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Module 1:

5 Serious Threats We're Facing

The world is now a dangerous place, and you've got to be prepared for a crisis. You don't have to live in an area prone to storms, fires and flood to understand and appreciate this.

With economic turmoil all around the globe today, survival skills and supplies are as necessary as light and air. Bury your head in the sand and you'll be faced with a rude awakening when a crisis does strike.

It's time for people to stop saying, "No, it'll never happen us".



Natural Events

Natural disasters around the world are happening much more often now-a-days. As news reports show all too graphically, all it takes is just one storm, one tornado, one earthquake or one tsunami to instantly turn you into a survivalist.

Have you heard of the drought in California? In January 2014, Governor Jerry Brown declared a state of emergency, and several

state agencies publicized their plans to ration water throughout the summer. A wheat farmer reported that he won't be able to harvest anything from his 3,000 acre plot of land that year.

Not only does drought significantly limit the amount of crops farmers can produce, but when California gets 15% of it's electricity from hydro-power, it's easy to see that millions of people will lose power for a LONG time if there is not enough water pressure in their reservoirs to turn the turbines!

Extended Power Failures

Going on with power failures... As proven by the meltdown of the nuclear plant in Japan, power failures can be sudden, large and widespread. Think of all the things we consider necessary that will not run without electrical power. With no street lights, there will be massive traffic catastrophes, but that is only for those who have gasoline, because gas pumps will not work. Water distribution and treatment plants will cease to function, so clean water will be scarce. All food processing will halt, and communications will be non-existent. Even worse, nuclear power plants will start to melt down without electricity to run the cooling systems.

Infringement Of Government

It may be unthinkable that your own government could turn against you, but you just have to look at the uprisings in other countries to

see evidence that it is quite possible. The police forces are being militarized, as if waiting for widespread panic to ensue. Personal freedoms and privacy are violated on a daily basis. The Right of Eminent Domain allows the government to seize your property at any time. The government can, and will, impose martial law to protect itself from its citizens if necessary.

What affect do you think martial law will have on the economy? Based on historical documentation, I foresee martial law destroying free press and freedom of speech. I see it eroding and eventually removing civil liberties. I see it establishing curfews, checkpoints, searches and citizen spies. I see it forcing the rationing of food, water and healthcare. I see it creating economic and civil crises that will be extremely difficult for the average person to deal with.

Once martial law is enacted and the powers-that-be gain this type of control, I don't see them ever giving it up and us going back to our normal life styles.

Dollar Collapse

The U.S. Dollar is a fiat currency, meaning it is not backed by anything real and can be wiped out as easily as it is created. Every fiat currency that has ever existed was destroyed by its own government. The U.S. has run up a debt larger than it can ever repay. Larger, in fact, than any other civilization in the history of the world! If the government becomes unable to repay its debt, other countries will

stop buying our securities (and dump the ones they already have), and the dollar will be worthless. When the dollar itself is worthless, all hell will break lose!

War and Acts of Terrorism

The world is growing more unstable every day, with governments trying to force more of a stranglehold on their people and the people fighting back. 9/11 showed the U.S. that it is not invulnerable to attack. Terrorists can strike at anytime, anywhere and there are thousands of them unseen and unknown right here in your back yard.

Did you know this? As of December 2013, Idaho's grid system gets at least 6,000 attempted hacks EVERY DAY?! Think of what it's at today. It is only a matter of time before someone gets through their firewall and wreaks havoc on the grid. And that's just Idaho.

It's also only a matter of time when there is another war that affects the country, or perhaps the entire world. With little to no manufacturing capability left in the U.S., the country is vulnerable. If your government cannot protect you, you must be prepared to protect yourself.

Action Step

Have you ever heard of “systematic thinking”? Basically, you imagine an event and consider every possible effect it would have.

For example, if the power goes out, how will it affect you? How will life be totally different?

- No lights
- No microwave or stove-top
- No hot water
- No cold refrigerator
- No Internet
- No power to charge cell phones or computers
- etc etc

And what if the power went out all over your city? How will you cope with all these things?

- No ATMs or Banks
- No gas station pumps
- No traffic lights
- Empty grocery stores
- Looters
- Limited security and medical facilities

Now what if that power outage affected millions of people and lasted for 3 weeks, and you were caught right in the middle of it?

If you keep expanding this thought process and going deeper, you'll

come up with so many things you can prepare for, but it might get overwhelming. So keep it simple for now.

Here's what I want you to do this weekend:

Practice "systematic thinking" with each one of the threats I covered in this report and see how deep you can go. How will each threat affect your life, and to what extent? Try to figure out a few "domino effects" (one thing leading to another) and what you'd need to get ready for.

This will give you an overall feeling of where you are in your preparations and what you need to work on.

Module 2:

Who Will Die First During A Major Crisis?

This is a sobering topic, so please hear me out. I'm not trying to be offensive or pass judgment onto anyone, but it's really important to understand this kind of information. This just might save your life.

When a major crisis hits, there are always casualties. You need to know who will be among the first to die.

By knowing this, you'll be able to do 3 things:

1. Tell if you or your loved ones will be in these groups
2. Start improving your likelihood of survival
3. Know who to watch out for (you'll learn why this is so important in just a minute)

So, who will die first?

1) People With Limited Mobility

I'm talking about people who can't move fast for whatever reason. If you can't "get out" fast enough, you'll be stuck in the middle of chaos. You won't have access to survival supplies. You won't have access to food and water (the stores will be cleaned out within hours). You

won't have access to personal defense equipment. You will have to deal with violent aggressors who will take advantage of you if you appear weak or as easy prey.

Whether it's a flash crisis (something that happens FAST) or something that's been building up for quite a while and finally reached a tipping point, you have to act FAST to ensure your safety and resources.

Survival of the fittest will become the new law, and you don't want to be a victim because you were slow.

Here's a few factors that may put people into this category:

- Morbid obesity
- Limb amputation
- Confined to a wheelchair
- Elderly
- Chronic respiratory issues

There are definitely more, but these are just a few to get you thinking.

Now, you might say, "**I may be slow, but I've got a gun**". That will help ward off the aggressors in some situations, but chances are they'll also have a gun, and someone will die.

A crisis will put most people on edge, and someone with a gun that

wants something you have will act desperately. Someone will be a better shot. Someone will be faster. Someone will be willing to take more chances. Someone will be more mentally prepared to take another life. If you find yourself in this situation, make SURE you're prepared to be the one who lives.

Another thought might be, "**I may be slow, but I've got a fast car**". Sure, that will help you get to your safe place, but what about that traffic jam because of other people trying to drive away? And how about those tall freeway walls essentially locking people in? Can you move quickly on foot if you can't get your car out? Do you have a Bug Out Bag in your car to hold you over for a 3 day walk home? What if someone attacks you because they think you have food?

What about the diabetics who can't get an extra supply of insulin fast enough? And how about the old grannies who get stuck in their rest homes in the middle of the summer without electricity for air conditioning and get heat stroke in a matter of hours? What about the morbidly obese who get stranded during a major flood and can't exert enough energy to swim?

If you aren't able to quickly evacuate an area, you'll need to survive and defend yourself from people in the next category.

They'll seek the weak and those who appear to be easy prey. Make sure you're prepared to move quickly.

2) Pathological Dependents, Aggressors & Druggies

This category consists of 3 groups of people that will not only be among the first to die, but will also be the most dangerous. And you've really got to watch out for them. They'll take advantage of people in Category 1, perhaps in unthinkable ways.

Clarification: When I say "dependents", I'm not talking about people who rightfully and of necessity have claim on someone else for support. But rather, people who pathologically have the "Help me, I can't do anything for my self, nor do I want to" mentality and lifestyle. This type of person is classified in this category because they can't and won't help themselves during a crisis.

Pathological dependents will do 1 of 3 things:

1. Lay down and die, so to speak
2. Turn to the government (if its still around) who will ship them off to FEMA camps or places like the Superdome or Astrodome
3. Become aggressors and take advantage of others

Note: There were more than 20,000 people who stuck out Hurricane Katrina inside the Louisiana Superdome. Within just 1 week (just one), it became a "sweltering cesspool of human misery." Can you imagine what it would be like if they had to be there for just a month or two?

To get a feel for how horrible places like the Superdome are when it comes to escaping disasters, read this article:

<https://xprepper.com/read-more/katrina-superdome>

Aggressors are those who will loot (violently at times), and many will get shot by people who are only protecting/defending what is rightfully theirs.



Druggies are the most dangerous of the 3 in this category. When these people can't get their fixes, they go through withdrawals. And withdrawals cause them to do unthinkable things.

If someone is addicted to benzos or opiates and knows where assisted living homes are that have them for pain killers, you can guess what's going to happen. Remember the little old grannies from Category 1? Druggies are going to take those drugs from them at any cost.

Not only will withdrawals cause druggies to loot violently, but sometimes the withdrawal process itself will kill them. Before meds came around, alcohol withdrawals had a death rate up to 35%.

If you're like me, druggies and aggressors will get what's coming to them if they try to harm my family and take my stuff.

Note: If you're dependent upon any substance (no matter what it is, legal or illegal), you're a slave to it. Now is the time to overcome that dependance if at all possible.

3) Neo Hippies and Yuppies

The term "**neo hippie**" refers to "new age hippie", or a modern hippie. They love the environment and try to uphold values of peace, love and community while remaining separate from the materialistic, consumer culture.

Even though they have good skill sets, for example, in agriculture, these people typically don't own firearms and can't protect themselves. Back in the 1960's, hippies were a perfect target for robberies because of their non-aggressive lifestyle. And when a major crisis hits, pacifism is not going to help them during an armed encounter.

The term "**yuppie**" (short for "young urban professional") refers to the typical middle-class, luxuriously-living American dreamers. They go off to work every day, live their shiny lifestyles and don't have a clue about the obvious threats we're facing. They're not in the right mindset.

Even if they wanted to start stocking up on supplies, they can't because they've incurred so much debt. They won't have more than a

few days worth of food in their pantries because they're stuck paying their mortgages and maxed-out credit cards, their 2 car payments and their gym and tanning memberships.

Granted, some might go off to the shooting range once in a while or take self defense classes, but they won't be ready for a crisis. They'll be caught off guard, waste time being in denial, end up reacting far too late and make poor choices along the way. These will also fall victim to the aggressors who will take their fancy large homes and apartments by force and anything else they might find worth bartering with.

If you identify yourself in this category, you need to take ownership of your own and your children's personal defense. Don't sacrifice your loved one's lives on the alter of your own pacifism.

4) Children

Most children now-a-days in the United States aren't accustomed to receiving orders. And when they get sharp, strict orders from their parents, their natural reaction is to resist, delay, question or rebel. Unless they're trained to receive and follow orders now, their natural reaction to critical and time-sensitive commands during chaos might cost them their lives.

Suppose your child picks up a live electrical wire or something else that's hazardous to them during an emergency. When you tell them to

drop it or set it down a certain way, they had better be obedient to you, right? There's no time in that situation for questioning or hesitation. Historically, children who weren't disciplined enough to obey their parents "in the moment" got themselves into big trouble.

So make sure your children obey and listen to you now. That's up to you as a parent, and it's your responsibility to train and discipline them.

A Note About Pregnancies: Can you imagine what our medical proficiencies and resources will be like after a collapse of the economy? We won't have the resources, technology or the training that we're so accustomed to in the event of child birth.

So if you're pregnant or planning on continuing to bear children after a collapse like this, make sure you have what you need to give birth and raise children (manuals, equipment, medications, nutrition, etc).

Did you know that back in the mid 1700's, 1,000 to 1,200 out of 100,000 women died during child birth? That's about 1%. But considering that an average woman usually had 5 to 7 children, her chances of dying increased to 5%-10%.

Back in the 1800s', up to 30% of children in certain areas didn't make it to see their first birthday. And in other areas, less than 50% of children didn't make it to their tenth birthday.

Considering all these numbers, now is the time to acquire resources

to help your family make it through an extended crisis.

Also, if only considering nutrition, babies who breastfeed receive life-sustaining nutrients from their mothers and are more likely to reach adulthood than those who don't. Make sure that the mother who is breastfeeding is receiving proper nutrition her self because it is passed along through her milk to her baby.

What You Can Do

These are all hard-hitting things to think about, but they're based on observable facts and history. If you or your loved ones are in any of the 4 categories, there's still a lot you can do to improve your situation. You have a chance now to better prepare for the future.

For example:

- Make plans that accommodate your mobility
- Participate in practice drills so you know exactly what you and your family are capable of
- Build up your extra supply of critical necessities NOW (like insulin or medications), and have a way to protect them
- Get in better shape physically and mentally
- Learn and perfect as many skills as possible

Action Steps

1) Write down the names of your immediate family (parents, spouse,

siblings, children). Then, write down any conditions they may have that will slow them down during an emergency. Then, come up with a simple plan to accommodate them or increase their ability to move quickly.

If their conditions can't be improved, the next best thing would be to practice basic self defense with them. Module 9 covers this.

2) After you help them with self defense, give them a few supplies that they can have access to like pepper spray or a personal taser. If anything, give them an old car key with a big grip. It can be effective when jabbed in the ribs of an attacker.

3) The next thing you can do is help them with an emergency plan. Where should they get to as soon as possible? How will they communicate with you? What else will they need to do? Etc etc.

As you do these things, you'll become a leader to your family. They'll be grateful for your hard work and preparation, even if they don't show it right away.

Module 3:

3 Mistakes Almost Everyone Will Make

Having the right supplies and education will definitely make you capable of surviving a crisis, but there are a few major mistakes that can cause you your life if you're not careful.

Mistake #1: Trusting the wrong people

Who you surround yourself with always has effects. But, letting someone into your group during a crisis based solely on their supplies, knowledge or skill sets is a major mistake. If they aren't trustworthy, upright and don't have an objective moral stance, they are a major liability even if they've got things you need. They could easily turn around and take advantage of you or bring harm to your group, even death.



We've become accustomed to giving the benefit of the doubt to people we don't know. We want to trust people. We want to have

compassion. But that only works in a time of peace. During a crisis, though, you can't be tied to that way of thinking. People change, especially when they're desperate, and can do horrible things.

So, be sure to work with or allow people into your group based on their trustworthiness, not their supplies, knowledge or skills.

Mistake #2: Looking for the wrong signs, or the right signs in the wrong places

This mistake will be made by preppers and non-preppers alike. And because of that, they're going to miss important information which can cost them their lives.

People tend to rely on a handful of news sources. But they don't branch out. Those sources might be feeding them the wrong information, so they'll end up looking for the wrong signs. Or, those sources might not be feeding them useful information in the first place.

When you're looking for indicators of a potential crisis you're aware of, you need to be expand your scope and check international and alternative news, not just the United States or your favorite Youtube channel. Make sure that you're pulling from a lot of different sources. The more vantage points and perspectives you have, the better.

A lot of people's timing of events will be off as well as their reaction

times. A lot of people will be caught off guard by certain things because they weren't looking for the right signs, or they were looking in the wrong places. Even if you've got a clear picture of what might happen, it may not even happen that way.

The point is to be open and broaden your scope to additional news sources.

Mistake #3: Inflexibility with your plan

A lot of preppers are preparing to survive a particular crisis. This being the case, and considering that there may be many different crises that happen and each crisis will affect people differently, you have to be flexible with your plan.

Make sure that your plan and logistics aren't so rigid and concrete that you aren't capable of surviving a myriad of things that come your way. Think of the domino effect that just 1 crisis will cause, and try to accommodate and allocate for as much as you can.

There are certain things, though, that you should not be flexible with, such as trusting the right people. Keep those in mind, too.

Action Steps

- 1)** Make a list of people who you already trust and would like to be a part of your group during a crisis. Then, list what they can bring to

the table like certain skills, knowledge, supplies, or even character attributes.

2) When you get the chance, contact them and ask if you could stop by for a few minutes. Tell them you're interested in knowing more about their skills, knowledge, or supplies. Have them explain things to you, and then tell them a little of what you're learning in The XPrepper System.

This does 3 things... Increases your education, builds trust, and adds flexibility to your plans. When something does happen, these people will immediately think of you and want to be in your "group", and of course bring what they've got to the table. This will be a huge benefit to everyone involved.

Module 4:

This Will Get Most People Killed

I talk to a lot of good people who are trying to prepare for a crisis. But when I dig deep, I notice something disturbing and quite frankly, it really bothers me.

They believe they'll survive just because they have supplies.

And that's the myth that will end up killing them as well as their loved ones.

The truth is this: You must have supplies AND education to survive a crisis, not just supplies.



You Must Have Supplies and Education

Let me explain. Imagine that the US dollar collapses in the springtime, and you can't buy food anymore because money is worthless. What are you going to do?

You might think to yourself, "I've got a ton of vegetable seeds. I'll just plant a huge garden and harvest it myself, and live off my 3 months of food storage until then."

It's a lot more complicated than that. For example, do you know how to plant a garden?

- How deep should you plant the seeds, and how far apart?
- What type of soil do they need?
- How much water should you give them and how often?
- Can the plants take the heat of the day?
- Will the seeds grow in your climate?
- What kinds of pests will start devouring the leaves, and can you stop them?
- Will your plants produce fertile seeds that you can grow during the next season or barter with?
- Do you know how to harvest and preserve seeds in a way to maximize their life span?
- Do you know if you can just plant the seeds or do you have to soak them in water or freeze them first?
- Do you know if the food will meet your dietary and caloric needs?
- Do you know how to keep your plants warm from a late winter's cold snap?

Lets say you do know all these things and end up growing a lot of food just before your food storage runs out. So much food that you can't eat it all before it goes bad.

- Do you know how to preserve it?

- Do you know how to use your canning and bottling equipment?
- Do you know how to protect it from people who are starving that will aggressively try to take it from you?
- Do you know how to shoot a firearm quickly and accurately to disable that person from shooting you first?

The purpose of all these questions in this scenario is to help you understand that you need education to go along with your supplies.

For example:

- Having First Aid supplies doesn't mean you know how to stitch up a wound and stop bleeding.
- Having hunting equipment doesn't mean you know how to hunt or skin and clean an animal.
- Having a firearm doesn't mean you know how to load it quickly and shoot accurately.
- Having solar panels doesn't mean you know how to store and use electricity.
- Having a HAM or CB radio doesn't mean you know how to listen to or communicate with others.
- Having a manual sewing machine doesn't mean you know how to make clothing.

Just like having supplies alone won't make you fully capable of survival, neither will having education alone. **You've got to have**

both.

2 Types of Education

There are at least 2 types of education:

1. Knowledge – This comes by reading, watching, hearing, etc.
2. Skill – This comes by hands-on training and experience.

But which is better? Knowledge or skill? This scenario will help you decide.

Scenario: Lets say your spouse is suffering from severe dehydration. You decide its time to rehydrate via IV. You know what fluid solution to use, how fast to let into the body, how to determine which vein the IV should go into, how to sterilize the skin before the venipuncture, how to anchor the vein so it doesn't roll during the venipuncture, how to actually perform the venipuncture and how to secure the IV while the fluid is entering the body.

But, lets say you've never actually done it before and end up creating a huge hematoma (a solid swelling of clotted blood) around the vein because you couldn't get the needle in right. Depending on the size of the hematoma, the blood flow within the vein will stop for a while until the swelling subsides, which can take hours. You'll have to find another vein and deal with your own added anxiety and your spouse's pain from being stuck with a needle like a pin cushion. How many

more veins can you use? How much more time does your spouse have until dehydration causes irreparable damage?

This scenario shows that even though you may have supplies and education (which are required), that education needs to include both knowledge and skill. Had you perfected your skill of performing venipunctures, you probably could have hit the vein perfectly with your eyes closed because you knew from experience how fast and hard to push the needle through the skin and vein, how far to go into the vein and at what angle.

My point is this: You become capable of survival when you apply your education (knowledge AND skills) and your supplies to the situation. If you don't, you'll have a much smaller chance of survival.

Action Steps

Make an inventory of the most common survival supplies you have. Then, list what knowledge AND skills you need to use them properly. Then, practice using some of your supplies and see if your skills are good enough. If they're not, do some research and practice until you get it down.

Practicing beforehand and making sure you can actually do things right just might be the difference between life and death in an emergency situation, especially when seconds count.

Module 5:

How To Purify Water

If you plan on surviving a crisis, you need a ton of capabilities to survive all it's possible domino effects. In other words, you need the capacity to do almost anything.

Right now, I'm going to cover a few of the top capabilities you need to survive a crisis. The first is purifying water.

According to the WHO (World Health Organization), to purify water, you need to get rid of 4 things:

1. Bacteria
2. Viruses
3. Parasites
4. Hazardous Chemicals

Purification methods *must* address the contamination factor. For example, boiling water kills most bacteria but it doesn't remove harmful chemicals. **Remember that.**

A basic and effective method to purify your water is called SODIS which stands for "Solar Disinfection". This method simply uses the



Sun's naturally occurring ultraviolet (UV-A) rays to kill over 99% of viruses, bacteria and parasites.

It takes longer than boiling, but it kills parasites that boiling does not such as Giardia and Cryptosporidia.

Note: Like boiling water, this method does not remove chemicals. It does, however, kill 99% of viruses, bacteria and parasites which is extremely helpful if that's all you're trying to accomplish.

Step 1: Assess the weather

You're going to need at least 6 hours of sunlight, so make sure there aren't a lot of clouds that will get in the way. To deactivate the Cryptosporidium parasite, you'll need at least 10 hours. If the sky is half cloudy or less, its OK. If it's more than half cloudy, you'll need to run this process for 48 hours. If its raining, just collect the rain water in a sanitary manner.

Step 2: Prepare the bottle

You'll need a transparent and colorless glass or plastic water bottle that has the "PET" symbol on it. Having a transparent and colorless bottle permits full penetration by UV-A rays.



Bottles with the "PET" symbol often have a bluish tinge to them, but that isn't a problem because of the amount of time they'll be sitting in

the sun.

The bottles must not hold more than 3 liters. More than 3 liters in size will decrease the effectiveness of the UV-A rays.

Always wash the bottles before use and remove any packaging like the plastic label that wraps around water/drink bottles.

Step 3: Prepare the water

Make sure the water is particulate-free and at least mostly clear. You'll want to be able to read a newspaper by peering through the top to the bottom of the container holding the water. If you can't, run the water through a basic filtration system repeatedly until it becomes clear enough.

Step 4: Begin purification

Fill the water bottle and place the cap on tightly. Some sources say that filling it 3/4 of the way and then shaking it "oxygenizes" the water which also helps the purification process, but is not required.

Position the bottle in a manner that allows for optimum exposure to the Sun's rays. More rays the better! Let it sit for at least 6 hours during peak sunlight times (like 9 AM - 3 PM).

Supply Checklist

Transparent, clear bottles that have been disinfected and that hold 3 liters or less and that have the "PET" symbol on them.

To read more about this process, which is recommended by the WHO, UNICEF and Red Cross, click this link:

<https://xprepper.com/read-more/sodis-method>

Action Step

Find a clear plastic bottle with the PET symbol on it and try the **SODIS** method with clean water from your kitchen faucet.

To take this a step further, start over and simulate “contaminated water” by adding a little dirt to it. Then, manually filter the water the best you can by straining it through a handkerchief multiple times. Make it as clear as possible. Then use the SODIS method.

Note: The SODIS method kills over 99% of bacteria, viruses, and parasites, and is recommended by the WHO, UNICEF, and Red Cross. But it doesn't remove harmful chemicals or debris. So don't drink the simulated “contaminated water” after you use the SODIS method because there might be harmful chemicals in the dirt you added.

Module 6:

How To Start A Fire

Step 1: Gather the following materials

Ignitor – This is the actual mechanism that causes the first spark, ember or flame. It can be anything that gets the job done in a safe way such as matches, a lighter, a fresnel lens, a magnesium fire rod, steel wool to a 9V battery, etc.



Tinder – This catches the initial spark, ember or flame and allows it to grow. It then transfers the fire to the kindling. Tinder can be dryer lint, charcloth, dried leaves, wood shavings, birch bark, dry moss, paper, cardboard, etc.

Kindling – This allows for sustained growth of the flame and heat. It then transfers the fire to logs or other bulky fuel sources. Kindling can be small dry twigs or pieces of wood that are 1/2 inch in diameter. Make sure that you have enough tinder to maintain a long enough burn time so the kindling can catch on fire.

To make kindling that will catch on fire faster, cut shavings into it. Watch this video to see what I mean.

<https://xprepper.com/read-more/feather>

Dry Logs or Other Bulky Fuel Sources – This is the long-lasting fuel for the fire. Logs should be dry and anywhere from 1 inch to 5 inches in diameter. You can also use twisted dry grass, peat, dried animal dung and coal.

Be sure to gather extra logs and fuel to maintain the fire for long periods of time. Green or wet logs can be used, but they burn slowly so only use them after you've got a good fire going. Also, soft woods burn faster and more easily than hard woods, though hard woods burn longer once they start burning.

Making "fire logs" out of newspaper can come in handy if you don't have a wood source available. To see this in action, watch the videos in the "Fire" section of the XPrepper Training Library.

Step 2: Ignite the tinder

When you ignite the tinder, fan or blow the ember or flame so it grows. If you see smoke instead of a flame, that's OK. The presence of smoke means there is an ember that just needs more easily burnable fuel (such as oxygen and dry material). Blow on it harder and add a little bit more dry tinder.

If there is still a lot of smoke and no flame, the tinder is either too wet or green. If you know it's totally dry and there's a lot of smoke, it's just about to burst into a small flame so be careful. Keep blowing or fanning it until a flame appears.

Here are 9 creative ways to create your spark, flame or ember without matches or lighters:

1. [Batteries and gum wrappers](#)
2. [Brake fluid and chlorine](#)
3. [Cell phone batteries and steel wool](#)
4. [Soda cans and the sun](#)
5. [Light bulb filled with water](#)
6. [Wood friction using a bow drill](#)
7. [Air pressure with a fire piston](#)
8. [Magnesium rod and flint](#)
9. [Mini fresnel lens](#)

Warning: #2 is a chemical reaction. Stay away from the fumes, and don't mix the chemicals right where you plan to build your fire (ie: inside your fire pit).

Step 3: Grow and transfer the flame

When the tinder is on fire, start adding the smallest and most easily burnable pieces of kindling. Once those catch on fire, add the bigger pieces of kindling. Basically, you're just transferring the fire from small fuel sources to bigger ones and you'll very soon have a decent

fire going. This can happen very quickly, so be prepared to act fast so you don't lose the flame.

To see this in action, watch this video.

<https://xprepper.com/read-more/how-to-start-a-fire>

Of course, make sure you clear an area for the fire and that the flames or sparks won't ignite anything else by accident.

Supply Checklist

If you don't have gear stocked up, you can always find Nature's gear for starting a fire (flint rocks, twigs, pine needles, etc). But, obviously, its better to be prepared with your own gear so you aren't caught off guard and left to chance.

1. **Small duffel bag or "Fire Bag"** – Place all your fire supplies (below) in the bag and keep it with your other supplies so you can easily build a fire when you need.
2. **Ziplock baggies** – Place ignitors and tinder in own baggies.
3. **Ignitors** – See Step 1 above.
4. **Tinder** – See Step 1 above.
5. **Kindling** – See Step 1 above.
6. **Dry logs or Other Bulky Fuel Sources** – See Step 1 above.

Note: Logs don't need to be massive in diameter. Have at least 3 logs that are 1 foot long and 5 inches in diameter in your bag. Again, you can make your own "logs" out of newspaper or even rolls of fabric.

Action Step

Practice starting a fire using any of the 9 creative ways I mentioned above. Be sure you're outside and that you do it safely. Try one way multiple times until you get good at it and you're confident you won't need matches ever again.

Module 7:

Obtaining Food Quickly

You can have a lot of food storage on hand and be happy with that. But one of the most overlooked methods to quickly obtaining fresh, healthy food during a crisis is to **sprout seeds**.



It doesn't take a lot of water or soil (sometimes no soil at all), and you can even do it in the dark! They have protein, fiber, essential fatty acids, vitamins and minerals. It's the biochemical change which occurs just from adding water to the seed that causes the sprouts to be so nutritious.

You can sprout any seed, but not all sprouts should be eaten because of their **natural toxins**. Lectin, for example, is abundant in *certain* pulses and legumes.

To learn more about natural toxins found in sprouts and how they can affect you, just do a Google search like “lima bean natural toxins”.

Here's a list of common safe-to-eat sprouts:

Allium (onions) – Onion, Leek, Green Onion

Brassica (cabbage family) – Broccoli, Cabbage, Watercress, Mustard, Mizuna, Radish, Turnip

Cereals - Oat, Wheat, Maize (corn), Barley, Rye, Kamut

Oilseeds – Sesame, Sunflower, Almond, Hazelnut, Linseed, Peanut

Pulses (legumes; pea family) – Alfalfa, Clover, Fenugreek, Lentil, Pea, Chickpea, Mung Bean, Soybean

Other Vegetables and Herbs – Spinach, Lettuce, Milk Thistle, Lemon Grass, Carrot, Celery, Fennel, Parsley

As a good rule of thumb, don't harvest your sprouts early. They're more nutritious for you when they're actually ready to be harvested.

Only eat about 1 pound (or ½ a kilo) per day to reduce the amount of certain heavy metals that go through your body. 1 pound is a lot when you think about it.

Also, dehull all sprouts before eating them. This means to remove the outer seed casing/shell. Sometimes they like to stick to the sprout when its time to harvest, so just remove them at that time.

Rinse all sprouts a few times before eating them.

My favorite seeds to sprout are Black Oil Sunflower Seeds. The sprouts at the time of harvest are large (about 4 inches tall) and taste amazing! Other seeds (like Lentils) produce tiny sprouts (like 1 inch tall) and taste like fresh pea pods. However, I prefer the taste of sunflower sprouts.

Keep in mind that when you buy seeds, make sure they're not just for bird feeders. These won't sprout! I made the mistake of buying two 50-pound bags of Black Oil Sunflower Seeds on Ebay for \$70 just to find out that they don't sprout. They were manufactured specifically for bird feeders and to not sprout when birds scatter them in the grass.

What a waste of money, right? Not really. Instead of throwing them out, I'm keeping them so I can attract birds during a crisis. When they come and eat the seeds, I'll snare them so I can provide fresh meat and protein for my family. You may want to do the same.

Also, make sure the seeds are intended for sprouting or human consumption. If they're manufactured for sowing, they could be treated with chemicals. Some seeds are also heat-treated, which removes their ability to germinate and sprout (which is probably what happened with the ones I bought on Ebay).

The pulses (mentioned above) can also be grown as "micro greens".

This means that instead of eating them when they're sprouts, you can let them continue to grow until they become leafy greens. They won't be large, hence the term "micro greens". But they're extremely easy and fast to grow when you want more than just sprouts, as well as more nutrition.

As with any seed for sprouting, do your research online before you buy them. Find out if you're allergic to what you want to buy.

It takes anywhere from a few days to a week from when you first start the sprouting process to when you harvest and eat them. The smaller the sprout, the less time it takes. The larger the sprout, the longer it takes. Lentils, for example, take only a few days. Black Oil Sunflower Seeds take about 6 days.

I just found that Lentils from the bulk section of WinCo Foods sprout just fine. I bought a 2-pound bag for just a couple bucks, and that will provide one emergency meal everyday for about 4 days. A great buy for a short-term crisis. Now imagine having a 5-gallon bucket full of Lentils. How many days would that last you?

Keep in mind that you should spread out what you eat and not overdo one thing. As in, don't eat Lentil sprouts for every single meal for a week. You'll get sick of them fast and may end up absorbing too many natural toxins or metals your body can't handle all at once, so switch it up!

Here's how to sprout Black Oil Sunflower Seeds:

Step 1: Measure 1/4 cup of seeds.

Step 2: Place the seeds in a 1-pint glass jar and fill it with luke-warm water. Let the seeds soak overnight for about 8 hours.

Step 3: Spread the soaked seeds over about 3/4 inch of organic soil (or top soil free of chemicals) in a round glass pie plate.

Step 4: Saturate the soil with water, just enough so little puddles don't form.

Step 5: Take another glass pie plate and set it on top of the dirt and seeds. Press down on top. While pressing, tilt the pie plates over the sink so excess water drains out. Don't remove the top pie plate.

Step 6: Place the pie plates (the one with the dirt and seeds, and the one still sitting on top) into a dark closet for about 3 days. The seeds don't need sunlight to sprout, and sunlight would just cause mold to form. Keep the top pie plate on the seeds and dirt so it forces the roots of the sprouts to grow downward into the dirt.

Step 7: Remove the top pie plate when the sprouts have raised it about an inch high. At this time, the roots have grown downward properly and don't need any more weight.

Step 8: Take the pie plate with the sprouts out of the closet and place it in front of a window for about 2 days to get sunlight. At this point,

the sprouts will grow even faster than when inside the closet. Their dicot leaves (the first leaves that grow) will turn bright green.

Step 9: At day 5, 6 or 7 (whichever you prefer), remove any seed casings that are still clinging on to the dicot leaves. Cut the sprouts close to the dirt. Rinse the sprouts a few times and dig in!

Supply Checklist

5-gallon bucket of organic soil (or chemical-free top soil) – This is so you have dirt available if you don't already have access to any.

A bag of Black Oil Sunflower Seeds – Make sure these are made for sprouting or human consumption. Make sure they're not heat/chemically treated. Walmart or popular gardening stores usually have them.

6 glass pie plates – Having 6 allows you to stagger your sprouting efforts throughout the week. You don't want to harvest sprouts and then have to wait another week to get more.

Kitchen scissors – Use this to harvest (cut) the sprouts. You can use anything, really. But scissors are easy. Make sure they're clean and sanitized.

Note: Do not add oxygen absorbers to your seed storage containers or baggies. It kills them so they don't sprout.

Action Step

Gather all the supplies in the list above. Then, follow the steps to sprout seeds. Experiment with different types of seeds (also listed above) and find which ones you enjoy most and are easiest/fastest to grow. Then, start stocking up on seeds you like.

Doing all this lets you know what to expect when you have to get food quickly during a crisis. Plus, it's fun for the whole family!

If you use too much water while the sprouts are in the dark, mold might start to grow on them. This will spread quickly to the rest of the sprouts, so you should just start over. That's why it's a good idea to have 2 batches growing at the same time in different rooms, so you're not stranded with nothing if you do have to get rid of a batch.

Again, practice this so you know what to expect.

Module 8:

Giving First Aid

We all get the general idea of what First Aid is - Help given to someone that is sick or injured until full medical treatment is available. This can be anything from disinfecting a cut to administering CPR.

But during a crisis, you may not have access to any professional medical help. So you'll have to do everything on your own the best you can.



It's impossible for me to teach you First Aid for every injury, so I've included a few helpful resources that will teach you the basics like:

- How to help a person choking so bad he can't breathe or speak
- How to give CPR
- How to control bleeding
- How to cool and dress burns

Plus, tips for animal bites, joint dislocation, fainting and fever, food-borne illness, frostbite, heat exhaustion, heart attack, human bites, stroke, sunburn, and much much more.

Read the training. Fill your mind with it. Download and print it out if you can. Here are the links:

- <https://xprepper.com/read-more/red-cross-first-aid>
- <https://xprepper.com/read-more/mayoclinic-first-aid>
- <https://xprepper.com/read-more/webmd-first-aid>

Action Steps

Schedule a date on your calendar to get professional hands-on First Aid training and become a certified First Responder. Just do a Google search for training in your area.

(If you cannot get hands-on training, at least watch the videos in the the XPrepper Training Library under "First Aid". This way you can see actual training rather than just reading about it on a website. If you didn't purchase access to the library, let me know and I'll give you the link.)

Then, make a list of any injuries you can think of that are most likely to happen during a crisis and research how to treat them. Practice the treatments if at all possible.

Module 9:

Defending Yourself Against Attackers

Self defense isn't just about being able to *withstand* attacks like punching, knife thrusts, gun shots or rape. Its about protecting yourself. You can't just sit there and "take it". You've actually got to *do something* to stop the attack, or you'll get seriously injured.

The use of aggressive force for defense doesn't sit well for peaceful, non-violent people, especially women. But if you mentally can't bring yourself to using a weapon on another human being, you'll be the one who gets hurt or even killed. Remember, hospitals and medical centers will be over packed during a crisis, so you can't afford to get hurt.



You've got to temporarily overcome your inner voice of peace and empathy and give yourself permission to "do what it takes" when there's a lot at stake, especially your own life – or that of your spouse/children.

What you end up doing largely depends on your situation. Are you on a city sidewalk or in your home? Are you alone or with a few family members? Do you have a weapon?

If you're already in your safe place (home, bug out location, etc), you'll need to neutralize the attacker and do something with him afterward. But if you're out and about, you'll need to neutralize the attacker and quickly get away to a safe place. Make sure you're not followed. Either way, you'll need to quickly assess your situation and decide what needs to happen.

Encounters With Aggressors and Druggies

As I explained earlier in Issue #1, aggressors and druggies are going to be extremely dangerous. What if you run into these people by accident? Or, even worse, what if they run into you on purpose? Always assume they're armed, and be ready to defend yourself. Take control and own the situation (mentally and physically). Sometimes there will be no way out except through it.

If a druggie is going through massive withdrawals and is attacking you to get your meds, they won't stop until they get their fix. There is no negotiating. They don't care about you or ethics. They'll kill you if they have to. Even if you're related to them.

If you have a limited supply of meds that you absolutely need in order to live, you'll have to protect them at all costs. A couple of randomly shot 9mm bullets to a crazed druggie won't do. It's your life or theirs.

Weapon Improvisation

One self defense skill you can practice at home is weapon improvisation. Practice assessing your situation. Quickly scan for objects that are within your reach and decide how you can use them to defend yourself. You can also do this in your mind whenever you go somewhere. Practice it regularly. I sure do!

Here are a bunch of example objects for weapon improv:

Hard backed book or briefcase – This can be used as a shield against knife thrusts, or for a good jab to the face.

Ballpoint pen – This can be deadly when thrust into the soft tissue of the throat, under the jaw line or the eyes. It can also be driven into a groin or into the thin-skinned back of a hand.

Car keys – While they may not be sharp enough to penetrate skin, they can cause an intense amount of pain if jabbed into the ribs, shoulder blades or skull.

Your belt – Grab the end of the belt and start lashing an attacker with the metal buckle. You can also put the person in a choke hold by wrapping the belt around the neck.

Bed sheet – Temporarily deflect forward thrusts

Glass bottle – If there's a glass bottle near by, grab it by the neck and break the base off.

High heel shoe – The long narrow heel can be used similar to your keys. Jab the heel into the ribs, shoulder blades or skull.

Baseball bat or broom stick – Go for vulnerable areas like the knees or head. When held sideways, you can ram the face or throat.

Pillow case or sock with a solid object – Decent for blows to the face or head.

Dirt or gravel – Throw this in their eyes.

Cement floor or sidewalk – After you've distracted your attacker by using any of the methods above (or any of your own), grab his hair and quickly pull him forward to your left or right side so he loses balance, and immediately slam his head face-first into the ground.

Something to keep in mind is that it typically won't take just one strike or blow to stop an attacker. A combination of moves is more likely to neutralize a situation, so get in that mindset.

Here is a video demonstrating weapon improvisation with your belt.

<https://xprepper.com/read-more/weapon-improv-belt>

Self Defense Exercises

If you plan on defending yourself when an attacker tries to make physical contact with you, you'll need to know how to block punches and lunges.

Here is an excellent video tutorial teaching you how to block punches and go right into a grab that sends the attacker to their knees and instantly gives you the upper hand in the situation.

<https://xprepper.com/read-more/block-and-grab>

For more Self Defense videos, check out the XPrepper Training Library.

A Fun Family Exercise

One fun exercise the whole family can participate in is the towel-snapping game. It may seem silly, but it can be really beneficial. It instantly creates a high-adrenaline environment and gets everyone in the mindset of "attack or defend". It also trains them to process information quickly during an intense situation and not be caught off guard.

1 person is the attacker and another is the defender. Those who are attacking practice how to get around simple defenses, and those who are defending practice blocking. Add weapon improvisation to the exercise and everyone will learn that skill, too.

Always remember that this is just an exercise, so don't actually do

anything dangerous. Make rules to not snap towels above the shoulders. To include weapon improvisation into the exercise, have people on defense grab an object and verbally state what they'd do with it to defend themselves and what the affects would be.

How to Secure Your Perimeter

Prevention is also a part of self defense. If you can prevent an attack before it happens, you won't have to deal with the actual event. And in this case, I'm talking about securing your safe place whether it be your home or bug out shelter. Most residential homes are not equipped to be very defensive, so you'll need to make a few modifications.



For example:

- Install warning signs that say, "Trespassers will be shot".
- Set up infrared motion-activated lights or alert system.
- Install a video surveillance system capable of monitoring all exterior parts of your home and property.
- Plant tall, thorny rose bushes below all ground level windows.
- Fortify your main doorways with a "door club". See this

video: <https://xprepper.com/read-more/door-club>

- Be sure you can see in every direction from windows. If you can't, create an easily accessible and protected observation deck on your roof.
- Eliminate hiding spots outside.
- Lock your garage door from the inside. Experiment with securing it until you find what works best.
- Install reflective film on all windows. You can see out, but they can't see in. If you need to black them out, use newspaper.
- Set up battery-operated trip wire alarms on the edge of your perimeter in case the power goes out to your video surveillance system.
- Modify closet doors so they can easily be bolted onto window frames. Allow space at the top of the window for full outside viewing via a step stool.
- Modify your perimeter and yard so cars or trucks can't ram into your shelter and steal your supplies.
- Have supplies to fill the space between your walls and sheet rock with dry concrete or sand topped with powder desiccant for humidity. Good for resisting projectiles and bullets.
- Replace all hollow doors with solid core doors.
- Make sure all doors are attached to reinforced studs and have dead bolts.
- Install a fire ladder in rooms upstairs underneath the windows.

- Spread out caltrops (small metal spikes) where cars can drive, and where people land after jumping over a fence. Of course, make sure you don't drive over them!
- Secure caltrops and broken glass on top of your fence.
- Put up an intercom system at your front gate entrance if you have one, and also at the front door.
- Store "raining down" items upstairs like bricks and rocks. Make sure your structure can support the weight.
- Set up "dummy" TV cameras that noticeably follow people as they walk by. These aren't connected to your actual surveillance system.
- Always have a way out. Don't modify to the point that you're locked in and can't escape an indoor fire, gas leak or intruder.

When it comes to fortifying and modifying your home, some people prefer to make their places look like a fortress. I wouldn't recommend this because if it looks protected, people will automatically think there is food or supplies inside. An obviously fortified home has a big red bull's eye painted on it.

On the other hand, some people prefer a more abandoned look, so as to disinterest anyone looking to loot or attack. I recommend this approach. You could even make your place look like it has already been looted. Spread trash and debris everywhere, but make sure your "footprint" is invisible. And don't keep your stockpile all in one location. Spread it throughout your home.

Which ever method of fortification you choose, make sure you have as much self defense training as possible.

A Few More Helpful Tips

There are situations in which you should just give the attacker what they want if its obviously too dangerous to defend yourself.

Know what the law says about "acceptable reasonable force" when it comes to defending yourself. Pushing someone out of a window instead of tying them up until law enforcement arrives may get you into big trouble.

Make sure you have a back-up method of defense if you lose or can't get to your 1st choice weapon.

If an aggressor enters your house and doesn't know you're there, you can verbally threaten them without being seen. You can say something like "I have a clear shot at your head" or "Drop everything and get on the ground or I will shoot" and (if you can) cock a shotgun so they hear it.

Don't be afraid to get "dirty" (attacking from behind) if you have to immobilize an attacker.

In some countries, pepper spray, tasers , stun guns and even firearms

may be illegal.

If the only self defense weapon you have is a knife or a piece of glass, puncturing the main body area of an attacker may not be the most effective way to stop him because there is more muscle and bone. Stick to tendons, ligaments, veins and arteries. There is an easily accessible main artery on the inside of the bicep which will cause a fatal bleed-out if slashed.

Action Step

Weapon Improvisation: Set the alarm on your phone for 5 different times throughout the day. Each time the alarm sounds, stop what you're doing and scan the area around you for items you can use for self defense. Then, play out the scenario in your mind of how you'll defeat an attacker with those items.

Perimeter Defense: Go through the list in this module's training of how to secure your perimeter and identify what is applicable to your home. Start obtaining supplies that would allow you to implement those securities.

Module 10:

How To Get Your Children Accustomed To Prepping

Many "prepper parents" I've talked with want to know how to get their children more involved in prepping because it's not just their own lives at stake. It doesn't have to be complicated, so don't stress out.

Your Attitude Rubs Off

A young child looks to their parents to show them what to think and how to feel. As with most things, your attitude, more than anything else, will affect the way a younger child feels and thinks about prepping. If they see that it gives you confidence, then they will be comforted by that.

Dialogues to Get Them Thinking

An older child is likely to be more swayed by outside influences. Your attitude will still have an impact but it may not be the same impact that the neighbors or the kids at school have on them. With an older child, your best bet maybe to use examples, especially if there has been something in the news recently or even some local incident that has caused you concern.

Chances are good that a local emergency or even something that has happened in national news has caused your older child concern as well.

From that incident you can begin a dialogue:

- Do you see the damage done by those tornadoes in Missouri?
- Where do you think those people will stay now that their house is gone?
- What do you think they will do about food with the grocery stores closed down?
- What do you think we would do if something like that happened to us?

And from that dialogue you can begin to ease their minds by showing them that you have a plan and that you and, thus, they are not helpless in the face of an emergency.

You should also consider what it is you are prepping for.

If you live in an area that is prone to a particular natural disaster like flooding or tornadoes, then your child is likely to have a better grasp of the purpose behind preparing. If you are planning for something a bit larger in scope like an EMP or economic collapse—something that maybe a little more complicated to explain— you may need to think about just how much your child needs to know. It may be easier to

focus on the motions such as putting away food and medical supplies in case of emergency rather than explaining the rapid decline of civilization.

Start Small with Young Children

A young child may not be ready to hear about what is going to happen in the event of an EMP attack—at least not to begin with. But you can start off with things like where the flashlights are in case the lights go out and where the first aid kit is in case they get a cut. You may also teach them basic first aid like how to help someone who is choking and what to do if they get a burn. As your child gets older you might add on other skills like hunting and fishing or building a shelter.

An added bonus of acquiring new skills is that it also instills confidence, not just that your child will know what to do in case of emergency, but also that he or she has mastered something.

Action Step

Perform drills as a family:

Its important to note that drills are important to prepping with your family. Running around chaotically won't do and can get your children hurt. They need practice so they know how to react quickly and properly, and are not alarmed by a sudden break in their normal daily routine. Younger children have wonderful imaginations and love

to play pretend—and after all, what is a drill but a grown-up game of pretend. Older children may have a different attitude but, again, your best bet with an older child is to explain to them the practical reasons behind what you are doing. If nothing else, hopefully your child will appreciate that, you, the parent, are being straight with him or her and, thus, treating him or her like an adult.

It would be easy to frighten a young child or turn an older one off when preparing for emergency. Acclimating your child, carefully, to prepping is the best way to ensure not only that they are prepared for an emergency but that your family unit as a whole is strong enough to survive.

Module 11:

Prepping On A Tight Budget

I understand that prepping can be very stressful when you have the time to put into it but not the money. You feel a sense of urgency to "stock up", but there's still a lot you can do as you periodically obtain supplies.



Use Your Extra Time to Educate Yourself

For the majority of people, prepping is done over long periods of time, one supply and bit of education at a time. What I like to do is pull out a monthly calendar and schedule at least 1 evening per week (usually more) to educate myself whether it be by watching videos, reading how-to guides or developing my skills. I totally immerse myself. But the time you spend doesn't have to be 4-5 hours on that weekly evening, it can be as short as half an hour. Just make sure you learn something valuable.

Note: I also like to save all relevant digital information (videos, PDFs, manuals, etc) to an external memory chip like a flash drive or SD card.

How do I choose the topic for each evening? When I'm out, I like to

envision a crisis happening at that moment and how I would respond. I think of what supplies I'd need and what education (knowledge and skills) would come in handy. I also think of the "domino effect" that a crisis would cause (one crisis leading straight into another). Then I write down the supplies and education I'd need, which then become my topic. It's really fun!

If you have a hard time doing this, just login to the XPrepper Training Library and choose a topic there. You'll find a bunch of videos that you can watch (and download) that have lots of information and even show you how to do hands-on things.

The more often you do this, the less likely you'll be caught off guard and unprepared when a crisis does hit.

Obtaining Supplies While on a Budget

It's a very disheartening feeling when you know that you need to buy something like a \$2,000+ gas-powered generator to accommodate your situation, but can't afford it. Instead, focus on getting the smaller priced items first. As time goes on, you'll see your supply stash grow.

If you're just starting out and have a tight budget, I'd recommend buying supplies for your "bug out bag" as talked about in one of my other reports for Issue #2. This will allow you to survive for at least 72 hours in most cases if you're out on your own.

If you'd rather start buying supplies for your home, start with food and water, then work your way through the rest of the supplies that go with the top 5 Skills spoken of in Issue #1.

Tips on adding to your food supply

I think we have all heard about people who go to extreme lengths using coupons to get a huge haul for pennies on the dollar, but for the mass majority that isn't always an option. Couponing takes a lot of time, planning, cutting, stapling, and regularity that not everyone is cut out for. There are other ways, though.

When you go shopping, try to look out for these things... sales, clearance items, weekly loss leaders and seasonal items.

A **sale** is when a store owner reduces pricing on items that might be new, interesting, or in a sale rotation. I have personally never gone to the store without seeing a few sales. They are always there to get you to buy.

Clearance items are more of a drastic price reduction and often the owner wants to get rid of all stock on a particular item, almost as if it will never be there again or it is a seasonal item.

Weekly loss leaders are those items that the store puts on the front of their ad to get you in and are practically giving away. These often come with a limit of how much you can buy.

Seasonal item sales happen when a season changes, or items are season specific. Whether it be a holiday seasons change like Valentines to St Patrick's Day, or a weather season change from winter to spring. Season specific sales are like baking items in November and December, or BBQ items in the summer.

All of these examples can get you most of what you're looking for at a low price if you know when and how to look. So please be aware!

Tips on adding to your water supply

Try using things you already buy and re-purposing them for water storage. While storing drinking water in empty milk jugs is not a good option, water that you do store in them can be used for washing, flushing toilets, and other things you may not want to waste your drinking water on. Milk jugs are also meant to degrade fast so wherever you store them, keep an eye out for leaking. Plastic soda or juice bottles are also a great option for non-drinking water.

If the only storage you have for drinking water are plastic bottles, be conscious about how you store them. Plastic when exposed to sunlight, or heat, or even ambient light starts to degrade. Plastic doesn't biodegrade, it photo-degrades (meaning by light). So when exposed to light it slowly breaks down and leeches into your water. Therefore, keep it in a cool, dark place even if it means wrapping blankets around the bottles to shield them.

Like I mentioned before, you can do this! If you do all you're capable

of doing you will be that much more prepared, because when a crisis *happens* that's not the end! You have to have a way to push through and carry on, and that is why you prepare now. The preps you make now will lead to survival tomorrow.

Module 12:

Stockpiling Food

How Much Food to Stockpile

Of course, this depends.

Stockpile 72 hours worth of food for your bug out bag. Stockpile at least 2 weeks worth in your pantry for everyday rotation. Stockpile 3 months worth up to 1 year in your basement, cold cellar or cool storage area, and rotate through it as you rotate through your pantry. Stockpile an additional 5 years worth where you can.

That's my general rule because I believe we're in for a massive national and world crisis that will devastate us for many years. I'm planning big, and you should, too... just in case.



But there are different crises to stockpile food for, such as if you lose your job. It could take you months to get a new one and a 3 month stockpile would really help out. In this scenario, you wouldn't need to get a ton of MRE's because basic canned foods (vegetables, fruit, meat, soup) would work just fine, and

its much cheaper.

So ask yourself what crisis you'll be stockpiling food for and how long it will last. Then, stockpile accordingly.

Note: If you've got a stockpile that will last longer than 3 months, you should spread it around your home. It may seem like an extreme measure to hide it in your walls, under the floor and in different areas, but remember that the basement is the first place looters will go to get your food. Having it split up in various locations actually protects it.

Basic Nutritional Necessities

We as humans rely on some pretty basic things to stay alive. Air, water, food/nutrition, shelter, and energy. All very important to keep in mind as you start your stockpile.

What can I say about water? YOU NEED IT! If you plan to live more than 3-7 days that is. Start storing it any way you can! Our bodies need about a gallon per day to function properly and even more if we are working hard.

While stockpiling food you might start to think that anything you can "Just add water" to might be the most convenient and cost effective way of getting the quantity you need. Keep in mind, however, that for us to be able to continue to function over time we can't only eat

ramen noodles.

Nutrition and the lack of nutrition will be very prevalent during a crisis. Nutrition can be the factor of life in a crisis because being nutritionally deficient leads to sickness which leads to death. Fresh fruits and veggies are going to be the best way you can replenish lost nutrients and maintain a healthy functioning body.

For this reason, consider adding seeds for fruit, vegetables and herbs to your stockpile, and make sure they're the kind that produce foods that contain seeds that you can use again and again. This will save you a lot of money down the road because you won't have to keep buying seeds.

When it comes to getting the energy we need from our food the thing to focus on is calories. How active we are, whether you are male or female, and how hard you have to work to survive will change your individual energy needs. For a good reference for calorie needs based on gender, age, and activity see the chart on this website:

<https://xprepper.com/read-more/estimated-calorie-requirements>

Note: Just because certain foods give you more energy than others doesn't mean they provide for your daily nutritional needs. If you become nutritionally deficient, you're more prone to get sick. In addition to all my food, I always stockpile vitamins and minerals to make sure I'm never deficient. These do need to be rotated through regularly.

4 Types of Preserved Food

There are 4 types of preserved food. Freeze dried, dehydrated, wet and dry. Each one is different, but they all have benefits. This is good to know so you can plan your stockpile according to your situation, needs and the different crises that you foresee.

Freeze Dried

- Retains more nutrients
- 100% of the moisture is removed
- Comes as an entrée (like Stroganoff pasta) or as individual vegetable/fruit portions (like carrot slices or strawberries)
- Takes 5-15 min to restore with hot water
- 20-25 year shelf life
- Lower calorie count per serving
- Very light weight, easily transportable
- More costly to buy it at a store than to do it yourself
- More time consuming to do it yourself and requires special equipment than if you were to just buy it at a store

Dehydrated

- Loses more nutrients because of the heat process
- 95-100% of the moisture is removed

- Shrinks in size
- Has a shriveled, leathery appearance
- 20-30 year shelf life
- Lack of taste
- Restoring requires significant amount water
- Takes 20-60+ min to restore with water
- Light weight, transportable
- Easy and cost-effective to do it yourself, and can be done with sunlight

Wet

- Less expensive (canned goods are 25% less expensive when bought in bulk, than to buy the same amount in freeze dried or dehydrated form)
- Heavy compared to freeze dried and dehydrated
- Readily available in local grocery stores
- Higher calories/ fat
- Needs less water to prepare/ comes in own liquid
- 1-5 year shelf life
- More familiar to prepare (fruits, vegetables, meats, soups, etc)
- Can be eaten without heat or prep... straight out of can
- Can be heated in the can... no additional cookware needed
- Generally resistant to bugs /pests
- Stack-able

Dry

- Typically food that doesn't need to be freeze dried or dehydrated, such as rice, flour, beans, oats, sugar, pasta, etc
- Usually comes in bulk packaging (large bags/containers)
- Takes longer to rotate through
- 10-20 year shelf life

Note: Can you imagine how fast your cells would dry up if you were to begin eating your supply of freeze dried food storage without water during a crisis? Don't think that you can eat it dry and drink your normal 1-gallon of water per day and be just fine. Freeze-dried food is 100% dry and would act like a sponge inside your mouth, stomach and intestines.

When you stockpile freeze dried, dehydrated and dry food, be sure that you have enough water stored up on it's own to re-hydrate it. This must be factored in to how much water storage you need. You need water to re-hydrate food AND to drink on it's own. Don't let dried foods steal your drinking water during a crisis or you'll dry up quickly and die.

Eating, Rotating, and Replenishing Your Stockpile

This can be the hardest thing about stockpiling so here are some tips.

Keep everything in sight. Know what you need more of, or not so much of. If you use it replace it in your next shopping trip. Pay attention to dates. Always eat the oldest first. Know how to use/cook all items in your stockpile, and like them. If you will never, ever, ever eat something you have...why have it?! Re-size big quantities into smaller use sizes. If you have a 50lb bag of beans all sealed together you will get sick of beans before you can use it all up. Develop some sort of system that works for your family in your situation. You can be organized with a little effort!

Don't forget to include recipe books in your stockpile! You'll want to know how to make a variety of meals so you can vary nutritional intake as well as taste something different once in a while. Have you ever tried eating a bowl of rice and lintels every meal for a week? It gets old fast and will stress you out.

Comfort Foods

During crisis situations we will all be in need of comfort every now and again. What better way than through your stomach?! Don't skimp out on some great comfort foods while adding to your stockpile. Being able to lift the stresses of survival will have a world of a difference on your outlook. Some awesome comfort de-stressing foods might be:

- Hard candy
- Spices
- Condiments

- Alcohol, wine
- Hot cocoa
- Pudding
- Popcorn
- Snack cakes/bars... You know, those little debbie treats that last forever because they are filled with the most delicious preservatives?!

Module 13:

The 4 Best Ways To Generate Electricity

While being able to generate electricity isn't in my Top 5 Skills list (Modules 5-9), I do believe it's very important. Most of our daily lives is based on the use of electricity... can you imagine what it would be like without it? Not just for you, but for everyone in your city, state, region and even country?

As I mentioned in Module 1, there are at least 6,000 attempted grid system hacks per day in the state of Idaho. It's only a matter of time before someone gets through their firewall and wreaks havoc on the power grid. And that's just Idaho. There are many other states with much higher populations that get many more hack attacks.

Not only are we faced with man-made power outages, we've got natural calamities that cause them, too. Winter storms plague the east coast of America and cause outages. Hurricanes all along the southern and east coast do, too. Fires raging across entire counties during the summer months (even in winter now, like in California because its just so dry) cause power outages. Even drought can cause reservoirs to be so low that the water pressure can't keep hydroelectric power turbines running.

I could go on and on. But for whatever reason a power outage occurs,

you've got to have a way to get power if you want somewhat of a "normal" lifestyle or else its back to the Stone Age. Electrical power to run radios, televisions, refrigerators and other devices could prove lifesaving when they are needed the most.

Gasoline Generators

Whole house and portable generators are widely available for every size of home. If the power grid fails, sensors start the generator within milliseconds so that no interruption of service is experienced. There are also fail-safe devices to ensure that power is not sent to the grid outside your home while workers are trying to repair power lines. Portable generators can be selected to power the entire house or just a select number of appliances; one can act as a backup should the whole house system fail.



Solar Panels

As solar technology advances, panels are far more efficient today than those made 10 to 20 years ago. A technician can identify the right size and type of panel for your geographical location and UV levels to ensure maximum power production. Many power companies



offer incentives and tax rebates from both state and federal agencies that help to offset your initial costs. In an increasing number of communities, power companies often purchase excess power generated by panels, thus helping to pay you back for purchase and installation charges.

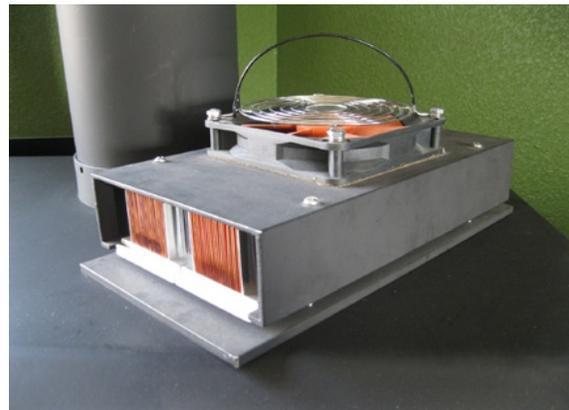
Wind Turbines

Wind turbines have become increasingly popular as they are generally less expensive than a whole house solar setup and can generate power as long as there is steady wind flow. Special braking systems prevent the blades from being damaged in high winds or storms. Portable models allow homeowners to set up and generate power for the home, or temporary housing such as a guesthouse, tent or RV. No permit is necessary for most models.



Thermoelectric Generators

This device relies on heat to generate electrical current. An example of this is a popular type of mini camping stove that burns wood to cook meals. The heat generated by the combustion produces power to charge cell phones and other USB devices. This is a nifty all-



in-one device, but wouldn't provide anywhere near enough power to run bigger appliances. Thus, you can buy larger stand-alone thermoelectric generators that you simply place on a wood stove. These can easily charge a series of batteries.

Choosing your method

To determine if a gas generator is appropriate for your needs, you need to add up the wattage of tools, appliances and motors you might run all at the exact same time. This is your maximum wattage output that the generator needs to accommodate.

Make sure the power output is AC (alternating current) not DC (direct current) because most electronics require AC. Most modern gas generators have outlets on them that resemble wall outlets you're used to, so you can hook up your appliances directly to them.



In the United States and Canada, common voltages supplied by power companies to consumers are within the range of 110 to 120 volts. This means that wall outlets supply 110 to 120 volts to your tools and appliances. In different parts of the world, though, the voltage is 220 to 240.

Just make sure your generator supplies the maximum wattage for your needs and does so in the correct voltage. As long as you have fuel, you'll have a consistent flow of power.

To determine if solar panels, wind turbines or thermoelectric generators are appropriate for your needs, add up the total wattage you need as I explained earlier. You won't hook up your tools and appliances directly to these power sources, so don't worry too much about how many watts these sources produce. Instead, you'll hook them up to an inverter that is hooked up to batteries that are hooked up to the power sources.

An inverter changes the DC power from the batteries to AC and regulates how many watts are used. Thus, get an inverter that accommodates your maximum wattage needs. An inverter also has outlets on it that resemble wall outlets so you can plug in your appliances, so make sure your inverter delivers the power in the proper voltage.

Though the inverter regulates wattage, the batteries need to provide enough power to keep your tools and appliances going. For example, even though you might get an inverter that allows you to use a 1200-watt appliance at 120 or 240 volts, if you've got just one battery that is partially charged, you might end up being able to use that appliance only for 10 minutes. Obviously, the more batteries you have, the better.

Keep in mind that most batteries that are charged by solar panels,

wind turbines and thermoelectric generators are 12-volt batteries. This is fine because the inverters change the voltage to whatever it is that your wall outlets supply. So no need to worry about the voltage on the batteries themselves.

Gas generators are perfect for short-term power outages because you can only have so much gas on hand. But most people prefer solar panels, wind turbines and thermoelectric generators for long-term outages because of the abundant resources available. And, if one resource such as sunlight isn't available for your solar panels, you can use the wind for your wind turbines. And if the wind isn't available, you can then turn to your wood stove to produce heat for your thermoelectric generator. The more power generating methods you utilize, the better!

Note: “Surge watts” are different than “running watts”. The first is how many watts are used to start running something. The latter is how many watts are used to keep something running. For example, a common refrigerator needs 2200 surge watts just to start running, but only needs 700 running watts to keep it going. Keep this in mind when adding up the total watts your power source needs to accommodate.

Module 14:

5 Deadly Diseases That Will Explode During A Major Crisis

These diseases are based on factors that include poor sanitation, cramped living conditions, and poor nutrition or vitamin deficiencies, all of which happen during crises. If you have the capabilities to address these factors, you are much more likely to prevent fatal disease outbreaks. Prepare now!!!

Tuberculosis

What is TB? Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine.

When a person has this disease in their lungs or throat and coughs, sneezes, speaks, or sings, those around them have a high chance of contracting TB just by breathing the air. And depending on the environment TB germs can stay in the air for several hours.

Risk factors for contracting TB include:

- Anyone who has chronic disease such as renal disease, AIDS, or any disease that puts their immune system in a

- low state of readiness.
- Those who are already in a state of poor living conditions and deficient in vitamins and nutrition.
 - Those who have a low body weight.

Signs and Symptoms of TB:

- Coughing up blood (starting with pinkish mucus)
- Weight loss
- Night sweats
- Unusual paleness
- Fever
- TB can be treated by taking several drugs for 6 to 9 months. Two of the most common are isoniazid (INH) and rifampin (RIF). Not only does it take a long time to treat but the drugs have very high toxicity issues.

Prevention of TB:

- Adequate nutrition
- Vitamin D
- Vitamin D
- Vitamin D (get the hint?)
- Living in a space with adequate ventilation

Hepatitis A

What is Hep A? Hepatitis A is a liver disease that results from infection with the Hepatitis A virus. Hepatitis A is usually spread when a person ingests fecal matter from contact with objects, food, or drinks contaminated by the fecal matter of an infected person even in microscopic amounts. A main reason for hand-washing after using the restroom – public or private.

Risk factors for contracting Hep A:

- Poor sanitation
- Travel to or live in countries where Hepatitis A is common
- Men who have sexual contact with other men
- Use of illegal drugs, whether injected or not
- Have clotting-factor disorders, such as hemophilia
- Live with someone who has Hepatitis A
- Have oral-anal sexual contact with someone who has Hepatitis A

Signs and Symptoms of Hep A:

- Fatigue, sometimes extreme
- Nausea, vomiting
- Diarrhea
- Abdominal pain, especially near the liver
- Jaundice

While there is no specific treatment of Hep A, eating good food and staying hydrated will help the recovery period. Staying away from fatty foods and alcohol is highly recommended since the liver is being attacked and needs to be given a rest along with adequate rest for your body.

Cholera

What is Cholera? Cholera is a diarrhea illness caused by infection of the intestine and is transmitted by contaminated food or water. In a crisis situation where people are not properly disposing of their waste cholera bacteria can leak into water systems and cause major problems.

Risk factors for contracting Cholera:

- Eating street vended foods
- Ingesting raw or undercooked crab, shrimp, and other shellfish
- Fecal contamination of water supplies

Signs and Symptoms of Cholera:

- Sudden onset of extreme diarrhea (rice water stools) sometimes gallons per day
- Severe abdominal pain

- May have nausea/ vomiting
- Severe dehydration

Treatment of cholera includes oral re-hydration meaning replacing the water the body has lost through diarrhea. A good solution of oral re-hydration with water, sugar, salt and baking soda. Antibiotics are also available.

Typhoid

What is Typhoid? Typhoid is a life-threatening illness caused by the bacterium Salmonella Typhi. Typhoid is spread through contaminated drinking water or food. Large epidemics are most often related to fecal contamination of water supplies or street vended foods.

Risk factors for contracting Typhoid:

- Poor sanitation
- Travel to or live in countries where typhoid is common
- Eating street vended foods in developing world countries
- Fecal contamination of water supplies

Signs and Symptoms of Typhoid

Since Typhoid can be a long lasting disease there are short term and long term signs/ symptoms.

Short term signs/ symptoms include:

- Strengthening fever
- Lots of sweating
- Diarrhea
- Rash on chest
- Lethargy

Long term signs/ symptoms include:

- Heartbeat abnormalities
- Painful, swollen abdomen

Treatment of typhoid includes oral re-hydration and any number of antibiotics including fluoroquinolones (for susceptible infections), ceftriaxone, and azithromycin. Even if your symptoms seem to go away, you may still be carrying *Salmonella Typhi*. If so, the illness could return, or you could pass the disease to other people.

All Upper Respiratory Infections

What are Upper Respiratory Infections? Illnesses caused by an acute infection which involves the upper respiratory tract: nose, sinuses, pharynx or larynx. The common cold, sinusitis, bronchitis, influenza, laryngitis, and whooping cough are common URI's.

Risk factors for contracting Upper Respiratory Infections:

- Physical or close contact with someone with a upper respiratory infection
- Poor hand washing after contact with an individual with upper respiratory infection
- Close contact with children in a group setting, schools or daycare centers
- Contact with groups of individuals in a closed setting, such as, traveling, tours, cruises
- Smoking
- Health care facilities
- Compromised immune system such as, HIV, organ transplant, congenital immune defects, long term steroid use

Signs and Symptoms of Upper Respiratory Infections:

- Nasal discharge
- Nasal congestion
- Sneezing
- Sore throat
- Cough
- Headache
- Fever
- Fatigue

- Muscle pain

Prevention and treatment of Upper Respiratory Infections:

- Adequate nutrition
- Lots of good water
- Living in a space with good ventilation

Module 15:

Your Medical Kit

Last updated: April 24, 2015

I've compiled for a huge wide-range medical kit checklist for you that goes over **multiple use items** and what to use them for. Not only wound care but sicknesses and ailments we all go through and that will be more prevalent in a crisis.

Be sure to **read labels and warnings**, and do your own research into the specific uses of items you're not sure of. It's your responsibility to make sure you use items correctly.

As far as generic medications and vitamins, there's a rating system. Drugs that are AB-rated are bio equivalents (functionally the same thing) as the brand names. In the US, most of the generic drugs over the counter are AB rated. As far as paying extra for brand name items, the only thing you may want to consider are the Rapid Release versions of pain killers as those can't be beat.

Almost all of these items are easily found at your local supermarket but you can find great deals on some bulk items by visiting:

<https://xprepper.com/read-more/shop-med-vet>

(Print this document and cross off the items when you get them)

Items to include in your Ultimate Medical Kit:

- Hydrogen peroxide – Cleaning wounds
- Rubbing alcohol – Cleaning wounds
- Tea tree oil – Bug bites, itchy areas
- Lotion – Dry skin
- Petroleum jelly – Great for sealing exit wounds for gun shots to prevent air from getting in
- Calamine lotion – Anti-itching agent
- 100% Deet Insect repellent – Preventing bug-carried disease
- Sun Screen – Prevent skin from being burned
- Baby Powder/Cornstarch – Chafed areas
- Splinter removal kit
- Tongue depressors/Finger splints
- Dermoplast – Pain relieving spray
- Aloe gel – Healing wounds and burns
- Hydrocortisone Cream – Anti-itch
- Triple Antibiotic Cream – Wound healing
- Topical Anti-fungals, Nystatin and Triamcinolone – Anti-fungals
- Boudreaux's Butt Paste – Or any cream with main ingredient being Zinc Oxide for skin protection, chafing
- Vagaine – Female relief, and skin itch relief
- Pregnancy tests
- Condoms – Not only for their main use, but to use if you need a

- sterile cover for a burn until treatment
- Female sanitary napkins and pads – Not only main use, but to dress wounds as a gauze
 - Multiple sized bandaids – Wound cover
 - Rolled Gauze – Wound dressing
 - Gauze pads – Wound dressing
 - Telfa Pads – Non adhesive dressing
 - Ace Bandages – Sprained muscle wraps, bandages
 - Bandage Scissors
 - Medical tape – Shin splints, rolled ankles, securing bandages
 - Pre Wrap – Goes under medical tape if using on bare skin for shin splints, rolled ankles ect.
 - Flashlight – Looking down throats
 - CPR Mask – (can get at the Red Cross)
 - Face masks – Get various qualities, some filter more than others
 - Instant cold pack
 - Saline solution for contacts – Can also use to irrigate burns
 - Extra contacts or glasses – Depending on your needs
 - Carmex – Lip care
 - Ear plugs – Ear protection
 - Eye drops – Eye care/Relief of itching, pink eye relief
 - Thermometers – Baby and adult specific
 - Emergency blanket
 - Knee/Ankle/Wrist brace
 - Foot powder

- Molefoam/Moleskin – Blister care
- Epsom salts – Use in soaking sprained muscles in water
- Blood pressure cuff
- Stethoscope
- Gloves – A lot! Latex, Nitrile, etc.
- Duct tape – Works better for wart removal than wart removal liquid
- Mouthwash – Oral care
- Clove oil – Topical aide for toothache relief
- Dental wax/Floss threaders – Oral care/Braces
- Dental mouth mirror
- Dental plaque pick
- Tylenol – Metabolized by liver, High fever reducer
- Aspirin – Metabolized by kidneys, High fever reducer
- Ibuprofen – Metabolized by kidneys, High fever reducer
- Naproxen – Metabolized by kidneys, High fever reducer

(If dealing with severe pain issues rotate between pain killers metabolized by liver and those metabolized by kidneys every 3-4 hours to not overload the pathway, but keeping a steady dose of pain relief.)

- Topical arthritis rub
- Chewable tummy relief (ie: pepto-bismol) – Upset stomach
- Zantac acid reducer – Upset stomach
- Ground ginger (make a paste or tea out of it) – Upset stomach/Relief of stress-caused stomach pain

- Dramamine/Motion sickness tablets – Also helps with nausea cause by radiation sickness
- New Skin – Small cuts and scrapes
- Cough Drops – Cough suppressant, itchy throat relief
- Vicks vapor rub – Open up passageways
- Nasal decongestant – Congestion in nasal passageways
- Nasal spray – Use sparingly as you can become dependent after 72 hours of consistent use
- Saline nasal spray – Dry nasal area
- Mucinex – Breaking up mucus in lungs/Prevention of pneumonia
- Mucinex DM (not for use if prone to asthma)
- Benedryl – Allergies, sedation for children
- Calcium – Stomach relief/Overall health
- Multi-Vitamins – Overall health
- Magnesium – Overall health/Replaces lost electrolytes due to dehydration
- Tourniquet or bandana – Stops blood flow in arteries
- Quick Clot – Powder to immediately stop bleeding
- Zinc – Overall health/Prevent prostate cancer
- Fish oil – Immune booster
- Vitamin C – Immune booster
- Vitamin D3 – Immune booster
- Vitamin B-complex – Energy
- Melatonin – Non dependent sleep aid
- AZO yeast – Probiotic/Yeast infection prevention

- AZO Standard – Use to relieve Urinary Tract Infection
(will turn pee orange)
- Castor Oil – Laxative, labor inducer
- Cascara Sagrada – Laxative
- Anti-Diarrhea
- Acidophilus – Probiotic
- Electrolyte replacement
- Whiskey – Uplift spirits, lessen pain
- Nurses Drug Guide Book
- First Aid Cheat Sheet

Module 16:

Your Bug-Out Bag

A "bug out bag" is a bag filled with items that allow you to survive on your own for at least 72 hours. These bags can be as simple as you need or as complex as you want. It's up to you. Either way, if you have to "bug out" (leave quick from wherever you are), you can grab your bag and be confident you'll survive for at least 72 hours.

When preparing your bag, there are a lot of factors to consider such as your location, potential weather conditions, any medical needs you may have, your body type, etc.

Just be sure to accommodate the basics of the Top 5 Skills spoken of in Modules 5-9 by creating small kits (outlined below) and putting them into your bag. Add anything else you think you'll need to survive 72 hours, such as an extra cell phone battery and solar charger, flashlight, topographical maps of your area, emergency contact information, emergency radio, cash in various quantities, etc.

Choosing the Right Bag

A good bug out bag should be fitted to your body type. Your torso length and where the bag sits on your back will play a huge part in the comfort of carry if you have to travel distance with it on.

Your shoulder straps should be well padded and around 3 inches in width. Having straps that buckle across your sternum and a waist belt will distribute weight and provide extra comfort when traveling.

There should be adequate padding for back and lumbar support. The bottom of the bag should rest in the lower curve of your spine and work with the waist belt to carry the majority of weight.

Your bag may be anywhere from 30-70lbs and being able to distribute weight to your waist and hips will in turn transfer weight to your legs which are the biggest muscles in your body.

Being able to distribute that weight to your hips will take about 80% of the weight off your back preventing straining and pain over time. The bigger the pack, the more likely you are to over-pack.

Ideal Weight For Your Bag

The ideal weight of your bug out bag depends on your size, level of fitness, and intended duration of carry. Studies have shown that 1/3 of your bodyweight is the ideal load to be carried without significantly affecting your performance. 30lbs is a good average for any body type. The weight of your bag will fluctuate due to weather conditions, a lot of layers in the winter and water in the summer.

As mentioned before, there are plenty of variables with the most

important, really, being your level of fitness. What kind of terrain are you planning on bugging through? 30lbs walking around the house is not the same as 30lbs trudging up a 12% incline. Your pack should be as light as you can make it without sacrificing the gear necessary to your survival.

Try to include items that are efficient and serve multiple uses. For example, if you know how to use a wire saw effectively, it's better to take that than a fold up saw or an ax. And, if you know how to make a shelter from a tarp, a full-on tent isn't necessary.

A Useful Routine

Load up with everything you want/think you'll need and take a 3-day outdoor trip. When you get home start 3 piles.

1. Stuff you used everyday/very often – This goes back into your bag.
2. Stuff you used a good amount, but not a lot – If something in this pile can have it's job done by something in pile #1, ditch it.
3. Stuff you didn't use at all – Get rid of it.

Note: If your First Aid kit ends up in Pile #3, automatically move it to Pile #1 for obvious reasons – you don't want to bug out without it,

even though you may not use it.

For ideas on how to take weight out of your bag, visit this link:

<https://xprepper.com/read-more/shave-weight-bob>

Ideas For Kits That Accommodate the Top 5 Skills

Water purifying kit

- Bandana for large debris removal
- Coffee filters
- Small bottle of chlorine bleach
- Small pot for boiling
- Canteen
- Water bottle (clear and transparent)
- Water bottle with filter
- Potable aqua iodine tablets

Fire starting kit

- Strike anywhere matches (waterproofed)
- Magnesium fire-starting Tool, or flint and steel
- Lighters
- Quick tinder bundles
- Baggie dryer lint

- Magnifying glass or mini fresnel lens
- Knife
- Petroleum jelly
- Cotton balls
- Candles

Food and water to last 72 hours

- At least 3 liters of water
- Mess kit
- Wild edibles guide
- Dehydrated fruits
- Nuts
- Protein bars
- Self heating MRE's
- Rice
- Hard candy – great for moral and low blood sugar
- Jerky
- Ramen noodles
- Knife
- Snare/trap setting supplies

Basic First Aid kit

- Emergency blanket
- Super glue

- 4x4 Gauze pads
- 2x2 Gauze pads
- 4x3 Large Band-Aids
- Regular Band-Aids
- Butterfly Band-Aids
- Alcohol wipes
- Iodine wipes
- Triple antibiotic ointment tube
- 3x6 Mole skin pads
- Pair of gloves
- Face shield/Mask
- 5x5 Quick Clot Sport
- Tourniquet or bandana
- 4x4 Israeli bandage
- Roll medical tape
- Ace bandage
- Ibuprofen tables 250mg
- Benadryl tablets
- Female sanitary napkins and pads

Self defense

- A gun you're comfortable with and extra ammo/magazines
- Pepper spray or mini can of aerosol hairspray

- Knife
- Rope or zip ties (multiple uses)
- Retractable police grade baton
- Taser