

NATIONAL MILITIA STANDARDS

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10.0 EMERGENCY PREPAREDNESS

Home Supplies:

Emergencies such as natural or manmade disasters, a declaration of martial law, a terrorist event or foreign invasion etc. could disrupt your ability to travel, procure food, medical and fuel supplies and disrupt communications and utility services. Without proper planning for these events and the acquisition and storage of essential supplies you will be at the mercy of the elements or the oppressor.

It is imperative that EVERY militia member and his family prepare to survive totally off the grid with no outside assistance for periods of up to a year. Do not be discouraged or overwhelmed by this idea. Begin by cutting expenses. Make a bare bones budget and stick to it. Get out of debt ASAP. Sell off unnecessary items and junk for extra cash. Build a nest egg of hard currency. You should maintain at least a 3 month emergency cash reserve to cover ALL living expenses. Plant a garden and can food. Buy staples in bulk. Go for group purchases. Build your essential supplies one step at a time. Start with the basic home supplies; most of which you probably already have scattered around the house. Organize these supplies in a storage room or area. Make sure each family member has a 72 hour Bug Out Bag packed and ready in case you have to evacuate in a hurry. Keep a 72 hour emergency kit packed in each vehicle and be sure all vehicles gas tanks are kept full at all times Keep spare 5 gallon cans for each vehicle.

BASIC EMERGENCY SUPPLY LIST:

- 1 Dual fuel Coleman stove
- 1 Dual fuel lantern with spare mantles and pump
- 6 Gallons stove fuel
- 25 Gallons kerosene
- 2 kerosene lanterns or lamps with spare wicks
- 1 kerosene heater or woodstove
- \$5 kitchen matches
- 1 or more large ABC fire extinguishers
- 1 non electric can opener
- 2 large plastic wash pans, 1 cast iron skillet, 1 large pot with lid and handle, 1 butcher knife ! meat cleaver
- 2 buckets and 1 washtub
- 1 Case (24 rolls) toilet paper
- 24 Bars of antibacterial soap
- 1 Windup clock
- 1 Thermometer / Barometer
- 1 sleeping bag per person
- 1 belt knife per person
- 1 good flashlight and spare batteries per person
- 1-2 boxes of large heavy duty garbage bags
- 1 roll 4 mil. plastic
- several rolls duct tape and electrical tape
- 6 gallon unscented bleach
- 2 gallon white vinegar
- Several large rat traps, steel traps, snares etc.
- Fishing pole, hooks, sinkers etc.

1 large roll barb wire

1 Scanner

1 Shortwave or Ham radio

1 Sideband CB

1 Deep cycle marine battery

1 30 watt solar panel

BASIC TOOL KIT

...hammer, pliers, screwdrivers, crescent and pipe wrenches, handsaw and drill, crow bar, shovel, pick mattock, axe, maul and wedge, chainsaw w/spare chain, plug and 12 cans of oil

WATER SUPPLY:

Water is THE most essential resource everyone must have. Without it, you can die in 3 - 5 days. If it's contaminated it can cause many deadly diseases such as diarrhea, cholera, dysentery etc. During a disaster water from public utilities may be contaminated or unavailable. You must be prepared to decontaminate whatever water source is on hand. Furthermore you must be able to store adequate supplies of water for drinking, cooking and washing. Many books claim 1-2 gallons per person per day is adequate; but, 5 gallons per person per day is more realistic.

Storage:

The best solution to your water supply needs is a well or spring that has been tested. If that isn't available you should build a large cistern. If a well is over 25 feet deep a hand pump will not work, so you might need to consider a solar powered pump. If the cistern is built high enough it will provide enough pressure to "gravity flow" into your homes existing plumbing.

Decontamination:

Every home water supply should include a filtration system designed to remove chemicals, sediment etc. Water can be decontaminated by boiling for 5 minutes. This will kill all bacteria, viruses or parasites that may be present from animal or human waste. Add 1 minute for every 1000 feet above sea level.

Iodine will also work, but isn't as effective as boiling; especially if the water is cloudy. One ounce of 2 % tincture iodine is enough to treat 160 gallons of water. Use 4 drops per quart for clear and 8 drops per quart for cloudy water. Let set for 1 hour. Do not use if you have thyroid problems or are pregnant.

Chlorine Bleach is next in order of effectiveness. It will not kill certain viruses such as Hepatitis A or certain parasites. Before using, be sure the bleach contains no other additives such as perfumes...it must be plain bleach. Water treated with chlorine will store about 6 months. Use 12 drops per quart and wait 1 hour before use.

Food Storage:

Don't try to purchase everything at once. Start out with a 15 day food supply for all family members; then work up to 30 days, 90 days etc. Every week, buy a little extra as your budget allows.

This list is merely a suggestion of the bare bones basics. Add to it or Modify it to suit your needs and tastes. Store all items in food grade buckets, in a cool dry dark place, add bay leaves and a desiccant then seal bucket with duct tape.

Item: _____ Shelf Life:

50 pounds dried beans.....Indefinite
50 pounds cornmeal....."
50 pounds oats....."
50 pounds sugar....."
50 pounds salt....."
25 pounds instant potatoes....."
25 pounds rice....."
10 pounds coffee....."
05 pounds each pepper, baking soda, baking powder, yeast
Honey....."
05 pounds Peanut butter....."
Tea....."
60 packs of Kool Aid....."
100 packs Ramon noodles, instant soup etc.
Beef / Chicken bullion cubes
Canned vegetables.....2-3 years
Canned meat.....1 year
Canned juice.....5-1 year
1 gallon white vinegar.....indefinite
.5 gallon olive oil