

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

Needs are any good, knowledge or skill that you feel you will physically die without; ie are required to survive a particular crisis.

What are Goods?

Goods are all the tangible things we can touch, see, taste and smell; the reusable and consumable stuff. Like: tools and storage items from food, medicine, clothing, nails, hammers, sleeping bags, hunting, fishing, defense tools, lanterns, cooking/eating items, barter things, as well as “mental wellness” items like books, journals, guitar, harmonica, playing cards, Holy books etc.

What is meant by Knowledge?

Knowledge is all of the intellectual know-how drawn upon to use the goods.

What are Skills?

Skills are the physical, practical application of the knowledge in using the goods.

Most of us lack Skills; we either have the knowledge with no practical application experience or we are no longer physically able to perform the skill.

All Needs (Goods, Knowledge, Skills) have a process and procedure behind them even if it is just one or two words.

What is a Survivability Quotient?

Survivability Quotient is that elusive figure that determines who survives what, why and how. There are a multitude of factors, both tangible and not so tangible (including luck) that go into a Survivability Quotient and most are out of human-kinds realm of control.



Any ‘preparedness’ site will tell us we need to know what our area is at risk for in order to be prepared for it. I do not disagree, however we also have to remember four simple facts and then ‘balance’ or counter them:

- We humans have ‘instincts’ and ‘sixth senses’ that we should not belittle or ignore
- We humans have irrational fears that we should not belittle or ignore
- Science and Education have been known to be majorly wrong (the earth is not flat or the center of the universe, 100 year floods have occurred multiple times in under 100 years, etc)
- We humans will instinctively attempt to void anything that is remotely sad or bad, even when we consciously know that bad things happen to good people all the time, and as a result these are the things we usually get blindsided by.



Defining these items is relatively simple and believe it or not, balancing them is equally simple. Before we get into that please remember that a crisis, disaster, emergency or hazard has a few characteristics, no matter what it is:

- **Category:** Natural, Human-made, Personal, Metaphysical (spiritual) **99% of crises will fall into the natural and personal category.**
 - **Personal** or Bad Luck & Clumsiness: Laid off, illness, injury, accident, crime, fire and the like
 - **Natural:** Planetary & universe actions out of human control: solar storms, asteroids/comets, earthquakes, volcanoes; Extreme weather (hurricane, tornado, flood, ice storm, etc.); Epidemic (Hanta virus, Legionnaires Disease, Influenza, etc.)
 - **Human-Made:** Failure of a man-made structure and/or ideology: bridge/dam /infrastructure collapse; war; terrorism, Bio-Terrorism (epidemic); economic and/or civil collapse, etc
 - **Metaphysical/Spiritual:** Armageddon, Nostradamus, Newton's Bible Code and other like predictions and prophecies that can't quite be proven or disproven.
- **Scope of Involvement:** The *Size of the Area* affected AND the *Number of People* affected (Note: 5000+ people injured, dead or dying in a high-rise is completely different than 5000+ people injured, dead or dying spread out over miles of area.)
- **Duration:** The timeframe from when the crisis hits, to when we are returning to how we were before the crisis hit.

Also understand that some crises can fall into multiple categories. For instance an epidemic can be natural or human-made. Depending on what side of the 'global climate change' issue you fall into will depend on if this crisis is natural or human-made to you.



The crises we most often 'forget' or don't think about are:

- **Some kind of FIRE:** We hate thinking that we may have a house fire or a fire at work or school or while at the theater. Yet historical fire events show and the 'experts' state, that the odds of us being affected by or experiencing a fire of some kind is *greater than any of the larger catastrophic type crises* we hear and worry about, and even some of the natural type crises too.
- **Some kind of CRIME:** This can take the form of a carjacking, home invasion while you are home or not home, a robbery while at the grocery store, a mugging, identify theft and so forth. Crime is on the rise around the world and the U.S. is no exception.

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- **Some kind of severe ILLNESS or INJURY to you or a loved one:** This can be anything from falling off your front porch and breaking a leg, a heart attack, auto accident or some other illness or injury.
- **Some kind of PERSONAL FINANCIAL crisis:** This can be from a poor investment, losing a law suit or getting laid off and the like.



Ok now that we have those definitions and tid-bits on human nature defined, here is how I suggest going about **Defining what we should prepare for and Balancing it:**

Take a sheet of paper and without stopping to think or ponder too heavily, list all the various crises you are concerned about. **This is your Possibility List.** Try to keep your list between 10-15 entries.



The order in which these come to mind are your subconscious priorities to these crises. Be sure to list the projected Scope of Involvement and Duration.

□ Possibility

Rank (Priority)	Crisis	Scope	Duration
1	Personal economic – loss of job	S	?
2	Crime	S	S
3	House Fire	S	M
4	Failing health	S	XL
5	Drought	R	L
6	CME (Solar Storm)	G	XL
7	Infrastructure failure, major (GRID)	N	M-L

Also, if your writing is like mine – hard to read, then go ahead and type these up on the computer and then print them off.

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For this next step, give yourself at least a few days to two weeks; as now you are going to research what science and education say the odds of these crises on your Possibility List are of occurring. List them according to the Odds. **This is your Probability List.**



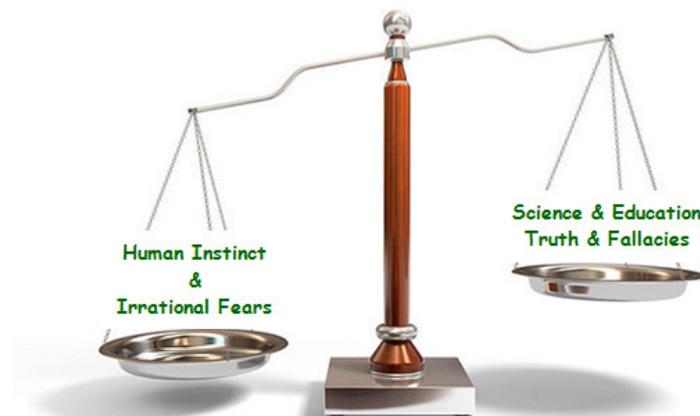
So this list will be the same crises as on your Possibility List only prioritized by the chances or odds of occurrence. Make a note of what science and education say the potential Scope of Involvement and Duration are likely to be.

□ Probability

Rank (Priority)	Crisis	Scope	Duration
1	Drought – NM has been in one for 16+ yrs; bread basket has been in one for last 8 yrs – both only saved by irrigation from wells and the reclaiming of waste water.	R	L
2	Crime – according to statistics on average there is a crime committed every 2 minutes.	S	S
3	Terrorism – there is a higher chance of domestic than foreign.	R	M
4	Health – my age and smoking keep this high	S	XL
5	Personal economic – my age, health plus national economy keep this high.	S	?
6	Hyperinflation – the U.S. is on the brink; internationally several countries have been in hyperinflation for up to 2 yrs.	N-G	M-L
7	War, escalation and or Civil – tie between national and international. Korea is the biggest factor for international	N-G	L-XL

You will need to know your areas crime figures, weather history and your household's health history. For the other types of events that can occur, What are the Odds-Possibilities, Probabilities & the Needs Based Prep Plan Part A-L @ <http://formerlynmurbanhomesteader.weebly.com/preparedness.html> or for the full document (login required), What Are The Odds @ <http://www.scribd.com/doc/126965157/What-Are-the-Odds>.

Again if your handwriting is bad or hard to read, type this up and print it off.



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Now is the time to balance or moderate the two lists – Possibility and Probability into your **Moderated Crisis List** that will be used to create your preparedness plan.



The only rule of thumb is: If you have a crisis that is say number 4 on your Possibility list, but is last or way lower on your Probability List, then it can be placed no higher than priority number 5 on your Moderated Crisis List. Or If something is # 9 on your Possibility List and # 2 on your Probability List, it should be placed between # 3 and # 8 on your Moderated List.

To moderate any differences in the projected Scope of Involvement and Duration, list them as a range or high/low.

So if your Possibility List says the Scope is thousands people over your state and the Probability List (or Science & Education) says 5,000 over a county in your state; then your Moderated Crisis List would have the range of: 5,000 in one county to 300,000 statewide or 5000 county/300,000 state.

If your Possibility List says the Duration is 1-2 years and the Probability Lists says 6-12 months, then the Moderated list would have a Duration of 6mths – 2 years or 6mths/2yrs.

☐ Crisis List (moderated)

Rank (Priority)	Crisis	Scope	Duration
1	Drought	R	L
2	Personal economic – loss of job	S	?
3	Health	S	XL
4	National dictatorship/collapse - my worries over the necessities to life: food, water, shelter/clothing, jobs rank by th the necessities to life: utilities, food, water, shelter/clothing, jobs by themselves actually rank rather high by the experts – especially control over our food sources by entities both corporate and government.	N	L
5	Crime – according to statistics on average there is a crime committed every 2 minutes.	S	S
6	Terrorism – there is a higher chance of domestic than foreign.	R	M
7	Hyperinflation – the U.S. is on the brink; internationally several countries have been in hyperinflation for up to 2 yrs.	N-G	M-L
8	Infrastructure failure – according to the collage of engineers Bridges, GRID, Dams/levees/dikes are the biggest infrastructure messes and since the report cards started have gotten steadily worse. U.S. governments (local to federal) are practicing the “band aid” approach, waiting for something to happen before committing	N	M-L

No matter what I would type up this list and print it out, as this is the list that will be used to create your Needs Based Preparedness Plan.

If everyone in your family, household or group do not come out with the same set of crises or if they are not in the same priority sequence, don't get all bent out of shape. With a Needs Based Plan, this

is not important. You will start to see why in my next post when we discuss defining the needs for each crisis on our Moderated Crisis List.

Part II – Defining Our Needs

Ok by now you should have your Moderated Crisis List. If you are a household or small neighborhood group then each individual in this household or group will initially make their own Per Crisis Needs Lists.



Keep in mind that we have some other ‘human traits’ that we need to compensate for here too, namely:

- That will never happened to me or here
- That’s what ‘blah-blah’ (agency) is for, so I don’t need to worry about this past ‘ta-da’ (timeframe)
- That’s “so’n’so’s” expertise in our family or group, so the rest of us don’t have to worry about that
- Planning to have our SHTF life be just like our ‘here and now’ life

As you make these lists please do not forget the projected scope of involvement and duration to each of these crises, as these may have a rather profound bearing on what is needed vs what is desired. Which brings me to another key point:

These Per Crisis Needs Lists are just that, **Needs - NOT Desires or Wants.**

“Our necessities never equal our wants.”
Benjamin Franklin

To make defining our Needs a little easier consider this; **A human being has physical needs and psychological needs.**

The **Physical Needs** to human life fall into 4-5 areas:

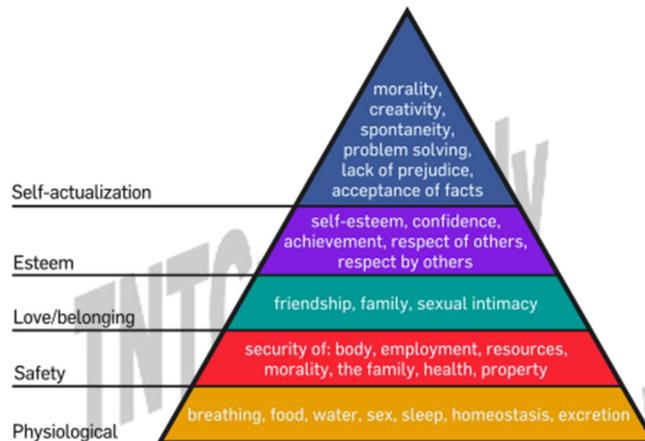
- **Air** – We need clean oxygenated air to breath. If a crisis on our list has some kind of pollutant to the air involved, then we need to consider various respirators or air filtration device(s). 3 seconds without oxygen to the brain; 3 minutes without oxygen
- **Water** – We need clean or cleanable water to drink (on average 1 gallon per person per day). We need a good water source, a means to purify it and in some cases a way to store it. 3 days without water
- **Food** – We need nutritional food to eat to fuel our physical bodies. We need a way to obtain, store, preserve and cook this food. 3 weeks without food
- **Protection From the Elements** – We humans can’t be too cold or too hot, we have to be sheltered from extreme weather too. So this protection from the elements includes clothing, shelter, heating and cooling. 3 hours without shelter in poor weather
- **Medication** – Some humans may have an ailment, like diabetes, that requires daily medication or they will physically die.

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Maslow calls these 'physiological needs'. See below

The **Psychological Needs** to human life fall into 3 areas:

- **Spiritual** – Our spiritual health has a strong bearing on how we perceive our quality of life, our soul and spirit or will to live.
- **Mental** – These psychological needs fall into the realm of wanting to be loved, being social, being with or communicating with others and the like. See Maslow's Needs below.
- **Security** – We need to feel safe and secure.



Sleep - Sleep needs vary across ages and are especially impacted by lifestyle and health, however a general Rule of Thumb (as defined by detailed scientific experiments & research) is 8-10 days. For more information see: <http://www.scientificamerican.com/article/how-long-can-humans-stay/> and <http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need>

Homeostasis- Human homeostasis is derived from the Greek, homeo or "constant", and stasis or "stable" and means remaining stable or remaining the same. The return to 'normal' of the multitude of internal functions (lungs, kidneys, liver, etc).

Excretion - The act or process of passing waste from the body

Important Side Note:

Defense, Safety and Security, or what I call DSS.

We all want to feel that we and our loved ones are safe and secure, that we have nothing to fear or worry about.

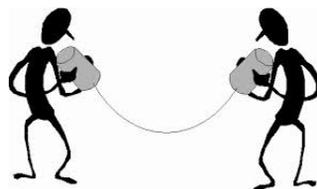
Although life tends to make this almost impossible – all the time; we often do feel safe and thus tend to overlook this much needed aspect in our preparedness planning.

On top of this, there are people who fail to understand that the everyday *Life Services* like police, fire, rescue and public safety (utilities, S&R, etc) entities have the following documented characteristics:

- Average urban response time is 5 minutes
- Average suburban response time is 8 minutes
- Average rural response time is 20 minutes
- A city-wide or larger power failure will take out not only electricity (and everything it powers) but water and natural gas too.
- These entities are often hog tied or overwhelmed, immediately following any type of major crisis event.

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<p>For those individuals that abhor <i>lethal force and or firearms</i> remember this:</p>	<ul style="list-style-type: none"> • 9 times out of 10 a criminal or a person who is in survival/panic mode CANNOT be reasoned with! They WILL BE irrational! They WILL act before thinking their action through (ie: they want your farm and food and will kill to get it, not thinking that they themselves know nothing about gardening and preserving food.) • There are many ways to avoid lethal force and firearms and still keep you and yours safe via your own means! • Hating lethal force and or firearms does <i>not mean not knowing about them</i> so you can protect you and yours – <i>safely and effectively!</i>
<p>We also need to be sure we don't forget goods, knowledge and skills to <i>compensate</i> for any of the <i>technological items</i> we take for granted in our day to day, non-SHTF lives. Like:</p>	<ul style="list-style-type: none"> • Flip a switch technology; electricity, heating, cooling, cooking and entertainment • Fuel and Energy; gas, electricity, water, diesel, gasoline, propane, etc. • Just in time/as needed supplies from various retail stores • Transportation; our vehicles, roads, etc • Debit/Credit cards and checks • Easy access to monies and items stored at the bank • Digital access and documentation (our computers, phones and the internet)
<p>And lastly we have to remember that just about everything we may need will require a proper storage place and has some kind of shelf life, usability life or viability life. Yes, one can starve to death while eating food that passed its viability life and is no longer nutritional to the human body!</p> <p>Shelf Life depends greatly on the proper storage place. Most items including food, ammunition and even tires require a specific set of specifications for their storage in order to obtain the longest shelf life.</p>	<ul style="list-style-type: none"> • Low light • COOL (food and medications, on average, require between 40 to 70 degrees with no more than a 10 degree temperature fluctuation in 28 hours or less, although some medications and vitamins can be frozen) • Dry • Air Tight container • As insect and rodent free/proof as possible
<p>Needs are <i>NOT</i> just stuff, things, gadgets and books!</p>	<p>We <i>have to have</i> the knowledge and skill to utilize all these needs.</p>



Which brings me to another important Needs consideration to round this total out to 9;
Communication

We need to be able to communicate with others to remain social and if there is some kind of crisis – we strive to be able to accomplish one or more of the following communications:

- Inform other family members so we can join together in our time of need
- Keep in touch with extended family and friends, we want them to be safe and secure if we are, we have an innate *need to know their status*.
- Keep aware of the status of the crisis at hand; be it one-way or two-way communication

These 8-9 Needs cannot be overlooked, belittled or ignored. If we want to not only survive, but live and even thrive, in the SHTF world (be it a long or short duration), *we cannot ignore any of these points.*



Needs and Wants

What are Needs?

That's all the **goods** (consumables & reusables), all the **knowledge** (intellectual know-how) and all the **skills** (physical application of knowledge in utilizing the goods) you feel you will need for each of the crises on your list. It doesn't make any difference if you already possess this need or not, or if this need is even obtainable or not – **list it**.

Desires and Wants will be all the little things that we mostly take for granted today, we don't usually think about them at all. They will usually fall into the fad & fashion arena versus the functional arena and they Do Not fall into any of the above categories.

Remember when making your lists - Don't forget things like:

- Important documentation book (copies of all documents that covers each member, pet and livestock that is you and your household – important numbers, insurances, physicians, veterinarians, inventory of items owned, land deeds, drivers licenses, birth/death/marriage certificates, wills etc. See Preparing Your Emergency Documentation Book/Binder http://weebly-file/2/2/5/0/22509786/preparing_your_emergency_documentation_book-binder_new_site.pdf; Important Document Book Forms to Print & Complete 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;))
- Communication (call tree names and numbers, alternative communication methods, etc)
- DSS (defense, safety, security which includes fire and rescue)
- Medical/Dental
- Budget requirements
- Practice drills
- Mobility issues (a crisis is most likely to occur when you are out living your life; mobility *will* be an issue even if it is just to get back home to shelter in place)
- Multiple retreat sites that are NOT public shelters or evacuation centers
- Energy for mobility, cooking, lighting, heating, cooling, communication, etc.
- Sanitation (cleaning, trash, waste)

This is why when making our Per Crisis Needs Lists we have to pay particular attention to *what* we are listing. Is it truly a Need or is it really a Want?



Creating a Per Crisis Needs List:

Use *one sheet of paper for each crisis on your Moderated Crisis List* and list what you feel you will *Need* to survive that crisis for its projected scope of involvement and duration.

Again for households and groups – this is still an individual thing. We will get to where you can merge them into one household or group list later.

This is the **Per Crisis Needs List**; 1 needs list for each crisis on your Moderated Crisis Priority List.

As you are creating these lists you will see that quite a few ‘needs’ repeat themselves.

When this happens: Flag them and keep a count of how many times it repeats by placing ‘tic’ marks next to it on the Per Crisis Needs list that item is *first* listed on.

Once you are done, clean the lists up a bit.

- ✓ Place the ‘needs’ that repeat themselves first, in the order of the number of times they repeat.
- ✓ Prioritize any singular listed ‘needs’ and list them after the repeats. (Be sure the repeats are flagged and counted on each successive per crisis needs list).

Needs Crisis # 1	Needs Crisis # 4	Needs Master
water	water	communication – crank NWS radio
water purification	water purification	Defense, Safety & Security
food	food	emergency documentation/household book
food cooking supplies	food cooking supplies	book
food hunting supplies	food hunting supplies	food
air purification (respirator)	air purification (respirator)	food cooking supplies
protection from the elements - shelter	protection from the elements - shelter	Medical, Dental, Medications
protection from the elements - clothing	protection from the elements - clothing	mobility - foot
protection from the elements - heating	protection from the elements - heating	protection from the elements - clothing
protection from the elements - cooling	protection from the elements - cooling	protection from the elements - cooling
Defense, Safety & Security	Defense, Safety & Security	protection from the elements - heating
Medical, Dental, Medications	Medical, Dental, Medications	protection from the elements - shelter
Spiritual books	Spiritual books	sanitation
communication – call tree	communication – call tree	Spiritual books
communication – crank NWS radio	communication – crank NWS radio	tools – multi-functional, small, compact, lightweight
communication - alternative	communication - alternative	water
sanitation	sanitation	water purification
emergency documentation/household book	emergency documentation/household book	tools - specialty
Energy - alternative	Energy - alternative	communication - alternative
tools – multi-functional, small, compact, lightweight	tools – multi-functional, small, compact, lightweight	Energy - alternative
tools - specialty	tools - specialty	communication – call tree
mobility - foot	mobility - foot	mobility - vehicle
mobility - vehicle	mobility - vehicle	food hunting supplies
mobility - alternative	mobility - alternative	mobility - alternative
	farady cage	air purification (respirator)
		farady cage

At this point you may wish to have *one master Needs List* rather than the Per Crisis Needs Lists. No problem ...

- Start with your # 1 priority Per Crisis Needs List, through to the last priority Per Crisis Needs List and record all the repeats, ranked by the number of times they repeat.
- Go back to your # 1 priority Per Crisis Needs List and list the singular needs, on to # 2 and so forth.

You now have a master Needs List that is prioritized.

Once this is done go back and highlight any ‘needs’ you *already possess*.

Use a different color highlighter for items that need to be used and replaced due to their shelf lives (even if you already have the quantity that you desire), like food, medications, oils, fuel, etc.

Note: Where food and medications are concerned, **shelf life means the time frame before the item loses its nutritional value or potency**. (See *Shelf Life Information on Lots of Things* (Must download in excel format to see all tabs) [http://weebly-file/2/2/5/0/22509786/shelf life information on lots of things wrd 97 new.xls](http://weebly-file/2/2/5/0/22509786/shelf%20life%20information%20on%20lots%20of%20things%20wr%2097%20new.xls))

Fuels have a shelf life too, for more information see *Fuels and Fuel Storage, The Short and Long of It @* [http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/fuels and fuel storage the short and long of it new site.pdf](http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/fuels%20and%20fuel%20storage%20the%20short%20and%20long%20of%20it%20new%20site.pdf)

Then on another sheet of paper list all the ‘needs’ you *don’t* have yet. Again start with the # 1 Priority Needs List, working to the lowest priority needs list.

This is your **Acquire List** that you will use to budget time and monies for.

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Needs Master	
communication – crank NWS radio	
Defense, Safety & Security	
emergency documentation/household book	
food	
food cooking/ eating supplies	
Medical, Dental, Medications	
mobility - foot	
protection from the elements - clothing	
protection from the elements - cooling	
protection from the elements - heating	
protection from the elements - shelter	
sanitation	
Spiritual books	
tools – multi-functional, small, compact, lightweight	
water	
water purification	
tools - specialty	
communication - alternative	
Energy - alternative	
communication – call tree	
mobility - vehicle	
food hunting supplies	
mobility - alternative	
air purification (respirator)	
farady cage	
Rotation needed for shelf life	
Already have	

Needs To Acquire	
Defense, Safety & Security	
food	
Medical, Dental, Medications	
protection from the elements - cooling	
protection from the elements - heating	
sanitation	
water purification	
Energy - alternative	
mobility - alternative	
air purification (respirator)	
farady cage	
Rotation needed for shelf life	

If you are a household or a group this is where you will now combine the individual lists.

Use the same process for combining the Per Crisis Needs lists into a Master Needs and Acquire List.

I'm willing to bet that 80-95% of the needs listed will be the same and most likely in the same general priority order.



As a side note:

For those of you who may have a family member that just doesn't see the 'why for all' in preparedness, ask them to zero in on the 4 types crises that most of us are likely to see: *Fire, Crime, Illness/Injury, Personal finance*. Above all, keep them involved, even if you have to play the 'if you love me, you'll do this' card.

“Condemnation without investigation is the height of ignorance.”
Albert Einstein



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For the person in your household that may have what the rest of you consider a rather ‘wacked out’ crisis they want on the list. Go ahead and address it. It is here with the Per Crisis Needs Lists that everyone will see that most of the needs (if not all) to this crisis matches the needs to the other more ‘reasonable’ crises.

“Every step we take towards making the State the caretaker of our lives, by that much we move toward making the State our master.”

Dwight D. Eisenhower

All of these tasks to formulating a crisis based preparedness plan are geared to avoid those pesky human characteristics that usually trip us up.



For Example: for some bizarre reason **we humans will remember things better if we physically write with a pen or pencil rather than type or dictate them.** Just as we remember more if we actually **do** something while being instructed rather than reading or watching it being done. Taking advantage of this is to use plain old paper and pencil to form your lists.

For the ‘clean up’ to these lists you can then use modern technology like a computer.



Whatever your preparedness plan, the final should be in writing or hardcopy - even if you think the government is going to go ‘Hitler’ on you. Keep this hardcopy in your Important Documentation Book.



Your hardcopy plan should NOT have details on your supplies.

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For instance for Firearms, list what *purpose* you want those firearms to do, *not* details about the firearm itself: hunting, defense, barter and trade. You are not being detailed in what kinds of animals you plan to hunt for food, so no data mining ‘alarms’ will go off on any particular caliber and or model.

With your food needs, you are NOT listing quantity, merely a timeline for the supplies. IE: 3 months worth in canned, dehydrated, frozen format and the like. No data mining ‘alarms’ will go off on a particular food item or quantity.

Case in Point: Most of the terrorists (domestic and foreign) have been caught because of some kind of *electronic communications* and *or talking about details in public*. Warrants were then issued to search homes and businesses. The hardcopy did NOT get these people in trouble, their techno communications and mouths did.

*“If you reveal your secrets to the wind,
you should not blame the wind for revealing them to the trees.”*
Kahlil Gibran, The Wanderer

This completes the second big hurdle to creating a **Needs Based Preparedness Plan vs a crisis based** preparedness plan and avoiding most of those human characteristics traps.

My only suggestion here is *to hold off finalizing your needs lists until after you have completed your Who, What, When, Where Schedule and Map* (which will be my next post) and you have completed the Routes & Communication/Rendezvous plots.

TNT

Part III – Mobility (Who, What, When, Where, Retreats, Routes, Secret Communications/Rendezvous)

One of the biggest mistakes that people make when building their preparedness plan is that they figure that since they are going to ‘stand their ground’ and shelter in place that mobility and go-bags, e-kits, caches, or planned alternate routes, situational awareness and DSS are only for at their retreat or home, if they need them at all. *These people couldn’t be more wrong!*



Another common mistake is to assume that ‘this won’t happen here or to me’. I don’t know if these people are really listening to the news, or realize that most crises occur without notice or what. Many

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place an overwhelming amount of faith in the ingenuity and inventiveness of humans or worse, have too much faith that some government or charitable entity will come to their rescue. *Again they couldn't be more wrong!*



I don't care if you are an individual, a household or a group, this is the first post-crisis place that puts humans in danger. The unprepared will stand around waiting for someone to come along and help them or waste precious time trying to figure out how to get home. Some of the unprepared may also be uninformed and pick a spur of the moment alternate route that leads them into even greater dangers. The possibilities are endless when it comes to the actions of the unprepared.



This next set of information collection exercises to build a preparedness plan are vital and they will be based on the worst possible crisis scenario –

We are away from our homes (retreat), on foot, our usual routes and modes of transportation are unavailable and the only supplies we have are what were with us when the crisis hit. Outside help is, at best, 3-5 days away. Phones and electricity are out, can't pump gas, can't ring up any sales, water and sewage systems are out, natural gas is out and public safety has been caught with their pants down.



We will require a few tools to accomplish this part of our information collection –

- A map of your town and surrounding area
- Acetate/plastic sheets (like the ones used on those old overhead projectors)
- Grease pencils or dry erase markers (enough colors for each member of your household)
- Paper clips

The first part of this information gathering is determining all of our usual activities, their frequency, location and whom are likely to be with at any given time. Oh we can't cover everything, however we can figure out all the regular routine stuff.

Who, What, When, Where Schedule

Make a schedule or list of everything each member of your household usually does. Like school, work, sports, shopping, entertainment, doctor's appointments and the like. This is your **Who, What, When, Where Schedule**. Don't worry if you don't always know the exact particulars to each aspect.

The following is an example of the Doe family schedule, which consists of two adults, two children and a german shepherd dog.

The Doe Household

Who, What, When & Where Schedule

- Daddy works M-F 9-5pm @ Gibson & San Mateo
- Mommy works M, W, F 10-2 @ 4th & Gold
- Suzie & Johnny go to school M-F 7-3pm
 - Suzie @ Comanche & Moon
 - Johnny @ Candelaria & Pennsylvania
- About every two weeks on Saturday Daddy plays golf @ Arroyo Del Oso Golf course with a T time of 7-830am
- About every two weeks on a Tuesday or Thursday Mommy has her hair & nails done at Jon Ric's on Montgomery
- Friday nights Suzie & Johnny go out with their friends (where and with whom varies)
 - Suzie is out from 7-930pm
 - Johnny is out from 7pm-midnight
- Once a year the family takes a vacation sometime in June or August for 1 to 2 weeks out of town and usually out of state; If only for one week then around Christmas they take a week to go to visit family in another state
- Aunt Bess & Uncle Bill visit every year with their Yorkie on July 4 for 1 week
- Mommy & Daddy lead the Labor Day parade with the classic 2 seater Austin Healy with the family Shepherd.
- Once a month on a Friday or Saturday Suzie and Johnny have a friend spend the night.
- Grocery Shopping: 2 -3 times a week Mom or Dad stops on the way home from work at Smiths or Albertsons (more than one store location to each)
- Various family members go to the movies, out to dinner, to plays or fairs and the like throughout the year
- Dog goes to vet once a year around January for checkup and vaccines @ VCA on Montgomery
- Annual Medical Physicals Northeast Medical Group @ I25 & Pan American Freeway
 - Suzie & Johnnie have theirs in August just before school starts.
 - Mommy & Daddy have theirs in May.

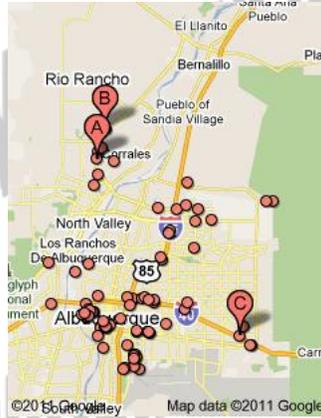
As you can see coming up with the 'schedule' is going to take a bit of thought. For some things you may not know exactly *where* you will be or *when* and with *whom*. At least list the usual 'haunts' or 'hang-outs' and which members of your household this applies to on this schedule.

Tip: It is a good idea to collect addresses and phone numbers to these various activity locations and keep this list in the 'Communication' section of your Important Documentation Book.



The Activity Map

The next thing to do is to pull out that map of your town and surrounding area and **put a big 'X' where your home is**. Most of us plan to shelter in place and the best place is our own homes. After all that is where all of our stuff is right?!



Then mark all these activity locations on our map, using a different color marker and or different symbol for each household member. Now take a good long look at this map.

We live our lives out and about don't we? Yeppers, just getting home after a crisis will be a mobility task that we cannot ignore.



Consider how long it will take you to *walk* from any of these locations to your home? Are the sidewalks still viable? What is the overall environment (weather, road blocks, etc) likely to be immediately following the crisis? Can we walk from here to our homes or retreat, with no help, in 3 days or less, even if you have a minor injury?

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

If you do not think you can do that, then consider if you have any friends , relatives or ‘safe’ spot between the activity location and your home that you can use as a temporary ‘safe house’ or rest stop.

Next review your Moderated Crisis List. Are there any crises that may render your house off limits? Just so you know there is at least one that will – FIRE and depending on what is on your list, there may be other crises that will do this too.



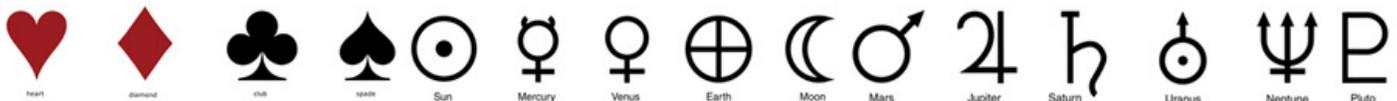
This means we need to **consider, at minimum, one other secondary retreat.** Again, depending on what crises are on your list, and if you lean towards the preparedness rule of redundancy, you may need to select more than one secondary retreat. Just make sure these retreats are outside the scope of involvement of any crisis on your list and are *not* a public shelter or evac center.

These ‘retreats’ don’t have to a cabin in the woods, an RV that runs on bio-diesel or the like. Consider family and friends, even if they themselves are not Preppers.

For example, let’s say that your home has a chance of being flooded by a nearby stream. You can ask a non-Prepper friend or relative if your family can go to them for at least the first 2 weeks after the flood hits and if you can store some stuff in their garage or attic for your family to use. Then if some other larger scope of involvement, longer duration crisis hits, they won’t care if you are there, especially if your family arrives prepared. Fact is they will most likely be grateful and latch onto you because you appear to know what you are doing.

If this other friend or relative is a Prepper, well asking is a breeze. Just say ‘can you be our secondary retreat and may we store some stuff here; in exchange we’ll do the same for you’.

Mark these secondary retreats, safe houses and rest stops on your map. Use a symbol or color that tells you what they are (rest stop, secondary retreat 1, secondary retreat 2 and so on).



Up to now was probably rather difficult, however the most trying part is next. *It’s time to paperclip those acetate/plastic sheets over your map.*

Pick at least 2 alternate routes from each activity location, to each possible retreat. This may sound easy to some, yet we must remember we are doing ‘worst case scenario’ here– *we are on foot with only what we had with us when the crisis hit and the usual does not apply.*

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

While you are selecting these alternate routes, consider the terrain, each household members physical capabilities and what is along these routes. After all in a worst case scenario mode, we may *not be able to use the actual road or sidewalk itself*. Are there any places along the way that will be 'safe' (protection from the elements or people) to stop and rest, and leave a secret signal for another household member? (Now you know why I said to use the acetate/plastic sheets so you can erase and try again.)



Once you have finalized these alternate routes, mark them on the actual map and then replace the acetate/plastic sheets for the next step.

This step tends to cause people to roll their eyes, throw their hands up in the air and yell '*I quit!*' Just hear me out before you do that.

We now need to **pick at least 2 locations along these alternate and primary routes that can be used as rest, rendezvous, and/or secret communication stops.**



Keep in mind protection from the elements and or people, and what is along the route that one can carve or scratch a symbol on. Like say a park bench, tree trunk, rock, outdoor newspaper/vending machine, underpass, wall, fence and the like.



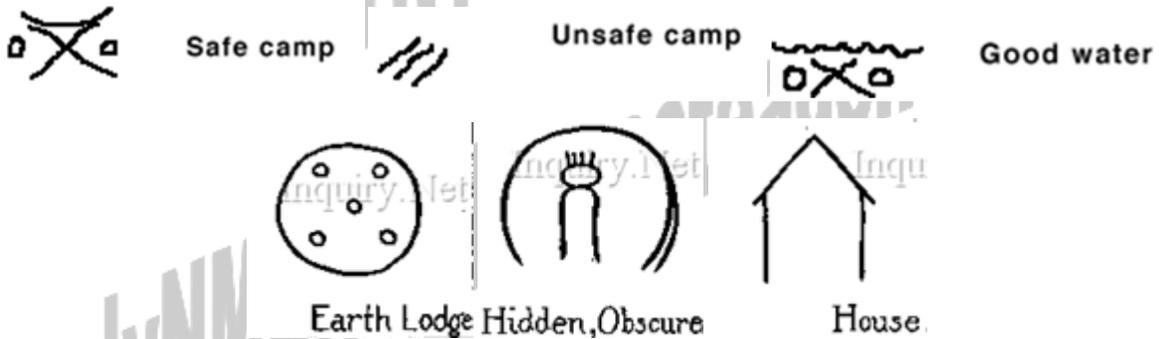
Also keep in mind that you may have routes that cross each other, merge or come within a block or two of each other, even if they are from different activity locations going to different retreats.



This allows you to utilize one secret communication/rest stop that serves more than one route.



See, you can stop rolling your eyes now ;-}



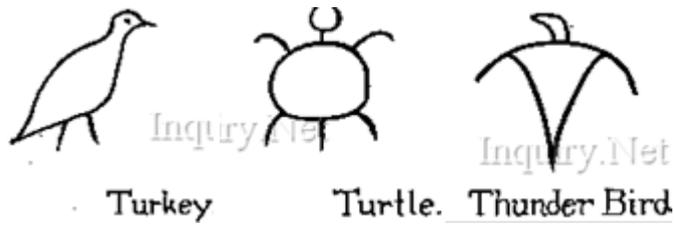
If you haven't already done so, **select a symbol for each household member.** Keep it simple so that it is easy to freehand or scratch onto something.



Tip: Many people then use lines under the symbol to signify to which alternate retreat they are heading towards; one line for secondary retreat 1, two lines for secondary retreat 2 and so forth. Your house or primary retreat will have no lines.



Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued



These symbols can be anything from hearts, diamonds, clubs and spades or trail signs, to ones of your own invention. They only need to be simple to draw, carve or scratch onto some surface.



If you have young children, infants, toddlers or a family member with some kind of mobility disability or health condition consider this:



These individuals *usually* do not travel anywhere without someone else who has no mobility disability or is old enough to grasp what is being discussed in our preparedness plan.



When it comes time to do a practice drill (there should be at least one a year), make it easy on yourself by borrowing or renting a bicycle, wheelchair or motor scooter chair. This way you are not risking anyone's health or taxing their patience.

It has been found that just being familiar with the route will reduce the stress from any crisis by half, no matter the age of the individual. *Increase familiarity and reduce stress and you increase one's survivability quotient 10 fold.*

Most children will *not* be frightened by this kind of activity. In fact studies have shown that they tend to be more secure and will often want to help in any way they can.

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

Keeping all household members in the loop and having them participate, even the very young, shows they are being 'taken care of' and protected against all kinds of knowns and unknowns.

Ok, I have stressed several times that our worst case scenario is on foot with what we have with us at the time the crisis struck and without the usual routes or modes of transportation being available. So to increase our survivability quotient it pays to have a few things with us that we otherwise would not carry. *This is where go-bags come into play.*



Grab-bags, go-bags, e-kits, 72 hour bags and bug-out bags come in all sizes and shapes, have all kinds of catchy names, and range from 3-10 day survivability. For this discussion I am going to center on the **3-day or 72 hour bag**, as I am assuming that most people will only need this emergency bag to get them safely from where ever they are when the crisis hits to home and can usually do that, on foot, in 3-days or less.



No matter what, these bags primary purpose is to provide the *basics* to life (human or pet) for, in this case, 72 hours or 3 days. The basics in the first 72 hours after a crisis hits are:

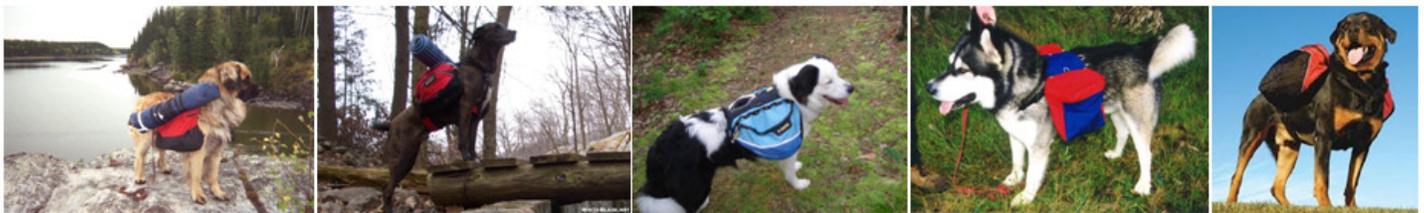
- Air
- Food (nutrition)
- Water (container & purification tools)
- Protection from the elements (space blanket, fire, heat, cooling)
- First Aid/Medication
- DSS (Defense, Safety, Security)

Go-bags should be as light as possible. I *believe* the average fit person can easily carry up to one third of their body weight. However, I do know that as we age, we usually can carry less and less. When in my prime I could carry a 60-75 lb bag, today I can't top 30 lbs. and do best around 20 lbs.

This means anything we put in the bag should be small, compact, light-weight and as multi-functional as possible. For example the basics are:

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

- Some clear plastic, a space blanket and a few lawn & leaf bags can give you a poncho, water distillation and keep you warm or cool. Get a better quality space blanket to have more functionality as well as multiple use.
- Food bars, Coast Guard certified, are smaller and lighter than MRE's, freeze dried or dehydrated meals in a packet and produce less trash to deal with. Remember this is only for 72 hours and not the long haul.
- A water bottle (1-2 pints) I recommend the lightweight stainless steel kind, wrapped in a bandana or tape (to reduce the noise factor) over pre-bottled water as they are more multi-functional and can take more of a beating.
- At least two types of water purification. Like a small and light backpackers filter straw and tablets. Or you can carry some charcoal in a zip lock bag and use it with a bandana to strain or filter water.
- A Swiss Army knife or Leatherman type tool and one fixed blade knife.
- A combat saw (the small wire type not the chain saw type)
- Small first aid kit and some super glue (super glue can be used in place of stitches for many wounds). Gauze, antibiotic ointment and medical tape work better than band-aids. An elastic bandage and pain reliever, fever reducer, plus some multi vitamins.
- Signal mirror
- Whistle
- Compass
- Water/wind proof matches, lighter, magnifying glass, steel wool, 9 volt battery and maybe some 'instant' or 'backpackers' tinder.
- Fishing line, sinker and hooks.
- Duct tape
- About 25-50 feet of light weight rope like parachute cord.
- Extra zip loc bags, about 3 feet of heavy duty aluminum foil and plastic wrap
- Flashlight, water proof, with extra batteries and a glow stick or two.
- 2 pairs heavy duty wool socks. These can be used as gloves, hot pads as well as just plain old socks.
- About \$10 dollars worth of quarters
- Can of bear spray (great non-lethal self-defense weapon, stronger and cheaper than pepper spray)
- Something spiritual for peace and motivation
- Depending on your list you may want some kind of breathing apparatus (respirator, gas mask, etc)



A pet will need food and water too.

- If this is a dog or cat; be aware that they will need *more* water if you use dry pet food over moist.
- Some moist pet food is now sold in Mylar plastic pouches, which although expensive, is great for pet go-bag use.
- Go to the pet or sporting goods store where they sell the fabric/Mylar roll up bowls for pets and keep this in the pet's go-bag.
- If the dog is large enough you can get a dog backpack so the dog can carry its own go-bag.
- For smaller pets you may need a crate and a folding, lightweight luggage dolly with bungee cord

Remember this bag is *only* to get you from where ever you are when the crisis hits to home in about 3 days or less. It is *not* intended to allow you to live off of indefinitely.



There are three types of these 72 hour go-bags:

- Individual – One for each family member and or pet that is included in your plan. This is where you can personalize it so if a family member has say asthma, you can include an extra RX and inhaler.
- Vehicle – One for each vehicle. This should account for the *maximum number of people and pets* that can be in the vehicle at any given time. Here you can use the chain saw type Combat hand saw. This is not the vehicle's emergency kit with fix-a-flat and universal fan belt.
- Household – Realistically this is more of a duffel bag than a go-bag as it should account for the *average number of people and pets* that can be in your house at any given time and may need to vacate the house quickly. Here you can use the chain saw type Combat hand saw. This bag should also include your Emergency Documentation Book.



Remember the Doe family? They have an aunt and uncle with their dog that visits once a year and the two children each have a friend that stays over once a month. This means that their household go-bag will be for 4 adults, 4 teenagers and 2 dogs. We can't account for everyone that might be at our house when a crisis hits, but we sure can account for the most likely number of people that could be in our house.



Get in the habit of always having a go-bag with you.

- If you are a business person there are high end briefcase/laptop case type backpacks that have plenty of room for your go-bag essentials too.
- Ladies, those extra large, over the shoulder satchel style purses are still the rage. Just put a couple of purse organizer pouches in it – one for your purse stuff and one for your go-bag stuff.
- Diaper bags now come in backpack format and have plenty of room for the additional go-bag stuff.

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

- Younger children can use kiddie suitcases or backpacks (some of these backpacks come with wheels and handles too).
- There is a high end backpack that in the day was called a Kangaroo Pack. It actually consisted of three different packs. A small one that can be removed and worn around the waist, a medium sized one that could be removed and used like a day pack and a larger one, that the other two attached to, which was more like your standard backpack and could be used by itself or with the others attached. In the 70's this cost about \$80 and was more than worth the price.
- There are backpacks for medium to large dogs, so the animal can carry its own go-bag.
- For smaller pets, a crate stored with a small backpack of pet goodies and a lightweight, portable, folding luggage dolly. Store the pet's go-bag and the luggage dolly with the crate.

Avoid book bags and fashion backpacks as they are often made of inferior materials and will fall apart under stressful use very quickly.



A mini survival kit kept in a medium tin box



There are some very small, super minimal 'survival' kits that can fit in a purse or a glove box. Some homemade ones fit in Altoid tins. *Basically, there really is absolutely no reason not to have something with you at all times.*

Note: For more detailed information on these various go-bags the following two documents go together. One explains the differences "What is the Difference Between All the E-Kits and Bags and What Do I Need?" (http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/what_is_the_difference_between_all_the_e-kits_bags_and_what_do_i_need_new_site.pdf) and the other is a spreadsheet comparing the various go-bag, camping and backpacking checklists "Preparedness Bags Checklist Compare" (http://formerlymurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/what_is_the_difference_between_all_the_e-kits_bags_and_what_do_i_need-preparedness_bags_checklist_compare_new_site.xlsx)



Port Charlotte, FL, August 30, 2004
A volunteer cares for bottled water outside the Charlotte County Disaster Recovery Center on Harold Avenue. (Wolfe/FEMA)

A quick word about water

Water is essential to human life. We cannot live long without it.

1 Gallon of Water = a little over 8 pounds

Now think about this: The average water needs for humans is about 1 gallon per day and one gallon weighs about 8 pounds. When it comes to mobility, most of us humans cannot carry three days worth of water with us all time, as that is about 3 gallons and 24 pounds of water per person!

Water Needs

- **General Rule with hygiene:** MINIMUM is 1 Gallon per person per day
- **Human General Average:** MINIMUM of 2 liters or 8 cups per day to maintain efficiency; *In general one quart of water is needed daily for every 50 pounds of body weight;* Children require about 4-6 cups of fluid per day on average.

Factors that Determine the Water Needs for adults, children and pets:

- **Age**
- **Weight** - The heavier a human or pet is, usually means they need more water to sustain themselves.
- **Activity** - The less active one is; the less water they can get away with.
- **Health** - A female that is pregnant or nursing needs more water than one that is not.
- **Dry** pet food will require **more** water for the pet than wet pet food.

Water in and of itself never really goes bad. It can get polluted, poisoned and dirty, Yes - go bad, No.

Tip: If you are storing water in large containers it can develop a 'stale' or 'stagnant' taste. This is easily fixed by putting the water in some kind of clear container and placing it in the sun for a few hours.



Then there was this law that was passed back in the 90's and went into effect in the early 2000's that requires all plastic containers, holding liquid for human consumption and of 2 liters or less, to be made with the new bio-degradable plastic.

BYU did a study on this new plastic when used for pre-bottled water. What they discovered is:

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

- In about 1 to 1 ½ years the plastic degraded enough to taint the taste of the water. Not poison it, just taint the flavor, and that one could not ‘refresh’ the taste out by any means.
- After 2-3 years the bottles degraded enough that over 50% of them were leaking.

Kinda explains those expiration dates on the pre-bottled water doesn't it?

This bio-degradable plastic is also much weaker than re-usable plastic containers. It splits, cracks and punctures easily. Yes, re-usable plastic water bottles are stronger than the bio-degradable pre-filled ones are, but these too can handle less heat or cold and become brittle and break quicker than metal.

It is for these reasons that I recommend the stainless steel water bottles over pre-bottled or reusable plastic bottles, especially for any long term storage of water in say, a rarely used go-bag.

work hard.
└─→ have fun.
 ↓
make a difference.

“If it is to be, it is up to me.”

William H. Johnson

Depression-era realist/impressionist painter

Let's face it – if we want to accomplish anything worthwhile, we can't pay someone else to do it for us; we can't just buy it - *we need to DO IT ourselves!*

Next time we will discuss the last piece of information collection needed to form our Needs Based Preparedness Plan. Oh and it too is often unpleasant and overlooked. Can you guess what it is?

TNT



Part IV – The Final Data Collection



Well now, we have created our Crisis Lists (possibility, probability, moderated), we have defined what goods, knowledge and skills (needs) we require to survive these crises for their potential scope of involvement and duration, plus what needs we already possess and have yet to acquire; and we have planned for the worst case scenario, utilizing our *Who, What, When and Where Schedule and Map ...*



What else can there be before we actually draw up our plan? To be honest, two more biggies in terms of potential ‘dings’ to our survivability quotient and a few, shall we say, housekeeping issues. Both of these fall under what I call the ‘sad and bad’ or ‘don’t want to think about it’ category.

To avoid some of our nasty human characteristics – like hating to think about anything bad or sad. **Remember that it is far easier to think and plan about this ‘sad and bad stuff’ when we are NOT under the duress of actually being in that situation,** than it is to attempt to do so in the middle of a crisis. So here we go ...



Mortality: We humans just hate discussing death, yet this too is best done *without* the burden of the actual crisis.

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

During a crisis this can ding our survivability quotient in two ways. The first being we often feel that a particular family or group member is the 'expert' at a particular task and therefore the rest of us don't have to think about that aspect in our SHTF environment. Wrong!

If this 'expert' individual should get injured, sick, not make it back to our retreat or worse die – now who in your household or group can take on that task? The post crisis world is NOT the time to 'learn by fire'!. Every member of your household or group needs to have knowledge and be developing their skills in every aspect of the post-crisis world.

This means that you need to have practices and education drills at least once a year if not 3-4 times a year.

Sure you can keep your 'expert' as the once this mostly falls on, however with everyone else familiar and honing their skills in that area, you will NOT be in a bad way should this 'expert' become unavailable.

This is just another way to plan for the worst case scenario and take control of one of the few variables to our survivability quotient that actually have some control over – knowledge & skills.

Second, most of us have wills of some kind, this is good and a copy should be in your Important Documentation Book. However, our world now and our SHTF world could be two very different things. You may wish to have a 'SHTF Will' that covers what to do when funeral homes and the like are not available, or if say, the disposition of your remains are taken out of your survivors hands.



The Dead From Japan Tsunami

When your household knows how you want things done in the case of a SHTF death, there will be no guilt or remorse because they could not fulfill your physical body disposition last request. (There is an example of these legal forms in the document titled: *Important Documents Book-Forms to Complete-Section Dividers, etc-Plain Simple*

http://formerlynmurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/preparing_your_emergency_documentation_book-binder_new_site.pdf)

The next biggie is the dreaded **Evacuation or Bug-Out scenario**. Many of us feel we would rather die than consider that we may have to vacate our homes. However, reality is that there are some things that could cause us to do so in order to stay alive. As mentioned before a house fire is the most common that we will likely face.

Before we can discuss the *possible* evacuation from our homes we need to understand some fairly standard authoritative/governmental actions that occur when evacuation notices are issued or when a large crisis hits, that requires authoritative/governmental post crisis action.



It takes a lot of money, effort, organization, equipment, supplies, human-power and time to issue and implement an evacuation – no matter if it is large or small. So issuing one is almost always done at the last possible moment!

This means that once the notice is issued you will NOT have the time to decide and pack what to take with you, yet alone to decide where to evacuate to. Nope, you have to be ready to go within minutes of the notice being issued.



Most countries have two (2) types of Evacuation Notices:

- *Mandatory*, which does NOT mean the authorities will drag you out of your home kicking and screaming.
- *Suggested*, which is used when the scope of involvement has a few too many variables. (Remember New Orleans and Katrina)

In the United States, where our states still have some independence and sovereignty, you may have only one type of notice or several additional types of evacuation notices.



For instance in New Mexico they do *not* have a *mandatory* notice, only *suggested* evacuation notices. Also in the US there is this thing called the '**No Notice Evacuation Notice**' that can be issued by *any* department of transportation entity, at *any* time and does *not* require door-to-door notification. This is generally issued in the case of say, a toxic spill or gas explosion and the like.



Then there are the usual 'After Crisis Protocols' which *all* the public safety, fire, search and rescue entities use to **leverage their minimum** equipment, human-power, time and finances, to help the most people, in the least amount of time. It goes something like this:

- The area that received NO Evacuation Notice will be *addressed first*. This is where the greatest number of people are likely to be trapped and or in need.
- The area that received a Suggested Notice will be *addressed second*, as this is the next largest number of people trapped and or in need are likely to be.
- The area that received a Mandatory Notice will be *addressed last*. Historical crises have shown this area to have no more than 7% of people who are likely to be trapped or in need.

That takes care of the authorities, what about other things that might cause us to vacate our homes or render them un-safe to stay in? Well I feel we are all smart enough to think these up ourselves, so I won't list them. Just know they are out there and 'Murphy' is just waiting to throw one our way.



No matter what, we need to identify **what to look for in determining if we should vacate our home**, be it a potential ordered evacuation or just a judgment call our part. Discussing this NOW, *without* the stress of an actual crisis, is not only much less stressful, we also have more time to think about any options than if we attempt this during the crisis.

Bottom Line: If we do not discuss and plan for this, it can lead us and or our loved ones into a deadly situation.



There are 3 key questions to ask yourself on this subject:

- Will staying change anything when it comes to 'saving' my home?

- If I stay behind and keep my family with me, can they handle what I can handle?
- If I stay behind and send my family on, can we all handle the possibility that we may never see each other again?



Note: There is a great podcast on this subject that discusses in detail the 12 questions that are pivotal to making a bug-out or evacuation decision @ **Bug In or Bug Out - 12 Questions to Ask - Episode-289** found at: <http://www.thesurvivalpodcast.com/bug-in-or-bug-out-12-questions-to-ask>



We also need to hone our **Situational Awareness** by keeping an eye out for some 'signs' that 'indicate' that others feel evacuation is eminent or the authorities are contemplating issuing an evacuation notice.



The more 'signs' we can quickly identify, the faster we can pack and go, and decide which secondary retreat will be best. A side benefit to this is that you and your household will have a very good chance of beating the rush to get out of Dodge!

- Stay aware. Keep your eyes and ears open and be alert to what is going on around you. Take advantage of every possible type of news communication in your area: Newspapers, TV, Radio, HAM, CB, Scanners, internet, weather alerts and the like. The more sources of information, the faster you will be able to determine if you can stay put or must bug-out.
- A rush or long lines at banks, gas stations, grocery, home improvement, sporting, camping or gun stores and the like
- An increase in police, fire, rescue and military personnel or vehicles
- An increase in barrel, barricades and their trucks

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

- Ambulances and medical personnel are flocking to the hospitals
- Long term care facilities appear to be removing residents
- Nearby airports or military bases appear to be 'on alert' and or are calling in personnel.
- Civilian air travel may be halted or flights canceled.
- Public transportation may be halted, delayed or unusually crammed.
- A sudden shift of *who* and *what* is out and about in your area. Are the streets suddenly empty or crammed? What kinds of people are out and about, doing what? What kind of vehicles?
- There is more traffic leaving your area than approaching

All these signs tend to appear *before* any evacuation notice is ever issued or the potential is barely reported on the local news.



Remember that ***the needs and agendas of authorities and governments are different than that of its citizens.*** They are not being cruel or mean, it is just the way things are, especially when contemplating something as complex and expensive as an evacuation.



Lastly we need to consider how to go about getting our pre-crisis lives back. Remember most of the crises we are likely to face do NOT fall into the mega-disaster realm, rather they fall into the personal and or local category.

This is where our Important Documents Book comes into play. It is here we should have at least copies of ALL our important documents. Again I will not go into this in detail here, as it does not affect our preparedness plan per se.

In the past I have worked a few 'crises' with the Red Cross and Firewise and let me tell you the people that evacuated with their Important Documents book got their lives back way ahead of those who did not!



Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

Although budgeting is important to collect the goods, knowledge and skills we need, it also has a high impact on how quickly we get our lives back too. Think about it, if recovery of your home and or area will take more than 1-3 months, then even with insurance payouts, you will need additional monies to get your pre-crisis life back.

To assist you in addressing these two related, but not required to draw up a preparedness plan items see “*Budgeting for Mere Mortals*”

http://formermurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/budgeting_for_mere_mortals_vr_2_new_site.pdf and “*Preparing Your Emergency Documentation Book/Binder*”

http://formermurbanhomesteader.weebly.com/uploads/2/2/5/0/22509786/preparing_your_emergency_documentation_book-binder_new_site.pdf



All of this is your choice, your responsibility and yours alone! The stakes to this bet are the lives of you and yours.

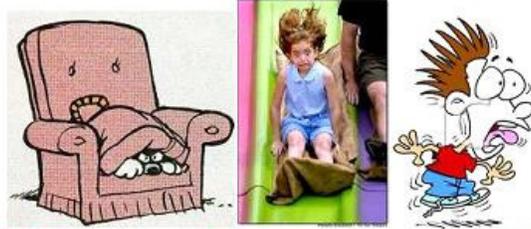
Recap

- ✓ We have identified and prioritized what crises we are concerned about, both consciously and unconsciously.
- ✓ We have identified and prioritized what goods, knowledge and skills we need to survive the crises on our list.
- ✓ We have identified and created our Who, What, When and Where schedule and map with its alternate routes and retreats.
- ✓ We have addressed the two types of mobility issues and what we plan to do about them.
- ✓ We have used methods to grab control of the few variables to our survivability quotient to reduce (or eliminate) the trials and tribulations of surviving the crises on our list.

Next time we will go over how to take all this data collection and formulate a plan that is good, cheap, flexible, viable and based on the process and procedures behind all our goods, knowledge and skills or needs, required to survive any crisis on we are concerned about.

TNT

Be Prepared



Not Scared

Part V – 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 ;-}

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

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.

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

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. This sample does not have the process & procedure comments to conserve space.

- 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

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

- 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

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

- 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. Socks: 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.

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

- 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.

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

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 education's 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.



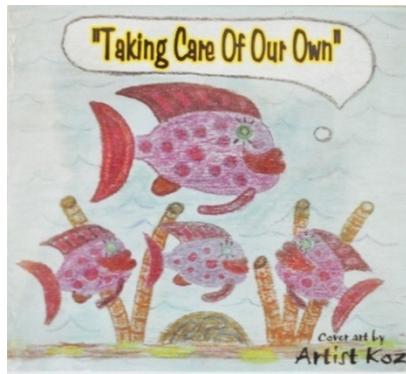
If you ‘don’t have enough time’ consider this: *Everyone has 24 hours in a day, no exceptions.* The average person gets about 8 hours of sleep, so that leaves 16 hours. Then this person works for a living so take out 10 hours to allow for commuting and lunch, that leaves 6 hours. Now let’s apply those 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

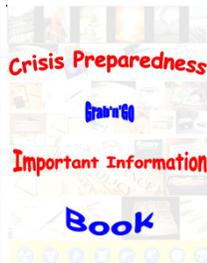
TNT

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

Preparing Your Emergency Documentation Book-Binder	http://weebly-file/2/2/5/0/22509786/preparing your emergency documentation book-binder new site.pdf
Important Document Book Forms to Print & Complete	http://weebly-file/2/2/5/0/22509786/important documents book-

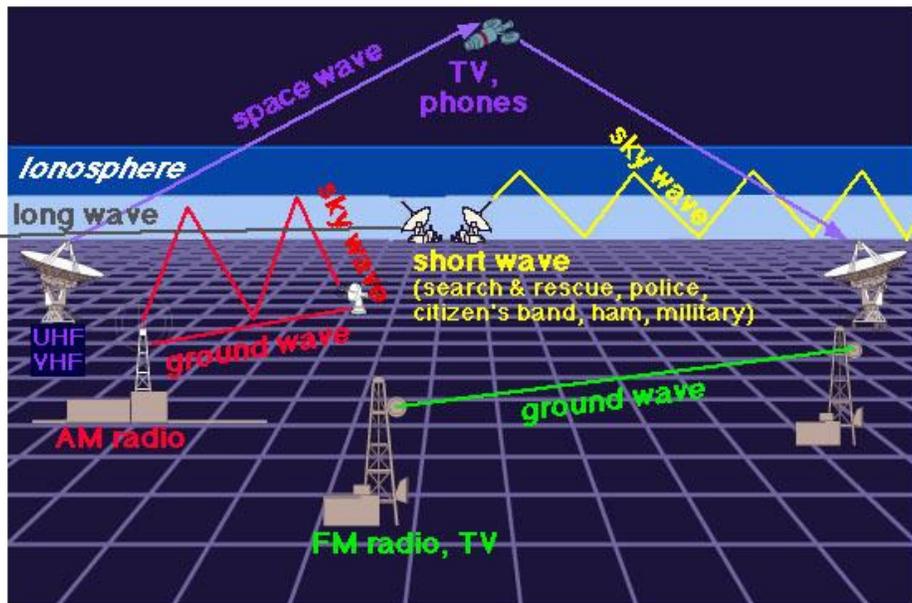
Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

[forms to complete-section dividers etc-plain simple w ck bx images new site.pdf](#)



Food

2 Food Storage Calculators (Must download in excel format to see all tabs)	http://weebly-file/2/2/5/0/22509786/2 food storage calculators 97 fmt.xls
Cheap & Cool Pantry Can Organizer	http://weebly-file/2/2/5/0/22509786/cheap and cool pantry can organizer new site.pdf
Food - Dehydrated/Freeze Dried to Fresh Equivalents and Rehydration Tables	http://weebly-file/2/2/5/0/22509786/food - dehydrated freeze dried to fresh equivalents and rehydration tables new site.pdf
Food Storage Mistakes – Yikes!	http://weebly-file/2/2/5/0/22509786/food storage mistakes yikes new site.pdf
Shelf Life Information on Lots of Things (Must download in excel format to see all tabs)	http://weebly-file/2/2/5/0/22509786/shelf life information on lots of things wrd 97 new.xls
Shopping for Fresh & Seasonal Foods	http://weebly-file/2/2/5/0/22509786/shopping for fresh seasonal foods new site.pdf
U.S. Fruit & Vegetable In Season & Harvest Dates State by State (must download in Excel format to view all tabs)	http://weebly-file/2/2/5/0/22509786/u.s. fruit vegetable in season harvest dates state by state wrd 97 new.xls
List of Open Pollinated and Organic Seed Providers (Download in Excel to view all tabs)	http://weebly-file/2/2/5/0/22509786/list of op seed providers wrd 97 new.xls



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_arrl_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

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

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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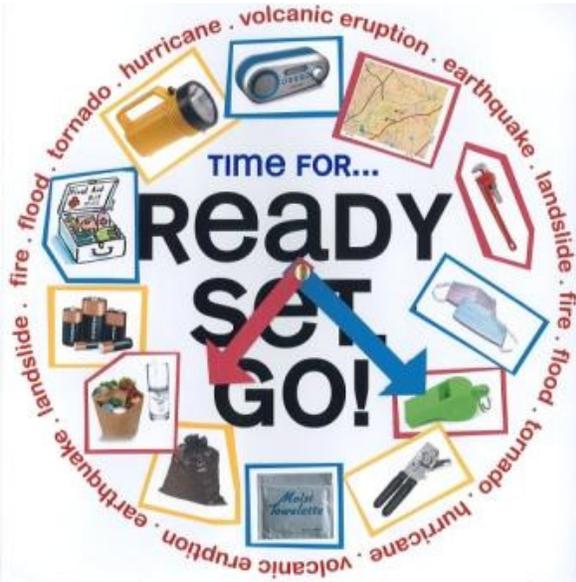


Misc

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– What's A Needs Based Plan	http://weebly-file/2/2/5/0/22509786/building_a_needs_based_prepa

Building a Needs Based Preparedness Plan vs a Crisis Based Plan – continued

	redness plan 2 whats a needs based plan new site.pdf
Building a Needs Based Preparedness Plan 3 – Mobility Issues	http://weebly-file/2/2/5/0/22509786/building a needs based preparedness plan 3 mobility issues new site.pdf
Building a Needs Based Preparedness Plan 4 – The Final Data Collection	http://weebly-file/2/2/5/0/22509786/building a needs based preparedness plan 4 the final data collection new site.pdf



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