



YOUR ULTIMATE GUIDE TO

# SURVIVING DISASTERS



WEATHER • TERRORIST • WAR • ECONOMIC • SOCIETAL • MEDICAL • (MAYBE ZOMBIES TOO!!)



WALTER NIGH



# Surviving Disasters

WALTER NIGH

## - Foreward -

One does not have to watch TV, view news on any on-line media, or read the latest in the local paper to realize that this world is headed for a collision with destiny! What that destiny is – no one knows, only God, and He’s not been sharing this with anyone - recently! Therefore, we are left to read the signs ourselves that we see in nature, humanity, governments, cultures, and world economic trends. Various charlatans have come and gone after declaring their version of doom and gloom and the ultimate destruction of the world as we know it. Multitudes of people have blindly followed these “prophets of the end-times” and have been left holding the bag of false declarations and mindless meddling in Astro-events. Needless to say, many of these wind-bags of doomsday and apocalyptic destruction have lined their pockets, or should I say their off-shore hidden accounts, with money to spend on luxurious living in hidden-away bunkers while the world turns and burns into oblivion.

Okay, so I have a tendency to overstate! Where does this leave the “common man,” people from all walks of life, working hard to earn a living, building a family, a home, and their future, even though it may be a bleak one?

Therefore; the purpose of this book! I have tried, in my own limited and simplistic way, to engage you – this common man – to begin thinking about survival in the possibly-not-so-distant future. I do not consider myself a “Doomsday Prepper,” however, I do want to be aware of the imminent dangers and potential disasters, educate myself, and prepare myself in the best way possible for me and my family. I agree with one of the bloggers on a popular doomsday site, “It’s not a matter of IF a disaster is coming, but WHEN!”

World events in recent years have seemed to speed up the rolling “snowball” of inevitable catastrophe and disaster. Global warming (or lack of), petroleum wars, terrorist threats from Al Qaeda and ISIS, increasing rumors of war and population annihilation, Ebola, Zika Virus, Nile flu, Migrant Invasions, Solar Flares, increasing Earthquakes and Tsunamis, Societal breakdowns, Economic collapse of major nations of the world, rising support of Socialism among “Millennials,” Politicians selling out their countries for big money, and the growing nuclear imbalance with North Korea and Iran, causes anyone with at least half a dozen brain-cells, to pause and consider the potential long-term outcome and to consider possible solutions.

While this short book is *in no way exhaustive* on any of the enclosed subjects, I hope that these pages will make you more aware of survival techniques and your need to begin their implementation.

To your safe and secure future,

Walter Nigh  
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# “Surviving Disasters”

## Are you ready and prepared to face any Out-of-Control Scenario?

Reading the stories about what’s going on around the world can be enough to cause you to lose sleep. It seems every time you turn around, there’s another bad situation brewing – or happening as you watch it unfold on live TV.

It’s enough to make you feel anxious and worried about the future of the world we live in. The truth is, there’s not a lot that you can do to stop bad things from happening.

You can’t control the weather and you can’t control people with a vendetta and you can’t stop a breakdown in society. You can’t make sure that the government is going to be operational.

But, just because there are some things outside the realm of your control doesn’t mean that you shouldn’t be prepared. You need to act now to handle what you *can* take care of.

There are so many areas that *are* under your control. By taking care of these elements, you can make sure that you and your family are prepared - regardless of what comes your way.

## Disaster or Emergency?

Always prepare for the unexpected because the unexpected always happens. It just comes under various labels. Sometimes people will label something an emergency based on how it affects their comfort level.

There are many inconvenient and annoying times in life that don’t actually fit the parameters of a true emergency. When an emergency hits, you need to identify what the emergency actually is, the person or group of people the emergency affects, and the potential duration of the emergency.

This will help you be able to define if it’s an ordinary emergency or a disaster situation. With every emergency, you should be able to determine if the situation is salvageable - or if it’s not.

When a situation is unsalvageable, that’s a good sign that you’re dealing with a disaster situation.

**There are four different kinds of emergencies:**

***The first kind is an ordinary emergency.***

***The second is a Disaster emergency.***

***The third is a short term emergency,***

***and the fourth kind is a long term emergency.***

There's usually a strong link between a disaster emergency and a long term emergency, although a disaster one can also be related to a short term emergency.

A flood that happens in your area where the water covers the roadways is usually an ordinary emergency. These kinds of floods will resolve in a short term. The damage to personal property and the potential for fatalities is fairly low.

However, if the flood occurs after several days of torrential downpours, it can easily become a disaster emergency. An example in this case would be if the flooding became so bad that the waters washed away bridges and roads and cut people off from being able to access the things that they need to survive.

It would also be a disaster emergency if the water depth reached a point to where it flooded homes and only rooftops were visible. A power outage is often thought to be an emergency, but this is only an emergency if it affects a life such as someone who's depending on electricity to stay alive.

Losing power is inconvenient - but it's usually a short term situation that doesn't markedly change your life. Assuming the crews will be out repairing the power, you might be inconvenienced a day or up to a week, but nothing you can't ride out.

There can be times where a power outage becomes a disaster emergency. In a case like that, it would be an emergency if local and regional power grids went down and the blackout was going to be long term.

For those who are unprepared, there would be loss of perishable food, no ability to heat (or cool) a home and the water supply could be affected. Then, it would be a disaster emergency.

When the power goes down long term, it affects every aspect of your life - and not just at home. When there's extended loss of electricity, it can bring a city to a halt.

Businesses can't operate cash registers. Gas stations can't pump gas. Traffic control lights don't operate and driving can become hazardous. If you have a situation where there are long term power outages, then you run into instances where people hurry to the grocery store and they fight to take whatever they can get their hands on.

This kind of behavior happens because they know that things could get worse and they realized they weren't ready. When there's extended periods without electricity, the level of crime also goes up.

This is why, after every major disaster, you always hear on the news about people who want to break in and steal and loot. These crimes of opportunity always happen when chaos disrupts daily living.

There are those who consider the lack of normal utilities an emergency. For example, if something goes wrong with the sewer system and sewage backs up into a home, people consider that a big emergency.

But even something as upsetting as sewer back up is still just an ordinary emergency. However, if that sewage is spilling out onto the streets and there's no crew coming to fix it, it becomes a disaster emergency because whenever there's raw sewage, the risk of getting an infection or a disease from it greatly rises.

This is also why in many third world countries you'll see certain types of diseases that are associated with poor sewage management. Your immediate panic over the situation can heighten your reaction to something like this, though.

Having your only means of transportation break down can be stressful. It can place a heavy burden on you and your family. But this is considered an ordinary emergency.

But, if there's a situation where you need to bug out and can't because you have no way of escaping, then it's a disaster emergency. If you're reliant on public transportation during an emergency, that's a big problem.

There are specific things related to your personal needs that can be considered an emergency. If someone suddenly has no access to water in their homes, that's still only an ordinary emergency.

It becomes a disaster emergency if this lack of water supply is going to be a long term situation. You can't survive without a clean supply of water. If you're going to be without water for longer than three days, then it can become a potentially life threatening emergency.

A lack of food can be another issue. If you were to lose all the food that you currently have in your refrigerator, this is still only an ordinary emergency as long as you still have access to a local grocery store. If it appears that there will be no replenishing of their food supplies, then that's a disaster emergency.

Having something go wrong with your home so that the shelter it provides isn't what you're used to can be an ordinary emergency. For example, if a tree limb fell through the roof and you had a hole that you suddenly needed to repair in order to keep out inclement weather.

It becomes a disaster emergency when your shelter becomes completely unlivable and you don't have a backup place to go. This is especially true in areas when you have a lack of shelter and the weather is or becomes dangerous.

Needing shelter to get out of dangerously low temperatures or dangerously high ones is considered a disaster emergency. There are elderly who are much more affected by extreme temperatures, too – so what might be an ordinary emergency to *you* can be imminent danger to them.

Fire can be both an ordinary emergency and a disaster emergency. If you have a small fire at your home, but you can still live in it, this is an ordinary emergency. But if your home is so affected by an on-coming forest fire destroying everything in its path so that you have to seek shelter somewhere else, this would fall under a disaster emergency.

A wildfire can easily become a disaster emergency if it's threatening your home or the lives of your animals or loved ones. If the fire rages on and wipes out any self-sustaining things you have in store such as food, water and garden seeds for survival, then it can become a disaster emergency.

This is why you need to consider having a survival garden that's some distance from your house. That way, you can also go there for a food supply when you need to. Having multiple supplies is a smart move.

These kinds of emergencies can be compounded if something extraordinary is going on in your locale. This could be like a series of dangerous storms, tornados, hurricanes, or extreme temperatures (hot or cold).

When a tornado or hurricane threatens where you live, this can be an ordinary emergency if you live in a state that's known for its emergency preparedness and you yourself are also prepared.

If you're not prepared, then it can turn quickly into a disaster emergency. An example of this would be people who live in a beach home and don't leave despite mandatory evacuation orders. When the hurricane rushes ashore, their home is flooded and they're scrambling to stay alive as the water rises.

This also applies when a Tsunami warning has gone out for your area, or perhaps a tsunami hits without warning as in the tsunamis that hit Sumatra Indonesia in December, 2004; North shore of Japan in March 2011, and most recently in September 2015 off the coast of Chile. These 3 earthquakes and tsunamis brought vast devastation to hundreds of thousands of people in the Pacific region.

A landslide is an ordinary emergency unless it threatens homes or businesses or the human lives. Then it becomes a disaster emergency. Though acts of nature have happened for centuries and will continue to happen in the future, most people are sadly unprepared with what they're going to do to take care of their basic needs.

Chemical emergencies can be both an ordinary emergency and a disaster one. If you spill a household chemical, you might accidentally breathe in some of the fumes. This can lead to an ordinary emergency where you have to seek treatment.

On the other hand, there can be widespread chemical spills that can make an entire area of a town or city unlivable and evacuation is called for. If you're not prepared to get out, this could be a disaster emergency.

Illnesses are a part of life. Sometimes, though, they can be an ordinary emergency - such as needing to be treated for the flu. With the amount of doctors' offices, urgent care centers and hospitals so available, an ordinary emergency doesn't always translate into a disaster situation.

But, a medical problem can quickly become a bad situation if you can't get to someone who's trained to take care of the issue. If someone you love is in need of emergency aid and you can't give it and you can't get to anyone who can, then you're in a disaster emergency.

It's an ordinary emergency when someone around you gets ill or even when groups of people around you get ill with something like the flu. However, if that illness is something that has the potential to sweep through large groups and cause catastrophic death tolls, such as Birdflu, Ebola or the Zika Virus, then it's a disaster situation and you need to get your gear and get to safety.

There are terrorist attacks happening all over the world. These are emergencies where people are injured or killed. When it comes to your area and impacts your family, it's a disaster situation that requires you to get yourself and those you love to safety.

Remember that it's not a matter of if you should be prepared for a disaster emergency but when - because they do happen. The news is full of people who get into extraordinary disaster situations and most are ill-prepared in their response.

Some are prepared and survive. Those who are not prepared don't live to tell their story. You can't stop ordinary emergencies or disaster emergencies from happening to you or to your family.

No one can control the weather, riots, or acts of terrorism. You don't have the power to wish away bad things. But you *can* stop being unprepared and take care of putting a plan in place right now that will ensure the necessities and survival for yourself and those you love.

## **The Top 3 Areas Where Most People Lack Preparedness**

When it comes to being prepared for a disaster type of situation, people will fall into one of three categories. The first group doesn't prepare at all. They live with the belief that they'll somehow be able to handle whatever happens when it happens – or that it won't happen to them at all.

They believe that there will always be adequate food and water supply to take care of their needs and the needs of their loved ones. They think that there will always be shelter for them.

They believe that in the event of a major disaster, people in government positions and government agencies will have a plan to ensure everything gets back and up running quickly.

The people who do this trust completely in the system. However, in times of disaster, systems fail, government agencies fail, and people lose. Many people gamble with their lives that everything will turn out okay for them. When a major disaster hits, these are the ones who are scrambling for food and water.

They try to hunt down medications, desperate to get what they need to ensure the health and survivability of their family. Because of this lack of preparation, they face huge risks and will literally enter into a fight for survival.

The second group of people do prepare somewhat. They realize how important it is that they should be ready to take action or do whatever is necessary to make sure that they and their loved ones are okay.

While they're not completely prepared, they prepare enough to get by for a short time. They'll set aside a week or so of food and water. But they don't have any plans for long-term situations.

They don't prepare for the event that something will disrupt their way of living for months or even years on end. These people won't find themselves immediately scrambling for necessities, but they will reach that point eventually.

The third group of people prepares completely. If the world around them collapses into chaos, they're going to survive. They have the food that they need to make sure that they eat for months - and even years.

They have things set aside to generate future food growth. This group makes sure that they have a good supply of water set aside. Also part of their plan is the means to replenish their supply of water when it runs out.

All of the medications needed for each family member are ready to go in the event of a disaster emergency. They know who's supposed to do what and how they'll react if their plan has to kick into gear.

While they might end up in the middle of a stressful disaster situation, it won't be a chaotic mess for them when it comes to being able to survive. There are certain supplies and some actions that you need to take that are necessary for your survival and well being.

If you don't make sure these steps are covered, when a disaster situation does occur, you will lack the ability to have your basic short term as well as long term needs met.

But of all the steps that you need to take, there are three that you need to pay the most attention to – food, water and shelter. Unfortunately, it's these three areas that most people don't prepare well enough or don't prepare at all – because they're so used to never being without them that they take their access to them for granted.

## The Importance of a BOB

Everyone should start by having a BOB on hand. This stands for **bug-out bag**. It means that you'll have the supplies together in a bag that will enable you to at least survive for 72 hours.

The purpose of having this bag is so that you can get to it quickly and go. You should never wait until the last minute to pack a bug out bag. You never know if, by putting off gathering the supplies until the last minute, you might put your family in harm's way.

Here's an example of what can happen if you don't have a bug out bag. A disaster situation occurs and you have to get out fast. You have to leave your home in order to ensure your safety and that of your family.

You round everyone up and you jump in the car. You get going down the road only to find that the road is blocked. There's debris everywhere. You can't get out.

Or, the area has erupted into chaos, people are panicking and it's not even safe to try to get out of your neighborhood. But it's not safe to stay, either. So you're stuck.

You might think that not being prepared with a BOB isn't that big of a deal. After all, you have great neighbors and you all help each other out whenever it's necessary.

Borrowing a tool is a far cry from needing help to survive. If it comes down to saving their family or yours, which one do you think they'll pick? It's not up to someone else to make sure you survive, or that your family survives. It's up to you. When you're forced to flee an area, it might come down to the fact that you have to flee too quickly to take the time to pack up even the basic supplies.

So when you rush out the door, sometimes on foot, you may only have the clothes on your back. And if you're lucky, you and everyone else are wearing a pair of shoes that they'll be able to walk for miles in.

The minute you're in a disaster situation, you understand very clearly how serious it is. The first thing you might notice is that with having to rush from an area, you're in need of water.

Only you don't have any so you have to try to find some. You find some, but it doesn't look clean enough or safe to drink. Even if it does look clean, that doesn't mean that it's safe.

Bacteria can lurk in water that you won't be able to see. With no water with you, you're forced to make a choice. Take your chances and drink the water or take your chances and keep moving, hoping you'll find a viable supply down the road somewhere.

If you have small children with you, the need to find water becomes even more urgent. Kids can't withstand the lack of basic necessities as long as an adult can. Their bodies aren't made to handle the same rigors.

If you have a baby who's on formula and you are without a BOB, this means you don't have formula and you don't have water to give a baby. Your disaster situation is about to get a whole lot worse.

Without a BOB, you don't have any food. When your stomach starts to growl later that day or the next, you might be able to ignore it and push on, trying to find some food. Food is your body's fuel, so very soon you will not have the energy to keep moving forward. If your family is with you that means your children are looking to you for food.

The agony and desperation that you'll face if you're responsible for the survival of a child and yet you don't have a way to get that for him will be overwhelming. You're trying to get away from the disaster situation and perhaps by now you've walked for miles without any luck.

Now that the day is drawing to a close, you have to find shelter - only you're not familiar with living outdoors - especially without supplies. Having a BOB would ensure that you'd have shelter when you need it most. Without it, you're exposed to the elements and so is your family. You'll have an up close and personal experience with rain, with crawling and flying pests, and with cold or hot temperatures.

If you have children, you'll try to huddle together to keep out of the cold or try to make sure they don't come in contact with something while sleeping on the ground that could harm them.

While you're in the process of bugging out and trying to find a way just to survive for a few days, you get hurt, or someone in your family does.

You don't know if you can safely wrap a leaf around a bleeding wound, but you have to because you don't have a first aid kit. If you sprain an ankle or sustain a leg injury, you'll be forced to try to keep on going despite the pain and misery.

If it's a child that can't walk, then you'll have to carry them on your back. Suddenly, you have that added weight in addition to the weight of the world on your shoulders.

When you're forced to bug out, you'll be faced with experiences that you may not have had before in your life. It will come down to a matter of survival, and how you respond will determine if you and your family make it through.

You can't live long without water, food and shelter. Those are the three basic needs that you have to cover to make sure that you and those you love are going to be okay.

When you don't have a BOB, you won't have the basic tools of survival. You'll have no way to start a fire or to defend yourself or your family. You won't have the means to survive what can be an otherwise survivable situation.

When you fail to plan, you plan to fail - as the saying goes. In some instances, the price that you'll pay for not planning can be an inconvenience or a difficult lesson learned.

A disaster situation is a test of survival that, unless you've studied for it, unless you've prepared for it, won't give you a chance to make up that test. It's not a lesson you learn and fix next time because there may not be a next time for you.

## **Why You Need a Meet-Up Plan**

When a situation arises that calls for you to bug out, you need to have a meet up plan. In situations that call for you to get out, it's usually because something extreme or even life threatening is going on.

When you don't have a plan, it's an open invitation for chaos. And whenever chaos hits, it can cause you to panic. When people panic mistakes or bad decisions are made.

With heightened emotions, valuable time is often lost trying to figure out what to do. The time to know where you're going to meet is before you ever need to. When a disaster strikes, it will never take your feelings or your family into consideration.

It is entirely possible that when disaster strikes, you might be in one area while your significant other would be in another. If you have children, some of them could be at school while another might be at daycare.

Without a plan, you'll waste valuable time - time that could make a difference between safety and not trying to figure out the best way to bring your family back together again.

Without a plan, you might rush out the door to pick up one child while thinking that your significant other will take care of picking up the other one. If you don't have the ability to communicate with each other because cell phone service is jammed or completely unavailable, you won't know if you should run to keep finding your family members or not.

When you don't have a plan, it will be easy to lose track of family members. If you have elderly parents that you look out for, this can compound a disaster situation because you'll need to make sure that you or someone else gets to them.

You won't know where to go once you do gather your family if you don't have a meet up plan. But if you do have a meet up plan, you'll know ahead of time the part that everyone is supposed to play in the event of a major disaster.

Instead of wasting valuable time trying to figure out what step to take next, you'll be able to focus on what you should be doing - which is getting to safety. Once you have a meet up plan, you'll know the roads you're supposed to take to get there and the area where everyone is supposed to reconnect.

Don't forget to have a back-up plan, too. What if the place you plan to meet is now in the danger zone? While a disaster situation can be extremely stressful, you can lessen the stress of it if you're prepared.

When you know who is going to handle getting your family members and the place where you're all to meet up to be accounted for, it can make everything run smoother.

It will make a bad situation not seem so extreme when you have those you love safe and accounted for. The emotional impact will be lessened and you'll be able to concentrate on survival, together.

## **The Danger of Ignoring Long-Term Supply Preparations**

Bad things happen. That's just a way of life. But you can cause a bad situation to become an intolerable one if you don't plan ahead. It can be the difference between life and death.

With careful planning, even disastrous events can be handled with a minimum of difficulty. But if you don't plan for long term scenarios, you'll experience long term struggles and suffering for you and those that you're responsible to take care of.

Many people who prepare for a bad situation will only plan a month or two at the most in advance. The problem is that with long term situations, there may not be a solution for several months - or even years.

Without planning ahead, this will impact your life, if not in the first few weeks - it will eventually. For example, if you don't plan on a long term supply of canned foods while you can grow seeds to replenish your food supply, you'll eventually run out.

When this happens, there may not be a way for you to get food. If you don't have a long term supply of gear that can help you be able to get food - such as by fishing or hunting, then you won't be able to rely on the land to provide your food.

Without long term planning, you won't have the items that you need to take care of things like preparing safe water. Eventually, you'll run out of your water supply. You'll need long term supply items to make sure that you catch enough water to live on for awhile.

You'll need long term supplies to make sure that water is safe to use, too. When you ignore long term planning, you'll go without necessities like the personal hygiene products that everyone needs.

You may not be able to keep your shelter in good condition. You might not be able to find supplies to keep your new location one that can sustain life. Without having a long term supply preparation plan in place, you may not plan for needs like communication.

If you don't plan ahead for these supplies, you could lose the ability to get in touch with others or get the latest news to find out what's going on in the world and when and if things might return to normal.

## **Preparing Bug-Out Bags for Each Member of Your Family**

It's imperative that you have a bug out bag on standby for when you'll need it. You need to have the items within the bag all packed up and onhand at the various places where you spend a lot of time.

A BOB that's at your home won't do you any good if you're at the office and can't get home before you need to leave the area in the event of a disaster situation. So you may need to have a BOB kept at your place of employment (or in your car) and one that you keep at home.

There should be a bag ready made for each person. Some people also like to keep a BOB in their vehicle in the event that they're caught in a situation where they're not at home or the office and need to bug out right away.

To pack a bug out bag, some people use regular nylon bags like a bag that you would see used for a child's schoolbooks. You want to be careful with these. They're not roomy enough, they're not durable enough - and most of them don't have enough compartments to keep items separated for easy location.

Don't choose a duffel type bag that you'll have to hold onto as you leave. You want both of your hands to be free because you don't know what you're going to run into as you're leaving an area.

Other people choose to use larger, tough backpacks to hold the gear. Regardless of which type you choose to purchase, the bag needs to meet some basic criteria.

First, it has to be roomy enough to hold everything that you need it to hold to be able to survive for the crucial first 72 hours that you'll be relying on the bag's contents.

Second, the bag should be sturdy. If you spend the money on something cheap that's poorly made, you're betting your life on that material holding up. If it cannot hold up under the weight of the contents and it rips, your items could be lost and this would severely impact your survival.

The bag that you buy should also be waterproof or water resistant. If you get a bag that absorbs water, it stands to reason that the content inside will get soaked and won't be any good for use.

If you choose to get a backpack, you'll want one with wide shoulder handles. These handles are what will help distribute the weight. This makes carrying the bag a lot easier.

In the event that you'll have to travel long distances, you'll appreciate this additional comfort. When you look through the various types of backpacks, you'll want to look for ones that say they're military grade or used for tactical maneuvers.

These are backpacks that are like the ones used by the military and they're made to withstand a lot of wear and tear. These are also the bags that won't stand out. You want to make sure that you get a bag that blends in with the surroundings.

If you're in a wooded area, you want your backpack to be difficult for others to see. A neon green or pink backpack could alert people that you don't want to know your whereabouts that you're in the area.

Not everyone fleeing from a disaster situation will be someone that you can trust. Your best option is to choose a backpack that's made of dark material to make it easy for it to blend into a wooded area. A good example of such a bag as this is a camouflage backpack.

## Food for Your Bug-Out Bag (BOB)

There are specific items that need to go into this bag. Remember that you're packing this bag with 72 hours survival in mind. The items that you pack need to reflect survival mode and not be geared toward pampering or high end tastes.

You'll want to pack enough food for the three days that the bag is intended to be used for. You should not pack heavy canned food items. Not only will these weigh down your bag, but they're awkward and they also take up too much room.

If you try to pack three days worth of food in cans, you'll end up regretting it. Remember that you might not have an opportunity to get the time to stop, take out canned food and eat it.

You may be eating on the go. So instead of canned foods, you'll want to look for lightweight, portable foods. These are foods that have a long shelf life. You'll want meals like MREs (Meals Ready to Eat) or food that you've prepared in advance and freeze dried.

Beef or other types of jerky can be eaten quickly and so can Snicker bars or pop tarts. You can take foods like trail mix, breakfast bars or protein bars. Remember, foods that are in pouches are lightweight, easy to mix and most can be eaten cold.

Plus, you can simply rip open the top of it and keep on going. Emergency food ration bars are also a good idea. Look for foods that offer good protein. You can find peanut butter in pouches that can give you the energy to keep on forging ahead. Plus, tuna comes in survival pouches.

Besides being able to eat while on the go, the reason that you want to look for foods that you may not need to prepare is because it may not be safe to start a fire in order to heat something up.

While you may be prepared, there will be others who didn't and a fire draws attention. If you're in a good, safe place where you can use a fire, you'll be able to warm up food.

You want to pick foods that are easy and quick - such as instant mashed potatoes because all you need to do for those is just put some water into the dehydrated potato mix.

Any pouch packed food that says all you need to do is to add water is a good choice to put in a bug out bag *if* you know you have a supply of water onhand. It's also wise to take along a lightweight pot or pan to use to cook food.

When you get the opportunity to safely cook food, you'll need a way to do that. Remember that the bag is intended only for 72 hours. Some people do bring a folding camp stove, but you have to remember that you also have to bring a way to fuel the stove.

A better choice to make sure you choose cooking gear that can be used over a campfire. You'll need to bring a way to start the fire. You will need to carry water-proof matches or fire starters.

## **The Best Way to Bring Water in your Bug-Out Bag**

After you get the food supplies that you need to have squared away, you'll need to make sure that you have an adequate water supply. You need to plan to take enough water so that you have at the minimum of a gallon per day, per person.

It's important to stay hydrated, but you'll have to work within the confines of space that you have in the bag. Water, like canned foods, can be heavy. If you're carrying three gallons of water, you'll be carrying around about 24 pounds of weight.

Carrying that much additional weight can be a difficult task. What many people do in this situation is they carry enough water to make it through the first 24 hours (1 gallon).

They plan on being able to find a water supply source while they're bugging out. This is not the best route to go. There are no guarantees that you'll find water. Don't carry any water bottles. These are bulky and can easily be damaged in transport. If you bring water in containers that rupture, you'll end up with a soggy mess of supplies. The best bet for this is to carry water that's not as bulky.

You can find individual emergency water packets that don't take up a lot of room. These packets have a shelf life that can last for years. You can also look for specific water packets that are listed as a 72-hour-water-survival-preparedness.

In addition to the water, you'll want to bring items that can help you purify water such as purification tablets or specialty water filters. If you do find a water supply, you can treat that water with the purification tablets. By purchasing water filters, you can prolong your water supply. Many of these water filters use new technology that can purify almost any water source and make it safe to drink.

## **The Clothing Supply You'll Need**

Taking along the necessary clothing supplies is an important addition to your bug out bag. Many people don't look at clothing as a necessary tool for survival, but they are.

Wearing the right clothes can make a difference in your survival. You'll want to make sure that you pack two changes of clothing. Some people count the 72 hours as meaning that they need to pack three changes of clothing. But this is incorrect. You'll already be dressed when you leave. There's no need to pack what you can wear. If you have time you could also wear more than one set of clothing. If your bugging out is during the summer time and the weather outside is on the warm side, you'll also want to bring long pants for cooler evenings.

You'll also need to bring along a long sleeved shirt. When you're bugging out, it's highly likely that you'll need to go through areas that are heavily wooded. It's also highly likely that you'll be moving quickly. In heavily wooded areas, it will be easy for you to brush up against poisonous plants such as poison ivy or sumac. You don't want to be dealing with the stress of an itchy rash on top of dealing with everything else being in upheaval.

Wearing long pants and long sleeves will keep you safer from insect bites and will make it easier to spot ticks that might land on you. Be sure to bring undergarments for the 72 hours including an extra pair or two of socks. Being on the go can make socks wear out quicker than the rest of your clothing items.

You'll also want to bring along a good pair of hiking shoes or boots. These will help you be able to navigate through rougher terrain. If you're wearing tennis shoes or unsuitable shoes when the disaster situation hits, you might not have time to change into better ones while you're rushing out, but the moment you can change, do it to protect yourself against sprains and foot injuries.

You'll need to bring something to keep dry if it starts to rain. Some people don't think of bringing rain gear along because they think that if the weather gets bad, they can stop and set up shelter. However, this isn't always an option. You need to bring rain gear - such as ponchos or heavy duty garbage bags - to keep as dry as possible while you're bugging out.

Make sure that you have a hat to protect yourself against the sun's rays. You'll also want to bring sunglasses. Even if it's wintertime, you'll want these. If your area is prone to snow, you'll need a way to protect yourself from the sun's rays on the snow.

A lightweight jacket that's good for warmth is a must-have for a bug out bag. This will help keep you warm and dry. And sometimes, your 72-hour bug out journey might devolve into something longer, so you want a wide range of clothing items, not those just suited for one type of weather.

## **Shelter Items Need to Be in Your Bug-Out Bag**

You can't stay out in the elements. You have to be able to get out of the wind, the cold, the heat and away from pests that like to snack on people. You need a way to keep dry.

There's a reason that people die from exposure to the elements. It's because you weren't meant to live without shelter. Being without shelter can make you more prone to infections, serious injury and death.

There are plenty of lightweight, portable items that you can use to create shelter. Ideally, it would be a good idea to bring along a tent. You can find these in a range of prices.

They have the ability to hold one person if you use a single person tent or a multi family member tent. But keep in mind that the more people who will seek shelter in the tent, the heavier that the tent will be to carry in your bug out bag.

You can pack a tarp in your BOB and with some rope, a tarp can be used as a quick, makeshift shelter. In a pinch, you can bring along some of the extra large thick garbage bags to be cut and used as a temporary shelter.

If you're traveling in a group of family members or loved ones, then each person should at least have a couple of garbage bags. This way, if you become separated, each person will have a way to get out of the elements.

## **Additional Items for the Bug-Out Bag**

There are other items beside the basic food, water, shelter and clothing that you need for your bug out bag. These items can make a difference in how you're able to survive.

You need a folding shovel to be able to dig in the ground. You'll need this to dig a fire pit, to break through snow and to bury waste. You'll also need a multi tool device that can be used for a variety of reasons.

Pack a device that you can use to cut items. You'll need a knife or scissors, but it's wise to take both. You'll need a way to be able to cut cord to tie off things and for other practical uses.

You'll need personal hygiene items. Remember that you need to make sure that you have enough of these items for three days. Packing a first aid kit in your bug out bag is extremely important.

You can buy a first aid kit that's already put together or you can build one yourself by adding the things that you need. A lot of people like to create their own first aid kit because they can add items in greater number or in better quality.

Make sure that you have an emergency (thermal type) blanket in your BOB. This can be used for warmth, but it can also be used as part of a first aid treatment in the event that someone goes into shock.

You'll need a way to get through an area if there are things in your way. Some people bring a small axe for this purpose. Bring tape that can be used to seal any leaks in a tent or a backpack. Duct tape can be used to help create a splint in the event of an emergency.

Flashlights are great to have in a bug out bag. You'll need to carry ones that are solar powered, so that your batteries don't run out. Having an emergency radio is also smart.

You can find versions of these that are small and lightweight. Many of the solar powered ones can also be used to charge a cell phone. If you have a small baby, you'll need baby items such as formula, cloth diapers and baby medications.

There are a lot of positive and negative views on whether or not to bring a weapon in a bug out bag. That's a personal decision, but you should keep in mind that in a disaster situation, the rules in society may have broken down.

There are already people now who wouldn't think twice about robbing you or attacking you. When situations like disaster ones occur, it can add a level of lawlessness and human greed that's a whole new ballgame.

You could be forced to fight for your life and you need a way to make sure that if you are attacked, you have a way that enables you to defend yourself.

## **How Many Bug-Out Bags Do You Need?**

This is an area where some people are unprepared. You need a bug out bag for yourself. But you also need one for every single person in your family or those who will be bugging out with you.

Each of the bags should contain similar items for survival. The bags should all have food, water, clothing and shelter as the minimum. In the event that you'll be bugging out with small children who are unable to carry their own supplies, you'll need to carry theirs or divide it between adults.

It's the same situation if you're traveling with the elderly who can't take care of their own supplies. Some children are able to carry a backpack and for those, you would make their bug out bag weight appropriate for their age and ability to handle the responsibility. Some kids can handle taking care of additional supplies, while others can't.

## **Have Your Meet-Up Plan Ready**

Knowing that you need to grab your bug out bag and go is one thing. Having a place to meet already laid out is another thing. You should prepare diligently for both.

When you create a plan, you have to know where you're headed. With a meet-up plan, you need a first destination or what's commonly referred to as a rally point. This is the point where everyone will gather together.

This is an important part of the plan because when a disaster situation happens, you and your loved ones could be separated. You need to know how to find each other again.

Knowing your meet-up plan will help cut out the confusion of where to go. If you watch the news at all, you can see the importance of this in events that have happened in third world countries.

Entire families have had to flee for their lives from natural catastrophes and man-made violence. On the journey to safety, the families became separated in the chaos.

Children were parted from parents. Brothers and sisters were separated. To keep your family whole, you need to have that rally point. Even if the unthinkable stress happens that you lose touch, having a rally point can make this a temporary thing rather than a longer, more frightening one.

You need to know how you're going to get there. Most people plan to take the family car or a Jeep. But if you take another means of transportation to work, such as carpooling with someone else or you take a train, you'll end up stuck. You need to have a clear method of how you're going to bug out.

So your plan might be something like if you're home, you'll take the Jeep – or some car that can go off road if necessary. If you're at work, you'll take the train. Just know what you'll do in the event that your first method of transportation becomes unavailable.

Having a plan of knowing where to go and how to get there is a good idea. But not ever going over that plan and doing a test run is a bad idea. Just like a fire drill, a bug out plan should be practiced.

When you practice a bug out plan, you'll be able to see potential areas that could be a problem for you or your family. You'll want to work these out before you actually need to use the plan.

While you're working out your meet-up plan, make sure that you cover communication. Many people believe that having a cell phone is all they need to have but in the event of a disaster situation, your cell phone could fail you.

You might have trouble getting a call through because there are too many people calling and the system gets overloaded. Make sure that you have a secondary way in place to communicate with your family members.

You can use multi channel walkie-talkies. You want to look for the ones that have long range capabilities. You also want to make sure that you have a handheld scanner.

These devices can let you be aware of what's going on as you're trying to get to the rally point. For example, if a road is blocked, you'll be able to get this information and choose another route.

These handheld scanners also have the ability to provide you with the weather as well as any alerts for your area. With your rally point, you need a backup rally point in case the first one is blocked off or inaccessible.

When you and your loved ones meet at the rally point, you can go from there to wherever your destination is. Just like having a second rally point is important, so is having a second destination. This is simply a smart way of having a plan B in case your plan A doesn't work out.

## **Strategizing a Long-Term Survival Plan**

Though it can be hoped that a disaster situation will be short term, it sometimes works out that it won't be. That means that you need a strategy to make sure that you and your loved ones can survive for however long it takes.

There are several areas that you need to focus on to make sure you'll be okay. The first area is with food. You'll have to make sure that you have enough for everyone who needs it and you'll have to make sure that you store it in such a way that it will keep for as long as possible.

Certain types of food will store well, while others won't. You need to know the difference and prepare to have the right foods onhand. You also need to know how to replenish your inventory and how to make sure that what you put aside doesn't spoil.

You want to start by getting a good supply of your dry foods. These are often said to be your basic food list. On this list, you'll find flour. You need to have both wheat and white flour.

Make sure to store yeast as well as baking soda. Grains are good to have for nutrition. You'll want wheat, barley, cornmeal, oats and rice to name a few. Grains can be used in a variety of ways and are both healthy and filling.

You need to store dry pasta - and you can find these in the large, family size bags as you can with most dry food supplies. They're easy to cook and season and will please everyone in your group.

You'll need beans and peas. Also make sure that you set aside plenty of easy, instant fix foods. These are things like macaroni, instant potatoes, noodles and any kind of packaged or boxed pastas that only require you to add water.

You'll want things to flavor the foods. These are items like sauces, salt, pepper and seasonings. You'll want to get both sweet seasonings such as cinnamon and regular seasoning such as garlic.

You'll want to have honey and cocoa powder, too. Dried milk should also be one of your staples. Dried fruits are also a good storage food. Put aside foods like jelly, jam and fruit preserves.

Protein bars and breakfast bars can stay stored for years. Plus, they make an easy, quick way to keep up your energy in an emergency. There are a bunch of flavors you can stock up on.

You'll need sugar and oils. For the oils, you'll want a variety of these. These will also usually keep for several years. Make sure that you have a good supply of peanut butter as well as a variety of nuts. Both of these are high in protein.

Store up plenty of different kinds of cereals. Have a good supply of popcorn, but buy whole kernel popcorn that you can pop with your oil. Put aside a supply of tea as well as coffee. Some families love to stock up on orange flavored Tang because the kids love it.

Create a large store of canned goods. Anything that can keep for several years should be in your survivalist pantry right now. You can use tuna and other types of meats, heat and eat pasta varieties, stews, fruits and vegetables.

Eventually your store of food could run out if the disaster situation lingers. So you'll need a way to replenish your foods. You need to consider the fact that you may not always have access to a food supply or grocery store.

This is why you need to set aside some seeds for planting. These food items can be growing while you're using your survival stores. This way, you can keep ahead of your need for food. As the food you plant ripens, you'll be able to can it and put it aside for future use as well as use the seeds to replant.

With everything that you set aside for emergency survival, you have to take precautions to ensure that it doesn't get ruined. The food needs to be protected from the light. The light can cause food to spoil. So can moisture. Pests can be a problem, too. Because of this, you'll want to put the food in a cool, dark place where dampness isn't a problem.

Seal the food within airtight containers that keep pests out. There are some storage containers that are specifically designed for long term food storage that you can buy.

There are two important things about caring for your survivalist food storage that you'll need to keep in mind. One is that you have to know what you have. As you begin to put aside food items, you'll forget what you have.

The best way to keep up with what you have onhand is to make a master list where you have every item listed and how much of that item you have, along with the expiration dates.

The second thing is that you need to rotate the foods to keep them viable. If you have canned goods with an expiration date of four years down the road, if time passes and a disaster situation doesn't happen, you'll want to put those foods into your current meal plans so they don't go to waste.

Then, when you go to the store, you simply replace what you used with a fresh supply of what you need to keep onhand. Water is an important part of a long term strategy for taking care of your survival needs.

Depending on what you use to store it, water will not only keep for many years but it can still taste fairly decent. When you store water, you want to leave what you buy in its original container.

If you switch it out to a larger container, you can run the risk of contaminating a large water supply and you don't want to do that. Any stored water has to be kept away from the light.

Water that gets direct light can have temperature changes that can make the water warm enough for bacteria to grow. You can use soda bottles to store water in once you've washed them out, but you should never use a milk jug.

This is one way that water can become contaminated. All it will take is an area where you didn't get all the milk droplets out. You can buy barrels for storing water and you can find these as large as 55 gallon barrels.

You can fill these up with water straight from your kitchen sink and the water should be fine to store. If you use water from another source, such as well water, you'll need to treat that water because ground water usually contains some microbes.

If you have well water with a good filtering and decontamination practice in place, then the water would be okay for you to use. But to be on the safe side, you might want to make sure you disinfect the water before you use it.

Water stored in 55 gallon buckets won't last you forever. So for that reason, you'll need a way to replace your water supply. You can capture rainwater that runs off your home via your gutter.

Instead of letting that water splash onto the ground, you can place a lidded container beneath the runoff. Even if you take the utmost care when you set aside your water storage supply, you'll still benefit from testing the water. You can buy test kits at a variety of places that will alert you if the water needs to be purified.

Having a long term shelter is next on what you need as part of your long term survival plan. These shelters take the place of a temporary one such as a tent. Remember that when it comes to building a shelter, nature has a lot to offer you. You can use straw and rocks, stone, mud and trees.

What some people do is to set aside something that they can use in the event that they need it. They use old trucking containers and make those a survival home.

They cover the container with natural vegetation to make it difficult to see so that others won't know that it's a home. Others choose to use what's available to them on the land.

You can build a mud hut as long as you have a support foundation. A support system would need to be made of trees, logs or boards. You would use the mud to fill in the walls, which would act as a type of natural cement once it hardens.

You can also build a survival shelter from trees to create a log cabin. Just remember that whatever you do build need to have load bearing walls to keep the structure from collapsing in on you.

Weapons are an important part of your long term survival. You can use weapons to help you catch or bring in food. Weapons can be used to make someone think twice before they attack you and weapons can be used to defend yourself if someone does decide to attack you.

Guns are a choice that can be used as a long term survival weapon. Some people choose to have a rifle on hand. Others choose to get a shotgun. Shotguns can be used to supply you and your family with small animals and birds to keep you fed.

You'll want to choose a simple shotgun that can be effective for either hunting or as a defensive weapon. Shotguns in the Remington series are good for long term survival planning.

Always choose shotguns based on whether or not you know or can learn the ins and outs of the gun. Remember that in a disaster situation, if the shotgun needs to be repaired, you'll be the one who has to do it.

A rifle is a better choice if you think you're going to encounter large animals like bears because a rifle has better long range accuracy. Besides a shotgun or rifle, you should have a pistol.

A pistol is a weapon that's light enough to be carried on you and you can keep it out of sight. When you have a weapon on you, it can easily turn a potential attack into one that doesn't happen.

Many attack situations are crimes of opportunity - and having a weapon can often deflect that crime before it gets started. Your best option is to choose a large caliber pistol. But make sure you know how to handle it and shoot accurately. I highly recommend enrolling you and your family in a local weapons training program. This will help to ensure the safety of all your family when handling weapons.

Knives can also make great weapons. If you get a fixed blade knife, you'll find that these types are more versatile. You want one that you can easily carry on a sheath attached to your belt or strapped to your leg for easy reach.

There are some additional items that can also be used as weapons. Spears can make great weapons. Some people use these for fishing, but if needed, they could easily be weapons.

A bow and arrow set can be a great weapon if you're skilled in the art of archery, but would not do as a close weapon. If someone is within arm's length, it's too late for a bow and arrow.

Anything that can pack a punch can be used as a weapon. Items like baseball bats or canes cut from tree limbs can be used as well.

## **Important Rules to Remember for Survival**

When a disaster situation occurs, life will change in an instant. The polite rules of society will no longer be in effect. In a world where people will have to scramble to survive, it will become an every-man-for-himself way of life.

This is when being more of an observer and not a talker can make the difference in your survival. You don't want people to know that you have supplies. If they know that you have them, the odds are very high that they're going to attempt to take them.

And what happens in a stressful situation is that people panic. If you get a group of people that didn't plan and don't have supplies, they're going to do things that they normally might not do.

If others find out that you have supplies, it's highly likely that they'll spread the word. Complaining and resentment will kick in among a group of people. Then the herd mentality will start up.

Before you realize what's happening, there will be a run on your supplies and there will be too many people for you to be able to defend what your family needs.

In times of panic, there will always be those who will resent you for being prepared. They will see nothing wrong with making sure that you give them what they need - even if they have to take it by force.

There will also be those who will take it simply because they want it to add to their own supplies. Difficult times always create a looting mentality. People will take things, even if they don't need it simply because it's there and they can.

You might not be the type of person who goes around saying what you have - and that's very wise. But it's important that you make sure that your children don't talk about it, either.

Kids don't always understand the importance of discretion, and sometimes they like to brag or think it's neat - but in this case, you'll want to make sure that they understand they have to keep quiet.

Any other family member or friend who knows about your supply should also be taught the importance of keeping your supply location a secret. What some people do to prepare for a disaster situation when it comes to their supplies is that they have two locations in case one of them is compromised.

It can be inconvenient to do this, but it will still be the same cost. You'll just have to expend energy to find another storage area and keep up with two supply lists. But it's for your benefit, because this way, if you do get one location's supplies taken from you, your family would still be able to survive.

You never know when you're going to need to defend yourself or your family from people who would think nothing of harming or killing. In a perfect scenario, there wouldn't be a disaster situation.

But they happen, so you have to be prepared to defend what's yours. And in a disaster situation, everything would work out for you to be able to defend yourself and your loved ones.

But you might be off scouting. You could be cutting firewood or a number of other things to do with your survival. If someone finds your loved ones alone, without the ability to defend themselves, that could easily turn into an ugly situation.

As I mentioned earlier, every single member of your family needs to know how to shoot a gun. Even a small child can be properly taught about the seriousness of guns and how to safely use them.

You want your children to be able to defend themselves from harm whether that harm is in human or animal form. If a wild animal attacks your child or other family member, you want him to be able to fight to save his life.

Your family should be trained in gun safety and use long before it becomes a necessity. You can teach them or they can take classes at a local gun range. Each member of your family should regularly practice shooting until it becomes easy for them.

Every member of your family should know how to clean a gun. They need to know how to strip it down and reassemble it. They need to understand the different types of ammunition and why each kind is used.

They need to know how to unload ammunition and how to quickly load it – and how to handle glitches in a firearm. You should practice different scenarios with each family member so they'll know what to do if there ever is a threat.

When you practice, each family member will learn what to do automatically. This will help them be able to react quickly to any threats. Sometimes, despite your best efforts to keep everything quiet, you could find yourself and your family under attack.

This is one of the most difficult situations that you'll face. When you have to defend those you love and you know that they're counting on you to keep them safe, it can raise your adrenaline level.

Some people react very well to a serious threat. Others freeze. Those who freeze usually do it because they're not sure what to do. They don't know how to react because they didn't plan on needing to react to a threat like the one that they're facing.

When a disaster situation happens, your family could very well come under attack - even from the people that you know and currently trust. Bad situations will often rob people of their normal moral behaviors.

They'll do things they never imagined that they'd do. An attack on your family can be scary. You might be called on to use lethal force to defend yourself and them. Remember that if you can remain calm, it will help your family.

If they see that you're okay, they'll be calmer and you need them to keep their cool, too. Prepare before the event of an attack. Know right now what you're going to do and what each family member is going to do.

The first thing that you should do is to establish a family safety or code word. The code word should be clear and not associated with anything else. You want this word to be one that in the event you have to use it, your family knows that it's serious and they know that a potentially dangerous situation has suddenly arisen.

You don't want to choose a word that's associated with anything else because it can be confusing for younger kids. For example, if you were to yell, "Run!" then your children might not realize exactly what you're talking about.

You want to give your family plenty of time to escape a bad situation. So choose a word associated with your plan. It can be something like "Go Time" or "Survive!"

Don't choose words like "fire" unless your family knows to get out of the house or the area to a predetermined safe area. You also want to make sure that you choose one or two words.

This will help make it clear and easily understood. The more words in a phrase that you use, the greater the chance that someone won't understand what you're saying.

When you yell out the code word, each one of your family members must know what he or she is supposed to do. If you have small children, they should know that they either need to find an older sibling or a parent.

Or, you can train them to get to a predestined area and wait so that they're not in the way. What some people do is choose a room within the house that's a room where they can go to be safe.

If that's what you choose to do, this room should not be easily accessed from the outside. If it has a door that leads to the outside, someone trying to get in could very well find that door and have access to your family.

You don't want your family in a room where someone could easily break in through a window, either. Families that use a designated room in the house, know that if the code word is called out, that they're to get to that room.

When everyone is in the room, the entrance way should be blocked. But you should be aware that if someone is determined to get to you or your family, they might not stop trying until they do gain access.

For this reason, you need to make sure that you have a weapon with you. Since you can't always plan to have your weapon on you unless it's part of your daily habit, the room in your home where everyone runs to should have an accessible weapon for the adults to be able to use as defense.

The room should also have a supply of ammunition. You don't want to lose your family to an attack because you ran out of ammunition. The room should also be fortified with a means of communication.

You would need a way to call out to alert someone else as to what's happening. In the event of catastrophic disaster situations, you can't rely on the police coming in to fight off the attackers.

The whole 911 system could be overloaded. You'll want to have a way to reach others by having a couple of different communication devices in the room. Remember that your goal is to stay alive and keep your family alive.

If attackers breach the door of the room where you are, you'll need to be prepared to stop them from getting any closer to you. Sometimes, it won't be safe to even stay in a designated room in your home.

This is why you should always have a plan B. Every member of your family should understand what to do if it's not safe. An adult can make the call simply by using a word that's associated with a location outside the home.

Make sure that everyone knows they go to the outdoor location and they don't leave. It can be tempting for a family member to want to run back to try and save material possessions, but remember - it's about safety and survival - not fighting for what's inside your home.

Running to a second location can be a better defense than staying when you're outnumbered. There's no doubt that every part of surviving is going to cost you. Some of the costs will be as simple as taking the time to create a plan.

Other important elements of survival is knowing what to do and when. But a great deal of the survival is making sure that you can fund your plan. This is where having a strategy can help.

You can't build a castle overnight. It's just not possible. However, stone by stone, you will get that castle built. It's the same for making sure that you have all of the survival supplies that you need.

Don't look at the big picture once you create your list. You might not be able to spend the thousands of dollars that you need to set aside a storage of food. You don't have to.

Instead, what you do is every time you go to the grocery store, you make sure that you pick up extra goods. You buy more than you need. You take advantage of the buy one get one free deals.

You use coupons. You barter for goods. Each time you get more than you need, you put it in your survivalist storage area. It might take you several months, but you can stockpile your survival needs this way.

You start out by creating a list and you work on it until you get all of the items on that list. You can also spend extra money on your supply needs. Instead of spending the gift card you get on another material thing that will only clutter your house, you put it toward buying something on your list.

Once you get all of the supplies that you need, you will have to periodically check on them. Your storage area will have to be checked to make sure that the environment is still suitable for storage.

You'll also have to rotate the supplies. This isn't something that will happen right away unless you buy foods that have a shorter expiration date. You don't want to do that.

When you shop, you always want to pay attention to the expiration date. You'll also want to make sure that you if you group like items together in a storage bin, such as pastas, that you write on the outside of the container.

You'll want to clearly mark the expiration dates. When you store foods that need to remain in a cool, dark place, you can't keep opening the storage container just to check the date.

That defeats the purpose of storing it. As the expiration dates draw near, you can use them yourself as part of your monthly grocery needs. Because of buying in bulk, it might be difficult for you to use large quantities before the expiration if you're not careful with the planning.

You might not be able to use a 25 pound bag of flour in a month, but if you pay attention to the expiration date, you'll know when to pull that flour to use so that nothing goes to waste.

Survival preparation was once an idea that very few implemented and many ridiculed. Over time, the masses started seeing horrific images unfold on live TV where natural disasters and man-made attacks caused the loss of lives.

Now, survival preparedness and training is an idea that's becoming more main-stream. But there are those who are preparing a plan to steal, rather than survive. If possible, save up for some out of the way land that you can use to build a new homestead property for a disaster situation.

Worst case scenario, or best case, depending on how you look at the investment, is that your survival place is never needed – and you can pass the property down to your children.

Prepping isn't something you do at the last minute. It's also not something you do haphazardly. It requires a methodical process of stocking up and knowing what your family's needs are long before you're caught in the crosshairs of a disaster that could spell the end for many individuals.

## **ISIS Infiltration of America**

There is a history of wars in every country. Only today, these wars are far more subtle but equally as deadly. These wars are being fought in the realm of terrorist attacks both near and far.

Currently, every news outlet reports almost daily ISIS involvement in various types of violent, inhumane torture, oppression and beheadings.

Attacks are happening left and right and ISIS is claiming responsibility for major bombings, suicide missions, and mass shootings. They continue to spread their promises of more destruction, upheaval, and their ultimate conquest of many major nations of Europe and the United States. They're far more dangerous than most people realize and will use any means necessary to carry out their plans.

They're even taking advantage of the many refugee crises and slip into countries by posing as refugees. From there, they regroup and then spread out, eating away at the safety and structure of a country like a cancer.

Sadly, too many people believe that the government is going to keep them safe from these terrorist attacks. But the latest bombings show that the government can't have eyes and ears everywhere. Reports have shown that governments have had many of these Muslim militants on their radar, yet are unable to stop them from killing and injuring hundreds. One just has to review the details of the most recent killings in Florida to know that governments do not have a clue as to how to slow down these madmen.

That's why it's up to you to protect yourself and your family. You can begin by paying attention. When the threat level is higher than it normally is, you need to take steps to reduce your odds of becoming a potential victim.

Stay away from high profile target areas. This would be places like well-publicized public arenas or airports that could be a target. If an area or place is popular and well known, it could be a target since the goal of ISIS is to kill as many people as possible per strike.

Set up an ISIS emergency plan and go over it with your family. Arrange a place where everyone will reconnect in the event of a strike. Go over all evacuation routes and how everyone will be able to travel to your emergency place.

Make sure everyone knows not to deviate from the plan. Know ahead of time who will be getting who if you have family members who need transportation or if you have children too young to travel by themselves.

Never get so comfortable in your surroundings that you don't pay attention when something seems off. If your gut feeling tells you that something isn't right about a place or a person, then listen to it.

Make sure that you have preparations ready to go in case you have to get out of an area in a hurry. In the event of an ISIS strike, an area can become devastated and the essentials may not be available.

You should have a survival bag ready to go for every member of your family. Time is of the essence in an emergency. Keep enough survival supplies ready to get you through 72 hours so that you're prepared if you're cut off from food and water.

In light of today's news about ISIS, it's not a matter of if they'll attack but where and when. Your best defense is awareness and preparedness.

## **Safety during Ebola Outbreaks**

Your daily routine can't come to a standstill just because there is a serious Ebola outbreak going on. You still have to conduct business and earn what you need to take care of yourself and your family.

If you have loved ones who live internationally, you'll still want to be able to go and see them. However, in this age of viruses that can be so easily transmitted, you want to make sure that you travel safely.

That means being smart about every step you take in your travel itinerary. First, one of the easiest ways that any virus, especially Ebola, spreads is because of human contact.

When you travel, you're often elbow to elbow with your fellow traveler. You can start by making sure that you keep a safe distance between yourself and the next person in line.

Since some people have no concept of personal boundaries and will tend to crowd others, you can put a suitcase or briefcase between you and the next person in line when you're waiting.

When you're sitting, you can opt to keep an empty chair between you and the next person. If someone comes and sits right beside you, get up and walk to an area where you're not crowded.

You don't want to be breathing in someone else's cough or sneeze droplets. If you have very young children, they're more susceptible to touch things and then put their hands in their mouths or rub their eyes.

For their sake, if you must travel with them, opt for a less crowded way to travel rather than by airplane if at all possible. Before you leave on your trip, look up any kind of public health warnings for the area you may be heading into.

If there are warnings, weigh the risks against what your purpose is for heading to that area. If you can't avoid it, then travel with your personal safety in mind. Take a hygiene kit with you if you're traveling by plane and don't be afraid to clean off the arm rests and the seat with antibacterial wipes.

Try to maintain a distance. Sit so that your body and clothing don't brush against the person beside you. Don't be worried about looking rude by not shaking hands if a stranger tries to shake your hand.

You have no idea what that person has touched or where he's traveled. If you have to fly, opt to fly first class even though it costs more money because first class won't be as crowded.

Don't touch your nose, eyes or mouth while you're traveling before first washing your hands thoroughly with antibacterial soap. If you notice that a passenger in your area is acting ill, alert the flight attendant and ask if you can move seats to a different area.

## **Economic Collapse**

If you remember what happened with the financial crisis in Greece, then you know that economic collapse isn't just a threat - it's already begun. You wouldn't necessarily believe that from reading the news.

But the news doesn't have access to the top secret insider information that the government does. The truth is that trouble is already knocking on your door. Take a look around at what else is going on in the world.

The most recent collapse of the entire country of Venezuela indicates that no country is immune from economic collapse. Due to the political chaos of a deranged dictator, Venezuela has slowly been deteriorating into a societal, financial, and economic disaster.

The debt level in countries all over the world has skyrocketed. Not one single country is fiscally solvent and yet all of these countries keep going further into debt like there will never be any consequences.

But there will be a reckoning when economic collapse happens and when it does, it's not going to be pretty. Once the economy goes belly up, you're going to see lives thrown off balance and the upheaval is going to become a fight for survival and not everyone will survive because they're not prepared.

When the economy fails, people are going to panic. Their normal life is going to suddenly, and without ample warning, become disrupted. When the collapse happens, people by the millions are going to rush to their banks in a desperate attempt to take out their money.

But the government, also desperate to keep the collapse from spreading, will limit or shut down completely the ability of people to withdraw their own money. Without being able to get their hands on money, people will grow even more panicked.

Crimes will rise as people steal, fight and even kill for a way to survive. Riots will become more common than not. Looting will take place in every single city and town. Property and people alike will be destroyed.

As society crumbles into a financial dystopian free-for-all landscape, in an effort to regain control, the government will start calling in the troops. Martial law will go into effect.

Your freedom to move about freely will be limited. You won't be allowed to go where you want to go when you want to go there. You'll have to be home by a certain time and your rights will no longer matter.

Under martial law, regular laws are suspended. You will do as the government says. That's why you need to protect yourself from economic collapse right now. Make sure that all of your money isn't tied up in the bank.

Have some cash that you can get to so that you can buy what you haven't already set aside. Keep your bug out bag ready to roll so that you can get out of an area the minute the trouble starts.

Have a place to go if needed that contains all of the survival supplies you need to hunker in place for a while if you have to. That means you need to have your food, medicine and a way to communicate with others.

The power grid could eventually go down in an economic collapse and you don't want to be without a way to communicate. Make sure you have a renewable water supply near. Have ways to defend yourself and your family from those who could take your supplies or your life.

## **Zika Virus**

It would be comforting to believe that the Zika virus is something that's elsewhere - where we don't have to deal with. Unfortunately, it's right in our backyard now, so you have to be ready to survive this new reality.

At the time of this writing, local health officials here in North Thailand have confirmed 2 cases of the Zika Virus within 5 miles of our home. The far-off pandemic is now hitting very close to home!

This virus is no longer contained in its original outbreak area and it has some nasty health effects - especially for pregnant women. The Zika virus is transmitted through the bite of a mosquito that carries the virus.

While there have been more outcries about it lately than ever before, this virus isn't new. It's been in known existence since 1947 where it was first found in Uganda. The reason that there's more news than ever on this virus is because it has migrated out of its original "ground zero" location and beginning to spread around the world.

It also causes severe birth defects like an extremely small head. The World Health Organization has warned that this virus is not at a standstill. It's been spreading and continues to extend its reach around the world.

When a person is bitten by a mosquito carrying the virus, the symptoms usually show up within a matter of days. Those who have been exposed will develop a fever and rashes. They'll feel run down, fatigued and have headaches. Their muscles will ache and moving will be difficult due to joint aches. The symptoms can be mild or in many cases, debilitating.

While the symptoms are usually over with within a week, the complications that linger can cause further health problems. These health problems can include paralysis that's linked to Guillain-Barre Syndrome.

Death is also a possible side effect. You might think that by simply staying out of the countries where the virus is more active would be enough to keep you and your family safe.

Unfortunately, that's not the case. Not only has the virus spread to other countries, including America, but the transmission ability of the virus has also increased.

You can contract the virus through sexual transmission or through blood transfusions in addition to the possibility of acquiring it through the bite of an infected mosquito.

From one country years ago, the virus has now been reported to be growing by leaps and bounds, in more than a dozen other countries. The time to protect yourself from this virus is right now.

Obviously, you'll want to limit travel to countries with a heavier outbreak of the virus. But besides that, you'll want to invest in mosquito netting to use while you sleep, along with DEET formula mosquito spray to keep them away from you.

If you have small children, make sure you protect them with netting that covers their bed. You'll also want to dress appropriately if you're outside during the mosquito's busiest times which are early morning and dusk. Also, mosquitoes are more active after a rain when the ground is just beginning to dry up.

## Civil Unrest

If you think that civil unrest is something that doesn't happen very often, then you haven't been paying attention. Civil unrest has become common place. It's what happens when people get mad and decide that they're going to protest or riot or hold demonstrations.

During times of civil unrest, chaos always follows, regardless of how peaceful a protest first started. Anarchy raises its head and the norms of society break down and it becomes "every-man-for-himself."

The original intent of the protest is buried beneath the herd mentality that takes over when large groups of people become angry. Authority is overthrown and the swell of those tearing down society norms is often too much for local authorities to deal with.

One just has to view the situation in the US with the 2016 Presidential campaigns with the riots and demonstrations that have been unprecedented in recent election history. Mobs running rampant, destructive riots, personal injury and attacks, and scathing vitriol are now the norm. America used to be a homogenous mix of many ethnicities co-existing together in a relative harmonious relationship, however, now ethnic divisions and "race-baiting" has torn the country apart. Civil Unrest is not just a subject of discussion among academics in towers of education, but a reality on the streets of the good ole USA!

As I have mentioned before about Venezuela, Civil Unrest has flooded the country. Store shelves are empty, supplies are low, tensions are high, and people are hungry. This is a very dangerous combination and has already resulted in the advancement of national anarchy.

You can't control how people are going to behave. But you don't have to be in a position where their behavior negatively affects your day to day living. When there is civil unrest, be prepared to bug out (or make it home safely) in a hurry.

Have a predetermined escape plan. Get away from the chaos. In the middle of chaos, people get injured or killed, so put some distance between you and the situation fast if you can do that.

Make sure you take ways through town or your city that can't be blocked by swarms of people. When people swarm, injuries happen. Don't let yourself become vulnerable. In civil unrest, people will often burn buildings.

Don't get stuck in a building that can be targeted. If you are in a relatively safe place and can't leave, make sure you fortify the place where you're at. Those who are causing unrest are looking for targets.

They want to loot and attack. The first step is to thwart impending attacks by making your place a deterrent. Don't have any easy access points. Have a supply of food and other necessities on hand before the fallout from civil unrest hits your area.

You need to make sure you have a survival bag for each member of your family. Have all needed medications, baby supplies and important papers ready in your car or available if you need to leave in a hurry.

When there is chaos, stores are looted and supplies are taken. The top three supplies that are stolen during civil unrest are alcohol, drugs and cigarettes. These items always get taken first.

Following that, baby supplies are stolen, then food. When the food runs out, that's when the people involved in civil unrest begin to prey on other humans. You'll want to make sure that you have a way to defend yourself. When there is civil unrest, the police often can't get to certain areas to help victims, so make sure you take steps to prevent becoming one.

## **Migrant Invasion**

If you're someone who doesn't worry too much about the migrant invasion, it's time to start - especially if you're not prepared. Take a look at Greece, Germany, Jordan, or even Paris if you don't know what all the fuss is about.

More than 100,000 migrants made their way to Greece and as a result of this overwhelming surge of people, the economic system there is in deeper trouble. As Greece is still desperately fighting to keep from having to declare bankruptcy, this migrant invasion has further drained its resources.

The struggle is being felt by the people who live in Greece. This is a battle of survival when there are too many people and not enough resources. The migrant invasion is hitting all of Europe.

And if you think that this invasion is something that's happening primarily in other countries, you would be wrong. The migrant invasion is global. Thanks to traffickers and people desperate to escape their own countries, migrants are even invading the United States.

Some in the United States think we can handle the current migrant invasion, but that fact is easily proven by the amount of migrants currently swelling the population numbers and straining our own resources. State governments along the borders to the south are reeling from the effects of illegal immigrants who arrive and are taking advantage of governmental services that in turn are costing the US taxpayers millions of dollars.

There are people who believe it's not wrong for migrants to invade a country if they're seeking to leave theirs because of war and poverty and persecution. But the problem is that the problems they're leaving behind are the ones that will be created in whatever place they run to.

Look again at Greece. It's struggling even more so financially and resources are dwindling. Some countries are grappling with the problem of trying to teach male migrants not to disrespect women and sexually harass them.

The exact same thing is going to take place in the United States or anywhere else the migrant invasion continues. Countries are simply not prepared to deal with the crisis. That means that you have to be able to deal with it.

You must be prepared financially to take care of yourself and your loved ones. Start by making sure you're completely self-reliant. Don't have any debt. Make sure that you pay cash for what you need.

What you need should be items that you can't grow or produce yourself. Set up a system so that you have a self-sustaining garden that will continue to produce. Build a system that will ensure you have water if the government run systems fail.

It's always better to get completely off the grid for all of your needs. Set aside stockpiles of food and medicine. If you're somewhere that's a haven for migrants, it's only a matter of time before that area is hurting for food and other supplies.

Make sure you and your family are heavily armed in case you're put in physical danger by the migrant invasion. The time to prepare for the coming invasion isn't in the future. It's right now.

## **Solar Flare**

There have been catastrophic events for many years in history. Record breaking hurricanes have occurred, massive flooding, wildfires, and mudslides. We hear about these events so much that it's easy to fall into the trap of thinking that we've faced all of the dangers we're going to face from natural events.

We think we know all there is to know about dangerous events. But there is a danger that lurks, just waiting for the time when it will explode and wreak havoc on Earth - and it's caused by the sun in the form of a solar flare.

You might think that a solar flare is no big deal. After all, the sun is so far away from Earth that a solar flare isn't even on your radar of things to prepare for. It should be. A solar flare is magnetic energy that suddenly bursts free.

It can create electromagnetic events in the area where you live. The aftereffects of experiencing one can be devastating to your way of life if you're not prepared. A solar flare has the ability to completely wipe out power grids, drop satellites from their orbit and disrupt all communication systems.

The threat from a solar flare is dangerous enough that the government is working on a way to handle one. When a solar flare makes a direct strike on Earth, you can expect that there will be more than minimal damage.

A potential solar flare strike could happen at any moment anywhere in the world without warning. There have already been close calls in the past with solar flares. In the event of a solar flare hit, the normal day to day functions would cease.

Anything that you rely on for electricity wouldn't be able to work. There can be sustained blackouts. If your water supply is run through electricity, you would lose the ability to have water to drink in your home.

A solar flare can strike and cause fires to break out. It can cut off communication and cause widespread disruptions and create a panic for people who aren't prepared. Those who aren't prepared will be the most vulnerable.

What's truly frightening is that the solar flares are unpredictable. The government will not be able to take the time to prepare in advance because there is little advance warning.

Everything that touches your life would be affected - how you travel, your access to long term food supplies, your ability to have your medical needs met, your security and more. You need to take steps today to ensure your safety and well-being in the event of a solar flare. By being prepared, you can minimize the disruption you'll face.

## **North Korea and Iran's Nuclear Capabilities**

If you know anything about the current state of tension between North Korea and the United States or Iran and the United States, then you know that trouble is brewing. It's barely contained as it hovers right under the surface just waiting to boil over.

Right now, it's not just empty threats or posturing by either country that's bringing danger to your way of life. Most people believe that Iran is in full compliance with the nuclear deal.

However, they were already caught once for trying to cover up nuclear material. That hasn't changed. North Korea has already shaken a fist and said that the United States is in their crosshairs with a nuclear attack.

When a country threatens the United States or vows "Death to America," the US government does a threat assessment. They look at the possibility of a successful nuclear attack coming from an enemy country.

Most people are unaware of the fallout of what their ordinary life would turn into in the event of a nuclear attack. The effects can be devastating to those who are unprepared. In the event that North Korea or Iran does use nuclear power against the United States, the first thing that would occur would be the catastrophic number of fatalities.

Then, there would be an overwhelming number of injuries, swamping hospitals that were left standing, and causing shortages in medical care, medicine and space. Crops would be damaged from the radiation.

The radiation exposure would render the food supply useless. Any animals like cows or chickens that were exposed to the fallout would have to be destroyed. The amount of damaged crops would extend beyond what was grown.

The soil would be contaminated and would have to be abandoned. So there would be no food replenishing in many areas. People would have to evacuate the hardest hit areas, leading to overcrowding and further food shortages in other areas.

Crimes would rise as people fought to get the supplies they needed. You can protect yourself right now from nuclear fallout by first making sure you have a place to shelter. You can build a place that can withstand the effects of a nuclear strike.

You would need to make sure you had nuclear provisions such as a Geiger counter so that you could check on the level of radioactivity in an area. Have a store of food and water that can last you for you for a while.

Keep a supply of batteries stored and have a radio and a way to communicate. Make sure you have a first aid kit, extra clothing and a supply of any medications you take on a regular basis. By preparing in advance for a nuclear strike, you can survive.

## **Socialism**

Listening to the latest politics and watching the 2016 Presidential Election, you can easily see that there is a strong leaning towards socialism on the left. This boggles the mind when you realize that this is happening in the United States of America – the strongest bastion of democracy in the world! How can this be? History is bound to be repeated when the youth of today are not educated of the horrors and economic effects of the past 100 years of socialism throughout the world. Ignorance is not bliss when it comes to the full impact of national and government ownership of everything.

When the world becomes a socialist place, it means that there is no particular ownership or class, but rather a group or a collective.

It means that everybody ends up with the same amount of needs met. But the kicker is that even if one person works harder or makes more than the other guy, the surplus wealth or supplies are taken from the person who works harder and passed around to those who didn't. Personal initiative is lost because there is no incentive to do better, to improve one's position, or to help advance societal and economic conditions.

The goal of socialism is supposedly to make sure that everyone's basic needs are taken care of. The focus is supposed to be on humanity instead of making money. However, this way of life is dangerous because when the government is running the show, you can bet distribution isn't going to be even.

What you might see as a need for your family, the government will have the authority to decide that it's not. But your neighbor might have the same need and the government may decide their need is more urgent.

Whenever control over your life is turned over to someone else, they'll determine how you live it. Some people think that countries that practice socialism are better off. (This could not be farther from the truth!) They believe that the government will take care of them.

They think that the production of food and basic supplies will always be available because the government says so. They believe the government can control the cost of goods and that they'll make sure to look out for the people whenever there's a surplus or a deficit.

What actually happens, however, is that you end up with a government control over basic human needs that's mired in red tape, employees that are overworked and unable to respond to what people must have to survive.

When the government has control over all of the resources that should be in the hands of the people, you can bet that there will be politics taking place behind the scenes. These politics will be considered before your needs will.

As a result, people will struggle to find food, water and other necessities. It's up to you to determine if your family is taken care of in times of upheaval. It's up to you whether or not your family has what they need when socialism takes over.

You need to start preparing now. Make sure you have a water supply that doesn't rely on the government, such as a well. Have a way to heat your home that's off the grid. Stock up on food and basic necessities.

Make sure that you have a way to protect what's yours. When you're prepared for socialism, you won't have to worry about whether or not you and your family will be taken care of.

## **Electromagnetic Pulse**

When it comes to electromagnetic pulse, many people connect it to a nuclear bomb going off. But this type of weapon doesn't have to be linked to a nuclear bomb to be just as devastating.

Utilizing the latest technology, EMP Weapons, using a force of electromagnetic pulse, are already in existence and being tested in the military. This means that a country can experience the fallout from a nuclear bomb - but without ever having been hit with a nuclear bomb - all because of the power of the shock wave.

Every country is vulnerable to this threat. Many countries have the technology that enables them to strike against their enemies - and like all weapons, the potential for a friendly fire accident is also possible.

Weapons that contain the ability to produce an electromagnetic pulse have the capability to completely destroy electrical systems. Since so many things today rely on electrical systems, this could virtually cripple any city, state, or country.

When the pulse hits, any airplanes could literally fall from the sky. Power grids will go down. Anything that relies on electricity will suddenly and without warning cease to work.

That means that you can't go to the ATM and withdraw cash. You can't walk into the bank and pull it from your accounts, either. Elevators won't work. Subways won't work. People will become stuck in place.

You can line up at the gas pumps if your car's electrical system isn't fried, but you won't be able to get a single drop of gas. You can go to the grocery store, but the registers won't work.

The traffic signals will all go dark. You won't have any lights on in your home. No heat. No air conditioning. Your city would go dark. When that happens, civilization halts. You can bet that people will come out of the woodwork in an attempt to take the stuff they need to survive.

And of course, others will also come - the types of people who like to take advantage of disasters. You need to be able to survive an electromagnetic pulse before one ever hits. To do this, make sure you're not relying on electricity.

Have a solar powered radio, along with flashlights. Have a way to keep warm. In the event you don't have a fireplace and a stockpile of wood, have a store of Mylar blankets set aside for emergencies.

Have a way to test your water and the soil for radiation. Keep fuel hidden away so that if your car does work, you can bug out if your area was one that was hard hit. Keep your car packed with emergency supplies so that if an electromagnetic pulse hits your area while you're away from home, you'll be able to survive for 72 hours until you can turn to your official long-term survival plan.

## **Stricter Laws**

What the people want doesn't always matter. That's been proven time and again in history. Though there are many people who are against stricter gun laws, changes are coming.

These changes are not completely about gun control, they're about people control and the freedoms that are going to be lost with stricter control. When stricter gun laws are put into effect, what's going to happen is what's already happening.

Criminals are still going to be able to get their hands on guns and whatever ammunition they want to hurt law-abiding citizens. But in the meantime, the government will have restricted the freedom of the citizens when it comes to gun control so much that it's going to be tough for them to be able to legally buy guns.

The stricter gun laws aim to keep guns out of the hands of criminals, suicidal people, mentally ill people, and people with questionable background checks. However, the laws being pushed will fail to protect law abiding citizens because those who want to use guns to do violence will always find a way to get them.

Stricter laws against guns aren't the only laws threatening your freedom. If you're someone who tries to live a lifestyle where you can take care of your own needs, you could soon be facing some trouble from the government.

If you live in an RV or you are living in a tiny home, you could soon be living illegally. The government isn't happy with those who are choosing to live off the grid. It doesn't matter that you're self-reliant or that you're not costing the government anything.

The government wants to decide what you can and can't call home. There are upcoming regulations going on right now that are determined to refuse to allow people to label RVs and tiny homes as a home.

It doesn't matter if it's on your own land. If you live in an RV or a tiny home, then the government is looking to fine you, arrest you for non-compliance if you refuse to abandon the shelter, or even seize the property.

What this means to you is that the government is going to make you turn your RV or your tiny home into a government approved dwelling. It means that you're going to have to pass federal codes. If you don't, your home will be outlawed.

If you're wondering why the government is so worked up about RVs and tiny homes, the answer is simple. It's because the government is looking to decide how much freedom you truly have. Once the current regulation passes, tiny homes and RVs will be banned right out of existence as a home.

## **Supplemental Notes: Knowing When It's Time to Bug Out**

Those who are prepared for survival situations know that a bug out may come. A bug out is exactly how it sounds. It means it's time to "Get out of Dodge!" Bugging out may mean you'll have to get where you're going by walking.

If this is the case, then you need to make sure that you have sturdy shoes or boots - and the means to have food and shelter if it's going to be a long trek. Being prepared for this scenario means having a bug out bag (B.O.B. – we will discuss this more just a little later.) where you can get to it when the time comes for you to go.

Bugging out by vehicle means that you're leaving in a vehicle that's already prepared ahead of time for a bug out. Your vehicle is gassed up and ready to go within seconds.

It's time to bug out when your current location is no longer safe – or could be compromised - and survival may become an issue. This means you need to be prepared to bug out in the event of a weather emergency, a terrorist attack, a flash mob or a riot.

You also need to leave fast if there's a "biological or chemical contaminate" set loose in your area - such as a train derailment and the train was carrying some nasty hazardous materials that escaped into the air. City-wide black-outs are a criminal's favorite time to come out and wreak havoc. Your possessions aren't worth losing your life over - so leave.

If there's been a city-wide breakdown of communication modes. For example, if the 911 system crashes, get out. These systems are all computer run - and when the computer crashes, you're on your own. When a city goes down, law and order goes out the window and chaos ensues.

If some nasty weather is headed your direction and it's not looking good, get out before the government officials tell you to get out. Why? Because there will always be thousands who wait until the last possible minute to leave - and you may end up trapped in your vehicle sitting still on an interstate while a harrowing storm bears down on you.

Plan ahead by knowing an alternate evacuation route. Main roads will be overrun by people trying to leave. Print out your escape routes and have them where you can get to them easily.

Know where you're going. Don't just hop into your vehicle and take off. It's very important to plan ahead for every possible emergency. Have your kit or BOB ready to take with you when you go. Inside the bag, you should have water, food, first aid, a way to take care of shelter - like a sleeping bag or poncho, flashlights and personal safety tools like Mace or weapons.

Make sure you pack a battery-operated or hand crank radio so that you can listen for emergency broadcasts. Have a way to start a fire and make sure you have a change of clothes.

## **Supplemental Notes: Survival Supplies You Should Be Storing Long-Term**

Surviving long-term after a disaster will depend on how well you prepared before the disaster struck. You need to gather what you need to survive right now. You can store the items in a cool, dry place and have it on hand for when it's needed.

There are four important things you have to remember when preparing for long-term survival.

The four things are:

- the need for shelter to be safe from the elements,
- a good first aid kit – for any injuries incurred while getting out,
- food and water, taking into consideration the number of people,
- and the ability to protect yourself from people or animals that would attempt to harm you.

Long-term supplies to set aside for safety from the elements should be tents for each member of the family if you're going to use single man tents, sleeping bags, thermal blankets and ponchos.

Safety from the elements also includes the ability to keep warm if necessary. You'll need an axe for cutting wood for fires, a way to start a fire - such as waterproof matches or a lighter, gloves and a multi tool.

For first aid survival, you'll need a first aid kit that includes insect repellent, personal hygiene items and field dressings. You'll need tweezers, scissors and a surgical kit. You may not know how to close a large wound, but in case you have to save a life, you should know this information. You can keep a how-to guide on hand with your supplies. Make sure you have supplies that will treat teeth or eye problems too.

You should be able to protect yourself and your family from harm. Some people choose to arm themselves with guns and ammunition. If you choose to do that, make sure you store the ammunition in a waterproof box.

In the event that long-term survival is needed, your food supply should already be on hand. You'll want foods that can store for years without the possibility of spoil. Start with your basic foods - like sugar, coffee, powdered milk and staples like flour and salt.

Foods that will keep stored for many years are peanut butter, beans and rice. Canned foods are an excellent choice to have on hand as long as you have a handheld can opener. An electric one won't do you much good if the power is out!

Store up canned foods like chili, fruits, soups and meats like tuna, salmon, and chicken. Trail mix, beef jerky and powdered juices can all be safely stored for years. If you prepare now, you can make homemade canned items like fruits and vegetables that can last until they're needed.

When you're storing foods that are in packages, you'll need to put those down into a container to keep them safe from insects or mice. You can buy bulk supplies of MREs (meals ready to eat) that can feed an entire family for a year or longer.

Have communication sources like a cell phone and a battery operated CB radio. You'll want to get LED flashlights and lanterns, waterproof bags for clothing and you'll want to have a way to clean your clothes. Store a laundry board and a five gallon bucket with some laundry soap and bleach.

Stress can build quickly in a long-term survival event, therefore, store games and other stress busters with your supplies, especially if you have children.

## **Supplemental Notes: What Is the Best Survival Gear for a Family to Have?**

Natural disasters and man-made disasters are occurring with more frequency than ever. So it makes sense to make sure that your family is prepared for any event. Preparation gear should always be in place before any disaster strikes.

You'll want to gather your items and have them packaged and ready so that when the time comes, you can easily put your hands on what you need. Hopefully, you won't experience disasters - but being prepared with the right equipment can help your family survive.

The equipment that your family should have can be packed (before it's needed) into a sturdy backpack. (We have already discussed having a BOB ready to go) You should make sure that the backpack is waterproof so that it protects the contents from getting damaged by inclement weather.

In the backpack, you should put enough gear to take care of each member of your family. If you have a larger family, you'll need to prepare more than one backpack.

Inside the backpack, you'll want to have a change of clothing for each family member. Food should be included in your survival gear. When packing food, obviously, you don't want to pack foods that will spoil quickly.

Pack things like high protein food bars and other foods that have a lot of calories (minimum 2,000 calories) and can take the place of a meal. Water for every member of the family should be packed and ready.

But since bottled water can take up a lot of space and become heavy and awkward to carry, look for water that's specifically made for survival gear that's packaged in lightweight boxes. This purified water is packaged in a way that it can be safely stored in a wide variety of temperatures.

Protection is a must during a survival situation. You may want to arm yourselves with weapons, depending on the situation. For natural protection, you'll need a solar powered radio so that you can listen to emergency broadcasts. You'll want protection from the elements and protection against extreme weather.

You'll need thermal blankets. Some survival experts suggest buying thermal blankets in packets of several at a time, and adding ponchos and emergency or tube tents. You'll also want light sticks in the event that electricity isn't available. You'll need a functional knife such as a multi-tool Army knife on hand in case you need to cut rope for a tent or for other purposes.

Family members that take prescription medication should have their medication included in your survival gear backpack. You should have at least a two-week supply of any prescription medication put aside for survival situations. A first aid kit with medication such as medicine for headaches, bug bites and supplies for treating and bandaging cuts and wounds should also be included in your backpack.

## **Supplemental Notes: What goes into an Emergency Preparedness Kit for short-term disasters?**

Emergencies can be classified as either short or long term. You may deal with short-term emergencies - such as losing power for a day or having a health emergency. These usually pass fairly quickly.

But when something causes a short term emergency, unless you're prepared, you could find yourself in a bind, putting yourself and your loved ones at risk.

Weather emergencies such as floods, hurricanes, tornadoes and blizzards are the top four causes of short term disasters that people are forced to deal with. These disasters create situations where you can end up without any lights, heat or air conditioners.

Without electricity, you won't have a way to keep your food supply from spoiling. If the disaster causes a rush on grocery store supplies, there will be empty shelves, leaving you without a way to get food.

Without electricity, you can lose the ability to call out for help for health reasons or if there's looting and the battery on your cell phone dies. The time to plan for a disaster is right now - while you have electricity - while you have the food you need and the means to get ready for what might come your way.

Prepare yourself now, but have an emergency preparedness kit. In that kit, you need water for every member of your family and enough food to last everyone for at least a week.

You'll need a way to keep warm - especially if the disaster is during the colder months. Use thermal blankets and waterproof sleeping bags. Have battery powered or solar powered gadgets that can charge cell phones.

Have flashlights and radios on hand that run on batteries and keep extra batteries ready. Or, invest in the hand crank variety. Make sure you have a first aid kit that includes face masks and all prescription medications. Prepare your kit with infant and pet needs, too. Keep antibacterial wipes with the kit and seal your personal ID copies in with the kit. In case your originals are destroyed in the disaster, you'll have a backup copy that will save you from a future hassle.

You'll need matches, a hand held can opener and a multi-tool as well as a whistle. A whistle can be heard over long distances and will make it easier to locate you. Keep all of your supplies together in an air-tight waterproof container and store the container somewhere that the temperature doesn't vary.

There are places that offer readymade disaster kits - and some people choose to buy those. If you pick that option, don't forget to add copies of your important paperwork since a readymade kit won't come with that.

## **Supplemental Notes: The Best Way to Hone Your Survival Skills**

Human beings have a strong “will to survive,” but that “will” can easily get beaten down when faced with overwhelming situations. A situation is only overwhelming when there’s a lack of knowledge or skill. When you know what to do because you’ve already planned ahead of time, you can act on instinct rather than react in a panic.

Fire drills are practiced in schools (and should be in your home, too) so that everyone will know what he or she is supposed to do. When you perform a task often enough, you can do it automatically without thinking about it when an emergency hits.

Test yourself by conducting drills by going camping on the weekends and only bring your survival bag. Try going camping in inclement weather so you’ll be prepared to handle that, but remember to let someone know the area where you’re going camping.

Practice often so you’ll know what to do in the event of weather disasters, health emergencies and threats to your safety. Practice using the first aid kit, treating a wound, an unconscious person, practice setting a broken bone, or treating a burn, etc. Practice what to do if you’re unable to call for help and you’re wounded.

It’s important because the best way to survive is to practice what you’re going to do in any worst case scenario. You might not live in an area prone to tornadoes, but that doesn’t mean one won’t happen-be prepared for the unexpected.

First of all, prepare yourself mentally. If you allow the situation to overwhelm you or to make you fall into the trap of self-pity, your survival odds drop.

The first step to take is to assess your situation and realize that you need three things - shelter, food and water. Of the three, find shelter first, a water supply second and food last.

Of course, practice is easy when you’re already prepared for survival. You should have a stockpile of food and necessities already gathered in your emergency pantry for your survival.

You should have staples in large quantities. Have water jugs filled and ready in your emergency pantry. Besides food, have batteries, flashlights and a camp stove put back as well.

But you should also get survival guides and study those so that you’ll know what to do if you have to get your food source from the land. For example, some people advocate eating plants, but certain plants will not only upset your stomach, they’ll kill you. What you want to do is to hope the worst case scenario never takes place - but you want to be prepared for it if it does.

## **Supplemental Notes; Top 5 Outdoor Survival Gadgets to Consider**

Surviving in any outdoor situation means that you have to have the gadgets that can help you. While there are many tools available that offer to help ensure survival, there are five top gadgets that no one should be without.

These are all items that contribute to your safety and need for food, water and shelter. These are gadgets that will make your experience in survival mode easier.

A solar powered charger for your cell phone and radio will help ensure that you can call for help if you need to. There are gadgets available that are “3-in-1.” This means you can charge your cell phone, have a radio and a flashlight all contained one easy to carry gadget.

Portable solar cookers are great gadgets to have. They set up anywhere and provide a method for you to cook on and boil water for clean supplies in an instant. You can use this at home too when the power’s gone out.

A good UV water purification tool – which looks like a wand and purifies your water in just under a minute – can help you achieve safe drinking water in a flash. No more pills to buy - just let these gadgets do their work.

A flint and knife bracelet is the perfect pairing for survival experts. It’s a little corded bracelet that fits around your wrist and gives you immediate access to a fire starter and a sharp knife right away.

A tent hammock is another gadget that’s perfect for survivalists to own. Not only do you get protection from outside intruders like mosquitoes, but you’re lifted off the ground to protect you from water or land animals.

There are so many survival gadgets being created to help people get prepared.

There are containers that create power from any form of liquid, clothes that repel bugs just based on the materials they’re made from, and solar backpacks that have a solar panel soaking up the sun while you trek around so that you can use the energy it absorbs later.

You always want to make sure that all of your basic needs are met and prepared for before you begin investing in cool gadgets. It’s much better to have a 6-month supply of MREs (Meals Ready To Eat) for the family than to own the latest bug out gear.

But once you have the necessities met, it’s perfectly fine to begin upgrading your efforts with items that contribute to your convenience. Having to be in survival mode is hard enough – so anything that makes the experience less traumatic will help you get through it.

## **Supplemental Notes: Survival Guides for Any Situation**

When you have the knowledge that you need, you can weather short-term and long-term disasters. But without knowing how to survive, you lessen your odds of making it through.

Survival guides share the knowledge that can help you to survive no matter what your location is - and knowing and preparing for the different ways to survive in any territory will provide you the skills you need.

Surviving an emergency situation isn't the same in a desert as it is in an urban setting. There's also a big difference between surviving in the woods versus surviving a catastrophic weather event.

But wherever you happen to be, always remember the first rule. Don't panic. Panic can lead you to make foolish decisions that will hamper your chances of making it through. Regardless of your situation, food, water and shelter should be your focus.

With a survival guide for any situation, you'll learn that whenever you're traveling through a desert area, always have emergency supplies. No one ever expects a vehicle to break down or to get lost in the desert, but it happens.

You should have a hat to cover your head, water, a mirror, and matches on hand. Matches are necessary because the temperatures in the desert drop at night. Not only that, but you can use matches to burn tires or other items to signal for help. You should have a flashlight, a first aid kit and a blanket with you. Remember too, not to wander away from your vehicle - it'll be harder for search teams to find you. But don't sit in your vehicle because the temperatures inside can get too hot.

Urban survival is different in that people aren't conditioned for the break-down of societal rules following a disaster. Urban survival can quickly break down to simply food, shelter and staying alive.

Survival guides that discuss urban survival always mention food storage, a means to cook the food, a water filter or purification tablets and facial masks to protect against contaminants.

Wilderness survival is different from desert and urban survival in that the location can offer special challenges depending on the area. You'll need a waterproof backpack packed with the following items: first aid kit, food bars, matches, a compass, a knife, string, water purification tablets and a parachute cloth or one man tent. You can use the string to tie to trees, drape the parachute cloth over it and create instant shelter.

Disaster survival guides will cover how to survive in any area for specific length of times (short-term and long-term). You'll learn the supplies that you'll need to have on hand and the guides can give you the self-confidence to survive any situation.

# **Survival Product Listings and Survival Checklist**

## **Food and Supplies Checklist**

Most of these items will be readily sourced in your local grocery, food supply, or department store. Have common sense when purchasing these items as careful consideration needs to be taken for longevity, “use by” date, and expiration dates. Learn to revolve your survival food inventory so that in case of emergency, the longest expiration dates are held in storage. In addition, it is highly recommended that a journal be kept of all emergency food supplies, their purchase date, expiration dates, and “use by “ dates are entered along with quantities, including total packages, cartons, boxes, etc.

In addition, the following lists are not complete! This Survival Checklist was created to be a guide only. Each family has their own preferences, likes and dis-likes when it comes to food and clothing. It is recommended that you meet with your family members and add to this list as you see fit. You will also need to occasionally review your inventory, with family members, to see if anything needs to be deleted from the list or added to it.

Different areas and their respective weather patterns will likely dictate what type of food products, clothing needs, protection devices, and shelter styles you will put away in storage. Desert Survival will differ from Mountain Survival as will Coastal from the Plains. Planning in advance will determine where you will be going when in the Bug-out mode. This information will guide you in your choices.

### **General List:**

1. Wheat, white and whole grain flours,
2. Grains: oat, corn, wheat, rice
3. Noodles – packaged soups for quick meals on the go
4. Beans, Peas – dried and bagged
5. Pasta – 2 of your favorite styles should be enough
6. Baking soda,
7. Seasonings: Cinnamon, garlic, Salt and Pepper,
8. Sugars, natural and unrefined, and honey
9. Cereals – quick oat, any dried and sealed, preferably un-sweetened
10. Dried milk, dried baby formula, cocoa
11. Oils: vegetable, olive, (Oil for gun lubrication, maintenance, and preservation)
12. Dried foods: meats, jerky, vegetables, fruits (freeze dried is optimum – vacuum packed)
13. Mixed nuts, Trail mix, Popcorn – vacuum packed assortment and whole kernel popcorn
14. Coffee and Tea – needs to be ground coffee, can be loose packed along with loose green tea, however, bagged tea may be easier to use
15. Energy bars, breakfast bars, protein bars, Pop Tarts – various flavors
16. Just-add-water/Boxed instant foods: bouillon cubes, instant mashed potatoes, instant soups
17. Canned meats – chicken, fish
18. Peanut butter – good source of protein
19. Emergency Water Packets – 500 ml and 1 liter size
20. Soaps – to wash hands, clothes, pots and pans

## Non-Food Items;

1. Waterproof matches and lighters
2. Bug Spray, Deet or other mosquito repellent
3. First Aid Kits – miscellaneous medical supplies, Band-aids
4. Breathing masks and/or respirators (for chemical or biological emergencies)
5. Topical maps of all Bug-Out Locations and routes
6. Duct Tape – all purposes and extremely useful for any emergency
7. Eating and Cooking utensils – get extra as some will be lost
8. Light-weight cooking pots - aluminum
9. Heavy Duty Plastic Garbage bags – extra-large size for rain protection
10. Tin Foil, plastic wrap –
11. Can opener – manual only!
12. Blankets/towels – lightweight, thermal material
13. Tarps or multi-use plastic sheeting – can be used for shelter or for laying on ground to keep cold and wet away from body.
14. Loose twine – farmer's bailing twine – loose fibers for easy lighting to build fires.
15. Plastic sealable storage boxes – for storing items from wet weather, food storage and general storage of items for camp organizing.
16. Baseball bat, walking stick – for protection
17. Ropes – thin, but high strength – multi-purpose usage
18. Small Axe, Chopping Knife, Multi-tool – Can also be used for protection

## Clothing Needed: (for first 72-hours only-must consider your Bug-Out-Location)

1. Warm socks (3-4) and underwear (2 sets)
2. Long pants and long-sleeved shirts
3. Hats – low profile, warm and covers ears (if in cooler climates)
4. Gloves – thin, leather is best, but needs to be comfortable for kids and warm
5. Light jacket – in some areas the weather turns cool in the evenings and nights
6. Sturdy walking or hiking shoes or boots –
7. Waterproof jacket or coat – lightweight if possible. Your Bug-Out-Location will greatly determine what will be best.

Expect the unexpected!

**Authors Note:** You can correctly assume that the links below for products will include an affiliate commission that will be paid back to the author. The regular price will NOT be increased - this is the normal way for suppliers to reimburse for the promotion of their products. For the links to Amazon.com only - If you do not purchase the exact product with the link provided (perhaps purchasing another similar product) NO commission is paid. If, however, you would like for this author to receive a commission on any products from Amazon, please send a quick email to walternigh@gmail.com and include the exact product you would like to purchase. The author will return to you immediately an affiliate link for you to purchase this product. The author is appreciative of your consideration!

## Survival Products Listing and Check List

PRODUCT DESCRIPTION:	COST/\$\$	PRODUCT LINKS:
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### Backpacks/Bug-Out Bags:

Tactical Backpacks and BOB	Various	<a href="http://amzn.to/294fMGb">http://amzn.to/294fMGb</a>
High Sierra Long trail 90 Backpack	95	<a href="http://amzn.to/28ZSaUB">http://amzn.to/28ZSaUB</a>
Asprey Mens Atmos 65 AG Backpack	195-475	<a href="http://amzn.to/29jTGxs">http://amzn.to/29jTGxs</a>
Osprey Womens Aura 65 AG Backpack	195-476	<a href="http://amzn.to/29bcyA9">http://amzn.to/29bcyA9</a>
Gregory Mountain Womens Deva 60 Backpack	250	<a href="http://amzn.to/28ZSCSz">http://amzn.to/28ZSCSz</a>
Gregory Mountain Mens Baltoro 75 Backpack	500+	<a href="http://amzn.to/294gKST">http://amzn.to/294gKST</a>

### First Aid/Medical Supplies:

First Aid Kit - 275 pieces - bag	25	<a href="http://amzn.to/2902MhG">http://amzn.to/2902MhG</a>
ResQue 1st - First aid kit	25	<a href="http://amzn.to/29bg5OV">http://amzn.to/29bg5OV</a>
Adventure Medical Trauma kit - QuickClot sponge	20	<a href="http://amzn.to/290NagF">http://amzn.to/290NagF</a>
Coleman Biowipes	6	<a href="http://amzn.to/29jV3fV">http://amzn.to/29jV3fV</a>

### Flints/Matches-Waterproof:

#1 Fire Starter	9	<a href="http://amzn.to/297ixZG">http://amzn.to/297ixZG</a>
Emergency Fire Starter - Flint Match	9	<a href="http://bit.ly/297e3Bj">http://bit.ly/297e3Bj</a>
Tital Ferrocerium SurvivalSteel Fire Starter Rod	20	<a href="http://amzn.to/296V0pp">http://amzn.to/296V0pp</a>
UCO Stormproof match kit	8	<a href="http://amzn.to/297jUr5">http://amzn.to/297jUr5</a>

### Camping Lanterns/LED Flashlights:

Etekcitey 2 pack Portable Outdoor LED lantern	17	<a href="http://amzn.to/290AHIJ">http://amzn.to/290AHIJ</a>
TaoTronics Emergency LED Lantern	30	<a href="http://amzn.to/290BhpH">http://amzn.to/290BhpH</a>
Rechargeable LED Multi-function Strobe Lite w/ Magnet	29	<a href="http://bit.ly/299f0rc">http://bit.ly/299f0rc</a>
Alaskanite LED Lantern	13	<a href="http://amzn.to/29jM4v2">http://amzn.to/29jM4v2</a>
Solar Rechargeable Camping Lantern	14	<a href="http://amzn.to/28XsZwL">http://amzn.to/28XsZwL</a>
24 LED Tent Light - 50 lumens	22	<a href="http://bit.ly/29adsi2">http://bit.ly/29adsi2</a>
Solar/Handcrank LED Camping Lantern - 36 LEDs	30	<a href="http://bit.ly/29adJ4b">http://bit.ly/29adJ4b</a>
ThorFire LED Flashlight solar powered w/ Hand Crank	15	<a href="http://amzn.to/290PK5k">http://amzn.to/290PK5k</a>
Verilux - Ready Light solar rechargeable Flashlight	25	<a href="http://amzn.to/290Q97t">http://amzn.to/290Q97t</a>
1600 Lumens Flashlight/Torch	65	<a href="http://bit.ly/2980oWU">http://bit.ly/2980oWU</a>

### Emergency Thermal Blankets/Sleeping Bags/Mosquito Nets:

Emergency Mylar Thermal Blankets/Tube Tent	8	<a href="http://amzn.to/293VYTD">http://amzn.to/293VYTD</a>
Emergency Mylar 10 pak	7	<a href="http://amzn.to/28Xn36V">http://amzn.to/28Xn36V</a>

Emergency Survival Blanket - Silver	7	<a href="http://bit.ly/29fANiR">http://bit.ly/29fANiR</a>
Sleeping bag/carry bag	7	<a href="http://amzn.to/28XnoGU">http://amzn.to/28XnoGU</a>
Coleman Brazos Cold-weather sleeping bag	32	<a href="http://amzn.to/2932x9L">http://amzn.to/2932x9L</a>
Cnlinkco Lightweight Camping Sleeping Bag	23	<a href="http://amzn.to/29bfMU5">http://amzn.to/29bfMU5</a>
Ediors Sleeping Bag - All season envelope	28	<a href="http://amzn.to/28ZUw5H">http://amzn.to/28ZUw5H</a>
CTSH Outdoor Survival Mat/thermal blanket	7	<a href="http://bit.ly/29fBtos">http://bit.ly/29fBtos</a>
Titan Survival Blankets (5)	20	<a href="http://amzn.to/28ZH220">http://amzn.to/28ZH220</a>
Coghlan's Double Mosquito net	10	<a href="http://amzn.to/297irQ4">http://amzn.to/297irQ4</a>
Coleman Insect Head-net	3	<a href="http://amzn.to/28Xx8kq">http://amzn.to/28Xx8kq</a>
Cotmaster Double Mosquito net	15	<a href="http://amzn.to/297j4ZJ">http://amzn.to/297j4ZJ</a>
Naturo #1 Outdoor Mosquito Net - Double bed size	20	<a href="http://amzn.to/297j3VW">http://amzn.to/297j3VW</a>

### Hiking Shoes/Boots/Men and Women:

Hiking Boots - mens - various	Various	<a href="http://amzn.to/28XvIX1">http://amzn.to/28XvIX1</a>
Hiking Boots - ladies - various	Various	<a href="http://amzn.to/28Xvhfm">http://amzn.to/28Xvhfm</a>

### Ponchos/Cords/Heavy Duty Tarps/Hammocks:

Titan Paracord (103 ft)	16	<a href="http://amzn.to/290mmer">http://amzn.to/290mmer</a>
X-Cords (300 ft)	30	<a href="http://amzn.to/29jCzvS">http://amzn.to/29jCzvS</a>
Hammock - lightweight	35	<a href="http://amzn.to/28Xo0MN">http://amzn.to/28Xo0MN</a>
Ripstop Camping hammock	38	<a href="http://amzn.to/290mMBN">http://amzn.to/290mMBN</a>
10' X 18' Extra Heavy Duty 12 mil Silver Tarp - 3 ply	55	<a href="http://amzn.to/28XxlyJ">http://amzn.to/28XxlyJ</a>
Yellow Rain Ponchos - 6 Pack	25	<a href="http://amzn.to/28XnmPu">http://amzn.to/28XnmPu</a>

### Radios/Walkie-Talkies/Recharge units - hand crank, solar:

iRonsnow Dynamo Handcrank radio	20	<a href="http://amzn.to/29aK5dN">http://amzn.to/29aK5dN</a>
Eton Scorpion II Portable Digital radio - Hand Crank	47	<a href="http://amzn.to/293UnNk">http://amzn.to/293UnNk</a>
10,000 Mah Solar Cell phone charger, waterproof	17	<a href="http://amzn.to/28XsZgj">http://amzn.to/28XsZgj</a>
iNice Foldable High efficiency Solar panel charger	50	<a href="http://amzn.to/28ZNON6">http://amzn.to/28ZNON6</a>
GEEKPRO Solar Charger w/dual USB ports	40	<a href="http://amzn.to/290sQKe">http://amzn.to/290sQKe</a>
Floureon 22 channel Walkie-Talkie - 3-5 km range	25	<a href="http://amzn.to/294lojl">http://amzn.to/294lojl</a>
Cobra ACXT 390 Walkie-Talkie	60	<a href="http://amzn.to/294mr34">http://amzn.to/294mr34</a>
128 Channel Walkie-Talkie with Flashlight - black case	50	<a href="http://bit.ly/29fB6uc">http://bit.ly/29fB6uc</a>
Retevis RT3 DMR Digital 2 way radio - scrambler	130	<a href="http://amzn.to/28ZWbbm">http://amzn.to/28ZWbbm</a>

### Survival Food Supplies/ MREs:

Emergency Food supply - 275 Meal Pack	133	<a href="http://amzn.to/292Rygu">http://amzn.to/292Rygu</a>
Wise Company - 60 servings - Freeze Dried Meat	99	<a href="http://amzn.to/292RM7m">http://amzn.to/292RM7m</a>
Wise Company - 160 servings-Freeze Dried Vegetables	98	<a href="http://amzn.to/290yqOU">http://amzn.to/290yqOU</a>
Wise Company - 152 servings - Freeze Dried Fruit	109	<a href="http://amzn.to/28Xot1t">http://amzn.to/28Xot1t</a>
GHIMPS - Freeze Dried food supplier		<a href="http://bit.ly/29ioe6O">http://bit.ly/29ioe6O</a>
Army MREs	95	<a href="http://amzn.to/292SgdF">http://amzn.to/292SgdF</a>
Valley FS - 72-hour Emergency Disaster Food set	108	<a href="http://amzn.to/29jEC2R">http://amzn.to/29jEC2R</a>
Valley Food Storage 1 year supply freeze dried food	1000	<a href="http://amzn.to/292XYwa">http://amzn.to/292XYwa</a>
Emergency Zone Urban BOB - 2 person	120	<a href="http://amzn.to/29jOYzW">http://amzn.to/29jOYzW</a>

**Survival Seeds:**

Survival Seed Vault Non GMO - 20 variety pak	17	<a href="http://amzn.to/294dg30">http://amzn.to/294dg30</a>
15,000 NON GMO seeds - Survival Garden - 32 variety	14	<a href="http://amzn.to/28Xu9so">http://amzn.to/28Xu9so</a>
Survival Essentials 100 variety Non GMO Value pak	60	<a href="http://amzn.to/294dNlu">http://amzn.to/294dNlu</a>

**Survival Books/Resources:**

Book: Food Storage: For self sufficiency and survival	12	<a href="http://amzn.to/290C0GQ">http://amzn.to/290C0GQ</a>
Book: The Preppers Water Survival Guide	12	<a href="http://amzn.to/29nNftm">http://amzn.to/29nNftm</a>
Book: Preppers Long-term Survival guide	15	<a href="http://amzn.to/290C7Cg">http://amzn.to/290C7Cg</a>
Book: SAS Survival Book	13	<a href="http://amzn.to/28ZxNqh">http://amzn.to/28ZxNqh</a>
Book: Bushcraft 101	10	<a href="http://amzn.to/28ZKyNo">http://amzn.to/28ZKyNo</a>
Book: Gluten Free Diet Plan - 50 recipes	5	<a href="http://bit.ly/29bcCPn">http://bit.ly/29bcCPn</a>
Book: How to Survive Any Natural Calamity	3	<a href="http://bit.ly/297ejAo">http://bit.ly/297ejAo</a>
Book: Basic Survival Guide	3	<a href="http://bit.ly/296Yq8B">http://bit.ly/296Yq8B</a>

**Survival Equipment/Tools/Utensils/Weapons:**

Gerber Zombie Apocalypse Survival Kit	350	<a href="http://amzn.to/294cSBl">http://amzn.to/294cSBl</a>
Maxam Survival Kit	32	<a href="http://bit.ly/299enhp">http://bit.ly/299enhp</a>
4-in-1 Uferlink Military Folding Shovel	12	<a href="http://amzn.to/28Z0qSP">http://amzn.to/28Z0qSP</a>
FiveJoy Backcountry shovel - a Must have!	75	<a href="http://amzn.to/29baCrm">http://amzn.to/29baCrm</a>
Outdoor metal Folding Shovel w/ pouch and compass	16	<a href="http://bit.ly/29bc6B6">http://bit.ly/29bc6B6</a>
Camping Cookware Mess Kit - 10 piece	20	<a href="http://amzn.to/28XtoiN">http://amzn.to/28XtoiN</a>
TravelSource 2 person SS Utensils Kit w/case	14	<a href="http://amzn.to/290thV3">http://amzn.to/290thV3</a>
Etekcite Ultra light Port camp stove	10	<a href="http://amzn.to/297ecnE">http://amzn.to/297ecnE</a>
Hunting Bows - various types	Various	<a href="http://amzn.to/28XA3tB">http://amzn.to/28XA3tB</a>
Leatherman - Wave Multi-tool w/ black sheath	100	<a href="http://amzn.to/28XAZy5">http://amzn.to/28XAZy5</a>
Leatherman - Wingman Multi-tool Stainless Steel	30	<a href="http://amzn.to/28XBgRA">http://amzn.to/28XBgRA</a>
11-in-1 Pocket Survival Multi-Tool	7	<a href="http://bit.ly/29fBCZg">http://bit.ly/29fBCZg</a>
Columbia River Knife 2210 Hammond FE 9	210	<a href="http://amzn.to/290Fudj">http://amzn.to/290Fudj</a>
SOG Specialty Knife - 3 in 1	52	<a href="http://amzn.to/29baic2">http://amzn.to/29baic2</a>

**Tents:**

Sundome 4 man Tent	65	<a href="http://amzn.to/297EA28">http://amzn.to/297EA28</a>
Catoma Adventure Shelters Budget Tent - brown	300	<a href="http://amzn.to/297jaAl">http://amzn.to/297jaAl</a>
60 second Set-up Dome 2-3 person tent	200	<a href="http://amzn.to/294hTdc">http://amzn.to/294hTdc</a>
Coleman 6 person Instant CabinTent	140	<a href="http://amzn.to/2932pqx">http://amzn.to/2932pqx</a>
Core 12 person Instant Cabin Tent	319	<a href="http://amzn.to/2932ryl">http://amzn.to/2932ryl</a>

**Water filters and Systems:**

LifeStraw Personal Water Filter	20	<a href="http://amzn.to/290nr86">http://amzn.to/290nr86</a>
Life Defender - personal filter for hiking	25	<a href="http://amzn.to/29jB54R">http://amzn.to/29jB54R</a>
Potable Aqua Water purification tabs	6	<a href="http://amzn.to/28ZLa5p">http://amzn.to/28ZLa5p</a>
H2gO Max Portable water purifier system	179	<a href="http://amzn.to/292QyZC">http://amzn.to/292QyZC</a>

## Surviving Disasters Product Reviews

### 1 Year Value Long Term Pantry Supply of Freeze Dried Survival Food for Emergency Preparedness

The government has a National Preparedness Month in which it strongly recommends that people be ready to face any potential crisis. They urge people to be prepared in the event of any weather related disasters or terror strikes.

Yet, half of all Americans don't have a plan on how to react to a widespread emergency - much less have any supplies available to take care of their own needs.

How fast your family is able to recover will depend solely on how well you've planned for a potential disaster. Having a plan could mean the difference between having to fight to survive and being able to survive without the gut-wrenching anxiety that will come if you don't have anything set aside to meet your needs.

You need to be prepared and always remember that when there's a widespread crisis, it can take several months for the government to restore life as usual. By preparing now with a 1 Year Value Long Term Pantry Supply of Freeze Dried Survival Food for Emergency Preparedness, you can make sure that you and your family are able to have food.

Having a food storage plan will enable you to make it through a short term or a long term crisis. With the long shelf life of the freeze dried food items, you'll always be able to have something to eat on hand.

Some people think that freeze dried foods mean that you'll have to give up on taste - but that's not the case with this choice. The quality of the food always depends on the type of ingredients that go into it.

This supply relies on strong flavors, top notch ingredients and long term reliability to keep the food tasting great every time. Not only that, but the food items aren't packed full of things like MSG or GMOs which aren't good for your body.

You'll get an array of healthy meals and with this supply, you get 800 servings of food that will help you survive a crisis. You'll get a huge supply of things like chilies and soups and even sweet treats like great tasting muffins.

Each of the food items in the box is carefully packed in Mylar bags. These are bags made to keep out the oxygen that can spoil food so that the food retains its quality.

The bags are also long lasting and can be reused. You can take out what you want to eat from a serving size and then seal the bag right back up. Make the move today to ensure that you and your family will have the food that you need to make it through any short- or long-term crisis with peace of mind.

[Click Here To Check Out This Product!](#) (3 Month supply - \$380)

[Click Here To Check Out This Product!](#) (1 Year Supply - \$990)

## 3 Month Emergency Food Supply by Patriot Pantry

Once a crisis hits, you need to know what you're going to have to do to survive. You must be prepared ahead of time. When you're trying to make sure that everyone has food to eat, the last thing you want to have to do is to wonder where it's going to come from.

That's why it pays to have food set aside in storage in the event of an emergency situation. You can find great bargains like the 3 Month Emergency Food Supply by Patriot Pantry which will enable you to get through the crucial first few months after a crisis hits.

With this purchase, you'll get a 90 day supply of food. These are meals that are designed to be fast and easy to fix. Plus, you'll get enough snacks and drinks to last for the 90 day period as well.

The food supply is meant to be for one adult. So you'll need to make sure that you order enough for every member of the family. The food does have a 25 year shelf life, so you won't have to fret about it going bad if you need to store it for a while.

It's always best to have it on hand and not need it than it is to need it and not have it. You'll get a selection of great tasting food that comes in two separate slim totes so that you can stack them and store them anywhere.

Or, you can grab them and go if you need to. The food items are all contained in Mylar pouches. You can take out the number of servings that you want and then reseal the bag until the next time you need it.

To prepare the food, all you have to do is add boiling water and simmer. When you order this food supply, you get breakfast foods including strawberry fields cream of wheat in 32 servings-size, and maple grove oatmeal in 56 serving size.

You also get tasty lunch and dinner meals like Uncle Frank's Italian lasagna in 8 servings, Granny's home-style potato soup in 24 servings, and traveler's stew also in 24 servings.

Plus, you get summer's best corn chowder in 8 servings, blue ribbon creamy chicken rice in 24 servings size, blue ribbon creamy chicken rice in 24 servings, liberty bell potato cheddar soup in 20 servings and traditional fettuccine Alfredo in 20 servings.

Independence Hall chicken noodle soup in 8 servings is in the package along with cheesy broccoli & rice soup in 16 servings. Comfort foods like country cottage mac & cheese in 16 servings are included and so are heartland's best mashed potatoes in 32 servings, creamy stroganoff in 16 servings and instant white rice in 20 servings.

You get some delicious treats to like 30 servings of chocolate pudding and 16 servings of honey coated banana chips. Settler's whey powdered milk in 48 servings and orange energy drink mix in 32 servings is also in the package.

[Click Here To Check Out This Product!](#) (\$470)

## 3 Month Value Kit

There are no guarantees that you'll be living life as you normally would tomorrow or the next day or next week. Life can change in the blink of an eye. You can lose access to food, water and shelter and have to scramble to get your hands on even the basic necessities.

That's why it's always best to have a backup plan. Besides water, the second basic necessity that you need to have is food. You need to be prepared so that when a crisis damages your food supply or you're cut off from getting food, you have it on hand.

Knowing that you have the ability to get something to eat for yourself and your loved ones can give you peace of mind. Having food on hand like the 3 Month Value Kit will help you make it through a crisis, or help you when you're hiking or camping.

Prepackaged food is convenient, less likely to spoil and has a long term expiration date. Not only that, but you'll still be able to have delicious tasting meals by making the freeze dried foods provided in the kit.

The foods aren't bland and don't contain any MSG, which is known to trigger headaches, cause chest pain, nausea and heart palpitations. The food in the value kit doesn't contain hydrogenated oils, which are bad for your heart - or GMOs which can alter the nutritional makeup of food.

By purchasing the value kit, you'll have food on hand when you need it - plus, you save money since you're buying a supply in bulk. You'll get meals that are ready for all three meals of the day, so you'll be able to have nutritionally sound breakfast, lunch and dinner foods.

You'll receive a variation of serving sizes. The apple cinnamon pancakes, you can enjoy for breakfast - and you'll receive 15 servings of those in the kit. You get 10 servings of apple oatmeal and 25 servings of the blueberry muffin waffle mix.

Additional breakfast items include 15 servings of blueberry pancakes and 15 servings of buttermilk pancakes. There are also cereals like the multi grain option, which comes with 20 servings.

Strawberry Cream of Wheat with 20 servings is included along with strawberry oatmeal which has 10 servings. You'll receive 5 servings of baked potato soup, 5 servings of rice pilaf and 5 servings of chicken a la king.

In addition to that, you get several other meals of 5 serving size each. This includes chili mac, enchilada beans and rice, Irish pub cheddar potato soup, lasagna, mac and cheese, mango habanero chili, pasta Alfredo, southern style chicken rice, stroganoff, sweet and sour Asian rice, teriyaki chicken and white bean chili.

The classic chili and pasta primavera both come in 10 serving size portions. You'll receive a total of 230 servings in reusable Mylar bags that you can reseal if you don't use all of the portions. The food has a 25 year shelf life.

[Click Here to Check Out This Product!](#) (\$390)

## 260 Gallon Water Storage Tank

Nothing can cause you to feel as uneasy as knowing that you don't have access to the things that you need in order to survive. You can't really afford to wait until there's an emergency before you start trying to take care of the things that you need.

Being unprepared in an emergency can really impact the quality of your life. One thing you must have is access to drinking water. Yet, like we all witnessed in the wake of weather disasters like devastating hurricanes, that access can be gone in the blink of an eye.

What some people do is set aside a few gallons of water, believing that they can handle a crisis with a couple of jugs tucked away. While that's great for a day or two, when the crisis stretches into several days or even weeks, a few jugs of water isn't going to do it.

Water tanks are what you want to look at getting. Consider the 260 Gallon Water Storage Tank by Surewater. It is one of the most important purchases you can make that could help your family make it through a water crisis.

When you have a water storage tank, you'll have the water that you need right on hand, ready when you need it. It will give you peace of mind knowing that your family's needs will be met.

The 260 gallon tank can easily take care of the water needs of an entire family. If you have four people in a family, the tank can give you access to clean water for close to three months.

That's enough time for you to find a source of water if you need to or for the crisis to be over and regular water supply restored. This tank is made from material that's approved for food grade usage so you'll never have to worry about the water being kept in a container that's not suitable.

It's also BPA free as well. Even though the water storage tank can hold a lot of water, it doesn't take up a lot of space wherever you place it. It stands at 82 inches in height and is 28" wide.

The spigot is brass and stainless steel with a full-flow valve. The lid of the storage tank is plastic and the bulkhead has a rubber O-ring. When it's empty, it only weighs 75 pounds.

When it's full, it weighs over 2,000 pounds so when you set it up, make sure that's where you want it because otherwise, you'll have a tough time moving it. You can set it up outside, but the material will not prevent the water from freezing if you live in a state where temperatures drop to that level. The tank comes with a three year warranty and the protective valve caps are included.

[Click Here To Check Out This Product!](#) (\$690)

## Augason Farms Emergency Water Storage Supply Kit

Most people never plan for an emergency. It's not that they don't know that emergencies happen, it's just that everyone lives such busy lives, taking the time to prepare before a crisis doesn't always rate high on the to-do list.

But the state of the economy and the issues going on every day are proof that emergency situations are coming. You might face a crisis where you find yourself not having any water or you might find that the water you do have in your home has suddenly become contaminated.

That's why you need to make sure that providing for your family's basic needs is at the very top of your to-do list. The number one item that you need to have on that list is making sure that you have water.

You need to have enough water in storage so that every member of your family can survive for a minimum of three days. With the Augason Farms Emergency Water Storage Supply Kit, you'll have enough water to make it three days and then some.

The wide barrel drum of the storage tank easily holds up to 55 gallons of water. If you ration it, you can make it for almost two months on that supply. The barrel is made specifically to hold water long term so that it will be ready for use whenever you need it.

The barrel is solid and sturdy and well made so that it will last for a long time. It's also made BPA free so you don't have to worry about dangerous chemicals being part of your water storage material.

The material is constructed to the quality that it passes the EPA standards for water and food storage. You can store water that's been prepared and treated for drinking use for as long as 4 years without worrying about its viability when you use the water storage barrel.

When you order this kit, what you end up receiving is the 55 gallon barrel that's been carefully constructed to hold water without damaging it. The kit was designed to be a closed system.

That means that you're not going to be dealing with a lid that can pop off and contaminate your water supply. You also won't be dealing with any ill-fitting lids or rubber seals that can crack or break and would let harmful bacteria into your water supply.

The kit comes with plug fittings in a 2" size that make it easy for you to fill or remove the water from the barrel. There is a 6" siphon hose that comes with the barrel along with the hand pump for drawing out the water.

You also get the barrel opener and the Aquamira water treatment that can clean 60 gallons of water for drinking use. When you want to use the water pump, you have to take off the smaller plug to put the pump in. Once you have it situated, then all you do is use the hand grip to pump the water out.

[Click Here To Check Out This Product!](#) (\$90)

## Gluten Free Survival Meals

Most people can't imagine living through a period of time without access to the foods that they need to live. They can't imagine not being able to simply get into their car and drive to the store and buy whatever it is that they want.

Yet, it's already happened. Chaotic events all around the world have disrupted food production, food delivery and keeping products on the shelves at the stores. Taking into consideration the state of the world, many people have chosen to make sure they have a storage supply of foods on hand.

For those people, not being able to buy the foods they want and need at the store will be an inconvenience until the crisis is solved. However, for other people, not being able to buy the foods they want will be more than an inconvenience.

For people who have gluten allergies, not being able to buy food without gluten can trigger some unpleasant reactions. Those people will have to deal with stomach pain, bloating, headaches, fatigue and upset stomach if they have to eat food items that contain gluten.

That's why if you have a gluten allergy or if you have loved ones that do, you need to make sure their emergency food supply doesn't contain gluten. You can do this with the purchase of Gluten Free Survival Meals.

These great tasting meals are guaranteed to be gluten free. When you order, you receive a total of 54 pounds of delicious food. That equals 240 servings of entrees that are a treat to eat and easy to make.

Not only are the meals easy to make, but they're easy on the budget, too. These survival meals cost less than other brands, yet still deliver the recommended 2,000 calories in the servings per day.

In addition to that, the serving sizes aren't skimpy, either. You get almost twice as much food in a serving size as you get with competing brands. The foods are all produced without GMOs, MSG, trans fat or cholesterol and have a guaranteed 25 year shelf life so you can keep them safely stored until you need them.

The foods come in Mylar pouches which helps prevent the food from spoiling. The meals are broken down into 9 different entrees. You'll receive 32 servings of enchilada, beans and rice, plus 32 servings of loaded baked potato.

You get five different types of soup. These are the 24 servings of cheese and broccoli soup, 24 servings of cheesy potato soup, creamy potato soup also in 24 servings, creamy vegetable and rice soup in 24 servings and spicy corn chowder soup in 24 servings.

There are two kinds of chili included in the meals which are classic chili in 32 servings and white bean chili in 24 servings. Each of the servings has around 320 calories and to make the meals, all that's needed is water. The meals come in stackable plastic buckets for easy storage.

[Click Here To Check Out This Product!](#)

## Lifestraw Personal Water Filter

It's common knowledge that you can't survive long without water. Usually, having a clean water supply isn't a big deal. Most people have access to plenty of it. Yet, it's those times of emergency and those times where you're away from a clean source of water that can have a great impact on your life.

If there's a situation where the only water you have to drink may be contaminated with bacteria, you could be in trouble. You'd be forced to take a chance and drink it anywhere, opening yourself up to some serious health risks.

Fortunately, there is a way that you can always be prepared. If you have a Lifestraw Personal Water Filter, you'll never have to worry about being able to drink water.

It's the perfect tool in the event of a crisis and your survival is depending on water. One of the reasons that it's such a perfect item to have around is because it doesn't take batteries in order to operate it.

So you never have to worry about it not being usable. It also doesn't have any parts that need to move in order for it to work so you'll never be caught with a water filter where the parts have worn out.

This is a great item to have on hand at home as well as in your car. The filter is strong enough to keep out even the toughest bacteria. That means that you would have protection against nasty things like Giardia and Salmonella.

You also won't have to worry about cryptosporidium or E-coli either. The filter is especially helpful when you're going to an area that's known to have problems with the safety of the water supply.

The filter is lightweight and can fit into your pocket or backpack. Since it doesn't require you to mix any chemicals, you don't have to worry about being thirsty and having to wait to get something to drink.

You can insert the filter right into a body of water and drink as much as you want. Because it does the job so well, if you know you're going to go out hiking or camping and you'll be near water, you won't have to load down your gear with bottles of water.

All you need to take to have something to drink is the filter. It can effectively eliminate 99.9999% of bacteria found in water. The EPA rating on this water filter is higher than the rating needed to pass approval.

It's simple to use, too. All you have to do is take the caps off the ends and put the bottom of the filter straw in the water source. As you drink through the straw, the membrane stops the bacteria from reaching your mouth and holds it there.

All you get is good, refreshing water. You'll want to get one of these filters for every member of your family so that you're prepared in the event you'll need them.

[Click Here To Check Out This Product!](#) (\$20)

## Sawyer Products Mini Water Filtration System

In order to be fully prepared for any situation where you might not be able to get to clean water, you should have a filtering system on hand. There are many different kinds that you can get.

When you're choosing one, you want to look at whether or not it's lightweight and whether or not it can filter out the bacteria effectively. A system like the Sawyer Products Mini Water Filtration System meets both of those requirements.

It's lightweight at only 2 ounces and can be used in a number of different ways. When the system was checked for effectiveness, it prevented bacteria from getting through.

You can take the system along in the event of an emergency situation as you're traveling and you can keep a supply of them at home in the event your normal access to water is no longer working.

It's also the perfect tool to take along if you're going hiking or planning on doing any camping. You can travel to other countries with the system to ensure that you have clean drinking water.

This filtering system fits the 16 ounce pouch that comes with the purchase. This pouch is reusable and since it's a soft squeeze material, this will enable you to put the water from the pouch into other containers if you want to.

It's also designed so that the filter will fit snugly onto the majority of water bottles you can find sold separately. It's also made to fit with a hydration pack without you having to buy anything else once you have the hydration pack.

There's a straw included so that you can lean down to drink straight out of a stream, lake or other body of water without having to add a second step. The handy tool gives you the ability to filter water to put into bottles for yourself or a group.

The system relies on micron filtering to bring you clean water faster than other system. It has micro-tubes that let water in and because there are so many tubes within the system, you end up with a greater filtering rate and less chance of the water not being safe.

The filters are micron size they offer high protection against E.coli, bacteria, salmonella, protozoa and more. In testing, the system was proved to be 99.9999% effective.

The system can be back-flushed and there are no filter cartridges that you have to change out. You'll want to clean the filter after you use it before you store it for another use.

The filter will never stop filtering the water every time you use it, but if you end up getting a slower than normal rate of water, all you have to do is backwash to restore the flow.

[Click Here To Check Out This Product!](#) (\$25)

## WaterBrick Water Storage Containers

By paying attention to what's been going on in the world, it's easy to see that there have been times of turmoil such as civil unrest, damaging floods, destructive hurricanes and tornadoes that level entire areas.

When situations happen that disrupt the day to day way of life, utilities can become damaged or in most cases nonexistent. When that happens, you have an emergency situation on your hands.

When there's no access to water in a home, people always panic and rush to the stores to buy out whatever is on the shelves. Unscrupulous people will price gouge and sell a gallon of water for ten times what it normally costs.

If you're prepared for a water emergency, you won't have that fear and struggle to deal with. Of course, being prepared with a water source means that you have to have a way to put water in storage before you need it!

You should use something like WaterBrick Water Storage Containers to make sure that you have a solid supply of water for yourself and your family. There are plenty of types of water containers on the market but the reason that you want to get this kind is because they can hold a lot of water in just a little bit of space.

Each of the containers can hold 3.5 gallons so you end up with 28 gallons of water per WaterBrick. These are rectangular blocks that have the ability to interlock.

The shape of the containers allows you to stack them high and tight to get more water into a small space. Because of the interlocking ability, you won't have to worry about stability even if you stack them high.

They have a handle that's easy to hold onto so you can grab a container and move it if you have to. The material that the container is made of is BPA free. Since the containers are FDA approved, it means they're safe for not only storing your water supply but for holding some of your food supply as well.

You can put dry goods in them and keep them ready to use for years. Because they're made of good quality plastic, you won't have to worry about ending up with a taste or odor leaching into your water supply.

When you buy this, you end up getting a total of 8 of the blue WaterBricks and they're suitable for storing in the home, in a garage or even for taking on the go with you if you need to leave home.

Once you fill them with water, all you have to do is store the water in an area that's cool and dark. You'll want to aim for a temperature of around 70 degrees for optimal water storage.

[Click Here To Check Out This Product!](#) (Single Pack - \$20)

[Click Here To Check Out This Product!](#) (8-Pack - \$165)

## Wise Company Emergency Food Variety Pack

Your body needs the right foods in order to be able to run efficiently. Whenever there's a crisis and the food supply is compromised, it can affect how you're able to function physically as well as how you're able to think.

Without proper nutrition and healthy portion sizes, you'll find it difficult to make decisions. You need to keep up with what your body should have nutritionally - especially in a crisis situation when your body will be using more energy.

Your mind will need to stay clear and focused so that you can make decisions quickly if you have to. By having emergency food storage packages on hand, you won't have to worry about not having the nutrition you need.

You can buy packs like the Wise Company Emergency Food Variety Pack to keep and it has a shelf life of 25 years. You'll get a bucket that safely stores all the food items until you need to use them.

Preparing the food is quick and simple, too. All you have to do is mix water with the food. You don't need to cook it for the rehydration process to take place and in minutes, your meal will be ready to eat.

Because the food is kept in a handy container, if you ever have to leave in a hurry, all you have to do is grab the bucket and get out. You get a total of 104 servings in a variety of food items that cover every area of nutrition.

You'll get foods for breakfast, lunch, dinner and even fruits and vegetables and milk. You get a selection of different entrees that total 16 servings. You'll receive creamy pasta and vegetable rotini, savory stroganoff, pasta Alfredo and tomato basil soup that you can have for lunch or dinner.

The breakfast foods consist of apple cinnamon cereal in a 4 serving amount, and brown sugar multi grain also in 4 servings. There are also 8 servings of pudding included as well as 8 servings of yogurt.

Even flavorful butter sauce in an 8 serving pack is added. The fruits and vegetables are tasty and will delight both kids and adults alike. You get 32 servings in all in this category.

There are 8 servings of strawberries, 8 of bananas and 8 of both peas and corn. The whey milk comes in at total of 24 count servings. The way that the bucket is designed will keep the food fresh and usable whether you have electricity or not.

The bucket can keep out pests and also protect the food from being damaged by water or light. It can easily be stored in a garage and the bucket is made so that you can stack it in towers to save space if you need to.

[Click Here To Check Out This Product!](#) (\$95)