

BLITZ PREP

Lightning fast preparation for a long-term crisis

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Introductory

Overview: Lightning-fast preparation for major catastrophe

Doing the Blitz Prep preparation will dramatically increase your chances of survival and comfort for three months in a variety of mega-disaster situations:

- Major regional earthquake
- Months-long electric power grid blackout
- Pandemic or biological attack
- Limited nuclear war
- Super-volcano eruption
- Global financial collapse

The idea of *Blitz Prep* is that you can get all the supplies you need to survive for three months – and have them within 7 to 10 days. Then you wouldn't have to worry – because you'd be half-prepared. The other half of preparation is to learn how to use the supplies and do some other preparation. This information can be found in another free document, the *Preparation and Resilience Guide*. [These materials and even more information can be found at SimplyPrepare.Org.]

The theme of SimplyPrepare.Org is that you shouldn't think of all these potential disasters as doomsday events, but as “insure-yourself-and-then-move-on-with-your-life” events. It's much like how when people have homeowners insurance, they no longer worry about house-fires. A fire could still happen, but people with the insurance have something to fall back on. In the same way, a mega-disaster may not ever happen, but if it does you will and your loved ones will have the best chances of survival and comfort.

While there are hundreds of guides and websites about emergency preparedness, and disaster survival, here is what makes the Blitz Prep preparation powerful and unique:

- * It's extremely low-cost. Many websites and guides expect you to spend thousands of dollars. This is \$400 to \$500 per person for three months.
- * It's super-fast! Instead of spending 40 to 200 hours you spend less than 10-15 hours.
- * I go into extra detail that simplifies and speeds up your purchasing decisions.
- * Because you can do it so fast, it's less emotionally stressful. You quickly get to the point where you feel secure, prepared and ready for nearly anything.

About me and SimplyPrepare.Org

A few years ago I learned that the electric power grid that the United States and Canada share is highly vulnerable. The large 400-ton transformers that are the backbone of the grid can be permanently destroyed, and they would take many months to replace. In the meantime there would be no electric power for more than 95% of the United States and Canada, possibly *for months*. This would lead to a catastrophe, and a brutal struggle for survival for over 300 million people ***if they are not prepared in advance***.

I created a website called GridEmergency.Org to educate people about the threat, and about how to do low-cost preparation. Later, I broadened the website's purpose to prepare people for almost any mega-catastrophe. While these mega-catastrophes can cause the deaths of tens of millions or hundreds of millions of people, in most of these scenarios, there would be hundreds of millions or billions of survivors who must somehow cope. With the low-cost preparation presented here, you can dramatically boost your chances for survival, comfort and minimal emotional stress *for months*.

Why I Recommend Three Months of Supplies

1. Three months gets you past the initial panic stage where many people might be desperate and violent. Some people might still be desperate later, but they will have emotionally adjusted to the new situation.
2. The worst part of many disasters will be over within three months. A pandemic will probably have passed its peak. Most cyber-attacks that shut down the grid would have been fixed. Most of the radiation from a limited nuclear strike would have dissipated.
3. Three months will give the government, businesses, the National Guard and international organizations enough time to work out a temporary supply chain for food, fuel and medicine. Permanent recovery efforts would also have begun.
4. If the situation becomes hopeless, such as a global nuclear winter situation where not enough sunlight will reach Earth for food to be produced, you'll have three months to reflect on your life, cherish the good you experienced, and prepare yourself emotionally for the end. – In contrast, those who don't prepare will be thrown into an immediate, grueling struggle for survival – against great odds.

5. If the situation doesn't become hopeless, but lasts longer than three months, you'd have time to learn new skills and also emotionally adjust. For instance, in a very worst case scenario, the entire electric grid of the continental United States might be down longer than a year. In those first few months you could begin to plant crops or learn other survival skills; join a group or community that has skills or resources you lack; or move to a part of the country where your chances of survival and comfort would be greater.

Why \$400-\$500 per person gives you immense protection – and how you can protect yourself somewhat for \$200 or less

Blitz Prep assumes that most people will be able to afford to spend about \$400 to \$500 per person. (For one person living alone, the cost is about \$500, for two or more the cost is \$400 or less per person.) That may seem like a lot of money until you realize that this is a critical kind of insurance that you don't have. The other forms of insurance such as homeowners, auto, health insurance don't protect you the way preparation does. Quite simply, without it you or family members may die, or experience great hardship, suffering or trauma.

Of course no one wants to spend \$400 on something that they might never use, but you have to understand that this is *insurance*. You don't expect to have a car accident or house fire this year, but you know it could happen. Having insurance gives you a sense of security and comfort.

The process of preparing not only makes you feel more secure, you'll also experience greater self-esteem because you'll be more resilient and capable.

Of course, many people can't afford \$400-\$500. Some of these people can afford \$100 or \$200 per person, and should spend it to have at least two or three weeks preparedness on the most essential things, such as food and a way to cook it, and having a way to stay warm when it's freezing cold.

But other people have no extra money to spend, even on credit. If this is your situation, you can educate those people and groups would be likely to be your safety net. For instance, if you help family and friends understand the importance of preparation, they will be grateful to you and more likely and able to help you. The same is true for local nonprofit organizations and businesses.

People with few resources can also do advocacy to get the government to do more to protect you. You can learn about specific actions at SimplyPrepare.Org. Advocacy may seem a long shot, but so many people are experiencing economic hardship that together they can have a powerful voice. If you have no money to buy these things, then reading this may be too depressing, or it might inspire you to make the advocacy and educational efforts, or it might inspire you to go without other things until you've saved enough to get these things.

My assumptions about most mega-disasters

1. In most situations most people will be sheltering in place. So this guide mainly prepares you to “camp out at home or in your apartment” until the crisis ends.
2. However, for some people it will be likely or almost certain that they won't be able to camp out at home. Here are possible reasons:
 - Where you live gangs are likely to quickly take over.
 - You live in a desert area that will quickly run out of water.
 - It's a very warm climate, and your health is such that you can't survive long without air-conditioning.

For people in one of these situations, preparation means planning to get to a relative or close friend's place in another location. Thus, you may be sending the supplies that you'll use to them for when you get there. Or your focus might be to pressure the government or certain humanitarian agencies to work out a ready-to-go evacuation plan.

3. In a large-scale catastrophe such as a long-term electrical power outage, my belief is that it will be four to eight weeks before FEMA, businesses and aid organizations reestablish supply lines and re-establish law and order in most places. Before then, these organizations will be worried about other priorities: continuity of government and protecting critical assets such as hospitals, nuclear power plants, and factories that produce fuel and other critical supplies. They'll also be swamped with urgent situations.
4. If there's no widespread preparation in the country, then before the government stabilizes a certain neighborhood or city, there's likely to be civil unrest in that location.

There will be some looting of stores early on. There will be desperate people who have no supplies trying to take them at gun point. There may be mob violence as well, since many people will be angry that the government isn't protecting them. That's why I recommend that you have enough supplies to stay inside at home for an extended period. After two weeks, as mentioned many people will have adjusted to the new reality.

Storage of Your Preparation Supplies

If a crisis happens you'll want to know exactly where your supplies are, and you'll want to have them organized. Some people may be able to dedicate a shelving unit or walk-in closet, but other people can put their supplies in a 32-gallon trash can that may later be used for water collection. If the lid is taped shut with duct tape, mice or curious children won't be able to get at the food and other supplies.

People who have no extra room at all should make arrangements with a nearby trusted friend to store the material. In the event of a crisis, you'll need access to the materials whether they are home or not. So, hopefully they will give you a key.

You should also have one or two backpacks or a gym bag specifically dedicated to containing the supplies you'd take with you if you suddenly needed to leave your home or city. In an emergency, you'll grab that gym bag or backpacks and go. If you need your back-pack or gym bag for daily use, you can put things in a plastic bag marked "Grab and go bag contents." Then in the event you must leave quickly, you simply empty your backpack or gym bag, put these things in, and go.

Only fuel should be stored elsewhere, such as in a stand-alone garage. (If a major crisis happens, however, I recommend that fuel be brought inside so that it's safer from theft.)

Plan to store your supplies somewhere out of the way, somewhere where you won't be continuously reminded of the threat and become stressed about it.

To protect food from insects I use **food grade diatomaceous earth**. (2 lbs/\$11) This is often made from ground seashells. You can sprinkle it on top of food supplies, or even inside. For instance, when I pack my rolled oats or rice in 5-gallon buckets, I lightly dust the top layer with some diatomaceous earth. It's edible but takes chalky.

A note about storing gallons of water: Don't store directly on concrete. Toxic chemicals in the concrete will leech through the plastic into the water.

The Main Lists

Preview: What's ahead

First I will explain the items you'll need in each category, such as: food, having water, staying warm, sanitation, protecting electronics, etc. Sometimes I briefly explain why you need something, for instance, how aluminum foil can protect electronics.

Then I will present these items a second time, somewhere on one of five lists:

1. Things most people usually already have. – If you don't have some of the items on this list, you'll need to add it to one of the following four lists.
2. Things to buy at a discount super-market such as a Walmart or Costco.
3. Things to buy at a Home Depot or Lowes type store. (Or sometimes a Walmart-type store has these things.)
4. Things to get locally, often used.
5. Things to buy online.

After those lists, I present another list: Things to do right after you do the above shopping and collection.

When I mention particular store or product names, it's not an endorsement. They are just mentioned to give you an idea of the product type or store type. I receive no money or benefits from any organizations or companies, Thus I can make unbiased recommendations.

Categories of Need – Why You’ll Need Certain Things

All of these items mentioned below appear somewhere in the five lists that follow, so you needn’t take notes. It’s better to print out the five lists and then add to them, or cross out items from the list you don’t want, and then put check marks next to the one’s you’ve ordered or gotten.

Water

In an electric grid blackout or other major catastrophe water may stop flowing because it’s normally pumped by electric pumps, or gas pumps with electric controls. For that reason, you should store some drinking water, and also be able to collect and sterilize water.

Most people have 30 to 50 gallons of water in their hot water heaters. You can buy **gallons of water** at about \$1 a gallon. (To save money you can clean and fill empty gallon and two-liter containers that contained clear drinks.) You’ll have to sterilize the water before using.) Many people in homes can collect water from their roofs by buying a **rain barrel** or a **large plastic trashcan** and by buying a **rain barrel diverter kit** that attaches to a downspout. (Some drilling and assembly is necessary.) People in apartments should urge their landlords to set up a rain barrel. Water could also be gathered from nearby streams and rivers. This water would need to be sterilized with bleach. Some **clean cloth** would be needed to strain water than might have leaves or other small objects in it. You can also use **coffee filters**.

To sterilize the water (killing bacteria and viruses) to make it drinkable there are generally four methods: boiling, using a bleaching agent, filtering and distilling. Boiling and distilling usually take too much energy. Filtration devices can be slow and expensive. So I recommend bleaching. You have a choice of two kinds of bleaching agents: **unscented bleach** that most people are familiar with and **Calcium Hypochlorite powder** (65 or 99%). Each has advantages and disadvantages. Liquid bleach loses its strength gradually over time. I wouldn’t use any after nine months, though year old bleach might work if you had nothing else. But you can compensate by just putting in slightly more. You’ll also need a medicine dropper to transfer a certain amount of drops to the water you’re trying to sterilize.

Calcium hypochlorite powder doesn't lose strength over time. You will add a certain amount of water to turn it into a bleach solution. You want to be careful with the powder not to breath it, since it would hurt your lungs even more than bleach. An advantage of the powder is that it would easier to carry if you had to evacuate. You would also need a very small **1/8th or 1/4 teaspoon measuring spoon** to be part of your kit.

Staying Warm

In most parts of the country people would need to stay warm without electric or gas heat. The cheapest ways to stay warm is to wear thicker clothing especially **knitted caps, coats, sweaters gloves and wool socks**. But most people should also purchase **one or two-person tents** since you can warm up fast from body heat in small tents that you can set up indoors. Be sure to get the kind that don't require stakes and ropes, but instead have internal flexible poles.

In bitter weather you can use an alcohol camping stove briefly to quickly warm up the inside of the tent. Just use it minimally because you can become sick or fall unconscious due to carbon dioxide poisoning (not just carbon *monoxide* poisoning).

Some people have wood-burning stoves, unvented gas heaters, kerosene heaters or cooking stoves, or oil lamps that can provide a small amount of heat. I *do not* recommend purchasing any of these if you don't have them because of cost. Some options create toxic carbon monoxide that can kill you. Unvented gas heaters produce a lot of moisture that eventually can damage walls. Wood burning stoves might lead to chimney fires if chimney's aren't maintained.

Cooking Food

I only recommend a few options for cooking food. That's because it might be unsafe outdoors, and because barbecues, camping fires, white gas, propane or kerosene camping stoves aren't appropriate for indoors. I recommend using **small alcohol cooking stoves** (\$16) and using **91% isopropyl alcohol** since it's generally the least expensive form of alcohol. Note that lower percentages of isopropyl (rubbing) alcohol won't work. The 91% alcohol can be purchased at Targets or Walmart for \$2.50 to \$2.80 for 32 ounces. One person would need about 15 bottles for three months. Another reason that I personally prefer alcohol cooking stoves is that they are small and wouldn't take much weight in a grab-and-go emergency evacuation situation.

You'll need a very small a pot with a cover, since larger pots would cause you to burn more fuel than necessary. If you don't have one, you can search on "aluminum camping mess kit" or "aluminum pot with lid."

Another indoor option would be to cook with paraffin (lamp oil.) Paraffin is essentially kerosene purified of all the impurities. It could also be used indoors, but you'd need more ventilation. You'd also need a kerosene-type stove which is different than the alcohol stove. Paraffin provides about twice as much cooking power as 91% isopropyl alcohol, but it's more expensive. In very cold weather it will solidify, and it would have to be thawed to use.

Kerosene could be used indoors if a window if opened for ventilation. When the stove is first lit and when it's turned off, there's an unpleasant odor. If used frequently indoors, I suspect there would be some lingering odor. However, it's much cheaper than paraffin.

If people in your area aren't becoming desperate, I'd also recommend creating a simple solar oven. (Instructions in the *Preparation and Resilience Guide*.) Actually, in some cases you can use them indoors or just outside an upper floor window. The most important component are the cheap reflectors that people put on the dashboards of their cars to keep the dashboard and car from becoming too hot in the summer. You can search on "**Auto Windshield Sun Shade Car Cover, Reflective Silver.**" You'd just need one. You'll also need a **turkey basting bag** and a **disposable aluminum pan** which you'd keep reusing. The bag will help hold in the heat that's generated by the reflective surfaces.



Food

Food for three months will be your greatest expense. But my recommendations keep you fed on \$2 or less a day. Of course, if you have special dietary needs, you'll need to spend more.

When I was choosing foods, my three main goals were keeping costs low; providing people with enough calories, carbohydrates, proteins and fats; and choosing foods that will keep a long time and be easy to prepare. The following meals are very simple and would be quite boring to eat day after day. But they'd keep you alive – and that's the main goal.

Because of the limited variety of foods you should purchase an extra bottle of **multivitamins**. This will especially help make up for the lack of fresh vegetables. Also, because the foods do not provide a lot of fiber, I recommend buying at least a pound of **psyllium husk powder** (\$11-\$15) to provide roughage to avoid constipation.

You may want to put more effort into creating a diverse menu. My assumption is that this is planning for an unlikely event, so I didn't worry about creating variety. My thinking is that if a long-term disaster happened people would be glad to have *any* kind of food. But in most cases, people can use spices or flavorings that they already have to create some variety and a better taste.

If you have an infant, you'll probably want a **mechanical grinder**.

People who are vegetarian will probably be eating more macaroni and cheese, powdered milk or soybeans. Women should note that eating soybeans sometimes causes problems because soybeans contain molecules similar to estrogen, causing hormonal problems. Soybeans also take 3 to 4 hours to cook, so they will burn more fuel than most foods.

You can use the following table to help design a weekly menu. The meals toward the bottom are more expensive, but have much higher amounts of necessary protein. Below the table, I present a week of meals that give you about 2500 calories and at least 55 grams of protein per day. There's a blank row near the middle. The meals above that line are very inexpensive and you can usually have five of them in a day. The meals below the black row are more expensive and you can usually just afford of the six means in any given day, but most of them have much more protein.

Meal	Calorie breakdown	Total calories	Protein grams	Prices	Price total
2 servings oatmeal, 6 tsp sugar	300/96	396	10	.15/.02	\$ 0.17
2 servings peanut butter, (4 tbsp) with 3 tsp sugar	360/48	408	14	.15/.02	\$ 0.17
2 servings spaghetti, 2 tsp canola oil	400/80	480	14	.25/.03	\$ 0.28
½ cup uncooked white rice, 2 tsp canola oil (equals 1.5 cups cooked rice)	350/80	430	6	.22/.02	\$ 0.44
1 package Ramen noodles, 1 tsp oil	380/40	420	9	.25/.01	\$ 0.26
Macaroni & cheese 2 serving with 2 tsp canola oil (and no milk)	500/80	600	18	.22/.02	\$ 0.24
I/2 cup of uncooked soybeans (cooked) with 2 tsp canola oil	386/80	466	34	.45/.02	\$ 0.47
2 servings canned chicken breast	120	120	22	1.08	\$1.08
1 serving tuna fish in oil	140	140	22	.80	\$ 0.80
2 servings cooked ham	200	200	18	.75	\$ 0.75
2 serving pink salmon (cooked) with 2 tsp oil	220/80	300	34	.92	\$ 0.92
1 serving powdered milk	80	80	8	.75	\$0.75

Once you select your diet, then you use the following list to figure out how many packages, cans and jars of each food you'll need for 120 days.

Servings per package:

One small can of tuna fish = 1 serving
Ramen noodles 12 servings per package
Small canned ham = 8 servings
Pink salmon can = 5 servings
20 lbs rice = 92 half-cup (uncooked) servings (which is about 1.5 cups of rice)
One box of mac and cheese = 3 servings
One jar of peanut butter = 35 servings
One "double" box of spaghetti = 16 servings
large round box of oats = 35 servings
Canned chicken breast = 4 servings
One bottle canola oil = 96 servings of 1 tbsp.
Sugar \$1.00 for 460 teaspoons of sugar (9.6 cups)

Note that for the sake of variety, the following are inexpensive foods that don't take long to cook: 5-minute grits, complete pancake mix, cream of wheat, cous cous, and lentils.

Personally I'd add some canned vegetables and fruit to round out the diet.

An example shopping list for 120 days of food for under \$240:

If you purchased the foods below, each you have a double serving of oatmeal, a double serving of macaroni & cheese, a double serving of peanut butter with sugar, and either a double serving of spaghetti or a serving of Ramen noodles. Also, three out of four days you'd have a cup and a half of rice. Then meat/fish eaters would also have each day a serving of ham, chicken or fish, while vegetarians would have either soybeans or powdered milk for their protein needs.

Note that you'd probably want to spend more for canned vegetables and fruits.

120 servings of oats = 4 boxes at \$2.40 = \$9.60 [15 cups sugar]
120 double servings of macaroni and cheese = 80 boxes at 33¢ = \$26.40 [7.5 cups oil]
140 double servings of peanut butter = 4 jars x \$2.20 = \$8.80 [8.75 cups sugar]

60 double servings of spaghetti = 15 lg boxes x \$2.25 = \$17 [5 cups oil]
92 ½-cup rice servings (uncooked) = 20 lbs rice = \$20 [3.87 cups oil]
60 servings of Ramen noodles = 10 12-packs = \$15.00

3 x 4lb sugar (for above foods with extra to sweeten coffee or tea) = \$3
2 round boxes salt \$1 (26 oz.)
2 Black pepper 3 oz \$6

4 6-cup (96 oz.) bottles of canola oil \$8

sub total \$114.80

The meat and fish option will add \$103.20 more:

40 servings tuna fish \$32
40 double servings ham \$30
40 double serving chicken breast \$43.20

The vegetarian option will add \$81.60 more:

96 ½-cup (uncooked) servings of soybeans \$42
(7 extra bottles of 91% alcohol for added soybean cooking time \$19.60)
24 servings of powdered milk \$20

Emergency Lighting, Communication, Power for Your Cell-phone and Some Electronics

People don't need electronics to survive. But I think that for a long crisis most people would very much value the partial use of their cell phones. They wouldn't have access to the Internet or phone contact with others others, but they'd have access to music, photos, games and books stored on their phones. This would offer a lot emotionally. However, you should remember that food, drinkable water and staying warm in freezing weather are more essential.

To keep cell phones and some other electronics powered, I recommend purchasing a small set of solar panels; a power bank if you don't have one already; some rechargeable AA batteries; and a USB battery charger. Since there's a chance that an EMP (Electro-

Magnetic Pulse) might take place that destroys unshielded cell phones and other electronics, these electronics should be shielded while in storage. If you have an older smart phone or tablet, I recommend that you load these devices with games, music, books and other apps that can work offline – then I recommend you shield them before you put them in storage. How to do this is explained in the box below.

If there's no electric power you'll be in very low light for at least one-third of the day. For lighting I *don't* recommend candles, alcohol or oil lamps as the primary source of lighting. That's because of the increased danger of fire and because fire-fighters will be unreachable. (If you have them, keep them as back-up in case of EMP.)

I recommend **LED lanterns** 300 to 500 lumens (\$15) that use **AA batteries**. I don't recommend the wind-up emergency kind because often the battery packs that store the electricity become ineffective after a few years, and then you'd need to wind them continuously to have light.

Buy an inexpensive **AM/FM transistor radio** that uses AA batteries (\$10-12) to get updates from the government. They will be using the AM band.

To protect all these electronics from EMP, wrap them in plastic or paper, then wrap them tightly wrapped in **aluminum foil** or else place in a metal container that closes tightly such as a popcorn tin or cookie tin. The plastic or paper layer is to prevent any electrical contact with the metal container or foil. Also wrap an extra set of **earphones or ear buds** if you use them. Batteries do not need to be wrapped, but power banks do.

If you use a metal container you can test how well it keeps out an EMP by putting a transistor radio in it that's turned on. If it goes to static, then the seal is good. Again, make sure the electronics are wrapped in plastic or some non-conductor before placing inside.

You can buy **eight rechargeable AA batteries and a USB charger** for \$30.

You will probably want a **solar charger**. I don't recommend anything under 14 watts since they will take days of sunlight to charge. I'd go with a 21 watt charger that's usually three panels. What diabetics might want to power a mini-fridge for their insulin is discussed on page 20.

You'll want a **small power bank** if you don't have one. A 10,000 mAh power bank will work. This is needed because many solar panel chargers will actually drain the remaining charge from a cell phone that's directly attached.

Hygiene, Sanitation and Coping with Human Waste

You'll want to have three months of **soap, shampoo, toothpaste, floss, toilet paper** and **tampons** and other essential products. Although toilet paper takes up a lot of space, in a crisis situation most people would begin to use only as much as necessary.

As mentioned, the water system may stop. This means that toilets won't flush. In that case you'd need to come up with an alternative way of disposing of human waste products.

The following information may be a little unpleasant. Urine can be collected separately and simply put somewhere where there is ground or grass. It is quickly absorbed into the ground. You'll want to do this soon, since stale urine smells worse. Just use **a container with a lid**. I would actually use a porcelain coffee cup and use a saucer as a lid because urine seems to be absorbed into plastic, but not porcelain. Just rinse with a small amount of water and then add a drop of bleach.

Feces is a much greater problem, and not just because of the smell. It can become a breeding ground for diseases like cholera and also contaminate ground waters and well water. If there is community cooperation, then outhouses can be created in suburban neighborhoods and even in urban areas where the population is not concentrated. But during periods of unrest and desperation, you'll want to minimize your time outdoors.

For managing human waste products I'll offer three alternatives, two indoor and one outdoor. The outdoor alternative requires a **shovel**. You simply dig a trench latrine, essentially a long hole that you squat over. You cover it with dirt as you go. But this shouldn't be done near places where people are using ground water, due to the danger of spreading cholera and other infectious diseases.

One indoor alternative doesn't work well for obese people. It requires a **five or six gallon pail with a lid**. These can often be gotten from some large restaurants. You will just put a 13 gallon or 30 gallon bag inside. If you can temporarily detach a **toilet lid**, you can balance it on top for comfort. You will also want a **5-gallon paint pail opener** for quick opening of the lid, so that you don't have to smell it so much. These are only about \$4 at Home Depot, Lowes or similar stores.

The other alternative that I've read about is to adapt one of your toilets, by taking out the water (and by shutting the water valve) and by catching feces with a plastic bag taped to the seat with **duct tape** or **packing tape**. You also need a **30-gallon plastic bag** to keep in the smell. You can use the same bag a few times, being careful not to use it to the breaking point. When it's time to remove it, transfer it to a pail or bucket that's put right next to the toilet. Tie the bag shut, and using the pail transfer to a **heavy-duty bag** in a trash can with a tightly sealed lid. The heavy duty bags might be temporarily buried, but in a way that they won't leak.

I came up with a better alternative to taping the plastic bag to the seat. Instead of use 13 gallon bags, purchase **1,000 very "t-shirt grocery bags"** (light duty bags \$18 to \$20.) These are the same as the kind you get at most convenience stores for small products. These you use once or twice only, by putting them inside a large 12-inch diameter bowl that is placed in the toilet. You have to be sure to aim carefully when going to the bathroom, but also have the bowl inside a larger 30-gallon bag in case you miss. Immediately transfer the light duty bag to the heavy-duty bag outside. This will probably be less smelly than using the same 13- or 30, and the bags are much cheaper.

Latex or nitrile gloves would help with sanitation, especially if someone has an open wound. **N-95 masks** would be useful for several reasons: if someone has the flu or other pandemic disease that spreads through the air; to avoid particulates if many people in the area are burning wood or paper in order to stay warm; if there's distant nuclear fall out; or if there is a super-volcano explosion that releases much dust. Of course the mask would be useful for dust storms or high pollen, too.

You can wash a few clothes at a time in a **black heavy-duty trash bag**. Just put in water, liquid detergent and temporarily tie bag. Put in the sun if possible so that bag is warmed by the sun. Shake or squeeze periodically. Squeeze out soapy water or let it drain away, then rinse once or twice with fresh water.

You can buy an inexpensive solar camping shower that heats the water also with sunlight. (\$10-20) But you can also wash yourself using one or two wash cloths, a bar of soap and as little as three cups of water. Use only enough water to moisten the wash cloth, rub with soap to create a small lather and wash portions of your body with that,

following with another wash cloth in unsoapy water. Get remaining soap residue off with a towel.

Preventing and Preparing for Fires

You should have working **smoke detectors**, and **extra batteries**. You should have **fire extinguishers** and a **large box of baking soda** handy for grease fires. You should also have **carbon monoxide detectors**. I recommend the 10-year version with enclosed batteries for the carbon monoxide monitors.

Have at least **one or two smoke detectors** protected from EMP, and placed in storage. This will be use above your cooking area. Make sure you have appropriate spare batteries, usually 9 volt.

If you have a two or three floor dwelling you can purchase an emergency **fire escape ladder** that unfolds and is rather compact when not in use. A two-story version is \$35 and a three-story version is \$53.

Medications and First Aid

If you have **essential prescriptions** ask your doctor for alternatives or one or two months supply of medications. (You can use this opportunity to educate your doctor about the grid vulnerability.) Rotate your prescriptions so the medication doesn't become too old.

Be sure to stock up on frequently used medications like ibuprofen and cough syrup. You should also have **topical triple antibiotics** for scratches, cuts and other injuries that break the skin. This is especially important when it may be impossible to get prescription antibiotics. You should have a **first aid kit**.

You should have **pain killers** (such as aspirin, ibuprofen, acetaminophen), **cough syrup** and other over-the-counter medications that you or family members commonly use.

Borderline diabetics will have to be careful about diet and exercise. Since they will be relying heavily on a blood sugar monitor, I recommend having a spare monitor that's EMP shielded while in storage. You can use or buy a one-hour kitchen timer to remind you to eat a light snack or check your sugar regularly.

Online I found a blood sugar monitor uses one C battery. You can buy a plastic adapter and use a AA rechargeable battery instead. It's called the CURO G6s Glucose Bluetooth Home Test Kit \$20.

Diabetics who require insulin need to think about having enough insulin for at least two months, and think about how to keep it cool if it's the type that requires refrigeration. After much research, I still could not find a reliable USB fridge, or any good low-cost options. Small diabetic fridges are around \$100, The FlashFish 300w power supply is \$198 and you'd want a 50watt solar panel at about \$60 to \$90. To lower my cost – and to help others – I would look for diabetics living near by to share the costs of the equipment.

Protecting People and Property

Someone could spend \$500 just on a gun, ammo, extra bolt locks for doors, and wood boards pre-cut to fit behind windows. But then you wouldn't have money for food and everything else! Instead it would be much better to team up with someone who already owns a gun and knows how to use it. This is especially true because two adults really cannot protect a home or other building around the clock. Teamwork is needed.

The *Preparation and Resilience Guide* explains many ways to boost your physical security. Ultimately the vision of SimplyPrepare.Org is that if most people have three months of supplies and if the government stockpiles for the people who can't afford to prepare, then there won't be a need for violent, desperate acts. Also, organizing locally at the start of a crisis will have many positive payoffs. Ultimately, safety in numbers pays off and is less expensive than fortifications.

Up to a point, you can protect yourself and your supplies by making it appear that you're not prepared. Until people become desperate, they won't break into places because so many people have guns. But at a certain point, people might become bold out of desperation. That's why you need to have a plan for this scenario. Otherwise you're just spending time gather supplies for those who may take them from you.

Your Emergency Evacuation Preparation

As mentioned, you may need to evacuate on short notice. If you have an extra back-pack or gym bag, you should have it pre-packed with some supplies. Otherwise, put all these things in a 13-gallon plastic bag and mark it “evacuation supplies.”

The following list was compiled from several lists. Some are 72-hour lists, and others are “bug-out” lists. You wouldn't want everything in each section, so select the things that make sense to you.

Of course, you’ll want to pay attention to minimizing the size and weight of materials.

THINGS TO BRING WITH YOU OR WEAR

ID
cash
cell phone tablet / solar charger / power bank
your prescription drugs
children / pets
extra pair of glasses / contacts and contact solution
durable clothes
durable shoes or boots
sunglasses

GRAB AND GO ITEMS

Water

___ bottled water (1 gallon per person)
___ Empty two-liter bottle for sterilizing more water
___ Calcium hypochlorite powder with small measuring spoons OR unscented bleach solution in leak-proof container with medicine dropper (to measure and transfer bleach solution)
___ cloth for filtering water

Food and preparation

___ can opener (if not on knife)
___ camping stove
___ stove fuel
___ 2 lighters or ignition sources
___ silverware
___ unbreakable cup

- ___ multivitamins
- ___ Three days of food such as jar of peanut butter, tuna fish, protein bars, (tea, instant coffee)

Tools

- ___ multipurpose knife (with can opener)
- ___ rope
- ___ duct tape
- ___ silicone glue [shoe repair]

Clothes

- ___ extra change of clothes
- ___ extra changes of underwear / ziplock plastic bag
- ___ extra socks / ziplock plastic bags
- ___ cold weather gear
- ___ cap or hat for warmer weather/sun

Medications / Health

- ___ First aid kit
- ___ insect repellent
- ___ sunblock
- ___ pain relievers (aspirin, ibuprofen, etc)
- ___ cough syrup
- ___ spare glasses / contacts
- ___ lip balm / chap stick
- ___ nitrile gloves
- ___ n-95 masks

Hygiene

- ___ soap in ziplock bags
- ___ extra ziplock bags
- ___ hand sanitizer
- ___ toothbrush // toothpaste // floss
- ___ Heavy duty plastic bags
- ___ Light duty plastic bags
- ___ toilet paper in ziplock bag
- ___ wash cloth in ziplock bag
- ___ moist towelettes
- ___ feminine hygiene products

Lighting

LED flashlight, Lantern or Head lamp

Sleeping

- Tent
- sleeping bag or blankets / thin mat
- waterproof ground tarp

Protection

- Gun / ammo
- knife
- pepper spray

Miscellaneous

- extra batteries
- whistle with neck cord
- materials for infants
- pet supplies
- sewing kit
- aluminum foil [emp protection]

Other Important Items

As mentioned, I expect that most people will shelter in place, but people should be ready to evacuate on short notice. You should have either a couple of **backpacks** or a **duffel bag or gym bag** packed with supplies that will keep you three days at least. What to put in these is discussed in the *Preparation and Resilience Guide*.

For a nuclear explosion or release of radiation from a power plant, you can purchase **potassium iodide tablets or drops**. This is especially important for children and infants.

The Five Lists

Before I present the lists, please consider the quality of the items that you buy. In some cases you want to be very choosy about quality since your life may depend on it. In other cases, quality isn't so important. Regardless, when you receive something that you've purchased, you'll want to test it to make sure it works and that it's compatible with your other equipment.

I suggest that you print out these five lists and add or subtract items to fit your situation:

List 1: Things You'll Need that You Probably Have Already

- ___ Mechanical can opener (You may need two if you purchase the kind that eventually lose traction and fail to work.) If you have a Swiss Army type knife, they usually have the more durable kind of can opener.
- ___ Knitted cap, warm gloves, wool sweaters, coat or hoodie
- ___ Clean cloth, for instance old t-shirts, to filter water.
- ___ Coffee filters
- ___ fire extinguishers
- ___ smoke detectors
- ___ carbon monoxide detector
- ___ Backpack and/or gym bag [grab-and-go bag]
- ___ Small pot with lid
- ___ Cigarette lighter or matches f[for camping stove]
- ___ Multi-purpose knife
- ___ A wrench to close off gas and water, and to open hot water heater if it doesn't have a valve you can turn with your hand.
- ___ raincoat or a rain suit
- ___ a First-Aid kit
- ___ silverware, cup and saucer
- ___ feminine hygiene products
- ___ medicine dropper [for purifying water, unscented bleach method]
- ___ ¼ teaspoon [for purifying water, calcium hypochlorite method]

List 2: Things to get a discount Super Market (or Walmart-type)

- ___ Aluminum foil [for wrapping electronics to protect against EMP]

- ___ Baking soda [for grease fires]
- ___ large disposable aluminum pan [for solar oven]
- ___ turkey basting bags [for solar oven]
- ___ 15 32-ounce bottles of 91% isopropyl alcohol per person
- ___ unscented bleach
- ___ ziplock bags

- ___ Food [see list of suggested amounts for one person, pages 14-15]
- ___ cans of tuna
- ___ Ramen noodles
- ___ Small canned hams
- ___ Cans of pink salmon
- ___ 20lb bag of rice
- ___ macaroni and cheese
- ___ large jars of peanut butter
- ___ “double” boxes of spaghetti
- ___ quick oats
- ___ Canned chicken breast
- ___ bottles of vegetable or canola oil
- ___ Bags of sugar
- ___ Other foods
- ___ Gallons of water

List 3: Things to get at Lowes or Home Depot type stores

- ___ Large plastic trash can for rain collection (if you don’t get a rain barrel)
- ___ container for kerosene (if you going to use kerosene)
- ___ 5-gallon food grade containers and lids [only Home Depot seems to have lids at a reasonable price]

List 4: Things to get locally (sometimes used)

- ___ 55 gallon rain barrels are usually much cheaper on Craigslist, Let-Go or other OfferUp or other used goods markets. To get one sent usually costs around \$100 or more. To get it locally it might be \$20 to \$50.
- ___ A 5-gallon bucket with tight-fitting lid – can sometimes be gotten from restaurants that use these.
- ___ Kerosene is available at some gas stations

- ___ collect empty 2-liter or gallon containers with screw-on caps [to be used for water storage, to save money.]
- ___ back pack or gym bag – a thrift store or Craigslist, Letgo, OfferUp etc.

List 5: Things to buy online

- ___ one or more two-person tents
- ___ rain barrel diverter kit
- ___ AA rechargeable batteries
- ___ and compatible USB chargers
- ___ extra 9 volt batteries ... (if rechargeable, a 9 volt USB charger, too)
- ___ 21 watt solar panel
- ___ USB power bank
- ___ wool socks and warm gloves/mittens if you don't have them
- ___ Auto Windshield Sun Shade [for solar oven]
- ___ LED lantern or head lamp [may be at Home Depot/ Walmart]
- ___ mechanical grinder [for grinding infant's food]
- ___ fire escape ladder
- ___ 1000 t-shirt grocery bags
- ___ psyllium husk powder

Final List: Things to do right after you do the above shopping and collection

1. Test new electronic equipment to make sure that everything works and is compatible with your cell phone or other devices.
2. Take out batteries and EMP-protect your back-up electronic in aluminum foil or tightly sealed metal boxes. Test metal boxes if you haven't already for their ability to block EMP. [I recommend that you also EMP-protect a copy of all your important personal data.]
3. If you're not going to set up your rain barrel, at least decide where to put it and drill the right-sized hole in your downspout.
4. Carefully practice on your camping stove.
5. Practice putting up your tent.

6. Make sure all your evacuation supplies fit in your backpack / gym bag. Put things that can be water-damaged in ziplock bags ahead of time.

7. Load your smart phone or tablet with things that work offline: games, music, photos books and other apps. If you have an older phone or tablet, load similar things on it and protect it from EMP. I recommend that you include the following apps and pdfs:

- a. First Aid Manual pdf (American College of Emergency Physicians) 2014
- b. First Aid and Emergency Techniques app (author: fatbelly)
- c. FEMA app
- d. “Where There Is No Doctor” pdf
- e. “Where There Is No Dentist” pdf
- f. LDS Preparedness Manual pdf
- g. Emergency – American Red Cross app
- h. Army Survival Handbook ap (author: Green Mountain Frog)
- i. Offline Survival Manual app (author: ligi)
- j. U.S. military First Aid manual FM 4-25.11 2002

8. Write the dates on any water or food that you stored that doesn’t already have an expiration date. If you bought unscented bleach, put a date on it.

9. Organize everything and put it away. When putting away your grab-and-go supplies, make sure whatever can be water-damaged is put in secure ziplock or tied plastic bags. Make sure all family members know the location of emergency supplies and the evacuation supplies.

10. Learn how to drain water pipes if you have a basement (to prevent damage from freezing). Also, learn how to drain your hot water heater (for drinkable water). Also, learn where to turn off main electric.

11. If you’re not doing it already, practice regular good dental hygiene – so you’re not in great pain or have infections later.

12. Finally, take a moment for three appreciations: Appreciate that you’re now more resilient and able to protect yourself and your loved ones. Appreciate that you’re now *super*-prepared for ordinary disasters like hurricanes, floods and earthquakes. Appreciate that so far you don’t have to use these supplies, but now you have them if you do.

The actual \$500 budget for one person (and \$800 for two people)

Since I kept claiming that one person could be prepared for \$500 or two people for \$400 each could, here's the actual cost breakdown.

One person

[This assumes then person already has some heavy duty trash bags, a backpack, a transistor radio for emergency broadcasts, enough warm clothes, blankets, good shoes

Three months of food \$227 (meat/fish option)
Alcohol camping stove \$16
15 bottles of 91% alcohol \$42 Target
2 extra bottles of unscented bleach \$9
8 AA rechargeable batteries and USB charger \$30
100000 mAh power bank \$14
21 W solar charger [amazon] \$46
1000 light duty bags – \$19 Ebay [for collecting human waste]
rain barrel diverter kit \$30 Home Depot
rain barrel purchased locally \$25
one-person tent \$24 Ebay
300 lumen LED lantern with AA batteries \$14 home depot
Aluminum foil \$2 [for EMP protection]

For two people

Instead of one \$23 single-person tent, you can get a two-person Coleman tent for \$39; you don't have to buy a second set solar panel, alcohol stove, rechargeable batteries, battery charger, power bank, LED light, rain barrel, diverter kit or 1000 more bags. (500 each should be plenty.) This saves \$202 dollars, meaning an average for the two people of \$399 each.

If you have suggestions for improving this guide

If you have suggestions or corrections for this guide, please contact me at tim@simplyprepare.org. I plan to periodically improve and update this guide as well as the *Preparation and Resilience Guide*.