

SURVIVAL TIPS

LOCAL • NATIONAL • GLOBAL



A PRIMER FOR PREPPERS

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~ THE END OF YOUR OLD WORLD ~

It's not the strongest and smartest who survive but those who best manage change. ~ Charles Darwin

Every natural or man-made disaster foreshadows the possibility that **The End Of The World As We Know It (TEOTWAWKI)** could be just around the corner—an asteroid collides with the earth, a nuclear power plant melts down or a world-wide exchange of atomic weapons brings death, destruction and nuclear winter.



Even small, local emergencies can temporarily bring the end of the world as we know it – earthquake, fire, flood. Most of us have enough food, water and supplies in our homes to survive a short-term emergency without water and power, our televisions or the Internet.

If fire, earthquake, tornado, hurricane or flood compels your family to evacuate their home, do you know where to go, how to get there, and what to bring with you? And whether you stay put or evacuate, do you know how things work and how to fix them if they stop working? Are you sleep-walking into tomorrow? Will you shrivel up and die without gas, groceries and gadgets?

There's a time in the life of every problem when it's big enough to see but small enough to fix, and **not** being prepared for emergencies is a problem you can solve **now**. So acquire the Supplies, Skills and Mindset of a survivor *before* disaster strikes. Then Get Home, Stay Put and Network when it does. All three of these stages will rely on your supplies, your skills and your mindset.

Supplies

- Store things you can no longer buy in a store.
- Store enough water and food for one year
- Include two-gallon jugs to flush toilets
- Buy in bulk; large quantities are cheaper
- Don't eat if you can't drink; it'll dehydrate you
- Buy food that doesn't require refrigeration
- Store food that can eaten without cooking
- Get a camping stove to heat water, cook food

- Start eating stored food to condition yourself
- Start a garden; raw food is better than cooked food
- Learn how to prepare native plants & animals

Skills

- Survival is ability to do things not have things
- Know how to turn off your utilities
- Know how to make fire and fix things
- Get in shape; hard times favor fit people
- Visit [Survival Forums](#) and read [Survival Fiction](#)

Mindset

- You can't buy groceries or call a plumber
- You have a Do-It-Yourself approach to survival
- You are determined to protect and defend your family
- Everyone dies; survival is saying not today

~ GET HOME ~

Your home IS your bug-out place.

The primary disadvantage of bugging out over staying put is having to live life on the road as a hunter-gatherer, or in a camp as a refugee. That's why most cultures replaced the nomadic lifestyle for one centered on agriculture and cooperation. Bugging out is retreating from where you want to be, a place you know, to where you don't want to be, a place you don't know. So unless you're Jeremiah Johnson or Euell Gibbons... **Get Home!**



If a national or global disaster leads to the end of the world as we know it, people in the city won't be the only ones suffering traffic jams, looting and violence. The veneer of civilized behavior is only three days deep. As more and more people die, the competition for food, water and shelter will get stiffer because those you encounter are likely to be very good at surviving.

If you find yourself competing for food, water and other resources, on the road or at home, remind yourself that one of the reasons why the link between humans and other primates is missing is because we *killed* it.

Survival experts refer to Survival Kits as a Bug Out Bag (BOB). But that won't sustain you if you will never see home again, forever cutoff from the stuff you left behind. Even with your survival mindset, skills and inventiveness, life could become grim without a reliable supply of food, water and supplies. So assemble a Get Home Bag (GHB):

- Water and food for three days
- Two-way radio if phones are down or congested
- Map of alternate routes if main route is blocked
- Shoes for hiking if all roads are blocked
- Location of a temporary Bug Out Place

~ STAY PUT ~

Life on the road, homeless or in a refugee camp are grim ways to survive.

Even with your survival mindset, skills and inventiveness, life without a reliable supply of food, water and supplies could be grim, even fatal. Your home IS your Bug-Out Place. So unless your roof catches fire, the militia orders you to evacuate, or armed militants are threatening to end your life like Bonnie & Clyde ... **Stay Put!**



- Store enough water and food for 12 months
- Include pets in your plans; they too want to survive
- Know how to turn off water, propane and electricity
- Purchase N95 masks in case air is contaminated
- Collect water from drain spouts, lakes and streams
- Filter sediment with coffee filters or silk stockings
- Purify water with bleach or boil it for 10 minutes
- Agitate boiled water (egg beater) to add air for taste
- If it's yellow let it mellow. If it's brown flush it down.
- Canned food loses nutritional value rapidly after 1 year
- Dehydrated food lasts years and you're not buying water
- Heirloom seeds are prone to drought, disease, pests
- So stock up on hybrid seeds (beans, quinoa, carrots)
- Fruits are low acid; meats and vegetables are high acid
- Learn to can both for year-long emergencies
- Store dehydrate crops in meal-sized mylar bags
- Conserve energy; stay inside as much as possible.
- Avoid conflicts; speak softly, move quietly, not quickly
- Carry weapons on your belt, not in your hand
- Keep in mind why you want to survive: those you love!

~ NETWORK ~

Find like-minded people to pool resources and skills.

Staying put makes it easier to join a group of like-minded survivors. Even if your beans, bullets and band aids get you and your family through the first six months of a global disaster, sooner or later you will be compelled to join a larger group to pool your resources and survival skills. Hooking up with others makes it more likely you and your family will survive. So move away from the *independence* of escaping the disaster itself toward the *interdependence* of a small group of like-minded people who are no longer prepping but surviving.



- Decide who to trust with your skills, experience, supplies
- Decide how you'll deal with moochers and militants
- Be willing to act decisively and without hesitation
- Barter salt, chocolate, coffee, bleach, soap , toilet paper
- Not things that can be used against you (bullets)
- Not things that can promote bad behavior (alcohol)
- Not things that make you a target for more (water)

Reasons To Network

Evolution is evidence that groups survive and individuals die. But large groups tend to suffer personality conflicts, disagreements and rivalries; whereas small groups are more likely to agree and cooperate in life or death situations. So start building friendships with a small group of people. Crops require irrigation and water is essential for survival. So lakes and rivers are good places to meet like-minded survivors. Farming skills are more likely to get you accepted than computer skills. Trust takes time, so don't share your preparations until you know them better. Pay attention to what people do, not just what they say.

Like-Minded People

Most of us have learned to tolerate one another pretty well. But relationships can become strained in a survival situation. The family is the core unit. When things get tense, we tend to see others, even close friends, as outsiders.

WWII is a good example of how well people can cooperate when stores are open, lights are on, and the enemy is on the radio, *not* roaming the streets with an attitude and an appetite for violence. The veneer of civilized behavior is only a few days thin. If the poop hits the fan, you should know the people you are yoked with very well. Block parties using [The Survival Card Game](#) are one way to evaluate people's attitude toward survival. Ask yourself:

- Are they likely to network *before, during* and *after* a crisis?
- Are they likely to prepare for emergencies?
- Are they likely to cooperate when agreement is essential?
- Would they be a victim or a survivor in an emergency?
- If they know you're prepared, would they mooch your stuff?
- Or enhance their preparations by learning from you?
- Do they fix things, or call a plumber or a handyman?
- Are they conservative or liberal towards strangers?
- How do they deal with car trouble, leaking faucets?
- Would they shoot somebody who was shooting at them?
- Will their beliefs, values harmonize or conflict with yours?
- Would they resist or assist consensus for group survival?
- Would they rebuild their world from the bottom up?
- Or wait for a government to fix it from the top down?

Moochers & Militants

Networking makes it more likely you will be able to keep you and your family out of harm's way when you have to deal with moochers and militants. Even if you live in a community where the crime rate is low and breaking and entering is rare, you will eventually have to deal with hungry, post-disaster gangs roaming the streets with an attitude and an appetite for violence, or an angry father coming up your driveway to take your stuff so he can feed his family at the expense of yours. Your mindset is critical. Remind yourself that after a meltdown of life as we know it, authorities are unlikely to hold you liable for damages, injuries or death while defending your property, your home and your family. So evaluate your ability and willingness to shoot intruders.

- Learn to hit a 6-inch circle at 25-75 yards, day or night
- Identify when and why you'd shoot to kill, wound, or warn
- Acquire non-lethal weapons; pepper spray and rubber bullets

Outside Defenses

- Make it difficult for strangers to approach your home
- Fences, moats, criss cross barriers, sand and mud pits
- Barriers that force intruders into your line of fire
- Install lights to illuminate intruders at night
- Lights that can be turned on/off from inside your home
- Install grills so intruders can't shoot your lights out
- Get a dog with a BIG bark and train it to sound the alarm
- Avoid conflicts. Speak softly. Move quietly, not quickly
- Carry weapons on your belt, not in your hand

- Watch people camping nearby; Travelers passing by?
- Moochers waiting to steal? Militants casing your place?

Inside Defenses

- Make it difficult to enter through doors and windows
- Keep clothes and shoes near your bed, like a fireman
- Install lace locks to secure shoes quickly and in the dark
- Install motion detectors on doors and windows
- Identify ways to funnel intruders into your line of fire
- Have an escape route in case you need to evacuate
- Stash weapons and ammo along your escape route
- Install steel doors and secure door frames to the framing
- Make hinged window guards and close them at night

~ THE BEGINNING OF YOUR NEW WORLD ~

Survival is suffering the worst to bring forth the best.

Disasters are likely to get worse before they get better. So be at peace with yourself and others. Don't stress yourself with dark imaginings. Fear is born of fatigue and loneliness. And survivor's guilt can make you want to be dead too. Unless you put a round in your brain, your body is not going to shrivel up and die. Your body will insist on eating, sleeping, waking up and getting on with life. Survival isn't just in our brains; it's in our bodies too. When disaster strikes, get your body and brain on the same team. Let your body remind your brain that survival requires more courage to live than to die. Everyone dies. Survival is saying not today.

Hierarchy of Needs

Pay attention to your priorities. We are genetically driven to survive. Once you've satisfied the lower needs of survival, you'll want to pursue the higher goals of belonging, self esteem and self actualization. As you and your network of like-minded survivors regain control of your world, your ultimate goal is to thrive, not just to survive.



Achieving personal & professional potential... I made it!

Respect from family, friends and peers... I am valued.

Having family, friends, someone to love... I belong.

Having a good job and a place to live... I'm safe.

Having food, water and shelter... I'm alive!

What Matters Most

So get busy with the job of preparing to survive. But remind yourself that your primary goal is to help those you love satisfy their needs. So put pictures of people you love in your wallet or purse and look at them often. Make a notebook of sayings and stories that reflect your values and beliefs. If disaster strikes, gather your loved ones around a campfire, a candle or a flashlight and take turns reading them to one another.

Most of all, prepare yourself to face the **end** of the world you knew as the **beginning** of a world you must rebuild for yourself, your family, your country and Earth itself. For despite the hard times ahead, this blue-green planet wandering among the stars is the only home we know. And it has survived more than one collision to establish its path around the sun.



So the next time a disaster collides with life as you know it, be prepared to deal with it as a survivor, not as a victim. And never forget that your goal is to get beyond surviving to thriving—survival to thrival!
