

# THE WORLD'S SUBURBAN SURVIVAL GUIDE

HOW TO BE PREPARED  
FOR ANY MAN MADE OR  
NATURAL DISASTER

ROCCO SPINELLI



# the worlds suburban survival book

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HOW TO BE PREPARED FOR ANY MAN  
MADE OR NATURAL DISASTER

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*A special thanks to  
my mother Joann Lamont,  
Star and Jennifer Mountain.*

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First and foremost, this is a suburban survival guide, not a wilderness survival book. More people will be caught in a city or suburban disaster 99 percent to wilderness disaster. One hurricane can involve a whole state. I have trained in suburban survival for over a decade. I'm a member of Community Emergency Response Team (CERT), I'm a member of the Large Animal Rescue Team (LART), and I'm trained in Wilderness first aid, Wilderness survival and a Park Ranger. Since the world seems to be headed toward more and more disasters on a yearly average, I wanted to create a book that covered the many valuable tools and skills that are needed in a disaster situation.

Many of you reading this will know someone who has been in a disaster or will experience one yourself. Do you know what to do in a disaster? How would you take care of your family? Where should you go, and how should you react? I have gone to many places in the last ten years to learn the answers to these questions, and I have picked up many useful skills along the way.

One very alarming thing I learned was that when responding to disasters, it can sometimes take days for the government to reach you. Our government is overwhelmed by more and more disasters each year; just when one is cleaned up, another one strikes, again and again. The cost is enormous. As economies around the world falter, the ability to pay for disaster relief is decreasing. Emergency personnel become stretch to their limits, which often means you're on your own. Don't count on someone getting to you in time; prepare for the worst and pray for the best.

### **the four pillars of suburban survival**

1. Shelter and clothing
2. Water
3. Fire
4. Food

These four categories are the keys to staying alive. Shelter will always be first, and food will be last; people can survive for many days without food. Without water, your window for staying alive is short, especially if it is in a heat wave.

In the following pages, I will give you a rundown of each category and the different items you will need or can use for each. In the last part of this book, I will teach you to put together emergency kits to aid you in case of a disaster, although many people create their own kits based on their particular needs and wants.

## shelter and clothing

Shelter and clothing are the first and most important things to find in a disaster. Many people believe water is the most important element in survival, but if the temperature is below freezing or if there is a heat wave, the elements will kill you before anything else. Let's say you and I have just experienced a disaster together, and I tell you I will give you two gallons of water, but with the condition that you have to sleep outside at minus ten degrees, with no fire or shelter. I get no water, but I get to sleep inside by the fire. Which of us got the better deal? The weather is a non-negotiable factor that never lets up on your body and mind. Discuss and locate meetings places for your family in safe zones, Always have three in mind.

### **emergency room**

If your house has a room with a fireplace, that room should become your emergency room. Block off the doorways with tarps so that heat is trapped inside. Move all the mattresses and blankets you have into the room. If you have a generator, put it just outside the window. Put the generator's floor heater at the entrance to the box of mattresses, which I will explain in the mattresses section. Always keep extra extension cord with your generator. Make sure no smoke can enter the window and that the generator has some kind of covering to keep it safe from the elements. Supplement the generator fuel with fireplace wood (I will talk more about this topic later in the book).

### **mattresses**

Mattresses can be wrapped around you like a sandwich, using rope to hold it in place, which is a good nighttime method for keeping warm. You can also create a box-like structure by using couches as walls and placing mattresses on top for the roof, leaving an open end facing the fireplace so that heat enters the box. This little structure can be surprisingly warm.

### **sheds and car**

If your home is unsafe for any reason, you should look for another, safer structure. Perhaps a shed or a car can become your home for the night. Throw in as many blankets, rugs, pillows, and anything else that will help you create a warm nest. You can remove the stuffing out of car seats and use it as insulation inside your clothing. Start with your feet and work your way up.

### **tent**

If all structures are unsafe, you should consider your tent, which I've included in the emergency kit discussed later in the book. Again, put as many blankets, rugs, and pillows in the tent as possible. Try to place your tent in a location that is not in the

direct path of the wind. Do not place it near a body of water, because if it rains you may get flooded out; plus, sleeping near a frozen lake is much colder than sleeping on soft ground.

### **wool clothing**

Wool is an excellent fabric for cold weather because it holds your body heat. This fabric has been used throughout history, and it is still one of the best around. There are wool blankets, wool socks, wool hats, wool pants, and wool coats. Always read the label to find out how much wool is present in the article of clothing; many companies mix cheaper fabrics in their products to lower production costs, but the mix weakens the cold-fighting strength of the fabric. Many online camping stores sell wool blankets for half the cost of mainstream stores.

### **alpaca**

Alpaca wool is another excellent cold-weather fabric, four to six times warmer than sheep wool. Prices are high for alpaca products, but as they become more mainstream, the prices will drop.

### **layering**

If you lack proper cold-weather clothing, layer the clothing you do have—the more layers, the better. The layers create warm air pockets, which in turn hold your body heat. Layer your socks, pants, and shirts, putting on the thinnest items of clothing first and the thickest last.

### **carpeting and rugs**

You can wrap rugs around your body to stay warm. You can even pull up carpeting and wrap it around you; cut a two- to three-foot square piece of it, cut a slit in the middle to pull your head through and wrap the rest around your waist, creating a carpet poncho.

Couches can be used for their stuffing; slice one open, pull out the stuffing, and pad your clothing with it, starting with your socks and working your way up your body. Try to create a scarecrow effect. This will keep you very warm.

### **cardboard**

Cardboard can be placed on the ground to create a barrier between you and the cold ground.

### **tarps**

After wrapping blankets around you, wrap yourself and the blankets in a tarp like a cocoon. This will trap the heat inside and protect you from the rain, wind, and snow.

## **pillows**

Grab as many pillows as you can and place them around you in your sleeping spot. Push them down under your blankets to your feet and lie on them, adding another barrier between you and the ground.

## **sleeping bags**

Invest in at least a zero-degree sleeping bag that will keep you fine and warm all night. Online camping stores sell excellent bags for cold-weather camping.

## **grass, straw, and hay**

If you live in the country, you may be able to find grass, straw, or hay to use as an insulator for your hut and your body. Stuff these down your clothes to again create a scarecrow, use them as bedding, or stuff them in your sleeping bag or blankets as extra insulation.

## **pine branches**

If there are pine trees near your emergency shelter and you need bedding, cut some pine branches and lay them on the ground to create a barrier between you and the ground.

## **fabrics**

Below is a list of some of the fabrics that are used to create our clothing. The reason I have listed them is that many people think they are buying a good winter product, only to find out that the amount of wool in the garment is minimal, which leaves you cold. Everyone should have a little knowledge of fabric's, this may save lives.

1. ALPACA. Alpaca fleece is one of the best materials for cold weather, four to six times warmer than wool. The downside of alpaca fleece is its price, but once this fabric becomes more commercial, the price should go down.
2. WOOL. Wool is the best fabric for both cost and warmth. It has been used through all of history, and it will never let you down.
3. COTTON. Cotton is the death clothe. Don't buy any product that says it is made for cold weather but contains mainly cotton. It might keep you warm walking from your house to your car, but in a disaster, it will let you down.
4. SILK. Why would I mention silk? It has zero ability to keep you warm, but it is an excellent insect screen. Lay a silk sheet over your box or make-shift tent to help keep insects from flying inside your tent. It is a warm-weather fabric, and it is also useful for wrapping around bandages because it breathes well.
5. NYLON. Nylon is a family of polymers named linear polyamides. It is a strong fabric and easy to clean; an average cold-weather fabric.

6. RAYON. This is a cellulose fiber, considered semi-synthetic. Some companies make rayon to look like wool, so always read the label. Some socks labeled as cold-weather socks may have as little as 20 percent wool. Rayon is a poor insulator, which makes it a good choice for warm weather.
7. POLYESTER. Polyester is the king of fabrics, added to so many products that I couldn't possibly list them all—winter socks, hats, gloves, and more. Many wool products are made from a combination of wool and polyester fibers. As long as the wool is a high percentage than the polyester, this mix creates a good and durable cold-weather product.

## wood

There are three kinds of wood—soft, medium, and hard. Soft wood ignites fastest, with the highest flame, but also goes out the quickest. Hard wood burns the longest and throws the most heat. The reason we're talking about this topic is that you should know how to get the most out of your wood. The less waste, the better. If you're ordering or cutting wood, it is a good idea to buy a mixture of the three, so that you can get the best fire and the longest burn.

### **soft woods**

1. Cedar
2. Hoop Pine
3. White cedar
4. Arizona Cypress
5. Lawson's Cypress
6. Silver Fir
7. Noble Fir
8. Hemlock
9. Mountain Hemlock
10. European Larch
11. Japanese Larch
12. Noble Fir
13. Rocky Mountain Fir
14. Jack Pine Pitch
15. Scots Pine
16. Ponderosa Pine
17. White Pine
18. Sugar Pine
19. Yellow Pine
20. Norway Spruce
21. Red Spruce
22. Sitka Pine
23. Northern White
24. Yellow Cedar

Soft woods burn one to two hours.

### **medium woods**

1. Avocado
2. Sycamore
3. Chestnut
4. Dogwood
5. Hickory
6. Willow

Medium woods burn two to three hours.

### **hard woods**

1. Oak
2. Walnut
3. Red Alder
4. Black Alder
5. Ash (Blue, Black, and Green)
6. Basswood
7. American Basswood
8. White Basswood
9. Cottonwood
10. Elm
11. Cherry (Black and Red)
12. Birch (Gray, Sweet, and Yellow)

Hard woods burn three to five hours.

### **green wood**

Any green wood will do. Green wood placed on top of hot hard wood will burn six to eight hours.

### **how to make a proper fire**

Learning how to make a fire is more important than you might think. What if you have only a couple matches, or you're losing daylight? Start with pencil-size sticks; place them together to look like a tepee, leaving one end open so you can put in the tinder (fire starter). Then place wrist- and arm-size branches on top of the tepee. Keep the triangle sturdy. Next, place upper arm- and thigh-size branches around the stack of wood. Place the tinder in the open end and light it. This will create a very good starter fire. After it burns a bit you, add some soft wood and gradually work your way up to the hard and green woods. Green woods are good to place on the fire when you're about to go to sleep, since they will burn the longest.

## fire tools

Following is a list of suburban fire tools. Some are more important than others. At the end of this book, I will put together a warm-weather survival kit and a cold-weather survival kit, and this list of fire tools may help you put your kit together.

### **lighter**

A lighter is the most obvious tool to place in the kit, but it can be destroyed in a disaster. Keep at least half a dozen lighters in your kit. They can be purchased cheaply at discount stores.

### **storm matches**

Storm matches are a must for your kit; they light even in extreme weather, and they are excellent to have in a storm. You can buy them online or in a camping store.

### **magnesium fire starter**

I really like my magnesium fire starter. This tool is sold at camping stores and online hunting/camping websites. To use it, you scrape the magnesium in a nickel-size mound with a knife and then strike the rod toward the magnesium. This will create a hot flame as the magnesium catches on fire. Remember to have your wood prepared in advance.

### **magnifying glass**

A magnifying glass is a fire tool that can be used only in the daytime. To use it to start a fire, simply aim it at your tinder in a way that allows the sun to shine through the glass. This creates a tiny round light, which can start a fire; the smaller the light, the hotter it gets. Have your wood ready, as this method lights tinder quickly.

### **batteries**

Take a piece of wire and strip the plastic of a two-inch long section in the middle of it to expose the wire itself. Place the exposed wire in the tinder, one end on positive other end on negative, the electric current at the exposed wire(Hot) will light the tinder.

### **waterproof matches**

Waterproof matches light even when wet. However, if they are kept underwater for any length of time, their coating or water seal will dissolve. I create my own waterproof matches by dipping strike-anywhere matches in surfer's wax, Creating waterproof matches for half the cost.

### **surfers wax**

You can buy surfers' wax at your local surf shop or online. It is meant to be used in water; surfers wax their boards for a faster surf. Melt and dip strike-anywhere match heads in the wax. Just remember to scrape off the wax before lighting the matches so that oxygen can reach the match head.

### **swedish firesteel**

The Swedish FireSteel is a rod that is placed near tinder and then struck downward, which creates sparks, igniting the tinder. The burning tinder is then placed in the wood. You have to be careful when striking, however, as your hand may hit and demolish the wood tepee you built for your fire.

## nontreated water

How to purify water is one of the most important skills to learn. Tainted water can cause many diseases and even death. Pure, natural drinking water is decreasing around the world; the earth is polluted, and no corner goes unharmed. Diseases that lurk in un-treated water include the following:

### **protozoal infections**

1. Amoebiasis is often contracted through water that has never been treated or purified. Symptoms include stomach pains, tiredness, diarrhea, and cold-like symptoms.
2. Cyclosporiasis collects on filter systems and non-purified water. Its symptoms include diarrhea, gas, upset stomach, and other flu-like symptoms.
3. Giardiasis can be found in water of poor quality and in cracks in pipes. It can also be contracted by drinking out of a stream from which wild animals also drink. Symptoms include weight loss, diarrhea, cold-like symptoms, stomachaches, cramps, vomiting, and flatulence.

### **parasitic infections**

1. Schistosomiasis is caused by snails that carry Schistosomes. Its symptoms include skin rash, cold-like symptoms, and muscle aches.
2. Taeniasis is caused by tapeworms and is found in water containing eggs. Common symptoms include skin rash, asthmatic attacks, and diarrhea.
3. Fasciolopsiasis can be found in drinking water containing encysted metacercaria. Symptoms can include swollen liver, jaundice, and diarrhea.
4. Onchocerciasis. Insects breed in quickly moving water. Symptoms include swollen lymph nodes, blindness, and changes to the color and texture of skin.
5. Coenurosis can be found in water containing eggs. A common symptom is intracranial tension.
6. Enterobiasis can be found in water contaminated by eggs. Symptoms include skin rash, anal itch, and insomnia.

### **viral infections**

1. Adenovirus infection can be found in poorly treated drinking water. Symptoms can include pneumonia, bronchitis, and a cold.
2. SARS can be passed through poorly treated water. Symptoms include coughing, tiredness, fever, and other cold-like symptoms.

3. Hepatitis A can show up in both food and water. Symptoms include tiredness, diarrhea, stomach pain, fever, and other cold-like symptoms.
4. Polyomavirus Infection can be found in a high percentage of the population's drinking water. Symptoms can include kidney and respiratory infections.

### **bacterial infections**

1. Botulism can be contracted by bacteria entering a wound and by drinking poorly treated water. Symptoms can include cloudy vision, muscle weakness, vomiting, diarrhea, and breathing problems.
2. Cholera is a fast-moving illness that can be passed through water containing the bacteria. Symptoms include cramps, diarrhea, an increased heart rate, and vomiting.
3. Coli infection is a potentially fatal infection that can be contracted by drinking water contaminated with the bacteria. Diarrhea is a common symptom.
4. Dysentery can be contracted through water containing the bacteria. Symptoms include constant bleeding and feces discharge.
5. Typhoid fever can be contracted through water containing the feces of an infected person. Symptoms can include a dangerously high fever, sweating, and swelling on the liver.
6. Vibrio illness can be contracted by contaminated water entering open wounds. Symptoms include severe diarrhea, vomiting, and stomach pain.

### **water purification tools and methods**

The magic water that sustains us all can be a blessing if treated properly, but it can kill you if not treated. A lot of survival books I've read drive me crazy by advising to keep a three-day supply of water on hand. I suggest that you store as much as you can. If you store a three-day supply and have three people stranded in your home, you will have only a one-day supply. What if half your supply is lost in the disaster? You will have only enough for a day and a half. See what I'm getting at? Only in the movies is it possible to have a three-day supply of water for just you. Water should be divided and stored in two or three areas. This reduces the risk of losing all your water in a disaster.

### **water purification filters**

Water purification filter kits are excellent. I use mine all the time when I hike or spend days training. You place the filter screen in the water, and a hose connected to the screen runs up to the crank, with which you pump the water through the filter and into your drinking bottle. There are many good kits for sale, and camping and hiking websites usually have a variety to choose from.

### **water purification tablets**

Water purification tablets (iodine pills) come in bottles of fifty to one hundred and are also very good products. They kill bacteria in water, although they do not filter out chemicals. You drop one tablet in your drinking water for every quart of water and then wait at least fifteen minutes before drinking it. These tablets can also be purchased through camping and hiking websites.

### **water smell neutralizer**

Smell neutralizer tablets take away the chemical smell and taste that iodine pills leave in the water. These tablets can usually be found in the store with the iodide pills.

### **water bottle filter**

I carry a water bottle filter in my car. When you're on the move and have to evacuate as soon as possible, this is the tool to have. All you do is submerge the open bottle in the water and replace the cap; the cap is the filter.

### **boiling water**

Boiling water is an effective way to kill any bacteria present in the water. Gather water in your pot, place it over your heat source, and boil it for fifteen minutes. Let it cool, and you're all set.

### **bleach**

To treat water with bleach, add three drops of bleach per quart of water, stir it, and let it stand for at least half an hour. A gallon of bleach can last a very long time.

### **solar still**

When the above tools are not present, you can build yourself a solar still. You will need the following items:

1. A bucket
2. A clear tarp
3. A shovel
4. A stone

Find an area that gets direct sunlight and where the soil is soft. Dig a round hole two to three feet deep and at least four feet wide. Place a clean bucket at the bottom of the hole and spread a clear tarp on top. Put a small stone in the middle of the tarp over the bucket with a two-inch slit; the stone's weight will push down on the plastic and form a funnel shape. Pile dirt or rocks all around the plastic edges to secure the plastic and keep it from caving into the hole. Pour water into the hole around the bucket. When heated, this water will turn to vapor, rise, and condense on the inside of the plastic, where it will run down the funnel and into the bucket, now purified water.

Grasses, green trees, and shrub branches can also be placed in the hole; as they heat up, the water in the plants will be drawn out by the heat. The slit allows rainwater to collect in the hole, giving you two methods to gather water.

Many people prefer to pour un-sterilized water in the hole first before placing the tarp over the hole, but I like to set up the tarp, then open one side and pour the water in. This way I can easily position the tarp while standing on dry ground and without getting my shoes wet.

### **morning dew**

In the morning you can go outside with a sponge or clean rag and wipe dew off grass and other plants. Squeeze the rag over a bucket. You'll be amazed at how much water you can gather this way, especially if everyone helps.

### **creeks, streams, and ponds**

Gather as much water as possible from creeks, streams, and ponds and take it back to your area with a dolly or wheelbarrow, if you have one; there may be a handful of garages on your street, and you may find a wheelbarrow in one of them. If it's a community that needs water, get everyone to join together to do this. Use one of your water purification tools to purify the water.

### **snow**

Gather as much snow in a bucket as possible. Ice is excellent, because it creates a lot of water once melted. Pile the snow and ice in a giant garbage can and heat it outside by the fire. This melted water can be used for bathing.

### **garbage bag water collection**

Slip a garbage bag around tree or bush branches that contain green leaves and are exposed in direct sunlight. Tie up the opening and wrap a rope around the top to create a small green house. When heated by the sun, condensation will collect on the inside of the bag. You won't get a lot of water—maybe half a cup—but when you have no water, half a cup is very important. Make sure you don't select a poisonous plant or one that has pitch in it.

### **stones**

Throw medium size stones into the fire, let them heat up until they're hot enough to boil water, and then transfer the stones into a bucket of water. If the stones don't create a boil, put them back in the fire. Don't take stones from creeks and streams, as they might explode because of the water held inside them. Try to collect stones from high ground. You can be extremely injured by a rock explosion, use a metal lid for protection.

### **drinking water foil pouch**

You can buy foil pouches that carry four to six ounces of clean and sealed water. The pouches are a bit costly for so little water, but they're handy for your car emergency kit.

### **siphon pump**

A siphon pump allows you to gather water from places a bucket can't fit into, such as water pockets in boulders or thick grasses at the bottoms of hills. Some dry or seasonal streams may also have water pockets. Place one end of the siphon into the water, place the other in your bucket, and pump as much of the water through the hose as possible.

### **water bags**

Water bags hold around two gallons of water and are a good way to store clean water or transfer it from a pond to a boiling pot.

### **water bladder or camel pack**

A water bladder is such a good tool to have. Once water is purified, transfer to your water bladder, which hangs from your shoulders just like a backpack. A drinking hose is connected to the bladder and stretches in front of you for drinking ease. When finished drinking, just snap the hose back in place. It's especially a good tool if you have to travel to get help, as it leaves your hands free to hold other important items.

### **tarp**

Use the tarp as a funnel to collect water, similar to the solar still. Spread the tarp on a bush, a boulder, or anything that is higher than your water bucket, and cut a slit in the section of tarp directly above the bucket. Dew will collect on the tarp and run down to the bucket. This is also a good way to collect rainwater.

### **uv straw**

The ultraviolet straw was invented because so many people living in Third World countries were getting sick from drinking dirty water. The straw is placed in the water, and water is sucked through it just like any other straw, while the ultraviolet light kills waterborne bacteria.

### **pots, buckets, and lids**

Set any empty pots, buckets, and lids outside to collect water when it rains.

### **water barrels**

Water barrels hold around fifty to a hundred gallons or more. A pump is connected to the top to fill up cups and bottles. Most barrels are ultraviolet resistant. If you have a

family or pets, I suggest you consider investing in a hundred-gallon barrel.

### **water heater**

Typical water heaters store around fifty gallons of drinkable water. There is usually a knob at the bottom to open; once you find it, empty all the water into your storage devices. You may not be able to stay inside your home, because it is an unstable building, especially if fire is moving in your direction, and if you empty your water heater, you won't be abandoning a valuable water source.

### **water pipes**

Water pipes contain water. To make use of this water, first shut off the main water valve to prevent a backwash or suction from occurring. Find the lowest pipe in your house and open it, or go into each room and open the pipes and faucets (Pressure), You will probably find a good supply of water.

### **pebble**

A pebble placed in the mouth will cause salivation, decreasing the likelihood of a chapped and dry mouth.

## **food and storage**

Food is the least important thing to worry about in a disaster. It does help to give you the needed calories to stay strong and healthy, but you can live without it for one to two weeks.

### **canned food**

A good supply of canned food is an excellent thing to have. Try to buy foods with a good supply of protein and carbohydrates, and avoid products high in sodium; sodium makes you thirsty and causes you to drink more water, which you may not have in a disaster. I suggest keeping on hand two cans of food per person for each day; fourteen to sixteen cans should last one person a week.

### **trail mix**

Trail mix is a great source of protein and carbohydrates, and it can be frozen and stored a long time. You can buy trail mixes at health food stores, but be careful; some companies put candy or chocolates in their mixes. Good calories result in a healthier body and more energy.

### **trail, protein, and carb bars**

Trail, protein, and carb bars are all very good sources of nutrition to keep in your emergency bag. They can be purchased by the box on the Internet, and health food stores and some gyms carry them, as well. Read the list of ingredients and be sure you're getting enough protein and carbs per bar.

### **minute rice**

Minute rice is a good source of carbohydrates. Don't use regular rice, because it takes more water to make and too much fuel is used in the process. Minute rice is quick and can easily be mixed with canned foods.

### **jerky**

Meat jerky is another good product to keep frozen on hand. Buy low sodium jerky to avoid creating increased thirst. Beef and chicken jerky are the most popular, but fish and meatless varieties are also available. A good supply for one person is about a pound for every two days.

### **refrigerator**

Eat all the perishable foods in the refrigerator first. Make stews and soups with vegetables and meats. Different types of produce have different lengths of storage life. The items that spoil the fastest include fresh meats and poultry, dairy products (such as cheese and milk), and lunch meats. Some items that can be stored longer are eggs (these can last days without refrigeration, but leave them in the refrigerator), fruits, vegetables, pickled products, bread, and soda.

### **freezer**

Since items frozen in your freezer will last a few days longer than those in the refrigerator, you have more options on how and when to eat them. Open the freezer only when you have to; please don't open the door and stand in front of it to gaze inside like it's a Sunday morning and all is well. Keep the cold air inside. Any ice you have can be very valuable for treating injuries.

### **dehydrated foods**

Dehydrated meats, vegetables, and fruits store well. When ready to eat them, boil a pot of water and then add dehydrated meats and vegetables to create a stew. Health food stores carry dehydrated food, although they're usually a bit costly. Dehydrated kits are also a smart thing to buy. Meats will be half the normal cost, and in turn you can buy more produce to store. A variety of kits are available for purchase on the Internet.

### **mre's**

The military/campers make use of MREs—foil pouches of a dehydrated meal such as turkey and stuffing or teriyaki chicken. However, these meals tend to be high in salt and expensive. Many online camping and hiking stores carry them, and your local sporting goods store probably sells them, as well. To consume these meals, pour hot water into the pouch and close the pouch for the instructed amount of time. Some varieties use room-temperature water and contain a small, separate pouch to be heated up by itself, after which the meal is placed either on top of the contents of the small pouch or together with it in a larger bag.

### **your environment**

Look around the area you are in; the landscape probably has a lot to offer. There may be a vegetable garden a few yards over, and there may be fruit trees right in your own yard. Pick them clean, because they may be stripped quickly once other people find them.

### **preserving food**

Planning ahead and preserving an emergency food supply is a smart idea. You can preserve many foods, from meats and poultry to vegetables and fruit, and more. Try to

avoid high sodium levels in the meat and poultry, which will create thirst, as mentioned before, and water may be scarce.

One of the most important things to do when preserving food is to kill clostridium botulinum bacteria by heating food above 240 degrees Fahrenheit (or hotter) for the needed time. Having the proper jars is also important. Mason jars are thick glass and can be sealed. If bacteria gets into an improperly sealed jar, sickness can result in the person who consumes any food in that jar, meaning you will have a sick person to deal with on top of a disaster.

## [sources of light and power](#)

When night rolls around, it's important to have the proper lighting.

### **generator**

Generators are sold by many different companies and come in many different sizes, ranging from one thousand to industrial size. I suggest reviewing online ratings of generators to help you pick the generator you need.

With any generator you must have some important accessories, including the following:

1. Three high-quality extension cords. Be sure to buy a good product, as a cheap cord can easily heat up and burn out.
2. A small heater to keep warm.
3. A five-gallon (or larger) gas can filled with fuel for the generator.
4. A funnel for pouring fuel into the generator.
5. A siphon. If you run low on fuel, the siphon can be used to take fuel from abandoned cars.

### **headlamp**

I carry a headlamp in my bag and keep one inside my home. It is a flashlight that is strapped on your head, freeing your hands for other tasks, such as treating an injured person or transporting water. There are many good headlamps for sale through the Internet at camping or hiking stores' websites.

### **flashlight**

Besides the headlamp, keep on hand a good-quality handheld flashlight. A cheap plastic light provides poor light, and a durable light has a better chance of not breaking.

### **spotlight**

Although spotlights produce a large amount of light, I don't recommend them unless you plan to carry a box of batteries. The cordless versions require a lot of batteries and use them up fast.

### **solar, crank, or battery radio**

A radio is important to have in a disaster; it will provide a way to find out where emergency shelters are located, places to avoid, and what steps local government is

taking to provide aid. Always use the solar first, the crank second, and the battery last, so that the batteries are reserved as long as possible. The solar radio should be placed in the sun in the morning and allowed to charge all day. The crank has a little handle to turn for power, Which creates a current that powers the radio.

### **pen light**

A pen light is a good product to use inside your shelter, as it produces a low light and won't use a lot of battery power.

### **solar garden lights**

Solar garden lights are such good sources of low light. Place them outside during the day to charge them, then bring them inside and use instead of candles. They're also very safe for children, many times safer than letting a child hold a candle all night.

### **emergency candles**

Emergency candles burn from five to eight hours and are a great source of light for reading without using up your batteries.

## purifying seawater

In this section we will review the methods of converting sea water into drinking water. Drinking sea water is fatal, causing a slow and painful death you wouldn't wish on anyone. If you live near the ocean, it is a good idea to learn the purifying process. Just remember to avoid getting any seawater in clean buckets.

### **kettle**

You'll need the following equipment, all of which can be found at a hardware store:

1. A kettle with a spout (not one that lifts up when pushed down)
2. A copper tube to fit the spout on the kettle
3. A bucket
4. Clamps (optional)

Collect sea water in the kettle and heat it up. Fit one end of the copper tube to the kettle's spout, using clamps (if you have them) to keep it in place, and put the other end in a clean bucket. When the water boils, it will create steam, which separates from the salt and bacteria in the water, rises through the spout and into the tube, and drips into the bucket as purified water. It is important not to fill the kettle so full of water that when the water boils it splashes down the tube and into the bucket.

### **big pot and smaller pot**

For this method of purifying seawater, you will need the following items:

1. A large pot with a lid that has a handle in the middle of it
2. A small pot
3. Chain or rope
4. A clean stone
5. Thick gloves to use when handling very hot pots

Place the smaller pot in the bottom of the large pot and put a clean stone into the smaller pot to keep it weighted on the bottom of the large pot. Fill the larger pot with seawater, making sure not to fill it above the lip of the small pot or full enough that drops will fall into the smaller pot when the water boils. Attach a small chain to the handle of the larger pot's lid and put the lid on the pot upside down so that the small chain hangs down into the small pot. When the water begins to boil, steam will rise against the lid, collect on the chain, and drip down the chain into the small pot as purified water.

## **solar still**

The solar still described above can be used to purify seawater.

## medical supplies

In this section I will explain each item you will likely find in a first aid kit and its use. Companies and books often list these items but rarely explain their uses. Many people prefer to make their own first aid kits. They are often less expensive, and you can make a much larger kit by doing it yourself. The key is to buy the items at discount stores.

### **trauma bags**

All first aid kits should have a trauma bag, which is like a big duffle bag. This will allow you to become more mobile, and there is a high chance that you will have to be on the move, either to find a shelter, which could be miles away, or to evacuate because the disaster has made your area unsafe. Put in the bag anything you need to take with you and make it your main bag at all times.

### **first aid handbook**

Every kit should include a first aid handbook; it's an important book to have.

### **bandages, dressings, and gauze**

Bandages and Gauze are used to secure dressings over wounds. They range in width from 7/8 inch to three inches. Keep an assortment of sizes on hand, and buy more if your kit has only one size.

#### **butterfly bandages**

Butterfly bandages are very important for any gaping cut that needs to be closed. The bandages are designed to pull the skin back to its original position before it was cut. Don't forget to sterilize the cut first. Most pre-assembled first aid kits come with butterfly bandages.

#### **stretch gauze rolls**

Stretch gauze is one of my favorite items in a first aid kit. Wrap it around an injured area, and it will hold nice and snug. Rolls of stretch gauze range from two to four yards in length, and I buy the largest roll available and cut it as needed.

#### **non-adhesive pads**

Non-adhesive pads allow cover over a wound without sticking to it and allow the wound to drain. They can be purchased in packs of ten to a hundred pads.

### **flex wrap bandage**

Flex wrap bandages are widely used by many EMTs. These bandages adhere to themselves when wrapped, eliminating the need for clips or tape to hold them in place, which is a plus if you have to treat yourself.

### **paper or clear surgical tape**

Keep a roll of both paper and clear surgical tape in your first aid kit. Paper tape allows air to reach your wound, but it also comes off easily. Clear tape is used for larger, more serious wounds, and holds much more strongly than paper tape.

### **waterproof adhesive**

Waterproof tape remains effective even if it becomes wet.

## **eyes**

Almost every first aid kit will contain an eye flush kit. If debris gets in your eye, you place the cup of solution at the corner of the eye and tilt your head back, keeping the eye open and allowing the solution to wash over the eye. If this does not remove the debris, move your eye back and forth slowly; this may dislodge the debris. The solution in the kit comes in volumes ranging from four to sixteen ounces.

## **pain medication**

The following three painkillers will probably be included in any pre-assembled first aid kit. If they are not, they can all be purchased at any discount store.

### **aspirin**

Aspirin is an anti-inflammatory painkiller. I recommend buffered aspirin, which will be gentle on your stomach. Disasters create stress, which causes an upset stomach for some people.

### **ibuprofen**

Ibuprofen is another pain medicine, good for headaches and muscle pains. However, ibuprofen may be hard on the liver and kidneys if taken in high dosages.

### **acetaminophen**

Acetaminophen is good for colds, aches, soreness, and sinus problems.

## **antacid**

A small box of antacid is a good idea. Stress and upset stomachs go hand in hand.

### **cold and heat packs**

Cold and heat packs contain a chemical that is activated when broken, producing cold or heat. Most first aid kits include a couple of these, and I recommend buying a few extra.

### **alcohol, peroxide, and betadine solutions**

Alcohol, peroxide, and betadine are applied externally to wounds in order to clean them before wrapping. This is absolutely mandatory, because if a wound isn't cleaned, it can become infected, and medical help may still be days away.

### **antibiotic ointments**

Every first aid kit should include antibiotic ointments, such as hydrocortisone, betadine, triple antibiotic ointment, and antibiotic wipes or cream. Once a wound is properly cleaned and closed, one of these ointments may be applied.

### **gloves**

Any person treating an injured person must wear medical gloves to avoid transferring bacteria to another person. A new pair of gloves should be worn for every single person you treat. I have listed below the different styles of gloves. Everyone has different preferences regarding gloves, due perhaps to allergies or just the feel and texture of the material.

1. LATEX GLOVES are disposable, nonsterile, and usually powder-free.
2. NITRILE GLOVES are disposable and range in size from three to six millimeters thick.
3. VINYL GLOVES usually have a light powder coating and are disposable and nonsterile. Some people use only vinyl gloves.
4. SYNTHETIC GLOVES are textured, disposable, and latex-free. They can be used on both hands.
5. NYLON GLOVES are tear-resistant, breathable, and nonslip. Both powdered and powder-free types are available.

### **hand sanitizers**

Before handling anybody or after treating someone, apply hand sanitizer to your hands. It kills 99.9 percent of bacteria. Many people apply sanitizer after treating someone, but others apply it first, before putting on their gloves.

### **first aid tools**

Essential tools to keep in a first aid kit include scissors, tweezers, splint forceps, a small knife, and shears. Most of these items are usually included in pre-assembled

kits; if you want to build your own kit, you can buy many of these items at discount stores.

### **goggles**

Keep a pair of goggles in your first aid kit, as debris may hang in the air for days after a disaster. There are several different types of goggles on the market, including splash goggles, safety goggles, vapor goggles, and ventilated goggles. I use basic safety goggles, which protect your eyes against debris and dust. If you sweat a lot, get ventilated goggles, which have slits on the side to allow air circulation in the covered area.

### **all-purpose tool**

An all-purpose tool is a product that combines several tools in one—screwdrivers, knives, scissors, and sometimes even a small saw.

### **safety eyewear**

Safety eyewear look like large glasses, but they are better than glasses because they can withstand high-impact debris. There are many companies that make safety glasses. Just make sure they meet ANSI standards.

### **safety masks**

Safety masks come in several different styles, including professional masks (for working with chemicals), particle masks, carbon masks, and organic vapor masks. I prefer to use particle masks, which filter out debris and dust. Breathing dust into your lungs for an extended period of time can create future health problems.

### **miscellaneous items**

1. **SUPER GLUE.** This can be used to seal cuts. If you're having trouble closing a cut with other methods, clean the cut, push the skin together, and apply the glue. It should hold for days.
2. **DUCT TAPE.** This can be used for so many things, such as holding a leg splint or sealing a tear in a tent. Always keep a roll in your bag.
3. **PARA CORD.** This is an excellent rope, Strong and reliable. Keep at least twenty-five feet of it in your bag.
4. **A KNIFE.** A full tang knife is a good tool to have. It is made from one piece of metal, which is stronger than a two-piece knife; the handle of a knife not made from one piece of metal can be broken off more easily.
5. **WATER PROOF PILL BOTTLES** to hold any medicine important to your health. Your pills will stay dry even in wet conditions.

6. AN EMERGENCY PONCHO. I carry one of these in my bag. It's good to have if it begins to rain, because being wet and cold may bring on hypothermia.
7. A small, camp-size CAN OPENER.
8. STOWAWAY POTS. These are light and durable pans that stack to save room. You'll need these for cooking and boiling water.
9. A PERMANENT BLACK MARKER. This is useful to communicate with others who may come looking for you. If you leave your home for a shelter, write information on the door of your house for rescuers, such as:

BILL & BETTY MAPLE, MONDAY LEFT FOR SHELTER AT ROSE PARK BETTY HAS BROKEN WRIST NO WATER

10. WALKIE-TALKIES. These are handy for staying in touch with emergency shelter staff. If anything happens to you, they will know.
11. A TENT. Buy one of the new pop-up tents that open up in about a minute, without poles to assemble in the night or lug around.
12. TOILET PAPER. Keep a couple rolls in your bag.
13. CASH. Don't count on the bank being open or the ATM working.
14. SOAP. One bar should be enough.
15. EXTRA KEYS. Keep an extra set of keys in a separate location for back-up.
16. DOCUMENTS. All important papers should be copied, and the copies should be placed in another location, such as at your mother's house, a friend's house, or a safety deposit box.
17. A MYLAR EMERGENCY SLEEPING BAG. Being in this sleeping bag is like being wrapped in tin foil. If someone is cold, all they have to do is crawl inside in the sunlight, and they'll soon warm up.
18. MAPS. Keep a map of your area on hand so you can evacuate using the quickest route. An added benefit is that maps show bodies of water, as well as parks, which are the locations that the Red Cross will often make its home base.
19. A COMPASS. This is helpful to use with the map.
20. GLOW STICKS. These sticks are for signaling rescue personnel at night. If walking out of the area, not everyone will have a flashlight, and it's helpful to be able to give them a glow stick. These can also be placed on the dead as an indication that the body can be taken to the morgue, or given to injured people too injured to move if extra flashlights aren't available.
21. EYEGLASSES. If you need glasses to see, keep an extra pair in your first aid bag.
22. Fire extinguisher- All homes should have at least one.

### **first aid items for those near a nuclear power plant**

If you live near a nuclear power plant, you will need to stock potassium iodide pills in your first aid kit. These pills protect your thyroid glands from radiation. History has shown us time after time that accidents will happen, both manmade and natural.

Homeland Security has also noticed that terrorists are interested in nuclear power plants, making them possible targets for attack.

### **first aid items for those near a chemical plant**

If you live near a chemical plant, instead of a debris or particle mask, you will need a professional respirator to absorb leaking paints, enamels, pesticides, and any other chemical. The cost of a professional respirator is around thirty-five to forty dollars.

Use a plastic tarp to seal off windows from any drifting chemical clouds; use duct tape or a staple gun to hold the plastic in place. Any outdoor pets should be placed in a home or garage until the proper authorities say it is safe outdoors.

### **home remedies**

The vast majority of people will not be prepared for a disaster, thinking that it won't happen to them; it's always the other guy. Hundreds of thousands of people around the world say that every year, but statistics tell us that it will happen. Following is a list of makeshift tools and items you may be able to use or put together after a disaster if preparations weren't made beforehand.

1. Homemade bandages. Cut a cotton or silk scarf, a pillowcase, or bedspread in strips four inches wide and two feet long. Wrap these around bandaged wounds and use safety pins or tape to hold the bandages in place.
2. Freezer items as cold packs. The ice in your freezer can be used to reduce swelling on an injury. Bags of frozen food can also be placed on the injury, but don't use the foods you want to keep frozen as long as possible.
3. Treatment for insect bites. After sterilizing the bitten area, crush aspirin and apply it to the bite to ease the pain.
4. Treatment for burns. If you have vitamin E capsules or aloe vera plants outside, use these products for burns. Both plants speed up the healing process, and aloe vera soothes the burn. Just don't use it on third-degree burns.
5. Treatment for irritated throat. If a cold is coming on and your throat feels irritated, dissolve one teaspoon of salt in a glass of water and gargle it three times a day.
6. Treatment for fever. Drink plenty of water, although this can be a problem if you're not prepared in any way for the disaster. Use the water from your water heater; it probably holds around fifty gallons of water, which should sustain you for a bit.
7. Homemade gauze. Making a homemade product involves using your imagination. Cut an eight-inch square of cotton fabric and pour flour on half of it. Fold the fabric into a four-inch square and place it on top of a wound, making sure not to let any flour touch the wound, and wrap it tightly with homemade bandages to create enough pressure to slow down the bleeding. When blood soaks through the first layer of fabric, it will be absorbed by the flour, which will sustain the bandage's life.

8. Homemade butterfly bandage. Use any kind of tape available to pull together open wounds, sterilizing first, if possible. As mentioned above, super-glue can also be used to hold the skin together.
9. Treatment for an upset stomach. Dissolve a teaspoon of baking soda in a glass of water and drink it.
10. Treatment for diarrhea. Charcoal can help clear up diarrhea.
11. Treatment for sore throat. Many people have horseradish in their refrigerators, and eating horseradish is very good for upper respiratory tract infections.
12. Treatment for bruising. Create a poultice by mixing one part cayenne to five parts melted petroleum jelly, and apply it to the bruise.



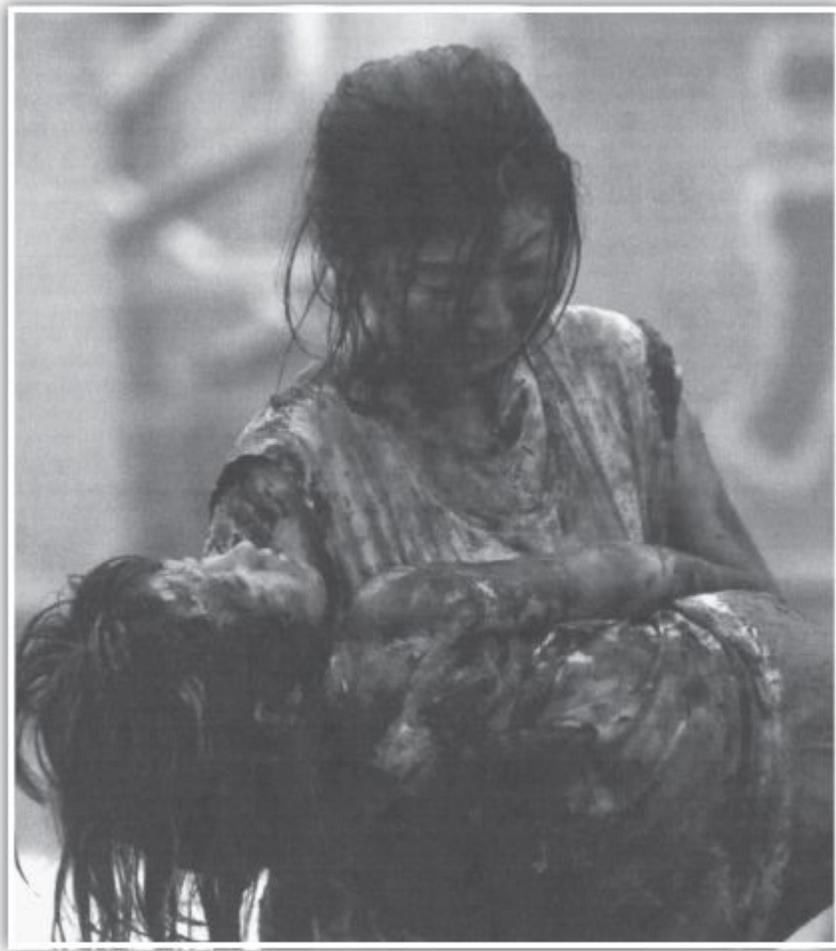






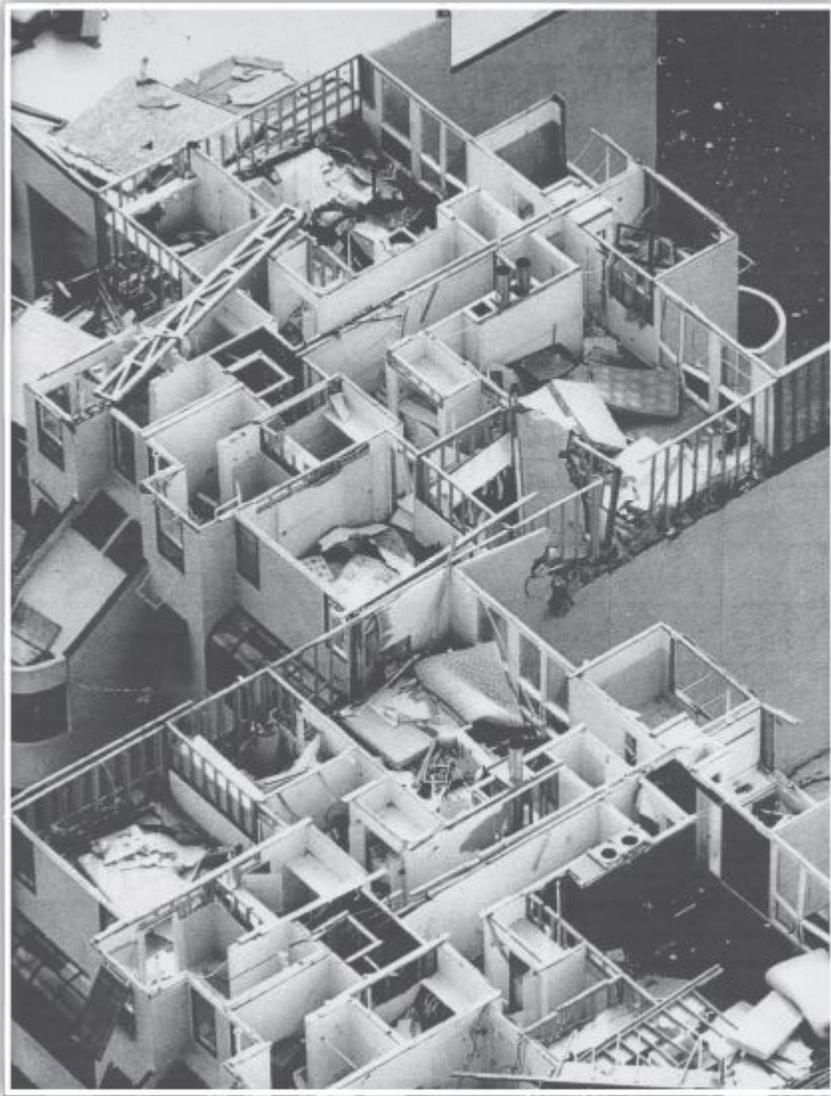














## side effects of a disaster

In this section I will describe a few side effects that may occur in some people when very stressed and scared. This will help you prepare yourself and know what to expect.

### **heart trouble**

If someone is having heart trouble, the first thing to do is ask if he or she has been prescribed heart medication. If not, give the person some aspirin, which thins the blood, to buy time until you can get the person to a doctor or a shelter.

### **constipation**

Stress, poor food intake, and lack of water, combined with the fact that normal diets cease to exist after a disaster, may easily cause constipation.

### **dysentery**

You can catch dysentery in many ways, including eating insufficient food, a wrong mixture of food, and contaminated meat or poultry. This is why it is important to eat perishables first, before they spoil.

### **fever**

Fever means that somewhere on or in your body an infection is present. Stress can bring on a cold, and your body may be weakened from the chaos. Your immune system will be affected, also, which opens the door for illness. Aspirin will help reduce the fever.

### **common cold**

The common cold can often occur in a stressful situation because of a weakened immune system, foods that aren't fresh, and contact with contaminated surfaces.

## herbs

Herbs are God's pharmacy. It's a smart idea to keep some on hand, because they treat so many problems that occur when a disaster strikes, from stress to pain management, Powder, pill or tea form, Take as directed.

### **herbs for the common cold**

1. Peppermint
2. Yarrow
3. Saffron
4. Ginger

### **herbs for stress**

The stress level is very high in a life-changing disaster. Following is a list of teas or capsules you may want to consider:

1. Sage
2. Chamomile
3. St. John's wort
4. Red sage
5. Kava-kava

### **herbs for pain management**

Moving at a fast and stressed pace may increase your chance of being injured. Following is a list of herbs to consider having in your kit to help manage pain:

1. Dill
2. Solomon's seal
3. Twin leaf
4. Catnip

### **herbs for bumps and bruises**

You may find bumps and bruises on your body that you don't remember getting, due to the disaster making you run for your life. The following herbs can treat those bumps and bruise:

1. Tansy
2. Hyssop
3. Bugleweed

### **herbs for wounds and injuries**

I suggest the following herbs in capsule form to treat wounds and injuries; these may need a stronger dose than tea provides:

1. Chickweed
2. Wood sage
3. Golden seal
4. Poplar
5. St. John's wort

### **herbal laxatives**

1. Cod liver oil (This is not an herb, but I thought I should include it.)
2. Golden seal
3. Mandrake
4. Horehound

### **herbs for abscesses**

An abscess is a forming and increase of pus resulting from tissue breaking apart or breaking down. The following herbs can treat abscesses:

1. Mugwort
2. Carrot (poultice)
3. Lobelia

### **herbs for asthma**

Asthma is a condition involving difficulty with breathing. The airway feels blocked or very small. The following herbs may provide some relief:

1. Comfrey
2. Horehound
3. Milkweed
4. Coltsfoot
5. Saw palmetto
6. Mullein

7. Thyme
8. Red root

### **herbs for backache**

A sore back can be caused by many ways, from fleeing a crumbling home to digging an injured person out of the rubble. The following herbs can help soothe the ache:

1. Pennyroyal
2. Uva-ursi
3. Nettle

### **herbs for loss of blood**

Any injury can result in loss of blood. Treat this condition as soon as possible. The following herbs may help:

1. Shepherd's purse
2. Golden seal
3. Selfheal
4. Mullein

### **herbs for bronchitis**

Bronchitis is an upper respiratory infection. The following herbs can treat this infection:

1. Golden seal
2. Coltsfoot
3. Lungwort
4. White pine
5. Slippery elm
6. Bloodroot
7. Ginger
8. Red sage

### **herbs for burns**

Burns can happen very easily in a disaster. The following herbs may bring some relief:

1. Aloe
2. Burdock
3. Poplar
4. Chickweed

### **herbs for low body temperatures**

Not having the proper clothing can result in your body constantly feeling cold. The following herbs may help lift this feeling:

1. Peppermint tea
2. Peach
3. Catnip
4. Sage
5. Cayenne pepper

### **herbs for convulsions**

Convulsions occur when a section of muscle quickly contracts. The following herbs may help treat convulsions:

1. Sweet weed
2. Wild yam
3. Pennyroyal
4. Valerian
5. Peppermint
6. Fit root

### **herbs for cough**

Dust in the air and debris all about the disaster area may get into your lungs, causing a cough. The following herbs may help:

1. Black cohosh
2. Borage
3. Flaxseed
4. Tansy
5. Rosemary
6. Golden seal
7. Water pepper

### **herbs for diarrhea**

Diarrhea can occur in a tense survival situation from an upset stomach or eating the wrong foods. The following herbs may help:

1. Birch
2. Pilewort
3. Witch hazel
4. Rock rose
5. Red raspberry
6. Wormwood
7. Slippery elm
8. Cinnamon

### **herbs for dysentery**

Dysentery is caused by bacteria in the stomach, often ingested with poor-quality water. The following herbs may help:

1. Red raspberry
2. White oak bark
3. Nettle
4. Birch
5. Hemlock
6. Ginger

### **herbs for fainting**

An overwhelming feeling of panic may cause a person to faint, and disasters can be overwhelming. The following herbs may help:

1. Lavender
2. Peppermint

### **herbs for fever**

Fever can be brought on by severe stress or an infection. The following herbs can be used to treat fever:

1. Sage
2. Tansy
3. Willow
4. Wormwood
5. Dandelion
6. Magnolia
7. Echinacea

### **herbs for headache**

Headaches can be brought on by fear, dehydration, fever, and infection, among other things. The following herbs can help soothe the ache:

1. Catnip
2. Peppermint
3. Rosemary
4. Elder
5. Fringe tree

### **herbs for hysteria**

A person who is hysterical has lost control because of fear. The following herbs may help calm hysteria:

1. Valerian
2. Skullcap
3. Mistletoe
4. Kava-kava
5. Tansy

### **herbs for inflammation**

Your body reacts to an injury by becoming inflamed. The following herbs may help ease the inflammation:

1. Golden seal
2. Mugwort
3. Hops
4. Cayenne pepper
5. Lobelia

### **herbs for bites**

Insect bites are common when in an area with water and woods and insect repellent isn't available. The following herbs can help treat the bites:

1. Sweet basil
2. Cedron
3. Lobelia
4. Plantain
5. Skullcap

### **herbs for upset stomach**

Stress, fear, and panic can effect stomach and cause you to feel nauseated. The following herbs may help soothe the nausea:

1. Anise
2. Golden seal
3. Ginger
4. Peach leaves
5. Spearmint

### **herbs for anxiety**

Anxiety is a constant feeling of stress. Disasters will most likely make everyone anxious. The following herbs can help:

1. Valerian
2. Kava-kava
3. Dill
4. Twin leaf
5. Red clover

### **herbs for poison ivy**

Touching or even just rubbing against poison ivy can cause an itchy red rash on the skin. The following herbs can help soothe the itch:

1. Golden seal
2. White oak
3. Bloodroot

### **herbs for snakebites**

Many parts of the country are inhabited by poisonous snakes. The first thing you need to do if bitten by a snake is evacuate to a shelter. If that's not possible, the following herbs will help, but no matter what, you still have to go to the hospital as soon as possible.

1. Skullcap
2. Fennel
3. Hyssop
4. Plantain

### **herbs for muscle strain**

Muscle strains can occur when a person moves too fast or picks up objects that are too heavy. The following herbs can help:

1. Lobelia
2. Bittersweet
3. Wormwood

### **herbs for muscle swelling**

Muscle swelling is a result of a muscle tear or infection. The following herbs can help treat the swelling:

1. Burdock
2. Elder
3. Hops
4. Mugwort
5. Dill

### **herbs for typhoid fever**

Typhoid fever is contracted from *Salmonella typhi* found in bad food or water. The following herbs can help treat typhoid fever:

1. Golden seal
2. Red sage
3. Bloodroot

### **herbs for wounds**

A disaster can result in many wounds, from small to deep and large. The following herbs can help:

1. Carrot
2. Comfrey
3. Sage
4. Poplar
5. Golden seal
6. Chickweed
7. Self heal

### **herbs for eyes**

Dust, debris, smoke, and chemical vapors may be released into the air when a disaster hits, causing irritation or injury to eyes. The following herbs can help:

1. Borage
2. Chickweed
3. Golden seal
4. Elm
5. Slippery elm
6. Fennel

### **herbs for purifying blood**

In a disaster many people get high dosages of smoke, chemicals, and dust, which enter their lungs and then their blood stream. The following herbs can help purify the blood:

1. Chickweed
2. Yellow dock
3. Nettle
4. Echinacea
5. White clover
6. Hyssop
7. Burdock root

### **herbs for relaxing**

A disaster can put a lot of stress on people. The following herbs can help promote relaxation:

1. Kava-kava
2. Lobelia
3. Boneset
4. Chamomile

Below is a list of herbs and their multiple uses.

1. CELERY. A stimulant; good for liver and nervousness.
2. CHICKWEED. Helps keep you focused; good for coughs, lungs, burns.

3. COLTSFOOT. An expectorant and tonic; good for coughs, swelling, diarrhea, insect bites.
4. DANDELION. A blood purifier and diuretic; Excellent in salads; good for skin disease and dropsy.
5. DILL. A stimulant; good for upset stomach and for calming.
6. ECHINACEA. An antiseptic; good for fevers, wounds, and colds.
7. FENNEL. A diuretic; good for an acid stomach, cramps, gas, sore muscles (when rubbed in).
8. FLAXSEED. This makes a good base for poultices; add the herb you want to flaxseed and apply to the area.
9. GINGER. A stimulant; good for sore throats, nausea, gout, and coughing.
10. GOLDEN SEAL. A tonic and laxative; good for stomach problems, appetite, digestive system; one of the best herbs around.
11. HAWTHORN. A good sedative in a disaster situation; good for the heart and insomnia.
12. HOPS. A hypnotic tonic, and diuretic; good for calming.
13. HOREHOUND. A stimulant, stool softener, and laxative good for coughs and colds.
14. HYSSOP. An expectorant; good for coughs, for colds, and to get rid of internal worms.
15. MANDRAKE. An antibilious; good for the liver and fever; should be careful to not take too much.
16. MULLEIN. An astringent; good for breathing problems (inhale the burned leaves).
17. NETTLE. I grabbed this plant once and learned a hard lesson; the sting and the irritation last for hours. An astringent; good for diarrhea, worms, and urinary tract problems.
18. PEPPERMINT. A stimulant; good for fevers and colds, diarrhea, and upset stomach.
19. RED CLOVER. A stimulant; cleans blood and good for coughs.
20. SAGE. An expectorant; good for stomach problems and headaches.

### **poultices**

In a disaster poultices are an excellent way to treat injuries. They have been used for hundreds of years, and there are a wide combination of herbs for many ailments.

#### **slippery elm poultice**

Slippery elm is one of the best herbs for a poultice. Place the slippery elm in water and mix it into a thick paste. This makes a very good poultice for inflamed sores.

#### **charcoal and smartweed**

Charcoal and smartweed make a good poultice to reduce swelling in the body.

### **burdock leaf poultice**

Mix a teaspoon of salt with burdock leaf to create a poultice to ease the pain of a small or medium wound.

### **potato poultice**

Grate a potato and apply to an infection to help draw out the infection.

### **hyssop poultice**

Boil half a cup of hyssop for a couple minutes, drain, and apply it to bruises to help take away the coloring of a bruise.

### **bran poultice**

Boil enough bran to create a paste to apply to any kind of swelling. Disasters will bring on injuries you won't know about until your nerves calm down.

### **lobelia poultice**

Mix one ounce of powdered lobelia with one ounce of slippery elm. This makes a very good poultice for injuries, wounds, and insect bites.

## **antibiotics**

There are many antibiotics on the market, from Omnidox to the widely used amoxicillin. Consult your doctor about these; some doctors will write a prescription for you to store in your kit. These antibiotics help fight infection. The downside is that if you use them too much, they will lower your body's immune system's ability to fight infection naturally. The antibiotics most often used at this time are penicillin G, amoxicillin, Cipro, Floxin, and tetracycline.

## **[homeopathy](#)**

There are many good disaster preparedness products in homeopathy, which is a fast growing way of treating health conditions. Here is a list of homeopathic remedies to consider including in your first aid kit.

**ALUMINA.** This helps when you have pushed your mental state of mind to a very tired condition. Disasters will exhaust your mind with stress.

**AMMONIUM MURIATICUM.** This is a good fighter of colds.

**ANACARDIUM ORIENTALE.** If stress and anxiety bring on a headache, or if your mind is fatigued, this is a good product to consider.

ARALIA RACEMOSA. If a person's asthma medicine was destroyed in the disaster, this product is a good temporary substitute, although the person still needs to be seen by a doctor as soon as possible.

ARGENTUM NITRICUM. If a person is in total fear and stress in a disaster, this product should be considered, as it helps calm the nerves.

ARNICA MONTANA. This is an excellent product and could be made for a disaster. It treats cardiovascular conditions, pain, bruising and fatigue.

AURUM METALLIC. This treats bone pains and high blood pressure.

BARYTA TINCTORIA. This treats diarrhea and is also a natural antibiotic, very good if an infection is beginning to set into a wound.

BELLADONNA. This is a natural anti-inflammatory remedy and also treats fever and fatigue.

BOVISTA. This helps with swelling on the arms, legs, and head.

BROMIUM. This treats asthma.

BUFO RANA. This treats skin infections.

CADMIUM SULPHURICUM. This helps prevent overall health breakdown. The stress brought on by a disaster will affect everyone's health, even the health of the people rescuing you.

CALCAREA SULPHURICA. This helps treat skin problems that lead to skin infections, such as a beam with a rusty nail falling on you and scraping a wound in your skin.

CALENDULA OFFICINALIS. You can use this externally as a healing cream.

CANTHARIS VESICATORIA. If your skin is burned during a disaster, this is a great remedy to use.

CARBOLIC ACID. This can be used to treat infections.

CASTOREUM. If you're totally stressed out and hysterical, take this to help calm your nerves.

CHINA OFFICINALIS. This helps treat fever and diarrhea, preventing sweating or vomiting that can cause loss of water, which leads to dehydration.

DULCAMARA. This is good to take when your body is beat up from the disaster or when a change in weather is causing diarrhea or other cold-weather ailments.

ECHINACEA ANGUSTIFOLIA. This can be used, together with antibiotics, to treat infections.

FERRUM PHOSPHORICUM. This can treat a mild fever caused by a simple infection.

GAMBOGIA. This can treat diarrhea brought on by stress.

GELSEMIUM. This can treat fatigue due to a fever. It also helps relieve stress and headaches.

GNAPHALIUM. This can help treat diarrhea.

GRATIOLA. This product helps with severe diarrhea. Coli infection and Vibrio illness can bring on dangerous bouts of diarrhea.

HYDRAS TIC. Also known as Golden Seal, this is a good supplement to take for overall basic health.

IGNATIA. A disaster takes a toll on nerves and can create anxiety. This product may help.

IRIS VERSICOLOR. This treats diarrhea, headaches, and nausea.

KALI PHOSPHORICUM. A disaster can and will cause emotional weakness and feelings of depression. This product may help.

LACHNANTHES TINCTORIA. This treats back and neck injuries.

LOBELIA INFLATA. Use this to treat severe diarrhea and asthma problems.

MANGANUM ACETICUM. This can help with exhaustion, sorrow, coughs, and colds.

NAJA. This can help relieve deep sadness, depression, and gloom.

NATRUM MURIATICUM. This can help lift depression.

NUX MOSCHATA. This can relieve fatigue and depression.

NUX VOMICA. This can help relieve severe migraine attacks.

PHOSPHORIC ACID. This can help with sadness, physical and mental fatigue, and diarrhea.

PODOPHYLLUM. This can treat any type of diarrhea.

PYROGEN. This can help treat serious infections.

RUTA GRAVEOLENS. This can relieve pain and soreness in the joints.

SANGUINARIA CANADENSIS. This can help relieve migraine headaches.

SENNA. Take this when having problems digesting food, which leads to bouts of nausea and vomiting.

SILICA. This helps relieve stress and fear.

SPIGELIA. This helps relieve constant migraines.

STAPHYLOCOCCINUM. This fights the Staphylococcus bacterium and any infection that is triggered by Staphylococcus.

STRAMONIUM. If your fear and anxiety is keeping you from a healthy sleep, this will help.

SUMBUL. This helps calm hysteria.

TUBERCULINUM KOCH. This treats anxiety and migraine headaches.

VINCA MINOR. This helps combat exhaustion.

ZINCUM METALLICUM. This helps ward off mental fatigue.

### **prescription drugs**

If you have any leftover painkillers or sedatives from an operation, store them in a waterproof pill bottle, because these drugs come in handy for injuries sustained in a disaster. I know of one case where someone was in terrible pain for days with a broken leg and wrist. There was no rescue in sight, and he had nothing for the pain. It could be much worse than his situation. Always ask an injured person if they are allergic to the painkiller you have.

Following is a list of some pain and sedative drugs you may have been prescribed at some point. Always ask a doctor about each medicine and gather as much information as possible about any drug you use.

1. **TYLENOL 3 WITH CODEINE** (acetaminophen, 650 mg). This is a painkiller used for average to severe pain. It can be habit forming.
2. **DARVOCET** (Propoxyphene Napsylate and Acetaminophen). Used for severe pain.
3. **VICODIN** (hydrocone bitartrate and acetaminophen, 5 mg up to 10 mg). This is used for severe pain. It is addictive.
4. **VALIUM** (diazepam). This is used for anxiety and muscle spasms.
5. **SOMA** (Carisoprodol). This is used for injuries and musculoskeletal conditions.

## [emergency preparedness for pets](#)

Many people, including me, consider their pets as part of the family. Keeping an emergency pet kit on hand will save a lot of difficulty in handling a stressed animal. You should keep a seven-day supply of food, either canned or dry, for each pet. Store natural pet calming herb capsules in your kit to help calm your dog or cat; pets will feel your stress, which triggers their own.

### **dogs**

#### **canned dog food**

I recommend storing a supply of meat-based human food for your dog. The reason for this is that if your pet doesn't make it, you can use the canned food for other people. As mentioned above, I suggest a seven-day supply for each animal. There are chicken, turkey, and even mild beef chili canned foods available.

#### **dog chew**

A rawhide chew may keep a dog busy for awhile and take his mind away from the situation, resulting in a less worried dog. Throw a couple chews in your emergency bag.

#### **muzzle**

If your dog bites in a stressful situation, you should keep a muzzle in your bag. If a dog bite occurs, it may take days to get medical treatment.

#### **toys**

If your dog is obsessed with a ball or a toy, keep a duplicate of that toy in your bag. Your home may be crushed or very unsafe, and you shouldn't roam in a structure that can collapse on you just to find his toy.

#### **extra leash**

Place an extra leash in your emergency bag. Again, when a disaster hits, it may create a dangerous home, and you don't want to roam in it looking for a leash.

#### **dog blankets**

In cold weather, have a wool blanket for the dog to sleep on. Wool is warmer than a cotton comforter.

## **aspirin**

Keep a buffered aspirin product on hand for your dog in case he is hurt. If you already have aspirin in your first aid kit, you're all set.

## **dog bowls**

Keep sturdy water and food bowls in your emergency bag.

## **razor**

Keep a throw-away razor in your emergency bag. If your dog is cut, you'll want to clean his wound, and you may need to bandage it. Shaving around the wound will help the bandage or tape create a better seal, since hair tends to make them loose.

## **toothache pain relief**

Toothache pain relief products that contain lidocaine work well to help relieve pain from ripped or damaged toenails. Lidocaine is used during operations to numb the patient's pain.

## **cats**

Cats can be a nightmare in a disaster. They are very sensitive to their environment, and they will automatically run and hide.

### **cat cage**

Keep your cage close to your first aid kit. The first thing you want to do when focusing on your cat is to cage him right away.

### **cat herbal calm**

Pet stores often sell herb mixtures that help calm cats. These products may contain catnip, chamomile, St. John's wort, and ginseng.

### **wool blanket**

Make sure you have a warm wool blanket on hand for your cat, because the nights can get cold.

### **cat box**

You can purchase throw-away litter boxes at most grocery stores. These come sealed; just peel one open and place it near your cat, in the cage, if possible.

## **bowls**

Keep two bowls on hand; one for water and one for food.

## automobile emergencies

We read about it every year—a person gets stranded on a mountain road, and is missing for days while a snow storm moves in. The person is usually found days or weeks later, dead, after wandering the wild in confusion until his or her body gave out.

### **cold-weather emergency**

Your car is your emergency shelter in any cold-weather emergency. If you're stranded in freezing weather and isolated from civilization, keeping warm is your main goal. This is why it is so important to keep an emergency supply bag in your trunk. Here is a list of items you may want to consider storing in your car:

1. A wool blanket. This is a must if you live in a cold climate. Being stuck outdoors in winter is dangerous. Gloves and a hat are also essentials.
2. Two gallons of water. You will have to store the water inside and load it in the car before traveling to keep it from freezing.
3. A small first aid kit.
4. Storm matches. These will help you start a fire in poor conditions.
5. Flares. These will aid you in signaling for help.
6. A self-charge jumper cable. This is a helpful product that will jump your car without the necessity of another car. If you're traveling on foot, of course, leave this behind.
7. A flashlight. This is important if you need to signal for help or move on foot.
8. A small knife.
9. Six glow sticks.
10. A lighter.
11. Protein bars.
12. A black permanent marker.
13. A folding shovel.
14. A compass.
15. Fix-A-Flat. This may give your tire a few extra miles to get to a mechanic. Just insert the product into the air plug of a flat tire and turn on the can until all the foam is emptied into the tire, then drive on. The rolling of the tire will help the foam find and seal the leak.

If you lack cold weather gear and the environment is taking its toll on you, cut open the seats in your car with your knife and use the stuffing as a body insulator. Stuff it into your socks and pant legs and work your way up your body until you're stuffed from head to toe like a scarecrow. You'll be amazed at how warm this will keep you.

Ration out the fuel in your car. Warm the car only at night, when the air is the coldest, and even then start the engine and turn on the heater only once in a while. Stretch your fuel supply as far as possible. Make sure the car's muffler doesn't become covered in snow.

Place a glow stick on the dashboard so that air rescue teams can see it through the windshield.

Try to get a fire started during the day. Gather wood and place it in a tepee shape, then use your lighter to get it going. If it's not starting due to the weather, place a flare inside the tepee. When the fire is burning well, place green brush or pine branches on top, which will create a smoke signal that helicopters can spot for miles.

### **evacuating your automobile**

If you have to leave your car, taking the safest route is critical for your survival. Many times a person will strike out off the road and try to cut through the forest, but this may be dangerous. Unless you have some wilderness survival training, I strongly advise that you keep to the road. Judging distance from one mountain to another with eyes alone can be misleading; looking in a straight line from ridge to ridge may appear to be three miles long, but when you walk it—the up and down trails, boulders, snow, brush, and water—you may find that what looked like a three-mile distance becomes a seven-mile trek, or longer. Stick to the road.

All rescue teams will reach you by road or air, and the first thing they will do is scan the main roads and try to figure out the route you took. Use a permanent marker to write on the inside of one of the car windows the route you took, the time and day you left, and any injuries you have.

### **snow caves**

When the night approaches, you will need some kind of shelter. Many people have been saved by sleeping in a snow cave. Using your shovel, pile up a large mound of snow, or find a natural mound. Dig a hole inside the mound big enough for your body. Make sure it's snug and not too big; the smaller it is, the warmer it will become. Place a snow cap (a mound of snow) at the opening once you're inside, wrap yourself in the wool blanket, and make sure you drink your water. The body consumes a lot of water in cold weather. The snow cave will also keep you out of the wind.

### **hot-weather survival methods**

Learning how to survive in arid desert heat is crucial. It's a delicate dance that, if disrespected, can mean the end of you. If your car breaks down in the middle of nowhere, the heat is reaching its peak, and no one is in sight, don't panic. Your car is your shade. If there is a stone cliff with shade nearby, go there first; stone will be cooler. Stay close to your car.

Here is a list of tools to keep in your car for hot-weather disasters:

1. Two gallons of water

2. Water purification pills
3. A tarp
4. A wool sweater
5. A basic first aid kit
6. A knife
7. Food bars rich in carbohydrates
8. Solar phone recharging kit
9. Large-brimmed cotton hat
10. A headlamp
11. Glow sticks
12. Six flares
13. Walking shoes
14. A compass
15. Backpack.
16. Permanent black marker.

It is crucial to stay close to the car or near a rock cave or stone awning. It may take a rescue team awhile to find you. At night you will need to put on the wool sweater, since the desert becomes quite cool at night. The last thing your body needs is to be cold at night and hot during the day; this will beat up your body. Since digesting food takes water, eat the carbohydrate bars at night, you will not sweat and your body can use its water for digesting. The reason you need carbohydrate bars is that your body will need carbs more than protein; a long walk may be in your very near future.

If days go by and you haven't been rescued, you may decide it's time to walk. Put on your backpack and hat and pull the rearview mirror off the car's windshield; this will be your daytime signaler. Use it with the sun to create a light signal any time you feel there might be help close by. If you don't have a tarp for shade, cut and remove the seat covers from the car, cutting as large pieces as possible. Write your name on the dashboard of the car and draw an arrow in the direction you're going. Wait until evening to begin. Walk at night, and rest in the shade during the day. Walk back the direction you came from, and stick to the road; leaving the road in the desert may be a death sentence.

In the daytime you'll need to find shade. If bushes or rocks are present, drape the tarp over them and sit underneath it. If the only thing in sight is sand, dig a hole three feet deep and the length of your body and place the tarp over the hole. Leaving an opening for you to slide underneath, scoop sand onto the edges of the tarp to weigh it down and hold it in place. Slide under the tarp to stay cool and wait till evening to begin your walk. It is important to dig the hole right when the sun begins to rise, because the air will remain cool for several hours.

Keep your eyes open for any water. You may find some in rock crevices, small puddles, or seasonal streams.

If you hear a helicopter or plane at night, strike a flare. In the desert a flare can be seen miles away, because the sky is dark and clear.

When your phone battery gets low, place it in the solar charger and keep it in the sun every day. The phone can be left on all night. Try to stay in areas where the

phone can receive service as much as possible.

With all these skills in place, you will have the best chance for survival in hot weather.

## injuries

Knowing how to treat injuries is an important skill to have in any disaster situation. There are many good first aid courses and CERT classes you can take at very low cost. The CERT (Community Emergency Response Team) Program is a free course provided by local government to a group of volunteers that help out in an emergency to free up police and firemen. They do everything from evacuating people to treating the injured. I found the CERT class fun and really educational.

## **fractures**

If a person has a broken leg, the first thing to do is to create a splint to secure the areas above and below the break (instructions for constructing a splint are given later in the book). This will restrict leg movement, which is important because the more a broken bone moves, the more likely it will be to have complications, from infection to muscle damage. In general, all injuries should be treated like fractures. Since many people in the field may have a difficult time knowing the difference, I was trained to treat all such conditions as fractures.

## **leg crutches**

If you don't have a leg crutch, you can build your own. Find a tree branch shaped like a Y that is longer than the patient and cut it down. Place the branch next to the patient and have him or her stand up. Measure the length from the ground to snug under the arm pit and mark the length to cut the crutch. The crutch will help the patient move to a safer zone if necessary.

## **closed fracture**

A closed fracture is any broken bone that doesn't push through the skin.

## **open fracture**

An open fracture is one in which a broken bone protrudes through the skin. These fractures are much more dangerous because the risk of blood loss and infection are greater. The following are the steps to treating an open fracture:

1. Do not rinse the wound.
2. Do not try to push any part of the wound back inside the skin.
3. Put a moist and clean dressing over the exposed bone and bandage it.
4. Construct and attach a splint.

## **sprains**

A sprain happens when a muscle or tendon stretches or tears. If you think a sprain has occurred, check for a tender area, which will soon swell up and be painful if moved. Keep the area stationary and elevated to keep the swelling down. You may have to use a crutch to walk, stay off your feet for a few days.

### **heatstroke**

Heatstroke can sneak up on you. This condition usually affects the obese, the elderly, and people who consume alcohol. Here is a list of symptoms of heatstroke:

1. You start not to sweat but your skin is dry, even in a heat wave.
2. Your body feels as hot as an oven.
3. You feel confused.
4. steps for treating heatstroke are as follows:
5. Move into the shade or a colder area out of the sun.
6. Take off any extra clothing, including shoes.
7. Get into water or pour water over your body.
8. Place ice in a bathtub, fill the tub with water, and get in the tub.
9. Keep a eye on the patient for any changes.
10. Evacuate if possible.

### **hypothermia**

Like heatstroke, hypothermia can also sneak up on you as cold starts to seep into your inner core. This condition happens when your body's heat production can't keep up to the heat it is losing. The following is a list of symptoms of hypothermia:

1. Skin changes color; it may become a red or blue color.
2. Nonstop shivering and shaking; teeth may chatter.
3. The person seems lost and confused.
4. Body temperature dips below 95 degrees Fahrenheit.

Treatment of hypothermia is as follows:

1. Put the patient in a sleeping bag and wrap him or her up like a cocoon, making sure the feet and head are covered.
2. Feed the patient warm beverages and food, if possible.
3. Soak the patient in a warm bath, if it is available, although it may be unlikely in a disaster situation.

### **frostbite**

Frostbite can happen easily in a snowstorm. Symptoms of frostbite include the following:

1. The affected area is ice cold.
2. There is no mobility in the area.
3. Skin feels itchy.
4. Skin feels like hard plastic.
5. Skin is a blue and white color.
6. steps to treat frostbite are as follows:
7. Get the person to a hospital or shelter as soon as possible, although in a disaster this may take awhile.
8. Warm the affected area by placing another person's skin against the affected area.
9. Elevate the area.
10. If possible, place the affected area in warm water. Melt snow instead of using drinking water, and make sure the water is just warm, not hot. When the frostbitten area becomes mobile and the skin looks and feels normal, you will know the treatment is working.

### **nosebleed**

Some people get a nosebleed really easily. The following steps outline what to do when this happens.

1. It is a myth that the best way to treat a nosebleed is to pull the head all the way back. Instruct the patient to lean his or her head slightly forward so the blood will not be breathed into the lungs.
2. Try to calm the person. Anxiety and distress will cause a faster heartbeat, which will increase the flow of blood.
3. Place some gauze in the nostril to plug it up.

### looting and violence

A disaster brings out the good in people, but it also brings out the bad. When law enforcement personnel are overwhelmed and unavailable, a few people will take advantage of the weak and loot the stores.

### **hiding food and water**

If there is soil, dig a hole the size of what you want to hide. Find a stone or a piece of wood to use as a lid to cover the hole. The goal is to make it look as natural as possible; try to place it in a thick, brushy area so it will be somewhat camouflaged. Dig as many holes as needed. When riots and looting happen, people take from others. Remember, very few people know wilderness or suburban survival. Everyone thinks disasters happen to someone else, which means that very few will have adequate supplies, use waterproof containers.

### **firearms**

Firearms in the country is a very simple subject. If you live in the country, I recommend hunting for food. You'll need a large game rifle and a smaller .22 caliber for small game. Hunting can bring in a lot of meat for you and others, and the rifle can also provide protection.

A firearm in the city has only one purpose—protection, There is no game to hunt, but violence is a real possibility in a disaster. The city is the worst place to be when a disaster hits. It is a red zone area. Having firearms in the suburbs is more of a gray area. Looting can reach the suburbs, and there may be game to hunt close by. It's better than being in the city, but keep in mind that all the people in the city are coming your way; the highways will be jammed with cars.

### **highways and freeways**

All the roadways near a disaster will be clogged with cars. Some might be congested for days, especially if drivers abandon their cars. All homes along the main highways leading out of the city are red zone homes. When people run out of water and food on the highway, where do you think they will go? Their cars haven't moved for fourteen hours, they have to go to the bathroom, and it's extremely hot or there's so much snow that they may be there for days. This is a situation that people need to recognize and be prepared for. I don't recommend selling your home, but a hidden emergency hole might be considered, to keep most of your important survival items safe from looters.

## **splints**

It is easy to create a splint from materials you probably already have around the house. Use cardboard, two by two or four by four boards, pipes, or even sticks. A safe practice is to splint the area the way you found it; don't try to move the bones back into place, as this can result in more damage. When the splint is on, ask the patient if it is too tight or too loose. The injury may swell over time, so check the splint periodically to make sure it hasn't become too tight.

For neck splints, roll up a bath towel and slip it under the patient's neck, being careful not to move the neck. Once the towel is through, bring the ends together on top of the neck and tape them together. This should keep the neck stable. Never move a person with a back or neck injury.

## building an emergency kit

Following are lists of items that should be in several different types of emergency kits. It may seem like a lot of stuff, but roughly half of these items will fit in your emergency bag, and once in the bag, it doesn't look like much stuff. Please try to store your items in the same room you would go if a hurricane or tornado was present, If you survive there is a chance your items may also, Most likely if hit by one of these storms most or all the area will be destroyed, All kits can greatly vary on geography and preferences.

The following items should be included in an emergency kit designed to aid one person in a disaster in average weather conditions:

1. A seven-day supply of canned food
2. A fifty-gallon water drum
3. A first aid kit for six people, Trauma bag/Backpack for evacuation
4. A pop-up tent
5. Solar, crank, and battery-operated radio
6. Two five-gallon pails
7. Water purification pills and smell neutralizers
8. A sleeping bag
  
10. A local map
11. A compass
12. A permanent black marker
13. Para cord
14. A rain poncho
15. A can opener
16. A particle mask
17. A knife
18. A roll of toilet paper
19. A folding army shovel
20. A bag of trail mix
21. Valerian root capsules for stress
22. A headlamp
23. Six glow sticks
24. A propane camping stove and fuel
25. A camping pot/pan

The following items should be included in an emergency kit designed to aid four people in a disaster in average weather conditions:

1. A seven-day day supply of canned food per person.
2. A 100-gallon water drum
3. A first aid kit for twelve or more people, Trauma bags/Backpacks for evacuation
4. Three extension cords
5. A hot plate
6. A floor heater
7. Four sleeping bags
8. Can opener
9. Toilet paper
10. Walkie-talkies
11. A four-person pop-up tent
12. Fuel
13. Local maps
14. A compass
15. Four rain ponchos
16. Four particle masks
17. Proper clothing
18. Solar, crank, and battery-operated radio.
19. A black permanent marker
20. Para cord
21. Camping pots and pans
22. A generator
23. A forty-pound bag of minute rice
24. Solar garden lights to use at night instead of candles
25. Headlamps
26. A folding knife
27. A staple gun for sealing emergency room doorways to trap heat
28. A roll of plastic
29. A lighter

The following items should be included in an emergency kit designed to aid one person and one dog in a disaster in average weather conditions:

1. A seven-day supply of canned food
2. A seven-day supply of dog food
3. A fifty-gallon water drum

4. A local map
5. A compass
6. A pop-up tent
7. A rain poncho
8. Solar, crank, and battery-operated radio
9. A six-person first aid kit, Trauma bags/Backpacks for evacuation
10. A sleeping bag
11. Para cord
12. A particle mask
13. A can opener
14. A roll of toilet paper
15. A knife
16. A folding army shovel
17. A calming pet herbal supplement
18. A generator or wood
19. Pots and pans
20. A dog leash
21. A wool blanket for the dog
22. Proper clothing
23. A big backpack
24. A headlamp
25. A staple gun to seal emergency room doorways to trap heat
26. A roll of plastic
27. A lighter

The following items should be included in an emergency kit designed to aid two elderly people in a disaster in average weather conditions:

1. A fifty-gallon water drum
2. A six-person first aid kit, Trauma bags/Backpacks for evacuation
3. Two wool blankets
4. A seven-day supply of canned food for each person
5. Two sleeping bags
6. A pop-up tent
7. A generator
8. Three extension cords
9. A hot plate
10. Camping pots and pans
11. A can opener (small battery-operated can openers are available for those with arthritis)

12. Fuel and a funnel
13. Six glow sticks
14. Golden Seal capsules (a natural antibiotic)
15. Two rain ponchos
16. Proper clothing
17. Two water bottles
18. A local map
19. A compass
20. A flashlight
21. A floor heater
22. A staple gun to seal doorways with plastic to trap heat
23. A roll of plastic
24. A lighter
25. Solar, Crank, Battery radio
26. Waterproof pill bottles for all medicines

The following items should be included in an emergency kit designed to aid one person in a disaster in cold weather conditions:

1. Wool clothes (socks, hat, gloves, and coat)
2. A fifty-gallon water drum
3. A generator and three extension cords
4. A floor heater
5. Wood
6. A sleeping bag designed for 10 degrees
7. A local maps
8. A compass
9. A shovel
10. A lighter
11. Storm matches
12. A pop-up tent
13. Fuel and a funnel
14. A staple gun
15. A roll of plastic
16. A headlamp
17. A seven-day supply of canned food
18. A permanent black marker
19. A six person first aid kit, Trauma bag/Backpack for evacuation
20. A can opener

21. Camping pots and pans
22. A hot plate
23. A lighter

## the mind

The most valuable tool of all in a disaster is the human spirit. The desire to live is a huge factor in your survival. Some people falter in the face of a disaster, while some soar. If you fall apart in a disaster on top of not having a survival kit, your chances of making it through the disaster are very low. All you can hope for is to be a burden on someone else who rescues you and saves the day. Money will not buy your survival. People who work for you will be too busy helping their own families and themselves to worry about you, and extra hours on the job will be the last thing on their minds. ATMs may not work, and banks will be closed. Communication lines might be down. Days will go by with no rescue in sight, Always have three escape routes on hand.

Parents have a responsibility to be prepared for their children. Last year a few hundred thousand people thought it would never happen to them; it always happens to the other guy. Thousands died in disasters around the world last year, and there is more to come this year.

I hope this book helps. I hope I covered all I could for the reader. Creating your own first aid kit can be fun and easy, and most of the products I've suggested are small enough to fit in your trauma bag. Being prepared lowers the stress during a disaster, and knowing you have your kit in place for you and your family can save lives and give you peace of mind.

**references:**

Back to Eden

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City and Suburban Survival

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Homeopathy Encyclopedia

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