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## MY FAMILY SURVIVAL PLAN

Hi, my name is Alec Deacon. I'm a loving husband, father of two and "full-time" American. I've created this site because I was eager to share my passion for survival, preparedness, out-door living and D.I.Y. with as many of my fellow countrymen as possible, and why not, the world. My interest in the field began with a certain event in my life that could've ended in tragedy. Some years ago I almost lost my entire family (my wife Ana and my two boys, Andrew and David) to a house fire. Bud God willingly, we all ended up safe and sound when the ordeal was over. Soon after I became paranoid, and for a while all I could think about were ways in which to ensure my family's safety; I researched a lot of ways and means in which I could've secured my family's wellbeing, despite whatever hardships life would throw at us. This consumed me. For a while I stopped being myself; I could barely sleep at night, I would rarely eat and I saw danger everywhere. I wasn't myself anymore; I was acting like a protector, but I was less of a husband to my wife or a father to my sons. But with love and support from my loving family, the paranoia faded away and I was back to my better self. But I haven't given up on what I had started. I loosened up, but I had realized by then that I was actually doing something good, that could benefit not only my family and I, but also everybody else willing to listen to reason. It's been some years now that I have dedicated myself to researching the fields of survival and preparedness just to ensure my family's wellbeing and happiness in any sort of SHTF situation. I know there are many out there who, like me, would spare no expense and would go to any lengths for those whom they hold dear. And that's how [MY FAMILY SURVIVAL PLAN](#) came to be.

Another thing that I want to make clear about myself (apart from the fact that I am a devoted family man) is that I'm a patriot. I love my country and I'd go even as far to say that when I bleed, I don't just bleed red: I bleed red, white and blue. All joking aside, with time I got to understand a thing or two about the world, America and our role and position on the geopolitical map. I love my country and I know America is regarded today as the World Leader. Understanding the American people's status and doing "the math" right is crucial. This position of power does not only bring us allies, but enemies as well. So, as Americans, it's not

only accidents or natural disasters we have to fear, but also the threat of political and military regimes that oppose everything the land of the free and the home of the brave stands for. As the dangers we face daily are many (and so are their origins), it's safe to conclude that there is no single "equation" for safety and surviving, no fixed theorem. It's a matter of understanding the big picture, observing all the obstacles and overcoming them. That's why my work does not revolve around one single topic, but rather many, like out-door survival, self-defense, politics, nourishment etc. I'm trying to be as conclusive as humanly possible so that what I have to share with everybody willing to take their time and "listen" can be decisive and life-changing when push comes to shove.

If we're talking about being prepared and able to survive all sorts of drastic and extreme situations, there are four major categories that every serious prepper should consider without hesitation:

### 1- Resources (food and water)

It's very important to consider and plan carefully your steps when it comes to provisions. You'll need to realize and assess your situation based on your location, your financial means and the size of your family. I'll show you how to formulate an exact plan about how you're going to assure that there's enough food and water to go around for everybody: you can buy canned goods, learn how to gather your own provisions, grow your own garden, hunt and fish and find new freshwater sources etc.

### 2 - Energy

When things go wrong, unlimited energy will soon become a thing of the past. So finding alternative energy sources and conserving energy will be crucial for you and your family's everyday life.

### 3- Safety and self-defense

Your safety is top priority. You must be aware of the fact that in a regressing society direct danger can lurk anywhere. So finding the right tools for your protection might save your life. I'll show you some good guns, pistols, various gadgets for self-defense, ways to secure your home, martial arts and even what to do in case you've been taken hostage.

## 4 - General health issues

You'll need to be prepared when the hospitals close down and a doctor's appointment will no longer be a commodity, but a privilege. We'll discuss the ultimate first aid kit that you should not go without, and even some plants that are easy to gather and can cure various ailments.

Now that the bases of prepping and surviving have been established, all that's left is to take a careful look at each and every one and see what they're all about. The information I'm about to share with you will be very useful in case you'll need it one day.

## Chapter I: Resources (food and water)

Just like engines need gas in order to run and function, so too we need our own organic fuel, which derives from food and water. In case of a SHTF scenario (when food and water sources will have all been depleted) we'll need to find alternate sources and means to avoid starvation. The average human body can go around 3 weeks without food, but no more than 3 days without water. Even though life will get hard, there are still options for us not only to live on the edge of existence, but to have all the resources we need for a long and healthy life.

### Storing food

Getting ready for a food shortage is easily done by filling your shelves with foods that are still available on the market. In order to pick the best assortments you'll need to consider aspects like calorie count, ease of preparation, shelf-life, weight and price. There are many viable options out there, and ultimately I'll be a matter of personal choice. In my personal opinion, no prepper's personal stash should be without the following:

**Ready to eat meals** (aka. MRE) are a must, as they have an average shelf life of about 5 years. These meals are fancier than what they might originally appear (lasagna, beef brisket, lemon pepper tuna etc.) and they pack around 1,200 calories each.

**Soy sauce** can last forever as long as the container has not been opened. It's made from fermented soybeans, salt, wheat and water. Its rich sodium content helps preserved over long periods of time. There are even gluten-free options available for those who are gluten intolerant.

**Canned or dried beans** are also excellent for storing. They can last for up to 30 years under the right circumstances (if they've been vacuumed properly and are kept in the dark). Before cooking, let them soak in water a little, so they will rehydrate.

**Rice** is the main food source for more than half of the Earth's population. It can last somewhere in between 25 – 30 years on the shelves, if it's kept an air-tight and cold environment. Brown rice lasts no longer than 12 months because of the high amount of oil it holds.

**Jerky** is basically dried meat and it can last for about 1 – 2 years in storage (home-made jerky lasts no longer than 2 – 3 months). Both beef and turkey jerky are extremely nutritious as they're rich in protein. They're available for sale almost everywhere and even easily prepared at home.

**Canned tuna** is a must, as this tiny fish is rich in protein and omega 3 fats (great for preventing heart failure). The can's expiration date vary, so chose the ones that last the longest. It can be eaten straight from the can or cooked. The tuna won't last for very long once the can is opened, so it shouldn't be kept for too long; refrigeration will not keep it fresh for more than 3 days.

**Powdered milk** (aka. NFDM) is a derivate of non-fat milk which has been dried previously to incapacitate the spread of microorganisms, which may cause it to spoil. It has unlimited shelf life and it's easy to spot when (and if) it spoils: if it turns yellow when adding water, just throw it away.

**Sea vegetables (powdered or pill form)** can last 2 - 4 years (depending on the assortments used and on the producing company). It's an excellent storage product as it's abundant in vitamins and nutrients, help the tissue regeneration process and have antibacterial and antifungal properties. Always check the expiration date before purchasing such a product.

**Honey** has unlimited shelf-life, as long as it's kept in an air-tight container and away from humid environments. It's durable because it has a low water content.

It's not nutritious, but it's rich in basic sugars. You can use it as a flavoring agent but also as a treatment for superficial cuts and burns.

**Ramen noodles** can outlast a decade and are very easy to prepare. They are very cheap and easily obtainable, as you can find them almost in every single market or store.



## Pickling

It's a great way to store and preserve vegetables. It's easy to do, costs are low and you can pickle almost every vegetable imaginable: cucumbers, beets, green tomatoes okra, carrots etc. After you're done, you can store your pickles in dry, dark and cool places or simply in the fridge.

Blanching the vegetables first (brief boiling) will soften most vegetables (green beans, ginger, peppers, okra and Brussels sprouts) and make them very responsive to the whole process. However, cucumbers tomatoes or turnips shouldn't be blanched. My personal favorite way of going at it is by slicing the vegetables into thin, even slices, but you can chop them up as you see fit. After the slicing is done, place the slices carefully in a container of your choice (I suggest glass jars). Once you've done this, it's time to add the flavorings. There are two types of flavorings you can use: *fresh* flavorings or *dry* flavorings. There are plenty of recipes around, but you can also experiment with whatever combinations you want.



Now all that's left to do is to prepare the brine, which is nothing more than saltwater that will preserve the freshness and flavor of the pickles. The brine will be sweet, sour or in-between, according to the recipe you'll be using. Pour generously in the jars, so that the pickles are completely submerged. Pickles require at least 24 hours of refrigeration before serving, while okra and turnips require a minimum of a week. If you'll keep you pickles at room temperature, in optimum conditions (prepared correctly, no moisture, no light) they will last for about a year.

## Gardening



For those of you out there that are more adventurous and for whom pickles just aren't enough, you can always think ahead and start your very own survival garden that will be providing you with the freshest vegetables and fruit even in a SHTF situation. This activity will require some practice before getting it right, but once you get the hang of it, it won't just be productive, but enjoyable as well. You'll need to look into the matter before starting, making yourself familiar with seed collection and storage, season crops and even insect repellants. There are two types of seeds you can get for your garden: hybrid varieties (that will reproduce for only one season) or the non-GMO or heirloom variety seeds (that will reproduced continuously if you provide you garden with the proper care and attention). Some of the most nutritious plants you can add to your garden are:

**Tomatoes** are some of the easiest plants to grow. They require little preparation and are a rich source of fiber, vitamin A, vitamin C, potassium and Calcium. Add poles on which the plant will extend itself.

**Onions / garlic** are usually planted in October and can even be pulled early to obtain green onions / garlic. They're a great source of vitamin B6, vitamin C, potassium, dietary fiber and folic acid (folate).

**Peas** are considered by most specialists to the easiest plants to grow. They are resistant to frost (especially the snow pod variety) and rich in in fiber, protein, potassium, vitamin A, Vitamin B6 and more.

**Corn** is very easy to pick and store and it's consistent of calcium, iron and protein. It's a warm weather crop, so planting it after the last frost is the way to go, as it's intolerant to low temperatures.

**Beans** come in many shapes as sizes, like: kidney beans, pole beans, bush beans etc. They are rich in fiber, vitamin A, vitamin C, potassium and Calcium. Pole beans, much like tomatoes, require poles which they can grapple and grow. They grow fast and easily, and staggering the plant will give continuous yields.

**Cucumbers** will be an excellent addition to your garden, as there are many varieties to choose from. The smaller ones are best for pickling, so growing those will even have you covered in the pickling department. They are packed with vitamin A, vitamin C, vitamin K and potassium, and should be planted in warm weather.



**Spinach** lives up to its reputation of being a super-food, as it's extremely rich in nutrients such as vitamin A, vitamin C, folic acid, iron and thiamin. Most of them should be grown during winter, so inform yourself when purchasing a certain variety.

These are some of my personal favorite vegetables to grow, but there are plenty more available to consider for your very own survival garden. But there are many obstacles that usually get in the way of achieving excellent crops. The most common ones you'll need to watch out for are **garden pests**. Before taking action in dealing with them, I strongly suggest consulting a specialist. These are some of the most common pests that you'll have to deal with:

**Aphids** are probably the worst garden pest imaginable, because they have no particular taste, they'll just devour everything green. The first unmistakable sign of aphid infestation is finding clusters of small, soft-bodied on buds and growth tips of the plants. Curly leaves and sticky trails here and there will make it clear 100% you're dealing with aphids. Dealing with them requires spraying with neem oil or insecticidal soap. There are special poisons available as well, but don't buy or use such products without the advice of a specialist.



Ants crawling on an aphid-infested plant

**Snails / slugs** are extremely detrimental to crops like turnips, carrots, lettuce, tomatoes and more. They might be slow, but the damage they produce is significant due to their insatiable appetite. If you find uneven patterns of holes in the leaves and slime trails connecting the plants, you have a snail / slug problem. They stay hidden during the day, under debris or rubble. So if you're dealing with light infestation, simply keep your garden as tidy as possible and remove these unwanted pests by hand. If you're dealing with heavy infestation, seek professional help.

**Gophers** are voracious eaters. Much like the aphids, these tiny rodents have no particular cravings and will go for anything they can get their furry little paws on. They'll most eat the roots and underground parts of the plants they stumble upon in their underground galleries. But if they sense no threat, they'll also make aboveground excursion to eat whatever's left too. Drowning their galleries in running water is very efficient, but you might risk damaging your plants. The best way to approach your gopher problem is to let your pet dog (or cat even) to roam around freely in the garden from time to time.

### Hunting, trapping and fishing

Meat is a very important food group in our diet, being the best source for protein and calcium. In a worst-case-scenario situation (apart from total annihilation), we'll be forced to give up the market trips and we'll need to become involved in procuring meat ourselves. Hunting and fishing will become our best tools and means of getting our hands on a juicy steak or a fish filet. Trapping small prey is also a viable alternative. However, there are risks involved and many precautions you'll need to take. If you plunge head first into a hunting trip without having the slightest clue of what you're doing, you might never come back. It requires skill, training, and a good understanding of your environment and the nature of your prey. And hunting will only last as long as your ammo will. So remember to have plenty of it set aside for darker days.

**Hunting** mammals is very important in maintaining your high protein diet. In principle, all mammals are edible, with very few exceptions. Some of the ones you should stay away from are mostly scavengers (as most of them are disease carriers), the platypus (which is endowed with poisonous glands), the polar bear

(whose liver contains deadly amounts of vitamin A) and others. Most of the potential prey will pose no danger at all if you keep your distance and are stealthy enough. But this doesn't mean you'll be completely out of harm's way all the time. Some are aggressive by nature, and normally, the damage an animal can inflict is directly proportionate to its size. But it doesn't take size to pack a punch, as even smaller animals that are territorial or protecting their young can develop aggressive behavior. The danger does not lie only in the power of the blow or bite, but also in the possibility of infection that an opened wound carries.

Birds are less of a threat than mammals, and if you understand their behavior and patterns, some will be as easy to procure as reaching the nest and grabbing them by hand. Many species, if nesting, will not move, even if they're facing imminent danger. Most birds have obvious patterns, so if you study them enough, you'll eventually find their weak spot, in which they're most vulnerable (be it in their nest or at a feeding area). Just like mammals, they too have very few exceptions when it comes to human consumption.

**Trapping** is an excellent method of catching small prey, but not only. The size of the prey depends on the amount of work you're willing to put into a trap. Trapping, unlike hunting, does not require permanent attention, as you can set a trap and return to check on it later. And it's an economic alternative, as it helps you save up on ammo, which you might need in a more drastic situation. There are different types of traps you can set, for different situations: the fixed loop snare (which can be placed over small burrows), the treadle trap (a trigger-based trap that is placed on the ground), the figure 4 deathtrap (which balances a weight that falls on the prey) and many more. Building this type of traps requires some practice, but they are very useful and efficient when it comes to catching small animals.

**Fishing** is just as important, and as long as you don't adventure too far into the ocean on bad weather, it's safe to say that it's far less dangerous than hunting. Fish meat is not only a rich source of protein, but also abundant in beneficial fats like omega 3, which are excellent for heart conditions. Here too, we're dealing mostly with behaviorally-predictable animals. It's very important to know that almost all species feed abundantly before storms (as after the water tends to

get muddy and blurry). Some fish tend to seek sanctuary in small cracks or near rocks, so you should always look in such places first.

Fresh water fish are not poisonous, put they are mostly infested by all sorts of parasites. So the meat should be thoroughly prepared before consumption, either boiled or deep-fried. The salt-water fish can be both poisonous and venomous, with species that could kill by contact or ingestion: red snapper, thorn fish, cow fish, puffer fish, porcupine fish etc. So watch very carefully where you're treading or what you're about to eat. But as an upside, the further away from the shore line you can catch them, the safer they are to eat. Because the levels of salt in the seas or oceans grow gradually from shore to offshore, some fish caught far away can even be eaten raw.



- The red snapper

The seas and oceans can provide a large variety of seafood that may consist in more than just fish: crustaceans, oysters, sea urchins, algae (extremely nutritious) and many more.

### Water

If in the case of a food shortage we have the luxury of having so many options available, in the case of a water shortage, the options aren't that many. But those that are available are viable and will save our lives if need be. You can start by storing water, but there are other methods available for your water problem: water filtering systems (professional or DIY), water harvesting systems etc.

**Storing water** is the easiest approach and the best short-term solution. You can save fresh, potable water in barrels or plastic containers. For example, you can buy plastic barrels, filled them up, closed them tightly and set them aside for the dark days ahead. You can start by filling your barrels up with drinking water, but in this case experts recommend not using a regular garden hose, but a special drinking water hose (in order to eliminate the possibility of contaminating the water). If your source of water is dubious, you can treat it after you have filled the

barrels with chlorine, to inhibit bacterial or algal growth. However, you shouldn't have to add chlorine in the mix if you're certain that the water you're storing has already been exposed to this kind of treatment. After you're done, seal the containers tightly. Water doesn't spontaneously spoil, but it will if it gets contaminated by pathogens or other impurities.

**Rain water** can be harvested just as well as tap water, and if you sanitize and filter it properly you can drink it without hesitation. If you consider the water source, placing containers at the end of your gutter pipe and letting nature fill them up will eventually be a cheaper harvesting method than simply letting the tap run. If you want to step up your game, you can set the barrels aside and consider a much larger container for rain water storage, like a water cistern. These cisterns can hold up to 12,000 gallons of water. They're probably the best option when it comes to quantitative storage, but remember that the water will require treatment prior to consumption, otherwise you risk endangering your health. Harvesting rain water is not illegal in any state, but some states have specific regulations in the matter, so [check the regulations of your state first](#).

**Filtering** should be taken very seriously. There are some primate DIY filtering methods available, but commercial filters are easy to find and are not that expensive, so my suggestion is to go out and buy one rather than try and make one yourself. The basic principle is that the water is pushed through a charcoal or ceramic tube, removing any impurities and treating it chemically. The water flows through two hoses: one that directs the unfiltered water to the filter, and the other that directs the filtered out of the filter, to a recipient. These filters are very powerful and efficient, as they can even filter out dirty and other tough particles. However, constant maintenance is a must, as the hoses must be kept clean at all times and the filters replaced once they get filled up with residue.

**DIY water harvesting systems** are an excellent approach to a water crisis. I have found one that is particularly intriguing and it works astonishingly well ([The Water Revolution System](#)). This contraption has its origins in the Arabian Desert, and it was used to extract water vapors out of the air and store them in liquid form. Not only is it cheap to get (around \$40) and easy to build, but using it will be very energy and cost-efficient, as it can produce about 8 gallons of water / day at a total cost of \$1. And after you're done building it, it requires no activity from your

part. You simply turn it on and come back and pick the fruits of your labor (freshly stored potable water).

## Chapter II: Energy

Just like everything else in a SHTF scenario, energy too will become a very precious and rare asset. When the power lines fail to deliver, we'll be forced to turn to alternative sources of energy in order to maintain whatever aspects we can of our lifestyle. Generators are our best option when it comes to a steady and efficient power supply. But in order to keep them working we'll need fuel, and loads of it, because an electric generator is efficient only while the fuel lasts. Energy is not synonymous with electricity; we'll have to deal with more than just the lack of electrical power, so we'll have a look at some alternative methods of cooking and refrigeration, non-electrical tools and gadgets that are necessary, house heating methods etc.

### Storing fuel

Fuel is important, maybe as important as food and water. Storing the right kind and amounts of fuel will ensure you'll have the right stuff for cooking, heating your home and even filling up your car's gas tank and moving out if the situation quickly turns dangerous. According to author Alex Vanover, these are the best methods of storing liquid fuel:

**Propane and Butane** pressurized containers are a must if you plan on cooking the way you're used to. But you should handle them with caution and store them correctly if you don't want to get blown up. They should be kept in a well ventilated area (preferably a shed located away from residential areas) and nowhere near sources of ignition. So garages and well / pump houses are not an option. The storage space should be dry and cool (in order to avoid rust), the canisters should be checked regularly for gas leaks and they should never be kept near electrical outlets.



**Gasoline and Diesel** are probably the most commonly used fuels and determining the storage quantity. The assertions should be made on how big the family that's using a generator based on these fuels is and how much is it going to run. They should be kept in a cool and dry place to extend storage life as much as possible and always in the right colored containers (red = gasoline and yellow = diesel). They can't be kept fresh for indefinite amounts of time. Gasoline should last in storage for about three months and diesel for about six. You can either your stocks periodically or add fuel stabilizers, but this is not a permanent solution.



Diesel



Gasoline

**Kerosene** should be stored (much like gas and diesel) in its properly colored container, which is blue. A cool and dry spot is needed to keep it fresh; it regularly maintains its properties for a period of three months. Additives can prolong its life span and freshness (even years if it's treated periodically). The containers should

be tightly sealed, but before doing so leave a little air in, never fill the container to the brim. This allows for the fuel to expand if the temperature changes.



Kerosene

### Generators and alternative power sources

There are plenty of options out there, and I've tried my share of contraptions when it comes to generators. [This](#) is what I'm using myself; I found it to be very cost efficient and it gets the job done right. But if you're looking for a more eco-friendly approach to the energy solution rather than spending money on gas that will not last a great deal anyway, you could always go for [solar panels](#) or a [wind generator system](#). But these methods require a great deal of knowledge and understanding, plus they don't come cheap; but once you get the hang of it, you'll have no problem in powering a small fridge or other household appliances. But if you have your heart set on solar / wind energy and your budget is generous enough, go for it. Just remember that both of them will require a battery system as well, so that the power harvested can be stocked and used for later.

### Cooking and refrigeration methods

Just because things are looking bad and society's crumbling, doesn't mean you have to give up on life's small pleasures. Canned and pickled foods are great as an emergency "power source", but they're nothing compared to a barbecue, a roast or a stew. Cooking can still be an option, and this is how you do it:

**Propane / butane camp stoves** are a must and when it comes to cooking results, there's really no difference between these outdoors-like stoves and regular household stoves. The stove itself costs about \$90 - %120 and the fuel cylinders



(that last about 8 hours of straight cooking) are in the price range of \$5 - \$7. They will require pressure hoses and a pressure regulator to work properly, which you can buy at the local propane dealer for no more than \$20. But if the overall price still is a bit “spicy” for you taste, you can always go hunting at garage sales.

**The Cast iron Dutch oven** is the perfect solution for those who would rather save fuel for other purposes than cooking. This is a method of open campfire cooking that’s not great only for roasting, but also for baking. The Dutch oven is covered a cast iron pot that is bathed in burning coal. Simply grease up the interior and place the dough (or whatever it is you’re making) inside. Cover the pot with the lid, than place it in burning coals near the campfire. Once it’s set, place some burning coal around the pot and on top of the lid as well. Keep pieces of coal covered in ash in order to reduce temperature loss.



Cast iron Dutch oven

**The solar oven** is a very ingenious method of harvesting solar power for cooking. Not only is it efficient, but it’s also very cheap to make, as it’s made-up of a cardboard box (which will be painted black on the interior), a few aluminum foils and a glass panel. Simply take the box, paint its interior black and glue the aluminum foils to the panels of the box. Take whatever it is you’re trying to cook and place it inside. Place the glass panel on top of the box opening; this will enhance the sunlight redirect by the aluminum and act as protection. The food should always be placed on a container or a plate and should never come in direct contact with the inside of the box. Now simply tinker with the box’s lids so that you get as much sunlight on the food as possible. Rotate the box ever 20 - 30

minutes towards the sun for maximum efficiency. Always use pot holders or oven mittens, as the temperature inside the oven can go as high as 325 °F.



Solar oven

**The brick rocket stove** is a fuel-based stove, but what's great about it is that it is very fuel-efficient, because it's able to generate a high amount of heat for a little amount of fuel used. It's easy to build and cheap too. The principle behind the rocket stove is that it circulates high amounts of air through its body, so that all the fuel used gets burned completely. This process keeps the flame burning rapidly and the cooking temperature constant at all times.



Brick rocket Stove

**The Zeer pot** is a natural **refrigerator**, based on evaporation. This cooling apparatus is based on two pots (one large and one small). Take the large pot (that should be unglazed) and fill it up with sand so that there's no room left one you'll place the small pot in. After the small pot is fitted inside, pour cool water on the sand. Place the food in the smaller pot and cover the top with a wet cloth. When

the water begins to evaporate, it will produce a cooling effect that will keep the food inside up to three times fresher than if it were left out.



The Zeer pot

## Heating your home

Yes, heating your home will still be a necessity, even in the case of a post-apocalyptic scenario. And rather than resorting to a fuel-based heating system (considering fuel will become scarcer with each passing day), it's best to "downgrade" a notch and install a fireplace or a wood stove. Wood will not disappear of the face of the Earth overnight and it's easy to cut down and even place in storage if you want to. It's not complicated to procure and install a fireplace or a woodstove. But despite their simplicity, be very cautious while doing so: the system should be sealed completely, in order to avoid the escape of CO<sub>2</sub> through cracks and breaches. CO<sub>2</sub> can be very intoxicating, even fatal if not detected in time. Also they should not be left burning and unsupervised for long periods of time, in order to prevent fires that may be caused by escaping burning embers.



Wood stove

### Useful items to have

There are things you can gather in order to make your life a bit easier and bearable, even if energy's a big issue. Here are some of the things that no prepper should go without:

- always keep **candles** and **matches** around; they'll come very handy in case there's no alternative lighting source available
- **crank / LED flashlights** are a must; the LED ones can be more powerful, but on the long run the crank flashlights are the better option
- **Non – power tools**: hand saw, hack saw, hand drill, hand-powered grinding wheel, hand-powered air pump etc.
- **crank / solar powered radio** may very well be your only connection with to the world once TV and internet is gone
- **manual can openers** may be less fun but at least they'll get the job done

## Chapter III: Safety and self-defense

Personal safety is a major issue even by today's standards, when society and civilization are theoretically at their peak. But what will happen in the event of social downgrade, once authority as we know it (the government and its adjacent

institutions like the police, the military etc.) ceases to exist? We'll revert to a more primitive state, where our protection will fall on our shoulders alone. Communities will diminish and the "law of the jungle" will come into play, where the strongest will survive by overthrowing the weak. So defending yourself, your family and the little earthly possessions that you have left will only be possible if you prepare thoroughly for the occasion. I'll show you the do's and don'ts when it comes to personal safety and self-defense.

## Rifles

Your first step in tackling the problem is to have your very own rifle and have plenty of ammo set aside. Such a powerful gun can keep at bay any assailant and could even be used for hunting if need be. There are plenty of options available on the market and it's just a matter of finding the ones that are best suited for you; I'll just show you some of my personal favorites.

**The AR-15** is one of the most popular rifles in the world today and it's being manufactured by many companies. It was originally designed by Colt in 1964 and it's been the US military "sweetheart" rifle for over 40 years now. It's very accurate and highly customizable thanks to its modular design. It can shoot 5.56x44mm rounds at high range, but it can also shoot .223 caliber rounds just as efficiently. My favorite version of this weapon is the DPMS Sportical, which comes with a 16 inch barrel, capable to shoot both 5.56 as well as .223 caliber rounds. It's not necessarily cheap considering it starts at about \$700, but it'd be money well spent in this case.

**The Ruger 10/22** rifle is excellent for the nostalgic, if you're considering its old school look and feel. But don't get fooled by its simplicity, this is a highly efficient .22 rifle that can pack quite a punch. The ammo used for the Ruger 10/22 is very cheap and easy to come by, so stocking up on it and getting enough for practice shooting won't be a problem. The rifle shouldn't be more than a couple hundred bucks and it does come standard with a 10-round magazine. There are also customization options available like scopes, paint jobs and more. It's pretty accurate for a 100 yard shooting range and it delivers very little recoil.



Ruger 10/22

**The M6 Scout - Henry Arms AR-7** is a collapsible rifle which was developed by the military and used mostly by helicopter pilots, so that they could defend themselves in case they were shot down in enemy territory. Despite its fragile appearance, the gun is stable and shoots fairly well. It uses .22 ammo and it comes stock with two 8-rounds magazines. This is an easily concealable weapon, which you could easily carry in your backpack or your car and it starts of the price of \$280 – \$300.

### Small caliber handguns

A bigger caliber gun will always be preferable to a small gun, especially if you take shooting range into consideration. But having a small gun set aside has its advantages: it's easily concealable (which offers the advantage of the element of surprise), it's easy to carry around and cost of a small gun will always be lower. I'll show you my personal favorites, but you should look more into the subject before purchasing one for yourself.

**The Glock 26 Gen 3** is a tiny frame pistol that was designed primarily for concealed carry. This is the improved model of the original Glock, but its overall frame was reduced. The barrel is large enough to hold a magazine of eleven 9mm rounds. It's very easy to hold, handle and shoot. It's manufactured locally in the US, but also in Austria.

**The Colt Mustang XSP .380** is considered to be Colt's "crown jewel" improved version of the Mustang. It's comprised entirely out of a polymer frame and weighs more or less 12 ounce (which makes it the lightest Mustang on the market). It comes equipped with a front and rear sight (which increases exponentially the shooting accuracy) and its magazine capacity amounts to 7 rounds. It offers improved grip due to side serrations, and also an ambidextrous safety system.



The Colt Mustang XSP .380

**The Diamond Back** is a regular “pocket cannon”, probably the most powerful small caliber pistol there is. It’s easy to conceal, easy to procure and, believe or not, cheaper than the .380 models. It’s similar in appearance to the Glock, which makes it easy to handle and maneuver. The magazine holds seven rounds. It doesn’t have sights for precise shooting and its recoil can be a bit much for such a small gun, but on the other hand it easy to procure and shoots extremely accurately at a level range of approximately seven yards.

## Survival knives

A knife is a very versatile tool when it comes not only to a survival scenario, but also in day-to-day life. Not only is it a great weapon for self-defense and close quarter combat, but it could also serve so many other purposes, like cutting wood, chopping meat, hunting, skinning etc. Knives are very versatile, they come in different shapes sizes and even equipped with different accessories. Educate yourself in the matter and get what you think will suit your needs best. Here are some of the choices available:

**Gerber’s Bear Grylls Ultimate Survival Knife** is not only a knife, but rather a versatile tool for cutting, slashing puncturing and starting fires. The blade measures 5 inches in length and is comprised entirely of stainless steel. You can buy it as a complete fine edge version or with a half serrated lower edge, that makes is easier to cut through tough materials. The handle is covered in a patterned texture that makes it easy to grip and handle. As a bonus, you get a fire starting kit (a striker notch situated at the back of the blade) plus a whistle tied to the handle with a resistant piece of rope.



Gerber's Bear Grylls Ultimate Survival Knife

**The Swiss Army Knife Adventurer Model** is made by a company called Victorinox and it comes equipped with so many gadgets and tools that considering a knife first could be up for debate. The adventurer model is a base model that, apart from the knife blade (that measures 4.5 inches in length), it also comes equipped with 3 different screwdriver heads, tweezers, awl, bottle opener and can opener; all the metal parts are made from very durable stainless steel. There are more complex models available that come with a far greater range of tools and gadgets than the base model.

**The Buck Hoodlum** is a more traditional blade. It's closer to a machete than it is to a pocket knife, as it measures 15.5 inches in overall length. The 10 inch blade is covered in 5160 stainless steel treated with an anti-corrosive powder coating. The side opposing the cutting edge has a small notch that can be used for gripping and severing wire or maneuvering hot pots of open fires. The 5.5 inch handle is made of Black Linen Micarta.

### Self-defense equipment

There are more options available that you can resort to for personal protection and self-defense. Many of them are lethal, others are non-lethal, but they all proved their efficiency when it comes to incapacitating an attacker. Most of these items are not expensive and are available on the market.

**The brass knuckles** is a white weapon that is very efficient for close quarters combat. This tiny piece of metal has 4 holes in it for you to slip your fingers in. Once you've done so, clench your fist and you get a "bionic implant" that will



immensely improve your punching power. Deliver your blows wisely, because using such a device might not only KO your opponent, but it could easily kill him as well.

**The Kubotan (aka. Ninja Spike)** is a contraption similar to the brass knuckles, the only difference being that its surface is not as smooth. It has both forward and lateral spikes, which makes this weapon more for piercing and cutting rather than punching. If you find yourself in danger and you have a kubotan on you, go for the eyes or other zones that can be pierced or cut easily. Use with caution though, as it may cause irreparable damage and even death.



The Kubotan (aka. Ninja Spike)

**Pepper sprays** are never lethal and can be used very efficiently if directed towards your attacker's eyes. It can come in large or small tubes that can be easily concealed; some of the small ones you can even attach your keychain. If you find yourself under attack, simply point and spray towards your attacker's face. It stings and affects the vision instantly, giving you the opportunity to apply blows or run away from the conflict.

## Home defense

One's home constitutes one's safe heaven. Safe-proofing your home is a must at all times. Nobody should go without having taken precautions and safety measures in what their home safety is concerned. Let's have a look at what the most important steps in home safety are.

**An alarm system** will be working around the clock (or for as long as you'll let it) and it will alert you as soon as someone is trying to break an entry or if he's already inside. There are plenty of companies on the market that offer a wide range of products that are easy to install, use and consist of a wide range of motion detection sensors connected to a main console that you can customize at will. These sensors can be placed anywhere throughout your home and the alert method can either be direct (the alarm starts sounding through the whole house), silent (it only goes off at the police department or at a certain security company) or both.

**A surveillance system** is comprised of one or more small cameras that you can strategically place pretty much anywhere on your property. The number of cameras is variable, but the bigger the perimeter you'll need to have placed under the watchful eye of the surveillance system, the more cameras you'll need to get. Such a system may not be very expensive with one camera, but the price can spiral out of control fast if you consider a larger number of adjacent cameras. The cameras can be either mobile (battery-operated) or fixed.

**[Make a panic room](#)** inside your house. This would be easier if it's included directly in the house plans before building it, but you can also fortify a room of your choice even after the house is built. This room will serve as a safe spot, where you can run to in case your home is being infiltrated. The walls and doors should get reinforced and you're advised to keep a gun or a weapon hidden in the panic room, just in case you'll need it.

## **Guard dogs**

A dog can be an excellent asset in a SHTF situation. **[Dog breeding](#)** has become more and more specialized, with many resulting breeds for guarding and personal protection. If trained properly and treated well (like a pet, not like an object), your dog will not hesitate in putting his life on the line for yours. Not only will a dog offer protection, but also companionship for you and your entire family, especially to children.

**The German shepherd** is, according to most specialists, the ultimate guard dog. This race originated in 19th century Germany as a complex breeding exercise, but

due to its great qualities was massively imported throughout the whole world. They are very obedient, responsive and have a great sense of smell. Their thick fur makes them very resistant to low temperatures, and they have no problem shedding if the temperatures rise. The German shepherd breed is a fairly large in size and can easily overpower most attackers. They are very fast learners and are aware of their environment and their place in the family. Despite their aggressive look and massive size, they're really gentle by nature and extremely good and protective towards children.

**The Rottweiler** breed dates as back as Antiquity, where they were constantly used as both guard and attack dogs by the Romans. They're very intelligent and aggressive, which is why they shouldn't be brought into the home before being trained properly. Just like the German shepherd, Rottweilers too are very intelligent, responsive and obedient. They're large and powerful, and if they get used to their surroundings, they can be very affectionate towards their masters. They'll have very little health problems, as long as they'll be fed and exercised regularly.

**The Doberman Pinscher** is a fairly new breed, dating back to 20<sup>th</sup> century Germany. Thanks to a carefully monitored breeding process, the Doberman resulted as a very fit, athletic and obedient guard dog. It's not a loving dog, but with the proper training you'll get a very obedient and loyal companion. Even though it's an intelligent dog, the breeding process is not what you'd call simple. They need to be trained starting an early age in order to understand authority and they shouldn't be brought in a house full of children at an older age. They don't have luscious fur, so they require very little grooming. They are fairly disease free and clipping their ears and tails will avoid health complications.



The Doberman Pinscher

## Martial arts

There's no such thing as "too old" when it comes to taking up a self-defense class that will help you overcome a hostile situation or direct attack. It's not a matter of age (so you're never too old for it), it's just a matter of determination. There is a vast range of fighting styles from which to choose from, that are based on extremely diverse techniques. What it ultimately comes down to is finding the one that appeals most to you and to have enough free time to go to class.

**Krav Maga** is an Israeli fighting style that was developed during the 1930s. The style itself is a mixture of many pre-existing styles (Karate, Jiu-Jitsu, Brazilian Jiu-Jitsu, Wing Chun and even Greco-Roman wrestling) and it's very dynamic and unpredictable for your opponent. Its essence consists in the fact that it subtracts itself from the conventional approach to fighting, such as "block and parry". In KravMaga you're taught to parry and hit at the same time, in order to give your opponent less time to react. It's a very direct style, meant to incapacitate your target completely. That's why it comprises many direct blows to soft spots, such as the eyes, the throat, the temples etc.

**Aikido** is a Japanese style that's very unique and different in its approach to self-defense. It comprises very little direct blows; its uniqueness consists in the fact that you're learning how to continuously parry all the blows that are being directed at you and using your enemy's momentum against him. You'll be taught how to exploit to the maximum the vulnerabilities of your attackers; and once

you'll build up speed and technique, you'll be able to perform many types of throws or twists. If mastered, Aikido will make you the ultimate joint-braking machine, based on skill and technique rather than strength.

**Muay Thai Kickboxing** (aka. the art of the 8 limbs) is a very popular contact sport which originated in 19<sup>th</sup> century Thailand. The fighting style is based on effectiveness rather than everything else. Training as a muay thai fighter will greatly increase your speed, precision, power and most of all, physical endurance. You'll learn how to deliver lightning-fast and precise punches, elbows or kicks to the stomach, thighs or the chin with very little effort. The training itself will be harder than expected, as muay thai practitioners harden their body parts (especially the shins) by repeatedly getting hit or hitting hard surfaces.

### Hostage situations / POW

Even though America is the world's strongest military power, we're not in any way 100% safe from a military invasion by the opposing totalitarian regimes out there. We've been subjected to terrorist acts before, but a military invasion would be something extremely different and dangerous on a whole new scale.

This kind of ordeal can be very stressful and dangerous for regular citizens. The best thing to do in case of an invasion is to keep a low profile and try to leave the combat zone as promptly and as quietly as possible. But if this fails and you get caught, don't despair. If you're being spotted, do not attempt to run. You'll most probably get caught and charged, or worst, shot in the back. If anything, you should stop and be compliant. If you're being threatened at gun point, don't make sudden movements and place your hands behind your head or drop on the ground face-down. Communicate with your captors and give them all the information they'll require: name, age, birth date, birth place, show IDs, etc. If they can't determine right away that you pose no threat, you'll be placed in an internment camp. It's here that your situation we'll be clarified. They'll verify your identity and whether or not you opposed and fought back against the invading forces. If you're labeled as a threat, you'll be shipped to labor camp or worst, tortured or killed. If not, they'll let you go free in a couple of weeks.

## Chapter IV: General health issues

Living on the remains of a crumbled society will be no walk in the park. The overall situation will be hard to overcome. And there are many aspects to take into consideration in order to survive against the odds, and the issue of health is one of the most important. What will you do when hospitals close down, when there's no answer at the other end of the line when you're calling for a doctor's appointment, when there is no ER service left or nobody to care for you when you're hurt? Well, you'll pretty much have to take care of yourselves.

The first and most important step in tackling the health issue in a SHTF scenario is to **avoid getting hurt**. Be very vigilant to your surroundings and take precautionary measures for everything you undertake. Try to avoid even the slightest injuries and don't jeopardize your health under no circumstances, as even the lightest bruises or superficial injuries can cause complications due to infections. But in some cases, accidents will happen and you'll just have to treat yourself or those you hold dear. It's for such occasions that you'll need to prepare; you'll need your very own [survival medical kit](#). These types of medical kits come in various shapes and size, but the bigger and more complex it is the better. There are a few items there are absolutely necessary to have in your medical kit, and they are:

**Antiseptics and disinfectants (antiseptic wipes, Isopropyl alcohol, Iodine, Peroxide)** are wound treatments for that will fight off bacteria and other pathogens and will clean and disinfect the area they're applied on.

**Oral antibiotics (Amoxicillin, Erythromycin etc.)** are a must in order to fight off infections. Most of them have different concentrations, so read the prospect before usage; also check the expiration date. The most powerful antibiotics will require a prescription.

**Anti-allergens (EpiPen / Epinephrine / Benadryl / antihistamine tablets / ointments / syrups etc.)** are substances that will counter anaphylactic reactions of any sorts. If you have allergies that you're aware of (but even if you don't), pack some of these in your survival medical kit; allergies can occur at any time during a person's lifetime.



**Pain suppressing medicine (Codeine etc.)** is important because it'll help you function and keep you from getting distracted, especially in a hostile environment. Most of them are opioid medication that can be used for even severe pains; but use with care, because if they can cause addiction if used for long periods of time.

**Anti-inflammatory medication (Tylenol, Ibuprofen or Aspirin)** should be administrated to reduce soreness and swelling; always read the prospect and never exceed the recommended dosage, as they all have side effects.

**Sterile syringes /needles / surgical blades** will be needed in case you'll need to administer intravenous medication, release puss or even perform small incisions.

**Adhesive bandages** come in many shapes and sizes and are a necessity in covering up superficial wounds in order to stop the bleeding and to prevent infection.

**Butterfly sutures** work on the same principle that regular sutures do, by pulling the sides of the cut wound / gush together. They should be applied only after the area gets properly cleaned and sanitized.



Butterfly sutures

**Gauze** is translucent and light fabric, usually made from cotton, which is used for cleaning and bandaging wounds.

**Thermometers** are available in even the most basic medical kits, and are a necessity for monitoring your body temperature and assessing your overall state of health.

**Sterile eyewash** could be very handy to clean and disinfect your eyes of all sorts of impurities.

**Soap** is an absolute must not only for disinfecting wounds, but for keeping an overall state of cleanliness.

**Preferential medication (asthma inhaler, OTC medication etc.)** should be included in your customized survival medical kit in case you or someone from your family is a known sufferer of a condition that requires a specific treatment.

Your very own, personalized medical kit will be your best defense against everything that threatens your health. But your medical reserves are bound to be depleted at one point or another. And when this happens, you'll need to find alternative methods for curing your ailments. It's exactly in this situation that you can turn to Mother Nature, just like in the humble beginnings of modern medicine. Luckily you can search for a large variety of [plants with nutritional and medicinal value](#); here are some of them:

**The water lily (*Nymphaea odorata*)** can be found in subtropical and temperate regions. It floats on the water's surface, set on large triangular leaves that serve



as a floater. You can eat the flower, but make sure to peel off the rhizomes first. The root can be boiled into a concoction that cures **sore throat** or **diarrhea**.

**The Brazil nut (*Bertholletia excelsa*)** is a very large tree (up to 160 feet tall) that's native to South America (Brazil, Peru, Bolivia and Colombia). It has a grayish bark, large and broad leaves, and small greenish-white flowers. The tea resulting from the husk of the seedpods can cure **stomach aches** and the nuts themselves can be effective against **cardiac ailments**.



**Prickly pear cactus (*Opuntia sp.*)** can be found in the dry regions throughout the US and South America. It has flat stems covered in tiny round dots. The dots are punctured by prickly hairs. Except for these tiny hairs, the plant is 100% edible and nutritious. The flat pads can be split in half and **applied over sores or wounds**, acting as **natural bandages**.

**WARNING: do not eat or touch if the cactus plant is covered in a milky sap!!!**

**White willow (*Salix alba*)** is a tree that's native to Europe and parts of Asia, and it grows up to 35 – 100 feet. The leaves are pale in comparison to other willow species because they're covered in white, silky hairs. Natural aspirin is a derivate from the white willow, so chewing its bark in case of **inflammation or aches** is the next best thing.

**The American witch-hazel (*Hamamelis virginiana*)** is widely spread through North American, especially in eastern Texas, central Florida and Minnesota. This tree grows as high as 20 feet in average has light brown bark (reddish on the inside) and oval leaves. You can **wash and clean wounds** with infusions made from these leaves.



The American witch-hazel

Before gathering and consuming any sort of plant, I strongly suggest doing serious research in the field. You must be completely sure in determining plant species, as many of them might be poisonous, even deadly. Eating or even touching the wrong plant might cost you dearly.

Prepping for survival is no easy task. It's not an exact science. Often it will come down to luck, but that doesn't mean you have to leave everything to chance. The more you know, the better you can react and counter all the obstacles; only with a carefully formulated plan and assertive action will you find yourself amidst the survivors. In this booklet I've enclosed some of the basics, but there's way more stuff you should know and learn about prepping. You can find more information on my website, just take a look.

And for those of you, who might have missed it, I'm Alec Deacon and I can teach you everything you need to know about prepping and surviving.

