

# Fastest Way To Prepare

The background of the entire page is a dramatic, high-angle view of a city skyline, likely New York City, with several prominent skyscrapers. A massive, jagged crack has split the city in two, with debris and smoke rising from the fissure. The sky is a pale, hazy blue, suggesting a post-disaster or apocalyptic setting. The overall tone is one of urgency and crisis.

MODULE 1

THREATS  
AND KITS



# FASTEST WAY TO PREPARE

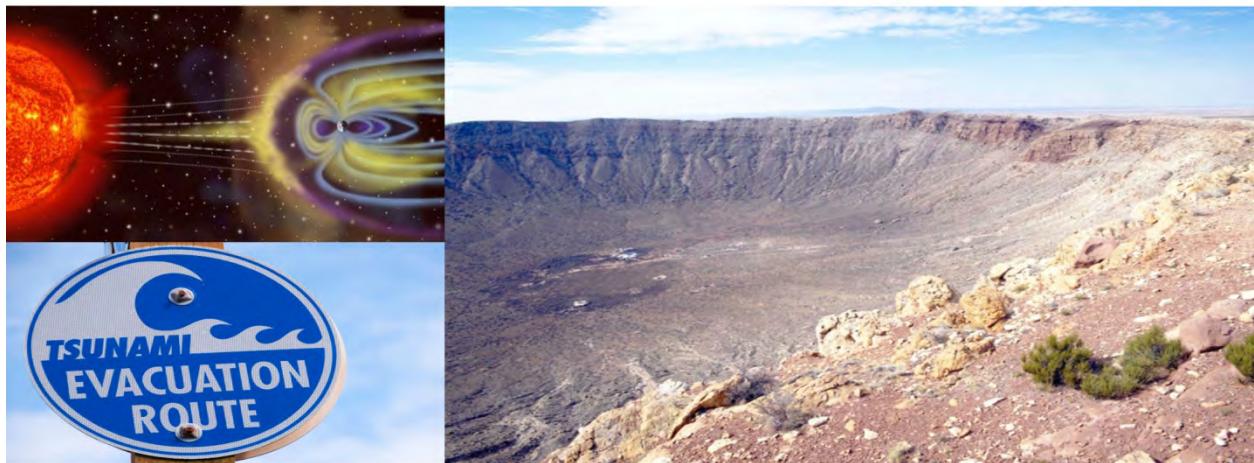
## Module 1: Threats and Kits

Hello, in this module we are going to cover 25 threats that I continually monitor and how I still manage to sleep at night. Preserving your identity and wealth after a disaster, and a 72 hour kit “ninja” secrets, like how to keep chocolate from melting in a 120 degree car, and more.

I want to point out that people going through this training are going to be at all ends of the spectrum. Some are going to have been preparing their entire lives, and some are going to have just started. Some have a lot of money, some have very little. Some have a lot of time, some have very little.

In any case, I’ve got to set up these modules so that everyone will benefit from them, so I am going to move through things fairly quickly, and people who are new are probably going to need to take more notes or watch it twice. And people who are very experienced are still going to get some very-very valuable golden nuggets out this – so let’s get going.

We will start off with the top 25 threats to our way of life. This isn’t meant to scare you ... let me give you the example of insurance. If you get a health insurance policy you know what you’re insuring against. If you get an automobile policy you know what you’re insuring against. If you get a homeowner’s policy, you know what you’re insuring against. But when you prepare you may not be aware of all the things that it’s going to insure you against, or insure your way of life against.



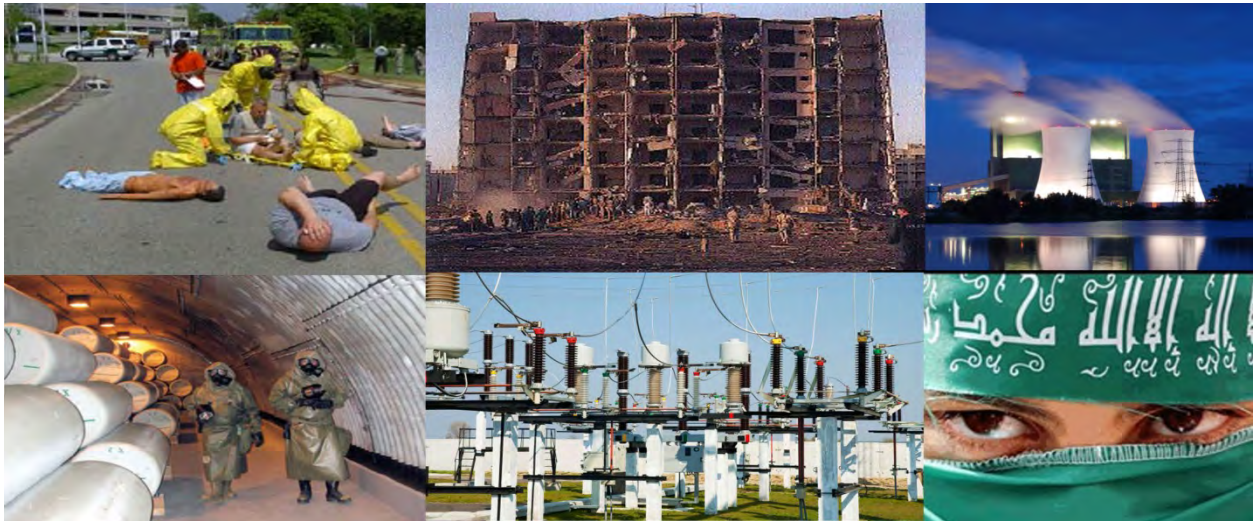
First we’ve got natural disasters; a good preparedness plan will help you in the event of normal everyday disasters as well as very low probability, very high impact disasters. I will give you some examples of both. We’ve got hurricanes, tornados, flooding, blizzards, impact events from a celestial object like the impact in the lower right hand picture in Arizona. It doesn’t happen very often at all; when it does it’s pretty huge, drought, earthquakes, viruses and pandemics, solar events, volcanoes, fires as in wildfires, tsunami’s and solar flares and coronal mass

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ejections. These are all things, all natural events that have the potential to change our life, either on a household level, a regional level or even a national level.

Then of course we've got man-made disasters. We've got electromagnetic pulses which are nuclear detonations in the upper atmosphere that knock out electronics. We've got terrorists, explosions, we've got cyber attacks, we've got attacks on currency. Infrastructure attacks and what I mean by that is attacks on the electrical grid, on the food supply, on the fuel supply or on water-treatment centers. A lot of different infrastructure attacks.



Then we've got infrastructure end of life, a lot of our critical infrastructure – our roads, some parts of our power grid, and even communications are getting to the end of their useful life, and at some point it's going to cause catastrophic failure. Hopefully it will be replaced before those failures happen, but we just don't know if it's going to happen or not, whether our government revenues are going to be big enough to replace bridges and replace roads before catastrophic failures happen.

We've also got wildfire attacks which Japan tried to use during World War II, because they knew they couldn't attack us directly in the United States. And, different terrorists groups have talked openly about the potential effectiveness of wildfire attacks in the U.S. Basically tying up our first responders and there are a lot of ancillary problems that happen with wildfires, with air quality, with transportation and even with electrical.

Next we've got chemical attacks, and biological attacks or even engineered viruses, we've got nuclear attacks which aren't incredibly probable. A much more likely scenario is a dirty bomb scenario or a radiological attack. And choke point attack, where basically things like airports or the air system would get targeted, like what happened on September 11, or Wall Street, or even just bridges into and out of New York City.

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There are several different nodes in our society that if they were attacked it would have huge ramifications, way beyond just the basic attack. A good preparedness plan will insure you or insure your way of life against all these problems.



We've also got economic disasters. We are seeing some of this with the value of the dollar going down and confidence in the dollar going down. This can be due to just politicians making bad decisions over a number of years; it can also be willfully maliciousness. In the book *Unrestricted Warfare* two colonels in the Chinese army talk about how to attack an enemy that's superior militarily, and one of the ways they say to do that is with economic attacks. I will give you an example of some of the things they say – hacking, computer viruses, drugs, propaganda, media and lots of soft attacks like that, that doesn't require boots on the ground and people firing guns to break down an enemy from the inside.

It isn't necessarily. The book wasn't necessarily aimed at the United States, even though the English translation makes it seem like it was. But that being said, it is written with the idea of attacking an enemy who is superior militarily and there just aren't that many countries that are superior militarily to China. So it's a fair jump to say that the book was written for how to destroy America.

Now what happens with all of these is we have cascading consequences when any of these disasters happen. As you start looking at more and more disasters you see that to a large extent, even though they are very different, they cause similar breakdowns. They cause power outages, communication outages, breakdowns in commerce, fuel shortages, food shortages, even drinkable water shortages. What you end up with are hungry, tired, thirsty, scared people in withdrawal from both legal and illegal substances and just withdrawal from their normal way of life, psychological withdrawal.



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What this all leads to is a breakdown in civil order. We have seen this throughout time that desperate people do desperate things in order to try to maintain their way of life and protect their family, just to keep the status quo.

So it's important to point out that these are all very low probability events. The chance of a volcano happening tomorrow that wipes out the United States or wipes out whatever country you're in is fairly small. The chance of Iran and Israel attacking each other tomorrow is fairly small; you're still much more likely to get hit by a car walking down the street. But, here's the big takeaway. If you add up all these low probability events then it's incredibly likely you will be affected by at least one of these in the next few years and definitely during your lifetime.

It's why we must be prepared and why it's so important we have a plan of self-support after disasters, it's broad based and practical and pragmatic, and something you can embrace and do. We are really going to stress that in this, solutions that will work in a broad range of disasters.

How do you sleep at night knowing all this? I just threw a lot of disasters at you, which internally you knew about all of them, but you may not have seen big lists like that all together at one time, and it's important to understand there are two components to disaster.

You've got the actual disaster and you've got people's reaction to the disaster, most importantly yours. What I want you to do is focus on what you can control and only spend time thinking about things that you can control. You can't control what cyber-hackers in Russia and China or weather patterns are doing. But you can sleep soundly knowing that you are making forward progress on getting yourself prepared.

You've got to just shut out everything you can't control. Like I said, you can't control what a cyber-hacker in Russia or China are doing. You can't control what the weather is doing; you've just got to shut it out. It exists but you can't worry about it. It seems funny to say not to focus on disasters in a preparedness course, but you really shouldn't focus on disasters. Enjoy the journey, enjoy life and make decisions you'll be happy about, whether disaster ever happens or not.

Along this line choose preparedness activities and items you can incorporate into your daily life first. Everyone eats, everyone drinks water, take care of food and water needs for a disaster. Not everyone has a passion for ham radio, so that may not be one of the first things that you cover. You may want to look at the things that are going to go away after a disaster that happen to be areas you are very passionate about, and preparing those areas first.

If you are a big bike person, maybe you want to create or buy a bicycle for an electrical generator so you can generator power by riding your bike in a stationary position, just an example.

This is a funny question, but how do you prove who you are after a disaster? If I were to ask you right now who are you, where do you live, what do you own, and what are you qualified to do,

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you could probably answer. I'm sure you could answer. And if I asked you to prove it, you could either shoot me a photograph of a driver's license, or you could email me documents, or send me a login to a website, any number of things. But after a disaster you may not be able to do that.

If you leave your house because of a fire and have no document saying who you are, where you live, what you own, and what you're qualified to do and you if don't have a way to prove it, you are kind of out of luck. You need to have secure copies of important documents in multiple places. This is just practical, it's not fun to do though, I will be the first to say that. It's kind of a pain in the butt, but here's how to get it done.

First I want you to schedule 30 minutes, set aside 30 minutes that you can devote to this, and from the Members' Area get the list of important documents you need backup copies of. Put a dot next to every item you know the location of, and this could be in physical form or digital form. If it's online, just put the URL where it is, maybe a bank name, and if it's on your computer then just put the directory that it's in or go ahead and print out a copy of it.

Next, do a 30 minute blitz and get as many of the items together as possible, starting with the items that have dots next to them. When you get to the end of the 30 minutes, you are free to stop. Don't feel like you have to do this completely, right now. What we want to do is get some of it done completely, not everything part way done. And the reason for that is, let's say in 30 minutes you get half of your documents together, and the other half is going to take eight hours because you don't know where stuff is. Well, if you can take 30 minutes and find half of the documents and get the backups in place and get the backups positioned somewhere safe, then if something happens you are starting from having half of your stuff backed up, rather than having none of your stuff backed up. This is important, go ahead and allow yourself to stop before you're completely done if you need to.

Is it perfect – no, is it done – yes, and done is important. In preparedness, stuff half done just doesn't get the job done, stuff done may not be done perfectly, but it will get the job done.

If you are using a digital camera or camera phone, even though is an 'old-school James Bond' strategy, it will get the job done.

What do you do with physical copies? This is one time when I think its okay to use bank safety deposit boxes. I am not a big fan of safety deposit boxes, because if there's a banking holiday you don't want to have restricted access to things that are valuable. But the chance of the same disaster knocking out your access to your home and knocking out your bank at the same time are not real likely, so this is a good place to put physical copies of important documents.

Another option is to put the documents in a fire safe with friends or relatives, and you might even think about swapping important documents, where you keep yours at their house they keep theirs at yours, of course there's a security risk there, but in many cases it's going to be worth it.

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Another idea is to have a fire safe hidden in an attic or crawl space. And that way if somebody comes in, say you have a gun safe that you keep your important documents in and thieves come in while you're on vacation and they take the entire safe, well you've still got copies of your important documents in your other safe. What do you do with these digital copies? Well once you've got everything together that an identity thief would need to steal your identity, you need to make sure they can't steal your identity. One of the easiest ways to do that is to encrypt your data. I like [truecrypt.com](http://truecrypt.com), it's a free open-source software that's very powerful and it has some vulnerabilities or has had some vulnerabilities in the past to serious hackers, but not enough to bother me and I don't think they would be enough to bother you. If they are enough to bother you, then there are other options and I will get into those. But for 99.9 percent of the people out there, [truecrypt.com](http://truecrypt.com) is going to be a very good solution for you.

I am not worried about NSA level hackers getting my information; I am worried about Joe Identity Thief getting my information. So it has to do with the threat level. If you're in a situation where you are concerned about NSA level hackers getting your information then I've got a solution down below.

So what do you do with this information once you've got the files done, once you've got them encrypted, where do you put them? Well you want them accessible, you want them remote and you want them disparate. You want them to not be affected by any one disaster.

Here are some options; you can email them to yourself. This sounds incredibly simple because it is, just attach the file, email it to yourself. It will use up your space, you may have to switch over to a paid plan with MSN, Yahoo, Hotmail, Gmail, etc, but in most cases it's going to be well worth it.

Another option is Google Docs, Dropbox, or Drive.net. These are called cloud drives, where basically you can store your information remotely and access it from anywhere. Another option is to burn it to a DVD or store it on a thumb-drive. Once you have these, then of course you can store them anywhere you are storing your physical files. Actually more places, because since the data is encrypted it's safer than just having the physical documents.



If you are really concerned about the encryption security, I want you to consider an iron key encrypted thumb-drive, these things are absolutely incredible. They have encryption on them, very good encryption, and its password protected and if someone enters the wrong password ten times, then there's an option to delete the information and make the drive unusable ever again. It's secure physically, you can't get into it. The chips are covered in epoxy, so they can't hook up alligator clips to it and get the information off of it. It also has the ability to do VPN through a

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your network. You can be at basically any computer or internet café in the world, stick this thing in a computer and have semi-secure communications. Is it fool-proof? No. But it will take care of a lot of problems.

One of the pressing problems it takes care of very well is if you ever use your computer at Starbucks, or any other unsecured wireless hot spot; your information is kind of vulnerable. And by using the iron key VPN you can get around a lot of that vulnerability. Like I said, you can store the digital copies anywhere you've got physical copies and you can keep them in vehicles, go bags, 72 hour kits, in safes, the options are endless. I have seen them embedded in mortar between bricks, so that only the part that plugs into the computer is sticking out and you stick your computer up to the wall or stick a USB extension up to it to get into the data. There are lots and lots of options here.

You are going to want to update these as your situation changes. As accounts change, as you add complexity to your life, as you simplify your life and get rid of complexity. And with medical records, as your medical records change you are going to want to update them.

One more level of security is to have separate passwords or separate thumb drives for medical records than you have for financial and identity records, and the reason for this is if, let's say you're traveling or it's after a disaster and communications are down but computers are working, you've got your medical history and you have a medical problem, and you go to a hospital. You can give them a thumb drive and they can get your medical records off of it, but you really don't want them to get your financial and other records. The way to do this is you have two folders and one folder has medical records and one folder has everything else or you just use two completely separate thumb drives, now with the password thing, you only want to do this if you can remember multiple passwords.

Another trick I want to tell you about is using a camera phone to make your wallet thinner. Basically what you're going to do is if you've got items in your wallet that you need to keep track of, but that you don't need all of the time, take a picture of them with your camera phone and then you've always got the information with you, you can show it to people and you can thin our your wallet.

This may or may not work for you depending on how high of security the items are that you're carrying, this is obviously for the most part, for things that aren't high security. Now I've also done it with my driver's license and certifications so that in a pinch I've at least got something, some proof that I've got a driver's license, who I am, what my driver's license number is if I don't remember it for some reason. The downside of this is that when you take pictures of everything that's in your wallet, losing your camera becomes like losing your wallet. So, back to encryption, you need to encrypt or at least password protect the data on your phone. Two solutions that I really like are robo-form and one password for the iPhone. Depending on your



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phone there are all sorts of options, so it's something you're going to need to look into depending on your particular model.

Next we are going to get into Go Bags, SCRAM kits, 72 hour kits, GOOD Bags, Get Home Bags, Car Kits, Grab-n-Go Bags, and whatever else you want to call them. For the most part these are the same thing, they're bags that are going to have the basics of survival in them and help you survive some set amount of time, most cases 72 hours to seven days. They are different. Go Bags are normally at home, and they are going to have a place in them for important documents or your USB drive. They are made to get you away from home. 72 hour kits, Car Kits, a lot of the time those are made to help you survive if you get into a survival situation that involves your car, and Get Home Bags are a lot of times going to be used if you are away from home and the point of them is to get you home. Now in all of these cases these aren't long-term solutions. They are a bridge to get you from where you are to somewhere with a higher level of food, water, shelter, fire, medications and trauma supplies. It's important to understand that these are all different flavors of the same treat, and they are a core item of preparedness because if you get the right stuff, the right foundational items in your 72 hour kits you can use them in longer disasters.

Some general guidelines, a lot of people talk about the greatest, fanciest water filter to carry in your 72 hour kit, and that's great, I do that too, but I also just simply carry water. And the reason is that you may not be able to find water that you can even filter or purify, there just might not be any water where you happen to be when a disaster hits, or it could be so polluted or you could be so pressed for time that you just need ready- to-drink water. The down side is water is heavy, it's bulky and it doesn't compact and you can't dehydrate it. It is what it is, so you may have to get rid it.

One of the things I like to strongly suggest is carry more water – if your pack or your 72 hour kit is close to the maximum that you can carry, overload it with water. In a worst case scenario you can always chug some water and leave some behind, but once a disaster happens you can't really add water to your 72 hour kit or add ready to drink water to your 72 hour kit if a source of water is not available. Have extra before the disaster; dump it if you need to.

Another thing is to pack food that doesn't require preparation. We have some canned goods in our 72 hour kits, but for the most part we have just stupid simple ready to eat food. It doesn't taste the greatest, it isn't the best nutritionally, I definitely wouldn't want to live on it long term, but it will help us survive a 72 hour disaster. It will help us get from point A to point B, and it will help us get to higher quality food.

Along those lines you want to make sure that the food you have for a disaster is proven to work with your body, make sure your body can digest it and it's not going to cause internal explosions

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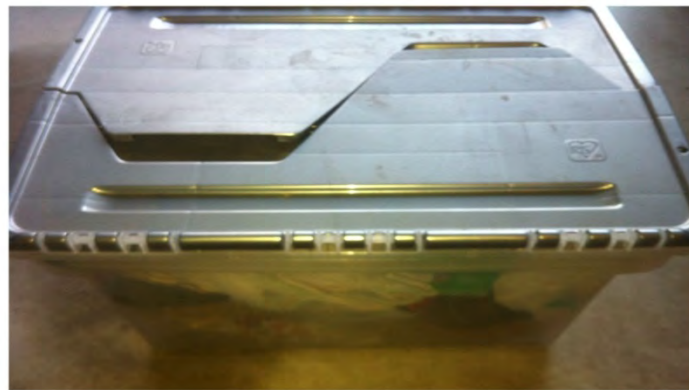
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or a lot of pain and discomfort. You want food that's efficient, that your body can handle and that your body can get the nutrients from.

If you live in a climate where you've got extremes of heat and cold, at a minimum you want to check your food every 6-12 months and a lot of times you are going to rotate the items and get them out of your 72 hour kit and eat them. I know that's a crazy concept, but actually eat the foods that are in your 72 hour kits, but be sure to replace them.

At a bare minimum I want to suggest that you put 6,000 calories per person in a container wherever you keep your medications, that container can be anything. The reason for this is, let's just say that you've got a cupboard where you keep your medications whether it's prescription or non-prescription and you've got food there also in some type of container. If a disaster happens, worst case scenario, most of the stuff you're going to need is going to be right there and you can throw it in the container and go. It's not perfect, it's not perfect by any stretch of the imagination, but at least you have some assembly of a plan and it will give you a little bit of a leg up if you are panicked and running short on time, and you need to get vital things together.



Most 72 hour kits and Go Bags are bags. They are duffle bags, they're backpacks, different sorts of bags, but there are other ways that you can store these kits and carry these kits that in some cases are very superior. One is plastic storage bins, and stuff that we keep in the house, a lot of it is in plastic storage bins because they are just so easy to use. Even in our cars we keep 72 hour kit materials in our cars, especially the things we get in and out of often, and that we use and cycle through on a regular basis. They are easy to open they are easy to find things in, once you start using them, they are very superior to bags if you are using them on a regular basis.

Now you can't carry those long distances - that is kind of an obvious short-coming, so if your kit is in a bin like this you may want to have an empty backpack ready to put the stuff in if you need to hoof it. Another big advantage is price. These storage bins are \$5/\$10 a piece, and most high quality backpacks or duffle bags are considerably more expensive.

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Another option is buckets, 5-gallon buckets make a great choice especially for surviving place option in the event of chemical leak where you have to seal up your windows and all of the openings to your house. One of the reasons for that is because you can use the bucket as a toilet. You can either just sit on the rim, you can put a toilet seat on it, or however you want to do it. And you go into the bucket or you can line it with a trash bag and go and then get rid of the trash bag, it's a great-great tool.



Number three, I have to say is simply genius, it was referred to me by a friend in Texas and I started trying to figure out how to refine and make it better, and it's a great-great idea. Basically what you do is keep the temperature sensitive items from your 72 hour kit in a cooler, and it sounds ridiculously simple but once you start doing this you're going to love it. Heat and heat fluctuation are the enemy of foods and medications and a lot of preparedness items. You can get into a situation where you've got basically 70 to 80 percent of the nutrients of a food leaked out in just a few short years because of heat and heat fluctuation, so it's a big deal. Some of the things that we keep in ours are chocolate, non-prescription medicines, (we don't take any prescription medications), and food. You can use all sorts of different coolers for this. I tried every seven day cooler you can get at major sporting goods stores and they worked, but not near as well as the one I am going to share with you. This is a pricy cooler, but it's one of the very best on the market. Its call at Yeti and you can get the at [YETIcoolers.com](http://YETIcoolers.com). They are bullet proof, they are bear proof actually. They are not literally bullet proof, but they are literally bear proof. I guess they take salmon and stick them in there and then throw the cooler into a bear pen



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and see if the bear can get into it. On the lower hand corner of the cooler there you can see a certification from a bear proof rating agency.

There's a secret to it, the cooler in and of itself will work, but if you add a couple gallons of water or more, this set up will work just absolutely amazingly. As an example, when it's been 106 to 110 outside and 130 in the car the highest the temperature got in the cooler was 109. When it was only 100 outside and only 120 in the car the highest the cooler got up to was 98 degrees, and 98 degrees is kind of an important temperature because chocolate melts between 92 and 98 degrees depending on what type of chocolate it is, and a lot of medications are relatively stable up until that point. Once you get over 100 degrees the life expectancy just completely tanks. So this can help with insulin, with other medications, with foods, and basically everything that we've talked about that is sensitive to temperature.

If you want to make it so that the temperature doesn't go even as high as 98 or 109, what you do is you add more water, and that means you're going to lose storage space but you're going to add stability. Now the way that I tested this was I put a remote thermometer in the cooler and stuck in the back of my truck for a week, and I did this a couple of times and with the remote thermometer I was able to tell how it was performing without opening the cooler. Like I said, it performed quite-quite well.

I said these were expensive, I will tell you how expensive, they run from \$200 to \$800 and there are two different series. There's the Tundra Series which has a rope handle on the side and a Roadie Series which just has a metal handle that goes over the top. What we have is the Tundra series, and it proved to be easier to carry and big enough to hold water and worked better for us.

What you can do, if you don't want to go with a Yeti is get one of the seven day coolers from a sporting goods store and either put in more gallons of water or put a cooler, a little soft sided cooler, inside the big cooler, and put water in the big cooler and water in the soft sided cooler. And depending on what part of the country you're in, you may be interested to know what kind of water bottles I put in here. These are from Ozark, and they're a heavy duty plastic and they actually can be frozen repeatedly without breaking. I haven't opened them, I haven't dumped any water out all I have done is stick them in the freezer, stick them in the cooler, stick them in the freezer, stick them in the cooler. And what we do is we always have water in the cooler, and when we've got a trip or something planned we swap out a couple bottles that are full of ice from the freezer and put them in there.

A few more car specific tips, make sure that your water filter can be stored in your car. I will give you an example, my favorite water purifier is the Sawyer and we are going to cover it a little bit later. It can't handle temperatures over 110 degrees. The membranes in it break down, I am not sure exactly what happens but I know it says that the storage range is up to around 110 in the

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manual. Your purifier or filter may be the same and you need to check on that and make sure you store it in the conditions that it has to be stored in or when you need it to work it might not.

Another thing that we always carry is shoes and socks. This is because I like wearing sandals, and sandals are really bad for a survival situation. On that note, so are dress shoes, so I just keep good shoes in the car. Good shoes is a relative term, when I'm saying good shoes I either mean boots or stuff that I can hike in. Another thing that we keep in the car is coveralls, and this is because it seems like a lot of problems with cars or even hooking up trailers and other things can get your pants dirty, and if you've got on dress pants or you happen to be in a situation where you need to kneel down or lay down on the ground to get under a car, it helps to have something that you can put on so you can keep your clothes clean and so you can get back in your car and be relatively clean. Coveralls have worked great for that through the years.

Another benefit of course is in the winter if you get stuck in your car, all you have to do is throw on coveralls and you're good to go. The next thing is a hat, and I like booney-hats because they keep not just your face, but your ears and your neck and everything shaded and do a good job to help keep you cool. And gloves, I like nice high quality leather gloves. They don't have to be fancy gloves, they can be \$10 ones from Home Depot, but you just want some good rugged gloves in your car or truck.



Here are some of the specific items I keep in our kits. On the left this is a shelter system I use that has worked just very well for me down to around 20 degrees. I just haven't gone out under 20 degrees, but it's been fine, very fine down to 20 degrees. In fact, I've been hot in it. But what it is, on the left we have the SOL emergency bivy from adventure medical kits, and it's like a Mylar bag, but Mylar tends to crinkle, it tends to tear and it has no flexibility at all. These bags, these SOL bivy's they are flexible, they don't tear and they still reflect about the same amount

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of heat as Mylar. They are just great-great tools. In the middle what I've got there is a bag liner, and you can get bag liners that will add 10, 20 or more degrees of temperature rating to sleeping bags, and that's one use for them, is so that you can get a 30, 40 degree sleeping bag that you can use year round and put a liner in it for three and four season camping. Another reason to use bag liners is if you've ever backpacked for a week or two, sometimes shorter than that, the bags can get smelling pretty funky. A bag liner allows you to take the bag liner out and rinse it off in a stream every day, and have a much-much cleaner smelling sleeping bag. Another use for these is a lot of people carry them traveling so they don't get bed bugs. In any case, what I do is I've got the bag liner close to my body, and the bivy outside of that, and the reason I did that was for flexibility. On a very warm evening I can just use the bag liner or nothing at all, but I like the bag liner because it gives some instant protection, and on a little bit cooler, I can use just the bivy or I can use a combination of the two. In a rain situation it's hard to beat a GI Poncho, and specifically a poncho with grommets on the corners so you can make it into a tent. The tent doesn't have a bottom, it doesn't have walls all it has is a roof, but with the combination of these three you can have shelter in almost any situation.



Over to the left is something that I haven't used because my bag liner takes care of it, but it's a Cool-Max bag liner that has been treated with prometean so that bugs won't bother you. If that's a concern for you where you're at then that might be something to look at. They are a little bit spendy, so that's a hit or miss one. And then on the bottom we've got a really neat thing that I think should be in every 72 hour kit, and again it's from adventure medical kits, and it's an SOL emergency blanket and it's a two person blanket. One of the problems with traditional Mylar blankets is that they're really not big enough for even one person, and this one is big enough for two people, again it's flexible, it's quiet so it's not crinkling all over the place and it's tear resistant. I don't have a problem using or reusing this line of stuff from them. Another bonus is it has first aid instructions written on the blanket, so it serves a dual purpose.



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Next is water, and on the left we've got the Sawyer bag that I mentioned earlier or the Sawyer purifier and the difference between a purifier and a filter is what they take out of the water. A filter will take out bacteria and protozoa; normally both, sometimes not both or they will take care of taste. A purifier in addition to taking bacteria and protozoa out of the water, they also take viruses out of the water. The way this works is you simply fill the gray bag with basically any water you can find within reason, but almost any water. Any water you think has a bacteria, virus or protozoa issue, put it in the gray bag, hang up the gray bag, gravity will pull the water through the tube through the filter and into the blue bag, and when it's done you can pour water out of the blue bag into whatever you want to drink it from. You can also directly fill bladders and hydration systems or water bottles. It's a great-great system, it's guaranteed up to a million gallons, and you clean it by backwashing. It has been a rock-solid system for me; I have used it for a couple of years now.

In the middle we've got the Katahdin My-Bottle and this is a 24 oz. bottle that has a filter straw in it that's rated for somewhere between 25 and 30 gallons, this is another purifier. This will take out not only bacteria and protozoa, but also improve taste with a carbon-charcoal filter and filter out viruses, a great-great little tool.

Don't confuse this with a Camel Back Groove which is just a carbon-charcoal filter, and it will improve taste but it won't really add to safety at all.

Let me go back to the Sawyer purifier real quick, the one down side of this is it's a \$200 set up, it will last you the rest of your life, but it's a \$200 set up. If you want something that's less expensive and possibly a little bit simpler, the First Need Excel is also a great filter and purifier and they cost \$100-\$120 right now at REI, also another good filter and purifier.

Backups are vital and that's why I showed the Potable Aqua on the right, that is Iodine tablets. What you do is you stick those in your water, shake it up, wait 30 minutes and you're good to go. There are also chlorine-dioxide tablets but those take up to four hours to work, so I'm a much

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bigger fan of the Iodine. And then of course you've got backups of just boiling the water over a fire.

Next we've got food. What I want to suggest for your kits is that you pick food that is quick or takes no preparation at all, is compact, edible, temperature tolerate, shelf stable and keep in mind it doesn't have to be high speed. And what I mean by that is on the top we've got some high speed stuff and on the bottom we've got some very low speed stuff. On the top, we've got emergency rations and these normally come in 1200, 2400 and 3600 calorie bars. There are several manufacturers, none of them taste incredibly good, they are all tolerable for me, and I want to suggest if you go this route which I highly suggest, is that you get some from every manufacturer you can find and that you can tolerate the taste of and that your body can handle.

The reason for this is if you get, well in the picture on the left I've got SOS and Datrex. If you get all SOS bars and you need to survive on them for ten days, that's 30 meals of the exact same taste and texture. It's not going to be a gourmet meal but if you can switch back and forth between Datrex and SOS and ER and Mainstay, then at least you are going to have some variety. It's always kind of nice to pick a favorite because then you've got one to look forward to, even though it's only every fourth meal.



You also want to take into account the size of the group that you're going to be with, like I said these come in 1200, 2400 and 3600 calorie packs. If you've got several people go ahead and get the 3600 calorie packs. If you've just got yourself then I'd suggest getting the 1200 calorie packs. These aren't expensive, they are pretty darn reasonable. For \$65 right now on Amazon, you can ten of the 3600 calorie bars from Mainstay. That's enough for one person for 18 days. It works out to about \$3 a day. It's a good deal. If you are spending more than \$3 a day on food right now, which I would guess you are, basically you can cut back a little bit and buy up as much of these as you want. Again, these aren't a long-term solution, they are a short-term solution but they are a very good short-term solution.

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The food in your 72 hour kits doesn't have to be high speed at all. On the right, this is some of the stuff we keep in ours. We also have the emergency rations, but we also have just plain simple ordinary food that we like to eat. The jammy-sammy if you've got kids you probably recognize, if you don't have kids you probably don't recognize it. They are little ridiculously expensive sandwiches that our kids just love. We don't live off of them by any means but we try to keep a few of them around for treats, and we also keep them in the cars.

All of this stuff is stuff that we have no hesitation whatsoever eating if we're hungry. So if we're driving down the road and one of us gets hungry we don't have any problem reaching in the back or getting out and going around to the back and pulling one or more of these out and eating them, and then we just replace them. By doing that we are rotating our food in our kits fairly frequently.



Next is lighting, besides being valuable in a dark disaster situation or just a dark situation, I think flashlights are fun, quite a bit of fun actually. I've got a lot of them. Amazingly enough my primary light has stayed pretty much constant for 15 years, maybe longer. I have rotated through different lights because I have actually worn out many Mag-Lights, but I love the big old honking 4-D cell Mag-Light. They make them with LED bulbs now so they last forever. But this is part nightstick, part flashlight, part weapon, it's a tank and they are wonderful. We carry them in our cars and they are work horses.

Second to that, on the right, we have several of these little Petzi Zipka's. They are really-really slick. There is a retractable headband in the back and you can close your hand over the entire thing, it's that small, And with the retractable headband you can secure it to your wrist, you can secure it to your head, you can really secure it to anything, within reason - head size or smaller, handlebars on a bike, etc. These are great, I have used them for night trail running and we use them a lot around the house at night for reading and checking on the kids. It's got five lighting modes, it's got bright white, dim white and blinking white, and red and blinking red. And then of course as a backup to all of these you can keep shake lights or crank lights available, so you don't have to worry about batteries.



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On multi tools, I can't really suggest a particular model because it depends on what your needs are and what your skill level is. If you've got a car that takes a certain type of bit, you want to make sure your multi tool has those bits. If you have a complete medical kit then you may not need a Leatherman that has medical type stuff in it. Tailor it to your needs. What I would suggest is that you get either a Leatherman or a Gerber, and if you stray away from those, just make really-really sure that you're getting a high quality material. You want good steel and you want a tool you can open and close easily without hurting yourself.

Next is self defense. Self defense in a Go Bag or 72-hour kit or Car kit is a tricky proposition, because there's always the chance it's going to get stolen. Here are some suggestions for you. One is, I think every emergency kit should have a fixed blade knife in it. The one in particular that I'm showing here on the top is the Gerber LMF2, and it is a tank of a knife. I have beat the snot out of mine trying to destroy it to prove to myself it is as tough as I think it is, and it has performed very-very well.

Next in the middle, is Pepper Spray and Bear Spray. These are different sides of the same coin with a little exception; the pepper spray that you carry in your pocket is a much kinder concentration than the bear spray. The bear spray is truly nasty-nasty stuff. This will work on most people most of the time, but it won't work on everyone all the time, so just be aware of that. It's predictable enough that I carry it on a daily basis and we keep it in our cars, but its part of a self defense strategy and system, not the only answer.

On the bottom, a lot of people want to carry a fire-arm in their emergency kits. This isn't always the best idea, because again if it gets stolen somebody's going to have your weapon. There are two phases to this. Phase-1 is they can use it on you and Phase-2 they can use it to commit a crime and/or hurt someone else. There are two



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solutions and they are not fool-proof because there isn't a fool-proof gun safe, but on the left on the bottom we've got the Titan gun vault, this is a great setup. I've got a few of these and they are very-very good safes. They've got a simplex 5-button lock on the top, and it's mechanical so you don't have to worry about batteries going out or EMPs or a delay if you enter the wrong code or anything, they just work. And when you enter the code and turn the knob and open the lid, it causes the gun to actually come out to you, which is just a brilliant design feature, so you can reach down and get a proper grip on your fire-arm.

The last item is 1/10 the price and a very-very good lock. It's a SmartLock and you can get them at SmartLock.com. It's a push-button trigger guard, or trigger lock, and there are nine buttons and you push the buttons that you want to disengage the lock, press the button and the lock comes off of the gun, very simple, very-very good design.

Next is fire. There is a lot of high speed stuff out there, after trying lots of high speed stuff and going around and around, I just like lighters. Lighters are great, they're cheap, they're small, they're light and not even the fancy windproof lighters, just the \$.79, \$.99, \$1.19 lighters that you get in checkout lines or you can buy in bulk at Home Depot or Wal-Mart or anywhere really. Even when they run out of fuel you still have the sparker and you can use it to light a tinder bundle. They are more predictable than matches. I cannot tell you the number of survival matches I have tried after they have been in storage for five/ten years that don't work, or they light and fizzles out, light and fizzle out, light and fizzle out and it's just incredibly frustrating. So, it doesn't hurt to have matches in your kits, but throw a couple lighters in there, they are very cheap and they just work.

Next is Chapstick and Vaseline, and of course these are multi-use items. But Chapstick and Vaseline can be used as an accelerate for lighting fires and getting a tinder bundle to catch, and just a good way to cheat on making fires. If you are going to go the stove route, especially for storage in a car, I like the jetboil. The reason is, I don't like carrying fuel canisters in my car. I don't mind carrying these isobutane and propane combinations, but I don't like carrying camp fuel in my car unless it's just for a camping trip. I have had too many spills and seep and off-gas through the years and I just know it happens and don't want it to.

If you do want to go with a regular fuel stove, I can highly recommend the Primus Omnifuel, it will burn basically any fuel that you put in it.

Back to the jetboiler, one of the reasons why I really like the jetboil is how efficient it is. The fins that you see between the black part on the bottom and the black part on the top, basically what they do is they cause as much of the heat from the flame as possible to go up into the container, so you boil water



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faster and you're eating faster or drinking faster or whatever it is that you're doing, but you do it faster and with less fuel.

The last thing with fire, skill is incredibly important, not so much with a camp stove, but if you are making primitive fire or even lighting a fire with a lighter or matches, basic fire skills are very important and I can't emphasize enough how important it is to get good at making fire. Know how to take a spark to a tinder bundle to kindling to lumber and turn a spark into a roaring flame.

Now medical and trauma stuff is hard to talk about, because people have very-very different skill sets and comfort levels. You've got people who haven't ever taken first-aid or CPR and don't have any medical training or knowledge at all and at the other end of the spectrum you've got paramedics. There isn't a set list of things that you should have with you. The list of things that you should have with you are going to be based on your comfort level and your training. The other thing you need to keep in mind is who is your medical kit for, is it for yourself, is it for your family, is it for friends or is it for complete strangers? This is an important question to ask, and I will give you an example. If I were to roll up on an accident today, I would have no hesitation using up every single piece of material that I have in my trauma kit trying to save or help a complete stranger. After a disaster that's just not going to happen. I will use improvised items, I will use things that they have on them, but I will be – I hate to use the word stingy, but I would be relatively stingy with my materials. And the reason for that is if I have medical items that can't be restocked or replaced and I use them on someone else, then when something happens to me or my family, I just become another burden on the system. I haven't really, all of my training and preparation and supplies haven't helped take stress off the system. So it's a judgment call that you're going to have to make and everyone is going to make a different one. Emotion, compassion and empathy are probably going to trump whatever decisions you make, but it's still important to make the decision. When it comes down to it, after a disaster I don't know if I could not use my medical supplies if I saw someone I could help, it's probably going to be a balance between improvising as much as I can and using my stuff still, but using it sparingly.

That being said, there are some medical and trauma items that I just think everyone should have in their kits - Benadryl for allergic reactions, Imodium or other anti-diarrhea medication, pain medication of various types. I like carrying multiple kinds, I like carrying Tylenol, Ibuprofen and Aleve because the mechanisms that they use to help with pain are different. That's one side of it; the other side is you kind of even out the damage that they do to your body, your kidney and your liver by rotating between them.

Another thing I carry is Dentemp, if you have a crown that gets dislocated or other dental emergencies, a toothbrush, hand sanitizer, wet wipes, super-glue. I like crazy-glue and I have used this several times for stitching up myself, dogs and helping other people stitch themselves



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up, using super-glue. Now I say helping other people stitch themselves up, because I don't have the medical training or certifications to stitch someone else up with a non-medical product on my own. I can tell them what's worked for me, but I can't really do it for them unless it's a family member.

Other items are Aloe, and this is an interesting one that a lot of people don't realize this, but Anbesol or Hemorrhoid cream with benzocaine in it – a lot of hemorrhoidal creams have benzocaine in it. It's a topical anesthetic and it works really good. I have used it on bad burns on my hands. When oral pain medicine isn't cutting it on its own, this can help tremendously. It's not really strong it's actually a very weak application of benzocaine but it does help.

Another thing – tweezers; when you need tweezers you need tweezers. There aren't a whole lot of substitutes for them.

Toilet paper: I like toilet paper in pretty much every kit. I can go without and use other things but whenever possible, toilet paper is great.

Maxi pads: Maxi pads besides their obvious use, you can use them for pressure dressings for wounds. They are not sterile, but they are clean and you can also use them.

This is kind of an interesting idea - if you've got disposal diapers on a baby, you can stretch the use of your diapers by putting a maxi pad in there in the front. In other words, so the baby has got a diaper on, you've got a maxi pad in there and when they go potty you take out the maxi pad and replace the maxi pad. This way you can cut down on the bulk of your diapers and still get a lot of the same effect. Unfortunately the way most disposable diapers are made, it's sad to say, but some people don't change their baby's diaper more than once a day, and so the diaper manufacturers make them to handle that kind of volume. We couldn't do that with our kids, for a number of reasons, but maxi pads can basically take something that might work for an entire day and definitely make it work for an entire day and be a lot more comfortable.

Of course when they soil their diaper, you are going to need to replace it. The maxi pad thing will not work at this time, as you put the maxi pad in front of the diaper, not in the back. But for those of you who have little ones, I can tell you from experience, this is a golden piece of advice.

The next thing for the medical trauma items is duct tape. I love duct tape; you can use duct tape to make a pressure dressing, you can cut duct tape and make butterfly bandages out of it, you can make splints, you can apply traction using duct tape. There are a million and one uses for duct tape depending on what your skill level is.

The next thing is Zip-lock bags. The reason I carry zip-lock bags in my medical kits is to hold stuff that I've used with patients that has body fluid on it. So I actually store pairs of gloves in zip-lock bags, so when I reach in my kit I don't look for two gloves, I look for a bag. I pull out

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the bag, I open it up I set it on the ground, put on the gloves and when I'm done with the gloves they go in the bag, I zip up the bag and it goes in the trash. If I use band-aids they go in there, if I'm replacing any bandaging they goes in the zip-lock bag. It's just a nice clean little trash bag, and it's a great little easy strategy to use.

Other 72-hour kits must-have items, zip-lock bags again. I just love zip-lock bags, several uses for them, not the least of which is trash and preserving foods.

Next is contractor bags, contractor bags are basically heavy duty trash bags and you can use them for making a solar still and gathering water, or actually if your backpack breaks, if a strap breaks or whatever, you can use contractor bags to carry stuff. You can poke a hole in it and make a waterproof shirt. You can make a cover for your bag to keep water out of it. You can make pants out of it, all sorts of different things; actually it's a skirt or a kilt. We used to, at football games, we'd put a trash bag over our top and a trash bag around our waist, and it's amazing how much heat that helps you retain, so several-several uses for contractor bags.

The next thing is a NOAA radio for weather and emergency broadcasts. Ideally an AM/FM shortwave radio as well, like the KAO Voyager with a crank and solar and 20 ways to power it. That way you can get communications and find out what's going on after a disaster, hopefully.

After that is walkie-talkie's so you can talk with other people that you know. We are going to get into that in more detail later. A Paracord which is also called 550 or 551 cord, and what it is, it's the cord that is used on parachutes, and it's designed to hold 550 lbs. of weight and it's very-very thin. It's about the same size as a computer cable, like a USB cable.



Bandanas: They have several uses from cooling off your head, keeping sun off of you, triangle bandage, filtering water, the list goes on and on.

And DEET is the next item, this is somewhat controversial. Personally we try to use natural skin products as much as possible. That includes bug spray. Sometimes all of our lotions and potions just don't work and we use DEET. It's cost benefit analysis, and a lot of times we decide we'd rather get the chemicals that are in DEET in our body than get eaten up by mosquitoes, but that's a judgment call on your part. In my opinion though, DEET is the only insect repellent that I have ever used that has always worked and never failed, so if that's an issue then it's important to have something that always works.

Chemical warmers and coolers – you can use them to warm and cool stuff, but for the most part it's to warm and cool people. Warm up people when they are hypothermic and cool them down when they've got heat exhaustion or heat stroke.

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The next thing is utensils and a can-opener: obvious reasons there.

A shovel or trowel: they are for possibly extracting yourself, but one of the biggest reasons is for burying waste.

Next, we've got aluminum foil which is good not only for sealing stuff but also for solar applications, purifying water, cooking food, etc. We will get into that more later.

Duct tape, we have covered a little bit, besides medical of course there is a million and one uses for it.

Another item is cash, and I like small bills. The reason for having cash and change is obvious. After a disaster you don't know whether or not the internet, phones or electricity are going to work and whether or not credit cards will work, so you better have a backup way to either buy yourself out of trouble, buy items that you need, buy transportation, or whatever. You don't have to have a ton of cash with you, again this is to last you for 72-hours. But depending on where you are and what kinds of items or favors you need to pay for, that's going to dictate how much you carry with you.

The next thing is medications: I would suggest having at least 72-hours of critical prescription medications with you, possibly, if it's a really critical medication you might want to go ahead and place six or seven days worth in your 72-hour kit, just because that's such a critical point. Of course be careful when storing medication requiring refrigeration.

The next thing is spare socks and underwear. I don't carry spare clothes such as shirt, pants, etc, but I do carry spare socks and underwear because those, if you are only able to change a couple of things, they are going to make a huge difference and you really don't want those areas wet for a long period of time.

Wet wipes is the next one. There are so many uses for wet wipes, with cleaning up. They are not for medical purposes; just for cleaning your hands. Sanitizer is great and we use it a lot, but that takes care of viruses and bacteria, it doesn't take care of dirt and other stuff. When you use sanitizer you are basically rubbing stuff around on your skin and hoping that you kill it, with a wet wipe you are getting rid of it. It's amazing how much that little bit of moisture does to help getting rid of stuff.

Next is Urban Survival Playing Cards, if you are not familiar with those, it is actually a product that I created and sell. You can get them at [UrbanSurvivalPlayingCards.com](http://UrbanSurvivalPlayingCards.com) and it is a deck of playing cards with 52 survival tips, tricks and secrets that you are probably going to forget under stress, and they are just a great addition to any survival kit.

Next is a mirror for signaling, and whistles. The reason I put plural there is because since it's a signal whistle and since there's a good chance you may have multiple people in your vehicle at



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one time it's a good idea to have as many whistles as you think you will have people; the same thing as with walkie-talkies. But if you've got two walkie-talkies and four people, you can give walkie-talkies to two people and whistles to the other two.

The next two items are going to depend on where you're at in your skill level, but I like carrying a fold up sling-shot as well as hooks and fishing line. Again, lots of uses with the hooks and fishing line from traps and snares to early morning devices to actually fishing. A sling-shot also you can use it to take down game, you can use it for defense if you're in – it's not a real good defense, actually, it's a fairly poor defense weapon but you can use it if the situation is right.

That's it for this module. We went through a lot of stuff fairly quickly, and if you have any questions I want to make sure that you ask them in the Members' Area. If there are advanced questions that you've got, let me know. If there are simple questions that you have that I didn't cover, let me know. I want to make sure that you're taken care of on this stuff.

Keep in mind that everyone prepares at different speeds. I talked about it at the beginning, depending on where you're at in your preparedness journey, where you're at financially, where you are at far as time, everyone is different. That is just something you've got to accept. What you are going to need to do is find your pace and embrace it.

Also, needs change with the seasons, both with age and with the seasons of the year, and what I suggest is every time you change your clock or if you are in, what I consider to be one of the smart places that don't recognize daylight savings time, first day of spring first day of fall, check your kits. Make sure they've got the right materials in there for the upcoming season.

That's it for this module, so take care.

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