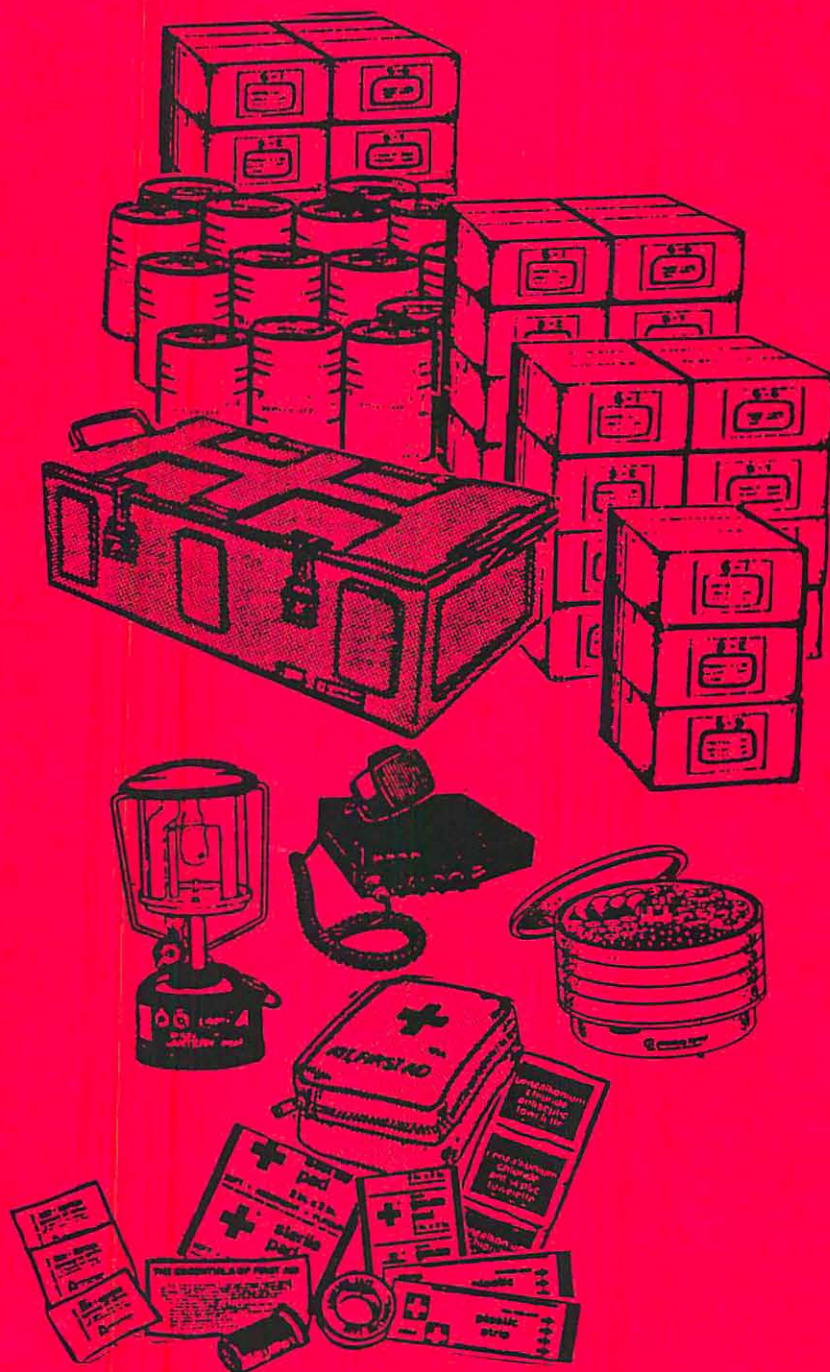


EMERGENCY

FOOD, WATER, EQUIPMENT, & SUPPLIES



FACTS, FIGURES, FORMULAS,
CHECKLISTS & SOURCES

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OUTLINE

Introduction

Basic Food Considerations

Dehydrated Foods

Brief

Positives

Negatives

Storage Life

Freeze Dried Foods

Brief

Positives

Negatives

Storage Life

MRE Rations

Brief

Positives

Negatives

Storage Life

Bulk Foods

Brief

Positives

Negatives

Sources

Bulk Ration

Storage Life

Storage Tips

Canned Foods

Positives

Negatives

Storage Life

Other Food Considerations

Bread

Emergency Cooking

Special Diets

Emergency Baby Formula

Condiments & Desserts

Vitamins

Food Tabs

Vegetable Seeds

Sprout Seeds

Preserving

Butchering

Water

Quantity

Purification

Procurement & Storage

Conclusion

Appendix of Supplies & Suppliers

Administrative Supplies

Building & Repair Supplies

Cooking Supplies

Dry Good Supplies

Field Gear Supplies

Medical Supplies

Recreation Supplies

Sanitation Supplies

Other Supplies

Supplier List

EMERGENCY

INTRODUCTION

This pamphlet is not designed to convince you to store food and supplies in preparation for hard times; it is to aid you if you are already determined to do so by providing a summation of the many facts, figures, formulas, material lists and sources that you would otherwise have to search dozens of book-sized preparedness manuals to obtain.

Most preparedness manuals are long on fright-stories and windy discussions, and short on hard, and hard to find data. This pamphlet is a distillation of information gleaned from many self sufficiency books, interviews with survivors of POW and concentration camps and The Great Depression, and from the field experiences of the author, who is an Eagle Scout and who served as a survival training officer in the U.S. Navy.

Items listed in this booklet are available at grocery, health food and hardware stores, through the specialty outlets listed in the text, or through the suppliers appearing in the Appendix.

There is a saying that, "The prepared don't panic." It is my hope that by helping you prepare, I can contribute to your well being and personal prosperity.

Basic Food Considerations. The cardinal rule for food storage is, "Store what you eat and eat what you store." Followers of this dictum will be assured that in an emergency their stock will be fresh due to rotation, and will be familiar to the palate. Studies show that children, the elderly, the infirm, and those under heavy stress will often starve rather than eat nutritious but unfamiliar food. Plan now to not be among them.

The following chart details the recommended daily caloric intake by gender and age, as adjusted for physical size and level of physical activity:

Adult male:	2000-3500
Adult female:	1800-2500
Teenagers:	2000-3000
Children under 12:	1000-2000

The next several pages detail the various types of storage food now available. The one factor that all share is that they will keep longer if stored in a cool environment (basement) in airtight containers, and if significant temperature fluctuations and freezing temperatures are avoided.

DEHYDRATED FOODS

Brief. For long term storage, we are referring to store bought, professionally dehydrated and preserved foods. Home-dehydrated foods can also be useful, but have significantly shorter storage lives than well dried, deoxygenated, nitrogen packed, and hermetically sealed mercantile products.

Dehydrated foods are usually non-cooked, and come packaged in air tight containers which should not be opened until use is planned.

Positives. Up to 50% less expensive than freeze dried. More servings per can and more compact storage than freeze dried food (dehydration shrinks food to 1/4 to 1/7 original size).

Negatives. Some meats cannot be preserved long term, but meat flavored textured vegetable protein (TVP) is available and is especially good in casseroles, with rice or pasta, or mixed with actual or freeze dried meats. Some fruits are also not usually available, and those that are do not last as long or taste as good as those that are freeze dried.

Requires fresh water to rehydrate and fuel to heat water with. Must be soaked in water for hours and then cooked.

Storage Life. If packed in air tight containers with oxygen removed and nitrogen added, dehydrated foods should retain freshness and maximum nutrition for at least the years shown below, and be edible and marginally nutritious for double or so the years shown:

Beans:	10+ years
Biscuits:	10+ years
Brown rice:	2+ years
Cheese powder:	5+ years
Eggs:	5+ years
Flakes, grits, etc.:	8+ years
Grains, whole:	2000+ years
Granola:	5+ years
Lima beans:	8+ years
Milk (non fat)	5-8 years
Nuts:	4+ years
Pasta:	8+ years
Peas:	8+ years
Seeds:	10+ years
TVP:	10+ years

EMERGENCY

After opening, if cans are resealed with tight plastic lids, fruits and vegetables will last up to 1 year, powdered butter 4+ months (6+ if refrigerated), and powdered milk 2+ months.

FREEZE DRIED FOODS

Brief. Usually precooked. Packed in air tight containers, freshness is enhanced and chance for rancidity is reduced by removal of oxygen and addition of nitrogen at the factory.

Positives. Easy to prepare--just add boiling water. Texture and flavor are similar to fresh food. Meats and fruits are best preserved by this method (including chicken, turkey, beef and tuna), as are eggs.

Negatives. More expensive than dehydrated. Requires fresh water to rehydrate and fuel to heat water with.

Storage Life. If packed in air tight containers with oxygen removed and nitrogen added, the following foods should retain freshness and maximum nutrition for at least the years shown below, and be edible and marginally nutritious for double or so the years shown. For foods not listed, refer to the "Dehydrated Foods" chart at left.

Beans: 8-10+ years
Desserts: 5+ years
Entrees, complete: 5+ years
Fruits: 8+ years
Meats: 5+ years
Soups/Stews: 5+ years

MRE RATIONS

Brief. Military Meals Ready to Eat (MREs) are packed 12 full meals to a case, varying from \$25 to \$60 per case. Each MRE provides 3000 calories per meal--enough to sustain one man in the field on one meal per day. Specialty cases can be obtained containing only main courses (72 units per case) with no side dishes or other additions; other specialty cases feature only desserts. Cases are 15-1/2" long X 9-1/2" X 10-1/4."

Each meal (6 or 7 different types with each production run) typically consists of a generously sized, appropriately seasoned and sweetened entree (such as chicken with rice, or spaghetti with meat

balls and sauce), 2 large/heavy crackers with man-sized packages of peanut butter, cheese spread or jelly, desserts such as cookies, brownies or candy, plus extras such as fruit, flavored drink powder, coffee, cream and sugar, tabasco sauce, a spoon, moist hand wipe, matches, salt and pepper, gum, and toilet paper.

Each MRE item is cooked, further preserved by exposure to radiation (none of which is retained in the MRE), packaged in heavy duty laminate pouches and sealed in plastic bags.

Positives. MREs are fully hydrated, and other than beverage powder mixes, require no water for preparation. They may be eaten hot or cold, and can be warmed over a cookstove or fire, or with economical MRE chemical heaters available through suppliers. MREs taste surprisingly good--even to finicky children!

Negatives. Meal-for-meal, MREs are heavier than dehydrated foods, and are bulkier due to individually packaged contents. They are more expensive than bulk foods, yet often cheaper overall than freeze dried and many other store-bought meals.

Storage Life. According to the U.S. Army (Natick Laboratories), MREs will store for:

130 months at 60F
100 months at 70F
76 months at 80F
55 months at 90F
22 months at 100F
5 months at 110F
1 month at 120F

Time and temperatures are cumulative. For example, storage for 11 months at 100F followed by a move to 70F will result in the loss of 1/2 of the 70F storage projection.

BULK FOODS

Brief. Bulk foods include staples such as bagged grains and beans, powdered milk, sugar or honey, and cooking oil. Spoiled modernists who sneer at the thought of someday having to live off of such a spartan diet would do well to remember that during the last Great Depression, many people bowed their heads in thanksgiving over gravy bread, wormy apples and collard weeds for weeks on end,

EMERGENCY

and would have considered these bulk staples a bounty fit for a king!

Positives. Least expensive of all methods. Longest storage life of all methods. Will store in smaller space than is required for canned foods, MRE rations, and most dehydrated/freeze dried and packaged foods.

Negatives. Although bulk grains and beans can be purchased already preserved and packaged for long term storage, they are even less expensive when purchased in standard packaging and prepared and repacked for long term storage by the individual. However, such requires time and labor on your part. Most grains must be cracked or ground prior to soaking or cooking. Beans must be soaked for hours prior to being quick-boiled, or boiled for 30 minutes if not presoaked. All this takes time, water and fuel.

Sources. In addition to the sources listed in the Appendix, rice can be purchased in 100 pound sacks from restaurant supply stores, Oriental grocery stores, and volume food outlets such as Walmart's subsidiary, Sam's Wholesale Club. Wheat and rice in 100 pound sacks can be obtained from wholesalers and co-ops; look in your *Yellow Pages* under "Food, Wholesale," "Food Co-ops," or "Grain."

As of this writing, 100 lb sacks of rice can be purchased in bulk for about \$18, and 100 lb sacks of wheat can be purchased for about \$30. Prices of beans vary by type and volume, but usually average 50 cents for a one pound bag, with lower prices for higher volumes.

WARNING

When buying grains, never buy the cheaper seed grains, always buy the slightly more expensive consumption grains. The reason is simple--seed grains are treated with deadly pest toxins and will kill you if you eat them.

Bulk Ration. The following table lists the amount of bulk food which will provide 3185 calories per day. Using the caloric table on page 1, you may calculate amounts needed for your particular needs:

Grain: 17.5 oz/day--400 lbs/year
(1500 calories/day)

Beans: 11 oz./day--250 lbs/year
(900 calories/day)

Powdered milk: 4.3 oz/day-100 lbs/year
(1 quart/320 calories/day)

Vegetable oil: 1 oz/day--23 lbs/year
(2 tablespoons--240 calories/day)

Honey/sugar: 2 oz/day--46 lbs/yr.
(225 calories/day)

Iodized salt: 1/3 oz/day--7.5 lbs/year

Storage Life. If properly preserved, bulk foods should retain freshness and maximum nutrition for at least the years shown below, and be edible and marginally nutritious for double or so the years shown below:

Whole grains: 2000-3000 years

Rice: 2 years

Beans: 8+ years

Powdered Milk: 5-8 years

Vegetable oil: 1 year

Honey/Sugar: Perpetual

Storage Tips. The above values assume storage at 70F. Cut values in half for each 18F increase in temperature; storage at 50F will double above values. Proper storage preparation includes redrying of grains and beans after purchase, removal of oxygen, and sealing in airtight containers.

To redry, either use a home dehydrator or heat in an oven at 200F for two hours. The oven treatment will also kill all bug eggs in the food. An additional method is to seal the product in large ziploc bags with a Desi-Pak enclosed and lay the bag in the sun for six hours. Desi-Paks (available from the Preservation Pak company listed in the Index of Suppliers) are small, inexpensive, reusable packets of clay-based compounds which remove atmospheric moisture in containers up to 6 gallons in volume. These are safe to use with food. *Never* use the old silica gel dehydration packs with food--they can leak slop when saturated.

The most widely used method of storing bulk foods is in resealable five gallon poly-buckets. These can be obtained in the paint department of many hardware stores for \$5 or less, or through many bulk food suppliers. Their water/atmosphere proof lids are tightened down by means of a rubber mallet and can be removed with a special \$3 Lid

EMERGENCY

Lifter tool, also available at the referenced outlets.

Prior to sealing the lids, the contents should definitely be deoxygenated. This can be done by blowing food-grade nitrogen into the depths of the bucket, or by utilizing dry ice (solidified carbon dioxide). Nitrogen (look under "Nitrogen" in the *Yellow Pages*) is quicker, but more expensive and suffers from less predictable results unless you have vacuum equipment such as industry uses (nitrogen and oxygen are both invisible--so when do you know the treatment is complete?). Dry ice (also in the *Yellow Pages*) is cheaper and is near fool proof in application, but takes longer to apply. Dry ice works well because the carbon dioxide it produces is heavier than oxygen and removes it from the container by sinking to the bottom and lifting all the oxygen out.

When you procure the dry ice, cover it as it is transported and use it immediately. Do not touch it without gloves--it is so cold that laying a hammer against it will cause the metal to squeal, as will you if a chunk freezes itself to your finger. Utilize 3 oz. of dry ice for five gallon buckets, brushing off any water-ice crystals (they look like snow flakes) that form from exposure to the atmosphere. To treat, pour several inches of food into the container (so as not to freeze the bottom of the bucket) and then pour the rest of the food in. Then bump and tap the sides of the bucket with a rubber mallet to settle the contents and add more food as able. Next, lay the lid on *loosely* and wait 6 hours prior to sealing.

WARNING

Do not tightly seal lid for 6 hours. Dissipating dry ice greatly increases in volume when it warms and changes from a solid to a gas. Securing the lid prior to dissipation will result in the container exploding like a bomb!

While carbon dioxide is not toxic in small doses (you expel it when you breathe), it can suffocate you to death in high doses (like breathing in and out of a paper bag). Do not use in enclosed rooms or low areas like basements!

For added protection against moisture, add one Desi-Pak prior to sealing. For added protection against lid leakage, apply silicone at the bucket/lid seam. For added protection against bugs hatching,

freeze the sealed bucket at 0F for 4 days.

A five gallon bucket will hold about 35 pounds of beans or rice--about 350 half-cup servings; or, about 45 pounds of wheat, or 30 pounds of powdered milk. Thirty pounds of powdered milk will make about 37.5 gallons of wet milk.

CANNED FOODS

Pros. Ease of procurement, wide selection of products, familiarity, easily rotated due to regular use and replenishment.

Cons. Relative high volume and high weight due to contents being packed in water. Storage life considerably less than other types.

Storage Life. Due to applications of heat during the canning process (store bought or home canned) the nutritional value of canned food deteriorates *long* before the food becomes unpalatable. The following table lists the useful nutritional shelf life *in months* for canned foods kept at 70F; double the values shown if you are satisfied with marginal nutritional value. If you have a root cellar which can maintain 50F throughout summer months, then you can double the months shown below for useful nutritional shelf life, and quadruple these values for marginal nutritional shelf life.

Milk, evaporated: 12 months

Meats

Beef: 18 months

Chicken: 18 months

Fish: 12 months

Ham: 18 months

Lunch meat: 18 months

Pork: 18 months

Turkey: 18 months

Vegetables

All: 18 months

Fruits

Applesauce: 12-18 months

Apricots: 12-18 months

Berries: 6 months

Citrus juice: 6-8 months

Citrus slices: 12-18 months

EMERGENCY

Cherries: 6-12 months
Peaches: 12-18 months
Pears: 12-18 months
Pineapple: 12-18 months
Plums: 12-18 months

Miscellaneous

Cereals, boxed: 1 month
Coffee, tea, cocoa: 18 months
Nuts: 12 months
Peanut butter 12-18 months
Soft drinks: perpetual
Soups: 18-36 months

In addition, the following table shows the useful nutritional shelf life *in months* for unopened foods packaged in paper or cardboard containers, or sealable containers that are opened and refrigerated:

Bouillion cubes: 12 months
Baking soda: 12 months
Beverage powders: 24 months
Candy bars: 18 months
Cereals: 12 months
Crackers/pretzels: 36 months
Jellies: 24-30 months
Milk powder: 6 months
Oils and lards: 12 months
Puddings 12 months
Salt: perpetual
Spices: 24 months
Sugar: perpetual

OTHER FOOD CONSIDERATIONS

Bread. Wheat flour products make up a substantial portion of our diets, from bread to gravy, from pastries to cereals. In preparation for future contingencies, hard red winter wheat should be stored, as well as the equipment and supplies to turn it into bread products. You will need more than

grain to make bread and flour products. A loaf of basic wheat bread is made with:

3-1/2 cups flour
1 teaspoon salt
3/4 cups milk
1/8 cup oil
1/8 cup honey
3/4 cups water
1/2 tbs dry yeast granules

Numerous variations of this recipe can be enjoyed, including substituting some rice flour for wheat, adding eggs, and adding other grains. In hard times, the Wonder Bread truck, with its multi-colored balloon motif, will probably be more scarce than honest politicians are now, so you will also need a few bread pans and a grain grinder to turn wheat into flour and flour into bread.

Don't plan on storing large amounts of flour--plan on storing wheat and making most of your own flour. Store bought flour comes in a paper bag that is soaked with humidity. And consider this: Store bought, refined white flour removes the following percentages of nutrients, as compared to fresh ground, coarse flour:

Calcium, 60%
Chromium, 40%
Cobalt, 89%
Copper, 89%
Iron, 76%
Manganese, 86%
Magnesium, 85%
Molybdenum, 48%
Phosphorus, 71%
Potassium, 77%
Sodium, 78%
Zinc, 78%

Emergency Cooking. A serviceable emergency stove can be made with a metal bucket and clothes hangers. After punching holes in the bottom half of the bucket, get a fire going in it using charcoal or wood scraps and wait until the flames are mostly receded with hot coals remaining. Then

EMERGENCY

drop in the grill you have fashioned out of coat hangers, and cook!

Bread can be baked over a low flame in a covered pot if no oven is available. Or, dig a hole, dump in some coals, place the covered pot in the hole, and dump more coals on top, and bury the whole thing with dirt. If you've got some spare bricks, or stones and mud, you can even build an outdoor oven.

Confederate soldiers rolled dough and pork fat into long tubes, wrapped it around their bayonets, and cooked it over the campfire (they called it "sloop"). Similarly, slaves made "hoe cakes" by cooking cornbread on the blades of hoes held over a flame. As a last resort, WWII refugees relate that a chewy form of bread can be made without baking, by mixing up the ingredients and sleeping overnight with the mixture under your covers—body heat alone causing the yeast to rise and form some type of bread goop.

Special Diets. Persons with medically restricted or regimented diets must be provided for, including babies on formula. Even nursing mothers should consider stocking formula, as crisis-shock, injury or illness, and insufficient food and fluid intake can quickly shut down the mammary system in an otherwise healthy mother.

Emergency Baby Formula. If refrigeration-level temperatures are available, make up and store the day's batch using the "Per Day" formula. Otherwise, mix fresh for each feeding using the "Single Serving" formula, below:

SINGLE SERVING

1-1/3 cups boiled water, 1/3 cup plus
2 teaspoons powdered milk, 1
tablespoon vegetable oil, 2 teaspoons
sugar, 1/9 crushed multiple vitamin.

PER DAY

4 cups boiled water, 1 cup plus 2
tablespoons powdered milk, 3
tablespoons vegetable oil, 2
tablespoons sugar, 1/3 crushed
multiple vitamin.

To provide emergency formula for one baby for one month, store 7.5 gallons of water, 6 lbs of powdered milk, 2 pounds of vegetable oil, 1.3 pounds of sugar, and 10 multiple vitamin pills.

Condiments & Desserts. Some years ago I noticed a crate of pepper under my grand dad's bed. He explained that during the Great Depression, what he missed most out of all that was unavailable was pepper, and that he had then vowed that pepper would be the one luxury that he would never again do without. Think about it. Survival foods will be a lot more palatable, and any crisis will be more tolerable with such extras as:

Baking powder
Baking soda
Bullion cubes
Butter, powdered
Cheese, powdered
Chocolate powder
Coffee and tea
Creamer powder
Eggs, powdered
Flavor enhancers
Flour
Hard candy
Honey
Icings
Jellos & puddings
Kool Aid
Lemon juice concentrate
Mixes
Salt & pepper--other spices
Sugar, white/brown
Vegetable oil & lard
Vinegar
Yeast

Vitamins. In times of high stress your body quickly (within hours) raids and depletes vitamin reserves, leaving you susceptible to malnourishment and disease when you need protection most. To compound matters, storage foods are not as nutritious as fresh produce. Multiple vitamin and mineral supplementation is therefore a priority. Vitamins have storage lives of about two years and should be rotated for use and replacement before they approach their expiration dates.

EMERGENCY

Food Tabs. Suggested as a food supplement for short-term survival (or for sharing with ill-prepared moochers). Food Tabs provide 100% USRDA of 15 essential vitamins and minerals, plus protein, carbohydrates, fat, dextrose and lactose. Each \$27.50 bottle provides 15 days worth of tablets (12 per day) for a cost of \$1.83/day.

Dogs. Dogs can help provide or protect your food in several ways. (1) They can guard flocks and herds, crop fields and food storage areas. (2) They find and chase down game. When I slogged through Navy land survival training in Alabama, the instructor's dog ripped through the surrounding bayous and briar patches and killed a number of snakes for us before we even made it to the bivouac area. Such was a welcome addition to the only other food we were able to forage for ourselves over the next 3 days--pine needles, cactus roots and one toad--for 30 men! (3) Dogs can be eaten. Survivors relate that in conflicts and disasters worldwide, packs of these abandoned pets teem throughout fallen cities and desolated countrysides. Although this last contingency is not pleasant to contemplate, desperate times could require such. Following is an emergency recipe which could make such an uncomfortable situation a little more--well--palatable:

Roast Leg of Dog

Take one medium dog (appx. 25 lbs), dress, skin, and separate both hind quarters. Set balance of meat aside for use in stew. Using fork, pierce hindquarters repeatedly until tender. Heavily salt (with tenderizer salt, if available), rub in, and age for 1 hour. Rinse well in water, and if available, lemon juice. Marinate overnight in 2 cups of Burgundy (alcohol will later evaporate), 3/4 cup oil (olive oil preferred), 2 cloves of garlic, dash of hickory salt, 1/2 teaspoon nutmeg, and 10 pepper corns. Next day, preheat oven to 350F. Remove legs from marinade and place in baking pan, undersides up. Slice meat to the bone along the bone and layer with bacon. Cover dish and bake for 60 minutes. Remove from oven and allow to cool while stewing 10 medium tomatoes. When cool enough to handle, arrange legs on platter, mix bacon with tomatoes and arrange around the platter. Fill slits with lentils or other beans. Sprinkle with Parmesan cheese and bake again for 15 minutes.

If you think *that* is bad (and it is!), then consider *this* concept: Rats are the most persistent and prolific mammals on earth. Due to carrion, filth, debris, and lack of human enemies, rat populations explode in disaster zones. In any future downfall, survivors could very well find rat meat to be one of the few ready sources of fresh protein. Soldiers and refugees from many a conflict have survived on the critters, as do Chinese peasants today. I don't have (nor do I wish to contemplate) any exotic rat recipes. However, I assume that they would be less offensive if served in a form not resembling their original shape--like chopped up into little pieces and mixed with rice!

Vegetable Seeds. Recommended vegetable seeds for ease of producibility, high barter value and high yield and nutrition include:

Asparagus, Beets, Carrots, Corn,
Green beans, Lettuce, Peas,
Potatoes, Squash, Zucchini

Another key vegetable is chard; once it starts growing, it keeps growing, even if you break it's new growth off every week.

Most hybrid seeds will produce sterile plants--meaning seeds from the first crop will not grow future crops. Be sure to get the kind of seeds that produce vegetables whose own seeds can be replanted the next year. And always buy or lay up twice as many seeds as you think you'll need. That way when the rains don't come or if you botch the first crop, you will still have seeds to try again the next year.

Store seeds in an air tight container which has been deoxygenated with dry ice. Studies show that such seeds will be plantable at least 7 years after storage. A gallon sized container should hold enough seeds to plant a garden that will feed 10 souls for a year.

Sprout Seeds. One weakness in most storage food plans is the lack of vitamins and nutrients usually obtained through fresh greens. This problem can be mitigated through the use of sprout seed kits, using wheat, alfalfa or mung bean, or other seeds. Such seed kits are readily available through most health food and storage food outlets.

Preserving. Sporting goods and health food stores carry numerous books devoted to home canning, drying, smoking, salting, pickling, cellaring, and corning various types of food stuffs.

Butchering. If you have not cleaned fish, dressed game, and butchered stock, make plans now

EMERGENCY

to make friends with a farmer or outdoorsman who will show you how. If you plan to be self sufficient, you must overcome any squeamishness you might have regarding this unpleasant business.

Should you fail to learn these skills, not only will your lack of knowledge make you less prone to exploit animal food sources should circumstances so require, but it will make you less useful in an altered society where such skills will be needed, and could cause you to waste large quantities of meat and even injure yourself if you attempt this practice, without some practice.

WATER

Quantity. At a minimum, you must be able to procure 1 gallon of clean water per day per person; 1/2 for drinking and 1/2 for bathing and washing utensils. In hot climates, lack of fluids can kill you in 1 day; even at rest in your easy chair, lack of fluids can kill you in 3 days.

Some of your water needs can be met by ingesting other liquids, such as bottled juices or milk. Although storing some water is advisable, be advised that this stuff weighs 8 pounds per gallon (heavier than gasoline or motor oil) and is rather difficult to dehydrate or compress! A fresh water source is therefore imperative.

Again, the 1 gallon per day ration listed above is a minimum requirement for sustained survival. A man engaged in heavy labor in tropical or desert environments will need from 2 to 5 gallons per day just for drinking. Here are additional requirements, beyond mere survival:

Gallons Per Day Per Person

Drinking/cooking, laborers: 2 to 5

Drinking/cooking, sedate: 1 to 2

Dish washing: 1.5

Hygiene: 2.5

Laundry: 2.5

Gallons Per Day Per Animal

Horse: 5 to 12.5

Mule: 2.5 to 5

Cow: 3.5 to 12.5

Sheep: .75 to 2.5

Dog: .5 to .75

Purification. The most reliable method for purifying water is boiling. After straining out particulates from contaminated water, bring to full boil for 5 minutes--this will kill all bacteria, viruses and other suspended life forms. After cooling, fresh taste can be reimpacted by shaking the water in a closed container until tiny bubbles are visible, and or by adding powdered drink mix.

Iodine also works--that's because it's an excellent poison. One pint tincture of iodine (2% iodine) will totally purify 144-288 gallons of water-- Formulas:

8 drops/quart of clear water

16 drops/quart of frigid or murky water

1/3 teaspoon/gallon of clear water

2/3 teaspoon /gallon of frigid or murky water

In addition to iodine tincture, iodine tablets are available at most surplus and sporting goods stores under the names of "Potable Aqua" or "Globaline." After iodine application, wait 30 minutes--1 hour if water is cold. Mask taste with powdered drink mix. Iodine treated water will dye laundry, and extended consumption will temporarily give skin a yellowish tint, but may safely be consumed at the rate of several liters per day for months on end.

During a nuclear crisis, iodine may provide the added benefit of preventing the thyroid gland from collecting radioactive substances, which can especially threaten children.

WARNING

Do not administer iodined water to females who are or who may be pregnant. Miscarriage or fetal deformation could result.

Chlorine is also effective, although not as effective as iodine or boiling. For instance, chlorine will not kill hepatitis carrying giardia parasites such as are found in sewage polluted waters (such as are manifest during floods). Still, Chlorine is good for purifying and preserving tap or rain water for immediate use or for storage, or for sterilizing pond or creek water if such has not been exposed to sewage.

The most readily available source for chlorine is in common household bleach which contains a 5.25% solution of the chlorine compound sodium hypochlorite suspended in water. One gallon of bleach will treat 7680 gallons of clear water and

EMERGENCY

3840 gallons of murky water. Be sure and buy the brand of Chlorox which has no additives (such as perfumes or other chemicals) other than sodium hypochlorite. Formulas:

- 3 drops/quart clear water
- 5 drops/quart murky water
- 10 drops/gallon clear water
- 20 drops/1 gallon murky water
- 1/2 teaspoon/5 gallons clear water
- 1 teaspoon/5 gallons murky water

After treatment, let stand for 30 minutes if water is warm, and 1 hour if cold. If after treatment of grossly cloudy or murky water, chlorine smell is not detectable, add another dose and again wait the prescribed time. Properly treated water will retain a slight chlorine smell.

To remove chlorine taste, cover loosely and let stand 24 hours (chlorine evaporates); or mask with powdered drink mix. For storage, cover with an airtight lid to prevent evaporation of chlorine and water.

Finally, there are portable water filters, including those made by the Katadyn company. Considered the "Cadillac" of filters from everyone from the Red Cross to the Green Berets, the filters come in various sizes (about the size of a thermos) and are all available for about \$200. Another family of water filters--which also expose the water to iodine in addition to micro-filtering it--are those offered by Recovery Engineering. Both of these suppliers are listed in the Appendix of Suppliers.

Procurement & Storage. Emergency water sources include toilet tanks (not bowls!), spigots at the bottom of water heaters, melted snow and ice, water beds which have utilized no chemical additives other than acceptable levels of Chlorox, roof drains funneled into barrels, plastic bags taped around bushes and tree branches exposed to sunlight, and morning dew captured by dragging a towel across the lawn. Better yet, why not dig a well and install a hand pump?

Everyone should have some water stored for surprise emergencies. And at the first sign of shortage you should also plan to fill every pot, sink and tub in your house--along with every trash bag-lined box and trash can you can lay your hands on.

Resealable water storage barrels may be obtained at many salvage yards, as well as through Major

Surplus & Survival, Emergency Essentials, and Northwest River Supplies, which are listed in the Appendix of Suppliers.

Conclusion

Like most every other preparedness manual, we must include a few fright stories for motivational purposes.

Human beings are capable of enduring incredible hardships. For example, one Marine caught behind the lines in the early days of the Korean War reportedly walked to friendly lines over a period of 30 days, during which time he drank from streams and ate nothing. U.S. POWs in Vietnam report surviving on rotten pumpkin soup and a few chunks of weevil-bread for 4 months straight. Another downed flyer avoided capture by literally running for a solid week, doped up on the amphetamines in his survival pack and choking down whole, live frogs that he pounced on while running South.

The few survivors of Stalin's planned genocidal famine in the Ukraine reveal that they were finally reduced to boiling their leather shoes into gluey soup and gnawing on chair legs in desperate bids to satiate their insane hunger. In the 1960's, some forty-five million Chinese starved to death in the famine which resulted from Mao's "Great Leap Forward." Survivors reportedly ate everything from cockroaches to leaves. And civilians in Europe during WWII reportedly resorted to tearing off their wall paper and boiling it to extract flour from the paste.

Should hard times come, if there are a large enough percentage of sober minded individuals who have prepared for that contingency, they will not only not be a burden on relief workers distributing scarce supplies, but will also be able to help by handing out goods themselves. Such will result in less suffering and social shock, and will result in a speedier return to normalcy and prosperity for all.

EMERGENCY

APPENDIX OF SUPPLIES & SUPPLIERS

In addition to food, you will need many additional items should you wake up one morning to find that civilization has left on a long vacation. Whether sheltering in place or evacuating to a temporary or permanent refuge, many of the following items will be needed:

ADMINISTRATIVE SUPPLIES

- Address book
- Bank books
- Business document
- Calculator
- Computer hard disc
- Credit cards
- Diplomas
- Documents
 - Birth certificates
 - Church records
 - Death certificates
 - Deeds
 - Insurance policies
 - Licenses, professional
 - Marriage certificates
 - Medical records
 - Military records
 - Naturalization papers
 - Passports
 - Power of Attorney
 - Property titles
 - Social Security cards
 - Stock and bond certificates
 - Tax Returns
 - Vehicle documents
 - Wedding certificate
 - Wills
- Family photos
- Writing paper/instruments

BUILDING & REPAIR SUPPLIES

- Automotive
 - Brake fluid
 - Drive belts
 - Filters
 - Fuses
 - Motor oil
 - Radiator hoses
 - Radiator sealer
 - Radiator fluid
 - Spark Plugs
 - Tires
 - Tire leak sealer

- Tire pump (manual)
- Transmission fluid
- Electrical
 - Bulbs
 - Extension cords
 - Household wire
 - Lamp wire
 - Multimeter
 - Stereo wire
 - Tape
 - Vehicle wire
 - Wire nuts
- Hand Tools
 - Allen wrenches
 - Bow saw
 - Chisel, metal & wood
 - Crosscut saw
 - Drill & bits
 - Exacto/utility knives
 - Files
 - Five gal. bucket lid lifter
 - Gas line shut off tool
 - Hacksaw (for metal)
 - Hammer
 - Hand plow
 - Hole auger
 - Jigsaw
 - Leathermans tool
 - Level
 - Machete
 - Metal punch
 - Pliers (various types)
 - Pruning saw
 - Ratchet set
 - Rubber mallet
 - Screw drivers (various)
 - Splitting wedge
 - Square
 - Tin snips
 - Vise grips
 - Wire cutters
 - Wood plane
 - Wrenches (various)
- Large Tools
 - Axes (large & small)
 - Block and tackle
 - Chain saw/spare chains
 - Crow bar
 - Grass whip
 - Hedge clipper
 - Hoe
 - Holt
 - Jack
 - Pick
 - Post hole digger
 - Rakes (leaf & rock)
 - Shovel
 - Sledge hammer
 - Weed extractor
 - Wheel barrow
- Miscellaneous Tool Items
 - Adhesive, tubes of

- Baling Wire
- Barb wire
- Boards
- Buckets
- Bushel baskets
- Butane torch
- Caulk, tubes of
- Chicken wire
- Clamps
- Duct tape
- Epoxy glue
- Fasteners (nuts, bolts)
- Furnace filters
- Garden hose
- Glue gun
- Hinges
- Latches
- Locks/keys
- Logging chain
- Mineral spirits
- Nails/screws
- Oil can
- Paint/primer
- Paint thinner
- Plastic sheeting
- Putty gun & tubes
- Roof tar
- Rope/twine
- Sand paper
- Screening
- Shingles
- Silicone, tubes of
- Solder gun, solder & flux
- Tacks
- Tape measure
- Tar paper
- Trim wood
- Vice
- Whetstone
- Window glass
- Wire tape
- Wood glue
- Wood putty

COOKING SUPPLIES

- Aluminum foil
- Bread mixer
- Bread pans
- Camp stove
- Can opener (hand)
- Canning supplies
- Cook books
- Cooking utensils/knives
- Dish soap & scrub pads
- Eating utensils/plates/cups
- Electric hot plate
- Food dehydrator
- Garbage can
- Grain grinder

- Hand mixer
- Hot pad
- Kitchen timer
- Matches/lighter
- Measuring cup/spoon
- Mix bowls
- Oven thermometer
- Paper towels
- Pasta maker
- Pots, pans
- Sink/basin, plastic
- Sterno fuel cans
- Wax paper

DRY GOOD SUPPLIES

- Bedding
 - Blankets
 - Cots or foam pads
 - Pillows/cases
 - Sheets
 - Sleeping bags
- Bolts of cloth
 - Cotton
 - Denim
 - Flannel
 - Wool
- Clothing
 - Casual
 - Underwear/socks
 - Winter
 - Work
- Coats
 - Heavy
 - Light,
 - Medium
 - Rain
- Footwear
 - Casual & Winter
 - Wet & Work
- Head gear (summer/winter)
- Iron on patches
- Rivet kit to make jeans, etc.
- Sewing basket
- Sewing machine, manual
- Towels, bath & dish
- Wash cloths

EMERGENCY

APPENDIX OF SUPPLIES & SUPPLIERS

FIELD SUPPLIES¹

BACK PACK:²

Bags, plastic trash, (10)
Bag, sleep water proof cover
Bag, sleeping, non-down
Blanket, G.I., wool, O.D.
Books, field/survival/gun
Camera
Canteen, collapsible, 5 qt.
Carbiter, Steel (rope work)
Cards, playing
Clip board, paper/pencils
Clothes pins (10)
Clothing, spare
Balacava, winter mask
Cap, summer, "boonie"
Cap, winter, w/ ear flaps
Galoshes (water proof)
Gloves, shells, D3A
Gloves, liners, D3A (2 sets)
Gloves, utility
Jacket, light
Mittens, shooters, USMC
Shirt, BDU, camo
Shirts, T-type, O.D., (3)
Rain pants/leggings
Smock, camouflage³
Socks, wool (6 pr.)
Sweater, wool
Trousers, BDU, camo
U-wear, (3)
U-wear, long (2)
Cord, parachute, 1/2 spool
Filters, gas mask, (2) spare
Flash light, Anglehead, O.D.⁴
Spare bulb & batteries
Global Positioning unit
Hatchet
Lightsticks, Cyalume, (4)
Machete & sheath
Maps in water proof case
Mesh bag (dirty clothes)
Mess kit, utensils, P38 can open
Net, mosquito
Night scope & spare batts.

¹ Field gear (mostly military surplus) will enable you to mount foot patrols or motorized expeditions from your refuge or base camp for such purposes as securing your perimeters, hunting game, or locating others with whom to link up with. Add to or subtract from this list as your needs require. A number of these items are also listed elsewhere in this Appendix—many others are unique to this list.

² LC-1 (medium) or LC-2 (large) military ALICE pack. Frame, frame kidney pad, and frame pack shelf optional.

³ Purchase or make. Make excellent fall/winter smock with 2 sheets. Dye one tan and leave one white. Sew together at seams so one side is white and the other tan. Cut hole for head and use cutout material to make matching hood.

⁴ Replace standard bulb with Krypton bulb for extraordinary increase in light.

Pad, sleep, closed cell foam
Prescription drugs
Radio, AM/FM/SW, miniature
Rations, 6 MRE, (6 days)
Rope, climbing
Sanitation kit
Mirror
Nail clipper
Razor
Soaps,
Antibacterial (Dial)
Dish
Hair
Laundry
Toothbrush/paste
Toilet paper, 1/2 roll
Towel & Washcloth, O.D.

Sewing kit, small
Sheet, bed, regular size
Stakes, plastic, (6)
Stove, Special Forces ESBIT, or sterno; and fuel
Swiss seat, Tubular, webbed
Tape, 90 MPH or duct
Tent, small, survival

CLOTHING, PRIMARY⁵

Boots, combat⁶
Coat, field, M6S
Coat liner, field, M6S
Dog tags
Eye glasses & retaining strap
Shirt, BDU, camo
Shirt, T-type, O.D.
Socks, wool
Trousers, BDU, camo⁷
Bandana, O.D.
Comb
Pedometer/pace counter
Wallet
Watch

OUTER GEAR

Binoculars, w/ chest harness
Flak jacket
Left pocket (Personal Kit)
Bible, pocket
Camera, mini
Pencils, short, (2)
Sunglasses
Sweat band, head
Toilet paper, (wad)
Writing pad, small
Right pocket (Field kit)
Compass
Face Paint
Insect repellent

⁵ Wear clothing/equipment in following order: Shirt/trousers, sweater/jacket as req., flak jacket, winter coat as req., web belt and harness, camo smock as req., back pack as req., poncho/liner as required.

⁶ Regular, desert, jungle or winter, with insulative or padded insoles, as required.

⁷ BDU trousers have 6 pockets—fill with indicated items. Protect in small plastic bags.

Leathermans tool
Lighter, Bic
Pen light

Pepper spray (to destroy tracking capability of enemy dogs)
Radio, 2 way/batts
Whistle

Grenades, smoke⁸
Helmet, w/ camo cover
Mask, camouflage
Rifle
Sling, rifle, silent, O.D.

WEB GEAR⁹

Ammunition, rifle, 300 rounds
Ammunition magazines, as req.
Ammo pouch, M16, long, (2)¹⁰
Flares¹¹
Belt, web;¹² w/ belt pad optional
Ear plugs¹³
Suspenders, belt, "Y" or "H," add suspender pads if desired.

Buttpack

Canteens, belt (2)
Cover, belt canteen, (2)¹⁴
Iodine pills¹⁵
Cup, canteen (1)
Gas mask & spare filter
Goggles, ballistic/dust¹⁶
Knife, K-Bar, or bayonet¹⁷
Poncho, G.I.

⁸ Wire grenade's pull-pins to attach loops on upper chest area of flak jacket. Duct tape grenade bodies to silence jangling.

⁹ Drop pack and proceed with web belt/suspender rig alone to go on short patrols or engage targets unencumbered.

¹⁰ Long (30 rd) size. If additional ammo/ammo space needed, carry in bandolero across chest.

¹¹ M16 ammo pouches are configured with side pockets for stowing fragmentation grenades. Civilian Militiamen should use these pockets to stow signal flares instead.

¹² Web belt (wb) configuration: Locate butt pack (bp) in center w/ canteen covers affixed to sides, rolled poncho underneath using bp straps, gun clean pouch atop bp flap at eyelet holes there, & knife/bayonet scabbard at side eyelet holes on bp flap. To right of bp attach survival pouch, then rifle ammo pouch, pistol holster, and pistol ammo pouch. To left of bp attach entrench tool/cover, then rifle ammo pouch, first aid pouch, gun shot pouch, and ear plug tube.

¹³ Sound attenuating type. Stow in small plastic carrying tube and attach to eyelet on web belt using tube's bead chain.

¹⁴ Do not attach canteens to belt. Attach one to each side of buttpack.

¹⁵ Stow G.I. iodine pill bottles in dedicated pockets on new canteen covers.

¹⁶ Stow gas mask, spare filter, and ballistic goggles with night/day lenses in butt pack.

¹⁷ Attach sheath to eyelets in buttpack flap.

Poncho liner¹⁸

Pouch, cleaning kit, gun¹⁹

First aid pouch

Medicines, Oral
Aspirin (50)
Salt pills (50)
Medicines, topical
Alcohol, small bottle
Ammonia inhale (5)
Antibiotic cream
Chapstick, medicated
Chigger medicine
Sunscreen

Bandages & Dressings

Band-aids, various
Butterfly closures
Cotton balls (5)
Eye patch kit
Gauze strips & pads
Tape, Transpore
Triangular, mmslin

Miscellaneous

Razor blade
Safety/straight pins
Tweezers

Gun shot pouch²⁰

Constrict bands
Gunshot plugs
Sterile compresses

Pistol ensemble

Ammunition
Ammunition pouch
Ammo clips, spare (2+)
Holster
Pistol

Shovel, tri-fold, w/ pouch

Survival pouch

Aluminum foil
Blanket, foil, survival
Can opener, P38 type
Candle, survival
Cord, parachute, 15'
Fire starter, tube of
Fishing kit, with gill net
Matches, water proof
Mirror, signal
NoDoz (box of 50)
Pen light
Saw, pocket (wire type)

¹⁸ Roll liner into 14" X 9" thick tube, then roll poncho over liner and stow at bottom of butt pack using butt pack straps. In snow, duct tape white sheet over green poncho.

¹⁹ G.I. gun cleaning kit pouch. Attach to center holes on top flap of butt pack. Fill with disassembled ram rod, bore cleaning solution, bore devices, brass brushes, CLP lubricant, grease tube, patches, and gun spare parts.

²⁰ Use surplus compass pouch. Hang below first aid pouch (fap) from attach eyelets in bottom of fap. Fill with (2) tampones to plug gun shot wounds, (2) sterile compresses to dress the wounds, and (2) constriction bands to slow arterial bleeding.

EMERGENCY

APPENDIX OF SUPPLIES & SUPPLIERS

Soap, Ivory, small²¹
Signal device, flare/smoke
Tape, electrical
Tracer ammo, pistol (12)
Vitamins, 30
Warmer, emergency hand
Whistle, signaling
Wire, baling (thin), 3'

TRUCK GEAR²²

Ammunition, rifle, 1000 rounds
Ax
Barb wire
Basin, wash
Buckets
Chain saw
Chain, tow
Chains, tire
Cook/KP box
Cot
Crow bar
Extension cord
Fishing poles/tackle
Fuel
 Auto, (2) 5 gal
 Kerosene, 1 gal
 Paraffin oil, 1 pt.
 Propane, bottle
 White gas, 1 gal
Generator, portable
Heater, (propane, gas or kero)
Ice chest
Lantern, (elect, kerosene or gas)
Lights, flood, spot, trouble
Lumber, board & plywood sheet
Medical kit, large
Net, camouflage, large
Panel, air/ground signaling
Pick, rock
Poncho, spare
Pulley
Rations, MRE, 2 cases
Sand bags, empty/filled
Saws
 Bow (logs)
 Cross cut (lumber)
 Hack (metal)
 Pruning (tree limbs)
Shovel
Spray paint, camo & orange
Stove, cook,
Tarp, grommeted
Tent, multi-man
Tire patches, pump, inflat cans
Toilet, portable w/ extra TP
Tool box, with hammer & nails
Trash bags, box of

Water, 5 gallon cans (2)
Weapons/ammo, additional

MEDICAL SUPPLIES

Medicines, Oral ²³
 Antacid
 Anti-nausea medicine
 Aspirin/Tylenol
 Baking soda
 Cough suppressant
 Decongestant
 Flu remedy
 Imodium AD (anti-diarrhea)
 Ipecac (vomit inducer)
 Laxative
 Lozenges
 Motion sickness pills
 NoDoz
 Pedialyte powder (rehydrate)
 Piperazine (dewormer)
 Pepto Bismol
 Prescription drugs²⁴
 Salt pills
 Sleeping pills
Medicines, topical
 Alcohol
 Ammonia inhalants
 Antifungal cream
 Antiseptic towelettes
 Anesthetic, clove oil (tooth)
 Anesthetic, ointment
 Burn ointment
 Calamine lotion
 Camphophenique
 Chigger medicine
 Epsom salt
 Eye drops
 Hydrocortisone cream
 Hydrogen Peroxide
 Insect Repellent
 Iodine tincture
 Medicated chapstick
 Mouthwash
 Neosporin cream
 PhisoHex soap
 Petroleum jelly
 Prepodyne scrub soap
 Soap, antibacterial
 StingEze ointment
 Sunscreen
 Triple antibiotic cream

Medical Bandages & Dressings
 Ace wraps

Air Splints
Band-aids
Butterfly closures
Cold/heat packs
Compress wraps (gunshots)
Cotton
Gauze strips & pads
Kleenex
Q Tips
Rolled bandages
Sponge pads, various sizes
Sterile burn sheet
Suture kit
 Catgut ligitature
 Silk ligitature
 Catgut #1/#2 needles
 Dermal sut.. w/ needle

Transpore tape
Medical, miscellaneous

Airway
Bic lighter
Blood pressure cuff
Candle
Contraceptive
Dental kit, emergency
Enema
Face masks
First aid books
Hot water bottle
Latex gloves
Magnifying glass
Medicine dropper
Plastic sheeting
Stethoscope
Surgical Instrument kit
 Kelly forceps
 Splinter forceps
 5.5" Curved hemostat
 6" Straight hemostat
 Thumb band. hemostat
 Bandage scissors
 Suture scissors
 Surgical scissors
 Tweezers
 Wound probe
 #3 scalpel handle
 #10/#11 scalpel blades

Penlight
Safety pins
Sponges
Syringe (20cc)/#24 needles
Thermometers—oral/rectal
Tongue depressors

RECREATION SUPPLIES

Should recreation supplies be considered important to the survivor? A simple exercise will answer *that* question. Imagine spending the entire day cooped up with your family in one bedroom of your home without access to a telephone, radio, television or book. Now consider what 3 months in a featureless shelter or ill-equipped cabin would be like! Here are some sanity savers:

Atlas
Archery sets (indoor/outdoor)
BB gun or sling shot
Baseball, bat and gloves
Battery radio
Bible
Badminton or Croquet set
Board games
Card deck, dominoes, marbles
Cassette player & tapes
Chess/checkers/Chinese checkers
Chin up bar in door way
Coloring books & crayons
Crossword puzzle book
Dart board
Dictionary
Dumbbell weights
Encyclopedia Britannica
Erector set or Legos
Etch-A-Sketch
Football, basket ball, etc.
Favorite novels
Frisbee
Golf ball & putter
Harmonica/other instruments
Horse shoe set
Jigsaw puzzle (1000 piece)
Joke and riddle books
Jump rope
Kid's favorite toys
Knife, pine or Ivory soap
Large sketch/writing pad
Macrame, needlepoint, etc.
Magic trick kit
Model airplane or car kits
National Geographics
Old school texts
Oragami kit
Paint by number kits
Pens, pencils, markers, paper
Ping pong set
Poetry books

²¹ Ivory soap leaves no scent and can be used for catfish bait.

²² Stow in vehicle during evacuation, disaster relief, or other emergency operations under guard of authorities until needed:

²³ Rotate and replace as expiration dates approach.

²⁴ Veterinary grade equivalents of human antibiotics are available at farm/feed stores. Enlist the aid of an understanding physician to determine human dosages for emergency use.

APPENDIX OF SUPPLIES & SUPPLIERS

Poster & construction paper
 Reader's Digests
 Skit, song, & game books
 Sports card collection
 Telescope and star chart
 Toy magnets
 Water colors

**SANITATION
 SUPPLIES**

Basin
 Brillo pads
 Broom & dustpan
 Buckets
 Chlorox
 Clothes pins
 Comet
 Draino
 Disposable diapers
 Female hygiene items
 Flyswatter
 Grooming kit
 Brush
 Comb
 Cosmetics
 Dental floss
 Mirror, hand
 Nail clipper
 Straight razor
 Tooth brushes/powder
 Lysol
 Mop
 Moth balls
 Paper towels
 Pesticides & Rodent traps
 Plastic bags (all sizes)
 Portable toilet with lid
 Scrub pads
 Scrub brushes
 Soap,
 Body
 Dish
 Laundry
 Hair
 Sponges
 Toilet paper
 Wash cloths and towels
 Wash board
 Wash tub

**OTHER
 SUPPLIES**

Ammo, various, use & trade
 Baby bottles
 Batteries
 Barometer/humidity gauges
 Bicycle
 CB radio with scanner
 Calender

Candles
 Canned pet food
 Cash & change box
 Eye glasses, spare
 Family photo albums
 Fan, electrical
 Fire extinguisher (A/B/C type)
 Flashlight
 Generator, electrical
 Gun parts, replacement
 Infant supplies
 Iron
 Jewelry, heirloom
 Milk jugs, empty
 Multi band AM/FM/SW
 Plastic shower curtain
 Portable generator
 Radiation meter²⁵
 Reloading supplies
 Scissors
 Small wood stove and pipe
 Survival manual
 Thermometer (outdoor)
 Typewriter, manual
 Wind-up clock

**SUPPLIER
 LIST**

AMERICAN
 SURVIVAL FOODS
 6913 Lakeside Ave.
 Richmond, VA 23228
 804-226-7168

BACK TO BASICS (A
 book by Reader's Digest
 which exhaustively details
 and illustrates numerous self
 sufficiency skills)

CAMP MOR
 Box 700-B
 Saddle River, NJ 07458-0700

COUNTRY HARVEST FOODS
 325 W. 600 S.
 Heber City, UT 84032
 1-800-322-2245

²⁵ The KFM Fallout Radiation Meter
 Kit (item #C91-MF-T400) is available for just
 \$6.95 from the Emergency Essentials
 company listed in the Appendix of Suppliers
 at the back of this booklet.

EMERGENCY
 ESSENTIALS
 165 S. Mountain Way Drive
 Orem, UT 84058-5119

KATADYN USA,
 3020 North Scottsdale Road
 Scottsdale AZ 85251

MAJOR SURPLUS &
 SURVIVAL INC.
 Box 3796
 Gardena, CA 90247

NITRO-PAK
 PREPAREDNESS CENTER
 13309 Rosecrans Ave.
 Santa Fe, CA 90670
 1-800-866-4876
 (84 pp catalogue for \$5)

NORTHWEST RIVER
 SUPPLY
 2009 S. Main
 Moscow, ID 83843
 (large storage barrels, etc.)

PRESERVATION PAK
 HC02-619F,
 Twenty Nine Palms, CA
 92277

RECOVERY
 ENGINEERING
 2229 Edgewood Ave. So.,
 Minneapolis MN 55426

READY RESERVE FOODS
 1442 S. Gage
 San Bernardino, CA 92408

RESOURCEFUL FOODS
 Box 8100-A
 Richmond, Indiana 47374
 1-800-782-7478

SAMANDY FOODS
 1-800-331-0358

SIERRA SUPPLY
 Box 1390 Dept. ASG
 Durango, CO 81302
 (\$1 for catalogue)

THE SPORTSMAN'S
 GUIDE
 411 Farwell Avenue
 So. St. Paul, MN
 55075-0239

THE SURVIVAL CENTER
 Box 234, Dept., 129
 McKenna, WA 98558
 1-800-321-2900
 (\$2 for catalogue)

SURVIVAL SEALS
 Box 6035
 St. Charles, IL 60174

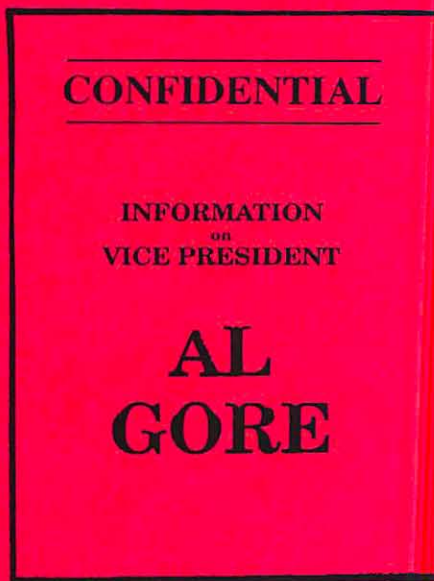
U.S. CAVALRY
 2855 Centennial Ave.
 Radcliff, KY 40160-9000
 (first choice for web gear)

USA PATRIOT NETWORK
 1-800-205-6245

OTHER BOOKS BY SUNSET RESEARCH GROUP...



SECRET documents the Clinton's firm links to radical Marxist groups--especially the Institute for Policy Studies (IPS). IPS has long been under FBI investigation for such crimes as murder, espionage, political kidnappings, terror bombings, bank robbery and Communist terrorism. And now the evidence is tumbling in that this same group not only helped get Bill elected, but that it has been guiding his steps since he was a dope-smoking hippy! Heavily documented, this chilling report reveals how Hillary gave money and support to IPS, how IPS members have bragged for years of their plans to get a Communist-sympathizer elected to the Presidency, how they found just such a man in 'Comrade Bill,' and how Bill is now stuffing his administration with IPS radicals and other Marxists. Includes photo-copies of FBI documents, Communist Party literature in support of Clinton, photos of children crippled by terrorists Hillary funded, funeral photo of U.S. officer IPS helped assassinate, etc. 1 for \$10, 3 for \$20, 5-20 for \$5 each, 21-49 for \$4 each, 50+ for \$3 each.



CONFIDENTIAL will do to Al Gore what **SECRET** did to Bill Clinton--ruin him! Major sections include Al Gore's Developmental Dereliction, Homosexual Activism, New Age Paganism, Anti-American Globalism, Eco-Extremism, Debt to Marxism, his Congressional Corruption, and his Pro-Clintonism. Read for yourself the famed memo from the Democratic National Committee which clandestinely warned Clinton that "AL IS NOT QUALIFIED TO BE VICE-PRESIDENT." Learn why top Democrats fear Al is a spineless, dishonest, confused, unpatriotic political prostitute with severe mental problems! Here also is Bob Dole's charge that Gore's vote on whether or not to send American boys into combat hinged on which side of the vote would reap Al the most TV time. And speaking of combat, how is it that Al admits he saw no combat in Vietnam, yet his campaign brochure had an old photo of him decked out like Rambo? Includes pathetically hilarious details of Al Gore's New Age religion; along with sickening quotes from prominent New Agers on how they plan to kill all the Christians once they seize global power through the UN; and as a bonus, more FBI documents on what the government knows about their plot! As usual, we heavily document everything. 1 for \$10; 3 for \$20; 5-20 for \$5 each; 21-49 for \$4 each; 50+ \$3 each.



WARNING finally breaks open the government's files on the secret and elitist Council on Foreign Relations group! How many times have you heard someone say, "If the CFR is so bad, why doesn't the government do something about it?" Well, the truth is, some people in the government tried--and they either died very suddenly, or quickly found themselves without a job! People like J. Edgar Hoover, Patrick Gray II, and John F. Kennedy. **WARNING** documents the astounding fact that the FBI has been ordered to initiate a number of investigations of the CFR. Investigations for such things as Nazi espionage, Communist affiliation, domestic subversion, and theft of classified documents. But each time, the investigations were thwarted. And now, the "new FBI" denies they ever transpired--trouble is, their own documents prove otherwise! This expose' is absolutely unique; no other writing on the CFR has even attempted to access FBI and CIA files. 1 for \$5, 3 for \$10, 5-20 for \$2.50 each, 21-49 for \$2 each, 50+for \$1.50.

Sunset Research Group

608 N. West St. #236, Wichita, KS 67203

Prices include U.S. postage, Non U.S. add 25%. Kansas residents please add 5.9% sales tax.