

Can You and Your Family Survive the End of the World? The Next Natural Disasters, Disease Outbreak and Every Other Threat to Human Life on Earth May Cost You Your Life. Be Ready!



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Chapter 1. Introduction

Most of us have thought about how we would handle various types of scenarios that could signal the end of the world. There are plenty of movies on the subject, psychological papers, and even survivalists that are part of reality TV shows. Perhaps you have had dreams about being one of the few left and what you would do in order to survive.

It doesn't matter if you think that the chances of a zombie apocalypse are next to zero. There are plenty of other types of scenarios that can occur. There may be a meteor in space that creates serious damages here on Earth.

Even though nuclear weapons seem to be more controlled than in the 80's, that doesn't mean the risk of nuclear war is off the table.

What about the risks of natural disasters that are devastating in terms of the volume of damage that they can create? In recent years, the number of tornadoes, hurricanes, and other natural disasters have continued to increase. There can be many reasons for this including changes in overall climate.

You can make yourself crazy though and lose sleep thinking about the what ifs. A better way to handle all of it is to prepare for the worst case scenario. Hopefully, you would never need to have such items put to use. Yet if you do, you will significantly increase your chances of survival.

We live in a society where it seems so easy to get what you need that we take for granted how tough it would play out with a huge disaster. No more buying what you need online or walking into a grocery store for food. No more electricity when you flip a switch or running water when you turn on the faucet.

While we can't control the events that may one day unfold, we can control how we are prepared for them. With some basic items stored, you can have an upper hand on many other people that failed to get anything in place. Creating some types of allies that you would be able to depend on if you had a need during such time could make the difference between life and death.

Weapons may play a large role in who is able to survive and who isn't. Not only in terms of hunting for food, but also in self-protection. In the event of some form of aliens, mutations, or zombies, you need to be able to destroy them. The other issue is that other humans may try to come and take your food, shelter, and supplies if you don't have weapons to keep them away.

Your overall health and well-being are important at every stage of life. During an end of the world scene, you won't be able to just walk into the doctor's office or to get medications. Being fit mentally and physically can help you to be prepared for survival mode.

You may be able to stay in your home, but what if you have to make shelter on the go? You need to have a plan A, plan B, variations for different

scenarios, and the ability to adapt to what is going on around you. Depending on the situation, you may need to survive for only a few days but you may need to fully care for yourself and your family for months or even years before society is able to regroup.

There is plenty to think about in order to be prepared for anything. The end of the world may never happen in your lifetime, but what if it does? Will you be among those that are prepared and can survive? Will you be able to keep your family safe and to help them thrive in spite of all of it?

In future chapters, you will get a clear idea of what you need in order to achieve such a goal. Think of it like pieces of a puzzle. In order for the picture to look like it should, you need to have every single piece in place. Being prepared means you can stop worrying about it and you can focus on what is going on in your life that you can control.

Chapter 2. Anything can Happen

Being unprepared is the biggest downfall of most people when it comes to surviving the end of the world. If you think nothing major is ever going to happen, you may be thinking differently when it is too late! Don't say that someday you will get ready for the unknown, make it a priority to be ready for anything.

There can be a very short window of time between what you are doing right now and when a disaster occurs. You aren't going to have time to be able to reach out for supplies or to make a plan of action. You don't want to end up in a panic because you aren't sure what to do or because you know you lack skills or supplies.

Have the mindset that anything can happen, and know that you will be ready to face it head on. Take actions that allow you to feel safe, secure, and ready for the future no matter what it may bring your direction. Go over meeting locations, supply options, and more with your family and with friends that you consider allies.

You can be stronger as a team than individually. Don't wait until something has occurred to find out who you can count on. Remember, your supplies

will run out fast if you are helping those that weren't prepared.

Here is a list of things that you should be ready for:

- Anarchy
- Artificial Intelligence
- Asteroids
- Chemical war
- Earthquake
- Food storage
- Government Martial Law
- Hurricane (depending on where you live)
- Nuclear war
- Social unrest
- Tsunami (depending on where you live)
- Water shortage

Anarchy

Not everyone is happy with the laws as they are. There is plenty of controversy and taking matters into a new direction may occur. This is known as anarchy and with a large enough group with a similar vision, they would possibly be able to take over and run things their way.

Of course without a balance of laws and regulations, there would be all out riots, battles, and more that would result in plenty losing their lives and only a small percentage surviving.

Artificial Intelligence

Technology offers us many benefits, and computers are very advanced compared to just a decade ago. Some experts feel that we need to worry about artificial intelligence taking over the world. Is it possible that they would one day be able to think on their own?

What if they were programmed with some ulterior motives that a human wasn't able to control or stop? In such a scenario, it would be very difficult to survive without lots of skills and supplies.

Asteroids

There are movements out there in space all the time, and we tend to never worry about them. Yet it is possible for an asteroid to create some type of explosion. Another worry that could occur is that with all of the human disruption of space such as with rockets, satellites, etc. that it is possible for us to create a cosmic chain reaction of events that result in havoc on Earth.

Chemical war

The risk of chemical war could be intentional or by accident. Yet the exposure of such chemicals to living things would certainly destroy most of them. There are several movies that explore this option. For some reason, there would be those that were resistant to the problem. The use of gas masks and other devices could mean the difference between living or dying.

Earthquake

Movement of the Earth at the core or the mantle can result in areas of mass touching each other. This is what creates an Earthquake. The severity of it depends on many factors. Some scientists believe that the end of the world will be due to the many underlying changes to the Earth and the core of it and how it is comprised.

As a result, a very large Earthquake may be one of the ways in which the end of the world happens. There could be a big enough shift in the core and the mantle due to global warming and other negative elements to make it possible, even if only a very small percentage of possibility is there.

Food Shortage

An ecological imbalance could result in a food shortage. This can include overpopulation, changes in climate that make growing food difficult, Deforestation, and even lack of fish due to pollution in the waterways. A lack of food would have a chain reaction for both humans and animals.

Government Martial Law

It is no secret that the economy is in dire straits, and it has been that way for quite some time. Government martial law may occur at some point, and only those that are really ready for it would be able to survive. This type of tactic would include a curfew, rations on food, relocation that is by force, and even supplies and weapons being confiscated.

Hurricane (depending on where you live)

Tropical storms and hurricanes can occur in areas where there are large bodies of water close by the coast. They can create huge amounts of high winds combined with the force of high waters onto the land. While it is unlikely that a hurricane could create enough devastation for the end of the world, they could cause enough damage in locations that it could have a serious trickle down effect for those that do survive.

Nuclear War

There are counter measures in place for nuclear weapons, and the ability to steer them off course. However, that is all in theory though and never really tested in an actual event scenario. The ability to track nuclear weapons though via satellite has significantly reduced the chances of such a doomsday event wiping out the majority of humanity. Still, it can't be entirely ruled out of the equation.

Social Unrest

Significant outbursts of violence can occur if social unrest were to occur. The concept of kill or be killed could apply. It would mean lots of violence, limited supplies, and lots of chaos. In the end, only those that were really prepared both physically and mentally would have a chance to hold out until some balance could be successfully restored.

Tsunami (depending on where you live)

In areas where there is an ocean or a lake, a Tsunami can occur. The large amounts of water combined with force can cause destruction of homes, food being grown, and the loss of life.

Virus Epidemic

There are plenty of viruses that have been around such as the flu, West Nile, and others that make people very ill. Only a small amount of people have actually ever died from them. However, there is the risk that there could be a virus that mutates and that it results in an epidemic of people dying due to the lack of a vaccine being available to fight it.

Water Shortage

Studies indicate that water shortages could wipe out over half of the world population. In addition to water shortage, there could be issues with water that is polluted and results in serious diseases that cause death.

These are just a handful of some of the scenarios that could play out, so you need to be ready for anything and everything. While you may not want to think about what could go wrong, you do need to think about your role and your responsibility to your family. They will be looking to you for guidance and survival.

Being able to provide them that comfort and that direction is going to give you peace of mind. The end result isn't so much what happens but how you are able to cope with it and how you are able to thrive in spite of it. The right supplies, physical abilities, and the right mindset are important to think about.

Chapter 3. Items to have Stored

This chapter can serve as a checklist of items you need to have stored. Some of the categories also have their own chapters where more

information will be expanded upon. Covering all of the essentials first is important so that you can survive the end of the world.

Food

Store food that will last for a very long time. Canned goods, dried goods, and other similar products are ideal for this. It is recommended that you rotate your stock of items periodically. This means that you consume what you have had the longest and replace it with items offering a future expiration date.

Keep in mind that you don't really know what type of natural disaster you will have. Therefore, you can't be sure you would have electricity so you need cans with pop open lids or you need a manual can opener available. You may not have heat either to warm up food so consider items that you will be able to eat right out of the can if necessary.

Keep enough food on hand to feed your family for at least 2 weeks. If you have small children, make sure you have food that they will consume. If you have an infant, formula, baby food, and other similar items that they will need to thrive are very important.

Even if that child breastfeeds, you need to have such items on hand. Remember, you are preparing for worst case scenario. What if the infant's mother dies or is seriously injured? What if her body stops producing milk due to the stress and the changes in diet? Be ready for anything to increase the chances of overall survival.

Don't forget food for your pets either! Many types of dry pet food can be stored for a very long time. However, canned pet food has a much longer shelf life. You absolutely want to refrain from sharing food that is stored for the family with pets so make sure you don't forget about putting away items for them too.

Water

You need to have bottled water stored for everyone for at least a period of 2 weeks. Ideally, you should have 1 gallon per day per person. This should

cover their drinking needs, hygiene, and for cooking. If there is a medical concern, some of the water may be needed to clean up blood or to cleanse wounds too.

Once again, if you have pets, you will need to store water for them as well. A gallon a day per pet should be much more than sufficient. Since you don't know what the weather will be like, it may be very hot which increases the water intake for everyone. Better to have too much than not enough.

Shelter

If there is an end of the world disaster, you will need to have shelter. You will need a place to stay warm from the elements as well as cool from other elements. It would be nice if you were going to be able to stay in your home, but that isn't assured.

Have blankets, pillows, cushions, etc. in the basement of your home where you can access them. If you can stay in your home, you may not be able to stay upstairs out in the open. You need a hiding place perhaps and the basement may be the best place in your home to have that level of security offered.

Have some pup tents ready to go as well as backpacks. Should you need to make the decision to leave your home, you need to be able to take those items with you. The idea is to have a type of shelter you can put up just about anywhere without it being heavy or bulky for you to carry with you.

Medical Supplies

A fully stocked first aid kit is essential to have with your end of the world survival items. You don't know if someone will be injured and you need to be ready for that to happen. Some basic supplies to have available include:

- Antibiotic Ointment
- Aspirin
- Bandages
- Burn Cream
- Eye Wash Solution

- Gauze
- Ibuprofen
- Rubber Gloves
- Scissors
- Splint
- Stitching Kit
- Thermometer

Medications

If you or any member of your household takes ongoing, daily medications, have enough of them to last for 2 weeks at least. Don't wait for your medications to run low or completely out before you get them refilled. Keep all medications in the same location so that they can be grabbed should there be an emergency situation.

Keep over the counter products too including ibuprofen and vitamins handy as well. Keeping your body healthy and reducing the risk of illness or lack of energy is going to be very important. If you have children, make sure you have common medicines for them too including cough medicine and pain relievers.

Think about what you keep in your medicine cabinet now and that you may need access to. This can include antacids, anti-diarrhea medication, allergy pills, and cough medicine.

Communication

In today's society, we have become very dependent upon the internet and cell phones for our main sources of communication. With an end of the world scenario in place, those forms of common communication will likely be cut off. You need to have some other items available including a battery operated radio and walkie talkies.

Basic Hygiene

It can't be hard to focus on the issue of hygiene when you think about your

life being on the line. Yet you will need to do what you can to keep urine and feces away from your bodies and from food and water supplies. Large buckets with a hole cut into them can be used as makeshift toilets. Line them with plastic trash bags that can be tied up.

Money

Don't get too comfortable out there with just your credit or debit cards. Should an actual emergency occur, you may find it is hard to buy what you need with them. Computer systems may be down so getting cash from an ATM may be out of the question too. Keep a good amount of cash in a variety of denominations with your supplies.

Miscellaneous

There are some miscellaneous items you need to have available too as part of your supplies. They will help to ensure you can take care of things and increase the odds of overall survival. They include:

- Adjustable Wrench
- Baby Wipes
- Batteries
- Binoculars
- Chisel
- Copies of important documents
- Dust Masks
- Flares
- Flashlights
- Fire Extinguishers
- Lanterns
- Matches
- Plastic bags
- Pick
- Shovel
- Whistle
- Work Gloves

Chapter 4. Transportation Options

Initially, you may be able to stay in your home, but that isn't going to be something you can count on long term. You may need to have transportation options for small trips away from home or to completely relocate. Here are some transportation options to consider.

Keep in mind that obtaining fuel may become a huge factor. Initially, some of these transportation options may be a good idea but then when the fuel supply runs out you could be forced to use an alternative option.

Car

Using your own vehicle is going to be the most common choice. It is a vehicle you are familiar with and that you can take with ease. If you are considering upgrading your vehicle in the near future, consider one that is solar powered. This can help you get around the problems with a lack of fuel in the case of a serious catastrophe.

Pickup

If you own a pickup, that can be a better choice than a car. A pickup is going to be able to clear areas where a car may get stuck. If you need lots of room, a pickup with a full backseat area may be what you need to invest in.

The best of a pickup can also give you a place to pack up items from your home that you need to take with you. When you are in transit, you don't know the level of damages or the accessibility you will have to supplies. Therefore, it is best to take essentials with you.

Reinforced Vehicle

Depending on the situation, you may not feel completely safe in a common car or pickup. You may need to do some reinforcements with wood, metal, or steel around it. You may need to create some type of cage around it to

keep others out. Hopefully, you are good with tools and you will have some access to various items.

You can also look around town for an old delivery truck. They don't have many windows in the back and they are heavy. These can give you a good framework to use in order to successfully create a reinforced vehicle. Plus, with the extra room it offers, you can convert part of it to a shelter area until you reach your destination.

Tractor

If you are in an area that has been affected by lots of rain, typical vehicles may get stuck in the mud. A tractor though can be a great choice due to the bigger tires. These machines are built for moving through the ground when it is wet or dry so it can help you avoid being stuck.

Heavy Equipment

While it will be slow moving, heavy equipment may be the answer to your transportation needs. If there has been significant damages including trees or power poles down, then you need something heavy duty. You can use such equipment to get yourself to a clear area, then look for a vehicle you can take the rest of your journey.

Semi-Truck

A semi-truck can be useful because of the power it offers, the additional room, and many of them even have a sleeper in the cab area. The downside though is that this type of vehicle does burn through quite a bit of diesel fuel. Still, it may be the mode of transportation that can at least get you moving in the right direction.

Hiking

Moving on foot may be the only real choice you have during some end of the world survival scenarios. If that is the case, grab the backpacks you

have with essentials and get moving. Make sure you have good shoes for walking and clothing that allows you to add or remove layers depending on the temperatures.

Bicycle

A bicycle can be a great alternative to walking or hiking when possible. It can help you to cover more distance in less time. A bike that has several gears can also help you to get where you are headed without using as much energy.

Motorcycle

If the weather conditions are right, a motorcycle or scooter can also be a good transportation resource. This is going to use very little fuel so that is a bonus. It can also be used to move around objects such as vehicles that are stuck in the road or a tree that is down.

Horse

If you live out in the country, you may have horses in a stable or barn. You can ride them to get to your destination. Keep in mind that they can become tired though and you will need to be able to find sources of food and water for them along the route.

If you have a wagon, you can hook up horses to pull it for you. A wagon can offer more room for your family. You may not have enough horses for everyone to ride them alone. You can also use the wagon for a place to sleep and for a storage area for supplies you need to take with you.

Boat

If the waters are safe enough to access them, a boat can help you to get to where you want to go. Perhaps you know a secluded island not too far from shore where you can find shelter and be alert to anyone approaching you from all directions.

If you don't have your own boat but you can get to a dock area, there may be plenty of them you can access. During a time of natural disaster or the world coming to an end, it is every person for themselves. This means taking what you need in order to survive if you don't own it or have legal access to it prior to that point in time.

Plane

Access to a small plane can help you to get away from harm and to another destination in very little time. However, very few people have the luxury of such transportation at their fingertips. Issues such as fuel and even monitoring in air space locations though can be reasons not to do so.

Chapter 5. Communication Options

Being able to successfully communicate during such an event is very important. It can be crucial in your efforts to decide if you should stay put or you should venture out. Communication can also give you information about what actually happened and that can determine what supplies you are going to need for the long term.

For example, if it is a chemical concern, then you need to worry more about water that will be drinkable than anything else. If the issue has to do with government rationing then you will need to do your best to conserve food, water, and to hide your weapons so that they aren't confiscated.

Radio

A radio is going to be a very valuable asset during an end of the world fall out. It can allow you to hear what is going on and to know if it is safe to come out of your home or not. If there are rescue efforts in place or a central meeting location, you can get that information too and then make a plan to be seen or to get to that location for help.

It is recommended that you have a radio that operates on batteries. You

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