

GETTING READY FOR SHTF



**Beginner's Survival Tips On How To
Begin Preparing For An
SHTF Emergency Right Now**

RONALD WILLIAMS

GETTING READY FOR SHTF

***BEGINNER'S SURVIVAL TIPS ON HOW TO
BEGIN PREPARING FOR AN SHTF
EMERGENCY RIGHT NOW***

Ronald Williams

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INTRODUCTION

Thank you for downloading my book! I hope you enjoy it!

Most disaster preparation books teach you how to stockpile necessities such as food, water, ammunition, and medicine.

That's all extremely valuable information, but with this book, I want to focus on disaster preparation tips that I do not believe receive nearly as much attention as they deserve.

The truth is you never know which disaster or catastrophe will head your way and it is very hard to predict what will happen when a disaster does strike.

Fortunately, the tips you are about to read in this book will be ones you can apply to virtually any kind of a disaster to help you survive.

In this book, we will cover the following topics in detail:

- Top Most Likely Disasters To Prepare For
- Top Threats You Will Face In The Disaster
- Prioritizing Your Preparations
- Overlooked Tips On Preparing A Bug Out Bag
- Coping With The Disaster
- Staying Under The Radar
- Teaching Your Kids To Survive A Disaster
- Evacuating The Disabled

Let's get started!

Top Most Likely Disasters To Prepare For

The idea of a disaster in some form or another striking the area we live in is something that we have to live with each and every day, especially with the number of natural disasters that we see on the news on an almost weekly basis.

What's terrifying the most about disasters is how we have literally no control over them. All that we can do is try to survive them when they occur and then deal with the aftermath.

Here are the top seven disasters that could potentially hit us:

HURRICANES

Hurricanes, also known as cyclones and typhoons depending where you are in the world, are one of nature's biggest threats to the West and East Coasts of the United States. However, the threat of one striking the West Coast is actually greater than on the East. The reason for this is because of the fault line in Alaska, and when a massive earthquake shook the region violently in 1964, it sent a massive tsunami to the West Coast that killed over one hundred and thirty people. Experts believe that the next major hurricane would be much larger and hit major cities along the Alaska, British Columbia, Washington, Oregon, and California coasts and hit at least five major cities.

The East Coast is also most certainly not invulnerable to hurricanes either, as Hurricanes Katrina and Sandy should teach us. If a Category 4 Hurricane or above strikes the East Coast again, it could be even more tragic and costlier than either of those two hurricanes.

EARTHQUAKES

Earthquakes are large and violent enough to demolish entire cities and kill hundreds of thousands of people in mere minutes. The 1556 earthquake in Shaanxi, China, for example, killed over eight hundred thousand people. Furthermore, earthquakes can also cause hurricanes like we just described above, meaning that even if you

survive the first disaster another more brutal one could be heading your way in a short period of time.

The scary thing about living in California is that experts believe the region is long overdue for another Earthquake. If the next earthquake is large enough, it could very well reduce major cities like Los Angeles or San Francisco to rubble and send tens of millions of people evacuating eastward and flowing into the neighboring states for refuge. America would literally never be the same again in the aftermath of such an event.

The eastern side of the United States has also been hit by large earthquakes in the past, such as the 1811 earthquake that struck the Mississippi River area and badly damaged urban centers in Missouri and Tennessee.

FLOODS

Not only are floods among the costliest of all natural disasters, but they are also among the most re-occurring ones. Floods include everything from the aftermath of hurricanes such as Hurricane Katrina (we should all remember the news reports of the vast flooding that swept over New Orleans) to a flashflood that flushes down from higher elevations after a rainstorm.

It can only take a mere four inches of water for a car to be swept away, and floods can develop very quickly without warning as well. It also takes an extraordinarily long time for all that water to drain out, so excessive water damage can continue for days if not weeks. It's hard to think if the city you live in now could essentially become a lake or a swamp in a matter of minutes, but it's very much possible.

FIRES

Thousands of acres fall victim to wildfires each year. A fire can reduce everything and everyone in its path to ashes, especially when you consider that the temperature of a forest fire is usually greater than one thousand degrees Fahrenheit. Being in the middle or in the immediate path of a wildfire is the last place you want to be and is arguably more dangerous than an earthquake or a hurricane. At least you have the ability to hopefully outrun or outlast either of those two, but once a wildfire surrounds you and begins to close in, the super hot air will literally melt your lungs and eyes before you can find any kind of a possible escape route.

The largest recorded fire in U.S history was the Great Fire of 1910, which burned over three million acres across the Northwestern United States. The Great Fire of 1910 completely reshaped U.S policy on how to fight wildfires to the point that small ones that do not immediately threaten human establishments are even combated to avoid taking chances.

ECONOMIC AND FOOD CRISIS

Today there are hundreds of millions of people across the globe living without proper nourishment, and many nations are unfortunately undergoing a food crisis right now. Fortunately, a very small percentage of those undernourished people are living in developed nations, but still, we should never take it for granted that a food crisis or famine won't hit us as well.

The fragile state of our economy is also a major concern and could in turn lead to a food shortage crisis as well. As if the Great Depression and the more recent Great Recession weren't bad enough, a large enough economic crisis on a worldwide scale would be enough to make living in both of those events a luxury in comparison to what could come.

DROUGHT

A drought hits us doubly hard because it impacts both our water and food supply. Once the water dries up, the food dies too. However, surviving in a drought is also something that many preppers overlook, who tend to be more focused on nuclear power plant disasters or terrorists attacks.

However, a drought is more than just a water shortage. It also boosts the chances of other kinds of disasters such as an economic crisis or a wildfire of happening too. Water is simply something that we cannot live without, and when a shortage of it develops, everyone is going to go into survival mode. Prepare for a drought by researching weather patterns and stocking up on water.

DISEASES

The outbreak of a disease, like the Bubonic Plague that swept across Europe centuries before, is one of the deadliest disasters because it can spread quickly and affect everybody. If a hurricane or an earthquake is on the other side of the country, it might not affect you. However, if a disease hits one side of the country, there's no guarantees that it won't eventually reach you. Many diseases have struck the United States throughout our history and caused massive amounts of death, such as the Spanish Influenza of 1918. People will suffer first and then death will come quick, and if we don't have any medicines to combat the disease, the future will only be bleak.

Top Threats You Will Face In The Disaster

You can have all of the preparations for a disaster that you can think of, but what you need to recognize is that there are certain threats that you simply cannot prepare well enough for, especially if you live in an urban environment.

Sure, you may have all of the food and water stored away that you need. You may have an entire arsenal of guns and ammunition ready to resist an army if you have to. You may have a bug out bag packed up and ready to go for you to fall back to your top secret bug out location if necessary.

But regardless of what kind of a disaster strikes, whether it be an economic collapse, a terrorist strike, or a natural disaster of some kind, there will be nine specific threats that you will have to face each and every day of the disaster and that will be extremely hard for you to prepare for.

We're absolutely not saying that you should give up in the face of these threats, but we are saying that you should be aware of them and prepared to face them in the event of a disaster.

THREAT #1 – STRESS

Stress is going to be a huge factor to deal with in a disaster. If too much stress overwhelms you, it can cloud your cognitive abilities and make successful planning rather difficult. This is something that servicemen and women in the military or those in law enforcement have to deal with every day they're on the job as well. Yes, they are very highly trained, but they still have to deal with stress in high risk situations.

The best way to overcome stress is simply to calm down and take a series of deep breaths. This will allow you to clear your mind and

focus on any tasks at hand that need to be completed.

THREAT #2 – HOUSE FIRES

Fires can spark in an instant and they can quickly turn into something that's out of control in that same instant. You simply can't assume that your house will never catch fire in a prepping situation. If it happens, you need to know how to handle it and evacuate if you can't control it. You should definitely have fire extinguishers on standby, but if you also need to know proper fire evacuation procedures as well, such as feeling a closed door before entering it, keeping your mouth and nose covered with a wet cloth, and calling for a help from a window if all other exit routes are closed off.

THREAT #3 – POOR SANITATION

Oh man. Sanitation standards are going to drop dramatically in a disaster. If you think that the smog in big cities right now is awful, it's going to ten times worse during a disaster. This means that the air quality is going to be exceptionally poor to the point that it can cause serious breathing problems. You should absolutely have gas or medical masks on standby,

THREAT #4 – LOSS OF COMMUNICATIONS

If the power grid goes down, you can forget about communicating with the outside world as you normally would. No cell service, no phone lines working, and no internet. You should have emergency communication devices on hand, such as CRB radio or a walkie

talkie, but you can't count on these to work either. You may be facing a total blackout of news and information in regard to what's happening with the outside world, and even worse, you likely won't be able to communicate with family members who are living a distance from you either.

THREAT #5 – POWER'S OUT... PERMANENTLY

It's very much possible that once the lights go fully out, they aren't going to be coming on for a very long time... if ever. This means that life will literally never be the same again, and you have to be prepared for the fact that everything you once knew, your job, your way of life, how the world works, and so on, will never go back to the way it was. In the blink of an eye, we could be thrown back to the Stone Ages.

THREAT #6 – UNDERGROUND TUNNELS

This is perhaps one of the most overlooked threats in a disaster situation, period. While practically everyone is aware of how there are numerous tunnels that zig zag underneath cities, very few people are aware of the fact that these tunnels are in terrible shape. If these tunnels collapse in the event of a terrorist attack or a natural disaster for example, it's going to cut off entire sections of cities and make motorized transportation exceptionally difficult, not to mention that several buildings may collapse with them on their own.

THREAT #7 – DISEASES

With the loss of sanitation standards in a survival situation, you can be guaranteed of the fact that diseases are going to become a very

real threat. Diseases can be airborne, waterborne, or they can start from an infection that develops in you as the result of an open wound. It's important for you to have first aid kits on standby to close off any open wounds that you sustain, and medical equipment to help fight against diseases and infections.

THREAT #8 – UNEXPECTED TOXINS

There are going to be many toxins creeping around the city in a disaster scenario that you never had any idea would have existed. The reason why these toxins are unexpected is because they will be in places where you would have been least likely to have expected them, such as in your shower faucets or even in the walls.

THREAT #9 – VERMIN

Last but not least, in a disaster scenario you can be guaranteed that animal and vermin control businesses are going to be shutdown. This means that wild dogs and other animals such as insects or snakes will be lurking around every corner. Even if they don't attack you outright, they will be carrying bad diseases on themselves that threaten you.

Prioritizing Your Preparations

Regardless of whether you are new to the topic of survival or prepping or already have been a prepper for a long time, you will benefit from the information that we will discuss in this article.

Anyone can take basic prepping measures by putting together a bug out bag, stocking up on food, water, and ammunition, or researching tips on how to survive disasters.

But far fewer people will take the time to prioritize these kinds of prepping steps in order of importance or what's realistic. Instead, they'll just jump right into prepping without a real plan. The result is they may spend far more money than they needed to, they buy a bunch of random prepping items without any real cohesiveness and gradually lose motivation, or they purchase supplies of lesser importance first.

Think of prepping as a simple 'to do' list where the items you need to buy and tasks you need to complete are listed in order of importance, price, or the type of disaster that you are preparing for. Write this list down on a physical piece of paper so that you can visualize the best course of actions for getting your preps in order.

We're going to provide you with a series of tips that you can utilize for prioritized prepping. You don't have to follow each of the tips that we suggest, but you should consider all of them and at least follow one so that your prepping can be orderly rather than randomized.

TIP #1: PREP ON THE SIMPLEST AND EASIEST TASKS FIRST

One problem that people can run into with prepping is procrastination, and the reason they run into procrastination is because they aren't always motivated to prep. If you're running into this kind of problem, the best way to overcome it is to start by completing the easiest and cheapest tasks first. This way, once you complete them, you'll get on a roll and find yourself actually looking forward to the next, more expensive or time consuming task at hand. Furthermore, you'll also find a new sense of confidence in yourself as you realize that completing these tasks really aren't that difficult after all.

In short, prioritizing based on ranking your tasks from easiest and cheapest to toughest and most expensive is a perfectly viable way to prep and the one that can motivate you the best.

TIP #2: PREP FOR THE DISASTER THAT IS THE MOST LIKELY OCCUR FIRST

Many experts consider it a wise idea to prepare for disasters that are the most likely to occur first. For example, if you live on the East or West Coasts, the most likely natural disaster would be a hurricane or tsunami, right? If you live in a region near a source of flowing water or a mountain, the most likely natural disaster may be a flash flood, for another example. Or maybe you believe that natural disasters aside, the most likely disaster would be an economic collapse, a terrorist attack on your city, a nuclear chemical spill, or a power grid down scenario.

Regardless of what disaster you feel is the most urgent in regards to your location, one way to prioritize your prepping is to prepare for that most urgent disaster first. Things to take into consideration in this regard include whether this more urgent disaster requires you to bug in or bug out or if any unique preps are required for the disaster. For example, hazmat suits and gas masks would be required for a nuclear chemical spill; a reliable vehicle with plenty of cargo space and gasoline and a rendezvous point/bug out location would be necessary if your disaster requires you to bug out; investing in gold, silver, and critical commodity/bartering items would be wise for surviving an economic collapse, and so on.

TIP #3: PREP FOR THE MOST DEADLY POTENTIAL DISASTER FIRST

Another option is to not necessarily prep for the most urgent disasters first, but to prep for the most deadly disasters first. Obviously, you will have a lesser chance of surviving in certain disasters than others. For example, it will likely be more difficult to survive in winter than in summer because in winter you have to deal with 24/7 frigid temperatures. In that regard, investing in a back-up heating system may seem pointless in the summer time, but it would be a life saver in the winter. Buying the back-up heating system now in the summer would be a wiser move than waiting until it's too late and finding yourself in a winter SHTF situation with no alternative heat source.

TIP #4: COME UP WITH AN OVERALL PLAN AND THEN PREP FOR THAT PLAN FIRST

This tip may seem rather broad, but it basically means that you come up with an overall plan for surviving an SHTF situation, regardless of what it is, and then prep based on that plan. Let's say that your basic SHTF plan calls for you to bug out to an off grid location. You would then prepare exclusively on bugging out to that location before focusing on other kinds of preps.

So for this bugging out example, you wouldn't invest in a home stockpile of food and equipment, home defensive fortifications, or an outdoor garden yet because your plan calls for you bugging out and those preps are for bugging in. Instead, you would invest in finding a suitable off grid bug out location, reliable vehicles that can carry everyone in your group and can take plenty of cargo (much of which should be pre-loaded so you can evacuate quickly), bug out bags for everybody, plenty of clean gasoline and spare tires for you to make the trip, and a map of multiple routes to the bug out location so that you always have a back-up plan.

Only once you have completed preparations for this bug out plan would you then focus on prepping for additional SHTF plans such as

those bugging in methods that we were talking about. Of course, you could reverse things so that you prepare for bugging in first, or you could have a completely different SHTF plan entirely. It's up to you.

Overlooked Tips On Preparing A Bug Out Bag

Bug out bags are one of the most popular things in the world of prepping. Even those who are not preppers are usually familiar with the term 'bug out bag' or 'seventy two hour kit' and may even have one.

This article is about tips to use for packing your bug out bag and is for anyone who already has a bug out bag or is considering getting one. Even though you may not consider yourself a 'prepper,' you may still see the value in having a bug out bag that you can grab when disaster strikes. If so, then the tips you are about to learn will help ensure that you pack your bug out bag the right way.

TIP #1: NEVER PACK MORE THAN YOU NEED

The purpose of a bug out bag is to hold essential survival items for keeping you alive for at least seventy two hours after a disaster has struck. Its purpose is not to provide you with your entire life. Besides, if you pack more items than you need, the weight of your bug out bag is heavily increased and this makes it more difficult to carry over long distances.

Make a list of the items that are in your bug out bag or that you plan on carrying in it. Then, run down through that list several times and

take out the things that you decide you don't need to decrease the weight and mass of your bug out bag as much as possible. It's always easier to carry a thirty pound bug out bag than a sixty pound one.

TIP #2: TWO IS ONE, BUT ONE IS NONE

This tip may seem contradictory to our last tip. The mantra 'two is one, but one is none' basically means that you should have a spare of everything. Don't have one knife, have two. Don't have one water filter, have two. Don't have one GPS, have two. You get the idea.

But we also just told you that you should never pack more of what you need in order to keep the weight of your bug out bag down. We suggest that you find a middle ground between these two tips by carrying duplicates of your most important items that won't add much weight to your bag. A knife, lighter, and water filter are examples of essential but small items where duplicates would not significantly increase the weight of your bug out bag. On the other hand, packing another tent or sleeping bag into your bug out bag would add a lot of weight.

TIP #3: LEAVE ROOM IN YOUR BUG OUT BAG

Keep in mind that while you're bugging out, you're going to come across more valuable items along the way. If your bug out bag is filled up to the maximum without any space left, would you be able to carry these found items with you? Maybe, but you would still have a more difficult time doing so.

The point is that you should leave at least some space in your bug out bag so that you can carry more valuable items that you find

along the way. Either keep a smaller pocket unfilled or don't fill up a larger pocket all the way, for example.

TIP #4: LOOK FOR ALTERNATIVE SLEEPING GEAR

Some of the bulkiest items in any bug out bag are tents and sleeping bags. You'll never truly understand how much weight they add unless you try hiking with a bag with a tent or sleeping bag in it yourself.

Fortunately, there are some other solutions in the sleeping department that will help to keep the weight of your bag down. Ideas would be to replace your sleeping bag with a sleeping bivvy, and a tent with a tarp. Both a bivvy and a tarp have much less mass and weight, and fulfill the same purposes that a sleeping bag and a tarp do.

TIP #5: USE OLD TRICKS TO DECREASE THE MASS AND WEIGHT OF YOUR BUG OUT BAG

Even if you've already gone through your bug out bag and gotten rid of everything that you don't need to lower the weight of it, believe it or not there are still some old tricks you can lose to further lower the weight of the pack.

The first trick is to store your items in zip-lock bags rather than containers or bottles. A container on its own is not very heavy, but several of them together becomes a little more noticeable. In contrast to this, you won't notice the weight of multiple zip-loc bags. Zip-loc bags are less durable than containers, yes, but you can remedy this by double bagging your items or carrying extra zip-loc bags.

For items that have to be metal, such as pots and pans, use titanium. It's the lightest metal that you will be able to find.

TIP #6: KEEP YOUR BUG OUT BAG READY TO GO

A bug out bag is useless if it's not ready to go. You can't just have it partially packed. It has to be completely packed and zipped as it would be in a true survival situation. Wasting your time packing after a disaster has struck can be a killer.

Keeping your bug out bag ready also means that it needs to be in a location where you can easily grab it. Don't keep it buried underneath all of your camping gear in your shed or garage. Keep it in a location that you are in often and that you can grab in a hurry. An example would be in your bedroom or in your car. Better yet, have multiple bug out bags packed and keep them stored in strategic locations such as your bedroom, your car, a garage in town, your bug out location, and even where you work if you can keep it hidden.

Coping With The Disaster

If you thought that the small crises or emergencies that we can experience in our day-to-day lives were bad, then you have no idea what it will be like in a true catastrophe where the world is literally falling apart around you. When that occurs, whether you live or die not only depends on how well you prepared, but also on how well you are able to cope with all of the stress of the disaster. Are you able to keep yourself under control so that you can make clear

decisions, or will you become too overwhelmed with the stress and make bad decisions that will only make you more at risk?

COPING WITH THE BEGINNING OF A DISASTER

The opening phase of the disaster will always be the most shocking. The reason why is because it will happen when you least expect it and it will strike fast and hard. You will literally only have seconds to decide how to react and what to do, and you will quickly realize that disaster preparedness is far more than just what kinds of physical stockpiles or preparations you made. It's also about how emotionally or mentally prepared you are for the disaster as well.

People will become very desperate in the opening stages of the disaster. Restaurants, gas stations, grocery stores, and sporting goods stores will quickly become looted as people do everything to get what they need to survive. Fortunately, if you had already made preparations you won't be one of those people, but unfortunately, it will be quite overwhelming for you to see the once peaceful city or town you lived in tear itself apart in a matter of mere hours.

The police will become preoccupied with trying to handle the disaster, meaning that criminals and looters will be out and lurking about. We don't need to look any further than the 2005 disaster in Hurricane Katrina to see this.

One of the best ways to cope with the beginning of a disaster is to band together with your community. Not only will this make you and your family more protected and secure, but it also gives you comfort in knowing that you're not entirely on your own. In other words, you'll likely be much more mentally stable in the beginning of a disaster when your neighbors and you come together and begin forming a plan to protect the community.

THE LONG TERM EFFECTS OF THE DISASTER ON YOU

You need to recognize long before the disaster starts that it is going to have a huge effect on your life. You don't need to look any further than soldiers who have fought wars overseas only to come home afflicted with PTSD. Does this mean that you will for sure get PTSD after a disaster situation? No, but it we are saying that the traumatic events of the disaster are going to change the way you think and view life one way or another, so be prepared for that.

For example, are you going to be able to handle the grocery store you've bought groceries from for the last decade set ablaze and the site of rioting? Or dead bodies lying in pools of blood on the ground? Some people will be horrified by the sight of these things and in a state of shock, while others won't be so sensitive. Only you have any way of knowing how you might react in such a situation, because some people handle traumatic events better than other people.

Shock is a perfectly normal reaction to these kinds of traumatic events. When you're in a state of shock, you might also be in a state of denial where you don't fully acknowledge that the disaster is happening. You may feel that you're in a dream state for a while, but when that shock begins to ebb away, your response to the disaster will change in a number of ways.

One response that you may have is unpredictability. This means that your attitude towards the disaster swings back and forth at regular intervals. One moment you may be excessively nervous and depressed, while the next moment you become very calm and clear headed.

Another response is that you could become confused. This unfortunately makes it difficult to focus on what you need to do in regards to the disaster and it will also make it more difficult to get some sleep when you need it.

A third response that you may have to the disaster, however, is calmness. You may be the kind of person who is able to calm their heart rate and make clear headed decisions.

Then again, keep in mind that your response to the disaster may not be mental at all, but rather entirely physical. Common physical responses to traumatic events include vomiting, excessive headaches, and worsening of any existing medical conditions that you may have.

Remember that no doctors will be available during the disaster, unless if you know any doctors or medical professionals yourself personally who are willing to help. The only one who is going to be able to help you is yourself, so take deep breaths to slow your heart rate and get your mind under control so you can make clear headed decisions.

You won't just have to emotionally cope with a disaster while it's happening. You'll also have to cope with the aftermath of it and possibly for the rest of your life. Like we mentioned earlier, the disaster is going to have a huge effect on your life and you're never going to forget about it.

In the end, it may be very difficult for you to know how you will handle a disaster. You won't really know until the disaster actually happens. But as long as you realize that you need to prepare yourself emotionally just as much as you do physically and in terms of stockpiles, you'll be less shocked when the disaster happens and better prepared to make the right decisions that keep you alive.

Staying Under The Radar

In a post-grid down or SHTF situation, keeping a low profile will be one of the most beneficial things that you can do for yourself and your family. This is because in an SHTF situation, people will be on extra high alert and on the continuous lookout for potential threats... and it only takes them one second to look at someone and decide if you are one or not. If they decide that you are indeed a threat, you and your family will be in immediate danger.

In a disaster scenario, you don't want to stand out. Period. You want to fly under the radar so that you can keep your essential preps to yourself and your family.

Let's examine five different tips for how you can keep under the radar throughout a disaster situation:

TIP #1 – TRUST NO ONE

One of the biggest mistakes that any prepper can make is to go out and announce to the world that they are a prepper. If you tell people that you've stockpiled hoards of food, water, ammunition, and medical gear, then you'll be one of the first individuals those people think of when disaster strikes.

You may decide that it's okay to reveal your disaster preparations to those you trust in your neighborhood. But while your next door neighbors may be nice folks now, when disaster strikes and they're desperate for supplies and food, what's to stop them from turning on you to feed their family? What's more, what's to stop them from uniting more families in the neighborhood against you? Before you know it, you'll have an angry mob laying siege to your home.

Don't tell anyone, even those in your neighborhood, that you're a prepper. Just don't. You can't trust them and you don't know the kinds of people that they can turn into when disaster hits.

TIP #2 – USE YOUR APPEARANCE TO BLEND IN

Your appearance is everything in a disaster situation. People can decide whether they like you or don't like you in a second just based on what you're wearing alone. You don't want to wear anything that makes you stand out as a prepper. Tactical black and camouflage colors, mil-spec boots, tactical pants, and similar apparel should be avoided at all costs because they draw attention to you and label you as a threat and someone who has guns on them.

Look around your neighborhood and your community and pay attention to what other people are wearing. You'll notice that t-shirts, jeans, tennis shoes, and pull over jackets are likely going to be the norm. These are the kinds of clothes that you will want to wear in a disaster situation, because it enables you to blend in with everyone else.

TIP #3 – DON'T BE A PREPPER ON SOCIAL MEDIA

It's totally understandable if you want to use social media as a means to stay updated on the most recent prepping information. However, other people who are on social media will notice the pages that you like on Facebook or what you write about on your Twitter page, for example. Social media is simply not the way to educate yourself on prepping. Instead, read books or articles online to yourself. On social media, you want to appear as just another ordinary person.

TIP #4 – WATCH WHAT YOU SAY IN DAILY CONVERSATIONS

You may think it's perfectly harmless to disclose that you've just completed stockpiling a year's worth of food and ammunition to someone like your dentist, a colleague at work, or the cashier at the grocery store, but you've just revealed that you are indeed a prepper. Even though those people likely don't live in your neighborhood, or even on your side of town, the reality is that information spreads quickly.

Now that person who you've told your information to will tell someone else, and then that person will tell two more people, and then those two people will each tell three people, and so on and so on. Soon, dozens if not hundreds of people in your community now know that you're a prepper. When disaster strikes, they're going to look you up and find out where you live... and if they're desperate, they'll come armed and ready to take everything that you have.

Even small hints that you are a prepper could be enough to spread the word around town. For example, going to the same sporting goods or grocery store and buying emergency supplies or large quantities of non-perishable food and water on a regular basis is silently telling the cashier there that you're a prepper. For all you know, they could then keep track of your name and address, and know who to come to when the grid goes down.

TIP #5 – BE ON HIGH ALERT

Just because you're doing everything you can do to keep a low profile doesn't mean that you're safe. In a SHTF situation people will prey on the weak, and while you may blend in with the crowd with the above tips, you could also be randomly selected as a target by people working together to survive.

That's why our last tip is that you must always be on continual high alert in a post grid down scenario or disaster. Blending in with the crowd and keeping your preps to yourself does not mean that you

should let your guard down. On the contrary, it should mean that you assume everyone still thinks you're a prepper and that you need to be on extra high alert. Listen to what other people are saying, check around your house before you go to bed each night, and be on the lookout.

No one is truly safe in a grid down scenario, but those who keep a low profile and stay under the radar have a greater chance of survival than those who do not.

Teaching Your Kids to Survive a Disaster

Since disasters can happen unpredictably when we least expect them, you have to be prepared for the possibility that the disaster may strike when you aren't with your children. If this were to happen, would your kids be able to make it back to home safely?

That's why it's critical that you teach your children as much as you can about surviving a disaster scenario. Obviously you can't prepare for them for every single possibility or situation that could potentially arise, but you can at least educate them on some basic tips that could keep them alive even in the worst of disasters. That's what this chapter is all about.

CONTACT INFORMATION

Your children need to know all of the most important contact information that they can. Not only do they need to know your phone number and address, but they also need to know that kind of information for other family members and close friends. Have your

children keep a list of this information at all times either in their backpack or in their pocket.

ROUTES TO GET HOME

Even if your children know your street address, that's not going to be enough to get them coming home. They need to know basic routes to reach home from places where they may be during the day, such as school, a friend's house, or a sports building.

If your children don't drive, it's going to be more difficult explaining them how to get from one point to the next. Instead of pointing out street names, for example, point out important landmarks or places in the city. Examples include specific stores, post offices, or restaurants. To test how knowledgeable your children are in these routes, have them give you directions while you drive home from school or from a friend's house.

Any landmarks that you choose for your children to follow on their way home can't change. Coffee stands aren't great examples of landmarks to use because they can shut down and/or move next week.

TEACH YOUR CHILDREN HOW TO USE A GPS

The great thing about smart phones these days is that they practically all come equipped with a GPS. But if you don't let your children use a phone, you should at least let them use a GPS that they can use for emergencies.

A neat feature on GPS's is how you can mark different points. If you program your child's GPS to have these points installed on them, they can then follow Point A to Point B to Point C to get home from

school or a friend's house. Your home should be the final point on the GPS.

Keep in mind that GPS's may not always work. They could get a poor signal or if the disaster is an EMP attack, they very likely won't work. So while a GPS is a great emergency device for your child to have and learn how to use, you still can't rely on it as your only means of getting your children home.

MAKE SURE YOUR CHILDREN ARE FIT FOR SURVIVAL

It's unfortunate to think about, but a large number of children (not to mention adults) today in America are physically out of shape and not prepared for a disaster scenario at all. There's no harm in keeping your kid's in shape and you can do so in fun ways as well. If your child likes to play sports, that's a great way to make sure that they build up proper muscle mass and are well suited for running over long distances.

Staying in shape for survival is something that's very important for adults as well, so this tip applies to you just as much as it does for your children.

STRATEGIZE

Finally, you have to strategize for a variety of different scenarios. You can't strategize for every possible scenario because you literally have no idea of what disaster will strike, but you can strategize for what you feel are the most likely to happen.

Here's one example of a scenario where your child finding their way home will be more difficult: what if your house is destroyed? In that case, you would need to have a back-up rendezvous point that your

child knows to go to in this kind of an event. When they reach your home and see that it's in ruins or abandoned, they can then travel on to the next rendezvous point.

Don't just involve yourself and your child in the strategizing process. Everyone in your household should be involved in it, except for your youngest children who are too little and young to understand things.

Finally, make sure that your child has some basic items in their backpack at all times. Protein bars, a compass, and a water bottle are all examples of items that your child should have in their backpack so they can access them when coming home.

PRACTICE

Remember that all of this will be meaningless if you don't practice. Don't give up your child a GPS and teach them how to use it. Have them practice using it while walking home from school one day. Don't just come up with a strategy and rehearse it with your child. Practice it at regular intervals.

The only way that your child will become actively engaged in preparing for an emergency is if you are actively engaged yourself. And the most effective way to be engaged and to prepare for the situation is to practice, and to practice regularly. That way when the emergency situation does strike, you'll be much better prepared for it and even though it's pretty much going to be impossible to be fully calm in an unexpected disaster scenario when your child is separated from you, you will have at least slightly more peace of mind in knowing that they know what to do.

Evacuating The Disabled

You may have already read articles or watched tutorials on how to escape from a house fire, but you have to realize that individuals who are disabled or otherwise are more limited in what they can do physically are going to need to handle these kinds of situations differently. So if you yourself are disabled or have an individual who is disabled in your home, the information in this article is here to help you.

Your fire evacuation plans are simply going to have to be different if a disabled individual is involved. The reason why is because you have less options in terms of escape routes and the overall process of evacuating itself may be slower. In this article, we are going to cover specific factors that you need to take into account when coming up with a fire evacuation plan for a disabled individual, and then talk about exactly what you should do when a fire occurs.

FACTORS UNIQUE TO AN EVACUATION PLAN WITH A DISABLED PERSON

Obviously every house is different, meaning there is no universal fire evacuation plan. However, the same tips of checking doors for heat on the other side before opening them, protecting your mouth and nose from inhalation, and stopping, dropping, and rolling when your clothes catch fire are standard safety procedures when evacuating a fire.

Let's discuss some factors that you will need to take into account when evacuating with a disabled person:

- You have to know which exit routes in the home accommodate or don't accommodate wheelchairs, and which exits are or aren't usable for disabled individuals.

- The first priority for everyone when evacuating a house fire is safety. However, a location away from the fire that may be safe for most people may also not be safe for certain individuals who are handicapped. You need to settle on at least one or two meeting places outside of your home that you deem safe for the disabled person to evacuate to away from the fire.
- If you live in an apartment, you may be in a fire scenario where it's safer to evacuate to the top of the building rather than the bottom. If this is the case, then the evacuation route must include wheelchair ramps or whatever other accommodations are necessary for the disabled individuals in your group.
- Since disabled individuals will naturally have a more difficult time evacuating a fire, it's important that you conduct fire drills on a schedule basis and practice using each of the possible escape routes. Remember to actually practice using each of the escape routes, and not just the one you think you would use, because you never know which pathways or exits will become blocked in the event of a fire.
- Consider having a wheelchair in your home or apartment so that it's easier to move the disabled individual down the pathways.
- Visit or communicate with your local fire department to find out if they have any advice or tips regarding fire evacuation with disabled individuals. There will likely be a lot of information that they can tell you that you will then be able to put into action for if and when the fire occurs.

HOW TO EVACUATE

Now that we've learned about the different factors to take into account when evacuating with individuals who are disabled, we will next learn about how to actually evacuate a home that's on fire.

Once the fire alarm has sounded or you can otherwise tell that a fire has started, you need to begin the evacuation process immediately. Round up everybody and conduct a headcount to make sure that everybody is together. Forget about any personal items that you have, since the lives of everyone in your family or group is far more important and you can't waste precious seconds trying to find or collect any possessions that you have.

Have everybody protect their mouth and nose with a cloth, preferably one that's been soaked in water, though it isn't necessary. Proceed along with your first evacuation route, and check the doors to determine if there is a fire on the other side before opening them. To check a door for a fire, you can either visually see if smoking is coming out of the cracks or you can feel the door for heat. If the door is safe to go through and you get everybody through, shut the door behind you to slow down the smoke.

Hopefully you'll be able to make it out of the building using one of your escape routes. But if all exit routes are closed off, then you need to shut yourself inside the room you are in. That means closing all of the doors to the room and sealing up the cracks with clothing.

The next step is to signal for help. Open the windows and hold a white or bright blanket or rug outside and call for help. Only do so if there is no fire around the window, and don't attempt to jump out of the window if it is multiple stories high. An individual who is disabled most certainly should not attempt to jump out of a high story window.

If you want the firefighters to come and rescue you, it's important that you either communicate with them or someone else on the street. If you don't, there's a good chance that the emergency crew won't know that anybody is inside.

Once you do reach safety, conduct a headcount and make sure that everyone is all right. If anyone has sustained any injuries of any kind, they need to see the medical professionals on site immediately. If not everyone in your original group is with you, inform the firefighters immediately so they can attempt a rescue operation in the burning building.

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About The Author

Ronald Williams is an accomplished outdoorsman, survivalist, and survival writer whose passion is making sure that people are equipped with the knowledge and skills they need to outlast any kind of unexpected survival or disaster situation that comes their way.

Most importantly, Ronald wants to make sure that each person understands that disaster preparedness is a major responsibility to take not only for the safety of themselves, but for their friends and families as well.

Drawing upon both his extensive knowledge and his personal experiences, Ronald's books and articles have helped thousands of men and women across the globe learn how they can properly prepare themselves and their families for whatever unexpected disaster scenario comes their way to boost their chances of survival and ensure that they make it out alive.

Ronald has ghostwritten hundreds of articles on disaster preparedness for various reputable survival publications, including Off The Grid News.com, Survival Sullivan.com, Reloader Addict.com, Urban Survival Site.com, Survival Know How.com, and Legally Concealed.com.

When Ronald's not writing, he's usually camping, hiking, hunting, fishing, teaching others about survival and disaster preparedness, and spending time with his friends and family.