

URBAN SURVIVALCRAFT

# Doomsday Preparation Guide

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## Basic Survival Information

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This is basic information on what to keep in mind for survival when a disaster strikes. From natural disasters to Doomsday to Zombies, be prepared so you can survive!

## **Contents**

BE PREPARED .....	3
BEANS.....	3
BANDAIDS .....	4
BULLETS.....	5
HYGIENE AND SANITATION.....	5
COMMUNICATIONS .....	5
MISCELLANEOUS GEAR .....	6
SAMPLE CHECKLIST .....	6
MORE INFORMATION .....	6
Facebook.....	6
Website .....	6

## BE PREPARED

To any one seeing the aftermath of hurricane Sandy's brutal assault on the eastern seaboard, it should be painfully obvious that we should all be prepared for these possibilities. Sadly, many weren't and even now, weeks later, are still seeing horrible examples of human suffering as a consequence of this storm. It is my goal in this treatment, to give the reader a brief primer on emergency preparedness. We will start with the prepper's maxim "Beans, Band Aids, and Bullets" and then I'll add a few more things I consider to be very important. Preparedness is an extremely important activity that any conscientious person should practice.

By being prepared, we are providing for our family's future every bit as much as when we purchase a house, obtain car insurance, install an alarm on our residence or put away a little money for a rainy day. As a survivor of 3 hurricanes and the riot seasons of the 80's and 90's I can tell you it is not a matter of if but when. Additionally by being prepared we now become part of the solution rather than the problem. We do not further burden the already struggling emergency relief effort.

## BEANS

Storing food and water are among the easiest and least expensive preparedness efforts we could do if done correctly. Many overwhelm themselves when they try to tackle this in one shot. Think about it. A year worth of food for an individual can easily cost several thousand dollars. At over one dollar a gallon of bottled water the recommended one gallon, per person, per day can get quite expensive as well especially if you plan on stock piling a few months worth. Try bottling your own. It is easy. Simply get empty soda bottles clean them thoroughly with soap and water drain. Then refill them and add a tea spoon of pure **non scented** bleach (sodium hypochlorite). Let each bottle sit for at least half an hour then drain and refill with plain tap water. This process will kill any microorganisms in the container as well as eliminate any residual sugars which could create an environment where germs could grow. Regular tap water is potable so no further treatment should be necessary. Since water is the MOST important nutrient you should also have a back up water purifier or a combination of a filter and chemical disinfectant in case your water supply becomes compromised.

Food can be bought in bulk at wholesale clubs, survival outlets or even at the LDS canneries but the following to methods are inexpensive ways of developing a "deep larder" over time. The first method is **Copy Canning**. While this method has been around forever the term was first coined by Karen Hood of Survival.com. You simply buy twice the amount of commonly used food items. Of course these would be items with long shelf lives. This way in six weeks you'll have six weeks worth of those items. Taking advantage of sales, bogo's (buy one get one free), and twofers (two for the price of one) you can really build your stores.

The other method is the **Weekly Menu Method**. It works by identifying menu items you eat weekly and simply buying a large amount of that item. For example, if you eat pasta every week go to your local wholesale club and buy a case of pasta and pasta sauce. Fifty two of these and you've got a year's worth.

Several items which are often overlooked are can openers, cookers and condiments. These items are critical! Think about it, it's much more convenient to open your cans with a can opener than with a knife. Duh! You will need something to cook on. I love barbecues but if security is an issue note

that the smell of burning charcoal or wood carries sometimes even further than the smell of the food itself. A gas grill may be a good choice under those circumstances. Also consider that if you'll be eating from your stores similar foods frequently adding condiments thus modifying the flavor can be a real morale booster.

## **BANDAIDS**

First aid is critical immediately after disasters as many could be severely injured. A well stocked first aid kit and more importantly the skills necessary to effectively use it are very high on my priorities of survival items! What should be in a comprehensive kit? Since we know people can only survive for minutes without oxygen to things I keep in all my kits are Benadryl and bandages. Benadryl to offset anaphylactic shock (yes an epi-pen would be better) and bandages (and tourniquets) to stop bleeding which another way we can lose oxygen. Aside from that Saline solution for irrigating wounds and flushing debris from eyes is great to have when possible.

Pain medications such as aspirin, ibuprofen, and acetaminophen are very important. I keep all three ibuprofen for sprains, strains and soft tissue injuries, acetaminophen for when pain and bleeding are both present since the others thin the blood leading to more bleeding. Acetaminophen can also be used in combination with aspirin and caffeine for migraines (think of Excedrin migraine.) Finally, aspirin can help heart attack victims. Any prescription meds should be included and you really should consider having long term amounts. Upper respiratory infections and diarrhea are real killers immediately after large scale disasters so having expectorants and oral rehydration solutions are smart things to have.

Hygiene will prevent many infections but having topical antibiotic creams and burn ointments should also be included. Once infections spread into the blood and go septic they can be quite deadly in austere circumstances they should be avoided at all costs. For those qualified to use antibiotics this may be a very important measure. Remember the best kit in the world is all for naught without the skills to use it. Even the basic CPR and first aid courses are worthwhile. Those should be your first step!

## **BULLETS**

Unfortunately we know that opportunistic crime always goes up. Sadly looting is always a problem after large scale disasters. We've seen too many examples of this and sadly hurricane Sandy is no different. Possibly more preposterous than this are people who claim they have no need to prepare since they already own guns and will simply take what they need. These potential criminals are the worst type of scum in my eyes. By being prepared you will be able to form relationships based on mutual respect rather than on codependence. Groups will always fair better than individuals and prepared groups will fair better than hastily organized gangs of thieves. Certainly plan for your security since those with little forethought may feel entitled to the fruits of your hard work during tough times.

For those legally allowed I recommend military style high capacity rifles (not the same as assault rifles) and hand guns. Shotguns are great for home defense and for those who may be limited to only sporting guns. Before you decide to rock out with your Glock out, remember like with all survival tools, it is the training you receive that will make you competent enough to use them effectively. Make it a point to get your training!

## **HYGIENE AND SANITATION**

Post disaster hygiene and sanitation are critical since disease often runs rampant after disasters. Cleaning your hands is extremely important before food prep or after going to the bathroom. Most diarrhea disease come to us via fecal oral route so having antimicrobial hand gel is a smart idea. Baby wipes can help keeping your body clean in the short term. Bucket baths are also good preps. Buckets in general are great tools. In the event the toilets are no longer functional a five gallon bucket may be pressed into service as a makeshift toilet. Simply line in with a thick garbage bag and do your business. Once your done add a some of the chemical used for portable toilets. Baking soda, wood ash, powdered laundry detergent or even kitty litter can be used in a pinch.

## **COMMUNICATIONS**

I mentioned earlier groups survive better. Communicating with those in your group is a very important step in your preparedness. The first step is having a plan ahead of time. This plan should include emergency contact numbers and meeting locations. Your emergency contact numbers should include at least one outside your immediate area. This way if local lines are tied up your outside contact can relay important information to the others. The tools for communicating can range from walkie talkies and CB to ham radios but also don't discount your cell phones and online resources. Cell phones may still be able to send text messages even when regular cell phones aren't working. Online message boards may also be a great way to leave messages for your loved ones. Protecting sensitive information over open airways is very important. You wouldn't want to let possible thieves know you are alone but have valuable resources. Having pre arranged codes if very useful here.

## MISCELLANEOUS GEAR

Lighting is very important flash lights and area lights along with the appropriate batteries are in mind essential gear. Additionally I like those flashlights you can wear on your forehead. Another great lighting aid is those solar powered patio lights. Let them charge all day and bring one in when you need indoor lighting. They allow for hands free use which is extremely useful should you need to do something with your hands in the dark. Candles and oil lamps may be helpful but are a fire hazard. They do provide some heat which may be useful but I think a kerosene heater may be a better option for heating. You can also cook on top of some of them making them multi-use items. While these and gas grills are generally safe to use indoors it's probably a smart practice to ensure you have ventilation and a carbon monoxide sensor.

Safety is a critical concern when storing chemical fuels such as kerosene, so be smart when planning for this. While talking about safety let me remind you every year people die from running their generators indoors. **Don't do it!**

While I could have written much, much more since this subject matter is so vast I think I've managed to at least give those critical basics. This by no means is considered comprehensive. I strongly encourage you to further study the subject and learn as much as you can your very survival may depend on it.

## SAMPLE CHECKLIST

- |                                             |                                        |
|---------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Evacuation Plan    | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Shelter Locations  | <input type="checkbox"/> Weapons       |
| <input type="checkbox"/> Food               | <input type="checkbox"/> Tools         |
| <input type="checkbox"/> Water              | <input type="checkbox"/> Valuables     |
| <input type="checkbox"/> First Aid Training |                                        |

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