



# The Lost Art of Prepping Series

PT2

Physical Aspects of Prepping

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*Part 2 Of The Lost Art of Prepping*

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## Prolog

Can I survive is a big question that can play major roles in how to deal with a natural or manmade disaster. Having faith in yourself and the skills you learn could be a make or break a situation. This book will not go into religion and such but having faith in yourself and the will to live for you and your family will play a major part. Throughout our history humans have had the capabilities of astounding leaps and bounds. Our physical bodies is a work of master engineering like a manmade machine they are capable of about anything. From lifting up a vehicle from a person trapped to surviving the harshest conditions. How do we do such astounding feats and what makes this come alive? This is what we will try to cover in this book and how to use it to our fullest capabilities.

First and foremost although it is a mental preparation is saying "I" will survive. The letter " I " means more than most could ever imagine. Not alone hope and the thought of reasons for surviving saying " I " will make it or "I" will not fall all comes down to reasons and hope. The meaning "I" says no one else but me." I "will rely on my skills to do what needs to be done. In certain aspects the word "I" can also trickle to the others or groups as a motivation. But you have to be the one to say it " **I will survive**". Although in a group there should be the words we will survive but you have to make sure you are in the mode of "I" will make it and if "I" make it we will too. Not everyone will have the ability and hope under stressful situation. With everyone being different from physical and mental not all will react the same. Some will freak out and go into a negative won't make it mode to all loss of hope period. The ones who get into this mode can be detrimental in the survival of the family or group. So starting with the physical preparation will give you an edge in a survival situation that in return will give your family or group hope. In a sense it will make you a natural leader. People tend to follow someone in a situation that can keep calm, and has skills that others don't and is aware of his or her physical surroundings. So the word "I" can survive is a must.

To get your mind in shape physically is to learn skills and to practice those skills constantly. When the body does something the mind will follow or if the mind thinks of something the body will follow. So to make sure your mind is prepared physically is to learn and study and practice what has been absorbed. People who have survived in situations relied on their skills or pure self preservation. It is amazing of how much the human brain can absorb. But without practicing or using what was learned can fade away. For example how to start a fire may not seem like much but without a lighter or other means can be a daunting task. Using a hand drill method is a way that humans have made fire since we first came into existence. So you learned how to start a fire with this method by reading and or seeing diagrams on this. But without practicing the skill you learned is worth nothing. So reading and learning is the mental part but in return practicing what you learned is the physical part.

## Chapter 1 List of Acronyms

### 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 beginning point)
13. **EMP** : Electro Magnetic Pulse
14. **WO** : Window of Opportunity
15. **GOOD** ( Get Out Of Dodge)

## Chapter 2 Preparing Your Mind Physically

Prepping is a mental and physical way of making sure the survival of you and yours. You can store all the food in the world you want but you have to physically do what is learned. Using the **first in first out** method is a way so what you stored is not wasted. Having a **POA** is not worth nothing mentally if you do not practice it physically. So in this chapter we will try to show how mental skills are worth their weight in gold but without actually doing them they are not worth anything less than lead. How do you make prepping into a physical form. Well prepping and survival is physical already but if you do not do what is learned it stays in the mental world. From storing water to being self reliant and growing your own food will take physical labor. If you start your first garden it will take elbow grease and some sweat. Although your first garden might not go well but in time the more gardens each year you do will get better and better by using what you learned from others and your past mistakes so this goes from mental to physical.

How do you begin to start physically training your mind? It comes down to studying anything and everything you can. From books on how to garden, bush craft skills, history, making self reliance items like soap and so on. You have to feed your brain with food and absorb as much as you can. Learning your area and terrain to how to make shelters fill your cup till it runs over plain and simple. You would be amazed on how much our brains can learn and grow even when you think your too old. You can always and never be too old to learn. So let's start this by feeding your mind with knowledge . A great way to exercise your brain to stimulate is to play brain teasers and puzzles you have to work your brain just like your muscles. Just an hour a day on these puzzles and such help your brain work and to motivate it to grow. We know there are many people that hate puzzles and such , but little do they realize it is their mind telling them "I'm tired and I can't think". You have to power through it, stimulate it and eventually the muscles will loosen up it is a known fact. So by getting your brain to work on puzzles in the same terms is like trying to work your way through a problem in the SHTF scenario or disaster. Think about this for a moment. If you're in a survival situation that will need a direct problem to be solved and quickly can you make that decision? Well situations and problems are puzzles in a matter of speaking and have to be thought out and solved. Well having your brain physically prepared and fortified with exercise will make it able to perform at the utmost capabilities. A great example is the training a soldier goes through is first part is body training and routine. Then the second part is schooling and learning a constant barrage of skills set and primary job. But if you see the reasoning is that they physically work the body and then their minds. So we have to do the same thing. That is why it is important to train your mind to work with the same intensity as your body, one cohesive unit. So start by

doing simple puzzles and such and begin to work your mind out daily even if you hate to do so. It is highly important and the first stage of physically prepping.

## Chapter 3 How To prepare Your Body Physically

What is the most important reason for being in shape as we grow older? Well the answer is simple, it is to live longer and to be able to be strong and to be healthy. Why you ask is this so important to prepping and to surviving? Yes prepping is not a hard physical skill but the better and healthier you are the longer you will live compared to the ones in a disaster and **SHTF** scenario. You want to be strong, healthy and able to go to the extremes if needed. Think about this for a moment. For say you and your family have to **BO** and you have no transportation to get you to the **BOL** and have to foot it. And the route you have or distance is 150 miles. Remember when on foot and **BO** your will be carrying a **BOB** that weighs a lot and not counting each family member. Have you ever tried to walk a mile with a 40 LB pack or that amount of weight in your hands? Most would say "no" for sure. Well to prove this into reality take a backpack just a simple one and add some weight to it like free weights or something of the equivalent and go walk around the block a few times. After you are done see how you feel and how your body reacts to this. More than likely you will be tired, back will be sore and your legs and such will be tense and burning. Imagine now doing this for 150 miles. Can you make it that far as quickly as possible in your **WO**? This is a prime example of why you need to be in shape and to be ready to put your body through extremes.

How do I start getting in shape and were. A thing you have to remember there is two types of workouts. Building muscles and strength and training endurance and flexibility. You want to be strong yes but not bulky. You want to be able to run a mile without hesitation and be flexible enough to react quickly in any terrain. Muscle mass is taking the fat you have and bulking it up to make you bigger and also stronger. Being toned and in a peak form of endurance is to have strong muscles but working on all of them not just one part or two. The best way to start getting in shape is working all parts of your muscles and building up endurance. For example a body builder works out in different areas each one individually. Arms weights, leg weights, back and so forth. But they do not run miles at a time or swim hundreds of yards. You want to be fast, quick and agile. Take a big huge muscle builder you see on competitions and put him beside someone like Michael Phelps. Who do you think would be able to swim a mile or run? Michael Phelps is a great swimmer but has endurance and is at top peak of performance. Do you want a car that is all muscle and wastes gas in just a short distance or a fine tuned gas efficient car to travel long distance?

To start getting yourself capable and ready is to get your brain to do it period. Most people in the world complain they are overweight and such and might start but they always quit and give up. So first and foremost you have to start and stay with it. You will feel better in the long run and proud of yourself for you will live longer and

healthier. Here is a list of some simple things to begin with and that can be fun and but also a major work out at the same time. Remember you have to start somewhere.

1. Stretch 30 minutes each day before workout
2. Push ups
3. Sit ups
4. Swim 10 laps a day or more if once a week
5. Walk around the block with a simple back pack with weights
6. Crunches
7. Leg Lifts
8. Climbing stairs or using a stair stepper
9. Obstacle Courses in Public Parks
10. Jogging

This is a small but simple list of things you can do daily to begin training for endurance. Remember it is not about truly how fast you can do them it is about repetition and more and more you can add to the amount of them. Start by just doing ten of each of them a day for a week. Each week add either 5 or more to the repetition or 10. Slowly you will start to see the more you do them the easier they become. You do not want to add to many but just to the point where the normal amount is easy to do but enough to the point right when your body or legs and such begins to burn. When you get to that point were for example your legs are burning stop. Stay at that amount of one particular exercise until it no longer burns that is when you add more. The best all around work out is swimming for endurance. The reasons is there is no impact at all on your body period so it is better on anyone with some joint aches and such. But when you swim 100 yards is like running or jogging a mile every muscle in your body is working. You would be amazed how tired you will be and sore throughout your entire body compared to running. Another thing you can do instead of running to begin with is to take your weighted backpack and walk for distances adding the distance longer and longer each week. You will see that your will get more and more endurance from this alone. This exercise will help you to **BO** if on foot and make it to the destination needed. Remember the more stops to rest the longer your time to get to a safe location the better. So work out for endurance and agility it will be more needed compared to being like Arnold in Terminator able to lift a car but not able to run a mile or two.

Part two is to eat healthy and items that you would also be able to have in a **SHTF** scenario such as vegetables, proteins, fiber and such. Being healthy and able is important when it comes to **SHTF** and a disaster. When there is no doctor around for long periods of time or not even being healthy is highly important and will keep you

from having problems later on . Imagine in a normal day you eat fast food and fried this and fried that but all of a sudden **SHTF** and everything you normally would eat stops and nor can you get them from the grocery store. You will be apprehensive to eating garden vegetables and squirrels. We are not saying start eating squirrels but you need to get your body accustomed to do so. Also this will get your more healthier in the long run and be able to eat foods to sustain you. Most people hate spinach for example but when you are starving you will eat anything. Well Spinach is a awesome healthy vegetable and easy to grow. Why be picky and get your mind to eat anything and start now and be use to it. Eating items you know and can grow yourself is a self reliance application but also you know you will continue to eat healthy in the long run in any scenario.

The hardest thing to do in a normal situation is to get your children to eat things that you cook for them. For most children if it is not chicken tenders, hot dogs or hamburgers they pretty much snarl at any food that is put in front of them. So how would you get your children to start eating things no matter what is it put in front of them? In order to do this is to start it up slowly and in stages for them to adapt. For example one meal a week start making something that is in your food pantry that you would consider survival food. This will keep your storage food in a rotation and keeping items fresh. Although your children may look at you funny and may not want to eat it, give them a reason to. Offer them a prize of some sorts if they eat the whole plate and what you fixed for them. If you start to do this slowly and nonchalantly they will begin to start accepting it and eating everything no matter what it is. But always have to remember the psychology mindset of a survival situation. It is highly important so you want to keep things as normal as possible for your family. When it comes to food or anything in life a child is highly adaptive compared to an adult so you must use this to your advantage. Children are like sponges so you need to fill them with what you learn and pass it down. By using fresh vegetables and helping in the garden and such will also keep them eating healthy and learning valuable skills and the idea of hard work.

So what we learned in this chapter is how to get in shape and to start using your abilities in everyday life no matter if a something happens or not it will help out in the long run. Having your body in shape and eating healthy is something every person and individual should do anyways. But in the next chapter we will discuss why these will come into play in a disaster and **SHTF** scenario.

#### Chapter 4 Why Should I Be In Shape

Why does being in shape in a disaster or **SHTF** scenario be so important. Like we said in the last chapter what if you had to walk a major distance and such with your packs you will have the endurance to do so. Another reason for example is what a true disaster can do and the devastation that can ensue and what the aftermath can look like. Being in shape mentally and physically will come into play for many reasons.

If for say a major hurricane hits again like Katrina. You will have to tread through water up to your knees or even deeper, and climb over broken down buildings and rubble. Throughout time when disaster strikes and such the landscape transforms into a literal obstacle course. Having the strength and the ability to move quickly and efficiently is a must. Also having the endurance and strength to make it to where you are going. Have you ever tried to clean up a house that was destroyed from a tornado that has torn it down like a deck of cards? It is grueling and not counting in the effect of heat and humidity beating down on you. All of this is real and can and could happen and has happened throughout history. Remember the quake of San Francisco? The devastation was everywhere buildings and bridges collapsed and the terrain was unimaginable. Go to your search bar on your internet and type in Images of Hurricane Katrina, Tsunami of India or Japan. In these images you will see not alone destruction but also how widespread it was and the amount of obstacles you would have to cross to get to safety. Can you at this moment be able to trudge and fight your way through and around such widespread damage? Now imaging something bigger and more devastating. A lot of people forget about something that happened in the early 80"s which was Mt St. Helens. The damage caused luckily was not to widespread or in a densely populated area thank god. But it happened none the less and can always happen again. What if it was bigger and in a densely populated area?

Never forget that history repeats itself and a lot of people become complacent and forget. That's why there is always so much death when these types of events happen. They were complacent and were not ready. So being a prepper and having the mind, body and the ability to adapt and overcome is not weird or crazy. The ones who say you are will be the ones in the statistics and a number count. For the majority of people in the death count besides the elderly and handicapped would have been ready for such an occasion might have lived during this tragic event. Most died due to starvation and lack of water and dehydration. But most if were in shape and prepared they would have had the means and endurance to survive. This is why it is so important to be prepared and to be in shape to endure. Now take in mind you cannot foresee a house collapsing on you or a freak accident but most not all disasters have the trigger point or a little forewarning. There were call signs that Katrina was coming and people were told to get out. A lot of them thought they would be ok and such and could wait it out. Now not counting the ones who could not. But the majority who were healthy and such did not heed the warning. And when they tried they were not mentally prepared or physically ready for that scenario. As the masses that were leaving the roads were jumbled and packed of ones who listened. Imagine if something worse happens and all those people trying to leave at once. Do you want to be stuck in that mess. Being on foot or another means would help. But being in shape and having the endurance will make it easier and you can make it farther and faster compared to people who are couch potatoes and live off the government.

How can I be ready to climb over rubble and across disaster terrain efficiently? Well there are many types of way to do this. Here is a list of ways besides your daily exercises that can help you train for endurance and worst case scenario. These here will help even more and will get your body more used to the rigorous workout.

1. Rock climbing ( Indoors and Out)( Flexibility)

2. Mountain Hiking ( Terrain)( Leg strength and best way to avoid the masses)
3. Obstacle Course ( Agility and Endurance)
4. Mountain Biking ( Alternative means of Travel)( Dealing with rough terrain)
5. Yoga ( flexibility)

All of these mentioned is just a few ways to get yourself in shape and be able to build endurance and the ability to move quickly and efficiently. This is why you need to be in shape. Not alone will you live longer but you are ready and able to move and to get away from danger that has happened or that you have planned for. To be in shape is all up to you and to you alone. You cannot blame no one but yourself if you do not have the will to make it worth it and the mindset to do it.

## Chapter 5 Getting Your Family Involved

How do you go about getting your family involved into prepping and self reliance. This physical aspect can be quite difficult. Mostly for the adults and adult family members. This chapter is not how to get people to become preppers or self reliant that was mentioned in the first book of the series ( The Lost Art of Prepping). What this chapter deals with is physically getting your family healthy and in shape. It will do you no good if you are in shape and ready for endurance to get out or to do the work needed for survival and self reliance if others in your family are not. You have to be a cohesive unit one person that is not ready or physically prepared can slow the whole group down and such. So if it is just you that is ready will do no good. You have to get your whole family involved. When it come to children and teenagers they are more than likely ready and able to accept the challenges. Most play sports already and such and to them if you do it right you can make it an adventure for them. But the hardest part is your better half and the adults. Most of the common adults today are complacent and has become lazy. They work, eat, sleep and are used to the modern conveniences of technology. And trying to get an old dog to change its ways is quite hard. So the first step is to get them to open their eyes to prepping and self reliance. Once you have them in this mode then you can start to incorporate also why to be in shape and such is critical. For if their minds are open to prepping then their minds are more receptive to listening. So that is the challenge and the hardest part of getting family involved.

There are many ways to get the family and loved ones involved in the physical aspect. And doing so is quit important for the group to act effectively. One is practicing your **POA**. Having drills once a week and practicing it can mean more than you can realize when something happens. So having your **POA** down pat means more time for you to take advantage of the **WO**. How do I practice my **POA**? Well from the first book you and each of your family has a job to do specifically. And once a week you play out a scenario or a call for alarm. Much in a sense why every town practices sounding off tornado alarms. You do this to make sure each person does their part quickly and efficiently. You can for instance plan it out once a week on a specific day. One way to start is to go to your electric box panel and shut everything off that is not vital like refrigerator and such. But lights and power to TV and computers and such. Once they go out sound the alarm. Make sure each person ahead of time knows their job. Jimmy grabs all gear. Molly grabs all portable food. Dad gets everything loaded into the vehicle and makes sure it is road worthy and fuel and such is gathered. It all comes down to who does what. Try this out and time yourself. The more efficient and faster you are the quicker you can head out ahead of the ones who or blind and numb that something happened. Another way to physically practice a **BI** scenario is to make a day or two a week or month were you shut off all power that is non essential and live off of rations, battery lights and such for a couple of days. Kind of like camping in your home. The more you do this the more accustomed the family is to this type of

situation. Remember power can always go out and things can always happen. But this is how you physically prepare your group or family.

To prepare your family or group in the physical way of getting in shape and to build endurance is going to be the hardest. But when you exercise take them with you every time. Do it as a family. You will see a big difference in the way the family will become closer and the activities you do. For the children and teenagers this is where they love it. This will get them out of the house and off the video games, Face Book, and the internet and secondly for it will get them in shape and will do so for a long time to come in their lives. Now the hard part is the better half and adults. There is no easy way to get them involved if they are so used to and the conveniences of modern day lifestyles. So how you approach this would be to do it for health and for the worth of living to see your grandkids and such. Adults need a push to do so and to say exactly how to is up to you. Taking your family camping and hiking is the best way to interact and to get the whole family or group involved. One it will get them in shape and is a great way to get outdoors and away from modern conveniences. For two this will build and develop into endurance and getting them in shape and learning new skills. There is no one I know who doesn't love to camp and to see places they have never seen. So start getting your family involved and take time to do so. All it comes down to is planning and even though you say you don't have time is not true if you care for your loved ones and they would be worth spending the time with and finding it. All of these tips will work if you try and you will see in the long run what it can do and what you can achieve in a disaster and **SHTF** scenario.

## Chapter 6 Physical Security Skills Needed

Why do I need to learn physical security skills you ask? Well what always happens in a disaster beside destruction and calamity? That is a pretty easy answer. Looting, riots, theft, crime, rape, murder and so forth. These things have happened and always will. For in everyone that is good there is an opposite person who looks to take advantage of the situation that is bad. Criminals that are criminals before a disasters become more of a criminal after. It is natural selection. When there is good or heroes there is bad and villains. So learning how to physically protect you and your loved ones and property is a daunting task. This chapter will teach you how to involve your family or group in the protecting of these assets and your survival. Not always in smaller disasters like tornados and such will there be lawlessness but in occasions it can happen. But it is the big events that is where you will see the true human nature of caring, compassion and the other side hate and lawlessness. These examples is all true all you have to do is look at past history and it is not hard to find.

So how do I start to providing the physical aspect of security and such and how do I get my family or group involved? You start by knowing everything and what you are trying to protect besides valuables. Is it your house and property that you are protecting or your group in a **BO** situation. Each one of these two things takes different approaches but at the same time can be used simultaneously. Not alone like described in the earlier chapter being in shape and such can also be included in training for security. Here is a list of what you might have to protect and what it details.

1. Home and property
2. Your family and group in traveling to **BOL**
3. Your **BOL** and the supplies you have
4. Vehicles and essential fuel supplies
5. Food storage at all locations
6. Garden and natural food and water sources

This is a small list to show you what you will have to protect and will need and depend on in your survival and self reliance preparations. It is human nature to take when you are without when your life depends on it. When a person is starving and has nothing like described in the first book they will resort to means they never thought they would resort to in order to live. So for example a person is starving and there is no food or water and that person knows you are prepped and ready. They will come to you for

help or will take by all means necessary to do so. So protecting what you have will be constant and will always be a threat. You might say to yourself "this won't happen people wouldn't resort to this". But you are dead wrong in a literal sense period and for many reasons. Why do you think people steal and rob and kill. Most of the time because they don't have it or need it or just for the plain evil that is inside. Look all around you in the news papers and media. Everyday someone is stealing or robbing a bank and such. Why do they do this? They either need it or want it or even don't care to do it without earning it or taking the time to do so like a normal person would with a conscious. So in a **SHTF** scenario imagine this in a bigger scale when there is no food or water and such and no police and such to stop it. It will be up to you to protect what you have and your loved ones. So let's begin on how to do so in the physical aspects. We will not go into fine details and such but what to do to train.

To begin in the physical aspects of security is to know the basics. Here is a list to work on.

1. Firearms training
2. Group tactics and cohesion
3. Lethal and Non lethal tactics and self defense
4. Early warning and Scouting of perimeter
5. Walking in a group or traveling as a unit
6. Verbal, body and facial intentions of individuals

We will not go into these in detail but they will get you going in the right direction. There are many books written in detail on each one of these and there are many courses offered across the country to teach you personally if you are a hands on type of learner. We will give you links to some of them at the end of the book.

The skills that you will learn could be considered mental skills but also in the same will be physical skills that have to be practiced routinely. Take firearms training for example. You can shoot a weapon and get pretty decent but if you do not diligently practice at it you would not be as effective in a serious situation when it comes to **SHTF** and survival. People who are just avid shooters are different compared to combat tactic shooters and how to react under heavy situations. Soldiers are trained under heavy environments and such to prepare them in a combat scenario. As a person and civilian in a disaster and **SHTF** scenario will also be under stressful circumstances. That is where a normal shooters and firearm owners is different compared to people who are combat tactic trained and such. Learning combat tactics with firearms is also demanding and also needs you to be in shape and have the ability to accomplish this task. In a combat scenario and you are protecting your group and such you will be moving around and taking cover and or if retreating you will want to be able to do so quickly and efficiently. If you are not in shape then these types of

situations could mean the injury or death of a family member or the loss of what you are protecting. This is why it is important to be healthy, in shape and constantly ready.

We hope in this chapter you understand the reason for security and the ways it will help in any situation. Having the ability to protect what you have from the ones who don't have will happen, given from the light and to the dark extreme of this spectrum. So being physically fit and able will play a major role in this chapter and could have major consequences to your survival. If you are one of the peace and everyone loves each other type please look at reality. When people are in need they do not want to be peaceful nor helpful. They want what you have and will take it. So being a peaceful person and not wanting to protect what you have with a firearm would be a losing effort. Sticks and stones won't stop looters or gangs of thugs from taking what they need. Think about that one for a minute if you are the hippy type and believe in love and peace. So get your family involved in the training and such. This also will bring you closer to each other and make you a cohesive unit. But remember this if you for example learn combat firearms training take the whole family not just yourself. It will come together when the time arises.

## Chapter 7 Self Reliance is Work

How many of you out there has ever started a garden or chopped wood? If you have you can agree that it is physical 100%. How many out there or reading this book has built a home or a shed or made your own soap and such? All of these examples are some of the skills to be self reliant. But how many of you reading this has done them by hand and no machinery or technological tools that made it easier? There is a big difference in doing things by hand than using items that allow you to do it quicker and faster. But what if in a survival situation you did not have that log splitter, tractor, tiller and such. Are you ready physically to do these jobs by hand? This is another reason prepping and self reliance can be physical. You take for granted every day the conveniences that we have to make life easier and such. But just take these away and you would need strength agility and endurance to accomplish them. That is a problem in this day and age people are not taught the hard way of learning skills like our ancestors did. The knowledge of hard work and sweat just to make something or to grow something on your own. So wouldn't you like to be the ones in a **SHTF** or disaster scenario that is able and has the ability to do these things that take physical labor. Here is a good example of what this is talking about. You take two people one who has chopped wood his or her whole life by hand with a axe and wedge. And you have a person who has never done nothing more than buy the wood from someone else who did the work. Now in a situation when that person who has never done that skill tries to do so will have major problems. One they are not in shape to do this physical labor nor is their body ready for it. They will end up having blistered hands, low amount of product accomplished in a longer time period and basically they will be worn out. This is the reason for being in shape and doing what is taught.

The reason in our history as a nation and humans period our life span has doubled. Why you ask? Well not alone the creation of cures and medications and such. Our ancestors did everything themselves. All day and everyday they produced their own crops and firewood and all the amenities they used daily were made on their own. This is where self reliance came from. But by them doing such manual labor for so many years it wore their bodies down and in return their life expectancy was half of what it is today. Self reliance is demanding and sweat and hard work related. If you are in shape and fit do you think it would not be easier than just being thrown into that lifestyle from so many years of being an office worker and a couch potato? We would think that being used to that kind of work ahead of time or having your body in shape and ready will work out in the long run.

How do we start with self reliance in the aspect of being physically fit? You start by not alone exercising and what was taught in the earlier chapters and combine them with the self reliant skills. Start by doing things you know that are considered self reliant skills and add them to your daily routine. Here is a list of some self reliant skills.

1. Chopping wood with axe and wedge ( not machines)
2. Using shovel and a hoe in the garden ( instead of tractor or tiller)
3. Using hammer and handsaw ( instead of nail gun and electric saws)
4. Carrying water from a well ( if you have one)
5. Butcher Your own animals ( instead of having someone else do it)

These are just some examples of ways to combine your daily exercise and self reliant skills and to allow your body get it used to the activities that would be required in a **SHTF** or survival situation. Most people who do not know that in any disaster or **SHTF** that there will be no more ease and the lifestyles they were used to. That is where the acronym **TEOTWAWKI** ( The End of The World As We Know It) came from. This doesn't mean the end of the earth or destruction but the end of what we were use to and way of doing things. So by learning these old fashion skills and such will allow you to have the energy and capability to provide your family the things needed when there is no other means of getting them. All of these skills mentioned are physical and if you are not in shape you will not be able to do them more efficiently or effectively.

Now mind you we understand if you are in a city environment that doing these skills is not easy to come by and such. But being in the city is not the place to be in a disaster or SHTF scenario in the first place. So being in shape regardless will need to be implemented and continuously added to. There is nothing stopping you from learning self reliant skills and going to someone out of that environment to teach you. Not alone is there many courses on combat and firearms but also self reliant skills and such. And most of these courses can be learned online and in person and relatively cheap. It all comes down to how creative are you in wanting to learn and become self reliant. In a city environment you may not have a garden area but you can still grow plants inside and such from the balcony or in a lighted area with grow lamps or natural sunlight. So be creative and always think of ways to do what needs to be done.

## Chapter 8 How to Ration Your food

Food rationing is a physical part of prepping. Why do I need to know how to ration food? When in a survival situation and disaster what food you have will be what you have to help your family to get through the amount of time the event could take. Remember stores only have 3 days of food at any given day and the normal amount of food a family has is also the same. When there is no food being delivered to the stores and the shelves are empty what food you stored will have to go as far as it can until the situation is over. So how do I start to learn how to ration? Well this comes to the inventory you had started and that was mentioned in the first book of the series.

Every bag of pasta, to each can of meat has the amount of servings per item. For example a can of beef stew has two servings per can. Well for one meal of four you would need two cans of beef stew. Also remember that when rationing you need to make sure your caloric intake is 2000 per person per day. So for example you know one can of beef stew has two servings and the amount of calories per can is 800. And when you see the calories on that can that means the 800 calories is per serving. So each serving per can is 800 calories. So the total calories per can is actually 1600. You take every item in your inventory and calculate how many servings you have for each one and the amount of calories and divide that by how many people. That will give you a number of ration for that particular meal. Now you need three meals a day to keep things as normal as possible for your family. It can relax them a little bit in a survival situation. So you have 10 cans of beef stew each one has two servings. So you have 20 servings in the inventory of that one particular item. For one meal per day per individual. And there is four individuals in the group. So you have twenty divided by four equals five. So one meal of this type for five days in a row. Now you know how that one type of item and what it can do and the amount of calories now you plan for the second meal and so forth. Usually the lightest two meals of the day in calories should be lunch and dinner. For breakfast should contain the most calories for you will need them to do your daily activities. But this is a suggestion of course and you could say that dinner is the most important for you want to replace what was lost. But without calories and such you won't have energy.

Rationing will play a vital role in your food storage and survival needs. It will allow you to know exactly how long you can go on the amount of what you have stored. Remember this though, this is not counting what you hunt for and gather from the wild for say. And those will make your items and rations go for a longer period. But it is best to use your rations calculation without finding any other source. And when you add to it then it can make it better.

## Chapter 9 Important Items Worth Saving and How

When it comes to preparing for a scenario, disaster and prevention, saving the most important documents that is irreplaceable is a must and a priority. What would you do if a flood or a tornado destroys your home and such and all of your family pictures, birth certificates, house title, vehicle title, social security cards and so forth are gone? Imagine trying to provide those documents in a time of need but you have no way to prove who you are and what is yours. So making these items secured and available can be detrimental to your family and the ability to save what is most precious.

How do you go about protecting these vital items and making sure they will be safe and out of harm's way? To start here is a list of items of importance to start with and then we will describe how to protect them.

1. Birth Certificates
2. Social Security Cards
3. Home Mortgage papers
4. Vehicle Title's
5. Marriage Certificates
6. Family Pictures
7. Past Tax documents

8. Medical Records
9. Bills with proof of address
10. 401k and any documents on life savings

This list here is just a few of the major important items that need to be protected and made secure. If something happens you have to have proof of who you are and that you own this or that. So having that piece of mind will come into play for any situation and for example your family pictures will be saved and never lost to memory. How do you go about protecting these items and making sure that they will be available if needed? First off there are many ways of doing this and you should not do just one but all to make sure all areas are covered.

To begin this procedure gather up each piece of the list and get them into order. Now you have them gathered, if you have a computer and a scanner this will take time but begin by making a file folder on your computer. Label it Important documents. Now in that file with it opened make separate files for each kind of documents and such. For example you will have a file named family pictures, personal identification, taxes and so on. Now each time you scan have them go into each file you have set up. As mentioned it will take time to do all of this so taking a little by little will make it easier. Once you have down loaded all of what you need you will have several ways of protection at your disposal. There are external hard drives, DVD/CD hard discs, memory sticks, memory cards, off site backup companies ( Carbonite). We say to use all. Now once you transferred the folder to these means what do you do with each one? Well place them in separate areas that is away from your home so that if a tornado uproots your house from its foundation these items will not be part of it and safe. You can take for say your files you added to a hard disc like DVD or CD and put in a protective box that is weather resistant and bury it in your back yard or put into a safety deposit box in the bank. But do not only choose one route do all of them and spread them out. Ever heard of the old saying "**never put all of your eggs in one basket**"? Use that as a reason for making many ways of storing them. The only way to stop you is not being creative. Here is a list of possible places to spread out your copies to make sure all areas are covered.

1. Bury them
2. Safety deposit box
3. Family members not in your town
4. Fireproof Safe
5. Carbonite or off site company with file storage
6. Your car

Making sure that the more ways you do this means the less ways of something happening for them to be destroyed or lost.

Besides making them digital you also need to copy them and laminate them and add them to where you placed each one. So then not alone do you have digital but also real copies to go along with that. For example an **EMP** event happens and all electronics and such are wiped out. Then you would have a hard time retrieving these from a hard drive or memory stick but you will have real copies to rely on. Having the important documents saved and copied will give you a major piece of mind if anything ever happens. Look or ask anyone that has lost everything due to a fire, tornado, hurricane if they still have their family photo albums ? Realistically the answer will be very high they lost all material items. Think of how many years of family photos you have over the years from children growing up, special events and such that you have compiled and saved. In one instant they could be gone and never retrieved. So protecting them is a priority that should be done immediately. Being ready for any scenario and prepping is trying to consider all options so do not take this chapter lightly and do the same. Be creative in your prepping and consider many and as much possibilities you can. You will not be able to think of everything but the more you plan the better off you will be.

## Chapter 10 Study Your Area And Bug Out Route

In your plans and preparing for any scenario having a safe retreat(**BOL**) and route to take you there and knowing the area and terrain or highly important. In the first book we described on how to travel in a **SHTF** scenario but here will describe how to know your path and the best ways to study it. Bugging out is the term for if your place of safety is compromised and you have to retreat and get to a safer destination. Once you know of a place to retreat to and you know it has all of the resources that you and your family will need to make it through, knowing your route and alternative routes are important. It could be five miles away or even further. There are many ways to study a route and the terrain. From topographical maps, road maps, elevation and so on. The best thing to come along to us preppers for this type of scenario is Google Earth. All you have to do is type the address of where you start and then the address to go. It will not alone give you different ways to get there but also you can move in and out and see every tree and such along that route in a aerial perspective. Let us remind you though the map and route supplied by Google Earth does not take survival into play and will take you through highways and such. Once you know where you are going, study every map on the way there that will take you through the safest way and

lease traveled route and try to avoid any major cities, towns and heavily populated areas. With Google Earth you can slowly look at each mile of your route and see how to avoid such places along the way.

When making your route take in all of these recommendations of what to avoid.

1. Cities
2. Towns
3. Bridges
4. Large rivers that cannot be crossed on foot
5. Major highways systems or interstates
6. Interstate on ramps or exits
7. If at all possible away from any deserts
8. Heavily populated areas

These items mentioned are possible safety hazards that could put you and your family at risk when traveling your route. So with Google Earth you can study the route in a real time aerial view and see ways to go around them. Also with this type of view you can see when and where you can camp with coverage and see ahead of open land and less coverage. When making your route mark down any areas that might make travel harder for example mountains, cliffs open land and so forth and possible trouble spots. On your map mark all waterways and such like creeks, rivers, lakes to see how far you would have to go for water to hydrate yourself. With Google Earth you can even measure the distance from one spot to another. For example you mark a creek on your map and the next available water source is 15 miles away. You can plan it out and to know when and how to ration your supplies more. So utilizing Google Earth is the best way to see everything ahead of you. Now once you have the route made out you can then mark it on a standard map and such. For you won't be able to keep the Google Earth map without a computer and Internet. But one thing you can do is make photos of each part of the route on Google Earth with a camera and or screen shot save it and make prints of it and laminate them. Then you will have every bit of aerial view along your route on a photograph to use as a reference. The more planned your route is the better and safer you will be in a need and in an emergency scenario.

Some might say or ask what about a GPS? Well in most SHTF scenarios the chances of the satellites and companies running them would be disabled to civilian use. Just look at the tragedy of Sept 11 or Katrina. All cell phones and such were either overloaded or not in use for civilians and only to emergency responders and government. So the chances of GPS working is slight and should not be the only means and have other ways as backups. Another way to make sure of your route, is traveling that route and get to know it. You can do this by driving, bicycling and walking it. As you do, study everything along the way and do so as much as possible.

Get to know your route so much in memory you can do it without a map. If you can remember signs of your **WO** it will be important knowing it is time to go will mean everything when you have to resort to this part of your prepping and survival plans. Here are ways of planning a route and items to do so.

1. Standard road maps
2. Topographical maps
3. Elevation maps
4. Google Earth
5. Truckers Road Atlas
6. State by State maps

If at all possible try to laminate each page and such so the problem of wear and tear and weather will not destroy your means of seeing where you are going and how. Also using a material like lamination were you can use a grease pen or map pen is a good way to mark items and such without ruining your maps and can still be used even in a downpour. Even with these ways you might think they help only in a **BO** situation that is wrong. Knowing your property and layout is also very important when **BI**. You will know where to concentrate your skills and means on keeping your area safe. You will be able to see the weak spots or blind spots and such in a **SHTF** scenario. So with these ways it won't matter the circumstances they can be used in any situation.

Chapter 11 How to Look Inconspicuous

When it comes to any situation whether or not you are staying put or **BO** knowing how to look inconspicuous is highly important. In most disasters situations or chaotic events looters, robbers and anyone looking to survive will look for obvious targets. What would be considered obvious targets you ask? The answer is anything that looks worthy of benefiting the ones who are without. For example, a nice house that would seem to have money, nice cars and well kept lawns. This example does not count also on an individual who is traveling that seems to have been prepared for such situation. When a person who is in a survival situation sees a house or individual that looks to be nice, expensive and well off becomes the target because they know that they will have more items that they would need compared to a burned down house or a scraggly old homeless person.

How do you go about making your property inconspicuous or yourself? Once a disaster or event occurs to begin making your property look unworthy you will have to do the following. Begin by scattering clothes and useful on items into your yard and do not mow your lawn. By doing these two things alone if a looter or robber was searching for a target they would pass by your place because they think it was already looted and evacuated. That is the idea and principle behind making your property looking inconspicuous. Other ways to making your house less enticing is too break a few windows, pop out a couple of screens or rip them, use black spray paint on the tops of your windows and siding or outer walls where smoke would escape to make it look like there was a fire inside. Not alone would can you use these types and ways but also be creative, throw pop cans in the yard or couple of old or unused pieces of furniture and trash. But one important thing you have to make sure of is anything that is important and worthy of saving needs to be put in one location and hidden. One thing you have to make sure of is to not overdo it. Imagine yourself as a person who is surviving and starving. Here is a quick way to get behind the mindset of these individuals. Drive through your neighborhood one day and study the houses and properties and see which ones you think would have things that you need or looks enticing. Then ask yourself what made you look at those particular places? And more than likely it will be for the reasons stated above. Then in return use those reasons to make your property not worthy of such.

When it comes to the actions stated above will more than likely only work for homes, rental homes and anything that is sitting on a property. Dwellings that is in apartment buildings and high rises will be very difficult to keep from being looted. More than likely the looters will go room by room an apartment by an apartment. And if the dwelling you live is rented, more than likely you being able to build and add modifications will probably not occur. Anyone looking for items to survive will more than likely run across any door that is sturdy and not breakable will make them think that there is something worthy the inside. That is why **BI** is not a good option when you live in a major city or metropolitan downtown area. Another thing to think about if you live in an apartment or high-rise there is only one or two ways in and one or two ways out. You would be trapped from the outside world and the longer you wait less chances of getting out of the city safe.

Here is a list of ways and ideas to make your property and dwelling less intriguing and inconspicuous.

1. Do not mow or keep your lawn freshly cut and managed
2. Throw some trash and such into the yard ( old furniture, cloths)
3. Rip or tear screens and such to look like they were torn by a looter already
4. Bust certain windows to seem like that is where they entered
5. Use black spray paint on areas where smoke would escape to look like a fire occurred
6. Keep all worthy items in one area and hidden

7. Study the houses and such and think like a looter and ask why would you choose that place
8. Hide any nice cars and vehicles out of the driveway and out of sight
9. Make sure you have means of different exits

This is just some of the ways to make your house and property look uninviting to anyone wanting to take what you have in any disaster or **SHTF** scenario. This will lessen those chance but anything can happen remember that always.

Now we begin with how to make yourself look inconspicuous when traveling by foot in a **BO** scenario. If you're traveling a long distance you do not want to seem like you have items and were prepared for any such event. The best way is to look like you're part of the exodus and blend into the population that has nothing and is starving and you are just wondering the landscape with no purpose. How do you go about as an individual looking inconspicuous? You start by not dressing like military or tacked out and dressing like a homeless person that has hardly anything. You will want to look dirty, smelly, worn and ragged. That doesn't mean that you cannot take the things that you have prepared for, those will be kept in your pack and hidden. The only way that you would not do this type of deception is if you have a large group that can help protect each other. The more you look like you have nothing the less chances of being targeted by any individuals. Mind you that traveling in the day, this type of action will work the best but you are better off always traveling at night and add this type of camouflage at all times. You can keep all your good clothes and such in your pack. So here is a list of ways to look inconspicuous.

1. Travel at night if at all possible
2. Wear old ragged and dirty clothes
3. Keep all good items hidden
4. Walk with a limp if you feel others are close or near
5. Wear a large yard trash bag over everything like a poncho
6. Don't use deodorant and nice smelling fragrances
7. Keep main weapons hidden as best as possible
8. Act as if you are wondering
9. If individuals are near talk to yourself and act like you lost your mind
10. Tape your shoes with ductape and cover with bags
11. Grow lots of facial hair and allow your hair to grow long and straggly

These are just some ways to help keep you out of the eyes of attackers and such looking to take what you have. You want to look like you have nothing in the first

place. Mind you that this might not work one hundred percent but it will less your percentage and any odd that are in your favor is better than having none at all.

## Chapter 12 Opposite and Fortify

Many people in the prepping world have many takes on what to do when you are in your place of holding out the storm or a **SHTF** scenario. Like in the last chapter we mentioned looking inconspicuous and to avoid being a noticeable target. In this chapter we will discuss ways to take the opposite approach. How do you make your location battle ready or fortified to protect your home. In this chapter we will discuss this in some detail to help you do so. If you are the non violent type then this chapter is not for you. But if you are the ones willing to do whatever it takes to protect your family and your home we hope this chapter will help.

To start on fortifying your property is to make it look like a well guarded and heavily protected area. You want to make a looter see your place and want to say " this place is not worthy of messing with and to avoid". You may be thinking this sounds like camps in the movies and bunkers with razor wire. Well in a sense you are right. There are many ways to fortify and to make it defensible. You first have to start by knowing every single nook and cranny of your property. Look for any blind spots that you can't see in straight line of sight. Look for anything that can obstruct your view like hedge rows, tree lines or even small patches of woods. You have to see from a distance anyone coming and know where they are at all times. The best way to do this once you have your blind spots found is to be up high. You can build guard towers to making a snipers nest on your roof with sand bags. This will give you a vantage point and clear lines of sight. Knowing when to notice danger coming the earlier the better.

Next you take care of the blind spots you noticed and to make sure they can be covered and not a worry. You can remove the obstacles if possible or set out early warning devices such as trip flares and noise makers. But make sure if you set these up that if one is alerted that you know which direction it is coming from. Once the early warning devices are taken care of then you work on inner perimeter. You do this by placing items that can keep cars or trucks from driving through like steel poles put in the ground and reinforced with concrete footings. reinforce your fence with also concrete footing and such. Remember all of this might not be possible for anyone in the urban landscape or inner city. This is intended for ones with property of a true **BOL**.

Now we know how to get a line of sight, perimeter and now we concentrate on ways to look deceptive and to look meaner than what you are. One is the lookout post and snipers nest. Nothing more ominous and scary is knowing that there is an ever watchful sniper. Another is putting fencing or covering the windows to make it harder to come inside. Some would use ply wood or even as far as steel shutters. Another way is to attach with hooks a fishnet on the inside of the windows. This concept will serve a couple of purposes. It will still allow air and light to come through and also will make it difficult for an intruder to climb inside. Another item to add to the netting is some small bells so any major movement would alert you. Remember looters that are not part of an organized group will not want to take chances or something that is not

an easy target. Now solid organized gangs and groups could see this as an opportunity that they think you have enough supplies to keep them going, so this topic is a two fold scenario.

## Chapter 13 Alternative Energy

When it comes to planning for any type of disaster or SHTF scenario, having a means of alternative energy is easily obtainable and possible. There are many types out there on the market some expensive and some cheap. But how do you go about it on a budget and what types is best for a disaster? Let's look at some proven types of alternative energy that could help provide some of the basic needs. Consider though first what are some basic needs that need to be met for the use of these alternative energy. Here is a list of these needs that are the most important.

1. Lights
2. Water pumps
3. Some form of heat
4. Electronics ( Scanners, Radio's,)
5. Refrigerators, Chest Freezer
6. Recharging of Batteries and Power tools

Within this list are just a few items which you can easily add to that you feel is important and needed. But how do you go about making sure you have ways of keeping them going as long as possible? The answer is alternative energy. We are not talking about saving the earth and such. We are talking about energy that can keep your family going and keeping their minds psychologically calm. So let's go into these types of energy a little bit and how to obtain them.

When it comes to alternative ways to keep things running in a disaster and **SHTF** scenario there are so many types, forms and costs. One of the first of these types is a **generator**. Now depending on the amount of items needed to keep running will determine what type of generator you should get. There are four types of generators out on the market that runs different types of fuels.

1. Gasoline
2. Diesel
3. Propane
4. Solar Generators

Each one of these types of generators has their positives and negatives. The **gasoline generators** would be considered the cheapest and uses the cheapest type

of fuel. The only drawback to gasoline type generators is that gasoline if stored can last only a year at the most before it breaks down and turns into a gel and is unable to be used. And this time period is with a fuel additive called (stabil) mixed into it. Also gasoline generators are the cheapest type of generators on the list. So in order to make sure you have fuel for the gasoline generator you have to make sure you rotate the fuel constantly.

The second type of generator is the **diesel generator**. They are little bit more expensive and uses a fuel that can actually be stored for quite a bit longer and at some point indefinitely. Now the fuel itself is also a little more expensive compared to gasoline. But having the ability to be stored for long periods making the bigger price worthy of doing so. Diesel generators are considered also more solid and built stronger just like vehicles and their longevity and durability.

The third of the list is **propane generators**. These are priced in between gasoline and diesel and the types are varied. The most positive use of these generators is fuel for them is propane. When it comes to a disaster and such gasoline and diesel will be the first to be sought after by the masses and most will not have any uses for propane or is on their mind. But another positive is that propane can be stored forever if the tanks are well kept and out of the weather. As far as price comparison of propane compared to gasoline and diesel is average in the same although propane goes by pounds and not gallons. But by the use and availability in a situation would be easier to obtain and more than likely you won't see five mile lines of vehicles trying to buy it. With all three of these types of generators the main problem in a **SHTF** situation is they are loud. And you do not want to be the only one with power and to be noticed. **One last drawback to any type of generator is they are loud and can be heard.**

The fourth type is a **solar generator**. These can be the most expensive when it comes to the list. There is a difference from a home solar unit and a solar generator. A solar generator is a unit that has its own battery bank and is fuel by the sun. Now compared to a house solar unit these types of generators are portable and are silent compared to the other types. Most solar generators have one solar cell that is not attached to the house and can be maneuvered around to capture the most direct sunlight. A home system is larger and is not portable. The drawback is that there is only so much daily sun light and also depending on how cloudy the day is. So when the generator is full you will tend to use the energy at night. Also these generators would not be able to keep a refrigerator and such going. The best items for a solar unit to run is small lighting, electronics and possibly a water pump.

This list of generators is just a few ways of providing your family energy in times of need. Now there are other types of ways out there that have been created and actually can be built with some patience and such or just bought out right and already completed. The list of these is just a small number of them.

1. Solar
2. Wind generator
3. Hand Crank generator

4. Hydro Turbine
5. Bicycle Alternator generator

This is just a small list to give you a way of searching for even more possibilities. To go into each one in depth would take too long for each one is a decent project. We will go over them as a group and the positives they have. Each one of these on this list can be made by hand and might take a little work and trial and error. But all of them would be used to charge a battery bank and not run continuously like a fuel based generator. Also these types would not be able to run for example a refrigerator, air conditioner and such. These would basically provide you with lights, electronics charging, some heat and so forth. Just having lights in a survival situation is a psychological plus. Each one of these on this list and their plans and schematics can be found all over the internet. We will provide you links to them at the end of this book. You have to decide which is the best option for you and easiest to obtain if on a budget. Like said before if you are not mechanically inclined then some of them can be bought outright.

Having ways of providing some basic energy needs gives your family a positive outlook and to keep their spirits up in any scenario. And having your family positive and feeling some sense of normalcy will make the situation a little more bearable. And when it comes to survival having a positive mind and outlook will make your chances of making it greater than compared to negative thinking and total breakdown. On a last note on having energy and lights and such could make you a target to the masses that are without. So make sure that your generators cannot be heard and make sure your lights cannot be seen. When you have something that others do not it is normal tendencies to take in a situation of survival and disasters. You want to be invisible.

## Chapter 14 Must Have Medical

How can having medical knowledge be physical? Well you can have the knowledge of CPR in your head but can you perform it in real life and knowing a person's life depends on it. Or can you stop a major wound from bleeding a person out? There is a big difference from knowing and doing and especially under a stressful environment when lives are dependent on you. What if in a disaster situation or **SHTF** scenario do you have the knowhow and physical strength to give first aid to a person that is a distance from safety and to carry them out of that situation? These are just some things that can make having medical knowhow physical. Having the strength to carry someone a long distance is tough when you have dead weight even for a couple of people let alone by yourself. But one of the most important things to learn is how to give medical in a stressful environment and under pressure. How do you learn this and go about practicing it? First you have to have basic knowledge of first aid and CPR and know it well. You have to take classes not alone read about them. Here is a list of classes that can be found and taught anywhere around where you live and across the country.

1. First Aid
2. CPR
3. Survival First Aid
4. Rapid Response
5. Advanced Survival First Aid
6. Trauma Techniques
7. Field Surgery

Each one of these on this list can be learned and can either cost a little of for even free through many different resources. The American Red Cross holds classes all across the country. You can learn from them the basics of first aid and CPR. Some of the more advanced classes might cost but the cost of these is worth the money and time when it comes to saving your family and someone in a **SHTF** scenario or disaster. Also in a situation of **SHTF** the knowledge you have will make your skills needed and indispensable. You will be a person that is needed and highly sought after along with doctors, nurses and dentists.

Although having a large medical stockpile of supplies and such is great but do you truly have the knowhow to use them properly and to do so in a stressful environment? To make sure you can do this under any circumstance is easy but can be physical. To

practice these skills try doing a wound dressing in the fastest time possible. You can do this on your better half or family member. The person can act out this situation by first by giving a loud painful scream to start freaking everyone out. You hear the scream and come running. Once you get to where the person is start by calming the injured person down and finding out what happened and where the injury is. Once you have determined the injury you have to start taking the right measures and to think clearly. Make sure the individual is not calm and is trying to create havoc to give you the sense of reality and what a real person like a child or such would do and act when injured. This will create a stressful environment for you and everyone around to test your skills. You can also time yourself at this one skill. And the main and most important thing is being efficient and accurate for that will determine the persons survivability in that situation. The more chaotic the situation you are practicing the better you will become in that scenario. Also remember to make sure anyone that has no medical skills leaves the area to make the person injured more calm and they do not add to the situation.

Practicing what you learn and making sure you have it down is the most physical part of medical preparedness. Practicing anything in life is nothing if only in your head and never used. Be creative on the scenarios and make them different every time. For no situation is ever the same from environments, circumstances to injuries. So the more creative the more prepared you can be for the physical aspects of this chapter. You can find on the internet and many books on ways to learn many different medical survival skills from wounds, lacerations, suturing, poisoning, broken bones and so forth. But you have to practice this skills over and over to get better and more efficient at them.

When it comes to first aid kits and medical bags there are many types and sizes from basic to trauma to all out battle ready field medic bags. One thing that is clear, having any one of them is a plus. The thing is to make sure what you have in them you are capable and have the knowledge of how to use each one. Just like having a Bug Out Bag that is fully ready and able to go quickly, if you don't know how to use the equipment you have in it then the bag would useles. So as the same for a first aid kit and medic bag. You have to know how to use what you have in it or it is money wasted and will pile up dust. If you truly want to be able to help in an emergency and being prepared to save lives then put the effort in taking classes and learn how to do so. So to end this chapter we ask this of you. **Ask yourself how important is your families safety and how important is it to be able to help when there is none?**

## Chapter 15 Practicing Disaster and SHTF Scenario

In history disasters and such have always occurred and always will. How do you practice these such situations and to physically make you and your family more ready. As spoken in the first book of this series and in earlier chapters this chapter will give you ideas on how to make the scenarios and to practice your readiness. Having the practice and making sure your family knows how to react and able to be efficient and ready at any time. For time is of the essence when it comes to a disaster. Those who know how to react and overcome will be the ones to say in the future how they survived. Now mind you there are always things you cannot stop and when it is your time it is your time. But If it isn't your time then you are ready to survive. Here is a list of ways to make a scenario happen and to get your family ready if something happens.

1. One weekend a month turn off all essential power and make do without electronics, TV, movies, and act as if you lost all power due to a storm.
2. Practice Earthquake and such disasters by getting to protective areas and time your selves.
3. For a week or weekend eat some of the food storage you have and get your family used to it. (This will also help rotation of this food).
4. Bug Out to a location or campground. Practice how fast you can get ready and get there. And spend a few days on your basic supplies you have at the ready.
5. Practice using equipment you have and be more efficient at them
6. Get your friends involved or groups you have assembled and make a weekend bug out scenario

Doing these types of scenarios and practicing them is a great way to make sure you and your loved ones are ready and able. Not alone will these make you efficient and able to be effective, but will also make you and your family more closer. Remember that others might think you're crazy or odd but let them think that. If something like an earthquake happens they will be the ones who will be wondering around lost and unable to provide for their family in a disaster or emergency situation. Remember, if you are at a certain age when in the late 1960's and early 1980's when we practiced earthquake, tornado and nuclear drills in school? Back then it was a norm and now if you tried to do the same for your family and such you are looked at differently. Our

children are no longer taught and practice such things. Why? For the sake of money that the schools are wasting for the time to do so? Who knows, but with you doing such practices will make you more prepared to handle these situations and being able to react without a second thought.

Practicing these drills can also in a sense can be made fun and to allow your children to do something positive and they will grow up knowing this type of lifestyle. When teaching your children how to be ready will start another generation of them that it will be normal to always be ready and can be passed on generation to generation. Just like how after the great depression, dust bowl, cold war ended, generations after lost how their families made it through it and why storing food and preparing was a normal thing. Some of us still remember and do so because it was a norm. But now when you start prepping the ones who have never learned from the past will be the ones who will look down on you and act as if you're a loon. So think not what others say and believe and do what makes you feel comfortable and that you care for your families safety and making it through a disaster or **SHTF** scenario. Do you remember the old saying " Practice makes perfect"? Well this is your chance and make a great way to do so and fun.

## Chapter 16 Bushcraft and Primitive Skills

Bushcraft and primitive skills are basically physical skills that you can do and learn on the bare essentials of surviving without technology and fancy equipment. In situations for example you were lost in the woods and all you had was a couple of items maybe a pocket knife and the clothes on your back and a flash light. Could you make it for a couple of days or so until help arrived or made your way back to civilization? Knowing how to survive without anything but what you have is where these skills can come into play. Throughout our history as humans and a people we survived with just a spear and knowledge of how to start fires, build shelters from the elements and to hunt and eat. All of this was accomplished without a fire striker, MRE, fishing poles, firearm and so on. Breaking down to the basics and not relying on technology and up to date equipment is a tough skill to learn. But if taught right it can be fun and adventurous and worth its weight in gold.

There are many types of books, DVD's, blogs, on learning Bushcraft and primitive skills out there. You can study and learn them but as always stated before "knowing them in your mind is different than doing them in reality". How do you start on this knowledge and begin to learn them? Start by reading books on this topic and watching videos and such is the best way. This topic can be a very fun way to get your family involved mostly your children because it will be what children always love and that is playing in the woods and such. Also this will bring the childhood back to you. Some of the most important skills to start with and to study to make it easier and not overload your brain is this short list. Each one of these is something basic and easily can be practiced in any environment and can help you survive.

1. Fire Starting
2. Temporary and permanent shelters
3. Fishing
4. Trapping
5. Cooking
6. Purifying Water and finding it
7. Direction and headings
8. Foraging

With learning these basic skills is a start and like said earlier can be easy to learn but will take practice. Knowing how to do this efficiently will make the chances of your

survival drastically higher. There are skills from being a novice to hard core advanced crafter. One great thing is that you can always modify these skills that make it easier or better it all depends on your creativity and ability to practice them. At the end we will give you links on such skills and to help you learn them.

Learning how to survive does not always have to be in the woods and such but these primitive skills can be done anywhere any environment city, country, mountains and so forth. There is a reason they have been around for thousands of years. Another way to get this skills is to take classes with a hands on style training. There are many of these classes all across the country. We will also give a link to some of these at the end of the book. If you think about it Bush Crafting is as old as humans themselves. They are skills that have been passed down to generation to generation. These skills need to be learned and passed if not they will be lost to the technology world that has consumed us all. You have to ask yourself what if this technology is gone and all you had to rely on is yourself? So begin with the first and easiest skill to learn and that is fire making. Then work your way to shelter building and so on. One by one is a thousand year old skill and then pass it on to your children and with doing so it will never be lost.

## Chapter 17 Remember History

Throughout time, history is our guide to anything and everything that we have gone through and achieved. History is our map of the past and something we can always look back on and see how we achieved and what we failed at. If you are not a true history person and you think history is boring then you were not taught right and given a true reason for learning. Let's give for example on human survival, we can see so many times in the past where we have survived the most uncermountable odds and in the face of adversity. How can you expect to learn from a disaster if you do not know how someone else has done so. Even when it comes to this book these ideas and such are given due to someone else's triumphs and failures.

Ever since you were a small child you learned from your mistakes and eventually succeeded in walking after falling many times. Remember the puzzles and such you played and could never win and you either gave up or kept going. You eventually learned from your past mistakes or you just simply gave up. Knowing history is a way to see those mistakes and to use them to your advantage. For a perfect example of disasters and how to be prepared is Hurricane Katrina. With any hurricane there is always a day or two warning of its path and projection. People knew that Katrina was coming but even with the slight deviation it took a little turn inward. But the knowledge of it was there and some took advantage of the information and left early enough or waited until the last minute. The ones who waited until the last minute found themselves stuck and in a mass exodus. So there is lessons from history of this one event, you know that hurricanes have and will always occur. Second you know that there is always a prediction of its path and time of **WO**. It is what you do in that time that will make all of the difference in survival. But knowing how people made it through these events is learning from them in the past. How did most of the casualties happen during Katrina? How much devastation was dealt when it hit the coast? These are just a few questions that could be looked at and studied and have been and so history is a map to learn from.

We preppers know of history from disasters to what we were raised on when it came to storing food and a way of life. But it came from the past and even today the newer preppers in our community need to learn from us and what we have been through and was taught. Life is a history lesson and we must never forget what was given to us and take advantage of it. If you are a seasoned prepper to a novice there will always be new things and skills to learn. It can be a never ending process for sure. But knowing from the past and that it will always repeat itself is something that you should always consider and remember. **History always and will repeat itself.**



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