

#1  
EMERGENCY  
FITNESS  
GUIDE

# DARK RESET

SURVIVAL BEFORE THE SILENCE

A SILENT WAR IS COMING. WILL YOUR FAMILY SURVIVE?

# Table of contents

<b>Foreword</b> .....	4
<b>Chapter 1: Prophecy in Plain Sight — The Warnings of Scripture and Nostradamus</b> ...	5
<b>Chapter 2: The Hidden Weapon</b> .....	10
<b>Chapter 3: Protect your communication devices</b> .....	12
<b>Chapter 4: DIY Faraday Cage: Protecting your electronic devices</b> .....	23
<b>Chapter 5: Planning in advance: Preparing is vital</b> .....	26
a. Begin Prepping Your Loved Ones.....	29
b. How to Pack a Proper Bug-out Bag.....	30
i    15 Items You Can't Go Without.....	31
ii   Planning For the Short Term.....	43
iii  Stockpiling Food.....	46
c. Power up and start cooking.....	61
d. Acquiring and Purifying Water.....	67
<b>Chapter 6: Beware of Poisonous Wildlife</b> .....	74
a. Harmful plants .....	74
b. Venomous snakes and insects.....	80
<b>Chapter 7: Communicating With Others</b> .....	84
<b>Chapter 8: Choose Your Transportation Carefully</b> .....	85
<b>Chapter 9: Relying On Alternative Energy To Survive</b> .....	90
a. Solar energy.....	90
b. Wind energy.....	98
c. Human powered generators.....	103
d. How to build a bicycle generator.....	104
<b>Chapter 10: Life-saving techniques</b> .....	107
1. Stock up on essentials.....	108
2. Crucial medical supplies.....	109

3.How to treat an open wound.....	113
4.How to perform a tracheotomy.....	115
5.How to treat frostbite.....	117
6.How to treat a leg fracture.....	120
7.How to treat a bullet or knife wound.....	122
8.How to survive a poisonous snake attack.....	124
9.Environmental injuries.....	127
<b>Chapter 11: Survival Shelters.....</b>	<b>131</b>
a. Factors to consider when building a survival shelter.....	133
b. Building the best shelter for your needs.....	155
<b>Chapter 12: Security: When the fight for survival becomes real.....</b>	<b>148</b>
1.Surroundings.....	148
a.Secure your house.....	148
b.Consider retreating to rural areas.....	155
c.How to proceed in urban areas.....	156
d.Avoid detection.....	156
e.Secure the perimeter.....	157
2.Self-defense weapons.....	158
a.Survival rifles.....	159
b.Survival knives.....	162
c.Flexible blade knives.....	162
d.Fixed Blade Knives.....	165
<b>Chapter 12: Going the extra mile.....</b>	<b>168</b>
1.Mastering the secret weapon: your mind.....	168
2.Teach your family the basics.....	172
3.Find strength in numbers.....	174
<b>Chapter 13: Final thoughts.....</b>	<b>188</b>

# Foreword

There was a time when I read the Bible for comfort.

I saw it as a story — a record of the past, of men who walked in obedience and faith. But over time, I began to see something else: not just history... but prophecy.

It wasn't just about what *had* happened. It was about what *was going to* happen — and what already *was* happening.

Famine. Division. War. Collapse. The signs were never hidden. They were always there — in the warnings of Jeremiah, the visions of Isaiah, the revelations of John. Even Nostradamus, centuries later, echoed these truths.

And today... they are unfolding in front of our eyes.

We've entered the Great Unraveling — the age the prophets warned us about. An age where trust vanishes, light fades, and chaos creeps in without a sound. Not in the form of fire falling from the sky... but in silence. In systems failing. In leadership disappearing. In food disappearing from shelves. In power going out — and never coming back on.

I used to believe the government would warn us. That they'd take care of their people when things turned dark.

I don't believe that anymore.

I've seen the leaked documents. I've read the classified memos. I've spoken to the people who used to work behind those locked doors. And what they told me — what they've prepared for — is not for *us*. It's for *them*.

Secret bunkers. Emergency stockpiles. Silent retreats. They're ready. But they won't warn you. They won't rescue you. They won't even admit what's coming.

But you're here. You're reading this. And that tells me one thing: you've chosen not to be caught off guard.

Because we are running out of time.

That's why I helped build this guide — *Dark Reset: Survival Before the Silence*. It's not a theory. It's not about fear. It's about responsibility. It's about preparation. It's about obedience to the calling we've received — to lead, to protect, and to remain grounded in truth while the world forgets it.

In the following pages, you'll learn:

- How to survive without electricity, refrigeration, or supply chains
- How to secure your home when law enforcement disappears
- How to communicate when systems collapse
- How to filter water and store food for the long haul

- How to build mental and spiritual resilience
- And how to prepare your family — not for a distant apocalypse, but for the *immediate* collapse already in motion

This is more than knowledge. It's a lifeline. Not just for you, but for the people who are looking to you — your spouse, your children, your community.

The time to hope is over. The time to *act* is now.

Because when the silence comes... those who waited will be left behind.

But those who prepared — will lead.

Stay ready. Stay faithful. And never forget: **God always protects those who walk in obedience.**

— Daniel Cross

## Chapter 1: Prophecy in Plain Sight — The Warnings of Scripture and Nostradamus

*"For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be."*

— Matthew 24:21

For most of my life, I believed the Bible spoke only of the past. I found comfort in its wisdom, guidance in its verses. But one day, as I read the final chapters of Scripture alongside the cryptic quatrains of Nostradamus, something shifted.

Suddenly, the veil lifted.

I realized the prophets — from Isaiah to John, from Ezekiel to Matthew — weren't just speaking about the past. They were warning us about the *present*. And more chillingly... about the *immediate future*.

And Nostradamus? His words echoed these same truths.

*"The great war will start in the Holy Land,  
When the Eagle strikes the Horned One,  
The red river shall rise,  
And the towers of the New World shall fall in silence."*

The Eagle — America.

The Horned One — Persia. Modern-day Iran.

The towers? You know what that means.

And the silence? It's not poetic. It's technological.



In Scripture, we find similar patterns: nations rising and falling, the earth shaking with famine, pestilence, and war. The Lord warns of a time when brother turns against brother, food is weighed like gold, and hearts grow cold. These aren't distant predictions. They're headlines.



The prophets foretold:

- Two world wars, echoing across generations
- The rise of flight, thousands of years before aircraft existed
- The return of the Jews to Israel
- The corruption of mankind — obsessed with self, blind to truth
- Widespread famine across the earth
- And the fall of a mighty empire known as Babylon

But Babylon is not some ancient ruin. According to both the Bible and hidden prophecies, Babylon represents a modern superpower. One that would become proud, polluted, and powerful — *only to collapse under its own weight*.

That superpower... is America.

#### **Scripture Describes Babylon Like This:**

*“Babylon the great is fallen, is fallen, and is become the habitation of devils... for all nations have drunk of the wine of the wrath of her fornication... and the merchants of the earth are waxed rich through the abundance of her delicacies.”*

— Revelation 18:2-3

Tell me that doesn't sound familiar.

A nation full of excess. Of unmatched wealth and influence. A land where stock markets rise while morality falls. Where selfishness is sold as freedom, and faith is mocked by media.

The prophets described it all — the Pentagon, Wall Street, endless consumption, the exceptionalism we've wrapped in flags and slogans. And they predicted its end.

*“The voice of the people will die in an instant,  
And the land of the free will weep in darkness.  
Hunger and plague will walk hand in hand,  
And the Beast shall watch with one red eye.”*  
— Nostradamus

The “Beast” isn’t fantasy. It’s real.  
It’s artificial intelligence.

It’s the digital control grid that already governs your life — through your phone, your bank, your smart devices. And when the power goes out... the Beast watches no more.

### **The Collapse Will Begin Quietly.**

No explosions. No sirens. Just... silence.

Phones will stop working. Banks will freeze. Deliveries will halt.  
You’ll wake up in a country that looks the same — but has already fallen.



This is not fiction. This is *written*.

Both in Scripture and in the prophecies of men long gone, yet more accurate than today’s intelligence analysts.

So what will you do?

Will you wait for the government to save you?

For FEMA camps and ration lines?

Or will you prepare — like the faithful did before the flood?

Because as the Bible says:

*“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”*  
— Psalm 4:8

You still have time to act.

What I discovered — through years of decoding these prophecies, cross-referencing Scripture with historical patterns, and verifying with men like Thomas Reeves who have lived the truth on the ground — is this:

We are the generation being tested.

We must prepare — spiritually, mentally, and practically — for what's coming. Because only the ones who see clearly now will stand firm when the rest fall into confusion.

In the following chapters, I'll show you how to prepare for what's been foretold:

- How to survive the silent collapse of power and order
- How to store food, medicine, and clean water
- How to stay safe without relying on weapons or technology
- How to lead your family when the system fails you
- And how to walk in obedience — the only true protection when darkness comes



This is not fear. This is *clarity*.

You weren't shown these warnings by accident.  
The Holy Spirit guided your eyes to this moment — so you can prepare, lead, and endure.

Let the world sleep.

You... will be ready.

## 2. The Hidden Weapon

Throughout history, the greatest threats have never announced themselves with a bang. They crept in slowly. Or worse — all at once, without sound or warning.

And right now, we are closer than ever to such an event.

You may be wondering: *What kind of disaster could bring the world's most powerful nation to its knees — not over decades or even years, but in a single day?*

The answer lies in prophecy.

### Nostradamus and the Silent Collapse

The French seer Nostradamus wrote of calamities unlike any witnessed before. In coded quatrains, he described a future where the world's balance would be tipped not by bullets or bombs — but by forces we still barely understand.

***"In the year of the new century and nine months,  
From the sky will come a great King of Terror,  
The sky will burn at forty-five degrees,  
Fire approaches the great new city."***

Many point to this as a reference to an aerial threat. Something descending from above, igniting not fire, but collapse. Forty-five degrees north — that's roughly the latitude of New York. The "great new city."



Not an explosion. Not a virus. Something worse.

Something that strikes at the heart of our most fragile dependency — electricity, data, communication. A silent, invisible weapon that stops time and sends us back centuries in an instant.

Call it what you will: cyber terror, grid collapse, digital sabotage, pulse weapon. The result is the same...

Darkness. Panic. Helplessness.

And America — the most connected, electrified, digitized society in history — is the **most vulnerable** of all.

*“Babylon is suddenly fallen and destroyed...”* (Jeremiah 51:8)

Prophets warned us in different languages, centuries apart. But the message is the same: a sudden downfall of a great nation. No rebuilding. No help coming.

## **A Nation Built on Circuits**

Everything in our society depends on electricity:

- **Water** won't flow without pumps.
- **Hospitals** will fall silent without generators.
- **Grocery stores, transport, communications, emergency response** — all fail.

No card transactions. No refueling. No alerts. No internet. No banks. No law enforcement.

And you will not get a second chance to react.



Nostradamus warned of a time when the world would “be lost in confusion,” with cities “eating themselves.” Food riots. Blocked roads. Hordes looking for help where none exists.

He even mentioned “hollow people,” roaming with eyes like “black glass” — a reference many now believe is symbolic of a society addicted to screens, caught completely off guard when those screens go dark.

## What If You Had to Survive Without the Grid?

It’s not a science-fiction story anymore. Intelligence agencies, military strategists, and even foreign governments have openly discussed grid collapse as a strategic weapon.

If a foreign actor wanted to cripple America without turning it into a wasteland, a systemwide collapse — or what some call a “Dark Reset” — is the perfect tool.

No radiation. No bomb craters. Just silence.

And the truth is, **most people will freeze** — unable to act, move, or think without digital guidance.

But not you.

Because in this book, you’re going to learn exactly what to do in the first hours, days, and weeks after such a disaster strikes.

How to:

- Light your home without electricity
- Secure drinkable water from unlikely places
- Defend your home from desperate intruders
- Cook without gas
- Communicate without phones
- And navigate by instinct and skill, not Wi-Fi

## Prophecy Is Not Fear — It’s a Warning

If you’re reading this, you’re already ahead of the curve.

Nostradamus never said these events were certain. He offered windows — moments of warning, chance, and escape. The biblical prophets did the same.

*“Then shall two be in the field; the one shall be taken, and the other left.”*  
(Matthew 24:40)

You have the chance to be among the prepared. The ones who don’t just survive — but lead others through the storm.

You don’t need a government bunker or a satellite phone.  
You need calm. Skill. Faith. And a plan.

That’s what this book is: a lifeline of knowledge. One that won’t crash when the lights go out.

So now, turn the page. Let's begin building your plan — before the sky grows quiet.

Because it won't come with warning.

And when it does, only those who are ready will endure.

### 3. Protect your communication devices



Making paper duplicates of critical documents is a means of defending yourself. So is storing information on a CD-ROM, Flash or USB drive. Keep your smartphone, media files and all the other wires unplugged and safely stored in a Faraday box, so they won't get toasted during an EMP. It solely depends on you to protect any hardware, information and equipment that you might consider using after the EMP.

More so, if you have an old portable computer PC, a computer "fossil" you are thinking about dismantling and selling it piece by piece, please allow me to tell you something rare and unexpected: in the absence of your brand new sophisticated laptop you have grown so fond of, your old computer will prove highly efficient. It's always better to communicate with others, even if it is through the old-fashioned ways, than to not communicate at all. Take my word for it and don't learn it the hard way.

By the time I was 11, I had already acquired some knowledge on radio transmitters. I used to watch my grandfather (who was quite skilled with technology) take one or two transmitters and "play" with them for several hours on occasions. Later on, I discovered that he was actually trying to improve their transmission capacity by expanding the range to possibly hundreds of miles, which allowed them to operate at higher power than a lot of other radios. He did this for years in a row and, although by the late 80's technology had pretty much evolved, as a survivalist, my grandfather was keen on simplicity. In other words, he did it the old-fashioned way and I now realize that his wisdom made him a visionary.



My grandfather would often tell me how he managed to sell transmission devices to explorers and some journalists. The 2<sup>nd</sup> World War was over and times were tough, but not only he would make an extra living out of this kind of work, but he'd also spend his spare time learning and practicing a hobby. Every day we sat together for some time, surrounded by transistors, antennas, tools and wires, a place where challenges and possibilities seemed endless. I realized that radios were his passion. They soon became part of my life too.



My grandfather was a veteran of W.W.2 and his stories about survival were what inspired both my father and me to always be prepared in any situation. When I was young I would listen to hours on end to his stories. The harsh conditions and the brutality of combat made a big impact on me, and in later years helped me better understand that these aspects are not exclusive to a war zone.

My grandfather's favorite radio was a GMRS. He improved such a device and one day he sold it to a young man. After he explained the man how the device functioned, he came close to me. I vividly remember him telling me that one day technology would evolve in such a way that humanity would totally depend on it.

I could only imagine what he said in terms of a world full of devices, most of which were radios. Little did I know back then that technology would run the risk of actually becoming dust in the wind in case of electromagnetic shock. Most present-day devices could not stand an EMP, simply because they are too sophisticated and because the increased number of electric circuits would be completely fried in case of an EMP attack.

But as I learned more about my grandfather's hobby, I knew in my heart that one day God would allow me to share my knowledge with other people who would need advice on surviving.

One day he said to me, "Nathan, do you know that one of these transmitters saved my best friend's life?" I couldn't wait for the story and the only thing which kept me silent was the sight of some tears rolling down on his face. Boy, he was a man indeed! The concepts of friendship and survival were dear to him and it was hard for me to imagine that such a strong man who had experienced the atrocities of several wars and saved many lives could ever have tears in his eyes. But he did! And this made him even more dear and special to me.

"We had been in the trenches for 2 days", he said. "No water or food except some rotten bread which we'd cut into small pieces so it would last longer. I told Johnny, we needed to separate so we could make an advance. Take this radio with you and you'll be able to tell me where you are. Make sure Mike covers your back. I will make sure that we distract the front line and make a breakthrough". He then told me what happened next.

He explained it was utterly important that they would break the enemy defense that day. The mission seemed impossible and my grandfather was also injured. (He was actually proud to show me a big scar on his left shoulder, as much as it hurt to remember). But as days passed by Johnny and Mike never got back and no matter how much my grandfather tried to contact him by means of radio, he couldn't make contact with them.

He would find out later that they were ambushed. Mike was shot to death and Johnny was badly injured. Somehow, he managed to escape, but he had been lying unconscious in the forest for two days. He found a cave-like shelter and stood there. But he held on tight to the radio transmitter. He struggled to come out and eventually managed to contact my grandfather by radio. They went after him. The mission succeeded and my grandfather's friend was saved. Johnny spent the rest of his life in a wheel chair but he was saved that day due to that radio device. Later on, I heard that Johnny was able to get back to his wife and kids and lived a happy life.

"You see, Nathan, it's important to be prepared for any circumstance when you struggle for

survival, and sometimes, a radio transmitter has a lot to do with surviving. Always be prepared!” he said, while I was holding in my hands the device that saved his friend’s life. I will never forget his words. As for myself, I’m pretty sure that those old radio transmitters they used in the past would outrun the more complex ones we have today on the market. And the reason is simple: both use the same principles, but the present-day devices are more exposed to an EMP attack because of their multi-functional character and circuit complexity.

Being able to convey useful information through radio can be beyond helpful, especially when it is about a life-and-death situation. More so, you could receive critical, updated information on the best alternative routes, for instance, which will in fact, allow you to make the most of the precious time you have left and avoid crowded roads or any other similar complications, for that matter.

Communicating, or at least receiving crucial information on what is happening around the world in the aftermath of the EMP attack can help you determine whether it is safe to come out of your bug out location or not. Wouldn’t you rather store a radio in your Faraday cage then?

By prepping, you respect God’s will. Never forget that he instilled the prophets with divine calling, so that the entire world could learn more about our Lord’s second arrival on earth, so that **you** can save yourself from a certain death and spend as much quality time with your family.

Thus, you will need to take into account shielding at least one of these communication devices:



- **The Family Radio Service (FRS):** as the name suggests, this equipment (also known as the walkie-talkies) is intended to aid family members keep in touch with one another. There are 14 channels, designated 1 through 14, representing 14 different frequencies around 462 and 467 MHz in the ultrahigh frequency (UHF) band. Channels 1 through 7 are shared with the **GMRS** radios. Expect a communication range of 1 to 5 miles, most often under 2 miles. They seem to be performing quite well at a short range. Battery is quite unreliable. Keep in mind that **channel no. 3 on 462.6125 MHz FM** is the **prepper channel**.

As a survivalist, I know a good device when I see one, let alone when I test it! If you plan on bugging out with a large family or team, these FRS’s are worth your consideration. If there was ever a reason to split up, a set of two-way radios would be a very valuable piece of kit. Not to mention most of them are tough, shock resistant and easy to carry.

- **Citizen Band (CB) Radios:** CB radios (also referred to as trucker radios) also come in a battery- operated form and as far as price is concerned, these are quite cheap. These gadgets have 40-channels within the 27 MHz band, and come with a microphone and an antenna, which is helpful when in need to further extend the range.



A survivalist uses quite effectively the knowledge of modern day technology, such as communications through radio gear. CB radios are easy to rely on and have the same old principles of transmissions, despite their multi channel within the 27 MHz band. Bear in mind that ultimately, communication deals with anything related to:

- sending information!
- receiving information!
- recording information!
- navigation!

Don't forget using the following:

- Channel 3      26.985 MHz      **Unofficial Prepper CB Network (AM)**
- Channel 9      27.065 MHz      **The universal C.B. emergency channel (AM)**
- Channel 30      27.305 MHz      **SSB operation (USB)**
- Channel 37      27.375 MHz      **Unofficial Prepper 37 (USB)**
- Channel 38      27.385 MHz      **Unofficial SSB calling channel (LSB mode)**

I'm telling you, radios in the United States are so widespread that you could pick up one at a local flea market and be on the air in a matter of minutes simply by attaching a wire to the radio as an antenna. Radios come in many sizes and frequency ranges and it is the frequency coverage of a radio that should concern a survivalist.

- **The General Mobile Radio Service (GMRS):** It's a handheld portable devices much like Family Radio Service (FRS) radios, and share the FRS frequency band near 462 and 467 MHz. This is two way communication equipment, and you will need a license from the FCC (Federal Communications Commission) to operate one. It can cover up a distance of up to 15 miles. Also if you have a GMRS radio, you may be able to tap into a



repeater, which will expand your range to possibly hundreds of miles, but the repeater obviously has to be running, and you have to be within range of the repeater for your radio to hit it. **Channel 17 on 462.600 MHz FM** is the **survivalist channel**.

This is my old time favorite! GMRS radios are typically handheld portable devices much like Family Radio Service (FRS) radios, and share the FRS frequency band near 462 and 467 MHz. Mobile and base station-style radios are available as well, but these are radios to rely on in a survival situation.

- **Marine Radio:** They are found on all kinds of boats. They are particularly useful, as they provide a lot of intelligence on weather alerts, criminal rates or any other relevant information. They employ the use of a very high frequency (VHF) range - between 156 and 162.025 MHz. Channels to look for: **Channel 16 on 156.800 MHz FM** is for **safety calling** and **72 on 156.625 MHz FM** for **boat preppers**.



When you're out on the water, what's the best device to maintain your lifeline to shore? VHF (Very High Frequency) radios are the two-way radios most commonly used in ship-to-ship and ship-to-shore communication. They are essential for emergency situations. Most VHF radios have the ability to scan multiple channels. However this feature will often cut off part of a communication, which communication may be crucial to your safety. Therefore, it's best practice to have two sets on (like a fixed and hand-held) and have one stand by on 16 and another, usually the portable, on 13.

- **Ham Radio:** perhaps the most reliable communication equipment, which can be used long range. It can convey graphics, sounds and texts. Similarly to the GRMS, these are only to be operated by those who are FCC licensed. Albeit being one of the best long range communication devices, not a lot of people know how to use the HAM. A lot of ham radios can reach the national weather system (NOAA)



frequencies. That means that if you have a radio, you can find out what's going on in your area. If you have a radio scanner, you can listen to what's going on with emergency frequencies as well as any other that the scanner can reach.

A very good friend of mine who, trust me, is in the position to know about radio transmission, gladly recommended this radio device in case of disaster. Ham radio is the go-to communication system for pretty much every emergency response system and is what MARS (the Military Auxiliary Radio System) and ARES (Amateur Radio Emergency Service) both use, as well as many search and rescue and other emergency groups.

Below you will find a list of frequencies that will prove valuable to you in the aftermath of the EMP attack.

- 34.90 MHz: Used nationwide by the **National Guard during emergencies**. They also use **163.4875 MHz**
- 39.46 MHz: Used for **cross-department emergency** communications by local and state police forces.
- 47.42 MHz: Used across the United States by the **Red Cross** for relief operations.
- 52.525 MHz: Calling frequency used by ham radio operators in FM on their six-meter band.
- 121.50 MHz: International **aeronautical emergency** frequency.
- 138.225 MHz: **Disaster relief operations** channel used by the Federal Emergency Management Agency
- 146.420 MHz: **Prepper**
- 146.520 MHz: **Ham calling**
- 146.550 MHz: **Survivalist**
- 154.28 MHz: Used for **cross-department emergency** communications by local fire departments; 154.265 and 154.295 also used.
- 155.160 MHz: Used for **cross-department emergency** communications by local and state agencies during search and rescue operations.
- 155.475 MHz: Used for **cross-department emergency** communications by local and state police forces.
- 156.75 MHz: Used internationally for broadcasts of **marine weather** alerts.
- 156.80 MHz: International **maritime distress**, calling, and safety channel. All ships must monitor this frequency while at sea. It is also heavily used on rivers, lakes, etc.
- 162.40 - 163.275 MHz: NOAA **weather broadcasts** and bulletins.
- 168.55 MHz: National channel used by civilian agencies of the federal government for **communications during emergencies** and disasters.
- 243.00 MHz: Used during **military aviation emergencies**.
- 311.00 MHz: Flight channel used by the **U.S. Air Force**.
- 317.70 MHz and 317.80 MHz: Used by **U.S. Coast Guard** aviation.
- 319.40 MHz: Used by the **U.S. Air Force**.
- 340.20 MHz: Used by **U.S. Navy** aviators.
- 409.625 MHz: National communications channel for the **Department of State**.
- 446.030MHz: **Prepper**

I've asked my good friend Gary, an expert in radios, about the importance of this communication device and he told me the following:

"On Wednesday, November 5th, 2008, I drove to my hunting property and set my truck up for the CBR. I tuned to the Warrenton VA repeater, run by the Fauquier Amateur Radio Association. I had listened to this repeater enough to know that it was used frequently and monitored constantly.

I arrived at my tree stand at 6:15 AM and started my climb up. One of the ladder steps fell out from under my boot. That steps were 16" long pieces of 2x4 pressure treated lumber that I had nailed to

the tree with 16d nails. I still managed to make it up the tree without problem.

My habit when hunting is to check the stand with my foot, climb into the stand and then attach my safety strap. For those reading who think this is the wrong order, you're right. When I stood on the stand with both feet, the stand broke away beneath me. I fell 20' to the ground, landing on my back.

Remember that 2x4 with the nails sticking out of it? Well, I found it. It happened to be lying with the nails up, right at my impact point. Four nails penetrated between my spine and shoulder blade. I was wearing only a t-shirt with my jacket tied around my waist so they went all the way in. The pain was excruciating. At first, I didn't realize I had landed on nails and thought the sharp pain was due to breaks in my spine and ribs.

With the wind knocked out of me and writhing in pain, my first instinct was to turn on my HT and call for help.

"Mayday! Mayday! Mayday! This is K4GUN. I need emergency assistance!"

Immediately, my call was answered. I had two guys at first then one took over. He called the local rescue squad and got them on the way. He asked questions about my injuries, location and state of mind. He kept calm.

As I regained my senses, I figured out that the board was in my back. I also realized that I could still move my legs and arms. I sat up and drank some water and listened for the sirens. I directed them right to me through my friend on the radio. They were at my location within 30 minutes of my fall.

The paramedics tried unsuccessfully to remove the board from my back. Yes, that hurt just a bit. They were absolutely amazed that I was able to call for help. They couldn't believe I had the foresight to have the radio with me and actually use it.

Aside from the obvious lesson about tree stand safety, there is a big lesson to be learned. Accidents will happen. Emergencies can't be predicted. The thing you owe to yourself and your loved ones is to be prepared to deal with them. Having communications when all else fails is a big part of that"

## **How to Make a Radio out of Scrap**

With the right equipment and some practice, you can easily communicate with others in case of disaster. And, you don't have to actually buy a radio to do it. There will always be scrap and you will always be able to make a radio. There are many different ways to communicate during a disaster situation or if society collapses. It's a great hobby and it could be the difference between finding your family in an emergency or losing them.

Suffice it to say that with all the wires and old electronics lying around, making a simple radio receiver is pretty simple. They can also be made to use power from the signal itself so they don't all need anything else to power them.

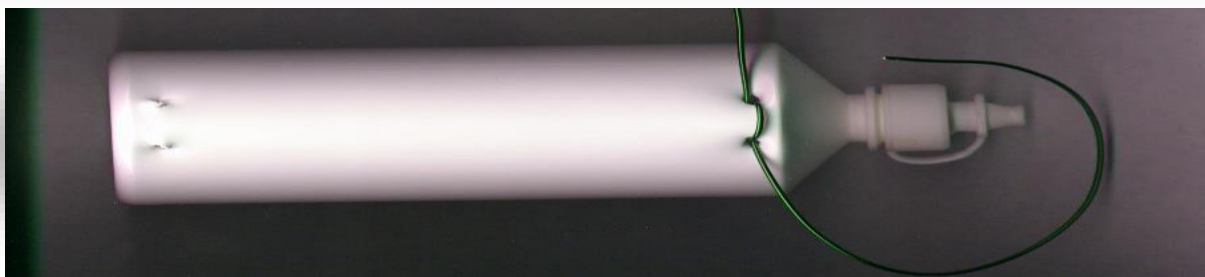
**You will need:**

- Plastic bottle. It should be about three inches in diameter, and 5 to 7 inches long. Shampoo bottles also work, but you will want to get the ones with thick walls, rather than the thin flimsy ones. This will make it easier to wind wire around them.
- About 50 feet of enamel coated magnet wire. Most common gauges (wire diameters) will work, but thicker wire is easier to work with, something like 22 gauge to 18 gauge. You can also use vinyl coated wire, which in some ways is easier to use than enamel coated wire.
- A Germanium diode. Most stores that sell electronic parts have these. They are called 1N34A diodes.
- A telephone handset. You listen to this radio just like you listen to the phone. If you have an old telephone sitting around, or can find one at a garage sale, you are set.
- A set of alligator jumpers. You can find them anywhere electronics parts are sold.
- About 50 to 100 feet of stranded insulated wire for an antenna. This is actually optional, since you can use a TV antenna or FM radio antenna by connecting our radio to one of the lead-in wires.

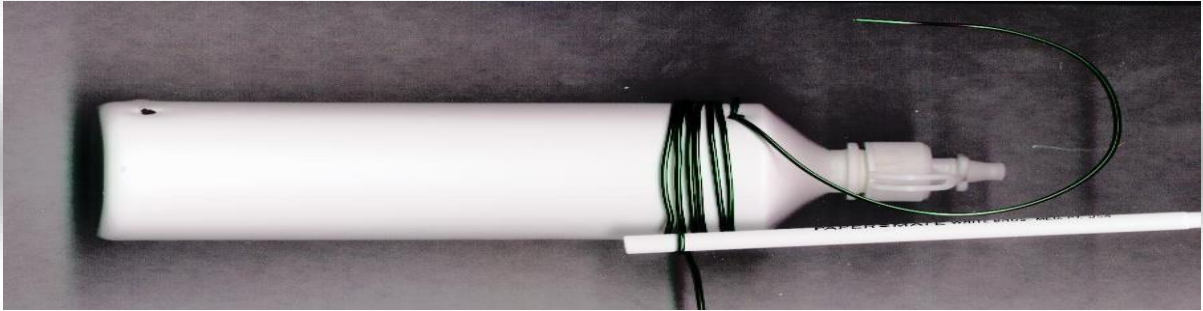
Use a sharp object like a nail or an ice pick to poke four holes in the side of the bottle. Two holes will be about a half an inch apart near the top of the bottle, and will be matched at the bottom of the bottle with two more just like them. These holes will hold the wire in place.



Thread the wire through the two holes at the top of the bottle, and pull about 8 inches of wire through the holes. If the holes are large and the wire is loose, it is OK to loop the wire through the holes again, making a little loop of wire that holds snugly.



Now take the long end of the wire and start winding it neatly around the bottle. When you have wound five windings on the bottle, stop and make a little loop of wire that stands out from the bottle. Wrapping the wire around a nail or a pencil makes this easy.



Continue winding another five turns, and another little loop. Keep doing this until the bottle is completely wrapped in wire, and you have reached the second set of holes at the bottom of the bottle.

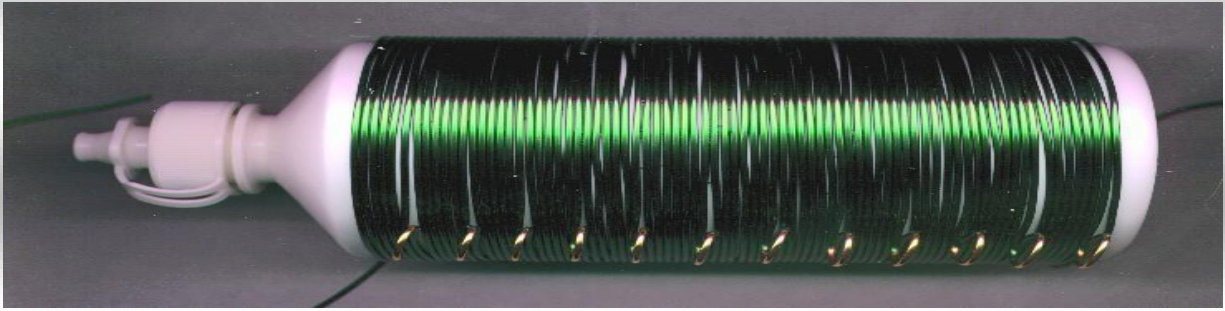


Cut the wire so that at least 8 inches remains, and thread this remaining wire through the two holes like we did at the top of the bottle. The bottle should now look like this:



Remove the insulation from the tips of the wire, and from the sma I loops we made every 5 turns (these loops are called 'taps'). If you are using enameled wire, you can use sandpaper to remove the insulation. You can also use a strong paint remover on a sma I cloth, although this can be messy and smelly.

Don't remove the insulation from the bulk of the coil, just from the wire ends and the sma I loops. If you are using vinyl coated wire, the insulation comes off easily with a sharp knife.



Cut one end off of the handset cord to remove one of the modular telephone connectors. There will be four wires inside. If you are lucky, they will be color coded, and we will use the yellow and black wires. If you are **not** lucky, the wires will be all one color, or one will be red and the others will be white. To find the right wires, first strip off the insulation from the last half inch of each wire.

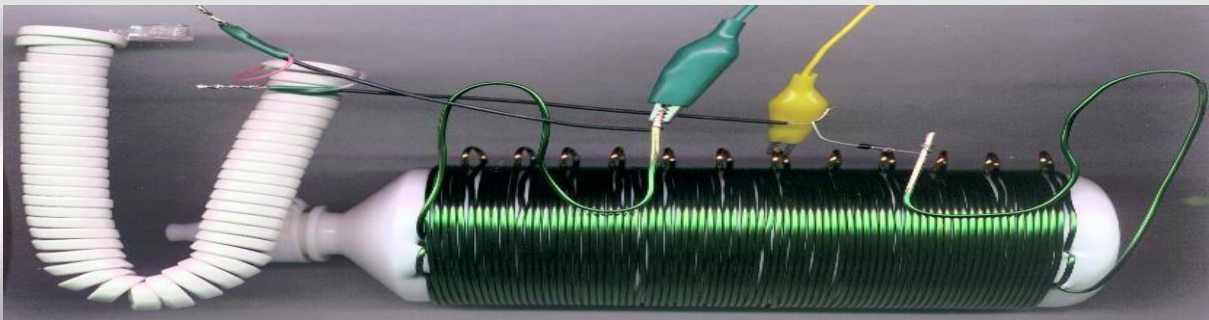
Then take a battery such as a C, D, or AA cell, and touch the wires to the battery terminals (one wire to plus and another to minus) until you hear a clicking sound in the handset earphone. When you hear the click, the two wires touching the battery are the two that go to the earphone, and these are the ones we want.

Attach one handset wire to the free end of the Germanium diode. Solder it if you can.

Attach the other wire to the wire from the top of the bottle. Soldering this connection is a good idea, but it is not necessary.

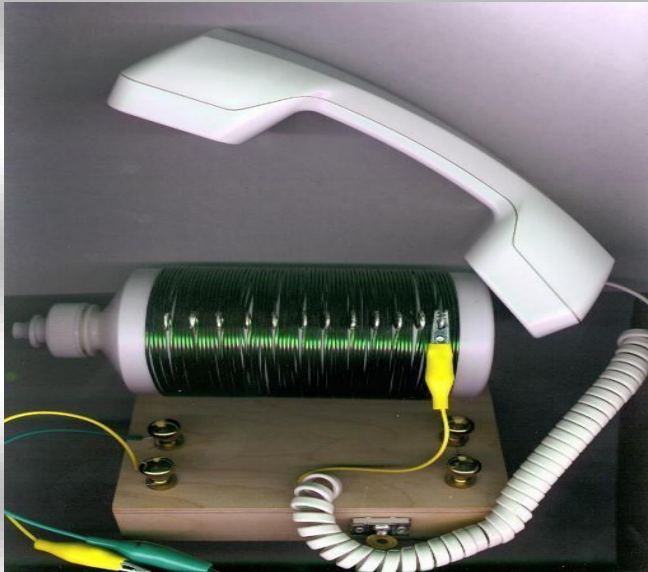
Now clip an alligator jumper to the antenna. Clip the other end to one of the taps on the coil.

Clip another alligator lead to the wire coming from the top of the bottle. This is our 'ground' wire, and should be connected to a cold water pipe or some other metal object or wire that has a good connection to the earth.



At this point, you should be able to hear radio stations in the telephone handset. To select different stations, clip the alligator jumper to different taps on the coil. In some places, you will hear two or more stations at once. The longer the antenna is, the louder the signal will be. Also, the higher you can get the antenna the better.

Now that your radio works, you can make it look better and be sturdier by mounting it on a board or in a wooden box. Machine screws can be stuck into holes drilled in the wood to act as places to attach the wires instead of soldering them. A radio finished this way looks like the following photo. Note the nice little touch of using brass drawer pulls on the machine screws to hold the wire.



There you have it! The final radio has excellent performance, pulling in weak stations, and preventing nearby strong stations from overwhelming the weak ones next to them on the dial, which makes it one of the best devices for a survivalist.

## 4. DIY Faraday Cage: Protecting your electronic devices

Faraday cages are named after the English researcher Michael Faraday, who created them in 1836. A Faraday cage is a tight fitted case that has scientifically been proven to protect your electronics.

If you are thinking about purchasing one in the store, prepare to be outraged, as was I, as those lying weasels will sell a Faraday Cage for \$1,500! What is the point in buying one, when you can build it with your own two hands? All in less than 10 minutes.

But if you don't have the money to buy it, nor the intention to build it, then remember this:

Rich in the biblical sense, as you will achieve great peace of mind. Or would you rather torment yourself with that nasty "what if (I've done this and that?) question?"

To make one yourself, you have to use a hermetically sealed box, with an electrically conductive external layer - preferably made out of steel. Why is this external layer so important? Because it will create opposing fields, by absorbing and then rejecting the external EMP current, thus protecting what is inside the box.

The cage itself, which can take the form of any shut shape, can be conductive, or it can be made of a non-conductive material, (for example, cardboard or wood) wrapped in a conductive material (for example, aluminum foil).

### **There are two ways in which you can build a Faraday cage:**

#### **Option 1**

**Step 1:** Cover your items in tarp, cardboard, paper, followed by several layers of plastic wrap. This step is necessary to electronically insulate your devices. If you skip this step and jump directly to wrapping your devices in tin foil, you will inadvertently create an antenna for the electromagnetic pulse, and you will find yourself unable to use any of your electronics, later on.

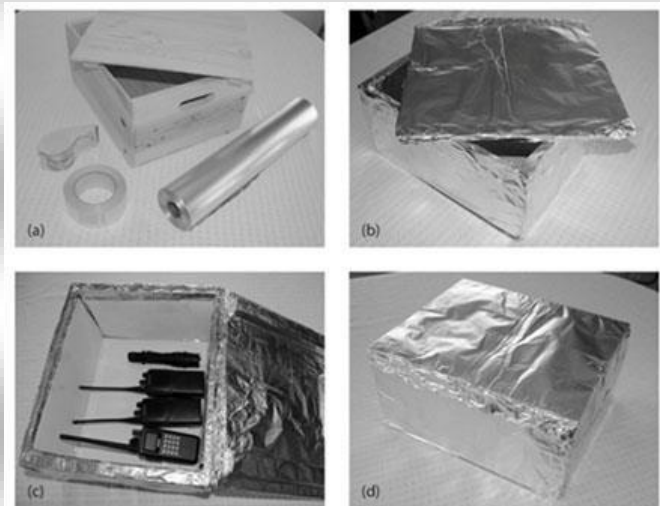
**Step 2:** Wrap your electronic devices in aluminum foil. Unless you plan on using a second layer of protection against the EMP, then wrap the items around in 5 layers of aluminum foil. The thicker the foil, the better the protection it will provide.

**Step 3:** Last, but not least, insert the wrapped items into a galvanized steel casing, such as a trash can, for example, but make sure you tight seal the lid, in order to prevent the EMP from damaging your devices. However, before inserting the items into the trash can, use cardboard to line the metal trash can around. If the tin foil touches the metal, the levels of protection will be reduced and your Faraday container will be rendered ineffective against the shock wave. If you cannot use a metal enclosure, then you can also follow the steps listed below.

### Option 2

**Step 1:** Wrap a wooden box that comes with a lid in a 24 microns thick tin foil. Wrap both the box and the lid in aluminum foil and secure it in place with duct tape.

**Step 2:** Use a thick cardboard to line around the wooden box, but also duct tape some cardboard on the inside part of the lid.



**Step 3:** Place the gadgets inside the box and put the lid on. If you do not have cardboard, then you can replace it with rubber or heavy plastic.

If the device has an antenna or any batteries, remove them and put them in a separate container. If you leave them inside, you will find your gadgets completely ruined. Why is that? Because the batteries will still act as energy conductors (attract the EMP) and destroy your equipment. The same goes for the antenna, which will capture the electromagnetic energy and destroy your electronics. So please, make sure you have done that.

All in all, building your own Faraday cage proved to be a piece of cake, right? But then again, everything will seem like an easy task, provided you are willing to fulfill it. Diligently perform your tasks, each at their right time:

Do not consider opening the Faraday cage and using the devices immediately after an EMP attack! Those God-forsaken bastards, triggering the first attack, could also trigger a **second** one to make sure all electronic devices and circuits are completely wiped out off the surface of the earth. If need be, make sure you are using duplicated items. For instance, have two radios stored up in your Faraday cage. If you are dying to know more about the traffic updates, then use only one of them and leave the other one inside the Faraday cage. Proceed like that until you are absolutely certain that you have averted the danger.

## Supplies to Consider Storing in a Faraday Cage

If your instinct tells you that there are other imperative devices to your survival you should be protecting, then do not ignore it. How many times haven't you heard of a vast majority of people who acted in a counterintuitive manner only to regret it later? I bet more times than you can count.

But before dealing with that, you should be keen on storing in your Faraday Cage the following five items:

- Emergency Radio or Police Scanner, Ham radios (Amateur), CB, NOAA, GMRS/FRS, MURS, Marine, Air Band AM, FM and/or Short-Wave Radio supplies – being aware of what is happening in the world bears a crucial importance. You can use any of these radios to gather information regarding the safest areas, traffic updates, etc. Make sure you are getting your FCC license prior to using these radios;
- Rechargeable batteries, solar battery chargers, versatile sunlight based chargers and 12v DC charge controllers and rechargeable batteries, which you can either use for the flashlights or any other additional devices;
- Flashlights, particularly LED electric lamps and lighting;
- Solar Panels, sunlight based charge controllers, transformers, batteries, wiring and battery meters – which you can use to heat up the water and maintain yourself clean and at bay from diseases;
- Personal locator beacon (PLB), whose importance will prove invaluable when in need to keep track of your family's whereabouts. The more you protect and take care of each other, the better. Remember that even in prehistoric times, people would go hunting in groups, to increase their chances of success, and implicitly, survival.

### Additional items might include:

- Laptop PC, which has a hard drive and CD-ROM player, wires;
- Smartphones, Kindles, iPads, SDs, Micro SDs, USBs and other memory devices and adapters;
- Spare electronic parts for autos, trucks, tractors, and so on that would be harmed in an EMP
- Night vision and other electronic optics;
- Gear to screen your surroundings, radiation meters, radiation dosimeters and dosimeter chargers;
- Medical Devices: blood analyzers, O2 concentrators, CPAP and so forth;
- Cordless machines: drills, saws, and so forth.

The list does not need to stop here. Shield any other device that you consider vital to your survival. Assume the worst. Assume you will need it sooner rather than later.

## 5.Planning in advance: Preparing is vital



My father has always been an ardent Christian and he has always believed in the importance of preparing for anything. I will never forget the best piece of advice I've received my whole life: "Son, forever be prepared to defend your life. I will not always be there to help you, no matter how much I want this."

It was the mid-season of fall, 1986, when I went camping with my two best friends since kindergarten, Big Tom and Andy. He told me I should take my time in doing that, so I would not leave behind any important item. However, being prepared went against my friends' beliefs who appreciated spontaneity much more. They came up with the idea of going camping 2 hours beforehand. While I used every minute I had to put together a small survival bag, Big Tom and Andy, my friends, didn't.

"Come now, we will have a couple beers before leaving", Big Tom told me. "I don't know if I can come, I still have a few things I need to pack", I said. "You're boring, but ok then. Later", was Andy's answer.

I packed items of necessity, such as an extra set of clothes, a sleeping bag, a survival kit (with bandages, rubbing alcohol, aspirins), a flashlight, a blanket, a compass, a few energy bars, a few bottles of water, lighters and matches, a sunscreen, even some duct tape. Having seen what I added to my survival kit, my father told me: "You did well, my son".

A few hours later, all three of us were walking towards the camping area, near Visalia. I was confident that everything was going to run smoothly, but oh boy, I couldn't have been further from the truth.



Within minutes from arriving that breathtaking location, Andy went on admiring Lake Kaweah, but somehow he managed to slip on mud, twist his ankle hard and fell into the water. Without thinking, both me and Big Tom jumped into the water to rescue him.

After getting him out, I gave him my extra set of clothes, covered him with the blanket I had, cleaned up his wound and wrapped it in bandages, to further prevent blood from bursting out. Immediately thereafter, I improvised a splint, by putting together two pieces of timber tied by the duct tape I brought along.

“That’s amazing! Where did you learn to do that Nate?”, Big Tom asked fervently. “My father taught me.”

As I replied, I felt gratitude and experienced a deep sense of pride for being my father’s son. He is truly a remarkable man.

After the nightfall, it had gotten colder and Big Tom was trembling like a leaf.

“Will you please do the fire Tom? We all need to warm up”, I asked while making the wooden splint.

“Sure. Let me find my lighter first. Shoot. I think it must have fallen from my pocket while swimming. What now?”

“Don’t worry”, I replied, “check my bag”.

“It’s here. Thank God. Otherwise we would have frozen to death.”

And it is true. We could not have returned to the city that night, because we needed to warm up and not succumb to hypothermia. Big Tom was this athletic rugby player who seemed invincible. But that night he turned pale like a sheet. I was, as well, shivering. My whole body was cold as ice. But the fire helped us warm up.

But what saved us that night were my father’s teachings. To this day, I still remember my father’s words, when he asked me to be prepared. So, I did. And I am proud of myself for having done that. It could have been fatal for us all, but it wasn’t. One simple night of amusement could have led to our demise. As you can see, preparing goes beyond being just

a simple necessity, even in situations that seem like fun. You never know what might happen in a terrible situation, much less estimate the magnitude of an end of times disaster.

What we do know is that overnight, America as you know it, will cease to exist. What it will be left of is merely a desolated land. Our people will forget about who the real enemy is and they will fight each other, instead. There is no simple fix to what is about to come. But don't worry: by carefully reading this book, incredible results will come your way, as you will know what you have to do and not muddle along. Every single piece of information will prove useful to you, which is why is best to learn as much as you can.

Activating your survival mode will keep you and your family alive in times of need. Look at the possibility of a blackout as an opportunity to go back to the roots; no modern facilities to help you there. This type of mentality will help you think about things we have taken for granted, like:

- how to get some light,
- cook,
- preserve food even though you don't have a fridge ,
- maintain yourself clean although you can't take a hot shower.

Most importantly, it will allow you to do all that and still enjoy quality time with your family. In addition, stockpiling food, water or any other items to use in the aftermath of the disaster will give you a heads up. How so, you ask? It will enable you to search for alternative sources of food, water and shelter materials, for instance.

Trust me; you are able to better focus on any of these things on a full stomach. Imagine not being able to eat for two days straight: the unarticulated anger, the tiredness... But I'm sure you have experienced these too, right? That annoying headache throbbing and pulsing, impeding you to center your thoughts... There are too many ideas to focus on, but your mind can't one. All these will make you feel helpless, trust me.

Why do I say that? Because I've experienced hunger. By the time I was 13, my father had found a well-paying job as a Project Engineer at Lyles Utility Construction, LLC. But prior to that, he had been the only one in our family with a paycheck. Every day was another struggle to survive and another fight against depression. And I'm not ashamed to admit it. There were times when I would go to school on an empty stomach and not have anything to eat for the whole day, because I preferred feeding my dog, Timo, instead.

Those were some tough times, which truly marked my childhood. But then, when things turned around, I was able to better focus on my studies. I started reading everything that came to hand and absorbing every piece of information just like a sponge. I was fascinated by this one book, *The Curse of the Pharaohs*, which dictated my fate. Shortly after my 14 birthday I discovered what I want to be in life: an archaeologist.

Knowledge is power. Bearing this in mind, I urge you to carefully read the next chapters, so you can not only help yourself, but also those around you.

## a. Begin Prepping Your Loved Ones

Anticipating danger is one of your parental duties. Your family is the greatest gift God has given you; protect them at all costs, by teaching them the basics of survival now. When the EMP strikes, we will be facing darkness and endless turmoil. In those precise moments, you won't actually have time to teach your family about safety or survival procedures.



Taking care of your family will grant you eternal Salvation. Since you won't be able to guard and protect them 24/7, at least you will have some peace of mind knowing that you taught them how to take care of themselves and not lie in a pool of blood. Remember the old adage: Give a man a fish and you feed him for a day; show him **how** to catch a fish and you feed him for a lifetime. Be the hero of their story and the person they look up to, just like my father is to me. This will be your legacy. This is what will stay with them after you're gone.

All of your family members have different skills and qualities, which will enable them to fulfill different tasks. So why waste time and not discover them now? Start involving your family in prepping arrangements. How can you do that?

- Give your kids a chance to help you select food that they enjoy or any other type of supplies you consider necessary.
- Bring them with you to the dollar store and let them choose games that do not involve the use of power. Prove your children that card diversions and riddles are a great source of fun, one that does not involve the use of a remote control.
- Create a solar cooker and let them help you. Involve them in different survival activities. Keep scores, give them bonuses each time they are doing something correct and reward them, when you have the chance. Overall, make sure they are having a great time. The more fun you make it out to be, the easier it will be for them to learn.
- Talk with them and mentally prepare them for the end of times. God has granted you the sacred trust of taking care of these innocent souls, who depend on you for their survival, so do your best. They have a limited life experience and it is best to reassure them that God is always by their side, so they should embrace our Lord. Tell them just how brazen would it be to doubt God's moves, take His name into vain or even think that God is acting against them. Tell them that God acts in mysterious ways and they will never be alone or defenseless. God loves them infinitely more than you will ever love them and He is guiding their every move, even when evil seems to be proliferating terror and suffering. Moreover, emphasize the fact that God is in complete control of the worldly events. When bad things happen, God is testing people's belief in Him and that happens for a reason. Your kids'

trusting nature will make it easier to discuss this matter with them and not second question your every sentence, like most adults do. Also tell them that God even loves kids more than adults, due to their purity in hearts and minds, and He listens to their every pray. Our Shepherd will protect His faithful.



We are sitting on a ticking time bomb... The end of the world is coming, but no-one, apart from God, knows the exact time. It is paramount for your kids to do the right thing in the face of adversity, especially if they will be on their own when the tribulation starts.

## **b. How to Pack a Proper Bug-out Bag**

If you are unprepared, then you are bound to make wrong choices. It is going to be a battlefield out there? For sure. Will you need a help you can get? You bet. Then, let me tell you this: if you leave your house without a bug out you are pretty much doomed. Why, you ask? Because, in essence, a bug out bag contains vital supplies that will help you get through hard times, just like my survival bag helped me helped my friends and I while going camping. It is, basically, a large survival kit that should contain indispensable items for you to use post-disaster. So if you don't have it on you, it will pretty much be like you are left on an empty boat, stranded in the middle of the ocean, while you're injured.

When people talk of bug-out bags, they are usually referring to a backpack with chest and waist straps, which I prefer, but you choose any type of bag that is easy enough to carry for longer periods of time.

When and if you have to bug out, you will only have a few seconds to evacuate the premises, so you will only have time to grab your bag and run. If you haven't packed a bug-out bag by now, spare no time and avoid the full-blown panic later.

If you have your bug out bag with you, then you will be prepared, much like a soldier is on the battlefield. But if not, then you will be just like a civilian who has no idea of what he has to do save his life and chances are he won't last for too long out there.

## i.15 Items You Can't Go Without

Doesn't it seem like a blessing in disguise the fact that God wants you to save yourself when a l you see around is terror? How you react during this period wil influence your relationship with God. Don't make Him angry, pledge total submission to Him and you wil be saved from eternal damnation.

The first step is to deal with the bug out bag. It should contain plenty of food and water resources, which should last you for a few days. However, the most complex challenge is knowing what other items to include in your bug-out bag and what items to disregard. Of course you would like to include pretty much everything that comes to mind, but speaking from experience, only some items bear a crucial importance:

### 1. Water

While you can go without food for as long as three weeks, you couldn't survive for more than 3 days without water.

In a survival situation, the drinking water wil quickly become one of the most invaluable goods. 1 liter/day/person is the bare minimum you should consider storing. However, a few gallons of water wil prove insufficient when you have to spend longer periods of time in the wild. This is why you are going to need to go foraging for water, but make sure you purify the water you find out there.

For this end, you can either boil the water, use iodine tablets, or create a water filter, but you can read more on that in the next subchapter. From my travels to the Sahara or Nairobi Deserts, I can tel you that water is the last thing you should be lacking in.

#### Also, consider these tips:

- Use a colapsible water bottle for extra storage, which can even fit in your own pocket.
- Alternatively, you can get a folding bucket (also known as backpacking bucket) for easier collection. When folded, it is very compact, but when in need, you can use it as a water container.



Follow the link below to see a demonstration of how you easy it is to install such an item. CTR+click on the image to see the external reference or copy paste the link below the image:



<https://www.youtube.com/watch?v=lnZsHgR3Flo>

## 2. Canned foods

Ready-to-eat canned meats, fruits, and vegetables are highly recommended, since they will provide the necessary calorie intake and preserve their nutritious values. The US Department of Agriculture revealed that canned foods maintain their fiber, minerals and vitamins, despite having a long shelf life (of a few decades!). What's even more surprising is that fresh fruits lose nutrients through oxidation (contact with air), whereas canning fruits preserves a higher concentration of vitamins than it can be found in the actual fresh product.

Canned beans, for instance, have a shelf life of 3 decades. When these are combined with rice, they form a complete protein and represent the ultimate survival food, as this combination provides your body with a 19 essential amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine) out of a total of 29, which the body cannot produce.

### The functions of essential amino acids:

- **Histidine:** This amino acid fights off depression, by shielding the nerve cells against damage. Not only that but it protects all tissues against damage. Lack of histidine can lead to rheumatic arthritis in adults and deafness caused by nerve damage. You can find it in cantaloupe, beans, potatoes, cauliflower, corn, seaweed, rice, wheat and rye.
- **Lysine:** gives you energy and has a crucial role for your immune system, as it produces antibodies and enzymes (which are biological catalysts, meaning they help speed up metabolic processes through chemical reactions; without these catalysts, the body would not be able to perform its most important functions). The following are lysine-rich foods: beans, lentils, chickpeas, nuts (such as almonds, cashews), parsley, hemp seeds, chia seeds, avocados.
- **Methionine:** it is an essential amino acid that fights off free radicals and helps produce sulphur, which helps the metabolism run smoothly. You can find it in beans, onions, wheat, oats, seeds (chia, sunflower, hemp), seaweed, cacao, raisins and figs.

- **Tryptophan:** the main functions of tryptophan, the largest amino acid, is to positively influence mood and sleep. The following are tryptophan rich foods: beans, lentils, cereals (oats), seaweed, seeds (hemp, chia), leafy greens (spinach, watercress, lettuce) pumpkin, sweet potatoes, parsley, peppers, onions, mushrooms, avocado, asparagus, beans, beats, carrots, chickpeas, celery, fruits such as apples, bananas, oranges and figs.
- **Valine** is used by our bodies to repair tissues. It is particularly useful for people suffering from liver diseases. You can find it in: beans, whole grains, broccoli, spinach, avocado, soy, seeds (hemp, sesame, chia), fruits (apples, apricots, blueberries, cranberries, figs, oranges).
- **Isoleucine:** this amino acid maintains the blood sugar levels within normal parameters. If your blood sugar levels are too high, then you risk developing kidney disorders, eye problems, heart diseases and strokes. Not something you would look forward to when a health break loose, right? It can be found in cereals (oats, rye), nuts (cashews, almonds), beans, brown rice, seeds (sesame chia, pumpkin, sunflower), or fruits (apples, kiwis, cranberries).
- **Leucine:** this amino acid increases your muscle mass, so you gather body strength. It also supplements your body with energy and adjusts your blood sugar, while improving brain functions. Did you know that leucine helps your body heal faster, which is great, especially in times of distress? Make sure you eat the following: pumpkin, kidney beans, peas, sesame and sunflower seeds, seaweed, watercress, avocados, soy, apples, bananas, blueberries, dates, figs, olives and raisins.
- **Phenylalanine:** the same as leucine, phenylalanine helps benefits the nervous system, as it protects your brain and spinal cord nerves. Consume as much as you can of the following: beans, rice, seaweed, avocado, olives, pumpkin, peanuts and almonds, seeds (hemp, chia), berries, figs and raisins.
- **Threonine:** aids the production of antibodies and collagen, a protein that basically “glues” our entire body together. Have you ever experienced any problems with your joints and felt like pretty stiff, as if something kept you from moving? It’s because you were losing collagen, which helps cartilages, function like a well oiled machine. Try consuming more beans, soy, dark green vegetables (such as spinach, cabbage), avocados, flaxseed, sunflower seeds, hemp seeds, chia seeds, sesame seeds, or red fruits (figs, raisins), leafy greens, watercress, spirulina, pumpkin and almonds.

### Percentage of proteins in foods

To benefit from essential amino acids, here are a few examples of how much you should be consuming daily:

- Rye: 1 cup or 170g (17 grams of proteins)
- Wheat: 1 cup or 200g (26 grams of proteins)
- Oats: 1 cup or 150g (26 grams of proteins)
- Rice: 1 cup, brown, long-grained, cooked (5 grams of proteins)
- Lettuce: 1 cup, shredded (0.5 grams of proteins)
- Asparagus: 1 cup (3 grams of proteins)
- Broccoli: 1 stalk or 150g (4.3 grams of proteins)

- Carrots: 1 small or 50g (0.6 grams of proteins)
- Cauliflower: 100 grams, cooked (1 grams of proteins)
- Parsley: 1 cup or 60g (2 grams of proteins)
- Sweet potatoes: 1 sweet potato (2 grams of proteins)
- Peppers: 1 small pepper (0.6 grams of proteins)
- Adzuki Beans: 1 cup or 200g (39 grams of proteins)
- Baked beans: 1 cup or 250g (14 grams of proteins)
- Lentils: 1 cup or 200g (18 grams of proteins)
- Celery: 1 small stalk (0.1 grams of proteins)
- Chickpeas: 1 cup or 200g (39 grams of proteins)
- Hemp seeds: 1 tablespoons (5 grams of proteins)
- Sesame seeds: 1 tablespoon (1.6 grams of proteins)
- Sunflower seeds: 1 cup (29 grams of proteins)
- Chia seeds: 1 tablespoons (2.3 grams of proteins)
- Soy (tofu): ½ cup (10 grams of proteins)
- Quinoa: 1 cup or 170g (24 grams of protein)
- Buckwheat: 1 cup or 170g (23 grams of protein)
- Spirulina: 1 tablespoon (4 grams of proteins)
- Avocado: 1 cup (3 grams of protein)
- Cabbage: 1 cup, chopped or 90g (1.1 grams of proteins)
- Spinach: 1 cup or 30g (0.9 grams of proteins)
- Watercress: 1 cup or 30g (0.8 grams of proteins)
- Onions: 1 medium onion or 100g (1.2 grams of proteins)
- Olives: 100 grams (0.8 grams of proteins)
- Pumpkin: 1 cup or 110g (1.2 grams of proteins)
- Portobello mushrooms: 1 cup, sliced (4 grams of proteins)
- Potatoes: 1 small potato or 170g (3.4 grams of proteins)
- Corn: 1 cup or 160g (16 g grams of proteins)
- Peanuts: 1 cup or 150g (38 grams of proteins)
- Cashews: 30 g (5 grams of proteins)
- Almonds: 1 cup or 140g (30 grams of proteins)
- Figs: 1 cup or 260g (1 grams of proteins)
- Raisins: 1 cup (4.4 grams of proteins)
- Cantaloupe: 100 g (0.8 grams of proteins)
- Kiwis: 1 fruit (0.8 grams of proteins)
- Blackberries: 1 cup or 140g (2 grams of proteins)
- Strawberries: 1 cup (1 grams of proteins)
- Blueberries: 1 cup (1.1 grams of proteins)
- Cranberries: 1 cup (0.4 grams of proteins)
- Raspberries: 1 cup (1.5 grams of proteins)
- Mulberries: 1 cup (2 grams of proteins)
- Oranges: 1 small (0.9 grams of proteins)
- Dates: 1 cup, chopped or 150g (3.6 grams of proteins)
- Apples: 1 medium apple or 180g (0.5 grams of proteins)
- Bananas: 1 small banana (1.1 grams of proteins)

### **But how much proteins you should be consuming on a daily basis?**

You should consume 0.8g of protein for every kg of body weight. For that, you would need to first convert pounds into kg. So, if you weigh, let's say, 160 pounds, in kg, that would mean 72kg. The formula for converting pounds into kg is:

$$\text{Your weight (pounds)} / 2.2$$

Then, multiply the number of kg by 0.8:

$$0.8 \text{ g} \times 72 \text{ kg} = 57 \text{ g of proteins (sedentary lifestyle)}$$

$$1.4 \text{ g} \times 72 \text{ kg} = 100 \text{ g of proteins (active lifestyle)}$$

However, in the wild, you will always be struggling to survive, so you would probably need to consume 100 g of proteins, which will sustain satiety for longer and provide you with plenty of energy.

### **3. Energy bars**

The energy bars provide lots of calories in a compact form, as well as a decent supply of proteins, so consider adding them to your bug-out bag. They will, undoubtedly, boost your energy levels or replace a meal effectively, which can be helpful in disaster situations, when you're on the run. They can also be used to supplement your meals, in case you are lacking proteins. So for example, if you bug out to a location in which you find plenty of berries and apples, but you cannot actually find anything to hunt for a few days, eat a protein bar. Your body will benefit from both vitamins and proteins.

Provided you pack them up in resealable bags, these energy bars can last for more than 5 years, in optimal conditions. The son of a friend of mine, Luca, ate a whole energy bar when he was 7, which he had found somewhere in the shed. When Monica, his mother saw what he had done, she instantly panicked.

"Nathan would you mind driving me to the ER? Jason is out of town and I didn't know who else to call", she told me in a brittle manner.

"Are you OK? What's wrong?", I remember asking in a rather panicky mode. They have been my neighbors for many years now and I've come to acknowledge that their family was beautiful. They were a kind people and I didn't wish for something bad to happen to any of them.

"I'm afraid Luca might develop some food poisoning", she said. From the tone of her voice, I could almost see her quivering.

"I will come right now."

Within a few minutes I arrived at their house and drove them to the hospital. After asking the little one a few questions and running a few tests, the doctor came out of the lab, smiling. "You have nothing to worry about", he told her.

What Monica believed to be accurate was, in fact, wrong. The doctors advised her that her son

was in no danger at all, as energy bars have a life shelf of more than half a decade, provided they are stored in cool places, like the shed was.

#### **4. Clothing**

Many times, people seem to forget about the importance of having a few extra clothes in your bug out bag. Assuming you will wear some sturdy boots to properly protect your feet in any situation, you will also need the following items:

- A pair of long pants
- 2 pairs of socks
- 2 shirts (1 long sleeve and 1 short sleeve for layering)
- An impermeable jacket
- A hat

Why are these necessary? Take into account all possible scenarios. What if you fell into freezing water? What if you slip on mud? What if there's pretty windy outside? What could go wrong? What if it will pour with rain?

However, be careful not to carry too many of your clothing items and always be aware of how much your bag weighs. The more it weighs, the more it will slow you down.

Last time I used a backpack was last week, when I went out for a picnic with my family. Instead of carrying the food in a basket, I put it in my survival back bag, but boy, let me tell you something: I never realized that three people (me, my wife and my son) can eat that much! God have mercy on us! The food I carried was so heavy that my back hurt for two weeks in a row.

#### **5. Shelter items**

These are items that most people often omit to include in their survival kit. Don't underestimate their importance, though. Many people would have still been alive today if only they had considered packing a few shelter items.

What do I mean by that? Well, there is a very simple way you can create a tent, when you are out in the wilderness. What would you require? Two tarps and a rope, which you could also replace with duct tape. Let's follow the steps below:

##### **Step 1**

Search for a spot located between two trees, closely situated to one another.

##### **Step 2**

Wrap the two ends of the rope or the duct tape around the two trees and make sure it holds up against gales or heavy rain.

### Step 3

Collect a few rocks located on that tiny strip of land. You would need to do so before placing one of the tarps on the ground. To stay in place, place the rocks that you collected at the ends, thus avoiding getting swept away by winds.

### Step 4

Place the second tarp on top of the rope we've talked about at Step 2. At this stage, all you have to do is tie the two ropes together. Using the knife, make small holes at each of the tarps. Cut the remaining ropes in 4 adequate pieces, and use those smaller ropes to connect the two tarps.

Start from the top. So, for example, insert the rope through the top left hole of the roof tarp and the left hole of the ground tarp, then make a big knot, behind the ground tarp. Continue doing so with the remaining three.

You can also use some heavy duty bag, a Mylar blanket or a simple poncho to create the "roof", which will provide a sufficient amount of protection against rain and wind. If you have been out in the rain or wind for too long, without wearing a proper gear to keep you warm, you risk developing hypothermia, so beware!

## 6. First aid kit

A small first aid kit is a must. It will help you clean up wounds and prevent deadly infections from developing. Maybe, just maybe, you won't have to fight off criminals during the end times. But what if you happen to cut yourself? "It's just a graze", one might think to himself. But it may not be just that.

It could lead to septicemia.

And I found this the hard way. My cousin Luke and used to hang out all the time in the woods, learning to cut wood or practice foraging for food. However, in one of our adventures, he grabbed to pick up a mushroom, but grazed himself in a piece of wood lying around. He didn't pay too much attention to that, especially since we hadn't bring along a First Aid kit.

But an abscess on his spine was soon caused by this particular innocuous wound. After a few weeks, he suddenly started losing weight, but he enjoyed that, not knowing that this was only the beginning of his ordeal. Soon thereafter, he went on to see a specialist, as he accused sharp pain and then lack of mobility in his legs.

"I have no idea what's happening with you", the doctor told Luke. "We will have to run some tests, but things aren't looking good. We will have to move fast".

By the time they figured out what was causing his condition, Luke became paralyzed from his waist down. The rapidly developed tumor pressed against his spinal cord nerves and there was nothing doctors could have done about it.

Needless to say how affected Luke's kids were. Maria and Angela came to the hospital to visit him every single day, until he was released. But it pained Luke to know that he had become a burden to this family. "Now what am I going to do? I am the man of the house, or at least I used to...", and his voice began narrowing, as when you do before bursting into tears. But then quickly regained composure.

As you see, a perfectly healthy man was affected by what it seemed to be a simple graze. In his situation, there are over 30,000 people annually. Doctors warn against sepsis, as, each year, it kills more people than breast and bowel cancer together.

A few weeks ago, I kept a course in Savannah about the benefits of using a First Aid kit in any medical related situation. I admit it, I was surprised by what people told me.

They all stated that it is indeed important to have one handy to use in life-and-death situations. But they turned 180 degrees after telling the story involving my cousin Luke. Wouldn't you? Better be safe than sorry. Why let an infection kill or cripple you if you can do something in this respect?

## **7. Knife**

This is probably the most important survival tool. Make sure you purchase a good quality folding knife or maybe even two of them, because you will use it more than you can imagine. A knife sharpener will also come in handy.

What could you use a knife for? You can use it to cut through a rope, cut food, kill small game, even as a weapon to defend your life. Remember how MacGyver used to get out of every bad situation? Well, in the wilderness, a small pocket knife will prove invaluable.

Chapter VII provides information on some of the best knives I have used so far and which I recommend to anyone. But don't believe I haven't had my fair share of grazes and cuts up until now. There were these two times in which I cut massively through my finger due to the folding knives being slippery. I have even dropped a few on the floor only to find them completely dismantled. Not good, I tell you.

## **8. Fire starters**

You can either use matches or lighters to start up a fire, but fire steel would sometimes prove to be better. These fire strikers are far superior to matches or lighters because they last forever. That's right. Preparing for the end times is not a game, so you should only employ the use of the best survival items you can find.

Your next question might be: "But if these are fuelless, how will these work?" All you have to do is quickly rub the steel key against the steel bar. It takes a bit of getting used to, but you have to develop this skill, because you will use it to sustain or even produce smoke signals to convey a message.

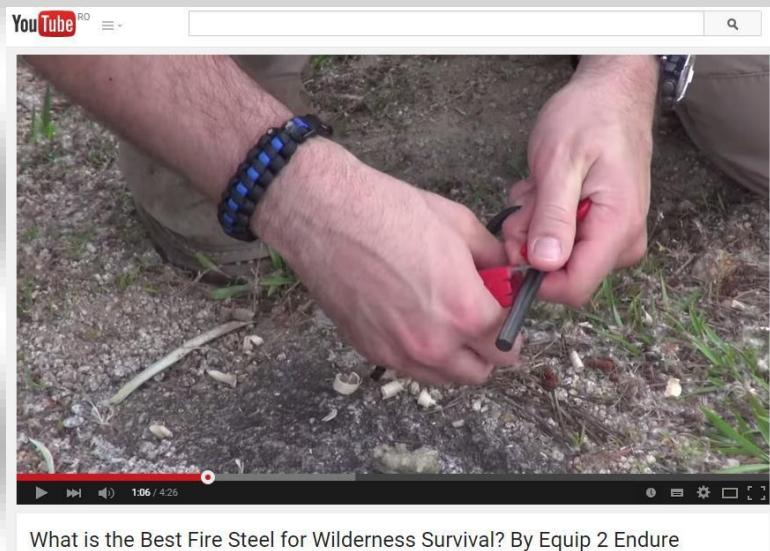


Most importantly, a fire will keep you warm. You can even use the power of fire to keep people

with a troubled mind who seek to steal your supplies and hurt you away, by creating Molotov Cocktails. Sounds interesting, right? Persona ly, I have never had the chance to use one until now, but I rea ly think it wil be of great use to you. I must advise against using this method of self-defense if you can, especia ly in a forest. You must protect nature, this great creation of God.

So, you wil need a breakable glass in which to add fuel or alcohol. Stop half-way through the bottle. Then fit through the neck a tarp or any dry cloth item. Leave about 5 cm of tarp hanging outside the bottle and throw it away towards those malevolent people, guarding you like hyenas are guarding wounded animals and prepare to attack them.

The fo lowing video wil help you master your ability to start a fire using the fire steel (CTR+click on the image to see the external reference or copy paste the link below the image):



<https://www.youtube.com/watch?v=fDONLJqfIFE>

## 9. Light



You wil be out there for some time, so getting light is crucial. Purchase at least 2 solar flashlights.

Forget about those battery-operated flashlights. Chances are, they won't work after an EMP attack.

What if I told that there are flashlights out there you never you existed but you would wanted? You could even use shockproof flashlights underwater? The ExtremeBeam M4- Scirrako is a personal favorite, I've got to say. You can use at a depth of 60 feet. Soladyne Solar Waterproof is another great flashlight, which recharges using the sun. You can use it to submerge to 33 feet. One down sight though it is that it stops lighting after an hour.

## **10. Duct tape**

Don't look surprised! Duct tape can be used to patch up tents, sleeping bags, clothing, or rain gear. You can also use it for sealing and waterproofing purposes. Not only that, but you can catch that annoying fly buzzing like crazy in your tent. All you would have to do is hang a small strip on the "ceiling" of the tent. The flies will get stuck to it and have no way out.

Also it would make for a perfect band aid, as will help you stop the bleeding and prevent germs from entering the wound. Don't forget about first disinfecting the wound, so you avoid septicemia.

In worst case scenario, you can even use it as a sling to immobilize your broken limb. If worst comes to worst, you could also use the duct tape to create an arm sling or to use the duct tape to "glue" your leg to a piece of timber to immobilize it. The duct tape will help provide elevation and support your injured arm, and will reduce swelling.

## **11. A map, a navigation watch or an expedition compass**

Always be prepared so you can avoid walking around for hours, at any cost. Walking away for miles during summertime, especially in arid areas and with water supplies running low, can spell disaster. Similarly, walking through the cold cannot be beneficial, no matter from what perspective we think of it.

But using a navigation watch will help you beyond that. It will provide with relevant information regarding time, direction, temperature and altitude. It should also have a barometer and thermometer incorporated. In my opinion, the most important feature is the barometer that alerts the user of sudden changes in atmospheric pressure. So, it will help you predict storms, search for shelter and avoid being caught off guard.

Getting lost will become a Boy Scouts' problem, as you will know exactly where you'll be headed. Some of the best navigation watches are:

- Pathfinder PAG240-1BCR: solar power watch, that is resistant to water (100m)
- Casio Pathfinder PAG240T-7 and PAG240-1: tough solar power, triple sensor incorporated (barometer, thermometer, digital compass), battery lasts forever.
- PRG270-6A: sun-powered, can be submersed at 100m depth and is resistant to temperatures as low as -10C.

All these watches are manufactured by Casio, but I'm sure there are others out there worth investing in. I've had my Casio Pathfinder PAG240T-7 for some time and now I could not picture life without using it in my archaeological expeditions. On the down side is that these can be affected by an EMP, so if you store them in a Faraday cage, then you will be able to use it when the whole world goes off track.

Alternatively, you can find your way around using an expedition compass, which will not be affected by an EMP, as the pathfinder watches. Experts believe that Silva Compass Expedition 4-360 (\$30), or the Expedition 54 (\$105) are the best ones on the market and are used by Nato forces. They also come with helping features, such as magnifiers, which can help you better analyze maps.



Surely, this can help with your sense of direction, but it wouldn't be such a tragedy if you didn't have one. Always remember that a true survivalist can make do in any given situation. More than that, surviving will eventually catch up with you and will force you to find your way around. Having nothing but a map on you can also prove beyond helpful. If, however, catastrophe forces you to evacuate quickly, then don't forget to grab the good-old fashioned navigation system: a map of the area you are in or of the area you plan on bugging out to.

## 12. Salt

As strange as this may seem to you, one small bag of salt is an excellent addition to your backpack. You can use it as a herbicide, by simply placing a bit of salt near the root of the weeds. You can use it to brush your teeth, keep ants away from entering your tent (by spreading a thin line of salt at the entry point of your tent or home), or prevent small fires from expanding.

Another great benefit of salt: it has anti-diuretic properties. Mix half a glass of water with one shaved teaspoon of salt and another one of sugar. This combination will restore your body's normal level of electrolytes, which will prove very useful, since you will be losing plenty of bodily fluids.

I keep reminiscing how my grandma would use salt to relieve the pain caused by a bee sting. She would simply rub a bit of salt on the small portion of the skin that has been aggressed. It did wonders for me back then.

## 13. Alcohol

A bottle of two of alcohol will help you clean up wounds, when nothing else is available. One shot of alcohol will help you relax your troubled mind and even induce sleep. This will be of great help, especially in those dark times, in which we will all be pretty much sleep deprived.

Alternatively, you can even use it for bartering. If you come to think of it, following the tribulations, our whole society will go back to basics. Money will no longer exchange hands,

and soon, people all around the world will find themselves trading one good or service for another. Bartering will become our new trading chip.

As a kid, I used to barter plenty of baseball cards for lemonade or for other baseball cards. We have all bartered in one way or another, so come to think of it, we will do just fine in those bartering times. God works in mysterious ways, doesn't he?

#### **14. Gun**

As much as I hate guns, the truth is it can definitely save your life. Being prepared to defend yourself is part of the survivalist mindset. A word of advice: constantly sharpen your shooting skills, but use it under desperate circumstances, only!

When choosing your weapon of defense, make sure you feel comfortable handling it. If you hate the mere thought of using a weapon, then don't force yourself into that. You can substitute it with self-defense techniques, which we will talk about in Chapter VII. If, however, you intend on using fire power to prevent killers or robbers from hurting you, then

#### **15. Radio**

You can use the radio to stay connected with the world and find out the latest updates. You will have to be extra cautious, though: place the radio in a simple Faraday cage, as the one we've already talked about to ensure you will still be able to use the radio even after the EMP attack. Any of the radios mentioned at chapter III will do the trick.

### **b. Planning For the Short Term**

Imagine a disaster so big it could wreck the entire world and then multiply it by infinite times. When the tribulation age will come upon us, you must do everything humanly possible to survive. In this case, you cannot deny the benefits of planning ahead, can you? All the more reason, if you are given the heads up about a forthcoming disaster unraveling close to your location.

Being unprepared equals going on the battlefield with nothing but your clothes on, which doesn't sound like victory to me. As far as I'm concerned, you need to arm yourself with knowledge and survival items. This is the winning duo.

You cannot improvise in battle, if you don't know what to do or how to do it, more so when you realize that the situation proves worse than you initially believed.

### Two-weeks-time essential items:

- ✓ **Water:** each person should drink at least one liter per day. Store the water in small, plastic bottles to make room in your backpack for the rest of the items, but also to balance the weight of your pack bag. Moreover, you can use the same plastic bottles to store water that you find along the way and keep it cool, by placing it in a ground hole containing wood ash, covered by a piece of timber.
- ✓ **An expedition compass:** An EMP won't influence a magnetic compass in any way. It won't break your compass or influence the declination of the needle, which is why it is a good idea to carry one around at all times.
- ✓ **Refinement tablets,** chlorine or iodine tincture to purify the water resources you find along the way.
- ✓ **Energy bars:** there are a variety of energy bars you can choose from. Try them on and see what you enjoy the most.
- ✓ **Can opener** (optional). If you have stockpiled plenty of cans of food, then have a can opener with you. Otherwise you can use your knife to do so.
- ✓ **A map:** it is recommended to include in your bag a map of the region you live in and also a map of the area you plan on bugging out to. In addition, create at least 3 emergency routes that will allow you to avoid the traffic and reach a safe zone within minutes.
- ✓ **A folding knife with a lock** (more information on this can be found in the "Survival knives" chapter).
- ✓ **A small sharpening stone** for the knife, which will come in handy in case you will have to spend a lot of time out in the wild.
- ✓ **A gun, or rifle and ammunition.** In a worst case scenario, you can even use the ammo as a trading chip.
- ✓ **A solar or waterproof flashlight** (these are much better options than the conventional flashlights, as these do not use any batteries). Some of the best options are: the Torch Solar Crank Flashlight (by Goal Zero, cost: \$30) or LazerBrite (\$40).
- ✓ **Fire starters,** such as Wilderness Solutions Firestar II (\$70), ExotacNanostriker XL (\$32.95), Gerber Bear Grylls Fire Starter (\$18.76), or the Spark-Lite Military Edition Fire Starter and Tinder Quik (\$11.50)
- ✓ **A small fishing kit:** you will need to sustain yourself if food runs out. Therefore, it is best to learn how to fish, so you can avoid starvation. Start practicing now.

- ✓ **Re-sealable plastic bags**, which you can use as water and food containers.
- ✓ **A Mylar blanket** (\$16.76) – this blanket is made out of a NASA created material that reflects back the heat of your body and protects you against water and wind.
- ✓ **A small first aid kit**
- ✓ **A small bottle of rubbing alcohol**, which you will need to disinfect wounds.
- ✓ **Insect repellent**: when this runs out, you can use plants, such as lavender, basil, rosemary or mint to keep insects away.
- ✓ **Soap and sanitizer** (for when you do not have access to water)
- ✓ **A towel**
- ✓ **Emergency radio**: you will always need to be up-to date with the latest information so get a radio (a receiver or a trans receiver, such as a HAM radio, for which you will need to obtain a FCC license first) and listen to what the authorities advise you to do.
- ✓ **Money** (\$100 or even \$200, in small bills). Even though you might never use it, it's still better to have some put aside. It may be that some will be so avid for money, that they will trade their food for money.
- ✓ **Zip cord**: you can use the zip cord threads as fishing lines, to suture wounds, or you can use the intact zip cord to drag a prey from one location to another.
- ✓ **Duct tape.**

When concerned about the long haul, the quality and durability of your tools and other items are vitally important. You will not always be able simply go to the store and purchase the items that you need, so be sure to stock up in advance.

For you to survive, you have to learn to go foraging for water and food, to access alternative sources of power, to cook, to build a shelter and to defend yourself against diseases, as God intended, without the wonders of the modern technology. But that is a discussion for the next subchapter.

### iii. Stockpiling Food

What is the one thing that keeps us alive? It's food, isn't it? As a survivalist, I do believe in stockpiling food and water, prior to any colossal disaster, so that after the world implodes, you won't be forced to eat bugs to starve yourself to death. Stockpiling will also give you some time to become familiar with the situation and search for alternative sources of food in the wilderness.

In the absence of food, as well as water we would not be able to sustain life on earth, that's a fact. So food is important because of that, not because it tastes good. Lately, we seem to have gotten on the wrong track, by becoming greedier and greedier and simply devouring food. I've actually seen people whose eyes became bigger as they gobbled the food. We should not become blinded by food or say to others "hands off, that's mine". No. We should not feast. We should share instead. I would much rather share my last two portions of food with someone who is hungry, than to have it all by myself and save food for another day. This is the right thing to do.

Especially after seeing what I've seen just a few days ago, which touched me to the very core. I saw one beggar whom I donated money to entering a liquor store. I got to admit: the first thing that popped to mind was that he had purchased alcohol. "Is his life really that miserable that only he really wants is for him to drown his sorrows in alcohol?", was my initial thought.

So I sat on the bench outside the store and followed him going out with a bag of gargantuan proportions containing sandwiches. "Oh, ok, he bought food. That's great." But still, I continued walking alongside him. I don't know why but he seemed like a great person. After 15 minutes of walking through the cold air, he stopped under a bridge, where he met a few of his friends and started handing out the sandwiches. Seeing this filled me to the brim. There are some extraordinary people out there.

#### Gathering food supplies

God has graciously allowed for us to find out about his plans on the apocalyptic end. Heck, I don't want to begin to imagine people overlooking the important signs mankind has witnessed up until this very moment, like famine and wars. Those people will have a brutal destiny and be blinded by food. When panic kicks in, civil unrests, leading to civil wars will begin. I guess that lack of food or in differently put, the inability to provide for one's family will cause serious problems for many and enable them to commit bloody, unholy acts of cruelty towards their fellows. Don't be one of those people who will say "I am out of luck. God wants me to fail". False! God wants to draw all people back to him and save them. But he won't put up with the sinners. Always remember that.

So do you want to be put in this situation? Then, I urge you to start preparing now. Start by stockpiling.

Stockpiling food and planning for the long haul is particularly useful in those situations in which the central distribution systems would break down for extended periods of time, like in the case of an EMP. Just one EMP blast will reduce our living conditions to the ones prior to the 1900s. Such as

unfortunate event will basically send us back in time. Therefore, stockpiling is a highly recommended method of avoiding food shortages, which are prone to occur in the aftermath of an EMP attack and leave the supermarkets' shelves empty within a day or two.

Bear in mind that restoring the nation's status quo may take a few months, even a few years; therefore, make sure you have plenty of food stored up. At this stage, use discounts, coupons or buy non-perishable food that is on sale. Bottom line: you will get a lot more for a lot less. A year worth of provisions for one person will total up to around \$800. Alternatively, the same provisions will be enough to feed a family of four for three months.

Another aspect you should consider is how long will the food you have in the fridge last for. In the immediate hours following the EMP, when the power is out, avoid opening your freezer/fridge too often. Normally, it will take about 4 hours until your fridge warms up, if you keep the door closed. Keep in mind that 41 degrees F is the limit; if your food reaches a higher temperature, it is no longer safe for consumption.

Few people know that the freezer will maintain its temperature for about 48 hours after the power is out. As long as the freezer is tightly packed, its contents will be edible for a few days. You can also use this one piece of advice: to maintain the cold temperature in your freezer for longer, put gallons of water inside it.

Dodge a safe bullet and avoid placing all of your food in just one room. Ideally, you should spread stockpiled food items in:

- spare rooms,
- garages,
- basements
- and easy-to access large storage places.

If you keep everything in one place and there's a fire, a flood or even a home invasion, or the door of the room you store your food in gets stuck, then you won't have access to all the food and all your hard work would have been in vain.

Moreover, you don't even have to keep all of your things inside the house. If you have already established what your bug-out location is going to be, you can move some of the food there.

If neither is a viable option, then pack the food items in waterproof containers and bury them close to your home. At one meter in the ground, the temperature is steady: 10 degrees Celsius. It will keep it from spoiling during the summer, and avoid it from freezing in the winter. In this case, if your property is robbed, you can still rely on your hidden food supply.

If you have to urgently leave the house and can't really grab something, having your food stored in different places will prove invaluable. Remember that food will be your ally for an unknown period of time. Therefore, choose food that is non-perishable, packaged to hold on the long run and meets your nutritional needs - high in proteins and/or contains vitamins  
- such as:

## Unsalted nuts

In their natural state or as peanut butter - are yet another excellent type of non-perishable food to store in your pantry. They are rich in proteins, essential fatty acids, minerals and vitamins. To be more precise, 100g of peanuts contain:

<b>Peanuts</b>	<b>% Daily Value</b>
Total fat: 54 g	83%
<b>Sodium: 273 mg</b>	11%
Potassium: 632 mg	18%
<b>Total Carbohydrate: 21 g</b>	7%
<b>Dietary fiber: 7 g</b>	28%
Sugar: 4.2 g	
<b>Protein: 20 g</b>	40%
Calcium	11%
<b>Iron</b>	14%
<b>Vitamin B6</b>	20%
<b>Magnesium</b>	57%
<b>Calories: 607</b>	

You can choose between a large range of nuts, such as pecan, sunflower seeds, peanuts, almonds, macadamia nuts and many others. A handful of nuts (or a couple of tablespoons of peanut butter) will keep you satiated for a few good hours. And they're quite tasty, right? You might be thinking to yourself "That's all well, but how does all that nutritional information help me?" Let me tell exactly how you will benefit from each of those listed above.

### Fats

Fats are organic compounds that are made up of carbon, hydrogen and oxygen. They belong to a group of substances called lipids. Needless to say that fat is essential for the proper functioning of the body, as much as it is important for controlling inflammation, blood clotting and brain development.

As an important energy source, along with protein and carbohydrates, fat is one of the three nutrients that supply calories for the body. Fat provides 9 calories per gram and is the most effective nutrient element in a survival situation. Fats and proteins represent everything a long term survivor needs, don't forget that.

### Sodium

Sodium is an important mineral the human body needs in order to function properly. The most

common aliment to contain this important substance is salt. We use sodium to control blood pressure. The good thing is that sodium occurs naturally in most foods and thus, in a survival situation, we are likely to maintain a normal level of sodium by eating almost any food that comes at hand. Your ideal daily sodium intake should not exceed 1,5g/day.

### **Potassium**

Potassium is very important in the human body. Along with sodium, it regulates the water balance and the acid-base balance in the blood and tissues. You can identify if you lack this mineral, as fatigue is the most common symptom of chronic potassium deficiency. Early symptoms include muscle weakness or slow reflexes; these initial problems may progress to nervous disorders, insomnia, slow or irregular heartbeat, and loss of gastrointestinal tone. You would require 4,7 g of potassium per day, but don't forget about your children. If they are older than 13 they would need 4,5g of sodium/day. If they are younger, limit their sodium intake to 3.8 g.

### **Carbohydrates**

When it comes to surviving, the most important role of carbohydrates in the human body is that it provides "fuel" for the central nervous system. Carbohydrates serve as a primary energy source in the diet and provide 4 calories per gram. Some common foods containing complex carbohydrate include bread, pasta and whole grains.

### **Dietary Fiber**

The last thing you need in a stressful situation is stomach or bowel problems. Take only this and you already know the importance of fiber. Fibers help you with the bowel movements, prevent and relieve constipation, reduce the risk of diabetes and even heart diseases! In a post-apocalyptic world, you wouldn't have the time or the necessary resources to deal with heart problems. So, wouldn't you rather consume fiber, instead?

Dietary fiber includes all parts of plant foods that your body can't digest or absorb. Unlike other food components, fiber isn't digested by your body. It is found mainly in fruits, vegetables, whole grains and is probably best known for its ability to help maintain bowel health. But studies also have shown that fiber may have other heart-health benefits, such as reducing blood pressure. Women should consume 25g/day while men should eat 38g/day. How much fiber do you consume per day?

Since we're at it, I have a confession to make: once in a while I enjoy consuming bacon. But since I am already prone to high cholesterol, I've made a habit out of consuming whole grains every morning and my cholesterol levels reached normal levels. That showed my doctor in forbidding me to eat bacon! Of course I'm only joking, but I've really come to enjoy eating fiber.

### **Sugar**

What makes sugar most important in harsh survival condition is related to its capacity to provide immediate source of energy for your body. What's more, a low quantity of sugar will enhance your mood, so you will be able to easily accept the challenges that life throws at you. In the long run, without sugar, the body would cease to function properly. You also need sugar because it helps

metabolize fats and prevents your body from using the more valuable protein as energy.

Start making a few changes in your life and limit your sugar consumption to 5 teaspoons/day. Needless to say that in times of mayhem it will go away fast and you would not need to get too concerned about it.

## **Protein**

You've just read the name of one of the most important nutritive elements, mainly because preserving a good physical and psychological condition at hard times is synonymous with surviving. Unlike carbohydrate and fat, the body does not generally store protein, thus it is essential in the diet.

There are multiple benefits to consuming proteins and I'm sure you are already familiar with most of them. To recap, proteins will help cells and tissues heal faster, they can successfully fulfill functions of antibodies and provide you with energy for many hours to come.

Proteins vary in quality and are found in a variety of foods. Proteins often come from animal sources such as beef, poultry, fish, eggs, but they also include fruits, vegetables, grains, and nuts. The most important sources of proteins are meat and fish. A serving of 300g of meat/day should suffice your body's needs.

## **Calcium**

Calcium is one of the most important minerals we can take advantage of. Almost every cell in our body uses calcium, in some way or another. Your nervous system, muscles, heart and bone, they all process the calcium. By and large, calcium should be associated with vitamin D, as the latter ensures the assimilation of calcium in our body. To benefit from these amazing benefits you would need to consume 1g/calcium/day?

You might think that it's found only in dairy products, but did you know it can also be found in mustard, almonds, nuts, sunflower seeds and dried beans?

## **Iron**

When it comes to iron, let me put it this way: it significantly increases your chances of survival, especially when you are in distress, simply because every living cell—be it plant or animal—needs iron to survive. Iron is an important component of two complex proteins:

- hemoglobin, which is found in red blood cells,
- myoglobin, which is found in muscle cells.

Did you know that hemoglobin in blood carries the oxygen you breathe into your lungs to all tissues throughout your body?

Were you aware of the fact that lack of iron can lead to anemia? It is manifested by weakness, pale skin, cool extremities (cold hands and feet), dizziness, headache, dyspnea (difficulty in breathing), irritability, irregular menstruation, glossitis (inflamed or swollen tongue), chest pain, fast or irregular heartbeats. The healing process of your wounds is also delayed. It sounds awful, right? So

make sure you include iron in your diet.

Normal average daily iron loss is approximately 1 milligram for men and non-menstruating women.

### **Vitamin B6**

Vitamin B6, also called pyridoxine, is one of the 8 B vitamins. All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy. The bad part is that the body cannot store them. Leftover amounts of the vitamin leave the body through the urine.

That means you need a continuous supply of such vitamins in your diet. Vitamin B6 helps the body to make antibodies (which are needed to fight many diseases), but it also maintains normal nerve function and helps hemoglobin carry oxygen in the red blood cells to the tissues. A vitamin B deficiency can cause anemia.

How will you continue protecting your family from perils, in that condition? However, it's easy to avoid any related illnesses, when all you need to do is consume 0.0013/B6.day.

### **Magnesium**

Without magnesium we could not produce energy and our muscles would be in a permanent state of contraction. The secret is how it functions within the cells, even now a subject of intense study with entire journals dedicated to its research. The average human body contains about 25 grams of magnesium, one of the six essential minerals that must be supplied in the diet.

The average human body contains about 25 grams of magnesium, one of the six essential minerals (calcium, magnesium, chloride, phosphorus, potassium, sodium) that must be supplied in the diet especially when under stress. The Recommended Daily Allowance for magnesium is roughly 0.4g for men and 0.3g/day for women.

### **Beans**

If you have the chance, buy **dried or canned beans** (kidney beans, adzuki beans, pinto beans, lentils, garbanzo beans, mung beans, etc.). However, be aware that if your location is not safe and you need to move out, carrying canned beans will prove a difficult task. On the plus side, dried beans have a longer shelf life (up to 30 years) and are rather inexpensive.

<b>Kidney beans</b>	<b>% Daily Value</b>	<b>Adzuki beans</b>	<b>% Daily Value</b>
Total fat: 0.5 g	1%	Total fat: 0.1g	0%
Sodium: 1 mg		Sodium: 8 mg	0%
Potassium: 405 mg	11%	Potassium: 532 mg	15%
Total Carbohydrate 22.8 g	8%	Total Carbohydrate: 24.77g	8%
Dietary fiber 6.4 g	26%	Dietary fiber: 7.3g	29%
Sugar 0.32 g		Sugar: 0.32g	
Protein 8.67 g	17.34%	Protein: 7.52g	15.04%
Calcium	4%	Calcium: 28g	3%
Iron	12%	Iron: 2g	11%
Vitamin C	2%	Vitamin B6	5%
Calories: 127		Magnesium: 52g	13%
		Manganese: 0.573g	29%
		Folate (Vitamin B9)	30%
		Calories: 128	

### Vitamin C

It also called ascorbic acid and the body doesn't store it. In life threatening conditions you would need it even more than under normal circumstances, as this vitamin is directly linked to your immune system and can prevent diseases. You need vitamin C for the growth and repair of tissues in all parts of your body.

It helps the body make collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels. Vitamin C is needed for healing wounds, and for repairing and maintaining bones and teeth. The RDA for this is 60mg/day.

### Manganese

Manganese is a mineral naturally occurring in our bodies in very small amounts. The body may contain, at most, 20 mg of manganese, which is concentrated in our kidneys, pancreas, liver and bones. Manganese is very important for the normal functioning of the brain and proper activity of our nervous system throughout the body. As far as research can tell, it is an essential trace mineral for every form of life, which you only need 5mg of per day.

### Folate (Vitamin B9)

It also comes by the name of folic acid and is a member of the B vitamin family of supplements. Its main function is to enhance the body's metabolism and promote and restore cellular growth. Vitamin B9 is crucial for proper brain function and plays an important role in mental and emotional health, so when facing the distress of a survival scenario, make sure your body doesn't lack this important vitamin. 400mcg is all you need per day.

## Brown Rice

**Brown rice** is high in minerals and vitamins and it is fairly easy to prepare. You can boil and eat it after one hour, or you can keep it soaked overnight, and prepare it the next day.

Brown rice	% Daily Value
Total fat: 0.9 g	1%
Sodium: 5 mg	0%
Potassium: 43 mg	1%
Total Carbohydrate: 23 g	7%
Dietary fiber: 1.8 g	7%
Sugar: 0.4 g	
Protein: 2.6 g	5%
Calcium	1%
Iron	2%
Vitamin B6	5%
Magnesium	10%
Calories: 111	

## Onions and garlic

**Stockpiling onions and garlic** may not seem very appealing, but when disaster hits the fan and you realize you have not had the chance to buy medicines, these root vegetables - containing quercetin - as natural antihistamines (fighting against allergies and inflammation) will prevent you from getting ill. Drinking tea will also prove helpful.

Onions	% Daily Value	Garlic	% Daily Value
Total fat: 0.1 g	0%	Total fat: 0.5 g	0%
Sodium: 4 mg	0%	Sodium: 17 g	0%
Potassium: 146 mg	4%	Potassium: 401mg	11%
Total Carbohydrate: 9 g	3%	Total Carbohydrate: 33 g	11%
Dietary fiber: 1.7 g	6%	Dietary fiber: 2.1 g	8%
Sugar: 4.2 g		Sugar: 1 g	
Protein: 1.1 g	2%	Protein: 6 g	12%

Calcium	2%	Calcium	18%
Iron	1%	Iron	9%
Vitamin B6	5%	Vitamin B6	60%
Magnesium	2%	Magnesium	6%
		Vitamin C	52%
Calories: 40		Calories: 149	

### Soft grains

**Soft grains** are high in fibers and help the digestive process. Grains will last around 7 years at 21 Celsius degrees, if properly sealed. You have plenty of options you can choose to stockpile:

- wheat,
- oats,
- rye,
- quinoa.

Wheat	% Daily Value
Total fat: 3 g	5%
Sodium: 3 mg	0%
Total Carbohydrate: 127 g	42%
Dietary fiber: 21 g	85%
Sugar: 1 g	
Protein: 18 g	36%
Calcium	6%
Iron	50%
Vitamin B6	5%
Magnesium	10%
Calories: 571	

### Other foods you should consider stockpiling

- **Tomato sauce, powdered milk, sugar and spices**, which will flavor the food. There is no reason why you should not continue enjoying food, even in the face of mayhem.

- **Candies and soda** for your children.
- **Honey or canned or dried fruits are an excellent substitute to sugar.**
- **Coffee** is another excellent source of energy that should be considered while stockpiling. Besides its notable energy intake, coffee grounds can also be used as an ant repellent. Use them in the same way as you would with the salt: sprinkle a fine line of coffee grounds wherever needed.
- You can also store **chocolate or energy bars**, which are excellent providers of energy. Enjoy them while you can, as experts say that when disasters strike, chocolate might be among the first goods to disappear off the market.
- **Herbs** (such as oregano, basil, mint, dill, parsley, etc.), vegetables (Brussels sprouts, tomatoes, cucumbers, potatoes, zucchini, and peppers) and fruit seeds (strawberries, cantaloupes, mulberries, figs, etc.). Prior to food running out, start planting the seeds, so you will know for a fact that you will consume only edible plants, vegetables and fruit.

Also, you could learn how to **smoke meat and stockpile meat of your own**, without having to think of the preservatives canned goods contain. Sounds delicious? But besides its mouth-watering flavor, it will last longer and it does not need to be refrigerated.

## Smoking meat

Refrigeration changed the way we did a lot of things, but if you have never considered what would happen if a major catastrophe shut down all power sources, you might take a look back on how our ancestors managed to survive before modern life. Before refrigeration, people relied heavily on salt and smoke to preserve their meat. All edible meats (beef, veal, pork, lamb, fowl and fish) is made up of muscles composed of bundles of lean microscopic fibers held together and surrounded by connective tissue.

Due to the molecular structure of meat, smoking can preserve its nutritive value, as much as it can prevent spoiling. If it's done right, smoking offers a way to preserve meat without the need for refrigeration. The smoke particles, absorbed by the flesh, also have a preserving effect. The same smoke particles stop bacteria from growing and spreading on the surface of the product.

In addition, the heat of the fire dries the meat during the smoking process and if the temperature gets high enough, the flesh is also cooked. If the meat is well dried during smoking, then it can be stored for a long time.

### General information

You should consider finding the best materials to build a smoker. Before we start talking about the design and the uses of a smoker, it needs to be pointed out clearly to never use pressure-treated wood or galvanized metal when building a smokehouse.

If you are in the middle of a deserted vilage or a town where you may find other materials apart from wood and perhaps stone, use metal pipe, never PVC which can melt and emit off-gasses. The preserving effect of the smoke is a result of drying (withdrawal of moisture) of the product during the smoking. There are three ways of smoking your meats:

- **Cold smoke method:** the temperature during the smoking is at most 30 °C (86 F) which means the product does not get cooked.
- **Hot smoke method:** during this process the product does get cooked, but not dried (temperature varies between 65 and ±100 °C [149-212°F])
- **Smoke drying:** during this process, the product is first hot smoked, so that it gets cooked, and then, with continued smoking the product is dried (temperatures vary between 45-85 °C [113-185 °F]).

### **Make your own smokehouse!**

Of course, there are different types of smokehouses that you can buy at reasonable price, but we' I start with the emergency smoker that can be used quickly in the wilderness, under stressful conditions. This house should have a floor space of about 2 by 2 meters, but it can be adapted to a smaller scale too.

### **What you need**

- Three or four stout poles, one to two inches diameter and seven to eight feet long
- Sharp knife
- Wire or anything related to its function
- Shovel
- Something heat-resistant to cover the smoker frame
- Hardwood sticks

### **How to**

1. Choose a spot for your smoker and an associated fire for burning wood into embers. It should be where you can keep an eye on it, clear of overhanging branches and other flammable materials and on bare dirt. It can be your campfire. Start the fire, if it is not already burning, and add hardwood sticks.
2. Clear a spot of a l leaves, sticks, rocks and other material and place poles in a tipi frame. Fasten together at the top with steel wire.
3. Wrap wire around the legs of the frame about chest high, then weave wire across the span to create a grid for the meat. If you don't have enough wire, you may use green hardwood sticks for the grid. Depending on how much meat you have to smoke, add a second and third grid above and below the first one.

4. Cut meat into strips about one inch wide and a quarter inch thick and lay it on the grid. Use a sharp, clean knife. Make sure the pieces do not touch each other nor protrude outside the framework.
5. Shovel coals into the circle of ground formed by your tipi framework. Add more hardwood to replace coals you burn.
6. Cover the outside of the frame with whatever heat-resistant material you have available. Examples are sheet metal, plywood, aluminum foil or cotton canvas. If you lack any of these, you may lay sticks around the frame to close the gaps between the poles, then shovel a layer of dirt on these sticks. Leave a gap at the bottom for adding coals and for air ingress and at the top for smoke to escape. Also leave an easily-opened gap at the level of the grids, so you may check the meat.
7. Check the meat every six to eight hours. The meat is done when it is dark and breaks when bent. This usually takes 24 to 48 hours.

#### **Another successful method of building an emergency smokehouse**

Prepare an enclosure around a fire. Two ponchos snapped together will work just as well. The intent is to produce smoke, not heat. Do not use resinous wood (soft/sap) in the fire because its smoke will ruin the meat. Use hardwoods to produce good smoke. The wood should be somewhat green. If it is too dry, soak it. Cut the meat into thin slices, no more than 6 centimeters thick, and drape them over a framework.

Make sure none of the meat touches another piece. Keep the poncho enclosure around the meat to hold the smoke and keep a close watch on the fire. Do not let the fire get too hot. Meat smoked overnight in this manner will last about 1 week.

Two days of continuous smoking will preserve the meat for 2 to 4 weeks. So, once you start hunting, you can smoke the meat and have it for the forthcoming weeks. Properly smoked meat will look like a dark, curled, brittle stick and you can eat it without further cooking. You can also use a pit to smoke meat.

#### **Preparing the meat**

Fish can be smoked whole, cleaned, split or fileted. Meat must be cut into strips 5 cm wide and 1 cm thick before being smoked. The greater the surface area of the meat or fish, the greater the amount of smoke particles which can be absorbed during smoking and the better the product can dry. It is also advisable to dry the raw product for an hour in the sun before smoking it. This prevents the outer layer of the fish or meat from sealing shut (case hardening) during smoking.

Insufficiently dried fish or meat cannot be stored long. Furthermore, pre-drying fish gives it a nice shiny surface layer. Whether or not a product is salted and/or dried before smoking depends on local

customs and preferences. The fish are threaded on stakes or tied to them using string or hooks. Meat is attached to sticks using string or hooks. Products which are hung up may not touch each other during smoking. The smoke would then not be able to reach everywhere and the product would not dry.

The best smoke production is obtained from a smoldering fire of wood shavings and hard wood blocks. One can best begin the smoking process by burning damp wood. After that, smoke with dry wood. All wood from deciduous trees and pines is reported to be safe. A disadvantage of smoking is that a lot of wood is needed.

If wood is scarce, one can also use papyrus, palm kernels, peeled maize -cobs and coconut husks as fuel. You can also use damp brunches and leaves. For further information in how to deal with smoking meat:



[https://www.youtube.com/watch?v=uVinm\\_uWZew](https://www.youtube.com/watch?v=uVinm_uWZew)

Most people nowadays stockpile, by canning fruits, vegetables and even meat. How do they actually do that? By boiling the food items and immediately placing them in tight fitting jars. These hot foods will take up more space (than if previously cooled down before placing them into the jars), which will in fact help create a vacuum inside the jars that will aid preserve the food during the cold winter months. So there you have it: homemade smoked meat!

## **Canning**

Canning dates as far back as 1810, when Napoleon Bonaparte, concerned about keeping his armies fed, offered a cash prize to whoever could develop a good method of food preservation. It is a method of applying heat to food in a closed glass home canning jar to stop the natural spoilage that would otherwise take place. Canning is probably the best solution of preserving food that could last for years! There are two home canning methods:

## Water bath Canning

Who said anything about not canning sweets? This technique is ideal for high-acid foods. So if you're looking to can fruits, fruit juices, jams, jellies and other fruit spreads, salsas, tomatoes with added acid, pickles this is your method. A boiling-water canner loaded with filled jars requires about 20 to 30 minutes of heating before its water begins to boil.

### You Will Need:

- Boiling water bath canner or a large, deep saucepot with a lid, and a rack (when preserving high-acid foods such as soft spreads like jams and jellies, fruit juice, fruits, pickles and salsas)
- Glass preserving jars, lids and bands (always start with new lids).
- Common kitchen utensils, such as wooden spoon, ladle and funnel.
- Other ingredients and herbs.

### Canning Step By Step:



**1. Check jars, lids and bands for proper functioning.** Jars with nicks, cracks, uneven rims or sharp edges may prevent sealing or cause jar breakage. Wash jars, lids and bands in hot, soapy water. Rinse well. Dry bands.

**2. Heating stage:** Place jars in water. Bring to a simmer over medium heat. Keeping jars hot prevents them from breaking when hot food is added. Leave lids and bands at room temperature for easy handling.

**3. Developmental stage:** boil water bath canner by filling half-full with water. Be sure your rack is resting on the rim of the canner or on the bottom, depending on the type of rack you are using. The pot must be large enough to fully surround and immerse the jars in water by 1 to 2 inches and allow for the water to boil rapidly.

**4. Remove** hot jar from hot water. Fill jar one at a time with prepared food using a Jar Funnel leaving headspace recommended in recipe (1/4 inch for soft spreads such as jams and jellies and fruit juices; 1/2 inch for fruits, pickles, salsa, sauces, and tomatoes). Remove air bubbles, if stated in recipe, by sliding a rubber spatula between the jar and food to release trapped air and ensure proper headspace during processing.

**5. Process** jars in the boiling water. When processing time is complete, turn off the heat and remove the canner lid. Allow jars to stand in canner for 5 minutes to get acclimated to the outside temperature.

**6. Remove** jars from canner and set upright on a towel to prevent jar breakage that can occur from temperature differences. Leave jars undisturbed for 12 to 24 hours. Bands should not be retightened as this may interfere with the sealing process. Label and share then store in a cool, dry, dark place up to 1 year.

### **Pressure Canning**

Pressure canning is usually used to preserve vegetables, meats, poultry and seafood.



#### **Steps for Pressure Canning Procedure**

- Prepare your pressure canner pot lid based on your manufacturer's instructions.
- Check the vent pipe for any food or debris that may be clogging the opening.
- Place the canning rack into the bottom of your pressure canner along with 3 quarts of hot water.
- Place your filled jars with secured lids on top of the canning rack. You must always use a canning rack to keep the jars away from the direct heat of the burner.
- Heat the pressure canner over medium high until a steady flow of steam can be seen or heard coming from the vent pipe. Allow the steam to flow from the vent pipe for 10 minutes.
- Once the 10 minutes have passed, place the pressure regulator (a cap-like piece) on top of the vent pipe. Adjust stove heat to a relatively high setting to heat the water within.
- When the timer goes off, turn off the heat and leave the canner to cool. DO NOT open the canner!!!
- Allow the pressure to drop on its own; this will take some time.
- When pressure has completely reduced and the air vent/cover lock has dropped, remove the pressure regulator from the vent pipe and allow the canner to cool for another 10 minutes before attempting to open.
- Remove the cover of your pressure canner. If for some reason the cover sticks, do not force it open. Allow the canner to cool for 10 minutes more and try again. Repeat as necessary.
- Allow your jars to cool for 24 hours. The jar should lift without any separation. Jars with good seals can be kept in a cool dark place for up to a year.

### Here are some unbeatable advantages of canned food:

1. The products have a guaranteed consume-by-date of between 2 to 25 years!!!
2. They don't need to be kept refrigerated and remain fresh for long periods of time.
3. Cans are very easy to store and to prepare.
4. They provide great stability as compared to traditional packaging materials.
5. They are easy opening.
6. They have few or no preservatives and CHEMICALS ARE OUT OF THE QUESTION.

## c. Power up and start cooking

As I'm sure you know this by now, through cooking you can contract foodborne illnesses, such as:

- a. **Trichinosis:** I've decided to put this at the top of the list, as we can no longer talk about microscopic bacteria, but larvae, which grow into these nightmare of worms that end up in your small intestine. They will travel your body and cause cysts into your muscles. The symptoms are similar to the rest of the foodborne diseases: stomach aches, diarrhea, nausea, vomiting, tiredness, fever. If 8 weeks later, you are experiencing chills, pain in your joints or constipation, then Thiabendazole is usually recommended, as it will help your body eliminate the worms.
- b. **Salmonella** causes cramps, diarrhea, fever, but it can greatly affect those with a weak immune system. In worst case scenario, infected people can develop Reiter's syndrome, meaning their joints begin hurting or they may experience eye problems, such as irritation. Not only meat, but eggs should also be properly cooked. The disease manifests rather quickly: within 72 hours tops, and it goes away in a week, more or less.
- c. **Norovirus:** look out for this particular one, as it is caused by people, believe it or not, who do not wash their hands prior to preparing the food. It is highly contagious and it causes dehydration, dizziness, headaches, diarrhea, stomach aches, nausea and vomiting. If you present these symptoms, then avoid cooking for someone else and try not to get in touch with anyone for two weeks after the disease has run its course.
- d. **Mad cow disease:** this has extremely serious health effects, including: memory loss, hallucinations, seizures, possibly dementia and speech impairment. The worst part, though, is that it can take for up to a year for the virus to incubate and for the disease to surface. **Avoid eating beef, if there is a rumor of a mad cow disease, as cooking will not kill this bacteria.** Nothing comes close to its devastating health consequences.
- e. **Campylobacter:** Did you know that the bacteria with the same already exists in poultry, but it doesn't affect them at all? However, insufficiently cooked chicken does affect humans, as it causes diarrhea, which usually goes away in up to 5 days. There are a few cases in which this bacteria led to a very rare disease, Guillain-Barré, which ultimately causes paralysis.
- f. **Staph:** You can contract this foodborne disease, by consuming the following: poultry, eggs, meat, milk or cheese, so all types of dairy products, basically. If you sense a particular strange odor coming from your food, then throw it away immediately. Better safe than sorry. Otherwise, you risk developing cramps, headaches, nausea, vomiting or blood pressure variations. There is a plus side to it: it goes away quite fast, in 3 days,

tops.

- g. **E.coli:** the same as campylobacter, thus bacteria can be found in sheep, goats, cattle, even deer. People with e-coli experience low fever, cramps and bloody diarrhea, If you like beef, then beware! Severe cases can cause kidney failure, and for a small percentage of the population, including kids, it is said to be fatal.
- h. **Listeria:** this bacteria affects not only the meat, but the milk, as well, including cheese. Some of the symptoms caused by listeriosis are headaches, muscle aches, nausea, fever, diarrhea, convulsions or even miscarriages.

### Important advice

- i. Make sure you also cook the vegetables that have touched the meat.
  - ii. Properly wash all pots and cutlery that have been in contact with the meat or milk.
- iii. Wash your hands thoroughly
- iv. Clean surfaces on top of which you prepared the meat

These bacteria need oxygen to grow, develop and multiply, but fire sucks out all the oxygen that the germs are relying on. Do not neglect properly cooking these potentially hazardous foods: meat, poultry or fish, which require careful preparation to eliminate the risk of food poisoning.

I was also affected by the campylobacter virus, but I did not contract this illness, as you would have expected me to: during one of my various expeditions abroad. In fact, I was in such a rush not to miss out on one of my friends holding a university lecture on the importance of food, that I undercooked my meat. Quite the irony, isn't it?

Therefore, in order to heat water and cook, you can use the following:

- i. A wood stove;
- j. Charcoal grills;
- k. Candles;
- l. The sun;
- m. Ovens made of tin cans (insert candles, or burning twigs, and flip it over; the other, intact side of the can should be used as a grill).
- n. Outdoor campfires, which you must keep contained.

**1. Charcoal** is a cheap fuel that is widely available. It does not form a smoke and an open flame, and it gives only necessary temperature – heat. Because of its porous structure, finely divided charcoal is a highly efficient agent for filtering the adsorption of gases and of solids from solution. It is used in sugar refining, in water purification, in the purification of factory air, and in gas masks.

Wood charcoal can remove coloring agents from solutions. In case of a survival situation, charcoal is one of the best options for outdoor cooking. Regarding its most common use, what most people need to know is that you can prevent wasting the charcoal, by using a

smaller grill, with tightly closed vents. This will stop charcoal from burning fast, as the low oxygen levels will not support further combustion. Pile up the charcoal in dry places.

You can also make your own charcoal! Basically, you take standard hardwood and taking the wood gas out of it which will cause the wood to burn more slowly and at more of a smolder. The wood gas is that part of the wood that makes it flammable so once this is removed, you have your charcoal. This homemade charcoal will not burn as long as standard store bought charcoal, but it will burn cleaner and is more "green" than store bought charcoal. One batch will make quite a bit of charcoal. It is not difficult to do and, even when burning waste wood to provide the carbonizing heat, the process requires less time.

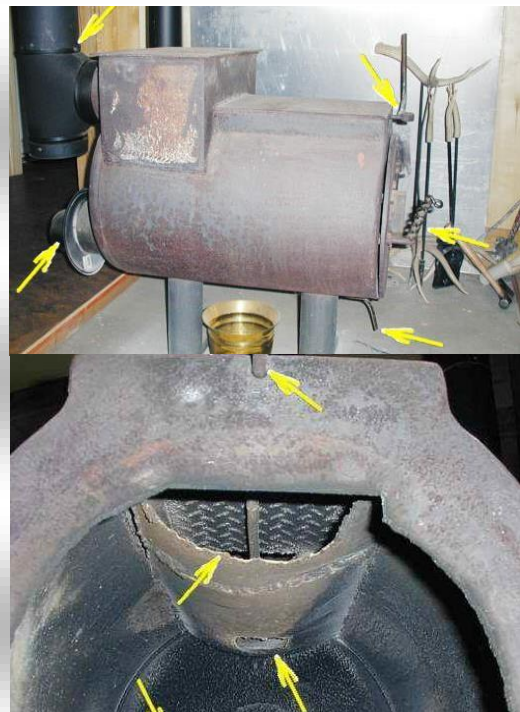
At some point, you may be required to cook or heat water in the woods, where you lack the comfort you're used to. However, eating and cooking can be done by using a charcoal grill, which costs \$15 on Amazon. If you do not have a charcoal chimney you can just use a punched tin, instead. Place paper at the bottom of it, set it on fire and place the charcoals above.

**2. A wooden stove** can reduce the amount of wood you use by one third. Moreover, the ventilating pipe cleans the air (for indoor wood stoves), but it can also give you an indication of the smoke levels.

### Make your own wooden stove

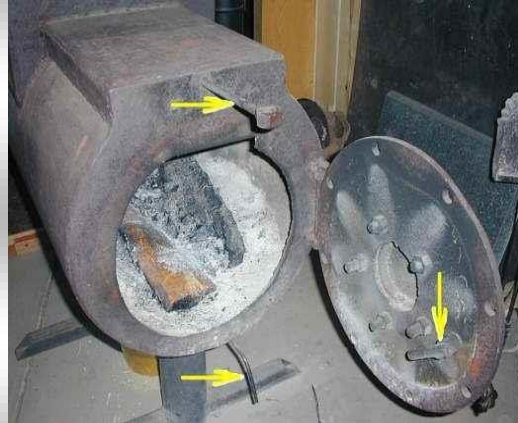
You can use a hot water tank and some flat sheets of steel, a big nut and some bolts to add some character to the door. You might want to have a horizontal stove, so you can also use it for cooking.

- As shown in the image located in the right side, the top left arrow is the chimney stack. The bottom left arrow is where the fresh air enters. The bottom right arrow controls the intake air. The middle right arrow is the door handle made from chain you weld together and the top right arrow controls an exhaust port in the stove.
- You cut a section out of the top of the water tank (the top now with it horizontal). Turn it over and weld it back on to the stove upside down (top arrow above and top left arrow in the next picture). You can build the short vertical sides above this area and the taller sides at the back of the stove and welded in flat plate at the top for a cooking surface. By turning the one piece



upside down and constructing the cooking surface above, you create a channel that the burnt gases have to follow to get to the chimney pipe. Since the air enters the back of the stove (bottom left arrow) and not at the door it feeds the fire and then burns and exits as was just explained in a much more efficient path. (next figure)

- This air flow path works very well. It is easier to start a fire by putting the wood and some paper under it at the front of the stove and have the door open a little, but now the previous air flow is working against you. Put a hole in the top of the back of the stove that goes up into the top chamber (arrow at the middle of the picture). Then you can make a plate that can close that hole off once the fire starts.



The plate is welded to a rod that goes out the front on the stove (top arrow next picture). Pull the rod out and the hole is uncovered. Push it in and the hole is covered and the exhaust gases have to go past the front of the stove before they can get to the chimney. (see figure below)

Remember this stove gets its air from the outside through the air intake pipe. Air will move to the fire through the least restricted path. The cold air dropping or coming in from the air intake will be less restrictive than trying to go past the edges of the door.

Once you start using and detect smoke coming from your chimney, then that means unburnt fuel and waste of perfectly good resources. Follow the steps below to save your money and produce heat efficiently.

### Step 1

Use the right "fuel". Make sure the wood you use is stored for drying for at least 6 months. Cover it up accordingly to protect it against moisture. Use a moisture meter to tell if your wood is ready to burn. If it sounds hollow, then it is ready to be used.

### Step 2

Small fires are preferred. Use smaller pieces of seasoned firewood so it can become a good fire in a timely manner. It is a good idea to keep the stove door open for about a minute or so to help the fire burn strongly (the oxygen will support combustion).

### Step 3

Get your stove hot. Add the larger pieces of wood one at a time, instead of putting all of them together in the stove. Maintain the fire, but do not overload the stove.

### Step 4

Keep the doors closed. If the doors are open, the heat will be lost up the chimney (pipe). Also, never burn garbage.

### Step 5

Look for smoke from your chimney or venting pipe. If you can see fire, then review the steps until you no longer see any smoke. Putting together equally sized pieces of metal, in the form of a pyramid will do the trick.

**3. Candlelight cooking** is more suitable for heating tea or boiling water, instead of cooking. 4 small candles will help you boil 400ml of water in 20 minutes. The more candles you use, the faster the water will boil, but consider your stock supply prior to anything else.



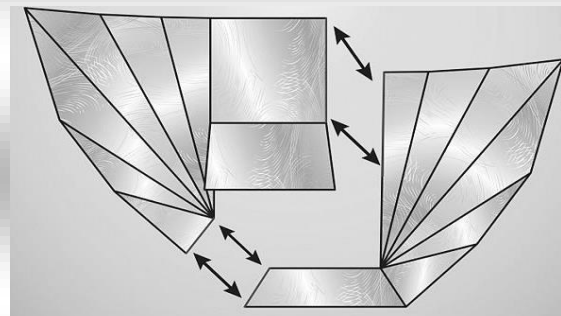
**4. Solar cooking** may represent one of the easiest ways to prepare food without too much hustle and bustle. There is one downside to it: cooking time is limited. The only window of opportunity is from 10 am to 2 pm. Besides the cardboard based material, you can also use a parabolic dish and place the pan inside it.

### Necessary materials

- glue
- used cardboard material of 4'x 3' (box or parts glued together)
- aluminum foil/aluminized Mylar

### Step 1

Cut a cardboard box in half or use two separate large rectangular pieces. One sheet of cardboard should comprise one flap and one square face of the box. Draw all the fold lines and then fold along the folded lines. Use glue to properly fixate the aluminum foil on the inside part of the two panels.

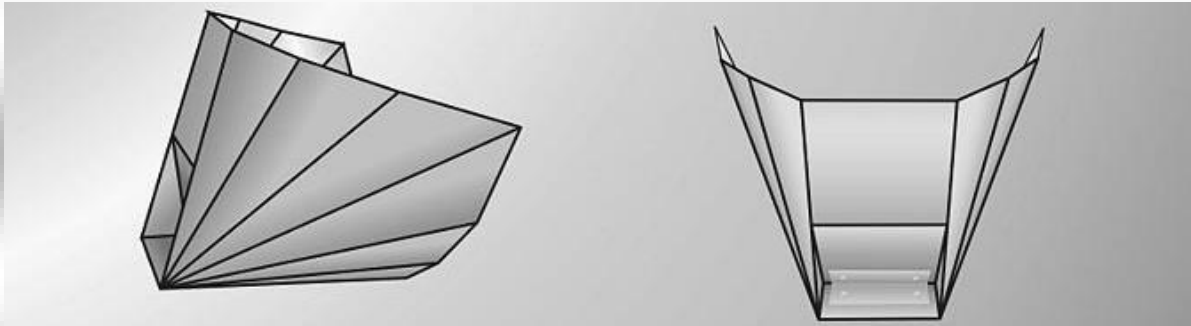


### Step 2

Now make sure you glue the outer side of the left cardboard's square basis and place it on top of the other square basis of the right cardboard. If you need to boil water, then use the parabolic solar cookers, as they grasp all of the sun's energy in the center of the large dish. Because they get hot in a matter of minutes, you need to watch them continuously. Be

extremely careful when grabbing the kettle or the container you use to boil the water and use an oven glove, cloth or a towel when doing so.

In addition, because it is rather large and does not weigh much, you need to be aware of the fact that powerful wind might sweep your parabolic solar cookers away. As the Earth revolves around the sun, you will also need to move your solar cooker around, in order to follow the sun.



It is always a good idea to have more than a few solar cookers, which you can use simultaneously for cooking and boiling water. It will save you a lot of precious time.

### **How to Preserve the Cooked Food**

Once you finish eating and wish to save the leftovers for later, then you need to properly store the food. Otherwise the food will go bad, especially during the summertime, not to mention that heat enables the growth of bacteria. Be sure to follow these pieces of advice:

- If you'd cooked meat and there are still plenty of leftovers and it is particularly warm outside, then dig a one meter hole close to where you are camped and fill it up with wood ash, which will act as a fridge. That's it. Place your food items in the hole and cover the hole with a piece of wood. You can also use this method to keep the water cool.
- In the winter, take a handful of snow, place it in a bucket and then place your food in sealed containers. The next step is to just put the place the food inside the containers and you are done.
- Create a simple cooler by obtaining two vessels made from porous material: unpainted wooden boxes or unglazed ceramic work well. One vessel should be small enough to fit inside the other with a cushion around the inner vessel. Next, place a filter between the two vessels. Cover the inner vessel with a white towel or reflective surface to deflect as much heat as possible from the environment. Use a fan or a sunny, hot location to pull water out of the vessel as quickly as possible. As the water evaporates, it will pull heat from the inner vessel along with it.

- Fermentation is the microbial conversion of starch and sugars into alcohol. Some foods, such as many cheeses, wines, and beers, use specific micro-organisms that combat spoilage from other less-benign organisms. Not only can fermentation produce alcohol, but it can also be a valuable preservation technique. Just about any vegetables and even fruits can be lacto-fermented, but fruits will need much less fermentation time as they contain much more sugar. Once the vegetables have been prepared and placed in the chosen fermentation vessel, weigh the vegetables down under the brine, keeping them in an anaerobic environment during the fermentation period.

- Keep your fruits and vegetable fresh! Put them in a bowl that you have lined with a paper towel with the stems at the top. The tenderest part of the fruit is directly around the stem, making this part most likely to bruise, which leads to rotting. Keep them away from heat sources and direct sunlight. And if you're still not consuming them as quickly as you hope, do move them around in the bowl to avoid bruising.

## d. Water Procurement



Water is the symbol of life, but for us is also the symbol of purification and healing. However, it can also be perceived as a symbol for death, as lack of it can bring our lives to an end.

Water is truly fundamental for your survival. You can only go so far as to live without water for three days, but as I'm sure you know, this is not at all the ideal situation we are dreaming of, as dehydration will bring about low blood pressure and rapid pulse rate, and serious diseases is the last thing you need in a survival situation.

If there is something I would recommend more than stockpiling food, that is stockpiling water. You ought to have a gallon of water put aside for every individual for at least 30 days for drinking, cleaning and washing.

In a survival situation, water should be your number one priority after personal safety. In the first few hours following the EMP attack, water will still be running, but you will not take advantage of this opportunity, because you might not find about the EMP until after it is too late to do so.

You may be at a party, for instance, and there might be no way for you to know how dangerous the situation is. What I am saying is that it will be unpredictable, so it's best to be prepared and stockpile 15 gallons of water/person/day for cooking and other activities (bathing, laundry, etc.).

Right after the EMP survival will become critical because most of the water sources as you know them will not be reliable. If you're thinking about tap water you should also know that it won't be running for long, at least in terms of quality. Tap water will not be safe after the EMP, mainly because at a large scale, filtration and pumping require immense electric power from filter machines. The power stations function rate will be reduced within minutes before going off completely.

Remember this! If you are lucky enough to be at home when the EMP strikes, store as much water as you can. If you don't have several jugs of water, then get some immediately. Bottled water is only your first defense because for the long term, you'll need to source more water and learn to filter and purify it. But at least, you have your water for now. There are about as many different container choices for water storage as you can imagine. You could use anything from empty milk jugs all the way up to gallons and commercially available storage tanks. What you choose is entirely up to you and will not make the difference between life and death at this point.

But no matter what happens, the real-life scenario is this: in order to survive, you need to leave your home at some point and protect your family too! So why not increasing your chances of survival? And you can if you know exactly what to do and to expect!

There are many ways you can find water. First, look for surface water, such as streams, rivers and lakes. Running water such as springs or streams in isolated areas at high altitudes is probably safe for consumption. Be aware that, for instance, melted water from ice and glaciers contains bacteria in abundance. If you are not familiar with the area and you don't know anything about the water quality, purify the water! Take no risk.

To increase your chances of finding water, look for the following:

- Valleys and low areas are places where water drains naturally.
- Rock crevice. Rainwater may have been collected.
- Muddy or damp ground. You can dig for water.
- Patches of green vegetation indicate water of some sort.
- Places where animal tracks converge, maybe a water source nearby.
- Insects, as they often stay close to water.
- Birds, because they will often circle a watering hole.

Did you know that water is mentioned 722 times in the scriptures? Before there was anything: light, sun or moon, earth, plants, living creatures or anything else, there was water and the human body itself is made mainly of water. And knowing there can be no life without water makes it clear that the most precious liquid in the world is symbolic of our relationship with God, carrying the image of renewal, promise and hope.

The truth is we have wasted water so far and in the ending times it will be very hard for us to find it. While we are using water for business, those living in deepest poverty are going entirely without – and often our businesses are taking theirs too. In Africa more than 58% of the population lacks access to water sources. They've learned how to find water in one of the most hostile environments on the planet, and you will have to find water too!

### **Using Animals and Plants to Find Water**

Knowing where to search for water becomes almost a matter of intuition in a survival situation, and sometimes all you have to do at first is watch for the signs in nature.

Just as there is the problem of finding food in the bush, so too is there the problem of finding water. Many explorers died because they did not know how or where to look for water in apparently dry and arid regions. Many different forms of life are certain indicators of water in the near vicinity and all you have to do at first is try to follow signs, signals and tracks.

After millions of years of evolution, animals have learned to find water in places you would least expect it.

- 1. Bees.** If you see bees in an area, most certainly there's a source of fresh water nearby. You will rarely find a hive of wild bees more than three miles away from water.
- 2. Ants.** Most probably if you see a column of black ants climbing a tree trunk and going into a hole, it's highly probable that there will be a hidden reservoir of water stored in there. Dip a thin stick down the hole and if it's wet when you draw it out, then there's water.
- 3. Mason flies.** If you see a mason fly in the area, you can be sure that you are within a few hundred yards of a source of wet earth. Find the place and examine it because if you dig down a few inches or at most a couple of feet into the ground, you will find drinkable water.
- 4. Birds – Wild pigeons.** They are a reliable indicator that there is water around. After spending the day out on the fields in search of seeds, with the approach of dusk they make for a waterhole to drink their fill before flying back to their nesting places. It is the manner of flight that tells you where the water supply is. If they are flying slowly, from tree to tree, they are heavy with water and they will point you towards where the water is.

**5. Mammals.** Nearly all mammals require water at regular intervals, but animals can travel long distances between drinks and you see a trail there, you cannot be sure there's a water source around.

But there are also plants that can save your life by providing a reliable source of fresh water. In some plants the amount of water stored is truly unbelievable, the fluid gushing out when the plant is cut.

But pay attention, because such water, as fresh as it may seem to you cannot be stored for more than twenty-four hours.

Such natural water containers are the eucalypts or gum trees, vines or lianas – monkey-ropes, some plants with milky sap. With such vegetable source of fluid, it is better to first taste the water and if it's flavorless, you can drink it!

### Other Methods of Finding Water

I am sure you know that finding water is the difference between life and death, but I hope you realize how blessed you are to have a chance of learning these things the easy way. What would you do if you were in the middle of nowhere with no water at all? After reading this chapter I hope many things would cross your mind in such a situation, and I also hope you will remember my words, because yes, you can find sources of fresh water in nature. In what follows I will tell you some more about ways to do it.

There are things you can only learn by experience and yes, rain can indeed save your life. Don't tell me you haven't thought about this in the first place. But what you most probably don't know is that rain water may be clean, but this quality is no longer available once it touches any surface where bird feces were present. Drinking rain water without prior purifying it exposes you and your family to a great number of risks, including campylobacteriosis, leading to dysentery. So you'd better be collecting rain if you must but do it out in the fields.

Here are some tips that may save your life when there's no water around:

- 1. Building a solar still** into the ground is another inventive and easy to do method of obtaining water. The only disadvantage is that it will take some time for the container to be filled up, but it will save your life. What you



need is a tube made of rubber, a plastic bottle or any other available container to you and a plastic bag. Dig a hole that has the shape of an inverted cone, insert the bottle in the bottom and anchor the rubber tube in it. While you wait for the ground to literally produce water, cover the hole with the bag, so you can prevent the moisture from escaping. Slowly but steadily, the water will evaporate, but these vapors will be trapped inside the bag and will find their way into the plastic bottle.

**2. Dew Collection.** In barren areas where there are no trees, you can collect sufficient moisture from the grass in the form of dew, to save your life. The easiest way of dew collection is to tie rags or tufts of fine grass round the ankles and walk through the herbage before the sun has risen, squeezing the moisture collected by the tufts or rags into a container. Many early explorers saved their lives using this method.

**3. Water on the Sea Coast!** You can find fresh water along the sea coast by digging behind the wind-blown sand hills which back most ocean beaches. These sand hills trap rain water, and it floats on top of the heavier salt water which filters in from the ocean. These wells must be only deep enough to uncover the top inch or two [2.5 or 5 cm] of water. If dug deeper, salt water will be encountered and the water from the well may be brackish and undrinkable. You should also know that the water in these wells rises and falls slightly with the tides but they are a reliable source of water that can save many lives.

If your water supplies are running low, you will need to find fresh water supplies (streams, rivers, waterfalls) that you must first purify, because the water may have been contaminated. How can you do that? You will need some water refinement tablets, 2% iodine tincture and a decent water channel on the off chance that you can manage the cost of it. You can even boil the water you find in the wild for five minutes, as fire is the best cathartic there is, killing even the most resilient organisms.

Remember that the human body can survive for up to three days without water. In order to survive and take care of your family, you will be forced to find water supplies. How would you go about when finding what it seems to be fresh water supply? Would you jump straight into it?

If the answer is yes, then I will advise you against that. Never drink water that comes from unknown sources. It may do you more harm than good, and even kill you! Instead purify it first. Alternatively, you melt ice, snow, drink the morning dew or rain water, but not before filtering and purifying it.

Why is it important? Because you can also experience the unpleasant effects of **waterborne diseases**, caused, most of the times, by drinking water that has come in contact with animal droppings:

- **Salmonella:** its main symptoms are: abdominal cramps, diarrhea, fever, can lead to Reiter's syndrome characterized through joint pain, eye problems, such as irritation. The disease manifests within 72 hours, and it goes away in a week, more or less.
- **E.coli:** people with e-coli experience low fever, cramps and bloody diarrhea, but in more serious cases people developed kidney failure. The virus incubates for 1-8 days.
- **Adenovirus Infection:** usually, it causes respiratory disorders (bronchitis, pneumonia),

conjunctivitis, and in severe cases, neurological disorders. The incubation period for this bacteria is 5-8 days.

- **Cholera:** nasty symptoms such as leg cramps, watery diarrhea, dehydration, or vomiting, can manifest in as little as 2 hours.
- **Giardiasis:** can lead to diarrhea, abdominal cramps, excess gas, nausea, vomiting, loss of appetite and an increased feeling of fatigue. It can manifest within 1-2 weeks.
- **Hepatitis A:** this disease will manifest within 4 weeks from the time of the contamination and it leads to stomach pain, nausea, vomiting, fever, fatigue, loss of appetite.
- **Legionellosis:** symptoms include muscle aches, diarrhea, vomiting, chills accompanied by fever. Severe cases can also lead to pneumonia and even anorexia. The incubation period can last for up to 10 days.

Be happy when you come across a water stream, but don't get too excited, unless you have a few purification tablets on you. A few years back, whilst undergoing an expedition in the Andes, one friend of mine started drinking water from what it seemed to be a stream of fresh water. And he did that in spite of my advice.

"I'll be fine", he told me in a rather soothing voice.

"I warn you, Ronald, you don't know what has been in that water. Sure it looks clean, but germs are microscopic." He was one of the lowest of mine, whom I've known for ten years now.

"Still, I have quite the immune system, I'll be fine."

He wasn't. One week later he started experiencing the nasty symptoms of giardiasis, was affected by giardiasis (diarrhea, nausea and dizziness), which put him out of action for two weeks. It also affected the outcome of our expedition, that's for sure as we were forced to return to America a lot sooner than we would have anticipated.

Believe me, you don't want that to happen to you so always assume that the water is contaminated and decontaminate it before consuming it. No-one is immune to these types of diseases.

## How to decontaminate

First of all, I encourage you to decontaminate any source of water you find in the wilderness. This is very important and there are three ways to treat suspected water: filtration, boiling and chemical water purification.

- Filtering water doesn't purify it, but it reduces particles and sediment and makes the water taste better.
- Boiling is the most certain way of killing all microorganisms. However, boiling will NOT neutralize chemical pollutants.
- To purify water with chemicals, use water purification tablets which you should have in your survival kit.

I absolutely insist on you cooking meat thoroughly and decontaminating water. This is the moment when the magical iodine comes in, as this compound basically kills the viruses and pathogenic bacteria that the water may be containing, by changing the ionic balance of the

pathogenic organisms.

Iodine comes in different forms: **tincture, tablets or crystals**. Be very careful, as too much iodine can be toxic not only for the bacteria and viruses, but also for humans if used more than the recommended dosage. For purifying one liter of water use two drops of iodine tincture. If rain water is your only water source, than use 10 drop of iodine to filter one liter of rain water. Let the iodine sit in for at least 30 minutes before drinking the water.

There is another method that allows you to purify water and that is with **sodium hypochlorite**, commonly known as household liquid bleach. Use only 8 drops for each gallon of water. Just to be on the safe side, follow the instructions written on the label. One thing you should know is that sodium hypochlorite degrades over time.

If you suspect that after the EMP, the water sources may have been radiated or contaminated by pesticides or any other toxic substances, do not use iodine to purify the water, because it won't work, as they are not living organisms.

If you have the chance, I strongly advise you to use **chlorine liquid or tabs** to purify the water, as it is much more effective than iodine and does not have any long-term repercussions for your body.

One interesting fact discovered by the scientists is that chlorine kills the Hepatitis A virus. Use only 2 milligrams of chlorine for each liter of water. Although the chlorine does not have any long-term repercussions, adding more milligrams than the recommended dosage will cause respiratory disorders and might even cause death.

But what is there to be done if you don't have any of these purification tablets on you? Don't worry, I will now reveal a few methods that will help you in crucial situations.

### **Build a Simple Sand Filter**

- 1.** First of all you need a container. It can be any kind of empty can or a plastic bottle. Cut the end of the recipient evenly. Use any material that nature can provide, a cone of birch bark with a fairly hole in the bottom. Also tie the cone to keep it from opening up.
- 2.** You need to stop the sand from getting out of the recipient. Find some filter material that you can put at the bottom: pebbles, a grass mesh or some cotton material.
- 3.** Add a layer of gravel. It will strengthen the filter and prevent sand mix with the water you get from the filter.
- 4.** Fill your bottle with sand.
- 5.** Collect some water and pour it through the filter. Use another container to catch the water at the bottom. The water that comes out should be clear, but if it isn't, repeat the process.

The method which I have just described works fine and it's called filtering, but still, if you add a little charcoal at the bottom of the container, you've reached the level of purifying water. If you can't find anything where you are that might serve as a recipient, you can even use a piece of clothing material, a sleeve or even your socks.

Of course the best method of purifying water is to boil it after using the filter. For this you can also use heated rocks if there is no container for boiling. I am sure your creativity will be tested every second, but nature can provide the necessary things for you.

## 6. Beware of Poisonous Wildlife

Are you ready to get out of your comfort zone? This isn't an aspect you'll be accustomed to, but knowing about it is an important part if you're forced to live and survive outdoors. To this end, you need to know what can be harmful to you and your family. Not knowing the variety of plants or animals that can affect you could have drastic repercussions upon your health. Also, you will learn how to recognize if a plant is edible; it's not the easiest of skills, but with some practice there won't be anything you can't do.

### a. Harmful plants

God gave us the plants to enjoy and consume, but not all of them are safe for consumption. When it comes to vegetation, remember that roughly 60% of plants out there are poisonous.

What symptoms will you present in the event you eat a poisonous plant?

- Nausea
- Abdominal cramps
- Dry mouth
- Fierce headaches
- Hallucinations
- Loss of consciousness
- Coma
- Death

What can you do?

- Induce vomiting as quickly as you can, by drinking a saline solution (made of 1.5 tablespoon salt and 200 ml of water) or tickling the back of your throat

However, prevention is the mother of safety. Recognizing these poisonous plants can save you of a lot of trouble, and YOUR life:

**Baneberries** are poisonous herbaceous flowering plants in the family Ranunculaceae, native to North America. They can grow up to 31 in. in length and you'll be able to recognize them by its branched stems which bear clusters of flowers. The white petals will fall after flowering is done and in mid-summer berries will form (white or red).



**Tansies** are perennial, herbaceous flowering plant of the aster family, native to temperate Europe and Asia. It's smoothly divided into leaves and yellow flowers and it can grow to reach 60 in. in height. The scent is similar to that of camphor with hints of rosemary. But the leaves and flowers are toxic if consumed in large quantities.



**Butterfly weed** is one gorgeous plant during its blooming summer season. Butterfly weed serves as an adult nectar source and a larval food source for the Monarch butterfly. Originating from the North Carolina, butterfly weed can cause vomiting, stupor, weakness or spasms a few hours after ingesting it.



**Black locust** is a tree from the US with a trunk up to 0.8 m diameter, with thick, deeply furrowed blackish bark. Black locust's pods are short and light, and easily carried long distances. Although the bark and leaves are toxic, various experiments suggest that the seeds and the young pods of the black locust are edible. However, if not experienced, I do not recommend you ingesting.



**Castor beans** are seeds that produce ricin. The glossy leaves are 5.9–17.7 in. long, long-stalked, alternate and palmate with 5–12 deep lobes with coarsely toothed segments. In some varieties they start off dark reddish purple or bronze when young, gradually changing to a dark green, sometimes with a reddish tinge, as they mature. Ricin is a deadly poison that causes nausea and vomiting, leading up to the death of the infected person. The plant was used by murderers and even after the autopsy pathologists had no way of finding out that the victims' cause of death was poison.



**Buckthorn** is a genus of about 150 species and can



be found in parts of Africa and South America. The species are small to medium-sized trees, with deciduous or rarely evergreen foliage. Branches are unarmed or end in a woody spine. The leaf blades are undivided and the margins are serrate or rarely entire. Most species have yellowish green, small, bisexual or unisexual, rarely polygamous flowers.

**Water hemlock or Cowbane** is a small genus of four species of highly poisonous plants in the family Apiaceae. They can grow up to 8.2 ft. tall, having distinctive small green or white flowers arranged in an umbrella shape. Native from North America, the water hemlock has a toxin named cicutoxin which causes central nervous system stimulatory effects including seizures following



ingestion. Treatment includes the use of activated charcoal to decrease gastrointestinal absorption of the toxic principle.

**Lantana** (yellow sage) is a native of tropical Americas and West Africa. In the northern states including Illinois, it is grown as a garden annual reaching 12-18 in tall. In the south, from Florida to California, it grows as a perennial shrub of 3-6 ft. tall. In the tropics, it may grow even taller. Leaves are opposite, oval, 1-5 in. long and 1-2 in wide, with very small rounded teeth, somewhat rough and hairy. It's harmful to animals, so if you have a



dog or cat, be aware that fifty to ninety percent of animals newly exposed may be affected.

**Other poisonous plants** are: Jack in the pulpit, hydrangeas, hollies, golden seals, larkspur, buttercups, chokecherries, blue cohoshes, mistletoe, mushrooms, wild cherries, Virginia creeper, nightshades, podophyllum (or may apple), and the list goes on.

If you do not recognize a certain plant, you are better off not eating it, especially mushrooms. Moreover, you can recognize poisonous plants (such as leafy spurge) by their almond-smell, which is a clear indicator of cyanide – poisonous compound that causes headaches, dizziness, rapid heart rate, and on the long-term it favors the development of brain and heart dysfunctions.



Leafy spurge

## Plants cleared for consumption



Chicory leaves



Pig weeds



Rasberries



Dandelion



Black Currants



Pine nuts



Purslane leaves



Elderberry flowers

## Health benefits:

- Chicory leaves contain vitamin A (powerful antioxidant that maintains vision in a good condition), E (antioxidant that protects cells and tissues against the damage induced by the free radicals) C, calcium, magnesium, iron, potassium and are rich in fiber. What's interesting is that it contains inulin, a natural probiotic that helps

us against indigestion, but also adjusts the levels of cholesterol. It strengthens the immune system and has anti-inflammatory effects, therefore it reduces the pain induced by arthritis.

- Pig weeds, or amaranth, as it also referred to, are rich in proteins and fiber, contain vitamin A and C, and minerals, such as Iron and Calcium.
- Blackcurrants possess anti-cancer properties and can aid against neurological disorders. 100g provide the 3 times the RDA of vitamin C, which helps the body fight off infections. Besides that, they are rich in vitamin A, B6, calcium, potassium, iron, magnesium and manganese.
- Pine nuts contain fatty acids that help lower the cholesterol levels, vitamin E, minerals including calcium, iron, magnesium, manganese and potassium and are gluten free.
- Raspberries are rich in fiber, calcium, magnesium, phosphorus (mineral that is found in our bones and teeth and which also help repair cells and tissues), potassium, vitamin A, C and folate.
- Dandelion root (100g) contains 338% RDA of vitamin A and K (building bone mass), calcium, potassium, iron, manganese and magnesium.
- Purslane leaves are rich in minerals (calcium, potassium, iron, magnesium, manganese), vitamin C and A, fiber and omega-3 fatty acids, which help reduce the risk of heart disorders and strokes.
- Elderberry flowers have multiple health related properties: anti-inflammatory, anti-cancer, antiseptic and antioxidant. However, make sure you first cook the flowers prior to eating them, as in their raw state they are toxic. 100g contain 87% of the RDA for vitamin C. In addition, they are also rich in A, minerals such as iron and potassium, fiber. Tea made from it has a diuretic effect.

### **How Do You Know If A Plant Is Edible?**

Drastic times call for drastic measures. When stranded in the wilderness without food, you'll need to find a way to feed. As shown before, many plants in the wild are edible, but many are poisonous. How do you detect whether the type of plant you've found can be safely served as a meal?

#### **Step 1**

I want to be clear once again. Only use this method with careful planning. Some plants are deadly and even if you follow the instructions accordingly, there is a chance the plant will make you ill.

- Buy a guidebook to help you identify plants and prepare yourself beforehand by learning about the local vegetation and fauna.
- If you are unprepared and hungry, take a moment and remember that your body can go for days without food so you're better off starving a couple of days than being poisoned.

## Step 2

Find a plant that you'll have plenty of. Don't risk your life for a plant you have little supply of.

## Step 3

Don't drink or eat anything, only purified water for 8 hours before the test.

## Step 4

Divide the plant into separate parts. It could have both edible and poisonous parts. Go ahead and separate it into the leaf, stem and root so that we will test each of them for edibility.

- Now inspect each part for worms and insects. If you do find any parasites, just put that on the side and take a new sample and start again.
- Some parts of plants can be eaten only during certain seasons. You could encounter grubs inside the plant, and even if the plant is rotting, the grubs are edible and high on protein.

## Step 5

Skin contact first. Find out if the plant causes a reaction by just touching your skin. Rub it on the inside of your wrist and wait for 8 hours to find out if it causes a skin rash. If the leaves irritate your skin then go on and try another part of the plant until you find the one that isn't poisonous at contact.

## Step 6

Start cooking. Some plants are poisonous only when raw, so cooking it is a good idea.

## Step 7

**Begin testing it.** Now, this is the dangerous part so let's take it slowly:

- Hold a small part of the prepared plant between your lips for 4 minutes. If you notice any tingling or burning, stop the test immediately.
- Then, place another small portion on your tongue for 15 minutes. Be careful and don't start chewing, if nothing happens, you've got the green light to go on testing.
- Take another piece and start chewing it for 15 minutes. This time, you can chew, but you cannot swallow.
- If it has successfully passed the previous testing, you can now swallow it.

## Step 8

Wait for 8 hours. Water is the only substance you're allowed to drink in the meantime. And no food at all. If you're feeling sick, immediately induce vomiting and drink plenty of water. Otherwise, feel free to cook your meal following the exact steps. Don't get overconfident because it might take a turn for the worse.

## b. Venomous snakes and insects

Snakes are cold blooded, evil animals, of which I am terrified. However, what triggered my deep fear of these animals and the need to stay away from them, at a l times, was one story that involved one co lege buddy of mine. He was chosen to become part of a team of ten bright archaeologists and go in an expedition in the Amazon, which could have unfolded precious information on the Mayan civilization.

I remember meeting with him before trave ling to Brazil and te ling me how excited he was of this opportunity and the fact that he was the youngest member of the crew. Andrew Miller was his name. He was going to become one of the greatest archaeologists of a l times, but his life ended sudden and unexpected.

I didn't hear of this until a few months later. Andrew's last few words were jotted down by another fellow archaeologist who used to take notes of just about anything:

"I am in deep pain. It feels like a thousand sharp blades cut through my whole body. I... please... te l my father to be strong, my mother not to cry and te l Amy... te l her... that i love her. I wil watch over her from the sky. It's funny how I feel that these are my last moments here, on earth. I can feel life being sucked out of me and I can barely breathe now. I wish i could hug my family and friends and te l them how much... how much I love them and how much they wil be missed. I should have done better to survive, but... I'm so..."

"Sorry" was the word he wanted to say next and Amy was his fiancée. A lovely, blue - eyed girl I had the chance to meet in my sophomore year. They planned on tying the knot just a few months later. Instead, he left behind grieving parents, brothers, a spouse-to-be and many, many friends.

I attended his funeral. There was nothing left of the man I once used to know. Before my eyes layed a body cold and stiff as the porcelain statues welcoming you into the cemetery. I gave my condolences to his parents, but when I reached to his fiancée... All I could see was her eyes being swollen with grief. She cried and co lapsed as she was screaming: "I wil never stop loving you. I wil forever remain loyal to you Andrew!"

It was heart-breaking. The pain that she was feeling... I pray to God not to experience it.

However, I got the chance to speak with some members of the Amazon expedition attending the funeral. They a l told me that Andrew's death could have been prevented, provided someone had a venom-extractor kit on them.

In the end times, some wil decide to retreat to secluded areas, inhabited by venomous snakes. They wil not try to escape and wil seek cover into the bushes. Do not stand in their way. Also, remember that even baby snakes can deliver venomous poison. Bear in mind that the fo llowing are some of the most venomous snakes:

### Copperhead snake

These medium-size snakes, averaging between 2 and 3 feet in length, are quite common in North America. They get their name from their copper-red heads, their venom is relatively mild, and their bites are rarely fatal for humans.



### Pitt Viper

The pit vipers, or less commonly known as The Crotalinae, are a subfamily of venomous vipers found in Eurasia and the Americas. They are distinguished by the presence of a heat-sensing pit organ located between the eye and the nostril on either side of the head. Reaching a maximum of 10 ft. in length, these vipers can strike accurately at moving objects less than 0.2 °C warmer than the background.



### Coral snake

Found in North America, coral snakes are most notable for their red, yellow/white, and black colored banding. In some regions, the order of the bands distinguishes between the non-venomous mimics and the venomous coral snakes, quite a few mnemonics. As a child, I used to say this all the time:



"Red and yellow, kil a felow. Red and black, friend of Jack."

"Red on yelow wil kil a felow, but red on black is a friend of Jack."

"Red on yelow, kil a felow; Red on black, cut him some slack!"

"Red on yelow, deadly felow; Red on black, venom lack."

### Cottonmouth (also known as water moccasins)

Cottonmouth is a venomous snake, a species of pit viper, found in the southeastern United States. This species is quite large and capable of delivering a painful and potentially fatal bite. If provoked, they will stand their ground by coiling their bodies and displaying their fangs. Their aggression is



quite intimidating and on rare occasions, territorial males will strike you without looking back. These snakes are the world's only semiaquatic vipers, usually found in or near water, particularly in slow-moving and shallow lakes, streams, and marshes. Cottonmouths are skilled swimmers and will even enter the sea. They have successfully colonized islands off both the Atlantic and Gulf coasts.

### Massasauga

Found in North America from Ontario (Canada) and western New York State southwest to southeastern Arizona and northern Tamaulipas, Mexico, massasauga snakes are not large, ranging from 24 to 30 in. in length. The color pattern consists of a grey or tan ground color with a row of large rounded brown/black blotches or spots down the center of the back and three smaller rows of alternating spots down each side. This is the only venomous snake in Ontario where it is commonly known as the "massasauga rattler".



### Western Diamond Rattlesnake

Found in the US and Mexico, this venomous species can grow up to 5 ft. in length. The color pattern generally consists of a dusty-looking gray-brown ground color, but it may also be pinkish-brown, brick red, yellowish, pinkish, or chalky white.



After maturity the males become much larger than females so you'll be able to differentiate them.

## Tread Carefully.

Natural remedies cannot help you, in case you get bitten by a venomous snake. Prevention is more important than repairing the damage. Therefore, if you see any of the snakes shown above, maintain your composure. Moreover, mind your step. In general, poisonous snakes live close to the ground.

Stepping on them is the main reason why they will bite you by your ankles. If you can, wear leather or rubber boots at all times, because their fangs are not strong enough to penetrate through your boots, which will reduce the incidence of snake bites below the knee.

Even so, prepare yourself for the case in which you or any other member of your family gets bitten and make sure you have a snake bite extractor kit with you, at all times.

## Dangerous Insects

You might be surprised to know, but most fatal bites are not induced by snakes, but insects. Milipedes, for instance, release a toxin that leads to a burning sensation and itching. Centipede bites can put you through a lot of pain and cause severe inflammations.

Touching a caterpillar's hairs can result in redness, inflammations and death of the tissue. If you have already touched a caterpillar, then remove the remaining hairs penetrating your skin, by applying scotch tape on the specific area and quickly removing it.

Most insect bites (ants, mosquitoes) do not require special treatment. However, in the rest of the cases, you should:

- **Step away or leave the area in which you have been bitten.** There is a slight chance that other insects may attack you.
- **Remain calm.** If you become nervous, the venom will spread faster in your system.
- **Remove the stingers** using tweezers or a scotch tape.



- **Avoid scratching** at all cost to prevent marks or scars.
- If you do not possess any tape, **apply a piece of cellophane** on top of the agressed area, which will act as a duct tape.
- **Apply ice**, but make sure to isolate your skin first, by wrapping the specific area with a tarp. Do not use ice for large periods of time.
- **Maintain the stung area at an elevated level**; you can use a pillow or several blankets in doing so.
- **Administer oral antihistamines** and **use sprays with local anesthetics**.
- After six hours, **apply warm compresses** to alleviate your pain.
- In order to prevent skin infections, you must first **wash the area** in which you have been bitten with antibacterial soap and water.
- After **use rubbing alcohol or honey**, because it is a natural disinfectant.

## 6. Communicating With Others

Above everything, verify that you have made a correspondence arrangement between relatives before the EMP. Guaranteeing everybody's wellbeing and survival and getting together with your family will turn into your number one priority after the fiasco. It is imperative to discuss with your family about the importance of a meeting place and time schedules.

On the off chance that you and the majority of your family are following your ordinary schedules doing shopping, going to work or school, and so forth, when the EMP strikes, check that you have a common spot set where everybody can meet. This arrangement will provide you with significant serenity in times of need.

Debacles and dangers of calamities cause mayhem. Suppose you have not taken the time to plan for EMP. There will be chaos. Frenzy will hit you. Not knowing about the whereabouts of your family will drive you insane. After setting a meeting place, what else do you need to maintain contact with your friends and family?

### Personal Beacon Locator

Once you are reunited with your family, ensure that everyone receives a Personal Beacon Locator (PBL), which will send out predefined messages to the person of interest (a l ok, help, etc.).

Don't forget to buy more locator devices and consider keeping half of these in a smaller Faraday container (to use immediately after the electromagnetic pulse) and the other half of PBLs into another sealed galvanized container, just to make sure that you will still be able to take care of your family, keep track of their location and rescue them, in a timely manner, if necessary, even after a second EMP attack.

These PBLs are functioning with batteries; therefore, you will need to remove the batteries before placing them inside the Faraday container. If you leave the batteries in, then the energy leaked from the batteries will damage the devices.

After saving most of your electrical devices (that we talked about earlier), you can also keep in touch with friends or family through amateur radio transceivers. It's imperative to remember to remove the antenna and the batteries, though, and store them inside a Faraday cage. Also make sure you have rechargeable batteries and a low power supply (for instance, solar panels, which you must also keep contained inside an EMP bag).

### HAM Radios

HAM radios can help provide you a bigger picture of what is happening in other parts of the country. People use ham radio to talk across town, around the world, or even into space, all without the Internet or smartphones. A police scanner will also help you assess the ramifications of the damage and give necessary information on:

- traffic situation;
- best alternative routes;
- the most recent criminality rates in the area;
- the whereabouts of the safe locations;
- pandemic outbursts.



## 7. Choose Your Transportation Carefully

### Is Your Car EMP Proof?

Given the wide variety of motor vehicles in use today, one of the questions that might trouble you is whether your car is safe in case of an EMP attack. The question of electromagnetic pulse damage to automobiles is complex, but it's good to know that there have been a number of isolated tests of vehicles in EMP simulators over the years. The manufacturers of the cars wouldn't even say which cars had been tested, and the cars were usually transported to the EMP simulators in such a way that the model was hidden from view.

Most modern automobiles have as many as 100 microprocessors that control virtually all

functions. Very few of the vehicles were tested up to the maximum level of the EMP simulator. Some EMP Commission staff members who conducted the experiments believe that the wording of the paragraphs in the EMP Commission's Critical National Infrastructures Report about the effect of EMP on vehicles is quite misleading, but they all agreed that multi electronic devices as components of the respective vehicles, made them vulnerable to EMP attack.

### Some Info Leakage

The tested vehicles could not be immediately restarted, a latch-up had occurred in the electronics, and the battery could be momentarily disconnected to "re-boot" the electronics, and some of the vehicles could then be restarted.

This temporary electronic latch-up failure mode caused by EMP is something that almost **NEVER** occurs in automobiles during a typical lifetime of operation. Dr. Graham was Chairman of the SDI Advisory Committee and Deputy Administrator of NASA. He also chaired the EMP Commission for eight years and is widely considered to be the free world's foremost expert on electromagnetic pulse.

### Vehicles for Your EMP Survival

When facing terror, it is best to rely on your car without much wonder about its endurance, since you will probably have a thousand other things on your mind. Noteworthy is that older cars have less electronic components and implicitly, more reliable engines that cannot be as easily fried by the negative power of an EMP, as the more recent versions are.

#### 1. Pre-1985 Toyota Hilux 4x4



These are tough little trucks. If you can find a 4x4 with the solid front axle and a carbureted 22R motor, you have a good starting point. These cars are not "picky" at all.

#### 2. Sand Rail or Dune Buggy



The simpler the motor the better, but with larger motors, long wheel travel and skid braking, they will go even faster. They are short on carrying capacity, but can sometimes fit in small planes when disassembled.

### 3. CUCV



CUCV (Commercial Utility Cargo Vehicle) on the surplus market. They are basically a military diesel pickup or Blazer. They started being manufactured in the 1970's and are not armored, but some models do have some BOV-friendly features like a diesel power plant, blackout switch (to kill all lights), 4 wheel drive, dual 12v/24v voltage, dual alternators and some are topped with shelters or ambulance beds.

#### 4. Deuce and a Half Variants



There are many variants of these iconic 6x6 vehicles. Some are even bobbed to 4x4's. They are not so great for keeping a low profile, but they are the go to choice for many preppers looking for a vehicle with plenty of cargo space. There are even some shops that will fix them up for you if you are not particularly mechanically inclined, but the important thing is that they are likely to still run after an EMP.

#### 5. Older Mercedes Benz Unimog (Diesel with Mechanical Fuel Injection)



Think of these as the European answer to the Deuce and a half. They were first manufactured just after WWII and were sold as the Freightliner Unimog in the US. They are popular as off-road expedition vehicles and even off road endurance events.

They are very reliable and you may find them hauling supplies in jungles, fighting fires or plowing snow in the North.

They come in medium and heavy series. There are many vehicles that would serve the function of bug out vehicle admirably, but in the end, your choice will likely be determined largely by availability, opportunity and economics. Find a vehicle that will get you from point A to point B and make sure you have your food storage and other survival priorities in place.

### Factors To Keep In Mind When Purchasing An EMP Proof Vehicle

#### 1. Benefits of diesel

In the event of an EMP, extraction, refinement, distribution and sale of fossil fuels could be stopped. You might be surprised, but the gas you have when it strikes, might be the only gas you're left with, for years to come. Refined fuels have a shorter life, which is why diesel gas that can be stored for a longer period of time represents the best option in such a disaster. Diesel motors are somewhat simpler than gasoline

motors due to the fact that they don't have an ignition system. It will cut down vulnerable parts especially that you can make biodiesel from crops that you grow.

## **2. Fuel capacity**

After the EMP, it's unlikely to find gas stations, so in order to get any remaining fuel, remember to acquire a gas pump and hose. The advantage is that you can always add fuel tanks to as many vehicles you want and increase the car's range.

## **3. Cargo capability**

You probably moved at least once by now. You should then know how important cargo space is. Soon, you'll be looking for ways to increase your vehicle's capacity. Taking into account all your possessions plus your family's, cargo space, a trailer hitch, roof rack, swing outs and so forth will come in handy. For many of us, the vehicle will likely double as their home.

## **4. Off-road capability**

A 4x4 car that can go off road and prevail in any situation is a dream come true for a survivalist. After an EMP, roads won't be maintained anymore and vehicles that couldn't stand the pressure will just be garbage on the highway.

## **5. Ease of maintenance & repair**

If you're not a mechanic, then simplicity is the only way to go in desperate times. There won't be any "Do it yourself" videos on YouTube for newer cars because the internet will no longer be. A good repair manual and well-equipped toolbox are the best plan for your second vehicle.

## **6. Blend in**

It is definitely best to blend in as opposed to standing out. In the city, that usually means driving a white sedan or van. In the woods, it might mean a camouflage or matte earth tone paint job for your car.

## **7. Conductive metal body**

This last tip is for the best resistance you can get during an EMP, so choose a vehicle with conductive metal body enclosing the engine and passenger compartment with panels made of fiberglass, plastic or any non-conductive material over the car.

## **8. Maps to know your routes**

Print maps on which you mark the route from home, your children's school or any other place they spend their time to the safe location of your choice, so that

everybody can find their way around, night or day. Anything can happen; as scary as it might sounds, this kind of thinking can save you.

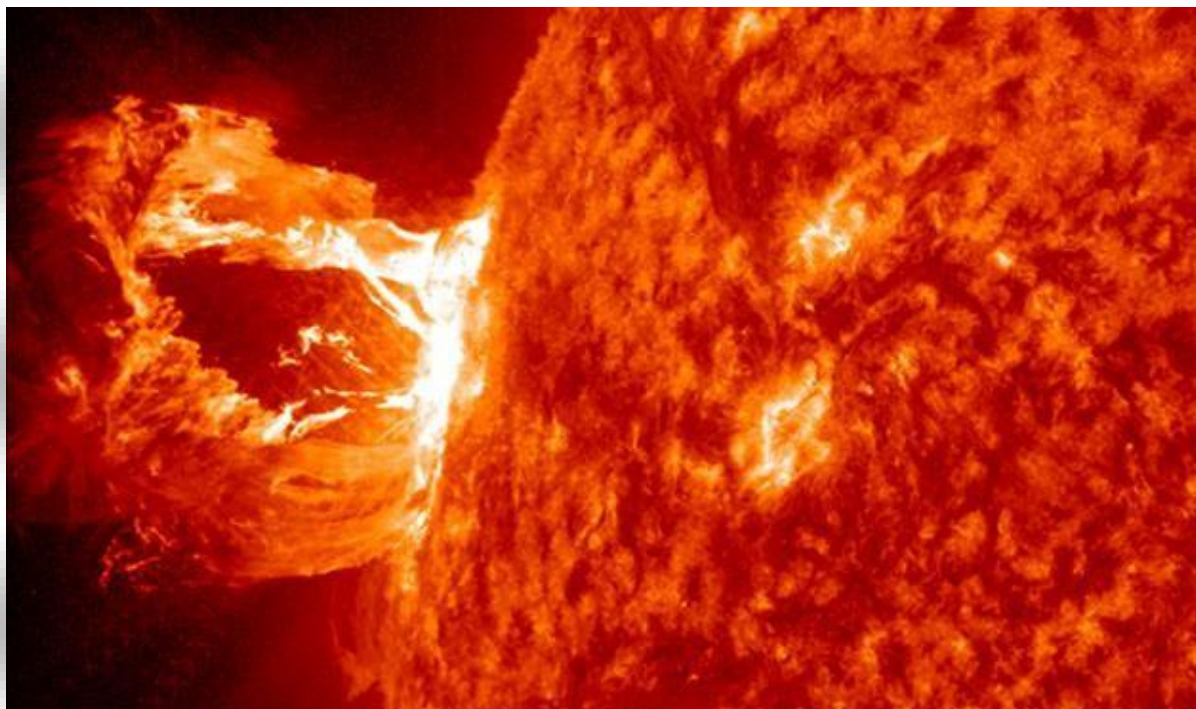
## 8. Relying On Alternative Energy To Survive

I will gladly share with you what I have learnt so far, including the teachings of a young disciple of mine, Micah Richardson. After studying for his doctoral thesis, he came to me saying that he been fortunate enough to live in an evangelical community, study peoples' ways and experience a different type of life. He told me that if worst comes to shove, then people can learn to live off grid, and even without using electricity.

In the aftermath of an electromagnetic pulse, no-one will really be able to access the power grid electricity; therefore, the only viable options are the alternative type of energy, such as the solar and wind energy.

### a. Solar energy

Our sun is powered by nuclear fusion. Remember Albert Einstein's famous  $E=MC^2$  equation? In plain English, the sun produces energy when hydrogen fuses into helium. Technology has made it possible for us to harvest the energy produced by the sun's fusion from pumps, collectors or photovoltaic (PV) solar panels. Such installations employ the use of the so-called "photoelectric effect", a discovery for which Einstein was awarded the Nobel Prize in physics. Quite impressive, right?



## So, how do solar/PV panels work?

In a nutshell, PV panels are made from semiconductor materials that give off electrons — energy — when excited by light. How many electrons you get depends on the efficiency of the panel. Most commercial and domestic solar panels convert about 20 percent of light energy into electricity, while solar panels used by NASA for satellites can be up to 40 percent efficient.

## Solar Power, an Affordable Technology

You think it's expensive, don't you? The truth is that panels have become affordable. The minimum wages in the US is \$1600 per month, so \$150 doesn't seem like a fortune, does it? Consider the minimum and it's only 10% of the monthly minimum wage. You can spare that one time, can't you? All the more so if it's your future at stake. And your family's too! Solar energy use has surged at about 20 percent a year over the past 15 years and solar electricity can often pay for itself. My disciple, Micah Richardson, told me that it has been very interesting for him to work in a field that has crossed the point of its revolutionary growth.



And the phase we are in now fascinates me too! Solar power has become **cheaper** than electricity, yet the huge majority doesn't seem to realize it. It's simply the stage where you have to wake up and transform the way you have for decades thought about, purchased, and supplied electricity. Solar panel installers' all-in installed prices through 2013 dropped approximately:

- \$0.90 per watt for systems smaller than or equal to 10kW (which is a drop of approximately 14%)
- \$0.80 per watt for 10 – 100 kW systems (13% drop)
- \$0.30 per watt for systems over 100kW (6% drop)

The cost of solar panels went down approximately 100 times over since 1977, and solar panels today are about half the price they were in 2008. Financing costs have also decreased as investors recognize the low-risk profile of solar assets. In many areas solar power is now cheaper than most other power sources.

## Prices of Portable Solar Panels:

Here's a short list of solar panel prices which are also portable and rechargeable. They are proved very useful in survival situations and you might want to take a look at this:



Renogy 100 Watts 12 Volts Mono crystalline Solar Starter Kit - \$180.99



Renogy 100 Watt 100w Monocrystalline Photovoltaic PV Solar Panel Module 12V Battery Charging - \$149.99



100W Solar Panel (UL Listed Plus MC4 Connector Adaptor Kit Plus PVM 30A Charge Controller) - \$169.99



100Watt COMPLETE KIT: 100 W Photovoltaic Solar Panel 12V battery Electrical RV home - \$168.99

This 100 Watt Complete Kit would do. I left it at the end of the list because I wanted you to know my opinion on this one.

I have seen this photovoltaic solar panel functioning and, trust me, it's worth every penny. A couple of years ago Daniel, a friend of mine who's is now very interested in alternative power sources, decided that he should go solar and I was there when he got to work.

I must admit I was quite amazed how quickly he assembled the device while we were chatting and I learned the steps almost by heart. Ok, he had done this several times before, but hey, it took him only 3 to 4 hours to do it! Even if it takes you 5 to 6 hours to install the kit you'll enjoy every minute of it. Just knowing that after the EMP it will be very difficult to find any form of energy, should be enough to make you go solar while there is still time.

It is actually a good thing for those reading this book to know that there is still time to rely on this

valuable source of energy. Consider it a blessing from God, just as our sun is! If you play your cards right (and luckily, most Americans have plenty if not enough sun), a solar installation is probably the best investment to make before it becomes too late. Saying that you don't have all the information you need in order to make a rational decision is not an excuse. Just imagine life with no power of any kind. Impossible in the long run, isn't it? This alone should be a strong argument to take solar energy seriously.

An EMP attack cannot affect your solar panel energy systems and ironically, solar energy, which has nuclear fusion at its origins, may, in the end, save your life! Consider the advantages of solar energy and believe me that the drawbacks are so few that they're not even worth mentioning:

- Did you know that even in Biblical time, people used the power of sun for making fire or even cooking? In 700 BC, glass lenses were used to make fire by magnifying the sun's rays. If they could do it back then, you can do it far better nowadays!
- Solar panels are virtually maintenance free since the batteries require no water or other regular service and will last for years. Once, solar panels are installed, there are no recurring costs.
- You can use solar energy to heat water. Solar energy can in certain areas, heat 60 to 70% of water used domestically for temperatures as high as 60 degree.
- You can also use solar power for making potable or saline water (which can be used as a disinfectant and is also good for your skin and hair).
- You can also cook, dry or pasteurize food by using solar energy.
- You can even use it to power your computer. And you are able to do that even in the middle of nowhere.
- A home solar panel is made of several solar panels, an inverter, a battery, a charge regulator, wiring, and support materials. The battery stores electricity that you can use at a later time, like cloudy days or during the evening.
- By relying on battery backup, you will have electricity 24x7, even on cloudy days and at night.
- Solar Energy is measured in kilowatt-hour. 1 kilowatt = 1000 watts, enough to run your computer for 20 hours or so. A 100-watt bulb uses 100 watts of electricity. A desktop computer uses about 65 watts and a central air conditioner uses about 3,000 watts.

### **Energy Self-Reliance Will Save Your Life!**

The coming EMP doesn't leave much room for interpretation, but you can question your own independence. Your first impulse when contemplating an attack might be to wonder if anyone can help you. But, mark my words: you must help yourself. By now you must have realized that life depends pretty much on energy.

So, by doing that, you will be able to live off the grid. When it comes to survival, energy might also depend on your knowledge. You are the only one able to protect yourself and by preparing in advance, you will prove you are one of the righteous, and avoid being in the same situation with all the sinners.

So far, I have underlined what would happen in case of a worst case scenario such as an EMP.

Even thinking of it is tough and I know that you might find it hard to cross that inner barrier that might keep you away from helping yourself and others as quickly as possible in harsh conditions. But remember that neither sentimentalism nor panic is of any help.

Nothing can help you more than your mental strength and your knowledge. You need to remember this: "mind before heart"! You are still human, but don't get too soft.

Have you ever thought about time lapses in emergency calls? People often don't understand that for help to arrive the following things have to occur:

1. Dispatch has to find out there's a problem.
2. They have to find where it is, and what's going on.
3. They have to assign a unit to respond.
4. That unit has to get from where they were to where they need to be.
5. The unit that responds then needs to figure it if the info they have matches what they find, and what is going on.

Each step takes time and is subject to variables that can affect response, from a mistaken address (on the part of the caller, dispatcher, or officer) to traffic to multiple calls in progress. Some people also exist under the misconception that police and fire agencies have an obligation to protect them. I encourage you to research the concept of "**affirmative duty of protection**", and suggest they reconsider your options.

How about federal agencies? Are they actually capable of offering the citizens help under desperate circumstances? Let's take a step back to the example with the emergency call and also see the analogy and the fact that, at a large scale, any ethical issue becomes redundant. And here are some similar steps taken by the government when dealing with emergencies and helping you:

1. Identify the problem.
2. Explore alternatives.
3. Select an alternative
4. Implement the solutions.
5. Evaluate the situation.
6. Process of intervention.

The list could have gone on, but the truth is that real help almost never comes on time! Think about the hurricane floods and other disasters that hit our country over the last decade. Studies have revealed discrepancies between media information and the real life situation, not to mention countless invented life losses reports.

Immediately after buying or making the solar panels, you should install them, just to make sure they work and to avoid finding yourself in a difficult situation after the EMP. Even though, the panels are an alternative source of energy not connected to the main power grid, beware, as they need to be protected against the EMP damage, as well. Insulate them properly using tarp, cardboard or paper, and then wrap them around in aluminum foil, at least five times.

Another great and cheap method to recharge different types of batteries, such as AAA, AA, C

and D are through \$20 battery chargers, which function independently from the solar panels.

Make no mistake: they should also be protected against the EMP attack. Since they are quite small, you can follow the protection steps listed above and ultimately, store them inside a Faraday container.

### **The Forbidden Knowledge about FEMA's Energy Sources**

The Federal Emergency Management Agency (FEMA) failed on informing the population on the importance of the alternative sources of energy. They know better than most people that energy sources are crucial in survival situation. Do you really think that the government's interest is to establish order in case of a nuclear attack, as they suggested they would? There would be chaos and no one could do anything about it at such a large scale. FEMA is aware of that and... they are aware of the fact that we rely on energy to survive, but... The chaos would be uncontrollable. So they prefer decimating the population, by increasing the prices on PV. They would much rather fund a nuclear war against our enemies than supporting the American people.

FEMA is not an elected body, does not involve itself in public disclosures, and it even has a quasi-secret budget of billions of dollars! This governmental body has more power than the President of the United States or the Congress, it has the power to suspend laws, arrest and detain citizens without a warrant, it can seize property, food supplies (!) and transportation systems. So they can confiscate your food, your fuel, your car, if they want! God help us all! But if they do so, then they will leave millions unprotected and defenseless. God won't have mercy on their souls. However, the only solution for you is to retreat towards more secluded areas, so that they would not be able to find you when disaster strikes.

FEMA was first created to assure the survivability of the United States government in the event of our nation being attacked with the atomic bomb. Although it may be the most powerful organization in the United States, few people know it even exists. And yet, they hold a tremendous power over you and me!

A leaked report suggests that, in the near future, FEMA will increase the prices of the PV, precisely so you could not be able to defend yourself against the danger.

### **How to Build Your Own Solar Panel System**

We'll be soon living uncertain times, but we have to respect God's will! But He blessed us with brains and knowledge. So why not simply do things your way? I have personally talked to people who made their own alternative energy systems, and besides they were pretty happy about their achievement, they also spared money and found the actual work satisfactory and rewarding. Here's how to build a solar panel with a low budget.

### Step 1 - Get Cheap Solar Cells from eBay



There are quite a lot of solar cell types to choose from. Choose wisely with regard to your budget. For example, a rule of thumb in 2012 would be that the cells shouldn't sell for more than \$1.3 per watt. Buy the cells you think would fit your solar panel system's budget and preferences.

### Step 2 - Get the Tools



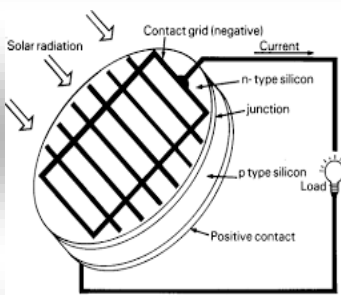
Let's say you received solar cells totaling 194 watts for \$195 +shipping (an actual example from eBay) that you carefully unpack, because they're very thin and fragile. Now find some tools like a soldering iron, solder, solder paste or flux (for removing the grease off the wires), a saw, some wooden board and protective glasses, a multi-meter to measure voltage and amperage. You need also a ruler and a pencil.

### Step 3 - Plan Your Solar Panel System



Place the square solar cells onto the wooden board and then draw separating lines (carefully). You're halfway through, after all!

### Step 4 - Wire the Solar Panel System



After planning the physical arrangement of the solar cells on the board, begin soldering the wires to the solar cells and then to each other, but make sure you link the cells in series. Follow this pattern, just like if you were soldering batteries: the positive lead is to be soldered to the negative lead of the next cell.

Do it for as many cells as needed to reach a voltage of 12 or 24 volts, but do not exceed the dangerous voltage area! You just need a minimum of 12 volts to kick-start a 12V inverter for generating 110/220V AC or charge your 12V battery packs. Linking the cell in series will increase the voltage.

But pay attention to avoid electrocution! Stick the cells to the board, carefully. It would be

better if you made them a frame where they can be inserted individually, so you can replace defective ones, just in case.

Before you've stuck all the cells in the right place, make sure you drill holes for the wires, individually. Make connection buses along the positive and the negative lead and then connect those buses (thicker wires) in parallel (plus to plus, minus to minus) to have a parallel connection and **increase the amperage.**

### **Step 5 - You're done!**

You first have to measure the voltage, and then the short-circuit amperage. Just make sure your ammeter bears the solar cells' nominal power (108W at 12V means 9 amps). You can now power anything that runs on DC current. Remember, the more power you want, the larger the inverter you'll need to get.

I've been through this myself, and it's not that hard! I can tell you for sure that the most difficult part of building a solar panel system is connecting the panel to a pack of batteries and then to an inverter. But actually, you can do it the easy way! You can use a computer UPS (Uninterruptible Power Source), but you'll need more power to power your home. However, the batteries don't have to be new, and they can be the lead-acid type, but it's advisable that you should buy the specially crafted ones for power storage and deep cycle use.

Of course, you'll find out more secrets through practice, but the idea is that such a system is cheap. For 200 watts of power you'll need solar cells worth \$180 and batteries worth \$300 to \$400. If you want to really power your entire home, you'll need about \$800 to become truly energy independent. But, hey, the fact that you will be able to make everything by yourself will give you confidence that you can do anything you set your mind to!

## **b. Wind energy**

God created wind for your purpose too. Wind is another valuable energy source that can increase your chances of survival after the EMP leaves you powerless. My father used to be fascinated by wind power and I guess I took after him on this one.

Wind power is one of the greatest inventions of all times and I'm sure you'll find it amazing to know you can actually build your own wind turbine, let alone see the result coming right of your own hands. It's the greatest satisfaction.

It's no piece of cake but trust me, if it all goes right you'll want to build another one. Wind turbines will provide you all the energy you need to survive off the grid. You'll be able to

### **Materials you Need:**

- 50mm x 75mm x 600mm box section steel (for frame)
- Solid or laminated wood suitable for blades (will get sizes when we get to that step)
- Two smart drive washing machine motors, including bearings and two shafts.

- Some plywood or sheet metal for the tail.
- 50mm x 5000mm thick waled pipe (for top of tower)
- Stator
- Magnets
- Coils
- Thick waled pipe with a inside diameter of 50mm and 150mm long for pivot.
- Some 20mm x 2000mm pipe for tail
- Other assorted pieces of small metal for other parts we will get to.
- Thick gauge insulated wire (for rewiring stators)
- 50mm x 5000mm box section for tower.
- Heavy gauge insulated two core wires to run the power from your wind turbine to where you want the power.

#### Tools:

- Welder
- Hacksaw
- Grinder
- Drill and drill bits
- Band saw
- Table saw
- Carving tools
- Other assorted hand tools.

You can easily find most of these materials at local yard sales or you can take it from machineries you don't use anymore. Many parts are replaceable and if for one reason or another they don't fit you have the chance of getting a I you need in several hours. I have always believed in keeping things simple because this makes it more reliable and much easier to diagnosis. Let's take it by steps.

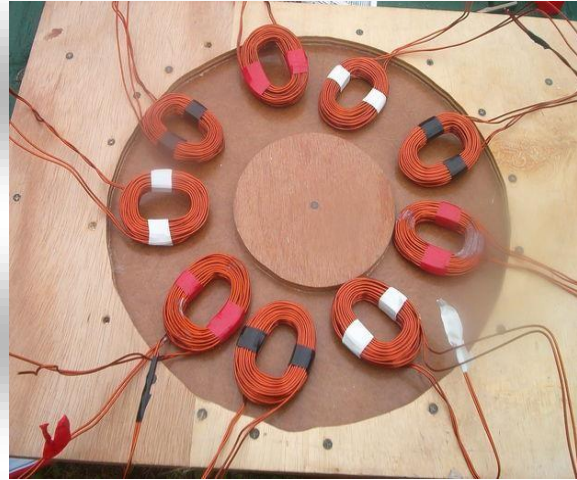
#### Step 1 - Build the Magnet Disks

You can have 12" steel disks hydro cut. Cut a template for mounting the magnets. Then mounted 12 grade n 50 magnets around the outside edge. You then built a form, pour the resin and wait for it to harden.



## Step 2 - Build the Coil Disk

Solder the 9 individual coils in a 3 phase configuration, and encase them in resin. Use 35 turns of 2 parallel strands of 14 gauge enameled (magnet) wire for 12 volts. Use 70 turns of single strand for 24 volts. Each of those coils is actually 3 coils in series. Coils 1,4, and 7 are series together, 2,5, and 8 form a series, and 3,6, and 9 are series together, as shown below (colored band, pink, black and white).



## Step 3 - Build the Bearing Assembly

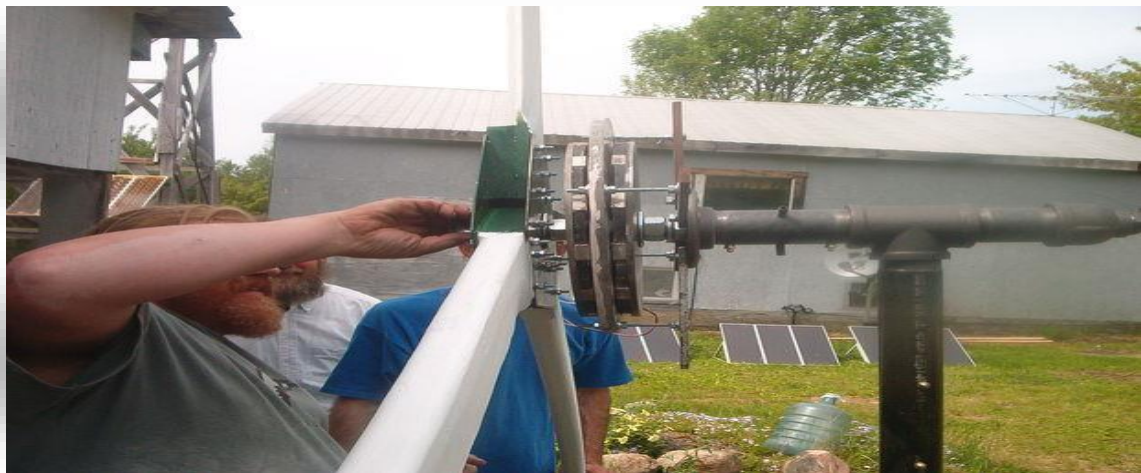
Two wheel bearings are inserted into the pipe, with a smaller pipe locked between them to keep them in place.



#### Step 4- Construct the Blades



Basically, the blades capture the wind energy. The rotational motion of the blades is converted into electrical energy through the alternator (which is comprised of the rotor disk and stator). This is then 'rectified' and stored within a battery bank. There are several types of windmill blades. You can carve wooden blades, purchase plastic carbon fiber composite blades or use aluminum blades. The latter are silent, they catch small wind and will hold up to weather conditions better than wooden blades. A 1000 watt wind turbine is enough for you to charge the battery bank that powers our home. It's a permanent magnet alternator, generating 3 phase ac, rectified to dc, and fed to a charge controller. The magnets spin with the wind, the coils are fixed, so no brushes or slip rings necessary.



Follow the link below to a demonstration of how it's done. This movie also contains information on the stator construction, which might be more difficult to build but, hey, you've already made some steps and I'm positive you will manage just fine!



[https://www.youtube.com/watch?v=0jLA2u\\_G4Dg](https://www.youtube.com/watch?v=0jLA2u_G4Dg)

## Cheapest Wind Turbines

Did you know that windmills have been in use since 2000 BC? Ancient sailors used them for navigation, while farmers used wind power to pump out water for grains. And isn't it amazing that today the largest turbines can harness energy to power 600 American homes? You wouldn't want to be unprepared when disaster strikes and let this priceless source of energy pass you by, because it can literally save you and your family!

I am certain that you understand the benefits of wind power and since you most likely have the chance of investing a small amount of money in wind energy, I gladly recommend you to do so, as a number 1 priority. I bet you would want your beloved to be safe when the world goes silent and dark. Being prepared is the least you can do.

So, here is a list of some of the most inexpensive wind turbines on the market today, devices that can be of great help in case of disaster:

1. The Sunforce 44444 12-Volt 400-Watt Wind Generator - \$360.00

- Uses wind to generate power and runs your appliances and electronics.
- Constructed from lightweight, weatherproof cast aluminum.
- Fully integrated regulator that automatically shuts down when the batteries are completely charged.
- Maximum power up to 400 watts or 27 Amps.
- Measures 15 x 9 x 27 inches.



2. ALEKO® WM450450W 450 Watt 12 Volt Wind Turbine Residential Wind Generator - \$339.00

3. ALEKO® 900W 900 Watt 12 Volt Wind Turbine Residential Wind Generator - \$379.00

4. ALEKO WG300W12V 12-volt 6-Blade Wind Generator with Integrated Charge Controller, 300-watt - \$249.00

5. MISOL400W Wind turbine 12V 24V wind generator - \$374.98

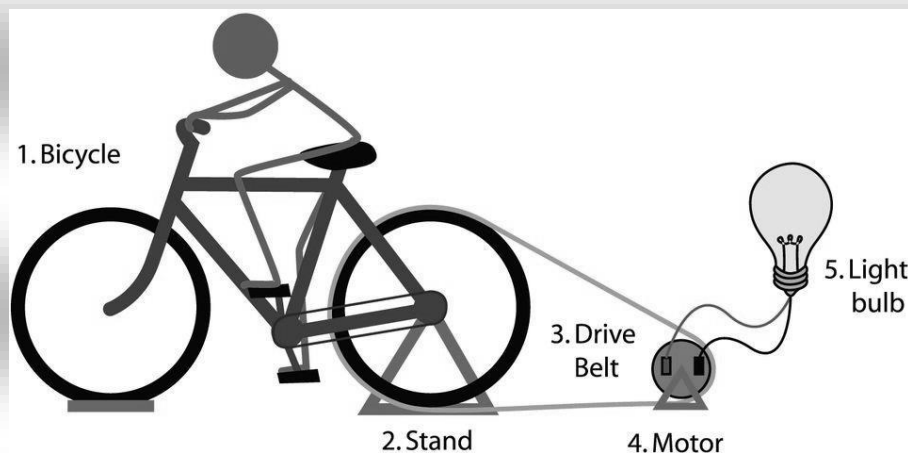
If you asked me, I'd say each of these wind turbine kits are just fine to power up your house and plans. But I believe that the first on the list, the Sunforce 44444 Wind Generator, is the best.

It's not even a matter of taste but its performance and endurance are absolutely fabulous. My father's fascination about wind power inspired me to be keen on this devices and I can te l you for sure that this particular one can save your life. You can use it to catch smal winds and you won't be bothered about the noise, because it's basicaly non-existent.

After the EMP, having this wind turbine wil feel like a blessing from God. You wil be able to live a better life and the device wil also provide light and refrigeration for your food, to say the least. So, if you have the chance, go for it before it's too late! Don't spend the rest of your life in pitch darkness and most of a l, always remember that ignorance is one of the sins that you might not be forgiven for!

### C. Human powered generators

Otherwise known as **pedal power**, this technique transfers energy from a human source through the use of a foot pedal and crank system. The most common of uses for this technology is transportation and what it does is prope ling bicycles for over a hundred years. Less commonly pedal power is used to power agricultural and hand tools and what mostly interests us, to generate **electricity**.



Some third world development projects currently transform used bicycles into pedal powered tools for sustainable development. By using basic electronic equipment and lighting, you can make do with a 12 volt battery. A bicycle powered generator can help you get fit, whilst obtaining energy. The cost of such an item is around \$500. I've already purchased one and I'm using every day for an hour with my kids who, I have to te l you, they seem to love it.

To obtain the right dose of electricity you wil need to pedal for at least two hours every day. Similarly, you can also use a hand generator, but these wil double the amount of time you invest in creating energy. Prices may vary according to the product's technical specifications – between \$50 and \$200.

Your chances of staying alive improve if a l capable members of your family have proper training.

Don't forget that the ability to obtain electricity is a game-changer for your lives. And this technique could even turn out to be a fun activity for your children.

### **How to build a bicycle generator**

Building a generator is not hard and it doesn't imply a set of complex engineering skills to accomplish the task. You can do it on a weekend so you' I be protected when desperate measures need to be taken.

#### **What do you need?**

- 2" X 4" Wood
- Wrench
- V-belt
- Saw
- Diode
- Wood screws or nails
- Battery
- Hammer or Screwdriver
- Inverter
- Tape Measure
- Wire
- Screwdriver
- Motor (12-V or higher)
- Perforated plumbers steel (if the motor does not have mounting bracket)

#### **Step 1**

Buy a bicycle or use an old one and remove the back tire. Start by unscrewing the back to remove the tire and tube. The only part that has to work is the chain and pedals so an old bike will work just great.

#### **Step 2**

Build a stand to lift the bike off the ground. You can choose your own design for the stand; just make sure that the bike is elevated and secure. The rear wheel of the bicycle should be about 6-7 inches off the floor. Adjust the dimensions according to your bike.



### Step 3

**Attach the drive belt on the back rim.** You can purchase a drive belt from any auto parts store. Remove the back rim to attach it, but before that, assure yourself that the distance from the motor to the rim is appropriate.



### Step 4

**Attach the motor to the stand.** The recommended motor is a 12-volt DC or higher. Choose the wattage accordingly; it's a I about what you want to power. Secure the motor to the stand at a distance that will fixate the drive belt on the shaft. The belt and motor shaft should spin concurrently, be certain that there is no slipping between them.



### Step 5

**Place a diode in series with the motor and battery.** The diode should only a low current to flow from the motor to the battery and the cathode should be pointing towards the positive terminal of the battery.



### Step 6

**Connect battery to the diode.** Make sure the battery is connected in series with the motor and diode. The negative lead should be attached to the negative terminal of the battery. The positive lead from the motor should be connected to the diode, and the diode to the positive terminal of the battery.



### Step 7

Connect the battery leads to the inverter. Try using an adapter to connect the battery to the inverter; otherwise, you will need to tape the battery's leads to the inverter so that the circuit is safely secured. Correctly connect the positive and negative terminals of the battery to the inverter or you will blow the fuse and you definitely do not want that to happen.



### Step 8

Plug any appliance you need to power into the inverter. After the motor is secured to the belt, you will need to use a multimeter to measure how much voltage is being exerted while pedaling. Depending on how much you exert, you will be able to power different appliances. And there it is. You've built your very own human generator bicycle. Nevertheless, you are free to make changes to make your generator better and more efficient.



In the Old Testament, Noah built the Ark to prepare for the flood that will have wiped a 1 humanity. Nobody but him believed such a disaster will happen. Does it sound familiar to you? Do you want to be on the Ark of survivalists or do you want to perish once the EMP strikes?

Take my advice and be prepared for the unpredictable. Plan in advance, pack your bug out bag, stockpile food and learn how to live in the wild for your own well-being and your family  
Life-saving techniques

If you think that the big pharmaceutical companies will do anything to help you, particularly in times of sickness and turmoil, think again. You can only rely on yourself and your family. But don't fear, as God is constantly watching over you. Injuries outdoors are beyond your control and are drawn to calamities like bees to honey. This is your time to stand out, to acquire medical skills and be the change all Christians yearn to be.



Since I was a boy, I've been taught to love my neighbor like I love myself and to always show kindness to everyone. This is how I have conducted myself until now, and I will keep on doing so until my heart stops beating. In this post-apocalyptic new world, where qualified personnel won't be within your reach, treating yourself and those around you is the only available solution. **Do you have the courage and strength to handle a life and death situation? Are you ready to be the kind of savior our Lord was when he descended from His kingdom to treat and bless all humankind?**

If your answer is **YES** to both questions, you are now ready to acquire knowledge that might do wonders for you and your family. Thus, with a fair amount of basic medical training, you can make a difference in your nearby future. There is no substitute for preparedness in emergency situations. Adherence to this basic rule will prevent or ease the majority of mishaps that occur in the wild. Appropriate education before any crisis will allow you to cope in a purposeful way rather than in a state of fear and panic. At least one member in a wilderness expedition should know first aid and medical rescue. Why can't that one person be you?

Many accidents happen because people tend to ignore warning signs or don't anticipate problems. Especially in an EMP disaster, you must be aware of your surroundings and never lose focus because, in the wilderness, danger can be waiting just around the corner. It has been proven that people's ability to treat themselves in emergency situations increased their morale and helped them survive.

This chapter shows you what you need to always carry with you and what to do in the most common injuries that occur in the heart of wilderness. After reading and learning the information I'm sharing with you, you will be able to perform anything from treating an open wound to performing a tracheotomy.

# 1. Stock up on essentials

You would likely not give this a second thought, yet you are going to need toiletries. Toiletries may seem like a luxury, but in fact these are necessary items. Maintaining your family and yourself clean, as well as sanitizing your entire house will reduce the risk of developing allergies or dysentery, tetanus, typhus and cholera, which is not to be disregarded, especially in difficult times, when going to the drug store and buying medication is close to impossible.

The items you will need are: **cleanser, antiperspirant, razors, cleanser, and tissues**. Maintaining your teeth healthy and preventing cavities is also important. Thus, remember to buy plenty of toothpaste, toothbrushes and mouth wash.

In an unfortunate situation, **wood ash, baking soda or salt** can successfully replace the toothpaste. You can also combine ash and salt, as they will help mineralize your teeth and protect them against cavities

In a post-EMP debacle, as specified in the past, you won't be living in the same world you did prior to the EMP. You are going to need to figure out how to live frugally and discover that those fifteen minutes of hot showers you're accustomed with are long gone.

Planning to survive an EMP can become second nature to you after you simply get in the right mindset. Getting ready does not imply that you invite anguish and bad luck in, but instead you are thinking ahead and planning for your survival.

## **Block infestations**

Cleaning and sanitizing is of utter importance and will prevent insect infestations and bites. In order to prevent insect infestation, you can also use strong bug repellent sprays, which are to be used only once every year. Combining and using water and boric acid can eliminate ants, ticks and other pests.

Be sure **to disinfect thoroughly**. Lice and fleas can transmit typhus. If your immune system won't be able to fight the high fever and pain, typhus can also cause death. Moreover, disinfect pans, spoons, forks, or any other item necessary when cooking and eating. Failure to do so will result in skin and intestinal diseases.

Prior to sanitizing, clean the surfaces with antibacterial soap and rinse thoroughly. **Chlorine** can be used not only for purifying the water, but also for sanitizing different surfaces. Use a cloth to sanitize; allow up to two minutes for the chlorine to kill all germs. Equally important to sanitizing your home or the place you sleep in is maintaining your personal hygiene all the time. Bathe and change your clothes every day.

## 2. Crucial medical supplies

Get yourself a decent **first aid kit**. Each car should have a kit and your house should have one. Most survival suppliers stock an assortment of first aid kits, from simple to field surgical quality.

**Here are suggestions for a decent first aid kit:**

- 2 Ace bandages
- 1 box of adhesive bandages (at least 12 Band-Aids) of varying sizes, with at least two square bandages 2" or larger
- 6 butterfly bandages
- 1 large roll of 2" cloth adhesive tape (may be torn or cut to smaller widths)
- Several 4" x 4" sterile non-adhesive dressings
- Three 3" - wide gauze rolls
- 2 triangular bandages
- Triple antibiotic ointment
- Mouth shield for mouth-to-mouth resuscitation (precaution against AIDS, tuberculosis, and hepatitis)
- 3 sterile applicator sticks, cotton tipped
- \*Alcohol and/or 10 prepackaged alcohol squares
- Instant cold pack/ice pack
- First aid manual
- Thermometer
- Safety pins and sterile needle
- Scissors
- Surgical rubber gloves (several pairs)
- \*Pain reliever tablets (aspirin, acetaminophen, etc.)
- \*Laxative
- \*Anti-diarrhea medication
- \*Syrup of ipecac (to induce vomiting)

**\*Note:** Check expiration dates and try to rotate stock every year.

Add the following items to prepare a more advanced first aid kit:

- Snake bite kit
- Emergency suture kit
- Splinting material (air splint, traction splint, hard splint, etc.)
- Tourniquet
- Thumb/finger splint
- Burn gel and "second skin"
- Echinacea, colloidal silver, and grapefruit seed extract natural antibiotics (internal)
- Tea tree oil natural antifungal and antibiotic (external only!)
- Single-edged razor blades and surgical scalpel kit

- Keley hemostats
- Surgical blunt tip and pointed scissors
- Silver nitrate to cauterize bleeding
- Prescription antibiotics and painkillers
- Sterile thread

## Keep your medicine close

Stockpiling medications (antibiotics, antihistamines, venom extracting kit and any other required medicine) is possibly one piece of advice that can turn out to be life -saving. If you suffer from a certain disease that requires you to use certain medicines to keep your disease under control, then do not hesitate to do so. To prevent medicines from spoiling, keep them contained in plastic bags, or plastic containers.

I also feel it is important to state that you should consider stockpiling the following medicines, which are highly effective in treating future infections:

- **Ampicillin** is used to cure middle ear, sinus, respiratory and urinary tract infections, as well as gynecological, digestive, skin and biliary infections. Not only that, but it is effective against peritonitis, typhoid fever, bacterial gastroenteritis, dysentery meningitis and septicemia.

**Usual Adult Dosage:** 250 mg. to 500 mg. every 6 hours.

**Usual Children Dosage (under 12 years):** 150 mg. to 200 mg. once a day.

- **Amoxicillin** is a penicilin based antibiotic that is very efficient when it comes down to treating Lyme disease, bronchitis, pneumonia, cystitis, gallbladder and kidney infections, but it will also treat tonsillitis, Chlamydia, gonorrhea, ear, throat or skin infections. The FDA has cleared this medicine for pregnant women, as there seems to be no adverse reactions affecting the fetus. However, it is recommended to be taken only when really necessary.

**Usual Adult Dosage:** 250 mg. to 500 mg. 3 times a day.

**Usual Children Dosage (under 12 years):** 20 mg. to 80 mg. twice a day.

- **Doxycycline**, which is in fact an improved version of the Tetracycline medicine, can be used to treat sinusitis, Anthrax and Typhus. As opposed to Amoxicillin, Doxycycline is not recommended to pregnant women and kids, as it may cause kidney failure.

**Usual Adult Dosage:** 200 mg orally on the first day, given in 2 or 4 divided doses and continue with 100 mg orally per day, given once a day or in 2 divided doses.

**Usual Children Dosage (under 12 years):**

- 12.5 lbs or less: Give one-half (1/2) teaspoon (12.5 mg doxycycline) twice a day
- 12.5 to 25 lbs: Give one (1) teaspoon (25 mg doxycycline) twice a day

- 25 to 37.5 lbs: Give one and one-half (1 1/2) teaspoons (37.5 mg doxycycline) twice a day
  - 37.5 to 50 lbs: Give two (2) teaspoons (50 mg doxycycline) twice a day
  - 50 to 62.5 lbs: Give two and one-half (2 1/2) teaspoons (62.5 mg doxycycline) twice a day
  - 62.5 to 75 lbs: Give three (3) teaspoons (75 mg doxycycline) twice a day
  - 75 to 87.5 lbs: Give three and one-half (3 1/2) teaspoons (87.5 mg doxycycline) twice a day
  - 87.5 to 100 lbs: Give four (4) teaspoons (100 mg doxycycline) twice a day
- **Metronidazole** (branded as Flagel, among others) is an antiprotozoal agent with which you can treat protozoan diseases (i.e., giardiasis). Protozoa is in fact a cluster of single, eukaryotic (with a nuclei) cells, with an animal-like behavior, meaning that they act as predators. You can use it if you suffer from diphtheria, diabetic foot ulcer, vaginal or intra-abdominal infections, such as liver abscess, or peritonitis. Central nervous system diseases such as meningitis or the African sleeping sickness caused by the tsetse fly are another two diseases you can treat with Metronidazole. The World Health Organization has included this on the List of Essential Medicines.

**Usual Adult Dosage:** 7.5 mg/kg orally every 6 hours

**Usual Children and Teenagers Dosage:** 30 mg/kg/day orally in 4 divided doses

- **Erythromycin** helps treat pneumonia, bronchitis, gastroenteritis (infectious diarrhea), pharyngitis, otitis, Lyme disease caused by ticks, syphilis, chlamydia, diphtheria, etc. Before stockpiling on Erythromycin, ask your doctor if it is safe for you to take this medicine if you suffer from liver or heart rhythm disorders.

**Usual Adult Dosage:** 250 to 500 mg (base, estolate, stearate) or 400 to 800 mg (ethylsuccinate) orally every 6 hours.

**Usual Children Dosage (under 12 years):** 20 to 50 mg twice a day.

- **Cephalexin** may just be the Holy Grail of antibiotics, as it can help treat pretty much all respiratory infections; moreover, it is useful for urinary tract, bone, skin and middle ear infections. However, it is useless against the MRSA (methicillin resistant Staphylococcus Aureus), which causes difficult to treat skin infections, characterized by agonizing swellings. In addition, this particular strain can further penetrate the body and affect the bones, lungs and even the heart.

**Usual Adult Dosage:** 250 mg orally every 6 hours or 500 mg orally every 12 hours.

**Usual Children Dosage (under 12 years):** 12.5 to 25 mg/kg orally every 6 hours.

- Fortunately, the MRSA is not resistant to **Sulfamethoxazole and Trimethoprim**, which you can also use to treat intestinal, respiratory, urinary tract infections. Not recommended to be used in children less than 2 months old.

**Usual Adult Dosage:** 100 mg orally every 12 hours or 200 mg orally every 24 hours.

**Usual Children Dosage (under 12 years):** 5 mg/kg orally every 12 hours.

\*Minimum time of treatment is 7-10 days for all antibiotics.

Antibiotics can be used to treat minor and major bacterial infections, protozoan infections or parasitic diseases (such as malaria, giardia lamblia, scabies, etc.) and prevent bacterial infections caused by surgical wounds. However, overusing antibiotics can lead to antibiotic resistance. The World Health Organization classified it as a:

**“Serious threat [that] is no longer a prediction for the future, it is happening right now in every region of the world and has the potential to affect anyone, of any age, in any country”.**

Antibiotic resistance is a disaster in a survival situation, as your body is no longer able to fight back against the potential deadly infection. Therefore, as long as you don't abuse the antibiotics, you should be fine.

Before stockpiling, make sure you are not allergic to any of the following antibiotics. Usually, allergic reactions cause hives, sneezing and coughing, and you might have some breathing difficulties. You might develop mild or even severe allergic reactions. Needless to say, but should you experience harmful reactions stop using the antibiotic in question immediately.

In addition, do not mix the antibiotics with alcohol, as this combination can cause dizziness, nausea and increase the heart rate, among others. I strongly advise you to stockpile at least 5 boxes of each of the above mentioned medicines per person.

Following an EMP, all the communication systems will be down. Therefore, going to a hospital, or even calling for an ambulance may seem like an impossible mission. Also, remember that going to the hospital may prove useless, as without electricity, the medical staff may not even mind you as they will be swamped and only deal with real emergencies.

### **3. How to treat an open wound**

Open wounds are serious in a survival situation, not only because of tissue damage and blood loss, but also because they may become infected. Bacteria on the object that made the wound, on the individual's skin and clothing, or on other foreign material or dirt that touches the wound may cause infection.

Back in my college days, there was one man that inspired me to pursue a life of pure adventure. I met him at the cafeteria; he stood out through his great social skills and strong personality. His name was Adam Harris and, little did I know then, but at the age of 26 he had already climbed Mount Manaslu, one of the highest peaks in the Himalayas. Adam was born in a small town from Indiana, but for the past 20 years he's been traveling and living around the world. In order to become

mentally strong for the Himalayas, he trained himself in India, with Buddhist monks at the Hemis Monastery, from the region of Ladakh. Two whole years spent there made him the mature, calm and poised man he is today.

“Were there moments in the mountains when you felt you should give up and go home?”, I once asked him.

“Nothing can harm you as much as your own thoughts unguarded.”, he confidently replied.

Adam has always been the type of person that would risk his life to achieve his goals and always managed to push the limits of survival. And as one of the most intuitive and powerful friends I’ve had, he had one saying that defined his purpose and way of living: “Resilience is all about being able to overcome the unexpected. Sustainability is about survival. The goal of resilience is to thrive.”

A few years ago, he went on a climbing expedition in the Himalayas, where due to an avalanche, he lost all his food, was tens of miles away from the next pit stop and had just one bottle of water and some medical supplies in his backpack. To make matters worse, a tree branch punctured his leg and could barely walk. It was severely infected and had he not tried to treat it, Adam would have lost his limb in a matter of hours. As a professional climber, you need to know most medical techniques that would help you in emergencies. He drained the wound and changed the bandages daily.

What he told me afterwards will always remain in my thoughts and has since become one of my personal beliefs on survival:

“Survival is not about being fearless. It's about making a decision, getting on and doing it, because I want to see my kids again, or whatever reason might drive you personally.”

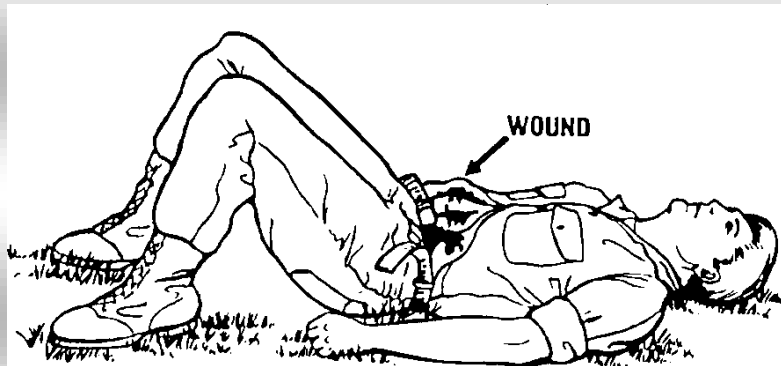
In a few days, he reached the pit stop with his leg fully treated by his own hands. Had he not learnt how to ensure a good blood flow, mountain climbing would have become out of the question and his lifetime goals would have disappeared into nothing. As Father Jonathan, the priest of my congregation, used to tell us in his preaches: “For you are dust, and to dust you shall return.” no matter who you are, what you’ve done and where you’ve come from.

### **How do we begin treating it?**

By taking proper care of the wound you can reduce further contamination and promote healing. Clean the wound as soon as possible after it occurs, by:

- **Removing or cutting clothing away from the wound.**
- **Always looking for an exit wound if a sharp object, gunshot, or projectile caused a wound.**
  
- **Thoroughly cleaning the skin around the wound.**

- **Rinsing (not scrubbing) the wound with large amounts of water under pressure. You can use fresh urine if water is not available.**



The “open treatment” method is the safest way to manage wounds in survival situations. Do not try to close any wound by suturing or similar procedures. Leave the wound open to allow the drainage of any pus resulting from infection. As long as the wound can drain, it will not become life-threatening, regardless of how unpleasant it looks or smells.

Then, cover the wound with a clean dressing. Place a bandage on the dressing to hold it in place. Change the dressing daily to check for infection. If a wound is gaping, you can bring the edges together with adhesive tape cut in the form of a “butterfly” or “dumbbell”. Use this method with extreme caution in the absence of antibiotics.

You must always allow for proper drainage of the wound to avoid infection!

#### **What to do when the wound is infected?**

In a survival situation, some degree of wound infection is almost inevitable. Pain, swelling, and redness around the wound, increased temperature, and pus in the wound or on the dressing indicate infection is present. If the wound becomes infected, you should treat as follows:

- **Place a warm, moist compress directly on the infected wound.**
- **Change the compress when it cools, keeping a warm compress on the wound for a total of 30 minutes.**
- **Apply the compresses three or four times daily.**
- **Drain the wound.**
- **Open and gently probe the infected wound with a sterile instrument.**
- **Dress and bandage the wound.**
- **Drink a lot of water.**

- In the event of gunshot or other serious wounds, it may be better to rinse the wound out vigorously, every day, with the cleanest water available.
- If drinking water or methods to purify drinking water are limited, do not use your drinking water.
- Flush the wound forcefully daily until the wound is healed over. Your scar may be larger but your chances of infection are greatly reduced.
- Continue this treatment daily until all signs of infection have disappeared.

## 4. How to perform a tracheotomy

Without intensive care, this procedure, technically called a cricothyroidotomy, should be undertaken only when a person with a throat obstruction is not able to breathe at all—no gasping sounds, no coughing—and only after you have attempted to perform the Heimlich maneuver three times without dislodging the obstruction. If possible, someone should call for paramedics while you proceed.

### Pushing the Limits of Survival

Have you ever heard of Jim Vanderson? I started to follow his story on the news a while back. Meeting up with survivalists has become a custom of mine so I contacted and met up with Jim to tell me about his astonishing tales of hunting and survival.

“What’s the one thing you cherish most in life?”, I asked him during his mesmerizing confessions.

“My family.”, he responded in less than one second.

“You see, I’m a hunter from Wichita, Kansas whose fight for survival has one vital purpose: to provide for my family: my two girls, Lysa and Erin, and my wife Martha who has to stay at home to take care of the little ones. I love them more than life itself”, he added.

What’s so special about Jim, you might ask. On one cold November morning, Jim woke up as usual at 4 A.M. and took the family van to Fort Knox. As a devoted Christian, Jim had faith in the Lord, but that particular day he felt God could be sending him a warning message. Don’t think about visions or signs appearing from the sky. But every little routine he had done thousands of times today seemed and, most of all, felt totally different. And so it was. On that day, his profession got the best of him.

He was mauled by a bear during a fur trapping expedition nearby the Missouri River and “there were no way he could recover from the wounds”, the crew strongly stated. So, the expedition leader asked some men to stay back with Jim until he died and then bury him. He just stopped breathing and you couldn’t feel his pulse anymore.

Jim believed that “survival instinct, that wil to live, that need to get back to life again, is more powerful than any consideration of taste, decency, politeness, manners, civility. It's such a powerful force.”

One of the men that stayed behind, John Staples, who used to go at the same church with Jim for Sunday mass, had some medical knowledge from books and his dad’s teachings (who was a doctor).

“Jim’s fight isn’t over. He’s a true trooper and a reliable friend. I wil do anything in my power to keep him alive even after he’d stopped breathing.” said John to one of the men when he dared to ask him to start digging a hole.

He decided to perform a tracheotomy even if he’d never done it before. He knew it was Jim’s only chance to survive. He gathered a l his strength and courage, took a knife, made the incision, inserted the tube and waited for the result. To everyone’s surprise, he regained consciousness and started breathing; John carried him in his arms to the Missouri River and then made his way to Fort Knox on a raft. Along the way, a l the men, astounded by what had happened, helped him by sewing bear skins over his festering wounds. It was an incredible showing of bravery and determination. And it’s remarkable how average people can become superheroes in life and death conditions.

### **Necessary items for treatment**

- **A first aid kit, if available,**
- **A razor blade or very sharp knife,**
- **A straw (two would be better) or a ballpoint pen with the inside (ink-filled tube) removed.**

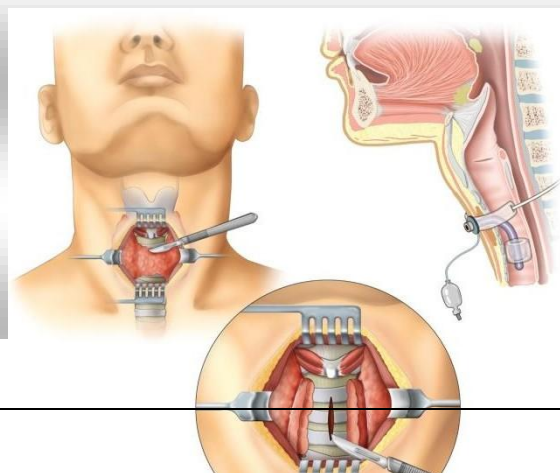
If neither a straw nor a pen is available, use stiff paper or cardboard ro led into a tube. Good first aid kits may contain "trachea" tubes. There wil not be time for sterilization of your tools, so do not bother; infection is the least of your worries at this point.

### **Let’s begin.**

1. Find the indentation between the Adam's apple and the cricoid cartilage.
2. Make a half-inch horizontal incision about one half inch deep.
3. Pinch the incision or insert your finger inside the slit to open it.
4. Insert your tube into the incision, roughly one-half to one inch deep.

### **How to proceed**

1. Find the person's Adam's apple (thyroid cartilage).
2. Move your finger about one inch down the neck until you feel another bulge.
3. This is the cricoid cartilage. The indentation between the two is the cricothyroid membrane, where the



incision will be made.

4. Take the razor blade or knife and make a half-inch horizontal incision. The cut should be about half an inch deep. There should not be too much blood.
5. Pinch the incision open or place your finger inside the slit to open it.
6. Insert your tube in the incision, roughly one-half to one inch deep.
7. Breathe into the tube with two quick breaths.
8. Pause five seconds, and then give one breath every five seconds.
9. You will see the chest rise and the person should regain consciousness if you have performed the procedure correctly.
10. The person should be able to breathe on their own, albeit with some difficulty, until help arrives.

You might think that you would never be able to perform such a complex intervention and that you might freak out, but when you're facing a life-threatening situation, adrenaline will kick in and you'll see there's no limit to what incredible things you can do.

## 5. How to treat frostbite

Frostbite is a condition caused by the freezing of water molecules in skin cells and occurs in very cold temperatures. It's distinguished by white, waxy skin that feels numb and hard. More severe cases result in a bluish black skin color, and the worst cases result in gangrene, which may lead to amputation. Thus, it should be treated urgently. Affected areas are generally fingertips and toes, and the nose, ears, and cheeks.

### The Mount Everest Disaster

"When the world is changing, when danger and opportunity are almost indistinguishable, this is the time for visionary leadership and when leaders need to look beyond the survival needs of those they're serving.", my uncle used to say, after a spending his whole life in the army.

Jon, born and raised in Forest Grove, Montana, had always kept his focus in any situation, as unperceivable as it might be. As a skilled writer and an even better climber, he was used to withstanding some of the most severe blizzards, storms and hurricanes. I had the pleasure of meeting him and talking to him at one of his book signings. "What drives you to continue and challenge death every step of your climbing expeditions?", I interestedly asked.

He smiled at me and said: "Let me give you some advice: never allow your mind to wander untamed like a wild animal that exists on the basis of survival of the fittest. Tame your mind with consistent focus on your goals and desires. Thus, you will stay alive."

From May 10 to May 11, 1996, nine people died during an attempt to scale the world's tallest

mountain in an event that is now widely known as the Mount Everest disaster. Writer and mountaineer, Jon Krakauer was one of the 34 people attempting to ascend the frozen peak. It's been said that one of the factors behind the tragedy was the large number of climbers. It led to delays and since it was a team effort, people had to wait and stay behind with the whole crew.

In our small session, he went on to tell me that he'd seen incredible things and people that surpassed the boundaries of humanity. In his expedition, unusual weather conditions are believed to have sent oxygen levels plummeting by 14 percent, and a snowstorm on Everest's southwest face caused the level of visibility to decrease. As a result, several of the climbers got lost and disoriented in the worsening storm. Between them, the mountaineers suffered exhaustion, hypothermia, frostbite and hypoxia.

Beck Weathers, who was part of Krakauer's expedition, was badly frostbitten and unable to move or even able to respond. Yet after being left for dead, and despite serious hypothermia, Weathers somehow recovered his strength and started walking under his own power to catch up the other survivor at the camp.

After another storm, Weathers was again believed dead and nearly abandoned, but he was found to be conscious by Krakauer. Jon was the better climber and the most powerful one, but when it came to the strength of the psyche, he'd never seen such a display. In spite of his worsening condition, Weathers managed to make it down the mountain. Frostbite claimed his nose, one hand, and five digits, but he recovered.

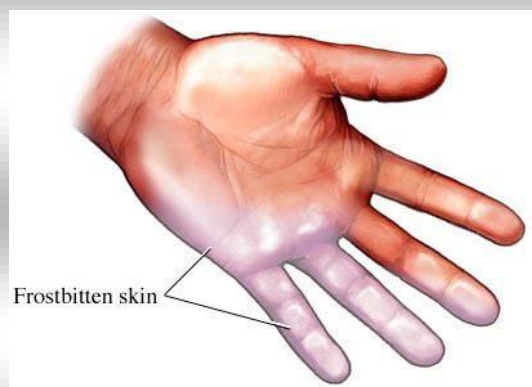
"So you see, my friend, how unpredictable we can be as humans and how extraordinary we can become", Jon said smiling, but with his eyes full of melancholy.

I contained my tears and smiled back at him. After telling me his and Beck's story, I understood how Weathers had become the inspiration of his writings.

### **What are your options when dealing with a frostbite?**

Frostbite should be treated by a doctor. However, in an emergency, take the following steps:

1. Remove wet clothing and dress the area with warm, dry clothing.
2. Immerse frozen areas in warm water (100—105° F) or apply warm compresses for ten to thirty minutes.
3. If warm water is not available, wrap gently in warm blankets.
4. Avoid direct heat, including electric or gas fires, heating pads, and hot water bottles. Never thaw the area if it is at risk of refreezing; this can cause severe tissue damage. Do not rub frostbitten skin or rub snow on it.
5. Take a pain reliever such as aspirin or ibuprofen during rewarming to lessen the



pain.

6. Rewarming will be accompanied by a severe burning sensation. There may be skin blistering and soft tissue swelling and the skin may turn red, blue, or purple in color. When skin is pink and no longer numb, the area is thawed.
7. Apply sterile dressings to the affected areas.
8. Place the dressing between fingers or toes if they have been affected. Try not to disturb any blisters, wrap rewarmed areas to prevent refreezing, and have the patient keep thawed areas as still as possible.
9. Get medical treatment as soon as possible.
10. After thawing the skin in warm water, sensation will return and it may be painful.
11. Apply sterile dressings to the affected areas, placing it between toes or fingers, if they have been frostbitten.
12. Severe frostbite may cause the skin to blister or swell. Wrap area to prevent refreezing, and seek medical treatment.

## 6. How to treat a leg fracture

Most leg injuries are only sprains, but the treatment for both sprains and fractures is the same. If skin is broken, do not touch or put anything on the wound. You must avoid infection. If the wound is bleeding severely, try to stop the flow of blood by applying steady pressure to the affected area with sterile bandages or clean clothes.

### The Unbreakable Woman

One of my survivalist friends, who's lived most of his life in the outdoors believed that: "Perhaps catastrophe is the natural human environment, and even though we spend a good deal of energy trying to get away from it, we are programmed for survival during catastrophe."

Vesna Vuovic is one incredible human being who managed to survive a terrorist attack. During one of my trips to Europe, I visited Serbia and I couldn't miss the chance to meet a legend like her. We went at a small terrace for some coffee, and started chatting away. She was 63 then, but you could still tell what a beautiful woman she had been.

"What made you become a flight attendant?", I immediately asked.

"Since I was little, around 6 years old, I dreamt about flying, about joining the birds and migrating to foreign lands.", Vesna told me with her soft and calming voice.

I could tell she was a dreamer. I went on to ask: "Weren't you playing with dolls at that age?"

She started laughing: "Unlike other girls who played with their dolls, I had a red cape and every time I put it on, it made me feel safe. On my 18<sup>th</sup> birthday, I decided to be a stewardess and fly high above the clouds."

Her story is nothing less than unbelievable. On January 26, 1972, a Yugoslav Airlines DC-9 took off from Copenhagen for Belgrade with 28 passengers and crew. At an altitude of 33,000 feet, a bomb in the cargo section, planted by a separatist group, exploded in midair. The plane collapsed and crashed in the mountains. This has to be one of the greatest survival stories of all time, because stewardess Vesna Vulovic survived the 33,000 foot descent whilst sitting on the tail of the plane. The

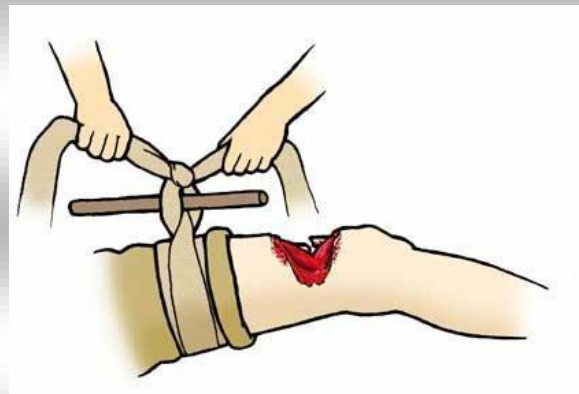
irony is that Vesna wasn't even supposed to be on that plane.

“Did you know that I wasn’t even supposed to be on that plane? There was another Vesna and there was a mix-up. But I didn’t mind at all because I was so excited to see Denmark for the first time. Life is strange, isn’t it?”, she asked rhetorically with a sad look in her eyes. She continued: “At a time when greed, aggression, and existence of weapons of mass destruction threaten the survival of our people, we should seriously consider any road that offers some hope.”

This was a stunning woman standing in front of me. After her accident, she ended up with a fractured skull, two broken legs, and three broken vertebrae that left her paralyzed from the waist down. Nevertheless, hope was one thing she could never let go of. After spending months in and out of hospitals, surgeries allowed her to walk again. She even became a celebrity when the Guinness Book of World Records invited her to a ceremony in London with Paul McCartney. She is currently listed for surviving the longest fall without a parachute.

### How can we help?

- 1.** Do not move the injured leg—you need to splint the wound to stabilize the injured area.
- 2.** Find two stiff objects of the same length—wood, plastic, or folded cardboard—for splints.
- 3.** Put the splints above and below the injured area—under the leg (or on the side if moving the leg is too painful).
- 4.** Tie the splints with string, rope, or belts, whatever is available. Alternatively, use clothing torn into strips. Make sure the splint extends beyond the injured area.
- 5.** Do not tie the splints too tightly; this may cut off circulation.
- 6.** Do not move the injured leg.
- 7.** Find two stiff objects of the same length— wood, plastic, or folded cardboard.
- 8.** Place the splints above and below the injured area.
- 9.** Tie the splints with string, rope, or belts— whatever is available. Do not tie the splints too tightly—you should be able to slip one finger under the rope, belt, or fabric. If the splinted area becomes pale or white, loosen the ties.
- 10.** Have the injured person lie flat on their back. This helps blood continue to circulate and may prevent shock.



### **Symptoms of a fracture, sprain, or dislocation**

- Difficult or limited movement
- Swelling
- Bruising of the affected area
- Severe pain
- Numbness
- Severe bleeding
- A visible break of bone through the skin

### **Avoid the following:**

- Do not push at, probe, or attempt to clean an injury; this can cause infection.
- Do not move the injured person unless absolutely necessary. Treat the fracture and then go get help.
- If the person must be moved, be sure the injury is completely immobilized first.
- Do not elevate a leg injury.
- Do not attempt to move or reset a broken bone; this will cause severe pain and may complicate the injury.

## **7. How to treat a bullet or knife wound**

A bullet or knife could lead to massive internal damage if not treated accordingly. Thus, you need prepare for the unexpected because recklessness in such circumstances can make you face internal bleeding ready to claim your life at any given moment. Even if you have limited choices, feeling helpless is of no use to you or your condition.

### **Impossible is Nothing**

Andy Dwire, a Cleveland Clinic laboratory technician is now living on his own again, less than 22 months after a robber attacked him and a friend while they were enjoying a desert expedition. After seeing my keen interest to meet him, he invited me at his place, for fresh lemonade last summer.

“Could you tell me more about your life’s story?”, I asked Andy while sitting on the couch in his living room.

“There’s not much to tell before the accident happened. I wasn’t special. I was an ordinary man, going to my job every day trying to build any sense of accomplishment. I used to spend my holidays in the outdoors, probably as a method to forget about my disappointing, mundane life. My parents died in a car crash and I was left alone in my one bedroom apartment. It looked like nothing would change for me. Oh, how wrong I was.”, Andy stated with a smile on his face I was yet to understand.

Andy and his friend, Jeremy, were in the car driving and happily awaiting their holiday in the desert. Suddenly, they saw someone standing on the side of the road appearing to be having car problems. The two friends stopped to help, but they unexpectedly found themselves in a burglary situation at gun point. In a moment of desperation, the thief panicked and shot Andy in the head.

The terrible event took place somewhere in the vicinity of the Sahara Desert. Andy saw the deteriorating state he was in. He managed to immobilize the injured area and dress the wound accordingly. When they arrived at the closest hospital, doctors described the injury as being “impossible to heal” because it crossed both hemispheres of his brain and was left with bullet fragments lodged in his skull.

I could tell his depressions made him fearless and unafraid of death itself. “Everyone fears the cut of the blade. It doesn't matter after that. I know the spirit survives as there is so much evidence of the survival of the personality in the afterlife.”, Andy told me with an open mind.

However, Andy not only survived, he recovered, slowly regaining full ability to see, speak, think and read. This is a full proof that impossible is nothing when your own life is at stake. And without Jeremy stabilizing the head wound, Andy would now be buried 6 feet underground.

Andy's life was never going to be the same again. From being a simple laboratory technician, he went on to doing charity work for victims of attacks all around the world. He's against violence with all the fibers of his body and will continue to fight it until he finds his final rest.

### **What's the treatment?**

When dealing with such a wound here's what you have to do: Do not immediately pull out any impaled objects. Bullets, arrows, knives, sticks, and the like cause penetrating injuries. When these objects lodge in the vital areas of the body (the trunk or near nerves or arteries) removing them may cause more severe bleeding that cannot be controlled. The object may be pressed against an artery or other vital internal structure and may actually be helping to reduce the bleeding.

Control the bleeding by using a combination of direct pressure, limb elevation, pressure points, and tourniquets (in that order).

**Direct pressure.** You can control most bleeding by placing direct pressure on the wound. Attempt to apply pressure directly to bleeding surfaces. The scalp, for instance, bleeds profusely. Using your fingertips to press the edges of a scalp wound against the underlying bone is more effective than using the palm of your hand to apply pressure over a wider area. Use the tips of your fingers to control bleeding arterioles (small squirting vessels).

1. Attempt to apply pressure directly to bleeding surfaces.
2. Using fingertips rather than the palm is more effective for scalp wounds.



3. Attempt to promote clotting.
4. Press on bleeding arterioles.

5. If injury is in a limb, use pressure to control bleeding, and elevate limb. Dress the wound to prevent spread of infection.

**Limb elevation.** When a wound is in an extremity, elevation of the extremity above the heart, in addition to direct pressure, may reduce the bleeding further. Never make people who are in shock sit up simply to elevate a bleeding wound.

**Pressure points.** To reduce blood flow you usually have to compress an artery (where you can feel the pulse) near the wound against an underlying bone. Just pressing into the soft belly of a muscle does not reduce the blood flow by this mechanism.

**Tourniquets.** A tourniquet is a wide band of cloth or a belt that is placed around an extremity and tightened (usually using a windlass) until the blood flow is cut off. The blood supply must be compressed against a long bone (the upper arm or upper leg) since vessels between the double bones in the lower arm and lower leg will continue to bleed despite a tourniquet.

The amount of pressure necessary typically causes additional vascular and nerve trauma that is permanent. A tourniquet should only be used as a last resort—to save a life at the expense of sacrificing a limb. Here's how:

1. Immobilize the injured area.
2. Using splints and dressings to immobilize an injured area helps protect from further injury and maintain clots that have begun to form. Even if an injury to a bone or joint is not suspected, immobilization will promote clotting and healing.
3. Dress the wound, and strive to prevent infection.
4. Use sterile (or at least clean) dressings as much as possible. Penetrating injuries may allow anaerobic (air-hating) bacteria to get deep into the tissue. This is why penetrating wounds are typically irrigated with sterile or antibiotic solutions in surgery.

While this is rarely practical outside of the hospital, it is important to remember that smaller penetrating wounds (nail holes in the foot and the like) should be encouraged to bleed for a short period to help "wash out" the foreign material. Soaking an extremity in hydrogen peroxide may help kill bacteria as well. Do not apply ointments to penetrating wounds as these may actually promote infection.

## 8. How to survive a poisonous snake attack

Because poisonous snakes can be difficult to identify — and because some nonpoisonous snakes have markings very similar to venomous ones—the best way to avoid getting bitten is to leave all snakes alone. Assume that a snake is venomous unless you know for certain that it is not.

### Risking It All for the Cure

An unemployed factory worker has proved his immunity to snake venom by letting a

poisonous mamba bite his left arm. That sounds like an interesting story, doesn't it? As surprising as it might seem, I had the pleasure of accidentally meeting Tim Friede when I went to Milwaukee for a friend's wedding. He was one of the guests and what an impressive person he seemed to be. And of course that my unsettling curiosity took over me in an instant and I started asking him questions.

"How did it all begin for you?", I asked the 45-year-old Tim Friede.

"It all began after losing my wife to cancer. Seeing how intrusive such a disease can be, I decided to build my immunity by risking it all.", replied Tim with what seemed to be a good enough reason.

"How many poisonous snakes have bitten you until now?", I wanted to know.

"To build up my immunity, I've probably endured bites from around 100 snakes.", he told me so calmly.

Tim sees more to life than just working to pay his bills. He has injected himself with diluted venom and is now able to survive a snake bite from a black mamba, which usually kills anyone bitten within just 20 minutes. Tim can also survive bites from cobras and other deadly serpents. Why does he do it? He hopes that by building up human immunity to snake poison he can bring a major contribution to the development of new anti-venom.

"When people see what I do, they usually swear or ask me if I'm going to die. I've proved that resilience is one quality I do have that can take us a step forward toward the evolution of our species.", Tim told me with great determination in his voice. "Letting yourself get bitten requires a very high level of mental pressure, albeit a necessary one to beat snakebite. Doing a pure venom injection is one thing, but a bite is a whole new level - and a necessary one.", he later added.

It's been said that true bravery comes to surface after losing everything. And that's exactly what happened to Tim. His wife had guided him through life and had always been his rock no matter what. Since he told me his story, I've been an honest supporter of his journey and I'm rooting and praying for him to reach his goals and inspire people to overcome fears to make a change in the world.

### **How to treat a snake bite**

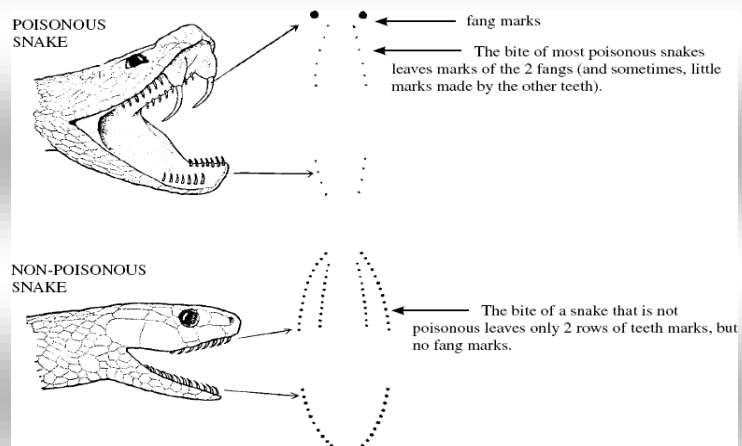
1. Wash the bite with soap and water as soon as you can.
2. Immobilize the bitten area and keep it lower than the heart. This will slow the flow of the venom.
3. Get medical help as soon as possible. A doctor should treat all snakebites unless you are willing to bet your life that the offending snake is nonpoisonous. Out of about eight thousand venomous bites a year in the U.S., nine to fifteen victims are killed. A bite from any type of poisonous snake should always be considered a medical emergency. Even bites from nonpoisonous snakes should be treated professionally, as severe allergic reactions can occur.
4. Immediately wrap a bandage tightly two to four inches above the bite to help slow the venom if you are unable to reach medical care within thirty minutes.
5. The bandage should not cut off blood flow from a vein or artery. Make sure that the bandage

is loose enough for a finger to slip underneath.

6. If you have a first aid kit equipped with a suction device, follow the instructions for helping to draw venom out of the wound without making an incision.
7. Generally, you will need to place the rubber suction cup over the wound and attempt to draw the venom out from the bite marks.

### What not to do

- Do not place any ice or cooling element on the bite; this will make removing the venom with suction more difficult.
- Do not tie a bandage or a tourniquet too tightly. If used incorrectly, a tourniquet can cut blood flow completely and damage the limb.
- Do not make any incision on or around the wound in an attempt to remove the venom— there is danger of infection.
- Do not attempt to suck out the venom. You do not want it in your mouth, as it could enter your bloodstream.



An unemployed factory worker has proved his immunity to snake venom by letting a poisonous mamba bite his left arm. Tim Friede says he has built up immunity and states he has now endured bites from 100 poisonous snakes.

The 45-year-old from Milwaukee sees more to life than just working to pay his bills. He has injected himself with diluted venom and is now able to survive a snake bite from a black mamba, which usually kills anyone bitten within just 20 minutes. Tim can also survive bites from cobras and other deadly serpents. Why does he do it? He hopes that by building up human immunity to snake poison he can bring a major contribution to the development of new anti-venom.

He says: “When people see what I do, they usually swear or ask me if I'm going to die. I've proved that resilience is one quality I do have that can take us a step forward toward the evolution of our species.”

It all began after losing his wife to cancer. Seeing how intrusive such a disease can be, he decided to build his immunity by risking it all.

Evolution explains our biological evolution, but human beings are very unique creatures. As the Dobzhansky said:

“All animals are unique; and that uniqueness of being human, language, art, culture, our dependency on culture for survival, comes from the combination of traditional biological evolution.”

It's been said that true bravery comes to surface after losing everything. And that's exactly what happened to Tim. His wife had guided him through life and had always been his rock no matter what. But now he came to find another purpose. And it's nothing less than spectacular.

In a later interview, he added: "Letting yourself get bitten requires a very high level of mental pressure, albeit a necessary one to beat snakebite. Doing a pure venom injection is one thing, but a bite is a whole new level - and a necessary one." I've been an honest supporter of his journey for years and I'm rooting and praying for him to reach his goals and inspire people to overcome fears to make a change in the world.

## 9. Environmental injuries

Heatstroke, hypothermia, diarrhea, and intestinal parasites are environmental injuries you could soon come to face; that is why you should know beforehand what to do exactly to resolve these medical problems.

### Heatstroke

The breakdown of the body's heat regulatory system (body temperature more than 40.5 degrees C (105 degrees Fahrenheit) causes a heatstroke. Other heat injuries, such as cramps or dehydration, do not always precede a heatstroke. Signs and symptoms of heatstroke are:

- Swollen, beet-red face.
- Reddened whites of eyes.
- Victim not sweating.
- Unconsciousness or delirium, which can cause **pallor**, a bluish color to lips and nail beds (cyanosis), and cool skin.

**\*Note:** By this time the victim is in severe shock. Cool the victim as rapidly as possible.

Cool him by dipping him in a cool stream. If one is not available, douse the victim with urine, water, or at the very least, apply cool wet compresses to all the joints, especially the neck, armpits, and crotch. Be sure to wet the victim's head. Heat loss through the scalp is great. Administer IVs and provide drinking fluids. You may fan the individual.

#### Expect, during cooling:

- Vomiting.
- Diarrhea.
- Struggling.
- Shivering.
- Shouting.
- Prolonged unconsciousness.
- Rebound heatstroke within 48 hours.
- Cardiac arrest; be ready to perform CPR.

**\*Note:** Treat for dehydration with lightly salted water.

## Hypothermia

Hypothermia is defined as the body's failure to maintain a temperature of 36 degrees C (97 degrees F). Exposure to cool or cold temperature over a short or long time can cause hypothermia. Dehydration and lack of food and rest predispose the survivor to hypothermia. Unlike heatstroke, you must gradually warm the hypothermia victim. Get the victim into dry clothing. Replace lost fluids, and warm him.

## Diarrhea

A common, debilitating ailment caused by a change of water and food, drinking contaminated water, eating spoiled food, becoming fatigued, and using dirty dishes. You can avoid most of these causes by practicing preventive medicine. Limit your intake of fluids for 24 hours. If you get diarrhea, however, and do not have antidiarrheal medicine, one of the following treatments may be effective:

- Drink one cup of a strong tea solution every 2 hours until the diarrhea slows or stops. The tannic acid in the tea helps to control the diarrhea. Boil the inner bark of a hardwood tree for 2 hours or more to release the tannic acid.
- Make a solution of one handful of ground chalk, charcoal, or dried bones and treated water. If you have some rinds of a citrus fruit, add an equal portion to the mixture to make it more effective. Take 2 tablespoons of the solution every 2 hours until the diarrhea slows or stops.

## Intestinal Parasites

You can usually avoid worm infestations and other intestinal parasites if you take preventive measures. For example, never go barefoot. The most effective way to prevent intestinal parasites is to avoid uncooked meat and raw vegetables contaminated by raw sewage or human waste used as a fertilizer.

However, should you become infested and lack proper medicine, you can use home remedies. Keep in mind that these home remedies work on the principle of changing the environment of the gastrointestinal tract.

**The following are home remedies that you could use:**

- **Salt water.** Dissolve 4 tablespoons of salt in 1 liter of water and drink. Do not repeat this treatment.

- **Tobacco.** Eat 1 to 1.5 cigarettes. The nicotine in the cigarette will kill or stun the worms long enough for your system to pass them. If the infestation is severe, repeat the treatment in 24 to 48 hours, but no sooner.
- **Kerosene.** Drink 2 tablespoons of kerosene, but no more. If necessary, you can repeat this treatment in 24 to 48 hours. Be careful not to inhale the fumes. They may cause lung irritation.
- **Hot peppers.** Peppers are effective only if they are a steady part of your diet. You can eat them raw or put them in soups or rice and meat dishes. They create an environment that is prohibitive to parasitic attachment.

Survival medical techniques at times may be nothing more than common sense and great intuition. You may not be a doctor, but you can prepare for the times that will come. By planning ahead for the types of survival medicine situations that may affect you and your family you'll find that you have removed a lot of stress and panic that comes from being faced with such an overwhelming situation.

## 11. Survival Shelters



This chapter aims to teach you why, when and how to build your own shelter in case of an EMP disaster. Protecting yourself from exposure is imperative. It's crucial that you understand how important your mental state is during a survival situation. In most cases, the psyche of a person during a survival conflict can make all the difference. Endure the situation or give up and perish is to be set in your mind. Have faith in yourself and in God to overcome times of despair in a calm and guided manner.

Shelters not only protect you from adverse weather conditions, but also give you a mental boost. Much like building a fire, shelters can give us hope and a sense of accomplishment. With no further notice, your shelter will become your sanctuary.

Furthermore, a properly built shelter will help us detach ourselves from the undesirable surroundings and allow us to rest. In the wilderness, a shelter will increase your chances of survival. Constructing a safe haven for yourself and your loved ones is one indispensable skill for your survival so pay close attention to every detail that I'm about to share with you.

Even in a simple hiking situation, people underestimate how fast a seventy degree day can turn into a dangerous scenario. Not to mention in an EMP disaster when you might be forced to leave your home behind and adapt outdoors. Keep in mind that forty degrees with wind and rain can cause hypothermia. Not knowing how to adapt in the woods could turn into a life threatening situation in a wrong turn of events. That is why under certain temperatures, having the appropriate shelter can make the difference between life and death.

Whenever we face a potential survival situation, a decision process is initialized. You should be able to evaluate how soon you want to build your shelter. Dealing with precipitation and wind can count more than you could imagine. Did you know that increased body heat loss can lead to impaired motor movement? When our clothes become moistened, your body loses its insulating properties. Just imagine trying to start a fire while trembling and shaking through all your extremities. In desperate conditions, an immediate shelter could be found under a tree, or any other sort of natural cover. This is the first precaution in order to block the wind and moisture to help us start a fire and then begin building a shelter.

### **Learn how to S.T.O.P**

Stories of peacefulness and calm are emphasized in the Holy Scripture and are meant to show us how important the power of the mind is for our souls in this life and in God's kingdom. How does this apply in a survival situation?

Thus, let's consider a popular survival acronym (S.T.O.P.): Stop and Think about the situation. Observe the area and then Plan your actions. You must ask yourself things like: Are you in immediate danger? Do you have enough building and fire materials in the area? The last thing you want is to allow fear to take over and make you act irrationally. If you believe you're lost, then STOP! Walking further will not only increase the distance from the last known position but it can reduce the chances of survival.

Proper preparation is done through practice. Just like a soldier in a war who is taught to react calmly under fire, you must be ready for any unpredictable survival circumstances. This is the main reason why I want you to understand how to react in such situations, what factors are conditioning your life and the most essential of all, how to build a proper shelter no matter the weather.

One night in the woods in Nebraska I was faced with the decision of either starting a fire or building a shelter before the sun went down. After some thought, I decided to start a fire using the bow drill method. Feeling confident that this is the right call, or at least that's what I thought, I

wanted to start a fire and then use the light from the fire to build the shelter.

This is where S.T.O.P. would have helped because I hadn't noticed how close I was to a frozen river. The wood and tinder looked dry in the sun, but the presence of humidity would quickly make me realize that I made a wrong decision. After a few hours, I had to quickly build a double lean-to shelter and sneak inside. What I can now tell you is that because of that tiny detail I was forced to experience one of the coldest nights spent outdoors.

So here's my advice to you: **assess your situation, ask yourself how much time you have left before the sun goes down, whether it's likely to rain or snow and so on.** In a life or death situation, every choice we make can turn out to be vital. And as I've told you before, we all learn experience through repetition.

Bear in mind that a decision made during desert survival is completely different from one you'd make in Arctic weather. Make no mistake about it, the nights can be extremely cold in the desert, but you will deal with a much lower level of humidity in the fuel. Well-built shelters will keep you dry and warm enough to survive nights without a fire. If fuel is not available to you, or maybe there is not enough time to gather wood, build a shelter that will keep you out of the wind and rain.

For example, a debris shelter or snow cave can help provide safety without a fire. You must stay out of the snow and rain if possible. Shelters will save your life. In some areas, the need for shelter may take precedence over the need for food and possibly even the need for water.

## I. Factors to consider when building a survival shelter

What should you be aware of when choosing the best location for your shelter? Never underestimate the power of nature and always know how to adapt to any conditions, as harsh as they may seem.

### a. Do you have wood?

Yes, we're talking about wood to build your survival shelter. When building a survival shelter, you will most likely be needing wood. It is the most typical item that is readily available in the woods. You're going to have to find a location with plenty of wood that can be used for shelter making.

Even if you happen to be close to a "safe" cave, you may require wood to supplement your shelter. By using a 550 cord or bush-crafted cordage, you can lash branches to small trees to build your shelter, or you may have to start from scratch and build a pup tent style shelter where the wood supports itself.

Don't forget about wood for fire. You'll definitely need wood for fire fuel. You're going to want small twigs, medium-sized branches, and possibly even larger logs. It's a good idea to always carry with you a foldable saw blade in your bug-out bag to help cut firewood down to a practicable size. Use the small branches to actually start the fire and the bigger ones as the main fuel for the fire. If and when you want to sleep, throw a larger log on the fire so it'll keep you warm at night. This

way you'll have embers the next morning for your fire. How else would you prepare that much deserved cup of coffee?

Wood is the best solution when lacking tools. So get ready to fashion some much needed **primitive tools out of wood**. Anything you need, from hammers to spears to containers and rafts, they all can be handcrafted from good old wood. So, ensure you have a good supply of wood around your location before setting up camp.

#### **b. How's the weather?**

You are either dealing with weather, or getting ready for weather in a survival situation. Always be aware of unpredictable weather.

**Hot or cold?** In hot weather, you may not even need shelter, but you'll most likely need more water. So be certain to fill your water bottle as often as possible so you can stay hydrated. When it comes to cold weather, well, that's a whole other story. You will need a thoroughly insulated shelter that will stop the wind and hold in heat from your body and fire. This is where those emergency blankets will come to your rescue in more ways than one.

**Rain isn't your friend.** If the skies are clear, rain cover won't matter, especially if you are in a desert. Of course you want to shield yourself from the sun, since dehydration or heat strokes are not pretty scenarios. However, if rain is eminent, then get ready to put some effort into making your shelter water-tight. Also, I advise you to consider setting up something to catch rainwater and use it as drinking water. If things get worse, and you get caught in a thunderstorm, then make sure you're on low ground and as far away from trees as possible.

**Get ready for snow.** If snow falls, then go ahead and insulate your shelter as much as possible with straw and branches that still have lots of foliage. Evergreens are your best choice here. You might also try to make some sort of door to keep the snow out. There are even shelters you can build that allow you to start a small fire inside.

#### **c. Be aware of widow-makers**

If you're an outdoors person, you've probably seen huge trees that you know they were going to fall at some point. Maybe you've seen one that has already fallen because it had decomposed. Those are called widow-makers. The term naturally refers to dead trees or large boulders that could possibly fall on you without any given warning.

It's a big mistake to ever set camp under or near a big dead tree or a huge rock that hasn't fallen. Even if it looks like it has been in that position for a long time, never risk it. You don't want to learn your lesson the hard way. If you are in the way, you could be hurt, confined, or even worse. This is where situational awareness is essential, be aware of your surroundings.

#### **d. Crawl away from animals**

Stay away from any creepy, crawly critters that could present any kind of problem. What you want to look out for the most would of course be venomous creatures like snakes, spiders and

scorpions. If you are out in the woods a lot, you should undeniably learn more about the animals indigenous to your area so you will differentiate the venomous from the non-venomous ones.

The best course of action is to find ways to completely stay away from them, or at least know enough to get around them. All you've learnt about them in past chapters will come into play again.

Some bugs will be more of an irritating problem than an imminent danger, but even those can become dangerous if they prevent you from getting any sleep during the night. You want to make yourself as comfortable in the woods as feasibly possible so you are not stressed and can actually relax into your survival situation (as hard as it might sound).

Fire usually keeps away the harassing insects due to the heat and smoke, but you can also rub mud and/or plants on exposed skin to deter many insects and bugs. Also, you can burn those plants to amplify their bug-repelling power.

#### **e. Water sources are a blessing**

Even if you have water with you, it is a great idea to know the location of the closest water source. If there is no water source nearby, you will ultimately have to leave your shelter location very quickly and move to find water in a crisis situation. Set your camp within 150 yards of a water source if likely to limit the amount of travel you have to do to get to the water.

Make sure you always bring a container with you so that when you find water, you'll have something in which to save the water. You're probably going to need to purify it, so don't just collect it and start drinking it. I've already showed you how the purification process works so be prepared to do so.

## **ii. Building the best shelter for your needs**

A major influence on all the knowledge I've acquired throughout the years was my dad. My father was that one person that showed me how important having faith in our Lord is, how it surpasses all materialistic things and how it can come to your aid in times of worries and distress.

Also, he was the one that taught me how to build my first shelter in the woods. After choosing an appropriate location, he built a wedge tarp design in less than 10 minutes. My first thoughts were that it was a piece of cake and that I wanted to learn how to build a more complex structure.

To my surprise, when he took it down and asked me to do it, it didn't seem that easy anymore. I realized I lacked focus and I started freaking out. I decided to start from scratch after one hour of hopeless trials.

My dad then decided to give me some advice and said to me in his calm and soothing voice:

"My dearest son, you must never build with anger in the peaceful and shielding nature. Take it slow, concentrate and you'll see great changes." And so I listened, and with calm and composure I managed to make a shelter in 20 minutes. There it was, my first ever shelter and I still remember

every detail about it.

Building a shelter is your top priority in most survival crises. Austere weather conditions could kill you within a few hours if you don't have some type of shelter to protect you from the elements. Fortunately, there is a wide range of techniques and materials to escape nature's danger.

I want to show you accurate information I have personally tested about the best and most useful shelter designs that apply to every circumstance you might encounter.

### **Round Lodge**



The round lodge is a mixture from a few cultures. Half tipi, half wicki-up, with influences from other architectural styles, a round lodge can block wind, rain, cold, and sun. Its structure is like a tipi's, plus a solid doorway. This shelter can be thatched with grass or mats; or it can be concealed with a thick coat of leaf litter. This lodge style dominated the historic and prehistoric American west. Also, it was the first choice for the climate of the pre-Roman Britain.

#### **Follow the steps:**

- Slant a large number (dozen or so) of tall poles together in a circular fashion
- Fasten them together at the top where they all meet using grass, vines, or sinew
- Thatch the walls with grass, hay, or other suitable materials at hand. Shaped like a funnel, the round lodge is much larger in diameter at the base and gradually narrows toward the top.
- These usually have a smoke hole through the roof, so that it can accommodate a small fire for heat and light.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image)

[https://www.youtube.com/watch?v=Ls\\_TJP9E0j8](https://www.youtube.com/watch?v=Ls_TJP9E0j8):



## Ramada



Ramada is the perfect option for hot environments that are in need of shade. The ramada's flat roof doesn't support leak-proof rain protection, but it does obstruct all those sun rays from beating down on you.

### Steps to follow:

- Start by getting four posts, few lightweight beams and a suitable covering.
- Tarps and mats will do well enough on the ramada's roof as a sun block.
- Add some detachable walls to cut the evening breeze if temps cool down, thus obtaining a very versatile desert shelter.

## Bough Bed



This is not a shelter by itself, but it makes a great addition to any other shelter design.

### Steps to follow:

- Make a bough bed by using leaves, grass, evergreen boughs, or other plant materials. Cedar and pine boughs are often found in the outdoors, but fir boughs make the softest bed.
- For the bed frame, just roll up two logs, next to each other and about 3 feet apart. Make sure they are longer than your height.
- Fill the room between the logs by setting down the boughs, a few at a time. Dry leaves or dead grasses can be a great plus if you have them.
- In snowy weather, you'll just have to stick with the boughs. Make the mattress so thick that you are at least 5 inches from the frozen ground or snow surface when lying down.
- Keep adding plenty of boughs or other vegetation if the mattress feels compressed too or isn't warm enough.

The following video will help you master your ability to build this survival bed (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=8pG9ZrxyB8c>



## Debris Hut



The debris hut has two sides, is shaped as a wedge and has much better weatherproofing and insulating characteristics.

### Steps to follow:

- Build one by selecting a long, sturdy pole 9 to 11 feet long.
- Support it up next to the root of a tree or set it on a rock, stump or two forked prop sticks.
- Then, cover the sides of the pole with tree branches placed at an angle along both sides of the pole.
- Position “the ribs” close together so that your cover won’t fall through onto the ground.
- Next, pile vegetation over the framework (grass, ferns, moss, pine needles, brush, or pine boughs). Two to four feet of vegetation covering all sides of the shelter is enough to keep you dry inside.
- In the end, fill the inside of the hut with a thick pile of vegetation for your bedding.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=KJmYAUk5guY>



## Lean-To



The lean-to is one of the easiest and most frequently constructed shelters. It can be set up in under one hour with a variety of materials. It's a basic, one-sided type of shelter that will give you a secure harbor from wind and rain.

### Steps to follow:

- Securely place a long, stout pole between two trees.
- Cover one side with poles, brush or branches.
- Then, add heap leaves, grasses, or any other vegetation that is available on top.

This shelter has two main disadvantages: it doesn't hold in heat well and if there's wind or rain that changes direction you'll no longer be sheltered.

Think of it as a house with just one wall and half of a roof. It gives you little in the way of insulation and barely deflects wind and reflects the heat of the nearby fire.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=9QgLUwkQVLo>



## Wicki-Up



The wicki-up is similar to a small tipi made from poles, brush and vegetation. This shelter can be found all over the globe, but has been most frequently used in the American Southwest. Thicker brush, grass, and leaf coverings along with a sharper roof can make this shelter suitable for climates with somewhat rain. A broader structure covered with soft brush can give you a ventilated shelter for hot and dry climates.

### Steps to follow:

- Start by collecting several dozen poles, some with forks at the top.
- Stick a few of these forks together to build a freestanding tripod.
- Then, put the other poles around to create the tipi frame.
- Finish with a layer made out of plants. If the wicki-up is large enough, and the vegetation covering the roof is wet, it may be safe enough to try lighting a tiny fire inside, but do it with great care.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=g78H4si8ZpU>



## A-Frame Tarp Shelter



The A-frame is a tarp design that is used against rain and wind, when built close to the ground. If installed higher, it still allows coverage from rain, but it allows more airflow underneath. A-frames are put up fast.

After picking your shelter site, you should have your tarp hung up in as little as 10 minutes, leaving you with more time in the day to accomplish other survival tasks. Let's get started.

### Steps to follow:

- Suspend a line of cordage between two trees or similar supports.
- Put your tarp over the line and tie down all four corners of your tarp.

This shelter, together with the tarp hammock make a great combination. Or why not put it over a bough bed? Always try to make the best out of all options.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

[https://www.youtube.com/watch?v=uXrapf\\_8WFM](https://www.youtube.com/watch?v=uXrapf_8WFM)



## Tarp Hammock



This is a fast way to improvise a hammock to get off the ground in wet areas.

### Steps to follow:

- Use an 8x10 tarp and some ¼ inch braided nylon rope.
- Start out with one of the long sides of the tarp and roll it up halfway across the whole tarp.
- Then, roll up the other long side to meet the first, so that the whole construction looks like a 10-foot long, two roll bundle.
- Now, tie a sheet twisted securely to each end of the tarp, leaving 15 feet or so of rope on each end to tie to the trees.
- Choose thicker trees about 10 feet apart, and carefully tie the end of each rope to a tree, as high as your reach goes.
- Wrap around the tree twice for better grip on the bark, and then use two half hitches, with an extra hitch for more protection.
- Tie it to the trees more high up to compensate for the settling of the hammock.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=L0pMpoguf5g>



## Quinzhee



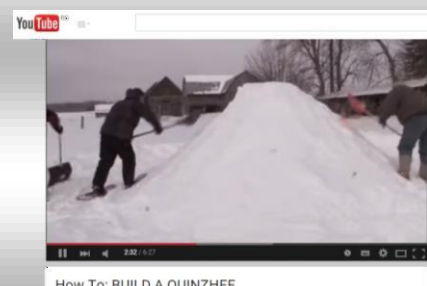
The quinzhee is a dome shaped snow shelter that might remind you of an igloo, but it's much easier to construct. Snow must be just right to build an igloo, while most types of snowfall can be gathered together for the quinzhee.

### Steps to follow:

- Start by piling up some portable gear under a tarp. Backpacks are normally used for this.
- Then, begin laying snow over the tarp and gear.
- Pack the snow down, approximating when it is two feet thick all the way around.
- Next, insert 12 inch long sticks around the dome. Use 3 or 4 dozen of these guide sticks.
- Make a hole into the side of the quinzhee, and retrieve the tarp and gear.
- Excavate snow inside the mound until you reach the base of every single stick. This will ensure the thickness of the dome.
- Finish by making a ventilation hole in the roof of the quinzhee.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=MniKeLZGscY>



## Desert Tarp



This shelter has two roofs and dates back centuries among desert cultures, especially in northern Africa and the Middle East, but it finally found extensive fame through the last century's military survival training.

### Steps to follow:

- To start building this shelter, you'll want two tarps and several dozen feet of rope.
- Choose or dig your own low spot in the ground.
- Put one of your tarps out over the low spot and drive each of your stakes at one corner of the tarp.
- Tie your tarp tightly to the stakes, and then tie the other tarp into a fixed place. It needs to leave 1-1.5 ft. of air space between the two tarps. You can also bend a larger tarp to create the two layers.
- Tie the tops of the four stakes to your four anchors, which can be rocks, logs or any other strong anchoring object.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=BMzwUcu0BFg>



## Snow Cave



A snow cave could be the only shelter option in areas with deep snow. This is normally the most dangerous shelter to create, as the occupants could suffer from low oxygen or even be buried alive if a ceiling collapses. Snow selection is a crucial part to the snow caves' secure performance.

### Steps to follow:

- Pick a deep, solid snow bank or drift.
- Dig into the side of it, creating a tunnel into a low spot. This is the place where the colder air can fall and collect.
- Then, dig up and make a shelf or platform to sleep on. This part should be the highest of the shelter.
- Now, dig a small hole about 6-7 inches in diameter somewhere in the roof for ventilation, especially if you plan on blocking the entrance with a big snow piece.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=cRqXqIFXcOs>



## Wedge Tarp



This tarp shelter is generally suited for windy conditions with a continuous prevailing wind direction. The wedge provides an aerodynamic shape which should stand the most relentless wind and driving rain. With a minimum of 5 ties, the wedge is safer than most tarps, and it even provides two corners that can contain rain.

### Steps to follow:

- To build the wedge tarp shelter, stake down two corners of the tarp into the wind.
- Then, tie up a line to the center of the opposed side of the tarp.
- Tie the remaining two corners down toward the ground.
- Use more rope and a less abrupt angle for open wings and better ventilation.
- Tie the last corners down tight for the best weatherproofing.
- Place a few rocks or log pieces under the tarp by the first tie downs to create deeper basins to catch water. This shelter is amazing because it is both a dwelling and a water harvester.

The following video will help you master your ability to build this type of shelter (CTR+click on the image to see the external reference or copy paste the link below the image):

<https://www.youtube.com/watch?v=efGzSrusOyY>



From the beginning of times, God gave us shelter and protected us from evil. As said in the Holy Scripture, when the end is near and destruction will be upon our homes, we will wait patiently and then rise again to build others more beautiful.

Building a shelter truly is a fundamental skill to have in your back pocket. Beyond the physical skills, it will also reveal your fears and anxiety. When you practice for a potential disaster situation, it can provide a safe place to expand on how you emotionally manage a survival situation. Your fears could make you do irrational things and believe me, they only contribute to making your state of survival worse.

This is why, the best advice I can give you is to learn what your fears are and, more importantly, how to handle them through experience and practice beforehand.

## **12. Security: When the fight for survival becomes real**



Security must be considered in all hazardous situations. Guarding your family from any attackers and protecting your supplies are important aspects you need to consider. Establishing security parameters may indeed pose a greater challenge than all the other activities, but it needs to be done.

### **1. Surroundings**

#### **a. Secure your house**

Since the beginning of times, humans have understood the tremendous importance of having a

shelter. Your house must be a safe haven, protecting you from various threats. When God will cast his wrath down upon this land, you will need to have a strong and powerful shelter, able to keep at bay all the threats the new post-Apocalyptic world will present. Every dangerous, blood-thirsty lunatic will come out of the woodworks looking to take by force anything that he desires. You will have to be able to stand your ground and fend off such criminals. Having a modern day stronghold around you and the words of God in your heart, will insure your survival.

You know the old saying : your house is your castle? Well, it used to be true, now not so much, wouldn't you agree? As time went by, and our society evolved we started to turn a blind eye to the teachings of the Holy Book. We have fallen into the Devil's snare and have come to worship appearances more than anything else. We traded the protection a shelter must provide for the pride of having the most beautiful house in our neighborhood.

Have you ever took a second to contemplate the European architecture? The remnants of the wars carried out in the name of God are alive even today. They have tall fences around the perimeter, the house is situated some distance from the fence, they have big thick curtains and shutters to keep prying eyes out of their business. The walls are made out of brick or concrete to provide additional protection from threats and they have metal doors with powerful deadbolts on all the entrances to the house.

The problem with Americans today is that they live in a naive state of mind that nothing bad can happen to them and even if by some chance it does, good old Uncle Sam will take care of them. More and more I see people flashing their valuables, be it clothes, jewelry, cars or other such items, with hardly any regard for the unwanted attention that they receive. What's even more surprising is that those people take little to no precaution to protect those items or themselves. They don't lock the door, don't carry a gun or have any safe hiding places in the house.

Besides this very ill advised way of thinking and acting, most of the houses have so many security risks, that when the catastrophe hits, most people will have no way to protect themselves even inside their own homes. Here's a list of weak points of the current way that American homes are made:

- Big windows on most sides
- Front doors with windows on it or with windows near it
- Sliding glass back doors
- Walls are not made to sustain any kind of damage
- Most parents have their bedrooms across the hall from the bedroom of the children
- Front doors made out of wood that can be kicked in quite easily

Once disaster hits, you can be sure that you'll see an rapid increase in crime, especially in home invasions. And as time goes by and things get worst, the determination and the methods used to get inside homes will become extreme.

While reshaping your house into a bunker may seem like a good idea, keep in mind that this will attract much unwanted attention, paint a big target on your house and cost a great deal of money. Your best course of action is to increase your security subtle, without anyone noticing or if they notice, to make it appear as something reasonable.

Now let's take a look at the weak points I mentioned earlier and see what you can do to make them secure.

## 1. Windows

Having big wide windows to let the sun and natural light shine is a great thing to have, until a brick comes flying in followed by a group of hungry, armed, desperate people. Windows are the greatest weakness of your house and the single most expensive and difficult part to secure. But that doesn't mean it's impossible to do it.

There are **three** main types of windows you can install if you have the money:

**Plexiglas Storm Windows** are the most affordable ones you can get. Plexiglas is flexible, has insulating properties and can stand up to high winds, hail or almost any weather condition. Unless you use laminates thicker than 1/2 in, Plexiglas will not stop bullets from coming through. You can also build them yourself. Here's a link to a DIY video that can better help you with this. CTRL+click on the image to see the external reference or copy paste the link below the image.



<https://www.youtube.com/watch?v=BKurS5Oh-Pk>

**High tensile strength plastic films** can be applied on the windows using a special adhesive making your windows shatter-proof and make them resistant to small caliber weapons. Of course the glass will crack when it is being hit, but it will not shatter into million pieces, staying intact and making sure that the attacker does not come in through there.

**Bulletproofing** is the safest, but also the most expensive option, due to the cost of the window

frames that need to accommodate the thick glazing. This type of window will stop most bullets, but keep in mind that if hit repeatedly in the same place, they will break.

These types of upgrades to your windows will be important to have when everything goes down the tubes, but they are costly. If you can afford any of them I strongly recommend that you make the investment and also urge you to do it as soon as you can, because once disaster hits, you'll not be able to do it anymore.

### **Other additional security measures**

There are other additional security measures you can take to ensure that your windows will not become an entry point into your home, and I strongly recommend that you install some of them even if you upgrade your windows:

- Put up steel bars on windows. Many in our country have frowned upon steel bars on windows and see them as the trademark of bad neighborhoods, where crime is high. These mind numbing times we live in have made people so careless with their security, that taking any, logical and preemptive steps to ensure the protection of your family and valuables it's been look at as some form of paranoia.

Installing an alarm system, the only method of security acceptable to the modern numbed American, is not going to stop someone from smashing your window, getting into your house, grabbing what they came for and running, before any response team arrives. That is if their goal is to steal and not to kill, in which case, I doubt you'll care much if they got caught or not, when you lie dead in a pool of your own blood. And also once the EMP hits, any alarm system will be fried and useless, so the people depending solely on that, will be perfect targets.

I suggest that you select a design that doesn't allow for someone to stick their hands through the bars. Also you'll need to check with your local authorities if installing bars on windows is permitted, as they are considered a fire escaping hazard.

If that is the case you can try a simpler and less noticeable way of barring your windows. Cut a wooden strip that fits snugly between your bottom window sash and the window trim at the top of the opening. This stick can be painted to match the window and jammed into the corner of the window. This reduces the chances that someone could pry on the bottom sash with a crowbar and break the window lock.

May not provide the same level of security as the other option, but it's much better than nothing, wouldn't you agree?

- Rolling shutters are another good way to increase your windows security and also keep prying eyes out of your business. They come in PVC or metal types, with the latter being stronger, but less aesthetic and a little more expensive. You can install them as a surface mount or on the inside, depending on your wall thickness.

My personal suggestion is to do it on the inside, as it will eliminate the threat of being

tampered with. There are two options on how to operate the shutters: electrical and manual. Under normal circumstances, the first would be the best option as it can close all the shutters with a master switch, but seeing as power usage will have to be rationed, it might be best to opt for the manual operation instead. This type has some downsides as it is cumbersome and you'll need to do each window separately, but at least you're sure you can operate them. The best bet is to install shutters that can be operated in both ways, that way you can use the electrical option only in case of emergency.

Another thing to take into consideration is that shutters are a two-bladed sword. No one can see what you are doing inside your home, but that also means that you cannot see what anyone is doing outside. Best bet is to pair this with some form of motion alarm system in your surrounding area, but we'll get into that later.

- Planting thorny shrubs below the windows will be a great way to stop criminals from trying to get through. You have a wide variety of options that include: Rose bushes, hawthorn, blackthorn, fire bush, fuchsia, barberry, and holly. Opting for shrubs such as hawthorn, blackthorn or barberry will even provide additional benefits as they are used in cooking and traditional medicine.
- Blackout curtains may not provide real security to your windows, but they will stop your house from turning into a well-lit Christmas tree that has all the desired presents a hungry bunch of maniacs could even wish for. In the aftermath of the calamity, electrical energy will no longer be provided due to the effects of the EMP, so when night comes. Everything will most likely be pitch black. Some houses may have back-up generators and will be able to provide themselves with some power, but if they run on fuel, they will not last very long.

You on the other hand have prepared for this and you have the means to generate electricity no matter the situation, so you look outside and see all the other houses going dark one by one and you are feeling proud that your house is the only one that is still well-lit. You shouldn't, not entirely. One thing you should always keep in mind is that standing out attracts attention. While it's true that some upgrades to your home's security will not go unnoticed and will set you apart from the rest of your neighborhood, the chances of you getting attacked in the middle of the day, are far less than those of you getting hit at night.

To make sure that no light leaks outside around the edges of the curtains, apply black sheets of plastic in the inside of your windows. Using opaque duct tape, tape the sheet of plastic in place over the windows, leaving no gap where it meets the window frame.

You can even test this out now. Get the curtains, apply the sheets of plastic and wait for night to come. Then let the light on and go outside and look for any light leaks. If you want to be 100% certain that there are none, use a pair of night-vision goggles, which I strongly recommend that you have anyway.

Being able to appear to be in the same blackout situation as all of your other neighbors, will reduce the likelihood that your house becomes the primary target.

## **2. Doors**

Since the first time doors have been implemented in house designs, their main function was to act as a barrier at the entry/exit point of the house and stop people from just waltzing into the place. They always had a way to lock and secure them and people always did.

In today's society doors have more of a decorative function than a protective one. We think about aesthetics more than security and look with disgust to those that think otherwise, branding them as paranoids and believing that they're trying to hide something.

People live with the impression that everyone is a Honest to God decent person and if they live in a good quiet neighborhood nothing bad can happen and so they leave their doors unlocked until it's time for bed.

Imagine the following scenario: it's late in the evening, you had supper with your family, so now it's time to relax a bit before going to sleep. Your wife takes your children upstairs to prepare them for bed. You had a couple of beers and feel the need to use the bathroom so you do. When you are done you come out to see a man in the middle of your living room going through your stuff.

He must have missed the notice that this is a good, quiet neighborhood where bad things can't happen. You underestimate the situation and ask him what he's doing in your house and to get out before you call the police. Startled, he turns and you see the gun, and it's the last thing you see. You get shot, he runs out the door and your wife comes down to see you lying on the floor. And all of this because you didn't lock your door.

Failing to lock your doors, having poor locks in place, having windows on the door or next to the door, having a glass sliding backdoor are all disasters waiting to happen. And we're talking about the present day. When everything goes to hell in a hand basket they will become big neon signs pointing out your place to every burglar, looter or desperate person in the area.

Both the exterior doors and the interior ones need to be secure to insure a greater chance of surviving.

### **a. Exterior doors**

Most exterior doors are made out of hollow wood and provide little to none protection. One strong kick and the door goes flying off its hinges. You shouldn't worry too much about

lock picking as in a disaster situation no one will take the time to do that, and most don't even know how. They will be interested in getting in and out fast.

Best bet for the exterior door is to get a reinforced metal door with deadbolts that go into the top, lateral and bottom jambs. These types of doors will withstand any attempt of intrusion and will provide some bulletproofing. Both the front and the back door should be made of the same materials and have the same locking mechanism. This goes double for people who have glass sliding doors.

Make sure you get the right kind of metal door. Most of the ones out there are made of merely two sheets of light metal glued to a foam or honeycomb core and don't have nearly the same resistance as a reinforced metal door.

As I mentioned before, do not under any circumstance buy doors that have windows on them or around them. They might be nice to look at, but they are a real security risk.

### **b. Interior doors**

My recommendation here is to change the doors you have with some heavy solid wood doors in combination with metal door jambs. It's extremely important to do this for the master bedroom, the children's bedroom and the storage space. If you can, customize these doors to have the same locking mechanism as the exterior one. This will ensure they have a higher level of security and won't succumb easily to the use of force.

Additional security measures for both external and internal doors can come in the form of security bars. You can use commercial ones, or make your own ones, which I strongly recommend. You can use wood to reduce the costs, but if you can afford some form of metal bar, you can make that choice. Just remember that metal bars, while providing greater protection, will probably be more heavy than wooden ones and may prove to be difficult to maneuver.

The design is quite easy enough you need the bar and two heavy metal brackets on either side. Make sure that you weld the brackets to a metal jam or use hardened bolts to secure them in place. Don't use screws as they provide little resistance to shocks.

### **3. Walls**

Take the ordinary American home with its wood stud walls. Take an axe in hand and go to the exterior wall. Now start chopping. The result? Easy access in matter of minutes. To ensure that they maximize profits, developers throw security out the window and use cheap materials with no real protection value when they're building houses. People pay more attention to the way the house looks, rather than the security of the structure to estimate what kind of protection it will provide against various threats.

Most of this "nothing bad is going to happen" mindset that most people have is due to the relative peaceful times we've known in last century and the increasing reliance on the police or alarm companies to intervene if something will happen.

When the lights go out and panic sets in, having walls that could be taken down with nothing more than an axe will ensure that you have a first class ticket to the afterlife much sooner than desired.

The best course of action, short of tearing down the walls and building from the ground up, is to create an additional interior wall made from brick or gravel.

Brick walls can be made even stronger by adding reinforced steel bars and ladder wire in the voids. Place the bars through the holes of the bricks and the wire in the mortar bed. This type of wall is highly resistant to most attacks and provides some bulletproofing as well. The main difference between brick and gravel walls is that gravel has a higher bulletproof rating.

If you have the money, you can go out and buy Kevlar panels that can be applied to the exterior of the wall. This will increase the resistance of your structure to gun fire and other force attacks.

Another relatively inexpensive thing you can do is to stack sandbags one atop of another in order to increase the security of the walls and they can also be used to form shooting positions in case you need to defend your house from attackers. I would recommend using synthetic sandbags filled with sand or gravel as they have higher bullet resistance than regular soil.

Making these reinforcements to your current home may seem like a lot of trouble and a big headache, but when the End Times come upon us, you'll be glad you made them.

## **b. Consider retreating to rural areas**

If you're not tied down by financial or other obligations, relocating to a more secluded, rural area and preparing the terrain against intruders is the ideal situation. Here are some criteria to go about when picking your location :

- a. Try choosing a home site that is not visible from a major road and especially not a freeway.
- b. Ideally some elevation and distance between the house and the road is recommended. This will provide you with line of sight and in case of an attack, line of fire.
2. Make sure it is located close to a stream or river. In this way, you can make sure you will have unlimited resources of water for cooking, drinking, cleaning and washing up.
3. You will need a sunny area to grow a garden. Don't build on any north-facing slopes and if you have chosen to relocate in a dense forest, you will need to chop down some trees.

4. Another thing to consider is basement potential. Basements are essential for many different things such as depositing supplies or creating a safe room. Also a good security layout should provide different entrance and exit points, some even underground.
5. Picking a location that has rolling hills and a large forest is also a good idea, as it can provide cover for your escape in case you need to abandon your house.

You should build the new house from brick or concrete and implement all the security measures mentioned earlier.

Also keep in mind that being 100% secluded has its ups and downs. On one hand you will be harder to spot and you can erect any kind of defense you desire. Heck, you could probably mount a turret on the top of your house if you so choose. But on the other hand you will be all alone and if a large band of outlaws happen upon your place, you will be hard pressed to defend it. My suggestion is to try to find a place where you have at least a couple of likeminded neighbors.

Using a recreational vehicle as your getaway car might not be an inspired idea, because the security risks involved are too high. The individuals inside will be sitting ducks in case of armed attacks, as the walls will be pierced by bullets in a matter of seconds.

Furthermore, even if you manage to bullet proof your RV, think about the fact that fuel will be running out, sooner rather than later. In addition, you will need room to store your family's survival supplies, and not several tanks of gasoline. Then again, you would not know where to park such a large vehicle. If you consider parking it on a secluded road, chances are other people might see it, too.

### **c. How to proceed in urban areas**

If you do not have the chance to leave town, then get together with the people in your community, establish some basic survival rules and talk about safe locations. Alternatively, you can install fence wires around your neighborhood in order to better secure the area.

Everyone should be attributed tasks and responsibilities, so that in case of danger, everyone knows what they are doing and are able to quickly mobilize the forces. Who will deal with the communications? Who will patrol around the defense border to ensure everything is OK? Who is in charge of putting out a fire or providing gun-related training? These may seem like redundant questions now, but in times of crisis, these questions will be on everyone's lips.

### **d. Avoid detection**

In a survival situation, in which everyone is confused and looking for food/water supplies, avoid getting into a fight with someone. You don't know what weapon they might pull out of their pockets and injure you in just a matter of seconds, thus leaving you no time to fight back.

Also, avoid cooking outside; the smell travels far and you risk leading the intruder right into your

home. Remember that everyone will be hungry and therefore, ready to use violence to obtain what they want.

If you suddenly find yourself having an unwanted “guest”, then at least, identify whether it’s someone you know or an enemy. Maintain open lines with your friends and distant family and communicate them your whereabouts. Survey the area, by using binoculars for distant confirmation.

## **e. Secure the perimeter**

Regardless of the situation you find yourself in, you should always make sure that the perimeter of your home is well secured. You should apply some of these precautions right now, as once disaster hits, some items may not be available, or setting up may take too long.

### **1. Fences.**

Any secure home plan should involve some type of fence. I personally recommend chain link fence as it’s easy to see through. To increase its security level you should add razor or concertina wire on top. Unless you want to become the poster child for paranoia, you should add the wire after the catastrophe hits. Aside from that, I strongly advise to buy in advance the wire, mounting hardware, a pair of reinforced staple gloves, a visor and some heavy duty protection for your forearms. Working with this kind of wire can be dangerous if you don’t take the necessary safety measures.

Keep in mind to check with your local authorities if you can put up fences and what is the maximum height allowed. If you live in an area that prohibits this altogether, then buy and store all the material needed to set up the fence. Once disaster hits, no one will care if you put it up.

**2. Thorny hedges.** This can be a very good alternative if you are not allowed to fence of your property. They will provide some privacy and also act as a natural barrier for intruders. Also it can be backed up by a chain link fence if the situation requires it.

**3. Gates.** In any situation place a iron gate at the bottom of your driveway. Make it as sturdy as possible and make sure that it has a spiked top. Also make sure you have a good locking mechanism that can withstand attempts to force the gate open.

**4. Tree screens.** Depending on your situation, try planting some tree that block the view to your house from traveled roads. I know what you are thinking : the trees could provide cover for intruders and make them able to get close to the house without notice. To avoid this leave a good amount of open land between the house and the trees and also place detection system among the trees and on the open field before your house. Some fast growing screening-tree varieties include Portuguese laurel and Leyland cypress.

**5. Motion sensors and detection systems.** Installing any sort of advanced warning system will ensure that you get a heads up of coming intruders. The nature of the system can be as high-tech or as low tech as you like and can afford. Remember, that if you opt for electronic systems, to keep

them stored in a Faraday box alongside batteries or other power sources they may require. Battery powered motion sensors are rather cheap. You can find it on E-bay for less than \$20.

Infrared floodlight are a great option to light the exterior of your house and they can be motion activated. Unless the intruders have night-vision goggles, no one will be the wiser that, your yard is in fact quite well illuminated and that they are visible. Well, no one except you and your night-vision goggles.

Another good option are seismic intrusion-detection sensors that can be placed around your perimeter. They will pick up on any movement and give you early warning about approaching attackers.

If you like an old school low-tech approach, crisscrossing tangle-foot wire with some bells attached to it may prove a good option. String the wire at different heights, anywhere from six to forty inches off the ground. This system will not only alert you to coming dangers, but will also make rushing your place very difficult.

**6. Patrolling and barricading** . This option is better suited for communities rather than for one family. Your family's safety is top priority, but you can't stay awake 24/7, so you have to work together with your neighbors to ensure the safety of all.

You will need to block the main roads into your neighborhood and if possible to create some sort of barricade around it. Fencing might be the cheapest and best option you have, but you will also need to move quickly to get the supplies and set it up.

The roads can be easily blocked with cars and patrols need to be put in place in order to detect threats.

## 2. Self-defense weapons

Everyone in your community and family should own a few self-defense weapons, such as Tasers, pepper sprays, grenades, guns and rifles (provided that you teach your family to use these arms, otherwise they might end up hurting themselves).

You may never know when fire power may be of the essence. Make sure you go see a professional in this respect, so that when you will need to use your weapon, you don't quiver. You may never know when fire power may be of the essence. Make sure you go see a professional in this respect. Also, inform yourself about the location of a shooting range and go practice. Ask your trainer to tell you more about different types of fire power and make sure you are comfortable using a certain type of gun.

### Further considerations

- Do not base your gun choice on appearances. Men and women have different needs,

therefore an a l size gun will not work for everyone. While most men want to rely on more imposing fire weapons, women want to put these in their purses, for easy access. It's important to choose a gun that suits you. A 22 caliber revolver might just please the women, whereas a 22 caliber rifle might do the trick for men. As far as the price goes, the ammunition for a 22 caliber rifle and gun is quite affordable.

- Ensure that you've bought enough ammunition to last you for at least a year. In times of crisis, you can even use a part of it for bartering.
- Once you have purchased a gun, store it properly, by using air tight containers.
- Do not forget about the cleaning supplies. You do not want to risk leaving residues (remains also known as fouling, involving gun powder, bullets, and wad - a lump or bundle of a soft material, used for stuffing the gun powder) in the barrel. Furthermore, the moisture of the air can erode the gun's metal components and cause malfunctions. You probably do not want to find yourself having the upper hand in a survival situation, just to find out you could not fight back against the enemy because you did not have a properly cleaned maintained gun.
- Are you a righty or a lefty? Or are you ambidextrous? Do you want to buy an automatic (M2 Browning machine gun) or a semi-automatic gun (Berretta 92)? Fully automatic firearms will fire incessantly, provided you keep pressing the trigger. On the other hand, the semi-automatic guns will fire only one round with each trigger pull.
- Do you want your gun to have external safety? Glock pistols lack those. Depending on the amount of money you want to invest in guns, you can choose between the \$100 Cobra's CA380 or the \$3,000 Colt 45, or pay even more.

## a. Survival rifles

Investing in a good rifle can go a really long way, since there will be a crucial need to defend the perimeter surrounding your location and your family from any malevolent intruders. Guns are also useful, but I consider rifles to be more versatile.

A good rifle can be used for hunting purposes, as well. Learning how to use a rifle (in case you are not familiar with it) is very important. Therefore, find the nearest shooting range and start practicing your skills. There are plenty of good rifles that you can use, such as:

### **The Henry Arms AR-7**



This rifle was specifically designed for the military pilots to use, in case of aircraft crashing, since they needed a good survival rifle to be able to defend themselves against enemy lines on the ground, as well; it is a weapon with great accuracy and precision. Perhaps one of its most important features is the fact that you can conceal it under your jacket, when the rifle is segmented. The cost of this item is \$300.

#### **The AR-15**



This is a semi-automatic rifle, sold under the Colt brand, although being initially created by Armalite. If the Henry is used by the military, this rifle is preferred by the military and police forces, alike, due to its high precision. The cost of an AK 47 may vary, but you can find it for over \$3,000. However, if you find the price to be too steep, you can choose the Sportical, which costs roughly \$750.

#### **The CMMG 300 BLK AR-15**



You can also choose the CMMG 300 BLK AR-15, considered to be one of the best self-defense rifles on the market. It's also extremely easy to recharge and it comes with a "silent" mode, as well. The starting price point of this rifle? \$900.

#### **The AK-47**



It is considered to be the best survival rifle, because you can use it even in extreme (and muddy) conditions. You can even use it underwater and it will still work like a charm, due to its lightly fitting moving parts mechanism, which allows the rifle components to not break easily if falling off a

cliff, for example. An AK 47 costs approximately \$500 and the ammo is really cheap.

### **The Marlin 1985 GS**



This pre-automatic rifle was created in the 19<sup>th</sup> century, during the American Civil War. It is worth mentioning that it has an incredible stopping power, thus making it a perfect rifle to use in combat. The cost of a Marlin 1985 GS is around \$900.

### **Ruger 10/22**



The Ruger is a good rifle that can be used to shoot over 100 yards and it is even recommended to the newbies, as it is quite easy to use. Another important fact to mention is that the ammunition is quite cheap, therefore, you can buy a ton of it for stockpiling or practicing purposes. A Ruger rifle can cost as much as \$600.

### **Armalite AR-10A Tactical Carbine**



With a stopping power of the .308 cartridge, this rifle is a perfect choice when shooting long distance. The product is so good, that Armalite offers a lifetime warranty for this product. The cost of an Armalite is around \$1,500.

## b. Survival knives

Survival knives are divided into two categories: the folding and fixed blade knives. Any survivalist will tell you that a fixed blade knife is more desirable than the other type. However, folding knives can be more practical, as they occupy less space. Nevertheless, if you are not paying attention, your folding knife, which you may find some room for in your pocket might come off and hurt you when you least expect it. Safe to say, an open wound is not exactly what you would want to deal with in the middle of nowhere. However, choosing a reliable folding knife, with a lock-in feature is, therefore, advisable.

## c. Flexible blade knives

### **Bear Grylls Ultimate Knife**



It also comes with a whistle attached to it, which is very useful, especially when you need help with the prey. The cost of a Bear Grylls knife is around \$70.

### **Chris Reeve Sebenza 21**



This handmade knife has been on the market for over 21 years now. Its ergonomic design makes it easy to use. The handle is made of titanium and different woods variations, including: Ebony, Bocote, Cocobolo, and Snakewood. The performance of the polished blade is top notch. The cost of a Sebenza 21 knife is \$350.

### **Smith & Wesson Border Guard 2**



This rescue knife has an integrated safety belt cutter. Other features: integrated glass breaker, aluminum handle and Tanto blade. The cost of a Smith & Wesson Border Guard 2 knife is \$34.

### **Fallkniven TK4**



The steel blade is 3G, and it is an anticorrosive type of steel, feature which must come in handy at some point in a survival situation. The cost of a Falkniven TK4 knife is \$230.

### **Case Cutlery 7403 Case Pocket Worn**



The surgical stainless steel blade and authentic bone handle comes with a lifetime warranty. The cost of a Falkniven TK4 knife is \$57.

### **Spyderco Delica4 Lightweight FRN Flat Ground Plain Edge**



This Spyderco has a full flat-ground and skeletonized steel blade, a bi-directional textured handle and phosphor bronze washers. The cost of a Spyderco Delica4 knife is \$110.

### **Spyderco Paramilitary 2**



Spyderco is pretty proud of this ergonomic model, with a CPM S30V steel full flat blade and G-10 handle. It also has a Compression lock feature and is suitable for ambidextrous people. The cost of a Spyderco Paramilitary 2 knife is \$124.95.

### **Spyderco Salt I**



This high performance knife is made out of the H1 steel, in other words, a PH type of steel that does not react to chlorine and does not rust, which makes it perfect to use in wet conditions. The cost of a Spyderco Paramilitary 2 knife is \$120, but you can also find it on Amazon at \$69.

#### **d. Fixed Blade Knives**

The fixed blade knives, however, will always prove more reliable than the folding knives, because they are more resistant to shocks than the latter, but they also occupy more room:

##### **Zero Tolerance ZT0100 Military All Black Fixed Blade**



This military like knife is truly astonishing, as it weighs lightly and delivers a maximum performance. It is easy to handle and the blade is made of tungsten (a material that has a diamond like strength). You can find it on Amazon for less than \$250.

##### **United Cutlery Honshu Karambit 4"**



This handle of this karambit is made of plastic/rubber, which allows you to get a good grip of it. The steel blade will become blunt in time, but on the plus side, it's really easy to sharpen. It also comes with a leather sheath. The cost of a United Cutlery Honshu Karambit is \$65, but you can also find it on Amazon for \$34.95.

##### **Buck Knives 0119 Special Fixed Blade Knife**



The characteristic that first pops to mind is the large steel blade, ideal for hunting. The handle is made out of black phenolic material combined with aluminum pommel. This item comes with a

leather sheath. The retail price of this Buck knife is \$85, but you can find it on Amazon for \$49.99.

#### **ESEE 6P-B Fixed Blade Knife**



This is a highly reliable knife, with a blade made out of 10985 high carbon steel. The handle is made of Micarta canvas, with a jimping spine providing an increased thumb grip. The price of the ESEE 6P-B knife is \$129.

#### **Morakniv Companion Heavy Duty Knife**



This knife features a carbon steel blade (0.125/4.1-Inch) and it has an ergonomic handle. It comes with a plastic sheath, as we I. The price of this Morakniv knife is \$22.99, but on Amazon, you can find it for \$17.54.

#### **SOG Specialty Knives & Tools SE38-N Force Knife**



This is considered to be one of the toughest knives there is, and is virtually unbreakable. The blade has a straight edge and the handle is made of glass-reinforced nylon. The price of this knife is \$180 (or \$96.69 on Amazon).

#### **Smith & Wesson Swht9b Boot Knife**



It may not have a carbon steel, but this knife weighs only 200gr. The blade is made of stainless steel and the handle is made of aluminum. It comes with a leather sheath. The price of this knife is \$26.65 (\$15.99 on Amazon).

### **Cold Steel Recon Scout**



This knife has a Kraton handle and the blade is made of SK-5 high carbon steel. The price of this Cold Steel Recon Scout knife is \$199.99 (or \$113.79 on Amazon).

The Kingdom of God had been a peaceful place until greed took over all the mortals on Earth. In a post-apocalyptic scenario, kindness and humility will be vanquished from the hearts of many and you'll find yourself dealing with blood-thirsty, inhumane individuals. If prepared, this transformation will not occur for you, but you are required to know how to protect yourself when anyone dares to invade your home or attack your family.

Living in this state of awareness means that you have several options available to you at any given moment. These options may include, but are not limited to, knowledge of possible escape routes, home and perimeter security, choosing the appropriate means of transportation, the use of a variety of non-lethal or lethal weapons.

## 13. Going the extra mile



### 1. Mastering the secret weapon: your mind

In times of war, the law falls silent, as people begin to manifest an endless stream of cruelty towards one another. Just imagine your wife, sister, mother or a close friend being killed right in front of you. Stroking your cheek with a trembling hand, she tells you her dying wish: take care of yourself. How would you react to that?

A dear friend of mine was in a similar situation, but she has never really been able to get past her sister's death. Having lost her to cancer affected her more than you can believe, up to the point that she lost her will to live. And do trust me when I say that she is a tough police woman, who never let herself be bullied by anyone, not even the most dangerous criminal that she ever had to get in touch with.

Allow me to give you another relevant example: my grandfather. When I was 20, I received a call from the hospital letting me know that he had suffered a minor stroke. However, the fact that he was left with a crippling temporary paralysis on his right side basically glued him to that hospital bed. Not being able to move his body the way he used to and having to listen to other people grieving, broke him down. I remember that he kept telling me how there is no point in taking the pills since he would die, anyway. Every time I went visit, he would hug me like it was the last time. It was hard to see his eyes filling with tears, but it was harder for him to admit to his weaknesses.

These are only a few personal examples, but I'm sure you have heard about heartbreaking stories, like these ones. Just hearing about them makes you sad, am I right? However, to survive until the very end, you have to train your mind. Don't allow anything and anyone to bring you down. In other words, you have to become mentally tough and overcome the challenges that life throws at you, so you don't get sucked into an emotional vortex, from which there may be no turning back. Moreover, you absolutely have to help those around you relax and maintain their sanity. Otherwise, depression will spread like wildfire among your group.

In order to survive, you need to rely on so much more than your stockpiling or shooting skills. And yes, in case you were wondering, survival also refers to being mentally prepared to face the grave consequences that you are about to endure.

Your mind is **the** most powerful tool you can use to stay alive. It can draw you into the right direction or it can push you over the edge. A tough person will never back down from his mission and keep searching for solutions on how to stay alive, whereas a weaker individual will just lose his will to live and simply wait for the end to come.

Remember that God wishes you to witness his second arrival: But the one who endures to the end will be saved (Matthew 24:13). If you let your emotions get the best of you, you will be overwhelmed by negative feelings and thoughts. That is the moment when you truly become defenseless in life-threatening situations. Somehow, the vast majority of people do not consider mental toughness to be an important topic, but this is plain wrong:

And the Navy Seals bear that in mind at all times. These elite special forces are trained to never give up. But do you know how they manage to do it? The secret lies in meditating and focusing on something other than the pain, be it wonderful memories or the need to reach their goals. In the latter case, the pain is considered a small price to pay for reaching success. How far are you willing to go?

Have you ever thought about ballerinas whose toes are actually bleeding after practicing for an insane number of hours? The pain will persist, but don't allow it control you. What about the Navy Seals that endure self-inflicted pain to improve their mental strength?

The son of a buddy of mine is actually a Navy Seal. He told me something I would have never really expected him to say: "the only easy day was yesterday". Every three weeks he swims for 2 miles, then rides the bike for 60 miles and ultimately does a 10-mile run. Does it seem like an easy thing to do? Not in the least. What he does is this: he mentally encourages himself and focuses on swimming the first 50 yards, then envisions swimming the next 50 yards, and so on. Navy Seals do not think of the end result, but they break it down into micro-goals.



*Figure illustrating Navy Seals training in cold water*

While a Navy Seal's training is a testament to the idea of mind over matter, it's very intense and they reach this level by training each and every day, something that the average person rarely can do. But have no fear, we all can train our minds and bodies in our own way:

- **Meditation:** it will help you relax and focus your thoughts. This will also help you maintain your calm in dire situations and find the best solutions. The impact that meditation can have on your life in a difficult situation is profound - including balance, wakefulness, wholeness, and the ultimate fulfillment of being human. Additionally, one may experience a reduction in stress and many other physical, emotional and mental benefits. The general idea is that you want to remain as alert and attentive, as wakeful, as you can, and a low life energy to flow through your body. Slouching can restrict energy flow. And sitting with back support can also induce sleep. But one of the most important benefits of meditation is also maintaining a healthy mind and body under stressful circumstances. Even if it might seem impossible in a given context, try to affirm your love, affirm gratitude, and engage your feelings at the same time. This will create the balance essential to surviving in any conditions.
- **Endurance exercise:** these are great for training both mind and body as it forces you to push past your limits. Running, swimming, bike riding are all great exercises. Although most survival manuals fail to underline the importance of preparing the body, the fact remains that there are no military units that do not have a physical fitness requirement. And the reason is simple: the value of being fit, and have an

understanding of its necessity when the odds change and the environment becomes hostile. Because of the unpredictable nature of a survival situation, the key to an effective physical fitness routine is balance, as maximizing the body's ability in the areas of strength, speed, endurance, and flexibility. Always include stretching, strength training, cardiovascular training, interval and circuit training, endurance training, and mixed sports. Varying exercise routines develops muscles in a more effective manner.

- **Start small:** don't push yourself too hard from the beginning because it may cause you to give up. Test run any exercise you wish to do and see for how long you can do it, then push a little more. Once you broke through that limit, your confidence will increase and next time you will be able to go even further.

Never underestimate **Warming up** because:

- ✓ increases the blood flow to the muscles;
- ✓ decreases the chances of injuries to the muscles or joints;
- ✓ should be for 5 - 10 minutes at a very low intensity.

**Don't Forget Cooling down:**

- ✓ prevents blood pooling in your extremities, e.g. your legs;
  - ✓ should be about 5 minutes, gradually reducing intensity level.
  - ✓ Beginners should exercise at low intensities and it is important that you increase the length of time you exercise for before you increase the intensity. Try not to over-exercise, either by over-exerting yourself during your exercise or exercising too often for too long at a level which is difficult for you
- **Set micro-goals:** when training, don't think of the finish line, think only of a checkpoint. Once past it, think about the next. By the time you realize it you have passed the finish line and are still going. If you're trying to become more physically active, set realistic health and fitness goals to stay motivated. They provide a measure of how well you are doing. You might as well include a reward in your goal-setting process, because this will help improve your physical activities in the long run. You are more likely to reach an ultimate goal if you break it down into small and specific micro-goals. One mini-goal might be to exercise on all or most days of the week. Mini-goals should be set for every week or every fortnight. The more mini-goals you achieve, the more motivated you will become.
  - **Play-out scenarios** in your mind: start using this exercise to imagine different situations you might be put in. Then for each of those situations think about all the things that may happen and how you would react. This will mentally prepare you for every situation and help you to deal with it faster when it presents. If you are working on your physical condition or want to achieve mental strength, play-out scenarios might help you a lot by just

imagining a special reward or a context in which you would be most happy. Think of solutions and above all, think of your reactions in imaginary situations. You will most likely do the most of it to make it happen and then, there's also the fun part. Avoid worrying and over thinking and make sure that you see the bright side of any possible imaginary situation that comes to your mind. The main purpose of this exercise is to learn a lot of things about oneself and gain strength.

Physical training will help you reach that level of mental toughness that you'd better rely on in a survival situation and that will impel you to move on, no matter what. Now, please don't do like I did.

If you believe you will not survive in the wild, then you are sabotaging yourself from the very beginning. Believe that the world is your oyster and so it shall be. Do anything in your power to succeed. You will see that once you get the hang of finding drinkable water sources in the wild or learning to cook without burning your food, like I usually do (I know, I know), your confidence will slowly, but steadily increase and you will begin completing more difficult tasks, without actually thinking about their degree of difficulty. Soon enough, being a survivalist expert will become second nature to you.

Only you have the power to push yourself. Mental toughness is an acquired skill that can be developed by force of habit, as long as you continue to persist.

Remember the old saying: what doesn't kill you makes you stronger.

## 2. Teach your family the basics

Ask your kids what they would prefer to do: **go camping in the middle of the woods or stay indoors and play video games?** Ask your spouse if she **would rather go foraging for food or get some at the local supermarket?** Better yet, ask yourself what's more appealing: **a 10 mile hike with a full backpack or sipping a cold one in the back yard?** I think it's quite obvious what the answers to those questions would be. But now ask another question: **In case of a crisis would you rather live or die?** And we both know the answer to that one as well.

Being prepared in case of a disaster does not simply mean stocking up on stuff and reading a bunch of books about different things that you may need to know. Without taking action and starting to put into practice what you learn, your knowledge will prove to have little value. You will need to do some practice runs to see how well you and your family are prepared to handle the harsh reality of the post-Apocalyptic world. You will also have to make some lifestyle changes today, in order to be alive tomorrow and witness to the second coming of our Savior.

Now I know and completely understand that breaking lifelong habits it's a hard and difficult process and it will take a great amount of willpower and determination to see these things through. But I have faith in you and in your burning desire to survive what is about to come and so I know you will be able to make these changes.

No one is suggesting that you start living like the Apocalypse is right outside your door, but making some Survival Games on a regular basis may prove beneficial in the long run.

### **1. Supplies only week**

This means that for one week you need to survive only on what supplies you have on hand. Every good prepper will have plenty of supplies stock up at any time of the year so this shouldn't prove a serious issue. This should be a surprise to a lot in order to assess the adaptability of each member of your family. My recommendation is to do this at least once every 6 months, but if you can do it at a smaller interval, do so.

You can even have small goals to test how adapt your family is to a scenario such as this. The goals could be anything from food and water consumption to power saving.

If you are part of a group of likeminded people try getting them in on this game as well and compare notes at the end.

### **2. Weekend in the woods**

Unlike the previous game, this should not be a surprise. The idea is to simply go camping in the woods, not in any modern camping ground. This will give you and your family members the opportunity to learn how to cook without the aid of electricity, how to gather water and filter it, forage for food, snare and trap and other such important skills. I know there are some survival enthusiast dads out there that will feel that throwing their families in at the deep end will toughen them up, but I strongly advise against this as it will most likely result in a total loss of interest.

I remember the first time me and my family went on a weekend long camping trip in the woods, with nothing but the absolute bare necessities. How much of an earful I got from everyone because we didn't bring more stuff and had a really hard time adapting to the living conditions. Not to mention that everyone treasured indoor plumbing after that. But even so, we didn't quit and did it again and again, and now we do it every couple of months.

Start small and build on that and make sure that everyone has mastered snaring, trapping and scrounging before attempting a real survival trek.

### **3. Vacation all around the nation**

Depending on where you live you are accustomed to a specific terrain and climate. So it is strongly advised that you plan your vacations to see, feel and better understand the

different terrains and climates that are found all across our nation. The type of equipment and effort necessary to cope with them varies greatly.

There are a few other things worth mentioning in regard to stepping outside of one's safety area. In the aftermath of an EMP, there will be car crashes, robberies, attacks or other unfortunate events, on a daily basis. Therefore:

- Tell your children more about the implied consequences of walking alone, especially after nightfall; if need be, tell them about the importance of avoiding the poor neighborhoods, traveling in organized groups and not becoming easy targets by exposing wealth (e.g., jewelry or money).
- Teach them a few self-defense techniques.
- Electronic navigation may prove useless, which is the main reason why you should teach your children to use a compass and find their way around whenever needed.
- You and your family should leave the crowded urban areas, and make sure you have in your backpacks water, food, blankets and waterproof sheets, candles, a compass, maps, mirror, whistle, first aid kit, metal cup for boiling water, clothes and matches.
- Teach your family to use a flashlight to convey an SOS message, in Morse code. Three short flashes (S), followed by three longer ones (O) and then again flashing the light in three quick movements will do the trick. They can even use their flashlight apps on their phones and convey the SOS message, by covering the source of the light with their hands or a cloth.

### 3. Find strength in numbers



Fellowship is an important biblical concept. But even people BC realized this. From the oldest of times, people would get together in groups and hunt down mammoths or other

giant beasts. The numbers provide power. Remember the famous musketeer? Exactly. You remember all three of them, constantly saying "All for one and one for all."

This is a truth worth emphasizing. As a group, you will all be stronger:

Finding just the right people to complement you could make a big difference in your post-crisis life. Most survivalists are not alone. They have families and friends whom they involve in their planning activities and with whom they actually form groups. Why is this useful? Because they will be great at doing something in particular; everyone will do their fair share: while some are great at cooking, others will build shelters, some will go foraging for food, others may be great at handling weapons, others will secure the surroundings, and so on..

Together with your family and/or friends should do the same. Talk to them about the importance of survival and discuss how you're going to be there for each other. Assess everyone's skills and see what each person brings to the table.

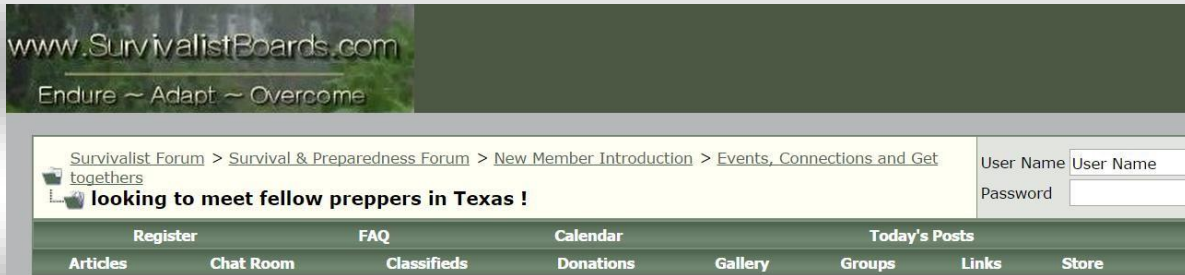
If you think that you can make it on your own... all alone, in the darkness in which dangerous creatures are lurking... then you have to seriously reconsider. You may be Jack of all trades, but you are not invincible. You are only human and it takes a great man to admit that he needs help.

Let's say that, in the post-apocalyptic age, you decide to move in a more secluded area. You have brought along a ton of supplies, you are an expert at hunting and other survivalist matters. Still, there is no-one accompanying you, as you go through the wilderness, at night... when you suddenly find yourself get hit by a bear. Since you are a great and fast shooter, you somehow manage to shoot down the bear. But what if you hadn't been that fast? Or the bear hit you harder than expected and you would have lost your consciousness? Wouldn't you have wished for someone to have your back?

Even if you later learn it the hard way, there is not much you can do at that stage. What if you encounter situations in which you do not know what to do and you simply muddle along? Wouldn't you wish to rely on someone, to have a sense of direction? Be 100% honest: are you willing to spend a lifetime of solitude? When your time comes, would you rather die by yourself? I'm not trying to back you up against a wall, but merely make you see that these are only some of the cold, hard facts that will come with the territory, should you choose to remain on your own. Heck, the thought alone scares the crap out of me.

If you don't have a family or true friends, then you can still make this work. You just need to find other types of support groups. The big question is where to look for that? Where can you find the right people? Here are a few suggestions:

- The so-called survivalist groups and online forums



List of survivalist groups (grouped by states):

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NETWORK

- **Alabama**
  - <http://homesteadingandprepping.com/groups/alabama-preppers/>
  - <http://americanpreppernation.ning.com/group/alabama-preppers>
  - <http://www.ki4u.com/nuclearsurvival/states/al.htm>
  - <http://www.patriotresistance.com/Alabama/MAIN.html>
  - <http://americanpreppersnetwork.net/viewforum.php?f=39>
  - <http://www.preppergroups.com/category/alabama/>
  - <http://www.doomsdayprepperforums.com/index.php?threads/new-to-alabama-and-prepping.204/>
  - <http://www.prepperforums.net/forum/alabama/>
- **Alaska**
  - <http://homesteadingandprepping.com/groups/alaska-preppers/>
  - <http://www.preppergroups.com/category/alaska/>
  - <http://www.americanpreppernetwork.net/areas/prepper-meetings-in-nightmute-alaska>
  - <http://www.prepperforums.net/forum/alaska/>
  - <http://www.survivalistboards.com/showthread.php?t=302091>
- **Arizona**
  - <http://www.meetup.com/Central-Arizona-Preppers-Association-CAPA/>
  - <http://www.peakprosperity.com/group/kingman-arizona-preppers>
  - <http://americanpreppersnetwork.net/viewforum.php?f=38>
  - <http://survivalism.meetup.com/cities/us/az/phoenix/>
  - <http://www.preppergroups.com/category/arizona/>
  - <http://www.prepperforums.net/forum/arizona/>
  - <http://www.alt-market.com/groups/viewgroup/197-Four+Corners+Preparedness+Group>
- **Arkansas**
  - <http://www.preppergroups.com/category/ARKANSAS/>

- <http://www.wilderness-survival.net/forums/showthread.php?25949-looking-4-Arkansas-Preppers>
  - <http://www.arkansasdefenseforce.org/index.htm>
  - <http://www.alt-market.com/groups/viewgroup/327-Central+Arkansas+Preppers>
  - <http://www.prepperforums.net/forum/arkansas/>
- **California**
    - <http://www.meetup.com/San-Diego-SWOT/>
    - <http://www.meetup.com/La-Jo-la-Neighborhood-Based-Disaster-Preparedness-Club/>
    - <http://www.preppergroups.com/category/california/>
    - <http://www.meetup.com/survival-preparedness/>
    - <http://www.alt-market.com/groups/viewgroup/154-Los+Angeles+Survival+Group+Seeking+additional+members>
    - <http://americanpreppersnetwork.net/viewforum.php?f=42>
    - <http://www.meetup.com/OCPreppers/>
    - <http://www.survivalistboards.com/showthread.php?t=42506>
    - <http://mainstreampreppers.com/groups/southern-california-prepper-group/>
    - <http://www.prepperforums.net/forum/california/>
- **Colorado**
    - <http://www.preppergroups.com/category/colorado/>
    - <http://www.meetup.com/Colorado-Urban-Tactical-Survival-Group/>
    - <http://www.meetup.com/Christian-Preppers-Network/>
    - <http://www.meetup.com/Preparedness-Information-and-Training/>
    - <http://www.meetup.com/ColoradoSpringsPreppers/>
    - <http://www.prepperforums.net/forum/colorado/>
    - <http://www.alt-market.com/groups/viewgroup/197-Four+Corners+Preparedness+Group>
    - <http://americanpreppersnetwork.net/viewforum.php?f=43>
    - <http://www.alt-market.com/social/groups/viewgroup/184-Central+Colorado+United>
- **Connecticut**
    - <http://www.preppergroups.com/category/connecticut/>
    - <http://www.prepperforums.net/forum/connecticut/>
    - <http://www.alt-market.com/social/groups/viewgroup/163-Connecticut>
    - <http://www.meetup.com/CTPreparednessGroup/>
    - [http://www.meetup.com/CTPreparednessGroup/messages/boards/forum/153\\_9259](http://www.meetup.com/CTPreparednessGroup/messages/boards/forum/153_9259)
    - <http://americanpreppersnetwork.net/viewforum.php?f=44>
    - <http://www.survivalistboards.com/showthread.php?t=103799>
    - [http://www.doom-tactical.com/locations/connecticut/Newtown\\_Connecticut\\_Emergency\\_Preparation\\_Kits.htm](http://www.doom-tactical.com/locations/connecticut/Newtown_Connecticut_Emergency_Preparation_Kits.htm)

- **Delaware**
  - <http://www.survivalistboards.com/forumdisplay.php?f=159>
  - <http://www.survivalistboards.com/forumdisplay.php?f=49>
  - <http://www.topix.com/forum/city/newark-nj/TFP4PNC7NHCUG7M03>
  - <http://www.topix.com/forum/city/newark-nj#>
  - <http://survivalist101.com/states/delaware-preppers/>
  
- **Florida**
  - <http://www.meetup.com/Martin-and-Saint-Lucie-County-Emergency-Preparedness-Meetup/>
  - <http://www.meetup.com/Calahan-Survivalism-Meetup/>
  - <http://www.topix.com/forum/city/newark-nj#>
  - <http://www.flsurvival.com/>
  - <http://www.survivalistboards.com/showthread.php?t=27823>
  - <http://www.wilderness-survival.net/forums/forum.php>
  - <http://www.survivalist.info/index.html>
  - <http://forums.equipped.org/ubbthreads.php>
  - <https://www.survivalmonkey.com/forums/survival-articles.90/>
  - <http://www.meetup.com/Southfloridapreppers/members/>
  
- **Georgia**
  - <http://www.alt-market.com/groups/viewgroup/271-Preppers+in+North+Georgia>
  - <http://americanpreppernation.ning.com/group/georgia-preppers>
  - <http://www.survivalistboards.com/forumdisplay.php?f=161>
  - <http://www.prepperwebsite.com/>
  - <http://beforeitsnews.com/survival/2012/08/alpharetta-ga-group-plans-survival-retreat-2444340.html>
  - <http://www.survival-homestead.com/survival-groups.html>
  - <https://www.facebook.com/GeorgiaPreppersNetwork>
  - <http://www.preppershowsusa.com/>
  
- **Hawaii**
  - <http://www.wilderness-survival.net/forums/blog.php>
  - <http://americanpreppersnetwork.net/viewforum.php?f=48>
  - <https://www.survivalmonkey.com/forums/alaska-hawaii-and-canada.51/>
  - <http://www.disclose.tv/forum/>
  - [http://off-grid-survival.com/category/survival\\_off\\_the\\_grid](http://off-grid-survival.com/category/survival_off_the_grid)
  - <https://www.facebook.com/coordn8rAloha2U>
  - <http://www.hawaiinewsnow.com/story/28586646/survival-centric-publishes-survival-preparedness-a-beginners-guide-to-survival-prepping>
  - <http://survivalist101.com/states/hawaii-preppers/>
  
- **Idaho**
  - <http://www.survivalistboards.com/showthread.php?t=7292>

- <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-bayview-idaho>
  - <http://forums.jokersupdates.com/ubbthreads/postlist.php?Board=Survivor>
  - <http://www.dailykos.com/story/2013/01/06/1176714/-Far-Right-Wing-Preppers-planning-a-walled-town-on-a-N-Idaho-Mountaintop>
  - <http://www.meetup.com/NorthIdahoPreppers/>
- **Illinois**
    - <http://www.preppergroups.com/category/ilinois/>
    - <http://americanpreppersnetwork.net/viewforum.php?f=50>
    - <http://thesin.weebly.com/survival-videos.html>
    - <http://www.survivalistboards.com/forumdisplay.php?f=164>
    - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-littleton-ilinois>
    - <http://www.prepperforums.net/forum/forum.php>
    - <http://survivalblog.com/>
- **Indiana**
    - <http://www.preppergroups.com/category/indiana/>
    - <http://americanpreppersnetwork.net/viewforum.php?f=51>
    - [https://www.facebook.com/Ready4TheWorst/info?tab=page\\_info](https://www.facebook.com/Ready4TheWorst/info?tab=page_info)
    - <http://www.meetup.com/indiana-disaster-preparedness/>
    - <http://www.ki4u.com/nuclearsurvival/states/in.htm>
    - <http://americansurvivor.org/events/indiana-prepper-survival-expo/>
    - <http://www.survivalistboards.com/forumdisplay.php?f=165>
    - <http://www.themodernsurvivalist.com/archives/category/self-defense>
    - <http://www.wilderness-survival.net/>
- **Iowa**
    - <http://www.survivalistboards.com/showthread.php?t=87174>
    - <http://www.prepperforums.net/forum/members/6368.html>
    - <http://www.preparedsociety.com/forum/>
    - <http://americanpreppersnetwork.net/viewforum.php?f=52>
    - <https://www.facebook.com/pages/Iowa-Preppers/325639730877464>
    - <http://prepperssupplieslist.com/prepper-groups-rolfe-iowa/>
    - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-george-iowa>
    - <http://www.survivalistboards.com/forumdisplay.php?f=166>
- **Kansas**
    - <http://www.meetup.com/KansasCityPreppers/>
    - <http://www.meetup.com/KansasCityPreppers/>
    - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-glen-elder-kansas>
    - <https://www.facebook.com/KansasPrepperExpo>
    - <http://www.preppergroups.com/category/kansas/>

- <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-florence-kansas>
- <https://www.facebook.com/JohnsonCountyPreppers>
- <http://americanpreppersnetwork.net/viewforum.php?f=53>
- **Kentucky**
  - <http://www.preppergroups.com/category/kentucky/>
  - <http://www.kentuckypreppersnetworkforum.com/>
  - <http://homesteadingandprepping.com/groups/kentucky-preppers/>
  - <http://www.survivalistboards.com/showthread.php?t=302456>
  - <http://preppers.meetup.com/cities/us/ky/louisville/>
- **Louisiana**
  - <http://www.preppergroups.com/category/louisiana/>
  - [americanpreppersnetwork.net/viewforum.php?f=55](http://americanpreppersnetwork.net/viewforum.php?f=55)
  - <https://www.facebook.com/LouisianaPreppersNetwork>
  - <http://www.survivalistboards.com/showthread.php?t=361988>
  - [homesteadingandprepping.com/groups/louisiana-preppers/](http://homesteadingandprepping.com/groups/louisiana-preppers/)
  - <http://www.doomsdayprepperforums.com/index.php?threads/hello-fm-the-swamps-of-louisiana.1125/>
  - <http://americanpreppersnetwork.net/viewforum.php?f=333>
  - [www.meetup.com/cities/us/la/lafayette/](http://www.meetup.com/cities/us/la/lafayette/)
- **Maine**
  - <http://www.preppergroups.com/category/maine/>
  - <http://www.meetup.com/Prepper-Skills-Group/>
  - <http://preppers.meetup.com/cities/us/me/portland/>
  - <http://americanpreppersnetwork.net/viewtopic.php?f=397&t=44666>
  - <http://americanpreppersnetwork.com/national-prepper-meetup-map>
  - <http://www.ic.org/directory/me-homesteadprepper-group-2/>
  - <http://americanpreppersnetwork.net/viewforum.php?f=395>
- **Maryland**
  - <http://www.preppergroups.com/category/maryland/>
  - [americanpreppersnetwork.net/viewforum.php?f=57](http://americanpreppersnetwork.net/viewforum.php?f=57)
  - [www.preppergroups.com/category/maryland/](http://www.preppergroups.com/category/maryland/)
  - <http://www.americanpreppersnetwork.net/viewforum.php?f=408>
  - <http://mdpreparedness.com/forum/showthread.php?tid=488>
  - <http://www.mdshooters.com/showthread.php?t=59727>
  - <http://www.meetup.com/survivalism-157/>
- **Massachusetts**
  - <http://www.preppergroups.com/category/massachusetts/>
  - <http://americanpreppersnetwork.net/viewforum.php?f=370>
  - <http://www.meetup.com/Massachusetts-preppers/>
  - <http://www.meetup.com/centralmassachusettspreppers/>

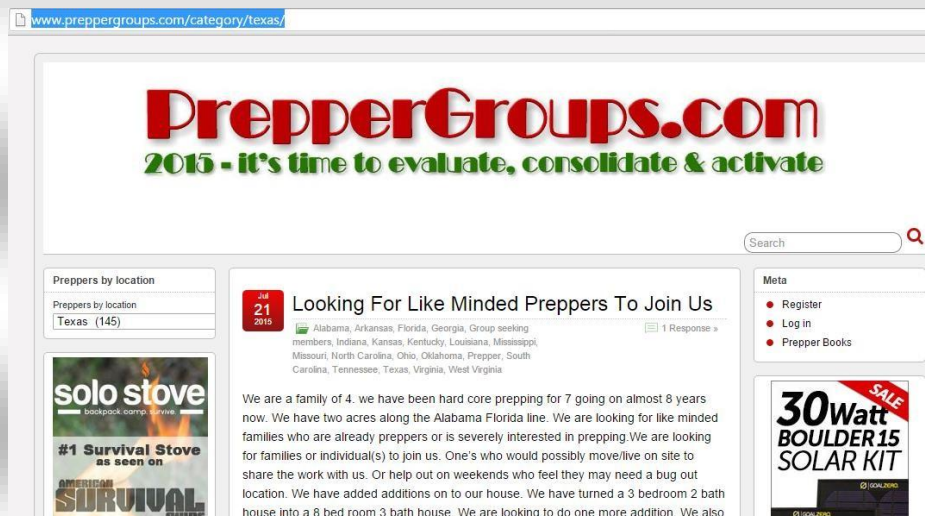
- <https://www.facebook.com/MassachusettsPreppersNetwork>
- <http://www.whenshtf.com/threads/51197-Starting-a-group-on-WhenSHTF- for-Massachusetts-preppers>
- **Michigan**
  - <http://americanpreppersnetwork.net/viewforum.php?f=419>
  - <http://americanpreppersnetwork.net/viewforum.php?f=59>
  - <https://www.facebook.com/pages/Michigan-Made-Preppers/115400655281210>
  - <http://www.meetup.com/southeastmichiganpreppers/>
  - <http://www.alt-market.com/groups/viewgroup/243-Eastern+Upper+Lower+Michigan>
  - <http://www.meetup.com/GreatLakesSelfReliance/>
  - <http://www.preppergroups.com/category/michigan/>
- **Minnesota**
  - <http://americanpreppersnetwork.net/viewforum.php?f=60>
  - <http://americanpreppersnetwork.net/viewforum.php?f=425>
  - <https://www.facebook.com/pages/Rochester-MN-Preppers/179865235449880>
  - <http://americanpreppersnetwork.com/2013/02/apn-meetup-groups.html>
  - <https://www.facebook.com/CentralMinnesotaPrepper>
  - <http://survivalism.meetup.com/cities/us/mn/minneapolis/>
  - <http://www.preppergroups.com/category/minnesota/>
- **Mississippi**
  - <http://americanpreppersnetwork.net/viewforum.php?f=61>
  - <http://americanpreppersnetwork.net/viewforum.php?f=431>
  - <https://www.facebook.com/MississippiPreppersNetwork>
  - <http://mainstreampreppers.com/groups/east-of-the-mississippi-preppers/>
  - <http://www.preppergroups.com/category/mississippi/>
- **Missouri**
  - <http://www.survivalistboards.com/showthread.php?t=254233>
  - <http://americanpreppersnetwork.net/viewforum.php?f=62>
  - <http://americanpreppersnetwork.net/viewforum.php?f=413>
  - <https://www.facebook.com/JohnsonCountyPreppers>
  - <http://www.survivalistboards.com/group.php?groupid=119>
  - <http://www.preppergroups.com/category/missouri/>
- **Montana**
  - <http://www.meetup.com/BozemanPreppers/>
  - <http://doomsday-prepper.meetup.com/>
  - <http://americanpreppersnetwork.net/viewforum.php?f=63>
  - <http://www.alt-market.com/groups/viewgroup/124-Montana+Safe+Haven>
  - <http://americanpreppersnetwork.net/viewforum.php?f=437>
  - <http://www.preppergroups.com/category/montana/>

- **Nebraska**
  - <http://www.alt-market.com/groups/viewgroup/252-Preppers+Unite+Nebraska>
  - <http://www.survivalistboards.com/forumdisplay.php?f=178>
  - <http://americanpreppersnetwork.net/viewforum.php?f=97>
  - <http://bigredfury.com/2014/12/welcome-to-nebraska-mike-riley/>
  - <http://www.preppergroups.com/category/nebraska/>
  - <https://www.facebook.com/NebraskaPreppersNetwork>
  - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-broken-bow-nebraska>
  
- **Nevada**
  - <http://www.meetup.com/LasVegasPreppers/>
  - <http://www.meetup.com/LasVegasPreppers/>
  - <http://americanpreppersnetwork.net/viewforum.php?f=64>
  - <http://survivalblog.com/retreatareas/>
  - <http://namisouthernnevada.org/survival-guide.html>
  - <http://www.survivalistboards.com/forumdisplay.php?f=179>
  - <http://www.meetup.com/Las-Vegas-Survivalists/>
  - <http://mountainsurvival.com/>
  - <http://mountainsurvival.com/>
  
- **New Hampshire**
  - <http://mountainsurvival.com/>
  - <http://www.preppergroups.com/category/new-hampshire/>
  - <https://www.facebook.com/NewHampshirePreppersNetwork>
  - <http://www.meetup.com/NH-Preppers/>
  - <http://nhtourguide.com/forums/showthread.php?930-Extreme-Preppers-in-New-Hampshire>
  - <http://worldwidepreppersnetwork.com/locations/find-preppers-in-in-elkins-new-hampshire>
  - <http://americanpreppersnetwork.net/viewforum.php?f=65>
  - <http://www.survivalistboards.com/forumdisplay.php?f=180>
  
- **New Jersey**
  - <http://www.meetup.com/NJPreparedness/>
  - <http://www.alt-market.com/groups/viewgroup/287-Southern+NJ+Ready+Responce+Group>
  - <http://americanpreppersnetwork.net/viewforum.php?f=66>
  - <http://www.survivalistboards.com/showthread.php?t=156239>
  - <http://worldwidepreppersnetwork.com/locations/urban-survival-in-gillette-new-jersey>
  - <http://worldwidepreppersnetwork.com/locations/survival-training-in-pleasantvile-new-jersey>
  - <http://www.survivalistboards.com/forumdisplay.php?f=181>
  
- **New Mexico**

- <http://www.alt-market.com/groups/viewgroup/197-Four+Corners+Preparedness+Group>
  - <http://www.alt-market.com/groups/viewgroup/257-New+Mexico+Preparedness>
  - <http://americanpreppersnetwork.net/viewforum.php?f=67>
  - <http://www.survivalistboards.com/forumdisplay.php?f=182>
  - <https://www.facebook.com/NewMexicoSurvivalGroup>
  - <http://survivalist101.com/states/new-mexico-preppers/>
  - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-la-mesa-new-mexico>
- **New York**
    - [http://survival-preparedness.meetup.com/cities/us/ny/new\\_york/](http://survival-preparedness.meetup.com/cities/us/ny/new_york/)
    - <http://www.nytimes.com/2013/01/27/nyregion/the-doomsday-preppers-of-new-york.html?pagewanted=all>
    - <http://www.survivalistboards.com/forumdisplay.php?f=10>
    - <https://www.survivalmonkey.com/threads/he-lo-from-new-york.52193/>
    - [http://www.nyc.gov/html/oem/html/get\\_prepared/ready.shtml](http://www.nyc.gov/html/oem/html/get_prepared/ready.shtml)
    - <http://americanpreppersnetwork.net/viewforum.php?f=68>
- **North Carolina**
    - <http://www.meetup.com/carolinabushcraft/>
    - <http://americanpreppersnetwork.net/viewforum.php?f=69>
    - <http://ncpreppers.com/>
    - <http://carolinapreppersandsurvivors.com/>
    - <https://www.facebook.com/NorthCarolinaPreppersNetwork>
    - <http://www.preppercamp.com/>
    - <http://www.carolinareadiness.com/>
    - <http://www.meetup.com/RaleighPreppers/>
- **North Dakota**
    - <http://americanpreppersnetwork.net/viewforum.php?f=70>
    - <https://www.facebook.com/NorthDakotaPreppersNetwork>
    - <http://survivalist101.com/states/north-dakota-preppers/>
    - <http://www.survivalistboards.com/showthread.php?t=243134>
    - <http://worldwidepreppersnetwork.com/locations/find-preppers-in-in-perth-north-dakota>
    - <http://www.americanpreppernetwork.net/areas/find-preppers-in-in-hunter-north-dakota>
    - <http://launchprepper.com/places/prepper-food-in-wing-north-dakota>
- **Ohio**
    - <http://americanpreppersnetwork.net/viewforum.php?f=71>
    - <https://www.facebook.com/OhioPreppersNetwork>
    - <http://www.survivalistboards.com/showthread.php?t=261475>
    - <http://ohiopreppersnetwork.blogspot.ro/>

- <http://www.meetup.com/Central-Ohio-Preppers/>
  - <http://www.omegasurvivalsupply.com/>
  - <http://www.survivalistboards.com/forumdisplay.php?f=186>
  - <http://www.theohiooutdoors.com/forumdisplay.php?32-Survivalist-Forum>
- **Oklahoma**
    - <http://www.alt-market.com/groups/viewgroup/290-TulsaSurrounding+Area>
    - <http://www.prepperforums.net/forum/events-tradeshows-conventions-conferences/7188-national-preppers-survivalist-expo-oklahoma-nps-expo.html>
    - <http://survivalforums.org/>
    - <http://www.wilderness-survival.net/food-1.php>
    - <http://www.themodernsurvivalist.com/forums/general-discussion/homes-wiped-away-in-texas-and-oklahoma>
    - <http://americanpreppersnetwork.net/viewforum.php?f=72>
    - <http://homesteadingandprepping.com/groups/oklahoma-preppers/>
- **Oregon**
    - <http://americanpreppersnetwork.net/viewforum.php?f=73>
    - <http://www.shop.preppers101.com/>
    - <https://www.facebook.com/OregonPreppersNetwork>
    - <http://www.meetup.com/Southwestern-Oregon-Preppers/>
    - <http://homesteadingandprepping.com/groups/oregon-preppers/>
    - <http://oregonpreppersnetwork.blogspot.ro/>
- **Pennsylvania**
    - <http://www.meetup.com/Southeastern-Pennsylvania-survivalist-and-bushcraft-meetup/>
    - <http://americanpreppersnetwork.net/viewforum.php?f=74>
    - <http://www.preparedsociety.com/forum/f2/pennsylvania-preppers-10265/>
- **Rhode Island**
    - <http://americanpreppersnetwork.net/viewforum.php?f=75>
    - <http://www.meetup.com/RI-Preppers/>
    - <http://rhodeislandpreppersnetwork.blogspot.ro/>
    - <http://survivalist101.com/states/rhode-island-preppers/>
    - <https://www.facebook.com/RhodeIslandPreppersNetwork>
    - <http://forums.survivalistprepper.net/>
    - <http://www.survivalistboards.com/showthread.php?t=219263>
- **South Carolina**
    - <http://www.survivalistboards.com/showthread.php?t=103677>
    - <http://americanpreppersnetwork.net/viewforum.php?f=76>
    - <http://www.prepperforums.net/forum/south-carolina/>
    - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-norris-south-carolina>
    - <http://www.survivalistboards.com/showthread.php?t=2314>

- <http://www.survivalmagazine.org/survival-forum/showthread.php/10904-South-Carolina-says-hello/page2>
- <https://www.facebook.com/upstatepreppers>
- **South Dakota**
  - <http://www.survivalistboards.com/forumdisplay.php?f=192>
  - <http://survivalist101.com/states/south-dakota-preppers/>
  - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-tyndal-south-dakota>
  - <http://www.survivalistboards.com/showthread.php?t=167636>
  - <http://americanpreppersnetwork.net/viewforum.php?f=77>
- **Tennessee**
  - <http://www.meetup.com/PROVIDENTLIVING/>
  - <http://tnoutdoorforum.com/forums/bushcraft-and-wilderness-survival.36/>
  - <http://americanpreppersnetwork.net/viewforum.php?f=78>
  - <http://www.tngunowners.com/forums/forum/44-survival-and-preparedness/>
  - <http://www.countryplacesinc.com/index.php/Survival/country-places-to-offer-prepper-properties.html>
- **Texas**
  - <http://www.alt-market.com/groups/viewgroup/255-Montague+County+Homesteaders>
  - <http://www.alt-market.com/groups/viewgroup/256-Kileen+Texas+Area+Preparedness+Group>
  - <http://stealthsurvival.blogspot.com/2008/08/texas-area-prepping.html>
  - <http://texaspreppersnetwork.blogspot.com/>
  - <https://www.facebook.com/texaspreparednessgroup>
  - <http://texaspreparednessgroup.ning.com/>
  - <http://www.preppergroups.com/category/texas/>
  - <http://www.meetup.com/Austin-Prepper-Meetup/>



- **Utah**
  - <http://www.alt-market.com/groups/viewgroup/197-Four+Corners+Preparedness+Group>
  - [http://www.mountainproject.com/v/good-area-in-idahoutah-for-an-outdoor-survival-trip/107568079#a\\_107568161](http://www.mountainproject.com/v/good-area-in-idahoutah-for-an-outdoor-survival-trip/107568079#a_107568161)
  - <http://www.survivalistboards.com/forumdisplay.php?f=195>
  - <http://americanpreppersnetwork.net/viewforum.php?f=80>
  - <http://www.utahpreppers.com/>
  - <https://www.facebook.com/UtahPreppers>
  
- **Vermont**
  - <http://americanpreppersnetwork.net/viewforum.php?f=81>
  - <http://www.prepperforums.net/forum/vermont/>
  - <https://www.facebook.com/VermontPreppersNetwork>
  - <http://www.doomsdayprepperforums.com/index.php?forums/northeast.41/>
  - <http://www.survivalistboards.com/forumdisplay.php?f=196>
  - <http://worldwidepreppersnetwork.com/locations/survivalist-groups-in-worcester-vermont>
  - <http://www.islandpond.com/forums/topic/244-us-field-survival-guide/>
  
- **Virginia**
  - <http://americanpreppersnetwork.net/viewforum.php?f=82>
  - <http://www.wilderness-survival.net/forums/showthread.php?23999-He lo-Wilderness-Survival-forum!-Location-Virginia>
  - <https://www.survivalmonkey.com/threads/he lo-ya l-from-virginia.52613/>
  - <http://www.meetup.com/Virginia-Beach-Disaster-Prep/messages/boards/forum/1154488>
  - <http://www.meetup.com/central-virginia-survival-disaster-prepardness-society/>
  
- **Washington**
  - <http://www.meetup.com/Spokane-PREPPERS/>
  - <http://www.alt-market.com/groups/viewgroup/259-be lingham+preppers>
  - <http://americanpreppersnetwork.net/viewforum.php?f=83>
  - <http://www.survivalistboards.com/showthread.php?t=61950>
  - <http://www.wolfcollege.com/expeditions/summer/wilderness-survival-training- and-trek/>
  
- **West Virginia**
  - <http://www.preppergroups.com/category/west-virginia/>
  - <http://americanpreppersnetwork.net/viewforum.php?f=84>
  - <http://www.preppergroups.com/category/west-virginia/>
  - <https://www.facebook.com/WVPreppers>
  - <http://www.survivalistboards.com/showthread.php?t=242815>

- **Wisconsin**

- <http://americanpreppersnetwork.net/viewforum.php?f=85>
- <http://www.preppergroups.com/category/wisconsin/>
- <http://www.prepperforums.net/forum/wisconsin/>
- <https://www.facebook.com/WisconsinPreppersNetwork>
- <http://www.meetup.com/MadisonPreppers/>
- <http://americansurvivor.org/events/wisconsin-preppers-and-survival-expo/>

- **Wyoming**

- [http://www.americansnetworkingtosurvive.org/Ant\\_Forums.html](http://www.americansnetworkingtosurvive.org/Ant_Forums.html)
- <http://americanpreppersnetwork.net/viewforum.php?f=86>
- <http://www.preppergroups.com/category/wyoming/>
- <http://www.preppergroups.com/wyoming-preppers/>
- <http://thesurvivalpodcast.com/forum/index.php?topic=46835.0>

Other places you might consider searching for fellow survivalists:

- Self-defense classes and seminars
- Gun clubs
- Churches
- Hunting clubs
- Garden clubs
- First Aid & CPR classes

Some people you may encounter may look scary, but know this: they are exhibiting a false confidence. Don't be intimidated by them. Chances are, if they are there, they are also looking for other preppers, whom they can form a survival group with.

You can even start your own club and make the rules so you can be in control of who joins in; this way, you have better chances of getting together with likeminded individuals. Even if at first you do not find someone you like, at least you will have made a step in the right direction.

There are also ex-militaries offering free survival classes to attract people in their own survival group. Basically, they offer free lessons on how to survive in the wild, and the people who are taking part in the lessons are secretly evaluated as potential group members.

Of course, not everyone you meet has to be a candidate. And even if you feel like you found the right person, in the end he just might prove to be different than you expected. So the best way to go about this is to not reveal too much about yourself. Just show your interest in what is going on in the world, but do not make a big fuss about it.

It's important that you are compatible with your team mates, but it's equally as important for all of you to have complementary skills, hobbies and beliefs so that your getting-together is beneficial for everyone involved. This might seem impossible, especially for the long haul, but it isn't. In addition, ask your candidate about his ideas on various

topics and see if the two of you are on the same track. If you do not share similar opinions, or he comes off as being too aggressive, then move on and continue your search. There is not much point in accepting someone in your group, only to later engage in constant fights, due to your difference in opinions.

Last, but not least, let me emphasize this: if you somehow manage to break your leg, you will no longer be apt to go hunting for quite a long period of time. And not to mention the excruciating pain you will be experiencing. Let's say you will indeed be able to create a splint to immobilize your broken limb. That's piece of cake. But what about sustenance? How will you feed yourself then? Or even protect yourself against intruders when your ammunition runs out? These people could really come through for you during life-and-death situations. But it's up to you to forge a strong relationship based on mutual respect with them.

Remember, no man should stand alone. Loneliness will drive you insane sooner rather than later.

## **Chapter 13: *The Watchman's Warning***

*"In times of great danger, the ignorant sleep while the wise stay awake."*  
— Modern interpretation of a 16th-century French proverb

If you've reached this final page, you are not like most.

You've looked into the darkness — not from fear, but from courage. You've dared to face what others mock or ignore. And now, whether you want it or not, you carry a responsibility few will understand.

The world is shifting. Whether it's war, collapse, famine, or a sudden technological blackout, the systems we depend on are far more fragile than anyone dares to admit. It won't take much to bring it all crashing down. And when that moment arrives, most will be paralyzed by fear and confusion.

But not you.

You've seen the signs — both ancient and modern. From cryptic prophecies to the rise of digital addiction... from historic warnings to today's unstable headlines... they all point to the same truth: a reckoning is coming.

This isn't about doom — it's about clarity.

It's about action.

Now you know what must be done — not just to survive, but to endure. To fortify your home, your mind, and your family. To walk calmly through chaos while others lose their way.

The world may lose power, structure, even law itself...  
But you will not lose your purpose.

Let others hoard gold and false security. You will store knowledge.

Let others run in panic. You will walk with intention.

Let others stay blind. You will see.

Don't waste this moment.

Act now — while time remains.

Every seed you plant today — in your garden, in your mind, or in your community — becomes tomorrow's root of survival. Every quiet act of preparation moves you farther from panic... and closer to peace.

And remember:

You were not called to prepare by accident.

You were called because you were meant to lead.

To endure.

To protect what truly matters.

So go forward — not as a victim of fear, but as a keeper of wisdom.

Keep watch. Stay ready.

And when the world goes dark...

**Be the one who holds the light.**