

Building A Needs Based Preparedness Plan - Putting it All Together

If you fail to plan,



then you plan to fail.

Organizing a plan is probably the toughest part in making *any* plan and a preparedness plan is no exception. Over the years, the following strategy has proven instrumental in accomplishing this. It is basically a 'grouping' of the 'needs' that are then put into an outline format.

Outline format allowed changes to my plan as I moved into or out of various areas that were prone to specific types of crises – without having to re-write the entire plan! All I had to do was cross the Roman numeral out and then move that page to the end of the plan when I moved out of an area; or write a replacement Roman numeral for any new crisis when I moved into a specific area. It sure does beat re-writing the entire plan ;-}

First and foremost we have to remember that a **preparedness plan is *NOT* a set of how-to instructions on utilizing your goods or supplies.** Rather, this is the *basic* methods, processes and procedures associated to *each* need (goods, knowledge, skill) on your Per Crisis Needs Lists.

Let's take Food Storage as an example:

Your preparedness plan will deal with the projected timeframe you want the food storage items to sustain you. It will NOT however be your detailed inventory of how much food you have in storage at any given time or even exactly *where* it is stored. Nor will the plan contain any recipes or medicinal uses. Any detail or physical inventory on the quantity of each food item in storage, etc., will be in your Important Documents book under 'Food Storage'.

So if your ultimate goal is a year's supply of food and water, but you only have 6 months right now, your preparedness plan will read something like this:

Food Storage

- Quantity: 6 mths, goal 1 year; budget is on track with our goal
- Location(s): primary retreat and several caches; goal secondary retreat

Note: If you have some 'goods' that you know beyond a shadow of a doubt, you won't be able to utilize without a set of step-by-step instructions, then highlight these and be sure to create a 'How To' or 'Instructions' section in your Important Documentation book and put the instructions for these items there.

Most of the 'needs' on your Per Crisis Needs Lists can likely be grouped into one of the following group types. So review your Per Crisis Needs lists with these potential groupings in mind.



Keep a scratch pad with several columns on it and just make quick notes as you notice the various groupings of 'needs'.



When you finalize these groupings, try to give each Roman numeral its *own physical page* when you type it up. This will allow changes without having to re-write the entire plan. Once this is completed print it off and put in your Important Documentation book – hard copy is for the truly prepared. Make changes as needed to your hardcopy to keep it up to date.



These 'groupings' are what I call '*organizational indicators*' for your preparedness plan outline.

- I. The simplest 'grouping' concerns those needs that fall into the 'goals and objectives' realm. Think along the lines of what you have yet to acquire, the quantity you wish to obtain or a retreat location goal or the example above on food storage and the like.

II. Repeat 'needs' tend to be the more critical stuff and that alone forms one type of 'grouping' of needs. For instance most of the following will usually fall into your repeated needs 'grouping':

- Budget
- Equipment
- Supplies
- Storage Areas
- Practice Drills
- Mobility
- Physical Necessity to life: breathable air, nutrition, water and shelter from the elements (clothing, shelter, heating, cooling)
- Psychological Necessity to life: spiritual and mental wellness, entertainment to eliminate boredom
- DSS: Defense, Safety and Security
- Communications: contacts, call tree, alternative powered radio, alternative 2-way communications
- Medical, Dental, First Aid
- Sanitation and waste
- Alternative energy for heating, cooling, cooking and the like
- Maintenance needs of all of the supplies: usage and rotation of items based on use and shelf life.

III. Another 'grouping' usually shows up with long duration crises:

- Education
- Physical Fitness and exercise
- Renewable food, gardening, canning, dehydrating, Hunting, fishing, trapping, snaring and or food animals like fish, goats, chickens, etc.
- Replenishable water and water purification

Any of these bullet points could be their own Roman numeral in the preparedness outline, yet don't have to be. These groupings are merely to give you an idea of *where* to place these items in the overall plan.

IV. What methodologies, processes and procedures are utilized for the consumable and reusable 'goods' is another 'grouping'; like food or sanitation and waste.

When looking at food we have some process and procedures as well as methods and tools or equipment associated to it:

- Storing – containers, a safe location with the proper food storage environment
- Preserving - each food preservation method requires a 'device' or two to perform. Think canning, dehydrating, smoking, curing and the like
- Cooking - pots, pans, utensils and a cooking heat source
- Replenishing - methods of procuring more food. Like gardening, hunting, fishing, trapping, snares, butchering, etc.
- Eating – bowls, plates and utensils

Sanitation & Waste is another of this type of grouping:

- Personal Hygiene – body, teeth, hair
- Laundry
- Cleaning of the various food cooking, eating, preserving and storage containers and utensils

- Human waste disposal
- Grey water re-use and disposal
- Compost
- Trash/garbage disposal

V. Another type of 'grouping' appears when items repeat for a couple of specific crises on your list and are direct reflections or symptoms of the consequences of these particular crises. For example let's say you have 4 crises on your list along the lines of:

- An ice storm takes out electricity, county wide for 5-7 days
- A CME takes out electricity for several months or more, multi-nationally, and fries all digital devices
- A hurricane takes out electricity, regionally for several weeks
- An EMP takes out electricity, regionally to nationally for several months or more and fries all digital devices

All 4 of these crises involve loss of electricity and all that electricity provides, for more than an hour or two.

The ice storm gives one a chance to have a generator for 3 or more days, depending on how much fuel fire codes in your area will allow you to store. After that you need something for cooking and heating. A renewable energy source like solar, wind and hydro, complete with energy storage (battery bank, inverter, etc) would provide electrical energy for the long haul.

For the two electromagnetic crises, things are for a much longer time period and have an additional issue – the frying of all digital/electronic devices.

Some of your items, like inverters and radios will need additional protection – a Farady Cage and you will also need to plan for replacement parts to some devices that are critical. Then there is the radiation and radioactive fallout hazard to consider too.

A CME does have some radioactive aspects, however geological evidence shows that most of the deadly radiation is diverted by the earth's atmosphere and magnetic fields.

An EMP incident will present a much greater radiation aspect as it is detonated in the upper atmosphere. In this case the radiation will be greatest near the detonation area, however windblown microscopic radioactive fallout can affect a much larger area for a longer timeframe.

For a ground detonated nuclear device, the range of the effects of the EMP portion of the blast will be reduced. However the radioactive fallout from a ground detonated nuclear bomb will generate much more radioactive particulate debris (fallout) that 'rains' down for quite a while, over a very large area (even global). It can take months to years for all of this debris to completely exit our atmosphere and we won't always be able to see it.

This means that in the case of an EMP or ground nuclear detonation event you are not only dealing with no electricity for an extended period and the Farady Cage for electronic devices; you will also need radiation protection.

Note: A CME or Coronal Mass Ejection is much stronger than a solar flare or storm. A solar flare does have some electromagnetic elements; however it is mostly in the light spectrum range and not the super charged electro/ferromagnetic range of a CME. Also, *not* all CME's are associated with solar flares or sun spots, or vice versa. (See *CME? EMP? Farady Cage? – Oh My!* @ <http://weebly->

file/2/2/5/0/22509786/cme_emp_farady_cageoh_my_ver_2_includes_electromagnetic_spectrum_frequency_radiation_charts_new_site.pdf for more detail)

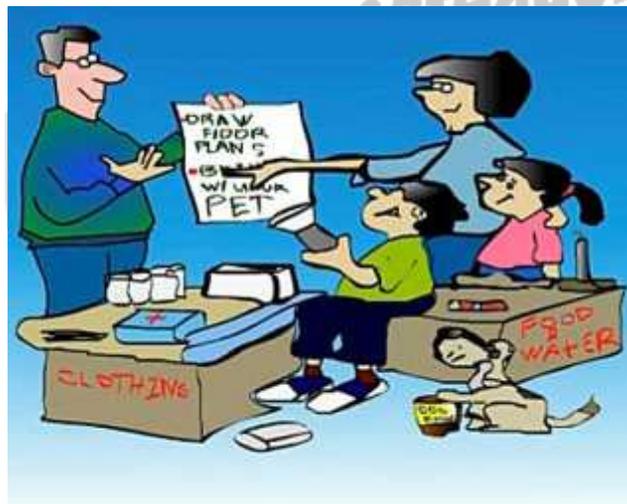
VI. The last type of 'grouping' concerns the non-repeated or singular needs. The placement of these 'needs' is based on the priority of the crisis itself in your Moderated Crisis List.

For instance say you live in an area that is just above sea level and usually very dry, yet on your Crisis List you have 'Global Warming' Flooding. One singular need that may appear in this case is some kind of boat or raft or moving to higher ground.



Once you have notes on what kind of groupings your needs fall into, review them and decide which way you want to organize these in your outline formatted preparedness plan.

Some individuals will find a particular grouping method works best for them, while others may like utilizing more than one grouping method for their plan. This is where the plan becomes even more customized for *you* and *your* household's needs.



Example: Doe Family Preparedness Plan

Note: Each Roman numeral would be its own separate page to allow for changes, alterations and the like.

- I. Important Documentation Book (heat & moisture protected)
 - a. Copies of all important documents and information to this household
 - b. Physical inventory
 - c. SHTF will and mortality procedures
 - d. Any specific how-to instructions
 - e. Budget (overall & preparedness)

- f. Protected (heat, moisture, electromagnetic) electronic copies to above

II. Mobility:

- a. To Retreat
- b. From Retreat (evacuation/bug-out)
- c. Go-bags (individual, vehicle, household)
- d. Alternate retreats
- e. Alternate routes
- f. Rendezvous/secret communication/rest stops
- g. Practice drills

III. Food & Water

- a. Storage: Quantity: 6 mths, goal 1 year; budget is on track with our goal
- b. Location(s): primary retreat and several caches; goal secondary retreat
- c. Storing – containers, a safe location with the proper food storage environment
- d. Preserving - Cooling (waterproof sacks/containers, root cellar, anchor to weigh down items in a cold creek, etc.); each food preservation method requires a 'device' or two to perform. Think canning, dehydrating, smoking, curing and the like
- e. Cooking equipment- pots, pans, utensils and a cooking heat source (fire grate, solar oven, grill, alternative energy)
- f. Eating – bowls, plates and utensils
- g. Cooking instructions – recipes and other how-to's
- h. Bleach and or bleach wet wipes for cleaning items
- i. Replenishing - methods of procuring more food. Like gardening, hunting, fishing, trapping, snares, butchering, etc.
- j. Water sources, storage containers & locations
- k. Water purification

IV. Defense/Safety/Security

- a. Preventative
 - i. Outer Perimeter
 - 1. Non-lethal (alert/discourage/slow down)
 - 2. Entrapment/Lethal (trap, detain, secure, eliminate)
 - ii. Inner Perimeter
 - 1. Non-lethal (alert/discourage/slow down)
 - 2. Entrapment/Lethal (trap, detain, secure, eliminate)
 - iii. Reconnaissance, sentry, lookout
- b. Defensive
 - i. Non-lethal (trap, detain, secure)
 - ii. Lethal (eliminate)
 - iii. Reconnaissance, sentry, lookout
 - iv. Black-Out
 - 1. Dark plastic and or material, cardboard to block light
 - 2. Tape to secure over windows, door frames, skylights, etc.
- c. Offensive
 - i. Non-lethal (misinformation, trap, detain, secure)

- ii. Lethal (eliminate)
 - iii. Reconnaissance
 - d. Safety
 - i. Fire extinguishers
 - ii. Ventilation
 - iii. First Aid training
 - iv. Misc
 - e. Practice drills
- V. Communications
 - a. Notification call tree
 - b. Informational 1-way (crank radio)
 - c. Two-way (GMRS, FMRS, CB, HAM, shortwave all alternative energy capable)
 - i. Listening Network & scheduled drills
 - d. Signals (symbols, lights, flags, drums, codes, encryption, etc)
- VI. Medical/Dental
 - a. Preventative
 - b. Treatment
 - c. Prescription
 - d. Over the counter
 - e. Natural
 - f. Vitamins, food supplements
 - g. Know-how/training
 - h. The unthinkable – mortality & body disposition (see SHTF will in Important Documentation Book)
- VII. Hygiene/Sanitation
 - a. Wet wipes, waterless antibacterial hand gel for cleaning body
 - b. Solar shower
 - c. Port-a-potty, silt trench, septic system and related bags, chemicals, tools, etc.
 - d. Toilet paper
 - e. All purpose soap (body, hair, dishes, clothing)
 - f. Baking soda (works as toothpaste or gargle and a cleaner)
- VIII. Alternative Energy
 - a. Long term: Hydro, wind, solar, geothermal, replacement parts including energy storage (battery bank)
 - b. Short term: generator, fuel, replacement parts
 - c. Fuel
 - i. Wood
 - ii. charcoal
 - iii. alternative (solar, wind, hydro, geothermal, chemical)
 - iv. batteries
 - v. Diesel/Kerosene/Gasoline
 - vi. Oil

- vii. Other (Sterno, waterless antibacterial washing gel if it has 35%+ alcohol will burn like Sterno and the like)
- d. Heat/Cooling
 - i. For Shelter
 - 1. Shade
 - 2. Solar fan
 - 3. Solar oven
 - 4. Wood burning cook stove
 - ii. Fire Making
 - 1. Steel wool & 9 volt battery
 - 2. Lighter
 - 3. Backpacker tinder
 - 4. Magnifying glass
 - 5. Flint stick
- e. Lighting
 - i. Flashlights (crank, battery, solar, with extra batteries)
 - ii. Glow sticks
 - iii. Lanterns (battery, solar, fuel)
 - iv. Candles with wind shield (like a liquid fuel hurricane glass)
- f. Electromagnetic Protection
 - i. Farady cage(s) for important digital electronic devices
 - ii. Ground all large electronics (inverters, converters, batteries, transmission line/wiring, etc) and metallic items in contact with any electrical device.

IX. Transportation

- a. Vehicle and extra fuel, extra common parts & tools
- b. Bicycle, tire patches and pump, spare parts & tools
- c. Horse, mule or other pack animal and appropriate harness, wagon, packs, etc.
- d. Water craft (canoe, raft, boat) extra fuel, spare parts & tools

X. Protection from the elements

- a. Alternative Shelter
 - i. Secondary retreat(s)
 - ii. Tent, tarp, cave, lean to, hut, etc.
- b. Space blanket
- c. Windbreaker (all purpose, multi sized)
- d. Personal (clothing)
 - i. Light weight shirts, pants, socks for warm to hot weather (stick to long sleeves and pant legs as they can always be rolled up)
 - ii. Heavy weight shirts, pants, socks for cool to cold weather (stick to long sleeves and pant legs as they can always be rolled up)
 - iii. Boots waterproof, thermal
 - iv. Long johns or thermal underwear (silk, wool, Thinsulate, gortex)
 - v. Underwear, shirts, pants, ladies stick to sports type bras or do without
 - vi. Shocks: cotton, wool, Thinsulate, gortex
 - vii. Hats

- viii. Gloves
- ix. Scarves
- e. Bedding (a type of protection from the elements)
 - i. Blankets
 - ii. Sleeping bags
 - iii. Cots
 - iv. Pillows
 - v. Sheets

XI. Spiritual

- a. Book or other small spiritual incentive that can be stored and used for your spiritual well being.

XII. Moral, Mental and Psychological Health

- a. Anything that is available post SHTF or that you can set aside now, that will boost your mental health

XIII. Tools

- a. Non-electric hand tools: hammer, crowbar, saw, screwdrivers (flathead & Phillips), pliers, etc.
- b. Mending tool kit for all fabric-like materials (clothing, tents, tarps, etc)
- c. Nails, screws, nuts, bolts, rope, wire (electrical & binding)
- d. Other – any other material that may be needed to repair any other items from plywood, glue, sparkplugs, washers, pipes, hoses, etc.

XIV. Orienteering

- a. Maps
- b. Compass
- c. Routes & trails
- d. Star chart

XV. Alternative Currency/Barter & Trade

- a. Precious and semi-precious metals and gems
- b. Coinage (no paper)
- c. Barter & Trade goods
 - i. Alcohol, tobacco, medicinal, firearms & ammunition are the top trade items.
 - ii. Other barter/trade items: anything not easily gotten, scrounged or made post crisis that will provide nutrition, hydration, protection from the elements or assist one in obtaining these things.

XVI. Entertainment

- a. Books (hardcopy), including reference material for those detailed How-To's
- b. Musical instruments like a harmonica, guitar
- c. Cards
- d. Board games, travel games (non-electric)
- e. Paper, pencils, pens, crayons, markers

XVII. Chemical/Bacterial/Radiation

- a. Geiger counter
- b. Protective clothing, gloves, etc
- c. Exposure treatment(s)
- d. Respirator (filtered breathing device)
- e. Strong cleaning soap
- f. Plastic trash bags to contain contaminated clothing, etc.
- g. Plastic sheeting & duct tape to seal shelter or to create an isolation area

XVIII. Etcetera (and so on...)



The Doe Family Preparedness Plan uses more than one grouping method and is to give you an idea of *how to organize and arrange* an outline formatted preparedness plan for a household or individual.

Notice none of this plan is how-to and it does not contain enough detail to appear on the radar of any snooping or data mining program. Nor can any hardcopy in this format warrant a second look either. Yes it could be a bit more detailed and remain 'safe' from any straying 'spies' or outside 'eyes' who might read it, this is your choice depending on what crises are on your list and your gut instincts.

This plan should be stored in the beginning of your Important Documentation Book.



Recap

- Prioritized Crisis Lists: Possibility (emotional), Probability (science & education odds), Moderated (balance of human gut instinct and irrational fears against science and educations truths and fallacies).
- Per Crisis Needs (goods, knowledge, skills) Lists, Prioritized; along with a list of what we have yet to acquire.
- Mobility Issues: getting home to shelter in place and evacuation/bug-out (Who, What, When, Where schedule & map, alternate retreats, routes and secret communication/rest stops)
- Organizational Indicators to a Needs Based, Outline Formatted Preparedness Plan
- The finalized plan

All of these steps have been geared to grab those variables within our realm of control, to balance emotions and logic and raise our survivability quotient.

These steps do take effort, time and some soul searching and none of this is easy in today's world. Yet if we really want to be prepared, if we really want to do more than just survive, we will do this and reap the rewards.

If you feel you do not have enough time or money, really stop and think for a minute. I hate to tell you this, but you are most likely wrong about that!

Don't believe me? Well I was a single parent with two toddlers, two dogs and a non-child support paying ex; I worked two jobs, stayed off welfare and only took WIC assistance for the first year; I grew most of our veggies and melons; baked bread (cause it was cheaper than purchasing) and sent my kids to school with bag lunches. In order to keep a roof over our heads, cloths on our backs, the utilities on and nutritional food to eat I had to make the best use of my time and money. I can't say it was easy; however it is indeed quite possible.



If you 'don't have enough time' consider this: *Everyone has 24 hours in a day, no exceptions.* The average person gets about 8 hours of sleep, so that leaves 16 hours. Then this person works for a living so take out 10 hours to allow for commuting and lunch, that leaves 6 hours. Now let's apply those 10 hour work days to the weekend to account for all those household chores and such. This means that the average person has 6 hours every day to devote to other things. So if preparedness takes only 1 of those hours every other day, you can be prepared in a year!

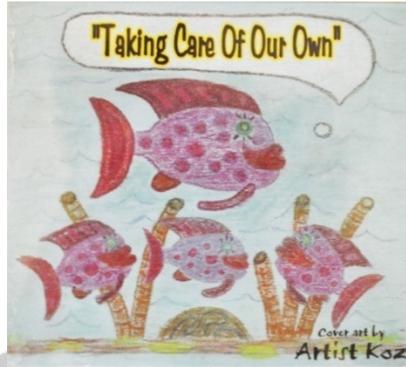
Work Week	Weekend
24 hours in a day	24 hours in a day
-8 hours for sleep	-8 hours for sleep
-10 hours for work	-10 hours for all those household tasks & chores
6 hours for everything else	6 hours for everything else



If you 'don't have enough money' try this little experiment: As a family put a jar or can in the kitchen and then for the next two weeks every time any one of you gets ready to pull out the wallet to pay to do something or purchase something ask yourselves "*Will I die in the next month or so if I don't get or do this right now, this instant?*". If the answer is NO, then every other time, *don't* do it or buy it and when

you get home put the monies in that jar. At the end of the two weeks count the money in the jar. I'm willing to bet there will be more money than \$30.00. Here are your preparedness monies!

Above all, remember that a **Preparedness Plan cannot be wrong unless** you do something nucking futs like build a house on the San Andres fault and do nothing more for earthquakes than match building codes - OR - You chose *not* to obtain or learn something that could prevent your family from suffering more trials and tribulations (or worse), when you could have; and when a crisis hits you then become a danger to yourself and everyone around you.



In my mind preparedness, beyond first aid kits and insurance policies, means that you care, so it is a way of 'taking care' of your loved ones and who doesn't want to do that!?!'

Good Luck & Be Prepared, Not Scared

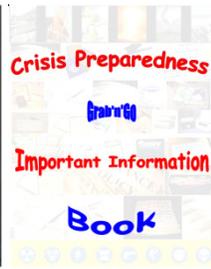
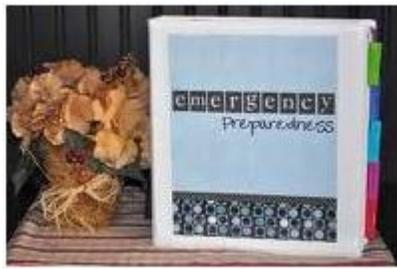
TNT

The tables below contain additional information on your budget and Important Documentation Book, as well as some information to help you define any needs to building a preparedness plan.



Budgeting

Budgeting for Mere Mortals	http://weebly-file/2/2/5/0/22509786/budgeting_for_mere_mortals_vr_2_new_site.pdf
Frugality - A Homesteading Preppers Way	http://weebly-file/2/2/5/0/22509786/frugality-a_homesteading_preppers_way_new_site.pdf



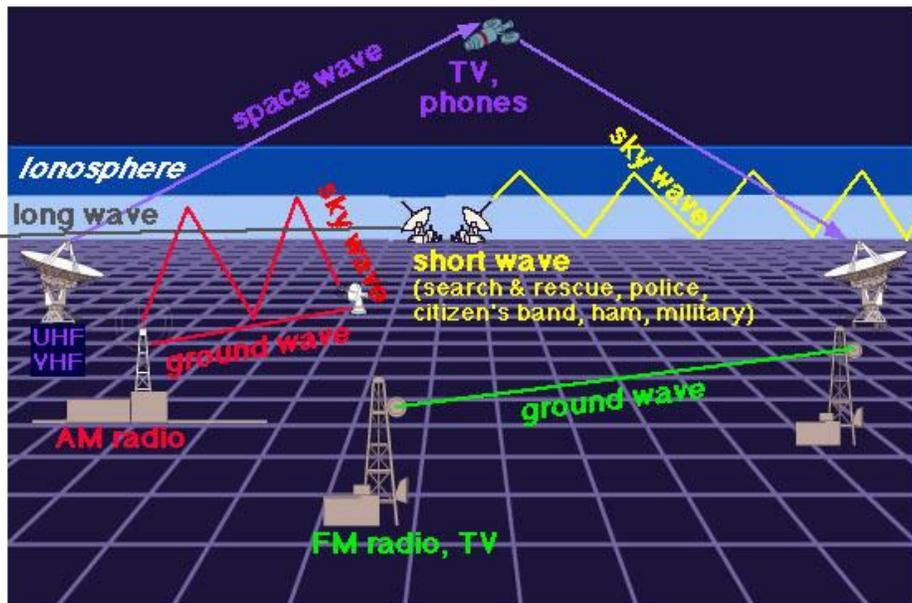
Important Documentation Book

<p>Preparing Your Emergency Documentation Book-Binder</p>	<p>http://weebly-file/2/2/5/0/22509786/preparing_your_emergency_documentation_book-binder_new_site.pdf</p>
<p>Important Document Book Forms to Print & Complete</p>	<p>http://weebly-file/2/2/5/0/22509786/important_documents_book-forms_to_complete-section_dividers_etc_plain_simple_w_ck_bx_images_new_site.pdf</p>



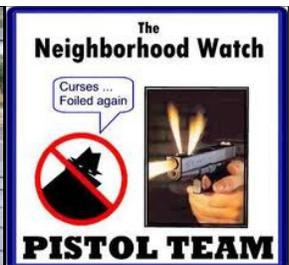
Food

<p>2 Food Storage Calculators (Must download in excel format to see all tabs)</p>	<p>http://weebly-file/2/2/5/0/22509786/2_food_storage_calculators_97_fmt.xls</p>
<p>Cheap & Cool Pantry Can Organizer</p>	<p>http://weebly-file/2/2/5/0/22509786/cheap_and_cool_pantry_can_organizer_new_site.pdf</p>
<p>Food - Dehydrated/Freeze Dried to Fresh Equivalents and Rehydration Tables</p>	<p>http://weebly-file/2/2/5/0/22509786/food_-_dehydrated_freeze_dried_to_fresh_equivalents_and_rehydration_tables_new_site.pdf</p>
<p>Food Storage Mistakes – Yikes!</p>	<p>http://weebly-file/2/2/5/0/22509786/food_storage_mistakes_yikes_new_site.pdf</p>
<p>Shelf Life Information on Lots of Things (Must download in excel format to see all tabs)</p>	<p>http://weebly-file/2/2/5/0/22509786/shelf_life_information_on_lots_of_things_wrd_97_new.xls</p>
<p>Shopping for Fresh & Seasonal Foods</p>	<p>http://weebly-file/2/2/5/0/22509786/shopping_for_fresh_seasonal_foods_new_site.pdf</p>
<p>U.S. Fruit & Vegetable In Season & Harvest Dates State by State (must download in Excel format to view all tabs)</p>	<p>http://weebly-file/2/2/5/0/22509786/u.s._fruit_vegetable_in_season_harvest_dates_state_by_state_wrd_97_new.xls</p>
<p>List of Open Pollinated and Organic Seed Providers (Download in Excel to view all tabs)</p>	<p>http://weebly-file/2/2/5/0/22509786/list_of_op_seed_providers_wrd_97_new.xls</p>



Communications

Crisis Communications	http://weebly-file/2/2/5/0/22509786/crisis_communications_new_site.pdf
FCC Wireless Services at a Glance May 2011 (HAM, Shortwave, FRS, GMRS, MURS, CB, etc)	http://weebly-file/2/2/5/0/22509786/fcc_wireless_services_at_a_glance_may_2011_new_site.pdf
NOAA Weather Radio NWR	http://weebly-file/2/2/5/0/22509786/say_hello_to_noaa_weather_radio_nwr_new_site.pdf
What Is ARRL?	http://weebly-file/2/2/5/0/22509786/what_is_arrrl_3_new_site.pdf



DSS

Defending the Homestead or Home Beyond the Usual	http://weebly-file/2/2/5/0/22509786/defending_the_homestead_or_home_beyond_the_usual_new_site.pdf
Operations Security (OPSEC) - Why it Matters	http://weebly-file/2/2/5/0/22509786/operations_security_opsec-why_it_matters_new_site.pdf
Situational Awareness and You	http://weebly-file/2/2/5/0/22509786/situational_awareness_and_you_new_site.pdf
The Defensible Retreat Checklist	http://weebly-file/2/2/5/0/22509786/the_defensible_retreat_checklist_new_site.pdf

Urban, Suburban, Rural - Security Landscaping and Lighting	http://weebly-file/2/2/5/0/22509786/urban_suburban_rural_security_landscaping_and_lighting_new_site.pdf
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Misc

Prepping for Animals Pets & Livestock	http://weebly-file/2/2/5/0/22509786/prepping_for_animals_pets_and_livestock_new_site.pdf
How and Where to Learn Traditional Skills	(link to this document is found @ http://formerlynmurbanhomesteader.weebly.com/preparedness.html)
EIS-Emergency Information Sheet or ECC-Emergency Contact Card?	(link to this document is found @ http://formerlynmurbanhomesteader.weebly.com/preparedness.html)
EIS – Emergency Information Sheet	http://weebly-file/2/2/5/0/22509786/eis_sheet_both_sides_eis_emergency_information_sheet.pdf
Oh No! The Power is Out – Now What?	http://weebly-file/2/2/5/0/22509786/oh_no_the_power_is_out_now_what_new_site.pdf
Grid-tied Alternative Energy and Shysterism	http://weebly-file/2/2/5/0/22509786/grid-tied_alternative_energy_and_shysterism_new_site.pdf
Energy Usage Estimation	http://weebly-file/2/2/5/0/22509786/energy_usage_estimations_new_site.pdf
Fuels and Fuel Storage the Short and Long of It	http://weebly-file/2/2/5/0/22509786/fuels_and_fuel_storage_the_short_and_long_of_it_new_site.pdf
CME? EMP? Faraday Cage? – Oh My!	http://weebly-file/2/2/5/0/22509786/cme_emp_farady_cageoh_my_ver_2_includes_electromagnetic_spectrum_frequency_radiation_charts_new_site.pdf
Where to Find Your Community's & State's Emergency Management Plans & Agencies	(link to this document is found @ http://formerlynmurbanhomesteader.weebly.com/preparedness.html)
Tools - Hand, Non-Electric or Old Time	http://www.scribd.com/doc/50951138/Tools-Hand-Non-Electric-or-Old-Time
DIY Projects for Storing Emergency Supplies and Other Things	http://weebly-file/2/2/5/0/22509786/diy_projects_for_storing_emergency_supplies_and_other_things_new_site.pdf
What Are the Odds? - Possibilities, Probabilities & the Needs Based Preparedness Plan	(link to this document is found @ http://formerlynmurbanhomesteader.weebly.com/preparedness.html)
Building a Needs Based Preparedness Plan 2–	http://weebly-

