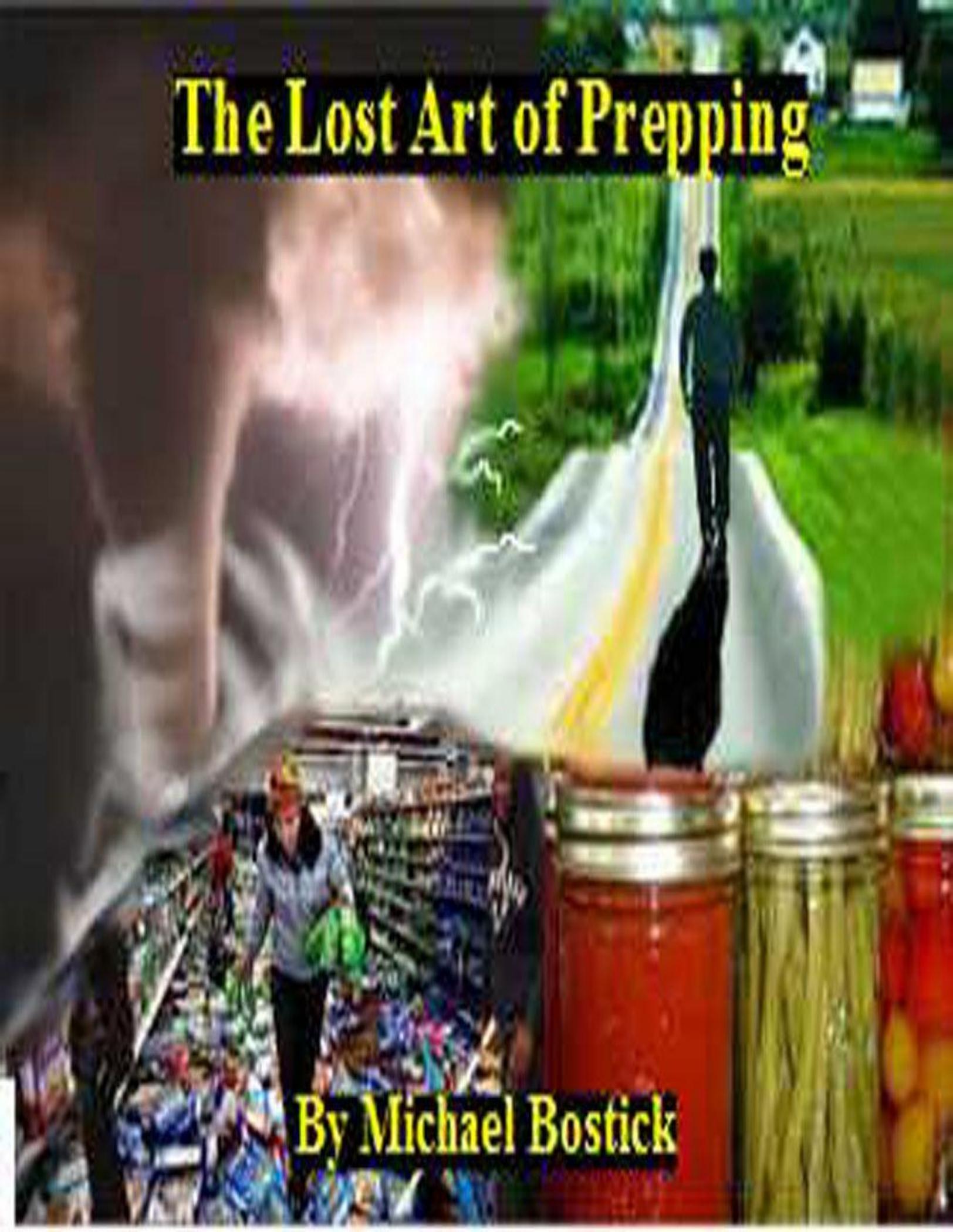


The Lost Art of Prepping

A collage image representing prepping. The top half shows a lightning bolt striking a green field with a silhouette of a person on a roof. The bottom left shows a person in a grocery store pushing a cart. The bottom right shows several jars of preserved food.

By Michael Bostick

The Lost Art of Being Prepared

Written by Michael Bostick

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Prolog

"You are probably asking yourself why am I thinking of Prepping and why should I read this book?" Somehow or another you found your way here. Just by typing in the word survival, prepping or such you already know deep down inside that something doesn't feel right. Or you may have a friend or family member that is a prepper and has talked to you about it. There are many reasons for becoming a prepper and reasons why you prep. We are not here to judge. We are here to help you to see reasoning and how to start planning for the survival and self reliance you will need. We feel as long as you are reading this and becoming a prepper or survivalist it makes us smile for one more prepper in our community means one less person looting and stealing and someone who is awake to the world that has changed. There are many books out there and blogs to learn how to prep and many styles. Prepping does have its framework but it is up to each individual to determine what is best for your family. The greatest thing about our community is that all ideas can be used and modified. We help each other and learn from each other. That is the greatest thing about our community is that we are receptive and never look down on anyone's reasoning for prepping.

Chapter 1 Why become a Prepper

Across our country being a Prepper is either considered crazy, paranoid or doomsday obsessed. We are considered weirdoes. In fact we are not. We look at prepping like our forefathers back in the days of pioneering or that lived through the great Depression. They were preppers by definition, for they had to survive as a way of life.

Here are some questions to introduce prepping to others, and to ask yourself.

1. Why do you have car insurance? Answer" you have it in case you wreck or have an accident your are taking care of instead of coming out of your pocket, which could make you go broke.
2. Why do you have health insurance? Answer" to make sure if something happens you won't go under from paying thousands of dollars to take care of you and family.
3. 3. Why have Life Insurance? Answer" To make sure if something happens your remaining family will have the funds to make sure your taken care of and they can continue on without you.
4. Why have emergency items if a natural disaster occurs (Tornado, Hurricane, Ice Storm, Earth Quake) Answer" So You know you will have the items needed to keep you alive and to make sure your taken care of and not wait on the government.
5. Why have the essentials for emergency if the Earth does what she does? Answer" So you are taken care of and not have to depend on others to get you through it.

These here are just a few reasons why we prep. The era we live in has so many things that we have seen before in our history. And will come again in the future. But in this time we are in right now 2012 we have never had all of them at once. From the European Union on the verge of collapse, to the US dollar going down in worth and the biggest recession we have ever lived through. Government debt that is 17 trillion dollars that would take every person in America giving 100% of their pay for a year would take 10 years to repay. And they keep printing more and more money that isn't worth nothing but the paper they are made. Economies collapsing like dominos, terrorism (Cyber, Direct, Chemical, Nuclear, Biological), 2012 Mayan Prophecy, Out of Control Government taking freedoms away little by little, EMP from terrorist and the sun and many more. We are in an Era when the bubble will burst eventually. Are you ready to take care of your family? We as parents are always telling our children not to care of what others think. Well, you should not care what someone thinks and why your labeled as a prepper. Just tell them they will be the ones who are looting and stealing or even killing to survive. More than likely they would be the ones to say "I know were I'm going if something happens". It is human nature when you're hungry to steal or do whatever it takes to survive. A great reminder and example of a prepper is the old tale of the Ant and the Grasshopper, read it if you have not heard of it before. It is a great tale of what happens when you're not prepared. It is in our instincts to do so. Another great example is Hurricane Katrina. There was deaths from starvation, looting, waiting on the government to help, military taking control, firearms being confiscated that would help protect your family. These are just some examples from one single event. Imagine something bigger.

To become a prepper means that you care for your family and love them so much you start thinking of their future and that you know things happen and always will happen and you are prepared for their survival and the reason you are reading this book. And with you reading this your eyes are open and mind receptive to the possibilities.

Chapter 2 History of Prepping

The term Prepper, is relatively new, throughout history people have been known and been adorned with many names like pioneers, survivalists, frontiersmen and many more. People throughout time have stock piled food, essentials and such to make sure they would get through times of hardship. Since the start of America the people who traveled here did not know what they would go through and the conditions such as winter, food shortages, disease of crops and such. So they did not think to stock pile food to get them through but of course they did bring supplies. But the lessons took time to learn from. The pilgrims first discovered how harsh American winters could be and many have died learning that fact. So as time went on they learned from their mistakes and began storing food to make it through those times. Then there would be shortages of supplies from their ships and such and would have to rely on what they stored and in each other. Even the pioneers that travel and explored the west ran across many hardships and had to plan their trips and what they would need to survive. A prime example of survival was the Donner Party. This party went west and happened across a major snow storm in the Rockies and ran out of supplies and food. They were in such a survival mode they resorted to cannibalism to survive. Now not all died but a majority did. So in that example would show you the capabilities of humans and how far they would go to survive and resort to. Would you want to be in that scenario?

As time and decades go by another chapter in our country's history came about. The Great Depression was one that is remembered and still felt today by all Americans. During this time food was scarce and many of the country's infrastructures had broken down. The ones who thrived the most were the ones who were self reliant and had food storage and water. They learned these skills from their generations of family passed down from those pioneers and the lessons they learned. So while most in the major cities were relying on food stamps and the government, the rural communities were not as affected as harshly due to the skills they had learned and the ability to grow their own food.

Hence the term prepper has had many names. But they all come from the same reasoning and logic. Be ready for the inevitable and able to rely on what you have stored for any circumstance. So it has been around for many years and decades. But in this present day it has manifested into the name Prepping. Back in the days when they were called survivalist they were silent and almost reclusive. Most people frowned down on people of that nature and called them survivalists, hermits and such. Most of the population after the great depression, had seen great economic wealth and prosperity even through the great wars. Food can be grown with ease, shipped faster to reach the masses. All of this was taken for granted. But most did not realize how fragile that system was until now after the 2008 crash. As more threats and natural disasters like Hurricane Katrina and Andrew to earthquake in Haiti and the Tsunami and earth quakes in India and Japan, the attacks on Sep11th. Thousands perished and finally people realized it can happen and will inevitably. So prepping has come into the lime light and has now spread more and more due to these events and people like us.

Chapter3 Prepping Terminology

To get you into the prepping community and our ways this chapter is short and gives you some of the terminology and acronyms we use and so you are not lost and wondering what does that mean or what the heck is that abbreviation.

Prepping Abbreviations and Acronyms

1. **TEOTWAWKI** : The End Of The World As We Know It (Does not mean the earth blowing up and such. Just everything you know now could change)
2. **WROL** : Without Rule Of Law (lawlessness, martial law, looting)
3. **BOB** : Bug Out Bag (a bag that has supplies readily available in short notice and can sustain you for a short period of time)
4. **EDC** : Everyday Carry (Smaller BOB for your car or carry on person daily)
5. **BOV** : Bug Out Vehicle (a pre designated vehicle to escape with that is specifically set up to handle all terrains or your personal needs)
6. **BOL** :Bug Out Location (A place that is secluded and able to escape to)
7. **BO** : Bug Out (Leaving the area where you live when you find out that it is not safe to stay)
8. **BI** : Bug In (Staying put and have enough supplies to wait out the storm)
9. **Bushcraft** (skills of living without any commodities and useful techniques on survival)
10. **NVD** : Night Vision Device
11. **POA** : Plan of Action (a plan for any scenario that you and your family know well and can enact it very quickly and efficiently)
12. **SHTF** : Sh*^ Hits The fan (the term when everything starts to happen the beggining point)
13. **EMP** : Electro Magnetic Pulse
14. **WO** : Window of Opportunity

Chapter 4 Psychology of Human Survival

Throughout our past it has been in our nature to survive no matter what it takes and no matter what the circumstance. Humans, if you think about it are still basic animals when you strip away common sense, compassion and ability to think and negotiate with their conscious. During our history there have been many cases showing instances of this all you have to do is look back during times of crises, devastation events and moments of total society collapse. For example Hurricane Katrina not alone the massive damage, deaths from the destruction, starvation and much more. This event still showed the human nature that can take over during this one single event. People started to steal from others, beatings, murder, rapes, shootings, more destruction not caused by the event itself utter societal breakdown.

There is something in us that takes over when we enter the survival mode that cannot change or be stopped. I feel when we are starving and hungry we would be willing to lie, steal and even kill to make sure you will carry on regardless of the consequences of this reasoning. I cannot nor am I a doctor to say what clicks in our minds to do this but I feel it is our animal instincts that take over and it comes from deep within our souls. Have you ever heard of the Hiker who was stuck under a boulder while hiking? He was stuck for days under this boulder and had known he wasn't going to be saved. At a moment where all is lost his basic animal and survival instinct snapped and he cut his own arm off to be clear of this situation with a serrated pocket knife. That is a prime example of true survival at any cost. Imagine what you would do at the brink of death from starvation or lack of water. Your survival instincts would take over and you would do whatever you can to survive.

Hence why this chapter is called Psychology of human Survival. This shows you why people will start rioting, looting, killing to get whatever they need to survive in a disaster and how not to be part of that crowd. What if you have children and something happens like for example the US economy collapses. Everything you know stops. Food doesn't make it to the stores, buses stop running, power plants shut down due to no workers to run them, money is not worth anything, no internet, TV, refrigeration, fuel for vehicles anything and everything you know stops. And you and your children run out of food in the cupboards and freezer within three days. You start to get hungry and there is no food to get. What would you do to feed them to keep from watching them starve to death? You would resort to going out and finding it even if it meant stealing it from your neighbors and you have never stolen anything in your whole life. Sit back and think about that. While you are, at the same time thousands of others are already out there looting and stealing and much more for that same reason. And then you will join them in groups creating chaos. It is a vicious cycle that would be inevitable I know I would do the same for we are animals when it comes to surviving.

But there is a solution for the reasons you are reading this book. Become a prepper and a person who is ready for any circumstance to help you and your families survive no matter what comes your way. This mindset is something you have to learn and remember to ask yourself. How much do I love my family? I do not want to resort to the animal instincts and to be self reliant and thrive.

Chapter 5 Basic Prepper Knowledge and Mindset

There are many books out there on how to prep and what to prep even how to prep without a lot of money. But having the mindset to have the ability to do so is important before you start. Like I have said earlier on that it doesn't matter the reason you feel the need to prep it matters that you are doing so. So let's delve into the mindset of being a prepper. As you start this journey there are many things that will come of it. One thing you will become very thrifty and probably even more than you are now due to the way the economy is now. We can tell you now that this chapter and book will not show you how to budget and such or what to buy. We will leave that to other books to help out our fellow authors and those books can go into more detail than we can. We do promise to set you on the path.

Let us start with how to go about getting you mentally ready to start prepping. The first thing is to not get anxious. Whether you feel strongly about, say a revolution or the earth ending on December 21 due to the Mayan prophecies and it being so close you will feel yourself wanting to hurry. If that is the case and you don't have a lot of money it might depress you, and we don't need that. We need you thinking clearly and efficiently. So later on in the chapters we will go over the basics of what to start with and the categories. It all starts here with knowing that you are doing something good for your family. So be patient and know this, that everyday what you do is one step ahead of the looters and the people who are blind to the fact that we live in a world that can change on a dime.

So how do you get your mind to wrap around something you have never thought of before? Well what do you want to plan for? EMP event from the sun? Economic collapse? Hurricane, tornados, terrorism, nuclear event, Mayan prophecies? or how about all of them. When we started prepping we planned for any event period. Now there are major similarities to each one of these events but there is something needed to be added that would deal with them. Like for instance if a solar mass ejection hits. Well your basic food and water and such will be there but you will need to add certain things to compliment them. For example Faraday Cages (A cage built to hold electronic equipment to keep from being damaged by the electrical charge produced in a EMP), Anti Static bags, Older model vehicles before 1982 for they have no computer equipment and so forth. These are things to add in that event. Now there are also other events for say nuclear fallout. You would need potassium iodine tablets, dust masks, disposable radiation suits and a radiation detector to check radiation levels. So you see there are basic principles that would be the same for prepping but there would need to be things to add to it. So the first thing is to plan for what you feel most likely to happen and go from there. But work on your mindset and the basics for survival first then add to them.

Start with a written plan to keep from getting overburdened. I know writing things down seems like a waste of time but if you have a written plan it will help your brain to focus on one thing at a time. The other categories we will go over later on. I can tell you from experience that you can feel overwhelmed, anxious and totally lost at times. That is why keeping records and keeping them written down will come into play. Do

you make a grocery list? Like most families you probably do. But why? Well to keep you from forgetting things, budgeting and so forth. That's why you need a list and inventory. There will also be times were you need to get this now and that now. And can find yourself spending money you didn't have. Don't do it that way, go little by little and remind yourself what is the most important. Remember all of us in the prepper community has gone through this and might even still do so at times. I feel this is due to what they fear might be coming and have the need to get them immediately. If you are well off and have the funds then do so. But it doesn't matter if you have money or on a budget, you can feel this urgency and can get overwhelmed. You might ask yourself why am I doing this and what will my friends and family think? Well resort to earlier chapter and remember why and that you care for your family and that you also don't care what others think. Let them think you are weird or out of it. Guess what? A tornado wipes your town off the map like one did near me this past winter. Ever seen a tornado in the winter and one that wipes a whole town away? Well if it was my town I would have had the food and such to keep us going, fuel for the generator, water to help others and so forth. So people who lived through that probably would think you're a hero. So do not mind what they think before it happens. You don't have to tell anyone what you are doing and why. Out of sight out of mind. And besides it is best not to tell everyone anyway. Each person that knows what you have could potentially be the one knocking on your door for help or gathering up a group to come and take it from you. It is basic human instincts and survival to take what they don't have. So it is best to not speak of it. And it will set your mind at ease.

List of how to mentally prepare.

1. Why am I prepping
2. Study the event and if it has happened before and how people survived
3. Write down what you need and necessities
4. Go little by little
5. Remember why your prepping
6. Each thing you do puts you ahead of the masses
7. Your are teaching yourself self reliance in times of need
8. Keep what you are doing low key and then you will not feel as different and out of place
9. Remember why you are prepping
10. Do not run out of the gate fast, slow down and go at a nice even pace it will get you farther
11. Remember why you are prepping

With this philosophy on how to think and react, you should also remember that even our grandparents were in a sense preppers. They canned months of food, they had gardens, a lot of them even hunted and fished. Back then it was a norm and people did not think they were crazy. So why is it any different today. Well the way your thinking isn't crazy. It is just not the norm. Your average Joe was not taught these skills or they were not passed down and are so dependant on our system and government for help, hence the word (nanny state). Why have a garden when I can go one block down the street to the grocery store? Why shoot an animal when I can go to the meat market and all I have to do is cook it? Average folk are also blind to the fact that something major could happen to them or their town and take away what they have on a daily basis. Here is an example of a scenario. When Sept 11th happend how did you feel and react? Like most of the nation we were shocked and dumbfounded. How did this happen? Who did this? Well it did not happen here or to me! Well it did not happen to you but it could have easily all over the country. Just because something happens in one place does not mean it couldn't happen elsewhere. So get it into your mind, I know it did not happen here but it could have and I am ready. It all comes down to peace of mind.

Chapter 6 Four Major Survival Needs

Water, Food, Shelter, Will to live

When it comes to survival as humans we need four basic but essential needs. Without them we would not survive for long. Ever since man has been migrating around the earth he instinctively knew what he needed or he would have never lived to be what we are today nor would we be here. So in prepping these needs are still there and must be accomplished. In this chapter we will go over each one in depth and why. There will also be basically sub categories or necessities that would play a major factor for your family and their survival.

Let's start with the major number one item you need.

(**Water**) it is our life force our elixir of never ending need. Even though our bodies are 80% water we need it every day of our waking lives. A human can only go without water for 24 hours before we become dehydrated and their body begins to shut down. In our daily lives unless you work out, labor intensive job and such you do not take in as much as you truly need. For example a person who works 8 hours a day in an office might drink 2 liters of water a day maybe or even less. But throughout that day that person drinks a bottle of soda, coffee, a milkshake from a fast food place and such. But doing that type of activity does not use as much water as a person who builds homes for a living and is in the environment daily. The more you work the more your body evaporates what water it has in its system. Hence you drink more to replace it.

Have you ever done a strenuous activity in the sun and felt drained, covered in sweat and felt tired. That is because you used all the reserves of water your body had. You have to replace it. But Next time you do that same activity try not replacing it for a bit and keep going. You will find out that you will become light headed, euphoric, nauseous, disorientated and feeling like you want to pass out or pass out period. That is called dehydration and that is one of the main killers to people in a survival situation. You can die from dehydration within 24 hours. In a survival scenario and in your prepping inventory water is a must. You should plan on one gallon of water per day for each family member. This one gallon will include drinking, cooking, and bathing of some sort. There are many ways to get water and to store water for your prepping. But we will go into that in another chapter. I cannot stress enough how important it is to have water and to have it stored up. Imagine in Louisiana when Katrina hit. The water stopped working, water from the floods contaminated every outside water source, and sewers backed up into the water drains and piping. Where would you get clean drinking water if the water all around you is filled with sewage and contamination? Without a water filtering system you would be up a creek without a paddle. The people in Katrina had that problem and to top it off it is hot and humid in that state already. You would lose the water in your body in hours just sitting there waiting for help. So put that into perspective and let it sink in that is where most people died in that catastrophe.

Our next item is

(food). We have to have food to survive. Now compared to water you can survive for up to three weeks without food. But up to a certain point and you don't eat you will not recover. So food is the second most important item in your prepping storage. When you work and do activities not alone do you burn up water you burn up calories. The basic vitamins and minerals that feed your body to do anything that requires work. But even if you sat in a chair for a day or two your body still uses these to keep going. At a certain point when your body burns up what is in your stomach and such it will then begin to burn up fat. We have fat in our bodies as a reserve food storage. Hence the reason why bears store up fat for the winter. Your body will eventually start to use this storage when there is nothing left. This is how people that think they are overweight lose weight. They eat but they eat way less than what they normally do this in order to make the body use up the fat that is stored. That is how weight loss works. So when you go on a diet you are essentially starving yourself in order for your body to eat that fat up. But in the same time you eat just enough to keep you alive. One thing people don't know after your body uses up the fat it will start to eat on the muscles too. Want to see what starvation looks like look up the *Holodomor* and the images of the Ukrainian people after being starved. They were so hungry they even resorted to cannibalism. So when you see looting and killing in a disaster or societal breakdown most of them beside anarchists are scared and hungry. Do not be that group or have to resort to that to survive. In a survival situation you will be doing labor intensive activities . For example chopping wood, hunting, gardening, carrying water, fishing, building shelters and even protecting your property and possibly fighting for it. This is one thing for sure, you will lose weight no matter what in a survival situation. For there will be no more grocery stores, fast food and restaurants and such to eat like you do every day. So making sure you get the amount of proteins, vitamins and minerals to keep you healthy is a must and you need 2000 calories per day. So stocking up on food is number two on this list.

And we move to number three.

(Shelter) Human beings are very fragile when it comes to our environment, we lack thick hides or fur like the most mammals we have to have shelter in order to survive. Shelter consists of many things, from cover from the elements rain, snow, wind, hail, sunlight and so forth. To regulating body temperature and providing us with safety from predators. People have taken shelter in caves at the beginning and progressed to straw shacks and wooden shelters. they needed something to keep from dying in the heat, the freezing cold and to keep from getting wet. There are many types of shelters you can use from your home, to tents, log cabins, lean to, tarp tent, RV's and so on. So making sure you have something to protect you we feel is the 3rd most important for your survival. Now your home is your castle but sometimes a castle can crumble. So you need to make sure as a prepper you have other resorts to help you. A good example is a tent. Now a tent is not considered a permanent shelter. It can go for quite a while but eventually will tear apart or fall apart. A lean to is considered a temporary shelter also. But they will work in a survival situation.

So in your list of survival needs having a last resort of shelter is a must. A lot of the prepper community as a standard in their storage or in their BOB a secondary shelter

in case of need. Like I have said this book will not go into depth on how to and such. But I can tell you in your spare time learn how to build basic shelters and practice it diligently which i will explain in later chapter. Knowledge is key and is something that can't be taken away and you can forget if you don't keep it going and constantly doing it. There is a big difference than knowing and being able to accomplish something even in the face of dire events. For example you can study how to make a fire with a bow drill but without doing it you won't make it. I will speak later on learning and doing in this book.

Now the final item and a key for survival.

(The Will To Live) it is in us as humans to carry on and live and thrive. In so many survival stories people survived because they had the will to live and reasons to live no matter the cost. One time when I first began being a prepper my wife told me if something like that happened I wouldn't want to live. I was stunned. She told me that the world would not be the same and would rather not have to see it. But there is one problem I told her. What about our children? They are the main reason for prepping and living. And to think of taking their lives in order to keep them from them seeing and living through it is not fair to them and is out of the question. It is up to them to decide on what is worth living for. So you need to find out deep inside what do you have that is worth living for. Now in a survival situation everyone has their reasons. From the looters and even the gangs that will roam and steal and kill. They all have reasons for surviving and have the will to do so. Find yours and write it down so you can be reminded everyday when you feel lost or confused about your prepping.

In history there has been thousands of stories on people who survived and why. Just look them up for yourself. And almost all of them will and say the same thing when it comes down to it. And that answer is the will; it is the most powerful tool when in times of need. Have you ever thought of something you totally need and thought you could not do or accomplish it. If you did succeed then why? I bet because you had the will to do so. It is in our DNA to succeed and have the will. So like I said earlier on write it down on something visible and in big eye catching words. **"I HAVE THE WILL TO SUCCEED AND SURVIVE"** it will help remind you when you feel over whelmed and needing a pick me up.

Chapter 7 Three Prepping Stages and How to Begin

In this chapter we will discuss on what you need to prep and the categories they fall into that you will need for survival through tough times. You already know what your main needs are but now we discuss the three stages of being prepared and being a prepper. The list is as follows.

1. **Bug In** prepping
2. **Bug out Location** prepping
3. **Bug out Bag** and extreme measure prepping

Let us begin with how to prepp for **Bug In situation**. Bug In means that in a situation of any natural or manmade disaster you are prepared for short or long term survival at that particular location. This could be your home as a prime example. Bug In means you will have enough supplies to hold you over for times from a week to a year and even longer. How much you stock up on is totally up to you and for the reasons you do so. If you live in tornado country then most would prepare for a week. If you think the sun is going to send an EMP you would prepare for a year or more. This all depends on your needs.

To begin for a Bug In scenario you have to have the four basic needs for your family to survive. Water, Food, Shelter, and pure will to survive. We suggest you put each one of these into a way you can keep track. There are many sites you can look up to see how much food you would need for however many people in your family. Just Google search **Food Storage Calculator**. This will be very easy to do. It will ask you how many people in your family adults and children. And then will ask for how long. It will give you an answer on all the basic food supplies and water you will need to maintain for that period. Now mind you this will be a list of basic not extravagant food. Beans, rice, powdered milk and so forth. So use that list and put it down in any form to help you keep track. I use a legal pad and then transfer to computer with Microsoft Excel. Once you have that down then you can go to the sub categories. Here's a list of those categories.

1. Water
2. Food
3. Medical
4. Hygiene
5. Protection and Security (Extreme Scenario)
6. Bartering (Extreme Scenario)

With this basic list you can then begin the path of prepper hood. Like I said this book will not tell you all the details and such but we can go into each one of these to help get you started.

As explained earlier one gallon of **water** is a must per person each day. Now this is rationed not to be used in a bathtub to take a bath. You would need more than that to do so or a well with manual pump. But start storing water. Water for the toilet can be saved in any type of container no matter if milk jugs or buckets or even 2 liter bottles. These will be used only for toilet use not for potable drinking. A good way is to farm rain water from your gutters and such then divide into smaller containers and it's free if you live in the city or suburbs or anywhere. Once you started that also start stock piling bottled water for cooking and drinking or have on hand a water filter system portable or house size. Then it wouldn't matter where your water came from. As you do these, start taking an inventory of this as you go so you know how much you have gathered. Water left in a suitable container and in a cooler climate with no light can last a year or so. It might lose its flavor and such but all you have to do is swish it back and forth between two containers to add oxygen back to it. This would be the easiest and cheapest part of the list you will need. It might take some work but it is nothing in price.

Storing **food** is a tedious and one of the most important prepping items on the list. Although all of these are important most people tend to get lost on what to get. Hence the food calculator is the best way to get an idea. Once you have the basics from the calculator you can then begin to work on those items and also start adding things in between. Adding items to that of what the calculator gives you will help keep some normalcy to your diet. You may think you can live on beans and rice for a year but would you want to? So adding things you and your family like are quite essential to the psychology of surviving in a bug in situation. For example you have rice and beans but you added canned chili, graham crackers, jelly, peanut butter and so forth. These could be things that your family likes and these have long shelf lives. So you can be more versatile and keep you family sane at the same time. Now you have this down start keeping track in your inventory. Make sure you go with the principal of **First In First Out**. What is that you ask? It means if you have food stored and bought from a store or even home grown you have a date of expiration on it. So the oldest is in front and newest in the back. So when you start to rotate them the old will be used first. It is an old restaurant term that is still used today. There is a little thing that most people don't know. All the expiration dates are meant to let consumers know they are best if sold by or before that date. Just because the store has to sell in order to bring in new. So it doesn't mean it is to be thrown away or is not consumable.

Canned goods can actually last for many years after and have been known to. The companies also use this ploy to get you to throw them out and buy new. So keep that in mind. As long as the can is not dented nor has a high acid level they can last for 2 or more years after the date on the label. Now mind you over time food can lose its nutrients little by little but still be good and edible. Always keep your food in a cool dry storage area and away from the sun for best and longest preservation times. But keep your inventory going at all times. As you get the required amount of a certain food as indicated by the food calculator check it off and work on another. You can buy little by

little of each category and not go for one thing only till it is done if you so choose. So remember that. It is up to you. So with this, start off little by little and keep track as you go and you will not get lost and it will help you save a lot of time knowing what you have and don't. And the worst thing in the world is to forget something when needed right? Been there done that.

In a survival scenario and Bug In situation **medical** supplies are highly important. If there is a situation that goes on for a year there might not be a doctor or hospital to go to. So a good medical kit, first aid kit, and medical supplies will help in many situations. When it comes to medical supplies it is easiest to start by getting a decent first aid kit and building on to it. There are many types and kinds out there so it is up to you to decide what to get. Once you have that then you start adding things like Isopropyl Alcohol, peroxide, allergy medicine, cough drops, cold medicine, vitamins, band aids and so forth. As you build make sure you inventory them so you know what you have and what you still need. Here is some food for thought. For say the economy collapsed and it's been months and you get a cut and you have no way of killing the infected area or even treat the wound from infection. You could die due to a small cut on your finger that in a normal day would not. Don't take that chance. Another tip to help is if any of your family has to take medication get more than a month's supply. At Wal- Mart you can get 3 month supplies of most medications or talk to your doctor about getting that ahead of time. Then rotate them of course. Also studying up on natural remedies and cures is a great and positive knowledge that you need to know. There are many wild and homegrown plants and herbs with tremendous healing and medical properties.

When it comes to Bug In or survival scenario one of the hardest things that you will have a hard time getting is antibiotics. There are some natural ones out there but having this important item is a must. There are several ways of stock piling them from penicillin to amoxicillin and such. If you have a doctor and you know him or her well you can try to get a 3 month supply of it, others tend to buy fish antibiotics due to they are similar to human and a lot cheaper and don't need a doctor's prescription. But one I found that has been used for centuries up till 1938 and the making of manmade antibiotics is **Colloidal Silver**. Compared to manmade colloidal silver can cure up 650 different types of fungus, viruses and such. Also can be used for topical antibiotic for cuts, burns and so forth. But the most beneficial of this is that it has no shelf life compared to manmade antibiotics and two colloidal silver bars can produce 6 years worth of light to strong antibiotics. Another is having a supply of medicines and prescription for family members. Always try to have at least 3 months supply of them. Now one of the conditions a lot of preppers worry about is like diabetes. There is no cure and from our knowledge and there is no known natural insulin for this disease but there are natural remedies to regulate and slow it down. So the best option is to stock as much as you can and study on the shelf life and ways to keep it cooled. We will give some information on products that can accomplish that and such in the appendix at the end of the book.

Hygiene is a really overlooked category by a lot of people. Being able to keep clean and to remove bodily fluids and such is highly important. Keeping clean is needed for if not can lead to viruses, disease and such without even knowing it. For instance

brushing your teeth daily with tooth paste or even baking soda will keep your mouth clean and also free from bacteria and such. And one thing you don't want in a survival situation is a tooth that needs pulled or the pain of one with a cavity. The best option is going to your dentist as soon as possible and having any work done that you have put off. It will help you in the long run and that is a fact. A good suggestion in your BOB and storage is to keep a emergency dental kit readily available. There a few out there that has temporary fillings, instruments, pain relievers and such.

In a Bug In Scenario you might not have running water to take baths and such. So a good item to have a stock pile of is baby wipes. A lot of our soldiers had them sent to them when they were out on missions and such to at least wipe off and clean themselves as much as they could. The great thing about baby wipes they are made for sensitive babies' skin. So they would come in handy to give yourself some relief of dirt and such. So keeping clean will lessen the chances of catching also viruses like the common cold and the flu virus. And when there is no doctor or hospital preventive care is a must and needs to be taken very strongly. Also human waste is a big issue. Due to for example not having running water and a toilet available you will have to relive yourself somehow. Now doing so is not the hard part it is storing it or removing it is. If not taken care of many known diseases have been contracted due to human waste and feces. So being able to remove it is a priority. There are many books on how to and what to do in that situation. But having a lot of stored plastic bags and trash bags is a start. Even a 5 gallon bucket with a toilet seat attachment will help and just use trash bags to remove it. But knowing where to store it must be up to you on how and where.

Protection and Security of your family and your property will be an ongoing issue. Due to the people who are looting or did not plan ahead will start to roam and destroy and steal anything and everything they need to survive. So being prepared for this is a priority all in its own. The most difficult thing about this is how and what to have. Many preppers will say have a firearm and that firearm or this weapon and that. I say having a little of everything is a must. If you do not believe in having firearms in your house then you might have a major problem. Sometime a stick will not stop a attacker from killing you or taking what you have. Firearms training is relatively easy and respectable. Even when children, taught the right way, can learn how to use them properly and safely.

There are many types of firearms out there you can possibly choose from. A good starter gun is a shotgun to start off with. They are very versatile, easy to use and useful for many different scenarios. From hunting, self protection and so on. Not only can it handle animals from small game to larger game like deer, but also can be used in personal defense at short or medium range. Another is a simple 22 LR. The ammo is cheap, light, and can be as versital as anything .22LR rifles are a viable source of protection but more so for hunting small game and can and have been known to kill a deer. It all comes down to the shooter and the placement of that small round.

"Most preppers have firearms and if you are a prepper I would highly recommend getting one."

Another thing you should add to your **Bug In** stock pile is **Bartering** items. Almost since the creation of man bartering was a way of life. You need an item and this guy needs an item you trade evenly for it. Although this trend is hardly used in this day and age due to the ease of products being shipped and such. Having items available and ready for if **SHTF** scenario is a must. At this point money will be worthless and I would use gold and silver but using these could make you a target compared to simple household items. And also having a stockpile of gold and silver is expensive none the less. Some of the best items that is cheap at the moment to get and stock for bartering is sugar, candles, matches, lighters, spices, ammuniton, alcohol, medical supplies and even one of the most neglected items toilet paper. When in a survival situation using phonebook paper for a month or two a nice roll of toilet paper would be worth gold to someone. When the nation starts to rebuild and such bartering will be a way of life. You have to remember in a societal break down manufacturing will cease to exist and what you have will be what you have. So people will trade for things they need. Imagine for example you have been eating just beans and rice for a month and someone offers you some garlic powder for three cups of sugar or some 22LR ammo. You would trade these items. So now you can at least add some flavor to your beans and rice that will make you smile and taste something that would light your taste buds to heaven. It all comes down to psychology of the mind. It will give you a good smile and even take your mind off the present situation even for a minute while you eat. So make an effort to have extra items for bartering it could save your life at some point.

"This chapter was to give you a Bug In definition and a list of what that situation would need. I know this was not detailed on what kind of food, medical, weapons and such to get but it will give you a general guideline on how to start. At the end of the book will have links on research, blogs and books to help you get more detailed information to help you. Like I said we help each other for we preppers are a community".

Now we move to the **Bug Out Location**. A Bug Out Location is in the case or situation you feel either your main location is not safe anymore you have a place to escape to. This location is pre planned and will give you a safe retreat. When it comes to prepping this location follow the same guidelines as the **Bug In Location**. You would prepare with the same items and such not counting what you can bring with you from the original location. The only thing is keeping the items safe while not being used. A lot of people stock their **BOL** with as much preparations as their original place. Some people have a cabin or some sort of shelter already available and such but if you have a place like a property and such and no shelter to hold your items then you have to create a way to do so. Some people have been known to bury their stock pile underground. You can do this with many different types and ways. From using barrels to even burying a shipping container. No matter the way you choose to do so make sure it is sturdy and able to withstand the elements and to protect what you store. Some people will not stay at their original place and head straight there. Now this all determines on are you willing to leave you items that you have behind. Like your furniture and such which are just materialistic items. Remember those items are not worth your life or the safety of your loved ones. **"Houses can be rebuilt, items re bought but a human life can never be replaced"**.

Another thing to make sure you think of when bugging out to your safe place is the route you will take and how long it could take if in a vehicle or footing it. You will want to avoid as much population and towns as possible. Less population you run into the less likely you will run into looters, thieves and mass hoards of killers that could be roaming. A good way to plan out your route is to use Google earth and maps. Type in your leaving address and the go to address and hit get directions. Now when using a vehicle search it will not take in the fact of not going through towns and major highways and such. So to help hit the tab on the main directions screen that says walking and remove all highway interactions. By hitting the walking tab it will give you a route that might pass through a few towns and such but will take you through mostly country roads and such. Also using Google Earth is great for you can see real 3d environment of your route and see how many towns you will go through and how many bridges and such to give you a better way to plan your route. If you are footing it you can see were to camp for the night and if there is any cover even to how long of a stretch of the route might be in the open due to farm land. So Google Earth is a great way to get a mental picture and visual of your route to the **Bug Out Location**.

Prepping your location is vital. You will store as much as you can to keep you alive and survive. Also make sure at this retreat you have a source of water and enough area to start gardening and the ability to have a reliable food source. Also make sure there are wild animals and such to give your more ways of getting food. Having these items will give you a survivable and thriving place to live and hopefully the event will pass and thing will go back to normal. Also just like your **Bug In Location** you will need to supply this place with security. In any scenario we have mentioned security will be a constant. On this location being silent and having less interaction with others is the best possibility and sane thing to do. The less someone knows you have a retreat the less likely they will come looking and taking what you have and the safer your family will be.

Now we move on to **Bug Out Bag** scenario. A **BOB** is a pack that can be quickly grabbed in an emergency and go. It has all the items in it to get you by hopefully long enough to get you to the **BOL**. These **BOB's** are stocked with all the necessities needed for short term survival. From ways to starting a fire, temporary shelter, hunting and fishing supplies, first aid, extra clothing and enough food for a short period. There are many types of **BOB's** and what to put in them. It is almost endless on the amount and types there are. It all comes down to your personal preference. There are many ways to get information on BOB's. From YouTube, Blogs, Books and so on. So there will not be a short supply of research and answers for you. Everyone will say that this item is a must or that type of brand. So do not get caught up in that discussion. Remember to use the research to get the best of what they should contain. With all of the types out there all BOB's have a general guideline for them. It will be up to you on what type and brands to use and what to add to it.

BOB's are intended to get out fast quick and light. You want to make sure that what you have in it is not over weighted and that you can go for a long distance wearing it. A great way to practicing walking with the BOB is to use a spare backpack and put weights in it that would equal the weight in your main pack. Then start to walk or

exercise with that weight. Also using a simple backpack with weights in it will not look weird or out of place. Don't want to use your real pack and have people looking at you like you're a hitchhiker or a hobo. It will be discrete and you will start gaining strength in the same process. If you have not tried carrying a large fully stocks pack try it and see how far you will go. More than likely not to far at all or you will be doing a lot of rest stops. And the more stops you make the more time it will take to get to where you need to be. So having your pack adjusted with the right weight and items is crucial. Quality does matter when it comes to a pack and some of its equipment. You do want something that is rugged and can take some punishment. We found a lot of equipment that is readily available and rugged is military surplus. Remember the equipment the military uses is rugged and tested and has strict guidelines for the use by our soldiers. So buying this type of equipment we highly recommend. Also military surplus is comparably cheaper than high end after market items. Due to the fact of more and more preppers waking up and such military surplus prices are also going a little higher and higher so remember that.

This chapter is to give you a sense of how to have a plan and place to make sure your family will be safe and have different options in case something goes wrong. All three of these terms and such are major areas we preppers have to counter act anything that could happen and knowing we have somewhere safe depending on the reasons. Having a plan and a backup plan and beyond gives you a better chance of survival. So a simple review of what has been learned.

1. **Bug In Location** (Your first place of survival)
2. **Bug Out Location** (A place to retreat to in case BOL is compromised)
3. **Bug Out Bag** (The last resort that is quick and at the ready and has items needed to get you by)

"Now take in mind that you do not have to follow these in order. Some people are ready to bug out no matter what with their packs or to their retreat and others to stay at their Bug In Location. So it is up to you to decide your plan of action. The POA will be described in more depth later on in this book".

In this chapter we will talk about what is a safe place to be and not to be in a survival situation. In history many things has happened that can give you knowledge on what can happen and will happen in a catastrophic situation and events. All you have to do is look back and research. As a new prepper knowing what is a good place to be and not is a major factor you have to be aware of. No matter the event you are prepping for the scenario and reactions by the masses will be the same. As we have said earlier on that there will be things that will be the same when it comes to the type of situations and such. For example looting, death, shortages and chaos. Now knowing where to be and such will come down to knowing were the major problems will occur.

In history we know for a fact is where the most of the countries populations are more dense. It is the cities, every city is packed with people to the rim hence why a city is always expanding due to the growing population either from births or people moving there to get jobs. Now imagine out of the total population of the United States there may be less than 10% is considered preppers and survivalists. Now with that statistic in mind how many might be prepared for an event in a city of a million or more, very slim indeed. Now imagine an event happens and with so many people not prepared what do you think all those masses will do when there is no food or sustainable living and there is no government help to take care of them? They start to grow hungry and thirsty. Well they will start rioting and looting to get what they need to survive. When you have a million people hungry there will be inevitably riots and fighting each other for those needs. Hence chaos will ensue and start to go rampant. Also don't forget about the anarchists and ones who have been waiting for such an event to cause lawlessness and destruction. You don't think it would or could? Look at New Orleans during hurricane Katrina. That was a heavily populated city and that scenario happened. There was riots, looting, martial law, deaths and utter chaos. Most of it was due to lack of preparing and knowing how to deal with something happening. All the while a lot of them waited on the government to save them. We see how that went don't we? So staying put in a city is not a good place to plan for a Bug In situation. Eventually someone will find you and take what you have and also the food resources will be scarce when a million starving people need food. Also if an event happened and you're in the city and you decide to leave, guess what? Thousands more are thinking of the same thing, getting out. So the mass exodus will make it difficult to leave. Also in a societal break down over the whole country the cities will be the first place the government will place martial Law. That will make it even harder to leave due to check points and also will cause more people to fight back and riot. So keep this in mind when it comes to should you stay or go.

Knowing when to leave is the most important detail and knowledge you can have. If for example you live in a city there will be signs when it is time to Bug Out. But each scenario that could happen and why you're prepping will have a **WO** to get you out safely. It is knowing those signs and being ready to escape quickly and efficiently. Hence that is where your **POA** will come into place. Now the signs of when it is time to leave will be critical. Here is a list of scenarios and **WO** that you might be prepping for and also others.

1. Economical collapse (Bank Runs, Stock Crash, Gold Rising, Hyperinflation)
2. Mayan Prophecy and 2012 (You have a date Dec 24)

3. Terrorist Attack (Watch News or Live feed)
4. Zombie Apocalypse (Dead People Walking, News of Deranged People)
5. Super Volcano (Volcanoes let loose, they usually start with escaped gases)
6. Virus Pandemic (Watch for news coverage and draw circle 50 miles around your area more than 5 cases be ready, head to where there are less population interaction)
7. Invasion WW3 (You will know through media and usually starts with bombings and such before ground warfare)
8. Massive Earth Quake (will be quick but media will cover it)
9. EMP from terrorist or the sun (Cell phones, cars, TV wont work like power was shut off)

Each one of these scenarios all has a trigger and a window of escape. Knowing that window of time could mean the ability to escape or be stuck in a situation you do not want to be in. So having your **POA** and at the ready will make all the difference. So in the cities of major population knowing the triggers and signs to leave will vary a little. For example the window of opportunity in a EMP event would be your cell phone and car not working for no apparent reason. That is when you grab and go period. The longer you wait the worse it can be. Have you ever went to a concert and waited till the end to leave when everyone one else did? It was a chaos in a sense wasn't it? You move slowly one by one in a mass amount of people and cars all doing the same thing. Well that example is the same in an event of such. Everyone is trying to leave at the same time. If an EMP goes off everything electronic will go black and not work, cars, computers anything and everything with a microchip will not work. It will take a while for most people to realize that something is wrong and start to freak out. You time to escape is during that time. Also the general house hold has maybe three days of food in their cupboards and refrigerators and such. That also is a window for it will take time for them to run out and see there is something wrong.

Other times of escape is when a hurricane is coming and the news says to leave. Well leave do not wait the quicker you do the easier it is to get out of the city. Other events might have different **WO** to know and give you time to react. For example a dirty bomb goes off in a major city and you notice it in the news. That is a window to leave and be at a safe distance. If it comes down to a singular attack like that and only one then you could return but knowing that is the right course to take is up to you. But in our state of economy and such right now one attack like that could spiral our country down the tubes. So knowing the signs and **WO** is highly important. It is hard to say for sure and answer the question should I stay or should I go is complicated. The best way to know when to leave comes down to being diligent and always wary. Do not always believe in the mainstream media. They can and do manipulate what they show and such. But watch them but with a grain of salt. But always study and watch for bloggers and such they will start chattering and talking. Also media outlets will cover major events if they happen. Don't sit around and wait go with the **POA** and if nothing becomes of it nothing lost. Now if you have a job and you leave because you see an event and nothing becomes of it. Just call in sick when you first notice it. They

can't fire you. But if it happens then you're covered. In general the amount of time could vary of the **WO**. No one can truly say how much time on any given event you might have. Like we said earlier in this chapter the average household has 3 days or more of food in their pantries and freezer. Grocery stores have 3 days of food stocked on any given day. So that by maybe normal circumstances would give you 36 hours to leave. But if a grocery store is rushed on all that stock could be gone within hours. We say to make it a better judgment 24 hours. Be ready with **BOB** or everything you need and go.

Chapter 9 Developing A **POA** (Plan of Action)

A plan of action regardless of **BO** or **BI** will be a major and critical item in order for your survival. When an event happens being at the ready and knowing what to do and how to do it comes down to planning. Time is of the essence when an event occurs the **WO** will be the time period that your **POA** is implemented without even thinking about it almost natural. So how do you make a **POA** and then implement it? Well this comes down to if your are **BI** or **BO** or both if your **BI** location is compromised and you have to **BO**. Some preppers know that they will **BO** in any event for they live in a place that is not worthy of staying. Others make a **BOL** in case their first **BI** location is compromised. So all of this will determine when it comes to **POA**. The **POA** is a systematic way of each of your family members knowing what to do and how to do it in as less time as possible to give you time to escape. Worst thing that could happen is everyone is running around in chaos trying to grab this or that, trying to go here or go there. All of this is time lost and less time to get to safety or be ready to be safe. How do I make a **POA**? Well it is not complicated but will take some time for there is work to do. Here is a guideline to start from. This list will help you developed it and implement it.

1. Staying or Leaving
2. Where is **BOL** if you have one how to get there?
3. Having everything in one area and at the ready
4. Having means of travel (vehicle, bicycle, foot)
5. Knowing what each person in the family is capable of and what they are going to do
6. Practice, practice, practice

Like we said earlier time is of the essence. Also making sure when you develop a **POA**, that you practice it diligently. Now to begin think of how many people you have in your family. Write down each of their names and what you will want them to do. If regardless of staying or going the job will be the same. Let's say you have 3 people in your family. You would have one gather all equipment and supplies, the second gather all firearms or water and food, the third would get the means of transportation ready. These things can vary but it may give you an idea to place a job with each individual. So on your **POA** write down what each person will be doing. Knowing whether you are staying or going and the route you take is highly important. In the next chapter we will discuss in detail how to travel in a **SHTF** situation. Once you have the jobs laid out for each person you need to start practicing it. Use a stop watch and try to get it down to the best time you can. The less time spent on getting out the more time to have in the **WO** and getting to safety. Now most would not be able to practice gathering everything up and ready to go mobile and also making the trip to the **BOL**. So the best is to practice just getting everything loaded. And on occasions practice the routes you will take. As in anything in life practice makes perfect. Now the ideas also to not forget people react in an emergency situation differently. You need to make the practices as hostile or chaotic as possible. This will get each person thinking clearly and in unison. Hence this is where having everything in one area and always at the ready will also cut down the time it will take to get out or be ready. For example you made a plan to go somewhere and you had to be there at a certain time. Well for some reason you ran behind due to alarm or such. Notice how everyone was scrambling around? And then when you get there you forgot something. Well this will be a time were you do not want to forget anything that is vital for you and your family's life will depend on it. So make a **POA**, write it down, practice it as much as you can once a week or twice a month it will help and make you feel more comfortable that you are more ready than the ones who did not at all.

"Hence the reason for this book. A piece of mind knowing you are prepared".

Chapter 10 How to Travel In SHTF

Regardless if plan on **BI** or **BO** knowing how to travel if the **WO** is lost is a major factor on the safety of your family. One of the most important factors on **BO** is knowing where to go. If you have no clue on where you are going you will end up wondering and could find yourself in a nasty situation in one time or another. Do you go on a trip without knowing where you are going? Not likely. So having a place to go is a priority whether it is an alternative property or a family members home or whatever. But have a place to go. From there plan on the route or different routes that you can take. The best thing to remember is stay away from any major cities and highway and highway exits. The cities are where most chaos will be and the mass exodus of people wondering around. Also avoid any highway and highway exits. Why you ask? Well highways is the normal option for the masses to leave and will be jammed. Also another reason is highway exits will also be jammed or more than likely where the Army or National Guard will deploy check points during Martial Law and or marauders will set up road blocks. avoiding large populations and major routes as much as possible.

Part two is making sure you have more than one way of escaping. Whether it is a vehicle, bicycle, or on foot. Having more than one way of getting out is important. Now mind you when it comes to vehicles gas will be hard to come by and making sure you have enough for you trip to your location is vital and extra for unseen times. Also being in a vehicle that has fuel will make you a target for ones who need a means of transportation or ones who want the fuel you have. So be very weary on this. A great way that meets in between a vehicle and on foot is a bicycle or motor cycle or scooter. Now with these ways carrying all of your supplies will be limited but they can maneuver more easily than a car and can go farther on fuel. If at all possible set up a way along your route that if something happens to one of your means then place another along the route somewhere in the middle. So you have a goal to reach and will make the plan more sustainable. For example, place bicycles hidden somewhere along the route, and extra supplies. If your main means of transportation breaks down you know it is there and you have a mindset that will give you hope and a goal to make it. How you set this secondary plan up will be up to you. You can hide them well or talk with someone on the way and even offer them money to let you do so. They might do it but let them know why. All they can so is no. But it is worth the try.

When traveling in SHTF scenario you must not travel during the day. Most of the masses will be up and around for they are not thinking that daylight is the worst time to travel in this case. For instance you are able to be seen at a longer distance and could be set up with a trap and so forth. So traveling at night might be slower but slower is better than being dead or robbed. Also traveling at night will be less traffic on back roads and such and will make it faster for most will be resting and sleeping. Now

the only problem with this is your lights for you to see. Traveling in daylight makes you visible, your head lights and such will make you stick out like a Christmas tree. So one important item will be a **NVD** (Night Vision Device). Yes it could be one of the most expensive items in your inventory but one of the most important. Having the ability to see in the night is a major advantage in so many different ways. Not everyone will have them and will put you at an advantage over other people. So using the **NVD** to travel will take time and getting used to but will make you less visible than using normal lights and such at night. Now there are four types of NVD and are categorized by generations. Each generation from 1-4 the higher the more expensive. But generation 4 is mostly used by the military and the hardest to get or the most expensive. The best to get would be Generation 2 or up and with digital and not generation 1 that uses a tube. The tube style can break easier and can run out of the material they consist of. Also digital is better for when adjusting to any extra visible light. Now also do not get any that has extra magnification. When traveling with **NVD** you want normal field of view so you can see as if you were looking with your normal eyesight. So do your research on the best option of the devices.

Besides traveling at night also another important thing is when you are bedding down or making camp during the day. Never use a fire for the smoke will alert someone of your presence which is called dry camp. And making sure no one knows where you are is the best option. So utilize many of the light and compact ways of cooking and providing heat. Also make sure your site and vehicle is well camouflaged. Have depending on how many in your party a sentry or guard at all times while the others rest. Always be diligent and on guard. Also if you have to hunt if at all possible do not fire a weapon or firearm for it can give away your location. Use slingshots. Traps, fishing, pellet gun and so forth. If you do have to use a firearm make sure one shot counts and no more.

When making your way also have in your route ways of getting water which is the most important. So while making your **POA** study the maps along your route of rivers, lakes and such so you will not run out. Have means of purification. Reading more detailed books on supplies in your **BOB** will come into play. Also in your **POA** where you are going another good thing to do is plan on how long it will take to get there and adjust that to the amount of food you will need to carry. But add another 5 days worth above that in case your route would take longer or your means of transportation is halted. Remember you can never have too much water or food. Now like we said earlier you can live without food for 3 weeks but 24 hours without water.

Reminder List

1. Know your route and study alternative routes
2. Travel at night
3. Avoid as much population as possible
4. Different means of travel
5. Do not use fire when camping

6. Do not use firearms unless absolute necessary
7. Make sure enough food over the amount of time to reach destination
8. Make notes of water ways and sources along route or multiple routes
9. Avoid major highways and exits
10. Have means of water purification
11. Have the ability to stay hidden (Camouflage)
- 12. Have plenty of water (* cannot stress it enough*)**

Chapter 11 Are You A Lone Wolf?

What is a Lone Wolf you ask? If you are a prepper and by yourself as in no one with you and you think you will be able to survive alone, you are considered a Lone Wolf. Being a prepper is a great thing and do not get us wrong one more prepper in the community is one less looter. But being able to make it alone is the wrong thing to do. Have you ever heard of the type of people called Mountain Men? They are people who live up in the mountains and make their living by trapping and such. Now in the past these men would live in solitude basically alone and mostly isolated. Now the average life span of these individuals in the past was around 40 years old due to doing everything thing by themselves. They would hunt, build, trap and everything else alone. Their bodies were working double the amount compared to if there was one more person or more than two. So that work wore their bodies down to the point they might have been forty but their bodies was at the age of 60. That's why their life expectancy was so low.

It is a normal human's need for interaction with others. People in a survival situation have been known to have mental breakdowns due to isolationism. Isolationism is due to not having any other human contact. Eventually the mind breaks down and begins to psychologically turn for the worse. Some examples is talking to oneself, murmuring, no distinction of what is real and reality. It can be quite serious and detrimental to

survival. Many of these cases of isolationism were people who were stuck on islands and such for long periods of time. And there are many cases. If you study into some of those examples you will see that is true.

So now making sure in survival and prepping you become part of a group or community in the times of SHTF or such. Also having or being part of a group also you will have more minds and skill sets that others won't. Combining these skills together will play a vital role on ones mental and physical capabilities in survival and **SHTF** scenarios. Also being part of a group or community will give more protection and the ability to help each other psychologically during rough times. People that help each other also give one of our greatest words. What is that word you ask? **Hope**, hope is one of the greatest attributes we humans have that drives us for a better tomorrow. So are you a Lone Wolf? After reading this we hope we changed your mind. Later on in this book there will be a chapter on how to be part of a group or survival community.

Chapter 12 What IS Self Reliance And How Do I Obtain It

What is Self Reliance you ask? Self reliance is the ability to do for one's self and not to rely on another. To start being self reliant is a daunting task. It is learning, studying and doing. There are many way to becoming self reliant. But let's talk a little of where we are as a country and self reliance compared to before the great depression and the past. Before the great depression and after our relatives were very much self reliant. They knew how to survive on the skills that were passed down from generation to generation. Farming is one of the biggest. Knowing how to grow your own food in good times and bad is a prime example and being able to use that what does not cost money compared to doing it for free and a little elbow grease. We, as a country were self reliant we did not need to rely on the government to produce what we needed to survive. We were so much stronger then. Each family was able to help themselves and rely on no one else for their needs. But along with that if a family needed something they did not produce they would trade that to another family in return for something they needed. That is what is called bartering in which we will explain later on in another chapter. But as our country moved along and inventions and such changed our landscape in unbelievable bounds we have become complacent and relying on that invention. As food is more abundant and products made due to shipping, larger food yields and accessibility we have become numb into doing things for ourselves and laziness. No more have we grown our own food but go down to the store and just buy it to save a little more time to play golf or be on the internet. We as a country have become lazy and welcome the ease of obtaining instead of doing. But what if that ease stops and nothing is as cheap as it was and food becomes as much as gold. What would you do then? Do you know how to garden, hunt, fish and build? This is where self reliance comes into action.

The amount of ways to become self reliant is vast. But the best way to start and first thing to learn is how to grow your own food. Learning how to garden takes time and skill to make it worthy. There are many blogs, tips, books and research means to help you learn how to produce your own food. And for the amount of money it would cost can produce quadruple that of buying it at a grocery store. Seeds would be just about the cost of doing so and elbow grease. Yes work, it is something you have to do in order to be self reliant. If you don't like work then you won't be self reliant and also survive in a **SHTF** scenario. So be ready to get in shape and ready to sweat. But the pride of doing something for you is worth it alone in gratification. Another way to be self reliant is to study skills that you might feel needed. How to grow food, build shelters, and produce hand made products, hunt, fish and such. Learning these skills like anything else in life will take time and dedication for sure. But in the long run it is worth its weight in gold.

Some perfect skills to learn in a **SHTF** scenario and such that not alone would help your family survive but also thrive. Knowing how to make alcohol, (Moonshine/Ethanol), Soap, bread, reloading ammunition, building houses, stitching, blacksmithing and so on. All the skills you learn to do will help and make our country strong again. So remember learning self reliance is to start by doing and researching and studying and doing. **You can learn how to start a fire in your mind but without practicing it is just a memory and useless skill.** Here is a list of self reliance skills that could be worth their weight in gold and your family thriving in hard times.

1. Gardening
2. Blacksmithing
3. Gunsmithing/ Ammunition Reloading
4. Soap making
5. Distillery/ Alcohol
6. Sewing and Fabric repair
7. Hunting
8. Fishing
9. Handmade wood working/ building/ crafting
- 10 Home repairs
12. Medical Skills
13. Automobile Repair (Even in an **EMP** event)
14. Bush crafting
15. Bread Making

Chapter 13 Knowledge Is Worth Gold

Just like in the present times and **SHTF** scenario knowledge is worth its weight in gold. Knowing how to do something that someone else doesn't can give you an advantage. Not only can your skills help another but in return the other party could give you something in return you or your family might need. Bartering does not have to mean a physical object. In our history and past the pioneers used to use their skills to gain something needed. For example if a craftsman helped a fellow person built a rocking chair or fix his house that other party could have a skill the builder does not. So they would help each other in favors. Also one person would help a person do something and in return that person would give the other some sugar or something needed. This is how we lived and thrived as a new young country. So having knowledge is critical in survival times and present times. There will always be times no matter the situation were a skill is needed or opinion and such. So having as much of knowledge as possible is worth the effort and time.

What is the best way to gain knowledge? Well like anything else studying and learning and doing. That is why and how self reliance comes into play. The best way to start besides something you already know how to do is begin by picking something you feel is worthy and start to research it. Learn how to do it and then practice it. A carpenter does not always know how to build at first. They have to be a laborer and spend time learning. Just as a child grows and learns by doing and remembering. There are people out there that are natural at doing something but they still had to practice at it over time to get even better. In a **SHTF** scenario having the knowledge to do something can benefit everyone in your group and your family. For it could be where there is nothing of value like the dollar to trade and so your skills will make or break your survival and whether or not you and your family will not starve and survive. So wouldn't you think starting now is a good time to learn some new skills? You are never too old to learn it just takes more time for it to stick and absorb.

Chapter 14 Bartering and Why?

We would assume that everyone knows what bartering is. Bartering is a way of trading for one's skills or items and the ability to trade for another one skill or items they have. Since the founding of our country or forefathers used bartering as a means of getting what they need. Bartering is trading without using promissary notes like dollar bills. For example, I have 3 cups of sugar that another person might need and that person has something I need you would come up with a reasonable trade. This has been used for centuries by many civilizations and peoples. So knowing how to barter is a good option to have in your arsenal of survival. Having skills learned and such as described in earlier chapters will be a big uplift but having items stocked up that will be needed is also another way of having that security. What items can I stock up on that people might need you ask? Well it can vary and what you feel you can afford and also you feel is something that you think you couldn't live without. Here is a list of items that could be worth their weight in gold.

1. Sugar
2. Alcohol
3. Tobacco
4. Toilet Paper
5. Spices
6. Salt
7. Ammunition
8. Fabric
9. Garden Seeds
10. Tools

You may wonder or ask why these items or any? Well think about this, in a **SHTF** scenario manufacturing will come to a halt. Everything made by factories will quit producing. Do you know how to make sugar, salt, ammunition or even toilet paper? Well some of these items cannot be made by hand if they are then you have a skill others won't. But these items can be worth more than gold. Try using phonebook paper as toilet paper for a month or two and then use some real toilet paper. It will feel like a dream. thats why these items are needed. Because with no factories running these items will slowly start to disappear as time goes by and harder and harder to get. So if you have extra of these then you will have a big advantage over most of the population. Not saying most of these cannot be made by hand but having the skills to do so will come into effect. Now for example reloading will help to make new ammunition but do you have a smelter and raw brass to produce brand new ones or a spindle to produce fabric and clothing? I would think not in most cases. It is important then to stock on items to be able to trade. You may not be a drinker but others will want a way to get their minds off of the times for a bit so having alcohol stocked up will be a good one and there are many uses for pure alcohol. Another reason for these

compared to gold and silver these items won't make you stick out like a sore thumb. Bartering these compared to metals makes you look like an ordinary person just trying to trade something not needed for something needed. You want to be less conspicuous as much as possible. Almost seem poor in most people's eyes.

Having the skills also to barter is a trade in itself. Like being a salesman or such. Knowing how to gain the upper hand and get more for what you have. So actually in a sense being a good reader of people might come in handy. Knowing if this person needs this item really bad and making the situation worth more in your favor. So try to study books on sales and personality traits. The more you can read people the more it can help you in the long run. Although if SHTF chaos will eventually turn back to a semi normalcy. It is making it till then. And this could take years so put that into your mind while prepping for bartering items.

Chapter 15 How To Get Others Awake

One of the most daunting tasks to our prepping world and community is how to get others to wake up and open their eyes. As we have said there are many reasons people are preppers and why. But how do you as an individual help others to become self reliant and to be ready, prepared and get them off the enslavement of the Nanny state. It is not easy for there are many people in the system that are not willing to just jump off and are complacent in their own little world. Also many preppers are afraid of being labeled a nut job, survivalist or paranoid. You have to remember most people are used to the conveniences of being able to buy something rather than make it or cannot grasp that something could happen to them or our way of life. If you ask anyone you know if they have lived through a hurricane or tornado and such did they ever think it could happen to them before the tragedy? More than likely they will say no. But afterward it is almost guaranteed they became a prepper afterwards. It is a shame it would take an event like those to make someone realize things happen and will happen for history shows us that.

So how do you approach someone whose eyes are closed? The best way is subtle and very slowly. You do not want to thrust this lifestyle upon them for they will think

you are nuts. So the best way is using the example and the questions from the beginning of this book. If they answer all of them then you have opened the door. Here are those questions again for you need to memorize them. Use these questions after you have sparked their interest.

1. Why do you have car insurance? Answer" you have it in case you wreck or have an accident your are taking care of instead of coming out of your pocket, which could make you go broke.
2. Why do you have health insurance? Answer" to make sure if something happed to you you won't go under from paying thousands of dollars to take care of you and family.
3. 3. Why have Life Insurance? Answer" To make sure if something happens your remaining family will have the funds to make sure you're taken care of and they can continue on without you.
4. Why have emergency items if a natural disaster occurs (Tornado, Hurricane, Ice Storm, Earth Quake) Answer" So You know you will have the items needed to keep you alive and to make sure your taken care of and not wait on the government.

Also how you approach them with these questions will determine what their reactions will be. When you ask them these questions, how they respond will give you the indication they are listening. If you feel they are not paying attention or they changed the subject let the subject change and do not bring it up again. You can wait a while later in time to bring it up again but let what you ask them stir in their brains for a while. If while you have them asking something in regards of these then you sparked a little interest. Do not come out right and say you're a prepper. Your job is to inform and not give away what you have and what you truly do. Always remember less someone knows how much you have and what you have the better. But letting them know you are ready in the case of an emergency will sound better to their newborn mind than you're ready for the world to end. I have found out the best way to start conversations with people is speaking of something major in the news or media and such. Like for example ones who are 2nd amendment rights lovers could more than likely be receptive than compared to ones that are not. Here is examples how to start or bring in the conversation of prepping to someone you know but are not a prepper. This person could be a fellow employee or classmate ext.

" Did you here today on the news about the Tsunami in Japan?"

" No I didn't"

" Man thousands were killed and many missing it is utter chaos"

" Yes that sounds horrible for sure"

" I am glad I am a little ready for something like that to happen here"

" You think it could happen here?"

" Well you never know right, hurricanes, tornados, earthquakes have happened before right?"

" Yes they have"

"Well wouldn't you want to be ready in that case of an emergency?"

" For sure"

As you see from this small example on how to spark an interest or to see if someone is a prepper or not. It is subtle and not to extreme at all. The best way to do this also is to use current events and past tragedies to your advantage always use history to help. Remember times right now are not going good with the economy, political war, massive debt, threats of war and many more. There are millions aware of what we face in this present time. So consider yourself lucky trying to wake someone up compared to when Y2K was around. Preppers are more common than ever compared to then. But how to approach people and to try to wake them up is not hard it is all on how you do it. Once you spark their interest add in the questions from up above. If you have them answering you have their attention fully and a brand new prepper in the makings. Now if you found you did indeed make a new prepper always make sure you are there to help them get started. For example give them this book or tell them about it. Pass it on like pay it forward. But do not let them be without help and a person to answer their questions. That is what we do as a community and we will explain that next chapter. We are not just preppers we are a family and we are also teachers.

Chapter 16 Preppers Are A Community

As you begin this new mindset and journey always remember we are a community and a family and a country of one. We are normal Americans who believe in making our country whole again and to live by the values our founding fathers and people who died to give us our freedom. It is not hard to find forums, websites, books, videos on becoming a self reliant member of our community and family. The greatest thing we do is to help, inform and have open arms to anyone that has their eyes open and have an outlet to others that have the same ideas and means of self reliance. We always trade ideas, information, and knowledge and try to pass it on without monetary value or something in return. All we ask is to do the same to someone else. Yes for example this book has a cost. We tried to make it cheap and affordable but in the same time to give ourselves the means to help others in their journey. Always remember no one knows everything nor can they predict and plan for everything but starting from somewhere will help you on that path. We as a country used to be self reliant we have to get back to that way again one by one. That is how our country will be strong again and a beacon of hope to the rest of the world.

Chapter 17 Helpful Research Sites, Information

1. **YouTube**
2. **APN (American preppers Network)**
<http://americanpreppersnetwork.com/>
3. **SurvivalBlog.com** <http://survivalblog.com/>
4. **The Patriots** http://www.amazon.com/gp/product/B003ODHO8G/ref=docs-os-doi_0
5. **Without Rule Of Law**
http://www.amazon.com/gp/product/B006WV6F78/ref=docs-os-doi_0
6. **Lights Out** http://www.amazon.com/gp/product/B004GHNGKE/ref=docs-os-doi_0
7. **Modern Day Survival guide 2011**
http://www.amazon.com/gp/product/B005A763KE/ref=docs-os-doi_0
8. **When All Hell breaks Loose**
http://www.amazon.com/gp/product/B001OM52GK/ref=docs-os-doi_0
9. **Poverty Prepping**
http://www.amazon.com/gp/product/B007RIMU2O/ref=wms_ohs_product
10. **Action Plan**
http://www.amazon.com/gp/product/B005FH2KRY/ref=wms_ohs_product
11. **Cody Lundin's Outdoor Survival Kit**
http://www.amazon.com/gp/product/B005OW0VTO/ref=docs-os-doi_0
12. **Build The Perfect Bug Out Bag: your 72 Hour Disaster Survival Kit**
http://www.amazon.com/Build-Perfect-Bug-Out-ebook/dp/B00888TOZI/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1341165008&sr=1-1&keywords=Bug+Out+Bag
13. **Self Reliance** http://www.amazon.com/Self-Reliance-ebook/dp/B004X80U1E/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1341165199&sr=1-1&keywords=Self+reliance

14. **Preparing Off-Grid Survival** http://www.amazon.com/Preparing-Off-Grid-Survival-self-sufficient-ebook/dp/B007UH3FA8/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1341165289&sr=1-1&keywords=survival+gardening

15. **Food Storage Calculator**
<http://www.providentliving.org/content/display/0,11666,7498-1-4070-1,00.html>

16. **Food Storage Secrets** http://www.amazon.com/Food-Storage-Secrets-Emergency-ebook/dp/B007QOSBGS/ref=sr_1_11?s=digital-text&ie=UTF8&qid=1341165580&sr=1-11&keywords=Food+Storage

These are some helpful sites, books and information on how to begin and become part of the community. Although this book is written by me as a single author I did not want it to reflect me but from all the ones who helped me. Hence the usage of us as the community and the ones I'm speaking on the behalf of. If you would like to see who has put this together and the ones who helped me along this journey check out our YouTube sites and join in, subscribe and help get the word out and build our country strong again.

Author Mahalyc33 : <http://www.youtube.com/user/mahalyc33?feature=guide>

TheGorillatavern: <http://www.youtube.com/user/TheGorillatavern?feature=g-all-lik>

Eltenda: <http://www.youtube.com/user/eltenda?feature=plcp>

goosearrow: <http://www.youtube.com/user/goosearrow>

Tiberon does not have a site but is the one this goes out to for getting me started on this book and adventure. Curt you know who you are and thank you my friend.

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