

HOW DO YOU BEGIN PREPARING AND WHY YOU SHOULD THINK ABOUT IT



Learn to be self-reliant and prepared for any natural disaster or civil unrest.

Brought to you by the Snoqualmie Valley Emergency Response Group.

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How do I begin prepping or preparing for a natural disaster or civil unrest? You have taken the first step and that is asking this very question.

There are blogs and pages upon pages on the internet that can help you but in most cases they can be overwhelming. After you do some research you think to yourself that just the cost is out of reach, let alone the space to store everything. You can find yourself not preparing at all, so start slowly, get the essentials first and plan for seven days.

Once you start your prepping, you will find that anyone even on a tight budget can build up the necessary items to sustain them for quite some time.

People in the Pacific Northwest spend a lot of time in the mountains hiking and camping. We know what it takes to be prepared when you go for a day or weekend outing, so why not be prepared at home?

There are definitely the basics and we will get into those later. To start, let's touch on what kind of disasters you may encounter in the Pacific Northwest: earthquakes, forest fires, eruptions, civil unrest and even the possibility of a terrorist attack.

In the Pacific Northwest we have a vast array of terrain which varies from which side of the mountain range you reside. Your high population metropolitan areas are going to be Seattle, Portland, Boise and Billings. The western side of the Cascade Mountains is more prone to Earthquakes and Mountain Eruption flow. Eruptions will cause devastating damage and cut off roadways for miles around. Unfortunately, Seattle is surrounded by Puget Sound and Lake Washington which make it a great choke point, meaning that roadways will become parking lots and render them impassable. Towns like Aberdeen, Hoquiam, and Ocean Shores are much more prone to Tsunamis, just as those on the coast of Oregon and Northern California. As we travel east our next high population areas are Spokane Washington and Bend Oregon. These towns are located on the eastern side of their respective states and are much more prone to forest fires due to the dry climate in the summer months and the ash fall from an eruption which normally travel west to east following the jet stream. Boise Idaho is even further east as are the cities and towns in Montana. These eastern cities and towns are more susceptible to forest fires and ash fall. On the topic of volcanos the States of Montana, Idaho and Wyoming would be devastated if Yellowstone's super volcano erupts. At this point even the most prepared prepper will most likely not survive.

Seattle and Portland are unique in that they are surrounded by water and water ways; any major catastrophe will render these cities impassable. Traffic will come to a grinding halt and the freeways of Interstate 5, Interstate 90 and Interstate 405 will become parking lots and possibly the last resting place for thousands. So how do you survive? If you are caught in this, your chances of survival are going to be solely based on how prepared you are. Power lines and cell phone towers will be down so you may not be able to call anyone. If this happens, your family may not know where you are and what your condition is, at this point there is nothing for you to do but try to get home as safely and quickly as possible. Not knowing the condition or status of your loved ones is terrifying so keeping a positive mental attitude will keep you on track. Your family's safety and their current location is a difficult thing to think about but it may become reality. Talk to your kids and your family members, work out your

plan, the worst thing you could do is to leave the safety of your house or general safe area to go and look for them. This puts your life at risk and knowing most families the husband is the one who is going to go try to brave the elements and be the hero. It is advised that you stay put and get mentally prepared for the worst outcome. This is not an easy topic to discuss because this is not a subject they think they will ever experience; just try your best.

If a disaster did happen and you are caught in the freeway parking lot and you are in no imminent danger I'd hope you have your Get Home Bag with you. If not, try to seek shelter and a safe haven as quickly as possible. We suggest that you don't start following the masses; stay put, collect your thoughts, your plan of action and stay alert. As you drive the same route to and from work every day, think about how you would get home if something happened.

As you get farther east to the borders of Idaho and Montana, forest fires are the most prevalent. If you have ever experienced a forest fire you know how fast they spread and the sheer devastation they leave behind, so evacuation of your house is for your safety and the safety of the first responders, this is when you need a bug out bag or a bug out trailer. In most cases you will have ample notifications to get everything ready. These evacuations are usually done in a semi-orderly fashion and those that live in these areas may have experienced them before and know what to do and when to do it.

We have discussed some of the natural disasters that occur; now it's time to cover civil unrest and terrorist attacks. Terrorist attacks could eventually lead to civil unrest, but civil unrest more than likely will not lead to a terrorist attack.

There are a couple of events that could take place. Civil unrest usually starts off as peaceful protests but then turns violent as word spreads to other parts of the city, usually conveyed through social media and as night falls the worst of the worst comes out. These are people that have no clue what is actually going on and just interested in causing mayhem, these types of folks are the most dangerous. They are going to be hell-bent on causing any trouble and destruction they can. Fortunately, this type of unrest usually occurs within the downtown areas where there are few to no residential houses. The majority of the people living in these areas will reside in high-rises.

If and when civil unrest breaks out in a residential neighborhood, this is when you should have your action plan ready to implement. It would be highly inadvisable to pull up a lawn chair in your front yard with an AR-15; we want to make sure that **you** don't go to jail or are targeted. It is also advisable to know your laws when defending your family, house and property. It would be a good idea that you get with your neighbors and setup a plan to collectively guard and monitor your neighborhood. The mob that would be marching down your neighborhood street will be more apt to throw rocks and break things than to actually be carrying a firearm, however in some situations this may not be the case. In today's world there are minority groups that have sworn to slay anyone not of their affiliation. With a band of your neighbors sticking together as a group you may stave off any unwarranted damage to your dwelling or your person. Again, know your laws before you start marching down the street armed.

Make sure your family members are safe inside the house and away from any windows. If you have a basement or safe room that would be the best place for them. If you have firearms in the house and

your family members know how to use them, it is advised to make sure they are armed. When entering your house give advance warning and have a password that only the family knows.

Terrorist attacks are something that Oklahoma, New York, California and Florida have experienced in recent years. The Oklahoma bomber used fertilizer and targeted a government building. The New York terrorists on 9/11 used airplanes and flew them into skyscrapers. The San Bernardino, California attacks took place at a place of work and the Florida attack happened to a specific group at a night club. Attacks can come from anywhere and happen any place so if you have the ability, it is suggested that you arm yourself; if you do carry a firearm, go and practice. Fortunately, there have been no Improvised Explosive Devices (IED) placed on our roadways, no hostage taking in our schools, no simultaneous attacks with the intent of shutting down a city or town and beginning a shooting rampage. As a prepper, you will need to always keep this in the back of your mind; it's not paranoia, it's reality.

Situational awareness is most important for not only preppers but for everyone. Always be aware of your surroundings, watch people, listen and take the headphones out. We have created an anti-social society with portable music players and the cell phone. How many times have you seen someone on their cell phone walk across the street without even paying attention to oncoming vehicles? You cannot hear anyone or hear a vehicle coming up behind you; put the cell phone down, unplug yourself and pay attention.

Could a regular Joe going to work avoid a disaster? Yes, you can avoid a bad situation. If you start to see people gathering for malicious intent, turn around and go a different direction. If you are in your vehicle and you find yourself in the middle of chaos, stay in your vehicle and lock your doors, if you are at a distance it would be recommended to turn around as quickly as possible and head the other direction. Your car can be repaired or replaced, you cannot. Paying attention may just save your life.

Sometimes bad things happen in crowds, if you can avoid crowds it may be advisable to do so. We realize that there are sports fans out there but a stadium filled with people would make a great target as are shopping malls, etc. The idea is not to make you a hermit or overly paranoid, but to make sure that you are aware that bad things may happen when people are gathered together. Be prepared, stay alert and if you choose, be armed.

Questions that you need to ask yourself:

- Is my family safer at home or elsewhere?
- Are you worried that this event could lead to lawlessness or vandalism?
- Is this a personal, community, state, national or world crisis?
- How long will this emergency last?
- Is our family healthy enough to travel or be moved?
- Is the weather good enough to change locations?
- Will you be able to survive with only what you have brought when you get to another location?
- Is there a way to not only survive but to thrive and prosper when you get to a new location?

Now that I have your attention, I hope this answers the **why** I should start preparing. Prepping goes a lot further than just storing food, it's a mindset, a way of life; it's a feeling of self-reliance.

MAKING PLANS

Let's start to look at some of the items and plans for an event that would cause you and your family to seek shelter for an indefinite period and some skills you can learn for free that may prolong your existence. This is not all inclusive and yes, you can tailor your items to fit your requirements, your available space and finances.

Your first order of business is to identify what you need, as long as you keep these seven basic categories in mind, you could survive for a very long time.

- Shelter
- Clothes
- Water
- Fire
- Food
- Hygiene
- Personal Protection

To what extent do I need to have of each? As a rule of thumb you should make sure that you keep a minimum of 30 days supplies readily available.

SHELTER & CLOTHING

Shelter and clothing keeps you comfortable. Shelter allows you to get warm and dry and provides an area where you can collect your thoughts and next plan of action; no one likes sleeping in the rain and cold. We suggest that if you can, hunker down at your residence, you have shelter and warmth. If you decide to relocate, bringing a shelter or cover is always a priority. A blue tarp, rain fly or tent should be kept in your vehicle or in your get home bag. Clothing should consist of items for both hot and cold climates. In the Pacific Northwest we suggest you always have a good pair of Gore-Tex pants, jacket, gloves and knit hat in your kit.

WATER & FIRE

Water is the most important; you can only survive for roughly seven days without water. Food, you can survive up to three weeks without but water is our lifeblood. You may find it difficult to carry enough water to survive for an extended period so locating water should be the first order of business, shelter second. If you find yourself bugging out in the winter, shelter may be your first priority because snow and rain fall will be easy to acquire and provide drinking water.

Fire may be difficult for some but should also be a high priority. If you are bugging out or getting home keep your eyes out for dry tinder; tree bark from dead trees, dry grass, etc. As you gather these items it doesn't have to be a backpack full, all you need is something to get a fire started, carry a zip lock bag in your kit to help keep it dry. Those living in high-rises or apartments may find themselves setting up camp on the front lawn (not advisable, roving bands may take what you have cooking) so look for other options like camping stoves and cook inside. Those living in single family homes may find it easier to have an open fire.

HYGIENE

Hygiene, we all have to use the bathroom, where are you going to go? This is not a topic that most think about, we take for granted our privies but what if they no longer work? If power is out due to a natural disaster or attack for any prolonged period, pumps may no longer work so toilets may not flush or get backed up. So, what are your options? You do not want to use all your potable water to flush or to relieve yourself on the front lawn where you are cooking your food. You may want to keep your eye out for old 55 gallon metal drums and cut them while we still have power. During the Vietnam war field latrines had the bottom 2 feet of a 55 gallon barrel to defecate in, called a "Burn-Out Latrine". Every few days (depending on how many people are in your party) you set fire to it using a gasoline and diesel mixture. Here are the instructions per Army Field Manual 21-10:

1. Latrines are so constructed to prevent the contamination of food and water. They are located at least 100 yards (90 meters) downwind (prevailing wind) and down gradient from the unit food service facility and at least 100 feet (30 meters) from any unit ground water source. They should never be placed above gradient of the unit food service facility. For further protection, latrines are not dug to the ground water level or in places where pit contents may drain into the water source. Usually they are built at least 30 yards (30 meters) from the border of the unit area but within a reasonable distance for easy access. A drainage ditch is dug around the edges of the latrine enclosure to keep out rainwater and other surface water. A handwashing device is installed outside each latrine enclosure; these devices should be easy to operate and kept full of water. Each individual must wash his hands after he uses the latrine.
2. When a latrine is filled to within 1 foot (30 centimeters) of the ground surface or when it is to be abandoned, it is closed in the following manner. The pit is filled to the ground surface in 3-inch (8-centimeter) layers; each layer is compacted. This is to prevent fly pupae from hatching and gaining access to the open air. Dirt is then compacted over the pit to form a mound at least 1-foot (30-centimeters) high. A sign is posted with the date and the words closed latrine, if the tactical situation permits.

Burn-out Latrine. The burn-out latrine may be provided when the soil is hard, rocky, or frozen, making it difficult to dig a deep pit latrine. It is particularly suitable in areas with high water tables because digging a deep pit is impossible. The burn-out latrine is not used when regulations prohibit open fires or air pollution. Personnel should urinate in a urine disposal facility rather than the burn-out latrine, as more fuel is required to burn out the liquid.

1. To construct a burn-out latrine, an oil drum is cut in half, and handles are welded to the sides of the half drum for easy carrying. A wooden seat with a fly-proof, self-closing lid is placed on top of the drum.
2. The latrine is burned out daily by adding sufficient fuel to incinerate the fecal matter. A mixture of 1 quart (1 liter) of gasoline to 4 quarts (4 liters) of diesel oil is effective, but must be used with caution. If possible, have two sets of drums, one set for use while the other set is being burned clean. If the contents are not rendered dry and odorless by one burning, they should be burned

again. Any remaining ash should be buried. It is very important not to overlook hygiene and the necessary items for both males and females. Other options for disposal are to save your plastic grocery bags. Human waste always contains large numbers of germs, some of which may cause diarrhea. When people become infected with diseases such as cholera, typhoid and hepatitis A, their waste will contain large amounts of germs which cause the disease. When people defecate in the open, flies will feed on the waste and can carry small amounts of the waste away on their bodies and feet. When they touch food, the waste and the germs in the waste are passed onto the food, which may later be eaten by another person. Some germs can grow on food and in a few hours their numbers can increase very quickly. During the rainy season, waste may be washed away by rain-water and can run into wells and streams. The germs in the waste will then contaminate the water which may be used for drinking. Many common diseases that can give diarrhea can spread from one person to another when people defecate in the open air. Disposing of waste safely, isolating waste from flies and other insects, and preventing fecal contamination of water supplies would greatly reduce the spread of diseases.

Water, sanitation and hygiene have important impacts on both health and disease. Water-related diseases are caused by micro-organisms and chemicals in the water people drink. Water can carry bacterial, parasitic and viral diseases as well as numerous other contaminants. Diseases such as malaria and other water-related insect vectors are caused by pathogenic microorganisms and most commonly transmitted through contaminated fresh water. Infections can be spread by bathing, washing, drinking, in the preparation of food, or the consumption of food. Inadequate drinking-water, sanitation and hygiene are estimated to cause 842,000 diarrheal disease deaths per year according to the WHO in 2014. It is therefore recommended that you treat all water before using either through boiling or water treatment pills or drops

PERSONAL PROTECTION

When we speak about personal protection we are referring mainly about weapons and we'll touch on this subject later, it is better to have something than not having anything at all. Personal protection can also refer to your hygiene.

CASH AND CURRENCIES (EMERGENCY FUND)

This is a topic of great discussion. Should I keep cash on hand? Should I be buying gold and silver? The answer to this is, yes but not in excess. Both gold and silver are better for currency and should hold more value than the dollar bill. If the banking industries are ruined, cash may not be worth the paper it's printed on. I say having \$1000 to \$2000 on hand in \$20, \$10, and \$5 bills might get you out of a jam. What if the person you have to deal with still believes in the value of the US Dollar? In that case, the US Dollar is definitely worth having on hand. Also the US Dollar is light and easy to conceal.

Items like alcohol, cigarettes, drugs, and ammunition may get you a better return than any of the other items mentioned. The best plan is to have a mix of Gold, Silver, US Dollars, and Barter items. A 1oz Silver coin is worth about \$20 to \$28 depending on the market and for a few hundred dollars you can have a pretty good mix of coins. Diversification is the key to success.

QUESTIONS & ANSWERS

We are now going to cover a number of questions that seem to be the most common. Hopefully we have answered the main question of “Why should I Start Preparing?”

· **What will I need for me and my Family?**

This question can be answered by using common sense and keeping the seven categories in mind that are listed in the previous section. Please keep reading and I hope that by the end of this you will have a good idea.

· **Should I ‘Bug Out’ or Stay Home?**

Bugging Out; will you know where to bug out to? If you have property it would be a good idea to start moving some of your provisions and make them secure from thieves, fire or even flooding. With raw land your options are limited to burying or finding an old shipping container (conex) with a secure lock and hope that no one breaks in to it. If you have a structure on the property you will still have to guard against thieves and natural disasters. If you have property with neighbors close by, get to know them and ask them to keep an eye on the property but do not disclose just how prepared you are. Your best option is to set up a retreat and live there. If you have the ability to tele-commute or have a home based business this is your optimal choice. If this is not your primary residence and you have to make your way there, your first order of business is to make sure you have enough for you and your family at your current location that will get you through the first thirty days and enough to get you to your destination. If you have to relocate, trying to put everything in your vehicles you may find that not everything fits. Practicing a dry run with your family or group members, you may be surprised at not only the length of time it takes to pack all your stuff, you may not have the available space. Make sure that the path you want to take is clear or you may end up in the freeway parking lot. You may run out of gas, then what are you going to do with all that stuff? It is best to hunker down for at least thirty days and see how the dust settles, during those thirty days discuss how you are going to get to your destination. Will it be by foot, vehicle, overland or roadway? You will need to know your locations and backroads so don't sit home on the weekend watching television, get out there and do some exploring; go get lost. When I first started my prepping experience, I figured “I will head into the hills”. After great consideration, it would be a poor choice. Reason being, there are others that are thinking the same way. You will not be able to carry all your gear, secondly, with everyone else out there the food sources will quickly dry up. Wild animals will be shot, the rivers and lakes fished out. People will start to hoard whether they need it or not, and more than likely the food will spoil before one gets a chance to eat it, so, bugging out to the hills may not be a good idea. Remember, if you stay home you still have shelter and the possibility of a defensive position in an area you know. Staying home is the logical choice. You have all the luxuries of home, get it? If you know your neighbors, band together, pool your resources and survive together. Now, as human nature would dictate, there are those that will just expect you to help them. With this in mind, it's always good to help others, but do not let them become reliant upon you. You may have to say NO. Stock up a little extra to help but when that's gone, it's gone. Unfortunately we live in a NOW culture, I have to have it now and I can't wait. If you have children I am sure you have heard “I'm hungry”

and then they waste half of it. If you plan on surviving for any length of time, you and your family may have to eat things that you didn't like before, but it's a matter of survival at this point. My father had an experience as a POW in the jungles of Southeast Asia during World War II. A fellow prisoner wouldn't eat rice because he felt that rice was only for the hired help, needless to say he didn't make it. That was his choice, let's be smarter than that for our own self-preservation. The more you can stock up the better off you will be. You need to start thinking about what would be needed if the services we rely upon disappeared. Only when the coast is clear and you know for sure that you can make safe passage to your final destination, venture out; but again it is not recommended to do so. Bugging out should only be a last resort.

• **Bug-out-Bags (BOB) vs. Get-Home-Bags (GHB)**

BOB and GHB are two different packs; they are exactly what they say; Bug Out or Get Home. The items in each of these bags are dependent on where you are traveling from. Most people work within 20-30 miles of their residence, you could, if you had to make it home barring any obstacles within 24 hours. Your GHB should have enough provisions and accessories to last you at least 2-3 days (a list of suggested items are at the end of this book). Your BOB should have enough supplies to last you a minimum of seven days depending on how far you have to travel. Keep in mind that a BOB is for when you leave a safe haven that has become too dangerous and get to better and safer conditions. It is not recommended to bug out to the woods with only this on your back and no destination in mind. No matter which one you keep or if you have both, take them for a walk. Make sure that if you do have to use them you are not figuring it out on the spot. You may need to rearrange your items, lighten them up or even add somethings. Practice makes perfect. Don't get caught unprepared.

• **Why shouldn't I rely on Law Enforcement to help protect me?**

If things really go sideways, they are going to be looking after their own families; you will need to assume you are on your own. As a prepper, part of our mind set is to be self-reliant. If you end up waiting for the police and not taking appropriate action to help or defend yourself, you may not need them at all.

• **Should I rely on the Government for help? Isn't that what they are there for?**

They are here to help but remember what President Reagan said the nine most terrifying words in the English language are: 'I'm from the government and I'm here to help'. On average, FEMA takes sixteen days to respond to a major disaster. Hurricane Katrina for example; drinking water was left sitting in trucks that were not able to reach victims, FEMA corralling people into so-called shelters which provided little safety and law enforcement confiscated weapons from civilians in preparation for a forced evacuation. Preppers are not necessarily antigovernment or anti law enforcement but they do have their reservations and thus have a desire to be self-reliant and possibly self-sufficient. If the government steps in to help, you may wind up with the rest of the sheep in a pen.

• **In a disaster, how many days should I be prepared for?**

The minimum rule of thumb is 30 days. If you have the ability and storage space for more, then we suggest you do it. Budget yourself \$20-\$50/month and you will soon find out that you have an ample supply. As you progress in the world of prepping it is not uncommon to have at least a year saved up. The biggest issue is water: one gallon per person per day. Do the math and you will soon find that you need a swimming pool full of water to sustain your family for a year. We have an advantage in the Pacific Northwest: we have plenty of water. Our recommendation is to get cases of water from Costco or when you find them on sale at your local grocery store. If stored properly they will last you 2-3 years. Make sure you also have something to carry water in: a two to five gallon bucket with lid, or collapsible water bag will be perfect for transporting water. Keep in mind one gallon of water weighs 10 pounds. If you can find the blue food-grade 55 gallon plastic barrels, you can clean them out and use them for water storage. You can also use these for rain water collection; this water would be used primarily for bathing or cleaning dishes. It is not recommended for drinking or brushing your teeth unless sterilized either by boiling, using purification tablets or using non-scented bleach. As per Army Field Manual 21-10:

Drops of Household Bleach to be added to One-Quart

AVAILABLE CHLORINE	CLEAR WATER COLD	CLOUDY WATER
1 PERCENT	10	20
4-6 PERCENT	2	4
7-10 PERCENT	1	2

Place the cap on your canteen and shake. Slightly loosen the cap and tip the canteen over to allow leakage around threads. Tighten the cap and wait 30 minutes before drinking the water.

• **How to boil water for sterilization:**

In an emergency, boiling water for just 15 seconds will help and must be protected from recontamination, if you have a lid, use it. In order to purify water you should bring the water to boil and keep it rolling for one minute.

• **Will I still be able to go to the Grocery Store?**

No, grocery stores only keep a three day supply of food on hand. This means that deliveries are made every three days. Once the store is out or has been looted, you are on your own. Start shopping now. This reminds me of the Squirrel and Grasshopper story (which I will share with you for your entertainment). The squirrel works hard in the withering heat all summer long, building and improving his house and laying up supplies for the winter. The grasshopper thinks he's a fool, and laughs and dances and plays the summer away. Come winter, the squirrel is warm and well fed. The shivering grasshopper has no food or shelter, so he dies out in the cold. Get it? However, in a SHTF situation the mob may just try to take what you have. So the lesson of this story is to start stocking up now, don't spread the word that you have a well-stocked supply and be prepared to defend it.

· Should I Join a Group?

We say yes. There is strength in numbers and pulling together as a community or group, your chances of survival are going to be greater than going it on your own. Those who say 'No' could be paranoid that others will find out what they have and try to come and take it or they believe that they are prepared well enough due to their location or supply stocks. Then there are those who are just loners and don't want to be bothered. These types of people are out there and if they are not willing to be a part of the group or help out, then why should you help them? If you do become a member in a group, learn as much as you can. Some groups provide training and teach classes to hone survival skills. Those who are not fond of firearms, it would be suggested to at least learn about them, your survival may depend on it. It is always good to remember OPSEC (OPerational SECurity). Even with a group, it is wise to keep exactly what you have to yourself. Share ideas of course, but keep things on the down low.

· Should I carry a weapon?

The choice to carry a weapon is going to be up to the individual. We would suggest that you do, however your comfort level and experience with firearms will dictate that but to own a firearm or two would be highly recommended. In a grid-down situation or SHTF scenario those that have weapons will be able to protect their family and property. It's the band of armed marauders that you have to be prepared to defend against. If you are new to the world of firearms, go to your local gun store (don't be intimidated), they are there to help. Talk to the person behind the counter and explain what you are doing. If the store is reputable they will help anyway they can, you will find it's a passion of theirs to help. We would suggest that you go to a number of stores, see what they have, feel as many weapons as you can. You will pick up a weapon and just know that's the one for you. If it feels good in your hand at the store, it will feel good in your hand when shooting. Rent a number of weapons; don't buy a gun based upon someone else's opinion sight unseen. If you do, you may find that it's uncomfortable when shooting. Guns are like cars, they depreciate as soon as they leave the store and are now considered "used". If you have friends who shoot, go with them and see what they have. Make up YOUR mind; don't let someone do it for you. Once you make your decision, go shooting and as often as possible, get familiar with the weapon like it's an extension of you. Learn to take it apart and then learn how take it apart with your eyes closed. Don't be the person who buys a gun, takes it to the range one time and then leaves it in your bedside table, this is not recommended. Practice, practice, practice. Become proficient with all your weapons or they may be taken away and used on you.

· Which weapon should I get?

If you are new to the world of shooting or want something for home defense, we highly recommend a shotgun. A 12 gauge or 20 gauge with bird shot, something that will leave a wide shot pattern so you won't have to concentrate on taking direct aim. A 12 gauge will have more of a kick (recoil) than a 20 gauge. These two are your most common shotgun calibers and there are plenty of choices. Your age, sex or overall strength will determine which caliber you should get. Double-ought buck (00) or slugs depending on your house and those living with you, may not be the best choice. These two choices may

penetrate walls and possibly hit someone in the next room who is trying to hide if you miss.

AR-15's in my opinion are not a good choice for home protection if other family members are in the house. The 223/5.56 travels around 2800 feet per second and may go through a soft target (human) in close quarters as well as the possibility of penetrating walls and injuring someone on the other side who may be trying to hide.

Handguns, yes, great choice. Get a couple boxes of hollow points and keep those for home protection. These rounds are designed to mushroom on impact and if you do hit a soft target the chances of the bullet remaining in the person are greater than standard ball ammunition. If you go to the gun store the sales person may talk about penetration power (example: this round can penetrate up to 14in of ballistic gel). This is great if you are shooting through the windshield of a car, but like the 223/5.56 these too may go through a soft target. I personally like the slow moving heavy hitter of a 45 ACP.

Handgun choices; Semi-automatic pistol or revolver. This could be a long drawn out discussion so I will try to keep this short and to the point. Pistols have an advantage over revolvers due to their capacity. You can get some semi's that carry 20 rounds. Revolvers of larger calibers can get up to seven rounds. The biggest advantage of a revolver is that it will work every time, there are fewer moving parts and those with poor hand strength will find it easier to operate a revolver than a pistol. The pistols are 99% reliable but may jam or misfire when you don't want them to, this is why we found our law enforcement officers used to carry the snub-nose 38 special revolver as their back-up gun. They work.

• **How much ammunition should I have?**

This is about as ambiguous as you can get. As a rule of thumb, here is what we recommend that you keep on hand for the emergency situation, any more than this is a bonus:

- Long-guns: 1000 rounds
- Hand-guns: 500 rounds.

No matter how much ammunition you have, store it properly. Keep it in a cool, dry location. If you decide to bury any ammunition in either your backyard or drop points along the way to your favorite bug out location, a 6in PVC tube capped on both ends with your ammunition vacuum sealed with a desiccant pack in the bag does a great job. Make sure you use PVC glue for the end caps, you do not want any moisture seeping in. You will have to have a hammer or saw to get into it, but that's the whole point.

• **I've heard about an EMP (Electromagnetic Pulse), should I be worried?**

These weapons have been developed to create the damaging effects of high-energy EMP. These are typically divided into nuclear and non-nuclear devices. Such weapons, both real and fictional, have become known to the public by means of popular culture. An EMP can be caused by a Coronal Mass Ejection (solar flare), a nuclear electromagnetic pulse (NEMP), or a Non-nuclear electromagnetic pulse (NNEMP). There is a lot of talk on the internet blogs about buying vehicles made before the mid 80's because there are very few electronics on board that could be disabled. Any new vehicles are said to be more susceptible to immobilization due to the microprocessors on board, this may not be the case.

Most electronics that are plugged in to the power grid will be affected; it's the inrush current and spike that will damage your electronics. Vehicles are not plugged-in except for EV's (Electric Vehicles). They are insulated with rubber tires to help ground the vehicle thus abating any potential damage. If your engine is running at the time of a pulse your engine may die but should start up again. This will be the least of your worries. Remember, all the cell phone towers, pumps (water, waste, dams, etc.), medical devices, machinery are all plugged into the nation's electrical grid. If there was a mass EMP all these will cease to work. An EMP is very frightening. In the hands of a terrorist in the right location one person could cause severe damage to our nation's infrastructure if not render it completely useless for years. An EMP would also cause a widespread financial meltdown because our money is now all electronic.

More effects of an EMP would be the meltdown of any online nuclear power plants, and if they go, it could render that surrounding area uninhabitable for decades if not centuries. A mass EMP would in essence put us back in the dark ages. Within approximately 30 days there would be mass casualties to the tune of hundreds of thousands if not millions. Those in hospitals relying on medical devices would be the first to go, then those who are dependent on medications (insulin needs to be kept cold, no power, no refrigeration). This would be a very frightening time. So as a prepper if you prepared for an EMP or electrical grid shutdown all other situations would pale in comparison.

There are a few tricks you can use to save some of your electronics and that's to build a Faraday Cage. A Faraday cage or Faraday shield is an enclosure used in order to block [electric fields](#). It is formed by [conductive material](#) or by a mesh of such materials. A Faraday cage operates because an external electrical field causes the [electric charges](#) within the cage's conducting material to be distributed such that they cancel the field's effect in the cage's interior. This can be something as simple as using old military metal ammo cans and lining it with a copper mesh. You could keep an additional cell phone, a microprocessor for your vehicle, HAM Radio, etc.

• **What kind of Communication Equipment should I have?**

Our preferred recommendation would be a HAM radio. If you have the opportunity to get HAM certified, do it. Some groups offer free classes and the tests, so check your local ARRL (Amateur Radio Relay League) listing for HAM classes. Once you get your certification you can talk to people all over the world or even just up the street. The states of Washington and Oregon held a disaster scenario simulating a 9.0 earthquake, the outcome was that very few of the first responders could communicate with one another because the different agencies are on different frequencies, some are digital and some are analog. It was only the HAM operators who were able to help relay messages. This should not come as a surprise; anytime the government, whether state or federal gets involved, you are better off relying on yourself or on your group.

Motorola type walkie-talkies are great for close proximity and use standard AA battery operation and are inexpensive. You can pick these up at Costco or Wal-Mart for about \$20 for a pair.

The Baofeng UV-5R has the ability to operate on the FRS frequencies (Family Radio Service) requires no license to transmit, and has the capability to listen to GRMS channels.

Channels 1 to 7 are shared with low-power interstitial channels of General Mobile Radio Service

(GMRS). A license is required for those channels if the power output is over FRS limits. The Family Radio Service is an unlicensed, simplex only, personal radio service in the US covered by Part 95 of the FCC's regulations. Hand-held FRS transceivers with a maximum output of 500 mW is what are typically what are available. (List of Channels is in the Appendix). These have a range of about three miles with the longer whip antenna, nice for out in the field or woods. You can also get an ear piece if you want to be stealthy.

There are a plethora of other choices out there depending on what you want to do and your budget.

Lastly, CB Radios. Dying out in the trucker world, but a nice back up nonetheless. On the lower channels you can transmit at about 8-10 watts, pretty good for emergencies. If you are part of a prepper group it would be a good idea to have a few of the members get one. They are relatively inexpensive and can be a savior in an emergency situation.

• **Is having a Generator a good idea?**

If you live in an area which is prone to power outages during the winter months, then yes a generator would be a good idea. Power outages in the Pacific Northwest can last from a couple hours to a week or so, on average it's a day or two. With this being said, a normal gasoline generator burns approximately five gallons for 6-8 hours of run time at full load. You should keep at least 20-30 gallons of gasoline on hand and preferably with Sta-Bil added to prolong the life, without any fuel stabilizer your stock will degrade in about 3-5 months. If you add a fuel stabilizer it could last 6-8 months.

During the months of October and November, don't get caught with your pants down, get gas. In a SHTF situation when running a generator it just alerts the world that you have one and you may have items of interest. This is especially the case when living in a population center or suburbia. If you reside on a farm or have sparse neighbors then build an out-building to house it, this is the only way to quiet one unless you spend the money for a silent one from the manufacturer. Make sure your exhaust is well vented. If you do run a generator, especially in the evening, make sure that you cover your windows with black visqueen so that NO light shows through. You can see a lit cigarette at sea for up to seven miles, if any light shows through that is just an invitation for the mob.

If you do not have the space for a large supply of gasoline, you can always look at some hybrid generators. These are ones that run either on gasoline or natural gas/propane. Either way you go, you will need ample supply. It is recommended that you run your generator during daylight hours to cool your refrigerator or to run power tools, but only when necessary. The less runtime, the better.

• **How do I keep perishable foods from rotting or spoiling?**

In a SHTF scenario our diets will go into shock. What I mean is that any meats that are for long term storage, you will need to coat in salt to abate any spoilage. If power is down for longer than five to seven days, make sure that any perishable food stocks are eaten and drunk first. A good idea is to buy a dehydrator or freeze drier. Dehydrators are less expensive than freeze driers and can prolong meat and vegetable spoilage by months and possibly years if stored properly in vacuum sealed bags and containers. When keeping vegetables or fruit, freeze dry or dehydrating is your best choice. In the

meantime get a few 25 pound bags of salt, it's inexpensive and it may come in handy as a bartering commodity as well.

• **Pros and Cons of Freeze Dried Food**

Freeze dried food is flash frozen and then placed inside a vacuum pouch or container. Unlike the long dehydrating process, water in freeze dried food vanishes quickly. The fast removal of moisture prevents the food from shriveling or looking “deformed” as it can often do during the dehydration process. Typically, freeze dried food rehydrates more quickly than dehydrated food. Water and time are needed for both types of long-term storage food. If time is of the essence or fuel is in short supply during an emergency situation, the minutes and energy saved by using freeze dried food could be a significant factor to consider when deciding how to spend your long-term food storage dollars.

• **Pros and Cons of Dehydrated Food**

Purchasing a moderately priced home dehydrator would allow you to make your own long-term food storage items, but remember to factor the cost of electricity into the decision. You will be able to make dehydrated eggs, cottage cheese, sour cream, jerky and countless fruits and vegetables. Slicing or spreading the food items to be dehydrated is key to reducing the amount of energy used during the process. Solar dehydrators for outdoor use are both commercially available and can be made fairly simply at home as well. Dehydrating your own produce, meat and poultry offers not only a cost savings but the peace of mind of knowing exactly what you will be serving your family. A multitude of free recipes exist online that include dehydrated food items and long shelf life baking products that can be placed inside a Mason jar for quick and meals several years into the future. Commercially dehydrated food has a plethora of varieties.

• **Shelf Life**

Both dehydrated and freeze dried foods have a long and similar shelf life. They are both stable products when stored in a cool, dry place – just like with home canned items. Freeze dried foods inside a mylar pouch should keep the product fresh for a decade. Dehydrated foods have been estimated to last for 20 years or more. Freeze dried foods in a #10 can are estimated to last up to 25 years – that is, until opened. Once a #10 can of freeze dried food has been opened, all the contents inside must be used within several days – not so with dehydrated food, as long as the unused portion does not get wet.

• **Are Canned Goods a good idea?**

You bet! Canned goods can last up to five years, as long as they are stored properly and rotated close to expiration dates, there is nothing wrong with canned goods. This is an inexpensive way to start storing food. Supermarkets always have specials, (e.g. 10 cans for \$10), stock up on tuna fish which is high in protein and good for your cardiovascular system. Over time you will find that you have an ample supply. Soups, vegetables, sauces and even Spam are good to start with; just don't buy just to be buying. You have time if you start now to get what you and your family like. One great idea is to go to Costco if you can and stock up on Ramen noodles, however living on this as a main diet is not recommended unless you add something to it.

• **What are some ideas for Cooking Meals?**

So you have all this food stored up, now what? You have a few choices, if there is a natural disaster and the power grid is out, stoves and ovens may not work and Natural Gas lines may be broken so you will not have access to that either. Your options are to start a fire in your fireplace, outside in a fire pit or go get a propane camping stove. It would also be a good idea to build a small fire pit, if you have the available room away from any structures. You may also look at building a metal rack which to hang pots, rebar works great for this. This is good not only for cooking but for boiling water for hygiene. I personally like stocking up on the small one pound propane camping bottles, my goal is to accumulate around 100 of them. They last a long time and if you use them for cooking only with certain food (foods that do not require long cooking times), those 100 should last about a year. Your last option is to get yourself some MREs (Meals Ready to Eat), some manufactures offer these meals with water-activated heater packets; put some water in the bag, insert your meal packet and in about 15-20 minutes your food is hot. MREs were developed for the military and are packed with protein. If you have to spread this out, one pack per day should suffice.

• **What other Items should I have?**

This is a good question; this depends on the amount of storage space available, disposable income, and what you are trying to do. As far as space goes, it is best to keep items in and around your house in a cool dry location. It is not recommended to get a storage locker; the mob will look at those as easy pickings. Locks are easy to pick and padlocks easy to cut. If you spend time trying to defend it, you are taking away valuable resources to protect and defend your own house. Anything that could be used to barter may be a good idea; i.e. wood, steel, tools, just about anything you feel you need, so could someone else. If you are a handyman and good with tools, you may want to take a look at starting to acquire more non-power hand tools like drills, saws, chisels, axes, etc. We will provide a list of items at the end of this book which is a great place to start, certainly not all encompassing but it will get you thinking.

• **Should I take any First Aid or CPR Classes?**

Yes. If you have the available time, do it. Learn as much as you can from a reliable resource. Go talk to your local fire department, they conduct classes open to the public as does the American Red Cross. The better informed and available skill sets you have, the more valuable you are to your family and group.

• **What Other Trades or Skills should I know?**

Let's put it one easy way, if you have to hire someone to fix or build something perhaps that is a skill you should learn. You do not need to be a master at it, but some knowledge is better than nothing at all.

- Welding
- Auto Repair
- Electrician
- Plumber
- Carpenter
- Map Reading
- Knot Tying
- Edible Plant Identification
- First Aid
- Learn to Change a Car Tire
- Canning Food
- Gardening
- Making Alcohol (Beer or Distilled Spirits) can be used for medicinal purposes or bartering.

• **What Happens When my Batteries Run Out?**

Our first recommendation is to try to minimize your reliance on battery operated items. We realize that this is not always easy but try if you can. Next, would be to get rechargeable batteries and a portable hand crank or solar charger. There are quite a few on the market, just look for something of quality, remember sometimes you get what you pay for. Lastly, is to stock up on standard battery sizes: D, C, AA, AAA, CR123 and CR2. Batteries if stored in a cool dry location can last about 10 years. As with anything that has an expiration date, rotate your stock.

This next section will pertain to your family members and what they should be aware of and plans to get them to safety.

• **Should I Get my Kids involved in Prepping?**

Absolutely. This gives them ownership, and if you are creative you can make it a fun family project. Build a BOB or GHB with them and ask what they think ought to go in it but guide them along the way. Take them shopping with you if you plan a special prepping trip. Take them out to the woods and go camping. Bring only that food which you would keep for an emergency, get them used to it now. If you feel the need, please by all means get them familiar with firearms. If your kids are like mine they have a competitive spirit. Target practice can be fun family competition.

• **Make a Plan to get your Children home safely if School is in Session**

Please check with your school or local school district. Ask to see what their lock-down procedures are and what is required to claim your children. Once you have found this out, discuss it with them, make a plan, and create a password only the family knows. In some situations, it may be prudent for the parent

to stay home and protect anyone there or the home itself than to venture out and risk your life. Schools are a “Gun Free Zones” which in the mind of a prepper is a target rich environment for terrorists. In the event of a school takeover, it would be advised to let law enforcement handle the situation. Even if you many have years of military training, let them do their job or you could end up a casualty.

· **Should my family Consider getting Camouflage Clothing and Military Type Gear?**

Camouflage clothing is nice to have because it is usually durable, lasts a long time and doesn't show dirt as easily, plus it gives you the ability of camouflage. Is it required to be a prepper? No, someone wandering around in camo clothing may stick out more than someone in blue jeans so you could become a target; this is going to be a personal choice. If for any reason you are stuck in a Get Home situation, someone in a suit or jeans may not be as noticeable because they will blend in better with others around you (we call this urban camo). If you are a member of a prepper group it may be required or highly advised to have a set of camouflage clothes so that you will be distinguishable from other groups, plus it also provides better concealment if and when you need to defend your area.

Military Type Gear was developed for the soldier in the field. This is the gear that's been proven time and time again. Please don't get the cheap Chinese stuff to save a buck or two. Go to your local surplus store or order from a reputable surplus store on-line and you can always check with your local gun store, more than likely they too will know what to recommend. This is not to say that all Chinese products are cheap, just keep in mind that sometimes you get what you pay for. Quality commercial items are just as good, go to REI, Camping World and Cabela's to take a look at their sleeping bags, tents, cook wear, boots, waterproof clothing. Those of us that live in the Pacific Northwest are going to be subject to typically wetter weather than most places so go get the quality goods. Always have an extra set of socks available; one pair can be worn around your neck to dry as you are wearing the other pair.

· **What do we do with the family pet?**

Treat the family pet as a member of the family. If you have a year's supply of food stored up, do the same for your pet. You may also think about getting a First Aid kit designed for pets/animals (primarily dogs and cats). It is advised that you make sure all the shots and immunizations are up to date.

In this last section we advise that you do the following. You never know what could happen and should be prepared for the worst:

- Keep a Fire Extinguisher for each room in the house and monitor the expiration dates. Teach family members how to use them properly.
- Keep your cars and your house in good condition; don't put off repairs until it's too late.
- Keep your vehicle clean inside and out
- Keep an extra 5-10 gallons of gasoline with sta-bil in the garage and readily available.
- Make sure you have plenty of both male and female hygiene products stored up
- Tell family members where you are going, never go by yourself. Always have a battle buddy. Strength in numbers.
- Stay physically fit.
- Keep some sort of identification with your address on your person at all times as well as in every vehicle. You may need it for any roadblocks, if you can't prove you live there, you might not be allowed past.
- As mentioned before, come up with a family password and don't tell anyone. If you do not know the person that comes knocking DO NOT let them in and keep a weapon close by.

I hope that this has been educational. There is a lot more to prepping than just what we have gone over. Prepping is a mindset and way of life, there are no part-time preppers. Get to know your neighbors but don't divulge what all you have. Keep politics out. In a SHTF situation you are going to need each other to survive because you may each bring certain attributes to the group. Like I mentioned before about the squirrel and grasshopper, if you have a grasshopper for a neighbor, you have a grasshopper for a neighbor, no need for those who cannot pull their weight or be a contributor to the greater good. This is harsh but it is survival mode, you have worked hard and spent a lot of time and money to build up your stocks. It is not in your nor your group's best interest to support the ones who think they deserve something without any contribution, they will be a drain on your resources and possibly your safety and security.

APPENDIX

LISTS & TIPS

Bug out Bag or Get Home Bag basic contents: Enough to last 3 - 7 Days

- Sturdy Shoes/Boots
- Change of clothes (tough pants, shirt, gloves, knit hat...)
- Water and Food (MRE's, protein bars)
- Lighter or Fire Starter
- Flashlight/Headlamp or Glowsticks
- Two Way Radio with a.m. capabilities and headphones
- First Aid Kit
- Emergency Blanket/Bivvy
- Plastic Bags (55 gallon garbage bags)
- Emergency Contact List
- Knife
- Axe
- Multi-tool (Leatherman)
- Handgun if you feel comfortable. (not necessarily a good idea to leave in your vehicle)

We encourage that all persons at home remain at home so as not to contribute to traffic congestion and help deter any possible looters.

Only under extreme circumstances should anyone leave the safety of their residence (i.e. get kids from school).

It is highly recommended that a minimum of 60 days' worth of food and water is available, more is better. If you can, try to accumulate enough for a year. I know we said 30 days at the beginning but with a 60 day supply you do have some to share.

At the sign of any disaster it is also a good idea to fill all bathtubs as full as possible and as soon as possible. This can be boiled for drinking and cooking as well as hygiene and cleaning.

This is a fairly comprehensive list of items you would want to try to keep on-hand, but is not all inclusive, if you can afford it and have the space, you should be able to weather any situation.

These items can be part of your Bug-out-Bag or Get-Home Bag. Build your kit dependent on your place of work relative to your house or a friend's house that you can take safe haven.

- Water purification & extra filters
- Water storage system
- Water (1 gallon/person/day)

Food:

Per person for one year with weights: (Divide by 12 for 1 month). Look at the serving sizes on the boxes or packages and add one half.

- Baking Soda
- Beans, Peas, Lentils, 50 lbs. each
- Boxed Sides Such As Stuffing Or Mashed Potatoes
- Canned Food, Or Dried (Ready To Mix) Food
- Canned Fruits And Vegetables
- Canned Meats, Including Tuna
- Cayenne Pepper - 1 Large Can
- Coca-Cola (Must Be Coke – Battlefield Remedy For Upset Stomachs) Room Temperature
- Cooking Essentials Like Baking Powder, Baking Soda, Salt, And Yeast
- Crackers
- Dried Fruit
- Dehydrated Milk - 80 Lbs.
- Dry Cereal
- Dry Soup Mixes
- Grains - Misc.
- Granola Bars
- Herbal Seasonings
- Honey
- Nuts Or Trail Mix
- Oats - 50 Lbs.
- Pasta (A Variety Of Types)
- Peanut Butter - 50 Lbs.
- Popcorn Kernels (Non-Microwave)
- Powdered Drink Mixes
- Powdered Sports Drinks
- Ramen Noodles
- Rice - 100 Lbs.
- Salt - (Get The 20lb Bags)
- Shortening
- Spices
- Sugar 60lbs
- Vegetable Oil
- Wheat - 300 Lbs.

These are items that you should look at first. Again, given your financial situation and storage space, you may be restricted on the amount you can store; this is why groups work well. You can utilize the space at a group member's house (if close by).

- 550 Cord (500 Ft.)
- 55 Gallon Drums (Plastic & Metal)
- Ammunition For Each Weapon (Min 1000 Rounds Long Guns, 500 Rounds Hand Guns)
- Amoxicillin
- Antacids
- Anti-Biotic Ointment
- Anti-Venom Kit
- Backpacks
- Batteries
- Benadryl (Allergy)
- Binoculars
- Bleach
- Books for pleasure reading and reference guides
- Candles
- Chem Lights (Red & Green) If you have Night Vision, look at Infra-Red (IR) Chem Lights
- Cortisone Cream
- Cotton Balls
- Dehydrator
- Disposable Razors
- Duct Tape
- Dust Masks
- Emergency Blanket
- Energy Bars
- Female Needs
- Fire Extinguisher
- First Aid Kit W/ SAM Splits And Suture Kit
- Fishing Equipment (Line & Hooks)
- Flashlights
- Garbage Bags – Heavy Duty
- Gasoline
- Gasoline Stabilizer
- Generator
- Good Hiking Boots
- GPS
- Hand Gun
- Hand Sanitizer
- Hand Tools - Various

- Hat (Cold Weather)
- Hat (Hot Weather)
- Head Light
- Hunting Knife
- Hygiene Kit (Male/Female)
- Ibuprofen (Pain Reliever)
- Imodium (Diarrhea/Upset Stomach)
- Latex Exam Gloves
- Magnifying Glass
- Mole Skin
- Multi-Tool
- Multi-Vitamins
- Oils And Lubricants
- Paper Towels
- Pepper and/or Bear Spray
- Plastic Cutlery
- Plastic Storage Air Tight Bins (5Gal)
- Plates
- Pocket Knife
- Portable Charging System (Hand Crank Or Solar)
- Propane
- Q-Tips
- Rain Gear
- Rifle
- Rubbing Alcohol & Hydrogen Peroxide
- Safety Pins
- Sewing Kits
- Signal Flare
- Socks
- Steel Bar Stock (Round Or Square)
- Steel Plates
- Sun Burn Crème
- Sun Tan Lotion
- Surgical Kit
- Survival Mirror
- Toilet Paper
- Tourniquet (CAT)
- Utensils - Cooking
- Vacuum Seal Kit
- Water Bottles

- Wet/Dry Matches
- Wood (Plywood, 2x4, 2x6, 4x4, Etc.)
- Zip Lock Bags

· Reference Guides (Here are just a few suggestions)

- The Doomsday Book of Medicine (Author: Ralph La Guardia M. D.)
- How to Survive the End of the World as we know it (James Wesley Rawles)
- Bush Craft 101 and Advanced Bush Craft (Dave Canterbury)
- US Special Forces or SAS Survival Guide
- Any Military Field Manuals

FRS AND GMRS CHANNELS

Channel	Frequency (MHz)	Notes
1	462.5625	Shared with GMRS
2	462.5875	Shared with GMRS
3	462.6125	Shared with GMRS
4	462.6375	Shared with GMRS
5	462.6625	Shared with GMRS
6	462.6875	Shared with GMRS
7	462.7125	Shared with GMRS
8	467.5625	FRS use only
9	467.5875	FRS use only
10	467.6125	FRS use only
11	467.6375	FRS use only
12	467.6625	FRS use only
13	467.6875	FRS use only
14	467.7125	FRS use only

We would like to thank all those who have decided to take their first step in becoming self-reliant. If you don't feel that being prepared is that big of a deal, then ask yourself why does FEMA, The Red Cross and the Washington Emergency Management Office publish numerous pamphlets and guides suggesting that you should not wait until the last minute to start preparing.

3 Snoqualmie Valley Emergency Response Group (3SV-ERG)

The 3SV-ERG is a local Emergency Response Group that is a Non-Profit 501(c)(3) Corporation that feels given today's political climate and events around the globe, it is never too late to start preparing. The 3SV-ERG is a group of people within your community that believe we are responsible for our own safety and security. When joining the 3SV-ERG you will learn how to start becoming self-reliant. We teach the necessary skills that will help you prevail through natural disasters and the possibility of civil unrest. It is our goal to teach our members everything from gardening, canning, food storage and to getting home safely in the event of a disaster.

Self-reliance is a way of thinking and living in which a family produces as much food, energy, shelter, clothing, and tools as it can for its own use, but it works in a complementary way with other families.

What can 3SV-ERG help you with?

- Help you get started preparing for contingencies
- Develop a disaster plan for your home and family
- Learn how to prepare for natural disasters and civil unrest
- Learn the resources of individuals in your neighborhood
- Find unique skills
- Share knowledge and network
- Learn about the right equipment
- Build a get-home bag
- Learn about radio communications
- Learn about wilderness survival
- Learn about canning foods and gardening
- Learn how to operate a weapon safely
- Teambuilding!

Meetings

Our General Meetings are open to the public, and are held on the 2nd Tuesday of each month at the [Brickyard Brewing North Bend Public House](#), starting at 7:00pm. Please come and join us! Visit our website at: <http://3sv-erg.org> or email us at: 3sverg@3sv-erg.org