



Disaster Preparedness 101

Why It Is Important & What It Is!

Instructor: JJ Johnson



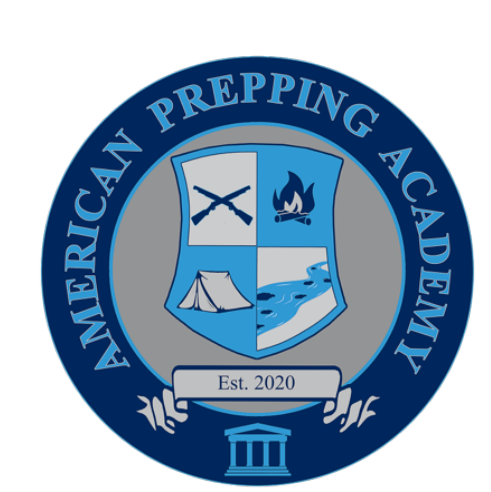
Overview

- Do Disaster Happen That Often?
- Personal Life Disasters
- 9 Basic Needs Of Modern Life
- How Much Food Do You Need?
- How Much Water Do You Need?
- Protection From The Elements
- Health & Medical
- Security
- Power & Heat Generation
- Communication
- Travel
- Tools
- Administration



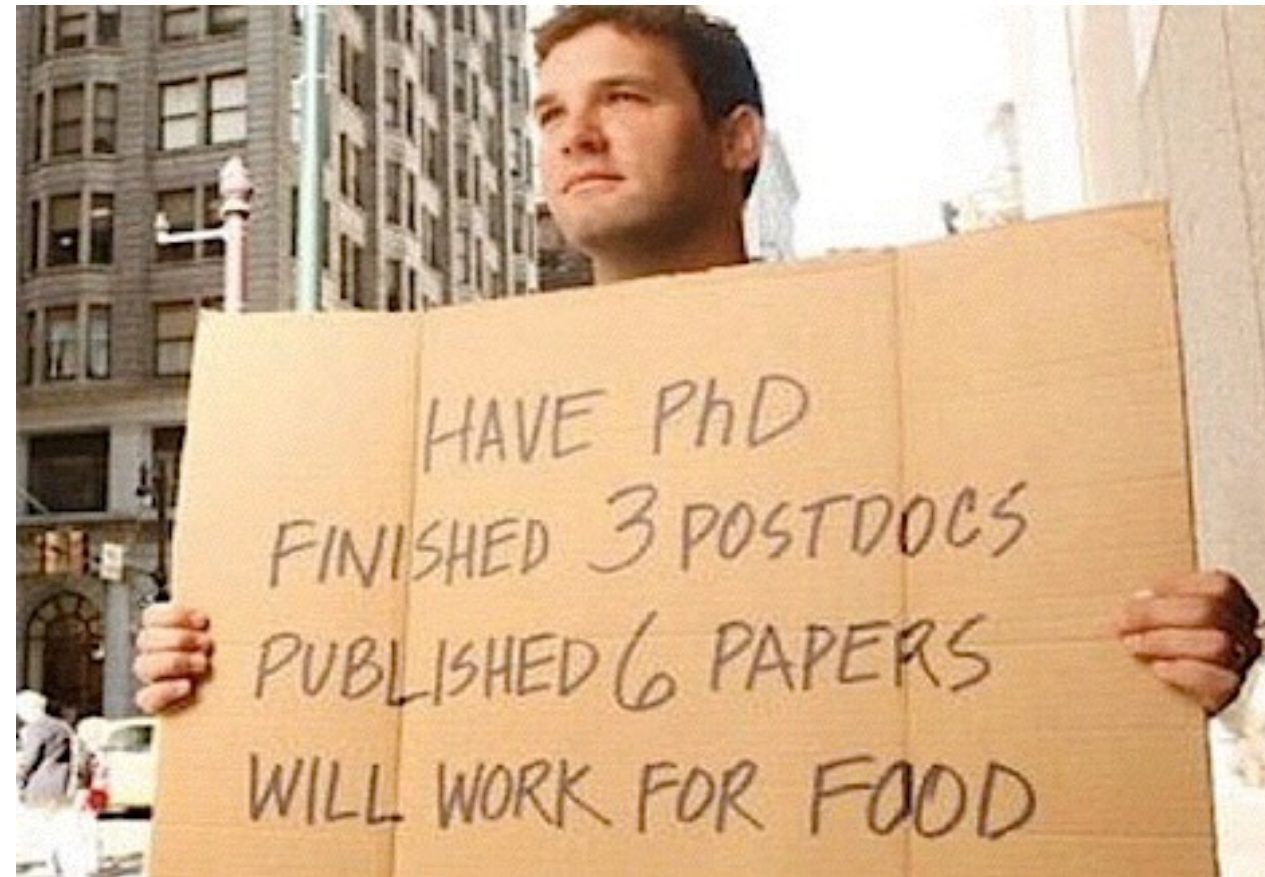
Disasters Happen!





Common Personal Life Disasters

1. Job Loss / Lay Offs
2. Long Term Medical Issues
3. Financial Issues / Bankruptcy
4. Homelessness / Foreclosure
5. Marital Issues / Divorce
6. Car Wrecks / Break Downs
7. Accidents (Stuff Happens)





9 Basic Needs Of Modern Life

1. **Sustenance:** Food & Water
2. **Protection From Elements:** Clothing & Shelter
3. **Health:** Emotional, Physical & Spiritual
4. **Security:** Home security, self defense, martial arts, non-lethal and lethal weapons.
5. **Power & Heat Generation:** Electricity, batteries, heat & fire.
6. **Communication:** Gather information from other people and the outside world.
7. **Travel:** Being able to move from one destination to another if required.
8. **Tools:** Force multipliers that enable quick and efficient task completion.
9. **Admin:** Finances, Will, Life Insurance, Emergency Binder, Important Documents, etc.



How Much Food Do You Need?

- Plan to have enough food for each person of the home for 30 days worth of food that can be held in reserve. This will get you through 99% of likely disasters.
- Plan for 3,000 calories per person per day = 90,000 per month or 360,000 calories for a family of 4.
- **Option 1:** Store foods that you currently eat. Buy in bulk and rotate as you eat. Use Coupons!
- **Option 2:** Purchase pre-packaged Dehydrated or Freeze dried foods that have a 25-30 year shelf life.
- **Option 3:** Purchase bulk foods such as rice, wheat, oats, beans, corn, etc and store them in mylar bags and 5 gallon buckets. Also gets a 25-30 year shelf life.
- **The Best Option:** Do a combination of all 3 from above.
 - Maintain a very full pantry. Cost = ??? (Maintain at least 100,000 calories at all times)
 - Purchase 1 pre-made 30 day bucket per each person in the family. \$100 per bucket x 4 and they will each feed one person for 2 weeks. (approx 150,000 calories for 4 buckets).
 - Put up 50 lbs of white rice (82,750) & 50 lbs of Pinto beans (79,400). \$100.00 and it will feed family of 4 for 2 weeks. (162,150 calories)





How Much Water Do You Need?

Traditional wisdom has said that 1 gallon per person per day is sufficient in times of crisis. Is that really adequate?

- 1/2 gallon per day for cooking
- 1 gallon per day to drink
- 1 gallon per day face & hand washing
- 1 gallon per day for cleaning dishes
- 2 1/2 gallons per day for bathing
- 3 gallons day for toilet flushing

You should prepare for a usage of 8 Gallons per person per day.

- For a family of 4 for 2 weeks that would mean having **448 gallons** in storage.

At a MINIMUM you will need at least 4 gallons per person per day.

- For a family of 4 for 2 weeks that would mean having **224 gallons** in storage.

The hard part about this is that storage space will be the primary issue for most folks on this issue.





Protection From The Elements

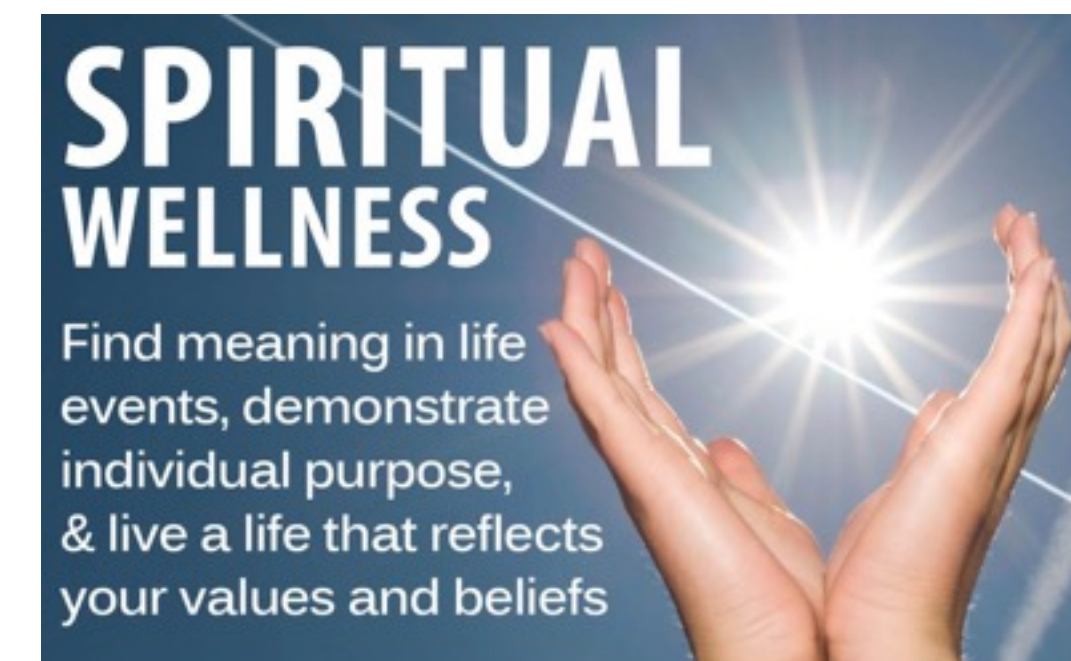
- First line of defense from the environment is clothing: having heavy duty clothing that is made for outdoor use is hugely important during disasters.
- Your home is typically your shelter and will likely be in most situations. However, it is good to be prepared to be able to repair the home in the event of extreme weather situations.
 - Good supplies to keep on hand are extra sheets of plywood and large tarps and could be used to cover holes in roofs or walls should they become damaged.
- If necessary to leave your home It is important to have temporary shelter options available.
 - Some options include: backpacking tents, nylon cabin tents, canvas wall tents, or even an alternate home site such as a vacation home or a bug out location.
- The key point within this section is that regardless of the weather you have to be able to create a microclimate around you that will help you support a 98.6 body temp.





Health & Medical

- **Emotional Health:** Having the will to survive and keeping a positive mental attitude is one of the most valuable tools to get through any situation.
- **Physical Health:** This is all about functional fitness. You do not have to look like a body builder but in many disaster situations there is a lot of work to be done so being functional fit is important.
 - Sanitation is also a sub element of being able to maintain a healthy body. So making sure to plan for the ability to be able to clean up daily and deal with human waste is also a critically important factor.
- **Spiritual Health:** This can mean many different things for different people but there is an old saying that there are no Atheists in fox holes, while that may not always be accurate there does seem to be a tendency towards having a spiritual relationship with a higher power during times of crisis and it can be helpful for many people.





Security

In times of crisis there is a common and predictable pattern of increased amounts of violent crimes. Desperate people frequently resort to desperate measures. You need to be prepared to defend yourself and your family!

- **Home Security:** Security alarms, security cameras, lighting, landscape features, secure doors and windows, walls, fencing, etc can all help you address the 4 D's of Home security (Deter, Detect, Delay & Defend).
- **Self Defense:** Basic hand to hand martial arts in disciplines that practice with one on one sparring. Some examples include: Brazilian Jiu Jitsu, Muay Thai, Kick Boxing, Boxing, etc.
- **Non-Lethal Weapons:** Many situations can be resolved without having to resort to lethal violence if you have the ability to utilize non-lethal options. Some examples include: expandable batons, tasers, pepper spray, etc.
- **Lethal Weapons:** The ultimate equalizer in self defense is the firearm. If properly utilized and if the user has been **properly trained** firearms are an excellent tool for self defense. I recommend using commonly available calibers so that ammunition is easy to get and affordable. The basic firearms that should be owned by every prepper at a minimum is a 9mm semiautomatic handgun (EDC), a shotgun for home defense, an AR-15 or AK-47 for community defense, a .22 long rifle for training and small game acquisition and a scoped bolt action rifle for large game acquisition.





Power & Heat Generation

Power and heat generation are typically provided by the utility companies and for the most part they do a good job of keeping us plugged in and toasty warm. However, they are not the most reliable and the infrastructure is old and outdated and has many vulnerabilities that are fairly easy to exploit.

- **Duel Fuel Generators:** These generators will run off of both propane and gasoline. Propane has an benefit that it is shelf stable for a very long period of time, where gas will only last about 2 years in optimal conditions. Typically you would be looking to have a generator that is 120/240 volts with at least 10,000 kilowatts to be able to run most of the items in your home. You may not be able to run things like electric heaters, electric stoves, electric dryers, etc.
- **Transfer Switch:** A transfer switch is a physical disconnect that will allow you to disconnect your home from the power grid. This is an excellent safety option that will allow you to run all or part of your home with a generator without having to run a ton of extension cords all over the house. It will also keep the lineman safe from back feeding the power lines inadvertently.
- **Solar Panels:** Solar systems offer a great long term renewable energy source that is quite and will provide power for years without having to purchase or store large amounts of fuel. These systems can be permanent additions to your home or property or they can be smaller lighter portable systems that can be set up after a situation arises.
- **Solar Generators:** Are small portable systems that provide smaller amounts of power but they can be continually charged throughout the day as you are using them. They will often provide enough power to run a small refrigerator, pellet stoves, charge lap tops, run small led lights, charge cell phones multiple times, etc.
- **Propane Heaters:** A propane heater can be used as an emergency heat source within your home as long as it is rated for indoor use. Be careful not to use propane heaters indoors that are not rated for indoor use as they produce carbon monoxide and could harm or kill you or your family. Indoor propane heaters should be used in accordance with the manufacturers directions and setup in an area where they will not get knocked over, etc.
- **Kerosene Heaters:** Also an excellent emergency heat source as long as they are used as directed. These heaters take a little more maintenance and finesse to run properly but they have been used for years. Make sure to keep a few extra wicks on hand and learn how to properly adjust the flame.





Communication

Humans are social people and have have a psychological need to speak with other people. This need is amplified in an emergency situation. Being able to gather intelligence from other people is an important aspect of our ability to survive and organize efficiently.

- **Long Range Communications:** Shortwave radios, Ham Radios, etc. These tools will allow you to go gather information from hundreds or thousands of miles away.

- **Short Range Communications:** AM/FM Radios, CB Radios, etc. These tools will allow you to gather information from tens to hundreds of miles.

- **Team Communications:** FRS, GMRS, MURS handheld radios that are used for communication with your family, group or team that is close by usually less than 2 miles.

- **Intelligence Network Communications:** This communication may be the most critically important in an emergency situation. This information is what can be gathered from the people you know and have developed a relationship with over many years. These people are typically people who are either in geographically important positions or who are in key positions in society who are well placed to have access to key information.





Travel

In most disaster situations many people will want to stay home and hunker down. That is the preferred option as long as it is safe to do so. However, there could be situations that would force you to leave your home. So it is important that you have multiple options available to leave and multiple potential destinations as well.

- **Vehicles:** Our daily driver vehicles can be a great option, especially those that are equipped with 4 wheel drive and a large storage capacity. Pickup trucks and large SUVs are optimal for most situations. Always leave with as much gear and supplies as possible. Most pickup trucks will get about 12 miles per gallon if carrying a heavy load, so if you have a 25 gallon tank you should be able to go about 300 miles before having to refuel.
- **ATVs / UTVs:** Small ATVs and UTVs can make excellent ways to be able to cover a lot of ground quickly and they have the added benefit of being able to move cross country quite rapidly. The down side is that they won't haul as much gear or supplies unless you pair them with a small utility trailer. ATVs / UTVs will get an average of about 30 miles per gallon if carrying a heavy load. So if you have a 3 gallon tank you can expect to go about 90 miles before having to refuel.
- **Dirt Bikes / Electric Bikes:** Dirt bikes and electric bikes are also good ways to be able to cover a lot of ground quickly and with relatively little effort. A dirt bike is superior at traveling cross country while an electric bike is great at navigating city streets almost silently. Both are limited in range because carrying heavy loads is quite cumbersome in most cases unless they are outfitted with special racks / bags. The range of an Electric bike fully loaded is about 40 miles in one day if you carry with you a way to recharge the battery once per day. The average distance for a dirt bike carrying a heavy load is about 80 miles per gallon. So if you have a 2 gallon tank you can make it about 160 miles without having to refuel.
- **Bicycles:** More than a hundred years old but still very efficient at covering great distances using only human power. Bikes can also be outfitted with racks and bags to make hauling bigger loads easier. You can also get small trailers that could be loaded as well. You just need to be in good enough shape to power the bike while hauling the load. Average speed on a bicycle will be about 10 Mph (carrying a heavy load), so if you can ride for 8 hours straight you will be able to cover 80 miles in one day.
- **Leather Personnel Carriers:** Hoofing it should be the last resort. You can walk a long ways but it will take a long time. On average on flat terrain while carry a heavy back pack most people will walk at about a 3 mph pace. That is about 20 mins per mile. So if you are in good enough shape to walk for 10 hours a day you will only be able to cover about 30 miles.

What will your destination be?

- Family or Friends house in an area that is not effected by the disaster? A hotel that is a couple of hours from town? Do you have a bug out location already pre-established and stocked up? A vacation home at the lake? Knowing where you are going and how you will get there and what you will need to survive when you get there is a critically important question. Just packing up and heading for the mountains is not a great answer unless you have significant experience and training to be able to live outdoors for extended periods.





Tools

Tools are force multipliers that help you to efficiently complete your task. A wide variety of tools are very helpful to have in disaster situations. Having a basic compliment of tools for each category listed below would be a great addition to your preps.

- Wood Working / Carpentry
- Metal working / Blacksmithing
- Automotive / Mechanical
- Home & Automotive Electrical
- Yard & Garden
- Fire wood Cutting Tools
- Masonry / Concrete Tools
- Home Repair / Construction Tools
- Livestock & Fencing Tools
- Tactical & Firearm Tools
- Plumbing Tools





Administration

While this section is not the most exciting it very well could be the most important! It is critical that you make sure you have the items below squared away and in place. Make sure to store the original paperwork in a safe place, also have copies in your emergency binder and scan them and have digital copies on a USB thumb drive and a copy stored in a secure cloud.

- Home Ownership or Lease Papers: Title / Deed / Lease / HUD 1 / Etc.
- Will and Last Testament
- Medical or Health Directives
- Life Insurance Policy
- Health Insurance Policy
- Home Owners Insurance Policy
- Vehicle Insurance Policy
- 401K / TSP / IRA Paperwork / Investment accounts / Etc
- Passports / Copies of Other Identification
- Birth Certificates
- Marriage Licenses
- 3 Years of Tax Returns
- Safe Combinations



Summary

- Do Disaster Happen That Often?
- Personal Life Disasters
- 9 Basic Needs Of Modern Life
- How Much Food Do You Need?
- How Much Water Do You Need?
- Protection From The Elements
- Health & Medical
- Security
- Power & Heat Generation
- Communication
- Travel
- Tools
- Administration



Questions?

AmericanPreppingAcademy@ProtonMail.Com