

PREPAREDNESS ROADMAP

**Book Companion
Links to Products**



A practical guide to family readiness
in disasters and emergencies

Forrest Garvin

Chapter 5



The First Sixty Days

This is the moment you've been waiting for. You're primed and ready to hit Amazon with your credit card in hand. You've got a long list of things you are absolutely certain you need. You also assume bulk is the best way to go.

STOP

This is not a one-stop shopping list. This is a way to get you started. As mentioned, every family prepares a little differently. You do "you". They do "them". Only you know your exact needs. Don't let yourself get overwhelmed. Don't get the items outlined here and consider yourself fully prepped. Don't get disappointed when you look at the list and wonder why you don't see a year's worth of freeze-dried food. Prepping like any skill takes time to grow, strengthen, and master. Rest assured; your pantry will grow along with your skills as a prepper. These things are best done over time.

This guide will take you through one-year of prepping. Along the way, you'll want to stay organized and know what you have. Imagine going to the toy store with your child who has a thousand-dollar gift card. The kid is going to go wild, filling carts with too many toys to count. By the time he gets home, he has forgotten what he even bought. It's overwhelming. There will be a few favorites while they forget everything else. The non-glamorous items get pushed to the wayside. Unfortunately, these never get sampled, reviewed, or used until it is too late.

You don't want that to happen with your preps. Every item you add to your shelf is valuable. You need to know it intimately. How does it work? How often can you expect to use it? Is it good enough for what you need?

The next six chapters will break your prepping into 3 sections. The first section is what you need to buy. The second consists of what skills you need to learn that month. The third and last section contains books or movies you need to review to prepare your mindset. Mindset is key during any event when you have to make decisions fast. Also, these books and movies put the reader or viewer in situations you will need to think through now before something like that really happens.

I have a downloadable cheat sheet for you. This downloadable PDF has most of the items listed in the next six chapters with links to where you can buy or learn more about them.

Go to <https://forrestgarvin.com/resources/> to download this PDF.

Let's get started!

What to Buy

You're going to see a slow buildup as we move through the months. You may feel as if you're not getting anywhere, but you are. You are starting with the most basic and essential items. If the apocalypse happens in three months, you're set up pretty well. Even if you don't have a year's supply of food yet.

Double Your Pantry

Look at your pantry right now. You probably have a couple of boxes of mac and cheese, peanut butter, and some canned foods. That's the stuff your family eats. That's what you want to buy. The next time you go grocery shopping, buy an extra of several items. Start by doubling your standard food pantry. This is going to carry you through a few extra days in case of a minor emergency.

Preppers know this as "copy-canning." Every time you go to the store, get one or two extra of a few things in your cart. Make sure you are copying long term items. These include canned fruits, canned vegetables, and canned meats. Also, copy-can dry staples such as rice, beans, and oats. Don't go outside what you normally eat. You just want to have a deeper pantry than you currently have.

Copy-canning like this will not break the budget. Skip your fancy coffee every day that week to afford it. The tradeoff is a little cushion in the food department. If you normally buy two boxes of mac and cheese, buy four and so on.

Magnesium Fire Rod

These are dirt cheap, maybe a couple of dollars each. Buy several, just in case one gets misplaced. You can reuse your fire rod over and over to start a fire—think a modern version of flint and steel. Do yourself a favor and take one of these out of the package and familiarize yourself with its use. They have a learning curve, but once you get the technique, you won't struggle with it. Remember, YouTube is your friend. Search, watch, learn, and practice. There are various brands, but they are essentially all the same. Getting the kind with an attached striker is a superb choice.

Sawyer Water Filter

Water is one of the most important elements of survival. It even ranks higher than food in the rule of threes. Life is in jeopardy in three days without water, and in comparison, three weeks without food. But water can kill you if it is harboring viruses, bacteria, and other pathogens. Any one of these will take you out of the fight with serious intestinal issues. You can almost guarantee you will find water, but you cannot guarantee that the water is safe to drink. This is why a Sawyer Water Filter is a must-have. A filter is an instant way to make water safe to drink. Running water through the filter removes 99.9999 percent of harmful bacteria and parasites from human or animal feces.

You'll find several types of Sawyer water filters. Choose one that best fits your family's needs. If you are a one-man show, go with the Sawyer Mini filter. If you have children, the Sawyer bucket adapter may be best. You can also buy a personal filter for each member of the family. They are cheap insurance.

Tub Water Storage Bag

These are handy tools. The most common brand is the Water BOB. Water BOBs are perfect for urban survival situations. The bags are tub-sized plastic bags that hold up to 100 gallons of water. Set the bag in the tub and fill it from the tub spout. The bag includes a drain pump and hose that you can use to fill other containers with potable water. At the first sign of emergency, fill the bag. Don't fill it hours later—the water may be compromised. Worse yet, it may no longer be there. If the water isn't potable i.e. safe to drink, use your filter.

Pool Shock

Buy Pool Shock at the end of the season if you can: you'll get a killer deal on clearance. A few notes on this. Only buy calcium hypochlorite. Also do not buy pool shock that has other ingredients. These include clarifiers, pH balancers, or anti-foaming agents. You want straight calcium hypochlorite.

Buy a bucket of granules or tablets. Pool shock is essentially powdered bleach. The shelf-life of liquid bleach is approximately six-months. Pool shock won't weaken in a few months or become useless on your emergency supply shelves. Mix the powder in with water to make standard bleach. Add the resulting liquid bleach to questionable water, making it safe to drink, wash your body, and wash dishes. It only takes a tiny amount of the powdered bleach to purify a gallon of water. Again,

the internet is your friend. Print out pool shock water purification instructions and store them in your prepper binder and with your pool shock. One bucket is plenty.

5 MREs Per Person

Meals Ready to Eat (MREs), are thought of very fondly by anyone who has served in the military. MREs have come a long way in recent years and are quite palatable. The meals include high-calorie portions requiring no heating. Simply open the package and eat. You can technically get by with one MRE per day. Five on hand per person gives you a week's worth of food. Buying in bulk is your best option. Look around and check out the different meal options available. Start with purchasing a few as samples. Try them to see what your family likes then purchase them in quantity. You will be quite surprised to see it is a lot like reviewing a restaurant menu.

Trash Bags

This may seem silly, because really, who's going to worry about taking out the garbage in an apocalypse? You are. You must. Garbage is filth. Filth breeds disease. You don't want to be dealing with a filthy environment when sanitation is limited. Waste management will be one of your most important jobs.

Trash bags aren't just for garbage. There are hundreds of different ways you can use them to aid in your survival. Buy several bulk boxes and stash them away. Focus your purchases on sturdy, outdoor bags first. Select larger and more durable bags rather than flimsy kitchen bags. Get them in a variety of sizes including drum liners (largest) to kitchen bags (smallest). Save all the plastic grocery bags you get too. While not as durable, they have a multitude of uses. In most areas, grocery bags are completely free.

SAS Survival Guide

No matter how much you think you will remember, it doesn't hurt to have a backup guide. Your life may rely on a tiny, pocket-size book that contains valuable information on what to do to stay alive. Start your prepper library with this well-known guide.

Flashlight

This may seem like a simple decision, but not all flashlights are created equal. LED flashlights are best: they are brighter and sip, not gulp, battery power. With LEDs, batteries will last longer and you won't need to store as many. It's a good idea to have one flashlight on hand for each member of the household. Have at least one set of spare batteries for each light. You need not drop a lot of money on a flashlight, but you will pay more for a high-quality flashlight. Buy once, cry once.

Unfortunately, the dollar-store lights are not ideal for a survival situation. They don't last and have poor quality batteries. You can have some on hand for barter but focus on the better quality, slightly heavier, and more durable lights for your personal use.

Batteries

Take an inventory of your critical battery-powered equipment. Based on their use, purchase one or more sets of batteries for each. A flashlight without batteries is just a small club—useless for its intended purpose. Avoid cheap batteries as they are prone to corrosion and may ruin the device. If possible, purchase lithium batteries. Their shelf life is long and they do not corrode as easily as the other types. I've ruined more equipment (remote controls, GPSs, UV water purifiers) with cheap batteries. I now solely purchase lithiums. The cost savings in the long term are worth the upfront expense. Try to stay with AA and AAA for electronics.

Leatherman Multi-tool

This is a survivor basic. Leatherman tools come in all shapes and sizes. They are easy to slip into your pocket and extremely useful when you've had to evacuate with only your knife in hand. If you've never seen an episode of MacGyver, go back and watch a few, and you will understand why one of these multi-tools is an absolute necessity.

Learn and Train

You can't win a gold medal in a marathon if you've never learned about running or trained for it. Survival is the same thing. Dumb luck only gets you so far. You need to have the knowledge and skills for everything you do. You must know how to do it without having to think. Envision basketball stars who can score a basket while looking in the opposite direction. They can do that because they have practiced enough. They know their position exactly. They know how much push they need on the ball and where to aim: it comes naturally. Survival skills need to be second nature to you as well; that only happens with a lot of practice.

Two Ways to Start a Fire

This is tough for some people to understand why it's so important. Today, when you want a fire, you crumble up newspaper and light a match. If you're in a hurry, add a bit of lighter fluid. Easy peasy, one and done. Think of survival situations. You won't have a match. You won't have tinder. All your wood will be wet. You need to know how to use that magnesium fire rod. Now, imagine you had to leave everything behind during a hasty evacuation. You need fire to survive, which means you must know how to use a bow drill, hand drill, or a fire plow. Anyone who has ever tried

to start a fire with a primitive method will tell you it isn't easy: it is brutal, painful, and downright frustrating. Know how to do it and know the expectations. When you find yourself in that situation, you don't give up hope. Hope is the key to staying alive.

Two Ways to Purify Water

Same scenario: you have escaped with your life and nothing else. You didn't grab your filter or your purification tablets. What else can you do to make water you harvest safe to drink? Study up on making a filter from charcoal, sand, and rocks. Read up on safe water sources in your area such as springs and spring fed ponds. What sources are drinkable without filtering or boiling. Water is life—period.

Put Together Important Documents

Not every apocalypse ends with the entire country falling apart. When the devastation is local to your area, the rest of the country will come to your aid; their help will enable you to pick up the pieces and recover. To do this, you'll need proof of who you are and where you live. Keep important documents like your birth certificate, social security card, marriage license, passport, and a copy of your driver's license accessible for a quick bugout. These will get you back on track a lot faster than those without. Along with these documents, deeds to property you own, insurance policies, latest utility bills, and wills are a good idea to keep together in a safe place like a fireproof safe. Grab your safe on your way out the door.

Plant a Small Garden

This is too easy not to do. It can be a container garden on your back patio or peas and tomatoes in a flower bed. You don't need acres at your disposal to supplement your food supply. By starting with a small garden, you get to learn by doing. You'll experience the importance of water and how to combat weeds and pests. These are all things you want to know now before your small garden is all you have to eat.

Create a Family/Personal Emergency Plan

You must have an emergency plan in place. When disaster strikes, you have to know what to do quickly and completely. Planning now allows you to rehearse various scenarios and come up with the best options. You don't want to debate the best way out of a burning house when it's on fire. Seconds count in an emergency. Every family member must know exactly what to do when they hear the tornado siren. When they hear the emergency broadcast for real, each member must act

with a purpose. With a plan, you can worry less about telling them what to do and just do it. See the section outlining how to come up with an emergency plan in a later chapter.

Using Your 401K For Preparedness and Self Reliance

Most American workers have access to retirement accounts that let them set aside money monthly/yearly to plan for their eventual retirement. These funds, outside the Social Security network, provide income once you are no longer working. Traditionally, you put your retirement savings into the Wall Street Casino with promises that it will grow into a sizeable nest egg. History is replete with success stories of people who retire with million and multi-million dollar IRA and 401k accounts. However, recent history has shown workers losing half or better of their retirement savings in a market downturn. This happened in 1999, 2004, 2008, and the most recent downturn of 2020 due to COVID-19.

There is another option to the Wall Street Casino. You can put your retirement funds into a solo 401k provided by Survival 401k and invest in hard assets such as precious metals that you hold in your possession. This includes land, rental properties, storable foods, self-defense items, water filtration, solar power, and a litany of other SHTF products. The dirty little secret is if we have a SHTF moment, you can use all the supplies you invested in with your 401k. You then will not pay the taxes until after the Continuation of Government proclamation has ended.

Interestingly enough, the solo 401k product has been around since 2002, but only 2% of the American public know anything about it. The reason is that if you can manage your own money, why would you need wall street brokers and financial advisors? They charge you to manage your money inside a casino (rigged against you) regardless if you make money or not. With a solo 401k, your investment options limited only by your imagination. Take positive control over your future. Survival401k.com

Mindset

Mind over matter is real. It is what makes the difference between dying and surviving. Your brain is your most valuable tool. Everyone has one: it is yours to do as you please. It is the one thing that cannot be lost or taken. You need to know how to use your brain to control your mindset.

Let's first talk a bit more about what mindset is before we get into the homework portion.

Mindset: the established set of attitudes held by someone

As we know; attitude is everything. Attitude influences your mood, be it happy, sad, mad, or stressed. When staring at the end of the world as you know it, you can understand why it is important to choose a survival mindset. Giving up, feeling hopeless, or simply getting mad at the situation helps nothing. Live and fight. Look at the situation as a challenge you can handle. If you climb out of the house that toppled around you and look at the devastation and focus on that alone, you won't make it. When you climb out, you must focus on what you can do to stay alive. What can you scavenge? Who can you help? Be grateful you are alive. Don't get sucked into that pit of ugliness that only gets you killed.

If you have a family depending on you, falling into that trap isn't an option. Be positive even when those around you are crying and convinced it's hopeless. Change their mindset. We talked earlier about people who think prepping is stupid because there's no point in surviving an apocalypse. That's their mindset. It's not yours.

There are a few things you can read and watch to help you get into the proper mindset:

- Read "One Second After" by William Forstchen
- Check out SouthernPrepper1 on YouTube
- Listen to my podcast – Prepping Academy podcast
- Watch the movie "Panic in the Year Zero"
- Read "Survival Theory: A Preparedness Guide" by Jonathan Hollerman
- Join a PrepperNet group, a quick internet search will find one in your area

That is the first two months of prepping. You'll find it is much easier to get into when you take it slow and easy.

Chapter 6



Months Two to Four

Congratulations! You've gotten your feet wet in the prepping world. You're now a more familiar with how this works. Let's keep up the momentum! For the next sixty days, everything on the list still remains vital to your long-term survival. Remember, you are continuing to build the most important gear. As you proceed through these two months, you'll add items that will make life easier. You'll add those critical to your immediate survival. These efforts focus on the days following a major event. Not that the items on the next lists are any less valuable; it is about the build-up.

What to Buy

Now that you've encountered some of the gear out there, you're probably pretty excited. There are some outstanding gadgets to be had once you know what to look for. Did you browse Amazon or any of the internet prepper stores? You probably had a hard time holding yourself back. Be patient. The cool stuff is coming.

5-Gallon Gas Cans

Gas is always the first thing people rush out to buy in any emergency. If you own a portable generator, you'll need gas. Your car needs a full tank too. You don't want to be stranded with a working vehicle and no gas. Is there anything as helpless as being stuck in harm's way because of an empty tank? Avoid the last-minute miles-long lines at the pump. Buy six 5-gallon cans, fill them up, and add some fuel stabilizer. Make sure you use the fuel and are replacing it every three to six months. Better yet, number the cans, 1-6. Top off your car every other month with one. Then refill it and set it in the back of the rotation.

Fuel Stabilizer PRI-G

Long-term storage of gas requires a stabilizer. Gasoline naturally degrades with time. Added to fuel, PRI-G stabilizer gas's shelf life. Gasoline stores for about 3-6 months before it breaks down. A fuel stabilizer can extend shelf life beyond three years. Now, think about the apocalypse. Pull gas from every car you find to use at a later date. You'll want some stabilizer on hand to extend the life of the gas you scavenge. Bad gas can make it hard to start and run an engine and causes

major damage to your vehicle. When you need your portable generator to pump water or are running for your life, you'll need that insurance. It's cheap, so buy plenty.

2-Month Supply of Freeze-Dried Meals

Food is fuel. Food is survival. Freeze-dried meals are light, compact, and easy to prepare. Several companies sell bulk packs designed to last a week, a month, or more. A single food bucket can contain as much as a 30-day supply for a single person. Variety is the key. You'll want several options available. Spaghetti and meatballs every night for sixty days will take the wind out of anyone's sails. Shop online for good deals. Be frugal. Shipping can be expensive. If you have met another prepper, split a large order and you might get free shipping. Avoid buying single meal packages. These cost a small fortune and take up a lot of room on shelves.

DIY First Aid Kit

There two things that, when needed, are needed right now. A first aid kit is number one. A means for self-defense is number two (more on that are in the next section). Save yourself a small fortune and put together your own first aid kit. Medical supplies are cheap, especially when you buy in bulk online or at the dollar store. Don't get stingy here; survival is tough. You are going to be dealing with many cuts, scrapes, blisters, and burns. Be ready to handle those situations. Managing an initial injury can take more supplies than you think. One deep gash will take a box of 4x4s within the first minutes. Keeping a wound clean takes even more. Plan on three dressing changes per day for two weeks for a serious injury. Bandages, gauze, etc. are too cheap not to have a ton on hand. Check out several of the free lists on the internet. Compare, contrast, and make your own list. Having several specialized items like suture kits, slings, and even casting material is good planning. Finally, don't forget diagnostic equipment. Stethoscopes, blood pressure cuffs, thermometers, pulse-ox meters, and blood glucose meters all have a place in your complete medical kit.

Handgun Glock 19 9mm

Number two on the list of things you need now when you need them is security. You must be able to protect yourself, your family group, and all the supplies you have gathered. Some of you will be hesitant to buy a gun. Consider this: is it better to protect yourself and your family or be at the mercy of an attacker? Post-apocalypse scenarios are dangerous. It isn't because of the disaster—it's because of the survivors. People desperate for food, water, and shelter will go beyond today's social norms. Most of all, some will be desperate for power. People who would, during normal

times, never hurt someone else are going to change. Think of it this way...What would you do to feed your starving child? They'll do it too. Be ready.

Ammo 500 rounds of 9mm

A gun is useless without bullets. Make it a point to buy bullets every week and store them for the long term. If stored in a safe, make sure they are airtight and moisture-free. You can't afford damp and damaged ammunition. Ammo isn't just for defense; it will also be a high-value barter item. Purchase several metal ammo cans. They are cheap at your local gun store or Harbor Freight. They'll keep your ammo dry, trackable, and organized.

Rocket Stove

Rocket stoves are easy to make and effective to use, especially when you are on the move or hunkering down. They use less fuel and burn hotter than a fire. More efficient than a fire, they create less smoke and a visible flame. When you can't (or won't) fire up the grill, pull out a rocket stove. You can find them online from several manufacturers. You can also make them from bricks, a stovepipe, or a tin can. Make one now. Not only is it a valuable skill, but it builds up your storage. Make one and put it on your shelf. Having one at the ready saves valuable time. You won't have to run around looking for tin snips or risk getting a serious cut while making one when you are desperate.

Tarps: Large and Small

In a survival situation, a tarp has a hundred different uses. It can serve as shelter, a gurney, and a means for carrying or concealing supplies. Tarps are cheap. Purchase several to cover a variety of uses. Improvised shelters are one of the most common prepper needs. You should not draw attention to your shelter. There are times to announce your presence, like a wilderness survival situation; however, this is not one of them. Think concealment. Look for brown tarps, forest green, or even camouflage - a color that blends in with your environment. Avoid bright blue tarps.

550 Paracord

Ah, paracord: cheap, easy to use, and so plentiful. You can buy Paracord key-chains, dog collars, bracelets, and lanyards. Every basic survival kit includes cordage. Use cordage for fire bow drills, shelters, or even holding up your pants. The versatility doesn't stop there. Each length of paracord consists of multiple smaller strands. Cut a length, strip off the outer layer, and you have seven smaller cords to work with. Stack them high and deep.

Knife

Have a knife. Period. A good full-tang knife is your best choice. Skip the “survival knives” with cheap junk stored in the hollow handle. In a quality full-tang knife, the handle and blade are forged from a single piece of metal. You won’t have to worry about the handle separating from the blade or snapping off. The knife material is up to you. Stainless steel or high carbon steel, each has its benefits. Plan on using your knife for protection, food preparation, cutting rope, and processing firewood. Spend a little more and get a knife that feels comfortable in your hand and is durable. Internet reviews are your friend.

Survival Medicine Handbook

Mentioned earlier, but worth saying again, you are not a human-computer. You cannot possibly remember all the survival minutiae that it takes to survive. This includes first aid. The book, “The Survival Medicine Handbook: A Guide for When Help is Not on the Way”, by Joe Alton and Amy Alton is the survival medical reference of choice. It focuses not only on traditional “western medicine” but also on herbs and other natural remedies. Breaking your reliance on pills and pharmacies is critical when doctors are no longer available. The Survival Medicine Handbook introduces and covers the basics. It also takes you through advanced procedures like stitches and even setting broken bones. This book will be critical when you can’t run to the emergency room and the pharmacies are closed. Joe and Amy are good personal friends of mine, and you can check out some of my past interviews on PrepperNet’s YouTube channel.

Training/Actions

If you remember, the first two months have focused on learning skills. This month builds on those skills and gets even more physically involved. Survival is both emotionally and physically taxing. If you’re a couch potato, pay attention.

Start Building Your Bug Out Bag

You are going to hear a lot about BOBs. The more you get into prepping, the more they are discussed and dissected. They are the single most talked about pieces of gear in the survival world. Everyone has one or more. Now it’s time for you to join the ranks of preppers around the world and build your own. There are hundreds of free BOB articles and content lists. Grab a few and make one that fits your own needs, skills, and use. Get to work. Keep in mind your BOB is always a work in progress. Revisit it often and improve upon it when possible.

Practice Shooting

Earlier in this section you bought a gun and ammo. Now you need to put that gun to use. If this is your first firearm, take a class. Shooting is not a self-taught skill. There are too many nuances in terms of safety and accuracy. You don't need to learn bad habits. Take a class! Once you are comfortable with the basics, head to a shooting range and get a feel for your gun, and hone your accuracy. You may only get one shot, so make it count. It will also save ammunition when you can't run to the store and buy more.

Work Your Garden

Get out there and work in your garden. If you've never pulled weeds, built a trellis for peas, or trimmed tomatoes, now is a good time to figure it out. Get familiar with the problems every gardener faces. Whether it's yellow leaves or an infestation of beetles destroying your crops, learning the signs of trouble and how to solve those problems is critical to success. Do this while Google is still available. Learn what it takes to keep a garden healthy. You never know when the food you harvest is all you have to eat. Keeping the garden going also ensures that you are working the soil and building it for the following growing season.

Cook a Meal on Your Rocket Stove

In the last section you bought a rocket stove; now it's time to put it to use. Yes, all that handy gear you are adding to your shelves needs a workout. Learning the little nuances of cooking on a rocket stove is essential. Learning now ensures you don't scorch the only meal of the day later. You need to know how much fuel to add and how quickly it cooks. Make your mistakes now when it isn't crucial. It'll be a fun learning experience with the entire family.

Take a CCP Class

In most states legally carrying a firearm requires a Concealed Carry Permit (CCP). Few states have open carry laws, otherwise known as constitutional carry. Check your local laws and get a permit. Some states require CCP class for a permit application. Regardless, they are a great idea. They teach and enforce the safety skills you must always practice when firearms are around. Keep your permit up to date and with you at all times.

Physical Fitness Plan

You cannot, absolutely cannot, be out of shape and still survive the apocalypse. How can you expect to hike twenty miles uphill to your retreat when walking upstairs to your bedroom leaves you winded? Survival after a major disaster is going to entail a lot of walking and a lot of hands-

on work. Chopping wood, hunting, and carrying water are all grueling tasks that will become a part of your daily life. You must prepare to do those things without feeling like you are going to pass out. As a bonus, good physical shape decreases the risk of medical problems. Remember, you won't have access to doctors. You need to be in the best shape possible and as healthy as possible to pull off this survival thing.

Mindset

Let's talk mindset again. Last month's exercise gave you a glimpse of life after a disaster. I'm preparing you for the worst possible scenarios. You should always hope for the best but prepare for the worst. There is a good chance it won't be as bad as Hollywood makes it out to be. Think of the birthing classes you attend before giving birth to a child. It is not an experience for the faint of heart, which is why there are so many books and classes on the subject. Think of prepping in the same way. You need to watch it and see how others pull it off. Study how others have responded and how they overcame their trials and tribulations.

These are your mindset prepping tools:

- Read "One Year After" by William Forstchen (the follow up to the first book)
- Follow ZeroHedge.com to stay abreast of current news topics that could signal a financial collapse or other significant events
- Watch "The Twilight Zone: The Shelter"
- Watch the movie, "Prepper" - 2016 version

As you are checking off the items on this list, make sure to stay vigilant. Pay attention to the news and listen to what is happening around the world. Global warnings aren't likely before things to go bad. Watchful preppers keep their heads up and pay attention. They will know when it's time to go to ground, so to speak. Get one step ahead and stay one step ahead

Chapter 7



Months Four to Six

Ready to get seriously into prepping? Let's go! You now walk like a prepper. You now talk like a prepper. You now keep an eye out for good deals on anything with value after a major disaster. Hopefully, you've even connected with a few like-minded people. With your prepper friends, you can toss around ideas, cross-train skills, and interpret the problems of the world. Learning how to build a bow drill is always much more fun with a partner. Embrace your new prepper lifestyle! Let's keep up the momentum and commitment!

What to Buy

We're moving into bigger purchases now. These are going to help round out the supplies you've been putting away over the last few months.

Rice 200-pounds

Rice is **THE** versatile ingredient. Use it to thicken soup into a stew. Cook it low and slow for a breakfast porridge, add vegetables, spices, and a little meat as a main meal. You can even add milk, fruit, and a sweetener to create a dessert. A surprising percentage of the world lives on rice and beans, and for good reason; it's nutritious, filling, and cheap. White rice is your best option. Properly stored, it lasts for decades. Unfortunately, while brown rice is more nutritious, the healthy oils in it go rancid after a year on the shelf. Check out the chapter on storage tips and tricks to extend the life of your dried grains.

Beans 200-pounds

Beans are high in fiber and protein. Be sure to store pinto, black, northern, and lentils. Variety is the spice of life. Beans can be a side or main course. Cooked with a little meat, especially smoked meats, beans create a savory main meal. There are even recipes for pinto bean brownies. Find and try a few recipes for boiled, refried, baked, or stews.

2 BaoFeng Radios

Communication is key during a disaster. When power lines, phone lines, internet connections, and cell towers go down, you need a means to reach others. Two-way radios are your best option. With COMMs, you'll be able to stay in touch with friends and family during outings, scavenging, and

other missions. Look for a radio that monitors NOAA and the emergency broadcast system. A note about radios: beware the blister-pack radios that advertise ranges of over 30 miles. Expect one (1) mile or less in wooded or hilly areas. Expect a half to a quarter of a mile when you are downtown. BaoFeng radios are higher power (wattage) but require a HAM license to broadcast. We will talk about that shortly.

Galvanized Trash Can

Time to prepare for an EMP. A few electronics stashed in a galvanized trash is a great idea. Insulate with cardboard and seal the lid with aluminum foil or metal tape. This will be your very own Faraday cage that costs next to nothing. Store radios and other critical electronics in this improvised Faraday Cage.

Eneloop Rechargeable Batteries

Your flashlights and portable radios are going to need power. If they aren't rechargeable, then they need batteries. Panasonic Eneloop batteries are some of the best. Being rechargeable, you only need a few in contrast to the cases of traditional batteries you'll need. Survey your electronics and purchase all sizes required. And yes, you will have a way to recharge them (coming soon).

Cash

Cash is king. You're going to need money if you find yourself in the middle of an emergency. Need to get out of town—cash. Top off the shelves—cash. Need a little social lubricant to get something done—cash. When the power is out, your debit and credit cards won't work. Few businesses will go the old-fashioned way. Having at least \$70 in five-dollar bills and \$30 in one-dollar bills ensures you can still grab what you need without an ATM. Smaller bills are best. Smaller bills solve the problem of a store owner unable to make correct change. That said, few problems can't be solved with a crisp \$100 dollar bill.

Dehydrator

An electric dehydrator might not do you a lot of good post-apocalypse. It will, however, go a long way in getting you ready for the event. Between killer sales at farmer's markets and your garden, you'll have an abundance of produce. Drying your fruits, veggies, meats, and herbs is a cost-effective way to extend your long-term pantry. Grow and purchase the ingredients you use the most and stack them up in quart jars or vacuum-sealed bags. Preserving food is a great way to focus on your favorite meals and most-used ingredients. A simple five-tray dehydrator is sufficient.

5-Gallon Buckets with Lids

We mentioned buckets earlier. Now is the time to get them in quantity. Check Craigslist and tap into any friends in the restaurant industry. Anyone who has an inside track on old pickle buckets, frosting buckets, or food-safe buckets is your friend. Be wary of buckets with an unknown history. Only use food-safe buckets that have never stored chemicals. Chemicals leach into the plastic and then leach into your food. Buying in bulk is a great way to go.

Desiccant Packets and Oxygen Absorbers

Often found in jerky and pill containers, Silica gel desiccant packets are used to preserve food. They absorb moisture and help prevent food spoilage. Buy them in bulk. They come in varying sizes. You will need them for your food and ammo storage. If you accidentally leave them out or want to re-use them, you can “recharge” them by running them through a cycle in your dehydrator.

Oxygen absorbers, also called O₂ absorbers, do exactly that. They remove oxygen from the environment. Food spoils from exposure to moisture, oxygen, and light. O₂ absorbers use a chemical reaction to convert iron and oxygen to an inert substance (rust). You will use these when packaging bulk foods. Get them in bulk online. If you have a hard time finding them, pick up hand warmers. They are the same thing. Buy a bunch when they go on sale in the spring.

Silver

Save all silver coins and any broken jewelry you have. Widely respected as a precious metal, silver still holds value today. Even after a financial collapse, it will have a place as a currency. Precious metals have always retained their worth. That earring you have or old dime from the sixties will be worth more than paper money if the economy collapses. Keep your silver in a safe place in your home; a safe deposit box may not be accessible during emergencies. Pre-1964 coins, called junk silver, and one-ounce American eagles will be the most recognizable.

Training/Actions

Now it is time to step up your game. The next activities will thrust you even deeper into the prepping world.

Family Communication Plan

Can you imagine the terror you’ll experience if you can’t talk to your family? Especially separation from your children during a major disaster! It will make you absolutely crazy with worry. The likelihood of disaster striking while you are all together is rare. This means you must have a

communication plan. If separated when things go sideways, you need a method to check in with each other. There are a lot of options here. Figure out what works best for your family and write it down. Keep a binder in each car, BOB, and school bag. It doesn't have to be big, just complete. Your job is to make sure that everyone in the family knows what to do.

Learn How to Set Up a Shelter

This is so important and fun and the one task your kids will probably be happy to practice with you! There are many ways to build a shelter. Learn how to build a variety of shelters using various materials. Murphy's Law will guarantee that you won't have a tarp with you; therefore, learn to do without. A debris shelter is a common choice. The key is to learn the best way to make multiple shelters. You want to be a pro when you have limited materials with a snowstorm heading your way.

NRA Class

The NRA hosts a variety of classes. It's wise to sign up for a handgun course to get better with your recently purchased gun. There are several online courses available that make getting trained easy and convenient.

Char Cloth

Do a little research on char cloth. It helps quickly start a fire in a survival situation. Once you realize how helpful this tiny little tool is, make a few pieces yourself. Stow them away in each of your BOBs.

Dehydrate Food

Don't let that dehydrator sit on the shelf. Learn how to use it. You can dehydrate just about anything. If you are in the offseason for local produce, try some apple and banana slices to get the hang of it. Onions and fresh herbs are available year-round. Your dehydrator can do a lot more than just dry food. Try making trail mix, fruit leathers, jerky, and biltong too.

Repackage Rice and Beans for the Long-Term

Follow the tips outlined for dry storage and get your rice and beans properly stored for the long-term. Once you gain confidence, start adding more items to your bulk food storage as they go on sale. This includes oats, pasta, and wheat.

Seek Out a Prepper Friend

If you've been on any of the prepper forums, you may have found some people who live close to you. A search on PrepperNet.com is also an option. Visit your local library and check on the bulletin board for local meetings. Prepping is becoming very popular, even in the most rural areas. You are likely to find a group to connect with. Try to find one person you respect and can depend upon in the prepper community.

Prescription Medicine and OTC Medicine Substitutes

Pharmacies and big drug manufacturers won't survive an apocalypse. If you are dependent on medicine to function or live, you need to look into natural remedies now. There are plenty of natural pain relievers, fever reducers, anti-inflammatories. There are even natural antibiotics. Study up on herbal meds. Buy a book and keep it on hand so you know how to pair up ailments and plants. Introduce one or two of these slowly into your normal treatments.

Mindset

You should be fully immersed in the prepping world by now. You've watched the movies. You've read prepper books and blogs. You've even found a few alternate news sources. Now, you are paying attention to what is happening in the world. Here are a few more things you can look into as another perspective on life after the apocalypse.

- Read "The Final Day"
- Listen to the Prepper Recon podcast
- Watch "American Blackout" by National Geographic
- Follow Scott Hunt's "Engineer775" on YouTube

Chapter 8

Months Six to Eight

You should have confidence in your prepping at this point. You should also have a good hold on shelter building and have basic BOB gear. Hopefully, your family is on board and taking part in prepping with you. If not, there is still time to get them involved. Taking part in any of these steps is something. Every bit helps. Remember, you never stop prepping. Just because you've spent the last six months reading, training, and stocking up, you aren't finished. There's more to do. Let's keep at it!

What to Buy

We are moving into the bigger items that cost a bit more. These items are all necessities. They are being purchased at this point because you have already built up a good supply of the most critical items. These are the supplies needed to survive the weeks following a disaster. With these purchases tapering off, you will free up some of your monthly savings. The items from this point forward are going to extend your survival months after a major event.

Small Solar Charger

We talked about rechargeable batteries earlier. A small solar charger will charge those batteries, a cellphone, GPS (assuming there are still operating satellites), your car battery, and so on. These small chargers are lightweight and perfect for sitting on the hood of a car if you're on the road or away from your shelter.

Ruger Takedown 10/22 Rifle

Without grocery stores, you're going to need to hunt for food. Large-game won't be easy but small-game will be plentiful. You need a rifle for hunting. A .22 is small, light, and cheap to "feed." The Ruger Takedown has several advantages over other .22s. First, it breaks into two sections, allowing for concealment in a backpack. Second, it has a huge following and aftermarket parts are widely available. While not a great stopping round, I'd hate to get shot by a .22. Accurate and easy to handle, a .22 rifle is a superb choice for defending your home or shelter just in case someone comes along hoping to give you trouble.

Ammunition .22

You need ammunition for your rifle. Fortunately, .22 is plentiful right now and fairly inexpensive. Stockpiling a thousand rounds now will give you a good starting point. That may seem like a lot; it isn't. Between storage and practice, you'll burn through it. You don't want to starve because you ran out of bullets six months into the apocalypse.

Freeze-Dried Food

It is time to build on what you bought in the last chapter. You can start adding more variety to your shelves. You want four months' worth of meals per person, or enough food for the entire family. Go for the meals with the highest calorie counts when you can. Calories are energy and you are going to be expending a lot.

Maps

Imagine life without GPS. Remember the days where you had to use a paper map to find your way around a new city? Any disaster scenario is likely going to end up leaving satellites and cell towers down. You will have to rely on your map skills to get around and out of danger. Find maps of your city/town and the surrounding areas. Every time you travel, pick up a local map. You also want those that show terrain, known as topographic (topo) maps. They help you when planning any journey on foot. Your routes must take into consideration uphill and impassable sections. Topo maps are one of the best resources when creating your plans.

Trauma Kit

Earlier we mentioned including suture kits in your first aid bag. It's time to take that a step further. You must prepare for serious trauma events. Hemorrhagic bleeding can render a person unconscious in less than a minute and dead in two. Tourniquets, hemostatic gauze, and Israeli bandages are tools to prepare for arterial bleeding. Chest seals are also an excellent idea to have on hand. Injuries can be survivable if the immediate first aid is adequate.

Salt and Sugar

How much do we love sugar and salt? A little salt on anything makes it palatable. You can choke down a bowl of plain rice with a sprinkle of salt. Our society is addicted to sugar. When the shelves are empty, we would give up a case of toilet paper for a one-pound bag to season a meal. Buy a hundred pounds of each. Seriously. Both sugar and salt are extremely valuable in a post-disaster world. It isn't always about the taste. Use both as barter and first aid. A little sugar and salt in a

glass of water becomes an electrolyte boost and can mean the difference between life or death to a person suffering from dysentery or dehydration.

AR-15 Rifle

Considering self-defense, the AR is the gun of choice for preppers. A little controversial in today's world, the gun is an equalizer if a group of people attack. A single-shot rifle doesn't have the rate of fire and a handgun means they're too close and it's too late. Buy at least five 30-round magazines and five-hundred rounds of .223 ammunition to go with the rifle. This is an expensive purchase. You may need to break this up over time to build up your stockpile. Just keep at it: security is essential to survival.

Training/Actions

Fire Starting

In a perfect world, disasters strike when it's 72, sunny, with no wind or rain. That is pretty unlikely—Murphy will make sure of that. This means when you are training for survival, you need to get uncomfortable. For your first exercise, start a fire in the rain. Don't just try. Do! Use a couple of different fire-starting methods to hone your skills. The more skills you have, the better off you will be.

NRA Rifle Class

This class takes the same approach as a handgun class. Sign up online and check if there is a local instructor. Live and in-person are always preferable. Any information you gather is invaluable online or in person.

Basic Survival Class

These are absolutely the best choice in getting real hands-on training. There are plenty of survival schools across the country. You can sign up for a weekend course or go all in and take a full week. You will learn how to do things with your two hands under the guidance of an experienced instructor.

BaoFeng Setup

You bought your portable radios; now it is time to learn how to set them up. Get ready for when you will need them. Know how to use it and which channels to use. This can be a little confusing and very frustrating. Take the time to figure it out now before you need to depend on them. There

are plenty of blogs and YouTube videos out there. Find one that fits your learning style and walks you through them step by step.

Mindset

While watching someone do something on television is entertaining. You need to do your part, though. Practice these, otherwise, the information is just book-knowledge and not actual skills.

- Read “Patriots: Surviving the Coming Collapse” by James Rawles
- Watch a few seasons of “Doomsday Preppers” on the National Geographic channel
- Attend prepper meeting/conventions in your area
- Listen to the Survival Medicine podcast

Read “The Prepper’s Blueprint: The Step by Step Guide to Help You Through Any Disaster” by Tess Pennington

Chapter 9



Months Eight to Ten

You must be feeling confident with your stockpile and survival ability. You've got this. You have a clear vision and have figured out that it only takes a little effort every day to reach your goals. Your storage room should be filling up nicely. If you need more shelves, now is the time to buy them. If you feel like your goods and gear are outgrowing your space, it's time to get creative. Start looking for other places to stash your goods. You'll find a chapter in the book dedicated to helping you with that good problem.

What to Buy

We're going to get into the bigger, long-term survival needs. Think of these as retreat supplies. They are strictly for living out the apocalypse in your end-times location.

Heirloom Seeds

Seeds are a must-have. Buy a mixed container of heirloom seeds at your local garden store. Pick greens, fruits, and vegetables that you know your family will eat, then add a few heirloom plants for variety. Store your seeds correctly to ensure long-term viability. Cool, dry, dark, and protected places are the keys. Heirloom seeds are genetically pure. The seeds of their fruit will spawn the same exact plants and fruit. Hybrid seeds are the first generation of a combination of two different varieties. While they have good fruit, the seeds are not guaranteed to produce viable plants. Often those seeds are sterile. One great example is seedless watermelons. They taste great, but the seeds are worthless to plant. Get heirlooms! Set a calendar event to buy several packs each year.

Bulk Water Filter

A bulk water filter is ideal for families. They provide gallons of water versus mouthfuls. They also don't leave the chemical taste of bleach or other purifiers. Larger systems are great for families sheltered in place for an extended stay. Don't deny it; freshwater is a luxury. A luxury you have to work for.

Goal Zero Guide 10 Solar Charger

This portable solar charger system is perfect for sliding into a backpack to take with you on the move. You can charge your phone, tablet, or AA and AAA batteries with it. It is durable enough

to endure your travels. It has enough output and capacity to support even your most power-hungry devices. Remember, not all disasters will take out your electronics. Plan for that eventuality. If they work, then use them. It'd be foolish not to.

Military Poncho

One of the most important survival rules is to stay dry at all times. A quality military poncho or an Army raincoat is an excellent choice. The dark colors blend in with the environment. In a pinch, use it as an improvised shelter. Don't forget to pack ponchos for the kids.

Sun Oven

Purchase a sun oven. Sun ovens are exactly what they sound like. They capture heat from the sun and create an environment hot enough to cook in. The sun oven heats to oven temperatures, hot enough to bake loaves of bread, casseroles, or meats.

Multi-Tool

Gerber Dime mini is great to carry everyday. There are many on the market and many come with two or three tools. You can even find some with up to twenty or more. The key is to look for a quality tool that can survive use and abuse.

Katadyn Micropur Purification Tablets

A major survival rule is "all water is unsafe to drink." Don't trust any water that you haven't treated yourself. Even a cool, clear, bubbling spring is best treated. It's always better to be safe rather than sorry. Purification tablets work similar to powdered bleach. Drop a few in water, swirl until dissolved, then wait as directed. In no time, it's safe to drink. Have a lot on hand. Tablets store for years, while bleach expires in six months. Prepper hint. Also, store some lemonade or other flavoring to mask any chemical taste.

Shortwave Radio

You don't realize how much you depend on the news until it's gone. When completely cut off from the world, you will need to find out what is happening. Use a shortwave radio to pick up any AM stations that may be up and running. Purchase a shortwave radio with Single Side Band (SSB) capabilities. With SSB, you can listen in on most HAM radio conversations. Find out what's happening near and far. Roam the dial and you can even get a little music. Music will be a vital part of your life when the world has gone dark and silent.

Training/Actions

Go Camping

Grab your tent, gear, and head out for a three-day camping trip. Do what you can to rough it. If you can't find a place to camp without modern conveniences, leave as much home as possible. Skip the glamping and overnight in a tent, tarp, or hammock. This is going to give you that real-life experience. It will shape what you can expect when you have to sleep under the stars.

Find Temporary Bug Out Locations

If you have public lands around you, take a hike and scope out the good places to bugout. Avoid private land at all costs: this can get you shot. Remember, you're not the only evacuee seeking shelter. Other folks also buy land off the grid to bugout to. You don't want to encroach on their territory. Not even for a single night.

Get HAM Operator License

Study, test, and get a license to operate a HAM radio. There are classes, books, and online sites to help. You decide what level of license. Study up and take a test or attend a paid course. You'll need a lot of practice and training to make HAM radio an effective communication tool. When you know what you're doing with the right equipment, you will be able to talk to people on the other side of the country and around the world.

Take an IDPA Class

You can never know too much about the defensive use of firearms. Take an International Defensive Pistol Association (IDPA) class. IDPA classes teach both marksmanship and tactics. More importantly, they provide practice under the stress of competition. These skills may mean the difference between life and death in a gun battle. Learn how to handle a gun in dynamic scenarios. Use a flashlight with your gun. Practice shooting while on the move. These are just some of the skills you can expect to learn.

Store Manuals on a USB Drive

Store all the manuals you have been downloading on a portable USB drive. Carry the digital instructions for dressing a deer, building a homemade water filter, etc. in your BOB and at your BOL. I know I keep saying this, but you will not remember all the little details later. Download or copy and paste the information you find into a file and store it on the USB drive. Store the USB drive and a tablet or laptop in your Faraday cage for safekeeping. Your personal library can make your life far easier after a disaster.

Join AmRRON

The American Redoubt Radio Operators Network (AmRRON) is a good place to sharpen your HAM operator skills. Second, AmRRON is a prepper-oriented information network. They are a well-run and well-organized network of HAM radio operators. The resulting hands-on practice will be worth more than any book. You will get the benefit of talking with people who have lived and breathed prepping for decades. You will connect with fellow preppers and patriots on your same journey. AmRRON is an entire community dedicated to preparing to survive a collapsed world.

Mindset

These exercises continue to build on the previous chapters. Keep at it!

- Read SHTFPlan.com daily
- Read “Day of Wrath” by William Forstchen
- Read “Surviving Off Off-Grid” by Michael Bunker
- Watch “10 Cloverfield Lane” yes, it’s scary, but it gives you a peek at a prepper’s bunker
- Read “United States Air Force Search and Rescue Survival Training” manual
- Watch AmRRON’s CommsUp Parts 1 and 2 on YouTube

Chapter 10

Months Eleven to Twelve

You're in the homestretch. We have focused on saving money and filling your shelves. Finally, and most importantly, you've consistently put in the time and energy. As a result, you are well-stocked and well-trained. There's only a little more to do. Remember, you never stop prepping. Once you get six-months of food on the shelf, go for nine. Then twelve. Then keep going. You get the idea. I'll let you in on a secret: use this book to build habits. Filling out your shelves is a positive by-product. Once you get on the right path, stay on it. Keep up the good habits you have cultivated. Continue attending meetings. Continuing filling gaps in your shelves. Most of all, continue learning. As you learn, you're going to come across more supplies you need.

What to Buy

These last items will help round out your prepper shelves. Again, this is a guide. You can always buy more as you find other gaps and as your budget allows. When you get through the first twelve months, turn around and start at the top. Do it all over again. Keep adding. You'll learn from experience and have better ideas about your personal goals and where to get the best deals. Don't forget to stop and appreciate all that you have done. You've earned that!

CAT Tourniquet - North American Rescue

A Combat Application Tourniquet (CAT) must be part of your trauma kit. Hemorrhagic bleeding can render a person unconscious in a frighteningly short amount of time. Bleeding out from a severed artery can only be stopped with a tourniquet. Easily applied with one hand, the CAT is designed for ease of application to yourself or others. This essential if you are all alone and severely bleeding. CATs are a standard kit for our military, police, and EMS.

SABRE Red Pepper Gel

This is the good stuff. You can buy the police strength gel online: in short, it's pepper spray. Have it handy to fend off an attacker that gets too close. It is also very effective against most animals. Keep it ready on your BOB and make a can a part of your EDC. Keep in mind that pepper spray is only useful in a close combat situation. It will not do much more than stun and, temporarily, blind an attacker. If the attacker continues to pursue, a more lethal self-defense option is going to be necessary.

Ear Protection

Ear protection from Howard Leight Shooting Sports facilitates shooting without damaging your hearing. These earmuffs amplify normal conversation while suppressing the loud sounds of gunshots. While you won't use it a lot in a survival situation, you will need to protect your hearing, so you have it when you need it the most.

More Ammo

Buy at least another five-hundred rounds of .223. Also buy an additional five-hundred rounds of 9mm bullets. Your gun may be the only thing you can count on in a post-apocalyptic world. Make sure you can use it. Store your spare ammo correctly. Toss in oxygen absorbers and desiccant packets or store in an airtight safe.

UHF/VHF/HF HAM Radio

This is going to be the big purchase for this period. You can buy one used or new. This radio is going to put you in contact with the outside world after a collapse. Store it in your galvanized trash can to make sure it is safe from an EMP. Don't forget the other components. These may include an antenna, antenna tuner, power supply, microphone, etc.

Training/Actions

You should be in shape and ready for anything at this point. You should feel comfortable heading out for a camping trip with whatever you have in your BOB. Knowledge is power, and you have been diligently reading, studying, and learning. Now, it is time to put it to use.

Documents

Acquire and make copies of all the important documents in your life. Keep them in a separate binder in case you can't get to your safe or someone steals your safe. You will probably need to pay for certified copies of marriage and birth certificates. Buy a couple to keep on hand.

Take a Trauma Class

This is a step up from a standard first aid class. You need to know how to handle real emergencies. Search online and find one near you. Battlefield or combat field medicine tactics are what you need. They will show you how to handle major emergencies that go beyond applying a Band-aid.

Binder

Complete the binder we've been talking about. You probably have a file somewhere on your computer or you've printed out important information and have it stashed on your desk. Put everything into the binder along with any manuals you can get your hands on. Buy paperback books and keep them handy.

Target Practice

Take all your guns to the local shooting range and log your hours. You want to make sure everything is in good working order. Get a feel for each of your guns. You need to know what kind of recoil/kick to expect. Make it a point to become an excellent shot. An okay shot will not cut it when your life is on the line.

Bugout Location

We have talked about finding a temporary BOL. Now is the time to look at something long term. You want a couple of acres, if possible, somewhere off the beaten path with access to water. If you can afford to buy such a piece of land, do it. It is a worthy investment. If not, you need to find a family willing to take you in if you have to bugout of your home after an emergency.

Tactical Gun Class

Get exposure to a real gunfight and not the video or movie versions. Find a class that trains members of law enforcement. Look for force-on-force classes with active targets and real-life scenarios. It will help hone your skills while teaching you what to look for, how to carry your weapon, and how to be the victor in a close-quarters combat situation. The instructors will teach you how to shoot while lying on your back or side, as well as the best ways to take cover. As Mike Tyson said, "Everyone has a plan until they get punched in the mouth." Be prepared and know how you react when the bullets fly.

Mindset

You can always find interesting tidbits on the internet on any one of the hundreds of survival and prepper blogs. Pick a few you enjoy reading and make it a point to read new posts. Watch movies that depict disaster scenarios, even the zombie apocalypse type. They give a glimpse of what it would be like in a post-disaster world.

- Read "The Days of Noah" by Mark Goodwin
- Read "The Survival Group" by Charley Hogwood

- Listen to the podcast Prepping 2.0