



THE SPY FIELD GUIDE to Surviving the Aftermath of Lights Out in America

Copyright © by Spy & Survival Briefing. All rights reserved. This newsletter may only be used pursuant to the subscription agreement, and any reproduction, copying or redistribution (electronic or otherwise, including on the World Wide Web), in whole or in part, is strictly prohibited without the express written permission of Laissez Faire Books LLC, 808 Saint Paul Street, Baltimore, MD 21202-2406. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. If legal advice or any type of assistance is needed, please seek the services of a competent professional. Survival gear is potentially dangerous and should be handled responsibly by all individuals. This material, produced by the Spy & Survival Briefing, is for informational purposes only. All technical information, instruction, and advice, reflect the beliefs of Spy & Survival Briefing and are intended as informational only. This material is not intended to serve as a replacement for professional instruction. By reading this material you understand that survival gear, especially knives and guns, are potentially dangerous and you assume all risks if you choose to handle the survival gear mentioned in this material. You agree to indemnify, and hold harmless Spy & Survival Briefing and Jason R. Hanson from any and all such claims and damages as a result of reading this book, which is for informational purposes only.

The Spy Field Guide to Surviving the Aftermath of Lights Out in America

Imagine this...

Tomorrow morning you wake up and it's a day like any other. You head down to the kitchen to visit the coffee pot and have breakfast. But something feels "off." What is it?

It's the noise. Or rather there is no noise. It's completely and totally silent. Usually, there is some noise in the background. Cars outside. A TV. Radio. Something. Yet you can't help but think of the words "dead silent." And the coffee pot isn't working. The lights are off too. No breakfast because there's no power.

It's probably just a blackout (although that's unusual for your area this time of year). You figure the power will come back on soon, so you go looking for a snack.

But you notice your neighbors gathered outside. They look concerned. The blackout must have hit them too.

This isn't so bad, you think. I bet the power company will get the lights back on in a few hours.

Fast-forward just 21 days later. You can't believe how everyday life can so rapidly transform into a hellish nightmare...

Most of your food has rotted by now. Your wife and kids are hungry. Fear and panic have gripped your neighbors. Everyone is hysterical as the reality sinks in that this is no normal blackout and that there won't be power for a long, long time.

There's no communication from government officials... you haven't seen or heard a police car in over a week... even the emergency broadcast systems over radios have gone silent (not that it matters, because your radio batteries ran out days ago).

Now you're running out of water. The small supply of bottled water you managed to buy at the grocery store before the shelves were wiped bare is almost all gone. Your phones and computers all ran out of batteries days ago. You can't communicate with the outside world and you don't

know what to do as you realize that you're completely and totally unprepared.

That's when people start dying...

Chapter 1: Lights Out

An attack on our nation's power grid is the most dangerous and horrifying scenario that threatens Americans today.

What are you going to do when the lights go out?

The fact is there's not much you can do after the fact. That's why you have to prepare NOW. And I'm on a mission to show you how.

We rarely think about how much electricity we actually use throughout one day. Between lighting, air conditioning or heating, refrigeration, gadgets and appliances...

But it's time to start to notice when you are using electricity, and assess how life will work when the power actually goes out.

Food and water will be limited, and access to technology and communication will be almost impossible to come by. In order to prepare for darkness, I recommend a grid down exercise. This will show you where your strengths and weaknesses lie. Tim MacWelch from *Outdoor Life* recommends you:

Kill the main breaker for your home's electricity, and then get to work — cooking, cleaning, performing sanitation and hygiene tasks, providing alternative heat and even figuring out how to keep the kids entertained. It should also be a high priority to keep your home from getting damaged, especially in subfreezing weather. Drain all the water pipes, or keep a small amount of heat going to prevent freezing.

The tougher the situation gets, the more you are prepared for when the power actually goes out.

The fact is cyberattacks are already the new battlefield where today's wars are increasingly being fought. So it's crucial you take actionable steps to protect yourself and your family.

Chapter 2: Food and Water Storage

The fact is it's scary that so many Americans are unprepared for a water emergency, when water is the most important resource we need to survive. You can survive three weeks without food, but you'll only survive three days without water. I'd recommend you have one gallon per person per day. That means to prepare for a 30-day survival situation, you should have 30 gallons of water stored for each member of your family.

This does present some logistical challenges. First, how do you store this water?

One option I like is 55-gallon water storage barrels. You can buy these at Costco or on Amazon. I'd personally recommend the [**Shelf Reliance**](#) brand. Using a big barrel helps eliminate some of the challenges of having so much water stored — it keeps a large quantity all in one place, and you can store it in a storage room in your basement, where it's out of the way. I'd recommend these large barrels if you have a larger family.

Another more portable option is seven-gallon containers. I'd recommend the Reliance Aqua-Tainer in particular. The benefit of the seven-gallon containers is that they're easier to transport. While storing water is important, there are also many other places you can get water. There is water in your toilet tanks, in your hot water heater and in your washing machine if you immediately turn it on after a disaster. There is also water in creeks or rivers nearby you. If you're getting water out of a creek or out of your hot water heater, you're going to want to purify it.

But just as important as the water storage is having water filters. You never know how long a disaster is going to last, and it's not practical to store a year's worth of water in the house. But almost all of us can find a river, lake or stream nearby. Within 100 yards of my house is a river, and about three miles from my house is a lake.

In the event I ever have to get water from the river or lake, I'd like to tell you about the three different water filters I own. I have three different filters just in case one breaks (or two). I don't want to take any chances of not having clean water for my family.

The LifeStraw is a great option that can filter up to 264 gallons. You can drink directly from the water source by putting the LifeStraw in a river or pond and sucking the water out. You can also fill a water

bottle with the source water and then put the straw inside the water bottle and drink that way if you prefer.

Chlor-Floc tablets are used by the military. You put them in a bottle of water that you wish to purify. It gets rid of Giardia, bacteria and viruses. Each package of Chlor-Floc contains 30 packets of powder, and each packet can purify 1.1 quarts of water.

I've saved my favorite filter for last. The filter is called the SurvFilter. This filter is positively charged with ions. When water flows through the SurvFilter, there's an ionic exchange that captures the viruses and bacteria so you can get clean drinking water. (Imagine the filter is a magnet that extracts all of the bad stuff.) When water passes through the filter it has to make its way through approximately 400 layers of fibers and pores. What's more, the filter is infused with silver, which means it eliminates bacteria (and everything else) going through it so grit doesn't build up and clog the filter. The SurvFilter is very affordable and the filter insert lasts 250 gallons before you need to replace it. You can check it out at www.SurvFilter.com.

Even though I like the SurvFilter the best, I have the other two just to be safe, and I recommend you check out all three... especially if you don't currently own any type of filter. Again, you can only survive three days without water, and you never know if it will be a natural disaster or man-made one that could affect our water system.

In regards to food, you have to consider items that are not perishable. Canned foods are a great option that will store for a number of years in the right condition. You can also eat right out of the can. Think soups, stews, fruit, vegetables, beans, etc. Dried and dehydrated foods are also something to be considered, because without water, the food stays less susceptible to spoilage. I personally recommend MREs (meals ready to eat). This is essentially military food — food that is given to soldiers when food facilities are unavailable. They are lightweight, prepackaged, shelf-stable and “self-cooking” meals. I use Chef 5 Minute Meals, and they come in beef stroganoff, chicken pasta parmesan and beef stew, to name a few.

The meals taste good, are easy to make and come in cases that are perfect for stocking up in bulk. Another quick-and-easy item would be Datrex 3,600-calorie emergency food bars. They'll last for five years, and I can tell you from personal experience they actually don't taste

that bad. In addition to the food bars, I would have MET-Rx Big 100 meal replacement bars, which will definitely fill you up if you have to rely on them.

My wife and I believe in having a year's worth of food storage in our home, so we store our food in larger quantities in buckets. There are food-grade buckets available for purchase. I'd recommend Uline brand. Otherwise, just get painters buckets from your local hardware store. If you go that route, you must store your food in Mylar bags. (I recommend mylarbagsdirect.com.) Mylar bags come in several different sizes, so you can use one bag per meal if you choose. Or you could use larger bags that can fit two meals or an entire day's worth of meals.

I realize most of us can't go out and buy a year's supply of food all at once. You can start to collect canned food and grains each month, and before you know it, you'll have a year's supply of food.

I happen to be a member of the Church of Jesus Christ of Latter-day Saints (Mormon), and I get my food from an LDS cannery. Anyone of any religion can buy food from the cannery, and they have the best prices around. There are currently 101 canneries where you can purchase items in bulk. If you can't get to a cannery, you can purchase food online at ProvidentLiving.org. In addition to stocking up on food, gardening is a great skill to hone. Even if you don't have acres of land, you can still make a hobby out of caring for a small garden. I would recommend planting heirloom or non-GMO seeds — since those seeds can be saved and replanted from year to year. This is the type of skill you should practice now, even if you don't need the food to survive. You never know when that will change, and the experience will be invaluable.

Chapter 3: Survival Group

Building a survival team is crucial. It is much more difficult to survive alone than with a small group of people who have different skill sets to bring to the table. No man is an island, as they say, so it's important to find a trusted and capable survival group of like-minded people who keep things on “the down-low.” Basically, people have a better chance of getting through dangerous situations together. I realize that the movies make it seem “sexy” to be a lone wolf. But in real life, you'll be much more successful if you're willing to work with others. It would

also be wise to learn how to read people, as you need to be careful whom you're telling about your prepping and especially whom you trust to have access to your plans, your supplies and your family.

First thing you need to do is vet members and make sure they have compatible personalities and similar goals. Learn about your neighbors, and get to know people. Start looking for what kind of people you might need in certain situations and figure out how to meet them and work together. Look for unique skills that would make a person a great member of a survival team. Military veterans, medical professionals, mechanics and farmers, to name a few, have skills that could be an asset to you and your survival group. Next comes the hard part. Learning to work together as a team. You need to find out exactly where everyone excels, so that when the time comes you are fully prepared to operate as a team.

Now, as I've mentioned previously, I am a member of the Church of Jesus Christ of Latter-day Saints. The LDS happen to have a great plan in place for survival that involves the entire congregation and community. Church members are first encouraged to make an emergency plan, keep a reserve of food and supplies and learn first aid and other survival skills.

The church prepares for emergencies by “establishing and maintaining an emergency response plan in each ward (church organization) and stake (group of wards).” The LDS emergency preparedness website also goes on to explain that “wards and stakes should prepare for natural and man-made disasters that are likely to occur in their respective areas by creating an emergency plan. These plans are prepared under the direction of the bishop or stake president.”

The LDS church has established a plan that involves the entire community. It serves to support families in times of need, and is a great model to follow for upping your chances of survival should America's power grid collapse long-term.

Chapter 4: Survival Gear

In the event of a crisis, you need to be prepared with the right gear. There are a few items you should make sure to have on hand. To start, here are five electronics you desperately need when the lights go out:

1. Cellphone: This is going to be your first line of defense for when

the grid is down. This is your means of communication and will keep you connected. A smartphone is going to be your best bet, because when panic spreads, call volume will be extremely high. A smartphone will give you the ability to communicate multiple ways, thanks to texting and internet access. Just make sure it's always charged.

- 2. Battery Backup With Solar Charger:** Your cellphone is going to be a great source of communication... until it dies. So it's crucial you have a means to charge your battery to stay connected. [The PowerPort Solar Lite](#) is a great option. It's small, light and efficient. It produces 15W and has fast charging technology. Now, these chargers only work with USB devices, so pair that with a USB battery pack and you'll be all set. You can find out more information on the best USB battery packs, [here](#).
- 3. Backup LED Flashlights:** Flashlights are great for a survival situation. And these days, it seems like we have a million and one choices when it comes to flashlights. SureFire, Fenix and Streamlight are just a few of the companies that make solid lights. But in addition to your standard flashlight, you should also have a backup in case that one gets damaged in EMP attack. LEDs are best for brightness/weight savings/long life.

In my go bag, I have two flashlights. The first one is extremely small and doesn't weigh much at all. But even though the Fenix E05 LED flashlight is only 2.5 inches long, it produces 27 lumens and will go a distance of over 78 feet. The flashlight is waterproof and runs on a single AAA battery. (Don't forget to include a spare AAA battery in your bag.) The second flashlight that I carry is rather inexpensive, but it works well and the battery seems to last forever. Plus, it's ultra-compact too. It's a 9V LED flashlight with six bulbs. All you do is snap the flashlight on top of a 9V battery and you've got light for hours on end.

- 4. Rechargeable Batteries:** I use the Panasonic eneloop rechargeable batteries. These batteries come pre-charged and are ready to use. They can be recharged up to 2,100 times, and they actually maintain their charge when not in use. According to the company, they can maintain up to 70% of their charge after five years. What's more, they can work in freezing temperatures all the way down to -4 degrees

without losing their charge. The fact is these are tough batteries that will last, which is why I use them. Also, in the event of a long-term power outage and your batteries running out of charge, you can always hook up a generator and recharge the batteries using your generator, if need be. I certainly realize that batteries may not be as cool as the latest gun or knife, but when it comes to being prepared, it's important to focus on the small details, because the small details can make a major difference during a crisis. You can find these batteries on Amazon.com (big surprise) if you do a search for "Panasonic eneloop batteries."

5. Solar-Powered Radio: These days it's extremely important that we are prepared for power outages. As part of your emergency preparedness I recommend everyone have a high-quality solar-powered radio. Solar power is abundant and can provide hours of charging to your radio. With increasing occurrences of tornadoes, earthquakes, fires and other natural disasters, you need to be prepared to be without utilities for the long run.

One of the most important features you need in a radio is the ability to receive emergency broadcasts. What this means is that you need to buy a radio that broadcasts the NOAA weather band. This is where all your weather-related emergency alerts would be broadcast. If you have taken shelter somewhere or are trying to evacuate, you will be able to receive the latest information. Also, make sure the radio you purchase has Specific Alert Message Encoding (SAME.) This is special technology that allows you to input a code into the radio for your specific location. That way you won't receive the weather alerts for the entire broadcast area.

Another important feature you need to look for is a radio with a USB connection. Most of us are attached to our cellphones and if we are in an emergency situation we need to be able to charge our phone. If you need to call for help or get ahold of a family member, you want to make sure your cellphone has power. Now, if there is extreme weather that's causing the power outage, who knows if cellphones will work, but it's an option you'll want available. Another feature you want in a radio is a flashlight. A lot of the radios on the market have bright LED flashlights. Some come with the option of an emergency feature that allows you to set the light to flashing mode to alert others.

Finally, make sure the radio you purchase is easily portable. You want

something you can grab and take with you in an emergency. These radios vary in price from \$50 to few hundred dollars. The Eton FRX5 radio is a good option. It is easily portable, features an LED light and has SAME technology. It also has phone charging capabilities and sells for about \$90 on Amazon. Another less expensive option is the First Alert Weather Band Radio. This features SAME technology, USB charging port and flashlight. It's easily portable and sells for around \$70. As with most things, I would not recommend going cheap on an item like this. Find a good-quality radio that has all the important features that you will be grateful to have the next time your power goes out. Be prepared, because you and I know it's not a matter of if your power goes out, but when.

In addition to electronics, there are a few other items and skills that are crucial when it comes to survival. I've listed them below.

A Knife

I have the Swedish survival knife in my glove box and in all of the 72-hour kits that I own, which are in my home and in the back of my car. Depending on the emergency survival situation you find yourself in, having a knife is just as important as having a gun.

The knife can also be used to cut up branches to make a shelter, and it can be used to carve a fish hook out of wood. Once you catch the fish (or other game), the knife can be used to clean the food to get it ready to eat. And depending on what material your blade is made out of and how shiny it is, you could also use it as a signaling device. Besides self-defense, the knife can be used to cut rope when you have to tie something down on your vehicle, or maybe you need to cut through a broken hose to make a quick car fix. If there's a medical emergency, you can use the knife to cut the right size of bandage or cloth.

The fact of the matter is you never know when you're going to need a knife or exactly what it's going to be needed for. With the abundance for knives for sale these days, there's no reason why you can't own multiple and have them in your home or car and on your person.

If you want to go high end and get a knife that will last you forever, I would go with Benchmade (I own the 9100 model). But if not, there are still plenty of \$20 knives that will last you a long time too, including the **[Morakniv Companion Fixed-Blade Outdoor Knife](#)**.

Pocket Trauma Kit

In the event of an emergency, medical supplies will be hard, if not impossible, to come by. That's why I recommend you build yourself a pocket trauma kit.

There are very few items in this kit to keep it small and simple. Because all you're really doing is stopping the bleeding until you can seek better medical attention. The first item in the kit is QuikClot. QuikClot is a special clotting sponge that helps blood clot quicker. You can buy QuikClot for \$15–20 on Amazon, and it's not a bad idea to purchase more than one pouch. The second item in the pocket trauma kit is a SWAT-T Tourniquet. Like QuikClot, this tourniquet is used by law enforcement and military personnel all over the world. It is latex free, and it can be used not only as a tourniquet, but also as a pressure dressing and bandage. And directions are printed directly on the tourniquet so you'll know how to use it the moment you need it. You can also buy the SWAT-T on Amazon for about \$15. The final item in the trauma kit is some nitrile gloves. These gloves are not made of latex, so you don't have to worry about people being allergic to them, and they'll help prevent infection when treating the wound. Once you have your three items, all you need is a small pouch or bag to put them in. As you can tell, this pocket trauma kit is small and only costs a few dollars to assemble. You may want to make several of them for your car, home and briefcase/purse.

Swedish Fire Torch

When the lights go out, you are going to need a way to see. And depending on the severity of your situation, you may need warmth. One of the best and easiest types of fires to build is called the Swedish fire torch. The main benefit of the Swedish fire torch is that it only requires one log to make this type of fire. Another benefit of the Swedish fire torch is that you don't have to constantly feed it wood and debris like other fires, because it's self-sustaining.

To make the Swedish fire torch, you first start with one log. It has to be a decent-sized log that is flat on both the top and the bottom. Once you've found a log, you need to get an ax or chain saw and split it into four equal pieces, just as if you're slicing a pizza into four slices. Next,

put the four pieces of the log back together standing up straight, but leave a small two-inch gap between each piece. Inside the gaps you'll put kindling, leaves, paper or anything else that will catch fire. If you want to make it really easy, you can fill these gaps with kindling and then douse it with some lighter fluid.

Now all you have to do is light your Swedish fire torch and you're all done. The kindling between the logs will eventually start all of the logs on fire, and since you put gaps between the logs, there is plenty of oxygen between the logs to keep the fire burning. Once the fire gets going, you can place a pan on top of the log to cook dinner or boil water. Depending on the size of the log you used, the torch will often burn two or more hours, and remember you don't have to maintain it, because it takes care of itself, burning from the inside out. Instead of having to haul a ton of wood for cooking the next time you go camping, give the Swedish fire torch a try.

Chapter 5: The EMP Threat

The potential impact of an EMP attack is extremely disastrous. It differs from any other nuclear attack in that its destructive power lies not in its radioactive fallout or in the physical destruction of population and structure, but in its destruction of electronic equipment over an extremely wide area.

Electromagnetic pulse attack would be worse than the grid being down because it destroys all electronics. And in this case, you'll have to build a Faraday cage for important electronics.

A Faraday cage is an enclosure that's used to block electromagnetic fields. It has an electrically conductive outer layer and can come in the form of many shapes.

You can build your own device that will do the same thing as a \$1,500 military-grade Faraday cage by using simple parts from your kitchen and garage — aluminum foil and a trash can, for example.

Survivopedia shows three great ways you can build your own Faraday cage to protect your electronics. Check it out, [here](#).

Chapter 6: Home Defense

Imagine how much more violent, cutthroat and ruthless people will be when they can't feed their children and they're desperate, starving and trying to simply survive.

Most of us can't afford a Level 1 security system with immediate armed response and all the high-tech bells and whistles you could ever need. But here are a few steps anyone can take to deter a would-be intruder:

Get an alarm. Everyone ought to have an alarm system these days, because they're so inexpensive. It doesn't matter if you use ADT or Brink's or whomever. They all do the same thing. Find out who gives you the best deal and get an alarm system this week if you don't already have one. Make sure the company offers a wireless backup for your alarm system in case the phone lines get damaged during an attempted break-in (most of them do).

Fortify your windows and doors. Having reliable locks for the doors and windows in your home is a simple, vital step in home defense. I recommend buying Schlage or Medeco locks, along with a solid deadbolt. Getting a solid-core door is a good idea, too. One that's made out of sturdy, solid materials, like wood, steel or iron. Don't forget to lock and reinforce your windows. Smaller wooden pieces similar to the bars for sliding doors can go in the bottom of window tracks or along the inside of the frames.

Build a panic room. This is one of the most important elements of a home defense plan. Find a location that is easily accessible for the weakest member of the family. Once you've identified the location, then you can start fortifying it. Get a solid door with a quality deadbolt, and make sure the room is equipped with a "crash box." Once you have your crash box, it's time to fill it with the items you need. These include a handgun and ammunition (I like Glock, SIG Sauer and Springfield when it comes to guns and Speer Gold Dot and Hornady for ammo), extra loaded magazines, a spare cellphone, a flashlight, medical items such as QuikClot and a Combat Application Tourniquet (CAT), a fixed-blade knife and whatever other items you choose to put in it.

Arm up. The final and most important step in keeping your family safe is getting a firearm. You may not want to carry concealed and have a firearm on you at all times, but you should definitely consider

getting one for home defense purposes. I have at least one gun stored on every level of my home. Because I have small children, every one of these guns is in a rapid access safe, made by GunVault or Stack-On or Console Vault. I've set it up this way so that if someone breaks into my home, I don't have to worry about running all of the way upstairs (and possibly past the intruder) to retrieve a firearm to defend myself.

This Is Not a Drill

Unfortunately, no amount of preemptive safety measures will keep a tenacious trespasser from gaining entry into your home. Which means you should know how to respond once a breach has occurred — with zero hesitation. Once a criminal is inside, the No. 1 goal for you and your family is to avoid the intruder. To that end, here are some helpful tips to consider:

- If you don't have an alarm system to alert the household to the presence of an invader, establish a code word or words that everyone knows mean trouble to initiate a predetermined escape plan — i.e., leave the house and rendezvous at an agreed-upon meeting point or head to the safe room
- Draw a sketch of the interior of your home and mark alternate points of exit that could be accessed while avoiding the area the intruders have breached. Be sure to have more than one exit strategy, including alternate escape routes for the front, rear and second floor
- Rehearse, rehearse, rehearse. It's one of the most important factors of success. The plan becomes second nature, and if something does go wrong, you are better able to adjust. If you have kids, don't turn these practice drills into a scary situation, but be sure to rehearse with the lights off, so they get used to maneuvering in the dark
- Speaking of kids, teach your children how and when to dial 911. And if they get separated from you, they should know which neighbor to go to and what to say

It's also a good idea to practice self-defense in the event you are faced with an intruder. Here are a few things you can do to protect yourself against attackers:

Poke or gouge the eyes — using your thumb is best. Think about

how painful it is when you accidentally poke yourself in the eye. Now imagine how painful it would be for a criminal if you actually put some muscle into it. The attacker would most likely jump back, covering their eyes, which would give you time to escape

Assault the ear — Put your hand in a cupping shape and smash the assailant over the ear. This can be seriously disorienting — it doesn't take much force to bust an eardrum. As the criminal is grabbing his ear in pain, that's your cue to flee to safety

A nose for fighting — the nose is another very sensitive area. A quick palm strike to an attacker's nose would make their eyes water and quite possibly break it — or at least cause a whole lot of blood.

While I hope you never find yourself in a situation that requires you to use these techniques, you should commit to remembering them. They are devastatingly effective and will give you enough time to flee from danger.

Chapter 7: Putting It All Together

The truth is preparing for a blackout is rather easy if you plan ahead, which is exactly what I hope you do. To help you become better prepared and take the necessary steps to ensure you survive a crisis, whatever it may be, let me share with you this six-step process.

Let's assume our task is to get a year's worth of food storage but we're overwhelmed because we've only got two weeks' worth of storage at the moment:

- 1. Identify the vision:** What is the end goal? We want a year's worth of food storage.
- 2. Identify our current reality.** Our current reality is that we have two weeks' worth of food storage but we want to have a year's worth, so we need 50 more weeks of food. Since our current reality doesn't match our vision, we continue through the steps.
- 3. Clearly define the real issue.** Ask "why" here until you really get down to it. Our real issue is that we don't know how to go about getting 50 more weeks of food storage.

4. Identify the options to achieving our goal. For example, we could go online and buy a year's supply of food all at once, which is commonly sold in the buckets by many survival companies. Another option is that each week when we go grocery shopping, we could buy an extra week's worth of canned food, so that each month, we would add a month to our food storage. Also, we could buy No. 10 cans of wheat, rice, pasta, potato flakes, beans, etc. Now that we have our options, we pick the one that looks to be the best. The final and most critical part of this step is to have someone else review the plan to look for pitfalls that you couldn't see. Once they check it out, you can incorporate their suggestions or not as you see fit.

5. Implement your plan. For instance, if you picked buying the No. 10 cans and you figured out you needed 200 cans for your family, you would buy 17 cans each month. Or if money is not an issue, you could buy all the cans at once. It's also important to set a deadline for all of your goals and make sure all the key players to the plan (the person that does the grocery shopping, for example) are aware of the plan and what their part is in making it happen.

6. Evaluate your results. Remember what your vision was. Is the vision the same as the current reality now? At the end of the year, if you don't have a year's supply of food, you would evaluate why not, decide what you need to change to reach your goal and start the process again.

The good news is this six-step process can be used for all of our preparation goals. We all know that when we write it down on paper, there's a much better chance of accomplishing our goal and getting where we want to be. And while it can be applied to anything in your life, it's great to apply to your home safety and preparation goals and holds you accountable to getting your home in top order for the protection of your family.

The fact is this is high-level survival knowledge that's usually reserved only for government operatives like CIA officers...

But with the increasing threat of an attack on our nation's power grid and the refusal of those in power to execute anything even remotely resembling a plan, I refuse to sit on the sidelines.

Stay safe,
Jason Hanson