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Uncertainty Breeds Fear: What Will Happen?

- Another pandemic?
- More lockdowns?
- Major protests and civil unrest?
- Financial collapse?
- Food shortages?
- Compulsive Immunizations?



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Attitude



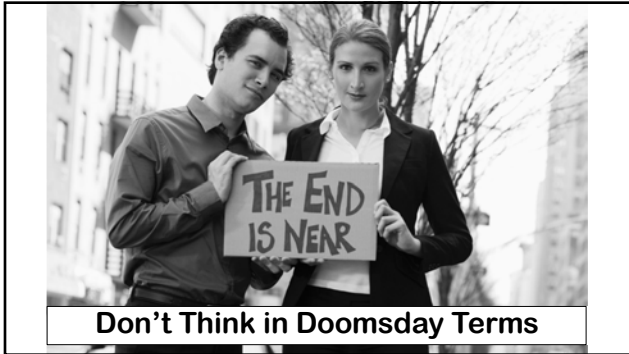
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Positive Thinking is Not Denial

- Denial of real threats is NOT positive thinking
- Positive thinking is anticipating potential problems and believing that you can find solutions
- So, the first think is to think about the possibilities and then decide what you will do if these things happen



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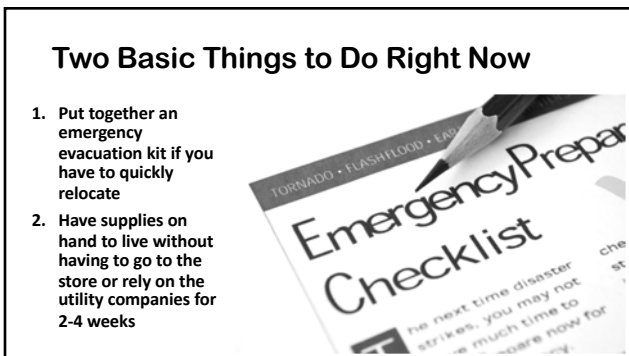
Don't Think in Doomsday Terms

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**Make Peace with
the Worst,
Hope, Plan, and
Work for the Best**

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Two Basic Things to Do Right Now

1. Put together an emergency evacuation kit if you have to quickly relocate
2. Have supplies on hand to live without having to go to the store or rely on the utility companies for 2-4 weeks

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Emergency Evacuation Plan and The “Bug Out” Bag

- Allows you to grab essential items within 20-30 minutes and evacuate in case of an emergency
- This could be due to a threat of a natural disaster (fire, flood, earthquake, etc.) or civil unrest (mobs, gangs, etc.)



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Bug Out Bag Priorities



1. Clothing and Shelter
2. Water, Water Container, Water Purification
3. Cash, Documents and Essential Medications
4. Light, Fire and Communications
5. Ready to Eat Food
6. First Aid and Personal Hygiene
7. Tools: Knife, multitool, duct tape

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1. Clothing and Shelter

- Clothing appropriate for the weather conditions where you live
- Sleeping bag or wool blanket; optional rescue blanket
- Tarp and rope for emergency shelter or tent
- Bandana, dust mask, or other filter for breathing



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2. Water

- Prepackaged Water: bottled water, sealed water containers
- Container to hold water
- Water purification
 - Hiking water filter
 - Water purification tablets
 - AquaSol Silver (1 tea per gallon)
 - Unscented chlorine bleach (6-8 drops per gallon)
 - Use more if water is cloudy



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3. Cash, Documents, Medications

- It's important to have some emergency cash in case ATMs and other electronic forms of payment aren't working
- You should also have important documents (passports, titles, etc.) in one place where you can easily grab them
- If you are on any essential medications (insulin, high blood pressure medication, etc.) these should also be easy to grab and put with your bug out pack



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4. Light, Fire and Communications



- Have a flashlight (with extra batteries)
- You can also get solar charging flashlights, wind up generator flashlights/radios,
- Have at least two ways to start a fire, such as:
 - Lighter
 - Matches
 - Survival fire starter
- Solar or wind-up cell phone charger

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5. Ready to Eat Food

- Energy bars, hard candy
- Trail mix (dried fruit, nuts)
- Crackers, dried cereal, pretzels
- Small packs of nut butter
- Meat: tuna, sardines, etc.
- Don't use dehydrated food that need to be reconstituted with water or foods that need to be cooked
- Make sure it's stuff that would normally eat, so you can rotate it periodically



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6. First Aid and Hygiene



- Basic First aid supplies
 - Bandages for cuts
 - Elastic bandages for injuries
 - Disinfectant of some kind for wounds and hands
 - Sterile gauze pads
 - First aid tape
 - Pain medicine
 - Rescue Remedy for shock
- Basic Hygiene
 - Toilet paper or tissues
 - Liquid soap
- Other
 - Sunscreen
 - Insect repellent

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7. Tools

- Basic Tools
 - Pocket knife
 - Multitool
 - Duct tape (small roll)
 - Plastic bags
- Other Options
 - Trash bags
 - Whistle
 - Mirror
 - Handgun
 - Small shovel
 - Hatchet



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Priority For In Home Supplies

- Emergency Water and Water Purification Supplies
- Food for 2-4 Weeks
- Emergency lighting, heating and communication
- More first aid and sanitation supplies
- Emergency Cash and/or Barter Items



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Emergency Water

- Store at least three gallons of water (3-day supply) for each family member
- Store more if you live in a dry climate with no nearby water source
- Treat water to preserve it
- Also store water purification supplies (included in your Bug Out Kit)



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Storing Food for Emergencies



- Try to keep a 2-4-week supply of food on hand at all times
- Don't store anything you don't normally eat
- Cheapest food to store is dried grains, beans, pasta, cereal, etc.
- You can also store canned goods
- Don't depend heavily on frozen foods, since the power can go out
- Also consider how you would cook the food if the power or gas is shut off

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Ideas for Rotating Food Storage



- Stock up on foods you normally eat
- For short term storage, focus on foods which need a minimal amount of preparation
- Buy 2-3 items when on sale, or buy them in bulk (cases)
- As you use foods, replace them, putting the newer foods to the back of the shelf

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Emergency Light and Heating

- A propane camp stove or backyard grill can be used for cooking in emergencies, just make sure you always keep a supply of fuel
- A portable heater also makes sense if you live in a cold climate
- If you can't afford one, make sure you have extra blankets or sleeping bags
- Have candles and other forms of emergency lighting on hand, too



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Emergency Sanitation

- Port-A-Potty or a 5-Gallon bucket with a seat and a tight-fitting lid (can be lined with plastic trash bags for removal of waste)
- Waste can be covered with quicklime, wood ashes, shredded newspaper or dirt kept in a separate bucket
- Toilet paper
- Soap and disinfectant supplies



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Emergency Cash and Barter Items

- Have some cash on hand, which could include some gold or silver coins (make sure to hide it well)
- Also consider having some barter items
 - Salt and Sugar
 - Coffee and Tea
 - Cigarettes and Tobacco
 - Chocolate and Candy
 - Ammunition
 - Extra Food



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Think Community



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Upcoming Training

- Member Program Webinars
 - January 5 – Be Prepared Physically for Emergencies
 - February 9 – Be Prepared Mentally for Emergencies
 - March 9 – Be Prepared with Emergency Skills
- Sign up for all three classes as a non-member for \$47
- Coming April through December
 - A series of classes on single herbs, field botany, edible and medicinal plants
 - Learn how to identify and use wild plants and commercial preparations, too
 - Photos, identifying characteristics, energetics, harvesting, preparation and uses

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