

The First 30 Days

WHAT YOU NEED TO KNOW TO MAKE IT THRU THE SHTF.



OVERVIEW

- INTRODUCTION- WHO AM I?
- SUSPENSION OF DISBELIEF
- WEEK ONE- WHAT THE HELL JUST HAPPENED?
- WEEK TWO- “IM COMING TO YOUR HOUSE...”
- WEEK THREE- “THERE’S HARD TIMES AHEAD...”
- WEEK FOUR- NOW THE REAL WORK STARTS.
- WHERE DO YOU GO TO FROM HERE?

INTRODUCTION

WHO AM I?

- FAMILY MAN- MARRIED WITH 7 CHILDREN (yes....7....I know...)
- CAREER MILITARY – FORMER MARINE, NOW ARMY (27+ YRS)
- PRIVATE SECURITY CONTRACTOR- 2003-2008
- PREPPER- LIFETIME
- IM GOING TO TALK ABOUT “A WAY” ...NOT “THE” WAY.
- LIFE EXPERIENCES, WHATS A “SME”, REAL VS FAKE. SELCO BEGOVIC
- Bosnia/Croatia, Somalia, Mt Pinatubo Eruption-ROP, LA Rodney King Riots, NOLA Hurricane Katrina, Berkley Ca USMC Recruiters Code Pink, World Cant Wait, Ferguson Mo Michael Brown Riots, Louisville Ky Breanna Taylor Riots, Venezuela, Minneapolis Mn George Floyd Riots, Kenosha Wi Riots, OIF/OEF x7 tours



SUSPENSION OF DISBELIEF

- WHAT IS THE EVENT THAT STARTS IT ALL?
 - I. 9/11 TWIN TOWERS
 - II. Civil Unrest
 - III. Natural Disaster
 - IV. Governmental Upheaval
 - V. Pandemic

SUSPENSION OF DISBELIEF

- WHAT IS THE EVENT THAT STARTS IT ALL?
- 9/11 TWIN TOWERS- Remember that feeling, when the first plane hit the Twin Towers, we all had that feeling of dread, that was confirmed once we all watched the second plane hit the Twin Towers?
- Civil Unrest- LA Rodney King Riots, Ferguson Mo, Michael Brown Riots, Portland Oregon Riots, Louisville Ky Breanna Taylor Riots, CHAZ Zone, Minneapolis, Kenosha, Minneapolis (again) Where does it all end?

SUSPENSION OF DISBELIEF

- Natural Disasters- New Orleans LA, Hurricane Katrina showed us the first flaw in governmental disaster response. Lessons learned enabled government agencies to refine their response plans, but at the cost of tens of millions of taxpayers dollars wasted on an ill-fitted response.
- “I’d drive... but I aint got no gas....”
- Government Upheaval- January 6th 2021. Thousands of American Citizens protested in Washington DC, descending on the US Capital Building, entering it and causing damage to building and interrupting the certification of the ballots cast.

SUSPENSION OF DISBELIEF

- COVID-19 Virus- Mask Mandates, Social Distancing, Mandatory Quarantines, Forced Vaccinations, USDOD Vax Policy
- **Suspension of Disbelief-** The intentional avoidance of critical thinking or logic in examining something unreal or impossible in reality- to allow oneself to believe that something is true even though it seems impossible. (websters)
- Ask yourself... looking back 10-15 years, If I told you about any of the events I've discussed would be happening in the near future, would it have seemed plausible or would you have written me off?
- Understand that what's happening around you dictates your level of response. You alone must make that decision, be decisive, once you make the decision, don't look back, commit and act.

WEEK ONE

“WHAT THE HELL JUST HAPPENED?”

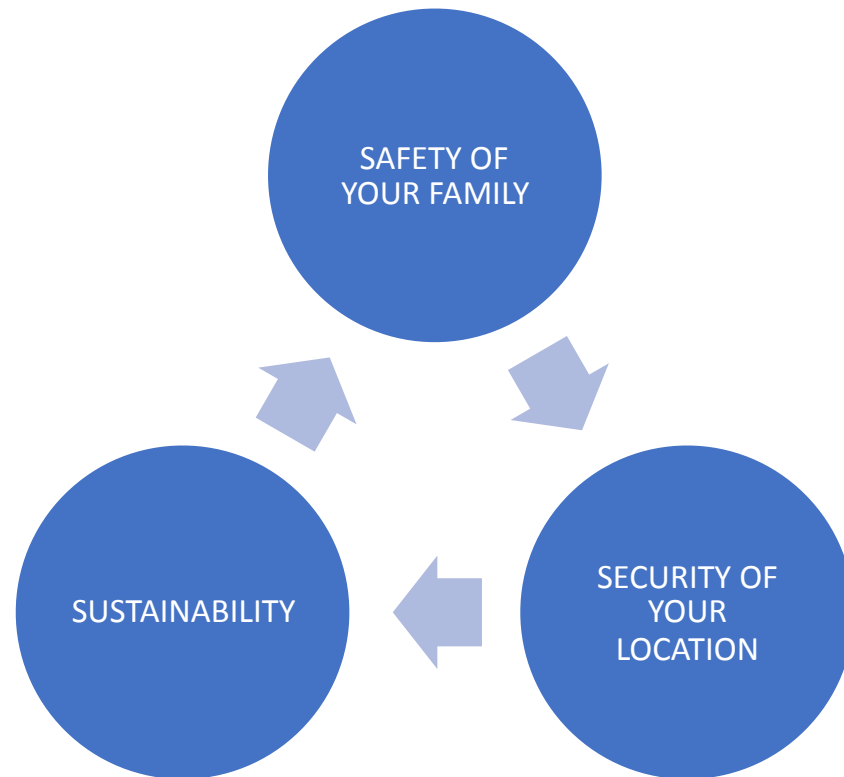
- An event has just occurred that has created a societal shift from your status quo, to requiring a response to ensure the safety, security and sustainability of you, your family, and your lifestyle.



WEEK ONE

“WHAT THE HELL JUST HAPPENED?”

S-3



INITIAL RESPONSES TO THE EVENT.

- WHAT MATTERS MOST?
- HOW TO IMPLEMENT THE PLAN
- HOW DO YOU MAINTAIN THIS?

WEEK ONE

“WHAT THE HELL JUST HAPPENED?”

SAFETY OF YOUR FAMILY

- PRIORITIZE FOOD, WATER, MEDS
- SHELTER
- SAFETY
- LOCAL COMMUNITY ALSO CAN BE CALLED “YOUR NETWORK”.
- COMMUNICATION WITH OTHER SOURCES FOR INFORMATION

“RULES OF THREE”

- 3 MINUTES WITHOUT AIR
- 3 DAYS WITHOUT WATER
- 3 WEEKS WITHOUT FOOD
- 3 HOURS WITHOUT SHELTER IN EXTREME CONDITIONS

FOOD

- PERISHABLE VS LONG-TERM VIABLE FOODS
- CANNED/BOXED FOOD (“BEST BY” DATES?)
- WATER (HOW MUCH DO YOU HAVE?)
- COOKING – GAS VS ELECTRIC STOVES
- COOKING SOLUTIONS IF THE POWER IS OUT.
- 3K CALORIES A DAY?!?!
- SHOULD YOU RATION FOOD?
- HOW DO YOU MAKE MORE FOOD? SEEDS?



FOOD

- PERISHABLE GOODS CONSUMED FIRST, USED TO EXTEND THEIR LIFE.
- PRIORITIZE BOXED/CANNED GOODS BY THEIR “BEST BY.” DATE
- LONG TERM STORAGE? CANNING, DEHYDRATING, FREEZE DRYING.
- MRE’S (THE BANE OF EVERY PREPPERS EXISTENCE)
- ARE YOU ABLE TO GROW YOUR OWN FOOD? WHAT ARE THE TIMELINES BEFORE HARVEST?
- HOW MUCH DO YOU HAVE TO GROW TO SUSTAIN YOUR FAMILY?
- DO YOU HAVE THE CAPABILITY, THE LOCATION, THE KNOWLEDGE?
- CHICKENS, GOATS, RABBITS, AND LARGER ANIMALS.

FOOD

COOKING

- GAS STOVE VS ELECTRIC STOVE VS WOOD STOVE. DID YOU KNOW.....?
- OPEN PIT , DUTCH OVEN, CAMP STOVE, BBQ GRILS (PROPANE/CHARCOAL)
- BE SITUATIONALLY AWARE IF COOKING OUTSIDE. WIND CAN CARRY THE SCENT OF FOOD COOKING FOR QUITE A DISTANCE.
- 3K CALORIES A DAY. THIS IS DEPENDENT ON CALORIC OUTPUT!!! CHOPPING WOOD FOR THAT WOOD STOVE WILL ADD UP QUICK!

WATER

Water filtration is the **process of removing or reducing the concentration of particulate matter**, including suspended particles, parasites, bacteria, algae, viruses, and fungi, as well as other undesirable chemical and biological contaminants from contaminated water to produce safe and clean water for a specific purpose

- IS IT SAFE? 3 MINUTES ROLLING BOIL
- WATER FILTERS, COMMERCIAL & IMPROVISED
- SOURCES OF WATER INSIDE & OUTSIDE OF YOUR HOUSE.
- BERKEY SYSTEM
- LIFESTRAW
- IN HOME FILTRATION

WATER

- 15.5 CUPS OF FLUIDS/DAY MEN (1.5 GALLONS)
- 11.5 CUPS OF FLUIDS/DAY FOR WOMEN (1.2 GALLONS)
- 3 GALLONS DAILY FOR DRINKING/SANITATION/COOKING (50/50)
- WHERE DO I FIND WATER? WATER STORAGE?



MEDICATIONS

- DO YOU HAVE ENOUGH?
- LONG TERM SUPPLY FROM DOCTOR? VACATION/LONG TRIP
- ALTERNATIVES?
- HOMEOPATHIC/NATURAL REMEDIES AND ALTERNATIVES?
- CANNABIS/CBD ALTERNATIVES?
- IS YOUR LOCAL PHARMACY STILL UP AND RUNNING, CAN YOU GET AN EXTENDED SUPPLY?
- DO YOU HAVE BIRTH CONTROL, IS IT SOMETHING YOU SHOULD HAVE?

- BRUTAL TRUTHS. NOBODY GETS OFF THIS ROCK ALIVE.

SHELTER THE 4 “ABLES”

- SUSTAINABLE?
- DEFENDABLE?
- RELIABLE?
- COMFORTABLE?



SHELTER

SUSTAINABLE?



- ENSURE THAT WHEREVER YOU ARE, ITS ABLE TO SUSTAIN FROM ALL POSSIBLE HOSTILE ELEMENTS.
- CAN YOU STAY HERE LONG TERM?
- RULES OF THREE
- IMPROVEMENTS TO ENSURE SUSTAINABILITY?

SHELTER

DEFENDABLE?



SHELTER

RELIABLE?



SHELTER

COMFORTABLE?

ARE YOU SURVIVING...OR THRIVING?



COMMUNITY RESOURCES

- DOES YOUR CITY/COUNTY/REGION HAVE AN EMERGENCY RESPONSE PLAN IN PLACE?
- IS THIS PLAN BEING ACTIVATED SUCESSFULLY?
- WHAT CAN YOU DO TO HELP? SHOULD YOU HELP? WHAT DO YOU BRING TO THE TABLE SO YOU CAN HELP? UNDERSTAND AND ADMIT YOUR STRENGTHS AND WEAKNESSES.
- LIKE A GOOD NEIGHBOR..... NEIGHBORHOODS BONDING TOGETHER FOR MUTUAL SAFETY & SECURITY.
- LOOK TO MUTUAL AID GROUPS, VETERAN GROUPS, RELIGIOUS GROUPS, CHURCHS, FOOD PANTRYs, PREPPER GROUPS WITHIN YOUR COMMUNITY.

WEEK TWO

“IM COMING TO YOUR HOUSE”



WEEK TWO

"IM COMING TO YOUR HOUSE"

- WHO DO YOU ALLOW? WHY?
- WHAT DO THEY BRING TO THE TABLE AS FAR AS SKILLSETS/SUPPLIES?
- BLOOD IS THICKER THAN WATER....SOMETIMES.
- THOSE WHOM YOU'VE HAD CONVERSATIONS WITH BEFORE, START APPEARING OR SHOWING UP. GOOD/BAD?
- SAFETY IN NUMBERS vs. GOING IT ALONE
- HARD TIMES MEANS HARD CHOICES, REMEMBER THERE WILL BE LASTING CONSEQUENCES FOR THOSE CHOICES, BOTH POSITIVE AS WELL AS NEGATIVE.

WEEK TWO

"IM COMING TO YOUR HOUSE"

- WHERE ARE YOU ON YOUR FOOD SUPPLIES? DO I TAKE FOOD OUT OF MY KIDS MOUTHS TO FEED THEM?
- ARE THERE EVENTS HAPPENING IN YOUR AREA THAT ARE UNSAFE? WHAT ARE THE FOLLOW-ON EVENTS YOU CAN EXPECT TO HAPPEN?
- FOOD/WATER STARTING TO RUN OUT.
- ILLEGAL/ILLICIT DRUGS SUPPLY RUNNING OUT.
- "WANDERERS" COMING INTO YOUR AREA, UPTICKS IN CRIMINAL EVENTS HAPPENING IN YOUR AREA.

WEEK TWO

"IM COMING TO YOUR HOUSE"

- SECURITY AND DEFENSIBILITY START TO MOVE TO THE FOREFRONT.
- HAVE YOU ESTABLISHED COMMUNICATION WITH OTHER LIKEMINDED PEOPLE IN YOUR AREA?
- WHATS YOUR CITY/COUNTY/STATE/FEDERAL AUTHORITIES DOING? IS THERE EVEN A LAW ENFORCEMENT RESPONSE IN YOUR AREA?
- REMEMBER THAT THEY HAVE FAMILIES TOO, AND THEY ARE FACING THE SAME CONCERNS YOU ARE.
- IS IT TIME TO START A RATIONING PROGRAM?

WEEK THREE

“THERES HARD TIMES AHEAD”



WEEK THREE

“THERES HARD TIMES AHEAD”

- WHERE ARE YOU ON FOOD SUPPLIES?
- ANY PLANTING SHOULD BE GERMINATING OR SHOWING PROGRESS.
- ARE YOUR FOOD SUPPLIES STILL ADEQUATE? YES/NO..NOW WHAT?
- HAVE YOU ENCOUNTERED ANY SAFETY OR SECURITY ISSUES?
- HAVE YOU REMEDIED THE ISSUES TO NEGATE FURTHER OCCURENCES?
- WHATS THE SITUATION “OUTSIDE” LOOKING LIKE?
- ARE YOU IN A HOLDING PATTERN, HOW CAN YOU CHANGE IT UP? SHOULD YOU CHANGE IT UP? PROS/CONS?
- MENTAL STABILITY, HOW ARE YOU AND YOURS HOLDING UP?

WEEK THREE

“THERES HARD TIMES AHEAD”

- WHATS THE CURRENT SITUATION REGIONALLY?
- FOOD SUPPLIES MAY BE DROPPING EXPONENTIALLY.
- IS IT TIME TO START A RATIONING PROGRAM?
- ALTERNATIVE FOOD SOURCING OPTIONS. LOOKING TO LOCAL FARMS, HUNTING/FISHING, LOCAL CO-OPS, BARTERING ALL BECOME VIABLE OPTIONS TO ENSURE FOOD SUPPLIES. (WOOF???)
- IS IT TIME TO START STEPPING OUT OF YOUR COMFORT ZONE WHEN DECIDING WHAT IS AN ACCEPTABLE FOOD SOURCE?
- WHAT IS THE HARD LIMIT ON ACCEPTABLE FOOD SOURCES?

WEEK THREE

“THERES HARD TIMES AHEAD”

- WHAT HAVE YOU DONE TO PREPARE FOR NEXT WEEK IF THE SITUATION CONTINUES? NEXT MONTH? NEXT SEASON? NEXT YEAR?
- IS THERE RELIEF IN SIGHT? SHORT TERM, LONG TERM, CONCLUSION OF THE EVENT WHICH BROUGHT YOU TO THIS POINT? YES/NO?
- WATER/SEPTIC/SEWAGE ISSUES MAY START ARISING. LOOK FOR ALTERNATIVES TO NEGATE THIS.
- BE AWARE OF LARGER INCIDENTS, WITH INCREASING FREQUENCY OF LOOTERS, BREAKING/ENTERING, THEFT, ASSAULT, & MURDER.
- ITS GOING TO GET WORSE BEFORE IT GETS BETTER.

WEEK FOUR

NOW THE HARD WORK STARTS

- WHAT ARE YOUR SHORT TERM GOALS? LONG TERM?
- HOWS YOUR MENTAL STATUS? THE MENTAL STATUS OF THOSE WITH YOU? BE AWARE OF THE SIGNS, AND HOW TO NEGATE MENTAL HEALTH ISSUES THAT MAY COME UP FROM TIME TO TIME. NOT EVERYONE IS MENTALLY PREPARED TO HANDLE LONG TERM HARDSHIPS. BE PATIENT, BE UNDERSTANDING, BE FLEXIBLE.
- MANY HANDS MAKE FOR LIGHT WORK. AT THIS POINT, YOU SHOULD HAVE A VIABLE SCHEDULE THAT EVERYONE IS ON. 24 HOUR SECURITY AROUND THE HOUSE, PEOPLE FOCUSING ON FOOD PRODUCTION, COOKING, CLEANING, CHOPPING WOOD, GATHERING RESOURCES TO EXTEND WHAT YOU ALREADY HAVE.
- LOCAL COMMUNICATION SHOULD BE SET UP BY NOW AS WELL. YOU SHOULD BE ABLE TO TALK TO OTHERS OUTSIDE OF YOUR LOCAL COMMUNITY, REGIONALLY, AND POSSIBLY EVEN STATEWIDE.

WEEK FOUR

NOW THE HARD WORK STARTS

- SO YOU'VE MADE IT THIS FAR, YOU'RE ALIVE, YOUR FAMILY IS ALIVE, NOW WHAT?
- KEEP CONCENTRATING ON MAINTAINING YOUR PHYSICAL SECURITY.
- REACH OUT TO LOCAL GROUPS WHO MAY STILL BE ACTIVE. VETERAN GROUPS, SOCIAL GROUPS, CO-OP GROUPS, RELIGIOUS, ECT.
- ATTEMPTS SHOULD BE MADE TO RESTORE LOCAL GOVERNMENT, ENSURE THAT "COMMON SENSE" MINDSET IS THE TOPIC OF THE DAY.
- REMEMBER- ITS NOT A SPRINT, ITS LITERALLY A ULTRA-MARATHON WHERE YOU ARE ALWAYS STRIVING TO MAINTAIN A DELIBERATE PACE. SLOW & STEADY WILL ALWAYS OUTPACE THOSE WHO CANNOT OR WILL NOT FOCUS ON THE OBJECTIVE, THAT BEING SUR-THRIVAL.

WEEK FOUR

NOW THE HARD WORK STARTS

- FOCUS EFFORTS ON FOOD PRODUCTION-REPRODUCTION
- MAINTAIN SECURITY, LOOK TO EXTEND YOUR SECURITY BUBBLE TO INCORPORATE OTHER NEIGHBORS INTO IT AS WELL IF VIABLE.
- REBUILDING YOUR LOCAL COMMUNITY SHOULD BE AN OBJECTIVE, TO INCLUDE LOCAL GOVERNMENT. LOOK TO NON-POLITICAL LEADERS AS WELL TO BE PART OF THIS. DEPENDING ON YOUR LOCAL INFRASTRUCTURE, THIS WILL INCLUDE LAW ENFORCEMENT, JUDICIAL ASPECTS, CITY PLANNING, UTILITIES, AND OTHER VARIOUS ENTITIES.
- THERES NO TELLING HOW LONG A CATASTROPHIC EVENT CAN AFFECT YOU LOCALLY, SO ENSURE THAT ANY LEADERS YOU ELECT, UNDERSTAND THE PRIORITIES OF LIFE, LIBERTY, AND THE PURSUIT OF HAPPINESS. WEVE SEEN WHAT TOO MUCH INVOLVEMENT DOES TO A SOCIETY, AND WE RECOGNIZE WHAT TOO LITTLE INVOLVEMENT CAN DEGRADE OUR SOCIETY TO, SO UNDERSTAND WHERE THE BALANCE POINT IS, AND STRIVE FOR IT.

The First 30 Days

ANY QUESTIONS?



