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ISBN: 978-1-7393644-8-9

# Survivorpedia

by Ian C Jones

## IMPORTANT

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"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." - Lao-Tze

#### Acknowledgement

I wish to express my appreciation to my wife Vanessa for the helpful suggestions, design and layout of this book.

## **About the Author**

### **What makes me any authority on the subject of disaster preparation?**

My knowledge and motivation comes from first hand experiences with power outages, earthquakes and cyclones.

The 1998 Auckland power crisis was a five-week-long power outage affecting the central city of Auckland, New Zealand from 19 February to 27 March 1998. Whilst not caused by a natural disaster it served as a clear demonstration of what life could be like without power for an extended period of time.

The main area to be affected was the CBD and as such didn't affect the wider community in any significant way. Also the impact this had at the time was minor compared to the impact it would have today. Dependence on internet was low in 1998 so the only real problem was not having lights and air conditioning.

With that said it was a good reminder to be prepared and disasters usually strike without warning.

In February 2011 the Christchurch earthquake occurred. It was a 6.3 magnitude earthquake. The earthquake caused significant damage to buildings and infrastructure, resulting in the loss of 185 lives and many injuries. The city's central business district where I was working was hit particularly hard, with many historic buildings destroyed or damaged beyond repair. Our building ended up being demolished.

The earthquake had a significant impact on the local community and the country as a whole, with many people left homeless and struggling to rebuild their lives in the aftermath.

I was at lunch in a Thai restaurant when it struck, I still have vivid memories of the hanging pans in the kitchen swinging madly, the oil

slopping up in the air and the wine rack crashing to the floor and the goldfish flopping around on the floor as we evacuated the building.

I was staying in a hotel, there was no power and no shops open. Fortunately the person in the room next door had a small camp stove in his car and we took water from the toilets cistern to make a coffee. I took 3 days to get back to where I was living in Auckland. I was not prepared. Following this experience and lucky escape my wife and I decided to move to Tonga and live on the small isolated Pacific island of Vava'u, making coconut oil and vanilla.

Now, what could go wrong with the idea of "living the dream" in the middle of the Pacific Ocean?

We lived in Vava'u between 2012 and 2019 and experienced several cyclones during our stay.



*The Pyne Gould Building Christchurch New Zealand 2011 Flickr: 20110224-DSC\_0467.jp Autor Gabriel*

Cyclone Ian (2014): I am unsure why they name it after me but it seemed appropriate. This Category 5 cyclone hit Vava'u on January 11, 2014, causing extensive damage to homes, infrastructure, and agriculture. Two people died as a result of the cyclone.

Cyclone Winston (2016): Although Cyclone Winston primarily affected Fiji, it also brought heavy rain and strong winds to Vava'u, causing flooding and damage to homes and infrastructure.

Cyclone Gita (2018): This Category 4 cyclone caused widespread damage across Tonga, including Vava'u, when it hit on February 12, 2018. Many homes were destroyed or damaged, and there was significant damage to infrastructure, including the airport.

We were well prepared for the cyclones and only suffered minor damage. The electricity was out for days however we had a generator and suffered little inconvenience.

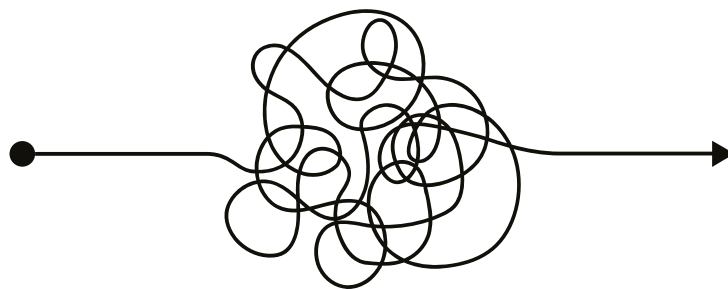
Since leaving Vava'u they have had to endure a volcano eruption. In December 2021, a volcanic eruption occurred on the island of Tonga, resulting in a massive explosion and subsequent ash plume that reached over 12 miles (20 kilometres) into the air. The eruption caused widespread damage to infrastructure, including roads, buildings, and communication networks. The eruption also generated a tsunami, with waves reaching up to 16 feet (5 meters) in some areas. There were no immediate reports of casualties, but many residents were forced to evacuate their homes.

With these first hand experiences behind me I feel I have had my fair share of excitement however in the world today (2023) I very much doubt I have seen the last of trouble.

I am unashamedly a "realistic prepper". I am concerned for the future and am taking steps to minimise its potential impact on my life.



Reuters - Cyclone Gita damage in Tonga  
<https://www.express.co.uk/news/world/918395/Cyclone-Gita-damage-pictures-Tonga-parliament-house-devastation-flooding>



# Introduction

Welcome to the world of disaster preparedness. As a survival enthusiast, I am here to guide you and your family through the important process of planning and preparing for potential crises. When a disaster strikes, time is of the essence, and having a solid plan in place can be the deciding factor between life and death. It's crucial to take action now to ensure that you and your loved ones are as prepared as possible for any emergency that may arise.

The good news is that preparation is not as daunting as it may seem. By working together with your family, you can make sure that everyone is on the same page and understands the importance of being ready. With this guide, I aim to provide you with the knowledge, tools, and motivation to get started on your disaster preparedness journey.

Disaster preparedness is not just about stockpiling supplies and hiding in a bunker. It's about creating options, being aware of potential scenarios, and being ready to respond in the most effective way possible. By considering different "what if" scenarios and thinking through how you might respond, you can be confident in your ability to handle whatever comes your way.

The information in this guide is designed to be practical, realistic, and non-alarming. While there is a lot of sensationalist prepper information out there that may be entertaining, it's not always grounded in reality. I aim to provide you with a starting point that is based on possible real-world events and practical knowledge, so you can be sure that what you're learning is relevant and useful.

At the start of the recent COVID crisis, we saw how quickly people can become panicked and how fast supplies can become scarce. This is just one example of how important it is to be prepared for the unexpected. Whether it's a natural disaster, a financial crisis, a pandemic, or a war, having a plan in place can give you peace of mind and help you stay calm, in control and focused in the face of uncertainty.

I understand that preparation can seem overwhelming, which is why I've broken it down into simple, actionable steps and check-lists. By following the framework outlined in this guide, you can start with the basics and gradually build your preparation plans over time. The key is to start small and work your way up, so you don't become overwhelmed.

It's important to note that this guide does not advocate for running off into the wilderness and living off the land. In most cases, staying in your home and being prepared to weather a disaster from there is the safer option. However, there may be circumstances where it's necessary to evacuate, so it's important to be prepared for both scenarios.

I hope that this guide inspires you to take the first step on your disaster preparedness journey. By investing time and effort into preparation now, you can insure the safety and well-being of your family in the future.

The preparation you do today will provide you with options and give you the confidence to make the right decisions in the future.

Let's get started!



# Chapter 1. Seven Potential Crisis Scenarios

## Preparing for the Unexpected

In today's world, it is essential to be aware of the potential threats that we may face, whether it be a natural disaster or a man-made crisis. The phrase "TEOTWAWKI" or "The End of the World as We Know It" refers to the potential collapse of the world we interact with on a daily basis. While this phrase may sound alarming, it is important to stay grounded in reality and focus on actual high potential risks as they develop.

To help you prepare for the unexpected, we've compiled a list of seven potential crisis scenarios, ranging from natural disasters to societal breakdowns, that you should be aware of and consider. This list is not meant to cause alarm, but rather to provide you with valuable information to help you stay prepared and informed.

### *The end of the world as we know it*

#### Seven Potential Crises

1. **Natural Disasters and Climate Change:** Earthquakes, hurricanes, tornadoes, and other natural disasters can strike at any time, causing widespread damage and disruption to daily life.
2. **Pandemics and Bio Terror:** Outbreaks of diseases such as the flu or COVID-19 can spread rapidly and have a profound impact on communities and economies.
3. **Economic Collapse:** A sudden and severe downturn in the economy can lead to mass unemployment, inflation, and a scarcity of goods and services.
4. **Electromagnetic Pulse (EMP) and Nuclear War:** A high-altitude EMP attack could disrupt electrical systems, causing widespread power



outages and damaging electronic devices. A nuclear war could have devastating effects for years to come.

5. Coronal Mass Ejection (Solar Flare) : A massive explosion on the sun's surface could release a surge of charged particles, disrupting the Earth's electrical and communication systems.
6. Rioting Mob: Large crowds can become violent, leading to widespread damage, looting, and other forms of unrest.
7. Cyber Attack: Hackers could disrupt critical infrastructure such as power grids, communication systems, and financial networks, causing widespread disruption and chaos.

By being informed and prepared, you can increase your chances of surviving and thriving during a crisis. Understand current events and consider taking practical steps to prepare for these potential scenarios, such as creating a disaster kit, having a plan for communication with loved ones, and educating yourself about the best ways to stay safe during a crisis.

Let's now consider each crises in more detail.

## 1. Natural Disasters and Climate Change

Natural disasters are a constant reminder of the power of nature. Earthquakes, hurricanes, tornadoes, and other extreme weather events can strike at any moment, causing widespread damage, destruction and disruption to daily life.

Cyclone



Earthquake



Tornado



Tsunami



The impact of these events is far-reaching and can have long-lasting effects on individuals, families, communities, and entire regions. While some natural disasters are predictable and can be prepared for, others can occur without warning, leaving communities vulnerable and in need of emergency support.

Earthquakes, for example, are sudden movements of the ground caused by the release of energy stored within the Earth's crust. They can be devastating and can cause widespread damage to buildings, roads, bridges, and other infrastructure. The effects of earthquakes can be intensified by the location and depth of the epicentre. Their geographical location may also intensify their impact as well. For example, earthquakes that occur near coastlines can trigger tsunamis, which can cause extensive damage to coastal communities.

Hurricane season is another example of a predictable natural disaster that can have devastating effects. The high winds and heavy rains associated with hurricanes can cause significant flooding, which can result in widespread damage to homes, vehicles, infrastructure and other property. Additionally, the winds can down trees and power lines, leaving communities without power and communication for days or even weeks.

*Important: natural disasters can have far-reaching and long-lasting effects*

The aftermath of a hurricane can also result in food and water shortages, making it difficult for residents to recover. Tornadoes are another natural disaster that can cause significant damage and loss of life. These powerful, rotating winds can occur suddenly and without warning, leaving communities vulnerable to the impact of high winds and flying debris. Tornadoes can destroy homes and businesses, as well as uproot trees and damage power lines, leaving communities without power and communication. The aftermath of a tornado can

be especially challenging for those who have lost their homes, as well as for those who have suffered injuries or lost loved ones.

Natural disasters also include landslides. Landslides are often triggered by heavy rains or earthquakes and can result in major damage to the surrounding landscape. In addition, they can cause flash flooding, which can make it difficult for residents to evacuate affected areas.

It is important to remember that natural disasters can have far-reaching and long-lasting effects on communities and individuals. Preparing for natural disasters can help to minimize the impact of these events and ensure that communities are better equipped to respond and recover. This can involve creating emergency plans, stockpiling supplies, and staying informed about the latest weather and seismic activity in your area.



Being prepared and aware of the potential risks, individuals and communities can take proactive steps to protect themselves and others from the impact of natural disasters. This can involve taking measures such as securing loose objects, strengthening homes and buildings, and seeking higher ground in the event of a flood.

Being prepared and proactive, individuals and communities can help to ensure a quicker and more effective response in the aftermath of a natural disaster. It is also important to remember that the impact of natural disasters can be compounded by other factors, such as poverty, lack of access to healthcare, and lack of infrastructure.

Communities that are already vulnerable are often hit the hardest by these events, and it is important to consider the resilience of your community when planning for and responding to natural disasters.

Finally, it is essential to consider the role of climate change in natural disasters. Climate change has been linked to an increase in the frequency and intensity of extreme weather events, including hurricanes, droughts, and wildfires.

By addressing the root causes of climate change, communities can help to mitigate the impact of natural disasters and build more resilient communities for the future.



Climate change is a phenomenon that is caused by a number of factors, including human activity and natural phenomena, and has significant impacts on the planet and its inhabitants. Rising global temperatures, resulting from the release of greenhouse gases such as carbon dioxide into the atmosphere, are causing a number of environmental impacts that threaten our well-being.

Sea-level rise, one of the most significant impacts of climate change, is caused by the melting of glaciers and ice sheets, as well as the thermal expansion of seawater. The rising sea levels pose a threat to low-lying areas and coastal cities, where flooding and erosion can occur. This can result in the displacement of millions of people, and the loss of valuable coastal habitats and ecosystems, such as coral reefs and mangroves.

Extreme weather events, such as hurricanes, droughts, and heat waves, are also becoming more frequent and intense as a result of climate change. These events can result in widespread damage to infrastructure, homes, and communities, as well as the loss of life. Additionally, extreme weather events can result in food and water shortages, as well as the spread of disease and the displacement of populations.

### *Climate change also has significant economic impacts*

Resource scarcity, another impact of climate change, is caused by the reduction of freshwater supplies, soil degradation, and the loss of biodiversity. These impacts can result in food insecurity, economic instability, and increased conflict over scarce resources. In addition, resource scarcity can also result in the loss of important ecosystems, such as forests and wetlands, which provide essential services, such as water filtration and carbon sequestration.

In addition to these environmental impacts, climate change also has significant economic impacts. For example, the costs associated with extreme weather events and sea-level rise can result in substantial losses for businesses and communities.

Furthermore, the impacts of climate change can also result in the loss of jobs and economic opportunities, particularly in industries that are dependent on natural resources and are vulnerable to the impacts of climate change.

Climate change also has significant health impacts. For example, rising temperatures can result in the spread of disease, such as vector-borne illnesses, as well as increased air pollution. Furthermore, climate change can also result in food and water scarcity, which can result in malnutrition and other health problems.

The impacts of climate change are not limited to the environment, economy, and health. Climate change also has significant social and political impacts. For example, the displacement of populations due to sea-level rise, extreme weather events, and resource scarcity can result in increased conflict and political instability.

Despite the significant impacts of climate change, many countries are not taking adequate action to reduce greenhouse gas emissions and mitigate the impacts of climate change. In many cases, this is due to the lack of political will, as well as the influence of powerful industries that have a vested interest in maintaining the status quo.

In conclusion, climate change is a threat to the planet and its inhabitants, and requires immediate and sustained action to reduce greenhouse gas emissions and mitigate the impacts of climate change. Failure to take action will result in widespread damage from sea-level rise, extreme weather events, and resource scarcity.

## **2. Pandemics and Bio Terror Attacks**

Pandemics have been a part of human history for centuries, with recorded outbreaks including tuberculosis, Spanish flu, Asian flu, Cholera, Hong Kong flu, HIV/AIDS, SARS and most recently COVID-19. A pandemic is defined as an epidemic of infectious disease that has spread through human



populations across a large region. With the ease of travel and global interconnectedness, it is possible for a pandemic to spread quickly across the world.

While the origin of a pandemic terror attack cannot be ignored. A bio terror attack involves the deliberate release of viruses, bacteria, or other germs with the intention of causing illness or death to a population. These germs can be found in nature or can be manipulated to become more harmful.



The use of bio-weapons is not a new concept and has been a part of human history for centuries. The first modern incidence of biological warfare occurred when Nordic rebels used anthrax against the Imperial Russian Army in Finland in 1916.

This was followed by testing of anthrax as a biological warfare agent by the Japanese Kwantung Army in Manchuria during the 1930s, which resulted in the intentional infection and death of prisoners of war.

There have been several countries known to have produced anthrax as a biological weapon, including:

**Soviet Union:** The Soviet Union developed an extensive biological weapons program during the Cold War, including the production of anthrax spores.

**Iraq:** Saddam Hussein's regime in Iraq is known to have produced and weaponized anthrax during the 1980s and 1990s.

United States: The US military has also produced anthrax as a biological weapon, with the program starting in the 1940s and ending in 1969.

Japan: During World War II, Japan conducted research on anthrax and other biological agents for use as weapons.

South Africa: South Africa's apartheid-era government also developed an anthrax weapons program in the 1980s, which was later dismantled after the country's transition to democracy in the early 1990s.

*"In the field of biological weapons there is almost no prospect of detecting a pathogen until it has been used in an attack." Barton Gellman*

It is important to note that the production and use of biological weapons is prohibited by the 1972 Biological Weapons Convention, which was signed by 183 countries, including those listed above. Despite international agreements, such as the 1972 agreement to end bio-weapon production, the threat of a bio terror attack continues to exist. The government of the Soviet Union had an active bio-weapons program and was reported to have produced hundreds of tons of anthrax after signing the agreement. This was exemplified by the accidental release of anthrax in Sverdlovsk (now Ekaterinburg, Russia) in 1979, which resulted in the infection and death of 68 people.

In the words of Dr. Robert Kadlec, the former Assistant Secretary for Preparedness and Response at the U.S. Department of Health and Human Services, "Biological threats pose a significant risk to public health and security. The continued evolution of science and technology only increases the likelihood of a bio-terrorist attack."

It is important to remain vigilant and prepared for the potential of a pandemic or bio terror attack. This includes understanding the signs and symptoms of infectious diseases, as well as taking steps to prevent the spread of disease and protect oneself and others. It also



involves staying informed and aware of any potential threats and taking appropriate action when necessary.

Our reliance on large retailers and Amazon for imported goods makes us vulnerable in the event of an economic collapse. The COVID-19 crisis has made us even more dependent on big corporations, and a sudden collapse could be severe and happen quickly. The dress rehearsal provided by the COVID-19 pandemic allows us to assess the competence of our political leaders and how they handle crisis situations. In many cases they were disappointing.

### 3. Economic Collapse

An economic collapse is a possibility that could happen at any moment, and being aware of the warning signs is crucial to being prepared. However, not everyone will be prepared, and those who haven't prepared may struggle to survive for even a month with the limited supplies they have stored at home.

The length of time an average family can survive on their savings in the bank depends on several factors, such as the amount of money saved, the family's monthly expenses, and their lifestyle.



According to a 2021 survey by Bank-rate, the average American has \$8,954 in savings, but many financial experts recommend having at least 3 to 6 months' worth of expenses saved for emergencies. Assuming an average monthly household expenditure of \$5,000, a family with \$8,954 in savings could survive for less than 2 months without any additional income.



However, the length of time a family can survive on their savings can be extended by cutting back on expenses and finding additional sources of income. Families who have investments or retirement savings may also be able to tap into those funds to help cover expenses.

It's important to note that these are rough estimates and individual circumstances may vary. It's always a good idea for families to have a solid emergency fund and a plan in place for unexpected financial difficulties. To plan for an economic collapse we will need to make smart financial decisions now.

*"Social unrest and protectionism are the two major risk of the world economic crisis" Christine Legarde*

This may involve some short-term sacrifices, but it's important to see it as an investment rather than a cost. The markets and economies tend to work in cycles, and history has shown that all empires, including the Romans, Spanish, British, and most recently the United States, eventually fall, either through defeat by a stronger empire or due to financial exhaustion.

The 2008 financial crisis and the recent COVID-19 pandemic have brought the next global economic depression closer, making it one of the biggest threats facing us today. All great empires and societies have eventually collapsed, and there are no exceptions. The United States is likely to be next in line.

Empires are created when a group becomes large and powerful enough to impose its will and taxes on others. They are expensive to maintain and have historically been financed through theft and forced contributions.

The current reigning imperial power is the United States of America, but it has struggled to conquer other countries effectively and has often lost ground, money, and lives in the end. The US sustains itself through debt and by printing money, which has the potential to lead to an inflationary economy and hyperinflation.

After World War II, the international financial system was governed by a formal agreement, the Bretton Woods System. Under this system, the United States dollar (USD) was placed deliberately as the anchor of the system, with the US government guaranteeing other central banks that they could sell their US dollar reserves at a fixed rate for gold. This continued until 1971 when President Nixon suspended the convertibility to gold. The US dollar is no longer backed by gold.

In January 2023 the US national debt stands at \$31,468,001,672,128.00.

Check for the current balance on <https://usdebtclock.org/>

The USA is not the only country with a problem, it's a global financial pandemic of massive proportion. As the anchor, the US is in a unique position being the global reserve currency. It doesn't need to tax the rest of the world; it just quietly borrows from it with a special kind of debt. The US borrows in USD by printing more of it and pays interest by printing even more. Now what could possibly go wrong with that?

This has been tried many times in the past and ends up creating an inflationary economy, often leading to hyperinflation. While there can be several causes of high inflation, almost all hyper-inflations have been caused by government budget deficits being financed by currency creation, the printing of more currency. Researcher, Peter Bernholz analysed 29 hyperinflation events and concludes that at least 25 of them have been caused in this way.

Peter Bernholz's research on 29 cases of hyperinflation shows that at least 25 of them were caused by government budget deficits being financed through the printing of more currency.

As the US economy faces the possibility of collapse under the weight of high inflation, China is increasingly seen as the rising power. The People's Bank of China and the Russian central bank have been accumulating gold bullion, and China is looking to break up the global dominance of the US dollar and establish the renminbi as a world player.

China and Russia have agreements with Brazil and India to bypass the dollar, have set up rouble-yuan swaps, and have formed an alliance with South Africa to establish the BRICS bank. The BRICS alliance currently consists of five countries - Brazil, Russia, India, China, and South Africa.



BRAZIL



RUSSIA



INDIA



CHINA



SOUTH AFRICA

These five countries are major emerging economies, with a combined population of over three billion people, accounting for over 40% of the world's population and just over a quarter of the global GDP. China is the largest contributor to the group's economy, accounting for over 70%, followed by India with 13%, Russia and Brazil with around 7% each, and South Africa with 3%. Recently, there have been discussions regarding the expansion of the BRICS alliance.

According to Russian media, the alliance President Purnima Anand, announced that Iran, Argentina, Saudi Arabia, Turkey, and Egypt have shown interest in joining the alliance and are preparing to apply

for membership. They have a combined population of around 220 million people and are significant petroleum producers and exporters. Anand expressed her hope that these countries will join the BRICS alliance soon and that all the representatives of the core members are interested in expansion. She added that the expansion of BRICS was discussed at the group's 2022 summit in June in Beijing.

It should be noted that Turkey is a NATO member and its potential membership in the BRICS alliance could raise some concerns in the West. Nevertheless, Anand said that she believes that expansion is always looked upon favourably and that it will definitely bolster BRICS' global influence. The first and only BRIC summit was held in Russia in 2009 and South Africa joined the alliance in 2010. The 2023 summit is scheduled to take place in South Africa.



Reference:

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US National Debt Clock: <https://usdebtclock.org/>

Bretton Woods System: [https://en.wikipedia.org/wiki/Bretton\\_Woods\\_system](https://en.wikipedia.org/wiki/Bretton_Woods_system)

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<http://america.aljazeera.com/articles/2014/5/20/russia-china-bankdeal.html>

The Changing World Order

<https://www.youtube.com/watch?v=xguam0TKMw8&t=663s>

I recently watched this YouTube documentary, and it sent shivers up my spine. There are just so many similarities to our current environment.

Please watch. <https://www.youtube.com/watch?v=qISxPouPCIM>

The end of the road- How money became worthless. If the previous documentary didn't raise an alarm, then perhaps this one will.

[www.youtube.com/watch?v=NJd6RKsY5H4](http://www.youtube.com/watch?v=NJd6RKsY5H4)

#### **4. Electro Magnetic Pulse (EMP) and Nuclear War**

An electromagnetic pulse (EMP) is a burst of high-intensity electromagnetic energy that can have devastating consequences on electrical and electronic equipment. EMPs can be delivered in a variety of ways, such as a nuclear weapon detonated above the earth's surface or a sudden burst of solar-charged particles in the form of a coronal mass ejection. The energy generated by an EMP can

temporarily disrupt or permanently damage electronic equipment by creating high voltage and high current surges, which can cause semiconductor components to fail.

EMP weapons are designed to disrupt unprotected infrastructure, and the use of such a weapon could potentially collapse the electrical network of any affected country. There are two main types of military EMPs: the nuclear electromagnetic pulse (NEMP), which is generated by a nuclear explosion, and the high altitude nuclear EMP (HEMP), which produces a secondary pulse due to particle interactions with the Earth's atmosphere and magnetic field. The non-nuclear electromagnetic pulse (NNEMP) is another type of EMP weapon.



The effects of an EMP on electronic equipment can range from imperceptible to the eye to devices literally exploding. Even cables, which may seem relatively short, can act as antennas to transmit pulse energy to equipment, thereby causing damage. With our increasing reliance on electronic equipment, an effective EMP event could be catastrophic and have far-reaching consequences.

For example, the power grid could be severely impacted, leading to widespread blackouts and the failure of essential services such as communication systems, transportation, and emergency response. Therefore, it is crucial to understand the threat posed by EMPs and take steps to protect critical infrastructure from the damaging effects of an EMP event.

This could include hardening electronic equipment, developing EMP-resistant technologies, and creating emergency response plans to ensure the continuity of essential services in the aftermath of an EMP event.

Reference: [https://en.wikipedia.org/wiki/Electromagnetic\\_pulse](https://en.wikipedia.org/wiki/Electromagnetic_pulse)

## Nuclear War

"The admiral who heads the US Strategic Command, responsible for nuclear deterrence, is calling on the nation's military and civilian leaders to seek new ways to address threats from Russia and China, including the possibility of nuclear conflict," as reported by The New York Post in February 2021.

Admiral Charles Richard warned that Moscow and Beijing have "begun to aggressively challenge international norms in ways not seen since the height of the Cold War." He also noted in the February issue of Proceedings, the US Naval Institutes monthly magazine, that "there is a real possibility that a regional crisis with Russia or China could escalate quickly to a conflict involving nuclear weapons, if they



perceived a conventional loss would threaten the regime or state."



Reference: <https://nypost.com/2021/02/03/admiral-warns-of-possibility-of-nuclear-war-with-russia-china/>

It is widely accepted that a conventional nuclear war between two major powers such as the US and China would lead to mutual destruction and annihilation. This realisation alone may serve as a deterrent to prevent such a conflict from occurring. However, the recent proliferation of nuclear capabilities among nations such as North Korea, Iran, China, Pakistan, and India has heightened the threat of nuclear conflict.

Even a small exchange of nuclear weapons would have devastating consequences for the global environment. The release of nuclear fallout and radiation would have long-lasting effects on the ecosystem and human health. A nuclear war could also disrupt the global climate, causing droughts, food shortages, and other catastrophic consequences.

To prevent a nuclear war and protect the world from its devastating effects, it is crucial that nations engage in diplomatic efforts to reduce tensions and resolve conflicts peacefully. This requires strong leadership, effective communication, and a willingness to compromise.

Unfortunately, we are seeing little discussion about compromise, the war in the Ukraine clearly shows that global leaders are doing very little to bring this conflict (proxy war) to an end.

## **5. Coronal Mass Ejection (CME)**

A Coronal Mass Ejection (CME) is a space event that can cause significant problems for the electrical systems on Earth. A CME produces a magnetic shock wave that can extend billions of miles



into space, and if the Earth is in its path, our electrical systems can be overloaded, leading to massive damage to the power grid.

The largest recorded geomagnetic event was the Carrington Event of 1859, which took down parts of the US telegraph network, starting fires, and shocking telegraph operators.

This event was caused by a solar flare that was equivalent to approximately 10 billion Hiroshima bombs exploding at the same time. If this event were to occur today, the impact would be devastating. Our electricity supply could be seriously impacted, with all the lines linked by transformers and losing 20% to 30% of them would take months to manufacture, ship, and install wherever they are needed.

A CME of the magnitude of the Carrington Event could take out the power grid throughout North America or Europe. In July 2012, the Earth narrowly missed such an event, and more recently in December 2021, NASA warned of a CME that was likely to hit Earth. The CME was shot from the sun earlier that week and was forecast to potentially strike Earth by the weekend. When directed at Earth, a CME can produce geomagnetic disturbances that can ignite bright auroras, short-circuit satellites and power grids, and even endanger astronauts in orbit.



As a result of the potential impact of a CME, it's important to take steps to prepare and protect our electrical systems. For example, companies like Elon Musk's Starlink now have taken measures to protect their satellites from geomagnetic storms.

In February 2023, it was estimated that 40 of the 49 Starlink satellites launched would be destroyed due to a geomagnetic storm.

When directed at Earth, a CME can produce geomagnetic disturbances that ignite bright aurora, short-circuit satellites and power grids on Earth, or at their worst, even endanger astronauts in orbit.

This impacted Elon Musk's satellite internet service Starlink. The company lost many of the 49 Starlink satellites it launched on February 3rd because of the geomagnetic storm.

References:

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<https://tech.hindustantimes.com/tech/news/nasa-warns-of-sun-debris-coronal-mass-ejection-set-to-hit-earth-know-where-71639201109752.html>

## 6. Rioting Mob

### The Causes and Consequences of Rioting Mobs

Rioting mobs. A real and present threat, can cause significant harm to individuals and communities. When people are desperate for food and shelter, they may turn to violence, looting, and destruction. These mobs can form due to a variety of reasons, including poverty, hunger, unemployment, and

political unrest. The Minneapolis Food Riot of 1931 is one example of the consequences of such desperation. During this riot, people who were struggling to make ends meet and feed themselves broke into grocery stores and took what they needed, leading to injuries and arrests. The use of 100 police officers was required to control the situation.

Rioting is not a new phenomenon, and it continues to occur even in modern times. The list provided by Wikipedia of 2021/22 riots is a testament to this fact. Some examples include the January 6–7 storming of the US Capitol by supporters of President Donald Trump, the Dutch curfew riots in January 2021, anti-coup protests in Myanmar in February 2021, prison riots in Haiti in February 2021, and anti-lockdown riots in London and Alberta in April and May 2021, respectively.



*"A riot is the language of the unheard"  
Martin Luther King Jr.*

The damage caused by rioting mobs can be extensive and include physical harm to individuals, destruction of property, and financial loss. In some cases, it can take years or even decades to fully recover from the damage caused by a riot. It is important to understand the causes of these riots and work to address the underlying issues so that they can be prevented in the future. Additionally, the social and political impact of rioting mobs can also be significant.

These events can lead to increased tension and mistrust between different communities and law enforcement, as well as erode public trust in the government's ability to maintain order and protect its citizens. This can also result in increased calls for stricter laws and law enforcement measures, which can further contribute to a cycle of violence and unrest.

In some cases, rioting mobs may also escalate into larger, more organised forms of violence, such as civil war or rebellion. This can result in widespread loss of life and property, as well as long-term instability and conflict in a region.

In conclusion, the causes and consequences of rioting mobs are complex and far-reaching. While addressing these issues can be challenging, it is important to acknowledge the underlying causes and work to prevent future outbreaks of violence and unrest. By working together to promote social and economic justice, we can help ensure a safer and more stable future for all.

## **7. Cyber Attack**

Cyber-attacks are a growing concern in today's digital world. They are deliberate actions aimed at exploiting critical computer systems for the purpose of obtaining sensitive information or altering computer code. The effects of a successful cyber-attack can be far-reaching, impacting power grids, banking systems, train services, and communication networks. Cyber-attacks can be launched by criminal organisations, state actors, and even individuals.

The risk posed by cyber-attacks can be classified into two categories: outsider and insider threats. Outsider threats include organized criminals, state-sponsored hackers, and amateur hackers, while insider threats include employees, former employees, and business partners who have legitimate access to a company's assets and use that access to cause harm.

Of greatest concern are state-sponsored hacker groups, known as advanced persistent threats (APTs), which are the biggest threat to government institutions and organisations.



*"The potential for the next Pearl Harbor could very well be a cyber-attack" Leon Panetta*

Five of the most dangerous state-sponsored hacker groups include Cozy Bear (APT29), Lazarus Group (APT38), Double Dragon (APT41), Fancy Bear (APT28), and Helix Kitten (APT34). These groups are involved in numerous covert cyber espionage and sabotage attacks aimed at stealing sensitive data and disrupting an opponent's infrastructure and defense systems.

The effects of a successful cyber-attack can be devastating, as demonstrated by the ransom-ware attack on Colonial Pipeline in May 2021. The attack caused a halt to the pipeline's operations, and the company was forced to pay the requested ransom to regain control of its computerised equipment. This incident highlights the importance of having robust cyber-security measures in place to protect against the growing threat of cyber-attacks.

According to a recent survey, 50% of technology executives consider cyber warfare to be the biggest threat to their organizations.

References:

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"Colonial Pipeline ransomware attack." Wikipedia, 10 Feb. 2023, [en.wikipedia.org/wiki/Colonial\\_Pipeline\\_ransomware\\_attack](https://en.wikipedia.org/wiki/Colonial_Pipeline_ransomware_attack).

## **Summary**

If you consider the possibilities, then you will recognise that many of the potential crisis scenarios can lead from one to the other. For example, a cyber-attack on the power grid, could lead to economic collapse which may lead to massive civil unrest and rioting leading to breakdown of utilities and sanitation services leading to disease.



I believe that today we may be experiencing the early stages of the path to TEOTWAWKI. We recently experienced the COVID pandemic, the population has suffered, and business have suffered. Our governments of the world have quelled their citizens by printing currency and handing it out. Now we are seeing the effects of the rapidly increased money in circulation in the form of growing inflation.

What happens next is up for debate however I believe one thing is for certain, things will become more difficult before things get better. My belief is that we could be on the brink of a global depression that may dwarf the Great Depression of 1929–33.

Even if I am only half correct, I still conclude that we have the ingredients for TEOTWAWKI.

### **What is the greater risk?**

Out of the seven potential crises listed, it is difficult to determine which one would be the greatest immediate risk to humanity in the next ten years, as all of them have the potential to cause significant harm. However, some factors that may contribute to the magnitude of the impact of each of these crises are:

**Natural Disasters**– The frequency and severity of natural disasters can be influenced by factors such as climate change and population growth in areas at risk. In recent years, we have seen the devastating effects of natural disasters such as hurricanes, earthquakes, and wildfires.

**Pandemics** –The spread of diseases such as COVID-19 has shown the potential for pandemics to cause widespread illness and death,



as well as significant disruptions of the global economy and daily life. The emergence of new and more virulent diseases is a constant concern, and the lack of preparedness in some areas can amplify the impact of a pandemic.



**Economic Collapse** - The global economy is interconnected and can be vulnerable to various factors such as economic mismanagement, political instability, and financial market volatility. A sudden and severe downturn in the economy can have a domino effect, leading to widespread unemployment, inflation, and a scarcity of goods and services.

**Electromagnetic Pulse (EMP)** - A high-altitude EMP attack has the potential to disrupt electrical systems and cause widespread power outages, damaging electronic devices, and critical infrastructure. The reliance of modern society on technology and electronic devices makes it particularly vulnerable to an EMP attack.

**Coronal Mass Ejection (Solar Flare)** - A massive explosion on the sun's surface could release a surge of charged particles, disrupting the Earth's electrical and communication systems. The impact of a solar flare would depend on its strength and the proximity of the Earth to the source.

**Rioting Mob** - Large crowds can become violent, leading to widespread damage, looting, and other forms of unrest. The social and political factors that contribute to the formation of a rioting mob are complex and can be influenced by factors such as poverty, inequality, and political unrest.

**Cyber Attack** - Hackers can disrupt critical infrastructure such as power grids, communication systems, and financial networks, causing widespread disruption and chaos. The increasing reliance on technology and the interconnectedness of systems make it easier

for hackers to carry out cyber attacks, and the effects can be far-reaching.

Terrorism – Terrorist attacks, whether large-scale or small-scale, can cause widespread fear, panic, and chaos. The impact of terrorism can be amplified by the media and the psychological effects it has on individuals and communities.

War – Conflicts between nations can cause widespread destruction, displacement, and death. The impact of war can be felt long after the conflict has ended, and the root causes, such as political, economic, and social factors, can be difficult to address.

It is difficult to determine the greatest immediate risk to humanity. All of these crises have the potential to cause significant harm and massive disruption to our way of life. It is best to be prepared and proactive in addressing and mitigating these risks.

However my belief that at time of writing (Feb 2023) the risk of a major financial crisis and escalation of the Ukraine war is almost certain.

*"You know your a grown up when you stop waiting for the cavalry"*

References:

United Nations Office for Disaster Risk Reduction (UNDRR)

World Health Organization (WHO)

International Monetary Fund (IMF)

United States Federal Emergency Management Agency (FEMA)

North Atlantic Treaty Organization (NATO)

Cybersecurity and Infrastructure

## **Chapter 2. Global Financial Collapse**

Financial collapse is a catastrophic event that can result in widespread unemployment, poverty, and social chaos. Unlike the



normal cycle of rise and fall in the economy, it is often triggered by a large-scale crisis or disaster. One of the most well-known examples of this is the Great Depression of the 1930s, which was caused by the stock market crash in New York in 1929.

The root cause of financial crises is often asset bubbles, where the prices of assets such as precious metals,

real estate, equities, commodities, and crypto experience a sudden and significant increase in value. The recent COVID-19 pandemic has contributed to asset bubbles, as governments worldwide provided their citizens with helicopter cash to pay their bills, and some used this money to purchase assets, further inflating the bubble.

However, the current financial situation is unsustainable and prone to collapse, as investors continue to pour money into the market, driving the value of assets to unsustainable levels. The Bitcoin market, S&P 500, and Dow Jones Industrial Average are prime examples of the absurdity of the financial markets during the COVID crisis.. Despite the world largely being in lock-down, airlines grounded, and retailers closed, these markets experienced a significant surge in value.

Investors who enter the market late and at high prices are likely to face financial disaster, as they are buying close to the peak of the bubble. If a bubble does indeed exist, it will eventually pop, leading to a rapid decrease in value as early investors take profits. This will result in an accelerated market crash and a financial crisis.

In recent years, there have been several economic downturns with varying causes, including the 1998 Argentine Great Depression, the 2001 Turkish Economic Crisis, the 2008 Icelandic Financial Crisis,

the 2008 Global Financial Crisis, the European Debt Crisis, the 2014 Russian Financial Crisis, and the Venezuela's Economic Collapse. Regardless of their causes, these events have resulted in widespread unemployment, poverty, hunger, crime, corruption, and social chaos.

It is important to note that financial systems can be impacted by a variety of crisis scenarios, and the impact is the same for most people: loss, grief, and stress. As such, it is essential to be aware of the potential risks and to prepare for the possibility of a financial collapse. This can include diversifying investments, building an emergency fund, and having a solid financial plan in place.

## **What are the warning signs of a financial collapse?**

Financial collapses can be sudden and can lead to dire consequences such as job loss, business closures, and financial difficulties. It is important to be aware of the warning signs of an economic downturn in order to prepare and make informed decisions.

One way to stay informed is by keeping up with news about politics, finance and the weather from multiple sources. These areas can greatly impact the economy and your personal financial well-being.

The Lombardi Letter, a US research house, has identified five signs that indicate an impending economic collapse. These signs include:

- Rising government debt
- Stock markets reaching all-time highs
- High unemployment rate
- Unstable government
- Rising national debt

References:

<https://www.investopedia.com/terms/e/economic-collapse.asp>

## **What symptoms indicate we are in an Economic Crisis?**

When the economy is in a state of crisis, it is essential to recognise the signs of distress. Here are the symptoms of an economic crisis, listed in order of highest risk.

### **Sharp Increase in unemployment**

A sudden and significant rise in the number of people out of work can lead to reduced consumer spending and decreased economic activity, which can further fuel the crisis.

### **Closure of Major Businesses Due to Bankruptcy**

The bankruptcy of large corporations can cause a significant disruption in the economy, leading to job losses, decreased consumer



spending, and a decline in the stock market.

### **Financial Bubbles Burst**

The sudden and rapid collapse of a financial bubble, such as a real estate or stock market bubble, can lead to widespread losses and decreased economic activity.

### **Decrease in Consumer Spending**

When consumers are uncertain about their financial future, they tend to reduce their spending, which can lead to a decrease in economic activity and further fuel the crisis.

### **Falling International Trade**

A decrease in international trade can result in reduced economic activity, decreased demand for goods and services, and decreased job opportunities.

### **Rumblings of Civil and Social Unrest**

Economic crisis can lead to social and political unrest, which can further destabilise the economy and create an environment of fear and uncertainty.

### **High Inflation**

When the cost of goods and services rapidly increases, it can lead to a decrease in consumer spending, increased borrowing, and further economic distress. It's crucial to keep an eye out for these warning signs and take action to protect oneself and one's assets in case of an economic crisis.



## **The Solution, a global economic collapse: The financial reset**

The global financial reset aims to replace the current financial system and change how the world conducts financial transactions. It is being driven by the increasing weight of unsustainable global debt, which reached a staggering \$226 trillion in 2020, according to the International Monetary Fund. By December 2022, this debt had exceeded \$300 trillion. The global financial system is beginning to collapse under this burden, and the reset is being seen as a way to address this issue.



As the global financial reset takes shape, it is important for individuals to be prepared for changes in the way they manage their wealth. Holding wealth in different forms, such as physical assets like gold, silver, or digital assets like crypto currency, can be a hedge against the potential devaluation of government-issued fiat currency like dollars, euros, or pounds.

These assets are outside of the direct control of governments and can provide stability in uncertain times. Holding some paper currency is still acceptable, as long as local stores accept it, but it is recommended to have a store of small, attractive, and tradable items as well in case of a crisis.

It is also important to consider storing a supply of food, which can serve as a reliable store of value during a crisis. Holding paper currency can quickly become worthless if confidence in the government erodes, so having physical assets that are in demand

and hold their value compared to the local currency can provide stability and security. The real question with fiat currency, according to a study cited by Bitcoin.com, is not how stable it is, but "How long until it's suitable for kindling?" Most of the failure or discontinuance of fiat currency occurs due to government intervention, warfare, and economic policy.

In conclusion, the global financial reset is aimed at addressing the increasing weight of global debt, which is threatening the stability of the current financial system. As this reset takes shape, individuals need to be prepared for changes in the way they manage their wealth and consider alternative forms of currency and assets that can provide them with stability.

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## The Financial Reset trigger

The potential trigger for a global financial reset is the significant increase in currency printed during the COVID-19 pandemic. This has led to a surge in global debt and has resulted in an unsustainable financial system, which could give governments the opportunity to replace their fiat currency with a new digital currency, the central bank digital currency (CBDC).



Fiat currency is the currency printed and issued by a government and it has been widely used for various financial transactions. CBDC is the virtual form of fiat currency, backed by the issuing government just like fiat currency. Governments are likely to embrace this new form of currency as it offers a new level of control and surveillance over financial transactions. However, this creates a major concern. The CBDCs are centrally controlled by the government, which has the power to create digital money with a few keystrokes.

*"Paper money is going away" Elon Musk*

This is no different than when the government had control of the printing press and it raises additional concerns about government surveillance and control on where you may spend your CBDC's. For many, this leads us to the preference of holding alternative forms of wealth such as property, gold, silver and cryptocurrency.

Governments have been preparing for the introduction of CBDCs for some time, and it remains to be seen how this new form of currency will impact the global economy and financial system. While the financial reset may offer a new level of control and stability, it also raises important questions about privacy and freedom in financial transactions.

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## **What are Central Bank Digital Currencies?**

Central Bank Digital Currencies (CBDCs) represent the latest evolution of money, offering the potential to revolutionise the way financial transactions take place. CBDCs are digital versions of traditional fiat currencies and are backed by a government's central bank.

Unlike traditional money that exists in the physical form of banknotes and coins, CBDCs exist purely in the digital realm, allowing for faster and more secure financial transactions.

CBDCs have gained significant attention in recent years due to the rise of cryptocurrency and the need for governments to maintain control over the supply of money and payments systems. In response, over 130 countries, according to CBDC Tracker they are actively exploring the implementation of CBDCs.

Some countries, such as China, have already started to roll out their own digital currencies. However, while the concept of CBDCs has its



advantages, there are also concerns about their potential downsides. For example, the Chinese CBDC is being developed as part of the country's larger social credit system, which allows the government to surveil and control the behaviour of its citizens.

This system assigns citizens a social credit score based on their online and offline behaviour, rewarding "good" behaviour and punishing "bad" behaviour. If a person's trust is broken in one area, restrictions are placed on them in all areas, and those who commit even minor infractions can be blacklisted from various activities, such as traveling or renting a home.

It's important for individuals and businesses to stay informed about the progress of CBDCs in their respective countries and to consider the potential advantages and disadvantages of this new form of money. To keep track of global developments, you can consult resources such as the CBDC Tracker website. <https://cbdctracker.org/>

## **More about the Chinese CBDC –Worth Repeating**

The Chinese Communist Party (CCP) has been actively developing a Central Bank Digital Currency (CBDC) as part of its larger social credit system. The CBDC aims to allow the government to have a greater level of control and surveillance over the behaviour of its citizens. The social credit system, which is still in its early stages of development, assigns citizens a credit score based on their online and offline behaviour.

This score is used to determine their level of trustworthiness and influences their ability to participate in certain activities or access certain services. Good behaviour, such as spending time with the elderly, is rewarded with a higher score, while bad behaviour, such as protesting the government or spending excessive amounts of time playing video games, is punished with a lower score. If a citizen's score is considered too low, they may be blacklisted from participating in a variety of activities, including traveling, dining out, renting a home, or even accessing insurance. According to Chinese state-run media, over 30 million citizens have already been impacted by the system.

The CBDC aims to complement this system by giving the government an even greater level of control and surveillance over the financial activities of its citizens. The government will have access to data on every transaction made using the CBDC, providing a complete picture of citizens' financial behaviour. This increased level of control has raised concerns about privacy and freedom of speech, as well as the potential for the government to use this information for nefarious purposes.

Overall, the Chinese CBDC serves as a cautionary example of the potential risks and consequences of central bank digital currencies that are heavily controlled by governments. It highlights the need for governments to carefully consider the implications of this technology and ensure that it is used in a way that protects the rights and freedoms of citizens.



## Bank Bail In Laws? Should you be concerned?



[www.businessinsider.in](http://www.businessinsider.in)

Bail-in laws have been implemented in various countries as a measure to protect the financial system from instability and to prevent taxpayers from having to bear the cost of bank failures. Under bail-in laws, creditors and deposit-holders, rather than the government, are responsible for rescuing a failing bank.

Bail-in laws have been implemented in various countries, including the United Kingdom, Australia, Canada, and the United States. In the UK, the Bank Recovery and Resolution Directive (BRRD) allows for a bail-in in the event of a bank's failure.

In Australia, the Financial Claims Scheme provides depositors with limited protection in case of a bank's failure. Similarly, in Canada, the Canadian Deposit Insurance Corporation (CDIC) has the authority to use the bail-in tool in the event of a bank's failure.

Bail-ins have already been implemented in several countries, including Cyprus and Italy. In 2013, Cyprus implemented a bail-in that required depositors to bear a portion of the cost of rescuing its failing banks. Similarly, in 2015, Italy bailed-in four of its struggling banks.

While the implementation of bail-in laws is aimed at protecting the stability of the financial system, it is important to note that depositors and creditors may face losses in the event of a bank's failure. It is crucial for individuals and businesses to understand their exposure to risk and to consider diversifying their financial holdings to minimise the impact of a potential bail-in.

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Bank Recovery and Resolution Directive (BRRD) - <https://www.eba.europa.eu/regulation-and-policy/single-rulebook/interactive-single-rulebook/100546>

Of course it can happen, the Governments are ready.

## **Advantages of Holding Crypto-currency, Cash, Gold, and Silver in Times of Financial Crisis and War**

The current global economic and political climate is uncertain, with a looming financial crisis and the possibility of war. In such times, it's crucial to safeguard your assets. Investing in cryptocurrency, cash, gold, and silver can be a wise decision. These assets offer several advantages that traditional investments don't.

In times of global financial and political uncertainty, it's essential to safeguard your assets. One way to do this is to diversify your portfolio by investing in different asset classes in such a way that you can maintain control of your assets and reduce any third party custody risks.

## Understanding the Financial Crisis and the Potential for War

The global financial system is fragile, and the risk of a financial crisis is high. Banks are experiencing a liquidity crisis, and the potential for war is looming. In such a scenario, traditional investments may not be reliable.

Today 13th March 2023 we are seeing the potential of a run on banks in the USA. The FED is holding a closed door emergency meeting and social media channels are posting headlines designed to get your attention. The bottom line is that it is crucial to have assets that can withstand the economic and political turmoil.

*"Blockchain technology isn't just a more efficient way to settle securities. It will fundamentally change market structures and maybe even the architecture of the Internet itself" Abigale Johnson*

## The Advantages of Holding Cryptocurrency



Cryptocurrency such as Bitcoin and XRP offer several advantages over traditional investments. Here are some of the benefits.

### **Self Custody**

Self custody of crypto refers to the act of holding and securing your own cryptocurrency assets without the need for a third-party custodian, bank or exchange. This means that you have complete control over your crypto assets and private keys, which are necessary to access and move your funds.

Self custody can be achieved through the use of a hardware wallet or a software wallet installed on a personal device. While self custody provides greater control over one's assets, it also comes with increased responsibility to properly secure and back up private keys to prevent the risk of losing access to one's funds.

### **Liquidity**

Accessibility and Mobility - Cryptocurrencies are highly liquid, and you can buy and sell them quickly. Unlike traditional investments that require intermediaries, you can transact in Cryptocurrency without any intermediaries. This makes them easily accessible to anyone with an internet connection.





Another plus is that they can be taken with you in a very discrete manner, either as an app on your phone, or as a small USB style device or you can just remember your seed phrase.  
(Remembering your seed phrase is very risky but could be useful if your were escaping a danger zone and were being searched for valuable items)

Care must be taken when deciding which crypto currencies to hold. It is important to do your own research and fully understand which crypto you are purchasing. With over 20,000 to choose from Crypto is a high risk investment. Your best protection is to be careful and do your own research.

### **Decentralisation**

Cryptocurrency are often decentralised, meaning that no single entity controls them. This makes them immune to government and central bank interventions. In times of economic and political turmoil, this can be an advantage as it ensures that your investments are not affected by external factors.

### **Protection of Privacy**

Cryptocurrency offer a high degree of privacy and anonymity. Transactions in Cryptocurrency are pseudonymous, meaning that



your identity is not disclosed. This can be beneficial in times of political turmoil when governments may try to monitor their citizens' financial transactions.

## **The Advantages of Holding Cash**

Cash is a reliable asset in a crisis and can in the short term withstand economic and political turmoil. Here are some of the benefits of holding some cash.

Stability - Cash is an asset that is accepted by most people. However depending on the crisis may become less attractive as time goes on.  
Accessibility - Cash is a highly liquid asset that you can use to make transactions quickly. In times of economic and political turmoil, cash can be an essential asset as it's widely accepted, convenient and dividable.

Low Risk - Cash is a low-risk asset as it's not subject to market fluctuations and high inflation.

## **The Advantages of Holding Gold and Silver**

Gold and silver are tangible assets that have been used as a store of value for centuries. Here are some of the benefits of holding gold and silver.



Stability and Tangibility - Gold and silver are tangible assets that you can physically hold.

Inflation Hedge - Gold and silver are excellent hedges against inflation. Their value tends to rise when inflation is high, making them valuable assets to hold in times of economic uncertainty.

Universal Acceptance - Gold and silver have universal acceptance, meaning that they can be used as a form of payment in any country. They are also widely accepted as a store of value, making them a reliable investment.

*"Wealth is not about having a lot of money, it is about have a lot of options" Chris Rock*

## **Conclusion**

In conclusion, investing in Cryptocurrency, cash, gold, and silver can be a wise decision in times of global financial crisis and war. These assets offer several advantages that traditional investments don't. Cryptocurrency provide liquidity, accessibility, decentralisation, and protection of privacy. Cash is stable, accessible, and low-risk. Gold and silver offer stability, inflation hedge, and universal acceptance. Diversifying your portfolio by investing in these assets can safeguard your wealth in times of economic and political uncertainty.

## How may a Global Financial Reset play out?

A global financial reset is a highly debated and potentially catastrophic event that has the potential to greatly impact the world's economy and disrupt the lives of individuals and communities.



The idea of a financial reset has been put forward by organisations such as the World Economic Forum (WEF), where they propose a "Great Reset" in which they maintain that private property may no longer exist and people will be happier without ownership.

However, there are many who fear the consequences of a global financial reset, especially as the world is currently facing multiple crises, including economic, political, racial, environmental, and religious. Any one of these events could trigger a financial crisis that would result in widespread chaos and suffering.

The lack of preparedness among individuals and society as a whole for such a crisis is a major concern, as people are often not equipped to handle the aftermath of an economic collapse.

For example, many individuals have become accustomed to buying food just in time, rather than storing a reserve of basic supplies that could sustain them for several months in the event of a crisis. This vulnerability, combined with the potential for business failures and unemployment, could lead to devastating consequences such as homelessness and starvation.

Furthermore, a global financial reset could lead to the implementation of measures that limit individual freedoms and control behaviour, similar to the social credit system in China.

It is important for individuals and society as a whole to be aware of the potential for a global financial reset and to prepare for it in any way possible. This may include creating a personal emergency plan, storing a reserve of food and supplies, and investing in financial literacy and education.

Sources: The Great Re-set | World Economic Forum ([weforum.org](https://www.weforum.org))



## Chapter 3. Survivonomics

Preparing and planning for an economic collapse is a crucial aspect of survival. It is often said that "the greatest mistake we can make is not having a plan", and that "any plan is better than no plan at all." This highlights the importance of having a well-thought-out plan and several contingencies in place to address different scenarios that may arise. The popular phrase "Prior Preparation and Planning Prevents Piss Poor Performance" emphasises this point.

A solid financial plan is the foundation of preparation for an economic collapse. This should involve minimising expenditure and accumulating a sufficient supply of food and water to ensure survival in the long-term. In a financial crisis, the importance of being able to live on a minimal budget cannot be overstated.

During an economic crisis, the timing and effects can be difficult to predict and often come as a surprise. However, by considering several key factors, you can reduce the risk of being caught off guard. These factors include financial preparation, food and water supplies, storage and security of supplies, means of purifying and storing water, amount of cash, crypto, silver, and gold coins to hold, decisions on staying in place or relocating, and identifying reliable sources of support.

The Global Financial Crisis of 2008 is a clear example of how rapidly and severely a financial collapse can impact the world. The crisis started in the US mortgage market and quickly spread across the globe, causing widespread hardship. With the possibility of another economic collapse looming, it's important to start preparing now.

As suggested by Maslow's hierarchy of needs, survival preparation should start at the basic level and work upwards. This hierarchy provides a useful framework for ensuring that essential needs are met first, before moving on to more complex and advanced preparations.

References:

Maslow, A. H. (1943). A theory of human motivation.



### **1 - Self Actualisation**

desire to fulfill ones potential

### **2 - Esteem**

respect, self esteem, status, recognition

### **3 - Love and Belonging**

friendship, intimacy, family, sense of connection

### **4 - Safety Needs**

personal security, employment, health, property

### **5 - Physiological Needs**

air, water, food, shelter, sleep, clothing

The Global Financial Crisis: Causes, Consequences and Countermeasures. (2017). [chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.files.ethz.ch/isn/109461/LWP\\_fincris.pdf](chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.files.ethz.ch/isn/109461/LWP_fincris.pdf)

## **High level Needs in a Crisis**

In times of crisis, there are several high-level needs that individuals and families should prioritise in order to increase their chances of survival and maintain a basic level of comfort. These needs include access to cash, water, food, shelter, clothing, personal hygiene items, and tools.

## **Cash**

In the early stages of a crisis, having access to cash can be crucial. During a crisis, ATM's may not be accessible and banks may be closed, making cash the only option for purchasing necessary items from local stores or neighbours.

It's important to have a supply of small notes on hand for these situations. While it's a rare and extreme scenario for cash to become worthless, having cash available can be useful for paying for accommodations in another place if the crisis is localised. If the power is down, credit cards may not be accepted, so cash will come in handy.

## **Water**

Water is essential for survival, and without it, a person can die within a few days. It's important to have a plan in case of water shortages, such as storing water in containers at home and having a rainwater tank. Additionally, having water purification tablets readily available can be a lifesaver in case of a water emergency. Shelter should also be a priority, and individuals should have a bug-out plan in case of a local crisis.



## **Food**

Food becomes a valuable commodity during a financial crisis, as it is essential for survival. Instead of relying on purchasing food as needed, families should consider growing their own food and having a supply stored in their backyard or garden. This will ensure they have access to food during a crisis.





## **Debt**

To prepare for a crisis, individuals should take a close look at their budget and work on reducing debt as much as possible. The priority should be to pay off debt with the highest interest rate first, such as credit card debt. Conducting a household audit and selling unused items can help to raise funds for debt repayment. Building an emergency fund should also be a priority to provide financial support in case of job loss.



## **Diversifying income**

Relying on a single source of income can be risky in the event of an economic collapse. To reduce this risk, individuals should consider starting a home-based business that they can scale up if necessary. Using the profits from this business can help to accelerate debt repayment and build emergency funds.

## **Clothing, personal hygiene, and tools**

Durable clothing and comfortable and practical shoes are essential for survival. Personal hygiene items such as soap, toilet paper, and toothbrushes should also be prioritised to maintain health and avoid disease and infection. Having access to basic tools such as a small axe, lighters, matches, first aid kit, self-defense items, compass, pocket knife, para cord, fishing line and hooks, candles, small radio, flashlight, batteries, and lanterns can significantly increase the chances of survival in a crisis. It's important to prepare and gather these items in advance.

## **Summary**

In the face of a crisis, it's essential to have a backup plan in place. Don't let complacency blind you to the harsh reality that anything can

happen at any moment. Being prepared means having the necessary resources to create options and stay afloat.

Don't rely on the government to bail you out. During the COVID crisis, they may have provided financial aid, but what if they don't next time? History has shown us, as seen in the Great Depression, that relying solely on government support can be a fatal mistake. The value of money can quickly become worthless, as seen in post-WWII Germany.

Don't wait until it's too late to act. Prepare for the worst-case scenario now, so that you and your loved ones can survive and thrive in uncertain times. Don't let your future be defined by a tragedy that could have been prevented. The time to act is now.

*Being challenged in life is inevitable.  
Being defeated is optional*

## **When should you start your survivornomics campaign?**

This question is best answered as follows, there are two best times to plant an orchard, the first is 5 years ago and the second is today. What is stopping you from starting today?

Call for a family meeting now.



## **A guide to preparing for the future**

In today's uncertain world, it's more important than ever to be prepared for the future and maximise your options. If you're serious about your survival and well-being, it's time to launch a survivornomics campaign. Here are some important steps to consider.

### **Create a Budget**

Create a budget and financial spending and savings plan to stay on track and reach your goals.

### **Downsize Your Home**

Reducing your mortgage and housing expenses is a key part of survivornomics. Consider downsizing your home to reduce your monthly payments. You can also have multiple children share a room or consider other ways to minimise space.

### **Choose a Convenient Location**

Consider your transportation needs when choosing a new location. Opt for a location that has good public transportation and easy access to supplies. This way, you won't have to rely on multiple cars and can save money on transportation costs, taxes and maintenance costs.

### **Sell Unneeded Cars**

If you own two cars, consider selling one and buying a car that better suits your future needs. Pay for it in cash, rather than borrowing, to avoid additional debt.

### **Accumulate Funds**

Sell items that you no longer need and accumulate extra funds to prepare for the future. Cut up your credit cards and only purchase items that you can pay for with cash or a debit card.

### **Reduce Eating Out**

Limit the number of meals you eat out and trips you take to coffee shops. This can help you save money and reduce expenses. Also review your tv subscriptions and consider free-to-air and You Tube as

alternative forms of entertainment. Consider a stay-cation instead of an overseas holiday to save money.

### **Reduce Food Waste**

Learn to make meals from leftovers and reduce food waste.

### **Exercise for Free**

Consider alternative ways of getting exercise, such as walking or cycling, rather than paying for a gym membership.



### **Cut Unnecessary Expenses**

Review all unnecessary expenses, such as mobile phones, memberships, and subscriptions, and look for ways to cut back. Switch to more affordable providers for internet, telephone, insurance, and utility services.

### **Stockpile Goods**

Buy items in bulk whenever possible and stockpile goods, taking advantage of discounts and sales.

### **Grow Your Own Food**

Start a vegetable patch or build a vertical garden, both of which can be done with limited space and with the help of your family. Consider



keeping chickens or quails for both meat and eggs. Consider setting up a small aquaponics system providing both fish and vegetables.

### **Repair Instead of Replace**

Repair items instead of replacing them whenever possible to save money and reduce waste.

### **Limit Outings**

Limit trips outside of your home, as every outing costs money and often leads to unnecessary purchases.

### **Improve Home Energy Efficiency**

Improve your home's insulation and seal gaps to reduce heating costs. This can help you save money on utilities and reduce your carbon footprint.

By implementing these steps, you'll be well on your way to maximising your options and preparing for the future. Don't wait any longer to start your survivornomics campaign!



## Expand your Skills

It is essential to have a set of survival skills to ensure the well-being of your family during difficult times. A family skills audit can help identify the strengths and weaknesses of your family unit, and you can then attend courses to learn new skills or build a library of useful guides to fill any gaps. Practice is crucial in becoming proficient in these skills, and it is important to continue to build and maintain these skills over time.

### Some suggested skills you may learn

#### Water purification

Water is a vital necessity for survival, and access to clean water is crucial. Learn the methods of purifying water, such as boiling, using purification tablets, or filtering through a water filter bottle, pump, or gravity filter.

#### Food processing

Knowing how to prepare and preserve food is crucial for long-term disaster preparedness.

#### Bulk food storage and record keeping

Adequate stores of food are crucial for survival, and it is important to learn how to store, protect, and rotate your food supplies.

#### Gardening and pest control

Growing your own food is a valuable skill, and it is essential to have knowledge of small-scale gardening, pest control, and seed collection (heirloom seeds are preferred over hybrid seeds).

#### Sprouting seeds



Sprouting seeds provides fresh greens all year round and is an economical way to expand your food storage.

### **Local food foraging**

Learn how to identify and forage for edible plants and avoid poisonous plants and fungi in your environment.

### **Aquaponics**

Aquaponics is a sustainable method of food production that



combines aquaculture and hydroponics. This system is ideal for areas with limited land and water resources.

### **Bee-keeping**

Bee-keeping is a profitable pastime that provides honey and valuable pollination services for crops.

### **Raising livestock**

Raising livestock such as chickens, ducks, rabbits, and sheep provides protein in the form of meat and eggs, and is a valuable survival skill.

### **Hunting**

Learning to hunt small and large game can be a valuable source of food during difficult times.

### **Trapping**

Trapping is an efficient method of acquiring food, and it is essential to learn how to build and set traps and snares.

### **Butchery**

Knowing how to properly harvest and process game meat is crucial for survival. Invest in a good set of butcher knives and cleaver and learn the different functions of each knife.

### **Preserving food**

Food preservation is an important survival skill, you should also learn various methods, such as bottling, dehydrating, curing, smoking, pickling, and burying to avoid food waste during a crisis.

### **Fire Starting and Camp Cooking**

Being able to start a fire is a critical survival skill and it can also be used for cooking and warmth. Knowing how to light a fire using







### **First Aid and Basic Medical Skills**

Having a good first aid kit and knowing how to use it is important. You should also have a basic understanding of medical skills such as wound care, infection control, and triage. Learning CPR and basic life support can save lives and is a valuable skill to have. Consider taking a first aid and CPR course to improve your skills.

### **Basic Carpentry and Home Repairs**

The ability to repair your home and make basic improvements can help you to be self-sufficient. Understanding how to fix a leaky roof, replace windows, and perform basic electrical and plumbing repairs is important. Basic carpentry skills such as building shelves, making furniture, and building structures will also come in handy.

### **Car and Bicycle Maintenance**

Knowing how to maintain and repair your vehicles is a very useful skill to have. Understanding basic mechanics, electrical systems, and maintenance procedures will help you keep your vehicles running in times of need. The same goes for bicycles, knowing how to repair a flat tire, adjust brakes, and make basic repairs can save you a lot of time and resources.



### **Sewing, Weaving, Spinning, Knitting and Mending**

These skills can help you to repair and make clothing and gear, which can save you time and money. You can also barter your sewing skills for other things you need. Consider investing in a good quality sewing machine, fabric, and thread, and learn how to make basic repairs, sew buttons, and hem pants.

### **Self Defense and Martial Arts**

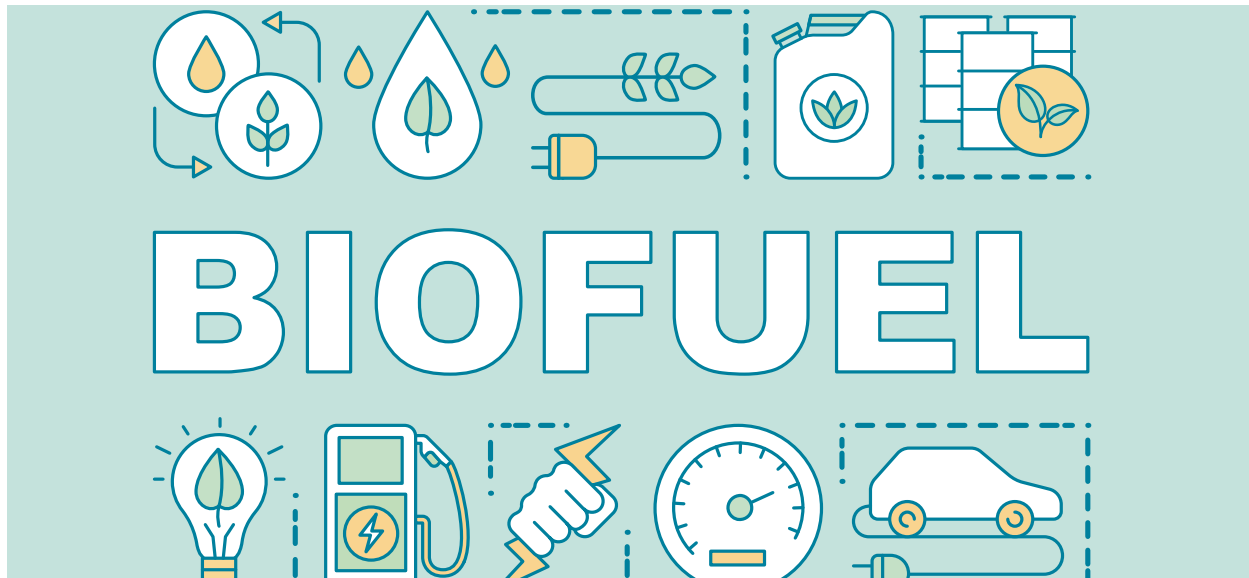
Knowing how to defend yourself and your family is a critical skill to have in a crisis. Consider taking self-defense and martial arts classes to improve your physical fitness and to learn effective techniques for self-defense.

### **Communication Skills**

In a crisis situation, communication is critical. Knowing how to communicate effectively with others and how to use different forms of communication such as ham radios, walkie-talkies, and CB radios can help you stay connected with your family and others. Basic computer skills can also be very useful in communicating and getting information.

### **Producing Biogas**

A biogas plant is an anaerobic digester of organic material for the purposes of treating waste and concurrently generating biogas fuel.



The treated waste is a nutrient-rich, nitrogen-rich fertiliser while the biogas is mostly methane gas with inert gases including carbon dioxide and nitrogen. This enables you to have an energy source and a nutrient source for your vegetable garden.

### **Producing Bio Diesel**

Bio-diesel is the term given to a diesel-like fuel made from biologically derived lipid feed stocks, such as vegetable oils, animal fats, and their used derivatives such as waste cooking oils. It is possible to produce your own bio diesel however some additional chemicals and equipment is required.

### **Alternate Cooking Systems**

A solar oven can be made from a box that has been painted with a matt black on the outside and lined with aluminium foil on the inside. You place the food to be cooked into the box and then over the top with a pane of glass. To increase its effectiveness, it is necessary to add a reflector plate to direct additional solar energy into the cook box and increase the cooking temperature.

These are just some of the skills that you may consider learning and practicing as a family. The most important thing is to be prepared and to have a plan in place.

Building a set of skills that you and your family can rely on in times of need is a valuable investment. Consider completing a skills audit and learning plan, set goals, and work together as a family to achieve them.



## **Your Support Network**

Having a support network during a crisis is incredibly important for a number of reasons. Firstly, having a community of people who you trust and can rely on can help to mitigate feelings of isolation, fear and anxiety, which can often be exacerbated in a crisis situation. By having a support network, you can share information, resources, ideas and collaborate on problem-solving to find the best course of action.

Additionally, having a group of individuals with different skill sets and knowledge can help to ensure that all necessary tasks are completed effectively. For example, if one person is knowledgeable in first-aid, another in repair work and another in gardening, these skills can be utilised to their full potential during a crisis to ensure the well-being of the group.

However, it is important to be security conscious when building your support network. You should be careful about how much information you share with others, especially if it could compromise your safety and the safety of your supplies. This could be particularly important

if your community is facing a widespread crisis, such as a natural disaster, where resources may be scarce and people may become desperate.

In conclusion, a support network can play a crucial role in helping individuals to cope and survive during a crisis. It is important to build relationships and trust with others, while being mindful of the need for security and confidentiality. By working together, individuals can increase their chances of successfully navigating a crisis situation.

## **What could you invest in well before the crisis starts?**

The time to prepare for a major crisis is well before it starts. It's extremely important to make specific purchases before the crisis as these items will be in high demand and become scarce once people wake up to the situation. With a limited budget, it's important to invest in items that provide a direct benefit and can be used as a form of security or barter.

## **Here are some items to consider investing in before a crisis:**

### **Antibiotics**

Antibiotics may become extremely difficult to source. With companies beginning to fail and logistics supply chain services collapsing, there may be a limited amount of antibiotics available. Small cuts and injuries could cost a lot of money if they end up infected and result in hospitalisation.

### **Batteries and Solar System to Charge them**

It's possible that there may be a loss of power or rationing during a crisis. Having a supply of batteries and a means to recharge them could be an important addition to your survival assets.



### **Books, Boardgames, and Cards**

Having some form of entertainment to help take your mind off the crisis is a good idea. If you are hunkering down in your home, most of these items will be readily available.

### **Build a Faraday Cage**

An electromagnetic pulse (EMP) attack or solar flare can have devastating effects on information, electrical, and power grid systems



across a wide area. You can prepare for an EMP by building a Faraday cage to protect your electronic equipment so it will continue to work after the EMP blast. You can also purchase EMP protection bags online to protect your smaller electronic devices.

### **Buy Fire-Making Tools**

Life is always better when you have a fire for warmth and cooking. Stocking up on matches, lighters, and flints is an excellent investment as they are functional, compact, non-perishable, and tradable.

### **Buy Gold and Silver Bullion**

Historically, bullion has been one of the best investments during a crisis. Gold and silver bullion has stood the test of time and withstood many crises over the past 2,000 years. With the central banks of the world recklessly printing money, having bullion may soon be a valuable asset.

### **Buy Gold and Silver Coins**

Having some gold and silver coins is always a good idea. Purchase the coins for their metal value, not because they are rare. With the increase in demand, the price of silver and gold can quickly rise.



### **Buy Medicine and First Aid Supplies**

A comprehensive first aid kit and other medical supplies are must-have items during a crisis. With a shortage of medical supplies and an increase in cost, having a well-stocked first aid kit can save you money and prevent illness or injury.

### **Hold Some Cash**

Having some cash available in smaller denominations at the beginning of a crisis may be beneficial. Depending on the situation, banks, credit/debit cards, and ATMs may not be operational. Cash may have a high demand and provide an opportunity to accumulate additional supplies cheaply.

### **Build up Food Reserves**

Surplus food will be an excellent item to trade, especially if you can grow it yourself. If not, consider investing in dried foods, rice, and canned food. With high inflation, food will never be cheaper than it is today and is a better investment than money in the bank.



## Summary

The thought of insuring against a global crisis or tough economic times is often neglected, but securing our homes and cars with insurance is second nature. The threat of an economic collapse is openly discussed on social media and You Tube, with the fear of a total breakdown of society constantly looming. Yet, history tells us that regions can still suffer severe disruptions to their way of life, as seen in Ukraine.

Argentina serves as a cautionary tale, repeatedly experiencing collapses in its economy yet life goes on. Those who were prepared were able to adapt to the "new normal" with ease, while those who were not faced hardships and anxiety until they found ways to cope.

A currency crisis is a real possibility, and the thought of it is unsettling. It's impossible to predict how the collapse of major currencies like the US dollar, Euro, or Pound will unfold, but one thing is for sure - the majority of people will be caught off guard. By planning, you can take control of your own situation and be one step ahead of the masses.

The early weeks of an economic collapse can be terrifying, reminiscent of the panic buying and empty shelves during the first COVID lock-downs. The fear and desperation in cities as people search for basic necessities can be overwhelming.

It's impossible to know how long it will take for things to return to a sense of normalcy, but personally, I'm preparing for a 6-month extended crisis. Of course, you need to do what's best for you and decide on the level of insurance you're comfortable with. Stay vigilant of global events and adjust your preparations as needed, but don't wait too long.



"Nothing in life is to be feared it is only to be understood. Now is the time to understand more so that we may fear less" Marie Curie



# Chapter 4. Extended Crisis

## Preparing for Six Months

If you're preparing for a six month crisis, here are some things to consider.

### Water

Water is extremely important during a crisis, and you need to plan for it. You need water for drinking, cooking, washing food, showers, clothes washing, and flushing toilets. Here's what you need to do:

Store enough water or have the ability to produce clean water. Use opaque, food-grade polyethylene containers to store water. Be prepared to find more water from ponds, creeks, lakes, or swimming pools, but make sure to filter and purify the water before drinking.



Use a simple gravity filtration system, coffee filters to remove larger particulates, boil the water or use chemical purification to destroy most bacteria and pathogens.

### Food and Storage

Consider your food supply as an investment that is better than money in the bank. Store food with a long shelf life, and rotate supplies from time to time to avoid waste due to aging and spoilage.

Note that white rice is the best and often cheapest food



available on a cost per calorie basis. It stores well and is easy to prepare.

### **Warmth**

In a crisis, you might need to retreat to one or two rooms that you heat, so make sure your fuel tank is always topped up and you can easily seal the rooms to keep the warmth in.

### **Medications**

If you need prescription medications, make sure you have enough on hand in case there is a supply chain disruption. It's also good to have a comprehensive first-aid kit and a supply of antibiotics on hand.

### **Sanitary Supplies**

Personal hygiene is important, as we need to minimise the risk of infection. Make sure to have a six-month supply of soap and detergent on hand, including bar soap, laundry detergent, and dish washing liquid. Additional supplies to hold include stores of toilet paper, baby wipes, paper towels, and feminine hygiene products.

### **Long-term Fixed Rate Mortgages**



Long-term debt can be a positive thing if you have a secure income. Refinance into a long-term fixed rate mortgage before inflation takes off. Once inflation takes control, those with fixed-rate 30-year mortgages will find that the percentage of their income that pays the mortgage will decrease, leaving more cash to buy other

necessities, like food and fuel. The possible downside is that in times of high inflation there are often high interest rates, and funding this can be a problem if the budget is tight.

## Secrecy and Security

Prepping and bartering are important steps to take in order to be ready for any crisis or disaster. By investing in necessary supplies and stockpiling high-demand items, you can ensure the survival of yourself and your family.

However, it's important to keep your preparations and bartering activities a secret in order to avoid becoming a target for those who did not prepare. By maintaining a high level of security and caution, you can trade for necessary items without putting yourself or your family at risk. Remember, preparation is an investment, not an expense, and it's better to be safe than sorry.

## Barter Items to Stockpile for Survival Situations

Preparing for any crisis means considering what essential items you may need to acquire or trade for goods and services. Barter items that are in high demand, long-lasting, and easily stored can be valuable for acquiring other items when the regular supply chain is disrupted. Here are some potential barter items to consider for survival situations.

### Water filters and sterilisation tablets

Clean drinking water is essential for survival and make water filters, sterilisation tablets, and life straws a valuable barter item. These items are lightweight, long-lasting, and take up minimal space, making them easy to store.

### Vegetable Seeds

Growing your own food is a smart strategy for survival situations, and having a variety of vegetable seeds can be a great barter item. Experiment with what grows well in your area and choose seeds suitable for your climate. Sharing your knowledge of what seeds grow best in the region can add value to this barter item.



### **Solar Panels and Rechargeable Batteries**

Smaller solar kits for recharging batteries are affordable and lightweight, making them a useful barter item. Setting up a charging station where people can bring their batteries to be charged in exchange for goods is another potential trade opportunity.

### **First Aid Supplies**

Compact pre-made first-aid kits are ideal for bartering and can be worth much more in a post-collapse world. Stock up on anti-septic creams, pain killers, and disinfectants to make your first-aid kit more valuable.

### **Skills**

Skills such as carpentry, mechanics, electrical work, plumbing, sewing, solar installations, and water filtration can be valuable barter items. Offering your expertise in exchange for goods you need is an excellent way to trade.

### **Personal Care Items**

Basic hygiene items such as toilet paper, baby diapers, tampons, and pads will always be in demand.

### **Coffee, Tobacco, and Alcohol**

Comfort items such as coffee, tobacco, and alcohol can be valuable barter items, especially for those who need them to feel a sense of normalcy in difficult times.

### **Condoms**

Condoms may be an overlooked item, but they can be a valuable barter item. Providing protection from pregnancy and sexually transmitted diseases is an essential need that many people may overlook in a crisis.

### **Lighters and Matches**

Basic fire-starting tools such as lighters and matches are always in demand.. Keep them dry by adding a desiccant packet to their storage container.



## **Ammunition**

Ammunition may be a valuable commodity in a survival situation, but it should be approached with caution.

Only trade ammunition with people you trust, and be aware that giving ammunition to someone who is unprepared could put your family at risk.

## **How Much Food to Store and Tips for Storage**

There is no clear answer to how much food you need to store. This will depend on the type of crisis, the number of people you wish to support, and how long you plan to provision for.

Generally, we need to prepare for a short-term crisis rather than an end-of-the-world scenario. Food supplies for six months may cover most scenarios.

When you start building your supplies, consider buying food in batches. This way, you will be extending the expiry dates on a continual basis. Also, consider the following tips for food storage:

Proper Storage Conditions: Proper storage is critical to the longevity



of your food supply. Store food in a cool, dry place away from direct sunlight. Avoid storing food in areas with fluctuating temperatures, such as garages or attics.

### **Food Rotation**

When storing food, you should rotate the stock from your long-term supply (nearing expiry stock) to be consumed with your current supply. You then replace your long-term supply with fresh stock. Make sure you clearly mark each item

with its purchase date/expiry date with a sharpie marker. If there's a crisis, you should consume the older food stores first. Your record book will make inventory management much simpler.



### **Avoid Food Spoilage**

To avoid food spoilage, consume the perishable foods first, followed by the foods with the shortest expiry dates. If you have lost power, remember to consume the food in your freezer first before it thaws.

### **Consider Packaging**

Packaging plays an important role in the preservation of your food. Proper packaging will help extend the shelf life of your food. Consider using Mylar bags, Mason jars, or food-grade buckets with oxygen absorbers.



### **Protect Your Food from Pests**

Store your food in airtight containers to protect them from pests. Consider using food-grade diatomaceous earth or bay leaves as a natural pest repellent.

### **Plan for Water Storage**

Water is essential for survival, so it's important to plan for water storage as well. Store water in a cool, dry place away from direct sunlight. Consider using water barrels or water tanks to store larger quantities of water. You can also store water purification tablets or a water filtration system as a backup.

## **Longer-term food storage**

You may need additional equipment such as a grain mill, mincer, pasta maker, and vacuum packing machine if you plan on processing whole grains into flour.

Remember, it's always better to be over-prepared than under-prepared. By taking the time to properly store your food, you can ensure that your supplies will be available when you need them most.

## **Food records**

Keeping a food storage record is a crucial part of emergency preparedness. Here's what you should include in your food storage record:

### **List of items**

Make a list of all the items you have in your food storage, including the quantity of each item.

### **Purchase date**

Record the date when you purchased each item in your food storage. Expiration date: Note the expiration date for each item so you can rotate your stock before it expires.





### **Storage location**

Record where you're storing each item, so you can quickly find it when you need it.

### **Rotation schedule**

Develop a rotation schedule to ensure that you use your oldest items first. You can either rotate items on a set schedule, like every six months, or rotate them as you use them. Quantity used: When you use an item from your food storage, record the quantity used so you can keep track of how much you have left.

### **Replenishment**

Note when you need to replenish an item so you can add it to your shopping list. It's important to keep your food storage record up to date. When you purchase new items, add them to your list, and when you use an item, update the record with the quantity used. By keeping track of your food in storage, you'll always know what you have on hand, when it expires, and what you need to replenish. This will help you manage your inventory and keep your family fed during an emergency.



Food Record template example:

Item	Purchase Date	Expiry Date	Quantity	Location
Rice	01/01/2023	01/01/2026	10 lbs	Pantry
Canned tomatoes	01/02/2023	01/02/2024	6 cans	Basement
Instant noodles	01/03/2023	01/03/2025	12 packs	Kitchen cabinet
Flour	01/04/2023	01/04/2024	5 lbs	Pantry

You can customise this template by adding or removing columns based on your specific needs. Some additional columns you may want to include could be the purchase price or the brand of the product. It's also a good idea to organise the items by category (e.g. grains, canned goods, snacks, etc.) to make it easier to find what you need.

Remember to update the record regularly by adding new items or removing items that have expired. This will help you keep track of your food supply and ensure that you always have current, edible food on hand.

## **Where to store your food?**

When it comes to storing and hiding your emergency supplies, there are several key considerations to keep in mind. Here are some of the best places to store and hide your supplies safely:

**Dedicated storage space:** One of the best options is to dedicate a specific area of your home to storage, such as a closet, pantry, or basement. These areas are often cool, dry, and secure, which makes them ideal for storing food, water, and other supplies.

**Under furniture:** Another option is to store your supplies under or inside furniture. For example, you can store food and water in a hollowed-out



Ottoman or beneath a bed, as long as the area is dry and doesn't get too hot.

Outdoor locations: If you have a yard, you may be able to store some supplies outside. Just be sure to use waterproof and weather-resistant containers, and make sure that the area is hidden from view.

Hidden in plain sight: Sometimes the best place to hide supplies is right out in the open. For example, you could store food in plain sight by disguising it as something else, such as a stack of books or a potted plant. Just be sure that the disguise is convincing and doesn't draw attention to the fact that you're hiding supplies.

Burying your supplies: Another option is to bury your supplies in a safe and secure location on your property. This can be a great way to keep them hidden and protected, as long as you mark the location carefully and can easily retrieve the supplies when needed.

Ultimately, the best place to store and hide your supplies will depend on your specific circumstances and the resources available to you. Just be sure to consider factors like accessibility, security, and temperature control when making your decision.

## Store food properly

Storing your food properly is crucial to maintaining its quality and safety.

Here are some tips for properly storing your food supplies-  
Use airtight containers: Your food stores should be tightly sealed in airtight containers to keep them fresh and prevent spoilage. Make sure to use containers that are designed for food storage.

Consider food-grade plastic buckets: For bulk supplies, you can consider food-grade five-gallon (20-litre) plastic buckets. These are great for storing grains, legumes, and other dry foods. Make sure to look for buckets that are labelled as "food grade."



Look for the appropriate symbol: Food grade plastics are labelled with a specific symbol indicating that they are safe for storing food. The symbol is a triangle with arrows forming a three-armed loop. The number in the centre of the loop indicates the type of plastic that the container is made of.

Avoid using containers that held non-food items: Containers that held chemicals, cleaning supplies, or other non-food items can leach

harmful substances into your food, even if they have been thoroughly washed.

**Store in a cool, dry place:** Proper temperature and humidity are important for storing food. Store your food in a cool, dry place away from direct sunlight, heat sources, and moisture.

By following these tips, you can ensure that your food supplies are stored safely and will be available when you need them.

**Use oxygen absorbers and Mylar bags for long term supplies**

If you're storing food for the long term, you'll want to consider using oxygen absorbers and Mylar bags. These are a great way to create an anaerobic environment in which your food can be safely stored for years to come. An anaerobic environment is one that is lacking in oxygen. By removing oxygen from the storage environment, oxygen absorbers prevent bacteria and fungi, like mould, from developing.

When properly sealed in Mylar bags with oxygen absorbers, food can last for decades. To use oxygen absorbers, carefully follow the instructions provided and make sure you have everything you need before opening them up to the environment. When you're done, label each container with the date, contents, and weight using a permanent marker, and be sure to record this information in your food storage record book.



Don't forget to store some comfort foods in your emergency food supply. It's important to consider what your family enjoys eating, as comfort foods can have a positive impact on mental well-being during stressful times.

During a long-term crisis, you may start to feel food boredom. To combat this, consider stocking up on special foods such as chocolate, canned fruit, jello, instant puddings, cake mixes, and candies. These foods can provide a sense of normalcy and boost morale, particularly for children. Don't forget to celebrate

special occasions like birthdays with comfort foods, as this can help create a distraction and lift spirits.

Additionally, older people and children may struggle to adjust to a new diet and lifestyle during a crisis. Including comfort foods in your supply can help ease this adjustment and provide a sense of familiarity and comfort. Don't

underestimate the positive impact that comfort foods can have on your mental health during challenging times.



## **What are the staple foods should we store?**

To ensure that your food supply lasts as long as possible, it's important to focus on storing foods that have a long shelf life. This includes freeze-dried foods, canned goods, uncooked rice, grains, flour, and other long-lasting foods that can be stored for months or even years.

If you're preparing for a short-term crisis, you don't need to worry too much about having perfectly balanced meals. Your main concern should be having enough food to keep your body fuelled and functioning properly. To add some variety, you can plan to consume a range of simple, easy-to-prepare meals. And while this may not provide all of the necessary nutrients, a supply of multivitamins can help bridge the gap.

To ensure that your meals contain a balance of carbohydrates, protein, minerals, fats, and even enjoyment, it's important to focus on staple foods that have a long shelf life. By stocking up on these foods, you'll have the necessary nutrients to stay healthy and happy during a crisis.

"Food may be essential as fuel for the body  
but good food is fuel for the soul"  
Malcolm Forbes

### **List of foods to store:**

- Baking soda and baking powder
- Biscuits
- Canned fish, mackerel, tuna, and sardines
- Canned vegetables: such as corn, green beans, carrots, etc.
- Cocoa, coffee, and tea
- Condensed milk and powdered milk
- Cooking oil, olive oil, and ghee
- Crackers and other shelf-stable snacks: such as crackers, granola bars, and trail mix.
- Dried beans and powdered potatoes
- Dried fruit, boiled sweets, and chocolate
- Dried fruit, nuts, and beef jerky
- Dried grains: such as quinoa, millet, and bulgur.
- Dried pet food
- Energy bars
- Flour and oats
- Honey, peanut butter, and Marmite
- Instant puddings and jelly
- Jerky and dried meats

- Lemon juice, sauces, soy, apple cider vinegar (with mother), and chilli sauce
- Long-lasting protein sources: such as canned beans, canned chicken, and
- Canned ham
- Pasta and rice
- Popcorn
- Salt, sugar, spices, yeast
- Tinned meat like spam plus a can opener
- Vitamins and minerals: such as multivitamins, electrolyte powders, and calcium supplements.
- Vodka (useful for sterilization)
- Other favourites

#### Other Considerations: Cooking Equipment

When possible and safe, it's best to stay at home during a crisis. In this case, you likely already have most of the cooking equipment you need. However, if you don't have access to electricity, you'll need to plan accordingly. A gas camping stove can come in handy for cooking basic meals and boiling water.





# **Chapter 5. What Should You Do, Bug in or Bug Out?**

## **Bugging In Shelter: Should you stay home?**

When it comes to shelter, the decision to stay put or evacuate depends on the specific circumstances. In most cases, staying in your home is the best option for safety and security. However, there are situations where you may need to leave your home, such as in the case of a chemical release, fire, flood, tornado, or riots.

If you do need to leave, it's important to have an evacuation plan and evacuation routes in place, along with a bug-out bag containing essential supplies. You should also inform your extended family of your plan and how to reconnect with them in case of separation.

It's important to assess the situation quickly and act before roads and transport systems become congested. To be fully prepared, it's recommended to conduct a dress rehearsal of your evacuation plan to identify any potential issues.

Staying in your home provides a sense of safety and security, and is often the best option for shelter during a crisis. Your home can protect you from the elements and potential threats such as violence or exposure to extreme weather conditions.

It's important to prepare your home properly and have a plan in place to defend it if necessary.

## **Threats**

We all live in different locations and as such can be subject to different risks. You need to consider your options in relation to the possible threats.

Consider the following threats and determine whether you should stay at home or evacuate in response.

### **Air pollution and toxic chemical release**

Hazardous chemicals released into the environment can pose a threat to health and safety. It is recommended that you have personal protective equipment such as face masks and respirators to minimise exposure to air pollution.

**Bush/forest fires:** Large fires can spread quickly, destroying transportation and communication networks. You should have a plan for evacuation and protecting of your home from fire.

**Civil unrest and social collapse:** Civil rioting and the collapse of social order can pose a significant threat to safety and stability. You should have a plan for securing your home and protecting your family during times of civil unrest.

### **Cyclones, hurricanes, and tornadoes**

These powerful storms can cause significant damage, disrupt transportation and communication networks, and lead to power outages and shortages of food and water.



**Drought**

Regions prone to drought require a sufficient supply of water, as well as water storage and conservation methods. You should also have a plan for finding alternative sources of water if necessary.

**Earthquakes**

Earthquakes can cause significant damage to buildings, infrastructure, and transportation networks, and can also trigger tsunamis and other natural disasters. You should have a plan for sheltering in place, evacuating if necessary, and protecting yourself during an earthquake.

**Floods**

Floods can cause widespread damage, disrupt transportation and communication networks, and lead to power outages and shortages of food and water. You should have a plan for sheltering in place and evacuating if necessary, as well as a supply of flood-protection materials like sandbags.

**Gangs and riots**

Lawlessness and violence can pose a significant threat to safety and security, particularly in urban areas. You should have a plan for securing your home and protecting your family during times of gangs and riots.

**Home invasions**

Home invasions can pose a significant threat to personal safety and security, particularly in urban areas. Your best option is to keep them out. Consideration should be given to what you will do if that fails.

**Nuclear event**

In a nuclear event you should have a plan for sealing up your home, sheltering in place and protecting yourselves during a nuclear event.

**Pandemics and disease outbreaks**

Outbreaks of diseases like COVID-19 can pose a significant threat to public health and disrupt daily life. You should have personal protective equipment like face masks and hand sanitizer on hand.

**Power loss**

Widespread power outages can disrupt daily life, transportation and communication networks, and lead to shortages of food and water. You should have a plan for conserving power and finding alternative sources of energy if necessary.

**Snow storms**

Heavy snow can disrupt transportation and communication networks, cause widespread power outages, and make it difficult to obtain food and water. You should have a plan for sheltering in place and protecting themselves during snow storms.

**Solar flares**

Strong solar flares can disrupt power grids, GPS systems, and communication satellites, causing widespread power outages and disrupting daily life. You should have a plan for conserving power and finding alternative sources of energy if necessary.

**Tsunamis**

Tsunamis can cause significant damage to coastal areas. You should have a plan for evacuation and finding higher ground.

Having a plan and being prepared to respond to potential threats can improve your chances of survival. It's important to consider the specific risks you may face based on your location and take appropriate action.



## **Threat Analysis**

We each need to consider the likelihood of having to face a threat and should ask these questions in relation to every possible threat in order to identify the most likely and highest risks we may be exposed to.

### **Questions to ask yourself:**

- What are we most vulnerable to?
- How may we better protect ourselves?
- What improvements can we make to reduce the risk?
- What security measures can we put in place?
- What are the warning signs and triggers that indicate a potential threat is imminent?
- Do we have a plan in place for how to respond to each potential threat?
- How will we evacuate if necessary, and do we have a designated safe place to go?
- What resources do we have at our disposal, such as first aid supplies, food, water, and other essentials?
- Do we have the necessary equipment and tools to repair or secure our homes and property?
- How will we communicate with family and friends during an emergency, and do we have backup communication methods in place?
- What are the local emergency response protocols and do we have the contact information for emergency services?
- How can we ensure the safety of our pets, and what provisions do we need to make for them?
- What is our plan for continuing our daily activities and responsibilities during a crisis situation?

- Have we taken steps to prepare financially for a crisis, such as having an emergency fund or insurance coverage?

By planning for the most likely risks, you can create a check list of tasks that you need to follow as soon as the risk appears.



### **Things to consider:**

- Do you have an emergency plan in place and have you practiced it with your family or loved ones?
- Do you have important phone numbers written down in a safe place?
- Do you have backup power options for essential appliances and devices?
- Do you have a supply of clean drinking water stored?
- Do you have a backup heating source for cold weather?
- Do you have a means of cooking food if your stove or oven is unavailable?
- Do you have a supply of medications, both prescription and over-the-counter, stored?

- Do you have a backup source of light, such as lanterns or hand-crank flash-lights?
- Do you have a means of charging your phone or other devices in case of power loss?
- Do you have a backup source of transportation in case your car is unavailable?
- Do you have a stock of basic tools, such as a hammer, insulated screwdrivers, and insulated pliers, in case of emergency repairs?
- Do you have a backup source of income in case your primary source is unavailable?
- Do you have a means of communicating with your loved ones in case of separation during an emergency?
- Do you and your family know where to turn off the water, power and gas?
- Have you secured loose items like garden furniture, sheets of roofing iron and rubbish bins?
- Did you clear guttering of leaves, block the downpipe and fill them with water (fire protection)?
- Did you clear guttering and downpipes of leaves so water can get away?
- What is the weakest part of your house, how can it be reinforced?





- Do you need to board up your windows and strengthen the entry points?
- Do you need a safety shelter?
- Where can you safely store valuables and documents?
- Are your fire extinguishers ready?
- Are your smoke alarms and carbon monoxide alarms operating?
- Are dangerous liquids and chemicals stored safely and securely?
- How can you keep intruders out?
- What can you use to defend yourself against an intruder?
- Do you have a flashlight and spare batteries, candles, matches or chemical lights?
- Do you need an evacuation drill and where do you meet after getting out?
- Do you have appropriate protective clothing? (fire and cold)
- How will you keep warm?
- Should you duct tape doors, vents and windows?
- How can you communicate with the outside world?
- Do you have a battery or crank radio to hear public announcements?
- Where do you keep a tarpaulin and ropes?
- What is the safest and most secure room to be in?





- Where is the emergency food and water?
- Where is the first aid kit?
- Where are the pets? Can you secure the dog/cat flap?
- Can all your doors and windows be locked very securely?
- Are there places where bad people can hide and ambush you?
- Can you set up intruder warning trip lines?
- Do you have solar-powered external lights with motion sensors?
- Have you secured your ladder to make access to the roof and upper windows difficult?
- Do you keep your car keys in a certain spot where you can find them quickly?
- Should you own a generator, do you have fuel, does it run?
- What are you most vulnerable to and how can you better protect yourself?
- What improvements can you make to reduce the risk?
- What security measures can you put in place?
- Can you think of anything else?



## Next steps

- **Make a written plan:** This step involves creating a written plan outlining all the necessary actions to be taken in the event of a threat. This helps to ensure that everyone is on the same page and all necessary information is captured.
- **Assess and prioritise the deficiencies:** This step involves evaluating the current situation and identifying any gaps or weaknesses. This information is then used to prioritise what needs to be addressed first.
- **Plan for or compensate for deficiencies:** Based on the assessment, this step involves taking action to address any deficiencies, such as purchasing necessary equipment or supplies, or making structural changes to a building.
- **Develop a checklist:** A checklist can help ensure that all necessary steps are taken and nothing is overlooked.
- **Train and rehearse the family:** This step involves practicing and rehearsing the plan with the family to ensure everyone understands their role and the steps they need to take.
- **Review and adjust as appropriate:** This step involves regularly reviewing the plan to ensure that it remains relevant and effective, and making any necessary adjustments as needed.
- **Create as many options as possible:** It is important to have multiple options for each scenario in case one plan does not work. This helps to ensure that there is always a backup plan in place.





- Duct tape
- Eating utensils
- Emergency blanket
- Emergency cash in small notes (as much as you can get and spread it about so you can't lose it all at once)
- Extra clothes and small sewing kit
- Female hygiene products (if required)
- First aid kit
- Flashlight, small radio and spare batteries
- Fixed blade knife, folding knife, folding spade, small axe or machete
- Identification documents in waterproof bag
- Multi-tool and small fishing kit



- Paracord
- Pen and pencil
- Pepper spray
- Prescription medication (if used)
- Rations for 3 days (don't forget the pet food)
- Self-defense weapons
- Sleeping bag
- Survival whistle and signal mirror
- Tent and small tarpaulin
- Toiletries, soap and toilet paper
- USB stick holding DIY manuals, check-lists, copies of documents, and every other piece of resource material you could need
- Water
- Waterproof jacket
- Waterproof matches/lighter, candles, flint & steel, and dry tinder
- Water purification bottle or Life Straw
- Water purification tablets
- Zip/cable ties



Depending on your circumstances, you may not require all of these items. However, it's better to have more than less. It can be frustrating to be hungry and have a can of food without a way to open it. Each member of your group should have a comparable bag with similar supplies in case of separation.

There is a limit to the amount of weight that a person can carry, so it's important to choose items wisely, balancing utility, weight, and durability.

### **Your vehicle and transportation tips**

If you find yourself in a situation where you must evacuate due to an environmental concern, you may need to travel a significant distance of 400–500 kilometres. To increase your chances of arriving at your destination safely, it's essential to ensure your vehicle is well-maintained, with reliable tires and brakes. In addition to these measures, you should also consider the following.

#### **Maintaining a fuel level**

Keeping above half full is crucial, and you should also consider carrying spare gerry cans of fuel in case of emergencies. If you come across any open fuel stations, use cash to top up your tank and gerry cans as the extra fuel will be more valuable than the cash.

#### **Navigation**

Have a map of the route in case the GPS is down. Use them to navigate to your destination. Familiarise yourself with the route before you leave.

#### **Communication**

Have a reliable means of communication, such as a mobile



phone or radio, to keep you updated on the situation and to contact emergency services if necessary.

### **Weather**

Consider the weather conditions you might face during the journey and pack accordingly. For instance, carry warm clothes, blankets, and other gear if you anticipate cold weather.

### **Medical needs**

If you or any members of your group have medical needs, make sure to pack any necessary medications, first aid kits, and other medical supplies.



## Vehicle Bug Out Kit

By preparing and planning ahead for these potential scenarios, you increase your chances of reaching safety and surviving any environmental concern that may arise.

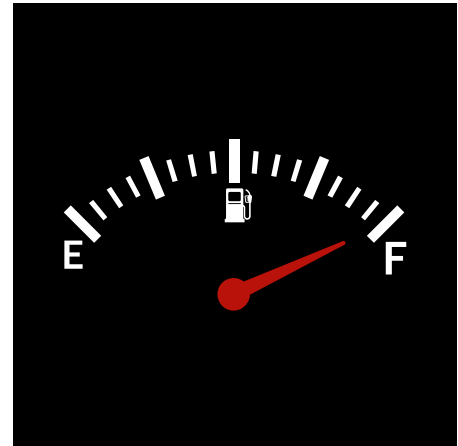
Your vehicle should also have its own “mini bug-out kit” which could contain:

- Basic tool kit and flashlight
- Cigarette lighter phone charger
- Duct tape
- Emergency flares or warning triangle
- Extra water, food and paper plates
- Fire extinguisher
- First aid kit
- Gas cooker, spare bottle and cooking pot
- Large first aid kit
- Large tarpaulin, extra blankets, duct tape, para cord, rope and fishing line
- Laminated road map
- Multi-purpose survival kit (including a knife, whistle, and other essential items)
- Paper towels, disinfectant wipes, and hand sanitiser





- Portable jump starter or booster cables
- Spare engine oil, WD40, super glue and epoxy
- Spare fuses and electrical tape
- Spare fan belt
- Spare tyre, jack, tools, zip ties and jumper cables
- Tire repair kit and air compressor
- Trash bags and a roll of toilet paper
- Emergency radio with hand crank or solar charging option.



If you don't keep these in the vehicle then make sure you have easy access to them. If public warnings advise you to evacuate, **ALWAYS** evacuate immediately.

Do not take the risk of staying to see how things evolve. Once safely out of immediate danger you can take time to consider all your options and your next step.



Never abandon your vehicle unless you have no choice. Your home is your best shelter and your vehicle is the next best. Sleeping in the vehicle is safer than sleeping in a tent.

Your evacuation plan should have you leaving your home and moving to a pre-arranged place that offers safety and is in an urban area. By being prepared you can move fast and avoid the panic as others begin to scramble and catch on to the crisis.

You only want to bug out to the bush/forest if you have absolutely no other choice.



## Going bush, the last resort

The approach this guide takes is to always try and stay sheltered in your home. If you need to evacuate your home then you need to have a plan to go far enough away that the destination is unlikely to be effected in the same way as your home.

Preferably this will be another urban area. After all there is some safety in numbers and community. Rarely does civilisation collapse to the extent you need to go primal and live off the land.

### Dress rehearsal



Here are some tips to conduct a dress rehearsal for surviving in the bush:

- Take your bug out bag and go for a 4-6 hour hike to test endurance and mobility.
- Always take a camping tent and practice setting it up and taking it down quickly to improve efficiency.
- Make sure everyone can start a fire and cook a meal using minimal supplies.

- Test your water purification methods, including water bottles and sterilisation tablets.
- Identify the best location for setting up a shelter, considering the terrain and other factors.
- Learn how to dig a latrine and dispose of waste properly to maintain hygiene.
- Practice fishing and setting snares to catch food for survival.
- Brush up on first aid skills and prepare a first aid kit that includes necessary medications.
- Identify edible and poisonous plants in the area and learn how to forage for food.
- Set up early warning trip lines using fishing lines or other materials to protect your camp from intruders.

Remember, bugging out to the bush requires a different level of preparation compared to a typical weekend camping trip. In adverse weather conditions, camping can quickly become uncomfortable and miserable, so it's important to iron out any issues and shortcomings in your plan during a dress rehearsal. It's always better to be well-prepared in advance than to face difficulties during an actual crisis.





## Chapter 6. Home Security and Self Defence

This book does not cover these areas in any detail. The internet will provide you with an abundant source of information.

**Areas you could consider researching include:**

- Situational awareness
- Personal security
- Self defense
- Home security
- Non lethal weapons
- Firearms
- Alarms and early warning devices



## First aid skills and supplies

Simply having a comprehensive first aid kit and manual may not be enough in an emergency situation. Imagine being injured, feeling pain, faint, cold, and clammy, and having a friend read aloud from a manual instead of immediately helping you.

It's important to have both the necessary supplies and the knowledge to use them effectively.

In addition to having a well-stocked first aid kit, it's crucial that everyone in your group has received proper first aid training. First aid isn't something that can be learned solely from a book, and in an emergency situation, speed is of the essence.

Your first aid kit should include everything necessary to stabilise and assist the injured person, but it's important to remember that you're not performing surgery.

The goal is to stabilise the patient until proper treatment is available. Overall, administering first aid requires both the right supplies and the knowledge and confidence to use them effectively.



## Chapter 7. First Aid Kit

The following is a list of the minimum you should have in your kit:

- Adhesive tape
- Adhesive wound closure strips
- Alcohol wipes
- Allergies (antihistamine tablets)
- Antibiotic ointment and antiseptic cream
- Aspirin
- Band aids and bandages
- Breathing barrier (with one-way valve)
- Burn cream
- Candy (to treat shock and calm patients down)
- Charcoal tablets (indigestion, food poisoning, etc.)
- CPR face shield
- Diarrhea tablet
- Disposable instant cold packs
- Disposable instant heat packs
- Double-edged razor blades
- Dressings (sterile gauze pads and dressing pads in different sizes)
- Emergency blanket



- Emergency whistle
- Eye wash and eye patch
- EpiPen auto-injector (for severe allergic reactions (anaphylaxis))
- Face masks and latex gloves
- First aid manual
- Gauze dressings
- Hydrocortisone cream (for itching and skin irritation)
- Insect repellent
- Pain killers
- Personal medication (prescription medication for those with special needs)
- Sanitary napkins (used with direct pressure to stop bleeding in large wounds)
- Scissors, nail clippers, safety pins, and tweezers
- Safety goggles
- Saline solution (sterile)
- Splint (for broken bones)
- Sterile cotton swabs
- Sterile gloves in various sizes
- Sterile water
- Thermometer
- Triangle bandage (for immobilization)
- Elastic bandage (for sprains and swelling)
- Wound closure strips (sterile)



Here are some of the basic first aid skills you need to know:

### **How to stop heavy bleeding**

Heavy bleeding is a life-threatening emergency and must be stopped as soon as possible. By learning how to stop heavy bleeding, you can help prevent serious health problems, shock, or death.

### **Cleaning and dressing wounds**

Proper cleaning and dressing of wounds can help prevent infection and promote healing. By learning how to clean and dress wounds, you can help prevent serious health problems and promote recovery.



### **How to treat for burns**

Burns can be extremely painful and can cause serious health problems. By learning how to treat for burns, you can help reduce pain, prevent infection, and promote healing.

### **How to treat for shock**

Shock is a serious condition that can occur as a result of injury, illness, or other causes. By learning how to treat for shock, you can help prevent serious health problems, such as heart attack, respiratory failure, or organ damage.

### **Treating hypothermia**

Hypothermia is a life-threatening condition that occurs when the body loses heat faster than it can produce heat. By learning how to treat hypothermia, you can help prevent serious health problems, such as heart attack, respiratory failure, or organ damage.

## **Breathing stopped, cardiopulmonary resuscitation (CPR)**

If a person's breathing stops, it is important to start CPR as soon as possible. By learning CPR, you can help save a person's life and prevent serious health problems.



## **How to respond to choking**

Choking is a life-threatening emergency and must be treated as soon as possible. By learning how to respond to choking, you can help prevent serious health problems, such as brain damage or death.

## **Treating bone fractures**

Fractures are common injuries that can become serious. By learning how to treat bone fractures, you can help prevent serious health problems, such as bone deformities, arthritis, or chronic pain.



### **How to move an injured person**

Moving an injured person can be dangerous and can cause further injury. By learning how to move an injured person, you can help prevent making the situation worse.

### **Handling suspected spinal/neck injuries**

Spinal and neck injuries can be serious and can cause permanent damage. By learning how to handle suspected spinal/neck injuries, you can help prevent making the injury worse.



### **Summary**

Learning first aid skills is a necessity for you and your family. It doesn't matter who you are, a grasp of basic first aid skills can be very handy in times of need. Your aim is to have every member of your group able to provide immediate aid to stabilise someone long enough until better skilled medical treatment can be provided.

There is a lot of information and training available on You Tube however nothing beats professional training. "Search First Aid Training" and "First Aid for Preppers".

## **Chapter 8. Lessons Learnt from the Last Great Depression, 40 ideas**

During the Great Depression, people had to adapt and learn new skills – or re-learn old ones to cope with the economic collapse and grinding poverty that followed it.

Many people who lived through it looked back with pride in how they managed to cope. Here are some of the ways they took care of themselves and those around them through some of the hardest times in recent history:

### **Work**

1. When times are tough, families may need to relocate in search of work. By sticking together, they can provide each other with support while keeping an eye out for job opportunities.
2. For many, migrant farm work was a lifeline. Different crops need to be harvested at different times of the year, so it's possible to find work for several months at a time.
3. When job opportunities are scarce, people need to be flexible and willing to try any work that is available. Rather than asking if there is work for a specific type of job, it's better to ask if there is any work at all.
4. During hard times, it's all hands on deck. Even children can make a valuable contribution to the family's earnings. The goal is to work together to earn enough money to survive.
5. In difficult times, almost anything can have value. Even materials that might seem like trash, such as driftwood and scrap metal, can be collected and sold for money.
6. Government-sponsored employment programs, like the "New Deal," can provide jobs and teach valuable skills. They can also create new infrastructure, such as roads or dams.



12. Farmers may take on workers they can't afford to pay in cash and instead offer payment in produce or other goods. This arrangement can be a win-win for both parties.

## **Housing**

1. During tough times, many families lost their homes and had to move in with relatives. It was common for extended families, including grandparents, aunts, and uncles, to share one house. Some people were forced to live in their cars or trucks, relying on cheap meals and public gyms or swimming pools for washing.
2. Homeless individuals often lived in makeshift shelters such as tents, shacks, or lean-tos that they built themselves. Having a place to call home, no matter how basic, was better than sleeping on the streets.
3. To save on energy costs, people insulated their walls with anything they could find, such as mud, newspapers, or tar paper. Every little bit helped to keep the heat in during the winter.
4. Homes were kept cooler than usual, and people wore more layers indoors to avoid burning extra fuel. This allowed them to save money on heating costs and put more towards food.
5. During the summer, people hung wet sheets over doorways and windows. As the water evaporated, it drew heat from the air and helped to cool down the home.
6. Refinancing a home was a popular way to keep up with mortgage payments while freeing up cash for living expenses. This was often a necessary step for families struggling to make ends meet during tough times

## **Money**

1. In the past, barter economies were prevalent, and many people rarely saw cash. In rural areas, small jobs might be paid with milk, fresh vegetables, or fruit. It was essential to understand the local economy and what people valued.

2. With millions of people out of work, begging was a common occurrence, and it was not seen as antisocial behaviour but rather a sign of desperation. People often begged outside restaurants, which only the rich could afford to eat at.
3. People used to have great respect for banks, but when banks started closing, trust quickly faded. People began to realise that they could lose their savings at any moment, and so the wise kept cash well hidden at home.
4. Many stores used to give credit and let regular payments slide, keeping track of what was owed and hoping that customers would pay eventually. However, this led to many stores going bankrupt. It is essential to understand the risks of offering credit and to have a system in place to ensure timely payment.

## **Food**

1. Having a vegetable plot was a huge advantage during the Great Depression. In 1929, 20% of Americans still lived on farms, while most had big gardens and the skills to grow their own food.
2. Hunting and fishing were major sources of protein during this time. Meat was expensive, but those who could harvest their own had a better diet. Surplus was also great for bartering.
3. Foraging for nuts, berries, and wild greens was also popular, and people of all ages could do it. Foraging provided an additional source of food for many families.
4. Canning was an essential skill for those living in the country. A well-stocked pantry was a source of pride and a life-saving reserve for the winter months.
5. During the Great Depression, people learned that almost anything can be eaten if one is hungry enough. Tumble weed, for instance, was used as fodder for cattle, but people found that it could be eaten, especially when it was young.

6. No part of an animal was wasted during this time. Offal was fried, boiled, or turned into ground meat. Even chicken feet could be boiled to add flavour to broth.
7. Communities divided vacant lots and parks into family vegetable plots, and housewives and children spent much of their time growing extra food.
8. To add some variety to their diets, people often traded the produce they grew with friends and neighbours.
9. Meals were cooked from scratch during the Great Depression, as there were hardly any prepared foods in the shops. Recipes were usually simpler than those of today, making them cheaper to make.
10. Stores closed on Sundays during this time, so fresh produce that would go bad by Monday was sold off cheaply late on Saturday. Shopping at that time was an excellent way to find bargains.
11. Livestock, such as cows or chickens, was a great asset. Milk and eggs helped improve people's diets and could be bartered.
12. Meat and dairy products were expensive, so people often bulked out their meals with cheap, filling carbohydrates such as bread, potatoes, and noodles. Lard or bacon fat was used to add flavour.
13. Soup was a popular meal during the Great Depression. It was filling, and the main ingredient was water, so it was cheap to make. Almost anything could be made into soup, including beans, potatoes, and even stale bread.

## **Clothes**

1. Extend the life of your shoes by repairing them instead of throwing them out. Holes in the sole can be patched with leather from scrap belts or purses, and complete soles can be cut from old tires.
2. Learn to make and repair clothes to save money. Don't be afraid to use any fabric you have on hand. Rural families used feed sacks to



make clothes, and one woman even turned a casket's fabric lining into kids' dresses.

3. Fashion is not a priority when money is tight. Rather than spending money on new clothes, focus on getting more use out of your old clothes. Hand down clothes to younger siblings or give them to people who can use them when your kids outgrow them.
4. Old clothes can be cut up into rags to be used as dusters and cleaning cloths instead of spending money on disposable cleaning supplies.

### **Society and Attitudes**

In tough times, people understood that they had to work hard to survive. Nobody felt entitled to be supported, and they knew they could expect nothing if they didn't put in the effort. However, those who were trying but struggling were often helped by their communities.

People were willing to give all they could spare, knowing they could be in need of help themselves one day. As a result, communities became closer and more supportive. They organised donations of food or cash to those who needed them the most. In addition, many towns set up welfare loan schemes.

Money could be loaned to people who needed it, but it was expected to be paid back. Detailed records were kept of what was owed. During these difficult times, the willingness to work hard and to support the community was highly valued. Individualism and independence took a back seat to the greater good. People learned to maintain a positive outlook on life, despite the challenges they faced. They understood that they could lose almost everything, but still keep going.

Maintaining positivity was essential. There was no point in complaining about how bad things were since everyone was experiencing similar hardships. What mattered most was trying to make things better.

## **Final comments**

Having options is crucial in any emergency situation. By preparing and having a plan, you create those options for yourself and your family. You don't want to be caught off guard and have no idea what to do or where to go when disaster strikes.

With a plan in place, you will have a much better chance of making informed decisions, especially if you have taken the time to learn about different scenarios and possible outcomes. This knowledge and preparation will give you a greater sense of control and confidence, which is essential during times of crisis.

By having options, you are better equipped to deal with unexpected situations. For example, if you have planned for an extended power outage, you may have a backup generator, a supply of fuel, and a way to purify water. You may have also identified a few safe locations to go to, such as a family member's home or a nearby community centre.

Options also provide you with the ability to adapt to changing circumstances. In the event of an evacuation, having multiple routes planned out can be a lifesaver, as one route may be blocked or congested.

Ultimately, having options means that you can make choices based on what is best for you and your family in the moment. It's always better to have more choices than less, especially when dealing with a crisis. So, don't hesitate to start preparing and creating those options for yourself and your loved ones. It may take some effort and time, but it will be well worth it in the end.

Good luck, Ian ( [ianjones@survivorpedia.info](mailto:ianjones@survivorpedia.info) )



# THIS IS IMPORTANT

What happens if the internet and cloud storage service stops working?

Your reference documents need to be stored on a USB stick.

Once loaded on your laptop or tablet both the USB stick and your electronic device need to be stored in a Faraday bag to protect them from an Electronic Magnetic Pulse.

**PROTECT YOUR ELECTRONIC EQUIPMENT  
AND DIGITAL REFERENCE MANUALS**



What we can control  
is our readiness

Dan Quinn



## Food Check List

<b>List of foods to store:</b>	<b>Comments</b>	<b>Qty</b>	<b>Complete</b>
Baking soda and baking powder			
Biscuits			
Canned fish, mackerel, tuna, and sardines			
Canned vegetables: such as corn, green beans, carrots, etc.			
Cocoa, coffee, and tea			
Condensed milk and powdered milk			
Cooking oil, olive oil, and ghee			
Crackers and other shelf-stable snacks: such as crackers, granola bars, and trail mix.			
Dried beans and powdered potatoes			
Dried fruit, boiled sweets, and chocolate			
Dried fruit, nuts, and beef jerky			
Dried grains: such as quinoa, millet, and bulgur.			
Dried pet food			

<b>List of foods to store:</b>	<b>Comments</b>	<b>Qty</b>	<b>Complete</b>
Jerky and Dried Meat			
Lemon juice, sauces, soy, apple cider vinegar (with mother), and chilli sauce			
Long-lasting protein sources: such as canned beans, canned chicken, and canned ham.			
Flour and Oats			
Honey, peanut butter, Marmite			
Instant puddings and jelly			
Pasta and rice			
Popcorn			
Salt, sugar, spices, yeast			
Tinned meat like spam plus a can opener			
Vitamins and minerals: e.g. multivitamins, electrolyte powders, and calcium supplements.			
Vodka (useful for sterilization)			
Other favourites			

## Threats and Analysis Questionnaire

What are we most vulnerable to?	
Answer:	
Action:	
How may we better protect ourselves?	
Answer:	
Action:	
What security measures can we put in place?	
Answer:	
Action:	
What are the warning signs that indicate a potential threat is imminent?	
Answer:	
Action:	
Do we have a plan in place for how to respond to each potential threat?	
Answer:	
Action:	
How will we evacuate if necessary, and do we have a designated safe place to go?	
Answer:	
Action:	



What resources do we have at our disposal, such as first aid supplies, food, water, and other essentials?	
Answer:	
Action:	
Do we have the necessary equipment and tools to repair or secure our homes and property?	
Answer:	
Action:	
How will we communicate with family and friends during an emergency, and do we have backup communication methods in place?	
Answer:	
Action:	
What are the local emergency response protocols and do we have the contact information for emergency services?	
Answer:	
Action:	
How can we ensure the safety of our pets, and what provisions do we need to make for them?	
Answer:	
Action:	
What is our plan for continuing our daily activities and responsibilities during a crisis situation?	
Answer:	
Action:	
Have we taken steps to prepare financially for a crisis, such as having an emergency fund or insurance coverage?	
Answer:	
Action:	

## BOB: Bug Out Bag Checklist

Item	Notes	Required	Held
Baby wipes and nappies (if required)			
Can opener			
Cell phone, cable, adapter and solar charger			
Chemical light sticks			
Compass and laminated map (satnav may not be operating)			
Duct tape			
Eating utensils			
Emergency blanket			
Emergency cash in small notes (as much as you can get and spread it about so you can't lose it all at once)			
Extra clothes and small sewing kit			
Female hygiene products (if required)			
First aid kit			
Flashlight, small radio and spare batteries			
Fixed blade knife, folding knife, folding spade, small axe or machete			
Identification documents in waterproof bag			
Multi-tool and small fishing kit			

<b>Item</b>	<b>Notes</b>	<b>Required</b>	<b>Held</b>
Paracord			
Pen and pencil			
Pepper spray or similar			
Prescription medication (if used)			
Rations for 3 days (don't forget the pet food)			
Self-defense weapons			
Sleeping bag			
Survival whistle and signal mirror			
Tent and small Tarpaulin			
Toiletries, soap and toilet paper			
USB stick holding DIY manuals, checklists, copies of documents, and every other piece of resource material you could need			
Water			
Waterproof jacket			
Waterproof matches/lighter, candles, flint & steel, and dry tinder			
Water purification bottle or Life Straw			
Water purification tablets			
Zip/Cable ties			

## Vehicle BOB: Bug Out Bag Checklist

Item	Notes	Required	Held
Basic tool kit and flash-light			
Cigarette lighter phone charger			
Duct tape			
Emergency flares or warning triangle			
Extra water, food and paper plates			
Fire extinguisher			
Small First aid kit			
Gas cooker, spare bottle and cooking pot			
Large first aid kit			
Large tarpaulin, extra blankets, duct tape, para cord, rope and fishing line			
Laminated road map			
Multi-purpose survival kit (including a knife, whistle, and other essential items)			
Paper towels, disinfectant wipes, and hand sanitizer			
Portable jump starter or booster cables			

Item	Notes	Required	Held
Spare engine oil, WD40, super glue and epoxy			
Spare fuses and electrical tape			
Spare fan belt			
Spare Tyre, jack, tools, zip ties and jumper cables			
Tire repair kit and air compressor			
Trash bags and a roll of toilet paper			
Emergency radio with hand crank or solar charging option If you don't keep these in the vehicle then make sure you have easy access to them.			
Basic tool kit and flashlight			
Cigarette lighter phone charger			
Other Consideration			



On the following pages are a list of what I have collected for my personal benefit however if you would like a copy of these files please email me at

[ianjones@survivorpedia.info](mailto:ianjones@survivorpedia.info)

These documents are in the original form and have information about authors or organisation that have published them. All acknowledgement, respect and appreciation is to be given to the holders of the copywrite of these documents. They were all freely available on the internet to download.

# Survivorpedia Reference Library Index

Over 1,000 Documents with 66,000+ pages

Energy Sources total of 61 documents, 3,532 pages

Alternative Energy - total of 13 documents, 2,560 pages

Coil Winder Instruction for Windmills 10 pages

Fly Wheel Energy - 4 page

Free Energy Devices -43 pages

Free Energy Patrick Kelly - 105 pages

Free Energy Vladimir Utkin- 93 pages

Free Home Air Conditioning - 286 pages

Home Emergency Power Systems Work- 6 pages

Low Voltage Living - 5 pages

PM Stator Making - 24 pages

Practical Guide to Free Energy Devices - 1875 pages

Resonance Energy Don Smith - 99 pages

Steam Power - 6 pages

Wooden Bearing Blocks for a Windmill - 4 pages

Alternative Fuel - total of 12 documents, 242 pages

Afghan Biogas Construction Manual 2011 - 36 pages

Alternative Fuels - 4 pages

Alternative Fuels and Raw Material UN - 31 pages

Bio-diesel for Oils and Fats - 21 pages

Bio-diesel Safety and Best Management Practices - 23 pages

Covert Engine to Natural Gas - 7 pages

Convert Gasoline Engine to Run on Alcohol - 4 pages

Convert Your Car to Propane - 10 pages

How Much Methanol Should You Use - 6 pages

Introduction 2 Bio-fuel - 34 pages -

Make You Own Bio-diesel - 54 pages

Rape Seed Oil Conversion - 12 pages

Gasifiers - total of 9 documents, 386 pages

Construction of a Simplified Wood Gas Generator - 90 pages

FEMA Emergency Gasifier - 68 pages

Handbook of Biomass Downdraught Gasifier Engines - 148 pages

Micro Gasification Technology - 7 pages

Pressurised Entrained Flow Gasifier for Biomass - 10 pages

Unlocking the Stored Solar Energy in Wood - 15 pages

Using a Producer Gas Generator to Create Electricity - 2 pages

Victors Gasification - 20 pages

Wood Gasifier Builder's Bible - 26 pages

Generators - total of 13 documents, 95 pages

Backup Generators - 5 pages

Basic Alternator Bicycle Pedal Generator - 12 pages

Build Your Own Generator - 5 pages

Compass Declination Diagram - 7 pages

Convert Washing Machine Motor to Generator - 27 pages

Don't Discount a Generator as Primary Source of Energy - 4 pages

Easy to Build and Operate Induction Generator - 8 pages

Emergency Power Options - 4 pages

Generator Load Chart - 3 pages



- Gravity Generator – 5 pages
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- The Case for a Generator Based Electrical System – 3 pages
- Use of Baldor Permanent Magnet DC Motor as Generator – 4 pages
- Refrigeration – total of 3 documents, 18 pages
  - Clay-pot Cooler – 7 pages
  - Create an Energy Efficient Refrigerator – 6 pages
  - Manual for Solar Ice-maker – 5 pages
- Solar – total of 11 documents, 231 pages
  - Concentrated Solar Thermal Power – 48 pages
  - Concentrating Solar Power – 8 pages
  - Design of an Off-Grid Photovoltaic System – 42 pages
  - Getting Started in Solar Power – 6 pages
  - Guild to Solar Energy – 18 pages
  - How to Wire Your Home for Solar Electricity – 3 pages
  - Solar Photovoltaic for Irrigation Water Pumping – 20 pages
  - Solar Thermal Systems for Domestic Water Heating – 47 pages
  - Solar Thermal Systems and Collectors – 13 pages
  - Solar Water Heating – 17 pages
  - Window Box Solar Collector Design – 9 pages
- Communications – total of 10 documents, 858 pages
  - DHS National Field Operations Guide to Radio Ops – 122 pages
  - Disaster Communications – 22 pages
  - Family Communication Plan – 4 pages
  - Five Bit Communications Protocol – 8 pages
  - Radio Amateur's Handbook – 132 pages
  - Radio Monitoring a How to Guide – 348 pages
  - Short-wave Radio 101 – 2 pages
  - Signaling and Direction Finding – 14 pages
  - Tactical Communications Procedures – 11 pages
  - Where there is No Telephone – 195 pages
- Crafts – total of 30 documents, 2,827 pages
  - Basketry- total of 3 documents, 215 pages
    - The Art of Basket Making – 43 pages
    - The Basketry Book – 149 pages
    - The Willow Handbook – 23 pages
  - Knitting – total of 3 documents, 90 pages
    - Free Knitting Patterns – 17 pages
    - How to Knit for Beginners – 68 pages
    - Instructions for Knitting – 5 pages
  - Leathercraft – total of 6 documents, 532 pages
    - An Adviser on Dressing and Tanning of Fur Skins and Hides – 26 pages
    - Bush-craft Leather Work – 270 pages
    - Leather Tanning and Finishing – 76 pages
    - Leather Tanning – 5 pages
    - Manual for Making Leather Goods – 153 pages
    - Survival Skills Brain Tanning Hides – 2 pages
  - Pottery – total of 8 documents, 785 pages
    - A Better Bonfire Kiln – 24 pages
    - A Small Lime Kiln – 10 pages
    - Backyard Kilns – 322 pages

- Clay Pottery - 75 pages
- Complete Pottery Techniques - 158 pages
- How to Build a Kiln - 20 pages
- Pottery Making Techniques - 147 pages
- Teaching the Alternative Ceramic Firing Techniques - 29 pages
- Sewing - total of 4 documents, 491 pages
  - Sewing Basics Resource Guide - 30 pages
  - Sewing for Beginners - 29 pages
  - Sewing Made Simple - 28 pages
  - The Sewing Book an Encyclopedic Resource - 404 pages
- Weaving- total 6 documents, 714 pages
  - Build Your Loom - 20 pages
  - Instructions on Building a Loom - 9 pages
  - Notes on Weaving - 50 pages
  - On Weaving - 210 pages
  - Pattern and Loom - 400 pages
  - Textile Weaving - 25 pages
- Economic Collapse - total of 7 documents, 110 pages
  - Final Major Financial Crisis - 61 pages
  - How to Survive an Economic Collapse - 12 pages
  - No Hope for Retirement SHFT Plan - 5 pages
  - Retirement Doom - 8 pages
  - Surviving the Great Depression 2023 - 4 pages
  - Ultimate Reset Guide - 4 pages
  - When Money Dies - 161 pages
- Electronics, Lighting, Motors, and Wiring - total of 14 documents, 434 pages
  - Electronic - total of 7 documents, 45 pages
    - A Complete Guide to Building a Faraday Cage - 11 pages
    - How to Make Capacitors - 12 pages
    - How to Make Good AC and Bad AC in a Primitive Environment - 1 page
    - How Surge Protector Work - 9 pages
    - How to Use an Ignition Coil - 3 pages
    - Make Your Own Shunts - 4 pages
    - Testing Spark Plug Wire - 5 pages
  - Lightning - total of 4 documents, 30 pages
    - How Lightning Works - 21 pages
    - Lightning Facts Seconds Count to Measure Distance - 3 pages
    - Lightning Pole Shift Preparation Common Sense - 2 pages
    - Lightning Surge Protection - 4 pages
  - Motors - total of 5 documents, 341 pages
    - An Easy to Build and Operate Induction Generator - 16 pages
    - DOD Electromagnetic Pulse Protection Manual - 114 pages
    - Electro Motors - 202 pages
    - How to Use an Induction Motor Used as AC Generator - 5 pages
    - Operating 60 Cycle Induction Motors as Generator - 4 pages
  - Wire - total of 2 documents, 18 pages
    - Copper Wire - 7 pages
    - Wire Sizes and Maximum Length Determination - 11 pages
- Food - total 443 documents, 19,552 pages
  - Alcohol Production - total of 12 documents, 301 pages
    - Beer Craft Recipe Booklet - 41 pages

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 Distilling Instructions Super Reflux Condenser – 6 pages  
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 Making Apple Cider – 4 pages  
 Equipment and Fire-craft total 51 documents, 477 pages  
   Fire-craft- total of 11 documents, 38 pages  
     Coal Extenders – 2 pages  
     Fire by Can – 4 pages  
     Fire Flint Steel Battery – 2 pages  
     Food Expedient Cooking \_ 3 pages  
     How to Make Charcoal – 2 pages  
     Knowing Survival Fire Craft Can Save Your Life – 3 pages  
     Making Charcoal Briquettes from Organic Waste – 2 pages  
     Making Fire with the Bow Drill – 6 pages  
     Rules of Making Charcoal – 8 pages  
     Steel Wool and 9Volt Battery Fire Starter – 3 pages  
     Tinder Fungus – 3 pages  
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   Build a Large Capacity Food Dehydrator – 4 pages  
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   Making a Fully Functional Cold Storage Pit – 7 pages  
   Making an Oil Press – 11 pages  
   Pedal Operated Grain Mill – 38 pages  
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   5 Earth Friendly Cooking techniques & How to Build Them – 36 pages  
   Aboriginal Cooking Method – 14 page  
   Aboriginal Cooking Techniques – 2 pages  
   Alternative Cooking – 11 pages  
   Base Camp Stove – 6 pages  
   Bucket Stove – 3 pages  
   Bush Fungus Stove – 3 pages  
   Combustion Reaction – 5 pages  
   Cooking on an Open Fire – 2 pages  
   Cook-stove Construction by the Terra CETA Method – 14 pages  
   Double Drum Sawdust Stove – 9 pages

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 The Midge (Modified Inverted Downdraught Gasifier) 6 pages  
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 The Super Cat Alcohol Stove – 52 pages  
 Thermos Bottle Cooking – 2 pages  
 Food Preservation total of 74 documents, 3,719 pages  
     Canning and Pickling – total of 20 documents, 1,186 pages  
         Boiling Water Bath Time Table – 2 pages  
         Canning and Preserving – 134 pages  
         Canning Food – 50 pages  
         Canning Fruit – 6 pages  
         Canning Meat, Poultry and Game – 16 pages  
         Canning, Preserving and Pickling – 319 pages  
         Canning Tomatoes and Tomato Products – 12 pages  
         Canning Vegetables – 6 pages  
         Canning Wild Game, Poultry and Fish – 86 pages  
         Canning 101 – 5 pages  
         Complete Guide to Home Canning – 40 pages  
         Every Step of Canning – 130 pages  
         Food and Cooking, Canning, Cold Storage 1920 – 32 pages  
         Home Bottled Food – 2 pages  
         Joy of Canning – 283 pages  
         Pickling Products – 8 pages  
         Pickling Fish – 2 pages  
         Preparing and Canning Fermented Food and Pickled Veg – 25 pages  
         Preparing and Canning Poultry, Red Meat and Seafood – 12 pages  
         Using and Caring for Your Pressure Canner – 16 pages  
     Drying Fruit and Vegetables – total of 20 documents, 489 pages  
         American Harvest Dehydrated Food Cookbook – 65 pages  
         Dried Fruit – 13 pages  
         Drying Food – 8 pages  
         Drying Food at Home – 13 pages  
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         Food Dehydrating – 14 pages  
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   Aging Wild Game – 4 pages  
   Beef or Venison Jerky Recipes – 2 pages  
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   Building Your Own Smoke-house – 6 pages  
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   Curing Pork Products at Home – 4 pages  
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   Leathers and Jerkies – 4 pages  
   Making Jerky – 4 pages  
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   Smoking Fish at Home Safely – 4 pages  
   Smoking Fish – 4 pages  
   Some Solutions to Difficulties of Home Curing Pork – 6 pages  
   The Jerky Chef – 86 pages  
   US Field Manual on Beef – 183 Pages  
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   19th-Century Food Preservation – 14 pages  
   Ayers Preservation Book 1912 – 40 pages  
   Botulism – 4 pages  
   Handbook of Food Preservation – 1088 pages  
   Preservation of Foods US Army – 101 pages  
 Jams and Jellies - total of 2 documents, 9 pages  
   Preserving Food: James and Jellies – 6 pages  
   Processing Jams and Jellies – 3 pages  
 Vinegar and Kombucha - total of 6 documents, 280 pages  
   How to Make Vinegar – 8 pages  
   It's Easy to Make Your Own Vinegar – 1 page  
   Kombucha Brewing & Bottling Guidelines – 4 pages  
   The Apple Cider Vinegar Handbook – 118 pages  
   Vinegar Fermentation – 101 pages  
   Vinegar Making – 48 pages  
 Food Production Animal total of 53 documents, 2,240 pages  
   Bee Keeping - total 2 documents 16 pages  
     Bee Keeping - 4 pages  
     Bee-keeping for Beginners – 12 pages  
   Butchering - total of 10 documents, 121 pages  
     Cutting Up a Big Game Carcass – 3 pages

Deer and Wild Hogs Harvesting and Dressing – 4 pages  
 Field Care of Harvested Big Game – 11 pages  
 Field to Freezer – 8 pages  
 Handbook on Cutting Lamb – 33 pages  
 Homestead Poultry Butchering – 9 pages  
 How to Butcher a Chicken in 20 Minutes or Less – 3 pages  
 Preparing Wild Game for the Table – 6 pages  
 Skinning & Boning Big Game – 4 pages  
 Small Scale Poultry Processing – 40 pages  
 Cattle, Sheep, Pigs and Goats - total of 12 documents, 623 pages  
   Animals for Food – 21 pages  
   Dairy Cattle Husbandry – 84 pages  
   Farming with Pigs – 4 pages  
   Fodder Trees – 12 pages  
   Goat Keeping in the Tropics – 96 pages  
   Pig Keeping in the Tropics – 81 pages  
   Preparation of Dairy Products – 74 pages  
   Rabies – 2 pages  
   Reproduction in Dairy Cattle – 65 pages  
   Stubble Grazing by Sheep – 12 pages  
   What You Need to Know About Animals – 147 pages  
   Why Keep Dairy Goats – 25 pages  
 Fish - total of 6 documents, 203 pages  
   Aquaponics – Integration of Hydroponics - 28 pages  
   Improvised Fishing Devices – 6 pages  
   Make Your Own Effective Fishing Tackle – 4 pages  
   Small Scale Freshwater Fish Farming – 79 Pages  
   Tilapia – An Old Fish Tale with a New Twist – 4 pages  
   Water Foods US Army – 82 pages  
 Poultry - total of 12 documents, 1,124 pages  
   21 Tips for Raising Backyard Chickens – 6 pages  
   A Small Scale Agriculture Alternative – Poultry – 6 pages  
   Care of Livestock and Poultry – 58 pages  
   Chickens 101 a Beginner’s Guide – 18 pages  
   Duck Keeping in the Tropics - 80 pages  
   Hatching Eggs by Hens or in an Incubator – 58 pages  
   Chicken Farming in Warm Zones – 128 pages  
   Controlling Newcastle Disease in Village Chickens – 84 pages  
   Small Scale Chicken Production – 91 pages  
   Small Scale Chicken Production in the Tropics – 81 pages  
   The Basics of Chicken Farming in the Tropics – 170 pages  
   The Practical Poultry Keeper – 344 pages  
 Rabbit - total of 11 documents, 153 pages  
   6 Row Caged Rabbit House Plan – 3 pages  
   Backyard Rabbit Farming in the Tropics – 71 pages  
   Commercial Rabbit Production – 20 pages  
   Homemade Rabbit Cages – 2 pages  
   Keeping Rabbits – 4 pages  
   Management and Health Issues of Rabbits – 3 pages  
   Rabbit from Farm to Table – 3 pages  
   Rabbit – Alaska’s Game is Good Food – 4 pages

Rabbits, Rabbits, Rabbits – 36 pages  
 Raising Rabbits in Alaska – 4 pages  
 Skinning and Dressing Rabbits 3 pages  
 Food Production – Gardening – total of 157 documents, 5,473 pages  
   Aquaponics and Hydroponics – total of 7 documents, 171 pages  
     Build and Operate Aquaponics System – 10 pages  
     Building a Floating Hydroponic Garden – 4 pages  
     How to Construct a Simple Garden Pond – 5 pages  
     How to Hydroponics – 102 pages  
     Introduction to Aquaponics – 24 pages  
     Practical Guide to Hydroponics – 10 pages  
     Simplified Aquaponics Manual – 16 pages  
   General – total of 22 documents, 2,542 pages  
     A Better Way to Gardening – 8 pages  
     Algae – A Special Case – 43 pages  
     Cultivating Vegetables – 8 pages  
     Dry Farming – -563 pages  
     Dryland Farming – Crop and Techniques – 23 pages  
     Fall Vegetable Gardening – 5 pages  
     Food Procurement – 30 pages  
     Growing Grain for Livestock Forage – 6 pages  
     Growing Vegetables in Home Garden 20 pages  
     Homestead Gardening – 41 pages  
     Intensive Gardening Method – 4 pages  
     Introduction to Organic Gardening – 29 pages  
     Mixed Vegetable Garden – 6 pages  
     Practical Farming and Gardening – 514 pages  
     Test the Soil First – 5 pages  
     The Amateur Garden – 56 pages  
     The Handbook for Practical Farmer 1920 – 585 pages  
     Uses of Copper Compounds in Agriculture – 3 pages  
     Vegetable Gardening Encyclopedia– 261 pages  
     Vegetable Gardening for All – 269 pages  
     Weed Management – 15 pages  
     Woodmanship – 48 pages  
   Greenhouse – total of 11 documents, 152 pages  
     A Small Backyard Greenhouse – 4 pages  
     Backyard Greenhouse – 4 pages  
     Building a Simple and Inexpensive Greenhouse – 55 pages  
     Building and Using Hotbeds and Cold Frames – 6 pages  
     Compost Heated Greenhouse – 5 pages  
     Green House Design – 24 pages  
     Grow Vegetables in Containers – 2 pages  
     Herbs: Organic Greenhouse Production 16 pages  
     Hoop House Construction – 10 pages  
     Root Zone Heating for Greenhouse Crops – 5 pages  
     Small Plastic Greenhouses – 21 pages  
   Mushrooms and Micro-greens – total of 10 documents, 733 pages  
     Common Edible Mushrooms – 142 pages  
     Cultivation of Oyster Mushrooms – 10 pages  
     How to Grow Micro-greens and Sprouts – 2 pages

Micro-green Health Benefits and Nutrition Facts – 2 pages  
 Mushroom Cultivation Manual – 100 pages  
 Mushroom Growing Guide – 10 pages  
 Small Scale Micro-green Production – 7 pages  
 Small Scale Mushroom Cultivation – 86 pages  
 The Micro Gardener – 3 pages  
 The Mushroom Cultivator – 371 pages  
 Permaculture - total of 6 documents, 104 pages  
   Agroforestry Overview – 16 pages  
   Introduction to Permaculture – 10 pages  
   Permaculture – a Beginners Guide – 24 pages  
   Permaculture Moving Towards a Sustainable Society – 42 pages  
   Permaculture Sustainable Farming – 6 pages  
   Welcome to Permaculture – 6 pages  
 Pest Control - total of 22 documents, 227 pages  
   Aphid Control – 12 pages  
   Controlling Mite Pests in Earthworm Beds – 3 pages  
   Cucumber Beetle – 2 pages  
   Downy Mildew – 6 pages  
   European corn Borer – 3 pages  
   Green Peach Aphid on Vegetables – 3 pages  
   Home Remedies for Pest Control – 32 pages  
   Insects and Chilli Pesticides – 3 pages  
   Integrated Pest Management for Greenhouse Crops – 34 pages  
   Integrated Slug Control – 6 pages  
   Japanese Beetle 2 pages  
   Lite Blight Control In Potatoes – 8 pages  
   Low Danger Pest Control – 80 pages  
   Pantry Pests – 4 pages  
   Pepper Maggot in Sweet Bell Pepper – 3 pages  
   Rodents and Hantavirus – 5 pages  
   Slugs and Snails – 1 page  
   Snail and Slug Control – 2 pages  
   The Myth of Milk and Rose – 3 pages  
   Whitefly Control – 12 pages  
 Planning Companion and Continuous – total of 7 documents, 79 pages  
   Companion Planting: Basic Concept & Resources – 16 pages  
   Companion Planting Chart – 1 page  
   Companion Planting Made Easy – 39 pages  
   Continuous Harvest – 4 pages  
   Designing Your Garden – 8 pages  
   Garden Planning Worksheet – 3 pages  
   Vegetable Planting Calendar – 8 pages  
 Seeds - total of 4 documents, 359 pages  
   Basic Seed Saving – 6 pages  
   Germination Instruction for Seeds – 21 pages  
   Principles and Practices of Seed Storage – 296 pages  
   Saving Your Own Seeds – 36 pages  
 Soil, Compost and Fertilisers – total of 19 documents, 352 pages  
   A Guide for Evaluating and Using Compost – 4 pages  
   Building Soil Organic Matter – 16 pages



Compost Tea Recipe – 2 pages  
 Composting a Garden Organic Guide – 20 pages  
 Composting the Basics Workshop – 4 pages  
 Composting the Basics – 2 pages  
 Fertilizers 1885 – 136 pages  
 Home Composting – 13 pages  
 How to Make Fertilizer – 12 pages  
 How to Make Worm Tea – 2 pages  
 Know Your Soil – 20 pages  
 Leaf Mould Compost – 1 page  
 Making Liquid Feed – 4 pages  
 Preparation and Use of Compost – 12 pages  
 Soil Its Not Dirt – 17 pages  
 Soil Composition – 6 pages  
 Soils Overview – 4 pages  
 The Preparation and Use of Compost – 65 pages  
 The Suitability of Worm Castings & Compost Tea – 12 pages  
 Specific Crops - total of 27 documents, 441 pages  
   Alfalfa Production – 16 pages  
   Asparagus Production – 8 pages  
   Bamboo – 13 pages  
   Broccoli – 4 pages  
   Field Corn – 16 pages  
   Garlic Production – 28 pages  
   Ginseng, Goldenseal and Other Native Roots – 12 pages  
   Ginseng – 13 pages  
   Grow Your Own Spirulina – 14 pages  
   Growing and Harvesting Wheat by Hand – 2 pages  
   Growing Peanuts in the Garden – 4 pages  
   Harvesting, Curing and Storage of Sweet Potatoes – 10 pages  
   Herbs  
     Container Herb Garden – 5 pages  
     Culinary Herbs – 76 pages  
     Herb Production in Organic Systems – 20 pages  
   Hops – 4 pages  
   How to Help Rice Plants – 15 pages  
   Lemon Balm – 43 pages  
   Nettles – 12 pages  
   Onion – 20 pages  
   Pumpkin and Winter Squash – 12 pages  
   Pumpkin Cultivation and Post Harvest Handling – 17 pages  
   Rice – 6 pages  
   Sweetcorn – 24 pages  
   Sweet Potato – 14 pages  
   Tomato – 25 pages  
   Watermelon Cultivation and Post Harvest Handling – 8 pages  
 Tools and Equipment - total of 4 documents, 54 pages  
   A Hand Operated Winnowing Machine – 33 pages  
   Care and Maintenance of Garden Tools – 2 pages  
   Garden Tools and Equipment 1 – 10 pages  
   Garden Tools and Equipment – 9 pages

Tree Crops – total 12 documents, 157 pages  
     Fruit Tree Tips – 2 pages  
     Grafting a Budding Fruit Tree – 18 pages  
     Grafting and Propagating Fruit Trees – 12 pages  
     Growing Temperate Tree Fruit and Nut Crops 37 pages  
     Introduction to Fruit Tree Grafting – 28 pages  
     Pollination of Fruit Crops – 4 pages  
     Pruning Fruit Trees – 19 pages  
     Reproducing Fruit Trees by Graftage – 8 pages  
     Ten basics of to Prune Fruit Tress – 1 page  
     Top Working and Bridge Grafting Fruit Tees – 8 pages  
     Training and Pruning Fruit Trees 1 – 4 pages  
     Training and Pruning Fruit Trees – 16 pages  
 Vertical Gardens – total of 6 documents, 102 pages  
     Container and Vertical Gardening – 14 pages  
     Vegetable and Herb Gardening in Containers – 5 pages  
     Vertical & Small Space Gardening – 11 pages  
     Vertical Gardens – 36 pages  
     Vertical Garden as a Sustainable Urban Perspective – 17 pages  
     Vertical Vegetable Gardening – 19 pages  
 Food Storage- total of 26 documents, 604 pages  
     An Approach to Long Term Food Storage 1 pages  
     Emergency Food for Babies – 2 pages  
     Family Food Storage and Emergency Preparedness – 12 pages  
     Food Packaging and Shelf Life – 7 pages  
     Food Shelf-Life Recommendations – 20 pages  
     Food Stockpiling for Small Spaces and Budgets – 26 pages  
     Food Storage Accessories 101 – 4 pages  
     Food Storage Cooking School – 124 pages  
     Food Storage for Safety and Quality – 4 pages  
     Food Storage in the Home – 21 pages  
     Food Storage Inventory Sheet – 29 pages  
     Food Storage Multi Unit Rack – 19 pages  
     Grain Storage – 48 pages  
     Grains & Legumes Food Storage – 13 pages  
     Home Storage of Wheat – 11 pages  
     How Much to Store – 2 pages  
     Keeping Food Safe During an Emergency – 4 pages  
     Manual on Food Packaging – 74 pages  
     Mylar Bag Sealing Methods – 2 pages  
     One Year Emergency Food Supply for One Adult – 5 pages  
     Oxygen Scavengers an Approach on Food Preservation – 22 pages  
     Prudent Food Storage - 114 pages  
     Selection of Food Containers Glass Jars – 3 pages  
     Stocking Food – 5 pages  
     The Safety and Shelf-life of Vacuum Foods – 29 pages  
     The Seven Major Mistakes in Food Storage – 3 pages  
 Foraging – total 18 documents, 864 pages  
     Beverage Plants – 27 pages  
     Edible and Medicinal Plants – 112 pages  
     Edible Insects – 14 pages

Edible Wild Plants – 366 pages  
 Harvesting the Wild Acorns – 5 pages  
 Introduction to Plant Identification – 38 pages  
 Little Regarded Wild Fruits and Berries – 35 pages  
 Morel Mushroom Hunting Tips – 1 page  
 Plant Identification Guide – 41 pages  
 Plant Identification – 21 pages  
 Plant Terminology – 29 pages  
 Pocket Urban Foraging Guide – 60 pages  
 Poison Hemlock – 2 pages  
 Poisonous Snakes, Insects & Plants – 19 pages  
 The Acorn as Human Food and Other Wild Nuts – 18 pages  
 Useful Wild Plants – 45 pages  
 Wild Food and Foraging – 4 pages  
 Wild Seeds of Food Value – 27 pages  
 Hunting, Fishing, Snaring, Trapping total of 11 documents, 1,373 pages  
   Basic Fishing – 4 pages  
   Boys Book of Hunting and Fishing 1916 – 363 pages  
   Deadfalls & Snares – 248 pages  
   Handmade Traps and Snares – 9 pages  
   How to Build a Water Snare 1922 – 22 pages  
   Hunting Survival – 14 pages  
   Hunting with a Bow and Arrow – 207 pages  
   Setting Snares – 6 pages  
   The Complete Hunters Manual and Trappers Guide 1903 – 136 pages  
   Tips, Tactics and Technics for Trappers – 124 pages  
   Tricks of Trapping – 240 pages  
 Nutrition (1)  
   Essential Nutrient Sources – 3 pages  
 Recipes and Cookbooks – total 40 documents, 4,498 pages  
   60 Gift Mixes in a Jar Recipes – 32 pages  
   Backwoods Cooking – 19 pages  
   Baking Bread – The Beginner's Guide – 14 pages  
   Boys Scout Cookbook – 44 pages  
   Camping Recipes – 150 pages  
   Cloud City Cookbook 1889 – 84 pages  
   Cooking Dried Beans, Peas and Lentils – 20 pages  
   Dictionary of Food – 641 pages  
   Dutch Oven & Grill Recipes – 267 pages  
   Dutch Oven Cookbook – 27 pages  
   Emergency and Outdoor Bread Manual – 20 pages  
   Emergency Food Preparation – 37 pages  
   Enjoy Yeast Bread – 37 pages  
   Food for Fifty – 804 pages  
   Food in Medieval Times – 284 pages  
   Food Storage Recipes and More – 118 pages  
   Freezer Bag Meals – 13 pages  
   How to Cook Any Bean in a Pressure Cooker – 3 pages  
   How to Cook Beans in the Slow Cooker – 3 pages  
   How to Cook Beans on the Stove – 3 pages  
   How to Make Muffins and Crumpets – 8 pages

How to Use Dried Fruit – 4 pages  
 Kenton Cookbook – 186 pages  
 Making Sausage at Home – 4 pages  
 Modern Women of America Cookbook – 297 pages  
 Native Berry Recipes – 28 pages  
 New Ideas for Cooking with Basic Food Storage – 20 pages  
 Preparing Meats, Poultry and Fish – 21 pages  
 Raw Food Bible – 215 pages  
 Riverside Recipe Book 1890 – 141 pages  
 Shelf Stable Recipes – 173 pages  
 Simple Sour-dough Bread – 1 page  
 Sour-dough Starter – 2 pages  
 Sun Ovens Recipes and Cooking Tips – 59 pages  
 The Baby's Food 1917 – 160 pages  
 The Backcountry Recipe Book – 85 pages  
 The Belgian Cookbook 1915 – 175 pages  
 The Kirmess Cookbook 1887 – 97 pages  
 Pleasantville Cookbook – 1894 – 125 pages  
 Westminster Cookbook 1876 – 77 pages  
 General Survival and Disaster Preparation – total of 83 pages, 4,986 pages  
 Disaster Preparation – total of 34 documents, 870 pages  
 Camp Life in the Woods – 245 pages  
 Can You Survive – 26 pages  
 Disaster Supplies Checklists – 5 pages  
 Disaster Supply Kit – 10 pages  
 Doomsday Preppers Checklist – 1 page  
 Earthquake Preparedness – 2 pages  
 Earthquakes Fact Sheet – 4 pages  
 Earthquakes – 5 pages  
 Family Disaster Plan and Personal Survival – 8 pages  
 FEMA Facts on House and Building Fires – 4 pages  
 FEMA Facts on Hurricanes – 4 pages  
 FEMA Earthquake Safety Checklist – 18 pages  
 Fighting Fire – 8 pages  
 Fire Safety – 6 pages  
 Flood Preparation – 24 pages  
 General Disaster Handbook – 166 pages  
 HELP! The Power is Out – 2 pages  
 How to Prepare for Any Disaster – 46 pages  
 How to Prepare for Disaster – 5 pages  
 Hurricane – 12 pages  
 Hurricane Unleashing Nature's Fury – 12 pages  
 In Home Shelter Manual – 26 pages  
 Individual & Neighbourhood All Hazard Preparedness Workbook – 60 pages  
 It's a Disaster – 54 pages  
 LA Fire Department Emergency Preparedness – 40 pages  
 Last Minute Preparations – 1 page  
 Moment Magnitude Earthquake Scale – 9 pages  
 Personal Disaster Preparedness Guide – 18 pages  
 Preparing for Disaster for People with Disabilities – 20 pages  
 Preparing Your Pets for Emergencies – 2 pages

Severe Weather Identification Guidelines – 7 pages  
 Short Term Emergency Preparedness Kits – 3 pages  
 Top Ten Myths of Emergency and Disaster Preparedness – 5 pages  
 Wildfire – 12 pages  
 EMP and Nuclear – total of 9 documents, 705 pages  
   ABC's of Nuclear Survival – 64 pages  
   Avoiding EMP Damage – 5 pages  
   Biological Weapons FAQ – 14 pages  
   Chemical, Biological, Radiological Incident Handbook – 14 pages  
   EMP System Engineering Requirements – 16 pages  
   FEMA Protection in the Nuclear Age – 42 pages  
   Nuclear War Survival Skills – 510 pages  
   The Family Fallout Shelter – 32 pages  
   What to Do if Nuclear War is Imminent – 8 pages  
 General Survival Guides and Manuals – total of 40 documents, 3,411 pages  
   3 Day's Emergency Preps – 24 pages  
   10 Tips for Starting Your Garden – 1 page  
   11 Steps to Survival – 32 pages  
   72 Hour Bug Out Bag – 1 page  
   Bug Out Guide and Checklist – 5 pages  
   Bug Out Bag Essentials – 1 page  
   Captain Dave's Survival Guide – 36 pages  
   Compact Survival Kit – 10 pages  
   Desert Awareness – 10 pages  
   Doomsday Preppers Survival Infographic – 1 page  
   Duct Tape for Preppers Infographic – 1 page  
   Emergency Plan – 4 pages  
   Emergency Preparedness Checklist Infographic – 1 page  
   Emergency Response to Terrorism – 116 pages  
   Family Emergency Handbook – 28 pages  
   Family Preparedness Handbook – 21 pages  
   FEMA Emergency Supplies Checklist – 2 pages  
   FEMA Family Supplies List – 2 pages  
   FEMA Terrorism – 34 pages  
   Food and Water in an Emergency – 16 pages  
   Foxfire Vol 1 – 383 pages  
   General Supplies – 3 pages  
   House Heating in an Emergency – 4 pages  
   How to Handle a Crisis – 160 pages  
   LDS Preparedness Manual – 222 pages  
   Marines Individual Terrorism Survival – 138 pages  
   SAS Survival Handbook – 752 pages  
   Shelter In Place Protective Action Guidebook – 65 pages  
   Shelter in Place – 2 pages  
   Survival Gear List Infographic – 1 page  
   Survival with Style – 12 pages  
   Survive A Guide to Survival in Any Situation– Les Stroud – 384 page  
   Surviving Terrorism – 336 pages  
   The Unofficial MacGyver How to Handbook – 194 pages  
   The Worst-Case Scenario Survival Handbook – 178 pages  
   Ten Top Treats to Preppers Infographic – 1 page

Ultimate Survival Skills Handbook and Checklist – 88 pages  
 Ultimate Prepper's Survival Handbook – 102 pages  
 Winter Power Failure – 16 pages  
 You Will Survive Doomsday – 24 pages  
 Health and Sanitation – total of 99 documents, 12,360 pages  
   Alternative Medicine – total of 32 documents, 5,827 pages  
     A Complete Handbook of Nature Cures – 265 pages  
     Anticancer Therapeutics – 410 pages  
     Basic of Herbalism – 7 pages  
     Cholera Symptoms and Home Remedies – 3 pages  
     Crow Indian Recipes Herbal Medicine – 218 pages  
     Edible and Medical Plants – 112 pages  
     Flu home Treatment – 17 pages  
     Healing Pets with Alternative Medicine – 36 pages  
     Herbal Formulas – 32 pages  
     Herbal Manual – 115 pages  
     Herbal Medical Contradictions – 23 pages  
     Holistic and Alternative Medicine 101 – 30 pages  
     Home Remedies – 2 pages  
     Homoeopathy for Trauma Part 1 – 8 pages  
     Homoeopathy for Trauma Part 2 – 8 pages  
     How to Make Herbal Preparations – 5 pages  
     Iridology Alternative Medicine – 11 pages  
     Making a Herbal Tincture – 6 pages  
     Making Penicillin – 6 pages  
     Managing of Asthma – 34 pages  
     Medicinal Plants in Folk Tradition – 431 pages  
     Physician's Desk Reference for Herbal Medicine – 1108 pages  
     Plant Powers, Poisons and Herb Craft – 256 pages  
     Sulphur as a Homoeopathic Remedy – 34 pages  
     The Guide to Alternative Therapies for Cancer – 381 pages  
     Tincture – 9 pages  
     What to Use Colloidal Silver For – 24 pages  
     Who Monographs on Selected Medical Plants Vol 1 – 1026 pages  
     Who Monographs on Selected Medical Plants Vol 2 – 357 pages  
     Who Monographs on Selected Medical Plants Vol 3 – 390 pages  
     Who Monographs on Selected Medical Plants Vol 4 – 456 pages  
     Why Antibiotics and Antivirals Fail – 7 pages  
   Emergency Medicine – total of 30 documents, 5,294 pages  
     A Manual for Midwives – 544 pages  
     Army First Aid – 224 pages  
     Basic Preppers First Aid Kit – 8 pages  
     Chemical Emergencies – 11 pages  
     Combat Stress – 94 pages  
     Diabetes Disaster Guidelines – 9 pages  
     Ditch Medicine – 113 pages  
     Doc Blue's emergency Medical Kit – 12 pages  
     Emergency Childbirth – 4 pages  
     Emergency Preparedness for Childbirth – 2 pages  
     Emergency War Surgery – 488 pages  
     First Aid and Management of Minor Injuries – 29 pages

First Aid – 224 pages  
 Heat Exhaustion and Heat Stroke Symptoms – 4 pages  
 Intradermal Injections – 94 pages  
 Mass Casualty Planning and Burial – 8 pages  
 Medical Emergency – 18 pages  
 Medical Evacuation Tactics Techniques and Procedures – 499 pages  
 Ship Medicine Chest & Medical Aid at Sea – 410 pages  
 Sodium Calcium Hypochlorite's – 20 pages  
 Surgery for Victims of War – 222 pages  
 Survival and Austere Medicine – 213 pages  
 Treatment of Biological Warfare Agent Casualties – 115 pages  
 US Army Special Forces Medical Handbook – 407 pages  
 USMC Wilderness Medicine Course – 375 pages  
 War Medicine – 286 pages  
 Where There is No Dentist – 205 pages  
 Where There is No Dentist a Village Health Care Handbook – 503 pages  
 Wilderness Med Kit – 26 pages  
 Wound Closure Manual – 127 pages  
 General Health total of 14 documents, 110 pages  
   Amazing Benefits and Uses for Hydrogen Peroxide – 7 pages  
   Cancer Root Cause and Cure – 3 pages  
   Different Ways of Killing Mould – 12 pages  
   Food Borne Illnesses – 1 page  
   Health Facts – 2 pages  
   How Medicine Should be Used – 8 pages  
   How to Make a Low Cost Efficient 12 Volt Air Filter – 3 pages  
   How to Make Your Own Bordeaux Fungicide Mixture – 2 pages  
   Immune System Formulas – 3 pages  
   Importance of Vitamin C – 12 pages  
   Migraine – 6 pages  
   Pesticides Are Poison – 40 pages  
   Protection Against Mosquitoes Ticks & Other Insects & Arthropods – 6 pages  
   Symptoms of Vitamin Deficiency – 5 pages  
 Hygiene and Sanitation - total of 14 documents, 535 pages  
   Appropriate Wastewater Treatment – 5 pages  
   Base Camp Hygiene and Health – 11 pages  
   Field Hygiene and Sanitation - !61 pages  
   Food Sanitation for the Supervisor – 63 pages  
   How to Prevent Cholera – 4 pages  
   Management of Dead Bodies – 194 pages  
   Safe Burial Practices – 6 pages  
   Sanitation – 6 pages  
   Soaping making  
     Animal Fat Soap – 2 pages  
     History of Detergents – 6 pages  
     Making Cold Process Soap for the First Time – 37 pages  
     Soap Recipes from a Hundred Years Ago – 13 pages  
     Soap Making – 18 pages  
     Soap Making 1 – 9 pages  
 Pandemic - total of 9 documents, 594 pages  
   Bird Flu Diagnosis and Personal Hygiene – 5 pages

Ebola Preparedness Checklist – 6 pages  
 Fact Masks – 13 pages  
 HHP Pandemic Influenza Plan – 396 pages  
 Isolation Planning – 4 pages  
 Pandemic Flu Citizens Guide – 68 pages  
 Quarantine Sign – 1 page  
 Social Distancing Support Guidelines for Pandemic Readiness – 12 pages  
 Who Pandemic Checklist – 89 pages  
 Homestead and Shelter – total of 39 documents, 1,408 pages  
   Home Defence – total of 11 documents 416 pages  
     Bullet Proof Home – 149 pages  
     Bullet Proof Your Home – 12 pages  
     Defending the Homestead – 11 pages  
     Defending Your Property – 12 pages  
     Dog Behaviour and Training Handbook – 47 pages  
     Guidance for Handling Dogs – 16 pages  
     Home Security and SHTF Defence – 50 pages  
     Homemade Pepper Spray – 64 pages  
     Off Grid Home Protection Systems – 26 pages  
     Shotguns for Home Defence – 8 pages  
     The Important Basic of Dog Training – 21 pages  
   Home Shelter and Construction – total of 28 documents, 992 pages  
     A Long-Term Survival Guide – Types of Combat Shelters – 14 pages  
     Above Ground Home Shelter – 8 pages  
     Below Ground Corrugated Steel Culvert Shelter – 2 page  
     Below Ground New Construction Clay Masonry Shelter – 4 pages  
     Building with Stone and Earth – 6 pages  
     Building with Tire Bales – 12 pages  
     Carpentry – 223 pages  
     Concrete and Masonry – 328 pages  
     Cool House – A Down to Earth Idea – 2 pages  
     Digging in the Dirt – 3 pages  
     Dynamic Compaction of Soil for Low-Cost Building Blocks – 45 pages  
     Earthship Biotechture – 18 pages  
     Earthship Construction Overview – 4 pages  
     Earthship Project Australia – 5 pages  
     Earthship – 21 pages  
     Filtration & Air Cleaning Systems – 78 pages  
     Going Underground – 6 pages  
     Home Shelter – 8 pages  
     How to Build a Bomb Shelter – 7 pages  
     How to Make Stabilised Earth Blocks – 14 pages  
     Plans for Expedient Fallout Shelters – 11 pages  
     Self-contained Underground Shelters for Defence – 14 pages  
     Small Scale Manufacture of Burned Building Brick – 26 pages  
     Taking Shelter from the Storm – 32 pages  
     The Application of the Earthship Building Type – 8 pages  
     The Boulder Concept in Building Walls – 4 pages  
     The Bunker Book – 58 pages  
     Your Basement Fallout Shelter – 31 pages  
 Military – total of 99 documents, 13,543 pages



Military Manuals and Operations - total of 54 documents, 9,665 pages  
 1981 US Army Orienteering How to Avoid Getting Lost - 23 pages  
 Amateur Radio Emergency Service Field Resources Manual - 100 pages  
 Army Survival Kit Hot Climate - 40 pages  
 Army Survival Kit Over Water - 48 pages  
 Army Sustaining Health & Performance in the Cold - 68 pages  
 Camouflage Concealment and Decoys - Army - 98 pages  
 Canadian Military Field Craft - 110 pages  
 Checklist for Individual Hot Climate Survival Kit - 22 pages  
 Civil Disturbance Operations - Army - 256 pages  
 Civil Disturbance 2014 - Army - 132 pages  
 Close Quarters Combat Manual - Marines - 99 pages  
 Cold Weather Medicine Course - Marines - 289 pages  
 Combat Skills of the Soldier - 249 pages  
 Combat Survival Evasion - 126 pages  
 Combat Survival Guerrilla Skills Handbook of the Chinese- 142 pages  
 Combat Training with Pistols M9 and M11 - Army - 71 pages  
 Field Expedient Weapons, Tools and Equipment - 16 pages  
 How to Find Your Way - 21 pages  
 How to Kill Tanks - 31 pages  
 How to Start and Train a Militia Unit - 80 pages  
 Kill or Get Killed - Marines - 440 pages  
 Mao Tse-tung on Guerrilla Warfare - Marines - 130 pages  
 Marine Combat Water Survival - 145 pages  
 Military Mountaineering - Army - 331 pages  
 Mountain Operations - 140 pages  
 Mountaineering Techniques Advanced - Army - 78 pages  
 Mountaineering Techniques Basic - Army - 177 pages  
 National Search and Rescue Manual Australia - 278 pages  
 Physical Security - Army - 317 pages  
 Pioneering Projects Big & Small - 76 pages  
 Pistol Marksmanship - Marines - 111 pages  
 Ranger Handbook - Army - 238 pages  
 Rappelling - Army - 144 pages  
 Rifle Marksmanship - Marines - 214 pages  
 Simple Sabotage Field Manual - CIA - 86 pages  
 Soldier Manual of Common Tasks Warrior Skills Level 1 - 748 pages  
 Soldier Manual of Common Tasks Warrior Skills Level 2,3,4 - 328 pages  
 Soviet Combat Tactics in Afghanistan - 248 pages  
 Sterile Procedures - Army - 82 pages  
 Summer Survival Course - Marines - 180 pages  
 Sun Tzu on the Art of War - 38 pages  
 Survivability - Army - 257 pages  
 Survival Evasion and Recovery - 106 pages  
 Survival Manual - Army - 233 pages  
 Survival Manual Summer 2002 - Marines - 180 pages  
 Survival Manual Winter 2002 - Marines - 187 pages  
 Survival Manual - 676 pages  
 Tactical Readiness - 14 pages  
 Terrain Analysis - Army - 205 pages  
 The Guerrilla and How to Fight Him - Marines - 334 pages

Topographic Operations – Army – 157 pages  
 Total Resistance – Swiss Army – 93 pages  
 Urban Operations – Army – 357 pages  
 Urban Operation – 316 pages  
 Nuclear, Biological and Chemical – total of 5 documents, 302 pages  
 Chemical, Biological, Radiological and Nuclear Training Curriculum – 20 pages  
 Potassium Iodine – 9 pages  
 Radiological Defence Officers Course Manual – 95 pages  
 Recovery from Nuclear Attack – 24 pages  
 The Effects of Nuclear War – 154 pages  
 Security and Defence – total of 34 documents, 1,611 pages  
     General I page 38 pages  
         Be Your Own Bodyguard – 38 pages  
 Hand to Hand Combat – total of 16 documents, 1,133 pages  
     21 Techniques of Silent Killing – 49 pages  
     22 Ways to Kill a Man with Your Bare Hands – 3 pages  
     Aikido – 75 pages  
     Citizens Homeland Defence Guide – 74 pages  
     Combative – 265 pages  
     Dragon's Touch Weakness of the Human Anatomy – 6 pages  
     Fundamentals of Marine Corps Martial Arts – 149 pages  
     How to Win in Hand to Hand Fighting – 61 pages  
     Jiu-Jitsu Defence – 81 pages  
     Medium Range Combative – 27 pages  
     Military Martial Arts – 6 pages  
     Nerve Centres and Pressure Points – 107 pages  
     Practical Unarmed Combat – 60 pages  
     The SAS Self Defense Handbook – 157 pages  
     The Ten Brazilian Jiu-Jitsu Moves Every Cop Should Know – 7 pages  
     What is Krav Maga – 6 pages  
 Weapons – total of 17 documents, 440 pages  
     Big Book of Homemade Weapons – 202 pages  
     Backyard Rocketry – 35 pages  
     Darts How They Work and How to Make Them – 12 pages  
     Fighting with a Tomahawk – 7 pages  
     Homemade Grenade Launchers – 21 pages  
     How to Throw a Knife – 2 pages  
     Introduction to Slings of the World – 9 pages  
     Kitchen Improvised Explosives – 15 pages  
     Make and Take Atlatls – 1 page  
     Make Your Own Atlatl and Darts – 18 pages  
     Making a Rivercane Atlatl Dart – 19 pages  
     Selecting a Survival Battery of Firearms – 8 pages  
     Sling Throwing as a Sport – 16 pages  
     The Atlatl – 4 pages  
     The Fairbairn Manual of Knife Fighting – 11 pages  
     The Sling – 11 pages  
     Weapons Trials – 49 pages  
 Special Forces Manuals – total of 6 documents, 2,267 pages  
     1992 US Marine Survival Manual – 571 pages  
     Canadian National Defense Basic Survival Training Course – 502 page

Navy Seal Physical Fitness Guide – 300 pages  
Ranger Unit Operations – 194 pages  
Special Forces Cashing Techniques – 25 pages  
US Navy Seal Survival Handbook – 675 pages

Misc (1)

How to Remove Scratches from Eyeglasses – 3 pages

Urban Survival – total of 13 documents, 1,163 pages

Be Invisible – 248 pages  
Booby Traps – 15 pages  
Getaway Driving Techniques for Escape and Evasion – 47 pages  
Hidden Street Weapons – 35 pages  
Secret Hiding Places – 72 pages  
Security Storage Containers – 33 pages  
SHTF School Introduction – 21 pages  
Steal this Book – 215 pages  
Strengthening Exterior Doors – 1 page  
Surviving In the City – 9 pages  
The Anarchist Cookbook – 442 pages  
Understanding Earthquakes Hazards in Urban Areas – 2 pages  
Urban Preparation Kit – On Body Kit – 23 pages

Water – total of 52 documents, 815 pages

Water Pumps – total of 8 documents, 141 pages

Build a Hand Pump – 4 pages  
Comparison of Two Types of Water Pumps – 2 pages  
Homemade Hydraulic Ram Pump – 50 pages  
How to Construct a Cheap Wind Machine for Pumping Water – 16 pages  
Hydraulic Ram Pumps – 6 pages  
PVC Hand Pumps – 5 pages  
Remote Pumping Buyer's Guide – 4 pages  
Spiral Pumps How to Make Them – 54 pages

Water Purification – total of 31 documents, 412 pages

Acid Neutralizing Water Filter Resin – 11 pages  
Bio Sand Filter Construction Guidelines – 11 pages  
Brackish Water Purification Systems – 23 pages  
Bucket Filter Construction Instructions – 8 pages  
Emergency Disinfection of Drinking Water – 4 pages  
Emergency Water Purification & Clorox Bleach – 2 pages  
Emergency Water Supply – 3 pages  
Gravity Fed Water Treatment System – 5 pages  
Homemade Berkey Water Filter – 5 pages  
Household Water Testing – 4 pages  
Household Water Treatment – 6 pages  
How to Remove Ozone from Water – 6 pages  
Light Weight Low Power Water Purification – 2 pages  
Measuring Purity of Water in Primitive Environment – 3 pages  
New Water Treatment System Using Moringa Seed – 6 pages  
Ozone and Water Purification – 5 pages  
Portable Water Purification Ceramic Carbon Filter – 4 pages  
Priming the Berkey Filter – 3 pages  
Protect Your Health, Treat the Water – 1 page

- Purification of Water on a Small Scale – 19 pages
- Purifying Drinking Water – 4 pages
- Residential Reverse Osmosis Installation Tips – 8 pages
- Safe Use of Household Grey Water – 4 pages
- Safe Water School Training Manual – 120 pages
- Slow Sand Filters – 9 pages
- Survival Water Purification – 31 pages
- Technologies Demonstrated at Echo – Sand Filter – 4 pages
- Water Clarification Using Moringa Oleifera – 7 pages
- Water for Life – Community Water Security – 52 pages
- Water Purification – 6 pages
- Water Treatment – 37 pages
- Water Storage - total of 13 documents, 262 pages
  - An Inexpensive Do It Yourself Water Well – 44 pages
  - Buried and Semi Submerged Water Tanks – 4 pages
  - Ferro-cement Water Tanks – 4 pages
  - How to Design and Build a Water System – 4 pages
  - How to Make a Plastic Covered Solar Still – 16 pages
  - Low Cost Hand pumps for Rainwater Tanks – 65 pages
  - Rainwater Harvesting – 88 pages
  - Simple Solar Still for the Production of Distilled Water – 9 pages
  - Solar Distillation – 5 pages
  - Suggestion for Building a Water Storage Tank – 8 pages
  - Water Cistern Construction for Small Houses – 8 pages
  - Water Conservation Tips – 4 pages
  - Water Getting Started -3 pages
- Wilderness Survival - total of 59 documents, 5,059 pages
  - Bushcraft – total of 21 documents, 3,538 pages
    - Adventurer Woodstravel Module – 316 pages
    - Aid to Survival – 120 pages
    - American Boys Book of Camp Lore and Woodcraft - 262 pages
    - Australian Bushcraft – 319 pages
    - Backpacker’s Survival Skills 101 – 10 pages
    - Bushcraft Canadian Scout Manual -98 pages
    - Bushcraft General Risk Assessment 2015 – 6 pages
    - Bushcraft Scouting Woodlore Notes – 304 pages
    - Comprehensive Guide Wilderness & Travel Medicine – 109 pages
    - Dangerous Animals – 27 pages
    - Essential survival Skills Tactics – 80 pages
    - Fire Making – 3 pages
    - Flint Knapping – 332 pages
    - Fundamental Bushcraft – 5 pages
    - Jack Mountain Bushcraft – 95 pages
    - Out of Captivity Surviving in the Jungle – 495 pages
    - The Book of Camp lore and Woodcraft – 300 pages
    - The Ten Brush Craft Books – 195 pages
    - Ultimate Guide to Wilderness Living – 330 pages
    - Wilderness Evasion – A Guide to Hiding Out in Remote Areas – 84 pages
    - Woodmanship – 48 pages
  - Cold Weather - total of 10 documents, 317 pages
    - Alpine Living for SAR – 66 pages

Cold Weather Survival a Way of Life – 16 pages  
 Cold Weather Survival – 26 pages  
 Extreme Cold Prevention Guide – 15 pages  
 Montana Winter Survival Manual – 46 pages  
 Snow Shelters – 16 pages  
 Survival in Cold Weather Areas – 80 pages  
 Survival Kit Cold Climate – 41 Pages  
 Winter Survival in Your Car – 2 pages  
 Winter Time Camping – 9 pages  
 Knots – total of 13 documents, 690 pages  
   Basic Book of Knots and Lashing – 38 pages  
   Encyclopedia of Knots – 49 pages  
   Essential Fishing Knots – 4 pages  
   Fishing Knots Tying How to tie a Knot Knotting – 4 pages  
   Handbook of Knots Splices – 152 pages  
   Knots an Illustrated Practical Guide – 160 pages  
   Knots Splices and Rope Work – 75 pages  
   Knots Splices Attachments and Ladders – 45 pages  
   Pioneers Knots and Lashing – 18 pages  
   Ropes Knots Ladders Lashings Anchorages – 76 pages  
   Sea Scout Knots – 28 pages  
   Tying Farm Knots – 6 pages  
   What Knot Useful Knots for Scouting and Climbing – 35 pages  
 Navigation total of 7 documents, 315 pages  
   Celestial Navigation What are the Options – 4 pages  
   Compass Dip Needle How to Calibrate Notes – 3 pages  
   How to Make a Twilight to Twilight Timer – 3 pages  
   Land Navigation – 9 pages  
   Map Reading and Land Navigation – 244 pages  
   Marine Land Navigation – 42 pages  
   Night Duration Measurement and Uses – 10 pages  
 Wilderness Survival Shelter – total of 8 documents, 199 pages  
   Backwoods and Survival Shelters – 2 pages  
   Building Your Own Tent – 12 pages  
   How to Build a Debris Hut – 9 pages  
   How to Build Primitive Shelters – 6 pages  
   Shelter and Making Camp – 48 pages  
   Shelter – 16 pages  
   Shelter Shacks Shanties – 84 pages  
   Wilderness Survival Skills – 22 pages

# **YOUR NOTES**

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