

Facts of Life & Preparedness



and



We humans tend to get easily side-tracked from what we 'plan' to do. There are many factors that contribute to this from mass marketing and advertising, to rationalizing, just plain old excuse making and 'life' in general. Yet one factor that often affects how well we stick to any plan is the most basic and simple of them all – **We forget about what a human body needs to survive.** Or more simply we ignore the vary basics that a human body needs, the bottom line. Even 'experts' like Maslow, have identified this simple fact of life.

Maslow's Hierarchy of Needs



What happens to too many of us when we ask ourselves this basic question is we get all hung up on the touchy-feely side of things that mostly concern our mental and spiritual health or our 'feel good' mentality.

Yes, these things are important and in my book, very important! However the bottom line is that *without our human body we are dead*, pure and simple and if we are dead we *cannot* even begin to address these other factors, yet alone the more frivolous wants and desires.



- **Without oxygen rich air to breath we perish in about 4 minutes.**

- **Without water to hydrate our bodies we expire in about 4 days.**
- **Without nutritional food we die in about 4 weeks.**
- **Without protection from the elements we can die between hours, to up to 4 weeks.**

So any good preparedness plan will need to put the bulk of our time, energy and monies towards these four needs above addressing anything else. The next bulk of time, energy and monies should be put to our psychological and spiritual needs. Lastly, if at all, we go after our wants and desires.



Now many people will stick Medical and Dental needs immediately after our physical needs and then go on to the spiritual and psychological needs. Whatever meets YOUR specific overall requirements on this subject should be *your* rule of thumb. Nothing is set in stone here, except we must be alive to achieve them.

Funny, but this simple prioritizing rule is fantastic for just about all our other aspects of life, preparedness or not. After all we are not some government that can just print the monies we need and grab laborers off the street to do the work, nor do we have some magic wand to create more than 24 hours in a day. We only have ourselves, our families and maybe a few close neighbors and friends – and you can bet your last dollar that most of them will not act as a bank or laborer for us!

So how exactly does this apply to preparedness?



Survivability Quotient = This 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.*

Needs = Any good, knowledge or skill that you feel you will physically die without. ie: food, water, air, protection from the elements and all the consumable and reusable stuff.

Goods = Are all the tangible things, the consumable and reusable items. Like: food, tools, other supplies and skills like hunting, fishing, defense, sewing and even mental wellness and spiritual items.

Knowledge = Is the intellectual know-how drawn upon to utilize the goods.

Skill = The practical, physical ability to apply the knowledge to utilize the goods.

Most of us lack skills: We either have the knowledge but no experience with utilizing it or we are no longer physically capable to perform that skill.

All goods, knowledge and skills have a process and procedure behind them, even if that is just one or two words.

If your area is subject to fires or toxic spills and the like, or you are concerned about airborne toxins/pandemics then you need to think about respirators, gas masks and other breathing and or air filtering apparatuses. This will ensure breathable air, at least until you can get to any area that has 'safe' air.

If water can become unavailable, whether from a power outage or a contaminated water supply, then you need to have the ways and means to obtain water and then purify it. You will need enough to hold you through this or get you to an area that does not have this issue.

If food becomes unattainable, from costs, to blight to contamination, then you need to have nutritional food supplies to draw upon until food is again obtainable. If this is a long duration crisis, then you need the goods, knowledge and skills to grow and preserve your own food and save your own seeds, as well as the means to obtain meat or protein. No matter what, you need to be able to prepare this food.

If your area suffers from any of the extreme weather issues (flood, wind, cold, heat) , ***earthquake or wildfire, or even a house fire and mold – anything that makes your home unlivable*** – then you will need protection from the everyday and extreme weather conditions until you can either get to a safe and secure structure or your home is fixed.

If you have a medical condition like diabetes or heart condition, anything that requires regular medicine intake or special equipment, then yes indeed you need to have a portable supply of this medication and if this equipment needs electricity, then some portable means of generating electricity for it. This should cover the potential duration of whatever crisis could cause this stuff to be unavailable.



Next are your **Spiritual Needs**, be sure to have a small, lightweight version of your holy book readily available in your go-bag, your vehicle(s) and or any other evac/bug-out/retreat destination. Or you may prefer some kind of small holy medal or prayer card and the like. Bottom line whatever works for *your* spirituality, have some portable aspect of it ready to go.

Each person will have a wide variety of **Psychological or Mental health Needs**. The trick here is to be sure that no matter what they are that they be portable, lightweight and usable, even if all of our current modern convinces are unavailable.

After these I find most people address **Alternative Currency Sources**, such as; precious/semi-precious metals and gems and barter/trade goods. The basics to remember here are:

- **Precious/Semi-precious metals and gems:** Are usually only viable at the very beginning (for getting what you need like seeds or bribing your way through a road block) and the very end of the duration of the crisis. In between they don't do much good. Plus you have to remember that these items are generally bulky and heavy, so they are *not* all that portable in large quantities and they require a good amount of security to keep them safe and sound until you use them. Note: Just having a certificate for this will not cut the cake in a crisis, only the actual metal or gem will be usable.
- I would include **coinage currency**. Depending on the crisis at hand you may not get face value, but it will be worth something if for no other reason than its precious/semi-precious metal content. Plus if the crisis is the type that takes out electricity then checks, paper money, stocks, bonds and plastic or the like become worthless. Have *at least* \$10.00 of quarters in your emergency supplies.
- **Barter/trade goods:** *The top barter/trade goods are:* Ammo, Alcohol, Tobacco and Firearms. Anything else is likely to be specific to the crisis and area affected, but will most definitely cover the 4 necessity to physical life needs. Keep in mind that generally a *good barter/trade item is going to be:* something you can drink, something you can eat, something to protect you from the elements, medical/dental supplies, something to purify the air, or something to that will allow one to obtain or have those things. If the item is easily found or scroungable then it is NOT a good barter/trade item. Also, *for any long term crisis* – forget about purchasing what you need. This is generally NOT possible except during the very beginning or end of the crisis and downright impossible for some large impact crises.

One aspect that falls into the 'touchy feely' area is **people or companionship**. Humans are rather social animals, so we do tend to need people around us like family, friends and good neighbors.

When it comes to preparedness we need to remember that it is very difficult, and very rare for an individual to survive on their own yet alone live and thrive; so having a small group of people close to you, who prepare as you do and you practice with, will most certainly be an asset to boosting your survivability quotient.



If we apply this prioritization method to our everyday lives too, well budgeting and identifying all those wants and desires becomes easy, we will feel less frustrated and or insecure over our place in society and no matter what our 'plans' are, they become very easy to stick and accomplish.

Now if your 'plan' is to use all of your stockpiled ammo and firearms to just take what you need, *YOU* are the reason most of us accumulate ammo and firearms in our preparedness plans. Let's face it you yourself are NOT prepared and hence are a danger to anyone who is (on top of being rather sub-human, selfish and worthless in my book)!

Above all remember that life contains all kinds of tangible and un-tangible aspects, some are necessary, most are not and all require a thought process that identifies and prioritizes them.

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*"Emergency preparedness is a team sport."
Eric Whitaker*