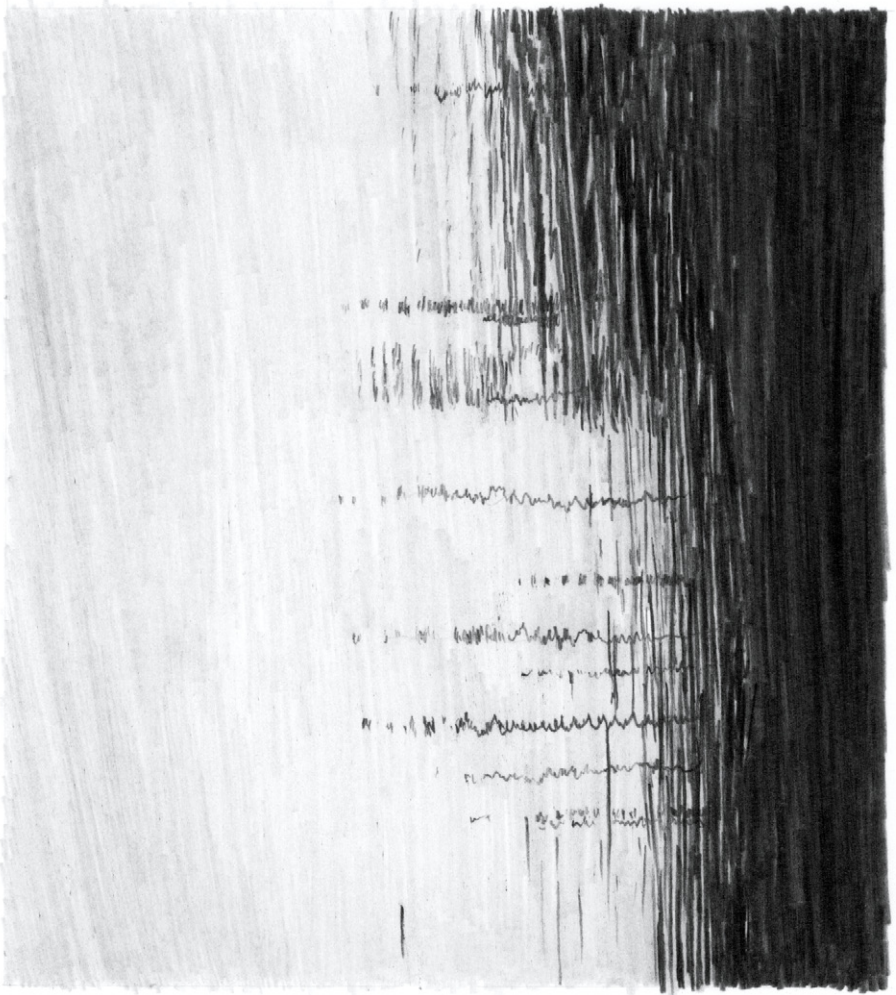
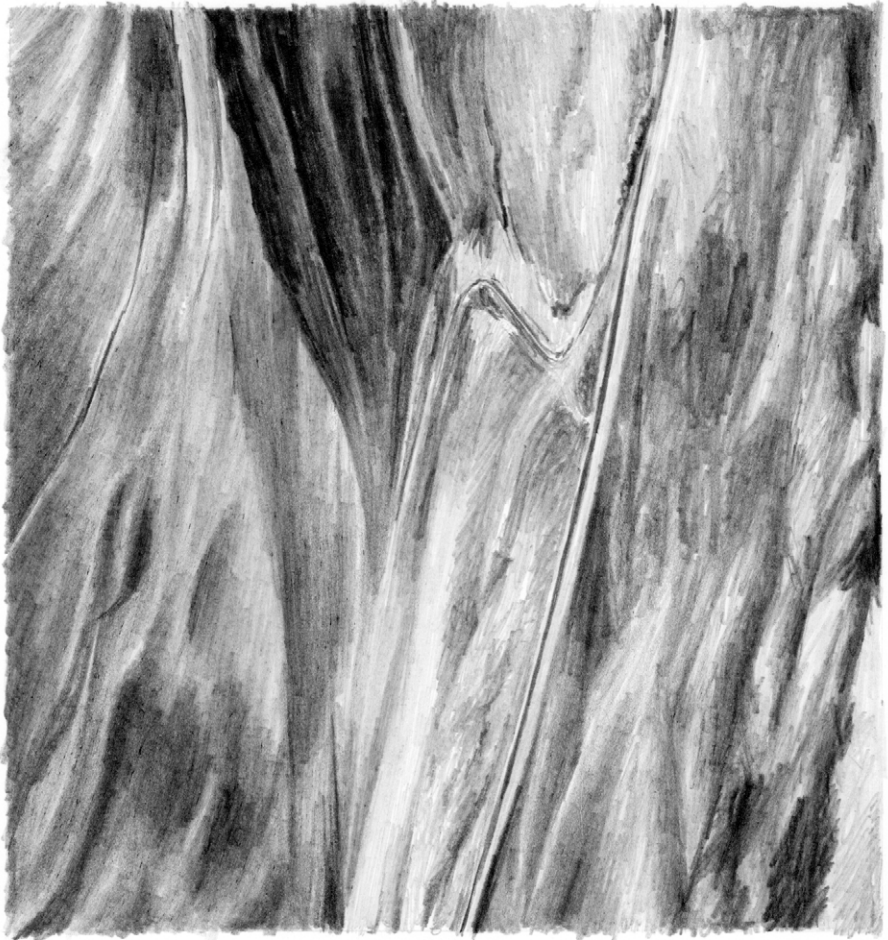


# *DISASTER*



# # 1 STAY OR GO?

**Decide FIRST if you need to prepare where you are, or attempt evacuation.**





You do not want to get stuck between your current location and your hoped for destination, as there will probably be no easy getting back.

You do not want to get stuck and/or become a refugee being herded along with panicked masses.



**If evacuation is truly a viable option, do not wait - GO NOW!**

## #2 WHAT YOU NEED TO DO FIRST

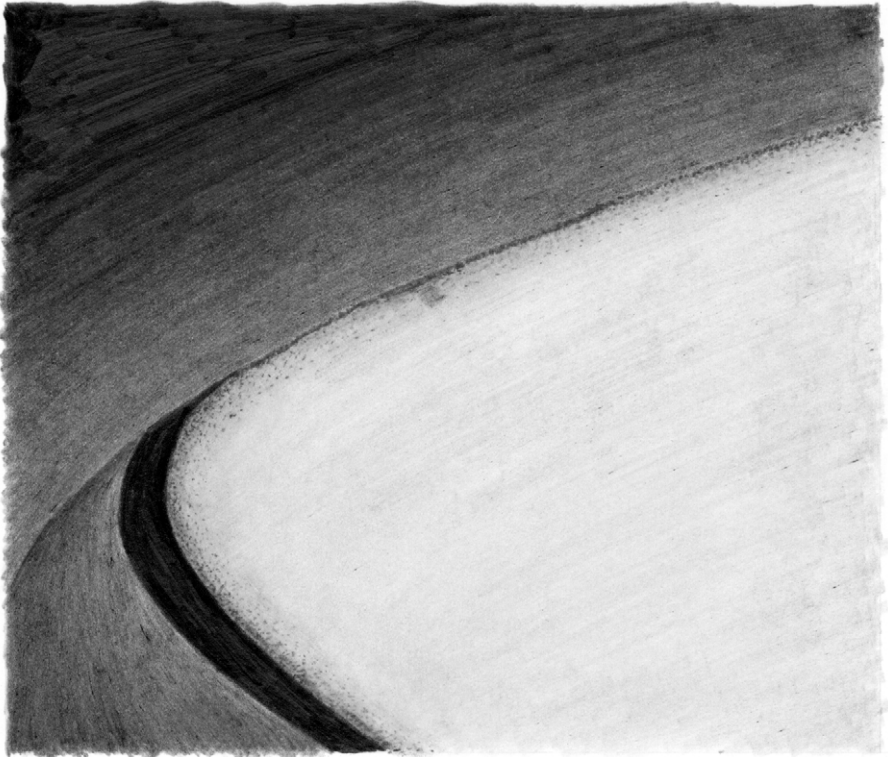
Delegate and assign to different adult family members specific tasks.

Shelter, Water, Food/Supplies.



While some are working on the water storage and shelter at home, others need to be acquiring, as much as possible, the food and supplies.

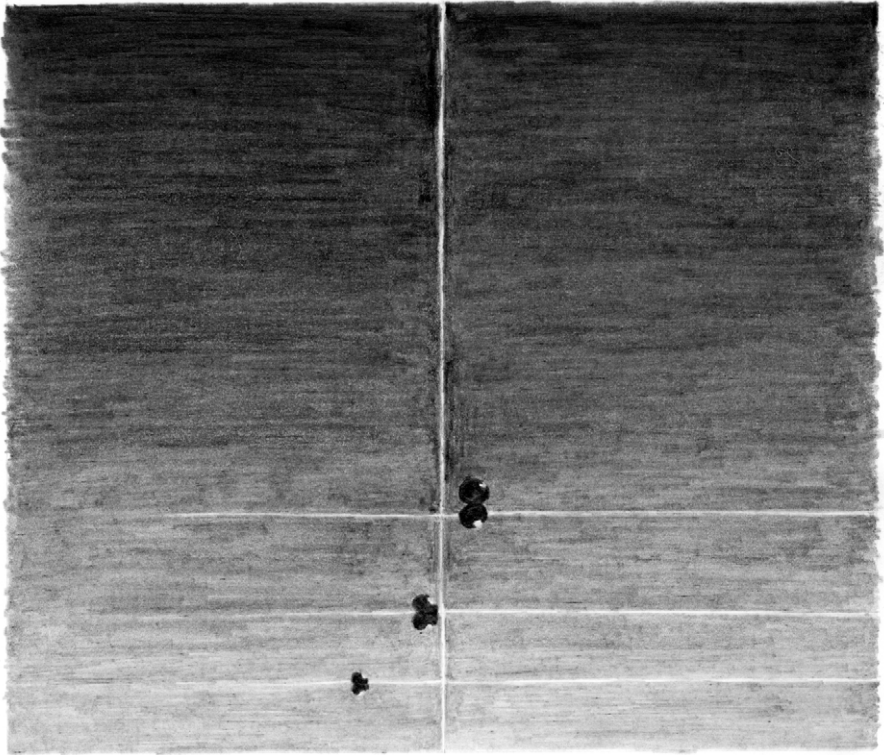
### **#3 FOOD / SUPPLIES**



**You need to assign someone NOW to immediately go to the stores with the list at #7.**

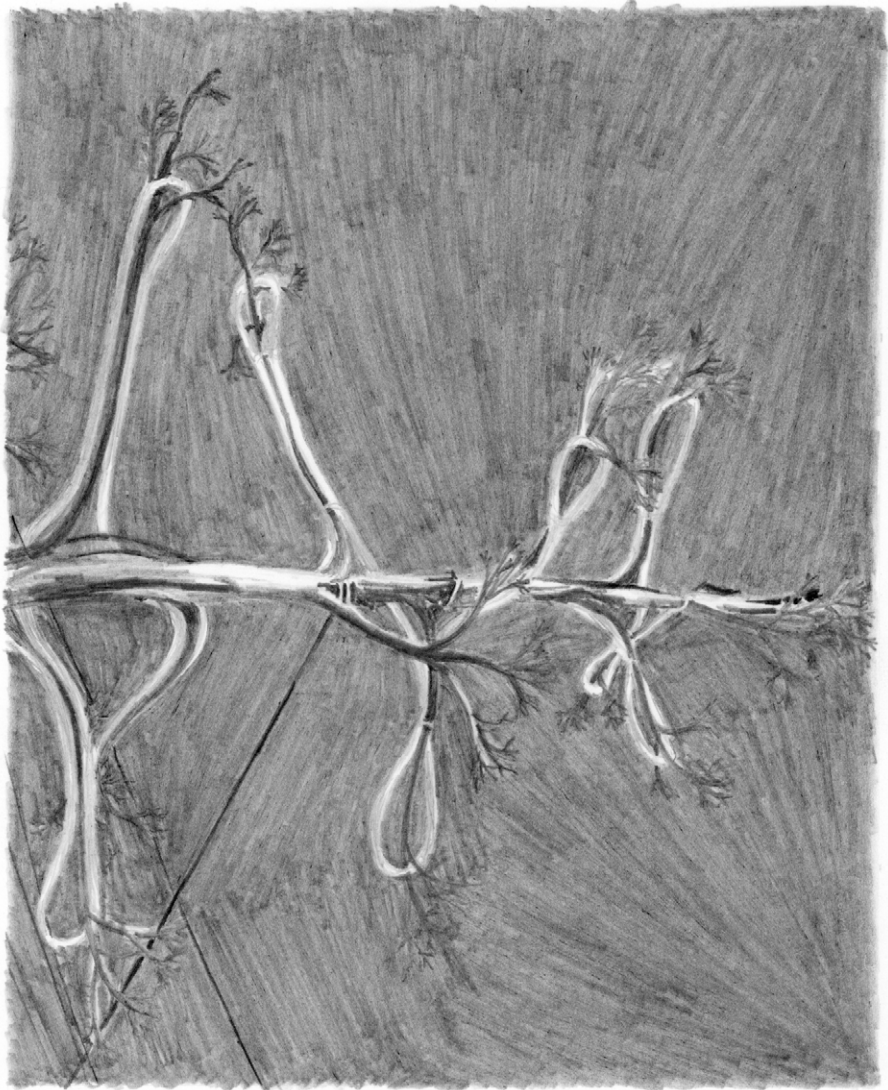
## #4 WATER

Those remaining need to begin storing water **IMMEDIATELY!**



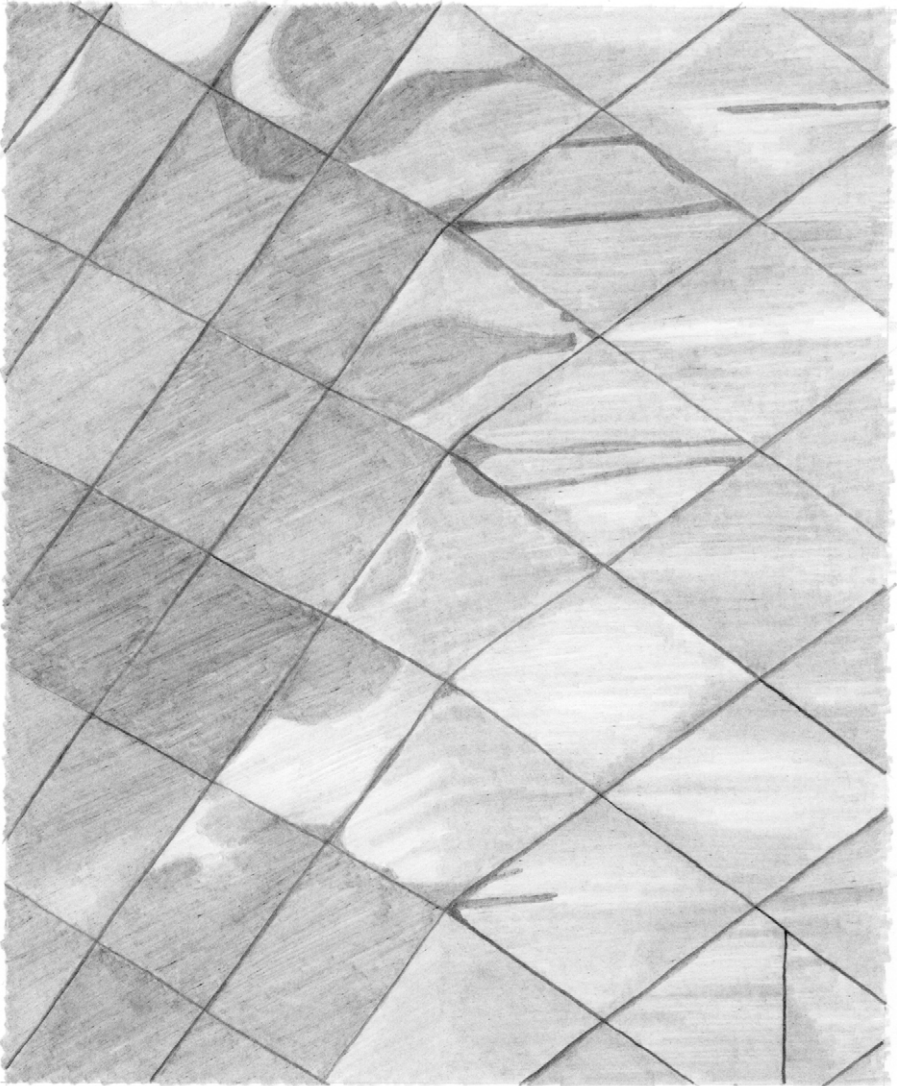
Debilitating sickness could rampage through your family with little hope of prompt medical attention. That is a likely but, avoidable disaster, ONLY IF you have enough water.

**Every possible container needs to be filled with water RIGHT NOW!**

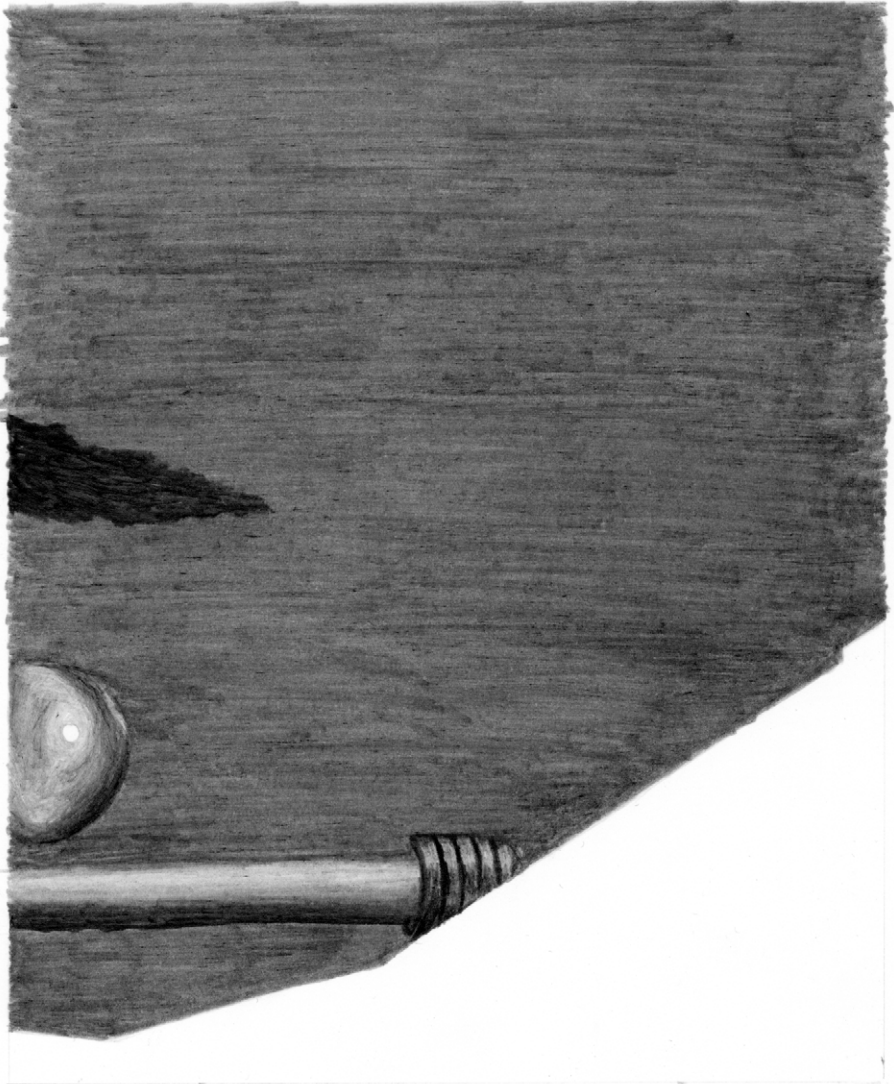




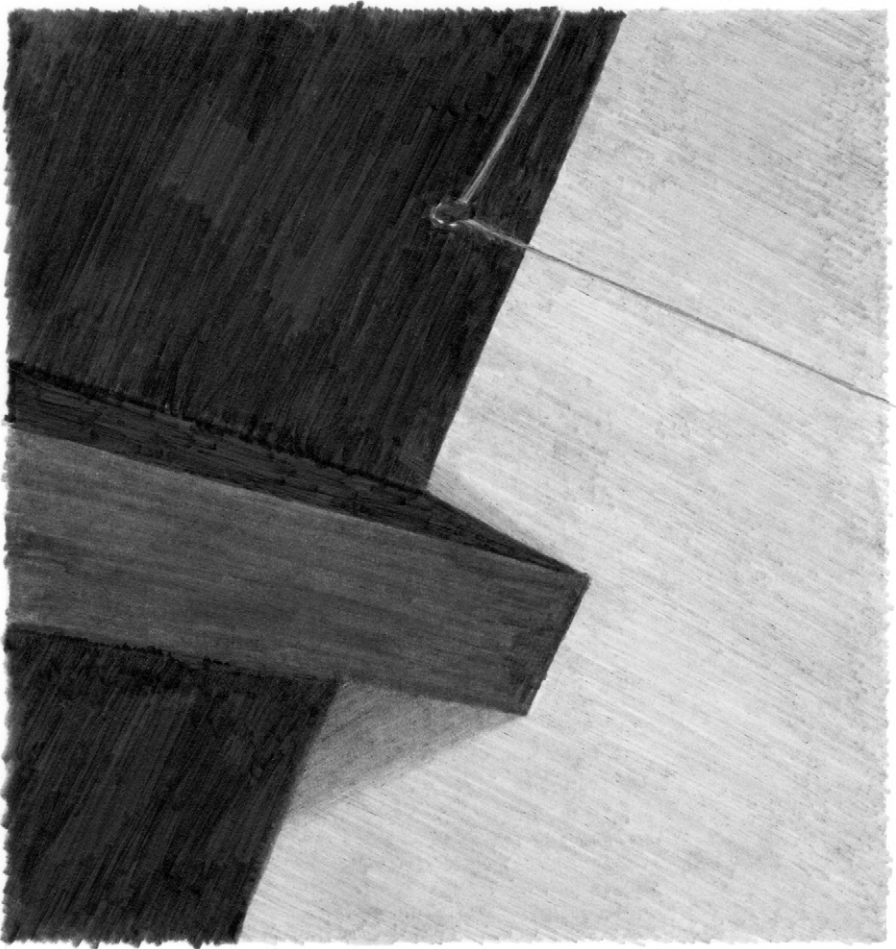
Anything and everything that'll hold water needs to be filled up quickly RIGHT NOW!



**YOU CANNOT STORE AND HAVE TOO MUCH WATER! Do not  
hesitate, fill up every possible container, RIGHT NOW!**

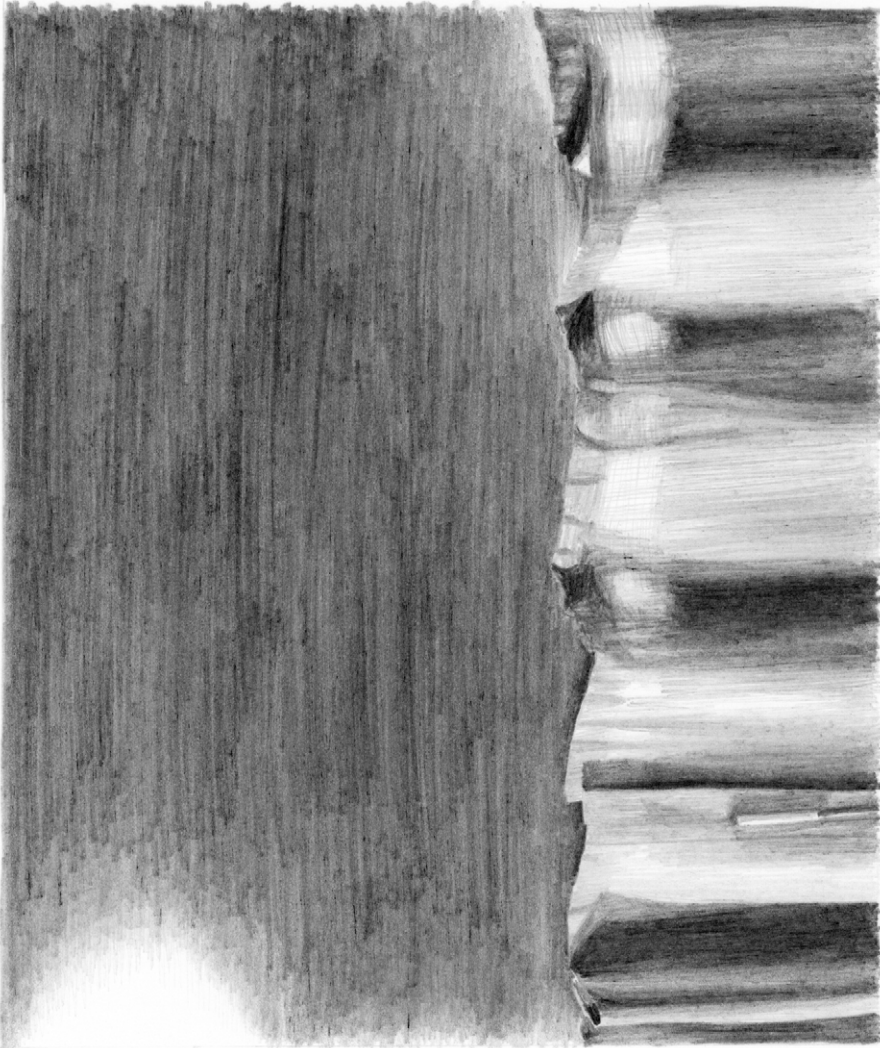


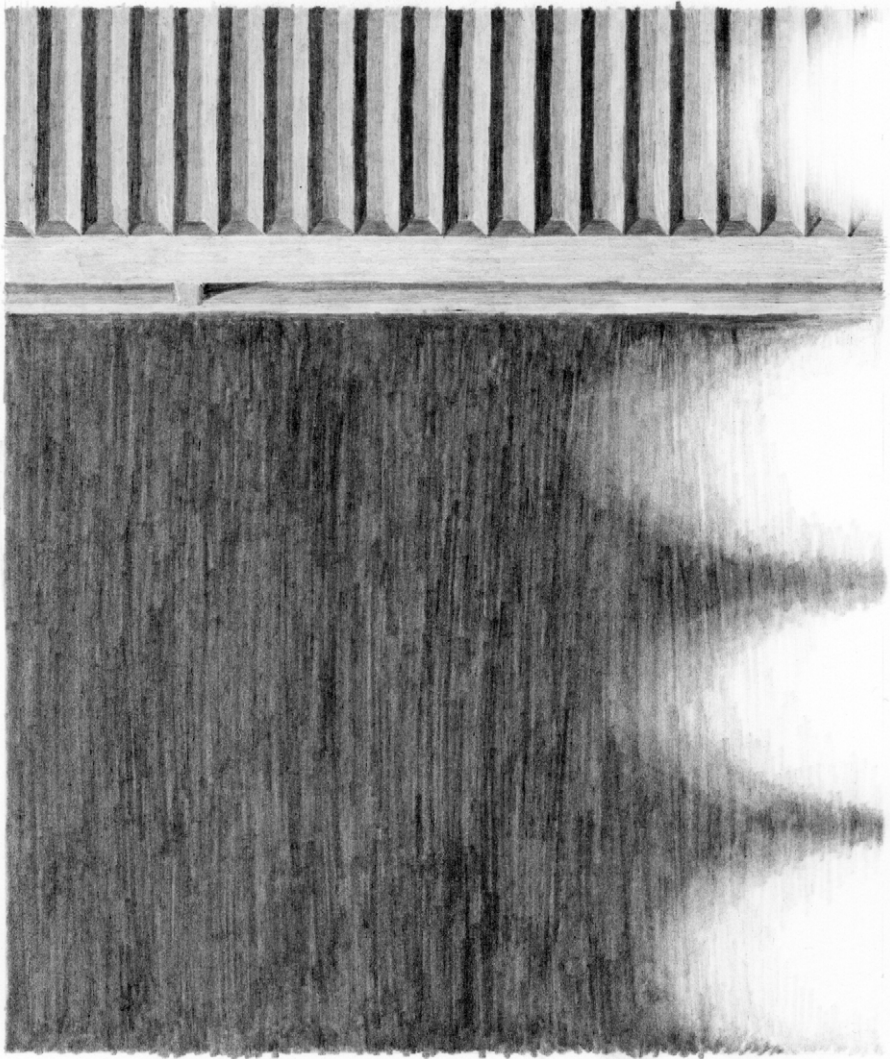
## #4 SHELTER



That is really *very good news*, because our families can readily survive IF we get them into proper shelter to safely wait out as it becomes less dangerous with every passing hour.

**If you do not have a basement available, you can still use the techniques shown below in any above ground structure, you'll just need more mass to achieve the same shielding.**





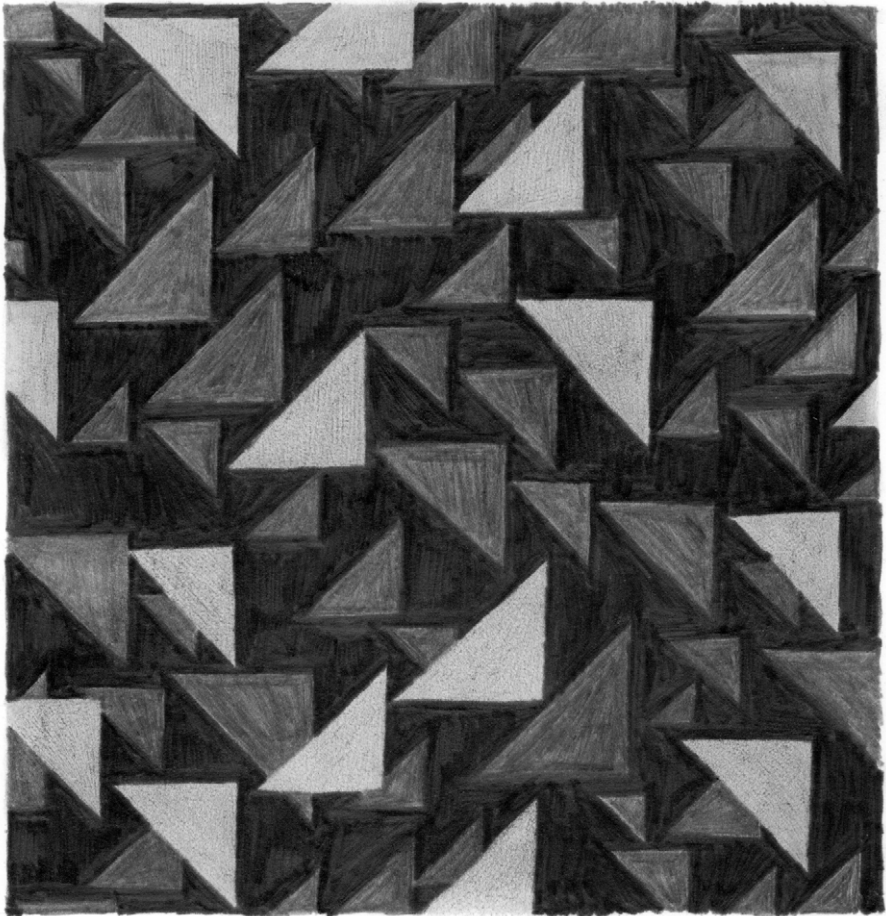
**Bottom Line:** *choose a structure nearby with both the greatest mass and distance already in place between the outside, where the fallout would settle, and the shelter inside.*



**It's really not so difficult to build an effective family fallout shelter, not to get it completed... RIGHT NOW!**

## **#6 ESSENTIAL DETAILS**

**If you've accomplished the above; securing your supplies, stored water, and built your family fallout shelter, CONGRATULATIONS!**



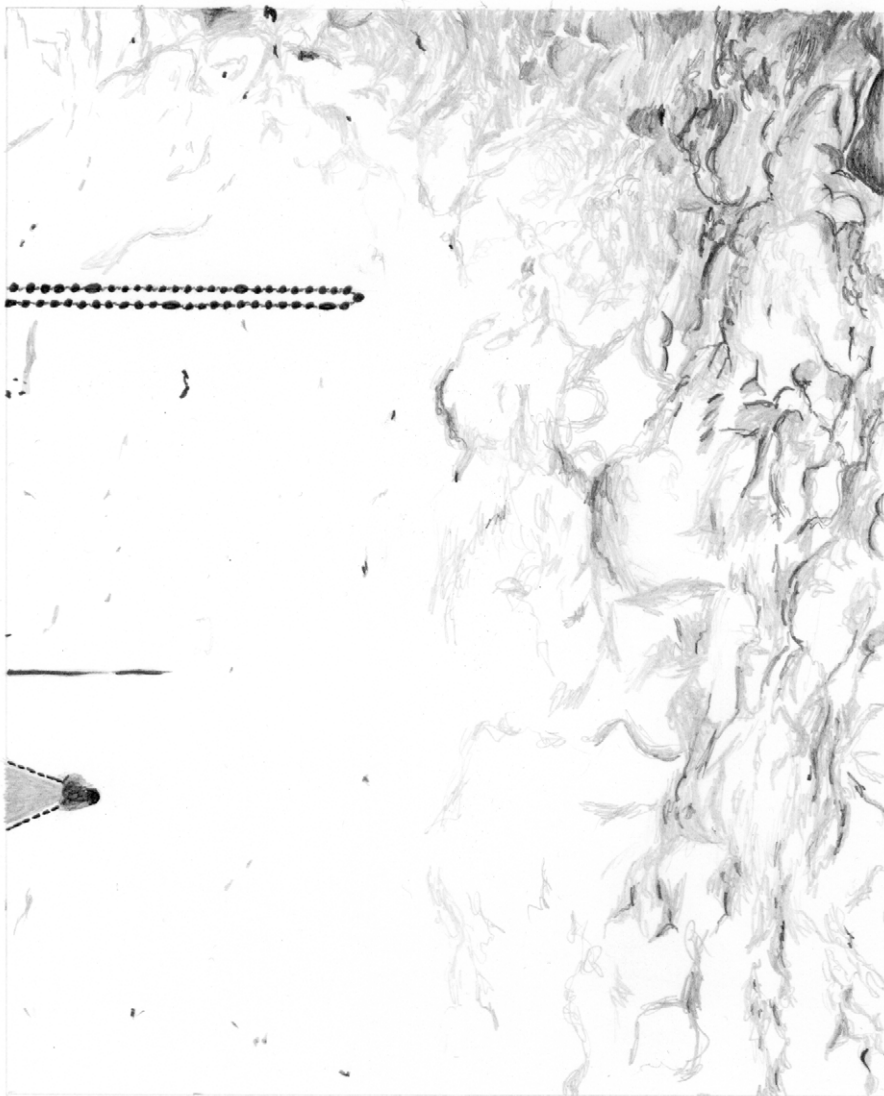
**You alone are ultimately responsible for your family.**





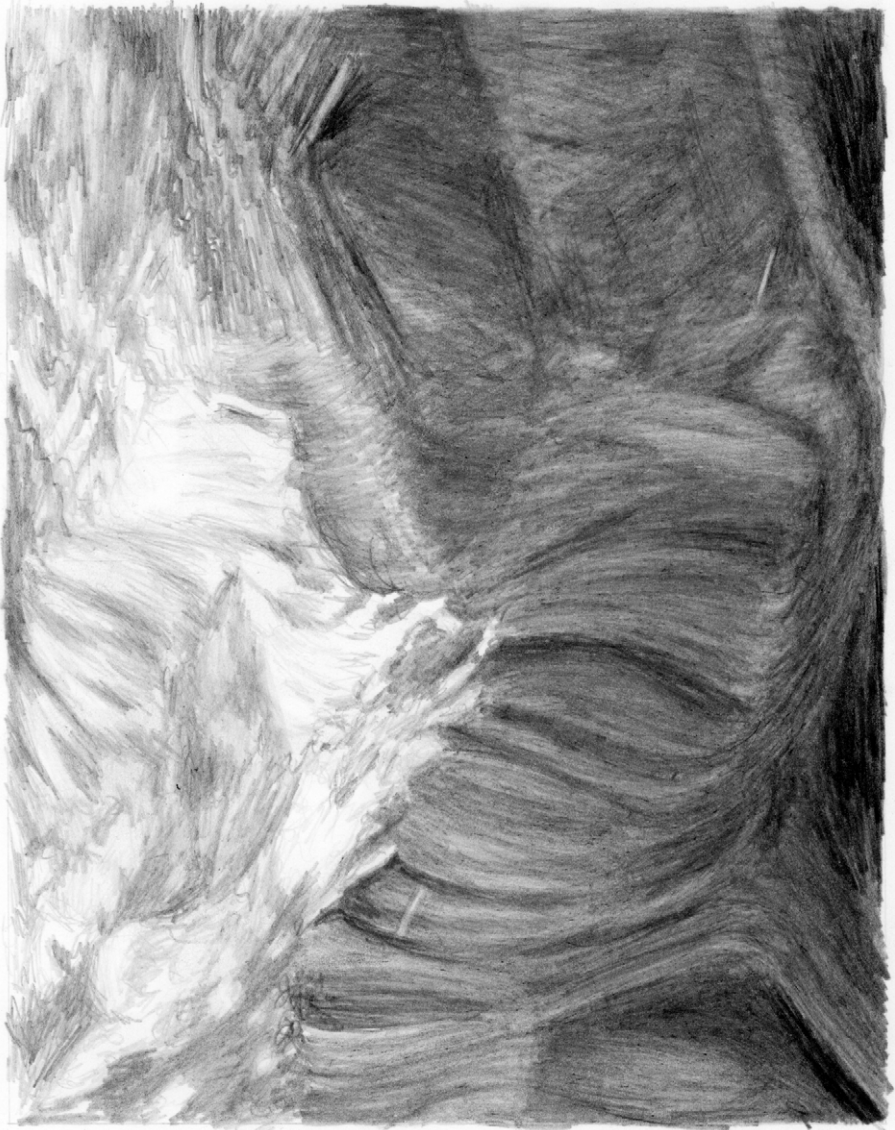


**Filtering the air coming into your basement shelter won't be required.**



**You'll need to be extra sure that your portable radios function properly from inside your shelter.**

**Time to take protective action is approaching.**



**You don't need to risk fire.**



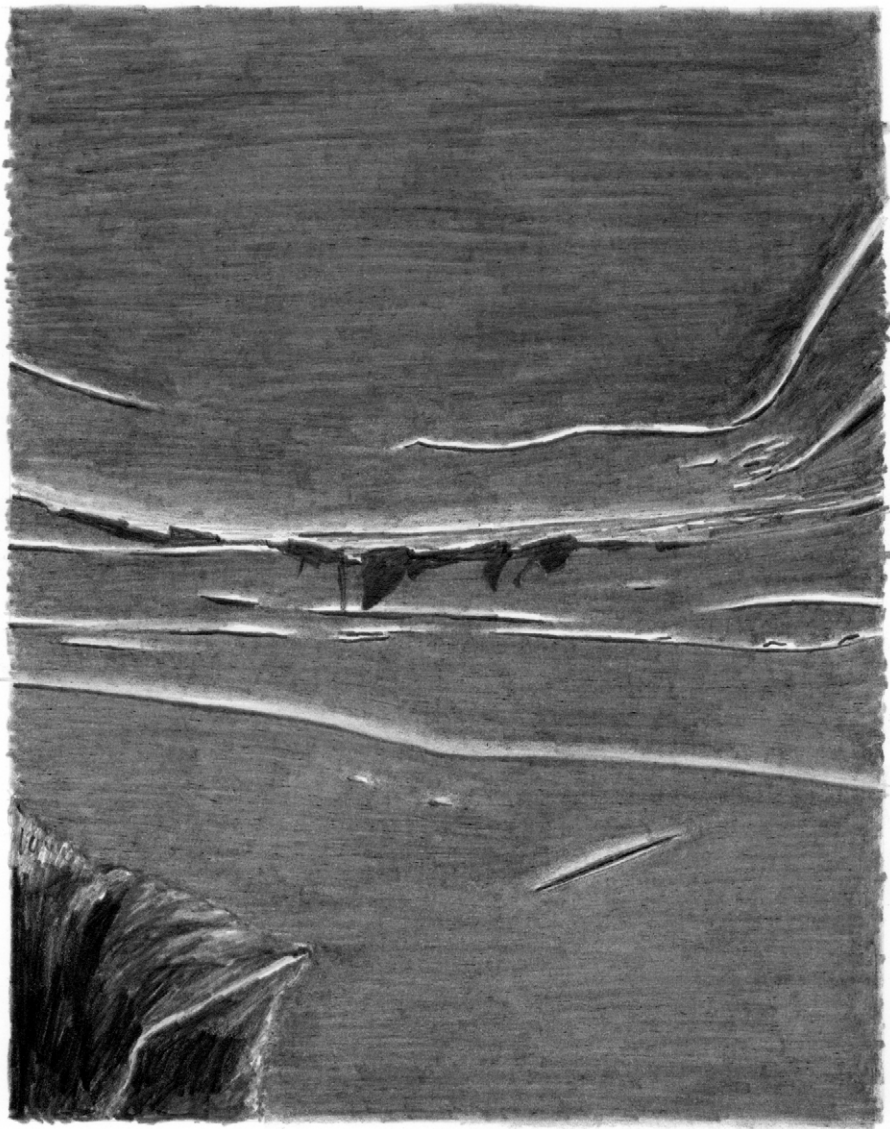


**For lighting needs.**

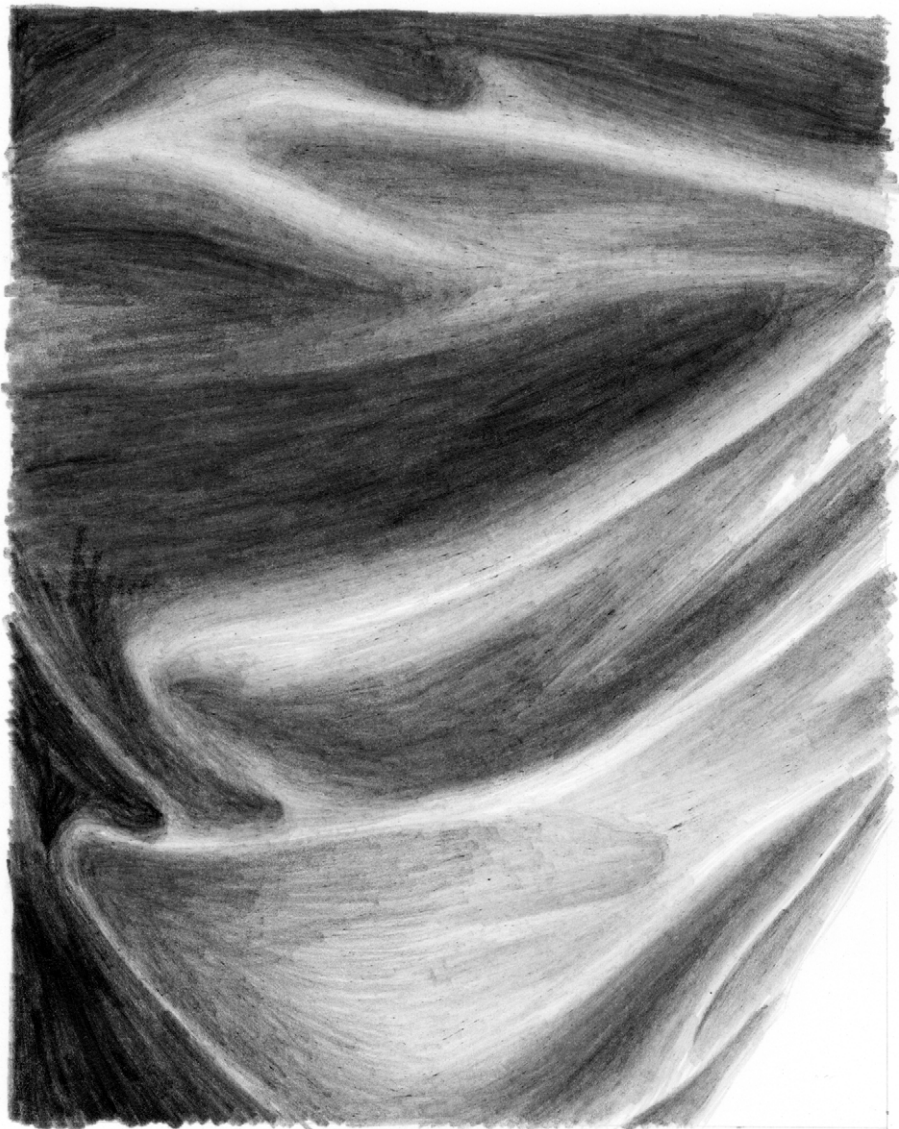


**Toilet use.**

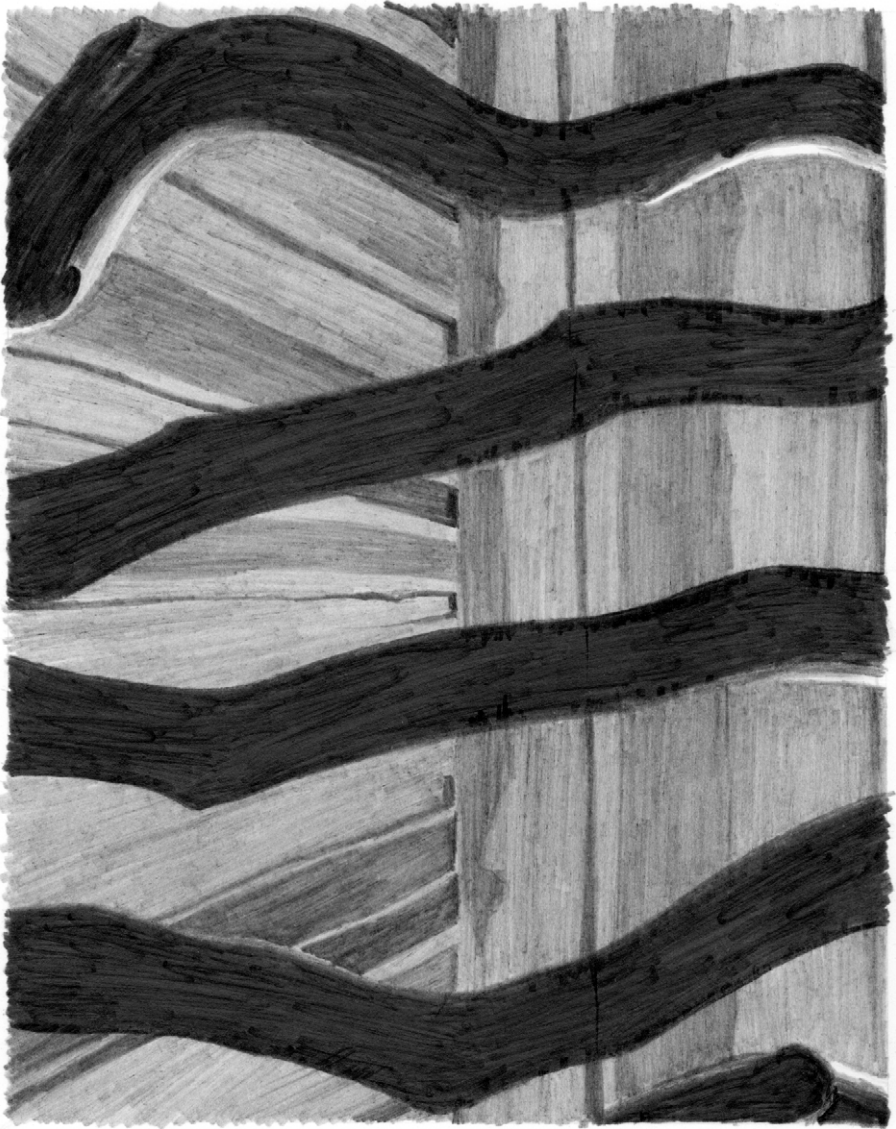
**Pets and what to do about them.**



**Cleaning questionable water.**







**There's much more that can be learned.**

## **#7 LIST OF SUPPLIES TO ACQUIRE LOCALLY**

### **IMMEDIATELY!**

At a minimum you should be looking at two weeks of provisions, but much better be aiming for two months or more.

### **Go Acquire It All Now QUICKLY!**

Canned goods (pasta, soups, chili, vegetables, fruit, tuna, meats, beans, peanut butter, etc.)

Some perishable foods (pop-tarts, raisins, cheese, granola/energy/protein bars, snacks-packs etc.)

Assorted drink mix flavourings (with no cold drinks, just plain water, kids will appreciate it!)

Plenty of potent Multi-Vitamins, Vit C, Pepto Bismol, other meds, etc.

Iodine solution, like Betadine (16 ounces) - NOT TO BE INGESTED OR SWALLOWED!

Largest bags of rice, beans, flour, potatoes, pasta, quick oats and other grains

Multiple big boxes of dried milk (Could include/use some inside shelter too.)

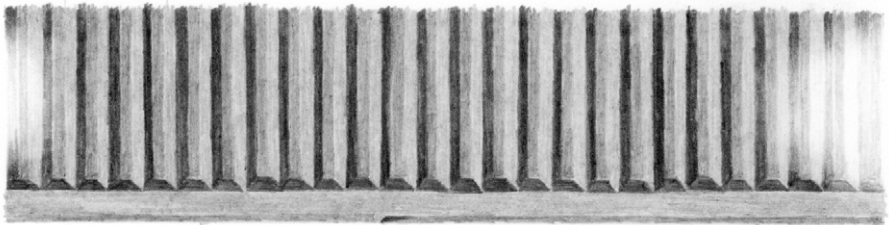
Multiple boxes of pancake and biscuit mix & syrup

Large bag of sugar and jar of honey

Large 2 gallons or more cooking oil

Baking powder & soda & yeast & spice assortment pack

Bottled water (especially if home supplies not secured yet)  
Paper or plastic plates/bowls/cups/utensils and paper towels  
Quality manual can opener, 2 if you don't already have one at home  
Kitchen matches and disposable lighters  
New metal garbage cans and liner bags (water storage & waste storage)  
5 gallon bucket and smaller garbage bags sized for it (toilet)  
Toilet seat for the bucket (or use one from inside the house)  
Toilet paper and, if needed, sanitary napkins, diaper, etc.  
Baby wipes (saves water for personal hygiene use)  
Flashlights (ideally LED) and more than one portable radio  
Plenty more batteries, at least three sets, for each of the above  
Bleach (5,25%, without fragrance and soap additives)  
Alcohol and Hydrogen Peroxide and hand sanitizers  
Aspirin/Tylenol/Motrin, Pepto Bismol, etc.  
Prescription drugs filled, and as much extra as possible  
First aid kits  
Fire extinguishers  
Plenty inexpensive N95 particulate respirator masks  
Plenty of cheap plastic hooded rain ponchos for everyone  
Water filters and all other camping type supplies, such as portable camp toilet, cook stove and fuel, ammo, etc., if any sporting goods stock still available.  
And, of course, rolls of plastic sheeting, duct tape, staple guns, staples, etc.





A year might seem like overkill, but you'll no doubt discover that in any disruptive event, numerous friends, neighbors, and relatives will be in need and you will want to help them if you can. Of course, ideally, they should also be preparing their own families for surviving coming disasters, so sharing this information with them might help get them started. Also, for your own family's security, you always want to try to surround yourself with a buffer of like-minded people who are also doing the right things to prepare so they will become helpful allies instead of only a drain on your limited resources. Reality is, they could possibly even become an outright threat for your family retaining enough supplies for the full duration if difficult circumstances were to drag on and become ever more desperate.

**Job loss** -- Having two to four months of food at home would certainly relieve much of the stress of losing your job and being without an income while looking for another.

**Pandemic** -- We could someday see a pandemic unleashed that would require families to self-quarantine themselves at home for many weeks to avoid catching the disease. Having these supplies and having made these preparations would make that extremely difficult time more endurable.

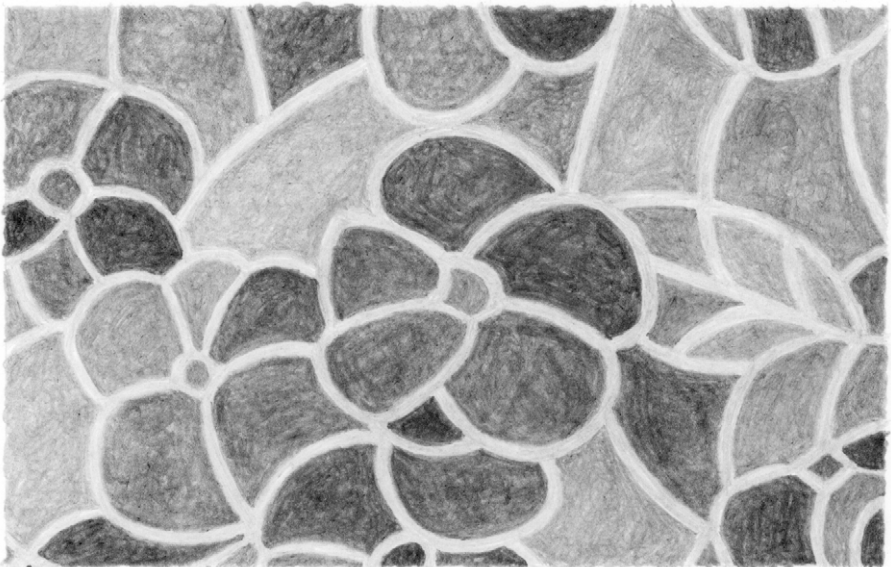
**Natural disasters, economic dislocations, civil disruptions** -- Your family could ride out any number, or cascading combinations, of these events in much better shape if you are sufficiently prepared.



## A Final Word

To better avoid unhealthy and overwhelming angst trying to prepare to all future dislocations and disruptions, keep in mind, too, that each step is like acquiring medical insurance. We all hope and pray we won't need that insurance, but if we ever do, our families won't find us then lacking in providing for their basic safety and welfare.

Once you've started making these preparations, strive to stay balanced. Thank God that you have begun, try to awaken others, and begin to confidently relax in your new alert status. You'll then be able to more fully enjoy life with your family knowing that you're firmly on the road to better being able to handle just about any event that might occur in this quickly changing world.



Anne Skole Overgaard

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***“A prudent man foresees the difficulties ahead and prepares for them, the simpleton goes blindly on and suffers the consequences.”***