



SURVIVAL PAPER #SP92-11

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URBAN SURVIVAL – III

This is the final paper in this subject originally begun by Douglas P. Bell in his 1992 papers. The original subject has been updated and hopefully improved. Sources have been suggested and addresses listed where we could.

In Urban Survival – I, we discussed air, water, water filtration, shelter, food, cooking, and self-defense ideas.

In Urban Survival – II, we went over getting rid of urine and feces, foraging options for plants and animals, generation of electricity, tools and personal and environmental sanitation.

This paper will discuss individual preparations and skills and will offer sources for those in the city or out of it.

MEDICATION

Do you have a sufficient supply of medical items and medicines? Probably not, if you are like most of us. So this is one area you must be better prepared for.

FIRST AID ITEMS – These are bandages, band-aids, tape, ointments, this sort of thing. By and large, you will need a complete first aid kit for each member of your family. Extra first aid supplies bought and stored in dry stable environments are handy also. Thankfully, this may be the one area that we do have sufficient supplies in and can store and keep fairly well.

OVER THE COUNTER DRUGS – These drugs are very useful and recently a whole host of drugs have been deregulated and are now available without a prescription for everyone's use. Antihistamines, stomach medication, and headache drugs are some notable exceptions that have been recently deregulated.

YOUR LOCAL DRUG STORES

WONDER LABORATORIES
115 SCT DRIVE`
P.O. Box 820
WHITE HOUSE, TN 37188-0820
1-800-992-1672

CONVENIENCE STORES

STAR PROFESSIONAL PHARMACEUTICALS
1500 NEW HORIZONS BLVD.
AMITYVILLE, NY 11701
1-800-274-6400

ALTERNATE MEDICAL SOURCES – By these I mean Naturopathic or other medical treatments, like homeopathic, etc. Many people like these alternate medical procedures. In many cases I have seen these medical alternate treatments work better than regular medicine. They are especially good in the treatment of long-term pain situations and in treating bodily infections, everything from bacterial to viral infections can be addressed and treated with these treatments.

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SOURCES: Check your local bookstore or library for books and treatments using alternative medical procedures.

Other sources include:

THE OLD TOWN HERB AND GARDEN CO.
P.O. BOX 1498
OLD TOWN, FL 32680
catalog \$1

PENN HERB CO., LTD.
603 N. SECOND ST.
PHILADELPHIA, PA 19123-3098
1-800-523-9971
(215)925-3336
catalog \$1

VETERINARY MEDICATIONS

Ragnar Benson has a book out called The Survivalist's Medicine Chest. It was originally written in 1982 and is fairly inexpensive through publishers like Delta, Paladin Press, and others. In this book, Ragnar Benson listed a variety of supplies, medications and treatments that are available to anyone through the use of veterinary supplies. In fact many veterinary supplies are simply surplus human drugs sold in bulk form to veterinary supply houses and farmers through the mail. There are still some medications that are not available through these sources, but they are few and fairly specialized medications.

Sources for veterinary medications:

Your State and local CO-OP dealers usually have a supply.

JEFFERS
P.O. BOX 100
DOTHAN, AL 36302
1-800-JEFFERS

PRESCRIPTION MEDICATIONS – If you have high blood pressure, diabetes, chronic pain or a host of other physical or medical problems, it is very doubtful that you will find any over the counter drug or alternate or veterinary medication that will help you with these illnesses or medical conditions. In these cases, going to a doctor and paying for an office exam and getting a prescription are your only alternatives. I know some folks say if you go to a doctor and feel him out and ask him to write you prescriptions for a cache or supply of your medication, your doctor will do this. I DON'T KNOW WHAT TYPE OF DOCTOR THEY HAVE GONE TO, BUT I HAVE NEVER MET ONE LIKE THIS! Most doctors are concerned about over prescribing medication, especially if you have changing conditions like diabetes, blood pressure or chronic pain. Most doctors will want to see you at least monthly or quarterly to monitor your condition to help keep you healthy and keep from being sued.

So what are you supposed to do to get additional medication for yourself to carry you through an emergency. Doctors may give additional medications for folks going on trips overseas. So tell your doctor you are planning a trip and would like an extra few days on your prescription or need an extra refill to cover your medication for when you return or get back, before the next visit. You can then cancel the trip or have something come up and reschedule your doctor's appointment for the regular time. Chances are the doctor will not recall the extra prescription or why he gave it to you. If he does, you can tell him the trip fell through, but that you hope to take it later on. More than likely you will get the regular prescription for your regular time. Sometimes doctors will give you an extra prescription in case you can't make it in for your regular check up or if your regular check up was rescheduled. BE CAREFUL DOING THIS! IF YOU ABUSE THIS PRIVILEGE, YOU WILL LOSE IT! If you live near the border of Mexico, you can take your prescription over the border and get a pharmacy down there to give you up to a 6-month supply of the medication you have, if you have refills for this amount on the prescription. You can then legally carry this

drug over the border. One enterprising young man made photocopies of his prescription and went down to Mexico and came back with over this amount. The poor soul was caught at the border and was arrested for drug possession over the legal amount. DON'T BE GREEDY. ONLY GET WHAT YOU ARE LEGALLY ENTITLED TO! Remember, you can't make survival preparations or be truly ready if you are in jail!

Many folks have advocated using your local drug dealer to buy narcotic from in the event of an emergency. DO NOT DO THIS! Narcotic drugs are illegal, habit forming, and in less than pure forms (like most street drugs) are dangerous to take, i.e., could cause death, disability, etc. Again, being in jail is definitely not good survival sense, since you cannot be prepared to meet disasters.

GET IN SHAPE

Most of are in less than ideal shape. In fact many of use are downright out of shape. In order to survive properly and be prepared for any eventuality, we need to get in shape. Let's start off slowly at first.

WALK – We need to walk daily as much as we can and a little further each day. When you are walking a mile everyday, then go to the next step.

BASIC EXERCISES – Remember to stretch out your muscles before you do any exercises, walking or anything else. By basic exercises, I mean sit-ups, push ups, leg lifts, pull ups, along with your walking. A suggested schedule would be: walk daily, Monday after your walk, do 10 to 25 sit ups. Tuesday walk only, Wednesday walk and do 10 to 25 pushups. Thursday walk only. Friday walk and do 10 to 25 leg lifts. Saturday walk only. Sunday walk and do as many pull ups as you can. Start over Monday. Increase the number of your sit ups, push ups, leg lifts and pull ups as you can. Your goal is to walk a mile in less than 8 minutes and to do your other basic exercises in another 10 to 15 minutes or so daily, when you do your exercises. Do not go over 100 push ups, sit ups, leg lifts or pull ups in any one day. Once you get to this point, then you need to consider more advanced exercises.

ADVANCED EXERCISES – Basically these are the same four exercises you have been doing with a little twist.

Sit ups- do 1 to 3 sets or repetitions. The first one, flat on the ground like you have been doing. Do the next one against a gradient (a slanted sit up board) with a slight angle, and the last with as great an angle as you can get. These boards can be made or bought at a variety of places including national shopping malls, etc.

Push ups are similar. Again, do 3 sets of repetitions, the first set flat on the ground like you have been doing. Then the next set from a low step, and the last from a chair. I use a kitchen chair for myself and the last step going into the basement.

Leg Lifts is again 3 sets of repetitions. First like you've always been doing it. The next with the lowest ankle weights you can do in it. The last set with the highest ankle weight set you can have on them.

Lastly is the pull up. If you have been using a bar, get a set of rings like gymnasts use. Do regular pull ups for the first set. For the next set, attach a weight belt to your waist and do another set with the lowest weight you feel comfortable with. The last set is with the highest weight you can do pull ups with.

Once you get into the more advanced exercises, you are probably spending 6 to 8 minutes on your one-mile walk. Then you are probably spending another 20 minutes every other night doing these exercises. These basic exercises have increased your strength and have started building up your stamina.

To further increase your stamina, you must begin jogging or climbing up and downstairs. In the city, climbing stairs is usually easy to do as there are lots of building with stairs and most folks take the elevators, leaving the stairs pretty much to your sole use. Going up and down a standard 10-story building is about like jogging $\frac{3}{4}$ of a mile. This exercise should take no more than 8 minutes to do, especially if you have done the basic and advanced exercises above and are in decent shape. Substitute your mile walk for stair jogging and work your way to going up and down a number of times. Again, the goal is to do as much as you can. Figuring 8 to 10 minutes for going up and down the stairs plus 20 or so minutes every other day for the exercises. You may decide you do not want to add any extra time to the days you exercise. If so, then do the multiple repetitions of doing up and down the stairs on those three days you do not do any exercises. This will still allow you to keep your exercise time under or around 30 minutes a day.

IMPROVE YOUR MIND

The city offers unparalleled opportunities to improve your mind and increase your intelligence about most any subject.

LIBRARIES are one excellent example of the opportunities that are available to city residents that are usually not as available to the suburban or rural residents of most areas. For instance, the New York Public Library is much more complete than most county library systems, probably including those counties that have major universities in them. Not only does the New York Public Library have access too many more books in stock, but they can get access to other subjects and books through inter-library loans if they do not have the books on hand or on the shelves. Other city libraries may not be as large as the New York Public Library, but they are no small library systems themselves. Usually, they are on par with major university libraries throughout the nation. As a result, almost any subject can be researched from these locations. Remember to take notes, utilize the copy facilities to copy interesting or important information, use the footnotes or other sources to get other books that might interest you for further study.

SCHOOLS – Most cities have excellent school systems. Many adult education courses are sponsored by universities, vocational schools, churches, city governmental agencies and other groups. The subjects of these schools are as diverse and varied as the schools themselves are. And the prices of these courses is often a pittance and can even be free in some cases.

MEDICAL TRAINING – Most cities have active Red Cross chapters that teach First Aid and CPR training. Most cities also have schools for universities that offer EMT or Paramedic training. If you can afford the time and the expense, take this training. Some cities even offer nursing colleges or medical schools for adults after working hours. Another option to consider.

VOCATIONAL SCHOOLS – Just about every city has some form of vocational type of training school. These schools cover everything from auto mechanics, building professions training, welding, commercial truck mechanics training, body shop training, computer training, drafting training, office personnel training, to the more exotic courses such as metal lathe training, gunsmith training, crane, bulldozer or other heavy equipment operators or maintenance training, etc. This type of training can be time intensive, but the costs are usually well within even the tightest budget.

LEADERSHIP/CAMPING SKILLS – These are offered through a variety of organizations. The primary one I am thinking about here is The Boy Scouts of America. They have excellent adult training in place, offer unparalleled opportunities to develop your leadership skills, and most good troops offer a variety of chances to go camping or on other outings that might be of value to you. Most troops are looking for adult leaders or committee members to help and attend meetings. Other groups that offer training and leadership skills are The Boys and Girls Clubs of America, Big Brothers / Big Sisters of America, and similar groups to these like the YMCA or the YWCA, etc.

CLUBS – Cities often have a variety of clubs that a person could join to get additional education, learning and work towards a goal. Some examples you might consider, Amateur (Ham) Radio Clubs. Try to find one that is recognized by the ARRL (Amateur Radio Relay League). Their address is 225 Main St., Newington, CT 06111-1494 and their phone numbers are (203)666-1541 or 1-800-326-3842. They are usually very helpful in putting you in contact with the nearest ARRL-sponsored or affiliated Amateur Radio Club in your area.

COMPUTER CLUBS – Many areas have these clubs and they offer an enormous pool of knowledge for anyone who needs or wants to learn more about computers. These clubs are often excellent places to get new programs, upgrade your equipment, get older equipment fixed if broken, or just plain meet new friends. Ownership of a computer may not be required to belong to these clubs, so do not let this stop you.

HIKING CLUBS – These clubs are an excellent way to get out of town and be together with folks with similar interests to yours. You do need to be in shape for these clubs, so get there.

PLANT ID CLUBS – Nature centers or other clubs that get together regularly and learn to identify plants. These clubs can be a lot of fun and if you do not watch out, you will learn something. Most cities have these clubs around. Finding them might be a bit difficult since they usually do not have huge budgets and do not advertise a lot.

FLYING CLUBS – Learning to fly a plane is not too difficult or expensive. Getting your license does get a bit expensive as it entails renting a plane, buying gas, insurance etc., to get your license. Single engine planes are easiest to learn on. Helicopters are usually more difficult and more expensive. You may just want to go to the club meetings for a while before you start learning to fly to make sure this is something you want to do.

SKYDIVING CLUBS – Skydiving can be fun, an adventure and may be useful if you ever have to jump from a plane, but if this sounds appealing to you, then go for it. You can usually take the basic course and be jumping in tandem in a lesson or two. Prices are usually moderate. Adrenaline rush is very high.

SCUBA CLUBS – scuba diving (Self-Contained Underwater Breathing Apparatus) is a lot of fun. Lessons are inexpensive and a license can be acquired for minimal expense. Buying equipment does or can get expensive. Used equipment can be had fairly cheaply if you shop around. Some trips offered. Lots of fun, adrenaline rush is moderate to high.

MOUNTAIN CLIMBING CLUBS – These clubs are like hiking clubs. You will be with folks that share your enthusiasm for outdoor activities and share your interests in climbing vertical mountain walls. Expense is usually minimal. Trips offered. Can be fun with folks who are of similar ability climbing mountain routes that are at the skill level your group is at. Adrenaline rush is moderate to high.

SKIING CLUBS – Skiing clubs, like hiking and climbing clubs, can be lots of fun. Cost is moderate to high. Trips can be offered. Most ski slopes have various skill levels so your group can be more diverse. With right group is fun. Adrenaline rush is moderate to high.

STAR WATCHING CLUBS – Astronomy clubs are lots of fun, but you have to have time during the night. It's good if you have a telescope of your own, but it's not necessary. This club can teach navigation using stars by night. Plot positions using star fixes, like mariners do today and have done in the past. An excellent skill to learn.

ZOO/ANIMAL CLUBS – Working with the Humane Society or your local zoo as a volunteer is excellent work. You will learn a lot about animal care and may learn something about veterinary medicine also by being around these folks.

INVESTMENT CLUBS – These clubs are to familiarize you with the stock and commodities markets. They often track stock or commodities for years before deciding to buy or invest. Many of these clubs ask you to put money up right away. Steer clear of these clubs. If they will not allow you to get acquainted with them and their investment strategies before you put up money, you need to run, not walk, away from these folks. These clubs can offer excellent skills in evaluating investments and market conditions. You can then take advantage of these opportunities on an individual basis or you can go in with the investment group to make investments then. **DO NOT BE RUSHED INTO GIVING MONEY TO THESE CLUBS. IF YOU DO NOT FEEL COMFORTABLE WITH AN INVESTMENT, DO NOT PUT MONEY INTO IT. SO NOT EXPECT TO MAKE A PROFIT ON EVERY INVESTMENT. ONLY INVEST WHAT YOU CAN AFFORD TO LOSE!**

As you can see, cities offer a host of opportunities that most suburban or rural locations do not. The clubs and schools and libraries and organizations listed above are just the tips of the iceberg. You could literally go from club to club every night of the week and not ever get home until well after 9 pm each night. Or you could go from club to school to library to club to organizational meeting to other meeting ad infinitum. All these clubs/organizations offer some form of knowledge, skill, practice or schooling towards a license or degree. By utilizing these resources you are increasing your knowledge, skill and preparedness. You are improving your mind and your survival chances. Being in or near the city offers one other advantage that we haven't discussed yet.

PHYSICAL RESOURCES

Being in the city you are close to the world's largest source of physical resources. What are physical resources? Tools, equipment, parts, machinery, natural resources of glass, metal, wire, even some building materials themselves from abandoned buildings or buildings being salvaged, etc. If your city is on or near a major rail line, chances are there are a lot of salvaged railroad materials for sale right now.

If your city is on a river or oceanfront, there is a high likelihood that marine salvage is available, both boats themselves and wood and parts for boats are available. Most cities have warehouses that have thousands of parts in them that are for sale, etc.

How do you find out what is available in your city? **CHECK THE YELLOW PAGES.** Do a little legwork and visit some places if they sell to the public. Find those places you like and buy from them when you need to and keep them in mind otherwise, for later on in case you ever need to visit them after a catastrophe.