

An aerial view of a city, likely Paris, with the Eiffel Tower visible in the distance. The city is under attack, with several large explosions and plumes of smoke rising from the ground. The sky is dark and filled with smoke. The text is overlaid on the top half of the image.

# HOW TO GO from **ZERO** to **PREPPED** IN 7 DAYS



**PrimalSurvivor**



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## Introduction

# What is Prepping?

**M**aybe you heard about the risk of a solar flare and the complete grid-down it would cause. Or you know there is an earthquake waiting to erupt under California. Or maybe you've experienced a disaster like hurricane yourself...

You know that the world is not the secure bubble we want it to be. Rather than get scared by this fact, you have chosen to TAKE ACTION and GET PREPARED. A disaster situation still won't be pleasant, but at least you and your loved ones will BE READY.

It is going to require more than 7 days of effort to be 100% prepared against all disasters. Prepping is an *on-going process* which involves learning new skills, testing your plans, and building a community. This 7-day guide isn't meant to get you completely prepared right away. Rather, it will get you ready by introducing you to the most important aspects of prepping and rapidly increasing your preparedness level in a very short time. Let's get started!

Prepping is a relatively new term, but preppers have existed for thousands of years. For evidence, just take a look at the predictions for apocalyptic dates and you will see that various cultures have been prepping for doomsday for over 2,000 years. Humans have probably been prepping for a lot longer than that, but we just don't have written record of it.

These early preppers are a lot different than most modern preppers. They prepped for an apocalyptic event. Bear in mind that they didn't have access to scientific knowledge like we do today, so seeing a solar flare or experiencing an earthquake would certainly seem like the wrath of God!

Today, there are still many "religious preppers" who use evidence from the Bible to predict the end of the world. However, most preppers are acting based on scientific information. They know the likelihood of hurricanes, earthquakes, and floods. They know that terrorist attacks and EMP strikes are more than a small possibility. Faced with this knowledge, they choose to take action.

## Short History of Prepping

Two hundred years ago, no one used the term “prepping.” They didn’t need a term because EVERYONE WAS A PREPPER.

Think about it. People lived in agricultural communities where they had to take care of their own needs. Sure, they might be a local doctor for emergencies and a traveling salesperson or local store for some tough-to-make necessities. But, in general, everyone knew how to do things like...

- Grow their own food,
- Emergency first aid and make natural remedies,
- Sew clothing,
- And many more of what we’d today call “survival skills.”



### And then the Industrial Revolution Happened...

During the Industrial Revolution, peasants were pushed off their land and drawn to work in factories in the city. Instead of relying on a wide range of skills to survive, they now had to do one repetitive job to earn some money for a bit of bread. Soon, people forgot how to do all the things their grandparents grew up knowing!

***When you don't know how to take care of your own needs, you become reliant on a system which could crash at any moment.***

Not surprisingly, the system DID crash. This was during the start of the 20<sup>th</sup> century. We had World Wars I & II and the Great Depression.

## Prepping during the World Wars and Great Depression

When World War I broke out at the beginning of the 20<sup>th</sup> century, we suddenly realized the importance of our old survival skills. The government even had to make campaigns to get people back to using their former prepping skills.



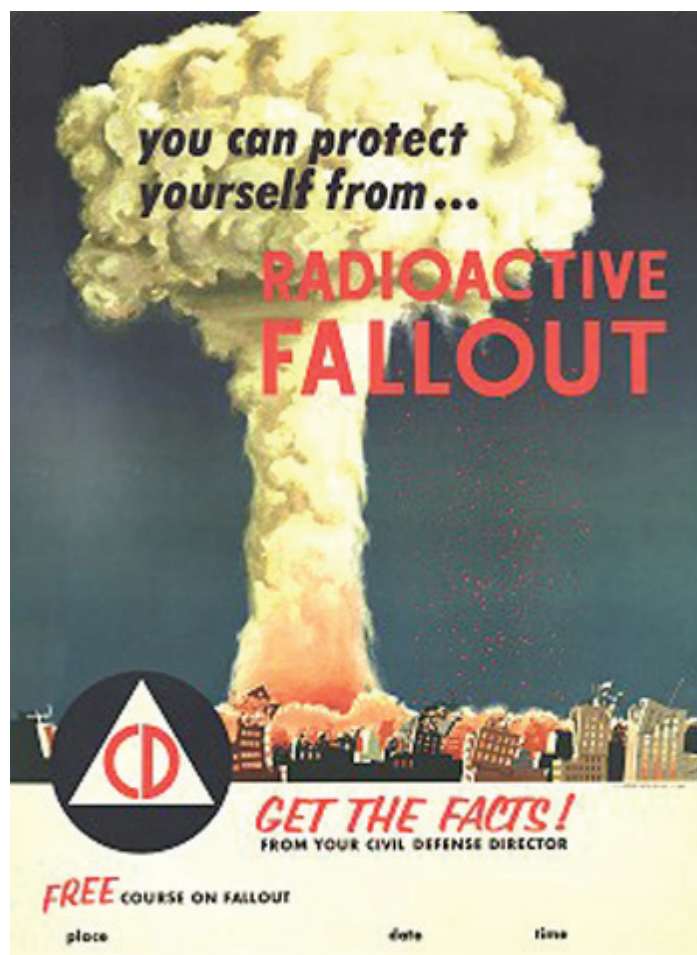
## Prepping During the Cold War

The end of WWII gave rise to a new enemy and a new era: The Soviet Union in the Nuclear Era.

This was a threat like we'd never even imagined before. The government told people to get to work stockpiling supplies, making survival bunkers, and running drills.

The people listened.





As you know, nothing came of all of those warnings. The Soviets didn't nuke us, and those fallout bunkers got repurposed as storage cellars.

## Prepping Today

It is hard to believe that, just 60 years ago, people were diligently stockpiling supplies and running drills in case of a nuclear attack.

What has happened since then?

*Are we really at less risk then before???*

I don't think so!

Today, it is more vital than ever to start prepping, yet very few people do it. FEMA has made recommendations that people stockpile supplies and run disaster drills. However, according to FEMA stats and a report from Adelphi University Center, most Americans are incredibly unprepared:

- **55%** of Americans believe the government will come to help them if a disaster occurs.
- **44%** of Americans do not have a first aid kit at home.
- **48%** of Americans do not have any emergency supplies stockpiled.
- **53%** of Americans do not have a 3-day supply of nonperishable food and water at home.
- **60%** of Americans have not practiced what to do in a disaster.
- **66%** of Americans with emergency supplies do not update them yearly.

These stats are particularly worrisome when you consider that **80% of Americans live in counties that have been hit with a weather-related disaster!** And that doesn't include all of the other types of non-weather disasters which can occur, such as financial collapse, EMP, terrorist attack...

## Why don't people prepare?

There are a lot of answers to this question. Some people don't want to face reality. Others don't realize the risk is so large. Some are just apathetic.

It certainly doesn't help that preppers have been displayed as paranoid and crazy. That reality show Domsday Preppers is just one example of how preppers have been negatively portrayed.

The average prepper is a very normal person with an everyday life that doesn't focus on bunkers, gas masks, or endless drills. However, preppers are people who believe in *personal responsibility* and *take action to secure a future*. There is definitely nothing crazy about that! Be proud that you are a prepper!!!



## Day 1

# Making a Disaster Preparedness Plan

**W**hen getting started with prepping, a lot of people make the mistake of rushing out and buying a lot of non-perishable foods, bottled water, and random gear. But you can't prep this way.

You've got to have a plan!

Without a disaster preparedness plan, you will end up wasting a lot of money on supplies which you don't really need or won't be able to properly use.

Yes, it can seem overwhelming to prepare for an unknown disaster. You don't know what is going to hit, so how do you go about preparing for it???

This disaster preparedness plan is broken down into three steps. Follow these steps and you'll drastically increase your preparedness level for ALL disaster types.

## Step 1: Run a Disaster Preparedness Assessment

The first step of making a disaster preparedness plan is to assess your current situation. What are your strengths and weaknesses?

You might be surprised by the results of your preparedness assessment. For example, you might find that your pantry is very well stocked with nonperishables so you don't have to focus too much on that. Or you might realize that you have no alternative method of heating or cooking, thus leaving you very vulnerable to blackouts.

Keep track of your strengths and weaknesses. You'll be using them to make Preparedness To-Do lists.

### NOTE





Note that this is a *home* preparedness assessment. You'll also want to assess the preparedness level of your workplace, school, vehicle, and eventually your entire community! We will address these issues in later reports in the Primal Survivor Members' Area. For now, start with assessing you home.

# EMERGENCY PREPAREDNESS CHECKLIST

This checklist is designed to help you assess how prepared you are. You should be able to answer YES to most of the questions in each section. If some sections have a lot of NO's, then you should focus on improving these sections first.







## WATER PREPAREDNESS

- How many gallons of water do you have stored per person? 
- Would this water last your family 3 days? ☐ YES ☐ NO
- Would this water last your family 30 days? ☐ YES ☐ NO
- Do you have a renewable source of water available (stream, pond, etc.)? 
- Do you have a means to purify water at home (water purification tablets, beach, filter, etc.)? 
- Are you harvesting rainwater? 








## FOOD PREPAREDNESS

- Do you have enough food stored to last 72 hours? 
- Do you have enough food stored to last 30 days? ☐ YES ☐ NO
- Do you have a sustainable source of food (garden, aquaponics, chickens, livestock, etc.)? 
- Do you have a method of preserving food (canning, dehydrating, pickling, freeze drying)? 
- Do you have MREs stockpiled? 












## FIRST AID & HYGIENE

- Do you have an emergency toilet? 
- Do you have disinfectants, such as bleach? 
- Do you have medications, such as prescription meds and antibiotics? 
- Do you have first aid supplies? 
- Do you have first aid training? 









## HOME SAFETY

- Do you have a home security system? 
- Do you have a guard dog? 
- Do you have a safe room? 
- Do you have a storm shelter or bunker? 
- Do you have a perimeter around your home? 
- Is the perimeter secure? ☐ YES ☐ NO
- Do you have a way of barricading doors and windows? 
- Do you have weapons in your home? 
- Are the weapons easily accessible? ☐ YES ☐ NO
- Has everyone in your household been trained to use them? ☐ YES ☐ NO
- Do you have a plan for what to do during a home invasion? 
- Have you run a home invasion drill? ☐ YES ☐ NO
- Do you have two escape routes from your home? 



## EMERGENCY SUPPLIES








- Do you have items that could be bartered? 
- Do you have hand-operated tools (hammer, screwdriver, ax, etc.)? 
- Do you have repair items (planks of wood, duct tape, nails, etc.)? 
- Do you have heavy-duty gloves? 
- Do you have boots? 
- Do you have rain clothing? 

the Checklist continues on the next page →

# EMERGENCY PREPAREDNESS CHECKLIST







## LIGHT, HEAT, & COOKING

- ☐ Do you have a generator? 
- ☐ Do you have an off-grid lighting method (solar-powered lamps, oil lamps, candles, etc.)? 
- ☐ Do you have at least 1000 hours of lighting? ☐ YES ☐ NO
- ☐ Do you have flashlights for each household member? 
- ☐ Do you have an alternative way to heat your home (wood stove, propane stove, generator, etc.)? 
- ☐ Is there enough fuel to provide heat for 7 days? 
- ☐ For 30 days? ☐ YES ☐ NO
- ☐ Do you have an alternative method of cooking food (gas stove, rocket stove, etc.)? 
- ☐ Do you have wool blankets and/or sleeping bags for everyone? 








## MENTAL PREPAREDNESS

- ☐ Have you run a threat assessment? 
- ☐ Have you ran drills of your emergency plans? 
- ☐ Have you practiced Emergency Conditioning? 
- ☐ Have you talked to your children about what to do in an emergency? 








## EVACUATION

- ☐ Is your Bug Out Bag (aka 72 hour kit) packed? 
- ☐ Do you have an emergency communication plan? 
- ☐ Do you have two way radios? ☐ YES ☐ NO
- ☐ Do you have an evacuation vehicle? 
- ☐ Do you have enough fuel to get to your evacuation location? ☐ YES ☐ NO
- ☐ Do you have an alternative evacuation vehicle, such as a motor bike? ☐ YES ☐ NO
- ☐ Do you know how to read a map? 
- ☐ Do you have an evacuation plan? 
- ☐ Have you practiced your evacuation plan? ☐ YES ☐ NO



## GROUP DYNAMICS

- ☐ Are there more than five members in your survival group? 
- ☐ Do the members of the group collectively know a variety of survival skills? 
- ☐ Have you held a community meeting about disaster preparation? 
- ☐ Are you in good physical health? 
- ☐ Do any members of your group have special medical or physical requirements? 
- ☐ Have you made a plan for these requirements, such as stockpiling medicines? ☐ YES ☐ NO

This checklist is designed to help you assess how prepared you are.  
You should be able to answer YES to most of the questions in each section.  
If some sections have a lot of NO's, then you should focus on improving these sections first.



## Step 2: Define Your Strengths & Weaknesses

Did you finish with the Preparedness Checklist? You will need these results to define your preparedness Strengths and Weaknesses.

Ideally, you should be able to answer “Yes” to all of the questions on the Preparedness Checklist. As a beginner to prepping, you will probably have a long way to go. Don’t feel bad about it. You’ve taken the first step in getting ready. Keep it up!

Which areas of the Assessment did you do really well on? These are your strengths. Which areas did you have a lot of NO answers? These are your weaknesses.

Over the next week, you will be working on your weak areas.

Choose one of your weaknesses and fix one or more issues in it.  
Then move on to another weak area.  
And so on.

Not sure where to begin?

Fix the *easiest and cheapest* weaknesses first

OR

Fix the weaknesses which will have the *biggest impact*

For example, it takes a lot of research and money to improve home security. But it doesn't take much effort or expense to fill up empty milk jugs with water for storage. In just a few hours, you can have an entire 72-hour supply of emergency water.

Or you might decide to focus on your Bug Out Bag first. These require careful planning, and you'll want to spend some money on quality supplies. However, this is one of the most important things you can do for disaster preparedness.

## Step 3: Set Your Prepping Budget

Contrary to common belief, prepping doesn't have to be expensive. And, it really doesn't seem fair to put a price on the security of your family.

That said, you do need to have a prepping budget. I understand that not everyone can afford a lot of fancy gear right away. So here are my recommendations based on your budget:

- **IF you have money to spare:** Resist the urge to rush out and buy a lot of fancy gear and pricy security systems. Identify the core items you need and get these first. Do your research and invest in quality.
- **IF you have a little money to spare:** Divide your list into expensive and cheap items. Buy some of the cheap items every week. Set aside a certain amount of money each week to go towards buying pricier items.
- **IF you have no money to spare:** Learn how to make your own supplies out of cheap and recycled items. For example, you can make a solar panel out of aluminum cans which have been painted black.

## Day 2

# The 72-Hour Emergency Kit

**T**here will be a lot of things you need to buy as a prepper, but there is no reason to rush out and buy all of those supplies at once. However, you ABSOLUTELY MUST get enough supplies for a 72-HOUR KIT.

A 72-hour kit contains everything you need to survive the immediate aftereffects of a disaster, such as a hurricane, earthquake, or biochemical attack.

## Why is it so important to be prepared for the first 72 hours?

I want to emphasize that supplies for 72 hours is NOT enough to get you through a major disaster. The most advanced preppers have supplies of food going 25+ years into the future. This is not something that you build up overnight. However...

*Having enough supplies for 72 hours will give you a much better chance of survival.*

Here are just some of the reasons a 72 hour kit is so important:

- **Utilities go down during disasters:** You've probably already experienced this during storms. If a small blizzard or storm can take out the power for days, imagine what will happen during a major disaster! For example, 8.1 million homes went without power after Hurricane Sandy, some of them for a month.
- **Supplies run out:** The majority of people are unprepared, as is evident from the masses of people who rush to the supermarket and hardware store the day before a storm hits. If the disaster takes out roadways or traffic is restricted, then supply trucks won't be able to restock supplies.
- **The government won't help:** We won't get into a political discussion about FEMA here, but more than half of Americans do think that the government will come to their rescue after a disaster. What they don't know is that *it takes an average of 72 hours for state and federal governments to respond*. Their response is to assist with the worst cases first, like people trapped under rubble, and to distribute MREs to the masses pushing in line.
- **Injuries lead to death after 72 hours:** Injuries which seem minor can turn deadly within 72 hours if proper first aid isn't administered.



# 72 HOUR EMERGENCY KIT CHECKLIST

## Food and Water

- ☐ Non-perishable food
- ☐ 6 gallons of water per person (2 gallons per day)
- ☐ Can opener (non-electric)
- ☐ Camp cooking stove and fuel
- ☐ Pots/pans, utensils, and can opener

## First Aid, Hygiene, and Safety

- ☐ First aid kit
- ☐ Unscented bleach (about 5.25% chlorine, for purifying water)
- ☐ Baby wipes
- ☐ Hand sanitizer
- ☐ Heavy-duty plastic bags
- ☐ Emergency toilet (two bucket system recommended)
- ☐ Disposable plastic gloves
- ☐ Dust mask
- ☐ Supply of prescription medications

## Damage Mitigation

- ☐ Fire extinguisher
- ☐ Window barricade (hammer, nails, wood planks)
- ☐ Wrench or pliers (for turning off utilities)
- ☐ Heavy-duty gloves
- ☐ Bolt cutters
- ☐ Broom and dustpan
- ☐ Shovel

## For Sheltering in Place

- ☐ 6 large tarps or plastic sheeting; 2ml minimum
- ☐ Duct tape
- ☐ 50 feet of nylon rope
- ☐ Flashlights or other off-grid lighting (candles and open flames should not be used after an earthquake because of risk of gas leak!)
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ☐ Sleeping bags or wool blankets
- ☐ Change of clothes and footwear for each person
- ☐ Rain jackets or ponchos
- ☐ Extra batteries, preferably rechargeable with an off-grid charging method
- ☐ Solar-powered phone charger
- ☐ Waterproof matches
- ☐ Whistle or signaling method
- ☐ Emergency manuals (water purification, first aid, sheltering in place instructions)

## Other Items

- ☐ Copies of vital documents, put in a waterproof binder
- ☐ Comfort items (games, books, toys for children, etc.)
- ☐ Cash in small bills
- ☐ Pet supplies
- ☐ Extra keys for car and house

## How to Store Your 72 Hour Emergency Kit

You probably already have many of the items in the 72 hour emergency kit checklist. For example, you probably have a rain jacket in your closet. The problem is:

How will you access your supplies in an emergency?

If your supplies are scattered all around the home (jackets in the closets, sleeping bags in storage, can opener in the kitchen...), you won't have time to gather them all together when disaster strikes.

**You must keep all your emergency supplies in one place!**

Of course, where you keep your emergency kit will vary depending on the type of disaster you are prepping for. In a hurricane area, you wouldn't want your disaster supplies in the basement (which will flood). In an earthquake zone, you don't want your disaster supplies in a room with shelving that could collapse.

Preferably, you keep your 72 hour kit in the same place where you will be sheltering, such as your basement, storm shelter, or safe room. Even better, make more than one 72 hour kit and keep them in various locations. These are in addition to the emergency kits for your car and workplace! This way, you'll be able to access your 72 hour kit regardless of where you are when disaster strikes.

Make sure that the supplies are protected against the elements – particularly water. I like to:

- **Put my core supplies in a sealed plastic bag.**
- **And put the plastic bag inside a 5 gallon bucket**

Obviously, you aren't going to be able to fit all your supplies in the bucket, but make sure the ones susceptible to water damage are protected.

## Day 3

# First Aid Kit

**I**f a major disaster struck, the vast majority of Americans would be completely unprepared and lacking basic supplies like bottled water and emergency food, heat and lighting. But let's forget about a *major* disaster. Most Americans are unprepared for even *minor* disasters like a slip-and-fall injury. A survey conducted by Adelphi University found that **44% of Americans don't have first aid kits.**

Don't wait until it is too late to stock your first aid kit!

## Types of First Aid Supplies

I'm going to give you a checklist for your first aid kit. However, no first aid supply list is going to be perfect. Your needs may be wildly different than those of another group. Your disaster may lead to different types of injuries – such as how earthquakes often cause crush-related injuries and hurricanes often cause gastrointestinal infections from contaminated water.

To make sure you are stockpiling your first aid kit for *your specific needs*, it is important that you understand the types of supplies.

First aid supplies are divided into the type of injury they are meant to treat. Make sure you have supplies to cover all injuries. Then gradually add to your stockpile so you have a large stockpile of first aid items to last through any disaster.

### The main types of first aid supplies you will need are:

- **Trauma first aid supplies:** These are the supplies you use to treat wounds, such as cuts, scrapes, and burns. Items for cleaning wounds are listed in the next section.
- **Wound care and cleaning first aid supplies**
- **Bone and ligament injury first aid supplies:** If a bone breaks, you will be heading to the emergency room. But you still need to have some first aid supplies to make sure the injury doesn't move around while in route. Also stock your first aid kit with supplies for ligament injuries like sprained ankles.
- **Airway and breathing first aid supplies**
- **Personal protection first aid supplies**
- **Medications**



# EMERGENCY FIRST AID SUPPLIES CHECKLIST

## Trauma Supplies

- ☐ Adhesive bandages of various sizes and shapes
- ☐ Moleskin
- ☐ Sterile heavy gauze
- ☐ Sterile non-adhesive pads
- ☐ Sterile eye pads
- ☐ Gauze roller bandages
- ☐ Butterfly closure strips
- ☐ Medical tape
- ☐ Burn gel
- ☐ Tourniquet



## Airway and Breathing Supplies

- ☐ CPR breathing barrier or disposable resuscitator
- ☐ Aspirator



## Bone and Ligament Injury Supplies

- ☐ Triangular bandages
- ☐ Ace bandage
- ☐ Hot/cold packs
- ☐ Aluminum finger splint
- ☐ Bendable splint
- ☐ Safety pins



## Personal Protective Supplies

- ☐ Disposable plastic gloves
- ☐ Surgical mask, N95
- ☐ Goggles



## Wound Care and Cleaning Supplies

- ☐ Sterile saline solution
- ☐ Antiseptic wipes and/or alcohol
- ☐ Hydrogen peroxide
- ☐ Irrigation syringe
- ☐ Sterile cotton swaps and q-tips
- ☐ Tweezers
- ☐ Scissors
- ☐ Antiseptic cream



## Medications, Ointments, and Creams

- ☐ Aspirin
- ☐ Epipen
- ☐ NSAIDs
- ☐ Anti-diarrheal medicine
- ☐ Activated charcoal
- ☐ Emetics
- ☐ Electrolytes
- ☐ Anti-itch ointments
- ☐ Anti-fungal creams
- ☐ Antacid
- ☐ Antiseptic ointments
- ☐ Iodine
- ☐ Petroleum jelly
- ☐ Insect sting relief
- ☐ Cough/cold medicine
- ☐ Anti-fever medicines
- ☐ Prescription medications



## Other First Aid Supplies

- ☐ Small flashlight
- ☐ Emergency mylar blanket
- ☐ Thermometer
- ☐ Smelling salts
- ☐ Tongue depressor
- ☐ Measuring spoon or syringe for liquid medications
- ☐ Copies of medical records and prescriptions
- ☐ Contact info for healthcare professionals
- ☐ First aid manual



## Don't Forget Emergency Documents and Contacts

In addition to having a well-stocked first aid kit, you also must have certain information readily available for a medical emergency.

### **You need:**

- Emergency contacts list
- Contact information for all health care providers
- Copies of medical records
- Copies of health insurance documents
- List of all drugs/medications you are taking

## Learn How to Use Your First Aid Supplies!

Having first aid supplies on hand aren't going to help you if you don't know how to use them properly. I highly recommend signing up for a first aid course. And (this is important!) you should re-take the first aid course every year or two. Otherwise, you will probably forget how to do basic first aid like CPR and the Heimlich maneuver. By regularly brushing up on your first aid skills, you will feel comfortable when an emergency occurs.

### **These are the first aid skills you MUST know how to do:**

- How to stop heavy bleeding
- How to dress a wound
- How to treat a fever
- Heimlich maneuver
- CPR
- How to treat shock
- How to treat dehydration

The Red Cross offers many first aid courses, and there also may be many free first aid courses in your local area. Go ahead and invite some family members and neighbors to take the course with you! If you really can't find or afford an in-person first aid course, then at least take the Red Cross online courses (they have videos on YouTube), which are free.

## Day 4

# Emergency Food

**I**t should be relatively easy to get a 3-day supply of food for your home. Once you start getting into long-term food storage though, you've got to start considering preservation methods, storage containers, and rotating systems.

## The 30 Day Supply of Emergency Food

The very *minimum* that every citizen should have at home is a 30 day supply of food. The main rationale behind this is that 30 days is long enough for most types of disasters to pass. By this time, the storms have usually died down and enough rubble has been removed from the street to allow convoys with supplies through.

While the hungry masses are looting stores and fighting over scraps during these 30 days, you and your family will be fed from your stockpile.

**Store-bought non-perishable foods are good for your 30 day food stockpile, such as:**

- Canned foods
- Packs of instant soup
- Cereal
- Powdered milk
- Dried fruit
- Granola bars

When using store-bought foods for your stockpile, you will need to **rotate your food stockpile!** Forgetting to rotate food stockpiles is a common mistake made by new preppers. When they go to check on their food stockpile, they realize that it has gone bad or been eaten by moths.

One way to make sure you are rotating your food stockpiles is to only buy supplies which you regularly use. For example, if you don't usually eat rice and beans, then don't use these as your 30-day food stockpile! You can also buy or make can rotating systems for your pantry shelves.



Which brings us to proper storage containers. If you take grains out of the packaging or buy from bulk bins, there are often tiny moth eggs in with the grains. Normally, we eat the foods before the moths can populate. But, if you just dump the grains into mason jars, you can count on moths hatching.

Moths are really good at getting into even the tiniest cracks. Once you have a moth infestation, the only way to get rid of them is to throw out all affected food and detail clean the area.

## The 12+ Month Supply of Emergency Food

Stockpiling emergency food for the long term is a lot different than your 30-day supply. With your 30 day supply, you will be fine with canned foods, granola bars, etc. These types of foods don't work very well for long-term storage. They take up too much space and are too heavy to transport should you need to evacuate.

The best foods for long-term survival are: **dehydrated**, **freeze-dried**, and **vacuum-sealed foods**.

At Primal Survivor, one of our most popular items is our [12-Month Food Supply Bucket](#). The buckets contain 1,440 servings of freeze-dried vegetables and dried fruit in pouches. There are also [meat buckets](#), [milk buckets](#), and many other emergency foods.

You can also make your own emergency food supply buckets. You will need to invest in some tools, like a dehydrator, vacuum sealer, and lots of pouches and buckets.

## Calculating How Much Food to Stockpile

### Servings Per Day, Per Person:

- 1-3 servings of protein (meat, beans, nuts, lentils, etc.)
- 3-4 servings of vegetables per day
- 4 servings of fruits per day
- 5 servings of starches (rice, flour, pastas)
- 1-2 servings of dairy
- 1-2 servings of fats (oils, nuts, ghee)

## Example of 1 Years Food Supply (approx. 2000 calories per day)

- 60 pounds of beans
- 300 pounds of rice
- 60 pounds of sugar
- 24 pounds of oil
- 92 pounds of dairy
- 7 pounds of dried fruits
- 15 pounds of dried vegetables

Of course, you don't just want to stockpile 60 pounds of beans! Not only is eating the same food over and over again boring, but it can lead to nutritional deficiencies. Shoot for a wide variety of foods.

Because emergency food buckets last for 5-25 years, you don't have to worry about rotating them as you do with a 30-day supply.

### EXPERT TIP

Throw some vitamin packs in with your food supplies!

## Day 5

# Emergency Water Supply

**Y**ou can go 3 weeks without food, but only 3 days without water before dying. Before you get to the point of death, you will already be delirious with thirst. Don't let this happen to you!

And don't put you or your family in a situation where you drink dirty water because you have no alternative. Gastrointestinal infections lead to death through diarrhea and dehydration!

## How Much Water Do You Need to Stockpile?

Bear in mind that the average American uses 100 gallons of water per day! Yes, we really use this much water by flushing the toilet, taking long showers, and wasting water by forgetting to turn off the taps. In a disaster situation, you better know how to conserve water. Start practicing water conservation NOW.

You don't have to stockpile 100 gallons of water per day though. For minimal requirements in a disaster situation, here is how much water you need:

### Emergency Water Per Person, Per Day

- ½ gallon drinking water per person, per day
- ½ gallon for food preparation per person, per day
- ½ to 1 gallon for cleaning and hygiene

**= 2 gallons per person, per day**

For a 30 day stockpile of water, you'd need about 60 gallons per person.

## Containers for Your Water Stockpiles

The easiest way to stockpile water is to buy bottled water. I do *NOT* recommend buying water though. It is expensive and wasteful. Instead, start saving all of your plastic bottles from soda, milk, etc. Clean these out and fill them with tap water.

Make sure you do a good job of cleaning out the bottles. Little crusts of milk easily get stuck under the plastic lid liner. Remove these so you can clean them thoroughly.

**Notes on Emergency Water Storage:**

1. Use non-corrosive, food-grade plastic bottles for storing water. Soda bottles and milk jugs are fine.
2. The lid must be tight fitting.
3. Keep water in a cool place away from direct sunlight. Otherwise chemicals from the plastic can leach faster.

## Rotating Your Water Stockpiles

Water never goes bad, but the plastic bottle holding the water can go bad! This is why you need to rotate your water stockpile.

Over time, the plastic bottle will start releasing chemicals. These plastic chemicals won't necessarily kill you, so you could still drink very old water in an emergency situation. However, the water won't taste great.

**To ensure your water is getting rotated properly:**

- Tap water should be rotated every 6 months and store-bought water every 12 months.
- Use a labeling system to write the date of the water on the bottle.
- Regularly use and refill your water supplies so they are continuously getting rotated.

## Using Tap Water during Emergencies

When the power goes down, water treatment plants also stop working. You may still have running tap water, but it won't be safe to drink. In these emergency situations, the local government will probably issue a "boil alert."

But if the power is off, many people don't have a way to boil their water! This is why you will need an emergency stove or another emergency method of treating water.

**Ways to Treat Water:**

- Boiling for at least 1 minute
- Water purification tablets
- Chemical filters
- Bleach
- UV filters
- Bio filters



**Treating Water with Bleach:**

1. Use unscented household bleach (5.25% to 8.25% chlorine).
2. If the water is cloudy, filter it first. A coffee filter can be used in an emergency.
3. Add 5 drops of bleach per quart (1.4 teaspoon per gallon) of water.
4. Mix and let stand 60 seconds before drinking.

## Sustainable Water Sources

As a beginner prepper, focus on getting your 30 day stockpile of water built up first. From there, you can start thinking about a sustainable source of water.

This is a big topic and we won't get into what all of the different sustainable sources of water are. That will be covered in a later Primal Survivor report. However, I want to mention them so you can start thinking about them for a later project.

- **Rainwater Harvesting:** Collect the water which falls on your roof and use your gutters to channel it into rain barrels.
- **Ponds and Streams:** It is especially good to find a "bug out" location near a natural water source.
- **Private Well:** This is a pricier investment, but one that allows you to become self-sufficient.
- **Your Pool:** This water can be used for hygiene or treated and used for cooking and drinking.

## Day 6

# Hygiene Preparedness

**H**ygiene is an aspect of disaster preparedness which often gets overlooked. People think that it is enough to stockpile soap, toothpaste, and toilet paper. But let me ask:

*How would you go to the bathroom if the plumbing in your home went down?*

*Have you ever tried taking a shower with water from a plastic bottle?*

*Do you know how to wash laundry by hand efficiently?*

*If you are a woman, how will you handle menstruation when your tampons and pads run out?*

## The Two Bucket Emergency Toilet

You absolutely must have an emergency toilet! I've got a great compost toilet system going in my home. As a beginner prepper though, I'd recommend starting with a 2 bucket emergency toilet.

Please go buy your buckets today! It is cheap and quick to buy, and will save you from a (literal) SHTF disaster!

### What You Will Need:

- 1 bucket for pee
- 1 bucket for poo
- Tight-fitting lids for both buckets
- Carbon material (such as shredded newspapers or even kitty litter)
- Lots of thick vinyl plastic bags
- Twist ties
- Plastic gloves
- Hand sanitizer
- Toilet seats (optional)

## How to Use the Two Bucket Emergency Toilet

1. Label one bucket “pee” and the other “poo”
2. Put the buckets in a private place where toilet paper and the carbon material are located.
3. Line the poo bucket with a plastic bag. The pee bucket does not need to be lined.
4. Put toilet seats on top of the buckets, if you wish.

### Using the Pee Bucket

1. Remove the lid and attach toilet seat, if necessary
2. Do your business. DO NOT PUT TOILET PAPER IN THE PEE BUCKET! It should go in the poo bucket or a trash can.
3. Remove the toilet seat and recover the bucket with the lid.
4. When the pee bucket is full, dump the urine over the ground or down the drain (if sewage system is still working)

### Using the Poo Bucket

1. Remove the lid and attach the toilet seat, if necessary
2. Do your business. Try not to pee into the poo bucket.
3. Sprinkle about ½ to 1 cup of the carbon material over the poo.
4. Depending on how long the disaster is likely to last and how many plastic bags you have, you can use twist ties to close the plastic bag after each use and reline the bucket, or you can simply re-cover the poo bucket and tie off the bag when it gets full.
5. Put the poo bags in a secure place (such as a large trash can as far away from your living area as possible) until you can dispose of the waste. One disposal option during long-term disasters is to bury the poo bags in your yard.

## Other Hygiene Solutions

Advanced preppers have hygiene solutions like camping showers and even systems which catch the dirty water from your showers so it can be reused. As a beginner prepper, start with simple, cheap solutions. Then you can get more advanced solutions when you can afford them or learn to make them yourself.

- **Showering:** Stockpile baby wipes. You can use these to give your body a quick clean. You can also poke holes in the lid of a plastic bottle and hold it above you for a shower.
- **Female Hygiene:** Stockpile tampons and pads. Consider getting a reusable option. My wife uses a menstrual cup instead of tampons.
- **Disinfecting:** Stockpile lots of antibacterial hand soap, bleach, and cleaning supplies. Have plenty of disposable plastic gloves on hand in case you need to touch unsanitary items.
- **Trash:** You will need a LOT of plastic bags. These are used for trash, lining your emergency toilet, and much more.
- **Toilet Paper:** You can never have too much TP!



## Day 7

# Mental Preparedness

Think that prepping is all about stockpiling supplies? No!

One of the most important parts of prepping is *mental preparedness*.

It is also the part of prepping which gets overlooked the most. People want to believe that they are emotionally tough and could withstand the stressful environment of a disaster.

No matter how tough you are, you still need to do mental preparedness. Mental preparedness ensures that you act *rationally during a disaster* instead of making poor decisions because emotions got ahold of you.

## What is Mental Preparedness?

Mental preparedness are methods which help get your mind ready to cope with stressful situations. It is a regular part of military training and even law enforcement go through it too to help them deal with stressful, dangerous situations like war zones and gun fights.

Mental preparedness is important because supplies, gear, and skills can only take you so far. Hockey player Jamie McKiven does a good job of describing the importance of mental preparedness.

*"The mental side of the game is what defines consistency in hockey. Talent is abundant. The fastest skater in the world doesn't play in the NHL. The player with the hardest shot in the world doesn't play in the NHL. The greatest league in the world is full of talented players who are able to think the game at a high level and perform with consistency."*

It is this same mental toughness is what allows completely untrained people to survive disasters – such as Julianne Kopeck who survived a plane crash in the Peruvian jungle and went nine days before being rescued, or the pair of sisters who survived two weeks eating Girl Scout cookies after their car got stranded in a snowy backroad.

Our psychologies are NOT fixed. Just because you think your neighbor is weak and wimpy, it doesn't mean he couldn't become a survival prepper guru.

The brain is like a muscle. It can be trained and made stronger! There are two tactics I want to focus on here for mental preparedness: Emergency Conditioning and running drills.

## Tactic 1: Emergency Conditioning Training

Emergency conditioning (EC) is a training technique used by Navy Seals. The goal of EC is to make unknown situations seem familiar. You basically trick your brain into thinking that it has already gone through the experience so it doesn't seem as scary or stressful when you actually do go through it.

Here is an example of how EC would work for soldiers preparing for battle:

The soldiers would imagine that they are going into battle. They would imagine themselves slowly approaching, listening to the sounds around them. They would imagine the signal telling them to start the attack. They'd imagine in great detail the sounds of the weapons going off, the smell of sweat, blood, and smoke, the sound of screams...

You can practice emergency conditioning by playing out all the possible disaster scenarios in your head – like a fire in your home, a home invasion, a terrorist attack, an EMP attack, and so forth. Remember that the key to EC is imagining the situation in as much detail as possible.

### Emergency Conditioning Steps

1. Choose a disaster.
2. Research examples of the disaster. For example, if your disaster is a hurricane, then read about the aftermath of hurricanes Katrina and Sandy.
3. Do the EC training once a week (or more frequently, if you wish).
4. Focus on a new disaster each time you do your EC.

You don't want to skip this step! Your level of mental preparedness defines how prepared you are for any disaster!

## Tactic 2: Running Emergency Drills

I ran across a scary stat from the Red Cross: **only 18% of families with children have practiced a home fire drill.**

If families aren't even practicing fire drills, then I doubt they are practicing other disaster drills!

A disaster drill is actually a form of Emergency Conditioning. The goal is to make the disaster seem familiar so you respond promptly and correctly. However, where the EC exercises before focused on visualizing the disaster, drills actually put you through the motions.

In a future report, we will talk about disaster response plans and the actions to take after certain disasters. For now, focus on Emergency Conditioning.

Choose one disaster and plan a drill for it. A fire drill is a good one to start with because the steps are rather simple. After the fire drill, you can try other drills like hurricane, earthquake, or evacuation drills.

### Planning a Fire Drill Steps:

1. Think about how you will escape.
2. If possible, plan two escape routes from each room.
3. Set a place to meet outside the home.
4. Discuss the escape plan with each family member.
5. Have everyone memorize emergency phone numbers.
6. Choose a date and time for your drill.
7. Practice the fire drill.
8. Practice the drill at least once yearly.
9. Share the drill with babysitters and guests.

# Ready to Take It Up a Notch?

As I said at the beginning of this guide, you can't get 100% prepared for disaster in just 7 days. However, if you do all of the steps outlined in this guide, you will be ready for small-scale disasters and much more prepped than the average person – giving you and your loved ones an advantage during whatever emergency occurs.

Don't stop here! Continue to stockpile food, water, and supplies, and to learn survival skills. In the Primal Survivor Member's Area, we have a great community to answer your questions and guides to cover all of the preparedness essentials.