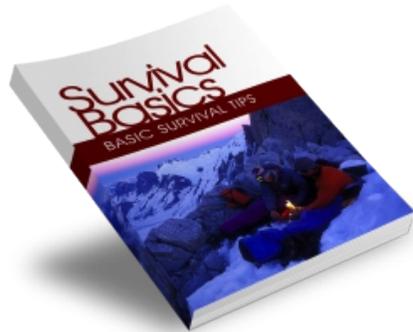


# Survival Basics



## How to Start Prepping for Survival

In the past few years, we have watched the economy going downhill, along with other aspects of society. Since that time, there have been many people who are concerned about what the future might hold. Instead of biding their time and hoping for the best, many of these people are starting to prepare for the future by prepping for survival. It's easy to get started if you know what to do. Here are a few tips to help you start preparing your family for the future.

1. Purchase a good, high quality water filter. You will need this to ensure a good water supply for yourself and your loved ones.
2. Make sure that you have garden tools and know how to use them. Even if you have never gardened before, you need to pick up some tools and start learning how to feed yourself off the land. There are plenty of guides that you can get online and print out for future reference. It's a good idea to plant a garden and put into practice what you are learning.
3. Get some good wood cutting tools. Get an ax and a saw so that you can cut down wood that you can use for fuel and heat.

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4. Gather enough canned food and bottled water to last your family for 3 months. Store this in a safe place that is easy for you to get to.
5. If you are comfortable with firearms and know how to use them, get a firearm and plenty of ammo. You want to make sure that you can protect your family in the case of an emergency.
6. Make sure that you have an emergency radio that operates by hand crank or solar power. You won't believe how handy this will become.
7. Have a first aid kit on hand that covers more than the basics.
8. Get a large supply of flashlights and batteries that you can use, as well as plenty of candles and matches.

By taking these precautions, you will be able to feel secure knowing that you have taken the first steps to protecting your family in case the unthinkable happens. Don't forget that your family needs to be part of the prepping process. They will be able to help out and will know all the hard work that has gone into getting the family prepared. Then you can all relax and rest well knowing that you are prepared for the worst.

## **Practical Tips for Preparing for the Worst**

When you think about preparing for survival, the first thing that comes to mind may be people disguising themselves as survivors waiting for the world to end. This is not the case. Preppers are everywhere and they are every day people who are doing the responsible thing for their families. They keep food supplies and other emergency equipment to help citizens in case an emergency happens.

Some of the common tragedies that are foreseen include forest fires, tornadoes and hurricanes. The magnitude of these disasters can be so much that people might even be evacuated. They understand that these disasters can pose serious national consequences for both the government and the citizens. For this reason, it is a good idea to have stocks of groceries and other foods in the event that a disaster befalls the nation.

When it comes to getting ready for a disaster, first aid should be a primary concern. It is important to have a working knowledge of what it will take to take

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care of yourself and your family, should an emergency situation arise.

### First aid refreshers for strains and sprains

One common injury is a soft tissue injury resulting from either accidental twist or repetitive motion. The damage can sometimes be serious leading to some grave health problems. You must be able to correctly identify the nature of the problem and the part of the body that has been affected.

Sprains occur when tissues are overworked resulting to some serious damage and strains on the other hand occur when muscles get detached from each other. Pain is a major indicator that there is a problem in muscle ligaments. This can result from traumatic injury and in that case the tissues should be relaxed and left to heal and rejuvenate. The RICE method is the very best treatment when it comes to strains and sprains. If a sprain or strain occurs, be sure to rest, ice, compress the injury and elevate the injured area.

## **Home survival emergency tips**

Emergencies happen when we least expect them leaving us with little or no room to prepare. However, there are some survival measures that can be taken so that you will be prepared. Many people deem it necessary to have a 3 month supply of food available for the entire family. This may include powdered milk, canned goods and boxed vegetables.

It's a good idea to keep a stock of over the counter medications on hand for emergencies. You should maintain extra supply of medicines and contact healthcare providers in advance for more prescriptions. Have enough options to fall back to when emergencies happen so that you can take care of your family and also be good to your neighbors.

If you want to survive an emergency, then you must prepare in advance. Adequate preparation will help you to avoid panic and keep your family safe from harm.

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## Getting your Children Involved in Prepping

Preparation and early planning are very essential factors for any endeavor to be successful. Instilling values of preparation and responsibility on your children at a tender age will pay off with great returns. Similar to the way you are always looking at what the future holds and how best to make it better, your children also need to know the value of preparedness.

As you may have noticed, children enjoy learning about things hands on, rather than sitting through a boring lecture. With this in mind, you could consider focusing on giving your children practical responsibilities. However, do not overburden them; give them simple tasks that are fun and enjoyable. For instance you could put them in charge of the kitchen garden.

As they put little seeds in the garden and water them everyday, they will soon learn that without their help, the plants will not survive. In caring for the plants, a sense of responsibility is instilled in your children. They can begin to see the difference they can make in contributing toward the family.

Apart from the above, you could also get them a pet or put up a chicken coop. This is for more dependable children and will require more attention and care. Furthermore, it will require them to prepare for future calamities such as predators. You can teach them how to prepare for emergencies that may occur, such as a fox in the chicken coop.

Remember that children copy and mirror most of your behaviors and actions. Therefore, if you are a family of preppers; your children will also follow suit learning from your traits. To point them in the right direction, you could have discussion at the dinner table on how the rise in price of certain products will affect the family.

As simple as it sounds, this will go a long way in encouraging your kids to be preppers. Since most kids want to be like "mommy and daddy", they will try to adapt a similar line of thinking. From you, they can learn that being prepared can ease anxiety and make life meaningful.

The hobbies that your children develop also play a big role in shaping their future traits. There are particular hobbies that require a lot of responsibility and

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preparation, such as building model planes or playing sports. When you child engages in these types of hobbies, they will begin to learn how important it is to prepare for the future.

All you have to do is to get your kids the required equipment and leave them to their own devices. Hobbies such as gardening and knitting are among the hobbies that promote prepping. Try finding out what your childrens' interest are first then encourage and support them. Preppers, prepping, survival and responsibility should be words that your children hear everyday.

As a parent, you are aware that you are responsible for the survival of your child in the latter days. The values that you instill in them are the ones that will carry them on through life.

## **The Prepper's Guide to Keeping Chickens**

Raising chickens for meat and eggs has become very popular these days. However, there are a number of things that you should consider before you start trying to raise chickens in your backyard. The most important thing that you should consider is whether or not it is legal in your area to do so. Some neighborhoods prohibit raising chickens near your home. Those who are mostly affected by these laws are those living in urban areas where the county bylaws are quite strict.

There are a number of reasons why you may want to raise chickens in your backyard. You may want to raise them for meat or simply for eggs. Remember, too, that chicken manure is very important if you are a farmer and you can use it to boost your crop yields. Chickens not take up a lot of space especially when the space available is well managed. A small space can be enough for many chickens and this does not affect their yield provided the necessary measures are adhered to.

If you have never had experience building a chicken coop, then you can go online and find plenty of guides that you can go by. Be sure to find something that can accommodate the amount of room that you have in your backyard as well as how many chickens you plan to raise. You will want something that is easy to keep clean and easy for you to gather eggs in the mornings.

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Once you have your coop built, then it's time for some chickens! You can go to your local hardware store to buy chicks in the spring, but it is often best to buy your chickens fully grown from another farmer. You will get hearty chickens that do well in your climate and environment. Make sure to find out exactly what you will need to feed your chickens what it takes to keep them comfortable.

Chickens can be a great way to introduce farming to your kids. They are easy for kids to feed and gathering eggs is a task that even young children can do unsupervised. By engaging your children in the task of taking care of the chickens, they can feel that they contribute to the household in a very important way and that they have a very good job to do.

## **The Importance of a Root Cellar**

What is the importance of a root cellar? Not only will it protect you from natural disasters but it can also store food and keep it fresh without using up all your fridge space. We need to stock up on food while it's still at a fairly cheap price. As weather monstrosities occur and oil prices rise who is to say that food prices won't be going up as well? It is a reassuring feeling to know that in the event of an emergency or natural disaster you will not only have shelter to protect you and your family but you will also have a stockpile of food to help you all survive.

Any excess food can be stored in a root cellar at the right temperature and humidity level to keep fresh food nutritious and viable. Although you can use pressure canning as a method for putting food up it's not as healthy as fresh raw foods are. If you are unable to grow your own crops and are worried about what goes into them you can become members of bulk food Co-operatives and purchase fruits and vegetables from low or no-spraying farms. You can store fruits and vegetables in a root cellar and relish them over a period of several months.

## **Other Necessities**

Not only can you store your food but you can also store other supplies you may need in the event of an emergency or natural disaster. These can include but are not limited to vitamins, over the counter medicines, toothpaste and other hygiene products. You can also store foldable cots in case you need to spend a night or

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two. Blankets and pillows could be stored in totes along with clothes. You never really know exactly what you will need in the event of disasters and emergencies so you will need to store as many essentials as you can think of.

## **Build It**

You have nothing to lose from building a root cellar but you have a lot to gain. From having a safe haven if disasters or emergencies take place to storing your excess food that you've been trying to hide in every nook and cranny. Even if you live somewhere where natural disasters seldom take place it's still a good idea for storing food that you don't have room for in the fridge or even the house. A root cellar is a win win situation. Everyone should have one.

## **The Importance of Having Plenty of Soap on Hand**

Everywhere we go we see signs about washing our hands. Germs are everywhere and on everything. If we don't want to get sick or make others sick then we need to practice thorough hand washing techniques.

In order to be able to wash away all dirt and germs we need to thoroughly lather our hands with soap. It's said that in order to get all the germs and dirt off your hands you need to lather up and rub palms and fingers front and back for at least 20 seconds. Although we have hand sanitizers, we should not solely rely on just them. Yes they kill germs they come in contact with us but they don't wash away the debris.

Hand sanitizers are not effective against some disease carrying germs such as Hepatitis A and E. Coli as well as fungal and bacterial spores. Some people think that you can only catch the common cold or the flu from not washing your hands, but this is not correct. You can also catch Coxsackie virus, Shigella, Hepatitis A, Pneumonia, RSV, Salmonella, Cholera, Giardia, Rota-virus, Mononucleosis, as well as stomach bugs from poor hand hygiene.

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## **Clean Skin = Good Health**

Our skin is our body's largest (by surface area) defense against germs and bacteria. Our skin is covered in bacteria but some of it is beneficial and does not cause problems because it does not gain entrance into our bodies. The problem occurs when the germs and bacteria do gain admittance into our blood stream. This can happen by rubbing our noses, mouths, or even eyes after touching something that is contaminated. It can also occur in this instance of an injury of some sort. We can prevent the entry of bacteria and germs into our bodies by thoroughly washing our hands and even injuries after they occur.

## **Too Much Soap?**

You can never have too much soap. But when it comes to washing your hands you don't have to douse your hands full of soap to get the job done. A pea size amount of soap should do the trick. You can buy soap anywhere so it may be a good idea to stock up on soap so you know that when it comes down to it you took every precautionary step to prevent you and your family from catching unwanted colds and other harmful diseases. This is especially important when you are preparing for emergencies. Having a nice, large supply of soap is essential to keeping your family safe during any upcoming disaster.

## **Dealing with Waste**

Learning proper waste management skills is essential when it comes to being able to survive in the wilderness or at our homestead after an emergency. If there were no indoor toilets available, would you know what to do with your waste products? It's important that you learn now, what you should do and not do, before an emergency situation occurs.

## **Mind The Water Source**

It is very dangerous to consume water that has been contaminated by feces. It can lead to protozoa-based diseases such as Giardia and Cryptosporidium as well as bacterial diseases like E. Coli and viral diseases. These can be fatal especially since we have been "roughing" it in the woods. Therefore we need to make our improvised restroom 200 to 300 feet down stream and down hill (if possible) from any water source.

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## **Feeding Microbes**

There are microbes that live within the top 12 inches of soil that live to breakdown fecal matter left by us and other animals. The excrement helps nourish not only the microbes but also the soil. So when relieving ourselves when nature calls it's best to dig a hole most commonly known as a "cat hole" about 6 inches deep. We can use a pointed rock, spade, shovel or even a stick to dig our "cat hole". Once you have relieved yourself, fill in the hole using the dirt from digging. We should also put back all ground coverings as they were such as leaves and pine needles.

## **"X" Marks The Spot**

If we are planning an extended stay then we will need to mark our previous spots of defecation as to not accidentally dig them up again later on. We can do so by poking a stick into the ground next to our "cat hole". We may also place a rock next to or on top of our previous potty spots.

## **Make A Latrine**

If you expect to be in the same area for a while, you may want to create a latrine for you and your family to use. Dig a trench approximately 1 foot wide, 3 to 4 feet long and 10 inches deep. Once you have defecated, apply a thin layer of soil to cover your excrement as to control not only flies but the odor as well. When you are ready to leave the area, you need to fill in the trench so no one stumbles upon your latrine by mistake.

## **Stocking up on Water**

Why should you stock up on water? If an emergency or natural disaster strikes, water is one of the most essential items you must have. We don't realize how much water we use or need to survive. And in instances where we have emergencies or natural disasters they sometimes leave our water source compromised. We may be able to survive weeks without food but we would only last a few days without water.

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## **Uncertain Water Availability**

Even if we ration our water intake we would still have to consume 1 gallon of water a day to replenish our bodies from normal exertion. A minimal water intake would consist of 120 gallons of water for a family of four to survive for 1 month. Basic use of water for us consists of sanitation, hygiene, and drinking. These three basic needs constitute a minimum of 50 liters per day per person. With the basic needs of water a family of four would need 1560 gallons of water to survive for 1 month. But who is to say you will always be able to find and store that amount of clean water if a natural disaster or emergency strikes?

We rely on energized pumps supplied by water distribution systems to give us our "never ending" supply of water (or so we think). Sometimes when emergencies or natural disasters strike, they leave our glasses empty. What are we to do then? We need to learn how to harvest our own water if the need arises. How do we do this? We have to rely on nature.

## **Yielding Rain**

In order to become water self-sufficient we need to harvest and store rain water. To do so we need storage tanks with sufficient capacity connected to our home gutter systems to collect the rain water. Providing that where we live has regular rainfall this will provide us with enough water to satisfy our un-purified water needs. We will have to use our own judgment to decide how much storage we will need in the event of an emergency or natural disaster. Water can be stored in just about anything from 1 gallon water jugs to hard side metal or plastic tanks even more convenient and less expensive collapsible tanks. The best solution is the collapsible tanks which are made of very tough plastics which meet the Food and Drug Administration requirements for storing water.

## **Redeeming Rain**

Even though the rain water we have stored may be clear and seem safe, it still needs to be purified to be able to drink it, due to pollutants that take up residency on our rooftops and in our gutters. The best way to purify our rain water is to use a purifier that removes sediment, chemicals and pathogenic detritus as well as kills pathogens. An adequate water purifier would execute both pre and post-filters as well as a high-intensity ultraviolet germicidal lamp. Said purifiers must have a bacterial kill rate of 99.99+% including in that kill rate cysts

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and microorganisms such as viruses, bacteria, fungi, algae and protozoa. This water purifier must also be able to run without an electric source as well as turn water from any source into drinking water.

## **Become Water Self Sufficient**

Now that you have taken all preparations for surviving emergencies or natural disasters with food, weapons, tools, and first aid kits, make sure you have acquired the most vital survival essential. Water!

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