



## **SURVIVAL PAPER #SP04-1**

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# **Emergency Survival Kits & Preparations**

By Jim Jones, CHCM, EMT



### **Introduction**

One needs only to watch the nightly news or read the morning paper to appreciate how dangerous our world has become. You must also notice that the great majority of the victims (casualties) are civilians. Our heroic police, fire and other emergency response personnel do their best but the civilian casualties keep increasing. In addition to the acts of terrorists, we have to face street crime, new diseases, economic instability, power failures, natural disaster, and man made disasters. It is obvious that we cannot depend on others to always be there to save and protect our families. It is obvious that trading our rights and freedoms for promises of protection is not the answer. The responsible citizen is obligated to defend life, liberty and property through self-education and personal preparedness. This article is intended as a guide for those responsible and freedom loving citizens. One of the most common subjects of survival preparedness articles and classes is what to put in your survival kit. There are literally hundreds of suggested lists. What is recommended depends to a great extent on the author's perception of the kind of emergency that needs to be survived and what the survivor can afford and carry. To be effective a survival kit must meet four requirements.

1. It must contain the items needed to survive the anticipated emergency for as long as the danger exists or until the danger can be escaped.
2. The components must be realistically affordable and readily available to those who are preparing the kit.
3. It must be storable and survivable enough to be ready when needed.
4. It must be portable enough to be with the survivor when it is needed. The more portability that is needed the lighter the kit needs to be.

So, before you can put a survival kit together you need to determine: what the most probable hazards are going to be, where you will need the kit, and how you might need to carry it\*. I have organized kits

**A Class and Level System:** This permits customizing kits based on the severity (level) and anticipated length (class) of the emergency.

**Modular Units:** Add on kits that can be added or substituted depending on the current anticipated hazard scenario, For example: you might add a cold weather module, or a nuclear, biological, chemical module or a combat and self-defense module.


**Redundancy:** Where possible critical need items such as shelter, fire, water, defense, medical and food are distributed between pockets, belt kits and main kits to provide some protection of part of the system is lost.

**Mobility:** To be of any value' your survival kit items must be with you. Even if you intend to stay-put in an emergency that may not be an option. You must be ready to role or run with your life support and defense system at any time.

The table below illustrates the Classification/Level system. Each kit must be able to provide the following survival needs under the anticipated conditions (class) for the required time (level).

1. Air free of chemical, biological and nuclear hazards. This includes smoke, carbon monoxide, etc. Needs may range from a dust mask to a full-face filter respirator
2. Shelter from cold, heat, rain, wind, sun, chemicals, fallout, and biological agents. This can be a plastic poncho, plastic bags, space-blankets, or protective suits.
3. Adequate safe water. Stored water for short term but filters and purification systems are needed for medium and long term survival
4. Rescue and navigation aids: In most scenarios finding help or making it possible for help to find you will be your best hope for survival. This can be fire, flairs, whistles, maps, etc.
5. Fire/Heat: in many scenarios this will facilitate warmth, water purification, safe food and signaling for help. Water proof matches and a variety of fire starting devices should be included
6. Food: Not needed for short-term survival but critical in a few weeks. You must be able to carry some but be able to access stored supplies, forage and hunt for more. Various freeze-dried items combined with fishing kits, snares, edible plant information, etc. must be considered

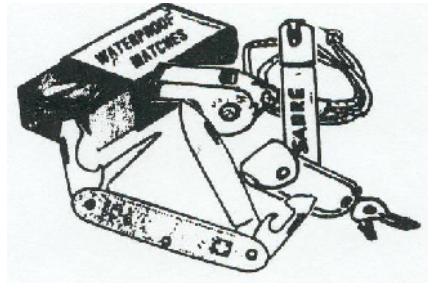
7. Medical Needs: First aid kits, over the counter medications and a stock of needed prescription medications must be included. Antibiotics, and pain relievers are a big plus if available.
8. Self-Defense: Under many scenarios the potential for attack by criminals, rioters, or even wild animals must be anticipated. You have things they want! Pepper spray may be an effective and appropriate force level for some situations but not having the options to use deadly force (e.g. a firearm) in the last resort can be deadly for you and your family.

	<b>LEVEL 1</b> Basic situations such as storms, lost in the woods, power outages, etc.	<b>LEVEL 2</b> Regional emergencies such as terrorist incidents, riots, natural disasters	<b>LEVEL 3</b> Catastrophic events such as war, revolution, economic collapse, environmental disasters
<b>CLASS 1</b> For immediate survival, escape only	Pocket items, belt kits, etc.	Pocket items, belt kits, etc.	Pocket items, belt kits, etc.
<b>CLASS 2</b> Short term (24-36 hour) basic protection	Belt kits	Belt kits with additional module	Back pack with additional module
<b>CLASS 3</b> Medium term (1 to 2 weeks) all necessary life sustaining needs	Belt kit plus backpack	Belt kit plus backpack and additional items	Belt kit plus backpack and additional items
<b>CLASS 4</b> Long Term (2 + months) of total self-reliance	NOT REQUIRED	Belt kit plus backpack with additional supply caches	Belt kit plus backpack with additional supply caches
<b>CLASS 5</b> Indefinite self-reliance without any outside sources	NOT REQUIRED	NOT REQUIRED	Belt kit plus backpack with additional supply caches and a stocked retreat

Taking this approach to multi-level preparedness and self-reliance we can build a series of “survival Kits” that bring us from limited risk, short-term survival to a high level of preparedness and self-reliance under any situation. Here are four kit descriptions.

**Pock-Kit**

This is items that could be carried in pockets, purses, briefcases, etc. The goal is to provide immediate survival, escape and rescue only



Items	Use and Notes
Miniature Flashlight (key chain size, Micro-Light™ LED, etc)	Light when power goes out, assist in escape and rescue
Small Whistle (Fox™ 40, Windstorm™, etc.)	Assist in rescue much better than shout
Miniature pepper spray 1 ¼ oz.	Self-defense. Suggested
Folding dust mask	Dust, fire soot, biological agents, limited protection for chemicals and fire gasses. Escape only! Suggested Survivair™ 1930M, etc
Bandages or tape	Wound care, repairs
Miniature multi-function (Swiss Army™ ) type knife	Lots of emergency applications
Plastic bags (optional if you have room)	2 or 3, 30 gallon size plastic trash-bags can provide substantial protection from wind, rain and contamination
Cell Phone	In these situations communications and rescue is essential. Even a cheap cell phone with no service will get 911

**Belt-Kit**

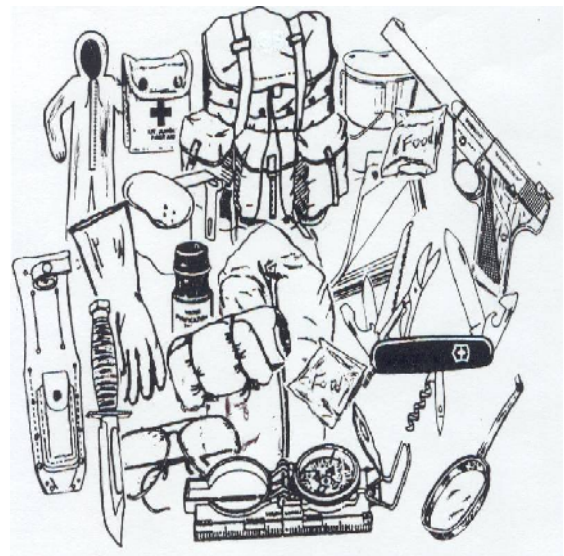
These items will greatly increase the chances for survival and rescue in just about any emergency. This kit can be kept at your job or in your vehicle. Because it is a belt/fanny-pack system you can (and should) have it with you when hunting, fishing, or any activity that separates you from access to life protection (food, water, shelter, etc) systems

Items	Uses and Notes
Small flair gun or colored smoke	Skyblazer™ Available in boating supply stores
Whistle	At any camping store
Small Pepper spray	2 oz or larger with belt pouch
Multi-function knife/tool	Leatherman™ type with pliers, saw, etc. etc.
Water Proof Camp Matches	Suggest addition of a few fuel tabs or fire starter
Water bottle and purification tablets or filter straw	Available at any outdoor store
Small flashlight	Suggest LED types that burn up to 75 hours on one set of 4, “AAA” batteries

Rain poncho	Very light plastic with hood
Space blanket or Emergency Blanket	“Space Blankets” are low cost (\$2.00), low weight reflective plastic. “Emergency Blankets” are more expensive (\$12.00) and bulky but much stronger
Survival information cards	Play cards, learn survival and carry the information
Miniature (pin-on) compass	You do need to know how to use it!
First aid kit (see list)	You can buy a prepackaged outdoor kit or put one together yourself
Electrical Tape	Great for repairs and bandaging, etc.
Disinfectant towelets	Available everywhere
Pencil and paper	So you can leave notes about where you are going and when you plan to return, etc.
Aluminum cup	Sierra type with long handle to heat water, etc.
Food (non-perishable)	A few energy bars, granola and/or Mainstay™ long life rations
Dust/mist respirator	Suggested: 3M™ #8210 or equivalent. Good for NBC protection and also to reduce heat loss from respiration in cold conditions
Latex gloves	Common medical type

**Back-Kit**

At this level you have moved from just basic survival to serious preparedness and self-reliance. This unit will provide all anticipated need for from five to ten days. Backed up by additional caches of supplies and/or foraging for more food, the items can extend independent survival for months if needed. Although you may not intend to evacuate or head for the hills, you should still have the items in a good pack that you can carry. Be sure you can carry your back-kit with reasonable comfort. Weight is a major consideration and you may have to sacrifice field comfort (e.g. Shelter size and weight, stoves, etc) for carry-comfort.



**The Philosophy and Psychology of the Survival Pack**

You may or may not ever have to pick up your survival pack and depend on it to stay alive and free in a dangerous and hostile world but knowing you can provide a sense of strength and independence for everyday life. A prepared citizen is not easily panicked or misled by the media and

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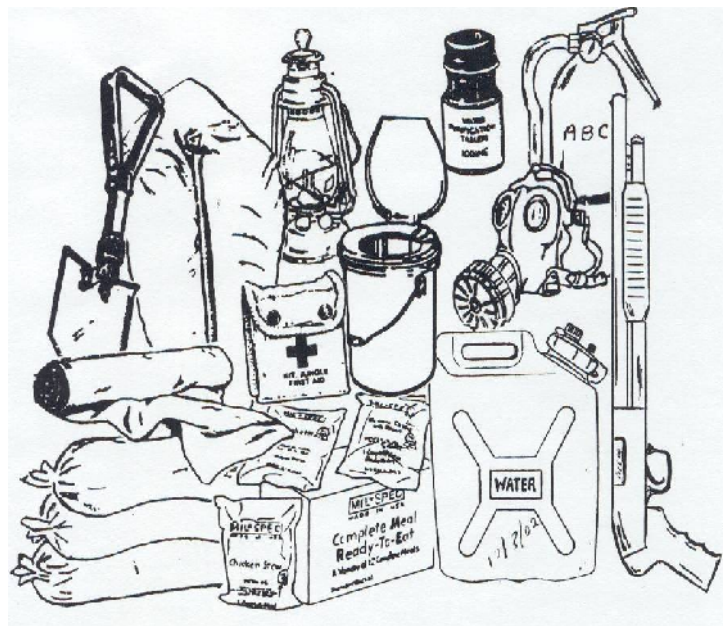
politicians. The survival-pack in the closet provides peace-of-mind and confidence for its owner. The survival-pack says “I am ready”, “I am responsible”, “I will survive”, “I will stay free”

Items	Uses and Notes
5 to 7 meals that do not require cooking if you need to keep moving (1000 calories or more)	Energy bars, granola, dried fruits, Mainstay™ long life rations, etc.
5 to 7 large meals that can be cooked (1000 to 2000 calories)	Freeze dried meals weigh about 4 oz for 500 calories = about 5# for 5 days
Water purification system Removes 99.9% + of bacteria, viruses and cysts and protozoa	Suggested: Ketadyn™ Mackenzie will filter 26 gallons (4-6 weeks supply)
All weather fire starter	At camping supply stores
Chemical or rain suit	More durable and easy to wear than a poncho. Add gloves, a respirator and seal the cuffs with tape for chemical and nuclear protection. Also good as spare clothing while drying wet clothing
Spare sox (2 pair)	Prevent foot problems. Also can double as mittens in emergencies
Spare glasses	An old prescription is better than nothing if your primary pair is lost or broken
Changes of underwear	Your choice
Toilet paper (1 plug)	Camping supply store
Washcloth and small towel	Camping supply store
Soap in soap container	Camping supply store
Toothpaste and tooth brush	Camping supply store
Female hygiene items or razor	Personnel choice
Miniature stove and fuel tablets	Suggested: Esbit™ folding stove with 6 to 12 trioxane fuel bars
Cooking kit	Camping supply store
Fork and Spoon	Camping supply store
Sewing kit (see list)	Assemble your own
Fishing kit (see list)	Assemble your own
Snare wire	You can also get pre made snares such as the Speedhook™ but they cost more and have only one use
Emergency blanket	These are heavy aluminized layered plastic with grommets
Tarp ( 10 x 10 foot min) or small tent	Rip-Stop™ nylon is lightweight. More shelter = more weight use you judgment
Light weight sleeping bag	You must balance weight and bulk against comfort. You can get a bag that is good down to

	about 20 degrees F. and weighs only about 3# for about \$200.00
Insect repellent with	Camping stores
Sun burn cream	At local pharmacies
Foot powder	At local pharmacies
Candles	6 to 10 tea candles burn 4 hours each in their own holders
Small flashlight	Suggested: LED or Xenon with alternate red lens
Advanced medical kit (see list)	What you have depends on your skill levels. Add a small first aid manual if you have room
Prescription medications	Stock-up on what you need. Keep extra pain killers and antibiotics if safe
Rope Line (50 Ft., 500# test minimum)	For rigging shelters, traps, etc.
Heavy duty knife (5 to 7 inch blade)	Ka-Bar™, Air Force survival knife, etc.
Paper and pencils	Maps, notes, etc.
Monocular or small binoculars	Selection of safe routes, spotting game, see trouble before it sees you.
Radio (very small)	Keep informed, weather, civil defense, etc.
Compass and Maps of the area	Military type lensatic compass and topographic maps of the areas you anticipate being in
Small survival manual	Suggested: SAS Pocket Survival Guide
Electrical Tape (one role)	Repairs of all kinds, medical uses
Fire arms: Your choice	
Alarm devices	Under many situations you may want to sleep without being surprised by wild animals or roaming criminals
Smoke bombs (assorted colors)	Can be used for signals, or escape smoke screen
Folding shovel and/or ax	For digging shelters, sanitation, rescue, etc. There are several shovel/ax combinations. The weight if this item may be prohibitive

## Tote-Kit

Once you have belt-kits and back-kits for you and your family members, you can build for longer and longer self-reliance with tote-kits. Tote-kits are intended to be used where they are or transported by vehicles. If you intend to stay home, that's where you keep them. If you anticipate evacuation, you can keep them at a safe location in the countryside. If you can travel 50 miles on what you have in your pack then put your tote-kits within that range. These tote-bins range from easy to handle 10-gallon sizes to big 45-gallon wheeled units. The emphasis in tote-kits is food, fuel, sanitation, warmth, light, and increased levels of protection. Each tote should add 20 to 30 days of survival necessities to the 5 to 10 days of the pack..



Items	Uses and Notes
Flashlights and batteries	Heavy Duty, 3-4 "D" cell, Mag-Lite™ etc.
Candles	50 -100 tea candles or emergency candles
LP gas lanterns and fuel	At any camping store
LP Gas camp heaters	At any camping store
LP Gas camp stove	At any camping store
Multi-Power (solar, crank, battery) emergency radio (AM, FM, SW)	Lots of choices available
Large capacity water filtration system	In addition to lots of stored water you need a pump filtration system and cartridges to filter sever hundred gallons of water. Suggested Pur Voyageur™ etc.
Chemical toilet with chemical and toilet paper	These range from bulky camp more compact folding units with chemicals and paper included. Suggested: compact unit that uses a 5 gallon pail
Fire Extinguisher	A small one (2#) ABC, in the tote a big one on the wall at home
Extra blankets or heavy sleeping bags	To supplement what you have in/on your pack
Survival manuals and first aid books	Suggested: SAS Survival Handbook or Bruce Clayton's Life After Terrorism. AMA Handbook of

	First Aid, etc.
Shovels, axes, crow bars, etc.	Camp size. They still need to fit in the tote
20-30 full meals ( 2000 calories)	MREs are good but are heavy and take up a lot of room. Freeze dried meals are much lighter and smaller. Also consider dried beans, rice, cornmeal, oatmeal, and pasta, etc. but they need to be used and replaced every few years.
Heavy Plastic and Duck-tape	4 mil plastic or better to seal broken windows, roof repair, shelter, etc.
Full NBC Defense Kits	If you anticipate this hazard. See list.
Defense Firearms and ammunition	Depends on situation. See list
Garden sprayer	Great for small class "A" fires and for decontamination
Heavy Trash Bags	For sanitation, protection, shelter
Spare clothing, underwear and sox	As needed

### What Is Camouflage?

When selecting fanny-packs, belt-packs, backpacks, etc. You should consider what kind of camouflage to use. In rural areas where hunting and fishing is common and military or hunting camouflage designs are common your kits should use these designs. In urban and suburban areas where classic.

Camouflage may actually *attract* attention consider the black, tan, grey, etc. packs often used by students and tourists to carry books, etc. The same rule applies to clothing. Woodland or bark patterns may be unremarkable in rural Tennessee but blue jeans and a grey work shirt may be a better choice for Chicago.

### The Survival Imperatives

As you build each kit remember the survival priorities

Priority	Survival Need	Time You Can Survive Without It
<b>1</b>	<b>Will to Survive</b>	<b>Zero</b>
<b>2.</b>	Self-Defense	Less than <b>Three Seconds</b> if attacked
<b>3.</b>	Safe Air	About <b>Three Minutes</b> is deprived of oxygen or safe (uncontaminated) air
<b>4.</b>	Medical Care	<b>Three to Five Minuets</b> if bleeding heavily, not breathing or no pulse.
<b>5.</b>	Shelter	About <b>Three Hours</b> in extreme cold or hot environment
<b>6.</b>	Water	<b>Three Days</b> or less depending on environment and activity
<b>7.</b>	Food	About <b>Three Weeks</b> depending on physical condition and activity

## Survival Kit Modules

Below are listed more detailed descriptions of the kits within the kits. Their contents may vary, depending on your anticipated needs and skill levels.

### Basic First Aid Kit

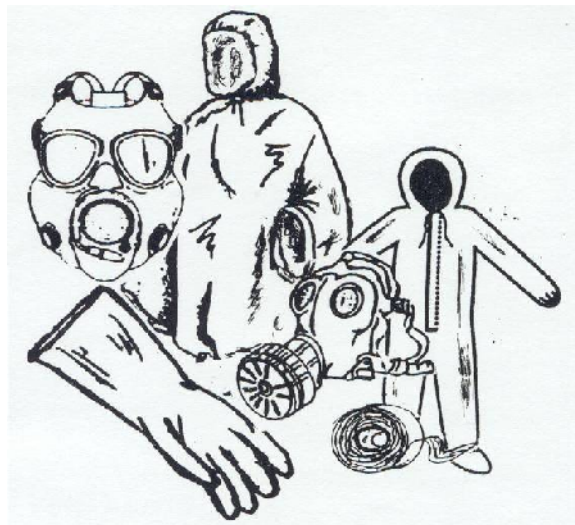
(10) Bandages 1 x 3 inch	(4) Antiseptic wipes	(6) Antacid/Stomach reliever (Pepto-Bismol™)
(2) Bandages 1 3/4 x 4 inch	(4) Triple Antibiotic 1/32 oz packs (Neosporin™)	(3-6) assorted size safety pins
(2) Gauze pads 3 x 3 inch	(2) Hydrocortisone, 1% 1/32 oz packs	Small splinter tweezers
(4) Alcohol cleansing pads	(6) Aspirin or other pain relievers	CPR face shield with one way valve

### Advanced Medical Kit

Wound Care Items	Medications	Instruments (one each)
(20) 3/4 x 3 adhesive bandages	(10) antiseptic towelettes	Stethoscope
(10) Fingertip bandages	(5) benzoin or iodine swabs	Blood pressure cuff
(5) knuckle bandages	(1) small eye wash solution	Oral Thermometer
(10) 2 x 2' gauze pads	(10) packets, triple antibiotic ointment	Sterile scalpel #11 blade
(10) 3 x 3' gauze pads	(6) packets 1% hydrocortisone ointment	5 1/2 EMT shears
(10) 4 x 4' gauze pads	(6) packets burn ointment	5" Kelly forceps
(2) 2" x 5 yd. gauze roll	(3) sting relief pads	
(4) 2" x 5 yd. cohesive bandaging. (e.g. Coban™)	(1) Oil of cloves (for tooth aches)	3/2 splinter forceps
(10) butterfly wound closure strips	(2) pkgs. Oral rehydration salts	
(1) 3" elastic bandage	(1) tube of glucose (for diabetics)	Oral airway set
(1) 4" elastic bandage	(50) Extra strength Tylenol™ or equivalent pain reliever	Penlight
(1) roll 2" x 5 yd. 3 cut tape	(10) Mylanta, etc	Magnifying glass
(2) Triangular splint bandages	(10) Antihistamine	Assorted safety pins
(1 or 2) 4 x 5 instant cold	(10) Laxative	Disposable eye shield face mask

compress		
(1) 4 x 4 " , water gel burn dressing	(1) syrup of ipecac	Latex gloves (your size)
(1) Large occlusive dressing. Or substitute plastic wrap or foil	Antibiotics if available	CPR rescue mask
(2) sterile eye pads	Strong pain relievers if available	20 cc irrigation syringe
(1) SAM <sup>TM</sup> splint. If there is room	Prescribed medications for your family	NOTE: if trained to use them, consider addition of a 5" needle holder and some 3-0 and 5-0 nylon suture w/needle sets

### Nuclear, Biological, Chemical Kit



Full face respirator with mult-contaminant cartridge Commercial made such as Survivair <sup>TM</sup> or surplus such as US Military M17, Swiss or Israeli civilian masks	Container of bleach to make up 10% solution for biological decontamination	Container of liquid soap to make solution for chemical and fallout radioactive decontamination
Nitrile rubber gloves (Barcade <sup>TM</sup> , SolVex <sup>TM</sup> ,etc.) with sleeves to overlap protective suit	Dupont Tychem <sup>TM</sup> or equivalent protective suits (Size M,L , XL?) with hood and boot covers	Duck-tape to seal gloves to suit, etc.
Latex medical gloves to go under rubber gloves	Assorted sponges and brushes	Garden sprayer (clean) to use to spray decontamination solution

## Fishing Kit

Assorted fish hooks	A few floats	<b>XX test fishing line</b>
A few assorted lures and rubber worms	A few sinker	NOTE: you already have a knife and pliers

## Sewing Kit

Assorted needles size 5 through 20	Heavy thread for leather and canvas repairs	Assorted size buttons
10-15 assorted size safety pins	Medium Thread for clothing repairs	NOTE: you already have an awl and scissors

## Personal Hygiene Kit

Soap or liquid hand cleaner	1 or 2 disposable razors	tweezers
Tooth paste (travel size)	Small stainless steel camping mirror	Nail clippers
Tooth brush (travel size)	Comb	Hygiene products as needed
Mouth wash (travel size)	Nail file	NOTE: shave cream is too bulky. Use soap to lather

## Survival Firearms Selection

Your choice of firearms for survival will depend on the hazards you can realistically anticipate and what you can carry. Arms and ammunition are heavy and their weight will add to fatigue and will reduce the food you can carry. On the other side, there is no use having other survival gear if you cannot defend your life from criminals\*. You need to select a reasonable and effective weapon that you can carry along with enough ammunition for any anticipated situation. Remember that you are not Rambo! You are avoiding combat and only shooting as a last resort to defend your life, liberty and property. There are three basic scenarios that would guide you selection of firearms:

- **General Survival Defense and Small Game Hunting**

A 22 LR auto pistol such as the Ruger™ are a first choice. A few hundred round of 22 LR ammo will take up very little room and add very little weight to your pack. With a little practice you can take small game for food and “in the gravest extreme” put accurate headshots into a hostile intruder at close range. Survival rifles such as the collapsible, floating AR-7 in 22LR or the Air Force’s folding, single shot 22 mag/410 combination are also worth consideration

- **Urban Escape and Defense**

The 22 LR is still worth consideration because it can lay down a lot of accurate suppressive, covering fire for your limited ammunition weight but you may need more

stopping and penetration power. While the relative merits of various ammunition can be debated indefinitely, the 9mm is suggested because of its high availability and commonality to many firearms you might acquire. A good 9mm self-loading (semi-auto) that has a 10 to 15 round magazine is recommended. The Beretta 92/92S is a good example. For this situation you will want to carry at least 2 extra magazines and several hundred rounds of ammunition. Be aware that larger caliber pistols require more training and practice to achieve reasonable accuracy. A short stock, short-barreled 12-gauge shotgun with a modified chock firing #2 to #4 buckshot is worth consideration. Of course an AK47 or maybe a Mini-Uzi would be ideal in urban combat but your first job is to *escape* with your survival gear and loved-ones, not take down the bad-guys.

- **Long Term Outdoor Field Defense and Food**

Unless you can have weapons cached away from your home weight and bulk are factors. Weight will limit the amount of large caliber ammunition you can carry. The shotgun with a variety of slugs and buckshots provides a good range of hunting and defensive options. The 22 LR rifle and/or pistol is still valuable because they are quiet and you can carry lots of ammunition. If you fee can carry a hunting rifle or a big HK 91/93 and hundred of rounds of ammunition along with your survival supplies you should acquire them.

The above recommendations are made to be compatible with the concept of flexibility and portability. There may be better choices for the home or field under other conditions. If you truly will not be able to practice shooting or firearms maintenance, you may want to consider to more reliable 22LR or 38 cal revolvers

*\* A person who has chosen not to be prepared and under emergency conditions chooses to take what he or she needs from others by force is a criminal.*

## **Knowledge Weighs Nothing**

Survival kits are a must but they have limitations. 10 days food lasts 10 days but knowing how to hunt and forage can extend that food for months with no additional weight. Combat skills can greatly increase your survival chances without additional weapons. Medical skills can increase to effect of your limited medical kit many times. A kit item that may seem to have one use could have dozens of applications for the well-trained survivor. The more you know the less you need but with both knowledge and equipment your chances to survive and your opportunities to come through and thrive are unlimited.

Some skills you should consider acquiring are listed in priority below.

1. First aid medical skills: Take local Red Cross first aid classes or contact a local hospital about First Responder or Emergency Medical Technician courses.
2. Unarmed self-defense: Take a self-defense course or even take up one of the martial arts as a healthy sport.

3. Armed self-defense: Before you acquire a firearm of any kind take a basic safety course. The National Rifle Association and its local affiliated groups offer a wide range of courses on safe use of firearms.
4. Nuclear, biological and chemical protection: You should be able to identify these hazards, take protective measures and decontaminate. There are some books available
5. Edible and medicinal plant identification and use: There are some schools and lots of books but you need to go out and practice
6. Escape and Evasion: Hope you don't need this one but there are some books and even a few survival schools that teach this.
7. General outdoor survival skills: This covers fire building, water finding, shelter building There are lots of books and tapes available and a few good schools.
8. Navigation: Global Positioning Systems are great but you should know how to get around with and without a compass and a map if necessary.

Live Free; USA offers training programs in most of these subjects in some areas.

## Sources

While the great majority of the items and books listed in this article can be acquired at local sporting goods stores, the following companies carry the listed items and many more alternatives for survival kits and survival education.

- **Safety Central** (the Preparedness Superstore) has a full line survival supply catalog. 1-800-782-5396, [www.safetycentral.com](http://www.safetycentral.com), 1100 W. El Camino Real, Mountain View, CA 94040
- **Brigade Quartermasters** catalog features new military related survival items. 1-800-338-4327, [www.actiongear.com](http://www.actiongear.com), 1025 Cobb International Drive N.W., Ste 100, PO Box 10001, Kennesaw, GA 30152-4300
- **Cheaper Than Dirt** has a catalog of military surplus survival equipment. 1-800-421-8047, 2524 NE Loop 820, Fort Worth, TX 76106-1809
- Golden Nugget Army Surplus carries a good variety of items at fair prices. 1-800-942-8769, [www.goldenuggetsurplus.com](http://www.goldenuggetsurplus.com), 215 Globe St., Radcliff, KY 40160-9504
- **Paladin Press** markets hundreds of books and tapes related to all survival and combat subjects. 1-800-392-2400, [www.paladin-press.com](http://www.paladin-press.com), Gunbarrel Tech Center, 7077 Winchester Circle, Boulder, CO 80301-3505

## Conclusion

Any responsible citizen should be able to begin a comprehensive emergency preparedness and self-reliance program with the information provided here. Building from the smaller kits to the larger packs and totes over time should not be financially unacceptable. Most families spend more on CDs and video games in a year than is needed to provide the above items. These are the life saving, freedom maintaining actions of a responsible citizen of a free country.

*\* I have written several articles on personal hazard analysis and developing your own survival threat matrix that may be of value in determining your real needs.*

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