

--- The --- **ULTIMATE PREPPER'S** **Survival Handbook**

**Tips, Tricks and Strategies to Staying Alive and
Surviving in Emergencies and Extreme Conditions**



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Get Ready!

The book you're reading now just might save your life. This may seem like a bold claim, but when disaster strikes, and chaos is all around you, the information that you learn here will be priceless.

This is not one of those 'law of attraction' types of self-help guides where positive thinking is all you need. No... not at all. Positive thinking guides will not ask you to get tasers and learn how to knee an attacker in the groin. This book will.

What you read here is real-world information that will give you the strategies, skills and strength to survive unpredictable situations which would put most people in a panic.

It's hardcore information that may be worrying and unpalatable at times, but it's EXACTLY the info you need. Survival can get very ugly... *and during times of crisis you may not even have sugar to sugarcoat this hard truth.*

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There are thousands and thousands of preppers all over the world with their own take on things. The truth of the matter is that there is ton of contradictory advice out there. Wading your way through this quagmire of information while you sort the facts from the fluff is a survival situation in itself.

Most people just do not have the time to do tons of research or read countless books on survival. They just want to be presented with actionable tips and strategies that matter... and they want it all presented in a simple and direct manner that makes the content easily digestible.

We heard you... and that's how the Ultimate Survival Handbook was born. This is a guide that presents the most pertinent tips crucial to your survival. A lot of the information in this guide is presented using bullet points so that you understand the gist of the matter at a glance.

More importantly, theory can only get you so far. It's action that really matters. You can't learn carpentry by sitting on a chair.

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That's why you've been given highly actionable information to get you better prepared.

Being a prepper or survivalist will require you to learn new skills and techniques that most people are unaware of. Skills ranging from self-defense to first aid to wilderness survival are within your domain. The more you know, the better prepared you'll be.



Expert survivalist, Bear Grylls has a quote – *"The line between life or death is determined by what we're willing to do."* This is extremely true when you're stuck between a rock and a hard place. You need to do what you need to do... and this book will tell you what you need to do.

A point to note: This guide was written with an approach to preparing for chaotic crises that often happen all around the world. It's not about preparing for a zombie invasion or an apocalyptic doomsday event in the future.

Many preppers go overboard and take things too far. There's a difference between being ready and being paranoid. There's a very slim chance of the world getting overrun by brain-eating zombies.

Watching too many episodes of The Walking Dead may have played a role in this. But all levity aside, the real threats that you should worry about are natural disasters, pandemics, terrorism, heat waves, droughts and chaotic situations that have already taken place and continue to occur at an increasing rate these days.

When a hurricane is about to blow the town apart, do you know what to do? If there's massive flooding and the stores are closed and nowhere to get food, are you aware of your options? Is your house reinforced to withstand the strong hurricane winds should you decide to ride it out at home?

These are the questions that truly matter. You want to be ready for the 'enemy' that you know will strike. If you're prepared to

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handle what's expected, you'll be more capable of dealing with the unexpected.

This guide will give you the tips, tactics and strategies that the experts use. Read it a couple of times till the info is seared into your memory and more importantly, practice and apply whatever you can.

When things go sideways, no matter how prepared you are, some panic will set in. This is natural... but if you're ready with your survival skills and knowledge, you'll have the edge to deal with the situation. Always remember that struggle develops strength and storms make you stronger.

Read on...

10 Prepper Mistakes to Avoid

As with all things in life, even with survival prepping, there's a right and wrong way to approach it. Starting off on the right foot will save you time, effort, money and disappointment.

It'll also mean that you're actually 'survival ready' instead of just thinking that you are. Read the common mistakes below and avoid making them. Your survival depends on it. No pressure.

1. Obsessing about doomsday

As mentioned in the introduction, you want to keep things realistic. Avoid getting sucked into a vortex of paranoia where you constantly expect the world to end leaving only a few survivors behind. Stay rooted to reality. Focus on actual catastrophes that are already happening.

2. Not having a plan

This a MAJOR mistake. Proper planning prevents piss poor performance. You absolutely MUST have a plan. In fact, you need

to have several plans. There should be a Plan A and contingency Plans B and C, if possible.

During a crisis, the unexpected and unpredictable is real and unfortunately, it's the norm. That's why you need to have a plan so that you have something to refer to and you can adapt, improvise and overcome as you go along.

You should have plans for:

- The amount of food you'll store and for how long
- The amount of water you'll need
- Your emergency cash stash
- Your support network
- Bugging in plans
- Bugging out plans (location, evacuation routes, carry along equipment, transportation, etc.)

3. Not focusing on your skills

Skills are more important than gadgets and supplies. The ability to perform first aid is a skill. Buying a comprehensive first aid kit

is not enough. You should know how to do CPR, treat wounds, etc. Only then will you be able to get the best out of the first aid kit.

The same applies to firearms, tactical daggers, camping gear, navigation equipment, etc. Being able to use the equipment you buy will require you to have skills. Focus on developing these skills.

4. No practice

Practice is a learning process and you can only learn when you do. All the theory in your head counts for nothing if you can't execute effectively. When you have a bug out plan, practice building up speed and effectiveness in your evacuation.

If you have a family, it'll be good to have drills that everyone can follow. A list of tasks and responsibilities for each member of the family will help. When crisis is impending, every one of you will be able to react instinctively.

You do not want to be in a situation where you need to think. Thinking takes time and during a crisis, you'll not have enough mental clarity to devise a really good plan.

Practice often. Your first aid skills, firearm accuracy and handling, unarmed combat skills, wilderness survival techniques should all be honed to excellence, or at least till you're capable and confident.

5. Obsessing about bugging out

The idea of grabbing your gear and getting out of Dodge to go into the woods and survive is thrilling to many preppers. They want to feel capable and adventurous.

The truth of the matter is that in most cases, staying at home and persevering through the crisis is a much better option. You only want to evacuate if there's a catastrophic event like a tsunami or some hazardous chemical release in the area.

So, focus more on bugging in and make sure your home/shelter is safe and secure. More on this topic will be covered in a later chapter.

6. Building an arsenal

Many preppers sure love their guns and they can't have enough. They stock up on all the different types of firepower that they think they'll need and they have a ton of ammo.

In reality, all you probably need is a 12-gauge shotgun for home protection, a hunting rifle and another handgun for personal protection, if you're carrying it concealed. You do NOT need 25 different types of assault rifles to take on the hordes of zombies. This is not Resident Evil.

Firearms are costly and you're better off using the money to buy food supplies and paying for a home security system or getting your house retrofitted to weather strong winds during a hurricane.

7. Putting all your eggs in one basket

You should keep your food supplies in different parts of your house. If all your food stores are in the basement and your house gets flooded, your supplies will get damaged or wiped out.

The same applies to money and firearms. Don't place all your money in one place just in case you get robbed. As for your firearms, it would be good to have them hidden safely around the house.

In the event there are intruders and you're stuck in a room upstairs while your firearms are in a gun safe downstairs, you might not be able to reach the guns without getting overpowered by the intruders.

8. Underestimating how much water you need

During a crisis, water is extremely important. You should store as much as you can. Many preppers estimate too modestly and don't have enough stored for a crisis. You need water for a variety of purposes ranging from drinking to showers to rinsing food and even for flushing the toilet. Ensure that you store enough water.

9. No support network

No man is an island. In the event where you need to evacuate, do you have family and friends out of state that you can stay with? Plan all of this well in advance. It's best to have a support network with people who have your back should crisis strike.

Get to know your neighbors well so that in times of need you can rely on them for help if you need it. Friends will be much more helpful than wary strangers.

Do note that you should keep operational security in mind too. Do not tell half the neighborhood that you're a prepper with a month's supplies of food neatly stored in your basement.

Should there be a major disaster and food is hard to come by, guess who all the desperate folk are going to think of? Yes... you. You who is happily sitting on 30 days' worth of food supplies while everyone else is hungry. That's what they're going to think, and they might come for your food stores.

10. Forgetting about wilderness survival

In most cases, you'll be better off staying safe at home. However, there may be times when you need to evacuate and leave the area. You might choose to drive to another urban location or you might head for the wilderness.

During times of terrorist attacks, mob violence and other chaos caused by humans, heading for the wild might be your best option temporarily. You'll be safer there because there'll probably not be any dangerous people heading into the wilderness to cause problems for you.

You'll need wilderness survival skills to survive in the wild. No matter how well-prepared you are for an urban scenario, when you're in a jungle or desert or snowy area, you'll be out of your element.

This is why you need to have training and practice in wilderness survival. We'll look at this in a later chapter but for now you need

to be mentally prepared to develop your wilderness survival skills to some extent.

Now that we've looked at the 10 common mistakes to avoid, let's get into the survival tips and strategies that matter. This is the fun part and before you move on to the next chapter, here's a quick question... *"What do you think is the most important basic survival need in a time of crisis?"*

Read the next chapter to find out...

Did You Say Shelter?

If your answer to the earlier question was shelter, you'd be absolutely right. Even in the wilderness, your order of importance for the basic needs would be shelter followed by water and then food.

Shelter is extremely important because it protects you from the elements. You need to be somewhere safe where the winds and other threats will not get to you.

Hyperthermia, hypothermia, and other health issues can crop up if you're out in the open exposed to the heat and cold. Not to mention falling branches, flying projectiles or even lightning if you're outdoors when a cyclone is on the way.

In this chapter, we'll look at shelters and the different considerations you should take note of. We'll do it in bullet point format from here on so it's easier to comprehend without you feeling intimidated.

Possible threats:

- | | |
|------------------------|---------------------|
| • Pandemics | • Snow storms |
| • Floods | • Terrorist attacks |
| • Massive power outage | • Earthquakes |
| • Tsunamis | • Home invasions |
| • Wildfires | • Tornadoes |
| • Riots | • Hurricanes |
| • Air pollution | • Chemical release |

The threats listed above are just a few of the many out there. In order to get your home/shelter 'survival ready', you need to focus on 3 points:

- Protection
- Improvement
- Security

Keeping these 3 points in mind, you'll need to assess your situation before proceeding. There are a few questions that you need to ask yourself first...

What types of threats are you most likely to face?

If you live in an area that might be susceptible to earthquakes, you'll need to prepare for those first. If it's hurricane prone, then your plan needs to focus on making your home ready to handle strong winds.

Is your home strong enough?



You'll need to assess the construction of your house. Is it made of sturdy material? Wood? Bricks? Metal? Are there any vulnerabilities? A roof that's not well-secured may be ripped off during a hurricane leaving you exposed. You'll need to fix it quick.

What's the proximity?

This is a tough question to answer because disasters can be unpredictable. But, knowing the geography of the area will allow you to know if you're in the path of a tsunami? Or are you on elevated ground? Is there any natural protection? Are you close to medical help or miles away?

All these questions will provide you with answers that will help you plan your next course of action. To get the right answers, you must ask the right questions.

Now, let's get back to the 3 points: protection, improvement and security, in that order.

Protection/Improvement/Security

Below you'll find a few points to take note of.

- Learn how to turn off your electricity, gas, water, etc. If there's a hurricane approaching, shutting off your utilities will ensure that there are no gas leaks or water gushing out of burst water pipes should there be impact.
- Prepare a list of actions to follow. Write down exactly what tools you'll need and how long it will take. During a crisis, you just need to refer to the list and quickly take action.



- Clean all gutters and drains yourself or hire someone to do it for you. You want a house and it's surroundings to be clean and clear.

The roof gutters should be cleared for proper drainage when it rains.

- If any parts of your house are damaged, fix them. A house with weak spots will be exploited and compromised by unrelenting winds and rains.
- You may wish to build a safe to store all your valuables, important documents and emergency cash. Make sure the safe is large, waterproof and anchored to the ground.
- If you wish to take things one step further, you can hire a professional to build you a safe room. It should have running water, access to a bathroom and space to keep your supplies. During an emergency, your family and you can stay in the safe room.

Minimize hazards and reduce risks in your house.

- Have a couple of fire extinguishers around the house. Install a smoke alarm and a carbon monoxide detector too.

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- Clear the gutters in your roof so that when it rains there is proper drainage.
- Your gas lines should be checked for corrosion and/leaks.
- Make sure there is no mold in your home.
- Store all flammables in a safe, secure place. Do ensure that the storage area is ventilated.
- Keep a ladder in one of the rooms on the upper floors. In the event that you can't evacuate through the usual route due to a fire or some other danger, you can get out through the window on the upper levels and climb down the ladder.

Of course, you should make sure that your ladder is long enough to reach the ground.

- You need to come up with a few escape routes so that you will know how to react depending on the situation. Intruders, floods and other circumstances can be unpredictable.
- Make sure your family and you practice evacuation drills so that everyone is on the same page and doesn't panic and run about aimlessly in a crisis.

Protecting against strong winds (hurricanes, cyclones, typhoons)

The damage caused by these winds can be massive and when objects everywhere are becoming flying projectiles, you absolutely must know what to do to protect your home and yourself.

- Duct tape all glass windows, doors, etc.

Ideally you should have storm shutters that you can use to cover your glass windows and doors. But if you don't, you can use duct tape as an alternative.

Stick long strips of heavy duty duct tape across your windows and glass doors in the shape of an asterisk. In the event the glass shatters, shards will not be sent flying around because the duct tape will be binding the bits of glass to each other.

- Roofing and shingles secured

Make sure that your roof sheathing is securely nailed to the house so that the entire roof is not ripped off during a strong storm. The shingles on your roof need to be well-fitted and securely attached or they'll all be dislodged and turned into flying projectiles.

- Close your garage doors

The garage doors should be closed and strongly secured.

- Remove unsecured objects

If you have lawn furniture, garden decorations, trash bins, toys, etc. outside your home, you need to remove all of them and store them indoors.

A strong storm may pick up all these loose objects and send them flying right through your windows. The goal here is to reduce the possibility of projectiles striking your home.

- Your pool

If you have a swimming pool, do NOT drain it or cover it. If you use a pool cover, a projectile that's flung on it will totally rip the cover. The water in the swimming pool gives the whole pool weight and this will keep it in place.

During a storm that lasts for days, the ground will become saturated and when pressure builds up, it can dislodge the foundations of an empty pool or even pop it out of the ground. So, keeping your pool filled will prevent this from happening.

There's no need to worry about an overflowing pool if you have good drainage.

- Trees

Prune all trees close to your home or chop them down till they're just a stump. Trees cause a lot of damage during storms because the huge branches fly off and crash into anything and everything.

- Cracks

Seal cracks in your walls so that heat doesn't escape from your house and the strong winds will not cause interior damage.

Home security

During a crisis, there may be intruders who will try to break into your house to rob you or even hurt you. It's imperative that you make it as difficult as possible for people to try and break into your home.

- A guard dog will have excellent instincts and the sound of it barking will dampen the enthusiasm of any potential intruder.

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- Keep all doors locked and while you may have your window open for ventilation, it's best to have window bars installed so that intruders can't get in.
- You might wish to install burglarproof windows with unbreakable glass.
- If you have a ladder outside your house, store it in the garage or use brackets and a lock to secure it to the wall.
- Do NOT hide a spare key under your welcome mat or flower pot.
- If you have a dog flap in your door, board it up with a wooden plank and nails.
- When you're not at home at night, always leave a lamp on in one or two rooms. This will make potential intruders think that there are people at home.

- Try not to have too many plants or shrubs around your home. This will provide cover for criminals. There could always be someone hiding close-by waiting for you to return home so that they can force their way into your house when you open the door to enter.
- If you're all alone at home and you see people skulking around outside, immediately check to see if all doors and windows are locked. Turn on the TV as loud as you can. This will draw attention from the neighbors and thieves will not want to be near such a noisy house.
- You should install an alarm system for your house. In case, intruders do manage to break in, the police will be alerted.
- Having motion sensors which trigger floodlights outside your home is a great idea. Anybody sneaking around in the middle of the night will get a rude surprise when they have

more floodlights on them than a Broadway musical. It will send them running for cover.

- Do not hang your keys on a key rack in open view of everyone. Anyone who peeps into your window will be able to see it and start their devious plans.
- Last but not least, have a firearm in the house. Just the sound of you racking a shotgun will make any possible intruder think twice about breaking. They're looking for easy pickings and they don't want to get shot.

Heat and Light

During a natural disaster, one of the first things to go will probably be your electricity. Depending on the level of damage, it may take a while for the power to come back on. You must be ready to cope with a power outage.

You have a few options:

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- Flashlights
- Electric lanterns
- Candles (fire hazard: use with caution)
- Chemical lights (e.g. Cyalume light sticks)

Given a choice between battery-operated lights and fuel burning lamps, it's always best to go with the battery-operated options. Fuel-burning lanterns and lamps will emit odors and the vapors just aren't good for your health. Not to mention that they can be a fire hazard.

Ensure that you keep a good amount of spare batteries to power the flashlights and other devices. While they may not give out as much light as a fuel-burning lamp, they're more durable and safe. They still do provide enough light for you to get by.

Candles are a cheap way to illuminate the room but it's best to use them in a lantern so that they're contained and less of a fire hazard.

- Get a generator

If you can afford it, you should get a generator. These generators can either be portable or the large standby kind that kick in the moment the power goes down.

You'll need to select the type and size that you're going to use, and have it installed in your house. Of course, you'll need to store fuel for the generator too.

Generators need to be operated outside the house because of the amount of heat, fumes and pollution they generate. Only run your generator for 1 to 3 hours at a time and allow it to cool. Make sure the area around the generator is at least 5 feet clear of objects or walls and well-ventilated.

- Heaters

Depending on where you live, if the weather is cold and the power goes out, you might end up getting hypothermia. You might want to consider installing a backup heater in one of the rooms in your house.

Installing one for the entire house can be costly. One room will do and anyone who is feeling miserably cold can sit in the room and thaw their bones for a while. You must be aware of the climate where you stay... and ask yourself what's the worst that could happen if the power goes out.

All the little things that you take for granted will suddenly become luxuries once you realize just how dependent you are on electricity.

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This wraps up the chapter on shelter... but now is when you get to work. Your homework is to:

- ☐ Have a plan of action written down
- ☐ Plan your evacuation routes
- ☐ Assess your home for repairs
- ☐ Fix whatever is broken
- ☐ Clean all gutters and check gas lines
- ☐ Take measures to make your home intrusion-proof
- ☐ Get a generator installed (if you can)
- ☐ Have a backup heater installed (if you need one)
- ☐ Create a checklist of things to do before a hurricane (if required)
- ☐ Check and see which of the tips in this chapter you need to apply

“I’m Hungry... and Thirsty!”

During a crisis, the amount of food and water you have will literally determine whether you have peace of mind or end up desperate.

Recently, during Hurricane Irma, the meme below was trending online. While mildly humorous, it makes an excellent point.



The moment disaster strikes, and things go sideways, you can expect the supermarket shelves to be empty as people rush and grab whatever they can.

Routes may be inaccessible. Stores may be empty or closed. As a prepper, you **MUST** have enough food and water for your family to tide you through the trying times. Early planning and preparation is the key to surviving.

You may have many questions such as, “How much water do I need?” or “What foods should I store?”

Perfectly understandable. While getting your shelter ready for a crisis is pretty straightforward, with food and water, it’s much trickier. You need to meet your nutritional requirements. Food will expire. There needs to be rotation of your stores and so much more.

We’re going to take this step-by-step so that you know exactly what items you need to store. First, you need to know your plan of action when disaster strikes.

If people are aware that a crisis is about to occur in a day or two, they’ll probably start running to the supermarket to grab whatever they can... and **you should too!**

Even if you have supplies at home to last you a while, you still can get more. In most cases, you’d have a dedicated location in

your house to keep all your stored food. Space will probably be a constraint.

However, during an impending crisis, you know for sure that you need supplies. It doesn't matter if you place cartons of bottled water in your living room or bags of rice in the bedroom. It's a survival situation. Décor can wait.

Once disaster strikes, you need to evaluate your situation. If there are massive floods or the roads are unpassable due to an earthquake, you might need to stay at home for quite a while.

Based on the information and announcements on the radio, you may need to ration your food and water supplies to last through the crisis which may be longer than predicted.

Always start consuming the perishable items first. If you have fruit, leftover bread, etc. finish those first. The edible items in the refrigerator should be consumed too. Do not immediately dig into

your stores just because it's a crisis. Finish what you have first... then proceed to consume your food supplies.

Consume all the foods that expire first. It's just common sense to consume the older food first. This is why you should buy batches of several different types of foods at the same time. They'll roughly have similar expiration dates and you can have balanced meals.

Water: How much do you need?



Other than shelter, water is the next most important basic need. Human beings can survive for three to four weeks without food. However, most will struggle without water for even 4 days. Depending on the climate you're in, you may be severely dehydrated and in immense pain.

If a crisis is bad, your water supply may be cut off. The taps will be dry and you'll really be in a fix if you don't have any water stored.

Always store more water than you think you'll need. Most preppers underestimate just how much water they need. During a crisis, you'll need water for:

- Drinking
- Food preparation
- Washing utensils
- Showers
- Flushing the toilet
- Washing clothes

It should be obvious that you need a lot of water to meet these needs. The amount you need increases depending on the size of your family. You must remember to take into account your pets' needs too, if you have any.



One of the biggest benefits of having enough water is that you can continue to use your toilet because you have water to flush it.

This is one of the biggest inconveniences when water runs out. When you have enough water, you can either pour some down the bowl or you can pour it into the back of the tank and flush.

A rule of thumb is that you only use water for flushing when it's a bowel movement. There's a common saying bandied by preppers – *"If it's yellow, let it mellow. If it's brown, flush it down."* Not exactly a pleasant quote but a very useful rule to live by during a crisis.

Generally, most prepper guides will recommend 2 gallons of water per person per day. So, if you're prepping for 30 days, that will be 60 gallons of water. For 4 people, that will be 240 gallons of water. That's a lot of water!

You may be thinking... *"Do I have enough space to store so much water?"*

Here's a very useful tip: Use jerrycans to store your water. It's a practice in the military. Jerrycans are very versatile and are used to hold both fuel and water. Of course, make sure you use different jerrycans if you're storing fuel and water. Label them too.



Each jerrycan can hold about 20 liters of water. So, 45 of them will roughly hold 240 gallons. They do not take up much space because of the way they're built. You can store them in your basement. It would be a good idea to build a multilevel rack for them.

You can store another 5 to 10 jerrycans of water in your garage too just to be safe. You can NEVER have too much water!

If you can't get jerrycans, make sure you use FDA approved water containers to hold your water. Do not use empty soda bottles, disposable plastic bottles or containers that are not suitable. The containers you use should be opaque and constructed out of food-grade polyethylene.

- Store water purification tablets too

Despite you storing tap water which is safe to drink, it's always best to treat the water before consuming it. You only need to treat the water that you're going to drink.

- Rotate all stored water every 5 to 6 months

Water purification

In some cases, you may not have access to drinking water or your stored water may be wiped out. The stores may be sold out and you're stuck. *So, what do you do?*

During these tough times, you can find water from lakes, swimming pools, water heaters, residual water in garden hoses, parks, golf courses, rooftops, etc. Wherever water collects are good spots for you to get water.

It would be a great idea to place buckets outside your house to collect rain water. Another method would be hang a wide tarp between two points outside, make sure it sags slightly to form a V-shape. Angle it downward into a large barrel or container. The idea is that it should catch rainwater which will slide down the tarp and collect in the container/barrel.

- Filtering

Now that you've found the water, you can't just gulp it down like a champ. You'll end up seriously ill if there are protozoa and

viruses in the water. What you'll need to do is filter and purify the water. It's important that you know the difference between the two.

Depending on the turbidity of the water, you may or may not need to filter it. If the water is murky and unclear, filtering it is a must. You can use coffee filters to filter the water.

You need to find a way to support the coffee filter in order to use it effectively. Once you run the water through the first step of filtering, you'd have removed the larger particles.

Do note that even if the water is clear, it's not ready to drink. One of the best ways to kill all bacteria and harmful organisms in the water is to boil it. However, if you do not have access to a gas stove or a fire, you will have to use other methods.

- Purification

Water purification will remove most bacteria, pathogens and viruses in the water and make them safe to drink. One way of doing this is with chemical treatment.

You can easily purchase water purification tablets from sites like Amazon. There are iodine tablets that will do the job but it's best to purchase chlorine dioxide water purification tablets. The chlorine dioxide tablets will eliminate the more resistant parasites like *Cryptosporidium* which cause gastrointestinal issues.

Another alternative are pump-style water purifiers like MyBottle Purifier that's manufactured by Katadyn. These convenient devices will allow you to prepare clean drinking water on the go. They're extremely convenient and portable.

Another brand that you can look at is Fixt Water that allows you to drink clean water anywhere in the world. This amazing product doesn't require you to prefilter the water or use any tablets. Just add the water you find in the Fixt water bottle and when you drink through the straw, the water will be filtered and purified. You can check it out here: <https://fixtwater.com/bottle>

While storing water for emergencies should be your focus, it definitely helps if you purchase a few handheld water purifiers for you and your family.

In the event, you need to abandon your home and the only water you can find is from rivers, lakes or other places that worry you, these water purification devices will ease your worries and ensure you stay hydrated.

Food storage

Now that we've covered the crucial task of collecting water, it's time to look at the food you're going to store. As always, here are a few quick tips to bear in mind first:

- You need 30 days' worth of food.

There's no need to store more than that. Unlike water that's more easily used up, food can be made to last longer and within a month, you should have help from the authorities.

Some websites and preppers may tell you to stock up enough food for a year. This is unnecessary and overkill. It's also extremely wasteful. We're preparing for sudden crises and not end of civilization type of scenarios. Food stores for 30 days will suffice.

- First to expire, first to go

When storing your food, place the newest stores at the back and the older stores in front. If there's a crisis, ensure that you consume the older food stores first.

You MUST have a record book to monitor when you purchased the food and the expiry dates. This will make it much easier to track your stores.

- Store food properly

Your food stores should be tightly sealed in airtight containers and not exposed to heat and rodents. Ensure that your stores are in a cool and dry environment.

- Store foods you like

Ideally, the food you store should be what your family and you enjoy eating and are also nutritious. It's a good idea to also stock some comfort foods like chocolate, canned fruit, etc. During emergencies, these foods will lift your spirits and give you an emotional 'break' from the stress of the situation.

- Rotate your food stocks

During peaceful times, monitor your food stocks and consume them when they're close to expiry. Replenish the food as soon as

possible. In this way, not only will you prevent wastage, but your food supplies will not have expired without your knowledge.

- Know what foods to store

Some foods like milk, bread and eggs do not have a long shelf life. Storing them will be a hassle. You should focus on freeze dried foods, canned food, uncooked rice, flour, meals ready to eat (MREs) and other foods that have a longer shelf life and contain the nutrients you need.

You may consider getting food that can be chilled or frozen but there is always the possibility that your home may experience a power outage during a crisis and you'll need to quickly consume the food in the refrigerator before the foods start rotting.

- Utensils and paper plates

During crises, you'll want to conserve water. Use disposable plastic utensils and paper plates instead. Do remember to have trash bags stored too.

- Have a manual can opener

It's obvious and also easy to overlook. Have one manual can opener in your kitchen. Electric ones will not function if there's no power. Since any self-respecting prepper will have a Swiss army knife, it'll probably have a can opener feature too.

- Have a camping stove and fuel

During a power outage, having a camping stove will allow you to boil water and even cook light meals. It's very important to have one or two stoves, even if you're not bugging out in the wilderness.

Camping stoves can be used indoors. Just make sure the room is well-ventilated.

- Focus on foods that you can purchase

Some preppers go all the way and have their own garden and livestock. They may do canning and preserve their own foods.

While all this is well and good, the truth of the matter is that you can prep for 30 days without planting a single seed.

As long as you buy the right foods, you'll be fine. We'll look at what they are later. Just know that you do not need to be a farmer or get involved in homesteading to be a prepper.

- Practice food hygiene

Always wash your hands before preparing food and before consuming it. If you're using raw meat and vegetables in your cooking, do not allow for cross-contamination.

It's not a good idea to handle raw foods during a crisis. You'll be using up your water stores and it's a real hassle. Stick to canned and boxed foods.

- The focus is on fuel and not balance

During a crisis, your meals do not have to be balanced. Now is not the time to be on a ketogenic diet or go organic. You just need enough food to provide you with fuel.

Ideally, you should eat simple meals which have different macronutrients present. A dish with some white rice, canned tuna and canned vegetables will have carbs, protein and fats. Simple but effective.

Now let's look at the food list below. These foods contain carbs, protein and fats. You can purchase them all at a supermarket. The strongest point about the foods below is that they last a long time.

Over and above that, many of the foods are lightweight and you can easily pack them in your bug out bag without making the bag too heavy (e.g. uncooked pasta, oatmeal, rice, etc.)



List of foods to store:

- | | |
|--------------------------|-------------------------------|
| ➤ Salt, sugar and spices | ➤ Canned beans |
| ➤ Cooking oil | ➤ Biscuits |
| ➤ Olive oil/coconut oil | ➤ Baking soda & baking powder |
| ➤ Pasta | ➤ Tabasco sauce |
| ➤ Cocoa/coffee/tea | ➤ Grits |
| ➤ Rice | ➤ Vinegar |
| ➤ Honey | ➤ Nuts |
| ➤ Corn syrup | ➤ peanut butter |
| ➤ Canned fish | ➤ Dried fruit |
| ➤ tuna/sardines/etc.) | ➤ Oatmeal |
| ➤ Spam | ➤ Soy sauce |
| ➤ Fruit juice (boxed) | ➤ Salad dressing/sauces |
| ➤ Popcorn | ➤ Condensed milk |
| ➤ Canned vegetables | |

The foods above contain most of the nutrients that human beings need. As long as you have several of these food supplies, you should be able to sustain yourself without experiencing malnutrition.

2 final tips: Firstly, keep a bottle of multivitamins so that you're covered should there be any nutrient deficiencies. Secondly, if

you have pets, ensure there's enough pet food to last them 30 days too.

“Hello! Anybody there?”

Communication is important during a crisis. If you have fair warning before crisis strikes, charge your mobile phones and have a fully charged spare battery too.

If the land line is down, you'll need to use your mobile phone to call out for help if there's a medical emergency. In case you need to evacuate, you'll be able to contact people in your support network so that they're ready for you.

Do not use your mobile phones unnecessarily to play games or surf the net. Conserve the battery. If the electricity goes down, you'll not be able to charge your phone.

Get a battery-operated AM/FM transistor radio. If the power is out and the TV can't work, you can always tune in to the radio to get updates.

If you have electricity, you can surf the internet and get real-time updates and news. This will be very helpful when time is of the essence and you need to react fast, especially if there's an evacuation alert.

If you hear the authorities ask you to evacuate, ALWAYS evacuate immediately. Do not take the risk and see if you can take the crisis head on.

“Go ahead... make my day...”

This chapter just started off with a very famous quote by Clint Eastwood. If you haven't guessed, this is the chapter on guns and self-defense... and it's one that you need to pay VERY CLOSE ATTENTION to.

Let's talk about situational awareness...

There are usually only two ways most attacks occur. Either your assailant takes you completely by surprise and tries to knock you out or they approach you threateningly and demand that you hand them your belongings.

The same applies to situations such as housebreaking and rapes. It's always either by surprise or intimidation.

Awareness is extremely important even when you're not in a crisis situation. If it's late at night and you're walking to your car from the mall, you want to be aware of your surroundings.

If you're a woman, you might even want to have a stun gun in in your jacket pocket with one hand gripping it. This is your 30-second window. It's not paranoia, but preparation. There's a saying that when you're in the woods, it's better to treat a stick as a snake instead of assuming a snake is a stick.

Being unaware of your surroundings is the biggest mistake you can make. These days, just about everyone's faces are buried in their smart phones as they walk around oblivious to their environment. You do not have the luxury to do that during tough times.

People who have less than you will want what you've got and many of them will not think twice about hurting you to get what they want. Being alert to any possible attack will give you that extra edge.

Firearms

With all the debate going on now about gun ownership and the second amendment rights, this is a very controversial topic.

However, you can rest assured that you'll get the blunt truth here.

And we'll start off with this...

If you're a prepper, **you absolutely MUST have a firearm!** As long as you're an adult and physically capable of firing a gun, you need to own one and know how to use it well.

Here's the hard truth:

- During a crisis, crimes tend to escalate.

Law enforcement has its hands full aiding the first responders. Officers are deployed to help casualties and deal with other issues.

Because of this, criminals have an opportune time to take what they want and get away with it. Many of them know this and will take full advantage of it.

During Hurricane Katrina, there were several reports of rape and assault. Whether this was true or not, doesn't take away from the fact that crimes tend to go up when people get desperate. Even law-abiding citizens may break into homes to look for food and water. This is a very real scenario.

If you watch the news, you'd notice that whenever there are riots and people causing chaos, there is also widespread vandalism and looting. A mob mentality takes over and these people will take whatever they want if they can get away with it.

Not every threat is a natural disaster. Terrorist attacks, riots and other chaos caused by man are threats too.

There's always the possibility of people trying to break into your home to take what you've got or hurt you. During times like these, a firearm will be very useful.

The truth of the matter is that criminals may not share your same hesitation to use a gun. They'll have no qualms carrying one and

might have no problem using it on you. The question you need to ask yourself is which end of the gun do you wish to be on.

Choosing a firearm

This is a very personal decision. You need to find a gun that you can easily handle. Some people may prefer a 12-gauge shotgun for home protection, while ladies may prefer a smaller handgun. When choosing a firearm, you want to pick one with a decent capacity.

Stopping power is more important than accuracy. Most guns are fairly accurate and in self-defense situations, the intruder or assailant you're aiming at will be quite close. You're not going to be a sniper calculating wind shear to hit a target that's 2 miles away.

Generally, 9mm and .45 auto are good semi auto handgun calibers. They handle well and it's easy to find ammo. A full-size Glock 9mm holds 17 rounds in the magazine while a full-size Glock .45 holds 13 rounds in the magazine.



.38 special and .357 magnum are good revolver rounds but most revolvers only hold around 6 rounds. Some higher end ones hold 7 or 8. (Smith and Wesson 686 plus holds 7. Standard 686 holds 6).



As for ammunition, there are bullets that are made to not penetrate through walls as easy, so if you do shoot a bullet at an intruder, it will not fly through two walls and hit someone in another room.

At the end of the day, what matters is that you own a firearm and know how to use it. Get training so that you understand how it operates and you can use it safely and accurately. You'll also gain knowledge on choosing the right ammunition and how to clean and store your firearm safely.

While there are several different types of non-lethal weapons available, none come close to a gun. If there are multiple attackers, a gun levels the playing field.

If you're a woman all alone at home and someone breaks in and wants to rape you, pulling out a knife may not necessarily scare your attacker who might try to overpower you.

A gun, however, will instantly stop him in his tracks and scare him off. Anybody can pull a trigger in a second and he could be dead before he even hits the ground. A firearm commands attention and fear in a way no other weapon can.

You might not even need to use it. The sight of one will send anyone with less than savory intentions fleeing for the hills. So in a way, guns may inflict less pain than tasers, pepper sprays or knives if they manage to scare away the criminals.

Unarmed combat

Unarmed combat is a skill that you need to learn even if you own a firearm. There may be times when you do not have access to a weapon or you can't reach it in time. During situations like these, it's best that you know how to fight and you do it WITHOUT hesitation.

Fights in the real world are messy, unchoreographed and very fast. You can end up on the ground unconscious in seconds if someone delivers a punch to your jaw. That's how fast these encounters can end.

It's best to get professional training from a qualified practitioner. As a prepper, you do not have time for traditional martial arts like karate, taekwondo, aikido, etc. While effective, these arts take years to master and even then, the techniques are not brutal enough.

When you're under attack, the best offense is a strong offense. You want to have moves that are simple, use gross motor movements and are highly effective. A few moves you must know:

- Upward palm heel strikes to the nose
- Knees/kicks to the groin
- Eye jabs
- Throat punches
- Stomping on the side of the knee
- Headbutts
- Elbow strikes to the head

The best martial arts for close combat are:

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- Krav maga
- Kali
- Muay Thai
- Systema
- Jeet kune do

So, why are they so effective?

For starters, krav maga was made for brutal close combat. It was developed by the Israeli special forces to take down terrorists and other combatants. This is a real-world fighting style that dispenses with theatrics and focuses on results.

Throat punches, knees to the groin, eye gouges, elbows to the face, etc. are highly dangerous moves taught in this art.



Martial arts like aikido focus on wrist locks and other sweeping motions which the average person will probably never master or execute well when they're under threat.

All technique goes out the window when someone is trying to hurt you and you're panicky. Styles like krav maga and Systema (a Russian style) use gross motor movements in most of their techniques.

Kali/Eskrima takes things one step further and teaches you how to fight and defend with sticks and knives. This is probably the deadliest art of the lot if executed right. If someone is about to attack you with a knife, Kali will show you how to deal with it.

Muay Thai is also devastating with its focus on using your knees and elbows in a fight. Jeet kune do is very versatile and useful too.

What really matters is that you pick one of these and learn it well. You want to practice constantly so that the moves become instinctive. Train using a boxing bag. There's a big difference between punching air and making contact with a bag.

NEVER ever think that your cardio kickboxing classes at the gym will help you in a real fight. These classes are mostly for fitness and conditioning. In many cases, the instructors themselves will not know what to do in a real fight. Learn from the experts.

Non-lethal Weapons

Below you'll find a list of non-lethal weapons that you can use. They have their time and place... and you might want to keep one with you when you're going out. If you can't carry a firearm outside, these alternatives will help.

- Tasers

Highly effective but the limitation is that you need to get close enough to the attacker to use them. They work through clothing and can incapacitate an attacker long enough for you to escape.

- Pepper spray

Effective but the limitations are that you need to be really close to the attacker and there's always a chance that the wind may blow the spray back on you and cause you pain. These are best

used in situations where you need to inflict discomfort and distraction on your attacker so that you can escape.

- Tactical knives

Dangerous to use unless you're well-trained in kali or some weapons based art. You'll need to be close to your attacker and there's a high chance you may cut yourself too. In a worst-case scenario, the assailant wrenches the knife out of your hand and uses it on you.

- Baseball bats, sticks, pipes

Only effective if you take your opponent by surprise or you manage to get a good strike. These weapons are unwieldy to begin with and women may struggle to use them.

- Stun guns

Once again you need to be close to the attacker and the stun gun requires prolonged contact with the opponent till they go down. There's a chance you might shock yourself if there's a struggle and the stun gun comes into contact with your skin. By now you'll

realize what was being said all along – there's nothing quite like a gun for self-defense.

Your 'Mindset' Matters!

Last but not least, your goal is to ALWAYS survive at all costs. If all you have is a knife, you must be ready to use it. Hesitation can lead to your own death.

So, be aware of your surroundings, be ready to react instantaneously and have a mindset to survive at all costs. Never give up and never give in.

“Are You Injured?”

Yes, you guessed it right. It's time to learn first aid.

During a crisis, there's always an increased incidence of injuries and deaths. When a hurricane strikes there can be several dead with many more injured. The same applies to terrorist attacks that usually take place in crowded areas so as to inflict the most damage.

In a crisis, there's usually panic and chaos. Getting help may be difficult. Roads may be blocked preventing an ambulance from reaching you. Time is precious and every minute counts. That's when first aid skills will literally save yours or someone else's life.

You MUST know first aid.

Don't panic. There's no need to become a doctor to know basic first aid skills. We'll cover the basics here and tell you what else you need to do.

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There are some skills that you just can't learn from a book. A few of the first aid skills fall into this category... but first, we need to look at one very important equipment any self-respecting prepper needs to have... A First Aid Kit!

There are two ways you can get one. Either you build one yourself which is more fun (you'll know exactly what you need) or you buy one that has already been pre-packaged. These are great too.



Alternatively, you may look at the items that are in these commercially-sold first aid kits and just replicate them at home. Below, you'll be given a list of items that you **MUST** have in your first aid kit. The first step to developing first aid skills is to have a first aid kit.

What you should have in a first aid kit:

- | | |
|---|---|
| ➤ Adhesive tape | ➤ Nail clipper |
| ➤ Alcohol wipes | ➤ Pain killers |
| ➤ Antiseptic cream | ➤ Personal medication
(prescription medication for those with special needs) |
| ➤ Band aids | ➤ Razor blades |
| ➤ Bandages | ➤ Rubber gloves |
| ➤ Burn cream | ➤ Sanitary napkins (used with
direct pressure to stop bleeding in
large wounds) |
| ➤ Charcoal tablets (indigestion,
food poisoning, etc.) | ➤ Scissors & tweezers |
| ➤ Eye wash & eye patch | ➤ Sterile water |
| ➤ Gauze dressings | ➤ Thermometer |
| ➤ Hard candy (to treat shock and
calm patients down) | ➤ Tourniquet |
| ➤ Insect repellent | |

Here are some of the basic first aid skills you need to know:

1. Stopping heavy bleeding

You need to know how to apply direct pressure on wounds till they clot. If you have a product like QuikClot Sport, it will be very helpful.

2. Cleaning and dressing wounds



Stopping the bleeding is not enough. You need to know how to clean the wound with sterile water and dress it with gauze and adhesive tape too. The goal is to keep the injured area clean and dry so that it can heal.

3. How to treat shock

When someone is injured, they may go into shock. Give them the hard candy to suck on so that the sugar will calm them down. Ask the victim to lie down and make sure that they're warm and comfortable. Check to see if they're breathing and treat all injuries ASAP.

4. Treating hypothermia

During a crisis, if someone is wet and cold after getting caught in a flood they may get hypothermia. You need to dry the casualty and move them to a warmer area where they can slowly get used to the warmth. Do NOT make them take a hot shower.

If the hypothermia is bad, do not move the patient. Try and warm them where they are.

First aid skills that you should learn from a trained professional...

As mentioned earlier, some skills are best learned from a pro. You'll need hands on practice.

- CPR

Cardiopulmonary resuscitation(CPR) is probably the most famous first aid technique in the world. The famous kiss of life.

There is a technique involved. You'll have to clear their airway first. You need to know the timing, where to place your hands on the chest and how to press. You'll have to seal their mouth and blow air into their lungs.

That's a lot of info to process and that's why it's best to learn it from a trained professional. CPR is a life-saving skill that you absolutely must know.

- Heimlich Maneuver

Extremely useful if someone is choking on food. You'll need to grab them from behind just below the ribcage, ball one of your fists up and pull your arms towards you in an upwards motion. This will force air up the esophagus and pop out whatever food or item that's blocking the airway.

If you do it wrong, you might break a rib or be unsuccessful at dislodging the object. It's best to learn from a pro.

- Treating bone fractures

You'll need to know how to make arm slings and use towels to support the injured area, etc. With leg fractures, it's more complicated and you may need to use splints to immobilize the fracture. Once again, professional training is required.

- Moving an injured person

There is a technique to moving an injured person. You can't just sling them over your shoulder like a bag of potatoes and proceed to walk and toss them on the bed. You need to learn the right technique to move them.

- Handling casualties with spinal/neck injuries

Very risky injuries that if approached wrongly can cause permanent damage and even paralyze the person. In such cases, it's imperative to call for an ambulance or get professional help. Only in situations where you really have no choice should you attempt to move the patient yourself. Learn how to do it right.

Where to learn first aid skills:

It would be a great idea to check with your local hospitals or community centers where you can get first aid training. You can check online where there are courses being conducted near you. It's best to get practical training instead of online training.

Besides that, you can learn more first aid skills from books such as the "First Aid Manual: The Authorized Manual of St John Ambulance, St. Andrews Ambulance Association and the British Red Cross" published by St. John Ambulance.

Alternatively, you can watch first aid instructional videos on YouTube or other video sharing sites... or you can scour the internet for more information.

It's important to learn first aid. It doesn't matter if you're a survivalist or not. A grasp of basic first aid skills can be very handy in times of need. Your skills will make a world of difference to the casualty. It is immediate remedial action to rescue someone long enough till they get medical help.

In some cases, it may make the difference between life and death.

Let's Get Moving...

This chapter is about transportation. If you need to evacuate or bug out, your vehicle needs to be prepped and ready to go. But before that, you need to have a bug out bag all ready to go

Bug out bag essentials



This is a bag that you would have already packed with crucial items which will last you for at least 72 hours. There should be food, water and other items that you'll need. Below you'll see a list of items that you might want to pack in your bug out bag.

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- Bandana
- Batteries
- Can opener
- Cash
- Cell phone cable and adapter
- Chemical light sticks
- Compass
- Duct tape
- Eating utensils
- Emergency blanket
- Firearm
- First aid kit
- Fixed blade knife
- Flashlight
- Folding Knife
- Waterproof matches/lighter
- Extra clothes
- Survival whistle
- Tent
- Water
- Water purification bottle
- Water purification tablets
- Pepper spray
- Poncho
- Prescription medication
- Rations
- Sleeping bag
- Solar charger
- Identification documents
- Laminated state map
- Mobile phone
- Multipurpose tool
- Paracord
- Pen
- Zip ties

Transportation tips



- Make sure your vehicle is fully fueled and you should have one or two jerrycans of fuel to help you travel at least 400 to 500 miles.
- Have maps or a GPS in your vehicle to navigate your route.
- Keep a battery-operated AM/FM radio to stay updated on traffic news, evacuation, routes, etc.

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- When evacuating, pack all your important documents such as your driving license, birth and death certificates, passports, weapons permits, social security cards, photos and whatever else is very important and irreplaceable to you in airtight plastic bags. Place these bags in an airtight box and place the box in your boot.
- If you notice any gas stations along the way, always top up your fuel even if your tank is $\frac{3}{4}$ full.
- Keep a set of jumper cables in your car in case the battery dies.
- Have a flashlight, warm blankets, writing instruments, paper, a first aid kit, a tool kit, duct tape, a spare tire, a jack and a lug wrench in your car. All these items will be very useful when you need them.
- Remember to place your bug out bags in the car before evacuating.

Important pointers:

You might have to take shelter in your car if your destination is far and you can't find any motels to stay for the night. So, make sure it's clean and relatively comfortable.

Never completely roll down your windows and sleep. You never know who is around. Leave a 2-inch gap in the window for ventilation.

Do not abandon your vehicle unless you really can't get help. Besides your home, it's one of the best shelters you can find. Using your car as a shelter is much better than setting up a tent outside.

Stay inside your vehicle at night. It's the safest option. Only walk outside during the day time.

Usually, your evacuation plan should be you leaving your home and going to a place that is safe and is in an urban area. The best preppers usually act well in advance and leave the 'danger zone' ahead of time.

You only want to bug out in the wild if you really have no choice. In the next chapter, we'll look at campcraft and what you need to know about it. It's nowhere as cool and fun as most people think.

Campcraft

This is usually the part that most preppers look forward to. They have visions of setting up camp and living off the land. Most of them do not have any real experience in the wild. Watching survival TV shows where experts like Bear Grylls, makes it look easy is very different from actually being there and doing it yourself.

As mentioned earlier, the approach of this guide is to always stay sheltered in your home, if possible. If you need to evacuate, you must have a plan to get somewhere safe... and it must be a place that is urban. You still want the conveniences of civilization.

The only times you need to survive in the wild is if it's highly dangerous in the urban areas. This can happen if there is a terrorist attack and there's a lot of constant chaos in the area. Rarely does civilization collapse to a point where you'll need to live like a jungle man.

You can't learn campcraft from a book. You need lots of practice and training in the wild. You'll find a few tips below that will tell you what skills you need to learn. The best way to learn will be to go out into the wilderness and practice.

- Bring your bug out bag.
- Always bring a camping tent for shelter. Don't try to build one yourself with broken branches and dried leaves.
- Learning how to build a fire is useful but always have waterproof matches or a lighter with you. Don't struggle if you don't need to.
- Have a water purification bottle with you.
- Learn how to choose the best place to set up shelter.

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- Knowing how to dig a latrine is a must.
- If the place you're going to has a lake, it's best that you know how to fish.
- If there's elk, deer, etc. around, you can hunt... but you'll need a firearm and must know how to hunt. Gutting, skinning and cleaning an animal is tough work and takes some getting used to.



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- Make sure you have all the necessary tools from multipurpose knives to mess tins.
- Bring enough clothing so that you can keep warm if it is chilly at night.
- You'll need a lot of items from water purification tablets to signal flares to insect repellent and bear spray (if necessary) just to stay safe and relatively comfortable.
- Practice personal hygiene all the time because it's easy to eat contaminated food or for wounds to get infected when you're out in the wild.

As you can see, bugging out in the wilderness comes with a lot of risks. Unless you're doing it on a reality show like Survivor, for a million dollars, you really do not want this as a permanent survival plan.

The only times you should stay in the wild is while you're on the way to your next location. During the journey, if you have no choice, you may camp outside for the night before driving off the next day. If you can stay in your car, you won't even need to camp outside.

There's a big difference between going camping for fun at popular camping sites and actually surviving in the wilderness. You've got to be a real pro to do it well. It's actually this skill of wilderness survival that separates the men from the boys as far as prepping goes.

You might wish to learn it, but it will require lots of time and effort. So, you must be mentally prepared for that.

Money Talks!

Most preppers and survivalists usually think of food storage, first aid, wilderness survival and other skills when they think of being prepared. One of the most crucial points is often neglected.

Here's the truth: Even during tough times, you absolutely need money. In fact, now more than ever before it becomes a priority. During the recent Hurricane Irma, there were reports of price gouging and bottles of water being sold for \$99.

This can and will happen when items are scarce. You must be financially prepared to weather any storm. Pun fully intended. Let's look at a few reasons why you need an emergency cash stash.

- Evacuation

If there's a hurricane alert and you're told to evacuate by the authorities, it's best that you listen to them. The same applies for

any possible crisis. One of the best ways to escape the effects of a disaster is to get away from the area that's about to be affected.

While driving is one way to do get away, there are still risks that you might get caught in a hurricane which catches up with you. The best way to escape is to go to the airport and take a flight out to another state or location that's not affected.

Airfare costs money. If you have a family, the extra costs add up quickly. If you have family elsewhere to stay with, you're lucky. If not, you'll need to pay for a hotel or motel. That requires cash too. By now, you should be starting to see the importance of an emergency fund.

- Buying supplies

If you're constantly broke, it's going to affect your preparations. You can't buy supplies and stores if you don't have the funds. You'll need to trim off all frivolous expenses and spend less than

you earn. Use the extra money to buy the food supplies to store in your house.



You may also want to retrofit your house and strengthen it so that you can hole up inside in the event a category 1 or 2 hurricane is passing by. Reinforcing your shelter will cost money.

- Emergency stash

It's best to keep your emergency cash in a safe at home. During an emergency, you might not have access to a money dispensing machine and the banks may be closed. You can also use cash to

buy items you need from your neighbors and others should you find yourself in that position.

A common mistake many preppers make is that they spend all their extra money on supplies and other equipment. Always put aside a portion of your money for your emergency cash stash. You can spend the rest on your stores.

If you need to evacuate your home because of a tsunami alert, all the stores you have stocked up will be washed away. The emergency cash that you take with you will help to keep you going.

It's a good idea to reduce your debt, watch your expenses and save up till you have a tidy sum to tide you over in a crisis.

Sometimes the best way to deal with a crisis is to get away from it and your emergency cash and savings will help you to do that.

The Ultimate Preppers Survival Handbook

Like the old Jamaican proverb says, "Save money and money will save you."

“I’m Feeling Down... sigh...”

There’s just no denying the fact that when the going gets tough, anybody and everybody will feel their spirits sag every now and then. This is perfectly normal. What’s important is that you not dwell on these negative feelings all the time and sink into depression.



The best way to prevent yourself from overthinking will be to engage in some activity.

An idle mind is a devil’s work shop. Find something to do.

Read a book. Play board games with your family. Talk to a friend. Clean your surroundings. Exercise a little.



The Ultimate Preppers Survival Handbook

Do whatever it takes to take your mind off the situation. What worries you masters you... and as a survivalist, you are a master of your own destiny. Tough times don't last. Tough people do.

The tide will turn. Things will get better and help will arrive. Ever since times immemorial, no matter what disasters struck, things always returned to normal after a while. Man's resilience is unparalleled. We reorganize, rebuild and rebound.

Keep your spirits up and have faith. If you're prepared and have the skills, you'll last the distance. Survival can be summed up in 3 words – Never Give Up! Not mentally. Not Physically. You have what it takes.

It's In Your Hands Now

If you're reading this, you've survived this book and that's no mean feat. Most people would not have even made it this far... but you have. Yet, you're still at the starting point. Your real journey starts from here.

From now on, you're on your own. You've been given a ton of information and tips to follow. Just applying them will put you way ahead of the majority of people who have no idea where to start. In fact, most of them aren't even thinking of preparing for an emergency.

They assume that when things go wrong, the government will take care of them. Yet, history has shown time and time again that when disaster strikes, the authorities are always slow to respond due to poor organization and other hiccups that occur.

The Ultimate Preppers Survival Handbook

You are your own best friend. Being a prepper is not paranoia but just plain common sense. Luck favors the prepared and when disaster strikes, the time to prepare has passed.

Apply the tips in this guide and always exercise common sense and logic when preparing. Focus on what matters and do not be swayed by all the talk about doomsday preparation. Make survival prepping a part of your daily life. Start today. Start now.

On a final note, always remember that you should never give up and never give in. Survival is triumph enough. Stay ready.

