

Long-Term Survival Preparation

While most children of the Welfare State will disagree, survival is an individual responsibility. Many years ago I began learning the skills of the “old ways” as a just-in-case backup plan. I have gradually honed my gardening and farming skills through the years and now pretty much live off what the land produces. Not



because I have to at this stage, but simply because I believe it will become necessary to my future survival. In my opinion, any man that believes that Wal-Mart will always be there to put groceries on his table is a fool. We need not look any further than the recent tainted food scares to realize our food supply system is broken, the USDA doesn't work, and food problems will only get worse as we extend our global welfare programs and bailout plans, thus increasing inflation and food shortages here at home. Now, I realize that a lot of readers don't have a plot of land to grow a garden, dig a well, or even fortify their home with stores, but the smart man will find a way. Even if it means buying bulk dehydrated food and storing it in a secure

location, or buying bulk vegetables at the farmer's market and canning them. Let me also say that those who believe they can forcefully take what they need after a major disaster hits are fools. While desperate times may force desperate measures, there will be those who are prepared to defend what they have worked for.

No family should be without a one-year's supply of food, first aid supplies, a water source, and enough firepower to protect it all. While this seems like a huge undertaking it doesn't have to be done alone. Maybe you live in a small confining apartment but have close friends or family who live in a more remote location. Use that friendship. You would be surprised how much food a small, well-tended garden plot will grow. By networking, working together and expending a little sweat, your survival network could easily put a system and stores in place for any emergency, be it short or long term. Also, as previously stated, there are also



farmers markets and bulk vegetable markets all over this country – all it takes is the will to buy in bulk and the motivation to turn off the football game and turn on the pressure canner. If you don't want to expend the time and energy to can your own food then buy canned food in bulk while the prices are relatively low and rotate its use. Whatever you do, always make sure that your survival plan doesn't become public information because if the stuff hits the fan there will be roving gangs of hungry people, probably better armed and a lot more desperate than yourself (Remember Katrina?).

If you're just putting a survival plan together then forget about trying to store “luxuries” for the long-term survival project. Necessities are pretty simple: food, water, shelter, and required medication or first aid. Everything else is nothing more than a luxury to the man who has a basic survival system and a place to hunker down. Even electricity is not a necessity if you plan ahead. Weapons should also be part of your survival plan but a lot of us tend to go overboard when it comes to their importance. A good reliable shotgun, pistol and rifle are more than enough for any long-term survival plan. Tricked out M4s and gadgetry are not essential tools. Store the bulk of your ammo as you would your food – in a secure location and rotate its usage as you do your food supply.

Storing and rotating batteries for flashlights, as well as having some rechargeable batteries and a small solar charger are excellent additions to your survival plan. A quality battery powered AM/FM/Shortwave radio is a must have, in my opinion, since knowing what's going on in the world may help you to survive or know when to move towards safety.

The thing I tell most people when they ask me about long-term survival is to store items that will help you survive where you're at, but also be prepared to move should your safety depend on it. A lot of people seem to get on the kick of buying high-tech survival gadgetry, thinking it will be useful. Quality hand tools and mechanical devices are far superior to high-tech gear in a long-term situation, as are "how-to" books on various subjects. Study the way people survived a hundred years ago. Once you learn those skills then no matter what happens to the power grids, water systems, or food supply chain, you will always be able to survive.

Other preparations that can be made in advance are adding non-descript security fences to the place you plan to ride out a long-term disaster, upgrading windows and doors to provide more security against intruders (not to mention giving you additional time to effectively repel invaders), designating and fortifying a safe room in your home that the family can gather for the mini-emergencies that are bound to crop up during a major event, and designing a "last-ditch" escape route plan should you be forced to evacuate.



The last point I want to cover on long-term survival is to take care of yourself and your family first. This is not the time to become the new "feed the children" network since your altruism will eventually cost yours and your family's ability to survive once the word gets out that you're everyone's lifeline – leave that for the Government and NGOs to take care of. I know this sounds harsh but everyone has enough time to prepare for whatever's coming in this nation. Any man who is not preparing now for the potential of tomorrow is a fool. Survival does not suffer fools. So, those that do nothing are merely lazy, or figure the government will save their ass should something happen. Be an individual, be responsible for

your own survival and expect the same of those who occupy space in this nation. Do that and you will have a much better chance of making it through whatever the future may hold.

The following list is from FEMA and should be used as a rough guideline for short-term disaster scenarios only. Expand on this list to develop your long-term survival plan:

How Much Water do I Need?

You should have at least a three-day supply of water and you should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

How Should I Store Water?

To prepare safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it.

Observe the expiration or "use by" date.

If You are Preparing Your Own Containers of Water

It is recommended you purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap. Follow directions below on filling the container with water.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

If storing water in plastic soda bottles, follow these steps: Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

*Include a selection of the following foods in your Disaster Supplies Kit:

Note: Be sure to include a manual can opener.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples--sugar, salt, pepper
- High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons with special dietary needs
- Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle

- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair) Sunscreen

Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Clothing, Bedding and Sanitation Supplies

Clothing and Bedding

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat.

*Include at least one complete change of clothing and footwear per person.

- Jacket or coat
- Long pants
- Long sleeve shirt
- Sturdy shoes or work boots
- Hat, gloves and scarf
- Rain gear
- Thermal underwear
- Blankets or sleeping bags
- Sunglasses

Sanitation

- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Tools

- Mess kits, or paper cups, plates and plastic utensils
- Portable, battery-operated radio or television and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Nonelectric can opener, utility knife

- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

- **For Baby**
 - Formula
 - Diapers
 - Bottles
 - Pacifiers
 - Powdered milk
 - Medications
- **For Adults**
 - Heart and high blood pressure medication
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Extra eye glasses
 - Hearing aid batteries
- **Important Family Documents**
 - Keep these records in a waterproof, portable container.
 - Will, insurance policies, contracts, deeds, stocks and bonds
 - Photo IDs, passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods, important telephone numbers
 - Family records (birth, marriage, death certificates)
 - Photocopies of credit and identification cards
- **Cash and coins.**
- **Entertainment--games and books.**