

Job Loss

Economic Depression

Civil Disturbance

Natural Disaster

Emergency Preparedness!!!

In Three Parts

By: Don Richey

Second Edition

Terrorist Attacks

Utilities Breakdown

Contaminated Water

Police Strikes

INTRODUCTION

I put the first edition of this writing together several years ago after several people started coming to me with questions after 091101. I was the odd guy who was always talking about basic emergency preparedness. But after 091101, suddenly my ideas weren't so odd. The problem is that, with some exception, I am seeing complacency setting in again.

It is now July 2013. The economy is in the toilet, the national debt is out of control and owned largely by foreign governments like China. We are still involved in military operations in the mid-east, and the unemployment rate is still high. Our Republic, which has long been being twisted into a Democracy, is now being pushed toward Socialism. We have also seen a string of natural disasters which have shown again that the government is not always going to be able to be there to hold your hand.

In all of this, the people have largely been left on their own, thus reinforcing the idea that we need to be ready to standup on our own feet to take care of ourselves, our families and our communities. In New Orleans, after Katrina, where the government was heavily involved to "assist", they actually confiscated the legally owned firearms of the people trying to just secure their homes, leaving them at the mercy of the criminal gangs looting the areas. And the individuals herded into the stadium "for their protection" had to deal with water shortages, robberies and rapes. When Sandy hit New Jersey and New York, you had the situation of a highly urbanized environment, i.e. New York City, where people were without public services for an extended period of time, and were actually found going through dumpsters for food.

So it should be obvious that emergency preparedness isn't the flavor of the month. If you are the type that feels you will live forever and therefore don't need to worry about life insurance, or that you will never get in an accident so you don't need auto insurance, or that nothing will happen that would require you to need home owners or rental insurance, then I guess you don't need to worry about emergency preparedness. But if you are the responsible one with insurance in case you need it, though you hope to never have to file a claim, this should interest you.

The book is written in three separate sections, which can be broken down into individual booklets. I did this because each section deals with a level of preparedness progressively higher than the prior section. I would recommend everyone look at the Appendixes at the end.

Note: If you don't understand my reference above to "Our Republic", I refer you to the United States Constitution, Article IV, Section 4.

The purpose of this book is to get you to think. I want you to realize, in your conscious mind, that the world out there isn't always your friend. I want you to realize that the police and the government aren't going to be there to hold your hand in an emergency. President Reagan said: "the 10 scariest words are- I'm from the government and I'm here to help you". It is your responsibility to take care of yourself and your family. As a friend, it is your responsibility to assist your friends in an emergency. As a citizen, it is your responsibility to assist your community. The guides I supply here will assist you in this endeavor. These are guides and examples, you need to tailor them to fit you and your family.

The three sections are broken down as follows:

Emergency Preparedness!! Why? How? This part leads into why it is a good idea to set up an emergency plan. Then it will give ideas and suggestions for starting a plan for yourself, and immediate household, sufficient for a three day emergency.

Emergency Preparedness!! Phase II. This section will, building on the basic 3 day plan, start you on the way to a two week plan. This section will also start leading into the idea of working with other family members and friends. I will also touch on ideas for longer term planning.

Emergency Preparedness!! The Final Phase. Here I will give some small guidance on looking at the larger picture, your community as a whole.

I would love it if everyone would work through all three levels, but everyone should at least get started in the first level.

Good Luck! Now Think, Plan and be Prepared.

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There are varying levels of mental alertness, in firearms training we break them down into 4 categories:

White (Unaware) - I am sorry to say that this is the average person on the street. Think about it, how many times have you seen someone walking along and bump into someone or something because they simply aren't seeing what is in front of them? Especially if they have their heads buried in their cell phones texting away.

Yellow (Aware) - This is the condition you should be in, you are aware of your surroundings, you see what is happening around you.

Orange (Alert) - This is the level where, because you were aware of what is happening, you notice something out of place. Something looks or feels wrong, there is a possibility of danger. An example would be, you feel uncomfortable about someone or a group ahead of you, so now you can take a preventative action and cross the street to avoid them.

Red (Alarm) - Now you are forced to take direct action for your safety or for those around you.

Emergency preparedness is the same, we can live in denial, believing that nothing will ever go wrong, or we can be aware of what is happening in the world around us and think about some possible actions we can take for our safety. It is the basic fight or flight scenario. Personally I would rather have a plan in place when the proverbial fecal matter hits the fan and be ready to duck and cover, than get it in the face. But these are all personal choices we each must make.

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Emergency Preparedness!! Why?

Many people feel that those of us who prepare for emergencies are paranoid. I feel that those who don't prepare are like the ostrich with his head in the ground. I'm not about to say that there aren't some out there who are a little on the paranoid side, but most are normal day to day people who realize that there are some possible dangers out there and want to be ready. The reasons to be prepared are numerous, from the common to the extreme, from man made to mother nature herself. On nature's side, you have pandemics, volcanoes, floods, hurricanes, tornadoes, earthquakes, droughts, solar flares and even meteors and asteroids. That's quite an army of enemies who could attack at any time, and the battle at our end will be a defensive one. Now man doesn't like being out done so he stirs up trouble on his own, police strike, home invasions, civil disturbances/rioting, wars, terrorism, I'm sure you add a few things to this list, but I think this should get the point across.

In my limited time on this speck of universal dust we call Earth, I have seen a few conflicts that, though they weren't declared wars, our service men and woman sure understood them to be wars. I have seen the race riots of the 60's, the L.A. riots, the worlds awakening to aids and the awakening of Mount St Helens. I have dealt with robberies, assaults and even the rape of a loved one. In recent years we've had hurricanes Andrews, Katrina and Sandy, and we've seen the tsunami take out Japan's nuclear reactors. We've had the government murders at Ruby Ridge and Waco and other less publicized actions. I have also seen the Oklahoma bombing, and the 9/11 attacks on New York and Virginia. On a smaller scale I've seen snow storms that left people trapped, power outages that have left people in the dark for days and weeks, and numerous situations of cities cutting off the water supplies due to contamination. So I defy anyone to convince me that being prepared is "just being paranoid".

Now how prepared do you want to be? This is a matter of judgment and personal choice. Another question to look at is, are you looking at just yourself, a family, a group of like minded friends, or maybe your community? Regardless, I recommend you immediately start on a 72 hour plan, you can then build on this as finances and situations allow. So for now we will stick to the basics.

For your 72 hour plan you need to look at 2 situations, holding up in your home and for a quick getaway. For situations in your home you could be dealing with loss of utilities, loss of job or some kind of external disturbance that requires you to hold up in your home. As for the quick getaway, maybe there is some sort of unrest that you feel it's best to get out before it gets worse, or there could be a forced evacuation due to some accident or natural disaster. And think about this, that friend or relatives house you may be thinking about heading to may not be

available. In fact, they may have been thinking about heading over to your place. You may want to grab your camping gear and take a little trip. In Yarnell Arizona, they just got hit with a wild fire that forced a full evacuation. Some people only had 30 minutes to grab what they could and get out. Some of the residents were glad they had emergency kits ready to grab and go.

Whatever the situation is, you need to be prepared to provide for the basics, and these are: **Security/Self-defense, Shelter (both clothing and a roof over your head), Food, Water, Sanitation, Health and First Aid.** Also you need to consider the weather conditions in your area, and for where you plan to relocate to, if necessary. And plan for the full range of conditions, emergencies don't just happen under ideal weather conditions. When you are trying to justify the purchase of some of the supplies you need for a getaway, remember many of them can be used in your home. As an example, your utilities are cut off so the stove and heating system don't work. Well that camp stove and heater now come in handy. Also that, emergency water supply, lanterns, chemical toilets and back up radio, all come in handy. Get the idea?

In the following sections, I will give some ideas for what you should start getting, broken down by the basic consideration it falls under. These will be ideas, I recommend you adapt the basic principles to meet your needs and beliefs. Adjustments on the side of caution are fine but adjustments based on being too optimistic could hurt. So let's get started, and who knows, you might even have some fun while doing this. It could also bring you closer to your family and friends.

If you are lucky enough to be on your own well and have a septic system and solar power, some of the thing I will be bring up will not apply, but you still have to plan for supplies to hold you over and if you have to leave your home.

Getting Started

So you're actually going to give it some thought, good for you. The mindset for this is simple, protecting yourself is your responsibility, protecting your family is your responsibility. I won't get into details here, but let me say this, the courts have ruled in cases where the police have been sued for not taking appropriate action, that **it is not** the responsibility of the police to protect you. Also it is not FEMA's job to deliver food and water to you in an emergency. They are there to coordinate with local officials and bring in the support that they need. We don't hear about the individual cases in the main media, but I'm sure you saw it in L.A. during the riots when the shop owners had to take up arms to protect their property, and in Florida after hurricane Andrew hit, the news showed the homeowners camped out on their property to fend off the looters. Where were the police and the National Guard?

After Katrina hit, there were several small towns that were almost wiped out that the media didn't care about. The people weren't all over the news crying "where's FEMA?" In one town which was almost 80% destroyed, there was 1 FEMA representative working with the local officials to arrange temporary shelter and to unlock the Federal purse strings. The people of the town worked together to help each other. Water was an issue due to contamination and the FEMA representative got a semi full of bottled water in, and the high school students, a bunch of teenagers, did the unloading and distributing of the water. A community working as a community and not a bunch of individuals worried about themselves. Let me get off my soap box now and let's look at a few preparations that are going to have a minimum effect on your wallet while you're deciding how serious you want to be about this.

Here's something you should have already done, but if not, get started. Gather up your important papers, insurance policies, birth certificates, wills, financial documents, list of credit cards with account numbers, telephone numbers and addresses for the companies, also any other loans, mortgages, titles, etc. and put them in some sort of a safe for security. Any documents that can be copied make some and give them to a trusted family member or friend for extra security. You can also look into getting a safety deposit box at your bank, they are not expensive. Something else to consider, you need cash, if there is a power outage, even if you find a store that stays open, it will be on a cash only basis since they will not be able to run your credit and debit cards. So if you have the cash to set aside several hundred dollars right now, great, do it in small bills. Now if you are like me, living pay check to pay check, take a little each payday and set it aside. If you can set aside \$10.00 per paycheck, if you get paid twice a month, that's \$240.00 a year. Even at \$5.00, that's \$120.00 a year. This little reserve can also come in handy when you're low on gas before pay day, just replace what you use.

Let's look at your grocery shopping now. When you go to the store, pick up a few extra items, some extra canned goods, packaged items like cereals, rice, pasta grab an extra package of bath tissue, a tube of toothpaste, you see where I'm going here. Slowly stock up on non-

perishable items to build your food supply and other essentials. This is a good idea even if you go no further, the next time you have a small financial emergency you'll be able to cut back on your shopping while you catch back up.

If something happens you may not be at home at the time or you may want to get out of town quick, so how's the gas in your vehicle right now? Get into the habit of not letting your fuel tank go below $\frac{1}{2}$ before you fill up. If you can safely store some fuel, pick up a couple of 5 gal gas containers to keep a reserve handy. Make sure you rotate out your fuel stores. If there is an emergency, having the extra fuel could be critical when everyone is lined up at gas stations trying to fuel up or if you can't get fuel due to a power outage. If you can't store any fuel, still have at least one 5 gal container for immediate short term use in emergencies.

Let's look around your house now. Make sure you have the basic tools for some simple repairs and don't rely on power tools, even battery operated ones. Don't get me wrong here, power tools are great and the portable ones can be lifesavers, but they still need a power source even if it is just for recharging. Remember we're talking about in an emergency, there may not be any power. Pick up a good saw and find a hand drill. Make sure you have some good basic tools and a good supply of nails of different sizes for different jobs, also some duct tape and some plastic sheeting. Now you might be saying. "he hasn't seen my work shop", hey if you have a good one, great. But play a few what if games and take a good look at it and see if there is anything you still need. I would also look at picking up a few sheets of plywood and some 2x4s. If someone throws a rock through your window, what are you going to do? In an emergency, how soon do you think you could have that window replaced?

Make sure everyone in your household knows where the circuit breakers are, the water shut off valve and if you have gas, the gas shut off. Am I starting to hear some gears turning, is this starting to make some sense? Some of you may be saying, "hey, I live in an apartment". Well that apartment window breaks just as easy as the window on my townhouse, easier actually since I have security film on all my windows. And do you think that complexes' handy man is going to rush over to your apartment in an emergency, hell, he may not even be there and if he is, you may be # 20 on his list. Most of these basics still apply, just on a smaller scale.

Here we are with some ideas in place and other than a few small items, which can be picked up over time, with no major expense. Just by adding a few items to your shopping cart while at the grocery store or the hardware store, or how you get gas, and you're already stocking up on emergency supplies. You might be surprised what you already have around the house that you just haven't looked at in the same light before.

OK, we've got you started. You see that this isn't some nutty idea. I haven't told you to go out and dig a shelter 20 feet underground and install a machinegun turret. It would be interesting, but on my budget that would be paranoia. Back to reality, we're going to look at

each area now and look at what you may already have and what you should consider purchasing. When I am discussing quantities, unless otherwise noted, I will be referring to one individual, you will need to adjust for how many are in your family or group. There are advantages of working with others to share costs and the distribution of tasks. Also don't forget to take into consideration if any of your family members have any special needs. Don't forget about your pets either.

Security/Self-Defense

Let's take a look at your home again, do you have an alarm system. If not, look at getting one, if yes, is it one with a good loud alarm, if not change it. This doesn't need to be a monitored system, they are great, but if you are on a budget, you can get one yourself at your home supply store or electronics store. Even in an apartment you should install something. There are simple travel alarms that will work to get you started. If it's an installed system, make sure it has a battery backup.

How many fire extinguishers do you have in your home? There are 3 key areas that I feel require one, the kitchen, the laundry room if you have one, and the garage if you have one. I'm in a small 3 bedroom townhouse with no garage, and I have 4. You should also have an extinguisher in your vehicle. Now if you are in Arizona, where I am, good luck finding an extinguisher rated to handle the temperatures we get here. I have not found one. Today as I write this our high was 108 degrees, and the temperatures in a closed vehicle here can reach 135 degrees or higher. Even the Kidde extinguishers the police carry are only rated to 120 degrees, and they have had incidents with them because of the high temperatures.

I'm an NRA "Refuse To Be A Victim" instructor and you would be surprised what I've heard and seen. People have a nice two story home with a good security system and lock up their homes at night, but leave some windows open up stairs for circulation. Now, how many burglars carry a ladder around with them, but they don't need one when the home owner leaves a ladder outside for their use. Or you have an external circuit breaker box and leave it unlocked. Two small items but look around your home/property and look for these types of vulnerabilities. I mentioned earlier that I had security film on my windows. This is something you could consider having installed. I recommend people setup a basic safe room in case of home invasions. I am not recommending something like you see on TV. What I suggest is a common room that your family would fall back to in an emergency that has a heavy external door on it instead of the usual hollow doors used and with a good lock on it. I recommend a land line phone in this room. The land line phones do not operate on the power grid, and how many times have you or someone you know let your cell phone die or have lost or broken your phone?

If your home is on a nice piece of property, get out and walk around it and look at what you could do to setup a first line of security. Also look towards your home with the eyes of an invader and look at how you would attempt to penetrate your security. Dogs are good for security if they are trained and don't bark at everything. If you don't have a dog, the hint that you have a dog could be a deterrent, a large dog bowl on your patio and a chewed up dog toy in the yard. So again, open your eyes and look around with a new point of view.

If things start to really look bad out there and you're in your home, consider making your home look like it was already looted. If you turn it into a fortress, you will be drawing attention to yourself. My town house has 1 main door, a patio door and 3 windows, and I have plywood and 2x4's stored to board everything up to make it look like the windows were already broken and doors already busted in. I have even pre painted graffiti on the plywood. You can also litter the area with some broken/odd pieces of furniture and odd clothes.

Now let's get personal, have you had any self-defense training, if no, consider getting some. For defensive tools, there are pepper sprays (I suggest the foam type or anti-bear sprays), stun guns, batons, knives, tasers and firearms. Some require direct contact with your assailant while others allow you to keep some distance. They all require the knowledge on how to properly use them and you need to check your local laws, especially if you are in places like California, New York or Illinois i.e. California has restrictions on some pepper sprays.

Time for the big question, do you own a firearm and if not are you willing to consider getting one if you can do so legally? I hope you answered yes to one part of that question. This is a personal choice and I understand some peoples' beliefs on this subject, but ask yourself this, who is going to put their life on the line for you and your family when you won't? I've heard people say they couldn't shoot someone, but they would not have an issue with using a knife???. Explain that train of thought to me if you can. A firearm is a tool that requires training and personal responsibility. Also if you have a firearm in your home, **everyone** in your household must be trained at least on the basics of firearm safety, including your children. Now in a normal day to day situation, I've had people say to me that "you don't need a gun, the police are there to protect you." My response is to get right in their face and ask them where is the police officer that is there to protect them from me, right now? I point out that, if they are not willing to defend themselves, then maybe the person over there (and I point to someone nearby) will protect them. I tell them that the police officer will be there to take the report, after the fact, and to arrange the picking up of their body. Before I get on my soap box again, let me say that the rest of this section will be dealing with firearms. So if you are against them, you may want to skip to the next section before I get your blood pressure up too high.

As I said a firearm is a tool, it is a mechanical device that, just like any other tool, if used improperly can cause injury or even death. According to the Justice Departments reports, firearms are not even the number one instrument in murders, though if you listen to the media and the politicians, you wouldn't think so. Whenever you handle a firearm it is your responsibility to handle it in a safe manner so as to not threaten, injure or kill an innocent person. I personally recommend getting a carry permit if available. If you haven't had actual training, I suggest you get some. After you get some basic training, look into some advanced defensive shooting programs.

I'm a firearms instructor and I have seen people who supposedly were experienced with firearms violate the very basic of safety rules, so I am going to go over just a few basic rules.

Every time you pick up a firearm, check it to see if it is loaded or not.

Always keep the muzzle pointed in a safe direction, this way even if you do have a negligent discharge, no one gets hurt.

Keep your finger off the trigger until you are ready to shoot.

Know your target and what is beyond and around it. Positive I.D.

In any negligent/accidental shooting where someone was injured or killed you can trace it back to a failure to obey at least one of these rules. Learn them, practice them and obey them.

Choosing your firearm:

If you have a firearm now, don't rush out to buy another one just for the sake of getting one. Even a little .22 is better than nothing, and very effective in the hands of someone who knows how to use it.

There are valid arguments as to which type of firearm you should choose first, whether a handgun, rifle or shotgun. The following is my opinion, don't make your decisions based only on what I say here. I do ask that you read through what I have to say and then based on your own background experience and research make your decision. Now my recommendation for your initial firearm is a **handgun**. Some will argue that you should get a good rifle, it has a longer range and if semi-automatic can deliver good defensive fire. It is also great for hunting. A shotgun is an excellent close range firearm, it is easy to use as a point and shoot firearm at close quarters. But a handgun is very versatile, and I feel this is important for your initial firearm, which depending on how far you go with this or your budget, may be your only firearm. Also, a handgun is a good defensive firearm for your day to day use.

A handgun is small and compact, therefore easy to use in your home and easy to take with you shopping, walking the dog, etc. I have already suggested that if your state has procedures for obtaining a carry permit, that you should get one. I don't think you are going to be walking around with a rifle or shotgun concealed under your shirt/blouse while walking through the mall. A good handgun has no problem with being effective to 50 yards, and some even further. I will go over rifles and shotguns also, but for now let's cover some details to consider on handguns.

I always tell someone that the handgun should be the largest caliber you can safely and accurately handle and control. It is better to hit your target with a .22 than miss it with a .45. You need one that fits your hand and allows you to work the trigger, safety and slide lock if

appropriate. The weight and the size should be such that you can carry it concealed comfortably.

Since we are talking about emergency preparedness, I recommend a semi-automatic for the higher capacity and faster reload, but a revolver is simpler to use and maintain. If all you're looking at is a firearm to keep in your home and you don't plan on putting a lot of time into training, the revolver may be the better choice for you. You also need to pick up a cleaning kit, appropriate for your firearm, and any other firearm you may get. You will also need a good holster, actually you probably will need a couple to allow different methods of carry.

For the semi-auto pistol, I recommend one of the following calibers: The **9mm** (9x19mm or 9mm Luger) is very common and as with most calibers, the proper ammunition has good stopping power, if you hit your target. The 9mm Makarov, which has become available from the old Soviet Republic, is not the same as the basic 9mm I recommend, the ammunition is not interchangeable. The Makarov is a lighter 9mm round and is not as common. Ammunition which is readily available is an important consideration.

The **.40SW** is a slightly larger round with a little more power. It is a good mid range round between the 9mm and the .45ACP. It does what the 10mm was meant to do.

The **.45ACP** is generally the largest caliber I recommend. There is a .50AE, but the firearm is a cannon, it's used in movies a lot because of its size. I personally carried a 9mm for years until upgrading to my current .45ACP.

There is also the **.380ACP** (9mm Kurtz), which is a tolerable round if using the correct ammunition. It's the caliber of the Walter that James Bond carried. Some like the .380 because of its' size and light weight. Something to remember, because of its' lighter weight you do feel the recoil more. Also while at one time the larger calibers meant a larger firearm, that is not necessarily the case today. The Para-Ordnance P-12 .45ACP I carry with 12 rounds, is close to the size of my backup Sig-Sauer P230 .380ACP with 8 rounds, though it is still heavier.

For a revolver I'd recommend going with a .38spl +P or .357 magnum. A 4 inch barrel is good for most situations, but the 2 inch snub nose is good for concealed carry. The .357 will also handle the .38 rounds so you have more flexibility. If going with the .38, get one that is rated for +P ammo, which has better stopping power, but still can use standard .38spl if needed.

Now there are several models and manufacturers to choose from, it is important to select one of good quality that is reliable and accurate. Don't use price as your gauge to quality, at least not the only gauge. As an example, you can get a 9mm for as little as \$145.00 to as much as \$980.00. Some make good paper weights while others you end up paying a lot for the name. You should do good in the \$400.00 to \$650.00 range right now. Prices may have gone up or

down by the time you read this. I'm not recommending any manufacturer over another, but those I have owned firearms from and was satisfied with are Taurus, Para-Ordnance, Sig-Sauer, FEG, Ruger, Stoeger, Berretta and Smith & Wesson. Some shooting ranges rent firearms so you may be able to check out one you are considering.

Once you have selected your firearm, learn it, inside and out. Learn the feel in your hand when it's gripped properly. Get to the range and do a full function test on your new firearm before you stake your life on it. Then get to the range at least once a month to practice.

Start off with 1 handgun, 2 spare magazines or speed loaders and 250 rounds of ammunition. This is a starting point for a 72 hour - 2 week plan.

For a more comprehensive plan of preparation, set a mid term goal to eventually add 2 more spare magazines/speed loaders and upgrade to 500 rounds and for longer term goals upgrade to 1000 rounds. Also for longer term goals consider getting into reloading, or if working with a group, at least one of you should get into it.

Looking at the long term picture, also look at picking up a second handgun, preferably in the same caliber. You may be saying, why a second one, let me give you a situation. You're involved in a self-defense shooting situation and the police, though agreeing with your side of the story, take your firearm as part of the investigation. So you are now disarmed unless you have a backup firearm. There is also the consideration of a smaller backup to allow more flexibility in carrying your firearm in different conditions and with different clothing.

Rifles: Opinions vary here on how necessary they are. A rifle is more for longer range shooting and they are longer and more bulky, thus not that great for standard home defense, regardless of what the politicians who want to get rid of handguns say. If it's the only firearm you have, you make do, but you don't go out and buy a .308 rifle to shoot the burglar who just kicked in your door. For one thing, you shoot that burglar at say 10 feet and the round goes through him and into the house across the street and injures or kills someone there. Politicians love this, because you're liable for any damage or injury that shot caused.

If you plan on doing more than just hold up in your home in an emergency, look at getting a rifle. If you have to take off to the hills for a few days or weeks, you'll very quickly see that a rifle could be very useful. I noted earlier that the quantities would be per individual, well here is one possible exception. If it's you and your family, one rifle may be OK for a start.

What type of rifle should you get? Good question, we're talking about in an emergency situation, so I'd recommend a good semi-automatic in a common caliber such as **.223 Remington (5.56x45mm), 7.62x39mm or .308 Winchester (7.62x51mm)**. In choosing which caliber, consider the following, the .223 is generally a lighter firearm and ammunition making it

easier to carry and allows for the carrying of more ammunition. The 7.62x39mm is the round used in the AK style rifles along with some others, it is a good mid powered round and the rifle and ammunition are of a medium weight range. The .308 has a longer range with heavier stopping power and would be great for hunting larger game, but it is a heavier rifle.

If you think a second rifle for your family would be good, and I do, consider a good bolt action one with a good scope. While there are exceptions, your bolt action rifles tend to be more accurate at longer ranges. I'd recommend one with a detachable magazine and in .308. Now if you have a good .30-06, 7mm or other rifle, you don't need to go out and replace it, but I'd add a little to the recommended ammunition supply since the ammunition may not be as available.

Let me stop and explain something here. I've mentioned choosing calibers that are common a few times now. What I am referring to here, are common police and military calibers and calibers preferred by, what Tony Tangalos of the Prepper Patch radio show calls, pirate preppers. This could be where you end up getting more ammo from.

If one doesn't come with the rifle, get a good case. I recommend having a minimum of 6 magazines and 500 rounds to start and for the longer term, work up to 12 magazines and 2000 rounds. Be careful of the extra large capacity magazines out there, a lot of these tend to have feed problems. I recommend also picking up a couple of the 5 round hunting legal magazines.

Shotguns: A good shotgun can come in handy for defense and for bird hunting and even some large game if using slugs. Since we are looking at defense as our primary use a good tactical/riot version in **12 gauge** would be my recommendation. This would be a good second firearm for a family member. If they have problems handling the 12 gauge you could go to .410 as an option. Many models have interchangeable barrels so this would allow you to get a 2nd barrel set up more for hunting. Semi-automatics are nice but pump actions are more reliable if you are considering using some of the specialty rounds. For your ammunition supply, I recommend 300 rounds of 00 Buck shot, 100 rounds of slugs and 100 rounds bird shot.

Miscellaneous Firearms: .22LR rifles and pistols are excellent for handling vermin, varmints and small game without using up your defensive ammunition and they are usable for defense if that's what you have. They are also great for initial training and for your younger shooters. The AR-7 Survival rifle is a break down rifle that breaks down so it can be stored in its' stock and it will float. This is great for backup storage or packing away. The new Ruger 10/22 comes in a break down version now for compact storage and carry. Ammunition is light weight and inexpensive.

As a backup, I keep a semi-auto pistol in .22LR with 250 rounds packed in my go bag.

Shelter

Under ideal conditions, you have your house or apartment, all the utilities work, and there is no reason to leave, so you are nice and comfortable holding up with plenty of food and water. But now the power goes out so you have no heat and it's 30 degrees outside. Not too bad, you dress up warm and curl up with those extra blankets you have. What's that, you don't have any extra blankets, OK, then just grab that old sleeping bag you have in the garage or back closet. What do you mean what sleeping bag? Guess you're not ready for an emergency, huh? Now take this same unprepared person and he's on the road coming back from an out of town trip. It's 2am on a quiet road through the hills, same outside temperature, and bang, something goes wrong with the car. No problem, you grab your cell phone and call for help, hopefully they won't be too long getting there. A friend of mine broke down on a main road in the middle of nowhere and had to wait over 2 hours for the tow truck. Now in his case it was about 100 degrees outside but they had plenty of water and a tarp to setup a shaded area. Let's throw a monkey wrench in here, you're in a dead zone so your cell phone doesn't work and it's about 40 miles to the next town. Well, time to grab that old sleeping bag or blanket out of the trunk and rig up a signal for the highway patrol when they come by. What's that, no sleeping bag or blanket, and you did what? You took off on a drive on a cold night and didn't even bother to throw a warm jacket in the car. Good luck out there! What we have is a total lack of preparedness. When I was stationed at Fort Carson Colorado I would hear on the radio every winter about people dying in their cars because they broke down or got stuck in a snow storm. Even back then in the 70s, I had a sleeping bag, a tarp, a 2.5 gallon water jug and a case of C-Rations in my trunk at all times.

Think, step out of that box that is your comfort zone and look around and think, what if this were to happen or that. "What if", is a very big question. OK, we already mentioned about looking around your house to see what you have and what to get to block off broken windows. Now let's go a little further.

Plan for a camping trip but make sure you prepare for the different weather conditions. Obtain what you would need and then look at how these same items can come in handy if something happens at home. I remember a winter storm that hit the east coast several years ago that left millions without power. The radio was reporting on how people in North Carolina were preparing for another cold night. They had already been without power for several days and there was no estimate on when they would get it back. And recently we had Sandy hit the east coast and again the power was out. You couldn't find a generator left in any of the stores.

First and easiest, make sure you have the appropriate clothing for the conditions in your area. Comfortable and loose fitting clothing you can wear in layers and good walking shoes. It may not be your style but also include hat, gloves and raingear. Get a good sleeping bag and a

tent, a small one you can grab easily. Shop around, you'd be surprised at your options. I have some land, 40 acres, a friend of mine and I went in on together. We've both picked the spot we'd like to put our cabins eventually, right now it's used to camping to get away from the city and for shooting parties. In the summer it can easily reach 100+ degrees and in the winter it can drop below freezing. Even though I don't plan on spending a freezing night camped out there, I do have a tent heater. I also have a gazebo for shade, since in the summer when it's 110 degrees out, I don't plan on using the tent for shade, even with the flaps and windows open. Can you see how these items could come in handy at home under different emergency situations?

Let's put together a shopping list, remember we are planning for possible 2-3 day outing right now and this list is only an example to give you some ideas:

1 tent – the size will depend on your situation. When looking at the descriptions of the tents, figure less room than what it says. As an example, a tent that says it sleeps 4 will be comfortable with 2 especially since you will want some of your gear in there with you.

1 good sleeping bag – Make sure to check the temperature rating and give yourself a buffer here. If it says it's good to 40 degrees, you may not be comfortable when it goes below 60.

1 wool blanket

1 tent heater - with 4-6 fuel cylinders

1 camp stove/grill – with spare fuel and cooking utensils

3 day supply of food and water

1 first aid kit – a good one, not just a bunch of band aids

1 lantern – with spare batteries, kerosene, propane, whatever it uses along with spare bulbs, wicks or mantels.

1 cot or good sleeping pad

2-3 changes of clothing

1 spare pair of boots

1 poncho or rain suit (I recommend both if in a wet climate)

1 box of matches – water proof/strike anywhere preferred in water proof case

1 magnesium fire starter – for emergency back up

1 good flashlight - with spare bulb and batteries

1 good knife

1 tarp

1 camp toilet – don't forget the toilet paper

1 gazebo – preferably screened – (optional but nice to have)

100 feet of rope – para-cord will do nicely

Camp chair and table – (optional but nice to have unless you like sitting on rocks)

This is basically from my check list for when I plan a trip, less a few particulars. I think this gives you an idea, so now look at the list and think how these items can be used when your power is out and you have no light, stove, heat, etc. Also what if your home has been damaged? For longer time frames, increase your supply of the perishables and allow some items for keeping up your moral.

Food and Water

There is a saying, you can go 3 minutes without air, 3 days without water and 3 weeks without food. It's a generality but it points out where your priorities need to be. All the food in the world won't do you any good without water. Your body needs the water to digest the food. If you find yourself having to go without water, you do not eat. An exception would be if you have something like soup. So the point here is that you need to store water for emergencies.

They say the minimum is 1 gallon of water per day per person, but this is not realistic when you allow for cooking washing, sanitation (we're not talking about showers or baths here), etc. So my recommendation is 3-4 gallons per day. But either way your first priority is water for drinking. Dark containers are best for storage, but whatever you use insure it is cleaned properly. Also when an emergency hits, fill up everything you have, pots, pans, storage containers, etc. Don't worry about a slightly dirty container, you can clean and filter the water later. Your bath tub will hold 30-50 gallons alone. Do not store your water near gas containers or other chemicals, your plastic containers breathe and will absorb fumes and odors. Generally you can store tap water for 6 months without any problems other than stale taste. This stale taste is from de-oxygenation which can be remedied by pouring your water back and forth rapidly to re-oxygenate it before drinking. Avoid your used milk containers for storage, though they can still be used for last minute gathering of water and then use this first. I'd look into some emergency filtering systems and purification techniques. I'm not going to get into the multiple options and techniques here, I've listed some websites in the appendix. Now if you have to grab your go-bag and take off you still need water. An obvious item to have would be canteens, but another item to consider is pre-packaged water. Two examples that are Coast Guard rated for 5 years, are the Datrex Emergency Drinking Water pouch 4.2 oz and Aqua Blox 8.45oz. The Datrex pouches can also be frozen and used for ice packs and the Aqua Blox are boxed water with a straw like you get some kids' drinks in.

If the water is cut off, turn your main line off to trap what water is in your lines. Then drain your lines from the lowest point available. When you've finished this, you can turn your main line back on so if/when the water is back on, you'll know. You will also still have water in your hot water tank and unless you use chemicals in them, the toilet tanks, the tanks not the bowls.

Your initial food supply is simple, just pick up some more of your normal items to start with. Focus on simple items to fix if you don't have power for your stove and micro-wave. This is where that camp stove and your grill will come in handy. Pastas, rice, canned items like soups are simple items. Now for your go bag, you're not going to want a lot of canned items, so your packaged foods like MREs, Mountain House, Wise Foods or Go-Foods are great for backpacks.

Other than the MREs, these require water to prepare them.

When you start to look at mid to long term storage, start with your normal day to day items. Check your expiration/best by dates and be sure you rotate your supplies. Some people say they'll just grab a few cases of MREs, they're good for 10 years. A few points about MREs, they're great for short term use, but they are not that good for you. Also, that 10 year shelf life is if they are stored at a steady 60 degrees, as temperatures go up the shelf life goes down. At 80 degrees you're down to about 6 years and at 90 degrees you're down to 4.5 years and at 100 degrees you're down to just under 2 years.

If you start looking at long term food storage there are several companies out there, Wise Foods, Thrive, Honeyville Farms, Mountain House, Go-Foods, Provident Pantry and Survival Cave Foods are some of the ones I know of. You can also get into canning. When it comes to the long term items, you need to try them yourself to insure that you and your family will eat them and they should be used periodically as part of your regular meals. Don't forget that as you adjust for more storage to adjust your fuel supply for whatever your alternate cooking method is.

Let's look at our shopping list again for our 72 hour supplies, some we've mentioned, some are new:

9 meals – plan for 9 and you can always stretch it out a little if you have to.

12-15 gallons of water

Camp Stove with 3-5 propane cylinders or another alternate cooking method, the compact Butane stoves are nice and with some ventilation can be used inside.

Camp cookware set

Plates and utensils, if there is a shortage of clean water use paper plates. I advise paper rather than the foam ones because you can burn them cleaner than the foam ones.

A good manual can opener, as back up I'd recommend getting a ½ dozen of the old military P38 can openers.

1 box of matches (strike anywhere) preferably waterproof and in a waterproof case

Sealed packs of hot chocolate, tea or coffee along with spices for flavoring

If your beliefs allow, a flask of whisky, bourbon or brandy to sweeten the hot chocolate or coffee in the evening. This can be soothing and help you relax under the stress and to get some sleep, but this is not a time to be getting drunk.

A couple of tips here. If the power goes out, use the items in your refrigerator first before they spoil, and the items in your freezer next. You should know what you have so you can open your refrigerator grab what you need and get the door closed to help maintain the temperature as long as possible. Even here in Arizona, items should be good for 12 to 24 hours. If you can set aside the room in your freezer, put a couple of jugs of water in there, old milk jugs or 2 liter soda bottles work well. In a power failure you can move the jugs to the refrigerator to help maintain the temperature. I have a small chest freezer and keep 5 jugs in it that I can move to the refrigerator and freezer in an emergency. I plan to keep 2 jugs in the chest freezer, put 1 in the regular freezer and 2 in the refrigerator.

Sanitation

Sanitation is important for both your comfort and your health, and is something most of us take for granted. I'm going to play devil's advocate again, your water is off for some reason, how are you going to wash up, wash dishes, flush the toilet, etc.? If you are taking the actions already discussed, you have an emergency supply, but it is limited. You need to be aware of your water use. You need to conserve as much as possible and reclaim whatever you can. The 4-5 gallons per day gives you enough to survive if careful.

Let me explain the reclaiming of your water. Have a large container available that you can pour your dirty water into. You put the stopper in your sink and pour in some water to wash up and brush your teeth. When you're done, this dirtied water can be poured into the tank for your toilet so you can flush it, just be conservative on how often you flush. This same dirty water can be used to help put out small fires. You can also gather stagnant water to use for your toilet, just remove any debris.

Let's take this a step further, there's a power outage and it is lasting several days. How long can your city keep the pumps going for the sewage system before it completely backs up? When it does, what are you going to do now? Remember that camp toilet I mentioned a few pages back? Now you forgot the camp toilet, so line your toilet with garbage bags, you can then take these bags and bury or burn them.

If your water is cut off, you're not going to be taking any showers or baths, unless you have a camp shower. A little water in the sink and you can wash up with a sponge or wash cloth. When I was in the Army we still used the steel pot (helmet). That helmet had a lot of uses, one of which was your portable sink. Couples can give each other sponge baths and you can sponge bathe your children to help conserve water.

How much water do you use to clean you're the dishes, pots and pans from one dinner? Start looking at how to reduce it. This is a good time for those paper plates. Also, when was the last time you hand washed some cloths? You need to think about all of this in an emergency.

If you have to head for the hills, how are you going to deal with these same issues? The same items you use camping and in your home overlap.

Chemical or simple camp toilet with 1 week supply of chemicals and toilet paper

13 Gal trash bags – box of 10 – 20

30 – 50 gal contractor grade trash bags – box of 20+

30 gal trash can with lid

A container that can be used as a sink for washing up and dishes (the container you pack these supplies in)

Detergent for dishes

Disinfectant

Soap, shampoo, tooth paste, etc.

During this emergency, you are creating trash and waste, what are you going to do with it? Do you think the city is still going to be making trash pickups? You don't want to be storing it near you home or camp site. Trash will attract rodents and bugs not to mention the roaming cats, dogs and other animals that are also out there looking for food. This is why I include contractor grade bags in my suggestions. They are a thicker more durable bag, plus they make great emergency ponchos. Trash cans should have secure lids on them. So get the trash away from you. If the emergency gets drawn out you may want to consider burning it or burying it.

Health/First Aid

Here we are referring to items to help you stay healthy, beyond just having food and clean water. If you can get into a first aid class or EMT class, do so. If you are part of a group, I recommend that at least one member be put through an EMT class. That individual should then run regular first aid classes for the other members of the group.

Get a good first aid kit, but remember you may be on your own for some time, so you may have to handle broken bones, and or major wound trauma. If you or someone in your family has a major penetrating wound, your standard 1 inch bandage isn't going to help. Feminine pads and tampons can come in handy. There are many first aid kits out there but they don't include trauma care. So shop around and add items to your kit as needed. In an emergency, even a simple cut getting infected could turn deadly.

In an emergency you and everyone else will be under stress. Even with food and water, you will find you can be short on some vitamins and minerals. I keep a minimum of 1 full 250 tablet bottle of Centrum Silver as a supplement for my supplies. I suggest you choose something for your supplies.

Obviously if you are on any medications, I suggest you try to get off of them, either correct the situation so you don't need them, or find a natural/herbal alternative. You may not be able to go to the local pharmacy for refills and even your mail order refills may not show up or be able to get to you. As for medications you're stuck with, look at building an emergency supply. Refill your prescriptions as early as your insurance will allow. As an example, let's say you get your refill 10 days before you run out, take a 10 day supply and set it aside. Now next time you put that 10 day supply into your day to day supply and now take out a 20 day supply. This way you build a supply and rotate it. You do this just 3 times and you have an emergency 30 day supply on top of whatever you have in your day to day supply when an emergency hits. Watch your shelf life on the medications.

A book could be written on this section alone but that is not the purpose here. Think outside of the box. One area that tends to be forgotten is your mental health/moral and that of your family/group. For the short term a deck of cards and/or a radio will help. There are inexpensive hand crank and solar powered emergency radios out there. And if you think you're getting stressed out, what about your children, if you have any. For the longer term add in some games, books, religious materials for your faith.

Back Up Power

If you have no power, you can naturally fall back on your battery operated lanterns, fans, radios, laptops even DVD players. But it still limits you if you're dealing with an extended power outage. How many spare batteries can you store? There are solar powered rechargers, I have 2, and hand crank and solar powered flashlights and radios. But that only covers so much.

After hurricane Sandy hit New Jersey and New York, some people were left without power for weeks. You couldn't find a generator, they were all sold out in a few days. So the time to think about back up power is now.

One caution here, if all the power is out and you have lights showing to the outside on your home, you are drawing attention to yourself that you may not want. So think about what you want and how to use it as discreetly as possible. Even if you have your house blacked out, that noisy generator will draw attention.

I am not an electrician by any means so I am not going to get into a lot of detail here. I'm just going to offer some suggestions for you to think about and do some research on.

Solar Power: This is a very viable option now with the improvements in technology, but there is a lot of misinformation out there. First, the system you see on a lot of homes actually fall into two categories. One type supplies the power to the grid and the power company pays you for it. The problem is when the power goes down, you still have no power to your home. The other one supplies power to your home, usually with some restrictions, and if the grid goes down, you still have power. You can build a small system to run a few rooms in your home, or one you can tap into to run limited items in an emergency. But you need to work with someone who knows what they are doing, not just what they want to sell you. My last thing on this is that you need to figure out how much power you need, how many batteries you need to supply that power and how many solar panels you need to recharge those batteries so they can supply you with power over night and into the next day. So if this is something you are considering do your research.

When looking at solar, another thing to consider is the battery bank. You can use vented or sealed batteries. The vented ones need to be in a location with good ventilation and no ignition source since the gases they give off are flammable if they build up. Your sealed batteries could be set up in your home.

Generators: Do you want a portable back up, or do you want a hard wired system to backup your home? If you have the money for a hard wired system and want that, you can start

looking into it and skip the rest of this. For a portable system, you first need to decide on what you want it to run so you know what sized generator you need. This means checking on how much wattage the items use and then check for any peak draw. Peak means the power a device uses initially to start vs the power it needs to run. You need to understand this when you choose your generator. For example, a generator may advertise a 5500 watt peak power but the normal run may only be rated for 4700 or 5000 watts. If you try to pull too much power from your generator, you'll blow the circuit breakers.

Another consideration is the fuel. You have fuel oil mix, gasoline, diesel and propane. You have to consider the fact that you need to store the fuel to run it. The fuel oil mix reduces your options once the fuel is mixed. If you don't premix, you have the same storage issues as the gasoline powered. Gasoline has a shorter storage life and is more flammable. But you can rotate it out by using the gas in your vehicle and the fuel supply for the generator works also as a backup for your vehicle. Diesel is more stable, not as hazardous and stores longer. It could also be a backup for your vehicle if you drive a diesel. Propane has a long storage life but it puts you back to a highly flammable fuel.

Another thing you need to realize about generators is the noise and the exhaust. So the generator will be running outside and you'll need to run the cords inside. This makes you more noticeable to others and the generator more vulnerable to theft.

Summary

This is all just a starting point, you will need to add to it to fit your needs. Those large rubber maid type containers are great for storage and are easy to grab and throw into a vehicle in an emergency. Label your containers so you know what's in them and which ones you need to grab if evacuating. For the go bags, get a good quality pack. It should have a waist belt with lumbar pad, a cross chest strap is also nice to have. Your pack should rest on your hips, not with all the weight on your shoulders, the shoulder straps are more for balance and security. The chest strap keeps the shoulder straps tucked in and secure. My go bag is pretty heavy and I really feel it when I just slip it on my shoulder when I'm just moving it around. But when I put it on properly to practice working with the load, it actually feels lighter with it balanced on my hips.

I mentioned the idea of an actual retreat in the beginning and don't want to get into a lot of detail here. But if you were thinking, it's not worth it for you to go further because you can't afford to buy land, let me throw something out here. I can't afford to go out and buy some property either, especially since you would want a minimum of 5 acres. But I ended up going in with a friend and we were able to pick up a 40 acre parcel. So if you are serious about possibly getting a remote site, look at teaming up with 1 or 2 close like minded friends or family members. So go ahead and take a look at the next section.

What is traffic like in your area? What do you think it is going to be like in an emergency? Start scouting out alternate routes to get out of town. Get a good map and plan some alternate routes and then get on the road and drive them. Remember that the obvious alternate route will quickly become the primary route when the main roads are blocked, so look for the not so obvious side streets. Pick several routes, if your bug out location is to the north, plan for the possibility that you may have to go east first to a different town and then swing northwest to get to where you want to be. You may even need to head south first. When you have your routes laid out, take 1 day a month to take a day trip and try out one of your routes, tracking your time and the fuel needed, understand that this is under ideal conditions and under emergency conditions it could take longer and you will need more fuel due to delays.

The Important thing is to be prepared, so make a plan that fits you. Hopefully you'll only need these items for those camping trips. It's like when I talk to people about being armed, I hope I only use my firearm for target practice and maybe some competition., But I will be ready to use it if necessary to protect myself and those I care for. This is no different than that auto/home insurance you have that you hope you never have to fall back on.

Good luck, be prudent, be prepared and be safe.

Job Loss

Economic Depression

Civil Disturbance

Natural Disaster

Emergency Preparedness!!!

Phase Two

By: Don Richey

Second Edition

Terrorist Attacks

Utilities Breakdown

Contaminated Water

Police Strikes

“The conventions of a number of the States having at the time of their adopting the Constitution, expressed a desire, in order to prevent misconstruction or abuse of its powers, that further declaratory and restrictive clauses should be added: And as extending the ground of public confidence in the Government, will best insure the beneficent ends of its institution.”

The forgotten PREAMBLE to The Bill Of Rights

“Si Vis Pacem, Para Bellum” If you want peace, prepare for War.

“If ye love wealth greater than the animating contest for freedom, go home from us in peace. We seek not your counsel, nor your arms. Crouch down and lick the hand that feeds you. May your chains set lightly upon you; and may posterity forget that ye were our countrymen.”

Samuel Adams

“Still, if you will not fight for the right when you can easily win without bloodshed, if you will not fight when your victory will be sure and not so costly, you may come to the moment when you will have to fight with all the odds against you and only a precarious chance for survival. There may be a worse case. You may have to fight when there is no chance of victory, because it is better to perish than live as slaves.”

Winston Churchill

“Courage is almost a contradiction in terms: It means a strong desire to live taking the form of a readiness to die.”

Gilbert Keith Chesterton

“One man with courage makes a majority.”

Andrew Jackson

“Prejudice which sees what it pleases, cannot see what is plain.”

Aubrey Thomas de Vere, Irish author

Introduction

Congratulations, you were either already in the mindset that more preparation is required than the basic 72 hour plan, or you have come to realize the possibility.

“Plead my cause, O LORD, with them that fight against me. Take hold of shield and buckler, and stand up for mine help. Draw out also the spear, and stop the way against them that persecute me: say unto my soul, I am thy salvation.”

Psalm 35:1-3 King James Version of the Bible

“I Oppose, LORD, those who oppose me; war upon those who make war upon me. Take up the shield and buckler; rise up in my defense. Brandish lance and battle-ax against my pursuers. Say to my heart, “I am your salvation.”

Psalm 35: 1-3 The New American Bible/Official Catholic Bible

Interpretations of ancient writings vary and in some cases change over time. It is interesting to note the slight differences in the wording in the 2 passages above. We are not here to preach any particular faith, I have mine, you have yours, and hopefully we will be courteous and tolerant of each other. In the first part of this booklet, I brought up the question of whose responsibility it is for your protection, the protection of your family, friends and community. I personally don't expect a lightning bolt to suddenly strike down those who are attacking my family or destroying the foundations of my country. Sitting back and praying to God, to step in and protect you is fine if that is what you believe is right. But I say this to you now, don't waste your time going any further, the rest of this booklet is not for you. On the other hand, standing up for your rights, standing up against those who are intent on doing harm, and praying to God to help give you strength, courage and guidance, is not contrary to the ideas of this booklet.

This booklet is designed to take the basic preparations of the 72 hour plan and expand them to a more comprehensive long term plan. We are not discussing Armageddon here, there are few people who have the means to try to prepare for that. I am not going to play a lot of “What If” games here, I will be going over ideas for preparing for any situation that may require holding up in your home or heading to the hills for a period of up to 2 weeks or more. You can come up with your own scenarios on what would cause you to take these actions.

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Back to Basics

If a man has a gun pointed at your child's head, it is a little too late to consider buying one for his/her protection.

Don Richey

Holding up in your home simply means adding to your supplies. The biggest problem is water. If the water is cut off, or you're sitting in the hills somewhere with no fresh water source, for a 2 week period, you will need an absolute minimum of 28 gallons per person or more realistically a minimum of 56-70 gallons per person. This means you will need the equivalent six 5 gallon water containers at a minimum and up to fourteen 5 gallon containers. And think of this, water is about 8 pounds per gallon. You may have figured out that this is an issue when you were working on your 72 hour bag. If you are at home and the power also goes out, use your perishables in your refrigerator first, milks, juices, etc, these should be good for about 24 hours as long as you don't keep going in and out of your refrigerator. If an emergency is declared and you are in your home and the water is still running, fill up everything. I mean pots, your bath tub, any storage containers that you can dump out and fill, whatever is available. Even water in a non-sterile but semi-clean container can be used for washing and cleaning, and even for cooking and drinking if you just boil it first. I just updated my inventory of supplies, and for water I have a 30 gallon storage tank, 2 water containers for camping with 12 gallons, 129 bottles of water 16.9 oz each = 17 gallons and misc containers with 28.5 gallons. So if I wake up to an emergency tomorrow, or simply just find my water cut, again, I have 87.5 gallons immediately ready in my small townhouse.

Looking at this water issue, you can see why you should get familiar with water filtering and purification. There are many systems out there and procedure for making emergency filters. I am not recommending any particular system or procedure, so do a little research and get something that fits your needs and that you are comfortable with. Once you are confident you can treat contaminated water, you can look around at what outside water sources you could tap into for water in an emergency.

In the summer, you will end up using more water to keep hydrated, so adjust your water supply as appropriate. In hotter temperatures, keep your physical activity to a minimum. When you are hot, you may not feel like eating much. You need to be aware of this so that you can monitor your intake to insure you are eating enough to keep up your strength and immune system. If in your home and you have no power for your A/C or fans, use rooms away from the sunny side of your home and if conditions allow try to set up some cross ventilation.

In the winter the problem will be more towards keeping warm if the power is off. Tent heaters can be used, just be careful with them. Some have automatic cut offs if the oxygen levels

get to low. But now you have another storage issue, most use at least 1 propane cylinder per night. We already talked about blankets and sleeping bags. Keep to rooms you can close off to help contain the heat and look for a room with the least outside walls, and the outside wall it has, on the sunny side of your home. Hot drinks can help a lot, like hot chocolate, coffee, teas, etc.

Let's be realistic here, if things get bad enough that you may have to hold up for a week or two, you might want to think about getting out of town. If it's a local problem and you can arrange it, you may want to just take off on vacation for a week or two. But more likely you will have to rely on relocating to a family members' or friends' home. Or worst case, it's that long camping trip in the hills somewhere.

Some things to consider if you have to relocate. If your plans include going to someone else's home in an emergency, make arrangements with them ahead of time. Also you should store some additional supplies there so you won't be using up their supplies and the opposite should be considered in case they need to relocate to your home. You should also plan for the possibility that you may need to head for the hills. You should take a couple of day trips to scout out locations for emergency relocation. This is also where it would be a good idea to consider finding a piece of land to buy. Even if you can't get something built on it right away, you could still bury some emergency supplies there, since you will only be able to bring so much with you.

What type of vehicle do you have? Can it carry your supplies? Think about everything you will need to haul with you if you have to take off. Remember that if you have a family, your supplies are multiplied by the number of people going with you. If you have a small car, you may want to look at picking up an old pickup or van as a 2nd vehicle. Another option is that if your car has the power, have a trailer hitch installed and pick up a small trailer.

So what have we covered so far?

1. Increase our supply of consumables from 3 days to a minimum of 14 days worth.
2. Determine if there is someone else outside your area you could relocate to.
3. If there is someone for #2, you should each store supplies at the others' home.
4. Start looking for locations to use if you have to head for the hills.
5. Do you have the means to haul your gear and supplies.

Choosing a Remote Site

Let's look at some considerations for choosing the land you plan to relocate to, whether it is public land, in a National Forest or something you buy. Don't count on your favorite camp ground or any formal camp ground, they may be overloaded, if they are even open.

You want a location you can get to but is also away from the main roads. Ideally, the further you are from the main roads, the better for security reasons. The main idea is to get away from the main cities where most of any trouble will be centered. How far can you go on a full tank of gas in your vehicle? Whatever that distance is, the location you choose should be no more than $\frac{1}{2}$ to $\frac{3}{4}$ that distance away from your home. Remember, that in an emergency it is possible you will only have the gas that is in your vehicle and whatever back up fuel you have. Also, you should take periodic trips there so you can take time to get familiar with the area and terrain. If the location is too far away you will be less likely to run up there. A small community not too far away is a good idea so you have someplace to pick up some additional supplies if needed. Pick a location where you can monitor the roads/trails leading to you.

When you look for a location, check what resources are available, a stream or natural spring for water would be great. Check if there is a location nearby for fishing, and what game is in the area. Does the location allow you to monitor the roads/trails leading to it and is it defensible.

If you find a good location, plan a couple of camping trips to check it out in more detail. Also scout the area around it for other routes in or out. Your little scouting trips can be done so it looks as though you just like to hike and camp, to anyone who may be observing you. If there is a small community nearby, when I say nearby, I mean within 30 – 60 miles, stop by when you are either heading to your site or on the way out. Pickup a few small items or top off your gas tank so you can get a feel of the community and so that they can get familiar with you as a periodic regular. Don't get too friendly, but by becoming a regular you may be able to pick up some information about the area and if something happens they may be more open to you. Remember that if things get real bad, the smaller communities may isolate themselves to conserve the supplies they have and keep outsiders out of their community.

If you are looking at purchasing some land, check for good ground water for putting in a well. Look at the soil to see if it's good for planting. I'd suggest looking for a minimum of 5 acres and ideally 30 or more acres if your budget can handle it. Now if you are buying land, you have a natural reason for getting to know the local community. Take your time in choosing who you can trust, don't tell them all that you are doing, but you can get to know if they are of the

same mindset as you. As you get to know some of the locals, you could gather information about hunting and fishing in the area, or even help in directing you to individuals who could help with some of the building you're planning and who will be discrete.

One advantage of purchasing land is that you can set up some preparations on it. If the area is secure and you have good neighbors, put up a storage shed for some basic items. Also look at burying some of your main supplies, food, water and ammunition. I'm not talking paranoia here, just basic security. We picked up a 40 acre parcel and put up a shed behind a tree that was mostly out of sight, we hadn't gotten around to burying anything yet. We're about a 40 minute drive from the main road if the trails are in good condition, but the area was hit by a crew hitting several of the properties, and our shed was broken into and we lost a generator, camp stove and tent heater with fuel and 4 tents and 2 sleeping bags along with other miscellaneous items. Let's look at a few reasons for storing supplies on your property:

1. Food and water last longer in stable conditions, which underground storage will supply. Store some of the prepackaged meals like MREs, Mountain House Wise foods, etc, along with some Coast Guard rated sealed water, and you can store these underground for about 5 years.
2. Ammunition gets heavy, and you should have 500-1000 rounds per handgun and 1000-2000 rounds per rifle. Depending on the calibers, these could equate to 5 – 10 50 caliber ammo cans, which if sealed and waterproofed properly, you could store underground for years.
3. Consider this, you're on a regular camping or maintenance trip to you property and plan on spending 2 or 3 days there. Now you pick up some news on the radio about some incident and you need to extend your trip for possibly another week. Thanks to your stored supplies, you have enough to hold you over.

The supplies mentioned here and stored on your property could easily run a several hundred pounds, which you now won't have to haul up there in an emergency.

Again, we are just building on our 72 hour plan and using a little common sense and thinking ahead and you're on the path to being prepared. Start with what you can handle now and build on it over time to get to your ultimate goal.

The availability of land varies depending on where you are. Today is 10 August 2013, land is still readily available here in Arizona. There was some land in the Show Low Arizona area being advertised today, 10 acres with maintained road access and electricity access for \$15000.00 and 8 acres with a 2 bedroom cabin for \$69000.00. The 40 acres we picked up, 15 years ago, went for \$29500.00. Some undeveloped parcels go for about \$1000.00 per acre. Check out what's in your area.

Working as a Group

With the basic 72 hour plan, you were looking at just yourself or immediate family/household. As you probably already figured out, you may want to consider working with a larger group. While the internet is a great research tool, it is not the place to go looking for others to join you. It is possible that you may find a group you may be interested in getting involved with, but be careful, check them out before you give up too much personal information about where you live and what supplies you have, ideally what we want here is family members and friends you can work with.

Some reasons for including others can be:

1. **Moral Support.** It is easier to keep up morale if you have others to work with and to watch each others' backs.
2. **Security.** Even in your own home, if things are bad outside, how well are you going to sleep knowing no one is keeping watch, and if you stay up, how long will you be able to operate effectively? If you're at a bug-out location, wouldn't you like to be able to patrol your area without leaving your camp site unattended or with your spouse and children left there on their own, unless your spouse is trained and ready to step up to secure your camp while you're away. Even in our home, you hear a bang and look outside and see a bush on the side of your house in flames, you rush out to put it out before the house catches fire. Now when you rushed out, the criminals who set that bush on fire, rush into your home, is there anyone there to stop them. Ideally, not only is there someone still securing your home, but there is also someone watching your back as you are focused on the fire.
3. **Children.** If you have children in your group you need to understand that their attention span is naturally short, they get scared and frustrated easy. Having other children they can play with and or parents who can spend time with them can keep them busy and under control.
4. **Finances.** A group can get better prices on items with larger/bulk purchases. Also a mix of people can open up some sources that you may not have or know about. With a group you can divide up purchases for common items, i.e. one person could pick up the camp shower while someone else gets the camp toilet.
5. **Labor/Duties.** A group, if put together properly, makes a good team. Different skills and interests combine to make the team work efficiently.

A group can come in handy if you can work together in getting some land if that is a goal of yours. This also applies to building supplies, medical supplies, reloading supplies, etc.

Let's look at a sample group, you have 2 families and a couple of friends, one with a significant other. So you have 3 children, 3 women and 4 men. The skills include a trauma nurse, a combat infantry veteran, an individual with construction engineering experience, one with an accounting background, a former realtor and one who is into reloading. Your weapons include the following calibers, .22LR, .38/.357, .380 auto, 9mm, .45 auto, 5.56x45mm, 7.62x39mm, 7.62x51mm, .30 carbine and 12 gauge. One of the families has a large 4 bedroom home, and as a group you have 1 RV, a travel trailer, 2 cars, 1 SUV, 2 pickup trucks, 1 van and 1 motorcycle.

Now step back and look at this group and let your mind drift over the possible options and you can see how you can take this group and form them into a team.

Common Gear vs. Personal Gear

Your gear/equipment are broken down into two categories when you are working with others, common and personal, With a little thought this will all make sense.

Let's look at an example using the sample group we just mentioned. You're combining 4 households, but do you need four 2 burner propane stoves, four camp showers, and four camp toilets? I would say that two of each would do nicely for the group and this would fall under common gear. If you do have 3 or 4 of these items, fine, backups are welcome. Now this group had 7 adults and 3 children, the individual firearms would fall under personal gear. A side note here, everyone old enough to use a firearm should be trained, and everyone should be familiar with all the firearms in the group.

You may not always be able to set up a full camp, or you may need to relocate quickly without all your gear. Your personal gear you carry with you in your backpack or kit bag should have a small portable stove so you can still heat your food or boil water. The folding trioxane stove or the "Stove in a Can" would be nice to have in your kit. Now we've brought up two different types of stoves, and how they would be used makes the difference on whether they fall under common or personal gear.

This is an example of how as a group you can save money, let's say two of the households pickup the 2 burner stoves (which are a little more expensive), while the other 2 each pickup a camp toilet and shower. You now have 2 stoves, 2 showers and 2 toilets. Let's play with this a different way, you already have these items as a group so you have each household pickup 6 propane cylinders and now as a group you have 24 spare cylinders.

Simply put, in a group environment, your individual items are your personal gear while items that would be used by the group in general would be common gear. If you are dealing with just your individual household the lines get blurry.

In the first section we discussed how different items could be useful in your home in an emergency. You're now going to need to determine what items to acquire first if you haven't already started. So put a list together and prioritize it. I generally feel the personal items should be of higher priority on your list, with the exception of those items which would be invaluable in your home in an emergency. The priority I leave to you. I will recommend items to get, feel free to substitute for items you prefer. This whole Booklet is designed to help you get started and to give some guidance. Start with a 2 week supply and start to form your own list.

Common Gear

Tent – Large dome or cabin tent, at least 4 man size. This size is comfortable for 2 adults with limited gear in the tent with you. Depending on your situation you could go with a larger or multi-room tent.

Stove – Several options here, a 2 burner propane, butane stove, kettle stove, even a good wood stove like the Rocket Stove or Deadwood Stove.

Lantern – Again options, propane, battery, or kerosene. Generally, propane will give you a brighter light, Battery operated ones tend to have the shortest life/run time, kerosene lasts longer. There is an item I haven't checked out yet, it's a solar powered light bulb you just hang where you need it. It's suppose to last about 6 hours on a full charge.

Tent Heater – I'm in Arizona and I still have one. It isn't always 100 plus degrees here. Propane – there are several models, I recommend one with a low oxygen shut off.

Fuel – Propane – for your stove plan on 6 of the 1lb cylinders, another 6 for each propane lantern if that was your choice, and if it's cold and you are using your tent heater using the 1lb cylinders you'll get about 8 hours per cylinder. When going for the longer preps, look at the larger propane tanks.

Fuel – Kerosene – 1 gallon per lantern

Batteries – Look at what you need for all your items, lanterns, flashlights, radio, two way radios, portable DVD player, etc. 2-3 sets of spares for everything. You might look at getting a solar battery charger.

Wicks, Mantels, Bulbs – for your lantern/s – 2 sets of spares except for the propane mantels, I recommend 4 sets on these, they can be temperamental.

Shovel, Pick, Axe, Saw – full size, not your portable camp sized ones.

Tools – a good basic tool kit of manual tools.

Duct Tape – at least 1 roll, you'd be surprised at how handy this can be.

Rope – 100 feet – strong enough to safely support your weight with your personal gear. About 4500 to 5000 lb test rating will give a good working load of 400 lbs allowing for stretch.

Cookware – skillet, 2 qt pot, camp style coffee pot (good for boiling water for coffee, tea and hot chocolate), spatula, meat fork, kitchen knife, manual can opener, etc.

Eating Utensils/Table Ware – Plates, bowls, cups (the enameled camp sets are nice and durable and easy to clean), forks, spoon, knives, steak knives. If going with disposable plates, I'd use the paper plates, they burn cleaner than the foam ones.

Cleaning Supplies – Items for washing dishes and your clothes.

Folding Table and Chair – not required but they can sure be nice to have.

First Aid Kit – a good one capable of handling major trauma wounds. Consider adding an emergency dental kit.

Cot and/or Air Mattress – again nice to have. A sleeping pad is fine for strapping to your go bag, but if setting up a main camp, a little more comfort would be nice. The better you sleep, the better your morale will be and you'll be more alert.

Cell Phone – I recommend a spare battery and a vehicle charger. One thing to remember, your general location can be tracked because of your cell phone.

Camp Grill – If you are able to set up a nice camp fire, this will come in handy. Remember that the smoke from your camp fire will give your position away to others in the general area.

Camp Toilet and Shower – Count the toilet as required along with the appropriate supplies. And for you military types, I do not recommend relying on cat holes around your camp, they are fine for while you are on the move. The shower will definitely be nice if you're out in the woods for an extended period.

Tarp/Ground Cloth – 1 minimum but I recommend 2 or 3. They can be used to make an emergency/temporary shelter if needed.

Two Way Communication – good radio set for keeping communication between your family/group members. While these would be more of a personal item, you need to insure commonality among your group, so I list them here.

Food/Water – The 2 week or longer supply would be more than you can grab and go, so it is included here.

Ammunition/Firearms – This does not include the personal firearms and ammunition you are carrying. Also, don't forget the cleaning and maintenance supplies.

I think this is enough to get you started in the right direction, just use good common sense.

Personal Gear

In an emergency, it is better to have and not need, than to need and not have, just remember, you will have to carry it.

Don Richey

These are just some of the basics. We are now looking at items that would be for your personal use, even in a family group. Some of these items will be in your go bag. What's not in your go bag, I recommend keeping in a secondary bag like a duffle or kit bag.

Clothing – The recommendations are for men, women and children. Find what suits you.

Pants/Shirt – Durable medium weight – the military BDUs are great. 3 sets minimum and work up to 6 sets.

Socks – 6 sets, get good quality sets that are comfortable

Underwear – 6 sets

Thermal Underwear – 3 sets if you are an area where you regularly deal with cold weather. If in a more moderate zone, you can cut this to 1 or 2 sets

Hiking Shoes/Boots – 2 pair, make sure they fit right and break them in now, you don't want blisters in an emergency. Make sure they provide good ankle support. Throw in a couple of spare shoe laces.

Hat – you need a hat in cold and warm weather. You lose a lot of heat through your head in cold weather and you need it for protection from the sun regardless of the temperature.

Gloves – 1 pair of good work gloves. Also in colder weather you want a pair to keep your hands warm but are still flexible enough to allow you to still do your daily activities.

Jacket/Coat – look at your weather, even on a warm day, if it's raining you'll want a light waterproof jacket. 2 or 3 to allow for different weather conditions.

Poncho with Liner – The military ones are great. You can even use the poncho for a temporary shelter and the liner makes a good light blanket.

Supplemental Items - 1 good belt, sunglasses, if you are in a dusty area get a pair of goggles, if you wear glasses or contacts have backups.

LBE – Load Bearing Equipment – The way I think of this is the old military pistol belt and suspenders we used to have all our gear on. You can also throw your pack in here. You’ve seen it in the movies if you weren’t in the military, soldiers with their holsters, canteens, first aid pouches, etc all on a belt they are wearing. The gear has changed now with the new MOLLE gear, I’ll use the old stuff in my examples here. Other than the pack, this is the gear you would be wearing while you are checking out your property or camp area or when making a security patrol.

Pack – You’ll want one large enough to carry your gear but one you can also handle. The pack should have an adjustable waist belt and a cross chest strap. This is because the pack should be supported on your hips, the shoulder straps are more for balance and stability.

Pistol Belt with Suspenders – The Pistol belt, or a good substitute is what you use to mount your holster, canteen etc. The suspenders are used to help support the weight of the items you carry when needed. The suspenders will not be an option if substituting other types of belts.

Holster – As appropriate for your hand gun.

Magazine/Speed Loader Pouch - Pistol – This is for your 2 spare magazines or speed loaders.

Canteen with Cover and Cup – I recommend 2.

Case, First Aid with Field Dressing – 1 – If you are using the suspenders, this would be mounted on one of the shoulder straps upside down for easy access if you are injured.

Magazine Pouch – Rifle – 1 – for your spare magazines for the rifle you are carrying. I actually use one of these for my trauma kit. If you are using shotgun or a bolt action rifle, there are pouches appropriate for their rounds.

Firearms – In the first section I gave some ideas on different firearms, so by now you should have an idea of what you want to get, if you haven’t gotten it already. I’m only going to discuss the types here. We’re looking at one handgun and one long gun. Your long gun should have a sling. When discussing magazines I’m not counting the one in the firearm.

Handgun – Semi-Auto – 1 - We already mentioned starting with 2 spare magazines, now up that to 4 or 6 spares. Two stay on you with your personal gear, the rest with your common gear. Increase your 250 round basic load to 500 and eventually to 1000 rounds.

Handgun – Revolver – Same as with the semi-auto, just using speed loaders.

Rifle – Semi-Auto – 1 – Take your basic 6 spare magazines and now up it to 12. Take your basic load of 500 rounds and up it to 2000 rounds.

Rifle – Bolt Action – If it's a magazine fed one, use the same guide as above. The basic load is the same but step it up to 1000 rounds and then eventually 2000 rounds.

Shotgun – Start with the basic 300 round and build it up to 600 rounds.

You will need to be the judge on how much of your ammunition you can keep with your personal gear and go bag and what you will need to put in with your common gear.

Cleaning Supplies – A minimum cleaning kit for your firearms should be kept with your personal gear.

Additional Personal Gear –

Compass, a good one

Combat/Hunting Knife

Pocket Knife

Canteen, 2 qt with Case

Compact Emergency Stove with Fuel

Binoculars

Sleeping Bag with Pad

Para-Cord – 50 feet

Radio – Communications – needed if working with others, even if just your family

Matches in Waterproof Case- 2 dozen and a backup fire starting tool

Duffle/Kit Bag

Food – 3 day supply in personal gear, 2 week supply with common gear

Water/Filtration – minimal 3 day supply with personal gear, 2 week normal supply with common gear.

Toiletries

Dust Mask – 1 dozen - I recommend getting the medical rated N95 ones.

Gas Mask with case and spare filter – If warranted by your concerns

Bartering

With the current economic conditions the concerns of many individuals is an economic breakdown. As such there are many sources out there that talk about setting up a bartering system for when the dollar is only useful in the bathroom. But even in a short or midterm emergency, there could be an occasion when bartering might come in handy. In uncertain times and inflated prices people will easily start trading items or services for things they need. The process is simple you have something I want or need and I have something you want or need and we trade. Bartering has been around for centuries, I trade you my eggs for the flour and sugar I need or I trade you a cow for some chickens.

Be careful, you don't want to let others know too much about the supplies you have. You also need to be careful not to give too much away that you end up short. Also if you trade ammunition or alcohol, make sure it doesn't come back to haunt you.

In the appendix section there is a list of common barter item, look around and think of what you could end up wanting or needing, and if it's not on the list add it.

Well here's your guide, use it, modify it and pass it on. Remember: Think Plan and Be Prepared.

Job Loss

Economic Depression

Civil Disturbance

Natural Disaster

Emergency Preparedness!!!

The Final Phase

By: Don Richey

Second Edition

Terrorist Attacks

Utilities Breakdown

Contaminated Water

Police Strikes

Introduction

Welcome to the Final Phase. We are going to look at the bigger picture and build a little on what we have already covered.

In 1940, teachers were asked what they regarded as the three major problems in American Schools. They identified the three major problems as: Littering, noise and chewing gum. Teachers last year were asked what the three major problems in American Schools were, and they defined them as: Rape, assault and suicide.

William Bennett (1993)

A big change in 50 years, and not for the better. I'm sorry to say that it isn't limited to our schools. Why the difference? Well there are a lot of people out there with their own pet reasons for it. The reasons cover a broad spectrum of issues, the media, economic conditions, a lack of religious training, the breakup of the family, and some even blame inanimate objects like guns. This is my booklet, so I'll throw in my 2 cents worth here. Don't worry I won't get too long winded here, but let's look at these reasons individually.

The media: Here we have a couple of different sub-areas. I'll start with movies and TV. Here, people say the violence depicted is the cause, while I agree there are more shows depicting violence, it wasn't unheard of in the in the past. Back then the violence was in gangster, western and war movies. The difference I see is that it has gotten more gory, and more of the shows tend to make heroes out of the bad guys. But a movie is fiction, can't the youth of today separate fiction from reality? Then there's the news media which has change from news reports to news shows. They sensationalize the events to boost their rating including speculation and hearsay into their stories instead of reporting the facts. An incident in Florida that in the 50's, 60's and even into the 70's would have made the local and maybe state wide news in Florida, today gets broadcast across the country, especially if it can be linked to some political agenda.

Economic conditions: I don't buy it. While poverty levels do have an effect on crime rates, conditions have gotten better and we're seeing that more of those committing the crimes are from the middle and upper classes. My input on increased crime is the repeat offenders being put back on the streets and gangs. I'll make one comment on gangs here, I feel they fall into one of 2 categories, organized criminal syndicates or domestic terrorists and they should be dealt with appropriately.

Now let's look at a touchy area, religious training. According to some reports, church attendance has supposedly gone up. Now if you change this to the lack of basic teachings of morals and civic responsibility, I definitely agree.

As for the breakup of the family, you can link economics to this somewhat. We have social programs that encourage single mothers to periodically kick out another baby to keep their government checks coming in. We have more single parent households and many of those with two parents, have both parents working. The TV and computer are the babysitters of today's children, which leads us back to the previous area, the lack of basic moral teachings. And if you think our schools can take the place of good parenting, you haven't seen the politically revamped curriculums and lack of caring in today's schools.

Now before all you teachers out there start trying to hunt me down, I'm the first to admit that there are some very good teachers out there, but the schools are no longer set up to allow them to do their jobs right. Schools stopped teaching good citizenship training decades ago. We have college students reading at a 6th grade level. So the breakup of the family, which is the last place available to pick up the slack in properly training our children, is a serious problem. Add to that the fact that parents are getting in trouble for disciplining their children while at the same time they get blamed if their children commit crimes. They will also blame the neighborhood, the school bully, the soda they drink, because you know that they are not responsible for their own actions, unless they can fit it into someone's agenda.

Now let's look at inanimate objects. Guns, here's a hot topic. Did you know that until the Gun Control Act of 1968, you could order a firearm from an advertisement you saw in a magazine or your local paper. No ID required, no Federal Form 4473 to fill out, no back ground check, you could just mail them a money order and have it shipped to John Smith at a Post Office box. Or you could go down to your local hardware store, tell them you need a pound of 10 penny nails a shovel and I'll take that .30-06 rifle with 2 boxes of ammo, pay them at the register and walk out. Do you realize that in the past 45 years, thousands of gun control laws have been passed in this country and they still claim they need more. There is one inanimate object that I will agree has caused an increase in crime, **drugs**. And this is something that has increased in quantity and availability over the years despite the so called war on drugs.

We have a crime problem, so what else is new. Don't expect it to change any time soon. If the politicians actually did something to severely reduce crime, they wouldn't be able to justify most of their pet social programs. You have criminals being released early back onto the streets with me, you and your family. Yet many of our elected representatives want to restrict your ability to protect yourself and your family. Luckily some states have passed castle doctrine laws to help protect you in self defense situations.

These are the conditions we have to live with. These conditions are why it is important for you to take responsibility for protecting yourself, your family, your friends and even your community.

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Looking at the Bigger Picture

When governments take responsibility for people, the people no longer take responsibility for themselves.
George Pataki

In the first section, “Why? How?”, I gave some ideas for personal preparedness for short term emergencies. This primarily looked at taking care of yourself and immediate household in situations which could last up to 3 days. I also cracked open the door for you to see the possibilities for working with others and for emergencies of longer duration.

In “Phase II” I started building on the basic 3 day (72 hour) plan. I gave ideas for supplies to cover you for up to 2 weeks and the idea of possibility having to move to a different location. I also gave you some things to consider for looking at the possibility of working with others, such as family or friends. Working as a group increases your security, and gives options for easing expenses or obtaining items you would not get on your own.

Now in the “Final Phase” I am going to give some ideas for working with your community. Look at it this way, you’re already prepared and something happens, and you are able to take care of your family in your home for a couple of weeks or more. But 2 – 4 days into this emergency, your neighbors start having problems. You now have a situation developing where you may have to defend your family and your supplies from your neighbors. Let me paint a picture here for you.

Your household includes your wife/husband, 8 year old son and 8 month old daughter. You are prepared and easily have 2 weeks of supplies, including baby food and condensed or powdered milk for the kids. Now your next door neighbors, who have a 6 month old child, were not prepared, in fact this little emergency started a couple of days before their payday and they haven’t been able to do their shopping because of it. You’ve been sociable neighbors in the past, done the usual loaning of a tool or such back and forth. I’ll call your neighbor Norman for this example. Norman shows up on your doorstep asking for help because they have run out of food for their baby. You have some extras for right now, but the news is not sounding to optimistic and there is no estimate on when this emergency will end, it could last another week or two. What are you going to do? What does your family think you should do? Do you see a possible problem starting here, one which could get serious?

Let’s say you give Norman 4 days worth of food, but 4 days later things have gotten worse and now Norman shows up on your doorstep again. You decide that you can’t afford to give away any more food. Your very neighbors could become a threat if they are not prepared.

An option would be to leave some items on Normans' door step to help out without letting him know you have extra supplies. A suggestion here, keep track of what you gave them. If things settle down but get ugly between your family and Normans' later because he feels you threw his family to the dogs, you could mention to him the dozen bottles of baby food, 6 cans of evaporated milk, etc. that was left on his door step at 6am in the morning. It's up to you if the situation and relationship warrants you bring this up. But this could also be the time you are able sit down with him and get him started on prepping.

It would be nice to have your friends and the rest of your family in the same community you live in, depending on your family. But most of us don't have mom and dad living next door, uncle Joe a couple of houses down, aunt Peggy across the street and your best friend and your brother John are across from each other on the corners. It's more likely that of the 20 or so families on the 1 block section of your street, most are strangers. If you're lucky, maybe a couple you could call friends and as such are at least somewhat prepared. Myself, I have no family in the state and I'm fussy about who I call a friend, and the 3 that are in this area are not in my neighborhood. I believe in the philosophy, a friend will help you move, a good friend will help you move the body. So how prepared is your community?

Neighborhood Watch

Those who expect to reap the blessings of freedom must, like men, undergo the fatigue of supporting it.
Thomas Paine

We are all familiar with neighborhood watches, if you're lucky, you have 10% of the community involved, though 70% will complain if something goes wrong. Another problem is that in many areas, with the prevalence of homeowner associations, the ones patrolling are the old biddies of the neighborhood, looking for things to complain about.

Regardless, neighborhood watches are a good starting point for getting the community involved and their meetings could be a way to get them to start looking at their own preparedness. Maybe you could hand out some literature on preparedness at your HOA meetings, FEMA has several brochures you can order for free. You can contact your local police on how to set up a neighborhood watch if you don't have one. I'll tell you this, more people will attend the meeting than will volunteer to help.

At these meeting, start off with the basics like a 3- 5 day plan so you don't drive people away. You can later start talking about looking at preparations for the long term. As see who is interested you can start working with these individuals and get them to work together. Now you can start bring up the same ideas as when you work with a group, who has membership in buyers clubs, combining purchases so you can make bulk purchases and save money. If you have any firearms instructors, you could arrange some classes for those who are interested.

Community Security

Four boxes to be used in defense of Liberty: soap, ballot, jury, ammo – use in that order.

Ed Howdershelt

If you're lucky and have a core of individuals in your community who agree that additional planning should be done, you can step things up a little. As things feel right and you've had a chance to talk to several of the people in your community who are willing to get involved, start looking at plans to secure your community in an emergency. When it comes to this you will need to divide up your community into manageable areas, unless you are already in a limited access community.

At this point I would set up a separate committee of those interested souls, to develop plans and for coordination between areas. It is here that you would start looking at plans for blocking off streets to control access into your area of the community. This naturally would only be done in an emergency causing major civil unrest. You don't want some punks driving down your streets tossing Molotov cocktails at your homes or doing drive by shootings. You would set up barricades at the ends of the streets and have individuals guarding them and also have increased perimeter patrols through your area.

Hopefully you would never have to put these plans into operation, but by having them you can react faster in an emergency. If you think this is getting extreme, think about the news casts of the LA riots. Roaming gangs were going street to street looting and burning businesses as they go. That was until they came to a section where the shop owners took up positions on the roofs of their shops ready to defend their property, and a few well placed warning shots drove back the gangs. The police weren't there, the National Guard wasn't there, they were the only ones there ready to protect their property. Now these gangs were just common criminals and punks, they were not desperate people looking for food and water. Imagine if they were desperate.

This leads to the question of how organized do you want to get. In general, even in an emergency, you can count on maybe 10-20% of your households standing up and assisting in the defense of your community. The more involvement you can get in other areas of preparation, the better chance of increasing the number of those willing to assist in emergencies. Remember this, some of the big talkers will be hiding in their homes when the time comes and they are needed. But also, some of those quiet individuals, those who sat back and listened but didn't speak up in any of your meetings, will step up and surprise you by asking what they can do to help. You may have others step up who only heard of the plans second hand.

Militias

I ask, sir, what is the militia? It is the whole people, except for a few public Officials.

George Mason

I finally said that nasty word, “militia”. The media has made it sound like anyone who is involved in a militia is a nut case, but the idea goes back to the founding of this country. Yes it is true some extremists and nut cases are involved in militias, but these are the exceptions, the problem is that they get the publicity. With the concern over the militias after the Oklahoma City bombing, the government looked into the militia movement in this country. Their own report stated that the extremists were the minority, the majority of the militias were peaceful and set up to protect their communities and to support law enforcement when requested. Local militias have worked with police during emergencies and have done security for special events.

Let’s look at the U.S.C., the U. S. Code.

10 USC Chapter 13 - Sec 311. Militia: composition and classes

(a) The militia of the United States consists of all able-bodied males at least 17 years of age and, except as hereinafter provided, under 45 years of age who are, or who have made a declaration of intention to become, citizens of the United States and of female citizens of the United States who are members of the National guard.

(b) The classes of the militia are –

(1) the organized militia, which consists of the National Guard and the Naval Militia; and

(2) the unorganized militia, which consists of the members of the militia who are not members of the National Guard or the naval Militia.

There used to be a Sec 313 which specified that that all former members of the military were considered part of the militia but it was deleted. Sec 312 lists those who are exempt from the militia.

So, where am I going with this? If the attitude of some of those in your community or group can be brought around, you might consider forming a local unit for your mutual defense. Check your local and state laws, particularly look at your state constitution. Set up your bylaws clearly explaining your mission and reason for organizing. Be careful of those wishing to join, don’t just blindly open your ranks to anyone. One possible consideration would be to require a concealed carry permit if your state has one, this way you will at least know the person isn’t a felon.

If you have a problem with the term “militia”, don’t use it. You might take the name of your community and call your group, the “Mesa” Citizen’s Patrol. It would be nice to have a semi-organized group to patrol and secure your community or group in an emergency, rather than 20-30 isolated individuals, or smaller groups, trying to secure their own property. Without a plan in place, these individuals or smaller groups could end up in conflict with each other.

Local Emergency Center

Most communities have a school, local church or even a community center. These are locations where your community could make arrangements to store emergency supplies for the community as a whole. Some communities have a couple of houses of worship within their boundaries, so you can divide up your community and assign them the location that is for their area. I don't care if you have a Church, a Synagogue, or a Mosque, I don't care if it matches your faith or not, in this situation you are all members of your community and this building just became your emergency center, your own little Red Cross shelter. I will say this, if the building is a place of worship treat it with respect.

The supplies you store here are not a substitute for what the families in your area should be storing on their own. These supplies should initially be very basic, blanket/sheets, water first aid, etc. You can start with donations of old blankets, maybe some old mattresses and such, and if you want you can add enough to turn it into a full emergency shelter, it's up to you.

These locations could also be used as emergency meeting points for your family emergency plan. They could also be used for you community meetings and committee meetings.

In Closing

I hope you found this helpful, maybe it at least got you to think a little about getting prepared. Go online and check your city, county and state websites. Most have Emergency Preparedness sections. You need to decide how far you want to take this, start slow and don't over extend yourself.

Most states are passing CCW laws, allowing honest/law-abiding citizens to carry firearms. More states are passing "Castle Doctrine" laws, which acknowledge the police cannot always be there and that you have the right and personal responsibility to protect yourself and your homes. Some states are even realizing that they need to look at re-establishing state militias since so many of the National Guard units are being Federalized and being sent overseas leaving them without this emergency resource to call on if something happens here.

In the Appendix section you will find lists of website you can turn to for information and supplies along with some sample checklists. I am not telling you to order things from one of these sites. These are just some sites I have used, and some have good information sections such as the types of supplies to consider, water storage, water filtration/purification, etc. FEMA has a lot of brochures you can order for free to hand out in your community meetings, they also put out a good book "Are You Ready" which you can order from www.ready.gov, it comes in an English and Spanish version, and is gives information on different types of emergencies. I recommend that every household get one, you can order a hard copy or download it for free. The ready.gov site also has a kids section.

It's up to you, your family, your friends and your community.

First, prepare to take care of your family and yourself.

Second, work with friends and other family members for mutual support.

Third, work to educate the people in your community to get them to start taking steps for their families. Remember, if they are prepared they won't be beating on your door.

Last, try to get the community, or at least your group, to work together for their mutual benefit.

Job Loss

Economic Depression

Civil Disturbance

Natural Disaster

Emergency Preparedness!!!

Appendixes

By: Don Richey

Second Edition

Terrorist Attacks

Utilities Breakdown

Contaminated Water

Police Strikes

Introduction

This section includes a list of several websites for your research. These are some good sources for supplies and information. I have also included some check lists you can use as a guide to get you started. People generally remember to check the laws of states they are travelling to for requirements/limitations on their firearms. But what about that knife in your pocket or on your belt? Check out the site knifeup.com.

Good luck!!

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Lists of websites	Appendix A
Family Emergency Plan	Appendix B
Document Checklist	Appendix C
Water Purification	Appendix D
Common Barter Items	Appendix E
Bug in vs Bug out	Appendix F

Appendix A

Below is a list of some sources for information, supplies and equipment. Some of these sites, while marketing products, also have a section on preparedness information.

www.fema.gov

www.ready.gov

www.redcross.org

www.fda.gov

www.cdc.gov

www.beprepared.com

www.cheaperthandirt.com

www.sportsmansguide.com

www.dansdepot.com

www.campingsurvival.com

www.offthegridnews.com

www.survivalcavefood.com

www.wisefoodstorage.com

www.thrivefoodsdirect.com

www.honeyvillegrain.com

www.mountainhouse.com

www.thereadystore.com

www.nitro-pak.com

www.berkeyfilters.com

www.dailybread.com

www.filtersfast.com

www.survivalcentral.com

www.survivalcache.com

www.secretsofsurvival.com

www.familyfirst.com

www.survivalist.com

www.emergencyfoodwarehouse.com

www.chinookmed.com

www.first-aid-products.com

www.fieldtex.com

www.e-firstaidsupplies.com

www.moderncombatandsurvival.com

www.knifeup.com

Appendix B

Family Emergency Plan:

Document emergency numbers: Family members, doctors, local friend/family contacts, out of state friend/family contacts, work and schools. In an emergency phone circuits may be overloaded, but texts may still get through. Also Facebook and other social websites could be used for emergency messages.

Gather and secure important documents: Secure copies with a friend or family member, I recommend 2 copies with 2 different individuals.

Emergency supplies: 72 hour go-bags and 2 weeks worth for your home.

Set up emergency meeting locations.

Setup a plan for securing your home.

Setup a designated safe room.

Setup a plan in case you have to evacuate.

1. What to grab if you only have 15 minutes.
2. What to grab if you have an hour.

Put together an emergency kit for each vehicle.

Consider setting up an alternate communication plan, i.e., CB, family friendly or ham radios.

Insure each member of your family knows your plan and practice it periodically.

Appendix C

Document Checklist: Gather your documents and copy them, I recommend 2 backup sets minimum. These backups will be secured away from your home, safety deposit box, family/friends. You can use hard copies or scan what you can to a flash drive. You could also take photos of your valuables for your records.

- | | |
|---|---|
| ___ Passports | ___ Drivers licenses |
| ___ IDs, work and school | ___ Birth Certificates |
| ___ Naturalization Papers | ___ Immigration Papers |
| ___ Social Security Cards | ___ Bank account information |
| ___ Credit card information | ___ Mortgage papers |
| ___ Property deeds | ___ rental/Lease agreements |
| ___ Insurance Papers, health, auto, home/property | |
| ___ Wills/Power of Attorney | ___ Utility bills |
| ___ Business/professional licenses/certificates | |
| ___ Medical records/Shot records/Lists of prescriptions | |
| ___ All legal contracts | ___ Family photos (proof your are a family) |
| ___ _____ | ___ _____ |
| ___ _____ | ___ _____ |
| ___ _____ | ___ _____ |
| ___ _____ | ___ _____ |
| ___ _____ | ___ _____ |

Appendix D

Water Purification: There are several filtration systems available, but it's up to you to check them out and decide which works best for you. The following are some tips for emergency purification. Filter the water to remove any debris or residue first, you can use coffee filters or a clean cloth if needed. I don't drink coffee but I keep a ½ dozen packs of coffee filter on hand.

1. Boil water to a rolling boil for at least 10 min. You will naturally lose some water, so you might look at a catch method for the steam.
2. Tincture of Iodine, add 12 drops per gallon, mix well and let sit for 30 minutes. If the water is cloudy use 24 drops.
3. Bleach, do not use the scented bleaches. 8 drops per gallon, mix well and let sit for 30 minutes. If the water is cloudy use 16 drops.
4. Water purification tablets. Follow the directions that come with them.
5. Water filtration straws. There are a few of these on the market and they are nice to have in your go-bag, but the common weakness is that they generally do not filter out viruses.
6. UV Purification – Use a clear plastic bottle like a soda bottle with the label removed. Check the bottom for the PETE logo, a triangular arrow with a 1 in the middle and PETE below it. Fill with water and set out in the sun laid on its' side for maximum exposure. On sunny or partially cloudy days, leave exposed for a minimum of 6 hours. On heavily cloudy days leave out for at least 2 days.

Appendix E

Common Barter Items: This is not all inclusive, anything people could want or need can be used as barter.

Food/Emergency Rations

Water

Cigarettes

Sugar

Flour

Coffee

Tea

Hard candies

Batteries

Common over the counter medications

Basic First Aid Supplies -Bandages – all sizes, Wound Cleansing Items: alcohol, antibiotic ointments/wipes, providone iodine, etc.

Vitamin/Mineral Supplements

Hygiene Products – soap, shampoo, toothpaste, feminine hygiene products, toilet paper, etc.

Detergents – cleaning and laundry

Bleach

Ammunition – use caution

Alcohol, the drinking kind – be careful

Matches

Disposable lighters

Fuel – gas, propane, etc.

Candles

Flashlights

Precious Metal – Gold/Silver

Jewelry

Appendix F

Bug in vs Bug out:

Bug in/Shelter in;

You are able to remain in your home without endangering your family _____

You have enough supplies stored to last through the event _____

No alternatives within easy access _____

No evacuation routes _____

Leaving would expose you and your family to contaminated air _____

Prepared to defend home from looters _____

Availability of alternate means for shelter should your home be damaged _____

Not able to leave quickly or safely (traffic jams, road conditions, a health issue) _____

Leaving would force contact with looters/rioters _____

Situation would still allow a later decision to Bug out if needed _____

Willing to live under martial law if imposed _____

Unable to walk any distance if it became necessary _____

Bug out;

Situation is getting worse, putting your family in danger _____

Not enough supplies to last the projected duration of the crisis _____

Conditions are life threatening, i.e. fire, mudslides, flooding, etc. _____

Home is not habitable and setting up alternate shelter is not feasible _____

Unable to defend your property, yourself or family _____