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To Flee or Not To Flee That is the Question...

(... Well one of them anyway)

A (Short) Beginners Guide to Preparing for Emergencies

by M.B.

Proverbs 19:20

Introduction

I would like to begin by saying that this is not intended to be a manual, doctrine or anything of the sort. It is not intended to incite fear, but to entice enlightenment. It is merely a guide (albeit an incomplete one) filled with thoughts and opinions to help put you on the path that will, in the event of an emergency, hopefully lead you to survival. Survival is possible but not guaranteed. Don't wait until the last minute to start thinking about it. Proper Preparation Prevents Poor Performance & Poor Preparation Prevents Proper Performance, 6 one way & half a dozen the other. That being said...

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Who? Who's causing it? (Civilians, Govt., Law Enforcement, Nature or other?)

What? What is happening?

Where? Where is it happening?

How far from us?

Where is it headed?

Where will we go?

When? When will it reach us?

When do we have to evacuate by?

When will we go?

How? How bad is it on a scale of 1 – 5? (1 being minor i.e. a 3 hr power outage; 5 would be something that requires the National Guard)

How safe is it to stay or go?

How will we go (walk, drive, etc)?

Possible problems for our area (not in order of importance):

1. Tornado
2. Riots/Civil Unrest
3. Flood
4. Excessive snow
5. Extreme temps
6. Fire
7. Loss of power/heat
8. Other

Who - If the 'who' is NATURE (tornado, flood, extreme temps, etc.), driving **may not** be an option. You will have to use your best judgment.

If the 'who' is MAN (riots, govt., police, etc.), driving **will not** be an option unless we leave before we can't. The reason driving will not be an option is because authorities have a "Containment First" attitude so movement will be restricted if they have "control". On the other hand, if it is the rebels & dissidents that have control of the streets you may not want to be in said streets. Contemplate how unfortunate it would be to get trapped in the middle of a riot in your car. Recall if you can the L.A. riots (1992) after the acquittal of the officers who were video taped beating Rodney King & the unfortunate subsequent beating of Reginald Denny by civilians, we must plan accordingly for footwear.

Sturdy, waterproof, steel toed, comfortable, shoes are a good option. Remember to pack extra shoe laces in your bag. Thick cotton socks will help to cushion your feet, however if it's cold out you may want to have some wool socks. Be sure to pack at least 3 pairs. If you're walking in wet (nature), you will need dry socks. If you are walking in dry (man) you may need the extra cushioning. Socks can also be filled with rocks, loose change or many other things and be used as a Self Defense weapon. A few pairs of new woman's pantyhose can be helpful as well. Insoles would be a good investment too. Also consider chafing from pants and pack at least one extra belt.

What - If the 'what' is nature, we will most likely "Bug In". That is of course unless the Nature involves something that means an evacuation. That means we need a way to have heat, water and food and light. There are also some other things that are equally important.

1. Candles can be helpful to have. They provide light and heat and they don't require gas or batteries. Be advised you'll need a lot more candles than you think to create sufficient light & warmth. You've been warned. Obviously we need candle holders. Safety first-there's kids in the house. Don't forget Matches! That doesn't mean you shouldn't get flashlights and a lantern as well, they have

their place. A hand crank flashlight/emergency radio is good to have. Do you have a flashlight by your bed?

2. We need to stock up on water. We use water to cook, clean, flush and almost everything else. ***We can never have enough Water!***
3. Food is difficult. We need food that is 'just add water'. Cooking with no power in an apartment means NO FIRE – YES FLAME. Sterno -get some! Also consider what you eat and what you *won't be able to eat or store*. No power = no fridge. Some suggestions (other than PB & J, tuna, oatmeal) are instant coffee, ramen/cup o noodles, crackers, granola bars, etc. Don't underestimate the power of a nice cup of hot chocolate. Military food rations or M.R.E.'s are good to get of course, but those can get kind of pricey so....? Consider everyone's nutritional needs and chewing ability as well. Powdered milk, cheese, eggs, instant potatoes, etc. could come in very handy. Canned food always. Be sure to get at least 2 manual can openers and 2 bottle opener types: Hot sauce, salt, baking soda & powder, vinegar, various spices, etc. Some vitamins or other sort of supplement would be a nice addition to your supplies. (How much food you store depends on your individual needs. My feelings are that you should have a minimum of 1 week worth of everyday food & 1 week of emergency food & supplies if possible). (Gen. 41:34-36; Prov. 6:6-8)
4. Batteries, blankets, Toilet Paper (You can never have too much of this either), paper plates, plastic cups, utensils.
5. Information getting abilities: Radio
6. Extra batteries, light bulbs, etc.
7. Don't forget to get at least one fire extinguisher for your home & vehicle!
8. Entertainment (Cards, games, kid's toys) is more important than you think.

Note: I reference the kids several times but in those areas you can feel free to replace the kids with the pet, disabled, etc. if that applies to you instead.

If the “what” is man it will depend on *whom* if we stay or if we go, but either way weapons are necessary. “Desperate people do desperate things” is true but incomplete. “Desperate people do desperate, mean, crazy, scary, horrible things” is a more accurate statement. Be prepared to run, hide, fight and possibly kill. Whatever weapons are chosen, make sure they CAN and DO work, be used and maintained. That includes your “Natural Weapons”; hands, feet, etc. Basic Self Defense should be learned by everyone, but it is just “basic”. You may want to investigate some useful forms of Close Quarter or hand to hand combat as well, get fit.

Now onto some other weapons.

Knives are good. They’re quiet, concealable, never run out of ammo & are easy to maintain. However, an issue with knives is the proximity you have to be in to use them & stabbing a living being (animal or man) requires more nerve than most people imagine or have readily available. A good sword may also be worthy of consideration. Caution always, sharp shit shreds. ‘Native American’ weapons are a good choice. A double edged dagger, a tomahawk or hatchet & a bow and arrow (hunting) or modern crossbow may be helpful to have. Whatever weapons are chosen they must be USEABLE in every sense of the word. Also, remember you may be on foot so not too big, heavy or awkward or (depending on the situation) obvious. (Luke 22:36)

Guns have their place as well. It is up to the reader to determine what best suits your personal situation. There are drawbacks to having guns. Not everyone is comfortable handling a gun & that may make them more of a danger. Some people might feel comfortable handling a gun, but not know how to properly shoot. They are also noisy & depending on the situation you may need to be stealthy. However, as I sit here editing this there are forces at work in America to disarm the citizens so this may not be an issue soon. Weapons should include pepper spray, this is a must! It can buy you precious seconds when you’re being accosted by one, many or even animals. A tazer might be helpful too. It is important to remember that *anything* can be used as a weapon.

In any case remember, whatever weapons are chosen you have to know how to use them so practice, practice, practice. Let us not forget our greatest weapon either, our brain.

About your brain, or more accurately your state of mind, keep on top of it. If you give some thought ahead of time, even briefly, to the psychological and physiological changes that everybody goes through during a crisis, you may be able to better prepare yourself for the inevitable brain fart brought on by the chaos. You will need to keep your wits about you & it's very difficult to learn critical thinking skills on the fly. Knowing how to remain calm, cool and collected under pressure is a useful skill to possess. Be sure to give adequate consideration to stress. Stress is natural & useful in the right doses, & you know what happens when there's too much so give some thought to relaxation, meditation & spirituality.

I haven't afforded a lot of attention to First Aid because I assume that you already know how important even basic knowledge of first aid is. However, as with the self defense, it's just basic. Even a cursory glance at some "Ditch Medicine" or "Field Medic" type manuals would be helpful, IMHO. Also consider learning some not-so-common things like casting broken bones (including making your own cast) or stapling closed large wounds, starting an I.V., emergency child birth, suturing, etc.

Where - If the 'where' is close there may not be time to flee. Bug-In and fortification become priorities. If the 'where' is away from us but at some point we will have to leave anyway, driving *may* be an option. However, man-made catastrophes tend to spread quickly and the first casualties (after the initial wave) are usually people trying to flee. Another 'where' to consider is *where will we wander?* If we leave will we end up somewhere safer or probably not? If we have to leave it will most likely be to the wilderness, at least at first. (Wilderness refers to any place you may have to flee to that isn't home or predetermined refuge including the actual wilderness).

Plan accordingly to be on foot with kids, gear, etc. Remember that in times of crisis people flock to places they consider “safe”. These places include but are not limited to police stations, fire houses, hospitals & churches. You may want to avoid these places unless *carefully* scavenging for supplies. Why? Because if you’re not part of the solution you’re part of the problem & these places will be quickly overwhelmed. Where do you go when there is nowhere you can go? You go nowhere. We need camping gear.

When - Again, if the problem is too close to home we will go if there’s time. If there is no time to leave OR we run the risk of getting “caught in the storm”, we will stay. A radio is a good way to find out what’s going on via “E.B.S.” & can be instrumental in making those decisions. Make sure the radio has batteries and extra batteries. As previously mentioned a hand crank flashlight/radio would be a good investment. It should also be small, have good range and be able to pick up am & fm stations. On the subject of radios, the ability to communicate with others in your group is something to consider as well. If the power is out we can’t charge our cell phones so we may want to get some walkie-talkies. *When* to leave cannot possibly be discussed without again mentioning the ability to leave by vehicle or not, remember that “just because you can, doesn’t mean you should”.

Now seems like a good place to note that at some point in every disaster, catastrophe or calamity, the ‘Who’ & ‘What’ always end up being ‘Man’. It’s nice to imagine a world where love for your fellow man, kindness & humaneness are in everyone’s heart, however that is not the reality. Humans can’t even get along & be decent when things are calm. Some do sure, but certainly not enough to warrant carelessness on our part in assessing the threat other people *will* pose concerning our survival. So to reiterate- Desperate people do desperate, mean, crazy, scary, horrible things. Be prepared to run, hide, fight and possibly kill. (Exodus 22:2)

How - How we go will depend on the ‘Who’ & ‘What’, meaning that will dictate if we’ll be walking or driving. Within these options, however, are other things to consider.

-If on foot how will we transport ourselves & our B.O.B.'s? The bags may become heavy and awkward after a while & we may be fatigued. Will the baby be in the stroller? Will it be best not to take the stroller? Sure it's good for carrying stuff, but it might make it more difficult to move quickly. What about the dog?

****A statement concerning the 'bags'; make sure that they are durable & have room enough for the things you plan to put in them & of course that you can carry it. Waterproof backpacks would be cool, but if you can't get one, you can always just put everything in plastic baggies or perhaps even the 'space bag' things to protect them from the elements and whatnot.****

-If in the car how far will we be able to get, not just because the roads may be blocked, but what about the gas in the car. What about a flat tire? How about 2? Be aware that the car is made of metal. An obvious fact I know, but it carries certain dangers with it that some may not be aware of. This is evidenced by the fact that people still die trapped in their car in extreme weather temps & situations. In the summer the car can act like an oven and in the winter a freezer, so when you load your car up, (hopefully before something happens), put extra water in during the summer & extra blankets (& water) in the winter.

Whether in the car or on foot, another How to consider is "How will we get where we're going"? That means what direction or route. Plan Ahead. Discuss & Scout (if possible) main and alternate escape routes for in car & on foot.

I spoke earlier about avoiding police and fire stations, hospitals and churches unless scavenging (or procuring or foraging). You can't do it if you don't know where they are. Be sure to include locations and distance to these places when you finalize your route plans.

Where - Where will we meet if separated *before, during* and *after* an event? A minimum of two Rendezvous Points (R.P.'s) per time period would be good (a main & an alternate), remember that it's always a good idea to have a backup plan. So 2 places to meet before an event (if we've been warned through the Emergency System), 2 for during the event (if we're able to travel) and 2 for after the event (in case we were never able to meet up before or during).

How - How will we let the other know if we are at or have been at predetermined location? A mark or sign of some sort would be good to figure out & agree upon. Some suggestions are:

1. = Here
2. = Came-Left

SAFE:

Color -WHITE OR GREEN (This could be a piece of cloth or something hung outside)

Mark- Plus sign (+) OR Up Arrow

UNSAFE:

Color-BLACK OR RED

Mark- Minus sign (-) OR Down Arrow

Safe and unsafe refer to the conditions at the rendezvous point.

Came-left = Assume the conditions are unsafe and move on to the next R.P. If location is marked unsafe & abandoned, a double arrow pointing which direction we went in should be used as well.

Remember to just keep it simple.

How long to wait for arrival of others? It may depend on when separated. Take into consideration terrain, resistance, load, etc. However, if you are at an R.P. & safe just stay put if you can & wait.

Again I say: Consider that no matter what the event starts out as; at some point the immediate threat will be MAN in some form, i.e. looters, military, police, desperate people, etc. Be prepared.

Since I mentioned looters I will discuss a large group of people to be aware of & they are the “have not’s”. When the SHTF, the “have not’s” can become the “haves” quickly and they know that. Be prepared for them to seize their opportunity. Proper preparation can help you avoid being in their line of sight. Imagine that there is a catastrophe. Everyone who isn’t prepared will be rushing to the store to get supplies. Stores will be quickly overrun & supplies will be rapidly depleted. Lazy, broke or “prudent” individuals may be waiting for someone to do their shopping for them. I’m just sayin’.

**** The “Have-nots” should not be confused with the “Unprepared”. The unprepared will be looking for help the have-nots will be looking for victims. ****

P.P.P.P.P.

Other clothing:

Long johns are always good to have no matter what the season. It can get chilly at night. You should have a good pair of pants with multiple pockets in your bag. Carpenter type work jeans or military clothing would be good. Perhaps a trip to a surplus store would be a good idea.

Gloves - 1 pair of ‘work’ (cut resistant) and 1 pair ‘warm’. Make sure that they fit & that you can still use your fingers and such. Mechanics gloves are a good choice for work gloves, a pair of insulated leather gloves might be good for the warm ones. However some research has shown that wearing gloves that are too tight can prevent you from retaining maximum heat. One or two pairs of ‘brownies’ in your bag would be a good idea too. They can be used for extra insulation if it’s really cold outside or just as extra gloves in case yours get wet.

Hats - 1 wool cap, preferably a ski mask, thick enough to keep your face warm & 1 baseball hat (hat with a bill).

Shirts - 1 long sleeved 'polo' type shirt 1 short sleeved & 2 t-shirts or tank-tops.

Coats - It depends on the climate. However a good poncho is a good investment. It can be used for many different things in or out.

Consider moccasins for additional footwear. A sturdy pair of shatter resistant sunglasses could be useful too. Do you wear prescription glasses or contacts? That's something to think about.

Have you considered Chap Stick, nail clippers, toothpicks (the kind w/ the floss thingy), cleaning your ears, body, mouth, hair? What about headaches, diarrhea, athletes' foot, blisters? Or bugs, allergies, sunburn, windburn, infections, disinfecting, hemorrhoids? Are you a smoker? Do you have special needs or habits that you may not be able to get properly addressed in a timely manner due to the incident? Don't forget about a first aid kit.

Where - If we have to go on foot and we make it to the wilderness, how will we survive? We have to be able to make Shelter and Fire, get Food and Water and SECURE ourselves. I say again: you need camping gear. A good tent, some good sleeping bags and a pad are a good place to start. *How* will you make fire? Having a disposable lighter & some matches would be helpful. Dryer lint makes excellent tinder for making fire by the way. A flint (fire starting thingy) may help too. Don't forget about wood. How will you cut it to make a fire? Consider a 'cable saw'. Also do you know how to start a fire that's not in a fireplace or the grill? Another useful item is a "Leatherman" type multi-tool thingy. *Where* will we find food? Do you know how to fish? Do you know how to catch clean & cook a squirrel? How about a rabbit or snake? I mention these things because they like the wilderness too & you may be more comfortable with that than say a road-kill sandwich. Plus, they're small & easier to catch, kill and clean than a deer. These may seem like unnecessary skills to possess, but being hungry-*truly*

hungry-sucks. Knowing how to feed yourself & loved ones in any situation is a good way to go. So where will you find food & water, shelter & peace of mind?

Speaking of easier to catch, have you considered that based on the type of emergency there might not be any animals to catch? Do you know how to forage for wild plants, etc.? Yes even if you live in the city you can forage. You can also dumpster dive. It's not ideal, but may be necessary. Where and how will you find water? When we find it how will we disinfect it or carry it? A good metal canteen is necessary.

Remember that water is invaluable. Inside or outside you should be aware of how to obtain water in an emergency. Consider also the possibility of the water supply being contaminated. In winter getting water may be easier than getting food, (you can melt snow & drink it. Don't eat snow in place of drinking water it's not the same), in summer it may be reversed.

Security (what you will be able to set up at camp) depends on the situation. Personal security should *never* be lacking. Keep your weapons with you at ALL TIMES, starting right now.

Really, go get something or learn to fight.

Nothing can guarantee your survival. Capisci? Entiende? Wakari-masu? Verstehst du? Do you understand? Do not ever Underestimate others or Overestimate yourself.

That being said, you should probably examine the probability of self survival. It's kinda low. The reason the probability is low is because survival is hard. That doesn't mean it can't be done though. Lots of people (prepared & unprepared) do it all over the world every day. Our ancestors did it, if they hadn't we wouldn't be here. Can you do it? Regardless of your answer, I urge you to test yourself and those who plan to try to survive with you. Test your ability to communicate & coordinate with each other in the middle of an emergency. One good way to test everyone is to have someone outside of the group or family come to your house & set the alarm on a phone or clock & hide it. Have them set it for an off hour & loud, preferably during the "best rest" hours, and try to

find it. If nothing else, you will gain some valuable insight as to how difficult it is to function at 2 a.m. while you're half asleep & startled. Another is to try going for a day or even a weekend without turning on the power or water & living using bottled water, canned food and candles. This exercise should also include *not* flushing. If you know that you're not ready to get ready, you need to ask yourself these questions:

- *Do I want to survive?* If you aren't willing to do the things necessary for the *preparation* of your survival, how do you imagine you'll fair when it counts?
- *Can you provide the same things during and after a crisis that you work so hard to have and to hold now?* I mean the basics, food and water, heat, light, shelter, security = peace of mind.
- *Does it even matter?* Are you going to try self survival or will you do like countless other victims and content yourself with the illusion that "someone's coming to save us"? It's an illusion because "they" don't have the resources, or the desire, to save everyone & "they" may be busy trying to save themselves. *Be careful who you accept help from. Once they start giving it they may continue to give it whether you want it or not and you can quote me on this: "Wearing a cape doesn't make you a hero". Also be mindful of who you give help to. Remember that no good deed goes unpunished.

Consider also the extent of your survival, by which I mean - how long can you run for your life or suffer through whatever may be going on before you just can't do it anymore? No one really knows what they're capable of until they are actually in a situation so once again: *Do not ever Underestimate others or Overestimate yourself*. Also, is survival all there is? Not usually. Initially yes the only goal is to survive, but surviving without the will power, stamina, etc. to *thrive* is somewhat pointless.

Whichever way you decide to go, you owe it to yourself and your loved ones to try to garner as much information as possible relating to your chosen course

of action. Ask the internet; speak to a human, read a pamphlet or whatever. Just find out the answers to your questions.

You may also want to consider starting a type of network among your friends & family to assist each other in emergency situations. The more resources you have available the greater your chances for survival.

This is a good spot to briefly discuss bartering. Bartering for life saving resources is a lot different than haggling over a used car or something at a garage sale. Give it some thought. You may want to have some extra – extra supplies on hand. You never know what you have that another may need & you never know what you have that another may want or may be willing to take. So I must remind you to be cautious who you give help to & barter with.

What about your children? Do they know how to get help in an emergency? Do they know how to evacuate the house or put out a fire? How about hiding & being quiet if there's a threat in the house? Can they use a flashlight? Do they have a bag packed? If it seems unreasonable to some to teach children such things, think about if you are absent or incapacitated? Your survival & theirs may depend on them one day. Do they know any first aid or self defense? Remember that if you are vulnerable your children are vulnerable. Teaching them the value of preparedness and survival now can give you both a great sense of confidence & may help minimize they're vulnerability & fear. It doesn't have to be a scary topic but they should understand the importance of it all and any associated dangers. This goes for the reluctant partner as well.

Above all, be honest with yourself and loved ones. Is everyone on the same page & in the same book? What if I can't keep up? What if you can't? What happens when our supplies start running low? Do we strive, survive and die together? Or is self preservation the focus? Will we join the have-nots and look for victims or the unprepared and look for help? The answer is not as easily found as it may seem.

Proper Preparation Prevents Poor Performance. If You Aren't Ready – Get Ready. If You Are Ready – Stay Ready. (Ecclesiastes 11:2)

A Tent or Tarp & Rope & a knowledge of making Wilderness Shelters = Never Homeless

A knowledge of Skinning Animals = Never Cold

A Fishing Line, a Bow & Arrow, a Knife & a knowledge of Foraging = Never Without Food

A knowledge of Butchering Animals & Foraging = Never Hungry

A knowledge of Sewing & Mending = Never Naked

A way to Purify Water = Never Thirsty

A knowledge of Fire Building = Never In The Dark

A knowledge of the Stars = Never Lost

A knowledge of Self Defense = Never Scared

B.O.B. CLOTHING (Example)

➤ Head

1. Ski Mask
2. Ball Cap
3. SAP hat (optional)

➤ Eyes

1. Prescriptions & Accessories
2. Shatter-proof sunglasses
3. Goggles (optional)

➤ Ears

1. Ear Muffs (seasonal)
2. Ear Plugs
3. Ear piece (phone)(optional)

➤ Upper Body

- | | |
|--------------------------------------|--------------------|
| 1. T-Shirts/tank tops x2 (1 of each) | 5. Poncho x1 |
| 2. Thin long sleeved pull over x1 | 6. Coat (seasonal) |
| 3. Thick long sleeved pull over x1 | |
| 4. Long johns x1 | |

➤ Hands

1. Work gloves (cut resistant) x1
2. Warm gloves x1
3. SAP gloves (optional)

➤ Lower Body

1. Sturdy multi-pocket pants x1
2. Long johns x1
3. Belt (extra)

➤ Feet

1. Socks x3 (1 pr. Wool, 2 Cotton)
2. Extra laces
3. Insoles
4. Moccasins (optional)

Appendix B

B.O.B. & Home Hygiene

- **Toilet Paper**
- **Toothpaste & Toothbrush**

Appendix C

B.O.B. & Home FOOD

- **Water**
- **Sterno & accessories**

Appendix D

B.O.B. & Home TOOLS

- **Leatherman**
- **Stubby Hammer**

Appendix E

B.O.B. & Home EQUIPMENT

- **Tent**
- **Fire Extinguisher**

Appendix F

B.O.B. & Home WEAPONS

- **Knife**
- **Pepper Spray**

Appendix G

B.O.B. & Home FIRST AID

- **First Aid Kit**
- **Saline Solution**

Appendix H

SKILLS

- **CPR**
- **Fire Building**

Appendix I
Vehicle

- **Fire Extinguisher**
- **Water**