

# EMERGENCY FOOD STORAGE AND SURVIVAL



*THE HANDBOOK YOU NEED TO KEEP YOUR FAMILY SAFE  
(FOOD, MEDICAL SUPPLIES, POWER, AND MORE)*

**HERB WILLIAMSON**

## EMERGENCY FOOD STORAGE AND SURVIVAL

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# Emergency Food Storage and Survival

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*The Handbook You Need to Keep Your Family Safe (Food, Medical  
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Herb Williamson

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## Introduction

Our lives are fragile. Things like job loss, death, illness, and more can happen at any time - often without warning - and throw our routine into chaos. Many people don't like thinking about these things very often and for good reason. It's stressful and scary. However, by avoiding them altogether, it makes the actual emergencies so much worse.

Even our society is not as invincible as many might believe. While we usually have access to everything we could possibly need or want, things can change very quickly. The economy can tank. Disease can spread. One week, we're going about our business as usual and the next, we're worried if we'll be able to hit the grocery store before the panic-buying strips the shelves.

How should people deal with a personal or large-scale emergency? The answer: deal with it before it even happens. Most people understand that having some kind of emergency monetary fund is important, even though it isn't always possible. However, prepping involves a lot more than just money. There are many scenarios where your money won't actually help you that much. By prepping beyond an emergency fund, you can head off the most serious concerns - like having enough food, water, and medical supplies - and focus on other things, like your mental wellbeing. In this book, we're covering the basics of what you need to know about prepping, including what supplies you need to stockpile and general tips for success.

Some people think of preppers as paranoid or living in fear, but the reality is that preppers are just using common sense and acknowledging the reality that life is fragile. Bad things will happen whether we want them to or not. Preppers are often the people who are the *least* scared about disasters because they're ready for them. Wouldn't you like to be ready for whatever comes your way?

# Chapter 1: What Am I Prepping For?

If you aren't a prepper, you might be wondering why you should start now. Even if prepping makes sense to you or you've been prepping already, it's always good to remind yourself what scenarios could be on the horizon. Uncertainty and ignorance fuel panic and fear, while knowledge helps you plan and stay calm. In this chapter, we'll go over emergencies both likely and unlikely.

## **Job loss**

Even people who aren't survivalists need to think about the possibility of job loss. For most, this involves an emergency fund, but it can also include stockpiling essential non-perishables, medicine, and more. This way, if you lose your job and your source of income, you have something solid to fall back on while you search for new employment.

## **Personal loss**

Life is fragile. Sometimes, the unbelievable can happen. When a loved one dies, everything changes. Normal tasks like going to work, school, and shopping can become very challenging. Nothing disrupts your life quite like grief. Depending on who has passed, your income can be affected as well as your emotional state. Having an emergency fund and staples like food allows you to take a breath and process your grief.

## **Natural disasters**

Natural disasters like fires, flooding, hurricanes, and tornadoes are not uncommon in many places in the world. To see the impact, all you have to do is look up images or videos of the aftermath. Even if your home is spared destruction, natural disasters can cut off electricity and the water supply. Getting to a store may not be the best choice (or even possible for a while), so having supplies at home helps keep you safe and as comfortable as possible in the circumstances.

## **Disease outbreaks**

While other emergencies are more likely than disease outbreaks, they do happen. They don't even need to be global to disrupt your life; if they're local, you will feel the effects. Quarantines and social distancing might be



recommended or ordered. If you don't have supplies at home already, going out to stock up now can feel scary. Depending on your health and vulnerability, you could be at more risk than others. Having a stockpile of medical supplies, water, and food is very important.

### **Economic collapse**

The economy ebbs and flows. If things get bad, money can go down in value, companies can lay off employees, and so on. As people get stressed, they'll start to buy up supplies, leading to shortages. If you prep in advance for this scenario, you won't have to deal with the panic buying. As with other disaster scenarios, you should have an emergency fund you can easily access as well as supplies.

### **War and civil conflict**

Depending on where you live, war and civil conflict may seem very unlikely. In many places in the world, however, it's a real fear. Many preppers like to prepare for a variety of violent scenarios, such as chemical and biological warfare. Martial law could also be enforced. In these times, other people could likely be the biggest danger. You'll need supplies to defend yourself and your home as well as water, food, and other essentials.

### **Two important rules for preppers:**

#### **1. Don't panic**

The purpose of prepping is to avoid panicking when bad things happen. For many people, even just thinking about emergencies and planning can generate a lot of anxiety. When fear is running the show, it becomes much harder to stay organized and prep well. It can also paralyze you and you stop prepping altogether to avoid the feelings of anxiety. The key is to first acknowledge that you're anxious. Denying it will not make it go away; it usually makes it worse. Depending on the level of your anxiety and if it affects other areas of your life, you might want to learn more about anxiety, talk to a therapist, or research ways to lower anxiety on your own. By learning to reduce your anxiety now, you'll be better equipped to deal with it once an emergency scenario becomes a reality. Staying cool and collected in those situations will keep you safe.

## 2. Take it step-by-step

Prepping can be overwhelming. When you look at the list of possible disaster scenarios, do you wonder how you'll keep track of everything you need? The key to managing prepping anxiety is to take it step-by-step. If you're just beginning to prep, remember that most of the prepping supplies you need will cover all possible emergency scenarios. Next, plan on stockpiling enough for just two weeks. Factoring in health concerns, loss of income, and lack of access to a store, make a list of everything you'll need for 14 days. Once you have that stockpile, think about what you would need for four weeks. Eventually, you'll have months, and if you keep going, years.

## Chapter 2: Water and Food

Water and food are the most important things you can collect. Without them, you and your family won't last very long. In this chapter, we'll go over why water is the single most important item, the kinds of food you need to stockpile, and how to store everything so it lasts as long as possible.

### **Water is life**

If you are just beginning to prep, water is the first thing you should think about. It is essential to life - without water, humans die in a few days. Depending on your health and activities, that time can vary. Water is also necessary for preparing food, bathing, and cleaning.

When stockpiling water, you need to know how much you need. In terms of drinking water alone, one person needs at least ½ gallon per day. That doesn't take into consideration the water you lose if you're sweating a lot or ill, so at least 1 gallon per person is probably a safer bet. How many days' worth of water should you store? It depends on how much space you have and your judgment. The recommended minimum is three days, which equals 12 gallons of drinking water for a family of four. While you can ration water for cooking and cleaning purposes to some extent, you should not cut down on rations of drinking water.

Don't forget about any pets! Dogs drink about one ounce of water per pound of weight each day. Like humans, if they're active, they'll need more. For cats, they need between 3 ½ -4 ½ ounces per 5 pounds of body weight.

### **Other water-related supplies**

Besides bottled water, you can get other supplies that will help you collect and purify water if necessary. Here are some examples:

The WaterBob - A giant plastic bladder that fits into the average bathtub, the WaterBob can hold up to 100 gallons of water. As soon as you get wind of an emergency that might cut off or contaminate the water supply, fill the WaterBob. Made with durable food-grade plastic, the water will stay clean.

Rain harvesting equipment - Water falls from the sky, but you can't get a large supply by just putting out buckets. You need equipment that utilizes your roof, gutters, and other areas to collect big amounts of water.

Water filters - In many places, there's water everywhere, but it isn't safe to drink it straight. It needs to be filtered first. You can find a huge variety of water filters, so check out the reviews and determine which ones work best for your needs.

Storage tanks - Water storage tanks vary widely in size. It's a good idea to have at least two. One tank holds "dirty" water that you get from rain, rivers, lanks, etc. The other tank holds the water once it's been filtered.

Small filters - If you're on the go and need to filter water for drinking, you'll want a small carry filter. LifeStraw is a very popular brand. It's a straw-style filter that works for up to 1,000 liters of water. There are many other pocket filters available on the market, so shop around for one you feel good about.

Bleach - Unscented chlorine bleach can purify water in a pinch if that's your only option. Make sure that the label says the product can be used for sanitization and disinfection. For every quart of water, you'll add two drops of bleach. If the water is cloudy, add four drops instead. Mix and wait for half an hour. If the water does not have a slight smell of bleach, add another 2-4 drops of bleach and wait another 15 minutes. The water will be safe to drink.

Water treatment pills - There are tablets out there made specifically for treating water. Aquatabs is the best-known brand. You can find them in a variety of sizes meant for 1 to 2,500 liters of water.

## **Boiling is best**

Boiling is still the easiest and best method for killing parasites and microbes in your water. In a pot, bring your water to a rolling boil. At this point, the water is hot enough to have killed anything dangerous. The CDC does recommend boiling for another minute to be sure. Note: Boiling water doesn't remove chemical toxins.

## **How to properly store water**

Storage methods for water vary depending on how much you're stockpiling and how much space you have available. For a 2-week supply, you can get bottled water from the store. The benefit of this method is it's already clean, sealed, and in food-grade plastic. It's also easy to pack if you need to go somewhere. If you have clean empty bottles or water jugs around already,

you can just fill them with tap water. Do you need to treat this water? Most likely not. If it's city water, it's already been treated with chlorine.

If you're filling bottles or jugs with water yourself, be sure you've sealed the lids all the way. If they're loose, bacteria and other gross things can get inside the water and contaminate it. Water doesn't expire, but bacteria and such can make it bad. Even if you're worried that might have happened, you can treat the water by boiling or adding bleach or water treatment pills. Note: Water that's been stored for a while will have a flat taste. It doesn't mean it's been contaminated.

No matter how much you're stockpiling, water should be kept in a cool, dark place out of direct sunlight. You should also be sure you aren't storing the water near any chemicals or gasoline. There is some debate about how often you should rotate your water supply. Some say every year, but if you're stored your water properly and it isn't contaminated, there's no reason to swap it out.

### **Nutrition matters**

After water, food is the most important item to stockpile. Humans can live around three weeks without food, but they don't live well. Good nutrition powers our bodies and minds, and in times of emergency, we'll all need our strength and wits about us. This means stockpiling a variety of nutrient-dense foods that have a long shelf-life. To prepare for every possible scenario, you want your stockpile to be non-perishable, as well. While losing power may not occur in every emergency, it's better to be safe than sorry. All these items can be a part of both short-term and long-term prep, but depending on your focus, certain items should be prioritized. Here's an example list of everything you'll need:

#### Canned fruit, vegetables, and beans (ideal for short-term and long-term prep)

Fresh produce does not last long. You can freeze it, but your power might get cut off during an emergency. For prepping, canned is the way to go. Only buy the fruits and vegetables you enjoy. Store in a cool, dark place and keep a list of expiration dates. When the date starts getting closer, use the food and replace the can with a new one. Note: Most expiration dates are on the conservative side, so if you're storing the food properly, you can expect them to stay good for longer.

### Canned soups (ideal for short-term and good for long-term prep)

Canned soup is very cheap, so it's easy to stockpile a decent supply on a low budget. Bear in mind that soup tends to be lower in calories, so you shouldn't plan on depending on soups for your main food supply. In the short-term, however, it's a good staple and doesn't require extra preparation.

### Peanut butter (ideal for short-term and okay for long-term prep)

Peanut butter is a great survival food because it's high in calories and nutrients like calcium, iron, and vitamin E. It boosts your energy. Peanut butter is best for short-term prep since it doesn't have a super long shelf-life. Once opened, PB will stay fresh for around 3 months. If stored in the fridge, it lasts longer at around 6-7 months. That doesn't include natural peanut butter, which goes bad much faster. PB does go rancid because of the oil. If you want something for very long-term prepping, consider getting powdered peanut butter.

### Energy bars (good for short-term and long-term prep)

For fast energy and calories, energy bars are a great item to stockpile. They aren't a meal replacement, so make sure they aren't taking up the majority of your storage area. You can find energy bars specifically designed for emergencies with very long shelf lives.

### Canned meat (good for short-term and ideal for long-term)

Fresh meat has a short shelf life, so it is not a good stockpiling item. Canned meat, including canned fish, is best. Like all canned goods, you can keep canned meat longer than the expiration date if it's been stored properly. It will lose its quality, but it's still safe.

### Rice (good for short-term and long-term prep)

When combined with beans, rice makes a complete protein. This grain is cheap and full of nutrients. All kinds of rice can keep forever when stored in a sealed container in a cool, dry, dark area. You'll know if uncooked rice has gone bad based on its smell and appearance. If it's totally dry and smells normal, it's fine, no matter how old it is. In general, white rice stores better than brown.

### Pasta (good for short-term and long-term prep)

Dry pasta can last a very long time. It can be used well past the date on the package as long as it doesn't look or smell off. If it's been sealed and stored in a cool, dry, and dark place, it's fine. Because pasta is so easy to prepare and it fills you up, it's a great staple. The one downside is that it isn't very high in nutrients, so you shouldn't depend on it as your main source of food.

### Jarred sauce (good for short-term and long-term prep)

Unopened, jarred tomato sauce typically has an expiration date within 18-24 months, but if it looks and smells okay past that date, it's fine. Store the sauce in a dark, dry, cool place for maximum shelf life.

### Cooking oils (good for short-term and long-term prep)

Many oils go rancid fairly quickly, so not all of them are great for long-term prep. Regular olive oil is good to have on hand for short-term emergencies, but it doesn't have a long shelf life. You can get olive oil in a can, which extends its lifespan a little. Coconut oil lasts around 2 years under proper conditions. Unopened ghee is about the same. Sealed peanut oil (3 years) and sunflower seed oil (2 years) also have fairly-decent shelf lives. All oils should be stored in a cool, dark, dry place. You can also keep rancidity at bay by keeping oils in the fridge. Coconut oil does solidify, so the fridge isn't the most ideal place.

### Pet food (good for short-term and long-term prep)

If you have pets, they'll need food, too! Canned food lasts for years when properly stored, just like canned food for people. Dry food should be kept in the original bag and put in a sealed container. Like people food, the date on the bag/can is usually a "best-by" date; it won't suddenly go bad once that date arrives. It will start to lose its nutritional value and flavor, however. There's also freeze-dried pet food. Treats aren't as important in emergencies, so prioritize food.

### Oats (ideal for long-term prep)

In their original container, rolled oats will be at their best quality for 18-24 months. They'll be safe for much longer. If you store oatmeal in a Mylar bag with an oxygen absorber (we'll talk about these soon) in the proper

conditions, many preppers say the supply can stay good for three decades. Because of this super-long shelf life, oats are great for long-term prep.

### Canned milk (ideal for long-term prep)

Evaporated milk, sweetened condensed milk, and coconut milk can be used in a variety of dishes. Keep in mind that once opened, they need to be refrigerated if you don't use it all at once.

### Honey (ideal for long-term prep)

Honey is considered a prepper's superfood. It doesn't expire when stored properly. It can crystallize, but it's still perfectly good to eat. In addition to being delicious, it can be used as medicine for colds, sore throats, burns, and wounds. Ideally, keep the honey in its original container and store it in a cool place away from direct sunlight. If you're using a different container, make sure it's either food-safe plastic or glass. The seal should be tight.

### Sugar (ideal for long-term prep)

Sugar is used for a variety of cooking and baking purposes. It also has a very long shelf life, even after opening. Both white and brown sugar can last forever, though their texture can change.

### Salt (ideal for long-term prep)

Salt provides all kinds of minerals that our bodies need as well as flavor. It can also be used to preserve foods, so it's a favorite of preppers everywhere. Salt is very cheap, so the only issue for a prepper will be storage space. This mineral should be a priority. Store in a cool, dark place.

### Other spices (ideal for long-term prep)

Salt is very important for a food's flavor, but other spices keep things interesting. Dried herbs and ground spices come in their own perfect containers. Spices also don't spoil, though they go stale after a time. In general, ground spices are tasty for 3-4 years, while dried herbs get 1-3 years.

### Dried beans (ideal for long-term prep)

Dried beans are usually cheaper than canned beans, but the main issue is storage space. Big bags are not always more convenient than stackable cans.



The other benefit of dried beans is that they have an indefinite shelf life when stored properly. They can dry out, but this just means you'll need to cook them a bit longer. For the longest shelf life, keep in a sealed container in a cool, dark, dry place.

#### Flour (ideal for long-term prep)

Flour is used for baking and as a thickener in cooking. At room temp (cool, dark, dry place), all-purpose flour is fresh for 6-8 months. In the fridge, it lasts 6-12 months, and in the freezer, it's 2 years. However, the flour will stay edible for decades if stored between 40-70 degrees. For bulk bags, it's best to store those in big food-grade containers with oxygen absorbers.

#### Powdered milk (ideal for long-term prep)

Powdered milk contains important nutrients and helps improve the quality of your meals. FEMA includes powdered milk in their list of staples for emergencies. They say it should be used within six months of purchase. For longer prep, you can get powdered milk in nitrogen-packed cans. When stored properly, this form can last forever.

#### Powdered eggs (ideal for long-term prep)

Eggs are well known as nutritional powerhouses, but they aren't great for long-term prepping. Powdered eggs, which contain all the nutrients, are much better. When stored in cool, dark, and dry conditions, they last at least 3 years. To reconstitute them, you just need water. You can also use powdered eggs in baking without needing to mix them with a liquid.

#### Freeze-dried meals (ideal for long-term prep)

Freeze-dried meals are convenient and great for camping as well as prepping. They are different from dehydrated meals. Freeze-dried meals remove more moisture, which means they have a longer shelf-life. When stored properly, they can last between 25-30 years. To prepare, all you need is hot water. There are tons of brands out there that sell a wide variety of meal options.

#### Vinegar (ideal for long-term prep)

Because vinegar does not expire, it's a perfect item for long-term preppers. Preppers also love vinegar because it has so many uses, including cooking,

cleaning, disinfecting, and so on. Over time, it can lose its acidity and flavor, but it doesn't become dangerous with age. Keep all kinds of vinegar in a dry, cool, and dark place to keep it as its peak as long as possible.

### Baking soda and baking powder (ideal for long-term prep)

Both these ingredients are essential for baked goods, but they're great because they have other uses as well. Baking soda can be used as a disinfectant and odor absorber. Baking powder isn't too different, but if recipes call for both, you need to use both. Like baking soda, baking powder can be used for cleaning. When properly stored, baking soda and powder can last around 3 years. They don't ever technically "expire," but they can lose their effectiveness.

### Corn starch (ideal for long-term prep)

You might not think about corn starch that often, but it's a favorite of preppers because it has so many uses. In addition to cooking, it can clean carpet and windows, help with rashes, polish silver, and more. When sealed and kept in a cool, dark, and dry place, corn starch lasts forever.

## **Other food-related supplies**

Besides the food itself, you'll need certain supplies to ensure your food is stored properly and you can prepare it when the time comes. Here are some examples of the kinds of things you should get:

### Mylar bags

These bags are the best form of protection for a wide variety of foods. There are tons of sizes, so get the ones that match your needs best.

### Oxygen absorbers

Oxygen absorbers are small packets with iron powder inside. Their purpose is to absorb the oxygen from the space they're contained in. When paired with mylar bags and dry food, the absorbers help keep the food fresh and safe for a long time. If you rotate your stockpile often, you probably don't need oxygen absorbers. For the stuff you want to keep for many years or even decades, oxygen absorbers are a must-have.

### Heat sealer

To ensure mylar bags are doing their job, you'll want a heat sealer. The heat closes up the bag as tightly as possible, protecting the food inside from air and moisture.

### Food buckets

Once you have your dry goods sealed in their bags with oxygen absorbers, the bags can't just sit out. You'll want to put them in buckets with tight lids. You can find buckets specifically designed to be food-safe.

### Can opener

Every prepper's stockpile will include lots of canned goods, so you'll want a few can openers on hand.

### Plastic dishes and utensils

You'll need plates and bowls and such to eat your meals, but glass ones can easily break. Plastic ones are fine, especially in short-term emergencies and when you want to avoid washing dishes to save water.

### Cast-iron skillet

If you don't already have one in your kitchen, a cast-iron skillet is a great item to put in your stockpile. They are a worthwhile investment because they last forever and can cook over an open flame.

### Camping stove

If you don't have access to your regular stove, how will you cook? An affordable butane camping stove is a smart buy and can set your mind at ease if you lose power. With one burner, you may not be able to cook elaborate meals, but you can feed yourself and your family.

### Seeds

Vegetable and fruit seeds are not an item you need to stockpile if you're only thinking short-term. However, for preppers wanting to prepare for serious doomsday scenarios, seeds are valuable. They let you grow your own food.

### Pickling salt

This is salt intended for use with pickling. If you're prepping for the long-

term and planning on growing and preserving your own vegetables, you'll want pickling salt. It isn't absolutely necessary if you have enough table salt, but if you have the storage space, having salt specifically set aside for pickling isn't a bad idea.

### Mason jars

For preserving foods, you'll need good glass mason jars with airtight seals. You can also use mason jars for storing foods like dry goods and spices.

### **General water-and-food tips**

To close out this chapter, here are three general tips to keep in mind when stockpiling and prepping your water and food supplies:

#### Tip #1: Stay organized

Good organization is key to good prepping. You want to know how many of each item you need, how many you have, and where they are. Tracking your inventory ensures you aren't forgetting an important item or stockpiling more than you need of an item. Create a master list broken down by categories like water and water supplies, proteins, vegetables, spices, dry goods, etc. Keeping track of expiration dates also keeps you organized. Part of prepping is rotating your supplies, so when an emergency does occur, you aren't stuck with stuff that's gone bad or isn't as nutritious as it good be. As part of your lists, write down expiration dates and set reminders for using an item. Always remember to restock it once you've used it.

#### Tip #2: Stockpile food you like to eat

This is something a lot of people don't think about. They just buy what's on sale or what they believe is a good stockpile item. However, if you wouldn't eat it now, you won't want to eat it later. Keeping food around that you don't like also makes it trickier to rotate consistently. If you aren't sure what you'll make with an item when an emergency strikes, play around with recipes now. You can perfect a survival meal and make it really tasty, so you'll know exactly what to do when the time comes. There are countless cookbooks and recipes online dedicated to preppers. If you're having trouble figuring out what to buy, look at the recipes first and stockpile the ingredients they use.

#### Tip #3: Stockpile good-quality vitamins

When you're eating a varied diet, you are most likely getting all the nutrients you need. However, some people require supplements in the form of vitamins. In an emergency, your diet may not be as varied or healthy as it normally would be, so stockpiling good-quality vitamins is a good idea. This is especially important if you're prepping for the long-term and anticipating shortages of certain foods. When shopping for vitamins, quality is important. The supplement industry is not consistent, so find a brand that relies on strict quality standards. Your doctor is the best resource regarding your specific vitamin needs. Like many foods, vitamins don't immediately go bad after their expiration date, but they do start to lose their effectiveness.

## **Chapter 3: Medicine, Hygiene, and Sanitation**

The importance of stockpiling medical, hygiene, and sanitation supplies can't be overstated. After water and food, they are the most essential items. There are many disaster scenarios where these supplies are necessary. If the water supply is cut off, you'll need to get rid of human waste safely. If trash pickup stops for some reason, getting rid of your trash properly becomes high-priority. If you don't, the trash attracts all kinds of vermin and bacteria, and sickness can spread. Speaking of sickness, medical, hygiene, and sanitation supplies are necessary during a disease outbreak. You might be quarantined and unable to access a store, or panicking people have emptied the shelves. With a stockpile of these supplies already at hand, you'll be much safer.

### **Why medical supplies matter**

When it comes to stockpiling medical stuff, you'll want to think about everything that could affect your health. This includes disease, wounds, and injuries. Now, think about what you would need if you couldn't leave your house. If you aren't quite sure, you know exactly where you need to start: learning. Medical supplies are only useful when you know how to use them. Most people don't know much about things like wound care, how to treat diseases, or how to give CPR. That's why we're going to say the most important thing you can do now to prepare for medical needs during emergencies is learn.

Get a first aid guide and start reading it. Take a class on CPR. Look online for what medicines work best for what injuries or illnesses. Ask your doctor if they have any suggestions on resources to help you learn more about medicine and health. Whenever you get an item on the lists below that you aren't familiar with, take the time to learn about it. You'll feel much safer and equipped to handle whatever comes your way.

### **What supplies to get first**

Thinking about what medical supplies to get can be overwhelming. The Red Cross is a good place to start. They sell a Deluxe Family First Aid kit that's best for short-term prepping. You can get the kit itself or use it as a guide for building your own. The kit contains:

- (1) American Red Cross Emergency First Aid Guide (one)

- (5) Triple antibiotic ointment packs, 0.5g each
- (2) Chewable 81 mg aspirin tablets
- (6) Antiseptic cleansing wipes
- (2) Hydrocortisone cream packs, 1%, 0.9g each
- (2) Hand sanitizer packs, 0.9g
- (2) 5" x 9" Trauma Pads
- (6) 4" x 4" Gauze Dressing Pads
- (6) 3" x 3" Gauze Dressing Pads
- (1) 4' Conforming gauze roll bandage
- (1) 3' Conforming gauze roll bandage
- (1) 1" by 10 yard First Aid Tape Roll
- (1) Instant cold compress
- (1) CPR one-way valve latex-free face shield
- (1) Emergency blanket
- (2) Triangular sling/bandages (safety pins included)
- (25) 3/4" x 3" Adhesive plastic bandages
- (15) 1" x 3" Adhesive plastic bandages
- (3) 2" x 4" Elbow and knee plastic bandages
- (10) 3/8" x 1-1/2" Junior adhesive plastic bandages
- (3) 2" x 4" Elbow and knee plastic bandages
- (5) 1-1/2" x 1-1/2" Patch plastic bandages
- (3) Knuckle fabric bandages
- (3) Fingertip fabric bandages
- (4) One-time use thermometers
- (1) Plastic tweezers
- (1) Scissors
- (4) 2 pairs of latex-free exam-quality vinyl gloves

### **Other medical supplies**

The items above are meant for the most common injuries. Since you want to prep for any potential medical need, you'll need more specialized items and items that may be necessary for long-term emergencies. Since we have no idea what life could spring on you, even in emergencies that last just a few days, we aren't labeling anything short-term or long-term.

### **Prescription medications**

If you take prescribed medication for any reason, you'll want to prepare for

times when you can't get more. Depending on the type of medication, you might not be able to get a large emergency back-up supply, but talk to your doctor. They will most likely be understanding and try their best to help.

### Oral antibiotics

Infections, no matter how small they start, can kill you. Oral antibiotics are important, but doctors don't just hand them out. A lot of hardcore preppers get fish antibiotics instead, but you need to know these are meant for extreme emergencies and there are lots of risks. We won't recommend fish antibiotics one way or the other, but just know that antibiotics are a medical item you need to be aware of.

### CPR masks

These masks protect the person giving CPR. As with all medical supplies, be sure you understand how to use it.

### Syringes

These are used for wound cleaning and irrigation.

### Splints

Pliable splints (known as SAM splints) are a good item for fractures and other injuries.

### Scalpels

You don't want to use regular knives for medical work, so scalpels are necessary.

### N-95 masks

These masks fit over the face tightly and block airborne particles. They need to be worn a certain way, so be sure you have instructions in your supplies.

### Hazmat suit

This may seem like an extreme item to stockpile, but if you want to be prepared for anything, you should look into getting them. Hazmat suits protect you against chemicals, blood-borne pathogens, germs, and radiation. A full getup will include a suit, booties, gloves, and a gas mask.



## OPAs - Oral Airways

This is a medical device that opens up a patient's airway.

## Curved/straight Kelly clamps

These are used to take out objects from wounds, like shrapnel.

## Sutures

You use sutures to sew up wounds. 2-0 nylon is the best choice.

## Clotting gauze

Brands like QuikClot make gauze that can clot blood very quickly.

## Tourniquet

For severe bleeding that won't stop with pressure or clotting agents like gauze, you'll want a tourniquet.

## Athlete's foot powder

The powder has a longer shelf-life than cream.

## Anti-diarrheal

When you have diarrhea, you can become dehydrated very quickly. Anti-diarrheals are needed to treat this problem.

## Anti-histamine

Anti-histamines treat allergic reactions like sneezing, hives, nasal congestion, and so on.

## Pet medications/medical supplies

If you have pets, they'll need medical supplies and medications, too. This includes flea-and-tick meds, antibiotics, and bandages. If your pet has a specific health problem, talk to their vet about getting an emergency backup.

## Burn gel

Burns can become a very serious medical problem if not treated. Burn gel cools down the area and helps with pain. There are many brands out there.

Aloe vera is a popular choice for 1-2 degree burns.

### Toothbrushes and toothpaste

Don't neglect your dental health during emergencies. Decay can lead to infections and a host of other health issues, even death.

### Mouthwash

Rinsing your mouth with mouthwash keeps your gums and teeth healthy.

### Dental floss

To prevent gum disease, flossing is important. Unwaxed floss is fine.

### Dental mirror

If something is going on with your tooth, a dental mirror gives you a closer look.

## **Hygiene and sanitation**

Keeping yourself and your environment clean is important not only for your sanity but for your health. You'll need personal hygiene supplies, cleaning supplies, and supplies that let you dispose of trash and waste properly. Here's an example of a list:

### Shampoo/conditioner

Not having hair supplies may not seem like a huge deal, but over time, not washing your hair has consequences. Your hair can start to smell, your scalp gets itchy, and bacteria can build up. Conditioner's main purpose isn't to clean your hair, but it keeps your locks strong and healthy. If storage space is an issue, you can get shampoo and conditioner bars. It's also a good idea to keep some dry shampoo on hand. The dry stuff isn't great for your hair in the long run, but it's fine every once and a while.

### Nail clippers

Your nails will keep growing unless you clip them. Long fingernails and toenails can accumulate dirt and bacteria. They can also catch on things and if you accidentally rip them out, you've got a medical problem.

## Toilet paper

In emergencies, toilet paper is always one of the first things people start to panic buy. Keep a good stockpile on hand for these times and times when you can't get a store. Be wary of using too much storage space for TP, however, because it isn't actually an essential item. It's more of a convenient luxury. If things get desperate, you can always clean yourself with a clean cloth, clean sponges, or paper.

## Deodorant

If you don't care about smelling, deodorant isn't an "essential" item, but it can definitely make you more comfortable in stressful times.

## Tampons/pads/menstrual cups

Another item that's technically a luxury, tampons and pads are nevertheless a very useful item to have around in emergencies. If you want something more sustainable, a menstrual cup is a really good idea. These can be washed and reused for 1-2 years, so you don't need to worry about running out of pads or tampons.

## Anti-bacterial soap and wipes

To kill bacteria, anti-bacterial soap is a must. Soap in bar form is cheaper but requires slightly more water, so bear that in mind. If you want to protect your water supply as much as possible, antibacterial wipes can be used instead of soap. Remember: anti-bacterial soap doesn't kill viruses.

## Hand sanitizer

An alternative to hand-washing, hand sanitizer kills germs. While washing your hands with soap and water is still considered the best choice, there are times when that isn't possible. Hand sanitizer needs to contain at least 60% alcohol to work, according to the CDC. Some people make their own, which is okay, as long as it follows that 60% rule.

## Bleach

We talked about bleach in our water supply section, but you can also have a supply of bleach you plan on just using for cleaning. Bleach is a powerful cleaner and can kill 99.9% of bacteria. It's usually diluted and it can damage

your lungs, so be sure you know how to use it safely.

### Borax

Borax is another powerful cleaner often used to deal with mold. It's considered a natural alternative to bleach, so you probably don't need to stockpile both for cleaning purposes. Borax is also very cheap and can be used for a variety of tasks, including laundry, killing weeds, getting rid of pests, sanitizing, and more.

### White vinegar

A cheap basic, white vinegar has a lot of uses, including washing dishes and disinfecting your home. It's been used forever, but it does have a downside: it isn't as strong as commercial cleaners at disinfecting. If that's really important to you, you might want to prioritize a stronger cleaner.

### Paper towels/cleaning towels

To clean, you'll need some kind of towel. Paper towels are more convenient, but using cleaning cloths like microfiber towels won't generate as much trash. With non-disposal towels, however, you will need to wash them, which uses up water. It's a good idea to stockpile both for different kinds of emergencies.

### Disinfectant wipes

For quick clean-up and sanitization, disinfectant wipes from brands like Clorox or Lysol are a great item to buy. Note that these aren't meant for your hands or body.

### Laundry detergent

Keeping your clothes clean and fresh is important for how you smell and your health. The oil from your skin soaks into the clothes, attracting all kinds of bacteria. If you keep wearing those clothes, it can cause itchiness and even infections. Stockpile detergent and soap specifically set aside for washing clothes, so you don't run out of soap for yourself.

### Double Doodie toilet bags

These bags are specifically designed for human waste. They're strong,

puncture and leak-proof, and can last a family of four for a day. They're used for all kinds of portable toilets in emergencies.

### 5-6 gallon buckets

If your toilet isn't working, what can you do? If you have a 5-6 gallon bucket (with a lid) and you line it with a Double Doodie bag, that's good enough. You can even get a plastic toilet seat to make it more comfortable. If you want something a little more put together, there are lots of portable and survival toilets on the market. You can also just use your non-functioning toilet by lining it with bags and making sure they're taped well enough, but you'll still want buckets just in case.

### Kitty litter

Did you know kitty litter works with human waste, too? For your makeshift toilet, you don't want to empty bags when they aren't full, but they aren't too pleasant when they're sitting around all day. When you are starting a new bag, sprinkle some kitty litter on the bottom and again after you've used it. The litter will absorb and help mitigate odors. You can sprinkle on some borax or bleach, too, to kill germs. Kitty litter can also be used for traction in snow emergencies!

### Heavy-duty garbage bags

Trash bags are very important in an emergency. You'll need heavy-duty ones that can keep your trash locked in. If trash just spreads out everywhere and isn't contained, it attracts all kinds of pests, bacteria, and eventually, disease.

## **Disposing of waste and trash**

It's one thing to have the supplies necessary for waste and trash, but what do you actually do with it? The first step is to see if the government is telling you what to do. While you can, research what you're supposed to do if you can't use your toilet or trash pick up stops. Print out these instructions and keep them with your hygiene/sanitation stockpile. In really disastrous scenarios, however, you may be on your own and need to think of another solution.

### Human waste

If you don't know what to do with your waste and the authorities aren't helping, you should bury bags of waste a good distance from your home and away from groundwater. If you want to be sure the waste is thoroughly sealed up and you have the extra buckets, you can just seal up the whole bucket and bury that. The hole should be deep. If you live in a city and burying isn't an option, look up where the nearest landfill is so you can take it there yourself.

Is burning the waste an option? Yes, but it should be reserved for true disasters where you don't have any other option and it doesn't look like other options will present themselves soon. Prepare yourself for the odor and know how to build a very hot, intense fire. To prepare for a disaster scenario that's long-term, it's wise to learn how to build a latrine system instead of relying on burning.

### Trash

If you aren't told how to dispose of your trash in an emergency scenario, burying is once again a good choice. As with human waste, you want to bury it away from your home and water source. Bury it deep, at least 4-feet deep, or animals might smell it and dig it up. If you can, taking bags to a dump is also an option. When push comes to shove, you can also burn trash, but it needs to be done safely. It also isn't a good idea to burn plastic. While you can't control the production of human waste, you can reduce how much trash you generate by learning techniques and getting the right supplies, like reusable items.

### **Tips for health, hygiene, and sanitation**

Before we move to the next chapter, here are some general tips related to health, hygiene, and sanitation:

#### Tip #1: Commit to learning first aid

We talked about this a bit at the beginning of this chapter, but it's important enough to touch on again. Your medical supplies won't save you if you don't know what you're doing. Get a first aid book, but don't just hide it away with your supplies and never look at it. In addition to studying, it's also a good idea to learn some quick "hacks" or tips for health issues. Does someone have a headache? Instead of giving them a pill, try giving them a cup of caffeinated tea first. Just make sure the hack isn't risky or difficult.

### Tip #2: Make individual first aid kits

You or a family member might have a medical emergency away from your supplies. To prepare for this possibility, have everyone carry a small travel-sized first aid kit. There are many premade ones on the market or you can build your own. These kits should contain the bare essentials like a disinfectant, pain medication, and bandages. If someone has a specific health issue like an allergy, you should tailor their kit for their need.

### Tip #3: Don't skimp on cleanliness

In times of emergency, it's easy to fall behind on chores like cleaning. You are likely to be stressed - even scared - but cleanliness should be a top priority. If you skimp on properly disposing of waste and trash, all kinds of problems will arise. Then you'll really be stressed. In cases of disease outbreaks, keeping your environment clean will also be very important, especially if someone in your home is sick. Never forget how important disinfecting and personal hygiene is in these times.

## Chapter 4: Power and Heat

Power and heat cover a vast range of supplies, so let's break down why this is a category you need to think about when prepping. How many things in your home use electrical energy? This could include your oven, TV, water heater, microwave, fridge, your lights, and more. Your cell phone needs electricity to charge at some point, as well, as do laptop computers. Not having power makes activities like cooking and preserving food a challenge. In the winter, not having power can also mean dealing with life-threatening cold. In this chapter, we'll go through the essential supplies you'll want if the power grid goes down and you need to generate energy on your own.

### **Power-related supplies**

When there's no electricity, what are the first things you need to concern yourself with? For many people, it's using up food that could spoil without refrigeration. If you've prepped food and water supplies, you should be feeling okay about your meals for the future. However, many meals need preparation of some kind. If your stove is gas, you can light it with a match or lighter. If it isn't, you'll want that camp stove we talked about in an earlier chapter. Light will also become an issue. If it's summer, natural daylight might be enough for a while, In winter months, though, days are short. Here are the supplies you'll need related to power:

#### Flashlights and batteries

When the power goes out, the first thing a lot of people do is get a flashlight. You'll want to know exactly where yours are and be confident that they have batteries. To keep things simple, stick with flashlights that use AA batteries. If you want to save on space, buy rechargeable AA batteries. They should be stored in their original packaging in a cool, dry place. Extreme temperature changes are not good for batteries, so be wary of that.

There's an overwhelming amount of flashlights on the market, so think about your various needs. You'll probably want some small ones for your car as well as a lantern-style lantern. Consider features like waterproof rating, brightness, and durability, as well.

#### Generator



In emergencies like big storms, a generator is a great piece of equipment to have. These are impressive enough to power your fridge, lights, and more. Not all generators are that large, however, and you may not want one that powerful. Do your research on data like load capability, fuel type, and noise level. There are lots of generators out there, but it's worth being choosy now while you can instead of just buying the first one you look at. If you end up with one that doesn't suit your needs and emergency strikes, your purchase will be a waste.

### Fuel (butane, propane, gasoline)

Equipment like a camping stove and generator will need fuel. Identify the type of fuel that all your equipment uses and stockpile it. Store fuel properly in the right containers and environment. Color code your different types of fuel, so you know which is which. You should also know that fuel doesn't last forever. Gasoline should only be stored for up to two years unless it's been treated with a stabilizer. This gives it a few more years. Kerosene lasts just 3 months, butane lasts ten years in a sealed canister, while propane lasts at least 12 years. Fuel should not be stored inside your home because of the fire risk. It's also a good idea to avoid storing it next to anything else, like your food. Keep fuel in a dry place out of direct sunlight and extreme temperatures.

### Candles

Great for short-term lighting, candles are easy to find and often very affordable. You'll want to stock up on survival candles with long burn times. Liquid oil candles can burn over 100 hours. For wax candles, palm, soy, and beeswax are the best for prepping purposes. They burn longer than normal paraffin wax. The majority of your candle stock should be long-lasting survival candles, but a few nice scented ones aren't a bad idea, either. They can make you feel more at peace during hard times and bring a little luxury into your life.

### Headlamps

When you want your hands free but you need a light source, headlamps are great. There are a variety of brands out there, so as with flashlights, think about things like brightness and battery type.

## Battery banks

You can find battery banks online for devices like phones and laptops. There are solar-powered ones, as well. It's also worthwhile to start learning about building your own battery banks. These are made by connections of a series of batteries with the same wattage and voltage. Together, they generate the sum of their energy. Battery cables and wires are needed, as well. If you want to build your own banks, deep-cycle lead-acid batteries and deep discharge batteries should work best. You use these banks in conjunction with inverters to power your devices.

## Power inverters

These are very useful for a variety of reasons. If you're setting up a solar power system, you use inverters to transform solar power into electricity. For most people, what power inverters do that's useful is turn the DC voltage from batteries into a usable form. This means you can use the toaster, microwave oven, TV, radio, and more. If the inverters have USB outlets, you can also use them seamlessly for charging gadgets. There are different types of inverters: modified sine wave and pure sine wave. The modified sine wave type is cheaper, but it isn't great for "power sensitive" devices like TVs and radios. When choosing an inverter, make sure the wattage is at least as large as whatever you want to power.

## Heavy-duty power cords

Power cords are very important. If they aren't well-made or flimsy, they won't work well and they could be a safety hazard. You want to get cords that are flexible, kink-free, resistant to water and fire, and designed to handle large energy loads. Cords meant for outdoor use tend to be the best in terms of durability.

## **Heat-related supplies**

Depending on where you live, staying warm is a major concern. Even in warmer places, the night time and winter can get cold and if you are forced to be outside for some reason, you'll need certain supplies. Here are some examples:

## Thick winter blankets

Good, thick blankets are a must-have for bitter winters. You want enough for your family and then some, in case you end up with more people than expected in your home.

### Mylar blankets

These blankets can be folded into a bag, so they're perfect for when you need to pack light and move. They are also designed to trap your body heat. Even though they aren't thick like winter blankets, they do a good job of keeping you warm in an emergency.

### Warm clothes

This includes gloves, hats, sweaters, and more. Layers are very important for staying warm, so you don't want to rely on just one big coat for everyone. Think about how cold it gets outside in the area where you live. Next, think about what you would need on your body if you were trapped out there without heat.

### Sleeping bags

Anyone who's been camping knows how cold it can get at night, even in the summer months. A good sleeping bag is worth investing in, so do your research on brands and features like insulation. Also think about the sleeping bag's size and weight in case you want to travel with it.

### Firewood and firestarter

If you have a fireplace or woodstove, you'll want fuel, which means wood. Finding firewood is not usually difficult during peace times, but in an emergency, it could become a very valuable resource. Even if you don't think you'll be able to start a fire based on where you live, knowing how and having the basic supplies is very important. Waterproof matches and lighters are great stockpiling items. Products that are essentially "fires in a bag" are useful, too. These include everything you need to build a fire, such as fire sticks, kindling, and so on.

### Indoor heaters

If you're inside and your heat has been cut off, an indoor heater is essential. You can get ones that use propane as fuel. Confirm that they are safe for

indoor use and look for safety features like low-oxygen shut-off.

### **General tips related to power and heat**

As with all things related to prepping, it isn't enough to just stockpile items for power and heat. Educating yourself about how to use these items and why you need them is just as - if not more - important. Here are some tips to put into action:

#### Tip #1: Figure out now exactly how much electricity your appliances/gadgets use

There are devices out there (like the Kill-A-Watt electricity meter) that can let you know quickly how much power your essential gadgets and appliances use. With this data, you can also figure out how much energy they use per hour and per day. Knowing their energy needs will be very important as you plan on how to get that energy if the power goes out. It will help you decide the size of the generator you need or if battery banks are something you want to look into. Becoming informed now will be invaluable in an emergency and help you feel more in control. For each of the appliances/gadgets you want to use, make a master list of their "stats." For example, the average cell phone charger needs just a few watts to fully charge a phone.

#### Tip #2: Prioritize your energy usage

While prepping for an emergency scenario, think about what gadgets/appliances you'll really need. It would be very difficult to stockpile enough fuel, batteries, what have you to power all of your stuff, so you'll need to prioritize. As an example, a cell phone charger will probably be much more important than a blender. Think about appliances that serve essential functions, like the butane-powered camping stove. Choosing what will be most important during an emergency keeps you focused on the supplies that matter most.

#### Tip #3: Learn all you can about how generators and battery banks work

We talked a bit about the importance of thorough research and education when it comes to generators and batteries, but let's make note of it again. It is essential to learn as much as you can now while you have the luxury. It can be overwhelming, but knowledge is also worth it. Start small by learning

about the different types of generators and what they're best for. Look for online tutorials on building small battery banks. If you have kids or friends interested in all of this, it can be a fun project to try together. When there isn't an emergency going on and we're not in survival mode, we get the privilege of being curious about things like generators and batteries. What you learn could make your life so much easier in so many disaster scenarios.

#### Tip #4: Learn about alternative energy sources

Many preppers like to think really long-term about sustainable energy. Even if you stockpiled tons of batteries, fuel, and candles, they would eventually run out. Sustainable energy sources like solar and wind power are very important for long-term preppers. Once you feel comfortable about your prepping progress for short-term emergencies, it's worthwhile to think about sustainable options. This includes solar panels and wind turbines. These can be pricey, so it's an investment. However, if you want to start moving off the grid soon and feel secure about any power emergency in the future, alternative energy sources are worth it.

## Chapter 5: Security and Defense

If you've stockpiled the supplies we've covered in the past chapters, you technically have pretty much everything you would need to survive (and even thrive) in most emergencies. However, disaster scenarios can shake a society to its core. People who aren't prepared (and even some who are) can start to panic. When supplies start disappearing from the shelves, violence can break out. Those who do have supplies can become targets. Fires and natural disasters also threaten your home and life. What do you need to protect your home, your loved ones, and supplies? This chapter goes over what you'll need for security and defense.

### Security-related supplies

When preparing for a potential attack against your home, defense should be your #1 priority. The goal is to make it as hard as possible for anyone to enter. This way, if they start trying and it takes a while, it gives you time to prepare. The burglar might also get tired of trying and just leave. The best thing you can do to keep yourself safe in an emergency is to prepare before the emergency. This includes fortifying doors and windows. There aren't a lot of really effective security supplies you can use in the moment - most preparations should be made pre-emergency - though there are a few. Here's what you should consider investing in for your security:

#### Home security system

This is something you'll want to install when there isn't an emergency going on. They can include motion sensors, cameras, alarms, and more. A full-fledged setup will most likely be fairly expensive, but you don't need to get everything to be a little more secure. Good lighting is also part of home security since most intruders don't want to be seen and draw attention to themselves. There are non-human dangers you should remember, too, like fire and carbon monoxide. Make sure you have enough alarms and check that they're working regularly.

#### Deadbolt lock

Regular locks don't hold up with forced entries. A deadbolt lock, which is a steel bolt that stretches into the door jamb and strike plate of the frame, provides significantly better security. There are two main types of deadbolts:

single-cylinder and double-cylinder. Single-cylinder is the most common while double-cylinders require a key to unlock both sides of the door. Deadbolts are affordable, but the peace of mind they bring is priceless. Remember to always use the deadbolt once you have it.

### Door jambs

There are tons of door jambs and security bars out there for basically any kind of door. Their purpose is to reinforce your door frame, which needs to be sturdy or else even a deadbolt lock isn't super useful. When considering a door jamb, think about the type of door you want to use it for, the price, the reviews, and so on. It's a good idea to at least fortify all the doors that lead to the outside. You should also consider choosing a "panic room" with a door that's also reinforced. This way, if someone starts to break in, you can retreat to that room and give yourself another layer of protection.

### Safety glass

You can have very secure doors, but if someone decides they want to come in through a window, is that window strong enough? If it's in your budget, you can go the extra mile now by getting laminated or safety glass. These are designed to handle impact and take a while to break. An intruder may give up once they see how difficult getting in is or the noise will at least give you time to get to safety or arm yourself. Safety glass, like deadbolt locks and door jambs, are also very important during emergencies when you have to evacuate the area and can't be there in person to defend your home.

### Pre-cut plywood

If you can't afford security measures like safety glass or you want to be extra prepared for when an emergency begins, pre-cut plywood can come in handy. Make sure you have enough boards for everything you want to secure. Plywood, when paired with nails, can also be used to build traps if necessary.

### Nails/hammer/screws/screwdrivers

To use the plywood, you'll need nails and a hammer. A hammer, nails, screws, and screwdrivers have many other important functions, as well, so they're not exclusive to safety.

### Barbed wire

If you have a fence, you can make it part of your home defense by adding barbed wire. Depending on where you live and the normal level of danger, adding the wire when it isn't necessary could get you in trouble. Consider barbed wire as a long-term, high-danger emergency solution. In most scenarios, having your doors and windows fortified and very secure is all you'll need to worry about. Still, if you can imagine a scenario when barbed wire could be useful, by all means, put it in your stockpile.

### Fireproof safe

If a fire breaks out in your home, you need to get out. You shouldn't try and save any supplies. To protect your most valuable belongings like passports, family photos, and some emergency cash, get a fireproof safe. These also protect the documents from water in the case of flooding.

### Insurance

Sometimes, there's nothing you can do to prevent something from happening. Your best hope is to have your home and belongings insured against a variety of potential disasters. This way, even when you mourn what can't be replaced, you at least have some financial security. Depending on where you live, different kinds of insurance will be available. Do your research about what types of emergencies are most likely to happen and what you want to insure.

### **Defense-related supplies**

We recommend that if you can avoid conflict, avoid conflict. If there's an opportunity to retreat or act defensively, take it over an offensive approach. Getting into a physical confrontation puts your life and health in danger. Sometimes, confrontation is unavoidable, so what do you need when that moment comes?

### Pepper spray

Pepper spray is a great weapon for self-defense because, in most places, there aren't a ton of regulations about carrying it. If you aren't sure, always check with the authorities first if you plan on carrying it around with you and not just putting it in your stockpile. Pepper spray can be used to disrupt an attack and give you time to run. It can also be used on animals if they are attacking



you. When using pepper spray, be sure you know how to use it properly. Most canisters are effective at a 3-10 foot range.

### Stun gun

Stun guns use a strong electrical charge to ward off attackers. There are a variety of brands with different ranges, so think about your needs before buying one. The benefit of stun guns over pepper spray is that you aren't at risk for being affected when you use it. There are laws about carrying stun guns, so research what your area allows.

### Baseball bat

Another non-lethal weapon option, a baseball bat is very handy because you don't need to worry about any regulations. You also don't need to learn how to use it as you do with pepper spray and stun guns. Just swing. If you want to have something basic on hand for self-defense right now, go out and buy a good bat. Metal is probably the best choice because wood can break.

### Knife

While a standard kitchen knife will work in an emergency, it isn't a bad idea to have a knife designed for hand-to-hand combat. This is a knife you can carry with you if you want, though naturally, you'll need to know about the law. Factors like the knife type and blade length affect the legality of carrying a knife. As for what knife works best, you want one that feels comfortable in your hand. The grip is very important. If a time comes when you need to actually use your knife for self-defense, you'll likely be sweating and anxious. A knife that slips around will do you no good. Practice basic moves with your knife - like simply opening it - to get comfortable. Always be careful and don't let your kids play with it. It's not a toy.

### Duct tape

By duct-taping a knife to a bat or a pole, you have a spear. It makes you that much more intimidating to an attacker. Duct tape has a lot of other more practical uses, so keep that in mind when stockpiling. It can provide some stability to cracked glass, repair boots and other clothing, hold emergency bandages in place, and so on.

### Gun(s)

For serious protection as well as hunting, many preppers have guns. Different guns accomplish different tasks. A handgun is good for quick point-and-shoot defense while a shotgun works for home defense and at close range. A short-range rifle is good for small game while a long rifle is used for hunting and long-range. You'll also need to stockpile ammo for any guns you get. If you aren't experienced with guns already, you'll need to commit to learning before an emergency arises. A gun is more dangerous than helpful if you don't know how to use it. Always exercise rigorous safety precautions regarding storage and know the law about guns in your area.

### Fire extinguishers

You can't defend yourself against fire with a weapon. Fires also don't follow the rules of peacetime vs. emergency time, so you want to always be prepared. A fire extinguisher can save your life and supplies. Some preppers suggest putting one in every room. It's one of those items you may never need, but when you do, you won't regret stockpiling for a second.

### Fire blanket

Fire blankets are resistant to fire and have two purposes: you can throw one over a fire and put it out, or wrap it around a person. The blanket can put out a fire on a person's clothes or make them more resistant to flame if they're moving through a house that's ablaze. Fire blankets are made from materials like layers of woven glass fiber fabric and fire retardant film. Once used, they need to be thrown away, so have a stockpile on hand.

## **General tips for security and defense**

Emergency scenarios bring out a person's true colors. It also brings out people's desperation. You will need to be prepared to defend and protect your home, your family, and yourself. Here are general tips for success:

### Tip #1: Discretion is your best defense

If possible, you want to avoid situations where you need to defend what you love. The best thing you can do is be discreet. This means you aren't making your prepping public. Don't post photos of your supplies on social media or talk to everyone you meet about your preparations. This can make you a target when things go south. Stay discreet, don't keep your supplies in places

where others can see them, and don't draw attention to yourself during emergencies.

### Tip #2: Have a plan for defense

Prepping is all about figuring out the worst-case scenario and planning what to do. If someone tried to break into your home, what should you do? Sit down with your family and come up with a simple, easy-to-remember plan. Pick a room where everyone should meet and fortify it with a strong door. You should also go over instructions for other emergencies related to safety, such as a fire, hurricane, tornado, etc. Depending on where you live, certain natural disasters will be more likely than others.

### Tip #3: Learn how to defend yourself

No matter your choice of weapon, it's important to know how to use them. It's also worthwhile to learn some hand-to-hand combat like boxing or basic martial arts. You'll feel more confident and secure. If you have a family, a self-defense class is a great way to bond and make the experience more fun. You don't want to scare your kids by making them believe someone is always out to get them. You do want them to be prepared, though, if something does happen. Doing activities together and framing them as fun is a great way to prepare them without fear.

### Tip #4: Build a community with your neighbors

Besides yourself, your neighbors can be part of your security and defense strategy. Humans are naturally geared towards community and there's safety in numbers. When you get to know your neighbors, they'll be more familiar with your comings-and-goings. They're more likely to notice an unfamiliar car or stranger circling your home when you're on vacation. During emergencies, neighbors who are close and who trust each other will band together to help each other out. Knowing that there are people who have your back significantly reduces stress.

## Chapter 6: Bugging Out

You may or not be familiar with the term “bugging out.” It means fleeing an area when it’s become dangerous and heading to a safe place. You can’t take all of your supplies with you, obviously, but you can’t leave with nothing. A bug out bag contains the most essential items. In this chapter, we’ll talk about when you know it’s time to bug out and what should be in your bag.

### **When should you bug out?**

Bugging out is not something to be done lightly. It comes with a lot of risks because you’re leaving your supplies and the safety of your home. You might be exposed to the elements and dangerous people for a while traveling. Delays could be devastating. The majority of the time, hunkering down in your home is your safest bet, especially if you’ve fortified it and you have supplies. However, there are situations when staying is more dangerous. Here are some examples:

#### Your home/the environment has become unsafe

This includes fires, tornadoes, hurricanes, gas leaks, flooding, and so on. It will most likely be pretty clear that staying in place puts you more in danger than leaving. Depending on the emergency, you might hear about it before it actually arrives. As an example, when wildfires get bad, you’ll hear about them heading into your area. To protect yourself and your family, bugging out could be the best decision. Things could become dangerous directly after an event, as well. Damage from extreme weather could make your home unsafe.

#### Resources are running out

If you’re running low on supplies and can’t access more in your immediate area, it’s time to seriously consider bugging out. Pay attention to the vibe of others around you, as well, because as resources get low, people will get more desperate. This can make them dangerous.

As a note, when we say “resources running low,” we aren’t necessarily referring to people panic-buying. This isn’t a supply issue; it’s an issue of people freaking out. If you simply have to adjust when you shop, the brands you buy, and the specific stores you’re going to in your area, your resources

aren't running out. However, if you don't have a lot of options regarding stores and you're becoming seriously concerned you aren't getting what you need, it's probably time to think about bugging out.

### Evacuation order comes through

Being ordered to evacuate is not technically "bugging out" because bugging out is your decision. However, they are similar because you'll need to leave the vast majority of your supplies behind and go somewhere safer. A bug-out bag is essential for either scenario.

### **Where should you bug out?**

You should never bug out without a destination in mind. Your plan should also include the length of time it takes to get there so you can pack only what you absolutely need. What's a good base for a bug out? Ideally, your destination should be away from crowded areas. If you live in a big city, that means heading for the suburbs *at least*. Rural areas are also good because they're less densely-populated. How far away should the location be? Not too far. You want to be able to reach it on foot within 72 hours if necessary. If you're able to drive there, that's great, but if you can't use your car for some reason, you want to be able to walk there with just one bag of supplies for each person.

### Seeking shelter with family/friends

What if you can't afford a second location? This is a common predicament. Most people aren't able to stock up and prep their own home *and* a second one for bugging out. You have a few options. First, if you have a family member or close friend who lives in an area that would be safer during an emergency, talk to them. Make it clear that you would only consider coming in a serious emergency and you would be committed to helping them, assuming the emergency affects them as well. Even then, don't depend on another person's home for your bug-out location. They have the right to change their mind at any time.

### Other options

What are your other options? It's a good idea to pick a location you believe will be safe and look at what's available, resource and shelter-wise. Are there

stores? Motels? What's the cost of purchasing a cheap house? If saving for or buying a house is impossible right now, consider campgrounds and national parks. These might close down during emergencies. If things are truly bad enough for you to leave the safety of your home for the outdoors, it won't matter if a location is officially closed down. Staying outside and depending on the land or nearby stores for resources is extremely risky and should be reserved for only the most serious emergencies. If you feel like this is really your only option for a bug out, commit to learning camping and wilderness survival skills. They're essential if you don't have a real bug-out location.

### **Bugging out is usually more dangerous than “bugging in”**

As this section has told you, bugging out is 99% of the time more dangerous and risky than just hunkering down. It's also one of the more challenging things to plan for because ideally, you'll have a bug-out destination that you own that's stocked with supplies. For most people, that's a tricky thing to work up towards. First, prioritize your own home and supplies. Have a bug-out plan for short-term emergencies (going to a friend's or family member's, camping for a few days, staying in a hotel in a safe area, etc) and then start developing a more thorough, long-term bug-out plan.

### **The bag**

Choosing a bug out bag is serious business. You want to have the supplies first and then choose your bag, so you aren't accidentally leaving out something important. There are seemingly countless choices out there. Think about how comfortable the bag is, how much space it has, and how many pockets, straps, etc, it has. These will help you stay organized. What supplies go into a bug out bag? Here's a basic list:

Emergency cash

First aid kit

Two large water bottles (to hold 1.5 gallons of water per person for 72 hours)

Water purification tablets

Water filter

Ready-to-eat food

Knife

Lighter

Tinder

Flashlight  
Tarp  
Important documents  
Toilet paper  
Socks  
Pants  
Underwear  
Jacket  
Tent  
Sleeping bag  
Thermal blanket  
Gloves  
Compass  
GPS tracking system  
Respirator  
Hand sanitizer/antibacterial wipes  
Prescription medication  
Emergency whistle  
Multi-tool  
Paracord  
Duct tape  
Charger  
Map of area

There are many other supply lists on the internet and even more opinions about what items should go in a BOB (bug out bag). We believe the items above represent the most essential and basic bag. Think of it as a starting point. Consider your specific needs as you add to your bag. Remember that it should be as lightweight and organized as possible.

### **General tips for bugging out**

You might be feeling anxious about what you just read. That's okay. Bugging out should be a little bit scary because most of the time, it's too dangerous. However, don't let your apprehension stop you from preparing for the possibility. Here are four tips that can help you process what bugging out should be like:

Tip #1: Practice your route with your bag

All the mental exercises in the world can't truly prepare you for actually traveling with your bag to your bug out destination. A GPS might say how long it takes to get somewhere, but until you actually walk the walk, you won't know for sure. Once you have your bag packed and your bug-out base, practice the trip. You can drive it a few times, but the major goal should be to walk it at least once. This will give you important information like how your bag feels over a long period of time and what your natural pace is.

### Tip #2: Have multiple route options

While you're planning your trip, plot out multiple route options. For now, your route may be clear, but during an emergency, things can change very quickly. Traffic could be horrendous, there might be too many people, or consequences of bad weather (like flooding, felled trees) might cause a problem. Plan out different routes that take the same amount of time.

### Tip #3: Plan on bugging out before everyone panics

There's a very small window of opportunity when it comes to bugging out safely. If you wait too long, everyone is already panicking. The roads get congested and tensions are high. Ideally, you want your ear to the ground, so you can anticipate when a disaster is approaching. If you believe there's an emergency on the horizon, think about how bad it could get and if you would be comfortable hunkering down where you are. If not, it's time to get out of town.

### Tip #4: Build bug out skills as well as a BOB

If there's anything you've learned from this book, it should be that supplies alone aren't enough. You also need to have a certain mindset *and* certain skills. Because bugging out comes with so many risks, you need to have skills that can protect you. This includes wilderness survival and basic camping skills. A lot could happen on your way from your house to your bug-out location, especially if you're walking. If you got delayed and ran out of water, what would you do? Can you build a fire and pitch a tent? Developing these skills now could very easily save your life in the future, so it's worth taking the time to educate yourself and practice.



## Conclusion

Prepping is challenging. We aren't going to tell you otherwise. What is *more* challenging, though, is not being prepared for emergencies. These can include personal crises like job loss, as well as large-scale disasters like big weather events, economic collapses, and pandemics. Some emergencies are more likely than others, but as history shows, unlikely things can still happen without much warning. How will you feel? Will you panic because you don't have a safety net? Or will you take a deep breath, knowing you've thought ahead and prepared?

In this book, we went through the basics of prepping and stockpiling. Water and food should be your top priority followed by medical supplies and power and energy. Being prepared to fortify and defend your home is also important, especially if you live in an area where you're concerned about potential violence. If a situation looks like it's going to get very dangerous, consider bugging out. This is a very risky decision, so you must have prepared far in advance.

Prepping is so much more than just stockpiling supplies. Anyone can fill their garage with lots of stuff, but when an emergency begins, will you know what to do? Prepping your mind and developing skills are your best defense against panic and chaos. Staying organized is also critical to maintaining a sense of calm and control. If you aren't someone who usually keeps lists of things or journals, now is the time to start. Writing stuff down means you don't have to worry about racking your brain for information when times get hard.

Odds are, you're going to get overwhelmed with prepping. Even just thinking about all the different scenarios that could happen can paralyze you. You might be tempted to just give up. The secret is to start small. Focus on thinking just two weeks ahead. Get everything you need and think about what you'll need to do to make your life as comfortable as possible. Stay organized and if you start to get stressed out, take a breath. Remind yourself why you're doing this. Be honest with yourself about your feelings. Then, keep going.

Prep for the next two weeks and then two weeks after that. Soon, you'll start to feel more confident and secure. You'll get better at managing the stress. Keeping reading about prepping and determining what supplies work best for

your needs. Practice your skills. Be careful about who you share your prepping with. When an emergency comes, you'll see that all the prepping was worth it.

## EMERGENCY FOOD STORAGE AND SURVIVAL

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# Emergency Food Storage and Survival

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*The Handbook You Need to Keep Your Family Safe (Food, Medical  
Supplies, Power, and More)*

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Herb Williamson