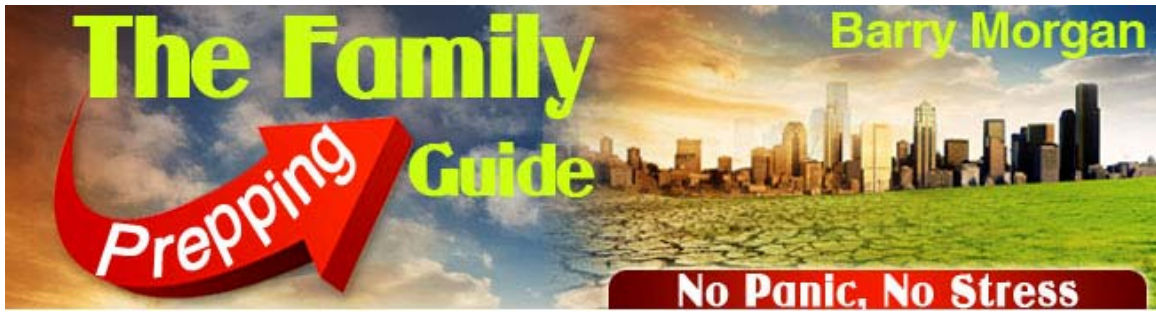


[Another eBookWholesaler Publication](#)



Proudly brought to you by

Lewis Philips signature books

[Email](#)

Recommended Resources

- [Web Site Hosting Service](#)
- [Internet Marketing](#)
- [Affiliate Program](#)

Please Read This **First**

Terms of Use

No alteration by anyone to the appearance, format or content of this ebook as supplied by eBookwholesaler is allowed. This Electronic book is Copyright © 2013 eBookwholesaler. All rights are reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means; electronic, mechanical, photocopying, recording, or otherwise, without written permission from the copyright holder(s).

You must not distribute any part of this ebook in any way. eBookwholesaler Members are the sole distributors and must abide by the [eBookwholesaler page for Terms of Use](#). No-one may offer or distribute this book through eBay or any type of auction. This book is published by eBookwholesaler and no-one else may claim to be the publisher.

Disclaimer

The advice contained in this material might be suitable for everyone. The author got information from sources believed to be reliable and from personal experience, but does not imply nor offer any guarantee of accuracy.

The author, publisher and distributors never give legal, accounting, medical or any other type of professional advice. The reader must always seek those services from competent professionals that can review their own particular circumstances.

The author, publisher and distributors particularly disclaim any liability, loss, or risk taken by individuals who act on the information here. All readers must accept full responsibility for their use of this material.

All pictures used in this book are for illustration only. No link or endorsement between the people pictured and the book, author or publisher is implied and should not be assumed. All pictures must not be used for anything else without the rights holder’s prior written permission.

Images © 2013 Jupiterimages Corporation, a Getty Images company.

Contents

Please Read This First.....	2
<i>Terms of Use</i>	<i>2</i>
<i>Disclaimer.....</i>	<i>2</i>
Contents	3
About the Author	5
Introduction	6
Why Prep?	7
What do You Really Need to Do?	9
<i>Health Checks</i>	<i>9</i>
<i>Cash will be Essential</i>	<i>9</i>
Planning is Essential	11
Keep Learning	12
Get Your Waste Away!.....	13
Water – More Valuable than Gold!.....	15
<i>Unsafe Sources.....</i>	<i>15</i>
<i>Disinfecting Water</i>	<i>15</i>
<i>Distillation</i>	<i>15</i>
<i>Bleach treatment.....</i>	<i>16</i>
Prepping for Your Pets.....	18
Maintain Your Base.....	20
Protecting Your Home and Family	22
Guns and Other Weapons for Defense	23
Extra Tips	25
<i>Speak Softly.</i>	<i>25</i>
<i>Be Ready to Backtrack.....</i>	<i>25</i>
Plan a Get-away	26

Where would you go?26
Transport Options27
When Disaster Strikes28
Map Your Routes30
When You Lose Power31
First Aid Kit31
Fuel for Your Generator32
Bug Out Bags and More34
Communication will be Vital36
People are the Ultimate Resource37
Resources38
Bulk Food Source International38
U.S.A. Government Advice and Links38
U.K. Advice and Links38
Emergency Advice Australia39
Preparation Brings Peace of Mind.....40

About the Author

Barry Morgan is an average person with a family and a demanding job.

Barry is concerned that anyone anywhere may be affected by crime, terrorism or natural disasters which are increasing almost daily.

Barry said, I appreciate that the government and many other dedicated people are providing the best protection and support which they can for us.”

“But, even when help is available in a major emergency, it may be too far away or under too much pressure to give any particular area sufficient, timely help.”

Barry started to research how he could help to improve the level of support and awareness for himself and in his community.

“I realized that we all must be prepared, as much as possible, to help ourselves when disaster strikes until outside assistance arrives, or in case it doesn’t!”

“It’s no different to any minor accident in your home. You, or the family member, can go to the hospital or your local doctor, but the outcome is likely to be quicker and better if you have supplies in your bathroom so that you can take immediate action. Just giving temporary relief for the pain and cleaning up any mess will make the injured person more comfortable and may even avoid the need to get professional help.”

Many people think that disasters are just things which they see on the TV news, but Barry wants to remind them, “Trouble can happen anywhere and often there is little warning. If you are directly affected, will you have to call for help or be able to call distant relatives and tell them, “Thanks, we’re okay. We were aware and prepared.”?

Barry says that his book will tell you how to prepare your family for most dangerous events and what to do if they occur.

“I’ve focused on events which disrupt the local community, including situations where there may be some temporary evacuations.”

“I excluded politics and personal views, to include more helpful advice”

Introduction

Almost every day, the media are shouting about another natural or man-made disaster.

Many people seem to dismiss them as “something which we only see on the TV”. But, these tragedies are becoming more common and hurting many areas where they were previously unknown.

From sinkholes to earthquakes, they could be on your TV tomorrow and your doorstep next week!

Even small disruptions to the services and resources we depend on can have major consequences for most families.

My book will help you to be more aware of potential risks and review their possible impact on you, your family and other people you care about.

Your needs could be quite different from mine or even your neighbors.

This guide will help you to review your situation for possible risks and to work out where you could be pro-active to reduce the potential damage by planning to take early action.

It is written to help you to deal with any critical events which affect you and increase your peace of mind about them.

I have some ideas about self-protection, financial advice, bush craft and other survival skills, moving to a trailer or cabin-based lifestyle. You should explore these areas while focusing on your particular situation and background.

I am not qualified to advise on financial planning or other matters where you must consult a professional. Providing specific information about those areas which help readers all around the world would need several full-length books!

I discuss the merits and risks of keeping guns but I leave the decision about what is necessary for your situation and within your capabilities to you.

Almost everyone will benefit from learning how to look after themselves better in these situations. I hope this will get you started.

Why Prep?

People like me, who live all or most of their lives in developed countries where organized systems of government provide a multitude of services and support. We have felt that we could leave our protection from disasters and their effects to the experts.



We have networks of friends and relatives which developed as we grew and went from school to our years in the work-place.

Many of us have only experienced disasters as things we only see on TV between the advertisements.

But, we are learning that no system is perfect.

More people in more places are being directly affected by changes in social structures, climatic changes, all kinds of disasters and pressure on our societies from the increased demand for once-common natural resources.

You have a greater chance of being directly affected by a natural disaster or other episode than ever before. And, the potential risk is increasing because much of the known resources are becoming depleted.

What is still available is costing more to find and harvest. At the same time, more is being locked up and controlled by private organizations.

We should take some steps to prepare our homes and ourselves to reduce whatever damage might occur if a disaster strikes.

Even when support services are available and ready to respond, help will take time can arrive, if it ever does!

I am not being an alarmist. Just think about the natural and human-assisted disasters which have happened in your country in the last few years?

Some areas which had previously had little of either have suffered floods and wildfires within a few weeks of each other!

I want to help you be better prepared to protect your family and property. If

you have prepared yourself to a reasonable degree, you will also be able to help others in your community, including those who tell us, “It can’t happen here!”

I wrote this book to help you with reliable information and advice from my



experience and research into the advice of many people with more experience and first-hand knowledge of the types of situations we could encounter, often at short notice.

I am not trying to alarm you or push my personal views onto you.

The ebook gives you information from people with widely varied personal views.

When you have read it, you will be better prepared to review and improve your particular situation by taking action to reduce or eliminate risks to your family and your property.

What do You Really Need to Do?

Health Checks

Most people accept the value of regular health checks but many people delay or even avoid them.

If someone is worried about the tests finding something wrong, they should realize that the consequences of letting the situation continue are likely to be much more damaging.

Cash will be Essential



Keep your credit cards and other documents safe but always have some cash available. If the communication or power systems are down, you will need C-A-S-H. Even stores that know you will expect cash.

Are you comfortable with your present level of preparedness?

Most people in my area have probably not made any plans for any problems beyond a list of emergency numbers keyed into their phone and a spare front door key under a plastic rock in their front garden.

My parents were more careful. They had flash lights with spare batteries at each door, candles and matches near the fuse-box and small fire-extinguishers in the house and the garage.

I do all those and also take some other precautions.

There is a small fire-smothering blanket near the electric stove, sound-activated lights in the front and back of the house, and on the stairs.

The first-aid kit is in line with recommendations from the instructor at my first-aid course and there’s a smaller one in the car.

That probably sounds like common-sense but I believe we need to do a bit more because the risks we face are increasing. The demands on our emergency services are much heavier.

There are many towns and cities where most emergency calls are graded by the contact person and those calls which they judge as not life-threatening or

equally serious are responded to less quickly. This is understandable when resources are limited and demands on these services are sky-rocketing.

Many calls may not require such urgent assistance and, of course, many calls are fake but they tie up a portion of the available personnel and vehicles.

Since the response to our call may be slower than we hope, we need to help ourselves more so that we can have the peace of mind which my parents got in their day.

You may decide that some of my suggestions are not important for your situation.

But, you will probably find some useful precautions and actions which you have not done or even considered until now.

I have had a lot of input from friends and some professionals in various related areas.

I believe that this book will help you and those you care about, whatever your location and particular circumstances.

Planning is Essential



We need to plan for potential emergencies as carefully as we would plan our financial arrangements.

If we do not put in the time and effort to work out what we need and what options we would have to deal with, we could be increasing the risks to ourselves and our family when the situation occurs.

It's important to involve other adult members of the family in your planning. Your planning will help you to find any matters where you don't have enough current information to make good decisions before you actually need to.

Always put your plans in writing and make sure that everyone concerned is comfortable with anything which they have responsibility for.

Never assume that someone is happy about some promise they make. They may feel obligated to make that commitment for a number of reasons and still be unhappy about the responsibility or unsure of their ability to fulfill it.

It's much better to be sure that everyone is willing and able to do what is needed.

Keep Learning

The value of continuing to study and improve our skills is well-known.

Keeping active and using our brains is one of the best ways to a happy old age.

We have one advantage over children who usually have little input about their subjects and the way they learn them.

We can choose subjects that interest us or that we feel could add value to our lives.

These might be carpentry and other manual skills which help us to produce items which we will use for our own benefit or subjects like first aid which can be of benefit to the wider community as well.

Adult learning courses are a great way to add more enthusiastic and knowledgeable people to our personal and professional networks too.

There are many subjects which can make us more effective when we decide to increase our prepper credentials.

Any subject which is related to food, such as cooking, preserving and food hygiene would have obvious benefits.

Exercise classes which are related to our present level of fitness can be useful. But, we might be able to get our exercise by taking part in outdoor activities such as bushwalking, bird watching or even sailing or fishing.

Get Your Waste Away!

Starting to prepare your home for potential hazards is a good time to clear out any clutter which you have been going to get rid of “some day”.

Clutter is a hazard in itself. In any sort of emergency situation, it could block your escape.

It also causes stress and disagreements between family members.

Few people realize that we also incur costs in money, energy and time which is wasted when we have to clean, fix and maintain things which we keep around even though we no longer value or even use those things.

It also can cause accidents when people fall over things or strain themselves moving things.

When an emergency occurs, clearing your clutter now could mean that you are able to deal with the problem more effectively.

Don’t just add the stuff to landfill. Always consider that something you class as junk may have value for someone else or if used in a different way.

Local schools can often use egg cartons and many other materials for craft work. They sometimes collect what we might throw away and earn money from recyclers or manufacturers with it.

You may have some gear which you could get some money from with a garage sale or ads in local newspapers or even on the Internet!

If you have a lot of clutter, you may feel overwhelmed with the task of getting rid of it.

The secret is to start when you recognize the need to deal with the clutter and do a little bit every day.

Find one area in your home or garage where you can put stuff which has some value but which you really don’t use any more.

Then, you can start by picking up any small amounts of clutter when you see them and put them in the rubbish or the area you have already cleared.

Get your family members to do the same. Make sure that everybody will not

put anything which belongs to another person in the junk bin without checking with the owner and getting a clear okay first.

Don't let people move stuff into their rooms unless they have a clear idea of how they will use it.

Ask each person if they have anything they want to put into a family garage sale. If they want to get the money for the items, they need to give a couple of hours to helping on the sale day. If not, they give a percentage to the people who do take on that task.

That could give you a few spare dollars toward the essential accessories for your prepping strategies.

Be firm with yourself and other members of the family that everything in the sale is going somehow.

If it doesn't sell, find out if a friend or relative wants it or donate it to charity.

Start buying food and other household items in bulk; some for current use and the rest to be set aside for possible emergency situations in the future.

Yes, you will have to spend money, but most stuff will be used even if you don't have any emergencies.

When you start to build up a reasonable amount of stores, you can use some of the older stock so that it doesn't go out of date.

If you buy any food for future use which has not been a regular part of your family menus, use some of it as soon as possible so that everyone can say whether they will actually eat it again.

A little preparation will prepare you for unexpected emergencies and also mean that you have extra supplies on hand when guests arrive unexpectedly.

This will at least save you a hurried trip to the store and a sudden extra charge on your credit card.

Have you ever noticed that people who are well-prepared often have less problems anyway?

Water – More Valuable than Gold!

Water is truly the most valuable and least valued resource we have.

With safe water, people can survive for weeks. Without safe water, the limit is about three days!

We need to store about 1 gallon of water (approx 3.8 liters) a day for each family member’s drinking and washing. A minimum amount would be for three days but many people collect two weeks supply over time.

You need to ensure that your containers are unused.

Keep your stored water in a cool, dark place.

Unsafe Sources

Do not use any container which has had milk or fruit juice in it. The residues are difficult to remove completely and will encourage the growth of harmful bacteria.

Water from heaters should not be used.

Water in waterbeds is often treated with chemicals and can be also contaminated by chemicals leaching from the vinyl skin.

Disinfecting Water

If you have any doubts at all about the quality of the water, you should either use it only for washing etc., or treat it as explained here.

First, always use some clean cloth or coffee filters to remove any solid particles.

Distillation

This is a simple process, but make sure that your set-up is safe to use. You must take responsibility for any use of this information.

If you have not had any camping experience, you should get advice from someone you know that has.

Otherwise, invest in a distillation kit from an outdoor supplies store.

You need:

1. A heat-proof container with a lid.
2. Another heat-proof container, not as wide as the other one, which is light enough to be suspended inside it above the water level.
3. A piece of wire, maybe from a coat hanger, which you can bend around the smaller container to keep it suspended over the larger one.
4. A heat source to boil your water for at least twenty minutes.

Put the cool water in the larger container and apply heat until it boils for twenty minutes.

Collect the water which appears in the smaller container. You will have lost some which evaporated and not condensed in the smaller container.

Bleach treatment

The bleach should not have any fragrance, soap or other additive, just plain chlorine bleach.

Bring water to boil for one minute. Some experts advise different periods, but this has been the Red Cross recommendation.

Let the water become very cool (at least thirty minutes).

If it is not cool, the bleach treatment will not work properly.

Add 16 drops of bleach to each gallon of water (about 3.8 liters) and stir it well.

Let it rest for thirty minutes.

If there is a slight chlorine smell, you’ve finished.

If there is no chlorine odor, you should repeat the procedure.

Add the same amount of chlorine again and check after another thirty minutes.

Bleach becomes less effective after a period of time. Make sure that you check the date on your bleach. Use any which has been around for more than about nine months to clean your sinks and pipes.

Water is an essential resource for all living creatures. Part of our preparation is to reduce the amount of water wasted every day and ensuring as far as possible that we do not degrade the water sources we still have access to.

Prepping for Your Pets



Pets are usually regarded as members of our family, so its important that we prepare for them to be looked after in an emergency as well.

Great stress happens in every emergency when people have not taken precautions which can help their pets as much as possible.

There will be no time when something happens.

Many pets are lost, few of them are recovered and all are traumatized more than they should be.

Keep their immunizations current. Put a copy of the Vet’s certificate and a list of their medications with your other papers.

Make sure that your pets are microchipped or tagged so they can be identified .

Take photos of your pets and put some copies with your other important papers so that you can show them around if your pet becomes lost.

Your pets will be likely to flee and make more noise because the experience is strange to them.

If you have sufficient warning, consider having them stay with either someone that is very experienced (a boarding kennel) or knows them (a friend who agreed in advance to foster them through the emergency).

Put relevant contact details for the regular vet, other recommended vets, shelters (where your pet might end up if it strays) etc.

Prepare a supplies bag for your pet.

This should include:

- ✿ Pet blanket. Clean but used so it is familiar.
- ✿ Toy. It will need something familiar and distracting during travel or while sitting out the event.
- ✿ Travel crate. Make sure it is of appropriate size and check for any faults before you need to use it.
- ✿ Water in sealed container and sturdy bowl to drink it from.
- ✿ Food. At least three days supply of its usual food and sturdy bowl.
- ✿ If your pet usually has fresh food, try to get it used to having a particular prepared food which may be easier to have available in special circumstances.
- ✿ Plastic bags and blank newspaper or litter with trays if needed.
- ✿ Spare leash or harness.
- ✿ A muzzle is a good idea, even if the dog does not usually have one. If it is with strangers, the muzzle will indicate that it is a well-controlled dog and not likely to be a threat.

If your pet has to travel in a vehicle, use a suitable well-padded crate.

Never carry a dog or other animal in a car on a seat or someone’s lap. If there is a crash, the animal will be propelled like a rocket into the window.

If there is an airbag, it will always cause death or serious injury to any pet.

Maintain Your Base

The first step to preparing for a future disaster is to make your home as secure as possible.

Some people start to think about this topic and find out that they have not even taken the most basic precautions for keeping their family and visitors safe in normal circumstances. If you have previously taken steps to made your home safe, this chapter will help you to review everything. You may find that you missed some useful precautions or equipment that you previously installed may be out of date or missing.

Before you review the security of your home, check that your insurance is set at realistic current levels. Many people don't increase their coverage if they haven't added any significant items to their home.

You need cover at a level that will let you replace or repair major items. Many people have set their policies at current value. If the item is a few years old, that won't completely cover replacement cost of a new item. Some insurers add a nominal amount to the level of coverage at a slightly higher fee each year to help with the higher replacement cost. But, that may still leave you under-insured.

Does your third party policy have a realistic level of cover for people injuring themselves on your property? I was surprised to find that home-owners or occupiers may be liable if a burglar injures themselves! The law in some areas is focused on protecting people above property even when the people have no legal right to be on your property!

Do you have smoke alarms and electronic alarms?

Do your smoke alarms meet local authorities required standards? Older battery-powered types are considered less effective and may give people a false sense of security. Some types are actually banned in some places.

Have you checked the locks on your gates and doors? Most importantly, does every member of the family check that they lock the doors and gates each time they leave the area? Many assaults and burglaries are opportunistic

where the intruder just goes to the front or back door and checks if they are locked.

It’s sound practice to lock external doors even when you are in the house, but not in that area. Burglaries and assaults occur almost every day when an enterprising crook tests a door and gets in without any warning.

Protecting Your Home and Family



In an emergency, people seeking help may be desperate enough to break in if your locks and bolts are not strong.

Some will demand what they want and you will need to decide what you would be prepared to do if you are threatened.

You may not be able to depend on help from neighbors or the police. Even when they are willing, the delay before help arrives may be too long.

Do you have a basement or other area which you could fortify and store provisions in?

Such a room would need to have beds, and possibly other furniture, first aid supplies, power, toilet and washing facilities (or temporary substitutes).

You will also need books, games or other ways to give everyone some means of distraction from the situation. Electronic devices will be useless without their batteries.

The sort of food you should store there would depend on whether you had an extra refrigerator, electricity etc.

Guns and Other Weapons for Defense



You may think this is unlikely to be necessary with the people in your area. But, keep in mind that people will be driven to extreme lengths if the survival of their families or themselves is at stake.

You may or may not believe in owning a gun.

But, if there is a severe situation, you could be threatened by armed people or aggressive mobs. You need to decide how you will defend yourselves and your property.

If you do have a weapon of any kind, you should:

- Check that you are complying with local, state and Federal regulations.
- Ensure that it is good quality and properly maintained.
- It is stored safely where children or casual visitors cannot get access and injure themselves or anyone else.
- That you are able to use it well. The most powerful weapon, whether is it a firearm, knife or anything else can be as dangerous to its owner if they don't know how to use it and an attacker does.

Knives also need practise or you will be at a great disadvantage.

If you will depend on a knife, get a proper outdoor knife from a camping store. Make sure the metal strip which forms the blade continues to the far end of the handle. If you buy a cheap knife that piece of metal will end about one inch in the handle and is likely to break or come loose under real pressure;

Learning some form of unarmed self-defense is a way to build confidence and

meet people who can give advice from their greater experience.

It’s very important to realize that the various systems take a lot of practise and time to learn to the point where they will be of practical use to you.

I strongly suggest that you try to get a friend to also learn it or find another learned who lives near you and you get along with so that you can practise outside of the class-times.

It’s important to make sure that they are at about the same level of knowledge as you, or one of you will be basically teaching the other and not getting enough practise at the right level.

Extra Tips

Speak Softly.

Although making basic preparations for potential emergencies is important, be very careful about how much you tell casual acquaintances about your preparations.

You need to connect with your relatives and reliable friends to discuss ideas and arrange agreements for mutual support if something does occur.

But, many people who have been too generous with information about their preparations, especially about the resources they stored, were victims of assault or theft in recent disasters.

Be Ready to Backtrack

When you deice of escape routes which avoid the main routes (because they'd be jammed in an extreme situation), you need to drive them at least a couple of times to become familiar with them.

Always have two people on those trips, so that the extra person does most of the observation and the driver is not distracted.

Take the whole family if you can and make a game for the children to look for and memorize some landmarks on the route.

Always be aware that you may need to drive the return journey along that way. Your practise runs will make that easier and safer.

Plan a Get-away

May be your property would not be secure enough to be safe in a major emergency or it may not be your property.

Then, you need to make plans for safely getting out of there and making your way to a safe place somewhere else.

Would you have a discreet means of getting away from the property?

You need to consider the needs of every person in your group.

It could be more than just your immediate family. There may be partners, casual friends and even other families who have not any resources or plans of their own.

You need to decide also what you will do with any pets. This can be particularly difficult, so I have written a section covering some of the important things you need to decide and be ready for well in advance of the event.

Where would you go?

Whatever plans you make would depend on being able to arrange somewhere else to stay. That could be somewhere you own or temporary accommodation which you rent or share with friends or relatives.

Then, you need to plan and check the best possible ways to get there in an emergency situation.

Each of these possibilities needs prior thought and discussion with the other people well in advance of an emergency.

If possible, make agreements for mutual support.

You agree to help them if they are affected and you are not.

That may involve giving support to your family or perhaps only your children or pets for a period, if it is possible at the time.

Be aware, that sometimes people will turn out to be unable or unwilling when the crisis happens.

Transport Options

What vehicle, if any, would you have available? Fuel may not be available for very long or at prices which are affordable.

Is the vehicle big enough to fit everyone and everything in?

Is it strong enough for the trip under what would be difficult circumstances.

If the possibility of disaster is high, in your opinion, you will need to start moving some supplies and equipment to the other location and making sure that it is secure so that it is available when you get there.



When Disaster Strikes

I have great respect, even awe, for the contributions which rescuers and people that operated shelters and other resources provided to help people who could not stay in their homes and had no other safe refuges.

But, I have to include this section based on reports from various recent emergencies and people's experiences as the rescue phase began.

This will help you to make the best possible choices in such extreme situations.

Even if you have accommodation and other needs set up elsewhere, it will be worthwhile to consider what you might need to do if your plans are disrupted by some unexpected event, malicious intervention or accident.

Read about Bug Out Bags and other precautions in this ebook. Prepare them for all members of your family and your pets. If your plans work out, those extra supplies will be extra insurance. If the plan falters they might save someone's life.

Check the expiry dates on items stored in your bunker and your bags.

Replace them before they reach that date and use them or donate them to someone that will.

Remember that batteries can lose their charge without showing any damage. Food can lose its taste or develop molds which can be hard to see. Regularly wash clothes which you store so that they will be comfortable when you need to use them, at least for a while.

Plan on living off what you have – stores will be empty or sold out.

Gardens will be protected or looted. Prices for anything which is available will be very much higher than at the greediest supermarket.

Get used to the preparation and taste of dehydrated and other survival foods before you need to use them. One of the most interesting trips I ever had was a hunting trip with a couple of ex-soldiers. I really enjoyed the packaged foods they prepared but I was too dumb to get the details at that time.

Add a large as possible amount to your estimates of food and (especially)

water that you will store.

If you have to leave your property, try to take everyone and your pets with you.

Unless you have everything arranged for delivering your pets to as secure and reliable area as part of your personal evacuation plan, it’s much better for the pets if you get them to a safe area or even a good shelter before you have to move your family.

Map Your Routes

In any emergency, you need to be aware of the best ways to get to help or temporary shelter as well as your destination.

In extreme situations, the direct route will be crowded with people including many that don't know the area.

Make sure that you will have knowledge of alternative routes and possible refuges and resources.

Make a family trip to your remote location if you have one. This will help your family become familiar with the area and also the routes to and from it.

Keep it light-hearted but encourage them to take note of some landmarks. That knowledge could be valuable if someone becomes separated from you in the real emergency.

Keep your documents close as if your life depends on them because it might. If you are in a public shelter or evacuation center, you will need those details to establish your claim to use the resources and possibly get assistance from the companies and staff involved.

Another reason for getting them to a safer place before any emergency is that pets are not allowed in public shelters.

Some volunteers are setting up mobile shelters to collect pets in these situations but the demand is likely to make resources tight and possibility of a bad outcome likely.

Obviously, you will not be able to keep anything resembling a weapon while you are in the shelters and any you surrender are not returned if you leave the shelter.

When You Lose Power



A common problem is for electricity and other vital resources to fail or be damaged by acts of nature or other reasons.

Some people are not even prepared for their household power to fail through a fuse blowing or some other minor fault!

In this area, we need to have two kinds of fuse-wire. I have a small roll of each type wrapped around a small piece of hard plastic sheet.

We put a piece of fluorescent or luminous tape on each side of the card so it will be easy to find in the dark.

I have a card like this on a hook inside both the front and back doors. That way, I can grab one quickly from the nearest door and go straight out to the fuse-box.

We all need to have light sources which don't depend on Utility companies or any other outside provider:

Candles and **matches**, or a working **lighter**.



Torches. The ones with LED's are fairly powerful for their size but don't shine them directly at the eyes of any person or animal.

Solar garden lights. These can be useful if you have to go to other buildings.

Spare batteries. Some companies are now labeling their batteries with the date of manufacture and estimate of a "Use by" date. If you buy a device where batteries are included, check the batteries as soon as possible. If they are fitted to the torch, they may have corroded and damaged the actual torch.

First Aid Kit

If you have a freezer or someone in your family needs power for medical

equipment or to keep medicines cold, you should consider investing in a generator.

Fuel for Your Generator

Of course, you will also need to store some fuel for the generator. Storing and using quantities of fuel on your property will probably require that you discuss it and get approval (and a possibly higher premium) from your insurer.

Diesel fuel is easier to store safely but may also have restrictions on its use and storage in your area.

It can be usable for up to three years.

Gasoline is very popular but you are bringing in another source of danger with gasoline.

You will need to check municipal laws and possibly licenses for storing and using gasoline.

It's very important that you have a strong, stable base to operate the generator on and excellent ventilation.

Gasoline will be usable for up to two years under good conditions. Heat can speed its deterioration as well as causing it to ignite.

Unless you are experienced in using a generator, you really need to get advice from your supplier on the specific maintenance and use of the one you buy.

You will need to give them full details of your equipment which you will power with the generator.

After you buy it, set it up and try it with your equipment as soon as possible.

Run the generator with some load on it every one or two months at least.

Check the battery and all the fittings.

It's probably worth getting a trade-level battery tester.

Plan that you won't be able to get fuel, another battery or generator at any price in a disaster situation.

Then, you will be prepared for the most likely scenario. It will probably happen that way anyway.

Safety procedures when using a generator are important.

Use them sparingly if you can't depend on getting more fuel.

Good ventilation will help keep you alive!

Check your fire extinguisher and have it close by whenever you use the generator.

Follow the manual exactly whenever you use the generator.

Let the generator cool down before refueling.

When your neighbors know you have a working generator in an emergency situation, they will want you to help them.

You may also be targeted by thieves.

Bug Out Bags and More



You may think that planning what you will buy and store for possible emergencies is hard.

But, you also need to decide what you will put in your emergency kit that you will take with you if the situation in your area becomes too difficult.

A small bag will hold more than you think if you plan carefully and are ruthless about the contents.

Remember that you want to include everything which you will need if it is necessary to spend a significant period in another area without any access to anything at all which you left behind.

You may have to carry some supplies with you if you need medicine or other important supplies.

If you don't have a suitable vehicle, you might consider setting up a bicycle with a large carrier or even a small trailer.

If you have a suitable vehicle, you might put a folding bike in it or on the roof for use when the vehicle is out of fuel, stolen or damaged.

Make sure to get the necessary spares for your bike and be prepared to repel others from taking it. I think bicycles and large tricycles will become very attractive when fuel starts to become scarce.

There are many lists of items which you must pack in your pack, whether for immediate use or longer term evacuation.

Mylar blankets take up minimum space.

Protective items include sun-screen, painter's goggles, dust masks, eye wash, adhesive bandages, sharp scissors which are only used with your first

aid kit.

Medical gloves, work gloves.

You are usually better making up your own list than buying a kit from a department store.

Check with friends that have outdoor or military experience for personal recommendations.

Supportive innersoles, corn pads, foot spray (powder is probably easier to use and will provide more useful material).

Kits for snake bites and other gifts of nature. Get a lesson from someone with practical experience or you may not be able to use the kit when needed.

A first aid course could be helpful to you or even a life-saver for a family member.

Communication will be Vital

You need to have a wind-up radio or device with enclosed, long-life power source.

Every person should have an ID bracelet with the most important details so that rescuers can take action even if they cannot speak or sign when they are found.

Include the contact numbers of friends and family in other states which may be easier to reach if their area is not as severely affected by the emergency.

Small pictures of all family members. These may become very important for the safety of children if people claim to be their close relatives.

Large permanent marking pens to leave messages

Plastic magnifier. These can be very useful for reading maps and other documents.

Torches. The modern torches with leds instead of globes provide bright light/ Never shine a powerful torch into someone’s eyes unless you want to disorient them and don’t mind if their eyes might be damaged!

Batteries. Get all the sizes you need. If you store some, rotate them with fresh stock regularly so you have the freshest ones in your emergency supplies.

Luminous sticks for seeing and being seen as well as searching and signaling.

Luminous or reflective tape. This helps you to be seen by other people who may be hunting food or searching for you.

People are the Ultimate Resource

We all have groups and networks of friendly people and some who are real friends.

We connect with them in social and business situations. Some we still keep in touch with years later.

A few we meet rarely but we have made a special connection with us.

When you are planning your prepping, these people are probably the best resources to have.

You should go through your memory and contact people that may be also interested in creating cooperative arrangements where you might, for instance, provide temporary shelter for them if they have an emergency and they would do the same for you.

You may know some people who have similar pets to your own that would consider making a deal to board your pets and you agree to do the same for them.

These informal arrangements can give you some peace of mind but they fail sometimes when there is conflict or other demands on some of the people involved at the critical time. They should be an extra level of protection, not the primary one.

Your first level arrangements should be on a commercial basis to ensure that there is a mutual measurable benefit and the people you pay have the required level of experience.

If you know and trust the friends or neighbors, check with them when the time comes, but have the backup of paid support as well.

That’s in everybody’s best interests, including your pets.

Resources

Bulk Food Source International

<http://store.lds.org/>

Source of food supplies in bulk operated by the Church of the Latter-Day Saints. You do not have to be a Member of the Church to order these supplies.

<http://providentliving.org/self-reliance/food-storage/home-storage-center-locations-map?lang=eng>

Store locator for all countries.

U.S.A. Government Advice and Links

<http://www.ready.gov/>

From the site: “Emergency preparedness guidance from the U.S. Department of Homeland Security, lists and explains specific threats and response.”

CDC Emergency Preparedness

<http://emergency.cdc.gov/preparedness/kit/disasters/>

Centers for Disease Control and Prevention’s advice on preparing your family to be ready for an emergency. Checklists for emergency kits, for use in your home and helping members of the family (including your pets , through the emergency.

Zombie Apocalypse – the Government’s advice!

<http://blogs.cdc.gov/publichealthmatters/2011/05/preparedness-101-zombie-apocalypse/>

U.K. Advice and Links

Safety Tips from U.K. Fire Service

<http://www.fireservice.co.uk/safety/>

Protect yourself from and deal with all kinds of fires and flooding.

Emergency Advice Australia

Links to Government Emergency Links and Services

<http://australia.gov.au/topics/family-home-and-community/emergency-services>

Links for information and advice for all kinds of emergencies in Australia.

Smartphone apps related to emergencies in Australia

<http://www.em.gov.au/Resources/Pages/Australiansmartphoneapps.aspx>

This is a list of smartphone applications (apps) which claim to educate and assist Australians in preparing for and responding to a local disaster.

The list is not complete or up-to-date and the apps listed are not endorsed by the Australian Government:

www.abc.net.au/news/emergency/

A listing of emergency warnings from official sources only.

Preparation Brings Peace of Mind

Thank you for reading my ebook.

I hope that you never have real need to use the information in an extreme situation.

But, you show you are willing to invest in protecting yourself and those close to you.

Some of the information will be useful in other non-extreme situations.

Using some of the tips for camping trips or other excursions may increase your enjoyment and will ensure that you are ready if you have serious need of this information at some time in the future.

Barry Morgan

[Another eBookWholesaler Publication](#)