

Fastest Way To Prepare

In this module:

25 Threats I continually monitor
(and how to still sleep at night)

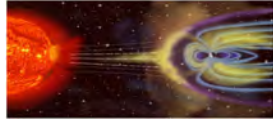
Preserving your identity and wealth
after a disaster

72 hour kit "ninja" secrets
(like how to keep chocolate from melting
in a 120 degree car)

25 Top Threats To Our Way Of Life

(not meant to scare you)

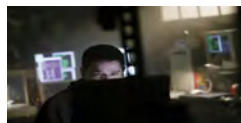
Natural Disasters



Manmade Disasters



Economic Disasters



Cascading Consequences

- Different disasters cause similar breakdowns
- Power, communications, commerce, fuel, food
- Hungry, thirsty, tired, scared people in withdrawal
- Breakdown in civil order

- Electromagnetic Pulse
- Coronal Mass Ejection
- Hemorrhagic flu
- Collapse of the Mexican medical system
- Earthquakes
- Hurricanes
- Volcanoes
- Tsunami
- Terror – bio attacks
- Pandemic
- Terror – infrastructure attack
- Terror – economic attack
- Terror – dirty bombs
- Food inflation due to meddling, flood, drought, international demand, Fed
- China, Japan, and/or Russia drop US debt
- US debt rating drops
- QE 3, 4, & 5
- End of QE 2 (QE1 17%)
- Credit default swaps unwind
- Iran vs. Israel
- Banking holidays
- Hacking attack on stock, commodity, or currency markets
- Interest rates rising to stable rates
- Riots/civil unrest
- Wildfires
- Aging electrical grid

How To Sleep At Night

Two Components To Disaster:

- The actual disaster
- People's reaction to the disaster

Focus on What You Can Control

- ONLY spend time thinking about things you can control.
- Shut EVERYTHING you can't control out.

Don't Focus On Disasters

- Enjoy the journey! Make decisions you'll be happy about whether disaster happens or not.
- Choose preparedness activities and items that you can incorporate into your daily life first.

Who Are You?

Protecting Your Identity
After A Disaster

Who Are You?
Where Do You Live?
What Do You Own?
What Are You Qualified to do?
Prove it.

You NEED to have secure copies of important documents in multiple places
Here's how to get it DONE!

- Schedule 30 minutes
- Get the list of documents from the member's area
- Put a dot next to every item that you KNOW the location of. (physical or digital)
- Do a 30 minute blitz Stop at the end.

- Perfect? No. Done? YES!

- Scan, copy, or digitally photograph everything.
- Printer/copier/scanners sell for \$70 & up at Best Buy & Amazon.com. Cheaper on Craigslist.org, freecycle.org, or if you borrow a friend's.
- Using a digital camera/camera phone may be an old-school spy strategy, but it will get the job done.

- ### What to do with Physical Copies?
- Bank safe deposit box
 - Fire safe with friends or relatives
 - Fire safe hidden in attic/crawlspace

- ### What to do with Digital Copies
- Encrypt your data.
 - TrueCrypt.com – free but some vulnerabilities to serious hackers. Not enough to bother me.
 - Store online: Web based email, Google Docs, Dropbox.com Drive.net.
 - Burn to DVD
 - Store on thumb drive
 - Consider IronKey encrypted thumbdrive
 - Store digital copies anywhere you've got physical copies
 - In your vehicles, kits/bags, safes
 - Update as necessary



Another level of security

- Separate password or thumb drive for medical records and financial/identity records.
- ONLY do this if you can remember multiple passwords.

Camera Phone = Thin Wallet

Losing Camera = Losing Wallet so you MUST encrypt or at least password protect the data

I like Roboform and 1Password for the iPhone

GO Bags, SCRAM kits, 72 Hour Kits, GOOD Bags, Get Home Bags, Car Kits, Grab-n-Go Bags, etc.

- Different names for the same thing (mostly)
- CORE item of preparedness

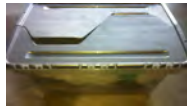


General Guidelines

- CARRY water or drinks
- Pack food that doesn't require preparation
- Pack food proven to work with your body
- Rotate every 6-12 months if exposed to extreme temperatures
- BARE MINIMUM—put 6000 calories per person in a container wherever you keep your medications.

3 Alternatives To “Bags”

- Plastic Storage Bins
- Buckets
- #3 is simply genius...



Keep Your 72 Hour Kit in a Cooler

- Heat & heat fluctuation = The Enemy
- Chocolate, medication, food
- The BEST Cooler I found? (not the cheapest)
- YETIcoolers.com
- The secret?
- WATER.



More Car Specific Tips

- Make sure your water filter can be stored in your car.
- Shoes and socks
- Coveralls
- Hat
- Gloves

Here's some of the specific items
I keep in our kits.

Shelter



Water



Food

- Quick or no preparation
- Compact
- Edible
- Temperature Tolerant
- Shelf Stable
- Doesn't have to be "high speed"



Lighting

- Primary—Mag Light LED 4 D Cell flashlight. Part nightstick, part flashlight.
- Secondary—Petzl Zipka.
- Backup—Shake or crank light



Multi-Tools

- ONLY high quality tools
- Leatherman
- Gerber

Self Defense

- Fixed Blade Knife
- Pepper/Bear Spray
- Titan Gun Vault
- SmartLock



Fire

- Lighters!
- Matches
- Chapstick
- Vaseline
- Propane/isobutane stove (jetboil)
- Primus Omnifuel
- Skill



Medical/Trauma Must Have Items

- Benadryl
- Immodium
- Pain
- Dentemp
- Toothbrush
- Hand sanitizer
- Wet wipes
- Superglue (crazyglue)
- Aloe
- Anbesol/hemmoroid cream w/ Benzocaine
- Tweezers
- Toilet paper
- Maxi Pads
- Duct Tape
- Zip lock bags

Other 72 Hour Must-Have Items

- Ziplock bags
- Contractor bags
- NOAA radio
- Walkie Talkies
- Paracord
- Bandanas
- DEET
- Chemical Warmers/Coolers
- Utensils & Can Opener
- Shovel/Trowel
- Aluminum Foil
- Duct Tape
- Cash
- Medications
- Spare socks/underwear
- Wetwipes
- Urban Survival Playing Cards
- Mirror/whistle(s)
- Slingshot
- Hooks/Fishing Line

Final Thoughts

Everyone prepares at different speeds.
Find yours and embrace it.

Needs change with the seasons.
Change your clock...check your kits.
