

The Prepper's Guide to Survival

METHODS TO FOOD PRESERVATION AND STOCKPILING



**SO YOU DON'T GO
HUNGRY IN A CRISIS!**



» Table of Contents

01

Prepping 101: How to Get Started

- *How to Get Started Prepping
- *What to do first?

05

The 1:1:1 Rule For Stockpiling Water

- *Where Should You Store Your Water?
- *How Do You Filter and Purify Your Water?

06

The Best Survival Recipe

- *Easy and all natural home relief remedies
- *Cabbage wraps for inflammation

08

The Ultimate Survival Food Of Our Ancestors

- *Easy Instructions and Recipe
- *How To Make Pemmican

10

Emergency Essentials

- Questions about every potential purchase
- *Storing Emergency Supplies In Your Home

Getting Started in Prepping



Prepping 101 – A Step By Step Plan for How to Get Started Prepping

The uncertainty of knowing where to begin prepping could stem from the **motivation** that is driving you toward emergency preparedness.

If your desire to be prepared is driven by some external threat that seems real and tangible like living in Tornado Alley, the starting point might be easier to find.

If the motivation to be more prepared is due to what I would call **common sense**; which is telling you to be prepared for anything, the sense of urgency is lower in some cases might make the choices about where to start and what to do more complex.

What to do First?

Set Priorities

First things first, before you do anything it is important to understand a few things. This is also known as “So you want to be prepared, now what?”

The example that gets used pretty frequently is natural disasters so I will stick with that for a moment.

Looking back at Hurricane Sandy or Hurricane Katrina, the people in both of those situations saw how quickly society could come crashing down.

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Now, imagine your family and what you would be faced with if you were in a similar situation.

You should want to be prepared for anything. The chances of any one single event happening to you are too small, but the chance of something happening at all that could disrupt your life is much higher.



In both Katrina and Sandy, **gas shortages, grocery stores wiped clean and looting** happened almost overnight. Power outages, of course, happened right away and within 24 hours people's lives were turned upside down.

There is a saying called the rule of 3's and it goes like this. **A person can live 3 minutes without air, 3 hours without shelter, 3 days without water, and 3 weeks without food.** We will use these as a guideline for prepping going forward. In some cases, the rule of threes can drive what you need to focus on.



Step 2 – Water

A good rule of thumb for water storage is to have **one gallon per person per day.**

This includes cooking and cleaning, but that amount could change depending on the weather, the health of the individual, and the physical activity they are participating in.

Still, one gallon is a good rule and it is simple to figure out. I like nice round numbers.

The bottom line is to get some water stored for yourself and your family. **It's easy and doesn't take much preparation at all.**

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Step 3 – Food Storage

Now that you have water taken care of, the next thing you should take care of is **food**. Food is the number one thing that most people simply do not have enough of. .

The average family doesn't have a 5 day supply of food on hand.

We have become accustomed to running to the store to buy what we need for the week or even an individual meal. In the case of a disaster or inclement weather being forecast, **the first things to disappear from the grocery shelves are food** .

This is partly due to panic, but mostly because people simply don't have enough food to last them comfortably through the duration of whatever event is anticipated.

Purchasing more store bought food is great for short-term, but for **longer term preparedness** it is good to supplement with freeze dried food or dehydrated foods sealed in Mylar bags and stored in heavy duty food grade buckets.



You need to plan for **self-sufficiency** when it comes to your food. If we have some catastrophe that lasts a very long time, you will run out of food.



Having a working garden now will be the best thing you can do to augment your store purchases with healthy fresh foods and it will allow you to continue feeding yourself if for some reason we **can't rely on grocery stores in the future**.

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Step 4 – Tools for self defense

So by now you should have a plan for water and food to last you through most normal emergencies, the next shoe to drop in a SHTF scenario is to plan for security.

Rules get thrown out the window quickly and you may be left to defend yourself against looters or people who just want to take advantage of the situation.

If you are really prepared with enough survival equipment and disaster supplies to last you through the emergency, chances are that you could become a target for people who did not plan.

Sadly... because of a growing anti-gun movement... using a gun for self-defense is getting harder by the day.

You'll lose count quickly if you ever try and figure out all the places you can't have a gun.



Because guns are prohibited in so many places you need another ultra-effective self-defense tool.



Knives won't do either.

That's because they're extremely hard to use in self-defense situations and they're also impossible to bring with you everywhere you go.

Tactical torches like the Shockwave Torch are some of the most effective self-defense tools on the planet.

Prepping 101

Step 6 – Medical Supplies

If emergency services are overwhelmed during a disaster, you may have to be your own first line of defense on medical care as well.

Having the supplies you need to treat mild to major injuries could be the difference between life and death.

Humans are incredibly resilient creatures and our bodies have the capacity to heal themselves in a large variety of circumstances.

What you need to consider are how you can apply first aid to your family or group in the absence of the family doctor, calls to 911, trips to the emergency room, or the local clinic down the street. My first aid supplies are mainly focused on stopping blood loss and treating infection so that any wounds can heal.



Natural Remedies

Beneficial plants and remedies are also a great alternative to medicine in case of emergencies.

But you need to know the recipes of tinctures, teas, decoctions, essential oils, syrups, salves, poultices, infusions and many other natural remedies that our grandparents used for centuries.

here are also a ton of natural remedies so the resource section of your library should include a book on using herbs and flowers to make medicines or treatments for a wide variety of ailments.

Lastly, if you have medications that you need to live, now is the time to stock up. You may have to speak with your doctor regarding a longer prescription but even this will run out if the disaster is widespread or lengthy.

The 1:1:1 Rule For Stockpiling Water

In a disaster situation, you never know what may happen to your water sources – you may be unable to collect water for a long period of time, or have to fend off zombies from stealing your water, or may be unable to so much as leave your home.

Any number of things could cause you to lose your water sources.



We will continue with the assumption that one person needs one gallon per day, but keep in mind any extenuating circumstances you may have that may alter individual water needs. Here's a table with some easy calculations for stockpiling:

Number of People in Household	Length of Time	Water Needed
1	3 months	90 gallons
1	1 year	365 gallons
2	3 months	180 gallons
2	1 year	730 gallons
4	3 months	360 gallons
4	1 year	1,460 gallons
4	3 years	4,380 gallons

Again, this is accounting for consumption and personal hygiene only. This does not include pets, gardening, or any other use for water.

Pets generally need a gallon of water every three days (depending on the size of the pet and type).

Stockpiling Water Basics

Where Should You Store Your Water?

There are a number of containers available for storing water; however, some are more suitable for this purpose than others.

Most folks assume that their water won't spoil - and presuming the water is obtained from a factory source with its seals intact, they are usually right.



But how do you know what's safe? First, let's talk about plastic containers. There are seven commonly used types of plastic:

- Polyethylene terephthalate (PET/PETE/polyester)
- High density polyethylene (HDPE)
- Polyvinyl chloride (V/Vinyl/PVC)
- Low density polyethylene (LDPE)
- Polypropylene (PP)
- Polystyrene (PS)
- Other/Polycarbonate (PC)

How Do You Filter and Purify Your Water?

- **Using a store-bought filtration and purification system.** These come in all shapes and sizes; it's best to choose the one that suits your situation best. Be sure to look for a system that both filters and purifies the water, as these are technically two different processes
- **Boiling the water to kill any viruses or bacteria that may be present.** If you use this method, be sure to boil the water for at least three minutes to ensure that it is safe.
- **Using a chemical like** bleach (about 8 drops to every gallon), iodine, or chlorine. You should take care with chemicals, as the material that you store your water in could react with them. You also will want to make sure that you don't use too much, as this could be harmful when you drink the water as well.

The Best Survival Recipe



Survival bread is the number one survivalist food.

Depending on where you are geographically located and what supplies you have at your disposal (or what you can grow), survival bread can be relatively easy to make and consistently last for months or years on the shelf. Here are the steps to make them.

1. Make your starter.

To do this, first mix together 5 teaspoons of water with 3 tablespoons of flour in a container.

2. Then cover your starter with a cheesecloth.

Next, every day for the next 14 days, you'll need to feed your starter by adding an additional 3 tablespoons of flour and 5 teaspoons of water. Otherwise, the yeast in your starter might starve to death



How to make survival bread from scratch

- 2 cups FRESH, healthy sourdough start
- 3 cups warm non-chlorinated water
- 1 Tablespoon sea salt
- 7-10 cups freshly ground wheat flour

The Best Survival Recipe



1. In a large glass mixing bowl, combine start, water, salt, and 4 cups of flour together. Continue adding flour a little at a time until the dough holds shape nicely but is not too thick.

2. It is better to err on the side of too little flour than too much flour. Too much flour will create dense, heavy loaves.

3. Cover with plastic wrap, dishcloth or loosely fitting lid and let sit in a warm location at room temperature for 10-18 hours.

Divide the dough in half and use a little bit more flour to help shape the loaves into round boules or into traditional loaves.



4. Place baking parchment paper in the bottom of a bowl or baking dish and place the dough on top. Cut the top of the dough with a sharp knife to provide places for the bread to split as it bakes. Cover and let rise until doubled (1-3 hours).



5. Place two Dutch ovens inside of the oven and preheat to 425°.

Slide the parchment paper with the dough on it into the Dutch ovens and replace the lids.

Bake for 40-45 minutes until the internal temperature is 195°- 200°.

Allow bread to cool completely before slicing. This usually only works for the second loaf in our house.6. It's best to wait at least four weeks for vinegar-based tincture.

Pemmican: The Ultimate Survival Food

Easy Instructions and Recipe



Pemmican is often called the “ultimate survival food” and rightly deserves its title as a “superfood.”

Pemmican is basically a mixture of dried meat, fat, and sometimes dried berries.

It is very easy to make yourself without any special ingredients or tools necessary.

Making pemmican is very easy, and you can adjust the recipe however you’d like, such as by adding spices, herbs, and honey.

How To Make Pemmican



This way of meat preservation is slowly fading since the advent of refrigeration and I think it's very important to keep this tradition alive.

We are living in crazy times and sometimes going back and learning from our past will help us moving forward.



Ingredients

- 454 grams dried beef ground into a powder
- 454 grams rendered beef suet
- 454 grams dried fruit powder optional
- 13.62 grams kosher salt optional



Instructions

For Beef Powder

- Use lean beef, venison, bison, moose, or elk for the beef powder. Slice against the grain and pound the meat till its paper thin
- Place the meat on your drying rack and dry in the hot sun for 1 - 2 days.
- Once dried completely and it easily crumbles in your hand pound the meat in a mortar & pestle till you make a course powder.



- Melt the rendered suet and add to the beef powder mix. If you want your Pemmican a little dryer start by adding 3/4 of the fat and slowly add more till you are satisfied with the texture.
- Stir well till all the fat has been absorbed into the powder.

Form into a mold and allow it to firm up. Once firm cut into smaller portions and store in a vacuum sealed bag in a dark cool area

Choose a rendered fat to use in the pemmican. You can render your own fat if you have a high-quality source of meat fat, such as grass-fed beef or elk. Start with at least 1 cup (200 g) of fat and shred it until it's crumbly.

Heat it over low for 2 to 3 hours so impurities float to the top and strain it to use in the pemmican. To save time, you can purchase rendered fat and then measure out as much as you need.



Melt the fat until it reaches 120 °F (49 °C). Stick a thermometer onto the side of the saucepan and turn the burner to low. Heat the fat and stir it occasionally so it melts and warms to a temperature of 120 °F (49 °C).

Stir the rendered fat into the powdered ingredients. Once the rendered fat is warm, stir it into the bowl with the powdered berries and meat or fish. To help the mixture absorb the fat, stir in a little at a time until it's all combined. [9]The pemmican mixture should look moist and crumbly, but you shouldn't see any liquid or fat pooling in the bottom of the bowl.



Season the pemmican, if desired. Since pemmican is traditionally made for its nutritional and storage qualities, it's not heavily flavored.

If you don't plan on storing the pemmican for more than 2 weeks, you can also experiment by adding ground dried mushrooms or herbs.

Wrap the pemmican in plastic wrap. Lay a large piece of plastic wrap on your work surface and spoon the pemmican onto the center. Use the back of a spoon to form it into a log shape.

Then wrap the pemmican tightly with the plastic wrap.[



Emergency Essentials



Having the right emergency gear means the difference between having shelter, water, food, first-aid, and warmth during tough times and having nothing to rely on. Our selection of supplies are also the perfect choice for outdoor enthusiasts.

Ask yourself these questions about every potential purchase for your emergency supply stash:

1. Why do I need this? You're planning for an emergency and not a family vacation. Every purchase should fall into one of these categories: (a) first aid/medical necessity, (b) food and water, (c) light and communication, or (d) rescue and survival.
2. What is the shelf life? (Longer is better in most cases.)
3. How much storage space do you need for a three-day, two-week, or long-term crisis?
4. Do you need accessories? (Think batteries, fuel for a grill, or jars for canning fruit and vegetables.)
5. Is this item space-efficient?
6. Does it serve (a) an essential need or (b) multiple purposes?

Although most people have enough room to designate a corner of the pantry or an area in the basement for their emergency supplies, there are other options. Assemble or buy a 72-hour survival kit for each member of the family and each pet.

Store these items where each family member can grab his or her own in an emergency. Conveniently place these kits in a bedroom closet, on a shelf in the mudroom, or in the trunk of the car.