

The first 78 hours.

The book THE SURVIVORS CLUB by Ben Sherwood, demonstrates well the importance of thinking ahead and being mentally and physically prepared for any possible crises event. This book goes through crises after crises in which a person might find himself, demonstrating the mentality of those who survive and those who do not. From being a prisoner of war to falling out of an air plane, survival is demonstrated in powerful ways, in all cases the one who survived was the one who in life, had an attitude of looking the desperation of reality in the face, yet had an attitude that no matter what, they would make it.

Studies have shown that 8 out of 10 people will remain passive in a crises, relying on someone else to take charge and make the critical decisions, one out of ten will panic and even endanger others in the process, and only one out of ten will have been mentally and physically prepared to not even save themselves but be able to assist others as well. This is the time for the body of Christ to shine!!

The first 78 hours of any crises is the most difficult hours of any crises, whether it is a health crises, a natural disaster, or any kind of personal crises, how you handle these first precious hours could determine your life or death and at the very least the quality of the life you will have, during and after the crises.

Those who truly survive with flying colors, those who are able to not only survive themselves but are able to reach out a helping hand to those who are floundering behind, are those who are able to RESPOND to the crises, rather than react to it.

The person who responds rather than reacts, can only be the person who has prepared as much as possible for what may be an inevitable future event, as proverbs states, a wise man sees trouble ahead and hides himself!

The following will be very practical information, designed to get you thinking about short term preparedness. Once the exercise of THINKING about preparedness begins, it will become a way of life. Therefore my primary purpose here will be to help you begin that process of thinking ahead to the **what ifs**' of life, not in fear or panic, but with the attitude that to the best of my ability I am going to do my part in being that wise person God expects me to be.

In any situation, I plan, and prepare, to the best of my ability, but in so doing I know that in the midst of everything, I will never be able to take out all possibility of suffering. The most important ingredient in ALL preparation is fully believing, that if (and I will) I have missed any element of preparedness, my baseline of everything I do or prepare for, is that God loves me, he has my times in His hands, and if I am thrown into a circumstance where I feel like I am a cat thrown into a black bag, He will lead me through. This is my first defense, it IS my mental preparedness! Not some kind of macho mess, where my guns or my food storage will get me through, NO, in my bones I know my only hope is -but God. My prayer is that this is also your bedrock.

I have reviewed many, many so called preparedness kits, none of them impress me. Most, in my opinion, are too expensive and many are such poor quality that I would be concerned as to the longevity of their storage.

In preparedness much of what I do may sit for years without being used, and if I have set my hope of survival on items that have disintegrated then I have obviously not prepared well after all. So my strong suggestion is do not believe the advertisements for the easy way out, the perfect pre made 78 hour kit does not exist! However, I do study them in order to get ideas for my own personal use.

I also believe that I can be prepared without spending an arm and a leg, this also takes a change in thinking. I coupon, I am always looking for deals, and I ALWAYS think preparedness, in a grocery store or hardware store, I am thinking, looking for deals and staying alert.

I am also researching events and consciously looking at events with the eye of survival, for example in the various tornado events of the last few years, I have noticed one key element used every time in a disaster - blue (just happens to be the color) **TARPS!!** Then, while in Jakarta this last May, as I was riding the train, I saw a sea of blue and realized how MANY uses these blue wonders have. So guess what I do now, I think tarps, I will be looking for sales, and even garage sales, but I now think tarps, what I am demonstrating here is mental AND physical preparedness.

I take this mentality home with me, last year we had many fires in Texas and one of them came mighty close to our property, what I learned in that fire drill was absolutely priceless, I learned the value of checking up on things, making certain that equipment is in the right place, not disintegrated, but on ready alert, I have gotten all important papers in one place and many off site, I went to my bank and inquired of the manager concerning the fire safety of my safe deposit box. I even got a lesson in vault building!

I begin my list with outside preparedness, because often it is the last thing we think about:

- Water hoses with sprinklers attached, and I do mean water hoses, I would sure not rely on your sprinkler system in a crises, without electricity it is toast and so is your home, if I am evacuated I have enough water hose to cover the roof of my house and set sprinklers on top of my house. I would have the water running full pressure, before I ever left my house. That preparedness alone could save my house in a fire as the sprinklers would do the job of fighting off sparks.
- Shovels, statistically always the first thing hardware stores run out of in a crises. Rakes, nails, manual hammers and drills, screws, washers, bolts and of course blue tarps. If you have the space, some 2x4 and any other type of building material to cover the ruins of a crises.
- Believe it or not, DUCT TAPE ! This tape was invented in World War II as the military needed a flexible waterproof durable tape. The GI's called it duck tape because it was water proof like a ducks back. With duct tape, you can repair, reseal, splint, create a shelter, make a sling, holdfast a bandage, mark a trail, stop water leaks, and in the case of one airline strap down a broken seat in flight - saw it with my own eyes!!. And last but not least, tape down that blue tarp.
- For power outages a generator would be wonderful, but if you can not afford one, consider how you would make it without electricity.

- A chest freezer rather than an upright holds cold in longer, I have identified a store near me that carries dry ice. It is important that you do not store dry ice yourself as it will destroy the freezing elements on your freezer, but in an emergency I can get it. Do not open your freezer unless absolutely necessary, and remember a full freezer keeps things frozen longer. Several ice bags stored in your freezer will help for easy access in a crises for your refrigerator needs. A large ice chest, a cooking source, a barbecue (kept up with extra bottles of propane). Another gadget I am looking into is called a stove in a can, it is non-toxic, portable and has an indefinite shelf life -- it runs around \$400 dollars so it is on my wish list for now.
- A full tank of gas. I try never to have an empty tank in my car. In a crises so many will be lined up at the station, you may never be able to get any gas. During hurricane Katrina people lined up for miles, only to have the station run out of gas before they got to the pump.
- If evacuation is necessary forget the interstate, travel the red roads on the map, you will avoid the traffic and arrive your destination much quicker. And forget your GPS, have good old fashioned maps in your car so you are not traveling with the masses.

Communication:

In a crises, do you have alternative plans of communication in case of any emergency?

- A car powered cell phone charger, that is if you can still use your cell phone. Invest in a solar powered charger, it will help you keep cell phones, I-Pads and computers going when your satellite television goes off the air.
- In the last fires of Colorado Springs, Colorado, the mayor was asking everyone to please NOT use their cell phone. After considering all the possibilities for safe and secure communication, I am going to get my ham radio license this fall, an inexpensive radio cost a little over a hundred dollars, ones that include police radio bands are more expensive. The radios are now the size of a walkie-talkie and I believe will be well worth the time and money.

Discuss with your family where you would meet and how you would communicate if an evacuation were to be required:

- If you leave your home, be aware you will not be allowed to return home if the government has evacuated the community. Some people have been evacuated only to return to their homes and found them robbed. Think security, doors locked, etc., but also I for one will be the last to leave unless it is a fire, or hurricane, I am prepared enough to be able to stick it out, while others will have to run. I will be wise, but because of preparedness, I think in most cases I am safer to stay and hunker down.

- Water, water source and a purifier. More than food, good clean water is a must. I have discussed the Berkey before and you can order one by going to www.cornerstonereport.com. It is portable, will disinfect any water, except pool water. Be sure to also order extra cartridges.

An emergency to go bag:

My son in law is a trained second responder, he learned first hand what should be in this bag. I have added some of my own ideas to this very important element of preparedness.

Make certain that your bag is sturdy and will not fall apart when you need it. In this bag, you need:

- A strong sharp hunting knife, cup, eating utensils, medical supplies, flashlight, batteries, rope, bungee cords, water purifying tablets, dehydrated food, trash bags, zip lock bags, paper towels, change of clothes, toilet paper, matches, a product called Insta-Fire, looks like kitty litter and will burn for up to 15 minutes, portable folding shovel, bug spray, Mylar blankets, rain poncho, hand cranked radio, a portable ham radio, gloves, work gloves and disposable gloves, personal hygiene items, tight weave cotton masks.
- It would be good to make a bag for each family member, with the instruction to grab their bag on the way out.

A word about dehydrated foods, I have a dehydrator, I also do my own canning, but this is more for long term preparation. The best dehydrated, easy to transport, good tasting, and long lasting food is a product called Mountain house. It is expensive... a box of it is about \$220 (put it on your wish list and go on-line and watch for sales), it is well worth the money.

Medical emergency bag:

- Band-aids, gloves, alcohol towelettes, hydrogen peroxide, suture kit (best kit can be found at www.nitro-pak.com for about 80 dollars), stethoscope, blood pressure cuff, ace bandages, medical tape, large sterile gauze, calamine lotion, pain reliever, scissors, cotton tips, Benadryl.
- Ask your doctor for extra prescriptions that you are on long-term, be sure to rotate this supply. I am a strong believer in herbs and natural medicines so my bag would also include at least the following:
- A colloidal silver machine, I make my own and it is one of the best antibiotics you can have access to. Mine is small and compact, completely portable, if you cannot do that, health food stores carry it, but not in the strength I make.
- Lavender oil is great as a pain reliever, muscle massage, works on sprained ankles, antiseptic, burn relief, insect bites, sunburn, nausea relief, balances emotions, and much more. Tea tree oil, for ear aches, tooth ache, small amount in shampoo destroys head lice and fleas, heals blisters, and it is a non-toxic cleaner.

- Whole cloves help tooth aches.
- Activated charcoal is an antidote for hundreds of poisons, snakebite, Advil overdose and other accidental medicine overdoses and allergic reactions. Buy the powdered kind and dampen before using, this can be used in small doses for diarrhea, also it can be used to treat food poisoning.
- Chlorella can be used for anemia in severe blood loss cases.

I put a disclaimer here, I am not a doctor, but have spent almost 20 years studying alternative medicine, in my own preparedness case, I would have many more options, but for those inexperienced in the use of herbs, these would be the safest products to use in an emergency.

Finally, check your in-home stock, make certain you are ready for at least a weeks preparations. Every ones list will be different according to your taste. But here are some ideas.

Freezer:

- Meat, bread products, ice, frozen fruits and vegetables.

Dry foods:

- Flour, sugar, boxed mixes, baking powder, yeast, spices and other baking supplies, powdered milk and eggs.

In my case I have the following:

- High protein green powder, like Moringa from www.moringaforlife.com. This is a high powered protein food used all over the world. It taste terrible, but it will keep you alive. Protein powder, flax seed, acidophilus. I have a big jar that I have combined many ingredients into including vitamins etc. I no longer mess with opening a pack of some health product at a time, I put them all together, I shake it, scoop it, and drink it, then carefully reseal and store it in a dark, cool place.

Stockpile:

- Medicine and vitamins first! Canned goods, paper products, feminine hygiene, cleaning products. Remember your pet (dog food, heart worm medicine, etc.). My little one has her to go bag also.
- Knife, guns for hunting, pepper spray, candles, propane, flash lights, kerosene lamps with extra oil, etc.

- Keep rotating your stock, and I strongly recommend you practice several times a year using your stock, thereby continually rotating and experimenting with length of shelf life and do you have enough for a crises.
- Even as lengthy as this is it is by no means a complete list, but it is a start, go through and make your own list, even if you have to start with one item, you are still more prepared then you would be had you not begun. I suggest you make a goal of each month getting something that will prepare you for what may be a tragic event, you may not just save your life but others as well.

Prayer points:

- Ask God what he wants you to do.
- Ask the Lord to bring into your life finances in order for you to be able to get prepared

Action points:

- Make a list of what you think will be your emergency need.
- Map out a GO Plan, get your family and friends involved. Discuss where and how you will communicate in a crises situation Set financial goals as to how you will achieve a higher level of preparedness.