
THE DISASTER PREPAREDNESS HANDBOOK

A GUIDE FOR FAMILIES

ARTHUR T. BRADLEY, PHD

- **Store Food**
- **Conserve Water**
- **Find Shelter**
- **Learn First Aid**
- **Provide Clean Air**
- **Stay Warm or Cool**
- **Protect Your Family**
- **Make a DP Plan**

**"A great introduction to disaster preparedness . . .
scholarly and easy to read!"**

**—James Talmage Stevens,
author of *Making the Best of Basics***

The Disaster Preparedness Handbook

Arthur T. Bradley, PhD

Foreword by
Curtis A. Bradley



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*This book is dedicated to family?,
both yours and mine.
May they all be kept safe no matter how
dark the skies.*



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FOREWRD

The world of late has been in upheaval: earthquakes, tsunamis, hurricanes, terrorist strikes, pandemics... the deadly list grows with each passing day. It is as if we are being given a warning to ready ourselves for things to come. Whether that warning is from God or simply a result of our own empirical observations is up to every individual to decide. What is undeniable is that the world is openly demonstrating its ferocity.

Every generation faces its own unique challenges. Our grandparents and great grandparents weathered world wars, food shortages, deadly pandemics, and nearly total financial ruin. They did so with grit and determination and by coming together as communities—sharing in their collective need to survive. This connectedness has all but disappeared, save for the most rural areas of our country. The sad truth is that, today, many people don't even know their neighbors' names.

Recently, however, there has been an awakening in our country. People are realizing that there truly is strength in numbers. Churches, fraternal organizations, veterans groups, friends, and neighbors are discussing more and more how best to prepare for uncertain challenges. Food storage, water purification, backup electrical power, and community protection are all being considered.

Having learned much from my many roles in life, including marine, police officer, father, and priest, I can attest to the three things necessary for survival: knowledge, preparation, and determination. This book you hold in your hands represents the first of those three steps. The author has done his part to lay out commonsense approaches to meet your family's needs during nearly any crisis. The rest is up to you.

Now let's get to the Introduction. Time may be short!

Curtis A. Bradley
Shichidan, 7th Degree Black Belt
Tracy's Kenpo Karate

INTRODUCTION

A Shopping List of Disasters
Defining “Bad” and “Really Bad”
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Right out of the gate let me tell you what this book is NOT. It is not a book about fighting off hordes of flesh-eating zombies, should they ever rise from the grave. Nor will it describe how to survive a shipwreck by feasting on coconuts and roasted iguana. Finally, it is not intended to help you survive our planet being sucked into the cosmic fireball affectionately known as our Sun. If you wish to prepare for those types of events, I respectfully suggest that you continue your search for a more suitable text.

This book is designed to help your family prepare for more commonplace, yet still potentially deadly, disasters. The list is long and varied and includes hurricanes, tornados, terrorist attacks, earthquakes, pandemics, financial collapse, widespread blackouts, and much more. My hope is that this handbook will accomplish three things: (1) motivate you to become better prepared, (2) illustrate how to prepare effectively, and (3) help you to realize your place in a larger movement.



If you are going to become a true “prepper,” you should start by learning the disaster preparer’s mantra. Let’s all say it together—ready, here goes...

“The sky is falling! The sky is falling!”

It helps if you wave your hands wildly above your head for effect. Seriously, give it a try. It is best to get this silliness out of your system now; that way you won’t succumb to it later. Besides, you might as well say it a few times because you are almost certainly going to be accused of thinking it—even if only by way of stage whispers and snooty grins.



Why bother? You better know the answer in your “heart of hearts.”

At the root of this incredulity lies a very basic question: “*Why?*” Why bother to prepare at all? Behind this question is the unspoken assertion that preparing for a disaster is unnecessary. It can be argued that most of us live in a fairly safe and stable world. What are the chances that you will ever need large stores of food or water? When will you actually use the carefully stocked first-aid kit that you keep in the car’s trunk? Wouldn’t your time, money, and energy be better served by focusing on life’s “knowns” rather than its “unknowns?”



Being prepared is an integral part of being responsible.

The answer to that question is a resounding YES! Disaster preparedness (sometimes abbreviated as DP) should never distract you from meeting life’s other needs and responsibilities. Your kids will still need to go to college; your family will continue to benefit from the yearly getaway vacation; and you will undoubtedly have a better chance of advancing in your job if you remain vigilant at keeping your boss happy. People who neglect important areas of their life in order to focus on uncertain doom are losing sight of what’s important—not to mention failing to see life’s daily joys. With that said, it is still quite possible to live a full, rewarding life while preparing for hard times. Not only is it possible, but as the head of a household, I would argue that achieving this kind of balance is your responsibility.



Indian Ocean tsunami, 2004 (*Wikimedia Commons/David Rydevik*)

Events have made me who I am—neither a hardcore survivalist nor an all-trusting soul. I am a Boy Scout in the truest sense of the word—dedicated to family, country, and good citizenship. As you may already know, an enabling element of those ideals is being prepared. I will never forget the helplessness that I felt in witnessing the horrific terrorist attacks of September 11, 2001. That event forced me to accept that our world is not as safe as we like to believe.

Before I could even catch my breath, the world shook again with the tragic Indian Ocean tsunami of 2004. I remember sitting with my family that fateful Christmas, the holiday cheer forever interrupted by the suffering that hundreds of thousands of our brothers and sisters felt across the world.

These events drove me to take actions that one day might save lives. And what better contribution can anyone give this world than to save another life? When things go terribly wrong, the few reach deep for courage to make it better for the many. It has always been that way.



Effective preparation requires prioritizing your needs based on the likelihood and impact of events.

What makes this book different from others is that it presents a practical approach to becoming prepared. As many books have demonstrated, it is easy to simply recommend that you keep everything you could ever need on hand. It doesn't seem to matter that it costs five times your salary, weighs a couple tons,

and compromises many important aspects of your life. In my view, preparedness is best served by keeping all things in perspective. This premise will become clearer as you make your way through this book.

There are plenty of hardcore *preppers* who believe that everyone should be ready for Armageddon. These survivalist types will almost certainly criticize some of my recommendations as not going far enough. Who knows for sure—they may be right! But I tend to take a more pragmatic approach. My motto is “**prepare for what makes sense.**” It is highly unlikely the world will end tomorrow. Even if it does, it is equally unlikely that anything you do today will ensure your survival through the cataclysm. Better to be prepared for the challenges you might actually face—harsh weather, power outages, loss of income, being stranded on the road, and so on.

But we still haven't answered the underlying question: “Why?” That single question is arguably the most important one in this entire book. If you don't know the answer, then you will likely lose your dedication to preparedness somewhere along the way. Also, without a clear rational answer that you truly believe in your heart, you will never win over family or friends—and establishing a network of fellow *preppers* is an important part of the readiness process.



Don't lose your way. Anything can happen!

The short answer is that the world is not as safe as we would like to believe. It is a chaotic system with limitless inputs and outcomes. *Anything can happen.* If you can keep these three simple words in mind, they will help you along your way. When people ask why you are going to such trouble to prepare for darker days, smile and say, “Anything can happen.” Who can possibly contest that simple statement?

Life is wholly unpredictable. Ninety-nine percent of the time everything works great. The world spins like a top, the skies are clear, and your refrigerator is full of milk and cheese. But know with certainty that the world is a dangerous place. Storms rage, fires burn, and enemies attack. No one is ever completely safe. Not you. Not your children. Not the richest man alive. We all live as part of a very complex ecosystem that, at its core, is unpredictable and willing to kill us without remorse or pause.

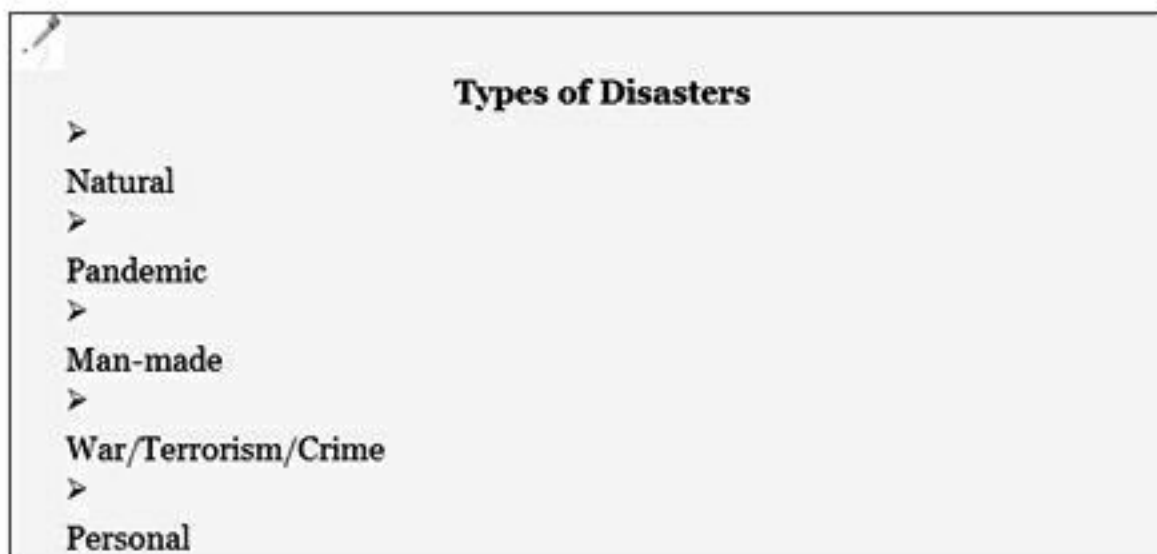
Don't believe me? Read on.

A SHOPPING LIST OF DISASTERS

There are countless ways in which the world can kill you. Many are simple accidents of nature, while others are the result of more malicious intent. Regardless of the cause, dead is still dead, and that eventuality is something we are all trying to avoid (or at least postpone). Remember the simple truism that nearly everyone who died as the result of a disaster fully believed they would live to see another day.

To help get everyone on the same page, as well as illustrate the point of how merciless our world can be, let's start by defining the word "disaster." One succinct yet informative definition is given below.¹

disaster—*a calamitous event, especially one occurring suddenly and causing great loss of life, damage, or hardship, such as a flood, airplane crash, or business failure.*



The key words here are *calamitous event*, *suddenly*, *great loss of life*, *damage*, and *hardship* (none of which sound appealing, but particularly distressing when put together in a single sentence!). When described in this way, it becomes clear why we are interested in mitigating the hardship caused by such a crisis.

Natural Disasters

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Flood

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Earthquake

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Snow storm

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Tornado

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Hurricane

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Winter freeze

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Ice storm

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Thunderstorm

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Heat wave

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Wildfire

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Famine

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Famine

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Drought

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Volcanic eruption

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Landslide

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Sinkhole

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Tsunami

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Hail

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Avalanche

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Asteroid strike

NATURAL

Natural disasters are events stemming from the dynamic nature of our universe. The world is constantly changing, and that grand-scale motion wreaks havoc. This category of disaster includes the four horsemen of death and destruction: earthquakes, tsunamis, hurricanes, and floods. Natural disasters cause extensive property damage and unbelievable loss of life. Even a quick listing of some of the worst natural disasters in the last fifty years is sobering.^{2,3,4,5}

EARTHQUAKES AND TSUNAMIS

Location	Date	Impact
Haiti	January 2010	est. 230,000 dead
Sichuan, China	May 2008	est. 70,000 dead, 18,000 missing
Kashmir, Pakistan	October 2005	est. 80,000 dead, 3 million homeless
Sumatran Coast	December 2004	est. 225,000 dead
Bam, Iran	December 2003	est. 31,000 dead
Manjil-Rudbar, Iran	June 1990	est. 40,000 dead, 60,000 injured, 500,000 homeless
Tangshan, China	July 1976	est. 242,000 dead
Peru	May 1970	est. 66,000 dead



Eruption of Mount Saint Helens, 1980 (photo by Department of Natural Resources, State of Washington)

VOLCANIC ERUPTIONS

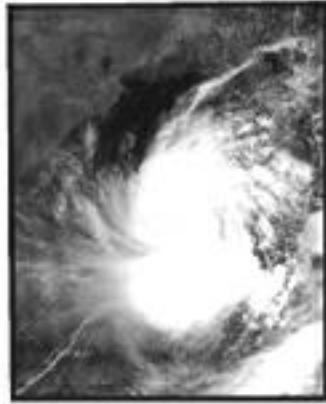
Location	Date	Impact
Mount Pinatubo, Philippines	July 1991	Blanketed 290 square miles with ash; more than 800 dead
Nevado del Ruiz, Columbia	November 1985	est. 25,000 dead
El Chichon, Mexico	April 1982	est. 2,000 dead
Mount Saint Helens, Washington	May 1980	Largest historic volcanic eruption in the 48 contiguous states; deposited ash across 11 states; 57 dead

DROUGHT AND FLOODS

Location	Date	Impact
North Korea	mid-1990s	est. 600,000 dead
Ethiopia	1984–85	1 million+ people dead
Uganda	1980	21% of the population (est. 50,000) dead
India	1965–67	est. 1.5 million dead from starvation and disease

HURRICANES, CYCLONES, AND FLOODS

Event, Location	Date	Impact
Cyclone Nargis, Burmese Peninsula	May 2008	est. 100,000 dead
Hurricane Katrina, United States Gulf Coast	August 2005	Massive coastal destruction; 80% of New Orleans flooded; est. 1,800 dead
Hurricane Mitch, Honduras and Nicaragua	October–November 1998	Unknown dead; 2.4 million homeless
Floods Yangtze River, China	August 1975	Widespread famine; est. 85,000 dead
Floods, Hanoi, Vietnam	August 1971	est. 100,000 dead
Bhola Cyclone, Bangladesh	November 1970	est. 500,000 to 1 million dead



Cyclone Nargis, 2008 (NASA photo)

Even this cursory survey of recent natural disasters makes it clear that large scale catastrophes causing terrible loss of life are not uncommon events. Again, these are only the *major* natural disasters in the last half century. There are countless others of a lesser scale not listed.

Weather events are often the first type of natural disaster that comes to mind. If you live in Colorado, you have experienced the isolation of heavy winter snowfalls. If you are on the Florida coast, you know well the destructive forces of hurricanes. And if you have ever had to pack your family into a coat closet in rural Alabama, you can appreciate the very real threat tornados pose. Regardless of where you are in the world, dangerous weather events can and do affect you.

There are, however, many other types of natural disasters that cause worry, death, and grief all over the planet. How has your family been affected by natural disasters?



Spanish influenza, 1918

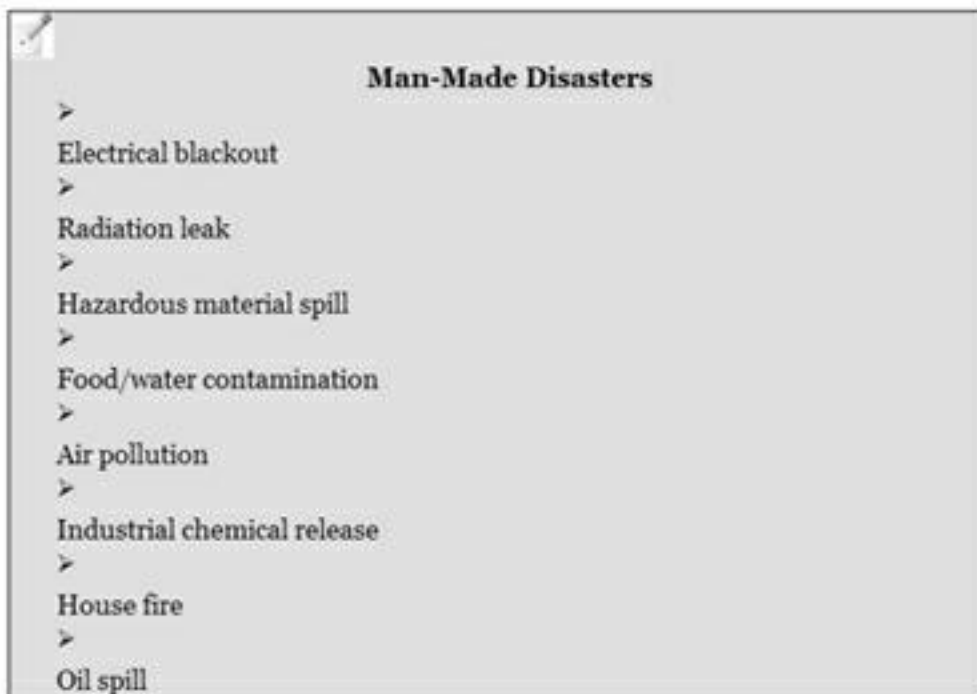
(photo by National Museum of Health and Medicine)

PANDEMIC

A pandemic is loosely defined as a very widespread disease or illness—perhaps across a nation, perhaps around the world. For as long as I've been alive, and probably much longer, people have been predicting that a “superbug” will eventually destroy our world (or at least set it back a few centuries). Given the list of potential candidates that make the daily news, including H1N1 Swine Flu, SARS, AIDS, Marbug virus, Ebola, H5N1 Avian Flu, and many others, it is certainly easy to understand their pessimistic predictions.

MAN-MADE

Man-made disasters are usually the result of things going wrong in our complex technological society. They include: blackouts, hazardous material spills, air pollution, house fires, radiation leaks, food or water contamination, and industrial chemical releases. In the best case, they simply rob us of our modern luxuries for a brief time. In the worst case, they impact the entire ecosystem in which we live.



A profound example of a man-made calamity is the 1986 Chernobyl nuclear power plant accident that, according to the World Health Organization, exposed six million people to dangerous levels of radiation and left a portion of our planet nearly uninhabitable.⁶

WAR/TERRORISM/CRIME

Disasters caused by malicious intent are perhaps the most terrifying because their impact is limited only by the perpetrator's knowledge and available resources. Consider that humans are the only species to have ever existed who possess the ability to destroy the planet (in so far as to make it uninhabitable for mankind). Recently, there has been significant emphasis around the globe on combating the threat of terrorism. Some argue that such attention has improved our level of safety, while others quickly dismiss that view as naïve.



Chernobyl nuclear accident, 1986 (photo by Ben Fairless)



**Terrorist attacks of 9/11
(photo by FEMA News/Bri Rodriguez)**

PERSONAL

Sometimes a disaster is nothing more than an unfortunate turn of events in your personal life—perhaps an illness, loss of job, or unexpected financial burden. Typically, it causes hardship through financial pressures or physical disability. Serious personal misfortunes like these must also be included in your emergency plans since they disrupt your life in much the same way as other disasters.

DEFINING “BAD” AND “REALLY BAD”

All things are relative. What is considered to be a disaster by one person, might be thought of as little more than an inconvenience by another. To sort this out, it is helpful to have a general method of ranking disaster events. There are no recognized rating systems, so one will be arbitrarily created for the sake of discussion. This admittedly unscientific system is designed solely to illustrate the point that the term “disaster” may be used to describe a wide range of events.

Let’s rate disasters by three important metrics: *area affected*, *duration*, and *severity*. Let’s further rank each metric from 1 to 4, where 1 represents the best case, and 4 represents the worst case. Table 0-1 puts values to the categories. Again, keep in mind this is just an arbitrary rating system. But it gets your head in the right place—thinking about how broad disasters can be, how long they can last, and what impacts they might have on you and those you love.

Table 0-1 Arbitrary Disaster Ranking

Category	Area Affected	Duration	Severity
1	Local	<5 days	<ul style="list-style-type: none">- Limited disruption to services/utilities- Food/water/fuel available- Government/financial institutions intact
2	Regional	5–14 days	<ul style="list-style-type: none">- Limited disruption to services/utilities- Limited food/water/fuel- Government/financial institutions intact
3	National	15–60 days	<ul style="list-style-type: none">- No services/utilities available- No food/water/fuel available- Limited disruption to government/financial institutions
4	Global	>60 days	<ul style="list-style-type: none">- No services/utilities available- No food/water/fuel available- Collapse of government/financial institutions

To make sense of this, consider two examples—one at each end of the disaster spectrum.

EXAMPLE 1:

Your community is hit by a winter ice storm. Power goes out, and the roads are treacherous to drive on. A few grocery stores have managed to stay open, and water and propane fuel are still available and unaffected. Within a few days, the ice melts and things return to normal. Using our rating system, we would define this disaster as 1-1-1 (Area Affected: Cat. 1), (Duration: Cat. 1), and (Severity: Cat. 1). All in all, this is a mild disaster with limited impact.

EXAMPLE 2:

A large volcano erupts without warning in the center of the United States. It spews ash up to six feet thick across the entire country. The weather becomes unpredictable, daylight is limited, and there are no services (medical, fire, police) or utilities (phone, power, water, gas) available. Roads are completely impassable, so escaping the worst hit regions is not an option. The government is overwhelmed and quickly unable to function. Financial institutions worldwide are crippled. Worst of all, the effects of the disaster could be felt for a decade or more. This disaster would rank as 4-4-4 (Area Affected: Cat. 4), (Duration: Cat. 4), (Severity: Cat. 4).



Think this sounds impossible? Do a little research on the super volcano lying under Yellowstone National Park, affectionately named “The Beast” by geologists.⁷

Again, the key point of this rating exercise is to recognize that disasters come in many shapes and sizes, not all of which require the same preparation.

PREPARING VERSUS *PREPARING!*

Just as there are various degrees of disasters, there are also many different levels of preparedness. This brings us to one of the most important points in this book: **Know what you are preparing for.**



Realize from the beginning that you can't prepare for everything.

You can't prepare for everything. Instead, try to draw a line in the sand based on what you see to be the greatest threats to your family. Then target your efforts to mitigate the impact of those threats. Do you want your family to be capable of riding out a particularly bad winter storm? Or are you preparing for something much worse? Only you can answer these questions. And your priorities may change over time. Perhaps you will begin by simply reviewing and updating your homeowner's insurance, and filling the pantry with extra canned goods. Later, you might feel compelled to take a more exhaustive look at things. Taking that next step might lead you to develop emergency preparedness skills (e.g., first aid, home maintenance, gardening, canning), establish a network of fellow *preppers*, and more closely monitor world events that might portend of an impending disaster.

The point here is that you need to maintain a realistic understanding of how well your preparations will carry you through different situations. As a Green Beret soldier once advised me, "Know your capabilities, but more importantly, know your limitations." Accept that being prepared does not necessarily require planning for the end of the world. A better starting place is to focus on meeting your family's needs during the most likely disaster events.

WILDERNESS SURVIVAL

People often confuse disaster preparedness with wilderness survival. Many books treat them as one and the same, and that is a critical shortcoming. Let's distinguish between the two. Disaster preparedness is having a wood-burning stove for keeping your family warm on cold winter nights when the power fails. Wilderness survival is building a lean-to using branches and shoestrings. Both are important and can save your life. Even though there will be times when the line gets blurred, there should be no illusion about it. This book is focused on disaster preparedness, *not* wilderness survival. There are two reasons for this.

First and foremost, preparing for likely disasters will serve the vast majority of people much better than honing their "live off the land" skills. Perhaps some, such as avid hikers or pilots, might fall outside this rule, but for most of us it is far more likely that we will be facing a power outage than a charging moose.



Wilderness survival (*U.S. Navy*)

The second reason is that disaster preparedness is something that can be taught using a book. Regardless of the number of ways someone describes how you clean a squirrel with a pocketknife, it requires hands-on instruction and a heck of a lot of practice in order to become proficient. Much of what is contained in this book, on the other hand, is simply designed to help you identify the needs you may experience during hard times.

This is not to suggest that wilderness survival is unimportant. On the contrary, it just might save your life one day. Those blessed few who truly possess the skill to survive in extreme wilderness conditions are to be saluted.

AVOIDING PITFALLS

There are dozens of disaster preparedness (DP) books available. Some titles are unique and informative, while others do little more than rehash the Air Force Survival Guide. Even with the breadth of choices, there remain many unanswered questions and a great deal of misinformation. An overriding objective in writing this handbook was to pull together a collection of useful information that avoided the shortcomings common to other DP books.

Some of the biggest shortfalls are discussed below. They are listed here only to illustrate what you should watch out for when conducting your own research.

Back to Basics—Much is written on the need to become self-sufficient by generating your own power (a.k.a., “getting off the grid”), growing your own food, retrieving your own water, and essentially checking out of modern society. This approach is not particularly practical or even desirable for most people.

List Driven—Preparing is often conveyed by exhaustive lists of tools, clothing, food supplies, and other gear. Unfortunately, this hoarding can cost tens of thousands of dollars with a questionable return on the investment. The approach tends to be popular because, let’s face it, we all love lists! They itemize what you need in a format that allows checking a box—thereby getting one step closer to readiness. The assumption with exhaustive stockpiling is that the world’s supply chain will collapse, forcing your family to live for a year or more on only what you have stockpiled.



Unless all civilization breaks down, you don’t have to be self-sufficient to be prepared.



Try not to get overly excited by lists. Preparing is not just about collecting “stuff.”

If history is to be our guide, then this doomsday assumption is very unrealistic. Most of the recommended supplies would prove costly and unnecessary. You would likely end up with a jumble of stuff collecting dust in a “junk” closet until a spring cleaning forced them to be sold at a garage sale.

Food Focus—Countless pages in dozens of DP books have already been dedicated to food topics, from bulk storage to basic recipes, canning techniques, sprouting, and even grinding your own wheat. All of this I personally find very interesting, and if you share that interest, I encourage you to investigate. However, as you will discover, the food plan presented in this book is built around very different goals.



If ever there was a time to be a skeptic, it is when your life is on the line.

Hearsay—Unfortunately, much of the information circulated in the DP community is unsubstantiated—based as much on folklore as fact. I am, and advise that you be, very skeptical of unreferenced information. People *think* they know lots of things, but more often than not, the knowledge is unproven and untested. Always ask yourself, “How do I know this is true?” The best answer is to put it to the test yourself. Second to that, is to locate a well-documented report of someone else testing the idea.



A worst case scenario (photo by US Department of Energy)

Scare and Prepare—Scare tactics are often employed as motivators for disaster preparedness. Worst-case “what if” scenarios are employed—another nation threatening a preemptive nuclear strike, an Earth-destroying asteroid heading our way, the latest plague mutating and become airborne—you get the idea. Once an author has scared the pants off you, he may spend another fifty pages emphasizing that you can survive anything if you are adequately prepared.

I do not engage in the *scare and prepare* method. The fact that you are reading this book tells me that you already know the world is a dangerous place and want to prepare. Preparation motivated by fear is ill-advised. Remember, you already dealt with this when you ran around waving your hands wildly, shouting, “The sky is falling, the sky is falling.” Besides, I believe that preparing should be motivated more out of love than out of fear.



Preparing should be motivated more out of love than out of fear.

TOME OF ALL KNOWLEDGE

It would be easy to write an eight-hundred-page book on disaster preparedness. There are scores of topics that could be studied, many of which would be of secondary value at best. This book aims toward a basic nuts and bolts approach rather than being the “tome of all knowledge.”

My objective was to write a book that you can share with your family and friends. In fact, my intent was to create a book to give to *my* children and friends, and all those whom I care enough about to help them make it through tough times. In the end, it is not quite Strunk and White’s *The Elements of Style*, but at least it doesn’t rival the girth of Margaret Mitchell’s *Gone with the Wind*.

This book is intended to be a study guide—something that can be read as a whole or quickly referenced by individual sections. While the organization is similar to many other DP books, the content is a compilation of personal recommendations based upon my own research. The ultimate goal is simple: to ensure that you and your family are more confident, prepared, and secure in this very unpredictable world.



YOU are responsible for your family's safety. Don't wait to take action. Start today.

Let's be clear about one thing: Disaster preparedness is all about you. If you choose to read this book and take no action, then fine, you are a little smarter than you were at the onset—although arguably no better prepared. On the other hand, if you find yourself loading up the supermarket cart with some extra cans of tuna, or tossing a gas can and blanket into your trunk “just in case,” then it was all worth it.

CANDOR

Years ago I worked as a college professor, and one thing I came away with is that teaching is most effective when done with empathy and candor. For that reason, I am writing this book with the same tone and honesty that I would want to see if I were reading it. Try to think of us as two friends out in the shop changing the spark plugs while drinking cold ones (Coke or Coors, your choice). We will work through the discovery process together. I will read through the Chilton's guide, and you turn the wrench. One thing that may not be obvious yet is that a significant part of surviving a disaster is leaning on your fellow citizens, sharing resources, and finding strength in numbers. We might as well start out that way.

ORGANIZATION OF THE BOOK

The bulk of this handbook is organized around the basic needs that must be met in order to survive. At the beginning of each chapter is an example scenario designed to help you consider your current level of readiness. At the end of the chapters, are quick summaries of the important points for easy future reference.

At the end of each chapter is a brief list of recommended supplies. The lists are intentionally kept short, limited to actual needs, not “nice to haves,” and are crafted with generality in mind—focusing more on the general need than the specific items. You should tailor the lists such that your supplies are practical and effective in meeting *your* specific needs. Taking an individual approach to preparation will help you pull together a DP plan that works for you and your family.


ANYTHING CAN HAPPEN.

ARE YOU AND YOUR FAMILY PREPARED?

Ninety-nine percent of the time, the world spins with ease: you and your family have food in the pantry, a roof over your heads, and the ground is firmly planted beneath you. But the world is a volatile place, where earthquakes and tsunamis wipe out entire cities, acts of terror destroy buildings and homes, and epidemic diseases threaten to claim lives without warning. The world can turn deadly at any moment—no one is completely safe.

If a hurricane were to hit your town or a nuclear meltdown were to occur tomorrow, would you and your family be prepared? Would you be ready with the equipment, foresight, and knowledge of how to survive in case of an emergency, no matter the scale? This book will help your family create a practical disaster preparedness plan that covers all fourteen basic human needs. Learn: how to shelter yourself effectively in your home from radiation; which food stuff to have in storage; how to give first aid in any medical situation; to plan ahead so your family is financially prepared in case a catastrophe strikes; how to be ready and able to protect yourself and your kids by any means necessary. This is the essential guide every family should own, study, and keep handy in case the unthinkable should occur.

Dr. Arthur T. Bradley is an Army veteran, father of four, martial arts expert, and homeschooler. He is active in volunteer youth organizations, including the Boy and Girl Scouts of America. He holds a doctorate in engineering from Auburn University and currently works as a senior engineer for NASA.

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