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# Disaster Proofing Your Life

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*This article was written by Tom Chatham and originally published at [Project Chesapeake](#)*

If you are reading this then you understand the danger we face or at least want to understand it. The daily assurances by the government and MSM are all that most people need to relieve them of the burden of individual responsibility. Ultimately, the buck stops with you when the welfare of your family is at stake.

In *The American Dream Lost* I outlined a simple strategy to disaster proof your life if everything falls apart in society. For the benefit of those that have not read it before I will outline the basic strategy here. Time is getting critical and decisions need to be made. The strategy is designed for those with minimal savings to draw on but can be used by those with substantial assets as well.

It does not matter if the emergency is loss of employment, natural disaster, civil unrest or economic collapse. The results are similar. Your ability to care for your family is hampered to some degree and life can become difficult very fast. The credit system we rely on can break down and leave you with few or no resources to continue normal daily living.

As many in the preparedness community have stated many times before, there are certain things you need to have to get by in difficult times when you cannot afford them or possibly find them. Food is universal in all lists but that is not the only critical item to have. Food will keep you fed but there are other environmental conditions that need to be addressed.

Here is a list of critical items you need to have covered no matter what happens.

Food & household items

Water

Shelter  
Clothing  
Security  
Energy  
Transportation  
Silver

These are not the only things you should have covered but they are the top of the list.

You need to store enough basic foods to feed your family at least two good meals a day for one year. Three meals a day is better but two is a minimum to prevent starvation and desperation. Basic, inexpensive foods should be emphasized such as flour, cornmeal, beans, rice, oats, pancake mix, cooking oil, powdered milk, canned vegetables, canned fruit, syrup, honey, potato flakes, gravy mix, canned meats and pasta. Cooking essentials should also be included such as granulated sugar, brown sugar, salt, pepper, corn starch, baking soda, baking powder, yeast, cocoa and spices. You also need to store basic household items such as dish soap, washing powder, toilet paper, toothpaste, soap, shampoo, razors, shaving cream, sponges and scrubbing pads.

Water filtration is essential where water sources are suspect. Either portable filters or countertop models will insure you can maintain good health during difficult times when potable water is not readily available from the usual sources.

Shelter is a critical element and can determine the quality of life of your family over long durations. If you do not fully own your present shelter you are in danger of losing it if you are unable to maintain payments at some future time. Even if you own it the location may present security problems in the future so other alternatives must be available. A good used camper trailer allows you the ability to shelter your family year round and also provides you with mobility when you need it. A good used camper trailer can be found today for under \$3,000 dollars and some for much less but you will have to shop around. The sooner you start looking, the more time you will have to find good deals.

Clothing is an essential need of humans. While most people have ample supplies of clothing to get them through several months, it is good to have a backup supply of some basic clothing for each family member just in case the difficulties last longer than expected or you lose most of your clothing due to disaster. You should buy two complete sets of clothing for each family member and store them in your trailer.

Security is important and its relevance depends on your location. Those in a remote area will have fewer security problems than someone in an urban area depending on the disaster and its aftermath. The ability to defend your family is critical depending on events and you need to have a plan and equipment to take care of unfolding situations. If you do not currently own a gun and have limited gun knowledge a pump shotgun and 500 rounds of ammo would be the best thing to start out with. It will provide you with good defensive capabilities and the ability to hunt.

Energy is a critical element and the longer you must care for yourself, the more critical it becomes. You must have the ability to provide conventional energy for short durations and have an energy plan to cover needs for longterm situations. Propane and a generator work well for short term but once you run out of fuel you will suffer. You must have a way to provide alternative energy for your systems regardless of the situation. One good alternative is to build a wood gassifier unit. You can use this to run your generator and your truck. With a sufficient wood supply you can run most of your items for months or even years on locally available wood supplies. Other systems such as solar, wind or wood stoves are good but they are limited to only a few things where a gassifier can be utilized to provide power for most of your energy needs. A combination of these energy systems would be best if you can afford it.

Transportation is critical if you are not in a safe location when everything destabilizes. If you have a camper trailer you will also need something to pull it. Older pickup trucks can be found for under \$1,500. When combined with a wood gassifier, you have a transportation system with almost unlimited range when conventional fuel supplies are cut off or unavailable.

Silver is a good commodity to have when the economic system is not functioning as it should. Holding at least \$30 dollars in face value of junk silver coins provides you with the ability to buy items when money is scarce or not accepted. It also provides you with a way to save money over the longterm until it is needed. If you have sufficient financial means, larger amounts of gold and silver provide a medium that is easily stored and transported.

With a fully stocked camper trailer and truck, you have the means to get out of harms way very quickly and maintain a reasonable quality of life wherever you go. If you lose your job and home to economic disruptions, it is good to know you can still care for your family properly until you can improve your situation. This is something many people do not think about until it is too late.

Most people like to run things out until they have no resources left to take care of their family. They ignore the threat and then must rely on government assistance to provide the things they need. What happens when you lose everything and there is no government assistance available to you? That is a problem that many will have to deal with in the future and when it happens it will be too late to do things differently. The disinformation coming from multiple sources in the government and media are setting people up for disaster and the people will suffer horribly for it for years to come.

If you have the means to buy a small property in a rural area that you can live on in your trailer that would be ideal but many may not have the resources for that so what can you do? If you live in the city and determine you may need to relocate during some type of disaster you need a preplanned destination. Simply driving around in a collapsing environment will likely end in tragedy.

One thing you might want to do is make friends with a farmer in a rural area. In the event you need to relocate, you may be able to park your trailer on his property in trade for helping him around the farm and keeping an eye on things if the situation deteriorates. If you are already friends with him he is more likely to help you when the time comes.

For those that already have a plan, you are ahead of the curve but for others that have not thought about it this should give you something to think about and begin the process of disaster proofing your life when things go wrong in society. Take this basic plan, adjust it to your needs and abilities and make a plan that works for you. It is your responsibility to care for your family no matter what happens. This is not a responsibility you can farm out to government agencies so get busy now.

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