



“A Bill of Rights is what the people are entitled to against every government, and what no just government should refuse, or rest on inference.”
- Thomas Jefferson –

Be Ready For It All Survival Guide

About

Why do we need another book about prepping? Quite honestly prepping isn't brain surgery, and quite honestly there are some great book out there about prepping and surviving any sort of disaster. But for every good book that is out there, there are 10 books written to scare you into buying them or just don't have the information you want and need.

These books that are out there just to get your money do you no good. These books are written to get you when you are most vulnerable. When we are just beginning to open your eyes to prepping it is usually because we have had a personal doomsday situation happen to us or because we just can't ignore the problems we face as a country or entire planet these days. And that is how they get you, they promise to give you all the keys to insure your survival, but the truth is, these books only give you the basics and what any seasoned pepper already knows.

When you start prepping and preparing for your future you need to know where to start, and I don't mean how much food and water you need to store. You need to know the why? And you need to know the how? It does you no good to have a month's worth of food stockpiled if it is built on debt and you can't pay your rent.

Take a deep breath

This book will give you not just a basic understanding of how you should prepare for your future. Everyone has different reasons for prepping and everyone has a different set of criteria to consider when starting this journey, so therefore there is no "one way" to be prepared and there is not "one type" of prepper. We are all different and we all need to tailor the way we prepare to our individual needs.

My advice to anyone just getting interested in prepping and self-sufficiency, take a step back and breathe. Yes, there are some pretty scary thing going on in the world today, that's why we are here right? But if we start off on the wrong foot we could end up wasting money and time in areas that we just don't need to at this point.

If you have a good foundation to build on you will find yourself in a much better situation a year from now than you will if you just start building that underground bunker and hiding in a hole waiting for the end.

You can't run until you learn how to walk

This book will start by explaining how to get yourself ready for any kind of disaster scenario from personal disasters to a complete collapse. All of this starts with mindset and taking account of our personal situation, like the saying goes "you can't run until you learn how to walk" and there is no reason to have thousands of dollars of supplies that you don't know how to use or was all built on debt.

Let me be honest here, if you are looking for a book that teaches about how to survive a zombie apocalypse or a book that scares you into thinking the world is ending tomorrow, this is probably not the book for you. The reality is you can't start half way through a movie and truly understand what it is all about, if you jump into the middle of a battlefield without the proper training you are not going to last long.

If you are looking for a book that will help you survive anything and are willing to start from ground zero and ready to figure out a plan that works best for you and your family, then you're in the right place. We need to take a logical look at a sometimes illogical world and formulate a plan that gives us the best possible chance for survival.

This book was put together with the help of many seasoned preppers and a huge amount of knowledge and research that I would like to share with you. We all need to start somewhere, none of us just woke up one day and had it all figured out. But the good news is that prepping and self-sufficiency are not as complex as some people make it out to be. It's a personal decision we have all made, and a decision that takes continual and gradual improvement over time.

Be Ready For Anything

In this book we will go over some of the basics you need to get you started and work our way up to becoming more and more self-sufficient as the days go on. I will share with you some of the resources I have found and some simple ways for you to get started on the right foot to becoming a seasoned prepper.

In my opinion we cannot just be worried about an EMP or an economic collapse, we need to be ready for it all. And although there are some things that concern us more than others we don't want to be looking in one direction and get blindsided by something unexpected. We need to prioritize the events we feel are most concerning to us and prepare for those, and always have the other disaster scenarios in the back of our mind.

Ultimately if we are preparing for a small scale event like a natural disaster we will find that we are becoming more prepared for an event that will take down the entire country. This book is no different, we will start with the basic fundamentals and work our way up to becoming more self-sufficient, more aware and prepared to face any situation that might present itself in the future.

In the next chapter we get into some of the things that concern us all these days and some things that you are more concerned about because of your personal situation. Let's take a step back and look at our situation realistically and with a level head, after all the reason we prepare is so the end of the world doesn't become the end of the world.

Chapter 1 Possible scenarios

The Real Black Friday

Every year, the Friday after Thanksgiving millions of people rush out before dawn in order to get the best deals, and find the perfect gifts for Christmas for their friends and loved ones. They trample each other, bursting through the doors of the store hoping to be the first one to the best deals the store has to offer. There is pushing, pulling, rude behavior, and everyone is out for themselves. They are not thinking about the mother they just stepped on to get to the top requested item on every child's Christmas list. A frenzy ensues as there is only so many of the one thing that everyone wants.

It Just Got Real



Now put a twist on the above scenario, only this is not black Friday, this is a few minutes after the local news reports the inevitable has finally happened, and [the dollar has collapsed](#). Panic sets in, and everyone rushes to the grocery store or local Wal-Mart to gather food and the supplies they will need to get their family through the now hard times.

If you are brave enough to go to the store, you will see the ultimate frenzy that would rival even the largest black Friday sale. People will be buying everything in the store, EVERYTHING will be gone. The shelves will be empty, and people's carts will be full. The lines will be long, and there may even be people outside

of the store ready to take everything that was just bought. People will get desperate, and do desperate things.

And It Just Gets Worse

Three days later, the stores are empty, and those who have not planned will try to hunker down, and make do with what they have, maybe. True desperation will not have truly set in yet, but it is getting worse. There is a mood of despair and anger thick in the air as people try to figure out their next step.

A week later, people will probably start to get a little more desperate. They will be hungry, and their families are hungry. Lines of people wait at the grocery store, hoping they will open their doors soon, so they can hopefully get enough food to last another week. But what they aren't expecting is the cost on everything has tripled. Supply and demand and greed is now in full force, and the masses can't afford food, so now they will try to take it. [Riots will happen, shootings will become more prevalent as will home invasions](#). There will still be the thugs who try to steal things like TV's and video games, but more likely will be those who are simply trying to survive, and put their children to bed with a full belly.

The above scenario may or may not come true, but [if we have learned anything from history](#) we know it has before. This may be a worst case scenario of what will happen, or it could be a very mild version, only time will tell. But what you need to be thinking about now is what you should be doing to prepare and take yourself and your family out of this equation and avoid the chaos.

When the dollar collapses, notice I say when, not if, people will still have jobs, business will remain open to some extent, and there will still be utilities. Most likely a complete SHTF where everything stops working and people stop going to work won't happen. There may be huge cuts to business with thousands of jobs cut, and prices will increase, but society will still continue in some form or another. This is what you should be planning for now.

Will Work For Food

You will still get up and go to "work" or will you need to go out and find "work"? Will your kids still go to school? And will the lights will still be on in your home? How you go about your average day may drastically change. Instead of focusing on what type of emergency could happen, you should be thinking ok, something catastrophic has just happened, how am I going to handle it? You should be planning for this now. Start with recognizing where you are now in your planning, and where you would like to be. Stop thinking of what if, and start planning for it now.

In an economic or partial economic collapse, tangible goods will be difficult if not impossible to get. So start purchasing extras now. Buy extra every time you go to the grocery store. Instead of buying one box of instant mashed potatoes, buy two. Do the same with canned goods, cereals and pasta. Stock up on these pantry items until you have enough food for your family for at least three months. You can do the same with freezer foods, however if your power is interrupted, you may lose what you have stored in the freezer. You can plan for this by having a generator, or learn how to can things like meat and meals. Canning is a very good option if done properly.

Being Prepared

By having a well-stocked pantry, if things take a turn for the worst, you won't find yourself running to the grocery store with the masses. Hopefully you will be able to ride out the economic down turn with what you have on hand. By having a well-stocked pantry, you won't have to face that last ditch effort of getting everything you can. You can stay at home, and maybe consider hiding some of your stores. If it gets bad, you don't want stranger to come in and take [what you have been working so hard to stockpile](#). It may be a little "zombie apocalypse" so to speak, but do you really want to take that chance? If someone were to break into your home when you weren't there, hiding your cache throughout your home may give you enough food to get through the tough times. So stock up on items you use and hide them in plain sight throughout your home. Going through your kitchen cabinets will be the first place people will search, but what about creating a hidden pantry in a closet, or under your bed? Those that have been prepping will know areas of where to look in your home, but the odds are in your favor that some random looter isn't going to search under your bed for canned goods.

Building Community

However, when things change, and people start to become desperate, you should plan for them to want what you have. One of the best ways to deal with this is to have a good relationship with those who live around you. A small community of likeminded individuals will fare better than those who are only out for themselves. Talk to your neighbors. Make it a point to say hi, and strike up a conversation. Does your next door neighbor have a great garden? Go ask them what they are doing to have such a bountiful harvest. Become an active participant in your community. This will keep you aware of what is going on around you, as well as meet your neighbors and learn what their concerns are. Everyone has something

useful to offer and will have some sort of skills. By working together, and having a same general goal, a community is better than trying to get through this on your own. Safety in numbers is very appropriate for this type of scenario, and if your neighbors are looking out for you and vice versa, you have just increased your odds that your family will get through this. And being able to discuss and plan with likeminded individuals will help your general sense of wellbeing.

Your Most Important Tool Is Sitting On Your Shoulders



Perhaps the [most important aspect of survival is your mindset](#). In any type of crisis situation, keeping a level head can mean the difference between life and death. Ok, that may be a little dramatic, but it's true. By really accepting that something can happen that will change the way you live your life, and doing things now to prepare you have taken the very important step of preparing yourself and your family for the inevitable. Realize that this will happen, and have a plan in place. Start living that way now, don't wait to start tomorrow. Keep a level head, and don't get sucked into what the mass media is feeding you. When something does happen, remain calm, and go forward with your day in the same way you have been, in a prepared frame of mind.

Why we need to put away your comfy little house slippers and wake up to reality

It seems like everyone has their heads buried in the sand. If you close your eyes the monster doesn't exist right? I'm here to tell you, that monster does exist! If you look under your bed you will see that monster disguised as freedom. And that "monster" is going to take all of your defenses, [all of our liberty's](#) and make you feel all cozy and nice inside until it finally has you in a position where you have no choice but to do as it says.

Every day we get closer and closer to that situation. Why do you think the government wants to open up the border? Why is the government so willing to give illegal aliens the same rights as **we the people** born and raised in this country?

Because they are easy to control and willing to do what the government asks. The government needs to get bigger, they don't see how close an economic collapse is. And if they do they want nothing to do with changing it...because life is good on the hill.

It's simple: The more people who live in this country that rely on the government for handouts, welfare, food stamps and a million of other money wasting programs THAT WE PAY FOR the more they feel like they can spend. I mean the national debt is only 17 trillion right? We can afford to spend a few million researching the research we are doing to see if a water Lilly can survive above timberline. And as long as these people get their monthly check from the government they don't give a shit what the government spends OUR money on.

I am no conspiracy theorist by any means, I do believe we actually landed on the moon. But I do know that where there's smoke there's fire...and there's no smoke anymore, everything is on fire. It is truly only a matter of time before the shit hits the fan and everyone has to uncover their eyes and admit the THIS IS NOT A DREAM. Will this happen in our life time? Maybe, maybe not. But are you willing to

take that chance? I'm not! And that is why I started this website. For me to vent and to inform anyone interested in learning the facts.

This book will help you [become a better prepper](#) and more educated about what is really going on around the world. There are a hundred different things that could happen tomorrow that could change our lives forever, and while you cannot possibly be prepared for every situation you need to be ready for anything.

I am a god fearing man, and I believe that if he wants something to happen it is going to happen...period, but I also believe the god helps those who help themselves and if there is anything I can do to [ensure the survival of my family](#) I think it is my responsibility to do so.

My point is, [who knows what is going to happen](#) and no one really knows when. [Being prepared for any disaster](#) is just like car insurance, I don't want to get in an accident; but if I do I feel a lot better knowing I am not going to have to pay for it in the future.

How to Eat an Elephant

A disaster doesn't care what race or religion you are, Mother Nature doesn't care how many children we have or how much you donate to charity, to our government we are just one of the millions of ants that it takes to build the infrastructure of a thriving society. And if a few ants have to die for the good of the colony then so be it, that's how it goes.

Because there is no one that cares more about the safety and survival of you and your family than you, your welfare is in your own hands. At its core it's pretty simple; if you fear losing everything because of a hurricane, move away from the ocean, if you fear losing everything in an earthquake move away from that fault line you built your house on. Unfortunately it's not always that simple; no matter where you live there are bound to be problems that you will have to prepare yourself for.

This book will cover everything you need to know from taking a personal audit of your situation (financial and geographic) to learning how to become prepared for a long term or short term disaster situation. Whether you are preparing for something as simple as a power outage or preparing for a complete off the grid event these prepping skills you will learn will help make you more self-sufficient, more aware of your surroundings and more prepared to handle any life changing situation.

So, How Do You Eat An Elephant?

You eat an elephant one bite at a time. Don't worry you won't actually need to eat an elephant! The point is, that even the biggest problems all start at the beginning, and as we take steps in the right direction and look back, we see that we have made more progress than we thought we did. Keep in mind that as we climb this mountain trying to become more prepared and self-sufficient, we don't need run half way up the mountain, because if we do, we will be too exhausted (broke) to make it the rest of the way up.

Prepping is a journey that will never be over, and prepping should be a lifestyle, not a fad that we are going through. The typical view of a prepper is someone that has a house full of canned food and is so

paranoid of the world around them that they own 50 guns and will shoot the mail man if he knocks on the door at the wrong time. This is just not the case; preppers are no different than any other person out there. Anyone who has car insurance is prepping for a car accident, but that doesn't mean they want to get into one. Anyone who stocks up at the grocery store because a storm is coming and they might not be able to leave their home is a prepper, we just choose to see a bigger picture, we choose not to be taken off guard by a flood, earthquake or an off the grid event, we choose to be our own insurance plan.

So just remember that if you are just getting started prepping take a deep breath, roll up your sleeves and get started building a foundation that will help you become more self-sufficient and better prepared no matter what life throws at you. Don't go out and buy \$1,000 worth of bug out supplies because you are scared of an economic collapse, start at the beginning and start eating the elephant.

Cause And Affect – Disaster Scenarios



Our geographic location and our financial situation will play the biggest role when it comes to where you start preparing and how long it will take to become more comfortable with your current situation. Understanding that the end of the world doesn't have to be the end of the world if we are prepared to handle it is the place every prepper should start. Knowing what disaster situation is most likely to affect you, planning for those events and seeing the big picture will not only help you survive any of the smaller events, but you will find that as you prepare for those events you are becoming more prepared for the larger events like an economic collapse.

Here is a brief overview of some of the disaster scenarios that could affect you in the future. Keep these in mind as you read through this book, and if needed come back to review them when you fill out your cause and affect worksheet.

Economic Collapse

This could be one of the biggest issues we face as Americans today; an economic collapse could cause a chain reaction that leads to other doomsday scenarios like a police state, long term off the grid event or the complete collapse of the infrastructure like we see in Detroit today.

An economic collapse is inevitable, and when this happens the soft content people that this government has created will look to them for guidance to survive a problem that that very same government caused. I don't think there is a way to stop this locomotive from going off the cliff, I think the only thing we can do is prepare to fight for our freedoms just as our founding fathers did.

In the case of an economic collapse your life will be turned upside down. The paper that your money is printed on will be just that, paper. If you have done a good job prepping, most of your possessions will be more valuable than any printed money, and even gold.

Drinkable water, food and supplies you have prepped would become the new gold. But having these supplies is one thing, keeping these supplies is an entirely different problem. Preparing and protecting the things you have stockpiled are crucial to your survival, no matter what situation you find yourself in.

There are some things that remain the same regardless of where you live, your money will be worthless, you will need to have an escape plan and you should have caches set up along your escape routes as an added precaution. It is always better to walk away alive and empty handed than dead and empty handed, especially if you know you have a cache of survival supplies nearby.

Police State/ Martial Law

A police state is what I consider a secondary event, a police state will be caused by a different number of events that cause the infrastructure to crumble. Anything that would cause the breakdown of our infrastructure could potentially cause a police state or give our government an excuse to enact martial law.

Off The Grid Event

An off the grid event could affect just your city or town to the entire united states. An off the grid event could be caused by an EMP, over usage of our resources, civil unrest or military conflicts. A grid down scenario could affect our daily lives down the minutest detail, we use electricity for everything from charging our phones to heating our homes in the winter.

EMP

An EMP is defined as rapidly changing electric fields and magnetic fields may couple with electrical/electronic systems to produce damaging current and voltage surges. An EMP that is large enough to affect the entire United states could possibly cause an off the grid event, followed by a police state, and causing an economic collapse (not necessarily in that order.) An EMP does not necessarily have to come from the sun, if someone has the capability to detonate a nuclear EMP warhead above the United States it could literally cripple our economy.

Terrorism

Terrorists are inventing new ways to create chaos on a daily basis, and with seemingly everyone in the world having their sights set on the United States this is something we should be increasingly concerned about. Terrorism is not just blowing up a building, terrorism these days means flying airplanes into buildings, planting IED's (improvised explosive device) and the most possible (in my opinion) biological warfare or bio terror.

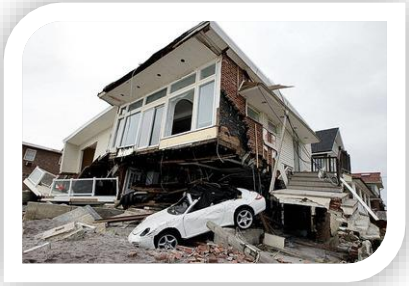
Pandemic/Influenza

As much as we travel around the world today and how quickly we can do it a pandemic is a bigger doomsday scenario than it ever has been. An influenza virus that originates in China could make it to the United States before we even know what hit us. 1 airport could be the artery that carry's a virus around the world in hours.

It's Not Just About Doomsday

Preppers are not only preparing for EMP's or an economic collapse, some of us actually prepare for situations that could directly affect our lives like a tornado tearing down our home, an earthquake that tears a city apart, leaving us with no power and people cut off from the outside world, leaving us to fend for themselves. Which of these situations is most likely to affect you? How prepared are you if you had to survive a week with what you have in your car or your home.

Natural Disasters



Not all preppers are preparing for EMP's or an economic collapse, some of us actually prepare for situations that could directly affect our lives like a tornado tearing down our home, an earthquake that tears a city apart, leaving us with no power, chaos all around us and people cut off from the outside world leaving them to fend for themselves. Which of these situations is most likely to affect you? How prepared are you if you had to survive a week with what you have in your car or your home?

Preparing for situations like these is actually a good starting point because as you prepare for some of these more localized events, you will be preparing for other events like being off the grid without even knowing it.

The basics of preparing for a natural disaster is based on the same principal as preparing for a national event, you need to start with being able to survive for the first 3 days.

Having the right supplies really depends on what natural disaster is most likely to affect you where you live. I wrote a post about what I have in my 72 hour bag if you are looking for a starting point, but like I said your situation will define your needs.

Earthquakes

An earthquake has the potential to tear down a city, and if you are unfortunate enough to have your life affected by an earthquake that caused a city to become chaotic and cut off from the outside world because the highways and airports are destroyed you would need to be able to either sustain yourself until help arrived, or prepared enough to get out on foot, this is all assuming you were lucky enough to survive.

Some areas of this country are more susceptible to earthquakes than others, but that does not mean that because you live in Montana that an earthquake is not possible, although it is very unlikely.

There are other events that could cause the same effects as an earthquake, like bombs, civil war and riots. These are not going to tear a gaping crack through your neighborhood, but they could have you trapped in a certain area and your survival options will be somewhat similar to an earthquake, can you ride the storm out or can you get out of dodge safely.

Earthquake Survival Basics:

- Look for something sturdy to hide under, Stay away from windows or anything else that could fall and injure you and always cover your head.
- Stay in one spot until the earthquake is completely over
- Brace any fixtures like pictures and heavy cabinets to the wall, including water heaters and gas appliances to avoid gas leaks. Make sure everyone knows where the gas shut off is.
- Always have a first aid kit and emergency supplies available.

- If you are in a car, try to stay off (or get off safely) bridges and over passes or mountain roads where rock slides could occur.
- Know the earthquake escape routes of the building you are in.
- Be aware of the aftermath just because the earthquake is over does not mean all is well, there could be aftershocks, tsunamis or landslides.

Tornados

Tornados are even more localized than earthquakes, tornado's basically hit the ground, and if you are in the path of that tornado you could have everything you own tossed around for three miles in any direction.

In the event of a tornado you might not have the option to evacuate, you might need to find the safest place in your home and ride out the storm so to speak. Make sure you have a plan and your family knows what to do and where to go in the event that your home is in the path of a tornado.

Tornado Survival Basics

- Pay attention to your local weather alerts and be aware of what the sky looks like outside your front door.
- Find the lowest/safest spot in your home away from windows or possible flying debris.
- Have a safety plan and Practice it with your family so they know how to react quickly.
- Prepare your home before hand by removing anything that could become a "projectile" broken tree limbs, lawn furniture or hanging plants or fixtures.
- Have any important documents, food, water and supplies stored below ground and protected from the possible tornado damage.
- Watch for dark clouds that are moving in different directions or forming funnel clouds and large hail.

Hurricane/floods/tsunami's

Hurricanes and floods can cause far more damage than just destroying homes and roads. Following a major earthquake, a 15-metre tsunami disabled the power supply and cooling of three Fukushima Daiichi reactors, causing a nuclear accident on 11 March 2011. All three cores largely melted in the first three days. The point is that even if you are not worried about an earthquake or a tsunami the cause and effect of one disaster could lead to other disasters.

A hurricane or flood can literally rip a city apart, New Orleans was decimated because of a hurricane which cause faulty levee's to bust open and flood the city. There were (and still are) many people in New Orleans that were unprepared and reliant on the government for their survival, and as a result when help was slow to come it caused a chain reaction of other dangerous events and crime.

Flood Survival Basics

- Have at least 3 days of food and water, or better yet a 72 hour bag ready to go for every member of your family. For hurricanes I would suggest at least 3 week's worth of supplies.
- Have a crank radio or some way to stay up to date about the current situation.
- Be aware of the escalating situation and be prepared to evacuate at a moment's notice.
- Stay out of the water. 6 inches of fast moving water is all it takes to take a person down.
- Move to higher ground and get away from rising water.
- If you are in a car, don't try to drive through a flooded street, if it is too late, get out of the car and move to higher ground if possible.

Wildfires

Wildfires will devour anything and everything in its path, and if that happens to be your home your best option is to get out as quickly as possible. How quickly a fire spreads depends on the weather conditions, wind direction and your climate.

There are some things you can do to mitigate the possible damage to your home or property far before a fire gets to your front door. Don't just depend on the fire department to save you home and belongings because they will already have their hands full and their first priority is saving lives.

Wildfire Survival Basics

- Have emergency phone numbers and an evacuation plan in place.
- If your kids are at school and you are at work you will need a safe location to meet up, have a location picked out beforehand.
- Prepare your home to withstand a wild fire by trimming trees 4 feet above the ground, removing any leaves or branches on the ground that could become tinder.
- Don't use materials like wood chips for flower beds around your home, this is just fuel for the fire.
- Have firefighting tool ready to go, tools like shovels, rakes and garden hoses that could help prevent a fire from consuming your house.
- Have a bug out plan. Have everything you need ready to go at a moment's notice, including important documents.

If you would like more information about how to prepare for natural disasters you can visit sites like the Red Cross and FEMA for more information

Surviving Personal Dooomsdays



We hear all the time about preparing for the pending economic collapse, martial law or even an EMP, but we don't hear enough about preparing for a personal doomsday. This is probably because people love drama, people love the big doomsday stories, but the reality is that we should all start preparing on a much smaller scale while we look at the bigger picture.

I recently lost my mother and while I was sitting in the hospital room all I could think about was how the dynamics of my family were going to change if my mother made it through this. The way I prepped would

change, my bug out strategies would change and how our daily lives were going to change with her living with us. Unfortunately my mother did not make it and I never had the opportunity to implement these strategies.

This got me thinking about personal doomsday scenarios that could not only affect our daily lives, but it also changes our ability to prep for bigger disasters on a daily basis. As we prepare for smaller more localized events like the loss of a job or natural disasters we are inherently on our way to being prepared for a disaster on a bigger scale.

Another factor to take into account is that the way you prepare today will change over time because of family dynamics, your increasing age, demographic and governmental changes. We need to constantly be on our toes and ready to pivot at a moment's notice, a well thought out bug out plan that works today might not be your best option 5 or 10 years from now.

Here is a list of 10 personal doomsday scenarios that could affect the way you prep today or the way you prepare in the future. Scenarios like these are why I believe that where you should start preparing for your future begins with your financial and physical situation.

Loss of a Family Member

A loss of a family member could drastically affect not only how you prepare, but what you are able to prepare for. Losing the income of a family member could put you in a situation where you do not have the ability to purchase the supplies you need for any disaster you might face.

The loss of a family member could be because of divorce, death or even children moving away from home. Although a child moving out almost always helps your financial situation (it did for me) sometimes this is not the case, sometimes they are actually adding income to the family...I am not that fortunate.

Addition to the Family

Hopefully this is not a personal doomsday scenario for you, but I put it on this list because it will affect how you prepare and what your options are in the future. An infant will require more care and require you to prep differently than people without small children. Bugging out with a small child or elderly family member will also require you to acquire different supplies.

Local Grid down Scenarios

Not only should we be concerned about larger off the grid events caused by an EMP or overpopulation and over usage, we should take into account the possibility of a local grid down situation that could affect us for weeks.

Disability

Accidents happen and life happens. A disability could mean you becoming disabled or a family member becoming disabled. There will be extra costs and medical expenses when caring for someone who has become disabled or different strategies needed when you are working on your bug out plan.

Auto Accident

An automobile accident could cause a number of different personal doomsday scenarios from finances to loss of a family member. A car accident could change your life in a split second. Even something as simple as your car breaking down could put your job in jeopardy.

Loss of Employment - Debt

Losing a job not only puts added stress on you and your family it handcuffs you and your ability to prep. Most Americans are only a few months away from a personal economic collapse at any given time.

Natural Disasters

Natural disasters can also cause other personal disasters to manifest. You could lose your home, your job and be completely cut off from the supplies you need in your daily life. Take a personal audit of what disasters are more likely in your area and make sure you are prepared for those before you even begin prepping for a larger scale disaster.

Loss of a Home

The loss of a home could be caused by many different factors. It could be caused by the loss of income and your home gets repossessed, a natural disaster could destroy your home or something caused inside the home like a fire or water lines breaking could make your home uninhabitable.

Robbery

Whether it is someone coming into your home and taking everything you own or someone stealing your car because you didn't lock it while you were just running into the store really quick to grab some lunch. Robbery could put a big financial strain on your prepping capabilities.

Mental Trauma - Physical Assault

This was brought up to me in the Facebook group by Heather and could present a huge problem not only for you, but your entire family as well. Many people who go through some sort of physical assault or situation that affects them mentally could be afraid to even leave their home.

Another member of the Facebook Group Steve commented...

“I think it is interesting what motivates one to prep in the first place. Why to some go to certain extremes but others are more practical? Is it a trauma? Is it upbringing?”

This is a very good point. There are many different reasons that cause someone to become a prepper, for me it was my upbringing, for others it is something that has caused them to open their eyes to the very real problems we face today.

Some people choose to be or become self-sufficient because they see the writing on the wall and they know that the current system is not sustainable, some have been raised their entire lives knowing a disaster could destroy the world as we know it and turn our lives upside down.

Ultimately the reason you are a prepper doesn't matter, just be thankful you are. God willing, we will live our whole lives and never have anything catastrophic happen to us, on the other hand by taking notice of current events and planning for an uncertain future we not only increase our chances for surviving an economic collapse, EMP or martial law, we make those smaller doomsday scenarios a little bit easier to handle.

What is the reason for your prepping? Was it just the way you were raised? Was it something that gradually turned the lights on? And one day you realized that most of the websites you visit are prepper websites. Or is there something that made you say “ok, this situation is more real than I ever imagined?”

Chapter 3 What Are You Prepping For



Anyone who considers themselves a prepper or survivalist should know what you are prepping for. Every survival situation requires a different approach and strategy to ensure you have the best possible chance to defend yourself and your family. Your plan should give you the best possible chance to

1. Defend your family
2. Defend everything that you have stockpiled while preparing for your survival.

Being prepared is just the first step we need to take to increase the odds of our survival if everything hits the fan. Understanding that we are the minority and that 99% of the U.S. population will be caught with their pants down is the second step. These people could be your next door neighbor, your pastor or family doctor. Desperate times has a way of changing even the most pure and good hearted person into a person that will do whatever it takes to survive. As preppers this makes us huge targets because we have what these people failed to prepare for and now need.

What Are You Prepping For?

What you are prepping for depends on your situation and what you will need to do in that environment to survive. Like I said everyone that is unprepared will be after you and your cache, water and food could become more valuable than gold. The first thing you need to think about is how are you going to protect everything you have stockpiled preparing for this situation? And how do your surroundings dictate what you will need to do?

How you decide to prepare all depends on where you live and your surroundings. If you live in a big city you will need to have a completely different strategy for protecting yourself that if you live in a rural area. Either way one thing is certain, anyone who is unprepared will be looking to take advantage of your foresight and knowledge.

Prepping In an Urban Setting

There are a couple of different strategies I think you have if you live in the city, one is to bug out and the other is to stay your ground. Both will have their challenges and really depend on your awareness about all of the possible scenarios and what give you the best chance for survival.

1. Bugging Out: Keep in mind that as you try to bug out that you will not be alone, you will probably find that everyone that is unprepared will want to be your new best friend, you should probably find a way to break away from everyone and everything that you can. This could mean taking the toughest path and finding out where everyone is going and go the other way. Inevitably you will run into someone who has become desperate and will do whatever it takes to survive and they will be thinking *"I just found my new best friend"* and you should be thinking *"one more step and I'm dropping this sucker"* You've probably heard this before but TRUST NO ONE!

This is where having your bug out bag and being prepared for situations like these are crucial. A bug out bag should not only have supplies such as food, water, first aid and clothing it should contain items for personal protection for you and your family. I wrote a series of 3 articles about [what I carry in my bug](#)

[out bag](#) as well as my family's bug out bags. If you have time have a look at them, they are very detailed and might give you some ideas.

2. Bugging In: Staying put and fortifying your position is another option, although by doing this you better be prepared to defend yourself from the start. I think the biggest challenge of this strategy is going to be right after everything hits the fan. And even if you plan on staying your ground you should still have a plan in place to move quickly if the situation arises. When the chaos is at it's peak and everyone is looting and flipping out is when you will be the most vulnerable. As people begin to leave town and try to find a safer place to be it could turn out to be less of a full on assault...but don't let your guard down, there will always be someone who wants something from you.

This is just my opinion but if I was in this situation I think I would wait out the storm and try to "sneak out" after the first wave of the hysterical flipped out crazy's left town. I just wouldn't feel safe staying in one spot during the beginning stages of some kind of economic or governmental meltdown.

Prepping In a Rural Setting

Some of the basic prepping principals apply to both urban and rural survival, there are some differences you will need to take into account though. One of these is knowing that in the beginning stages of any meltdown you will have a little (very little) buffer before everyone fleeing the city's make it out to you. Another advantage that a rural setting has it that you usually have more property to work with and if you own that property you have more ability to prepare as opposed to living in an apartment or rented home. I don't think most landlords would be willing to let you build a survival bunker in the back yard.

1. Bugging In: Defending your property really depends on where you live and how far away from the major population you live. Take me for example, I live about 40 miles outside of Denver on 10 acres of land, this has it's pluses and minuses. On the plus side I own my home and have plenty of land to build an underground bunker (which I plan on doing soon) and construct it in a way that it will be hidden so the looters and opportunists will not be able to find me or my family...and if they do I will make sure they wish they had never found it. On the down side 40 miles is not that far at all, on top of that I live about the same distance away from Colorado Springs which is an Air Force town. So to say the least I don't feel like I have the perfect position to fortify and in that situation the military would present a bigger threat that a crazed starving business man with his Swiss Army Knife and a ski pole.

2. Bugging Out: As I said before you should always have a plan to bug out. Unless you live deep in the woods and on top of a mountain you should be prepared for any situation. Not all of us are woodsmen and have the opportunity to live this lifestyle, we only get to practice while we continue our daily routines so we can continue to support our family. This doesn't mean we should throw in the towel though, we just have a little bigger challenge ahead of us. You need to assess your situation and decide what the best plan of action is for different scenarios.

So What Are You Prepping For?

What you are prepping for all depends on your personal situation and surroundings. Being a good prepper does not mean having the most expensive survival knife or hand gun, which can all be taken away from you in a second if you are not aware of your surroundings and prepared to fight for what is yours. Thinking about all the different possible scenarios and having contingency plans in place are

crucial to your survival. So whether you live in the city or in the suburbs you need to be aware of your surroundings, plan for the worst and hope for the best.

Chapter 2 Beginning the Journey



Start With the Right Mindset

Regardless of your situation everything starts in that melon sitting on your head. If you don't have the right mindset you could very likely find yourself less prepared than you thought you were. Prepping shouldn't start with stockpiling a bunch of beans and rice, it starts with you taking an honest look at your situation and fixing it. The things you do in your daily life that could hinder your ability to survive any sort of chaotic situation.

How you prep and [what you prep really depends on your situation](#). If you live in an urban area, or an apartment you might not have the room store 100 gallons of water so you might be better served preparing to bug out. If you live in

a suburban or rural area you might want to work on your homesteading skills.

If you are in debt up to your ears or have a limited income (like most of us) you might want to take a hard look at what you need and what you don't need, and what you can spend money on that could serve you better elsewhere.

Unfortunately preppers have this stigma of being alarmists who have their houses filled with MRE's and Guns just waiting for the end of the world. As you know this is not the case. We just choose to look at the bigger picture, keep our eyes open and plan for our own safety and survival without any government assistance. Preppers and survivalist are not all about doom and gloom, we should all be working towards being responsible self-sufficient adults.

I have recently listened to a couple of episodes of the Survival Podcast with Jack Spirko called ["Holy crap, I just found out everything isn't super"](#) (2 part series) and I have to say, if you have never listened to Jack you should at least check those episodes out, he offers some great advice about how you should look at prepping as a lifestyle and not just preparing for the end of the world.

Jack goes into detail in the podcast about how and where to start you're prepping but one thing that stood out to me, and I feel is overlooked is the prepper mindset. You can get all the information you want about how much water you need to store, how to purify it and what you need in a good bug out bag, but there is not that much information about how we should think as preppers.

Lower you're Debt

The first step you should take is figuring out what you do on a daily basis that puts you at risk. This could be anything from eating at McDonald's everyday which affects your health and your wallet to how financially stable you are.

If you are \$50,000 dollars in debt, you might want to solve that problem before you go out and spend thousands of dollars on solar panels, generators and bug out supplies. Getting out of debt is not only necessary, it is our responsibility. As he says in the podcast, you can't blame your momma and you can't blame Obama, you dug this hole yourself and you need to get yourself out of it.

If we continually buy everything on credit we are not getting out of this imaginary money market that we all know will inevitably collapse. In turn, that problem becomes our problem. It honestly might take you 5 years to get out of debt, but once you are out of debt, you can invest in your future, whether that be gold, silver or solar panels and taking steps towards living off the grid.

Investments

When you say investment people automatically think stocks, bonds and 401k's. As a prepper we need to think the opposite, get away from the paper assets and move towards investing in your future. Someone who has 50K in a retirement plan could have all of that wiped out in no time at all. But someone who has invested in gold and silver will still have that when and if the economy goes to crap. [If you can't hold it in your hand, it's not real.](#)

All investments are not just monetary, if you spend \$600 on a generator, home fortifications or even 20 gas cans to store fuel, these are investments. Think of everything you do as an investment in your future, if you cannot honestly label it an investment you should ask yourself "can I live without this?"

Ask Yourself What If?

Always ask yourself what if? [This is why we prepare](#); we are basically our own insurance policy. We need to take our personal situation and ask ourselves "what poses the biggest threat to me and my family right now?" and "what if this happens?" We need to always keep our eyes open and our ears peeled because even the smallest inconceivable situation could turn bad in a second.

If someone knows you take the same route to work every day and always stop by the bank on your way home, you are a target. If you go to a gas station and leave your keys in the ignition, you are a target. Even if you live in a rural area like me you still have to think what if?

My kids are terrible about locking the door behind them as they go to school because they think "we live in the boonies; no one is going to break in." This drives me bonkers! And the fact is, it could happen anywhere at any time.

Something as simple as locking a door or taking your keys out of the ignition takes 5 seconds, and could save you hundreds of dollars, undue stress and even save your life.

Prep with a Plan

As I was skimming across some of the many e-mails I get in regard to prepping, and I came across one that caught my interest. I came across thepatriotnurse.com She has a couple of links to [YouTube videos](#) And in one she was talking with a student of one of her classes who happens to be a long distance truck driver. He works for a trucking company, because it is too expensive for him to work for himself.

And this is where I got interested. He talked about how he can tell how the economy is by the number of truckers on the roads. He said that he has been a truck driver since 1999, and up until 2004, when he

would pull into truck stops, if he got in too late all of the spaces for overnight parking were full. However he started noticing a general decline in the number of trucks at each truck stop that would park overnight. He also said it hasn't gotten any better. Fair estimate would be 50 to 60% less trucks on the roads. That means fewer trucks making deliveries to grocery stores. Which if you think about it is a little frightening.

It's always good to have [food storage](#) and a plan in place if a natural disaster, economic collapse or EMP were to affect your life, but as preppers we need to look at the big picture and take steps towards becoming self-sufficient.

How this all plays out really depends on your personal situation and what steps you need to take before you fill your house with 1000lbs of beans and install solar panels, if your house gets foreclosed on or you have to move, these mean nothing.

Start from the inside out, make a list for yourself and layout the path that is the most plausible and will allow you to reach your goals.

And remember, it doesn't have to all be done overnight, prepping is a lifestyle and you will never really be fully prepared for anything, and fully [Prepared to bug out](#) if that becomes necessary.

How Did They Ever Survive 100 Years Ago?



As a society we are only concerned by what is affecting us right now. We don't worry about water until it's gone or undrinkable. We don't worry about [our money disappearing from the bank](#) because that just never happens, and yes it does. We don't prepare for an earthquake or natural disaster until our home is destroyed. And worst of all we as a society we have this unfounded faith that our government has our best interests in mind, and will be there to bail us out when the SHTF. I'm not saying we need to live completely off the grid, but we need to know how, if and when that time comes.

Everything is so easy today. You need food, you run out to the grocery store and get it. You need a new shirt? You run out to your local store and get it. Right now, anything you want you can get either by going to the store or buying it online. But what would you do if you couldn't get to the store, or the thing you wanted wasn't there? [Most American's don't believe that could happen](#). Actually, most American's probably have never even thought about it.

Our society today teaches us to choose the easier path, why work harder when you can work smarter. An unfortunately our society is paying the price. Everywhere you look, if you have your eyes open the signs are becoming more and more prevalent that something is seriously wrong with this once great nation of ours. Our corrupt government tells us everything is ok. The mass media feeds their versions of the news for millions of American's. And the saddest part about it is they don't think anything is wrong!

Thankfully, you have realized things aren't quite right in our nation, and you may or may not be wondering what do you do about it? What do you need to do first? The most important thing you need

to do is learn. There are many websites and many articles that you will find that can help you in your quest for knowledge. Read books, listen to podcasts, and [learn from the experts](#). The more you know, the better prepared you will be for different situations. The steps you need to take for yourself and your family will be different than the steps I have taken for my family. But maybe reading what someone else has done to get prepared might get your own ideas going.

Tips for the Beginning Prepper

When I began my journey of becoming a “prepper” (I prefer the term self-reliant though) I didn’t want to tell anyone. I knew my friends and family would think I was crazy, and finally went off the deep end. So unfortunately a lot of the planning and research I did was alone. So here are some tips to get you started in the right direction.

Create lists – start making lists of everything you want to learn, and everything you think you will need. You can customize the lists later on, but having a starting point helps to get your thoughts down on paper.

Find alternative news sources – the mass media is owned by the corporations that only want for you to hear their version of what is newsworthy. Question everything you here on the ‘news’ because most of it is keeping your attention from the real news. There are many different places you can find what is really happening. But trust what you know, and even though it is hard, don’t get caught up in everything you see on the news.

Question everything - Whether it is the mainstream news or a website that peaks your interest, keep an open mind. There are just as many prepper news websites with their own agendas out there as there are mass media channels spreading propaganda, the only difference is the money available to them.

Start living with less – this is not easy at first, but it gets easier. Pay off your debt, and live within your means. Even better, leave well below your means, and keep doing it. I mean, do you really need 150 channels to watch? Do you really need that new car? Do you really need that designer bag? You already know the answer to these things. That’s the easy part. The hard part is actually doing it. You can do it, start small and build on it. Stop eating out, and spend more time with your family. For the same cost of a meal out, you can probably eat at least three meals at home. And starting small like this isn’t that difficult. One bonus of this is by eating more at home, you will find when you do have a special occasion and choose to go out, it doesn’t taste as good for some reason. Bu the bigger bonus is you will be spending time with your family, and that is worth a lot more than money.

Learn how to garden – It sounds easy doesn’t it? Well, it can be, and it can be really difficult. But the only way you are going to learn is by doing it. Start learning about your dirt, mark off an area, or try a container garden or raised bed garden. My favorite book on gardening is [Mini Farming Self-Sufficiency on ¼ Acre] It is 20 chapters of very practical and useable information. Even if you don’t have a ¼ acre, you can apply the same principles, just on a smaller scale to the area you can garden in.

Get in shape – And I don’t mean by going to the gym, but if that is what works best for you, do it. Get off of your couch, shut of the TV, and go do something. Go for a hike, go play in your yard, go play with your kids. All of the advice of getting thirty minutes of exercises a day is a good piece of advice, but you don’t have to do it without doing something productive in return. Being more self-reliant will do a lot for your physical fitness. You don’t need to go to a gym to work on those flabby upper arms, get out and dig

some dirt, or pull some weeds. Not only will you save money from a gym membership, but your yard will look great! And the hard work you do on a daily basis will get you more prepared of how to take care of your family.

Have alternative methods of cooking and heating – This can be as simple as using your wood burning fireplace, or having a wood burning stove (you should probably know how to collect fire wood too.) How did anyone survive 100 years ago? We better pay attention to history, learn from it and be prepared to live without microwaves.

Food Storage – There are thousands of articles and books on this topic. Do your research, and do what is right for you and your family, don't follow someone else's list unless it's right for you. But that's an easy fix, find a list and make your own. Start small, add a few extra cans of food to your weekly grocery store trip. You will be surprised at [how much food you can accumulate](#) in about three months with spending maybe twenty dollars extra a week.

Build a library - all of those articles and e-books you have been reading, print them out and put them in a binder. If it's a great article, save it so you will have it for later, and you can always go back and re-read it later on.

Getting Back To the Basics

Learning from history will help build your knowledge and prepare you for what can and will happen in the future. As you begin prepping this list will keep growing, there are many other important things to consider while prepping and stockpiling, but this is how I got started, and what I did in the beginning of becoming more prepared, and self-reliant. Hopefully this will give you some areas to start working on, and you can build your own list, and your skills. Welcome to the club!

Want More?

As a member of the Preppers Academy you get access to all the chapters of our newest books as they are written, we currently have Lisa's Prepping A to Z book and more chapters of this book.

If you are not a member [you can join here](#). You not only get access to the eBooks we are writing, we also have

- **The super active Apoco-List Facebook page**
- **The Survivalist Prepper forums**
- **A list of great prepper resources**
- **And wholesale prices at the shtfshop.com store**

[Head over and see what current members are saying.](#)

Thanks again for taking the time to read the sample of Be Ready for It All. Keep watching your inbox for information about when the book is complete.

Dale

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