

PREPAREDNESS/SURVIVAL CLASS

YOU'VE PREPARED TO SURVIVE FOR 12 MONTHS - SO WHAT HAPPENS IN MONTH 13

This concept was brought to my attention by a fellow prepper after a preparedness class. I had thought about this, but I must admit I had not really researched this in any depth. The numbers in the title can be substituted with ones of your own level of preparedness. For instance, you could say I am prepared for 6 months, so what happens in month 7. Or I'm prepared for 36 months (3 years), so what happens in month 37. Before we really get into this let's start with defining the term prepping. The best definition I have ever personally heard was from one of my favorite Youtube prepper/survival/homestead channels, Bear Independent. Here it is:

"PREPPING IS THE STOCKPILING OF MATERIAL GOODS AGAINST POTENTIAL CHAOS, AND THEN COMBINING THAT STOCKPILE WITH THE TRAINING AND MINDSET NECESSARY SO YOU CAN OPERATE FROM A POSITION OF STRENGTH IF THINGS GET A LITTLE CHAOSY OR SIDEWAYS AROUND YOU AND *SITUATION NORMAL* DEGRADES INTO SOMETHING THAT IS LESS THAN IDEAL. PREPPING IS HAVING A CLEAR AND CONCISE PLAN TO ACQUIRE AND ACCUMULATE THE MATERIALS THAT YOU ARE GOING TO NEED, THE TRAINING TO USE THEM AND THE MINDSET TO BE ABLE TO EMPLOY BOTH OF THOSE WHEN YOU NEED THEM."

Bear Independent (TJ Morris)

To me that says it all. As I have said many times – prepping is not a fad or a hobby, it is a lifestyle. The statistics have been proven that if you can make it through the first 72 hours of an emergency on your own, your chances of survival increase by 75%. That is why every prepper and survivalist recommends people have the at least the basic 3 day bag or kit. Some call it a bug out bag, some a get home bag, others an emergency kit; but no matter what you want to name it you need one for every member of your family.

Beyond your emergency kit you need to start prepping your basic needs of water, food, shelter, medical, security, power, etc. Start at 1 month, then go to 3 months, 6 months and then to 1 year. Where you end up after that is totally up to you. I personally recommend no less than 2 years of preps. Okay – so let's say for this class you reached "your number" of 12 months (1 year) and it's month 13, now what? Let's analyze each category or module of your prepping items:

- **WATER** – If you are like most people this category comes up short when talking the storage of water for emergencies. You need – 500 gallons/person/year. I only know a few preppers who have the ability to store large amounts of water. We're talking 1000, 2500 and 5000 gallon tanks. I have over 3 years of food but only have about 1 year of stored water. So right off the bat I have the dilemma stated in the title of this class. What do I do to resupply at month 13 or sooner and beyond?

Continue to refill bottles if water still flows and purchase extra bottled water if still available
At the first sign of a grid down situation or natural disaster fill your bathtubs with water (the 65 gallon bathtub bladders or water safes are excellent for this)

Install rain catchment systems (the average 1200 SF roof produces over 600 gal of water in a 1" rainstorm & a 9'x12' plastic tarp on 4 posts with a small hole in the middle will catch 60 gal of water in the same 1" rain storm)

Aerial survey of your area (locate potential resupply sources – swimming pools, hot tubs)

Make contact with people who have wells on their property (drill your own well if you can)

Barter items or trade services/skills for additional water

Locate lakes, rivers, streams & creeks in your area near your home and also near your bug out locations for resupply of water

You will need water filters and purifiers to make questionable water safe and drinkable. If you don't have filters or purifiers you will have to make your own DIY ones, and you will need to boil water to kill all bacteria, protozoa and viruses in water secured from open sources.

Due to the weight of water (8.3 pounds/gallon) you will have to consider how to contain the water (pails, barrels & other container vessels) and how to transport it (wagons, carts, dollies & hand trucks) – 5 gal pail of water = 42 lbs. & 55 gal barrel of water = 450 lbs.

D.I.Y. WATER FILTRATION UNIT

Homemade water filters can be made to filter the majority of pathogens from dirty water. Cut the bottom off a clear 2 liter soda bottle (rinse the bottle with hot water). Turn the bottle upside down and put in the following layers:

Bottle cap screwed on with 3/32" holes drilled into it

Cotton balls in the neck of the bottle

A piece of cloth or a paper coffee filter

Activated charcoal layer (2.5")

Clean sand layer (1.5")

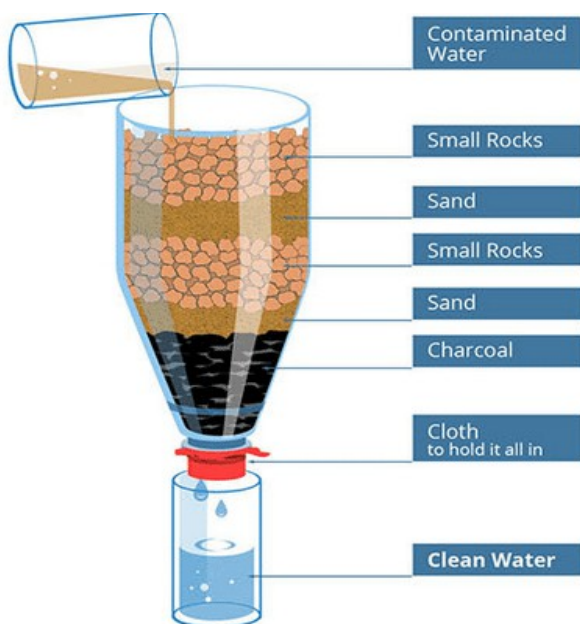
Small clean gravel layer (1.5")

Clean sand layer (1.5")

Larger clean gravel layer (1.5")

A piece of cloth or paper coffee filters

Place the soda bottle down into a clean pitcher, jar or other glass container. Then pour the dirty water in the top (actually the bottom) of the soda bottle filter and watch as the clear, clean drinkable water dripping out the cap at the bottom of your D.I.Y. filter unit. Boil the filtered water if you think there is a possibility of viruses.



Use a pant leg or cone shaped object and fill with charcoal from your fire and two alternating layers of clean sand and small rocks.

- **FOOD** – You need to have as much food in all forms that you can store. You need – 750 pounds/person/year, that includes dry grains, rice & beans, canned vegetables and fruit, canned meat and fish, fresh produce and meat, refrigerated & frozen items and long term canned freeze dried meals. The average person needs 750,000 to 1 million calories per year to survive (that’s about 2000 to 2500 calories per day). So you had a year’s supply of food and it’s gone. How do you to resupply at month 13 and beyond?
 Hopefully you know how to garden and grow your own food
 If you have a lake or river nearby you could catch fish for some extra protein
 Have chickens for eggs & meat and goats for milk, cream & cheese
 Aerial survey of your area (locate potential resupply sources – gardens, farms, ranches)
 Make contact with people who have fresh vegetables and meat sources
 Barter items or trade services/skills for additional food
 Hunting can supply meat but only so long as the game is available and you know how
- **SHELTER** – Most of us live in a house, whether that is something we own or something we rent. A few people I know actually live in their motor homes. No matter where you call home there will always be the possibility that you might have to leave due to a situation like an economic disruption, to a natural disaster or a local emergency. This category is a tough one to deal with because it takes more planning to prepare for future uncertainties. Unless you are independently wealthy you probably don’t have multiple properties that you could rely on for backup in a shortage scenario. If I found myself unable to live in my house I have a trailer I could pull to a different site, two camping tents for additional shelter, a MAG (Mutual Assistance Group) in a homestead and two alternate bugout location sites in the mountains/forest.
 Realize that much planning is required to have a place to go and live when you “run out of home.” This is much different that running out of water or food.
 You are going to need family and friends, a team around you that you can count on.
 Have topographical maps of the area you intend to use as an alternate living arrangement and also, like I said before, do an aerial survey of the area (locate potential water resupply sources, high ground advantage points, existing structures, etc.)
- **MEDICAL** – This category is a tricky one because it is divided into internal and external items. If you are required to take **internal medicine** continuously like insulin for diabetes or prescription drugs for a heart condition those could eventually run out and you might have difficulty resupplying those drugs. Some medicines can be replaced with natural alternatives while others can’t. it is not likely you would have a year’s supply or more of prescription drugs. You might have to figure out how to resupply after 3 or 6 months.
 For prescription meds ask you doctor to increase all 30 day refills to 90 or 180 days and if possible try to get a year’s supply. If you run out of antibiotics they can be replaced by fish & bird ones (i.e. Fish Mox is Amoxicillin, Fish Flex is Cephalexin & Aqua Zithro is bird Zpak)
 For all over the counter (OTC) meds for pain, colds, flu, allergies, etc., store as much as you can. Since you probably won’t use these that often a 1 or 2 year supply could last 5 years
 When your stockpile gets low some medicines can be substituted with natural remedies such as medicinal plants, essential oils, etc.
 Now when you are talking **external medicine** that can be anything and everything from medicinal creams, salves & ointments for your skin to bandaids, gauze rolls & pads, Israeli trauma bandages, medical tape & tourniquets. A plentiful supply of these items will last you a long time.
 Make contact with people who are more likely to have these items and the training to use

them like doctors, nurses, EMTs, military veterans, etc.
Barter items or trade services/skills for additional supplies and possible treatment.

- **POWER** – If we have a grid down scenario for any length of time you will have to have your prepping stockpile full of a few basics like a solar power generator with panels, solar recharging packs and a large quantity of batteries in all sizes. Also wind turbine power and gas/diesel/propane generators could help until power is restored. Of course, all of these are dependent on other sources – solar devices on the sun, wind devices on the wind and gas, diesel & propane generators on those particular fuels. Power is not something that you can create on your own. You need specific items to make it happen.

If you run out of fuel or batteries you might have to barter items or trade services/skills for those supplies.

Without grid power you will also have to rethink how you will cook food, boil water, etc. without the flowing of electricity or natural gas. A sun oven could be worth its weight in gold and without one you might have to brush up on your BBQ and cooking over an open flame skills.

Hopefully this class will give you some food for thought and help you focus on planning for any future chaos as you increase your ability to be prepared. Continue to strive to be self-reliant and to be detached from the system around you. Remember, **live in the micro** – the small sphere of influence that you can deal with and do something about. **Stay out of the macro** – the huge areas that you have no control over and can do nothing about. Trust God for every need and help those around you. When things go sideways and your plan doesn't work **IMPROVISE – ADAPT – OVERCOME !!!!!!!**