

A coastal cityscape at sunset. In the foreground, dark, turbulent waves crash against a stone wall. Behind the wall is a row of multi-story buildings with arched windows and doorways. A prominent white tower with a flat top and a small antenna stands out against the sky. The sky is filled with soft, golden light from the setting sun, with some clouds. A yellow diagonal banner is overlaid on the right side of the image.

CRAIG BURR

THE NO BS GUIDE TO  
URBAN PREPPING IN  
THE UK

*To Dawn, Harley and Billy:*

*This book would not have been possible without your continued love and support.*

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# **Introduction**

There is not one person on this planet that knows exactly what will happen in the future. Disasters happen when we least expect it. One thing

we can do however, is to be prepared. The majority of the worlds population live within towns and cities. The main things that we rely on such as food, water and fuel may have travelled hundreds or thousands of miles to get to us. Now, so far, with a few exceptions, this has worked out to be fairly reliable, but what happens when something disrupts that pattern?, when we have to go without the food and the fuel for an extended period of time?. This is why it is so important to prepare in advance.

Mother nature does not care if you are rich or poor, a disaster can strike anybody and at any time. Here in the UK we do not have too many disasters such as tornadoes, however, just two months before writing this, a tornado touched down locally to my area and caused quite a lot of damage to houses. Many were injured but thankfully no lives were lost. Just because we do not have these kind of disasters normally, it does not mean that it can never happen.

If you have purchased this book, you fully understand the importance of being prepared. We are going to be covering everything from the very basics up to planning and preparing for a wide variety of disasters that can occur.

## **Authors Note/Disclaimer**

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lifesaving advice. Any use of the information contained in this book shall be solely at the reader's risk.

# **Part 1 – Making Money for Your Preps**

It is no secret that prepping costs money. The best method of starting out is to gradually build your supplies instead of worrying about trying to purchase everything at once. If you are going to the store for a tin of tuna, buy two, one for use now and one for storage. This same method goes for anything that you buy. It will make it much more manageable than trying to go out and purchase everything that you can at once. Money is tight for most of us so during this part we are going to cover a few different methods that you can use to help fund your prepper lifestyle.

## **Working from Home**

For me personally, choosing to work from home was one of the best moves that I ever made. This is by no means a hard task and all you need to do is think of what you enjoy doing, what you're good at and how you can use that to make money. If you are highly knowledgeable in a subject, why not offer tutoring? If you like building things, why not offer them for sale on an online store? If you like to write, write a book. It does not matter what you enjoy doing, there is a way to make extra money from it and work from home.

## **Ebay**

We know that prepping takes money, but it also takes space. For this reason it is a good idea to go through your house and loft and find out all those items that you no longer have use for. If they are good quality

items, you can make a little extra money by selling them on eBay. This not only helps to make some extra space for your supplies but also in making the money for your preps.

### **Offer Your Skills**

Large companies often offer their services at ridiculously high prices. It does not matter what your skills are, place advertisements around offering those skills and then sit back and wait for the phone to ring. Are you good at painting? Welding? Gardening? Or something else completely? Somebody out there will need your help if your prices are right.

### **Yard/Garage Sale**

This is much like selling your unwanted items on eBay except that instead of doing it all online, it gets done from your own yard or garage. Here in the UK there are no particular laws when it comes to holding a yard sale though you do need to get permission if you hold more than 10 yard sales a year. Please remember however, that the sales must be done from your OWN property. You are not allowed to place any items for sale on the pavement as this is then classed as street trading which does have laws.

### **Cash In**

We have all seen the advertisements on the TV in which you send in your gold and they will send you the cash that it is worth but there are many more companies just like those. The kinds of items that you can cash in are:

- Mobile Phones
- Scrap Gold



- CD's and DVD's
- Old Printer Cartridges
- Scrap Metals
- Unwanted Items at the Pawn Shop
- Old Books

### **Sell Your Story**

Journalists are always on the lookout for new stories that they believe can help them sell their magazines and they are willing to pay good money for them. If you believe that you have something that could be of value to them, send them an email. All magazines have different prices so don't settle for the first one that says yes. Shop around for the best deal.

### **Fiverr**

At Fiverr.com you can buy and sell in exchange for a fiver. Do bear in mind however, that the price is in dollars so you get \$5 but there are some good earners on that site. Look around the website and have a look at what is selling and see how you can make that even better.

### **Choose Domain Names**

At PickyDomains.com you can get paid for finding available domain names for companies. Businesses sign up when they are in search of a new name and if your domain gets chosen, you get paid. These also pay out in dollars but the pay is good if you get chosen.

### **Buy and Sell**

I know that we are looking at making money, not spending it but this has been a win win for me in the past. If you have your list of supplies that you need, see if you can buy any of them in a joblot. You can then keep back what you need and sell the rest on for profit. Let's say that you have a firestriker on your list and they sell for £1.99 on eBay. Look around and you might be able to get 10 for around £5. You can then take yours and sell the rest making a profit in the process.

There are literally hundreds of different ways that you can make money for your prepping but the list above will hopefully be a good starting point for those just starting out.

## **Part 2 – Food**

### **Basics of Stockpiling Food**

Stockpiling food could be the key to your survival during a survival situation. When it comes to stockpiling food, many people are put off by the potential cost of doing it. The good news is that it does not matter what your budget is, there is a way of you stockpiling for rainy days. What you have to remember, is that depending on the disaster that may occur, you may be stranded in your house for weeks without the ability to get to a store to buy food. For this reason it is a good idea to have even a small stockpile of food, water and medicines. You also need to remember to stockpile enough food for the whole family including any pets that you may have.

A very good way of getting started is to start saving all the coupons that you can find. This can save you huge amounts of money.

### **Rotation, Expiration and Shelf-Life**

Once you have started stockpiling food, the next step is to set up a rotation plan. Doing this will ensure that the food is always wholesome and good for you and your family. Essentially, what you need to be doing is eating and replacing the emergency food on an ongoing basis. This will ensure that you and your family receive the maximum nutritional value from the food.

You need to rotate the food based on expiration date. Those foods with longer expiration dates go to the back whilst those with shorter dates are moved to the front. Each time you eat the food from the front, the new replacements get put to the back of the shelf and the rest moved forward. This may all sound a little daunting but believe me, you will soon get the hang of it.

The labels on foods can be a little confusing to some people. We have the “use by” and “best” dates, the “sell by” and the “expiry dates” but what exactly does all of this mean?

- **Use By, Best By, Best Before** – These kinds of labels are usually found on shelf-stable foods. The dates shown after indicate how long that food will remain at its best quality when unopened. After this date you may start to notice slight changes such as texture and colour but as long as the item has been stored properly the food can still be consumed after this date. If the food smells or tastes off, it is better to discard the food and replace it.
- **Sell-By** – These kinds of labels are often found on milk, poultry and meats. This date is added so that the store knows how long that they can display the food for. As long as you store the food properly it will still be fine for some time after the sell-by date.

## **What Foods to Store**

When you start stockpiling food, you want to store those foods that have the longest expiration dates. Don't forget to keep a tin opener with your food at all times, it is no good having all that food if you can't get in to it. So what foods should you stockpile?

- **Rice** - White rice seems to be the cheapest of all options however, I recommend getting a mix of different rices. These are easy to store away and are packed full of carbohydrates will makes it an essential food item to hoard. If stored correctly rice can last up to 30 years.
- **Beans** - Beans are another food item that can last anywhere up to 10 years if stored correctly. They are also high in fibre and protein. There are many different beans available from tinned, jarred and dry beans. Dry beans will last longer than the others but it is down to personal preference.
- **Oatmeal** - Buying oatmeal in bulk is the cheapest option. It is easy to store away, high in fibre and pretty much impossible to get bored of as the amount of things you can do with oatmeal is only limited to your imagination.
- **Peanut Butter** - Peanut butter is one of my favourite items to hoard, I love it. It is packed full of protein and though not the cheapest of all items to hoard, in my opinion it is one of the better ones. Unless stated otherwise, peanut butter does not need to be refrigerated once opened.
- **Flour** - Flour is easy to store, cheap and versatile. There is a lot you can do with flour and it will last for a long time if stored correctly.
- **Corn Meal** - Corn meal can be added to water like flour to make breads. It is also packed with carbohydrates, fibre and iron. Corn meal will last anywhere up to 2 years if stored correctly.
- **Canned Vegetables** - Vegetables are an essential item in our diets and when TSHTF we may not be able to get fresh vegetables. By picking up a couple extra tins every time you go to the store, you will soon find you have a good collection started.

- **Pasta** - Pasta is cheap, easy to store and packed with carbs. This is a basic food item but very easy to prepare. Again, you will save money by buying pasta in bulk.
- **Honey** - Honey is packed with sugar, sugar is energy and energy is needed in survival situations. This will last many, many years and has a much better lifespan than just storing sugar alone.
- **Salt** - Salt has a lot of uses and lasts for a long time. It can be used for adding flavour to your food as well as curing and drying meat.
- **Canned Fruit** - In order to keep your body balanced in a SHTF scenario, we need our fruit. Canned fruits come in all varieties and can be stored for a very long time.
- **Whole Wheat Crackers** – These make an excellent alternative to bread for sandwiches. Due to their higher fat content, these have a shorter shelf-life than their plain counterparts, but the extra fiber pays off when you're hungry. You can prolong their freshness by vacuum packing the crackers.
- **Nuts and Trail Mixes** – These are great high energy foods. They are also healthy and convenient.
- **Granola and Power Bars** – Healthy, filling, good source of carbohydrates and stay fresh for up to 6 months.
- **Canned Tuna, Salmon, Chicken or Turkey** – Canned meats provide essential protein and can last at least 2 years in the pantry.
- Powdered Milk – Almost all dairy products need refrigerating so stock up on this alternative that offers plenty of calcium and vitamin D.

## **What Containers are best for Storing Your Food**

When it comes to storing foods long term, different food items require different types of containers. For whole dried foods, I have found it

better to store them in airtight Mylar bags that are specifically made for long term food storage. These bags can then be placed inside 5 gallon plastic buckets to ensure that they do not become punctured.

To remove the oxygen from the Mylar bags (important), you can use oxygen absorbing packets just before you seal the Mylar bags. Another method is to use carbon dioxide through the use of dry ice which replaces the oxygen from the bags.

The Mylar bags must be sealed properly in order for the whole process to work as expected. You can use your steam iron (steam turned off) on the hottest setting or a hair straightening iron. The process of sealing the Mylar bags is as follows:

- Gather everything you need (food, Mylar bag, oxygen absorbers (in a jar until needed), and hair straighteners).
- Fill the Mylar bag with your food of choice leaving a few inches at the top for sealing.
- Add an oxygen absorber in to the Mylar bag.
- Use the hair straighteners to seal the top of the Mylar bag.
- Do not worry about any trapped air as the oxygen absorber will sort that out.
- Use a sharpie pen to write on the Mylar bag with the contents and the date.
- Leave for a couple of hours and the Mylar bag will become brick-like as the food is compressed.

If you choose to store food in plastic containers, you must ensure that the containers are food grade. The containers that are not designed for food

can transfer chemicals in to the food. You also need to make sure that the lids of the containers are completely airtight and leak proof.

# Part 3 – Water

## Finding Hidden Water Within the Home

Water is extremely important when it comes to your survival. We all take water for granted. It is easily available on a daily basis but during a disaster that can soon change. The water could become contaminated or shut off completely. Luckily for us, even during these times, we can still find drinkable water from within the home.

If you hear that the local water supply is contaminated, you need to shut off the water to the house immediately. This will help keep the contaminated water from entering the home if it has not already done so.

Ice trays can be removed from the freezer, tipped in to a container and left to melt in to drinkable water.

Most hot water tanks store plenty of water. Ours in our home stores 60 gallons of water. You simply need to shut off the gas or electricity, open the valve at the bottom of the tank, turn on the hot water tap and fill up some containers with the water.

Another method is to remove the water from the pipes in the home. To do this you need to go to the highest point in the home with a tap and turn it on. This will allow air to flow in to the pipes. Now go down to the lowest point in the house with a tap and turn it on. Just like emptying the tank, fill containers up with the water.

Providing that you have not used any chemicals in the tank, the toilets reserve tank is another place to get drinkable water. You will need to boil the water for 3 to 5 minutes first in order to purify it.



## Storing Water Effectively

It is said that each person needs around half a gallon of water a day just for drinking. When you add that up for each family member as well as the water needed for cooking and cleaning every day, it soon adds up.

The first step is to find somewhere that you can store the water safely. The more water that you have, the heavier it will be so you need a location that can support the kind of weight that you will be stockpiling. You want the area to be cool, dry and away from any direct sunlight.

The next step is to set up your water storage system. Firstly let's take a look at what you should NOT use for storing your water.

- **Non Food-Grade Plastic** – As mentioned before the plastic from non-food grade containers can leech dangerous chemicals in to the water. Bugs and rodents usually have a very easy time trying to get in to these kinds of containers.
- **Cardboard** – Over time these will leak, split and soak up unwanted materials.
- **Anything Contaminated** – This is common sense but something that I have seen done so many times.

Good alternatives for storing your water include:

- **Food-Grade Plastic** – If you choose to go the plastic route, be sure that it is clean food-grade plastic that you use and rotate in the same way as you should be doing with your food. If you have the money, consider looking at purchasing plastic water storage tanks. Never store your plastic near any type of gasoline and fuel as the chemicals can leech in to the water over time.

- **Glass** – Another alternative is to store your water in glass bottles. The problems with this is that it breaks easily and is a fair bit heavier than plastic. The upside is that the glass bottles can be stored near gasoline and fuels unlike the plastic bottles. Before using the jars it is recommended to boil them for 20 minutes and let them dry out thoroughly.
- **Stainless Steel** – The final alternative that I want to mention is stainless steel. Like glass, it does not contain any harmful chemicals but is more lightweight than glass. It does not break easily and you do not need to be as concerned about direct sunlight. One issue with this however, is that if you use chlorine in your water, the chlorine can corrode the steel over time. Again, only use food-grade steel for storing water.

Store bought bottled water will usually have a shelf-life of around one year. Bottled tap water should be replaced every six months and over time it may not taste the same. This can be dealt with by pouring the water from one clean container to another several times. This will add air back in to the water.

## **Filtering and Purification**

Before we start with different methods I want to quickly cover the difference between filtering and purifying water. Water filtration works by removing all the unwanted particles from the water with the use of sieve mechanisms. So let's just say, filtered water is also clean healthy water coming out from a sieve embedded in the filter. To attain the best of filtered water, activated carbon filters and sediment filters are widely used which can also be combined into one. Pure water and filtered water are the same except that filtered water only strains out all of the impurities whilst purification uses various technologies and methods to enhance the protection against any potential threat.

There are many commercial products available such as the life straw that filter the water as you drink through the straw. Here we are going to cover a few methods that you can use to ensure the water around you is safe to drink.

- **Boiling** – This is by far the most popular way of purifying your water. This not only kills anything that is living in the water but also removes chemicals that may be present. It is said that water temperatures of 70 degrees centigrade kills all pathogens within 30 minutes and water temperatures above 85 degrees centigrade kills all pathogens within a couple of minutes. It is better to bring the water to a rolling boil and leave boiling for at least 2 minutes.
- **Ceramic Filters** – These are very long lasting and only occasionally need to be washed out. Like any other filters, these will need to be replaced from time to time for safety reasons. You should also know that ceramic filters only filter organic contaminants for sedimentary water.
- **Portable Water Filters** – I mentioned the Life Straw earlier but there are many portable filters around including hiking bottles though these don't get as much use before having to change the filter as some other options do.
- **Chemical Purification** – For this you can use bleach or iodine which work fast but can be bad for your health. Purification tablets can be used though they become ineffective once they have expired so be very careful.
- **Solar Still** – This method will work well if you are in an area with plenty of sunlight. For this you can use anything that can hold water such as a bowl with a flat bottom. Place a heavy cup in to the bowl and fill the bowl with dirty water making sure not to get any in to the cup. Put some clear wrap on the top of the bowl sealing it tightly and place a heavy item such as a rock on top of the wrap over the cup. Place the bowl out in to the sun. What happens is that the water will evaporate but can not escape so the clean water runs in to the cup whilst all the bad stuff will remain in the bowl. This can be a very long process so be prepared.

## Water from Plants in the Garden

If you have used all of your resources for getting clean drinking water from within the home, it is time to start looking at your garden, in particularly your plants. When plants absorb the water from the ground they filter out many of the impurities and you can then go ahead and extract the clean water from the plants.

Plants can offer a continual source of clean drinking water and for this reason it is often best not to destroy the plant to get the water. For this reason, the first method that we are going to look at does not harm the plant in any way and can be used time and time again on many different branches.

Basically what we are going to do is tie a plastic bag over a leafy branch of the plant and allow the plant to transpire in to the bag giving us clean drinking water. This is a very long process and many bags will have to be used at the same time in order to get a good amount of drinking water.

Any plant with leaves will do but the larger the leaves the better as they tend to give off more moisture than those with smaller leaves. Grab a bag and tie it off securely around a leafy branch. Clear bags work well so you can see exactly how much water you have collected. Clear bags also have the added benefit of increased heat. Leave the bag for 4 – 5 hours then all that is left is to harvest and drink your water.

A more destructive method of gathering water from a plant is to cut a stem or tap the trunk. The tapped liquid is then run off in to a clean container or suck the moisture straight out with your mouth.

## **Part 4 – Weapons and Self-defence**

## Laws Regarding Self-defence in the UK

Here in the UK, the courts have always upheld the right of an individual to protect themselves, or other people and have repeatedly said that they are permitted to use force to do so providing that the force used is not excessive. Doing so can turn a lawful act in to a criminal one.

When it comes to self-defence the law clearly states:

- An individual is entitled to protect themselves or others;
- They may inflict violence and/or use weapons to do so;
- The level of violence may include killing the assailant (last resort); and,
- An individual may even act pre-emptively and still be found to have acted in self-defence.

The protection offered to the citizen by the principle of self-defence comes in two stages.

### **1. Crown Prosecution Service**

The crown prosecution service are the ones who decide whether or not the case should go to court. There are various factors in their decision including:

- Whether or not there is likely to be enough evidence to secure a conviction; and,
- Whether or not a prosecution is in the public interest.

The Crown Prosecution Service has stated that if a citizen has acted reasonably and in good faith, their families and/or property should not face prosecution.

In some cases, it may still go to court. This will be in cases when it is not clear whether or not the individual really was acting in self-defence or where serious injuries or death have resulted. This does NOT mean that a death will automatically lead to a prosecution.

## **2. Self-defence and the Courts**

If an individual is prosecuted after having acted in self-defence the courts will apply the following test:

- Was the force used reasonable in the circumstances as he/she believed them to be?

The jury will then have to answer the above question based on the facts as the individual saw them when he or she acted. Any person is allowed to use reasonable force to protect themselves, their family and even a complete stranger.

### **What if you Make a Mistake?**

When it really is believed by the individual that they acted in self-defence the law may excuse an assault or even death. However, if the individual was drunk for example then they are unlikely to succeed in using this as a defence.

### **UK Legal Weapons List**

When it comes to owning weapons, our laws here are pretty strict. However, there are certain weapons that you can legally purchase and keep with your kit ready for when the SHTF. Please remember however, that failure to keep within the law will not only get your weapons confiscated but you could also face a heavy fine and/or or a lengthy prison sentence.

Also remember that although the following weapons may be legal to own, it is still an offence to carry them out in public without a very good reason.

- Air rifles and pistols. Rifles need to be below 12ft lb and pistols need to be below 6ft lb.
- Axe
- Baseball bat
- BB gun
- Bow
- Crossbow
- Catapult
- Farbgel – self-defence spray
- Machete
- Paintball Guns
- Any knives that are not marked on the banned list below

### **List of Banned Knives**

- Flick Knives

- Butterfly Knives
- Disguised Knives (Knives that are made to look like something else such as a phone).
- Gravity Knives
- Sword Sticks
- Samurai Swords (with some exceptions such as antiques and swords made to traditional methods before 1954).
- Hand or foot claws
- Push Daggers
- Hollow Kubotan
- Shuriken – aka throwing stars
- Kusari-gama – Sickle attached to a rope or cord
- Kyoketsu-shoge – hook-knife attached to a rope or cord
- Kusari – weight attached to a rope or cord

If you are unsure as to the legality of your weapon, contact your local police station.

### **Securing your Home**

Here in the UK we are not aloud to set up booby traps or anything similar to stop intruders but there are steps we can take to ensure our homes are much harder for a criminal to enter. Follow the steps below to add better security to your own home:



## **Doors**

- Fit your doors with at least a 5 lever mortice deadlock.
- The locks are only as strong as the doors and frames so you need to ensure that the frames are strong and can support the door, locks and hinges.
- Consider fitting a “London Bar” or “Birmingham Bar” which will add extra support to the door frame.
- Consider installing an internal cover plate to the letterbox.
- Install a spy hole and chain to both the front and back door.
- Do not leave any keys or valuables near the door as they can be reached from the letterbox.
- Consider using door handle alarms. These go off as soon as somebody on the outside tries touching the door handle and can be picked up pretty cheap on eBay.
- If you have glass installed on the doors, consider installing a grill over the glass or replacing the glass for safety glass.

## **Windows**

- Close and lock all windows no matter how long you are going to be out of the house.
- All windows downstairs and any accessible upstairs windows should be double glazed.
- Make sure that all windows in the house have good quality locks installed.
- Never leave any keys or valuables in sight of the windows.
- If you have a window with a built-in air conditioner, ensure that it is securely fastened as they are not too hard to remove.

## **Gardens**

- Do not have fences that are greater than 1m in height. By following this rule, you can ensure that your house is visible at all times.
- Keep your gardens maintained so any would be burglars have nowhere to hide.
- If you have a driveway, consider using gravel so anybody walking on it will be heard.
- Install security lighting.
- Ensure garages and sheds have additional security, locks and alarms.
- If valuables such as power tools are kept in the shed, consider fitting wire cages with locks on to secure the tools. Burglars want to be in and out without spending any extra time trying to get extra items.
- Secure hinges with coach bolts instead of screws.

A common sense tip is to use a good CCTV and alarm system on the home as well as security lighting that will switch on when they detect movement.

## **Extra Tips**

- Think like a criminal – Take a walk around your property and look for ways that a burglar will gain access as well as what they can see from the windows.
- Mark your property with postcode and house number and register your property for free with [Immobilise.com](https://www.immobilise.com) – helps Police identify the owners of lost & stolen property thousands of times each day
- Many people use automatic lights when they are on holiday, consider purchasing ones that you can have switch on at different

times.

- The Royal Mail has a service called “Keep Safe”. If you are going to be away, they will hold on to your mail for up to two months. Letting your mail build up is basically an invite for would be criminals.
- Do not use barbed or razor wire – You could be held legally responsible for any injuries that may occur.
- People used to use broken glass at the tops of walls and fences but this is now illegal in the UK.

## **Personal Protection**

At some point or another, there will come a time when you have to protect yourself or your supplies. The first thing that you need to be doing is working out and getting fit. You need to be fitter, stronger and faster in order to survive.

Secondly, you need to learn to protect yourself in terms of fighting. If you can't defend yourself during a confrontation, there is no use in even trying to protect yourself or your home. You don't need to learn a whole bunch of moves, just a few effective moves will be perfectly fine. If you decide to take on martial arts, I highly recommend looking in to Krav Maga.

We have discussed what weapons you can legally own here in the UK but owning and knowing how to use them effectively are two different things. Learn to use what is around you.

Situational Awareness is also a key element to survival. It takes time but you need to learn to become more aware of your environment and the people around you. This can help to avoid many confrontations.

## How to Choose the Perfect Survival Knife

The right survival knife can get you out of many tricky situations. Don't go for the fanciest you can find, go for what will still work for many years to come. So how do you choose the perfect survival knife?

- **Size** – Bigger by no means, means better. Too big and you can not use the knife effectively when it comes to dressing game or carving. Too small and you cannot perform tasks such as chopping. The ideal size in my opinion for a survival knife is around 10 inches in length from the tip of the blade to the tip of the handle.
- **Fixed or Folding Blade** – A fixed blade is more durable than a folding blade and for me has always done me better when it comes to survival tasks. A joint means a weakness which is why I tend to shy away when it comes to folding blades.
- **Full Tang** – A full tang knife means that the blade and handle are constructed from one single piece of metal. Grips are then attached for a better and more comfortable grip. I had a half tang machete not so long ago that actually broke as I hit it in to a branch, very dangerous but luckily no one was hurt. Could have been a one off but for me personally, full tang all the way.
- **Tips** – Survival knives come with all different kinds of tips such as sharp, rounded, angled and hooked. I personally choose sharp tipped knives for the sole purpose of self-defence. A sharp tipped knife can also be lashed to a branch to make a spear to catch food, etc.
- **Pommel** – The pommel of the knife is the bottom of the handle. This can be used for pounding and hammering.

## **Part 5 – To Bug In or to Bug Out**

## **Stay Put or Get the Hell Out of There**

My advice to everybody is to stay put until it really is unsafe to do so. There seems to be this growing list of new preppers that seem to think that when the SHTF they need to immediately bug out and move away from the safety that they are used to. This could not be any further from the truth.

I will start off by very quickly going over the meaning of the above.

- Bug in – Means to remain where you are which will usually be your home.
- Bug Out – Means to leave your location in search of somewhere “safer”.

There are also preppers out there that only plan for bugging in or only plan for bugging out. It is important that you are prepared for whichever move you have to make. Bugging in means you not only have the security of home but also where you are more likely to have support from neighbours and friends.

For me a long-term power outage will lead to chaos no matter where you and could possibly be the time to bug out. This does not mean that you head to the local woods, it could be a friend or relatives house a few miles away.

The idea is to think about what could happen and what will be the safer move for you to make. Stay prepared at all times and plan ahead.

## **Items That Will Disappear Fast when the SHTF**

For the unprepared, as soon as they know of a coming disaster they will immediately go to their nearest stores in order to purchase everything that they think that they will need to get through the crisis. The shelves will soon empty. Depending on the disaster in question, will depend on how long it will last. As preppers we are prepared, but nobody else sees it as a priority. We are going to cover what these non-preppers will be emptying the stores of when the SHTF.

**Food and Water** – Food and water will most certainly be the first thing that is on their list. They will not think about what foods will last, they will grab everything that they possibly can. Bottled water will also be a first to disappear from the stores.

**Torches and Candles** – Everybody will need a source of light and for this reason torches, batteries and candles will also be high on the list of items that will disappear fast.

**Petrol** – People will not only fill their cars with petrol but also any gas cans that they can get their hands on.

**Alcohol and Cigarettes** – People will think about fuelling their addictions and so alcohol and cigarettes will go fast.

**Baby Supplies** – Baby formulas, foods, nappies and wipes will all go fast before or during a disaster.

**Toilet Paper** – Who doesn't need toilet paper right?

# Part 6 - Protecting Your Pets

## Pet Identification

What we do as preppers is to prepare to give our family a much better chance of survival during a disaster. If we have pets then we have to see them as part of the family and prepare for those too.

The most basic way of preparing your pet for disaster is to ensure that the pet has the correct identification in place. All contact information must be kept up to date. There are a couple of options that you have but remember that the more modes of identification that you have in place, the better. If you have a mobile phone, include that number in case you have to bug out, you can still be reached.

**Tags** – These are very inexpensive and simply attach to the collar of the animal with your contact information. Should the animal be found, they will know how to contact you to return the animal. The risk with these is that the collar could get lost leaving the animal with no identification or the tag could fall loose of the collar.

**Microchip** – This is the most reliable form of identification for your pet. The microchip is injected in to the animal and should the animal be found, it can be scanned to retrieve your contact information.

**Tattoos** – Some dogs in the UK MUST be tattooed by law however, anybody can have a professional tattoo their pet with a unique number which is then placed in to a registry with your contact details.

## How to Put Together a BOB for Your Pet

There are dog backpacks specifically designed to be carried by your four legged friend but if your animal is too small or not trained then the items below will need to be added to your own kit.

**Water** – Just like water is important in your own BOB, it is equally as important in your pets BOB too. The amount that you choose to include will rely solely on the size and breed of your pet. Your pets need at least ½ gallon of water per day, per pet.

**Collapsible Water Dish** – Having water is all good but they also need a safe way of drinking that water. Be sure to include a collapsible water dish in to the bag. I recommend packing two of these so that you can also use one for food.

**Food** – The next thing that you need to include is food for the animal. My own personal choice is freeze dried pet foods due to weight however, it is really down to your own personal choice.

**Lead and Collar** – This will help to ensure that you have control of your pet at all times. Paracord is a great and lightweight way of achieving the same thing.

**First Aid Kit** – Injuries can happen to your pets just as easily as they can happen to you. Be sure to prepare for this and add a first aid kit for your pet.

**Clothing** – A good jacket and boots will help to protect your pet from the elements.

**Waste Clearance** – Just because you may find yourself in a crisis, it does not mean that you do not need to clean up after your pet. Include bags, scooper, litter and tray.



**Toys** – This can help to relieve any stress in the animal.

## **Getting Your Pet Ready for Disaster**

As we mentioned before, your pet should be considered as a family member. It is important that instead of just prepping for ourselves, we also prep for them. We do not want them getting scared and running away or failing to listen to your commands. We need them ready and knowing what to do at the drop of a hat.

**Crate Train** – It doesn't matter if you feel like your pet needs this or not but they must be crate trained. Your pet might be the best trained animal on the planet but if it becomes injured, being locked inside a crate can be extremely scary.

**Evacuation** – If your property becomes unsafe, it is important to take your pets with you. Do not leave it until the last minute as you may not be able to get your pets together in time. Make sure that they respond when you call their names.

**Bugging In** – If you are deciding to stay put and riding the disaster through then it is important that you have already planned a safe room in the house for you and your family. The safe room needs to be pet proofed. This includes making sure that there are no little nooks that your pet can run and hide in when it is scared.

**Patience** – After a disaster you may notice behavioural changes in your pets. This is normal due to the stress that the animal has been put through. If it does not calm down, speak to the veterinarian for advice.

## **Part 7 – Your Bug Out Bag**

## **First Aid Supplies**

It is quite easy to just go ahead and purchase any of the first aid kits that are available on the market, the problem that I have with this is that I have yet to find a single kit that has everything that I believe we need in a kit. Your own kit needs to be thought through carefully. If you are not trained in first aid, I recommend taking a first aid course so that you understand exactly what to do in various situations and how to use everything that is in your first aid kit.

So what exactly do we need in our first aid kits?

- Latex Gloves – You should pack several pairs of gloves.
- HSE Medium Dressings 12cm
- HSE Large Dressings 18cm
- Eye Pads
- Finger Bandages
- Crepe Bandages – Multiple sizes
- Conforming Bandages
- Non Adherent Dressings – Multiple sizes
- Waterproof Plasters – You can never have enough
- Triangular Bandages
- Microporous Tape
- Wipes
- Survival Blanket

- Instant Ice Packs
- Resusciaid
- Eye Wash Pods
- Scissors
- Antiseptic Hand Wash
- Surgical Masks
- Adhesive Sutures
- Scalpel
- Super Glue

The above is taken from my own first aid kit and you can pack as many of each as you like. The more you have, the better the chance you will always have what you need.

## **Shelter**

Another important part of your survival bag is your shelter. It needs to be lightweight enough to carry but also good enough to withstand the elements. You have a couple of different options when it comes to shelter. These include:

**Tent** – There are many lightweight tents available and many that are built to last. If this is the option you go for, it is important to not go for the cheap options as these very rarely last.

**Tarp** – Tarps are cheap and come in a wide range of sizes and are great for creating a shelter with. Used with some paracord from your kit and

you have a pretty good way of keeping the rain off of you.

**Bivvy Sack** – A bivvy sack is designed to be a kind of waterproof sack that slips over your sleeping bag keeping you dry when the heavens open.

## **Food and Water**

Food and water are very important for your survival. The main problem is that most foods and water take up much needed space in your bag. The more family members that you are packing for, the more space that is getting used. You can also not just pack any food you find as you need to make sure that you and your family are getting everything the body needs to keep functioning properly.

As with most things, you have a few different options but it will be down to personal preference as to which sort of food you choose to include in your bag.

**Dehydrated** – When most people think of dehydrated food pouches, Mountain House are the company that springs to mind. They have a huge range of pouches available and they are lightweight too. The calorie and protein figures may not be the best but they are a good option to look in to.

**Nuts and Seeds** – These should be in every preppers kit. Generally speaking nuts and seeds have around 2700 calories and 136 grams of protein per pound. These do not take up much space at all so there is no reason to skip adding these to your kit.

**Mainstay Food Rations** – These come already packaged in waterproof containers and do not spoil in extreme temperatures. Simply open the pack and break off a couple of bars. That is 800 calories right there.

**Chocolate Bars** – When it comes to chocolate bars, nothing beats a good Snickers bar. Just a single king size snickers bar packs quite a punch at 510 calories.

When it comes to water, every person is different as to the amount of water that they need. Your build and activity level all determine the amount of water that you should be drinking. Now, water is heavy and takes up a lot of room. The idea is to carry enough to get you to where you are going. The very minimum that you should be carrying is 1 litre per person, per day. Extras you could include are purifying tablets for purifying any water that you come across to make it safe to drink.

### **Fire and Light**

For me, fire starting supplies are a must have in any survival bag. Fires are not only important for keeping warm in cold temperatures but is also good for cooking, drying clothes, heating rocks for radiant heat whilst sleeping, disinfecting water and can also be used to make tools and signal for help.

So what are the best supplies you can add for making a fire?

- Lighters
- Waterproof Matches
- Magnesium Block

In addition to the above, it is always a good idea to include some form of tinder which will make the fire starting much easier. You can purchase commercial tinder but as a much cheaper alternative, cotton wool soaked in Vaseline is amazing when it comes to catching a spark.

In addition to fire you will need to be able to find your way around in the dark. Now, obviously fire itself can be used as a form of light, candles in the same way but a good heavy duty torch with spare batteries should always be included. Another good option you may decide to look in to is solar lanterns.

## **Cooking**

You may well have your food sorted and in your bag but what good is that if you have no way of cooking it or eating it? A few items that you should include are:

- Cooking Pot
- Cup
- Portable stove – Good idea in case you can not get a fire started.
- Stove Fuel
- Eating Utensils
- Pot Scrubber

## **Essential Tools**

I do not personally include many tools in my bag but there are a couple must-haves that I would never leave without. I have four included in my kit which are:

- Survival Knife
- Multi-Tool

- Wire Saw
- Camping Shovel – For burying waste as well as shelter building.

## **Communication**

If you have a family then you need a way of communicating with everybody in a crisis if you find yourself separated. Again, I like to keep this simple with a fully charged mobile phone along with a solar/wind up charger and an emergency radio. A good set of long-range walkie talkies are also a must have.

## **Navigation and Signalling**

If you choose to bug out in to the wilderness then you wont be able to use certain landmarks as a form of navigation so it is important that you include a map of the local area as well as a compass.

## **Clothing**

Clothing is often overlooked when it comes to adding it to a bug out bag. It is not too much of a problem if you are only going to be out for a couple of days but if you are going to be out for long periods of time then you are going to be wanting some extra clothes.

## **Personal Hygiene and Sanitation**

Just because you might be in the middle of a disaster, it does not mean that you shouldn't be looking after yourself. In fact, it becomes even more needed. Diseases can run rampant and not looking after yourself

could be the factor between life and death. Some items you should consider are:

- Toilet Paper
- Oral Hygiene – Toothbrush, toothpaste, mouthwash
- Feminine Hygiene Products
- Hair Supplies – Shampoo, conditioner, combs and brushes. These are not very good survival-wise but can help you morale-wise.
- Medications – Be sure to include medications for allergies, headaches, constipation and diarrhoea.
- Hand Sanitation – An essential to pack.
- Soap and Wash Cloth

### **Bartering Items**

Finally, I want to cover items that you should include in your bag that will be very useful when it comes to bartering. Bartering in itself is an exchange between two people for items or skills that they are in need of. Some good barter items to include are:

- Cigarettes
- Alcohol
- Coffee
- Lighters
- Toilet Paper



- Bottled Water
- Gold/Silver Coins

## **Part 8 – Flooding**

### **What to do Before, During and After a Flood**

Flooding is by far the most common disaster to hit the UK. Every year people lose their lives and many get injured due to floods yet still, many are failing to prepare for the next coming flood.

There are several things that you should be doing well before any news of flooding hits your TV.

**Disaster Plan** – No matter what the disaster, a plan must be in place that every family member thoroughly understands. This should cover exactly where you will go, what you will do and how you will communicate during the disaster.

**Survival Kit** – We discussed packing your kit earlier, this should always be kept in an easy to access location.

**Barriers** – If possible you should look at constructing barriers that will reduce the risk of the flood waters entering your property.

**Elevate** – If your property is prone to flooding then consider making a list of all items that can be elevated to reduce damage.

If you have followed the above advice and have your kit sorted, then you should have a radio. Keep tuned in to the radio to hear any updates during the floods. Never panic during a flood, doing so can cause confusion and injuries, instead, calmly move to higher ground. In most cases you will be given plenty of warning of possible floods in which time you should move all of your essential items to an upstairs room. Only do this if it is completely safe to do so. Never try putting yourself or any family member in a dangerous situation. You should also look at doing the following:

- Turn off your utilities
- Disconnect any electronics
- If you need to evacuate, grab your BOB and move carefully through the water. It only takes 6 inches of water to knock you off of your feet. Use a stick when moving through water to check that each step is safe to make.
- Avoid wading through the water and flood waters get contaminated with raw sewage.
- Never drink flood waters.
- Do not allow your children to play in flood waters.

Finally we are going to cover what you need to do after the flood. It is important to remember that although the flooding may have halted, there will still be dangers. Again, you must stay tuned to the emergency radio for any updates and advice from your area. Stay where you are safe. Use your emergency whistle as a means of signalling any rescue teams of your location. Only move when instructed to do so or you may be causing more trouble not only for yourself but the rescue team too.

## **Part 9 – Wildfires**

## How to Survive a Wildfire

A wildfire is an uncontrolled fire that usually occurs in wooded areas. These are very destructive, not only damaging the woodland but also any houses in its path. They are fast to spread and reach unimaginable temperatures. So what do you do when you find yourself surrounded by a wildfire?

**Think** – As with any trip, you need to think and plan ahead of time. Tune in to any local weather stations and check for any weather warnings that may have been given on that day. Providing the conditions are right, it does not take much for a wildfire to start.

**Get Out ASAP** – The next step is common sense but you have got to get out of there in the safest possible way. Never, ever stick around a second longer than you have to. Before you know it, you could be surrounded with no way out. Have a good look around for a safe and clear exit and take it as fast as you can.

**Situational Awareness** – As a prepper, you should always be aware of your surroundings. Whenever you are setting up a shelter in woodland, plan escape routes just in case. Look for any areas that you could take shelter if a wildfire starts roaring through the woodland. This could be water or open areas. It is always better to be downhill of a wildfire due to the fact that heat rises.

**Leave your Gear** – During a wildfire, you should NEVER try to save all of your gear. You do not want to be spending any extra time trying to save your gear, it is all replaceable, your life is not.

**Brace Yourself** – It is no surprise that wildfires get extremely hot. It is very important that you protect your respiratory tract from the hot gases. Never inhale when facing the wildfire, it should always be done when facing away from the heat source. A safe place to head might be an area

that has already burned out but has no potential of reigniting. It will still be very hot but much safer than areas that still have plenty of fuel.

**If Trapped in Your Car** – If you really have no choice but to stay in your car then do the following:

- Make sure all windows are completely rolled up and all air vents are closed. Leave the engine running.
- Drive as slow and carefully as possible.
- Just the heat alone is enough to kill. If you must stop the car then try to do so behind a solid structure.
- Get down on to the floor of the vehicle and cover yourself in your coat.
- Stay put until the fire passes.

Once you are sure that it is safe to do so, get out of there and head for safety.

## **Part 10 – Earthquakes**

### **What to do Before, During and After an Earthquake**

When it comes to surviving a disaster such as an earthquake, it only takes a little bit of knowledge and a few precautionary measures to greatly increase your chances of survival. It is impossible to become an expert but the tips below should be studied and studied well.

#### **Before**

- Ensure that all family members understand earthquake safety. What they should do when an earthquake occurs, where to go for safety (under strong desks, along interior walls) and, places in the house to avoid such as windows, overhanging objects, large mirrors, etc.
- Stock up on emergency supplies. These include radios, torches, first aid kit, water, food and blankets. Be sure to stock extra batteries too.
- Prepare your house. Any heavier objects should be placed on lower shelves and cabinets with breakables inside should have latches fitted. Do not place large mirrors or pictures over where any member of the family sleeps.
- All flammable liquids should be stored away from any potential ignition sources.
- Learn where all the main turn-offs are for your water, gas and electricity. Understand how to turn them off and keep the needed tools nearby.

### **During**

- Stay indoors if that is where you are and immediately head to a safe place such as under a strong desk. You need to do this to protect yourself from anything that may fall on to you during the earthquake.
- If you are outside when the earthquake happens, immediately move to an open area away from any potential hazards.
- If you are driving, slow the car and come to a stop at the side of the road. Don't stop under bridges, power lines or trees and stay in the car until it is safe.

### **After**

- Check yourself and others for any injuries that may have occurred and deal with those first.
- If your property has become damaged, it is important that you have it checked over by a safety professional.
- If you smell gas, open all windows and doors and get everyone out of the property. If it is safe to do so, turn the gas off at the meter. Report the leak immediately and do not use anything electrical as the tiniest spark could ignite the gas.
- If the property loses power, unplug anything electrical to prevent further problems when the power comes back on.

## **Part 11 – Tornadoes**

### **What to do Before, During and After a Tornado**

Here in the UK, tornadoes are nowhere near as common as they are over in the states but they do happen which is why I have chosen to include this here in the book. You should already have your emergency kit and family communications plan in place so we are not going to cover that here.

#### **Before**

- Listen to the local weather radio or TV station for the latest updates and information. Listen and follow the instructions that you are given.
- Always be well aware of changing weather conditions. Keeping an eye out for any approaching storms.
- Look for danger signs in the skies such as dark/greenish skies, large hail stones, a large/low/dark cloud particularly if the cloud is rotating and loud roars.

- Be prepared to take shelter if you witness any of the above.

### **During**

- You must always be careful to protect your head as most injuries are from flying debris.
- If you are inside a building go to the lowest level of the building, preferably a small room and stay in the centre. The idea is to put as many walls between you and the outside as possible. Use your hands and arms to protect your head and neck. Do not be tempted to open any windows.
- If you are inside a motor home get out immediately and go to a safe building as these offer very little protection during a tornado.
- If you find yourself outside during a tornado head for the closest sturdy shelter. If there are none nearby, try to find an area that is noticeably lower than the roadway and cover your head with your arms.
- If you are in your car with no buildings nearby, buckle up and use your hands and arms to protect your head and neck.

### **Never**

- Take shelter under a bridge or an overpass.
- Never try to outrun a tornado in your vehicle. Instead, head for the closest safe building.

## **Part 12 – Hurricanes**

### **What to do Before, During and After a Hurricane**

Hurricanes are known for causing a huge amount of damage. The damage caused is not just to coastlines but can also happen several hundred miles inland. They can produce winds reaching 155+ miles per hour. Lets take a look at what you should be doing before, during and after a hurricane.

### **Before**

- Always have your emergency kit in an easy to access location.
- Learn whether your property is prone to flooding.
- Find out where any local dams and levees are in your area. Do these pose a hazard to you?
- Learn how to find higher ground. Make sure all family members understand where you will go and how you will get there should you need to evacuate.
- Cover all of the windows of your property. Use ready cut wood so it can easily be installed when you hear of an approaching hurricane.
- Make sure that any trees around your property are well maintained so that they are more wind resistant.
- Reinforce your garage doors. Huge amounts of damage can be caused by wind entering a garage.
- Be ready to bring in any outside furniture.

### **During**

- Keep tuned in to your local weather station for all updates.
- Secure your home, windows and bring in the outside furniture.
- Turn off any utilities.
- Avoid using the phone except in a serious emergency.



- Fill large containers with water to ensure a supply of water for sanitary purpose.
- You should stay put unless you really have no choice but to evacuate.

### **After**

- Continue to tune in to the local weather station for updates.
- Stay alert for flooding even after the hurricane has passed.
- If you had to evacuate, only return home when instructed to do so.
- Drive only if necessary and avoid flooded roads and washed-out bridges. Stay off the streets. If you must go out watch for fallen objects; downed electrical wires; and weakened walls, bridges, roads, and sidewalks.
- Avoid any fallen power lines.
- Do not enter your property if you smell gas, report it immediately.
- Inspect your home for damage.
- Do not drink the tap water until you are sure that it is not contaminated.

## **Part 13 – Thunderstorms and Lightning**

### **What to do Before, During and After Thunderstorms and Lightning**

There is nothing safe about a thunderstorm and they all create lightning which if struck can cause long-term, debilitating problems.

### **Before**

- Have your emergency kit and family communications plan in place.
- If there are any dead or rotten trees and branches around your property, remove them immediately.
- Secure anything outside that could blow away and cause damage.
- Get inside a safe building. Injuries can still happen if you stay in your car but you will be much safer in a car than outside.
- Rubber (whether on shoes or tyres of a vehicle), offer you NO protection at all.
- Secure all doors and windows of your property.
- Unplug all electronics well before the storm reaches you.

### **During**

- Use a battery operated radio for updates in your area.
- Avoid contact with corded phones and devices including those plugged into electric for recharging. Cordless and wireless phones not connected to wall outlets are OK to use.
- Avoid all contact with plumbing. This means you do NOT wash your hands, take a shower or do the dishes. The fixtures can conduct electricity.
- Stay away from windows, doors and porches.
- Do not lean on any concrete walls.
- Avoid tall trees in open areas.

- Take shelter in a sturdy building.
- Avoid contact with anything metal.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.

### **After**

- If you or somebody you know has been struck by lightning, call the emergency services immediately.
- Never drive through a flooded road.
- Keep away from storm damaged areas.
- Continue to listen to your radio for updates.
- Help anybody who may require special assistance.
- Keep well away from any downed power lines.

## **Part 14 – Cold Weathers**

### **What to do Before During and After the Cold Weather**

Cold weather has the ability to cause quite a lot of damage. It can knock out any heating, power and communications for days at a time. It can kill those trying to drive on icy roads or those that were not prepared for the cold weather.

### **Before**

- Update your emergency kit with rock salt, sand, snow shovels, fuel for heating and extra clothes and blankets.
- Tune in to the local weather station for news and updates.
- Don't travel unless it is very necessary and keep a survival kit in your car.
- Bring all pets inside during the cold weathers. Livestock should be moved to a sheltered location with non-frozen water.

## **During**

- Stay inside during the storm.
- If you must go outside, walk slowly and carefully.
- Change wet clothes frequently to avoid heat loss.
- *Signs of Frostbite:* Occurs when the skin and body tissue just beneath it freezes. Loss of feeling and white or pale appearance in extremities, such as fingers, toes, earlobes, face, and the tip of the nose.  
*What to Do:* Cover exposed skin, but do not rub the affected area in an attempt to warm it up. Seek medical help immediately.
- *Signs of Hypothermia:* Dangerously low body temperature. Uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.  
*What to Do:* If symptoms of hypothermia are detected take the person's temperature. If it is below 95°, seek medical attention immediately. Get the victim to a warm location. Remove wet clothing. Warm the centre of the body first by wrapping the person in blankets or putting on dry clothing. Give warm, non-alcoholic beverages if the victim is conscious. Seek medical help immediately.
- Drive only when absolutely necessary and don't travel alone. Make sure others know of your locations and which way you will be travelling.

- If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
- Try to conserve fuel.

### **After**

- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- If your home loses power, go to a relatives for safety.
- Restock all emergency supplies that were used and purchase items that you found you needed.

## **Part 15 – Drought**

### **What to do Before and During a Drought**

Droughts here in the UK are uncommon but by preparing in advance, you can be sure that you can enjoy those times just as much as any other when they occur.

### **Before**

- Don't waste water. Don't pour it down the drain when there might be another use for it.
- Repair any dripping faucets and install aerators with flow restrictors.
- Insulate water pipes to reduce heat loss.

- Only use appliances that are more energy and water efficient.
- Install a toilet displacement device to use less water when flushing.
- Avoid using water features in the garden unless they use re-circulated water.
- Harvest rainwater.

### **During**

- Avoid flushing the toilet unnecessarily.
- Take short showers instead of baths. Only turn the water on to get wet and lathered and then again to rinse.
- Don't let the water constantly run whilst shaving or brushing your teeth.
- Hand wash dishes by using two containers. One with soapy water and then one with rinse water.
- Don't clean vegetables under running water. Fill a pan and clean them using that.
- Don't waste water whilst waiting for it to get hot. Fill containers and use it for other things.
- Use washing machines and dishwashers only when they are full.
- Avoid over watering your lawn. Heavy rain eliminates the need to water your lawn for up to two weeks.
- If you choose to water your lawn, do so in the morning or evening when the temperatures are cooler.

## **Part 16 – Pandemics**

## **What to do Before and During a Pandemic**

When it comes to planning for a pandemic, there are several things that you should be doing. The first thing that you should be doing is to make sure that you have enough food and water to keep you and your family going for at least two weeks. Other things you need to be doing include:

- Having all of your health supplies and medications on hand.
- Getting copies of your health records from your doctors, hospitals and pharmacies.
- Talk to all family members about how they would be cared for if they got sick.

During a pandemic it is important that we limit the spread of germs and prevent infection. So how can we do this?

- Avoid close contact with those who are sick. If you get sick, keep your distance from others.
- When you are sick, stay home instead of going to work or school. This will help to keep others from getting sick.
- Whenever you cough or sneeze be sure to cover your nose and mouth with a tissue.
- Wash your hands regularly.
- Avoid touching your eyes, nose and mouth. Germs are often spread when we touch something contaminated and then touch our eyes, nose or mouth.
- Practice healthy habits. Get plenty of sleep, eat healthily, drink plenty of water, keep stress levels to a minimum and be physically active.

# Part 17 – Fires Within the Home

## Creating an Escape Plan

It is important that every household has some form of an escape plan just in case the worst should happen. We hope that you will never have to use it but should it ever be needed, it can be used and followed without delay.

It is important that when you are creating the plan, every member of the family (including children) are present. Everybody needs to know and understand the plan and what they need to do should a fire occur. If there are any elderly members or anyone with mobility issues in the household, extra planning needs to be made for those.

The first step is to identify the escape route. This needs to be practicable for all members of the family and should be discussed often to keep it fresh in everyone's mind. As well as figuring out the escape route, you should also think about and discuss a room in the house where you will all stay should the worst happen. You may not be able to use the escape route, so it is always a good idea to have a safe room planned. Be sure that the room is fitted with a telephone line so you can call for help. Be sure that all children in the house know the address fully in case they need to make the call.

If you have been unable to call for the emergency services then you need to do everything that you can to raise the alarm. If you need to, carefully lean out of the window to take a breath. Try to draw as much attention to yourself as possible. If the window is locked, try breaking it with a heavy object striking the window in the corner to break it. Shout out as loud as you can for help.



You should only escape from a window if you are in immediate danger from the fire. Place bedding and clothing along the bottom of the door to stop any smoke from entering the room. If there are two adults in the room, one should get out first so that any kids can then be lowered down to them. If you are escaping from an upper window, throw out a mattress and bedding to help cushion the landing.

## **Fire Prevention**

The very best way of dealing with a fire is to prevent it from starting in the first place.

- **Smoke Alarms** – If you don't have smoke alarms fitted in the home, make this a priority. These should be installed on every level of the home inside bedrooms and sleeping areas. These should be tested once a month to ensure that they are working correctly. If not, change the batteries.
- **Cooking** – If you are frying or grilling food in the kitchen, stay there to keep an eye over the food. Never cook when you are feeling tired, have been drinking alcohol or have taken any medications that make you drowsy. Keep all children away from cooking areas.
- **Smoking** – If you smoke, do it outside and put your cigarettes out in a bucket of sand. Never empty an ashtray out in to the bin without first pouring water on to the ends to make sure that they are completely out. Never place an ashtray on a chair or sofa, they catch fire easily and burn fast. Don't smoke in bed, put it out before going to bed to prevent falling asleep with a lit cigarette.
- **Electrics and Appliances** – Frayed wires cause fires. Never run cords under carpets or rugs and replace worn cords immediately. Never overload wall sockets or extension cables. If lights flicker or the switches are hot to the touch, have them replaced immediately.
- **Children** – Teach children that fire is not a toy. All matches and lighters should be stored well out of the reach of children. Never

leave children around operating stoves or lit candles.

- **Flammable Liquids** – Never store any flammable liquids close to any ignition sources. Always make sure that they are stored in it's correct container.

I want to thank you for taking the time to read this book.

# Part 18 – Power Outage

## What to do When the Power Goes Out

There are many reasons as to why the power may go out in your home. It could be due to a bad storm, a blown fuse or a failure in the equipment that serves your home.

If the power goes out due to a blown fuse or the circuit breaker trips it is usually down to you overloading sockets, defective wires or equipment or a short circuit caused by bare wires touching. The idea is to find the cause and correct it.

- If it is a fuse you should pull the main switch, replace the burned out fuse and turn the main switch back on.
- If it's a breaker simply reset the handle.

If the fuses continue to blow or the breaker keeps tripping, call in an electrician to find the cause.

Remember following the steps below if all power goes out within the home:

- Keep away from any fallen power lines and report them immediately.
- Try to remember what was switched on when the power went out and turn the switches for them to “off”. This will help t prevent a fire when the power comes back on.

- Unplug sensitive electronics to prevent damage caused by electrical surges.
- Make sure that you have enough batteries to power your torches.
- Keep your fridge and freezer closed as much as possible to prevent the hot air from entering.
- Choose a small room within your home for which to stay until the power comes back on. Keep all windows and doors shut and add a few extra layers if needed.

### **Heating During a Power Outage**

During a power outage, your home heating system will be inoperable. You do however, have a few tips below that will help you to keep warm during these times.

The most obvious step that you should take is to add extra layers of clothing and use blankets to trap body heat. You may be able to find alternative heat from within the home such as:

- Fireplaces
- Wood, coal, gas or oil stoves
- Camping stoves
- Portable heaters
- Gas-fired water heater

You should also be able to find some common materials laying around that can be used as fuel. These include:

- Coal
- Oil
- Wood chips
- Camp stove fuel
- Alcohol
- Newspapers and magazines
- Lighter fluid
- Straw
- Firewood

Never store any fuel in the heated area due to the fire risk.

Another way of keeping warm is to shut off all rooms in the home except for the one to be heated. The smaller the room, the better and try to avoid rooms that have large windows or uninsulated walls. Keep the door closed and hang bedding over the door and windows.

It is important to remember that the chances of you freezing to death in your home are very small. However, there are a few safety rules that you should follow:

- Do not burn anything larger than candles inside your home without providing adequate ventilation to the outside.
- Keep all emergency lighting and heating away from flammable materials such as curtains and shades.
- Never burn outdoor barbeque materials such as charcoal briquettes inside, even in a fireplace.

- Never try to use bottled gas in natural gas appliances unless the appliance has been converted for such use.
- Keep firefighting materials at hand at all times.

## **Keeping Food Cold**

Keeping your food cold during a power outage is not a complicated process. It is very easy to do which means there is no reason for not following the below information.

### **Refridgerated Food**

- Find out exactly how long the power has been out for. The food in your fridge will usually be perfectly fine for a couple of hours without power.
- Do not keep opening and closing the door to check on the food as you will be making the situation worse by letting the warm air in and the cold air out.
- When you do need to open the door, only do so when you know exactly what you need and try to be as quick as possible.
- If the food has been warm for more than a couple of hours discard it. The germs that cause food poisoning do not make the food taste or smell any different than it did before.
- If you have extra space in your freezer, transfer the food from the refridgerator to the freeer to keep it colder for longer.

### **Frozen Food**

- A freezer without power can usually keep your food frozen for around a day. If the freezer is packed full however, it will stay

frozen for around two days. This is because there is less space for the air to be in the freezer.

- If your freezer is not full, then you need to rearrange the food. Start by separating the foods by type, this will help you when it comes to finding what you need, you won't need to waste precious time hunting around. Pack them in tight to remove any space between them. You can also fill any gaps with crumpled up newspaper.
- You could also tightly wrap all of your food in foil with the shiny side towards the food. Label the items up so you know what they are and pack them in tight in the freezer. Fill any empty spaces with bottles of water and this will help to keep your food frozen for around 2 – 3 days.