario for this disaster?

## **Predicting Disasters**

Disasters, whether manmade or natural, are almost always impossible to predict. You will find yourself in a lot of trouble if you try to predict the severity and path of any disaster. Many lives have been lost by people underestimating the power of hurricanes, fires, and other natural disasters. If it's highly likely that you are in the path of one of these storms you should always consider the worst case scenario when you're deciding to evacuate.

## **Your Home**

Many preppers feel that they are better off in their homes during any disaster and they choose to ride out any disaster no matter how severe. After all, they have spent all this time and money fortifying and building the ultimate survival home. This is a big mistake and failing to evacuate can put you and your family in harm's way. It doesn't matter how secure your home is, a fire, hurricane, or flood can destroy everything. You always see people trying to ride out hurricanes only to end up sitting on top of the roof of their floating house. Your home may give you the best odds of surviving a disaster, but use common sense if you have a category 5 hurricane headed right for you.

## **Riots and Civil Unrest**

Rioting and civil unrest are both difficult to predict and plan for. The problem with riots is that they may start off small and quickly build momentum. A small riot that poses little or no danger can explode overnight and begin heading to your neighborhood. Even the most secure houses will have a hard time holding off hundreds or even thousands of people. You need to keep a close eye on any riots or civil unrest in your area. This is especially true if we suffer any more economic hardship. Rioting can move quickly from peaceful to all out destructive. You need to analyze the situation and decide if you want to stay or you should evacuate.

## **Evacuating**

SO, you have weighed the pros and cons of the situation and you have decided to evacuate. Your number one goal is to get to your bug out location as quickly and safely as possible. This chapter is devoted to helping you create an evacuation plan and making sure you have all the supplies you need to survive.

## **How Much Time Do You Have And Can You Make It Home**

There are two types of disaster scenarios that you need to be aware. The first disaster allows you to either leave from your home or make it home before you evacuate. This will allow you to fortify your home and set up security measures. You can also load up your bug out bags and extra supplies into your evacuation vehicle. The second disaster scenario is a disaster that prevents you from returning home and requires you to evacuate immediately. In this scenario, we will equip you with the proper supplies and bug out bags to keep in your vehicle should this scenario occur.

## **Creating Your Bug Out Bag**

In this chapter we are going to teach you how to build two types of bug out bags. The first bug out bag should be designed to be portable and should last you around 72 hours. The second bag is more of a kit and is designed to help you survive for weeks in the wilderness. The 72 hour bags should be kept in your car, office, or other location in case you cannot reach your home. The larger survival kit can be either stored in your car or it can be stored in your house and quickly moved to your car in a disaster situation. We are going to cover two scenarios with information regarding both bug-out bags.

### **Vehicle Bug-Out Kit**

Preppers will properly stock their cars with supplies and bug out kits for themselves but they fail to carry a proper maintenance and equipment kit for their cars. Your vehicle breaking down before you reaching your evacuation site can be detrimental to your survival. Always keep your more than half a tank of gas in your car and never run near empty. You never know when a disaster will strike and you might not have time to refuel. We recommend you keep the following in your car at all times:

#### [Vehicle Bug Out Supplies](#)

Bike Pump

Tire and tube repair kit

Tow chin

Fix a flat

Tire gauge

Tire pump

Lug wrench

Car jack

Battery jump starter

20 ft jumper cables

Extra oil

Car tool kit

Road flares

### **Having Alternative Modes Of Transportation**

Imagine the scenario where you are evacuating from a disaster and traffic is blocking your route or your route is compromised. In worst case scenarios you may need to abandon your vehicle. We recommend having a bike rack on your vehicle with bicycles ready in case you need to move on foot.

## **Disaster Scenario: You Don't Have Time to return home**

Having to evacuate immediately and possibly forced to evacuate on foot is any prepper's worst nightmare. Losing the ability to stock up on additional supplies and securing your home is a situation no one wants to face. But you need to be prepared should a disaster occur where you need to immediately evacuate. In this scenario you should have your 72 hour bug out bags for each of your family members ready either in your car, office, or location that you can quickly pick them up and evacuate.

### **Basics Of Your 72 Hour Bug Out Bag**

Your 72 hour bug out bag should be easy to carry and allow you to move quickly. The idea behind this bag is that it will provide you with the supplies to find shelter or safety. This bag is by no means meant to keep you alive in the wilderness for days. The large kit we will talk about next is designed for wilderness survival. This bug-out bag is designed to keep you moving and heading towards shelter and it is designed to keep you safe and alive in the process. You want to keep this bag lightweight and keep only the supplies that are vital to your success. You can customize this bag to your location and add or remove items that might not pertain to your environment.

#### [Bug Out Bag Essentials](#)

### **Bug Out Bag Foods**

The main idea behind your bug-out bag is to always keep moving. This means that you want to stock your bug out bag with foods that require little to no time to prepare. These foods should be high in energy and protein. You want to keep your energy levels up until you reach your evacuation destination. Bug-out bag foods:

Ramen noodles

Breakfast bars

Peanut Butter

Trail mix

Energy bars

5 hour energy

Power bars

Jerky

Tuna

Gatorade mix

Whey protein

MREs

You can also add your favorite freeze dried or dehydrated meals in case you have time to prepare a larger meal.

### **Bug-out bag: Water**

You need enough water to last you 72 hours, which can be over six liters. Water is extremely difficult to transport and can add a lot of weight to your bag. We recommend that you carry 2-3 liters of water and have 3-4 methods of filtration or purification. We recommend:

2-3 liters of water

Water purifier

Water straw

Micro filter

Micropur tablets

Canteen

Insulation

Collapsible water container

Backpack bucket

## **Shelter**

In the event that you need to abandon your vehicle or you need to evacuate on foot you need to make sure have the proper shelter. Ideally you want a form of shelter that is easy to assemble and doesn't weigh down your bag. We recommend:

Hiker trail tents

Tarp

Rope

## **Fire and Cooking**

While you want to remain on the move with your bug out bag, you still can need fire to keep warm and to cook. Having an easy way to create a fire can save you both time and energy. We recommend:

Tinder quick

Storm proof lighter

Butane refill

Swedish Firestone

Keyring lighter

Body warmer

Flash Lights And Other Sources of light

You need to see what you are doing and where you are going. Having the proper lighting equipment is essential to your survival.

Energizer trail finder

LED flashlight

Executive elite flashlight

Cell charger

Key chain led

Cyalume light sticks

Other Gear to include in your bag:

Patch kit

Knife sharpener

Fixed blade knife

Folding knife

2 bungee cords

50 para cord

Gorilla tape

Key chain multi tool

Leather man multi tool

Folding towel

Folding saw

Aluminum foil

Cleaning pad

Camp soap

Isobutane stove

Stove in a can

Ultra light wood stove

Butane stove

Sterno stove

Spork

Nested mess kit

2 can openers

GPS

Compass

Map

Space penetrate

Whistle

Signal mirror

Safety vest

Ceyalume lightening

Solar noaa radio

Prepaid cell phone

You bag should come equipped with all the necessary tools you need to survive and navigate properly.

## **Sanitation**

You want to arrive at your evacuation destination in perfect health without any diseases or infections. Having the proper sanitation products will ensure you are healthy when you evacuate, especially if you are traveling on foot.

Antiseptic skin cleanser

Hand sanitizer

Wipes

Blue toilet deodorant

Waste bags

Biodegradable toilet paper

Toothpaste

Brush

Dental floss

Comb

Shampoo

Medical powder

Magic soap

## **Personal Items**

We mentioned the importance of your bug-out binder in the beginning of this book and it should be included in your personal items along with your bug-out usb. Include the following as well:

Bug out usb

Binder

N95 mask

Sunblock

Pocket knife

Cash

Glasses

Knives and other Protection

We are going to list a few items that we would recommend you carry in your bag. Carry a fire arm or more tactical protection devices is up to your discretion.

[Pepper Spray And Knives](#)

## **Clothes**

Packing additional clothes in your bug out bag is essential for both your comfort and survival. Imagine if a disaster does occur and you are left in your work clothes or even worse in high heels. Separately pack your clothes in a dry sack with each outfit sealed. This will prevent multiple items of clothing from getting wet or damaged. We recommend:

Poncho

Hat

Work gloves

Quick dry underwear

Wool long sleeve shirt

2 wool blend socks

Water proof hiking shoe

Water proof hiking boots

Bug jacket.

## **You Can Return Home Or To Your Supply Cache Before Evacuating**

The ideal scenario for evacuating is that you have the option to head back home and gather supplies for your evacuation. You will also have the opportunity to fortify your house and set up your defenses to protect your home from invasion and possible looting. In this chapter we will help you create your wilderness bug out bag and help you with the steps you need to take to fortify your house.

### **Prepping Your House**

Depending on the amount of time you have before your evacuation you will want to prepare your house. First you want to be sure to turn off your water, gas, and electricity. Next, close the blinds and lock up all your windows. If you took our advice and pre-drilled and cut your plywood window and door panels, this is a good time to set them up. Make sure to lock all your doors and secure your garage doors. If wind is part of the disaster you want to clean up any debris in your yard and secure any item that could blow away.

## **What To Take**

When loading up your family into your evacuation vehicle you need to take as many supplies as you can. First, you want to take your evacuation binder and bug-out usb device. Next, you want to transfer your long term bug out bag into your vehicle. Feel free to add extra food and water supplies to your vehicle but make sure you understand that you might need to leave the supplies behind if you have to travel by foot. At this time any personal items or comfort items can be added to your vehicle. Make one final check that your house is secure and off you go.

## **Long Term Bug-Out Kit**

When you are evacuating your long term bug out kit is designed to support you for 1-2 weeks in the wilderness. Unlike your short term bug out bag, this bag is more in depth and allows you the opportunity to live off the grid for a period of time. Whether you are slowly moving to shelter or you evacuation site is off the grid, this survival bag will provide you with everything you need.

### [Bug Out Kit Essentials](#)

## **Test test test**

This kit is going to be heavy as you will need to store food and supplies for 14 days of survival. Each member of your family will also need a bag and you may find yourself carry multiple supplies at once. We urge you to test out different kits before a disaster strikes to make sure you can carry the load or if you need to reduce the weight. Many people overestimate what they can carry which leads to problems. Remember you may be traveling or hiking for quite a bit. You want to test out your bug out bags and make sure everyone can handle the load. You can add or remove items depending on how much weight you can handle. These lists are just a guideline and you can feel free to personalize each list.

## **Shelter**

Shelter is very important if you're going to be spending two weeks in the wilderness. You need proper shelter to protect yourself from the elements. You can add or remove items to the list depending on your environment and different seasons:

Ground Pad

Sleeping bag

Leather gloves

Nylon poncho

Rescue blanket

Wool blanket

Tube tent

Bivy shelter

Two man nylon duffel bag

## **Water**

You want to try to adhere to the two gallons of water a day rule that you were laid out for you when creating your water supply. Unfortunately, water is very heavy and difficult to move. We recommend you try to carry as much water as you possibly can and then rely on filters and other purification methods.

Filters

Purification Tablets

Pumps

2 gallons of water

## **Cooking Gear**

You are going to need to be able to start a fire for both heating and cooking food. We recommend the following items to make sure you can easily start a fire:

Tinder quick fire tabs

18 hour body warmers

Keyring lighter

Storm proof lighter

Fire starter

Matches case

Fire steel

Stove fuels

Candle stove

Cooking pot

Utensils

Sterno stove

## **Light**

You will also need to have a source of light at your campsite. We highly recommend investing in the headlight as it will make working at night much easier. Having two hands free is a huge advantage.

Led flashlights

12 hour emergency lightening

Battery less flash lightening

Mental match and mag bar

Fire starter kit

Regular wood and wind proof matches

## **Sanitation**

You will also need to keep sanitation under control when you are living off the grid. Refer back to our chapter on sanitation to make sure you are practicing all the right techniques. For you bug-out kit you want to include:

Bar soap or liquid soap

Bucket toilet

Bucket toilet liners

Toilet paper

Sanitary napkins

Feminine products

## **Communication**

Whether you are going to be communicating with others in your party or you want to communicate and update yourself with the outside world you need to have an ample supply of communication devices. We recommend:

Cell phone w battery charger

Phone card and coins

Signal mirror

Solar battery charger or solar panel radio

Handheld 2 way radio

AM/FM short wave radio

Walkie talkies

## **Tools and Useful Equipment**

You will need the following tools to build and maintain your shelter during your stay in the wilderness. Having the proper tools to build a shelter and also fix your equipment is essential:

Multi tool pliers

Sewing kit

Folding hunting knife

Swiss army knife

Tri-fold shovel

50 ft nylon cord

## **First Aid**

Injuries are going to happen and you have to be prepared to handle any type of wound or illness. Having the supplies to keep properly clean and fix a wound is essential. Remember, your immune system may be depleted due to stress and lack of caloric intake. This means small scratches or wounds can easily become infected. You need to make it a priority to properly clean and treat any wound no matter how big or small.

Pocket knife

Sunscreen

Insect repellent

Bar soap

Eye drops

Vitamin supplements

Diarrhea medicine

Antibiotic ointment

Antacid

Cold tablets

Pain reliever

Aspirin

Non-aspirin

Ibuprofen

Prescription drugs

Survival First Aid Pamphlet

Sterile gauze pads

Antiseptic swabs

Butterfly closures

Scissors

Tweezers

Safety pins

Antiseptic soap

Hydrogen peroxide

Zip lock bags

Sanitary napkins

Triangle bandages

Roll bandages

Alcohol pads

Personal clothes:

Personal care items

Waterproof boots

Heavy duty work pants

Wind pants

Wool pants

Bra

Underwear

Long underwear

Wool socks

Light duty shoes

Camp boots

Hiking boots

Scarf

Hat

Heavy gloves

Backpack

## **How Do I Carry All Of This?**

This is quite an extensive list and you may be wondering how you are going to carry all these supplies. Well, your 14 day kit is not going to be light. The key to packing and preparing your 14 day kit is through trial and error. The list we created above is intended as guidelines and you should feel free to add or remove items at your discretion. Each person in your family should have their own personalized survival kit depending on what items they want and how much weight they can handle.

## **Keep In Mind The Contents Of Each Member of Your Team**

If you are planning to evacuate with your family or a team you should always be aware of the contents of their bug out bags. For example, there is no reason to carry redundant items. Each person can specialize or hold different items which allow you to diversify and carry different equipment. Just be sure that each person has the proper equipment to survive on their own in case they get separated from your group.

## **One Backpack One Duffle Bag**

The best way to carry all these items around is with a personal backpack and duffle bag. The backpack should be filled with easy access items such as your meals for the day, tools, communication devices, one pair of extra clothing, first aid, and any items you might need to reach quickly. Your duffle bag should be packed with items that you don't anticipate needing for 48hrs. This way you can make sure your duffle bag is packed to its full potential and you don't have any loose items. Once you need to resupply your backpack, then you can move supply from your duffle bag.

## **Carry Carts**

If you are having trouble carrying your bags or you have younger children or elderly in your party, you may not be able to carry a bag for each member. You may need to invest in a carry cart that is designed for outdoor use. While these carts are not ideal, they will allow you to easily transport your bug-out kits to your destination and lighten the load for your family.

## **Chapter 10: Surviving Is A Skill**

The process of becoming prepared does not happen overnight. Building a supply cache, securing your home, understanding and planning evacuation routes, and first aid knowledge takes a great deal of time. Prepping is a skill that needs to slowly be honed and developed. If you are new to prepping take your time and test out new ideas and equipment. Start setting aside a budget each month and add to your supplies or buy a new survival item. The links we have included in this book are all great products and will help you prepare for any disaster.

Spend time continuing to learn how to prep and educating yourself each and every day. Take these basic guideline lists we have outlined for you and add or remove different items. Spend time with your family planning and getting them involved in the process. Prepping can be a fun and interesting hobby and can bring families together even if there is never a disaster. Prepping also allows you to ease your mind knowing that you have a plan in case of a disaster and you will be one of the few prepared people.

Continue to grow and expand your mind and learn new techniques. If you haven't already, we urge you to sign up to our mailing list at the beginning of this book and below this paragraph. We will supply you with various books on prepping, prepping information, and large discounts that are great if you are trying to prep on a budget. Hopefully you get to read more of our prepping books and continue to grow as a prepper. Good Luck!

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