

Preppers Guide to Survival Make Ready and Prepare



*“By failing to prepare –
you prepare to fail”
Ben Franklin*

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Introduction

<p>Introduction</p>	<p>The World Economic Forum (WEF) is now predicting a global cyberattack that shares many characteristics with the Wuhan coronavirus (COVID-19). Klaus Schwab, founder and executive director of the WEF, called this crisis scenario a “Great Reset.”</p> <p>Schwab, Jurgens and other WEF executives described this Great Reset scenario as a massive, chaotic economic and social crisis that disrupts the internet, communication systems, financial and monetary transactions, the power grid, global transportation and commodity trade systems. These compounding crises will have “geopolitical” ramifications. How prepared are you?</p>
<p>Are you ready to provide for your family</p>	<p>Pandemics aren’t something non-preppers plan for, but if you want to make sure you can provide for your family when disaster strikes, you should plan for similar events as soon as you can.</p> <p>Don’t wait until it’s too late to stock up on pantry essentials. If your budget is tight, buy an extra can of food or two while buying your groceries. In time, you’ll have at least several days’ or one week’s worth of extra food.</p> <p>Preppers who are not adequately prepared, place added risks on the people who rely upon them.</p> <p>A well-organized Prepper Checklist with assigned responsibilities will maximize your odds of survival</p>
<p>Checklist</p>	<p>Your Prepper Checklist is a list of functions, or capabilities that you need to plan for in each of the survival categories.</p> <p>Comprehensive prepper checklist act as 1) a shopping list of items that you need to get or put into a kit, and 2) a to-do list. This Prepper Document and Additional Checklists accomplish.</p> <p>Prepper Checklists are always evolving. Your Preparedness Plan will change as your knowledge and skills advance. This Prepper document allows for the individual needs of each Prepper while accomplishing common goals.</p>
<p>Basic Prepper versus Advanced Prepper</p>	<p>The list is broken up into general categories to help keep things organized. Each Category is divided into several sub-sections, to accommodate New and Advanced Prepper.</p> <p>Basic Prepper - The minimum requirements of preparedness that you should strive to accomplish as fast as possible. They are the basic levels of preparedness that a new prepper who is starting out, should achieve as soon as possible.</p> <p>Advanced Prepper – Allows for survival for longer durations and increases the capacity of your prepper group.</p>

Rules for Prepping	Take these 2 rules into consideration:	
	Rule #	Description
	One - Privacy	<ul style="list-style-type: none"> • Privacy – Do not tell anyone about your preparedness plans, equipment or supplies. • Teach your children not to talk about your preparedness plans, equipment or supplies. • Be ready with plausible reasons for what you're doing (For example, "I'm buying all this food for the church cookout this weekend.") Be aware of what you're doing for your preparedness.
Two - Plan ahead	<p>Preparing takes time and money.</p> <ul style="list-style-type: none"> • Always adequately prepare in line with your financial ability. • You may want to involve family or friends in your preparedness plan to achieve your goals as a team. • A team approach can achieve effective results if planned properly. • Involving others means a stronger survival outcome. 	

Water

Introduction	<p>Preppers live by 2 key principles:</p> <ol style="list-style-type: none"> 1) A person can live about three weeks without food, but only three days without water. 2) Sourcing water, water filtration and water storage go hand-in-hand. <p>Most preppers fail to stock enough water, though they may have adequate water filtration methods stocked away. It's necessary to have a supply of water not only for drinking, but for cooking and cleaning as well. What's more, preppers need to know how to source water and filter it.</p> <p>A water strategy for preppers includes gathering and storing; filtering, purifying, and sanitizing; locating water reserves; and creating new water supplies. Below is your water survival guide.</p>
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7 Water Survival Lessons	<p>Pay close attention to these emergency preparedness lessons for your water supply (for example, the time to build a well is not when you're thirsty)</p> <p>7 Water Survival Lessons:</p> <table border="1" style="width: 100%;"> <thead> <tr> <th style="text-align: center;">Lesson #</th> <th style="text-align: center;">Description</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td>Bottled water is only your first line of defense—Store it. (To be discussed in greater in Basic Prepper)</td> </tr> <tr> <td style="text-align: center;">2</td> <td>You'll need more water than you think.</td> </tr> <tr> <td style="text-align: center;">3</td> <td>Water purification is an essential prepper skill.</td> </tr> <tr> <td style="text-align: center;">4</td> <td>Water is hiding for you in emergency situations.</td> </tr> <tr> <td style="text-align: center;">5</td> <td>Your tap water has chemicals and contaminants.</td> </tr> <tr> <td style="text-align: center;">6</td> <td>Know what water to avoid in an emergency.</td> </tr> <tr> <td style="text-align: center;">7</td> <td>Prepare your family today, by harnessing fresh water for tomorrow.</td> </tr> </tbody> </table>	Lesson #	Description	1	Bottled water is only your first line of defense—Store it. (To be discussed in greater in Basic Prepper)	2	You'll need more water than you think.	3	Water purification is an essential prepper skill.	4	Water is hiding for you in emergency situations.	5	Your tap water has chemicals and contaminants.	6	Know what water to avoid in an emergency.	7	Prepare your family today, by harnessing fresh water for tomorrow.
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Basic Prepper	<p>Bottled water is only your first line of defense—Store it.</p> <p>Consider this: the cheapest, fastest, and best thing you can do for your survival is to get bottled water. If you don't have several jugs of water, then get some immediately.</p> <p>Bottled water is only your first defense, because for the long term, you'll need to source more water and learn to filter it.</p> <ul style="list-style-type: none"> • Store bottled water in a cool dry place, away from sunlight, and not resting directly on cement – each could leach chemicals into your water. • Avoid stacking water jugs, cases or boxes too high. It creates a lot of weight on lower cases, and the bottom cases will eventually give way and leak under the weight. Prevent water damage to your home! • Rotate your stock of water and monitor it often to ensure your water reserves are sufficient. • Drink bottled water within three days of opening the bottle, to minimize the risk of exposure to microbiological pathogens or molds.
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	<p>Additional tips for collecting and storing non bottled water:</p> <ul style="list-style-type: none"> • Store water for 30-60 days. • Ability to (conveniently) transfer water out of bulk containers. • Purify / disinfect water from the 30-day storage. • Pre-filter / purify / disinfect water for an additional 30 days from gathered water. • Gather small quantities of water (less than 30 gallons at a time) • Dedicated “dirty water ” containers* equal to about 30 gallons, plus additional containers to catch rain water. • Spigot-controlled water (on / off valve). • Catch waste water for reuse as grey-water or black-water, small scale (buckets, etc.). • Have a 5-day supply of water stored in containers that are easy to move when full. • Portable capability to pre-filter / purify / disinfect your water for an additional 30 days, or longer.
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<p>Advanced Prepper</p>	<ul style="list-style-type: none"> • Stored water for 90-180 days or more. • Backup ability to (conveniently) transfer water out of bulk containers. • Pre-filter / purify / disinfect large quantities of water (bulk chlorine, gravity/drip filter, etc.). • Gather large quantities of water, in excess of 100 gallons at a time. • Dedicated “dirty water” containers* 100 gallons or more. • Pressurize lines to feed water to one or more locations. • Catch waste water for reuse as grey-water or black-water, large-scale. • Well water system with alternative energy to keep it running (see Alternate Energy). <p>Notes: Know how much water each person consumes per day while performing strenuous activity; use this to calculate how much water you need.</p> <ul style="list-style-type: none"> • A dedicated “dirty water” container is what you use to collect and store raw water before you purify and/or disinfect it. They should always be kept separate from “clean water” containers. • “Gray Water” is water from sinks and showers that can be used for gardening, flushing toilets, etc.
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<p>Gathering Water</p>	<ul style="list-style-type: none"> • Gathering water for flushing toilets, purification can be done using various containers – for example, rain barrels, buckets, cisterns.
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<p>Additional Information</p>	<ul style="list-style-type: none"> • In addition to drinking water, you will also need to store water for reconstituting dried foods (cooking pastas, freeze dried meals, rice and beans), cleaning dishes and utensils, and providing adequate hygiene, along with water intended for drinking. • Remember to store water for pets and livestock. • Having a personal water filter for everyone is important. • The effects of dehydration may run the gamut of lethargy, loss of mental alertness, headaches, or urinary tract infections to full blown kidney stone complications. Even if you are an advanced prepper and think you know everything about water and hydration, consider this important fact: you'll need 20-30 gallons a month per person, per month. • Either you prepare your water, or you prepare for medical complications. Preppers make it a priority to learn about filtration methods for their survival. Other methods for making drinking water safe: <ul style="list-style-type: none"> ○ Boil water. ○ Sand, Charcoal, and rocks. ○ Chlorination. Two ways to purify water with chlorination: <ol style="list-style-type: none"> 1. Chlorine dioxide tablets and water drops. Treating water with chemicals is a safe and effective way to ensure potable water: <ol style="list-style-type: none"> a. Potable Aqua tablets: Easy-to-use and proven effective against bacteria, Giardia, Lamblia, Cryptosporidium, and viruses. Drop tablets into water and wait. b. AquaMira water treatment drops: EPA-registered. A single 1-ounce bottle of AquaMira drops can treat up to 30 gallons (120 quarts) of water. It's the same chlorine dioxide formula as the tablets, but in liquid form. 2. Chlorine bleach. A spoonful of bleach per gallon of water (more precisely - 10 drops). Shake the container and wait 30-minutes. Bleach alone will not kill Giardia! <p>What preppers MUST know about bleach:</p> <ol style="list-style-type: none"> a. Do not use scented bleaches, color-safe bleaches, or bleaches with added cleaners" as these will contaminate your water. b. Check the expiration date as the effectiveness of chlorine bleach is just six months. c. Do NOT use pool chlorine. The composition is much stronger than laundry bleach!
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Food Storage and Cooking Off-Grid

Basic Prepper	<ul style="list-style-type: none"> • Store 60 days of food (minimum. Work up to 120+ days) you eat daily (store what you eat, eat what you store). • Portable capability for minimum-prepared foods for 14 days (for traveling, short-term missions, etc.). • Gather more food: hunt, fish, trap/snare, gather wild plants. • Dress and prepare gathered food. • Keep perishable food cold using alternative energy methods for 30 days (see Alternative Energy). • Disposable flatware for 30 days. • Open cans and other packaging for storage. • Be prepared to cook food 3 times a day with alternate methods for 30 days (minimum, work up to 90 days). For example: propane, gas, electric, firepit. • Have cookware that can be used over an open fire (pots, pans, kettles, etc.). • Durable - cooking utensils - (including pots, pans, etc.). • Equipment to cook over fire pit (grates, tripods, hooks, etc.). • Manual can opener available. • Recipes for making a variety of dishes from the food you store. • Spices to make food more palatable, enjoyable, varied.
Advanced Prepper	<ul style="list-style-type: none"> • One year's worth of food, in any combination of every day, minimum-prepared and long-term storage foods, with the experience and equipment to prepare it. • Portable capability for minimum-prepared foods for 30 days or more (for traveling). • Grow food and harvest the seeds for the next planting. • Grow and tend livestock. • Preserve food on indefinite basis (canning, smoking, dehydrating, jerking, etc.). • Keep perishable food cold for an indefinite basis using alternative energy methods. • Cooking food 3 times a day with alternate methods for 1 year or more. • Disposable flatware for 90 days (if continuous supply of water not obtained). <p>Notes:</p> <ul style="list-style-type: none"> • Minimum-prepared foods – Are foods that require little or no cooking before eating. • Flatware - Plates, bowls, cups, spoons, forks, knives, napkins, etc. Disposable flatware reduces water consumption, and is typically used for shorter-term events. Those with Advanced Prepper for alternate energy and water will have less use for disposable flatware. • Oil—Ensure you have enough cooking oil, lard, etc.
Rotate your Food Supply	<p>Always <u>rotate your food supply</u>. Use items before they go bad. Immediately replace items that you use, so you have what you need.</p>

Food Items to Store

List of Must-Have Food Items

A list of 16 must-have food survival items:

- Beans and lentils
- Bouillon cubes or granules (chicken, vegetable, beef)
- Canned fruits (Like apricots, cherries, peaches and pears.)
- Canned meat (Such as corned beef, salmon and tuna.)
- Canned soups
- Canned vegetables (Such as beans, beets, corn, peas and tomatoes.)
- Canned juices
- Cereals
- Condiments
- Cooking oils (corn oil, vegetable oil, coconut oil, olive oil)
- Couscous
- Crackers
- Dairy and milk (Like condensed milk or coconut milk.)
- Dried Fruit
- Dry cereals
- Flour, Yeast, Baking Soda and powder, Corn Starch
- Fruit juices
- Hard Candies and chocolate (dark)
- Honey
- Infant/Baby foods
- Instant potato flakes
- Jams
- Jellies
- Maple Syrup
- Nuts and seeds
- Oatmeal, Cream of Wheat and Cereals Pasta and sauce
- Pancake Mix, just add water type
- Packaged meals (macaroni and cheese, hamburger helper, Ramen noodles, etc.)
- Potatoes, Onions, Beets, Turnips and all storable lasting vegetables
- Peanut butter and other nut butters
- Popcorn
- Powdered eggs
- Powdered milk
- Powdered Cheese, parmesan or cheddar
- Protein or fruit bars
- Rice- lots of Rice
- Spices/Seasoning (vanilla, salt, pepper, paprika, cinnamon, pepper, taco seasoning, etc.)
- Sugar
- Tea, coffee and drink mixes
- Tomato sauce and paste
- UHT non-perishable milk
- Whole grains (barley, oats, quinoa, rice, wheat berries)

How to Store Flour	If you're stocking up on flour, use sturdy metal cans to keep insects (like weevils) out of your storage room. Store items like flour in sealed containers, or mylar bags with oxygen absorbers.
How to Store Beans, Rice and Pasta	Store beans, rice and pasta in air-tight containers. Package dry goods in Mylar bags with oxygen absorbers, then store the bags in sealed containers. Purchase mylar bags and oxygen absorbers on Amazon.
Preventing Food Deterioration	To effectively prepare for a food shortage, you must have a decent storage area. Buying all the essential food and then placing it mindlessly in a corner is not a good idea. Many factors can cause stored food to deteriorate—like microorganisms, insects, rodents, and contamination.
Where to Buy Dried Food	If you want to stock food with a 25-year shelf life, consult the following websites: <ol style="list-style-type: none"> 1. Good2goco.ca 2. mypatriotssupply.com/collections/emergency-survival-food 3. https://www.healthrangerstore.com/
Tips for Stockpiling Food	Improperly stored food will spoil quickly, even if it's non-perishable or shelf-stable. Tips for stockpiling food: <ol style="list-style-type: none"> 1. Keep food in a dry, cool, and dark location. 2. Open food boxes and other resealable containers carefully so that you can close them after each use. 3. Wrap crackers, cookies and similar foods in plastic bags and keep them in sealed containers. 4. Empty open packages of sugar, dried fruits and nuts into airtight canisters to protect them from pests. 5. Before use, inspect all foods for signs of spoilage. 6. Throw out canned goods that have become swollen, dented or corroded, or are leaking. 7. Rotate your supplies: Place new supplies at the back of your stockpile and move older items to the front. 8. Check of "best-before" and "use-by" dates. 9. Stock up on versatile ingredients, like herbs, spices and canned vegetables. 10. Only stock up on foods you will actually eat. 11. Many websites are available for additional suggestions and storage ideas. <ol style="list-style-type: none"> a. Canadianpreparedness.com b. Seasonedcitizenprepper.com

Survival Medicine Practices

Introduction

In a disaster situation, if you needed to deal with an injury or illness, would you know what to do? Review the list below, for preventative actions to take for a 120 day period or longer.

Basic Prepper

- Block Sun UV rays
- Repel (keep away) insects
- Blister pre-treatment
- Protect care-giver from infection while treating others
- Take CPR and other First-Aid courses
- Maintain good dental hygiene practices
- Immediate Response
- CPR
- Clear the airway / Start the breathing
- Stop bleeding
- Soothe burns
- Treat bite and stings
- Remove splinters, stingers, etc.
- Diagnose
- Patient assessment:
 - Primary (ABC – Airway, Breathing, Circulation)
 - Secondary, Head-to-Toe survey
 - Determine body temperature
 - Determine blood pressure
 - Determine heart rate
 - Recognize signs and symptoms
 - Treat and Protect Wounds
 - Disinfect minor wounds
 - Wound irrigation and/or cleansing
 - Splinting and limb immobilization
 - Dress and bandage wounds
 - Debride wounds
 - Close lacerations
 - Temporary dental fillings
 - Ongoing Care
 - Relieve pain
 - Reduce swelling
 - Reduce fever
 - Relieve allergy symptoms
 - Stave off infection (antibiotics)
 - Blister treatment
 - Shock prevention
 - Dehydration prevention
- Muscle relaxants
- Miscellaneous
 - Ice & heat packs
 - 30 days of life saving prescription medications
 - 30 days of OTC and “maintenance” medications

Advanced Prepper	<ul style="list-style-type: none"> • Ability to perform the above for at least 90 days, and to perform the items below: <ul style="list-style-type: none"> ○ IV supplies to start one IV per person covered (including extras for missed sticks). 3 liters of solution per person. ○ Knowledge of blood types of all persons covered. Transfusion* compatibility planned. <ul style="list-style-type: none"> ▪ transfusion capability for one ▪ transfusion for each three people covered ○ Additional 90 days of life-saving prescription medications ○ Additional 90 days of non-critical and “maintenance” medications ○ Take Advanced First Aid Courses, and yearly re-qualifiers. <p>Notes:</p> <ul style="list-style-type: none"> • Transfusion Warning: You easily can kill a person if you do this wrong. • DO NOT perform any medical treatment that you are not trained for.
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Personal Hygiene and Sanitation

Introduction	<p>One big step towards good health is good personal hygiene. It is one of the key ways to protect yourself from disease-causing germs and bacteria.</p> <p>Proper hygiene practices</p> <ul style="list-style-type: none"> • keep you healthy by eliminating the potential causes of illness, • elevate mood, build self-esteem and confidence. <p>Hygiene supplies are critical for long-term survival and health. It is far easier to get an infection, or contract an illness if you are not clean.</p> <p>It is important to have emergency hygiene kits for everyone in your family.</p> <p>Be sure to pay attention to specific needs based on allergies and other issues. For example, diabetics can suffer from thin skin that dries out easily so a bottle of moisturizer would be good to include.</p>
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Basic Prepper	<ul style="list-style-type: none"> • Ability to handle human waste (ask yourself, “how and where am I going to go to the bathroom, and what am I going to do with it once I’ve finished?” and “Do I have enough toilet paper?”) • Two pairs of eyeglasses, both with current prescription • Eyeglass retaining straps • Toiletries: Make sure you can do everything in the bathroom that you do on a daily basis, including: <ul style="list-style-type: none"> • Bath / wash (soap) • Toothbrush - brush teeth • Toothpicks • Take care of dentures • Comb/brush hair • Deodorant/antiperspirant
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	<ul style="list-style-type: none"> • Keep skin from drying (lotion) • Dry self (towels) • Feminine hygiene items • Garbage disposal and recycle/reuse • Buckets • Plastic trash bags (for human waste, and substitute for buckets) • Deodorizers (Lysol, baking soda, vinegar, bleach) • Mirror • Lotion • Feminine Products • Cotton Swabs • Straight Razor • Lots of Floss • Hair Ties • Washcloth • Light Towel • Razor Blades • Antibacterial soap and hand sanitizer
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Advanced Prepper	<ul style="list-style-type: none"> • More of everything above • Running hot water (see Alternate Energy and Water) • bag or sprayer showers • Compost garbage and waste • Spare buckets • More plastic trash bags
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Supplements

Introduction	There are only 13 essential vitamins that the body needs to function correctly. These vitamins are obtained from your diet. However if you don't get it in your diet, you need to take it in pill form
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Supplements	<ul style="list-style-type: none"> • Vitamin A – Helps to maintain healthy teeth, bones, skin, and mucous membrane. Found in dark green leafy vegetables, dark-colored fruits, egg yolks, liver, fish, and beef. • Vitamin B1 – Also called thiamine. Converts carbohydrates into energy and helps regulate proper heart function. Found in lean meats, nuts, seeds, legumes, whole grains, and organ meats. • Vitamin B2 – Also called Riboflavin. Promotes the production of red blood cells. Also helps other B vitamins to function properly. Found in organ meats, eggs, milk, green vegetables, and whole grains. • Vitamin B3 – Also called Niacin. Helps to maintain healthy nerve and skin cells. Also helps to lower the cholesterol levels in the body. Found in avocado, fish, eggs, legumes, potatoes, whole grains, and poultry. • Vitamin B5 – Also called Pantothenic Acid. Breaks down food and helps with hormone and cholesterol function needed by the body. Found in kale, avocado, legumes, mushrooms, organ meats, sweet potatoes, milk, and poultry.
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	<ul style="list-style-type: none"> • Vitamin B6 – Also called Pyridoxine. Vitamin B6 helps with the production of red blood cells. It also helps to maintain brain function and with protein synthesis. Found in meats, poultry, nuts, avocado, banana, legumes, and whole grains. • Vitamin B7 – Also called Biotin. Helps break down carbohydrates and protein. It also helps with the production of hormones. Found in egg yolks, nuts, legumes, pork, yeast, cereals, and chocolate. • Vitamin B12 – Essential for boosting metabolism and the production of red blood cells. It also lowers the levels of homocysteine that has damaging effects on the body. Found in eggs, milk, organ meats, seafood and fortified foods. Many companies are adding “NutriFusion” (concentrated plant-based B12) to their products. • Vitamin C – Also called Ascorbic acid. An antioxidant that promotes healthy gums and teeth. It also encourages healthy wound healing. Found in broccoli, cabbage, citrus fruits, spinach, berries, and tomatoes. • Vitamin D - Aids in the efficient absorption of Calcium. Obtained from 15 minutes (minimum) of sun exposure. Can also be obtained from consumption of fatty fish, fish liver oil, and cereals. • Vitamin E – Aids in the production of red blood cells. It also helps the body use Vitamin K effectively. Found in green leafy vegetables, avocado, papaya, seeds, nuts, wheat, and mango. • Vitamin K – Helps promote bone health and clot the blood. Found in green leafy vegetables, fish, beef, eggs, and liver. • Folate – Works well with Vitamin B12 to produce red blood cells. Required for the production of DNA, thus making it an essential vitamin for pregnant women. Found in beans, green leafy vegetables, citrus fruits, peanut butter, wheat, and brewer’s yeast
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<p>Additional Supplements</p>	<ul style="list-style-type: none"> • Multi-vitamins • NAC • Minerals like calcium, magnesium and zinc • Colloidal silver • Iodine • Quercetin • Black seed oil • Cod liver oil
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9 Essential Oils for Your Survival Kit

Introduction	<p>There are many reasons why learning about essential oils is useful for preppers. Not the least of those reasons is to lessen the reliance on expensive and often ineffective and toxic pharmaceuticals.</p> <p>With essential oils, you have the freedom of where to shop, how much to pay, and how to use them. You can dilute essential oils in a carrier oil or salve, use them in a compress, or diffuse them, or use them in a myriad of other ways suitable to your situation.</p>
Basic Prepper	<p>Shopping for essential oils can be expensive. The recommendation if you only afford one, make it lavender! If you can afford it, add tea tree oil (melaleuca) and clove oil.</p> <p>Purchase essential oils on sale, and purchase two or three then set them aside for the long term. Not only will food become scarce, so will medications and essential oils.</p>
Advanced Prepper	<p>Here is a list of the nine best essential oils for the long-term survival kit along with the top 4 uses for each of them.</p> <ol style="list-style-type: none">1. Lavender<ul style="list-style-type: none">• Treats cuts, scrapes, and burns and works to promote healing• Induces calm, relieves anxiety and stress, promotes sleep• Eliminates the sting of bug bites• Relieves pain and soreness caused by sprains and muscle aches2. Peppermint<ul style="list-style-type: none">• Relieves headache pain• Topical treatment of allergies• Repels ants, spiders, mice and other pests from home and garden• Treats digestive disorders such as heartburn, bloating, indigestion, and constipation3. Melaleuca (Tea Tree)<ul style="list-style-type: none">• Use as an antiseptic, antiviral, antibacterial and fungicide. Kills germs and prevents infection!• Eliminate mold and mildew• Fights colds, sinus infections, respiratory ailments and bronchitis• Treats wounds4. Rosemary<ul style="list-style-type: none">• Improves concentration and memory plus provide increased mental and physical stimulation• Relives anxiety and stress by calming and relaxing the nerves• Soothes and heal skin disorders by reduce itching, dryness and irritation• Treats respiratory problems and congestion through inhalation

5. Frankincense

- Reduces inflammation and relieve conditions where pain and inflammation are present
- Heals wounds from cuts, scrapes, and burns
- Mitigates depression and feelings of helplessness
- Boosts and supercharges the effectiveness of other essential oils when used in tandem or layered on top of other oils

6. Clove

- Relieves toothaches and reduce the pain of canker sores and gum irritation
- Disinfects hard surfaces and utensils
- Freshens foul or stale air
- Treats wounds, cuts, scabies, athlete's foot, fungal infections, bruises, prickly heat, insect bites and stings.

7. Lemongrass

- Provides immediate relief to "clenched" and knotted tendons and muscles
- Reduces fevers
- Eliminates body odor and other foul smells
- Reduces bacterial around the home by using it in DIY cleaning products

8. Oregano

- Removes warts and skin tags
- Fight infection by applying topically to gums, chest, or skin abrasions
- Prevents fungus and mold including relief from athlete's foot and nail fungus
- Controls itching from insect bites and rashes

9. Shield Protective Blend, or other "Robber's Blend"

- Use as an effective hand sanitizer
- Blend into DIY cleaning products for extra disinfecting power
- Create an anti-viral spray to eliminate both airborne and surface micro-organisms
- Prevent or relieve the symptoms of colds and flu

Apparel

Introduction	<p>Your clothing is an important part of most survival situations. Think of clothes as life-saving shelter or armor that you carry with you all the time.</p> <p>Not only can the right clothing make the difference between life or death, but changing the way you think about clothing (eg. function over fashion) can change the way you approach and enjoy daily life.</p>
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Focus on materials, construction, and style category	<p>If you find yourself in a survival situation, select clothing that is:</p> <ul style="list-style-type: none"> • Durable • Light weight • Protects you from the elements (i.e. heat, cold, water, fire) or threats (i.e. bugs) • Easy to wash, maintain, and repair in the field • Not flashy. You maintain a low profile / don't stick out <p>It will be challenging to find all features in one article of clothing; even two or three features may be challenging. You may need to make compromises to find prepper clothing that works for your goals and budget.</p> <p>The above list of important qualities can actually be reduced three essentials:</p> <ul style="list-style-type: none"> • durability • weight • cost <p>In the previous list, everything above falls under one of these three; you'll almost always be forced to pick just two when selecting any one item.</p>
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Prepper Basic	<p>Begin with the following FOR EACH PERSON:</p> <ul style="list-style-type: none"> • Three complete changes of rugged clothes. • Three complete changes of sleep clothes. • Seven changes of underclothes. • One pair of rugged, waterproof boots. • One pair of comfortable shoes (sneakers, sandals, etc.). • Outer gear (boots, gloves, mittens, scarves, hats, etc.) for all climates (cold weather, rain, etc.) • Spare shoe and boot laces.
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Advance Prepper	<p>For EACH person have</p> <ul style="list-style-type: none"> • Seven sets of rugged clothes. • Fourteen changes of underclothes. • Spare boots (rugged and waterproof). • Spare comfortable shoes. • Ability to make/repair clothes. • Ability to make/repair boots and shoes. • Quantity of various materials for repairs and creation of clothing. • Second (spare) set of outer gear for all climates.
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Off-Grid Energy Options

Introduction	<p>Electricity is essential for the life of people: cooking, heating air and water, and using the Internet would be impossible without it.</p> <p>However, in a survival situation, you may need to live off-grid and will have to survive with what you have at your disposal. Review this section for tips on living off-grid, and the batteries you should consider buying.</p>
Prepper Basic	<ul style="list-style-type: none">• Ability to recharge NiMH or NiCd batteries from an indefinite power source, in the sizes you use (AAA, AA, C, D, 9V)• Generator, with enough capacity to power critical needs for 120+ days (like freezer, refrigerator, needed electronics, etc.) <p>Short term solution</p> <ul style="list-style-type: none">• Store of fuel to power a generator for 120+ days• Put Uninterruptible Power Supplies on all computers and other sensitive critical electronic equipment• Spare extension cords• Battery maintenance items
Advance Prepper	<ul style="list-style-type: none">• Solar-power, or other renewable/long-term power, setup capable of running all mission critical devices for indefinite period, working eventually to powering entire household• Solar Calculator• Ability to make ice on indefinite basis• Spare parts for Alternate Energy Generators, (fuses, wire, connectors, inverter parts, etc.)

Communications

Introduction	When looking at the world, we see that there is a very fragile balance of depending on resources and other people for many things. It makes sense to prepare in advance for when emergencies and disasters happen.
Basic Prepper	<ul style="list-style-type: none">• Tactical Communications (0 – 5 miles), generally a handi-talkie (FRS, GMRS, Ham, CB, etc.), transmit and receive, with extra batteries (see also alternate energy)• Shortwave radio with SSB capability, for general listening of world events• Basic computer to access the Internet and review files (.doc, .pdf, .html, etc.) (NOTE: Must have Internet connection with this)• AM/FM radio, battery operated (TV sound optional, but might be worthwhile if you are close to a TV broadcast tower that can run on emergency power)• Plans and equipment for making expedient antennas (see Information and Plans)• Radio, computer manuals, and backup discs (see Information and Plans)• If you have a cell phone, have a 12VDC charging cord, and a spare battery for it.• Pocket list of contact numbers for family, friends, team members (see Information and Plans)• Long distance phone calling card that doesn't expire• Pocket list of frequencies (see Information and Plans)• USB drive containing pocket computer system (OS, files, programs, PGP, etc.)• USB drive containing your data files• Door Intercom for communicating with people outside your door (to remain safe inside)
Advanced Prepper	<ul style="list-style-type: none">• Short-distance Communications (up to 50 miles) (generally, a mobile ham VHF/UHF radio and a vehicle or Yagi antenna), transmit and receive• Packet radio for short-distance digital communications (can be particularly useful for local Groups/Teams/Family Units)• Long-distance communications (greater than 50 miles), generally ham HF, transmit and receive• Ham Radio Email, like Wavemail or Winlink/Netlink over HF and possibly VHF (Packet)• Satellite phone <p>Note - Always store electronics in Faraday Cages when not in use.</p>

Defense (Safety and Security)

Introduction	<p>An important part of your preparedness efforts should include fortifying your home against burglars and looters who may pose a threat after a disaster strikes.</p> <p>Disasters will either bring out goodness or desperation in people. When securing your homes, also make it more resilient against the forces of nature.</p> <p>Remember that the goal is to 1) Protect your family first, and then 2) Secure your stocked resources to take care of your family.</p>
Layers of Protection	<p>Securing your home is best accomplished by creating layers of protection.</p> <p>If someone really wants to break into your home, they could easily drive a bulldozer right through the front door. There is not much you can do to prevent that. TIP: Make your home less desirable, and an extremely difficult target for anyone who may want to cause harm or steal valuable resources.</p> <p>The first priority is to protect the family, then precious resources. Never make your home so secure that you cannot escape during an emergency. Do <u>not</u> become so obsessed that you turn your home into a prison.</p>
Basic Prepper	<ul style="list-style-type: none"> • Security system that monitors home inside perimeter • Monitoring system so that you know when someone has breached key areas of your property • Outside floodlights on motion sensors covering the outside perimeter of home and any other key areas on property • Equipment for putting out small fires (a fire extinguisher for kitchen, garage and every level of the home) • Basic defensive firearms so that every able person can defend the home, with adequate ammunition supply. • Every handgun has a holster, every rifle and shotgun has a sling; cases for all firearms. • 500 rounds for every firearm that is in working condition (defensive ammunition) • 500 rounds of training ammo for each firearm • Three magazines or 30 clips for every firearm that uses one (yes, there's a difference between clips and magazines) • Cleaning gear for all firearms • Smoke & carbon monoxide detectors on all floors.
Advanced Prepper	<ul style="list-style-type: none"> • Camera surveillance around home, complete 360 degrees • Motion and seismic sensors monitoring perimeter and other key areas of property • External fire suppression system • Spare parts for every firearm and knowledge for repairing each one. • Spare magazines and clips for every firearm that uses them (10

	<p>magazines and 300 clips, at your discretion)</p> <ul style="list-style-type: none"> • Spare cleaning gear for all firearms • 1000 rounds for every firearm (defensive ammunition) • 1000 training rounds for each firearm • Reloading equipment and supplies for each of your main calibers • 5000 rounds for your main battle rifle • .22 LR training rifle and 10,000 rounds of good quality .22 LR ammunition • Bow and arrow • Add laminate to exterior windows (resists break-ins, etc.) • Hardened Safe room, from physical assaults (weather, crime, etc.) • Night Vision (mono- or binocular) <p>Notes: You can't have too many fire extinguishers. You need to be able to put out a fire quickly, especially if there is no fire department available.</p> <p>Yes, it seems like a lot of ammunition, but every year our freedoms erode a little bit more. Better to have it and not need it, than to need it and not have it (that pretty much goes for everything on this CC list)</p>
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Financial Preparedness

Introduction	<p>What you do today as a prepper could drastically improve your chances for financial survival tomorrow. No matter what your income level, you can thrive financially as a prepper.</p> <p>Be ready for the day when the banks close forever, or for the day when your financial situation takes an unexpected turn for the worse.</p>
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Basic Prepper	<ul style="list-style-type: none"> • Payment of one month of bills with cash on hand. • Small supply of hard currency (silver, gold, etc.)
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Advanced Prepper	<ul style="list-style-type: none"> • Pay three months or more of bills from cash on hand; increase to 6 months when possible. • Supply of barter goods. • Ability to capitalize on opportunities (like, group buys or cheap land after a crisis/pandemic) • Know the silver content of junk silver and the gold content of various coins and how to convert that into current market value <p>Notes: Hard cash currency amounts at your discretion. Use gold to store larger amounts of wealth and silver for smaller amounts. Silver is also better in a barter environment.</p> <p>Barter Items – purchase of items to barter.</p>
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Shelter, Fire and Warmth

Introduction	<p>As a prepper, while water is critically important to your long-term survival, the ability to stay warm and to heat yourself may mean the difference between life and death.</p> <p>When you are in a survival situation, you'll need to consider your options for staying warm in all types of weather.</p>
Basic Prepper	<ul style="list-style-type: none">• Heating source from wood for 90 days• Tent(s), enough tent space to contain each person and gear• Tarps, decent selection for general and miscellaneous use• Sleeping bag or other bedding of choice for each member, capable of keeping person warm in sub-freezing temperatures• Ability to make fire – in at least 3 different ways• Spare sheets and blankets• Pillows (as needed)• Oil Lamp + Wicks• Matches
Advanced Prepper	<ul style="list-style-type: none">• Alternate heating source for home such as wood – keep a wood supply for 200+ days• Propane/Kerosene heaters for emergency• Land Mobile – more durable and mobile sheltering system (e.g., camping trailer)• Shelter building tools (see Tools, Repair and Utility)• Shelter repair supplies: plywood, wood strips, plastic sheeting, screws, nails, etc. (see also Tools, Repair and Utility below)• Pre-cut plywood for covering windows (if you are in a Hurricane zone)• Ability to repair and maintain your home: Plumbing, Electrical, Carpentry, Roofing, Fencing, Concrete, Welding, etc.

Items to take with you when going off-grid

Introduction	<p>Going off-grid means committing to living more sustainably and reducing the resources you consume. Most people who go off-grid to be less dependent on the utilities affected by natural disasters. When you live off-grid, you are also more in-touch with your environment and learn valuable skills.</p> <p>Going off-grid requires careful planning and preparation. Do you have the right tools for collecting water? Are you well-equipped to build your own fences and animal pens?</p>
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General Items	<ul style="list-style-type: none">• Chainsaw – A decent gas or electric chainsaw will allow you to easily prune trees and chop firewood.• Table saw – A powerful table saw will allow you to tackle various Do-It-Yourself (DIY) projects. This tool is especially great for building your own furniture or structures around your homestead.• Hand saw – Keep a hand saw in your tool shed for when your chainsaw breaks or runs out of power.• Axe – A sturdy axe is a reliable tool for chopping wood and clearing brush.• Garden tools and a Shovel – Will be an immense help when preparing your vegetable garden. A shovel can also help you level the ground easily for installing posts or laying down boards.• Cordage – Ropes allow you to secure your belongings and equipment. (Related: 6 Types of rope and why you need them for survival.)• Assorted hand tools – Don't forget to include these basics in your toolbox or shed—like a wrench, pliers, hammer and screwdriver. You'll need these tools to tackle DIY projects and for general maintenance in your off-grid home or homestead.• Knives and sharpeners – A good set of knives is useful for hunting game, cleaning fish and garden work. Make sure to keep your knives sharp with a whetstone.• Tape measure – Not only for tailoring clothes, but essential when tackling DIY projects, making furniture and erecting fences.• Water pump and filter – If you live in an off-grid home, collect rainwater in a cistern, or haul fresh water from a nearby lake or river. Whichever option you choose, a water pump and filtration system are essential to ensuring your water is clean and safe to drink.• Sledgehammer – A sledgehammer is ideal for striking wood, metal or stone. It's great for tearing down or changing structures in your homestead.
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Extra Survival Items

Extra Survival Items	<p>Over and above the items mentioned above, here are additional items to add to your list:</p> <ol style="list-style-type: none">1. Water filter/Purifier2. Portable Toilet3. Survival book4. Mop bucket5. Wash board6. Cook stove propane7. Aluminum Foil8. Gas containers9. Seeds, variety10. Work boots11. Flashlights12. Garbage cans13. Fishing gear14. Duct tape15. Tarps & twine16. Back Packs17. Tent & camping gear18. Wheelbarrow19. Magnifying glass20. Bicycle & tire kit
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Conclusion

Introduction	<p>When it comes to survival, there's no "average" emergency. Each crisis is unique. The cold can kill you faster than dehydration. A lack of water can kill you faster than starvation. And making a panicked decision can get you killed immediately.</p> <p>We can learn from the successes and failures of others and use that wisdom to predict potential hazards for any given situation.</p> <p>To increase the chances of your family succeeding, the information in this document will help you prepare for what is to come. Even though the conditions may change, this process will help guide you to safety.</p> <p>The Importance of Positive Attitude: While positive attitude may not keep you alive in the same way as shelter and water, an upbeat positive attitude, paired with a generous streak of mental toughness can be literal lifesavers under the dire circumstances of a survival situation.</p> <p>Maintaining a positive attitude is like a light in the darkness. You're more likely to think clearly if you have a positive frame of mind. By mustering your mental toughness, you can better tolerate challenging conditions and do what needs to be done.</p>
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Additional Check Lists

HIGH PRIORITY LIST:

- WATER
- FOOD
- SHELTER
- COMMUNICATION
- DEFENSE
- FOCUS & FORESIGHT
- CONNECTION (OTHER PEOPLE)

BARTER ITEMS

(Try synchronized shopping for these times)

- Water filters, bottled water, alcohol, bleach, tang, life straws
- Lard, cooking oil, canned meats and fish, peanut butter, jerky
- Rice, oatmeal, flour, yeast, teas, coffee, garden seeds, sprouting seeds
- Tylenol, vitamins, cough syrup, first aid kits, toothbrushes and toothpaste
- Toilet paper, soap bars, nail clippers, condoms
- Warm jackets, hiking boots, warm socks, flashlights
- Batteries, lighters, flintstones, fishing supplies, thin wire, candles, matches
- First aid books, prepping books, spiritual books, local maps,
- Bicycles, walkie-talkies, bug out bag
- Solar-powered generator for cellphones and laptops
- Gold, silver, crypto, wide-mouth mason jars
- Cigarettes, tobacco
- Computer parts, HDD's, keyboards/mice, Power supplies...
- Female hygiene products

WATER SECURITY:

- Aim for a minimum of 1-2 litres of liquid/day. Store at least 90 litres at home.
- Find a spring near your home. Many are inspected by municipalities for potability.
- Make a map of all springs in your region.
- Pick up 3 to 4 rain barrels and keep them out of sight if possible.
- Collect and melt snow.
- Befriend someone with a well.
- Buy a Lifestraw (allows you to drink from almost any source. www.good2goco.ca)
- Buy bottled water (largest containers)
- Service: Transport spring water from a source to your friends.
- Don't tell your neighbours you have a water supply.
- At first sign of power outages: fill bathtubs and as many pots and containers as possible with water. (for washing and toilet flushing)
- Buy water filters: Recommended ZEROWATER pitcher with filters, it's preferable choice, and come with a water purity tester (TDS) and filter, and works much better than the Brita type brands. Buy additional filters as each one lasts between 3-6 months depending on usage.
- Portable water purification systems
- Halazone tablets
- Chlorine
- Add Tang or vitamin powder to your water for added energy, electrolytes, flavour and nutrition
- Boil and filter your tap water when times are bad, or water pressure is low
- Keep used grey water from baths/dishes to flush toilet
- To save water, keep some paper plates on hand (no need to wash dishes)
- Additional tips...

FOOD SECURITY:

- Aim for at least 2000 calories per day, store at least 180,000 calories.
- Buy and store 50 kg of rice (or pasta)
- Stock up on food, especially non-perishable foods, canned foods and dried foods.
- Buy seeds, learn how to grow foods that require little or no light, grow sprouts (recommended green peas: produces pea shoots and has sweetest flavour; also gives the broadest scope for a seed).
- Buy canned meats, sardines, herring, tuna, salmon.
- In times of extreme food shortage, exercise less.
- Dehydrate veggies & fruit, smoke fish and meat. Lighter than canned foods.
- Ferment or pickle vegetables.
- Buy grow bulbs.
- Buy nuts, rice, rolled oats (store in plastic or glass jars to avoid bugs)
- Nutrition bars, meal replacement powder (undenatured whey protein is ideal)
- Raise rabbits or quails. They're silent, multiply fast, more protein than chicken.
- Vodka – it can be used as a fire-starter, sterilising, medical instruments, sleep aid.
- Don't tell your neighbours you have a food supply
- Have chickens or locate a farm with eggs. Eggs are a perfect protein and can be eaten raw easily. Raw maintains the best nutritional value.
- Visit the farmers in your neighbourhood
- Grow your own food. Reserve one plant, flowers (herbs), fruit to create seeds for next year.
- Look for plants that grow locally (i.e. dandelion, lemon sorrel, mulberry trees)
- Some plants (use in teas) are healing and high in antioxidants (for example, Chaga mushroom (easy to grow, and buy in Canada), Thyme.
- Have a supply of healthy fats: coconut oil, ghee, hemp hearts, etc.
- Vinegar and baking soda for cleaning.
- Print or have recipe book for making meals from your canned food supply.
- Buy some freeze dried food, food pellets.
- Look into foods that regenerate – for example, celery.
- Have a supply of salt and spices.
- Have extra pet food, treats, litter on hand.
- Miso is fermented food, high in proteins and versatile.
- Buy a dedicated deep freezer; buy foods in bulk, separate into smaller portions and freeze for long storage. Run it from a single 100W solar panel.
- Practical emergency foods to store and how to store them:
<https://homesteaderdepot.com/9-practical-emergency-foods-to-store-and-how-to-store-them/>
- Other:
 - Stock various pest/insect control items (for ants, bugs, mice, etc.) to protect

food and self if bunkered in.

- Have some food and supplies in a couple of bins that you can quickly carry and load if you need to leave your house to go to another location.

HEALTH SECURITY:

- Take frequent Freedom 'chatwalks' with friends. Great for mind and body.*
- Buy first aid kit, first aid book, needle and thread - foil blanket(s) for shock but they make great warmers
- Pain killers, inflammation reduction, fever reduction, cough suppressant...
- Vitamins. Vitamins C and D are essential during flu season
- Polysporin cream; surface antibiotic
- Povidone-iodine; antibacterial disinfectant, surface antiseptic, mouth wash
- Make weight loss non-meat patties. They keep you full longer and are very nutritious
- Get fit before an emergency situation arises
- Fill up your medical prescriptions for at least 2 months.
- Research food alternatives to your medicine
- Stay fit and manage your weight before any emergency
- Mental health: Have books to read. Buy a journal or paper notebook.
- Grow an aloe vera plant for burns.
- STAY CALM - do not rush and do not panic.
- Other: Please add another tip
- Have a supply of zinc and echinacea (also good for the immune system)
- Have a supply of Colloidal Silver. It kills bacteria and can be ingested and applied topically for humans and pets.
- Get spare prescription glasses (or keep older pair)
- Other tips...

ECONOMIC SECURITY:

- Take some money out of your bank this week.
- “Never put all of your eggs in one basket “: Have multiple accounts at different banks and unions, across provinces, with some money in each.
- Start bartering.
- Liquidate non-essential assets, keep items that have high trading value.
- Keep cash handy.
- Find a job that allows you to work from home.
- Offer your services and products to your contacts, friends and family.
- Know your neighbours.
- Other Tips...

EXPOSURE SECURITY:

- Test how much heat is generated by 2 candles in a small room in one-hour*
- Have a secondary heat source – for example, if your home uses propane; have an electric heater for one room.*
- Think about how you will cook food and stay warm if the power goes out
- To learn about heat - try backyard camping or sleep with bedroom window open.
- Candles - some candles give off toxins (not beeswax) don't breathe in the smoke
- Lighters, matches
- Keep your water pipes from freezing if you are in a prolonged power failure - drain your water lines:
 - Find out where to shut off your water supply to your house and how to empty hot water tank to avoid freezing and bursting pipes - for when heating fail
- Flintstones, Ferrocium rod (good size to be easy to use 1/2" by 4-6")
- Dress in layers, wool breathes and keeps you warm
- Boot Inserts - Woollen / Felt
- Great insulators: Styrofoam, bubble wrap, crumpled newspapers
- Great fire starters: Cotton balls and vaseline, Purell, vodka
- STERNO cans
- Foldable camping stove frame.
- Small wood stove (Wood is the easiest fuel to store and find)
- Pipe stove, rocket stove, propane stove, BBQ, outdoor grills like a Turkish grill
- Store fuel, propane (unlimited storage length), kerosene (5 yr shelf life, good for stoves, lamps)
- Gasoline storage with regular rotation (gasoline is good for 1 year max)
- Firewood and newspapers
- Hot water bottles
- If power goes out, keep clothes in bed – dress in bed before getting up in the morning.
- Warm and waterproof coats and snow pants
- Plenty of high quality warm socks (wool keeps your feet from sweating)
- Wool blankets, 90-100%: are fire resistant, warm when humid
- Thin foil blankets
- Sleeping bags
- Insulate your home better, but go outside for fresh air
- Protect your mental health with meditation exercise, games, a deck of cards...
- Other Tips....

PHYSICAL SECURITY:

- Create your own circle. Don't be a hermit.* Have friends with you or near you.
- Always have an emergency backpack ready.
- Hide valuables in kid backpacks, burglars won't steal them.
- Door brace
- Flare gun
- Don't dress too rich when you go out. Do not wear jewellery.
- Disable your car at night (under the hood)
- Buy a 'tiger' ultra flash light
- Buy hornet or wasp spray
- Easy Off oven cleaner
- Cordage
- Phone security - <https://youtu.be/ueaCAdyfwE8>
- Spend less time with non-essential contacts. Avoid gossipers.
- Form your own "Neighborhood Watch" patrol
- Buy a dog - train to bark if a noise
- Lock your bikes
- Do not isolate yourself from others. Make your own local tribe.
- Share your emergency list with your friends
- Have a backpack ready with 3 days of supplies in case of emergency evacuation. (Research what to have in it)
- Arrange an emergency meeting place for like-minded friends in your community.
- Buy a sound-sensitive adapter and connect a lamp and dog recording near the door
- Know a few self-defence moves
- Have some weapons for self-defence or hunting – for example, a cane with a knife, baseball bat, machete, bow and arrow, slingshot, traps.
- Dog/bear pepper spray
- Battery operated motion detectors, alarm system.
- Ensure your legal weapons have plenty of ammunitions
- Sheets of plywood and 2x4"s for nailing over windows on your home
- Always have a folding knife or tactical pen on your person. Both have good self-defence capabilities.
- Other: Please add another tip

HYGIENE:

- Collect rainwater or melted snow to wash yourself or your clothes.*
- Baby wipes - great for cleaning yourself when water not available (make your own)
- Lysol disinfecting wipes - great for surfaces when water isn't available.
- Sanitizer - can make your own with witch hazel.
- Cloth diapers and sanitary pads.
- Reusable menstrual products (cloth pads, cups, menstrual underwear).
- Portable shower kits.
- Soap for washing body, dishes, clothes.
- A washing board for washing clothes.
- Dental cleaning supplies and kit.
- Reusable handkerchiefs and toilet paper.
- Add Other Items....

POWER:

- Power generator (multifuel: ex.:propane+gas)
- Solar power panels + Batt.+inverter
- LiPo Fe4 12V (~100Ah) large capacity battery+inverter (~300W): run fridge/freezer overnight and recharge during the day.
- Buy batteries (rechargeable NiMh, Lithium) recharge with small (20-30W) solar system, make everything compatible on identical voltage ex.: 5V to recharge, AA, AAA, cell phones flashlights ...
- Hand crank items.
- Car battery booster.
- An adapter to charge phones.
- Power generating stationary bikes.
- Extra fuel in canisters (1 year storage max).
- Solar floating lamps that you keep near a window so they are always ready when you need them.
- In case of power failure, pour windshield wiper fluid (-40 C) down toilets.
- Propane generator - needs 100lb tanks and can run for 10 hours a day for 10 days. Not sure how many tanks you'd need (diesel gen systems are expensive but another option that can power an entire house - diesel stores in underground tanks) >> tip provided by someone who worked for FEMA so they KNOW emergencies.
- Reflective foil blanket, or Faraday cage (needs to be grounded) made from aluminium window screen, to wrap around your generator and prevent dead machines in case of EMP.

BACKPACK ITEMS:

- Water (water purification system)
- Fishing and trapping supplies
- Compass
- Flashlights, batteries, knife, cordage, lighters, radio
- Warm socks, T-shirts, raincoat
- Survival guide, First aid kit and book
- High calorie nuts, seeds, dried fruits, nutrition bars, Vodka (has several uses)
- Dehydrated camping food
- Eating Kit – Includes plate, cup, utensils, small portable stove
- Metal pot/cup (for cooking and boiling water directly on fire)
- Cash \$\$
- Notebook and pen
- Paper maps
- Tarred Braided Nylon Twine, bank line (strong, malleable, sticky, water resistant, lightweight, good fire starter)
- Additional Tips:

EMERGENCY SCENARIOS: WHAT TO DO IF....

- A sudden power failure happens in the middle of the night in winter
- There's a shortage of tap water or bottled water everywhere
- The Internet goes down
- Phones don't work
- You need to unite your local community
- Hospitals are closed
- There's no work anywhere
- The postal service is down
- You have insomnia
- You are under total lockdown
- You can't get home services like snow-shovelling

RESOURCES:

Websites:

- www.berkeywater.ca
- <http://www.survivalgearcanada.com>
- www.totalprepare.ca
- www.johnnyseeds.com
- www.heritageharvestseed.com
- www.getprepared.gc.ca (Look up Your Emergency Preparedness Guide)
- <https://youtu.be/WkTIOiXftd4> DOLLAR TREE PREPPING ITEMS TO GET
- <https://homesteaderdepot.com/9-practical-emergency-foods-to-store-and-how-to-store-them/>

Prepping for Power Outages:

- <https://www.ready.gov/power-outages>
- <https://www.backdoorsurvival.com/15-tips-winter-power-outage/>
- <https://dengarden.com/safety/How-to-Survive-a-Power-Outage-in-Winter>
- <https://www.emergencymanagementontario.ca/english/beprepared/beprepared.html>
- <https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/pwrtqs-wtd/index-en.aspx>

Books:

- Edible Plants of Canada
- Sas Urban Survival Handbook by John “lofty” Wiseman
- The Lost Ways: Guide to Surviving Whenever & Wherever by Claude Davis
- DOWNLOAD COMPLETELY FREE VARIETY OF EBOOKS:

YouTube Channels:

- The Canadian Prepper