

# **Preparedness for Uncertain Times**

Si Pacem Vis Para Bellum

## Items Covered-

1. Docs and Literature
2. 3 B's and a C

## Docs and Literature-

Online-

<https://survivalblog.com/>

<https://shtfplan.com/>

[https://www.redcross.ca/crc/documents/BLS\\_FG\\_D\\_EN\\_20180724.pdf](https://www.redcross.ca/crc/documents/BLS_FG_D_EN_20180724.pdf)

<https://www.familysurvivalplanning.com/food-storage-calculator.html>

Hard Copy-

Ranger Handbook

U.S. Air Force Search and Rescue Survival Training

EMS Field Guide

## 3 B's and a C-

Beans- Food and water for long term survivability.

Nonperishable items

Dehydrated items

Potable water sources

adult males, **about 3.7 liters** of fluids per day (nearly 16 cups), adult females roughly **2.7 liters (or 11 cups)** per day.

## Bullets-

Basic and commonly found ammunition loads

Reloading

Long term storage

## Band-Aids- First aid-

Knowledge of BLS (basic lifesaving skills)

Complete first aid kits for-

Person

Vehicle

Home

Throw kits-

To be used on persons other than self

## Communications-

Cells phones

CB radios (dual band)

Handheld ham radios – ICOM or internally secure types

