



What is **Preparedness**?

Preparedness refers to the state of being prepared for specific or unpredictable events or situations. Preparedness is an important quality in achieving goals and in avoiding and mitigating negative outcomes.

What is a **Prepper**?

A Prepper is someone that practises "Preparedness."

Many, many people practise "Preparedness" without even realising... As you read through this guide you will come to understand that it has very little to do with so called paranoid, loonies that are awaiting a zombie apocalypse.

P2S NETWORK PUBLICATION

Preparedness is often referred to as a form of insurance. Personally I think of it more as “assurance,” you of course are free to make your own mind up.

Those that practise preparedness are often wrongly labelled as pessimists and doomsdayers when in fact the vast majority of preppers are optimists. They don't prep because they want something bad to happen. They prep because they want their life to carry on (with a level of normality) regardless of any little hiccup that comes along.

For example:

People have buildings insurance but don't *want* their building to collapse.

People have contents insurance but don't *want* to be burgled.

People have vehicle insurance but don't *want* to be involved in an accident.

You look both ways before you cross the road because you don't *want* to be run over.

I could list another 101 examples but I'm sure you get the picture...

Think of preparedness as Risk Management but without all the H&S hype.

You look outside or check the weather forecast before venturing out to collect the kids/go shopping/to work/school etc, etc. (You are assessing the risk). Looks like it may rain so you wear suitable clothing/grab a broly whatever... (You are mitigating the risk). That's it. Nothing more, nothing less.

So now lets stop waffling and get down to the nitty gritty.

Why we practise preparedness. ***The risks!***

- Rising cost of living.
- Loss of income.
- Loss of mains services.
- Localised flooding.
- Fire.
- Severe weather.
- Civil disorder.
- Crime.
- Acts of Terrorism.
- Vehicle breakdown.
- Industrial Incidents.
- Epidemic or Pandemic.

All of these incidents are relatively “high probability” events and whilst they have different levels of impact upon us our response is always centred around the five points of survivability.

P2S NETWORK PUBLICATION

Five points of survivability

1. Water
2. Food
3. Shelter
4. Fire (cooking, heating & lighting)
5. Security

If we lose any of these five points then our chances of survival are severely compromised. Lets look at each point and see how it is affected by our risks. And look at what we may choose to do to mitigate those risks. The ultimate outcome is that our preparations cover us for almost every eventuality as they are fundamentally entwined.

Water

Generally speaking, a person of average health in a temperate climate can survive for up to three days without drinking water. We are advised that in our temperate climate we should be looking to drink 2 litres of water per day. We then need additional water for cooking, sanitation and hygiene. We are used to turning on the water tap and seeing clean water. Now imagine that your tap is dry. What are you going to do? Not going to happen? Well try telling that to the 40000+ people of Northern Ireland that went for 7 days plus without mains water back in December 2010.

Food

Whilst the average person can survive for three weeks without food it isn't something we would really like to try. The trouble is that the supply system is pretty weak. Long gone are the days when supermarkets and general stores kept stock of food stuffs. Now days they have daily deliveries and that stock goes straight on the shelves. It is accepted that there is never much more than three days worth of food kept in the supply chain at any one time. Many people keep the bare essentials at home and shop daily, often on their way home from work and this makes them vulnerable.

Imagine that you are bed ridden due to illness or severe weather prevents you from shopping, or worse... Deliveries are unable to get to their destinations due to weather, strikes, or illness. If the transport system is disrupted then deliveries are not made and shelves empty quickly. If there is an epidemic or pandemic do you really want to run the gauntlet and risk becoming infected by walking around your local supermarket surrounded by potential sick people? Would it not be more sensible to have a quantity of food stored at any one time?

If you have a week/fortnight/month worth of food stored then should the worse happen (loss of income perhaps?) it would be one less thing to worry about...

Ask anyone, and everyone will agree that the cost of living (shopping) is growing weekly. If you take advantage of special offers like "buy one get one free" (BOGOF) then you are in effect saving money and creating a safety blanket should things get bad. It wasn't too long ago that people in the UK kept a full larder as a matter of course, and that was before the "Prepper" word was even invented!

P2S NETWORK PUBLICATION

Shelter

This is of course where you live. It keeps you and your belongings warm and dry. Now if you live in an area prone to flooding taking precautions is good practise. This may include having a number of sand bags available, keeping high value items (especially electrical ones) off of ground level and knowing where your mains stopcocks are and such like. You may also choose to subscribe to Flood Warning alerts from the Environment Agency.

You may also wish to have extra cleaning/sanitation/hygiene products, extra supplies of prescription meds and such like in order to get you by.

You should also have a plan in place for dealing with Fire and other such emergencies that may necessitate your speedy evacuation such as an *“Evac Pack.”*

Fire (cooking, heating & lighting)

Imagine that severe weather has caused damage to a power line or perhaps due to increased discontent there is wide spread strikes, or an extended spell of bad weather has put too great a strain on the mains services, or it's just a plain old fashioned power cut. How will you light your home? Make a hot drink or cook food? Keep you and yours warm?

A small Calor gas style camping stove and canisters ?

Candles?

Hurricane lamps and fuel?

Torches?

Paraffin or Gas heaters?

Perhaps it would be prudent to acquire all of the above...

Security

Keeping your home, belongings and family safe are a no brainer. Having security locks on windows and doors along with a Home Security system is common sense. Planting prickly bushes around your boundaries and under ground floor windows will deter criminals.

Make sure that garden tools are kept in secure and alarmed sheds and that ladders are chained up.

Make sure you have at least two smoke alarms and Carbon Monoxide alarms fitted. Consider a few fire extinguishers. If you contact your local Fire Service (NOT by calling 999) they will be happy to give you advice and under some circumstances will supply and fit smoke alarms for you.

Have your gas appliances checked by a professional yearly.

If you contact your local Police station you may request a visit from a Crime Prevention Officer.

If your home utilises “dect” type telephones (cordless type) then please realise that they will NOT work in the event of a power cut. Therefore, you are strongly advised to

P2S NETWORK PUBLICATION

purchase a cheap “hard wired” telephone for use in the event of a power cut.

Consider going on a First Aid Course and ensure that you have a suitable First Aid kit at home and are competent with the contents.

We have now covered the five points of survivability, admittedly some what briefly. If you would like to travel further down the road of preparedness, then I suggest that you register with our free forums.

www.p2s-prepared2survive.co.uk

The Internet and Preparedness

The internet has given people access to much information. However, whilst there are many positives there are also many negatives. Much of the information available is from the US and that is where the problem lays. The UK is not the US. Our climate is different, our laws and politics are different and of course our population density is much, much greater. What is seen to work in the US does not guarantee that it will work in the UK.

As you travel the internet you will be subjected to information overload. There is so much to take in and for those new to preparedness it can be very daunting. In order to help you understand the mindset and associated jargon you need to read on...

Preparedness Acronyms

BOB – Bug out bag	=	Bag of camping stuff
GHB – Get home bag	=	Bag of items that will assist you in getting from A – B.
INCH – I'm never coming home bag	=	Bag of camping stuff on steroids.
EDC – Every day carry	=	Items that you carry on your person everyday.
Evac Pack	=	Items you might need should you need to evacuate.
BOV – Bug out vehicle	=	Transport to get you away from an incident, might just be your every day car etc.
Bugging in	=	Staying put, staying at home etc.
Bugging out	=	Leaving your location for somewhere deemed safer.
OPSEC	=	Operational security, i.e. Not telling people things.
Sit X	=	Situation X where X is a problem.
SHTF	=	Pooh has hit the fan.
WTSHTF	=	When the pooh hits the fan.
TEOTWAWKI	=	The End Of The World As We Know It

There are dozens more but those listed above are by far the most common.

As you trawl the net you will read lots about people who think they can grab their bags of camping stuff and live in the wilderness. In the UK this really is (in my opinion) a romantic notion that most will be unable to do and to be honest will not need to do.

P2S NETWORK PUBLICATION

For example:

Definition of a BOB from wiki:

*“A bug-out bag is a portable kit that contains the items one would require to survive for seventy-two hours when evacuating from a disaster. It is also known as a 72-hour kit, a grab bag, a battle box, and other popular names include GO Bag and GOOD (Get Out Of Dodge) bag. The focus is on **evacuation** rather than long-term survival.”*

So lets have a think about what type of emergency might make us evacuate our home... Fire, flooding, structural damage, terrorist incident, industrial accident etc. All high probability/low impact scenarios.

Now what would be more useful? A bag containing food for 72hrs, camping kit, knives and to coin a US phrase “Beans, band-aids and bullets” or a pack/bag/box containing changes of clothes for you and your family, proper toiletries, copies of important documents, copies of family pictures, spare cash, cards perhaps a brew kit and biscuits, backed up computer files, prescription meds and glasses...

I mean, the chances of you evacuating/bugging out to the boonies is pretty unlikely. Your more likely to be going to a friend, member of your family, B&B, hotel or even a Youth Hostel. So you don't really need the bag of camping stuff, knife's, airguns and catapults at this stage.

What you do need is a Evac Pack not a bag of camping and hunting stuff.

Now I know that some of you are reading this and thinking but what if a dirty bomb has taken out the whole town/county etc, (very unlikely I know but what if?) Well sitting under a tarp in a small piece of woodland with your family around you is not necessarily going to be any safer than you being x amount of miles away in a Travel Lodge.

In other words, even though your house burning to the ground would have a massive impact on you it just isn't the same as your town being nuked.

Loosing your house doesn't mean the world *has* ended. Your Evac Pack had copies of deeds and insurance within and means that the wheels can start to turn in order to rebuild your life/home whilst you are relatively comfortable at your friends/families home or whilst you are in your hotel. Your significant other and your children are not complaining about being cold or fighting off the bugs as you camp in the woods. Civilisation has not ended and you and yours can still eat normal food without munching on cold rat packs.

Every Day Carry

The following is purely a suggestion for UK spec minimal EDC. You are likely to add/remove or adapt for your own individual means.

One word of warning: Do not make your EDC too large, otherwise you will have a tendency not to carry it every day and Sod's law dictates that you will need it when you haven't got it.

P2S NETWORK PUBLICATION

Swiss Army Knife or Multi-tool with *non locking* blade with a cutting edge of less than 3".
Small LED torch (Fenix E01 or mini Photon type).
Prescription Meds as app.
Glasses as app.
Cash including coins (ATM's may cease to work).
Mobile phone (preferably un-locked, enables different SIMs to be used if one particular operator has poor coverage).
Few plasters and headache type tablets.
Safety pins.
Car and house keys (car keys kept separate from house keys. Damage limitation).
Pen and Note pad.

The Get Home Bag

If you are routinely away from home a distance of more than 5 miles you are strongly suggested to compile a Get Home Bag, the GHB is designed to provide you with equipment and resources to get you "Back Home" or from A – B. Especially if you are forced to abandon your vehicle or public transport has been cancelled.

A generic GHB is listed below.

A GHB may utilise a nondescript "day sack" and be around 20 – 35 litres in size. It may contain the following basic items:

- 1 litre of drinking water
- Comfortable walking shoes
- Energy bars
- Torch + Spare batts (Head torch)
- Hi – Viz Waistcoat
- Waterproof Jacket
- Gloves
- Multi-tool
- Spare cash (ATM's may not function)
- Map(s) of the local area
- Compass
- Basic First Aid Kit
- Small pocket radio (News updates)
- Note book and pencil

If the distance is routinely greater than 5 miles then additional items will need to be included especially if your journey is anticipated to be greater than 10 miles.

The Evac Pack

Think about what you and your family need, should you have to evacuate your property at very short notice...

Your Evac Pack may contain the following:

P2S NETWORK PUBLICATION

Footwear.
Clothes.
Coats.
Torch.
First Aid Kit.
2 litres of drinking water, perhaps a small stove, brew kit, biscuits etc.
Toiletries.
Spare vehicle keys.
Copies of Passports, drivers lic, marriage cert, property deeds, copies of insurance docs.
Prescription meds & glasses.
Computer back ups.
Spare bank cards.
Cash.
Copies of family photo's.

The I'm Never Coming Home Bag

Perhaps terrorists have detonated a nuclear device high in the atmosphere. Whilst the blast and fallout is negligible, the EMP (Electro magnetic pulse) could really mean TEOTWAWKI (the end of the world as we know it).

This type of scenario opens up a whole new ball game and your Evac Pack is unlikely to cut the mustard. We are now considering our best options. These are either staying put/bugging in or if the situation dictates, grabbing our INCH (I'm never coming home) bag and going.

Now this is our long term survival kit. The kind of equipment we would want to have with us if we had to leave our home permanently following TEOTWAWKI (The End Of The World As We Know It) type event.

Suggested contents are listed below but as always, only you can think of what you need. Ultimately the kit will be heavy and that means you will be travelling slow if on foot.

Shelter - Tarp/tent/bivvy bag etc.
Sleep system - Sleeping bag and roll mat.
Change of clothes.
Waterproofs.
Method of cooking.
Cookset, mug, KFS (knife, fork, spoon) or Spork.
Methods of making fire.
Water, canteens and equipment to make water safe for consumption.
Food.
Strong knife.
Cordage, bungees etc.
Folding Saw.
First Aid Kit.
Prescription meds and glasses.
Snare kit and fishing kit.
Hunting kit, air rifle, catapult etc.

P2S NETWORK PUBLICATION

Compass and maps.
Multi-tool.
Hygiene and toilet kit.
Torch and spare batteries.
Note pad and pencil.
Repair kit - Duct tape, needle and cotton, glue.

This kit is really a generic BOB on steroids. The quality of the items included will be the best you can afford as it is intended for your long term survival.

Vehicle Survival Kit

This really comes into it's own when winter has arrived. The prospect of sitting in a broken down vehicle on the side of the road or worse standing behind a crash barrier on a motorway awaiting rescue at silly o'clock when it's minus something isn't a nice prospect.

Tow rope.

Jump leads (get decent thick ones, not the cheap skinny ones. A cold car with thick engine oil puts enormous strain on the starter motor and thin jumpers will get hot or worse!)

1 or 2 litres of engine oil. (NB Your dipstick has 2 markings, a max and a min. The amount of oil to get from Min to Max is 1 litre).

Couple of rags.

A few pairs of latex gloves.

Fuel can with fuel.

Tin of WD40.

1/2 litre of neat antifreeze.

6 litres of drinking water. Keep in water tight containers, store them upside down and insulated. Water freezes from the top down. If the bottles are not upside down it becomes hard to extract the liquid when needed. A Pound shop exercise mat/roll mat and some duct tape make excellent covers for the bottles to prevent them freezing. I keep 2 x 3litre bottles in this manner and checked them throughout last winter (2009/10) and had no issues.

2 litres of diluted screen wash.

Small squirty or atomiser bottle of diluted screen wash. (This is for when your wipers/washers are in effective. Just pull over, open the window and squirt). Rubber mats in case you get bogged down in snow or mud. You could utilise the mats inside your vehicle...

Foot pump. If you are travelling slowly over mud, sand or snow (in an emergency) you can let some air out of the tyres so they have a bigger footprint. Set of waterproofs.

1 High viz waist coat for each seat (passenger) in your vehicle.

Blankets – (Army surplus woollen ones).

Entrenching tool.

Jack, wheel brace & locking wheel nut key!!

Tools suitable for basic repairs.

Breakdown cover.

Hazard Warning Triangle.

Maps, Road Atlas.

Sat Nav.

Spare bulbs and fuses.

Mobile phone car charger.

P2S NETWORK PUBLICATION

Hexi stove and tablets (gas is U/S in freezing conditions, beware of Carbon Monoxide poisoning). Matches and lighter, lighter is ineffective if frozen...

Why do I need to prepare? What risks?

The following articles are FACT and portray some of the risks that we face in the UK.

December 2010 Northern Ireland - Water shortage.

A sudden thaw after Arctic conditions had burst thousands of pipes and resulted in reservoirs running dry. This resulted in 40000 homes left without running water.

Supermarkets and shops had been swamped with customers trying to buy bottled water. Many if not all had empty shelves.

17 distribution centres were eventually set up, some saw queues of 400 desperate people wanting drinking water.

Doctors warned of a Public Health emergency. 7 days this nightmare run for.

Winter of 2009/2010 Gas warnings

There were urgent calls for Britain to build more gas storage facilities after the National Grid warned of temporary gas shortages as demand neared record highs during the freezing weather of 2009/2010.

The shadow energy secretary, Greg Clark, accused the government of having its "head in the sand" for failing to ensure that more storage facilities had been put in place over the past decade, and claimed that Britain had just eight days of capacity.

The National Grid issued a "gas balancing alert", asking power firms and large industries to cut back on their consumption. It was only the second time the alert has ever been issued.

In **October 2004** The Parliamentary Office of Science and Technology published the following statement.

"The UK's gas reserves are declining. Government and industry analysts estimate that by around 2006 the UK will no longer be self-sufficient in gas production and will revert to being a net gas importer. Gas is the largest proportion of the UK's primary energy supply, and gas-fired power plants are the main method of power generation. The UK will increasingly depend on gas imported from Europe and further afield."

Peak Oil

In June 2011 a UK government report stated that the government was warned by its own civil servants two years previous that there could be "significant negative economic consequences" to the UK posed by near-term "peak oil" energy shortages.

P2S NETWORK PUBLICATION

Ministers were told it was impossible to know exactly when production might fail to meet supply but when it did there could be global consequences, including "civil unrest".

In **2010** the US military warned that surplus oil production capacity could disappear within two years and there could be serious shortages by 2015 with a significant economic and political impact.

January 2003 adverse weather – M11 Cambridgeshire

The snowbound M11, caused misery for thousands of travellers.

Drivers were stranded for hours in their cars **overnight** after traffic on the busy motorway was forced to a standstill because of terrible conditions.

"We've been sitting here for 17 hours and we don't know what's happening. No one has seen any sign of the emergency service or gritters," said a driver interviewed by Sky News.

"The M11 is effectively a car park. And the situation doesn't look like it's going to change for some hours," said a Cambridgeshire police spokesman.

7th July 2005 – Terrorist Attack London

52 people murdered, hundreds more injured and thousands faced major disruption in getting home. Many having to walk...

October 2011 – GCHQ warns of disturbing levels of Cyber attacks against the UK. Cyber attacks on the UK are at "disturbing" levels, according to the director of Britain's biggest intelligence agency.

Government computers, along with defence, technology and engineering firms' designs have been targeted, Iain Lobban, the head of GCHQ, has said.

The above are factual examples of why I prepare. Not because I am a paranoid lunatic, but because the world can be a very nasty place and is full of uncertainties...

It's easy to say "It will never happen to me!" Until it does... And if I didn't care about me and you then I'd be failing us both.

Stay safe!



Allan