



PRIMED FOR SURVIVAL

A BASIC GUIDE TO PREPPING

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About this Book

“It’s always better to have the knowledge and not need it than to not have the knowledge and need it.”

It was back in 2012 when I realized that our country as we know it, could be doomed not necessarily by a natural disaster, but by our own government. Our state and federal governments spend money they don’t have and keep demanding more from us as tax payers. At some point the excessive spending reaches a pinnacle and either they balance the government checkbook or the lender comes a callin’. It wouldn’t take a collapse of the US dollar to throw society into chaos, a mere cutting of a few social programs could create panic in the streets by such a number that our law enforcement wouldn’t be able to keep up.

I’ve seen how a simple snow storm or a traffic jam puts people in a rage even though there’s no imminent threat on their lives. I can’t imagine how a slight breakdown in society could drive people to becoming savages in order to feed themselves and their families. It can happen faster and quicker than you could anticipate. This book is to help you prepare for times that could make the Great Depression pale in comparison.

It’s always better to have the knowledge and not need it than to not have the knowledge and need it.

Chapter 1

Preparation & Threat Assessment

“Whether you realize it or not, we all preppers to a certain extent.”

Whether you realize it or not, we all are preppers to a certain extent. You do small things every evening before bed to prepare for the next day. You may carry spare pocket change in your car in the event you forget your wallet or having insurance in the case of sickness – these are all forms of preparation. Average people are so caught up in their daily lives that they don't think in terms of government collapse, natural disasters or terrorist attacks, although they are real and credible threats we have the potential to face every single day.

While most would think that preparing for extreme events seems overboard or crazy, it's interesting to point out that once an event happens the ones that didn't prepare end up looking crazy and desperate. The bottom line is the more you know, the more prepared you will be in the event an extreme circumstance occurs.

There are three main categories of threats you should prepare for on a daily basis. The first is natural disasters which can take the form of hurricanes, droughts, tsunamis, wildfires, meteor strikes, pandemics and earthquakes just to name a few.

Manmade disasters are the second threat we should worry about that may include EMPs (electromagnetic pulse) which would most likely occur when a nuclear weapon is detonated. Events like terrorist attacks, currency or government collapse can also send societies into chaos resulting in electrical grid failure, fuel rationing as well as food and water shortages.

Most of our country's infrastructure was built decades ago and is certainly vulnerable over time. Already our road and highway system in the US is dwarfed by our counterparts in China. Our state governments are struggling to find funding on an already heavy taxed population to repair our transit system. The same goes for power plants and communication facilities. Unless our country reinvents itself enough to help fund these repairs, system failures are nearly unavoidable over time especially if they are government-run. Being that our country's economy is already in a fragile state, fixing large infrastructure problems becomes even more of an issue money-wise and less likely to be fixed correctly.

Biological and chemical warfare are also manmade attacks that could leave society in a panic, even in the smallest outbreak. Rogue states that fund terror cells could easily deploy these weapons and an even more grave threat – a nuclear bomb or dirty bomb to induce radioactive exposure. Even on a localized scale, an attack like this could cause ripple effects elsewhere to cause instability and fear into our economic

system much like that of 9/11. Even more recently, the Boston Marathon bombings when the entire city was under lock down by the Feds. In the case of 9/11, phone lines went down, curfews were in effect – everyday lives were affected greatly. If this was on a larger scale, without plan in place, your daily needs could be kept from being met quite easily.

Today people are beginning to realize the impact of economic problems that could result in disaster if not taken seriously by our leaders. It's not a far-fetched idea any longer, but a potential reality. Unemployment, recessions and the ailing job market are circumstances that can't be ignored. The takers are starting to outnumber the producers in our society because of empty promises given by our Santa Claus government to get votes and increase dependence. A corrupt media can certainly expedite the damage done to our economy by not reporting the facts to protect a corrupt government. Such a fragile system can be subject to domestic or foreign hackers that could halt Wall Street without every firing a single bullet.

Some types of disasters come with a certain prolonged effect such as Hurricane Sandy or Katrina which are still recovering. Both areas sustained geographical damage that led to economic damage resulting in a mass exodus of the areas. While it may be near impossible to totally avoid these events on a larger scale, you can reduce your own personal risk by being prepared for whatever may be thrown your way

including those that may want to take advantage of lawlessness after a disaster. People do desperate things in desperate times especially when food or money is involved for the sake of their loved ones.

In reality all of these events could happen. While some would consider being a prepper extreme, more and more are starting to realize the importance of being independent and self sufficient every day. Of course the chances of these events happening are quite low, but increasing as time goes on. In fact, it may not be the actual disaster that causes a direct effect on you, but rather those that are not prepared that do desperate things to stay alive. It could be that none of these things ever happens and you may already have plans and supplies in place, but it's comforting to know that if something ever does happen that you are covered by your preps and knowledge.

To start transitioning into this type of preparedness lifestyle, you should start with things that can be easily added to your daily routine first. Everyone needs water to drink, food to eat and a place to sleep comfortably. Think about things that could be considered scarce after a disaster and prepare those first. Prepare identification copies for yourself and your family members to prove who you are and what you own. We often take this type of documentation for granted, but during a disaster when these things can't be accessed you need to be

able to prove who you are. Preparing this type of redundant information isn't a fun task but can really pay off when you really need it.

In any of the events described previously, having these basic preps in place will ensure you're ahead of most of the civilian population.

Chapter 2

Basic Needs in a Disaster Situation

Depending on the disaster and the duration of it, you will need to prepare for at least 72 hours. ”

There are basic needs you will have to satisfy when faced with a disaster. At this point you have no idea when electricity gets turned back on or when you will have drinking water flowing from the faucets again. Let's take a moment to discuss the primary needs you should be concerned about. The two main things you will need are food and water. It sounds pretty basic, but when the entire population is looking for those same exact needs they can be hard to come by.

With that being said, the human body can only go 3 days without clean potable water nor can it go without food for more than 21 days, generally speaking of course.

Depending on the disaster and the duration of it, you will need to prepare for at least 72 hours minimally for your food and water needs. Most preppers organize their "preps", in this case water and food being the most important into a bug-out bag or 72 hour bag. In the case you need to evacuate your home, you should only pack this back with items you need short-term. Your bug-out bag should include the following basic necessities:

Water – You need 1 liter per day per person, more if it's hotter in your area.

Food – Be concerned with food items that you don't have to cook that are full of calories like energy bars, nuts, candy bars.

First Aid Kit – This should contain prescription medications, bandages, ointments and other items we'll cover later.

Every six to twelve months you may want to swap out your food stash with new replacements and the same goes for your water. You could also pack a lightweight water filter like [LifeStraw](#) or [Sawyer Mini](#) so you can filter any type of water from any supply and drink it safely.

Anytime you add extras to your bag it can start getting heavy. I like using a backpack. In particular this [USMC MARPAT Assault Backpack](#) works great and they are very durable. Some people like to store their goods in a [plastic storage container](#) so you can stack them in your home and keep your things dry and away from pests that might try to compromise your food and water storage. Others like to use buckets with sealed lids that will also keep your belongings dry and sealed up. The buckets also can serve as a multi-use tool. Coolers are another nice and sturdy storage device that will preserve perishable foods much longer. I like the [Yeti Coolers](#), but you could probably make use of something less expensive that will

work equally as well. One good thing about a cooler is that you can store your bottled water in them even without ice to keep other perishables much cooler.

Once you have the basics in place, you should probably start thinking about adding other items to make your life easier if you have to be evacuated for an extended period of time or even permanently. Here are some additional items you may want to add:

[Iodine Tablets](#) – these can be used to purify your water quickly and easily not to mention light and cheap

Sturdy boots, shoes, socks and underwear

Sturdy clothing (outdoor wear) – also include warm gear

Hat – to provide protection from the sun

Leather gloves – your hands are your most valuable asset when working out in nature

Tent – you should always have some form of shelter

Sleeping bag – an ideal bag should be rated for 30-40°F temps

[Emergency bivvy](#) – another form of shelter or a way to trap

warm or to keep cool

Lighting – [headlamps](#) are useful because you don't have to carry them

[Multi-tool](#) – should include features like a screw driver, can opener and other attachments

Fixed blade knife – these are great for hunting or self defense; there are several kinds but I like my [Ka-Bar USMC Military Knife](#)

[Pepper spray](#) – another great self defense tool that's easy to use, rarely malfunctions and non-lethal

Fire starting equipment – matches, lighters, magnesium fire starters, vaseline or chapstick for fuel

Antihistamine – allergic reaction treatment (Benadryl)

Anti-Diarrhea – treatment for diarrhea (Imodium)

Pain, fever, inflammation remedies – Tylenol, Advil, Aleve

Dental fixes – for missing crowns or fillings (Dentemp)

Super glue – effective for closing wounds

Aloe – good for soothing burns

Anbesol – great for numbing areas that have pain

Tweezers – removing splinters or grasping small things

Hand Sanitizer – soap may not be readily available, so this will help minimize germs

Bandages of many shapes and sizes

Ace bandages for supporting sprains or making a sling

Duct tape – can really be used for anything

Sterile gloves – good for keeping sterile when treating others

Toilet paper – self explanatory

Ziploc bags – helps keep your items dry and sterile; can also be used to store waste products

Heavy duty trash bags – used for trash obviously and can provide makeshift shelters or rain jackets

[NOAA radio](#) – most feature a solar charging feature or hand

crank so you can do without batteries

Paracord – this has multiple uses like fashioning a shelter or creating a sling or making a bow drill

Chemical Hand/Feet Warmers & Ice Packs – most of these are just shake to use and can be reused

Cash – with no electricity most ATMs won't be working; \$200 is a good amount to keep on hand

Antibacterial Wipes – great for cleaning a wound or washing your hands

Signal mirror – good for signaling help on a sunny day

Again these items aren't must haves, but they are highly recommended to make your life easier and sustain some sort of normalcy in a chaotic situation. Other items you should include in your bag are documents that prove your identity. Not having these handy could cause some unnecessary problems down the road. Make sure you place these in a waterproof bag or container and maybe digitally on a USB drive. Here are a few that you may want to include:

Driver's License

Passport

Student ID

Government Issued ID

You will also need documentation to prove ownership of your possessions – receipts, deeds, bank agreements, insurance policies, etc. While organizing all this information can seem a bit daunting or tedious, there are ways to organize it so once it's complete you shouldn't have to worry about it again. Here are a few ideas:

Email copies of these documents to yourself

Use [Dropbox.com](https://www.dropbox.com) to upload documents to the net so you can access them anywhere

TrueCrypt.com will help you encrypt your documents to keep them safe from hackers

Place the encrypted files on a [USB or Flash Drive](#) for portability
You can also take photos of your documents with your smart phone or transfer the encrypted files to your phone for safe keeping – just make sure to password protect your phone in case you lose it

Knowing your basic needs and how to prepare them so they are quickly accessible at a moment's notice puts you ahead of most uninformed citizens. If you're on a budget, start with the

necessities and add in the extras as you can. Remember, having one bug-out bag per person is recommended if possible.

Chapter 3

2 Month Food Management Plan

“The human body can go without food for up to 21 days generally speaking.”

During a disaster no one knows the extent of the damage and how long it will be before turmoil subsides. Being that you cannot estimate the duration of such an event, you need to be prepared to the fullest extent. You should be able to manage your food, water and waste for at least two months and try do it without sacrificing much comfort. The more effort you put into your preps, hopefully the easier it will be to come through such a disaster safely.

The human body can go without food for up to 21 days generally speaking. At some point we will all need to eat and preferably the sooner the better so you can contribute to the survival effort. I would say most people forget the notion that most grocery stores will be out of food and supplies. An example would be the threat of winter weather – nearly everything sells out because of the fear of being without power or access to stores. Empty shelves are inevitable, especially in highly populated areas. So what's the alternative? With this particular prepping plan you should be able to spend around \$2 per day if you shop at one of the larger box stores. This plan does not include organic or specialty items, but rather those

that are cheap and are meant to get you through a two month window of time until you can figure out a better plan of action for gaining nutrient rich meals post-disaster.

The first step is to buy three stackable plastic bins to keep your food safe, dry and out of reach of pests. The sizes will obviously vary depending on the size of your family and the size of the food preps you plan to put in them. I'd always recommend to go larger, you can never go wrong with over-prepping. You can expect to spend less than \$10 per bin. You can sometimes catch these on sale after the holidays or around spring time.

When picking out food you should always think about calories. You should expect to take in around 80k-100k of calories during a 2 month period per person. That will put you around the 1300-1800 calorie mark per day. It's recommended not to go much lower than those marks to keep yourself healthy. The recommended foods to buy would consist of this makeup: 50-60% Carbs, 20-30% Protein and 10-30% Fat. If you are going to be mobile and moving a lot, you will need to increase your caloric intake. Without access to fruits and vegetables, it's really up for debate whether multi-vitamins are effective, but it may not hurt to at least throw in some individual vitamin supplements like Vitamin B12 or Iron in case of deficiencies.

To stay within your budget for your 2 month food prep plan,

you can buy canned goods since they typically are less than a buck. You've seen the freeze dried food all over the net but those will cost you at least \$8 per package if you are frugal. Other items you could shop for may include instant pasta, potatoes that require only hot water for eating. Precooked meats are also good choices like tuna, chicken or salmon. Beans and rice, rice and beans are my preferred choice just because of their long shelf life, but not my preferred choice because of their bland taste – so many stock up on some spices while you're at it. Oatmeal is another survivalist favorite because of how easy it can be prepared. A food that you could survive on for days is peanut butter! It has great fat and protein content. Crackers are another favorite and can be stored so they don't go bad, but can be high in sodium, so be aware of that. Trail mix is a great on-the-go snack mixed with raisins that can provide you with a quick boost of energy. TVP – textured vegetable protein is cheap and only requires water to prepare for eating and best of all, it's like eating a hamburger – but maybe not quite as good. You can also add in snacks, candy bars to keep kids happy and lend some sanity to the situation at hand.

If you're an online shopper, you should check out Amazon's Grocery Delivery where you can buy food in bulk which saves money and best of all it arrives on your doorstep!

The best thing about the 2 month food plan is that it's cheap.

You can pick up all the items you need from a Costco, BJ's or Sam's Club and save a ton of money instead of purchasing the expensive food supplies off the net. You'll also keep from wasting your supply by purchasing canned goods because they are served in smaller portions. Canned foods are great because they have a long shelf-life (1-2 years in most cases) and can still be eaten for periods beyond the expiration. If you are concerned about expiring food, just rotate them into your existing diet and buy more for your preps.

Remember this is a plan for food during a disaster so it's not going to be exciting, but you'll be much better off than most because you've taken the time to set aside nuts for the winter.

Chapter 4

Water & Waste Management

“Most people including myself take water for granted.”

Most people including myself take water for granted. We all turn on the faucet and assume there will always be water no matter what. Recently our pipes froze due to some extremely cold weather, which is very much out of the ordinary and we had no water. I caught myself turning on the knobs on the faucet several times forgetting there was no water! It is truly debilitating to be without it. You realize how much you really do depend on it for nearly everything.

Even worse than pipes freezing, during a disaster situation you may still have water coming from the faucet but it could be unsafe to drink. You may already have items in your bug-out bag to purify it but there are other ways to secure water such as using your water heater or rain barrels. It's safe to drink the water in your water heater but make sure there isn't any mineral buildup. Alternatively you can purchase food storage barrels fairly cheap and make your own rain collection system. If you live in an area with little precipitation, you can fill them with tap water. You can typically find rain barrels on Craigslist or Amazon fairly cheap if you hunt around. If you live in an apartment you can line the inside of your bathtub with plastic

lining and fill it with water. Amazon carries a product called a “Water Bob” that are basically large bladders that you can place in your bathtub and fill with water. They also have a cap on them that will allow you to seal it off to keep it sanitary. If you can't find barrels or drums to collect water you can use kid-sized swimming pools or plastic lining placed under a gutter drain.

As another option you can purchase plastic water storage containers that are flat and can be stored easily. You're looking for basically anything that can capture rain water that is clean and safe to drink from. Even rainwater fences are made to look like fences but really store water when it rains.

Once you've collected the water, I would always treat it just to be safe unless especially if it's run off from a roof or gutter system. Sickness is not something you want during a situation like this. Even risks such as washing a cut or wound with untreated water could invite harmful bacteria into your system, so always treat your water. If you have purified water and put it back into a collection container for long-term storage, always re-purify it before using or drinking it. There are filtration products that can filter up to a million gallons for relatively cheap that would allow you to drink water straight from a ditch. They are really that good at filtering out the bad stuff. As a good rule of thumb it's probably not a bad idea to cycle out your water a few times a year. Use the old water to give your garden or lawn a drink

so it's not wasted.

Sanitation is a must during our daily lives, but especially during a disaster situation. If you don't handle waste properly you can end up with big problems. A composting toilet is the best way to dispose of fecal matter and urine. They are designed to allow the fecal matter to be deposited back into the ground while the urine is deposited into a bucket that can be used on plants to make use of the nitrogen. After using the composting toilet you can simply cover the waste with grass clippings, ashes, straw or other compostable paper. You can also use a plastic sealable bag that can be sealed after each use. Another alternative to dealing with waste is to burn it in a metal container with diesel fuel. You can also choose to bury it in a trench away from the water source and living areas covering it with grass or straw. Don't forget to stock up on toilet paper, just a friendly reminder! If you run out or need another option, phonebooks suddenly have another use in life. These items are great bargaining tools in a disaster.

Chapter 5

Radio Communication in a Disaster

Being able to communicate with your friends, family and your community can become rather difficult very quickly.

During a disaster panic sets in and people are in complete disarray. Being able to communicate with your friends, family and your community can become rather difficult very quickly. It's important to know the basics of communication so you can keep in touch during any disaster scenario help ensure your safety and survival success. The ability to reach authorities will probably be diminished and near impossible. It's very likely that Internet access and cell phone networks will either be swamped with over-usage or completely unavailable, so you'll need to find other ways to communicate.

If all traditional and modern ways of communicating are rendered useless, the most effective and easy way to communicate would be using two-way radios, also known as walkie talkies. Being that walkie talkies have a limited range, it's important to have a plan to communicate with others so there are no issues with radio transmission. When looking for a two-way radio handset, it's important to find something that's affordable and can transmit relatively secure on different channels. It's also important to make sure the devices have quality speakers and microphones, otherwise they aren't much good.

Check out Amazon to find a good variety of two-way radios and carefully read their reviews about the pros and cons of each to make a wise decision. Preferably get one that will accept regular AA batteries as some models can come with rechargeable batteries only. This is also a good reminder to stock up on batteries. I would recommend getting AA rechargeable batteries as they will last you longer. You can also put the batteries in backwards or take them out so they don't run down. I like this [walkie talkie set by Midland](#).

When purchasing a handset, the old saying “you get what you pay for” definitely applies here as well. More expensive models will definitely give you a longer transmission range than the cheaper models. Make sure to pay attention of your terrain or surroundings as that will dictate what kind of output you'll need on your handsets. Usually flat outlying areas are much better for radio transmission than being between skyscrapers or in a largely wooded residential area. Pick a handset that's easy to operate by all of your family members – the last thing you want is something difficult to operate during a disaster situation. Having a headset with the walkie talkies can come in handy if you want hands-free communication. That can come in handy if you find yourself in a covert situation. Another thing to keep in mind that most walkie talkie manufacturers claim you can get a 30 mile range, but that is in optimum terrain and weather conditions. In a typical landscape with trees and houses you may get a 5 mile range at best, so don't fall for the

hype and get disappointed. If you're trying to contact someone outside of your location you need to be outside. Factors like metal roofs or other obstructions can limit transmission range.

If you bought your walkie talkies from a local store, most places will allow a 30-day return on them if you don't like their performance. The first order of business would be to test the range on a full battery charge to see how far away from your home the radio transmission will get out. Be sure to note terrain, the higher elevations or bridges that will give your transmission a boost. Make plans with other family members to reach a point on either side that will guarantee successful radio transmission ahead of time to eliminate the possibility of failure.

“Electricity isn't necessary to survive a disaster but it surely makes our lives much easier when we have it.”

Chapter 6

Generators for Emergency Power

While electricity isn't necessary to survive a disaster it surely makes our lives much easier when we have it. When the lights go out it causes things to get disruptive, confusing and uncomfortable very quickly – that is magnified if you aren't prepared for it. This is another area of focus where you need a solid plan in place.

Like most other things in life, we take electricity for granted as well. During a survival situation you become more aware of our reliance on it. When the power goes out your phone, refrigerator, computer and lights come to a quick and fast halt. This is the reason most people have a desire to go off-grid to decrease their dependency on public utilities. Solar is growing with popularity but it still terribly expensive for most average-income preppers although prices have started coming down slowly due to a bit of increased demand.

Most people buy power generators that run on gas, diesel, propane or some other fuel. The problem is that they are limited because once you're out of fuel, you're out of power. Fuel can be scarce during a disaster unless you've stored your

own for hard times. One big advantage is that they can be up and running immediately unlike solar and wind power. You also could use your own body generate power using a bicycle to run a motor that would charge batteries, but it will deplete your energy levels and require additional food.

If you choose to go the generator route, ideally you would like one that powers everything you use in your daily life. As with anything, you have to keep in mind your budget – for example a 10-20 kilowatt generator can cost you thousands of dollars. As mentioned earlier, being able to store enough fuel to run something that large for very long will be difficult. A 3-8 kilowatt generator is more manageable but would be difficult for an elderly person or smaller person to maneuver around. They can also cause an issue if you want to be able to transport them on a trailer because of their size not to mention they are quite loud when running. The most popular generator option is the 2 kilowatt portable generator. It weighs around 50 lbs and is less than a thousand bucks, so it's more affordable than the others. To figure out which is right for you, try and prioritize what appliances are most important to you during a disaster. Each of those appliances will have a power rating on them – for instance your fridge will range from 300 watts to 2000 watts depending on the model. Do the math and figure out what you can power and for how long. You will not be able to power a central AC unit on a 2 kilowatt generator and you won't be able to power all of your appliances at the same time with it.

Two main suppliers of generators are Yamaha and Honda. Be sure to do your own online research and read the pros and cons of all different models to ensure you are making a wise investment. Cheap doesn't typically translate into reliability, so keep that in mind. Yamaha's generators come with a few more bells and whistles, for example they can charge individual batteries. Honda generators allow you to put multiple generators in a series connection to provide more power which also provides a little redundancy in your system in case one of them fails. These two particular brands can also use a variety of fuel sources, not just gas alone. Champion is another popular brand among the prepping community because they are stackable which makes them space savers and they can also be put in series with each other. Parts can be harder to find for the Champion models though since they aren't as widely available as Honda or Yamaha.

When choosing a fuel consider propane or natural gas as they can be stored safely in an outside shed or in your home. They also don't smell like gas or diesel. Another con to using gas or diesel is that the generator becomes hot during use and if you need to refuel, it's dangerous refill it for continued use. In most disasters your power will be restored within a few days, so you should prepare to have enough of the fuel of your choice on hand to power your basic needs until the time comes.

Chapter 7

Going Off-Grid with Solar Power

Solar power is another staple for preppers and homesteaders. Generators tend to be more popular due to their affordability and ease of use. Powering your appliances by the sun is still expensive but prices have starting coming down due to a slight increase in demand. They are rather inefficient when it comes to surface area and power production, but they produce it quietly and never run out of fuel.

There are three types of solar panels: Mono-Crystalline, Poly-Crystalline & Amorphous. Mono-Crystalline panels are able to generate more electricity in a smaller space but also are much more expensive. Poly-Crystalline panels use a snow-flake-like pattern because of various components that make them up which also makes them less expensive. Amorphous panels are thinner and more flexible and have the lowest efficiency rating than the others. So in summary, mono-crystalline panels are cheaper per watt, poly-crystalline panels are cheaper if you have the space and amorphous panels are flexible, less efficient, but cheaper and perform better in low light.

“Solar power is another staple for preppers and homesteaders.”

Another component of getting a solar power system in place is an inverter. This basically converts DC power into useable AC power like your electronics use in your home. Pure sine wave inverters have been said to treat your electronics better than modified sine wave inverters, so do your research on the inverter that will provide you optimum performance and will not harm your devices.

Battery banks are a crucial component to your system because they'll keep everything running when the sun isn't out – it's where you store the energy that is harvested during the day. If you don't use batteries to store the energy you will lose it. It's also better to minimize the use of your battery bank during the day so you can get a full charge on the batteries and utilize it in the evening.

It's best to try and buy most of your batteries at the same time so they operate at the same capacity. Lots of preppers use deep cycle lead acid batteries like those that power golf carts which are 6 volts. They can be joined in series to form a 12 volt system. They perform really well and can store a lot of power but they have to be maintained because water levels can get low in them. They mostly run cheaper than other types of non-maintained batteries and usually are good for around 6-8 years in most cases. Another type that is popular with solar power systems are LiFePO₄ batteries (lithium iron phosphate). They are sealed and don't require water level adjustments which

makes everything easier but they are more expensive, however the price has started dropping on those as well. Whatever you choose to go with, avoid mixing and matching batteries of different types or even different age batteries for that matter as it reduces performance and ends up destroying the batteries. Also car batteries will not work for powering appliances – they are designed to provide an initial burst of power to start your car then get recharged by the alternator.

Solar power systems also need a charge controller. This basically keeps the battery banks from overcharging. Once the battery bank power level subsides the controller acts as a switch to allow charging to continue.

Let's get back to inverters for a moment. They make larger inverters to power larger appliances and smaller inverters to power household electronics. It's important to know that all inverters perform best when they are used at 60-70% of their rated capacity. For instance if you have a 700 watt inverter you want to be running around 420 watts. Running them much harder will drain your batteries quickly. Inverters also consume power and they shouldn't be used if you are using less than 50% of their rated capacity, so go with a smaller inverter for small usage. Inverters burn off energy in the form heat and typically are around 80-90% efficient. You lose the power when the fan has to spin to cool the components inside the converter to prevent overheating.

Just to recap, if you want to power your home completely with off-grid solar, do your research and make wise, well-informed decisions when it comes to your solar plan. It is expensive but the US Government does offer green energy tax rebates, which can help make it a bit more affordable for you. If you have a lot of space for panels, go the cheaper route and purchase poly-crystalline panels. Also note that panels don't necessarily have to be on your rooftops, you can create a ground mounting system that works just as well provided you don't have any trees around to block the sun. Some like to use solar trackers so the panels follow the sun to maximize input throughout the day. If you can't afford to power your home completely, [buy a small solar kit \(45 or 90 watts\)](#) and a small inverter with a battery to give you the ability to run lighting and power electronics such as walkie talkies and rechargeable batteries. It's better than most people will have in the event of a disaster and every little bit helps.

“Having an off-grid solution is a great idea... you should learn how to conserve your energy.”

Chapter 8

Ways to Conserve Energy

Having an off-grid power solution is a great idea as a prepper, however more importantly you should also learn how to conserve your energy especially if you are limited by a smaller system. Even in a larger solar powered system it takes time to charge batteries and very little time to run them down and the same goes for wind power. With that being said, there are several strategies you can implement as part of your energy conservation plan.

You can start with lighting replacements. Candles are cheap and readily available, but you still need to be concerned about burning an open flame at all times. Oil lanterns are nice to have, but battery or solar powered lanterns are safer and easier to operate. Using LED lighting can also reduce your power consumption as they use less power than incandescents and even CFL bulbs but still burn brighter. As for cooking, you can use [solar ovens which can be found on Amazon.com](https://www.amazon.com/solar-ovens) and are quite effective in using the sun's light as a safe way to prepare a hot meal. Satellite dishes also can be used for this but you would most likely need to sand or remove the painted coating so it will reflect light.

Finding ways to run appliances and save energy can be a hurdle, but it can be done. Your fridge is most likely the largest consumer of energy in your home so try to keep from opening the door as much as possible. You can also store bottles of water to help fill up the empty space in the fridge to reduce temperature fluctuations. If you have plastic bags, fill them with air and place them inside to fill up the empty space. If you prefer not to use the fridge, you can [use a Yeti Cooler](#) which are much smaller and will allow you to utilize the cold water bottle trick to keep things cooler without needing ice.

If you absolutely need a stove or oven you can find smaller ones that run on propane or gas. Air conditioners are a big-time waste of energy. Dress in fewer layers and use cool damp cloths to stay cool. If you must stay cool because of extreme heat, then use a smaller AC to use in one room or a central gathering place for family.

The main thing is to use common sense solutions and have items that will make your life easier when energy sources are limited. Batteries, generators, fuel, solar, wind are all good resources and diversifying your stockpile of those solutions will ensure redundancy and security.

Chapter 9

Basic Medical Diagnosis & Treatment

“Traumas are motion-related injuries like breaking a bone, cutting yourself or getting burned.”

In a survival scenario, injuries and sickness are nearly guaranteed to happen. In most cases, you probably aren't a doctor – given that, if you attempt to help someone you could end up making things worse if you are clueless about what to do. Initially you want to make sure you have the right supplies. Earlier we talked about all the items that should be in your emergency kit. We also mentioned that you can add those at any time with whatever you feel is necessary for your particular needs. Always pack away more than you think you will need – restocking will be unheard of during a disaster.

It's important to know the different types of medical conditions you will face. Traumas are motion-related injuries like breaking a bone, cutting yourself or getting burned. These situations require medical care to stop the progression of the injury. Other medical issues might be dehydration, acute illnesses or a blood sugar imbalance. When you are facing something traumatic, you should handle it right away. Probably the most common medical problem you may deal with is bleeding from a cut, scrape or another wound. A good way to remember how to stop bleeding is the acronym “RED” (Rest, Elevate &

Direct Pressure). If someone is bleeding profusely, you first need to calm them down. A rapid heartbeat can cause the body to expel blood at a much faster rate. After you calm them down, elevate the area to slow down the blood loss. If possible it should be above the injured person's heart so gravity can work against it. Next you should be applying pressure to the wound to help stop the bleeding. Smaller to medium wounds or cuts should stop within a few minutes. Once the wound has stopped bleeding, you should apply a bandage (bandanas work well) and secure it with tape until the wound forms a complete scab. Some like to use duct tape, but remember what you put on the wound has to come off and it may take the scab with it.

Treating a chronic illness like diabetes can be a challenge. In a best case scenario, the patient should have insulin and other blood sugar regulating medications. In a disaster, you have to imagine that supplies will run out eventually even if you do have some stock piled. Exercising and managing your diet may be the main way to help regulate your blood sugar levels. This would be a good thing to practice with the supervision of a doctor before the SHTF. The less medication you have to prep for, the better off you'll be if you can manage it safely.

Diarrhea is mostly treated with Imodium if dehydration is an issue. If not, then you can let nature run its course since diarrhea is the body's way of expelling a virus. Just make sure

to stay really hydrated and rest so your body can fight off whatever it's trying to rid itself of. Sometimes diarrhea is accompanied by a fever. Most people will treat a fever with pain reliever to lower a fever, but this is also a natural process of the body to show that it's fighting an infection. However, you have to watch temperatures closely as they can get dangerously high. Around 104°F is where most doctors agree that you should use pain reliever to help subside it.

Since everyone deals with pain differently, you have to get feedback from the patient and manage it accordingly to their comfort level. In a best case scenario, use as little pain medication as possible to prevent liver damage. As always, it's a good rule of thumb to do what the directions and dosage calls for on the bottle. Remember to write down the times the pain relievers were taken as well as the dosage amount to avoid overdose.

“When soap and water aren't available, hand sanitizer can sterilize your hands and disinfect cuts.”

Chapter 10

Medical Kit Essentials

There are a few medical kit items that we will cover that may seem like common sense to you, but it never hurts to touch on them to make sure everyone understands their importance or to jog some memories. While some of these items may seem unimportant to you, each one has a use that could save your life, so keep an open mind! Most of these can be found at Walmart, Target or your local pharmacy.

Hand Sanitizer – when soap and water aren't available, hand sanitizer can sterilize your hands and disinfect cuts or wounds. You should always sterilize your hands before cleaning and applying bandages to any kind of wound or cut. Bacteria lurks everywhere and without appropriate medication in a survival scenario, infection could make a bad situation worse.

Krazy / Super Glue – glue can be used to seal cuts or wounds that would otherwise need stitches. This will keep germs and bacteria out of the wound if cleaned and prepped properly. You can also use it on blisters before applying a bandage to stop the blister from popping.

Maxi Pads – while great for their apparent use, they're also great for a bandage substitute and can be secured with duct tape or bandage tape.

Dental Floss – other than its apparent use for dental reasons, floss can help to remove a ring from a swelling finger. Simply tie the floss around the finger to stop circulation, remove the ring then remove the floss.

Metamucil – this will help you maintain digestive regularity no matter if you are constipated or have diarrhea.

Salt – If you're sweating and losing a lot of water you will need to replenish your electrolytes with a little salt in your water or on your food.

Tea Tree Oil – this is known to fend off germs and infections, heal fungal conditions and help kill viruses.

Honey – small amounts of honey can help bring blood sugar levels back up to normal and out of a diabetic danger zone.

Baking Soda – combining salt and baking soda yields toothpaste. Baking soda in water can also help treat and upset stomach.

Cinnamon Oil – this can help with infections and has been

known to kill MSRA and other drug-resistant bacteria. It can also be used as a natural deodorant.

Benadryl – this antihistamine aids in relieving allergic reactions.

Chemical Heat/Cold Packs – these are helpful to help heat and cool various parts of your body. They are also helpful in warming or chilling food items.

D-Mannose – this is the key ingredient in cranberry juice that helps treat UTIs (urinary tract infections).

Vitamin D – this is needed for those of you that live in areas that lack sunlight.

Chapter 11

Medical Training & Resources

“There are a wide variety of medical skills you can learn, sometimes for free.”

Part of prepping for a disaster may sometimes involve learning skills that may not be applicable until you face a survival or disaster scenario. Some of these skills can still be helpful in every day life especially if they are medical-related skill sets. There are a wide variety of medical skills you can learn, sometimes free or at a low cost to you. If you take advantage of those medical training courses and resources available to you, the medical issues that may arise in a disaster may be easier to handle.

EMT Training – It’s a great idea to learn basic EMT training. This would allow you to have the same skill set as someone who would arrive at a 911 call.

CERT (Community Emergency Response Team) – This is a volunteer based emergency response team that can be mobilized during a disaster. Check with your local community to see if they have one.

Volunteer EMS – You can gain valuable first aid skills and knowledge by volunteering for your local community’s

emergency response squad. It's also a great way to serve and give back to your community.

National Outdoor Leadership School (NOLS) – This leadership course will help you learn to survive in the wilderness. It also teaches you how to remain calm and collect during a disaster. Individuals that stay calm increase their chances of survival greatly.

Outward Bound – Another great program that will teach you self reliance and how to work with a team in extreme conditions.

Wilderness First Responder – A wilderness training course like this or the NOLS will come in handy if you are stuck in the wilderness because you deal with more improvisation than in an urban setting.

First Aid / CPR / AED – This should be an absolute given for anyone to be honest. You should at least know CPR as that can help you or others around you in every day life, but even more importantly in a disaster. AED training teaches you how to use a defibrillator in case someone's heart stops.

These courses will give you a head start into medical preparedness for extreme situations as well as great training and knowledge for day-to-day life.

Chapter 12

Psychological Survival Strategies

“During the event if you aren't in the right state of mind it can totally affect if you survive physically.”

Most of us envision disaster or survival situations taking a toll on people physically. You would most likely think trauma, starvation, blood and gore during a complete meltdown. Lots forget how disaster can completely damage a person psychologically during and after the event itself. During the event if you aren't in the right state of mind it can totally affect if you survive physically. If you aren't on your game mentally, after the event you could experience post-traumatic stress disorder (PTSD).

The “Rule of Threes” says that your body can survive three weeks without food, three days without water and three minutes without air. However those rules can be thrown right out the window if you don't keep your composure mentally. You can't always be positive during a disaster just because of the situation at hand, but you should always have the attitude that you can survive. Giving up in a true survival scenario is not an option. Sometimes looking at the big picture can get you down – most tend to survive that focused on the “here and now” and realizing that you may be in a bad situation for longer than you anticipated. Focusing on things like keeping your

water and food supplies stocked help you maintain a positive attitude. By keeping your mind stable and focused, you can apply information you know to keep you alive, assess your situation and find a way to get out alive.

Keeping your mind in a “happy place” will help disassociate yourself from your situation. Much like POWs did in the Vietnam War – they would play golf and other games in their minds to keep themselves alert, but out of the misery of their imprisonment.

Goal setting can also keep your mind occupied. Setting goals will help create confidence and motivation to keep taking things day by day until you are rescued. SMART goals are those that are specific, measurable, attainable, realistic and time sensitive. Being specific means making sure your goal is clear. Make sure you can measure your progress to help boost your self esteem. Setting your goals to be too lofty can result in disappointment and low morale. Make sure to set reachable, attainable goals. Realistic goals go hand-in-hand with attainable goals. Make sure your goals are within reason and within your skill set, resources and environment. Set a time for your goals to be completed to help you work toward finishing the goal and move onto the next. This will help you stay motivated and accomplished when you finish them one by one. Try to set these types of goals for everyone in your group to keep them focused.

Getting ample amounts of sleep is hugely important for mental stability. The more tired you are the less effective you'll be at making rational decisions. Sleep as much as possible during a survival situation. Your judgment, motor skills and your mood are heavily impacted when you lack the proper amount of rest. Most of us can push our limits in day to day life with less sleep than we require, but a disaster situation is very taxing on our bodies and mind, so getting plenty of shuteye is way more important during trying times. Studies have shown that sleep deprivation is basically like driving under the influence of alcohol, so hopefully that puts things in perspective for you.

Sometimes sleep isn't an option and there may be times when you need to stay awake. Caffeine is a good short term solution for keeping alert. Drink up your coffee, tea or cola to help stay awake but do it in small doses because it's less effective the more you drink it. Exercise helps trigger your fight or flight adrenaline response which can also help you stay awake and keep you calm. Try eating healthy foods and take in appropriate amounts of calories. When you lack food it can make you feel tired and unfocused. Napping for 20 minutes will help you feel more rested if you cannot sleep the entire night. Sleeping much longer than 30 minutes will make you groggy and not as effective. Finding somewhere cool will help you stay more alert. Your body is less apt to relax in a cold environment as well as being somewhere with more light. Artificial light and natural light are all the same to your body so it will think it's time to be

awake. Taking breaks will also help you break up the monotony and keep you more alert. Getting yourself in positions that are uncomfortable will also help. Dexedrine is what the military uses to stay awake for long periods of time, however it will impact the way you relate and communicate with others. Adderall can also help you stay awake until you crash hard, but will also help you get a deeper night's sleep. Dexedrine can be addictive, so use it sparingly. Adderall will not allow you to stay awake indefinitely as your body will eventually crash hard. Modafinil or Provigil are non-addictive medications if you need to stay awake for long hours. It's used a lot by pilots, military personnel and company executives, but keep in mind you will eventually need sleep to regain effectiveness. Please note that any of the drugs are not recommended and are simply informational for your knowledge. Setting aside enough time for sleep is the most effective and recommended way of staying alert.

In order to get a good night's rest you should clear your mind. Find a way to get yourself calmed down from the day's events. Breathe deeply to slow your heart rate down. You can also try meridian tapping (also called the EFT or Emotional Freedom Technique). This technique will always work. If you're thinking about something stressful start tapping each of the following areas for five to ten seconds in rapid succession with moderate pressure:

The top or crown of your head

Inside the eyebrow by the nose

Under the eye on the bone

To the side of your ear near your temple

Under the nose

Your chin

The soft spot right below your collarbone

An inch inside the sternum

Under the arm

The “karate chop” area of your hand (between the little finger and the wrist)

After you’re done, go back below the sternum while you’re looking down to the right, then look up to the left – making “Xs” with your eye movement. After that roll your eyes in one direction, clockwise, then counterclockwise while humming a tune for five seconds. Count out loud to five and then hum for another five to ten seconds. Concentrating on this method will keep

your mind occupied, but relaxed to help you fall asleep.

PTSD was something discussed earlier that could be a result of not keeping calm and collected psychologically. A lot of soldiers can experience this after they come back from war. It's hard for them to let go of images and emotions they've experienced. If they experience anything similar to those situations it can trigger stress responses that can cause them to feel traumatized. Civilians can develop PTSD as well from things like accidents, deaths and illnesses. Dealing with trauma in the moment can help you reduce the psychological effects that may arise later. Writing down the events that seem traumatic to you will help you put them at ease and reduce PTSD incidents by 80 percent.

Staying on top of your psychological game will help you stay focused on the goal of keeping yourself and others alive. Surround yourself with positive people or try to turn negative nellyies into positive "can-do" people who will increase your chances of surviving whatever event you are faced with.

Chapter 13

Securing & Fortifying Your Home

Deflecting attention is a primary tactic that can be useful. Keep yourself from looking like a target by blending in.

In a disaster you may become distracted with surviving that you could easily forget about your own personal safety. The important thing is to secure your basic needs then focus on the situation that's happening around you. You can protect your home and yourself with very simple tactics, not only weapons. While weapons are a staple in defense, using your wit and out-smarting marauders can leave them stunned and will catch them by surprise. There are several tactics to employ in defending your home base.

Deflecting attention is a primary tactic that can be useful. Keep yourself from looking like a target by blending in. This starts by surveying what appears to be normal in your area. If everyone has a small home around you and you're living in a mansion, you're automatically setting yourself up to be a target. The same thing goes for the type of car you drive. You have to think like a criminal in order to avoid their tactics. During civil unrest, which residence would you pick to target valuables? The goal is to blend in, plain and simple. Also don't talk about when you're going out of town or when the house will be empty, even if it's close friends that you typically share these

things with. Word spreads and sometimes it's just casual conversation that these things slip out. Never use social media to tell people when you are out of town and hide your address as much as possible online. For instance people use Facebook or other social media to "check-in" places throughout the day. This is a huge liability for your home and belongings especially if you have friends you don't trust or if your profile is visible to the public. The main thing is to keep your circle of friends small and trustworthy.

After you make sure you're not a sitting duck, it's time to start thinking about an early notification system for trouble. You can find a basic sensor system that will attach to doors and windows for around \$20-30. They will simply sound an alarm when someone is trying to get into your house. Motion detectors can also come in handy especially when you're out of town. You can also find simple door and window sensors that will chime or sound an alarm when they are moved – these can be [found on Amazon.com](https://www.amazon.com) fairly cheap. These are also great to be used as distraction alarms if you want intruders to go in another direction. Some like to use pressure mats or a watch dog to alert them of danger.

Watch dogs are a great deterrent for creating alarm when the intruder doesn't want to be detected while they are looking a way into your house. A simple watch dog wouldn't necessarily cause physical harm to the intruder, it would be more for

giving you a heads-up to get prepared for conflict with a potential threat. The next step up from a watch dog would be a guard dog. The guard dog would sound an alarm for you but will also attack if a person gets into your house without welcome.

You can use passive defense tactics to help make your house more fortified to slow an intruder down. Things such as replacing the hinge screws on your doors with longer screws that are 3-4 inches long. You can use [security window film](#) to help prevent your windows from being shattered by a rock or hammer. It's typically made by 3M and pretty cheap per square foot. Another passive tactic is to [use motion sensor lights](#). When anything moves outside your or inside a motion sensor installed on the light itself will trigger the light to turn on, hopefully scaring the person away or at least slowing them down. Using doorstops between the door and doorframe will make it harder to push the door in for an intruder. You can also board up your windows as a last ditch effort, but only use it if other people in the neighborhood are using it as you don't want to draw attention to yourself. This basically goes back to the point that was made earlier about deflecting attention. [Using buddy bars](#) are also very effective at keep doors from being opened – it really makes it nearly impossible.

“Some criminals are brazen and will do anything in a desperate situation especially when they are heavily armed.”

Chapter 14

Dealing with Threats & Intruders

If you have secured and fortified your home and made yourself less of a target but someone still breaks into your home you will need to take more drastic measures to keep you and your family safe from harm. Some criminals are brazen and will do anything in a desperate situation especially when they are heavily armed. In a disaster people will do anything to feed their families even if it means killing someone else to take their food.

Obviously firearms would be the first choice in dealing with intruders. Hopefully you are trained and have had lots of practice dealing with firearms – if not, by all means get the proper training to ensure your safety. In my opinion, you should always have at least one firearm in your house for protection. Fighting clubs or blades aren't as effective as a firearm, but they can get the job done if it's all you have. The next choice would be some type of [pepper or bear spray](#). These sprays will not kill but they will definitely deter them from coming closer and will buy you valuable time until you can figure out what to do next to deal with them. Tasers and stun guns are highly effective at stopping an intruder in their tracks, but you do need proper

training for these weapons. Tasers are more effective than a stun gun. A stun gun basically is an electric shock, but if the intruder tolerates pain easily this will be a liability more than a help. A Taser actually interrupts the messages sent from the muscle to the brain and will stop the person immediately.

Weapons are great until they get lost during a scuffle or misplaced. It's important to know how to utilize hand-to-hand combat as well. You want to avoid trading blows with your attacker – you should eliminate the threat as quickly and efficiently as possible to avoid an injury or additional injuries. Some of the best tactics for doing this are: Poking / scratching the eyes, hitting the throat with your forearm, striking the side of the neck, kicking the groin, hitting the area above the waistline (bladder strike) and / or knocking out the knee. Limited options help keep you focused on what part to attack. You want to assess the situation quickly and strike the easiest target with all your strength. You want to hit them with enough force so that it makes you feel like you could go straight through their body. If it stuns them, continue applying strikes until the attacker is incapacitated. Doing this in your mind is one thing, but actually carrying it out is another. You should seek some live training to fine tune your reaction time and see how it is to fight another person.

Chapter 15

Closing Remarks

I hope you have gained some basic, but extra knowledge by reading this book. Knowledge is the key to survival and it weighs absolutely nothing. This condensed starter guide into prepping and survival was prepared in hopes that it would at least leave you with a basic survival plan and a general scope of how you should handle a societal collapse or disaster should the need arise. There is so much to learn that wasn't included, like hunting, trapping, bushcraft and gardening. Those are more long-term needs beyond a 72 hour window. The key is just to stay alive and stay focused.

It is my hope that you will never have to employ any of these tactics or strategies, but unfortunately every society does eventually collapse due to some circumstance that is beyond our control. Feel free to print this book out and check off items you have purchased to help you stay organized. You can never prep too much. Two is one and one is none.

Please make sure to visit our [website](#) and [Facebook page](#).

Stay safe and godspeed.

“You can never prep too much.
Two is one and one is none.”