

# **SURVIVAL TIPS**

**LOCAL • NATIONAL • GLOBAL**



**A PRIMER FOR PREPPERS**

**BILLY DEAN  
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**« SURVIVAL TIPS »**

**Billy Dean**



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## « THE END OF YOUR OLD WORLD »

*Those who best manage change are better survivors than the strongest and smartest.*

Every natural or man-made disaster foreshadows the possibility that **The End Of The World As We Know It** (TEOTWAWKI) could be just around the corner: an asteroid collides with the earth, a nuclear power plant melts down or a world-wide exchange of atomic weapons brings death, destruction and nuclear winter.



Even small, local emergencies can temporarily bring the end of the world as we know it—earthquake, fire, flood. Most of us have enough food, water and supplies in our homes to survive a short-term emergency without water and power, our televisions or the Internet.

If fire, earthquake, tornado, hurricane or flood compels your family to evacuate their home, do you know where to go, how to get there, and what to bring with you? And whether you stay put or evacuate, do you know how things work and how to fix them if they stop working? Are you sleep-walking into tomorrow? Will you shrivel up and die without gas, groceries and gadgets?

There's a time in the life of every problem when it's big enough

to see but small enough to fix, and **not** being prepared for emergencies is a problem you can solve **now**. So acquire the Supplies, Skills and Mindset of a survivor *before* disaster strikes. Then Get Home, Stay Put and Network when it does. All three of these stages will rely on your supplies, your skills and your mindset.

## **Supplies**

*Survival begins by having things you can no longer buy in a store.*

- Store enough water and food for one year off the grid;
- Include 2-gallon jugs in your plan for flushing toilets;
- Buy in bulk; large quantities are cheaper;
- Don't eat if you can't drink; it will dehydrate you;
- Set aside some water to flush your toilet;
- Buy food that doesn't require refrigeration;
- Store ready-to-eat food that doesn't require cooking;
- Get a camping stove to heat water and cook food;
- Start eating stored food now to condition yourself;
- Start a garden; raw food is better than cooked food;
- Learn how to prepare plants & animals in your area.

## **Skills**

*Survival is the ability to do things not just have things.*

- Know how to turn off your utilities;
- Know how to make fire and fix things;
- Get in shape: hard times favor fit people who think and behave at their best;
- Learn what [Survival Forums](#) and [Survival Fiction](#) can teach you;

## **Mindset**

*You can't buy groceries or call a plumber and your water is off.*

- Develop a Do-It-Yourself approach to survival;
- Strengthen your determination and courage to survive;
- Get in touch with your willingness to protect and defend your family;

- Everyone dies. Survival is saying not today.



## « GET HOME »

*Your home IS your bug-out place.*

The primary disadvantage of bugging out over staying put is having to live life on the road as a hunter-gatherer, or in a camp as a refugee. That's why most cultures replaced the nomadic lifestyle for one centered on agriculture and cooperation. Bugging out is retreating from where you want to be, a place you know, to where you don't want to be, a place you don't know. So unless you're Jeremiah Johnson or Euell Gibbons... ***Get Home!***



If a national or global disaster leads to the end of the world as we know it, people in the city won't be the only ones suffering traffic jams, looting and violence. The veneer of civilized behavior is only three days deep. As more and more people die, the competition for food, water and shelter will get stiffer because those you encounter are likely to be very good at surviving.

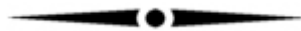
If you find yourself competing for food, water and other resources—on the road or at home—remind yourself that one of the reasons why the link between humans and other primates is missing is because we ***killed*** it.

Survival experts refer to Survival Kits as a Bug Out Bag (BOB).

But that won't sustain you if you will never see home again, forever cutoff from the stuff you left behind. Even with your survival mindset, skills and inventiveness, life could become grim without a reliable supply of food, water and other supplies.

So think of your Bug Out Bag (BOB) as something to sustain you for short-term emergencies. For long-term emergencies, think of it as a Get Home Bag (GHB). Either way, these are the essentials of a Get Home Plan:

- Assemble a Get Home Bag with enough water and food to last 3-4 days.
- Put a map of your main and alternate Get-Home Routes in your car and in your Get Home Bag.
- If the roads are hopelessly congested, start hiking home. If that is obviously impossible, meet your family at the agreed upon Bug Out Place.
- If cell phones are down or hopelessly congested, use a two-way radio to let your family know where you are and where you're going.





## « STAY PUT »

*Life on the road—homeless or in a refugee camp—are grim ways to survive.* Even with your survival mindset, skills and inventiveness, life without a reliable supply of food, water and supplies could be grim, even fatal. Your home IS your Bug-Out Place. So unless your roof catches fire, the militia orders you to evacuate, or armed militants are threatening to end your life like Bonnie & Clyde... **Stay Put!**



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- Store enough water and food for long-term emergencies of 6-12 months.
- Include your pets in your plans—they want to survive, too.
- Be prepared to turn off the water, propane and electricity
- If the outside air is contaminated, get everybody inside, then seal the doors, windows and vents, and put your masks on.
- If the water supply is off for more than a week, collect water from drain spouts, lakes and streams.
- For drinking, filter the sediment by pouring it through paper coffee filters or a silk stocking, then purify it with bleach.
- Or boil the water for 10 min, let it cool down, then agitate it with an egg beater to add air for taste.
- For the toilet: *"If it's yellow, let it mellow. If it's brown, flush it down."*
- Canned food loses nutritional value rapidly after 1 year, but dehydrated food can last for 10 years, and you aren't buying water.
- Stock up on hybrid seeds, not heirloom seeds, which are more

susceptible to drought, disease and pests.

- Learn how to can low acid foods (fruit) and high acid foods (meat and vegetables).
- After harvesting your crops, dehydrate them in your oven, put them in meal-sized mylar bags, add oxygen-inhibitor pouches, and store the bags in seal-able plastic buckets.
- Conserve your energy—stay inside as much as possible.
- Outside, avoid conflicts—speak softly, move quietly and slowly.
- Carry weapons on your belt, not in your hand.
- Stay in touch with why you want to survive: the people you love!



## « NETWORK »

*Find like-minded people to pool resources and skills.*

Staying put makes it easier to join a group of like-minded survivors. Even if your beans, bullets and band aids get you and your family through the first six months of a global disaster, sooner or later you will be compelled to join a larger group to pool your resources and survival skills. Hooking up with others makes it more likely you and your family will survive. So move away from the *independence* of escaping the disaster itself toward the *interdependence* of a small group of like-minded people who are no longer prepping but surviving.



- Decide who to trust with your skills, experience and supplies.
- Decide how to deal with moochers and militants.
- Evaluate your willingness to act decisively and without hesitation.
- Barter salt, chocolate, coffee, sun block, insect repellent, bleach, soap and toilet paper.
- Do **not** barter things that could be used against you (bullets), promote bad behavior (alcohol) or make you a target when they become critically short in supply (water).

### **Reasons To Network**

Evolution is evidence that groups survive and individuals die. But large groups tend to suffer personality conflicts, disagreements and rivalries; whereas small groups are more likely to agree and cooperate in life or death situations. So build friendships with a small group of people who are willing and able to network *before, during* and *after* a crisis.

- People who are likely to be motivated, loyal and prepared for a short or long term crisis.
- People who are likely to cooperate when agreement is essential to the group's survival.
- Trust takes time, so start now and pay attention to what they do, not just what they say. Share information but not your own preparations until you know them better.
- Crops require irrigation, so lakes, rivers and springs are likely places to meet like-minded survivors.
- Farming skills are more likely to get you into a group than computer skills.

### **Like-Minded People**

Most of us have learned to tolerate one another pretty well. But relationships can become strained in a survival situation. The family is the core unit. When things get tense, we tend to see others, even close friends, as outsiders.

WWII is a good example of how well people can cooperate when stores are open, lights are on, and the enemy is on the radio, *not* roaming the streets with an attitude and an appetite for violence. The veneer of civilized behavior is only a few days thin. If the poop hits the fan, you should know the people you are yoked with very well. Block parties using [The Survival Card Game](#) are one way to evaluate people's attitude toward survival. Ask yourself:

- Would they behave like a victim or a survivor when disaster strikes?

- If they know you are prepared, would they be a moocher or a militant?
- Or take a pro-active attitude toward getting prepared by learning from you?
- Do they usually fix things themselves? Or call a plumber or a handyman?
- Are they conservative or liberal towards outsiders, beggars, people in need?
- How do they handle problems like their car not starting or a leak in the roof?
- How likely is it that they would shoot somebody who was shooting at them?
- Will their core beliefs, values and principles harmonize or conflict with yours?
- Would they resist or assist consensus if it were essential for group's survival?
- Would they change the way they think and act to ensure there is a tomorrow?
- A future they want, not the one handed to them by corrupt leaders?
- Would they roll up their sleeves to rebuild America from the bottom up?
- Or wait for the government to bail them out from the top down?

### **Moochers & Militants**

Networking makes it more likely you will be able to keep you and your family out of harm's way when you have to deal with moochers and militants. Even if you live in a community where the crime rate is low and breaking and entering is rare, you will eventually have to deal with hungry, post-disaster gangs roaming the streets with an attitude and an appetite for violence, or an angry father coming up your driveway to take your stuff so he can feed his family at the expense of yours. Your

mindset is critical. Remind yourself that after a meltdown of life as we know it, authorities are unlikely to hold you liable for damages, injuries or death while defending your property, your home and your family. So evaluate your ability and willingness to shoot intruders.

- Can you put three rounds into a 6-inch circle at 25-75 yards, day or night?
- Under what circumstances would you shoot to kill, wound, or warn?
- Do you non-lethal weapons such as pepper spray, taser guns, rubber bullets?

### **Outside Defenses**

- Make it difficult for undesirables to approach your neighborhood or your house.
- Block the street, your driveway and access to your property with boulders, trees, fences.
- Build *fatal funnels* at key points outside your home and install flood lights to illuminate your targets at those killing points.
- Design the lights so they can be turned on or off from inside your house, and install grills to make it difficult for intruders to shoot them out.
- Get a dog with a BIG bark and train it to sound the alarm under circumstances you specify.
- Avoid conflicts with strangers—speak softly, move quietly and slowly, and carry weapons on a belt, not in your hand
- Keep an eye on people camping nearby. Travelers passing by? Moochers looking for hand outs. Or militants casing your place?

### **Inside Defenses**

- Make it difficult if not impossible for undesirables to enter through doors or windows.
- Keep your clothes and shoes near the bed, like a fireman, and install lace locks on your shoe strings so you don't have to tie

them in the dark.

- Install motion detectors and identify "fatal funnels" already in place, or remodel your home to create places where you can funnel intruders into your line of fire.
- Stash weapons and ammo at key points along the route you plan to use as a retreat to a final standoff room or to evacuate to a well-hidden bunker or bug-out location.
- Install steel doors and secure door frames to the framing.
- Make hinged window guards. Close them at night so intruders can't break in while you sleep or see you when you wake up to confront them.



## « THE BEGINNING OF YOUR NEW WORLD »

*Survival is suffering the worst to bring forth the best.*

Disasters are likely to get worse before they get better. So be at peace with yourself and others. Don't stress yourself with dark imaginings. Fear is born of fatigue and loneliness. And survivor's guilt can make you want to be dead too. Unless you put a round in your brain, your **body** is not going to shrivel up and die. It will insist on eating, sleeping, waking up and getting on with life. Survival isn't just in our brains; it's in our bodies too. When disaster strikes, get your body and brain on the same team. Let your body remind your brain that survival requires more courage to live than to die. Everyone dies. Survival is saying not today.

### **Hierarchy of Needs**

And pay attention to your priorities. We are genetically driven to survive. Once you've satisfied the lower needs of survival, you'll want to pursue the higher goals of belonging, self esteem and self actualization. As you and your network of like-minded survivors regain control of your world, your ultimate goal is to thrive, not just to survive.



**Achieving personal & professional potential... I made it!**

**Respect from family, friends and peers... I am valued.**

**Having family, friends, someone to love... I belong.**



Having a good job and a place to live... I'm safe.  
Having food, water and shelter... I'm alive!

### **What Matters Most**

So get busy with the job of preparing to survive. But remind yourself that your primary goal is to help those you love satisfy their needs. So put pictures of *people you love* in your wallet or purse and look at them often. Make a notebook of sayings and stories that reflect your values and beliefs. If disaster strikes, gather your loved ones around a campfire, a candle or a flashlight and take turns reading them to one another.

Most of all, prepare yourself to face the *end* of the world you knew as the *beginning* of a world you must rebuild—for yourself, your family, your country and Earth itself. For despite the hard times ahead, this blue-green planet wandering among the stars is the only home we know. And it, like you and I, has survived more than one collision to establish its path around the sun.



So the next time a disaster collides with life as you know it, be prepared to deal with it as a survivor, not as a victim. And never forget that your goal is to get beyond surviving to thriving—survival to thrival!



## « ABOUT THE AUTHOR »

Billy Dean is a free-lance writer with degrees in English and Engineering. He has written articles for trade journals, been a newspaper columnist, performed poetry at open mic events, and had his essays, memoirs, poems, stories and how-to guides published with on-line magazines and e-book distributors. You can find the other books he has published, and make comments about this one, on his [Author Page](#) at Amazon.

