



THE ULTIMATE

GUIDE

**TO PREPARE FOR
EMERGENCIES**

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If SHTF today, will you be able to make it out alive?

The truth is that disasters can occur anywhere without warning. A major emergency could happen when you and your family members are at home, work, school or all the way across town.

As a prepper, you don't want to be caught unawares. You have to make sure that you're prepared for any situation, whether you're getting out of dodge or hunkering down at home.

This comprehensive guide will help you come up with a solid emergency plan so you can be ready for any scenario. Need a hand in getting organized? Don't worry, this guide also includes sheets and checklists that you can print, fill out and include in your survival prep.

Ready? Let's get started:

EMERGENCY COMMUNICATION: Where To Meet Up And Who To Call

Communication is one of the most crucial aspects of survival planning, yet a lot of people overlook it when prepping for emergencies. Remember, you and your family members can be at different places during a major disaster. On top of that, the usual communication channels like cell phones and even the internet can be overwhelmed or compromised.

You have to plan where to meet up, who to contact and how to head to safety in case of an emergency.

EMERGENCY CONTACTS

In planning for these types of scenarios, make sure to have two emergency contact persons: **one within your area, and another who lives out of town.**

Your local emergency contact should be able to help you find family members, give you updates on the situation and lend a hand if needed. If an emergency occurs, instruct your family members to reach out to this person. Inform your contact of your whereabouts and status.

You don't want to put your eggs in one basket, so it's crucial to have an out-of-town contact as well. They should be able to help family members communicate with each other, especially when the local point-of-contact is also affected by the disaster.

WHERE TO MEET UP

Since cell phones might not work during a disaster, it's important to establish safe meeting places with your family beforehand. Plan at least two places where you and your family can meet up in case going home is not a viable option. These meeting places should be familiar, easy to reach, away from potential riots and accessible in case you need to evacuate immediately.

Every family member should have a copy of these emergency contacts and meeting places in their go-bags or even wallets. Part two of this mega-guide will include a printable emergency contacts template that you can use. Just print and fill them out with the necessary contact information. Cut, laminate, and place in every family member's wallet so they never forget where to go and who to reach out to in case of emergency.

BUGGING OUT

Preparing a bug-out bag is essential, especially if you need to evacuate to a safer location immediately. This sturdy, discreet bag should have everything you need to in order to survive for 72 hours--- from clothing to food to important documents.

Be careful not to over-pack. You might have to evacuate on foot, and you don't want your bag to slow you down. Plan your bug out bag items carefully. Make sure that most, if not all, of the items, serve multiple purposes.

Know how to use your survival gear and regularly practice carrying the full weight of the bag on camping trips. Familiarize yourself with its feel, comfort, and overall configuration. If something feels off, this is your opportunity to adjust it.

Likewise, don't forget to brush up on your skills. Practice them in various scenarios. For example, you can practice your fire building skills in both dry and wet weather. You can also start a campfire using different firestarters or firelays.

Lastly, make sure that you've got everything packed and ready at all times. Keep your bug out bag near the exit of your house, so you can simply grab it and go.

Here's a checklist on what you should bring:

CASH AND IMPORTANT DOCUMENTS

- Cash (at least \$200)
- Copies of photo IDs
- Copies of passports, birth records and licenses
- Insurance and medical info

CLOTHES AND SHELTER

- Extra clothes
- Thermal underwear
- Thermal blanket
- Warm socks
- Gloves
- Rain Gear
- Poncho/Tarp
- Sleeping bag
- Paracord

FOOD AND WATER

- Non-perishable food (dried fruits and nuts, jerky, freeze-dried food, instant ramen noodles, energy bars, oral rehydration salts)
- Water
- Water purification tablets
- Portable ultralight water filter

SURVIVAL GEAR

- Tactical flashlight with extra batteries
- Firestarting kit (matches, lighter, ferro rod, and various homemade firestarters)
- Compass/ portable GPS
- Whistle
- Multitool
- Face masks (N95)
- Shemagh/ bandana
- Battery-operated or hand-crank radio
- Sewing kit with safety pins
- Ziplock bags
- Duct tape
- Solar Charger
- Two-way radio
- Zip ties
- Pepper spray
- Insect repellent

HYGIENE

- Hand sanitizer
- Wet wipes/tissue paper
- Personal travel-sized hygiene items
- Baking soda

FIRST AID KIT

- Over-the-counter and prescription medicines
- EpiPen for allergies
- Roller bandages (various sizes)
- Adhesive bandages (various sizes)
- Latex gloves (at least two pairs)
- Dressing and gauze pads
- Cotton balls
- Antibiotic ointment

GETTING TO SAFETY

If you plan on bugging out, make sure that you already have a designated bug out location. This is where you can safely stay until the situation stabilizes or until the immediate threat has been removed.

Anticipate a lot of challenges when traveling from point A to point B, especially if you're using a vehicle: the usual roads may be blocked, civil unrest could be present or fuel prices could soar.

Make sure you're prepared for imminent evacuation by following these tips:

- Make sure your tank is never empty.
- Keep a map, compass or portable GPS device for navigation.
- Make sure your car kit is complete: you should have spare tires, a working toolbox, a folding shovel or entrenching tool, extra fuel and engine oil, to name a few.
- Store at least two extra gallons of fuel.
- Opt for a location well within a 150-mile radius from the city. This way it's far enough from the chaos, but near enough for a single tank of gas or, in worst-case scenarios, a hike.
- Prepare at least 3 different routes to reach your destination. Familiarize yourself and your family members with each route.

BUGGING IN

Bugging in or staying at home until the disaster is a good plan if you're far from highly populated areas where looting, civil unrest, and chaos could occur. If there's no need to evacuate to a safer location, it's always better to stay put and hunker down with your own survival supplies until the worst is over.

GETTING TO SAFETY

You should have a pantry full of emergency supplies like food, water, and fuel that can see you through for as long as a couple of months if needed.

Here's a checklist of everything you need to store at home in case SHTF:

Food

Store non-perishable and shelf-stable items that are easy to prepare. These include:

- | | |
|---|--|
| <input type="checkbox"/> Nuts and beans | <input type="checkbox"/> Bouillon cubes and condiments |
| <input type="checkbox"/> White rice and other high-calorie grains | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Instant noodles and pasta | <input type="checkbox"/> Raw honey |
| <input type="checkbox"/> Canned and preserved meat | <input type="checkbox"/> Powdered milk |
| <input type="checkbox"/> Canned soups | <input type="checkbox"/> Powdered eggs |
| <input type="checkbox"/> Dried fruit (ie raisins, prunes, apricots) | <input type="checkbox"/> Instant coffee |
| | <input type="checkbox"/> Freeze-dried food |

Store non-perishable and shelf-stable items that are easy to prepare. These include:

- Paper plates
- Plastic utensils
- Can opener
- Manual grinders for grains
- Mylar bags, food-grade buckets and oxygen absorbers for storage

Water

Store non-perishable and shelf-stable items that are easy to prepare. These include:

- Prepare at least 1-2 gallons of clean water per person per day. This is for personal consumption and hygiene.

Alternative Energy Sources and Emergency Fuel

Anticipate the power grids to go down during a major disaster.

Prepare emergency fuel and alternative energy sources like:

- Propane tanks
- Gasoline
- Firewood
- Gel fuel
- Biomass briquettes
- Kerosene
- Backup solar power

Other Supplies

- First aid kit
- Fire starting kit
- Personal hygiene supplies

Inventory Tracker

The success of your survival pantry depends on its efficiency and organization. Employ a First In, First Out (FIFO) method and regularly rotate your items. Use the free printable tracker found at the end of this guide to help you whip your pantry into shape.

FINAL THOUGHTS

Whether you're bugging in or bugging out, we hope that you found this guide useful in building a solid emergency plan. Use these resources well, keep a level head, practice your survival skills and remember to always be prepared!