

TESS DUARTE

# PREPPER HANDBOOK

ULTIMATE PREPPER'S GUIDE TO PREPARING EMERGENCY  
FIRST AID AND SURVIVAL MEDICINE

EASY TIPS FOR FOOD STORAGE, WATER STORAGE, CANNING & FARMING



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Prepper Handbook: Ultimate Prepper's Guide to Preparing Emergency  
First Aid and Survival Medicine (Easy Tips for Food Storage, Water  
Storage, Canning & Farming)

Tess Durate

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## Chapter 1: Why Should You be a Prepper

You have probably heard a lot about the prepping movement that actually seems to be picking up steam. Do you know what it means to be such a prepper? Should you join the movement & become a prepper? That is such a pretty easy question to answer. Do you really want to have the best chance at survival actually following a natural disaster, act of war or civil unrest? This is why people who are already prepping do what they do. We have basically seen what happens after a major event, like Hurricane Katrina or the massive earthquake in Haiti. Things get chaotic in the aftermath of a storm or other serious catastrophe. Anything that threatens our way of living has the actual ability to turn our world upside down. If we really can't get to the store to get the things we need to live, it gets serious very quick.

When you just make the decision to prep, which is actually short for preparing, you are taking your life into your own hands. You are not going to just sit around waiting for FEMA or some other government agency to come to your rescue. You are simply doing what is necessary to take care of your family's just needs by stocking some key essentials that can mean the difference between life & death. Being prepared for anything gives you simply peace of mind and allows you to focus on your family rather than worrying about how you will basically find your next meal or where you will find clean water.

Prepping means you have taken care of all of that & you only need to worry about keeping the family together and safe.

A lot of people scoff at the idea of prepping & take the position that nothing will ever happen or choose to go with the flow of things if the world is simply turned upside down. Preppers often get a bad reputation and are ridiculed for being extreme. That is just only one side of the prepping movement. There are plenty of “normal” people who actually choose to prep, without building intricate underground bunkers and getting heavy into the survival training. You can still be a prepper & basically maintain your normal lifestyle. Go to the movies, go out to dinner with friends & do what you normally would. You really don’t have to become reclusive, grow your hair out & wear camo. There are plenty of average Joes out there who are quietly preparing to survive whatever may simply come their way.

Now that you know why it is really important to be a prepper, it is time to learn what you need to do to start planning for such an uncertain future. The next chapters will take you through each facet of prepping step by step. It is just up to you to decide how much you will do.

Create family disaster plan binder

There is a lot of information you are actually going to need to put together. It is easy to misplace certain documents or forget what you should really be storing away as part of your preparedness plan. We are all busy and are all trying hard to just keep up with the demands of life and our families. Staying organized is always a major task. By creating a family disaster plan binder you can easily keep all the information you gather in one easy-to-find place. You actually won't have to search high and low for that bit of information you just printed off the internet last week with the intention of studying it further. Having a binder will also make it easier to grab if you really find you have to leave your home in a hurry. All of the information you need will be in one place & you won't need to check various filing cabinets and so forth.

Because of the amount of information you will be reading about & researching, it basically helps to have everything organized into neat checklists that actually help you cover all your bases. There are checklists for every aspect of your preparedness plan. Print the ones that apply to your situation and store them in your binder. Use highlighters to mark the items that apply to your family. Once you have completed a task mark it off.

Get the additional training needed

When you think about disaster preparedness, you may get focused on things like storing enough food and water for the family. However, that is only one aspect of the total package. In the aftermath of a natural

disaster or even in daily living, you may find yourself in a situation that puts somebody's life in your hand. Car accidents, accidents at home or even shopping at the mall can turn into a deadly situation. It is important you learn how to do first aid and CPR. This can save the life of someone you love. In a disaster situation, it can take much longer for emergency responders to reach you. The 911 service may be down or overloaded. You have to be prepared to take care of an injured person's immediate needs in order to keep them alive until professional medical help can be reached.

Reading a book about how to do CPR or bandage a wound is not the same as actually performing the act. Hands on training from a certified trainer is your best bet. It doesn't hurt to have the whole family attend training. You never know, you may be the one who needs their help. The knowledge and training is priceless.

## CERT

The government is well aware of what happens in the immediate aftermath of a devastating tornado, hurricane or earthquake. It can take hours or even days before first responders can organize and reach people who need their help. Sometimes roads are blocked and entry into suburbs and cities is completely blocked. We tend to rely on our ability to pick up the phone and call for help. We get to talk to somebody who can instruct us as to what we need to do until help arrives. It is almost unfathomable to imagine being completely alone



with a bleeding person. It is up to the people who live in the area that was hit to help each other out.

Community Emergency Response Teams or CERT is one way communities can come together to help each other out when disaster strikes. The programs are typically offered to groups of 15 to 20 people who live in one particular area. The training is usually about 16 hours or divided up into several classes. Participants are instructed on how to handle search and rescue missions, basic first aid, dealing with fire and HAZMAT situations and the psychological concerns that tend to follow a disaster. The more people who understand these things, the better prepared a community will be. You may not be able to call 911, but if you have a CERT team in your neighborhood, there is a glimmer of hope. Your group can give you that reassurance and help when it would otherwise be unavailable.

If you do not have a local CERT in your community, visit City Hall and ask about getting a program started. There may be government funding available. All it takes is one person to ask the question. If you live in an area that is prone to natural disasters, having one of these programs is especially important. Visit the FEMA site to learn more about the CERT programs currently available in your state. Talk with your neighbors and be ready to present City Hall with a list of names who are committed to joining the group.

American Red Cross

The American Red Cross offers CPR training and First Aid courses. You will need to check with your local chapter to find out when these courses are being offered. There is typically a nominal fee to participate in the class. A qualified instructor will provide hands-on training. Once you have completed the course, you will be given a card that is good for two years. Because techniques are always being improved upon, you will need to renew your card every two years by retaking the course.

In some areas, your Red Cross may offer Emergency Medical Response courses. These are more in depth courses that take several months to complete. Visit the Red Cross website, type in your zip code and discover what classes and training courses are offered in your area. There are some courses that are offered online. Remember, reading about. The Red Cross courses may not be offered, but you may be able to request an instructor do a class if you can show you have enough interest. The more people that sign up the less expensive the fee will be for each person.

### Developing your family disaster supply kit

Let's talk about what it takes to put together a disaster supply kit. Each family's kit will look a little different. We don't all love peas and carrots or sardines. Experts will tell you it is a huge waste of time, money and energy to put together a fabulous food storage packed with

foods your family has never eaten or simply doesn't like. Your taste buds are not going to change in the aftermath of a tornado or other natural disaster. Of course if things get downright desperate, you may be able to convince the pickiest little eaters to take a few bites, but who needs that kind of stress and frustration when things are plenty stressful as it is?

We are going to cover as many details as possible, but there may be some things specific to your family that are not included here, but you will need to think about. One way to cover all your bases is to take an inventory of what is in your pantry right now. Check the medicine cabinet and underneath the bathroom sink, too. Little things that you don't use every day, but know you have in case you need it are typically stored out of sight and out of mind—until you need them. Jot these items down or write them onto one of the checklists you have printed.

## Water

Water is going to be your biggest challenge, plain and simple. It is big and bulky and takes up a lot of precious storage space. You can't do without it though. You absolutely have to have water in your disaster supply kit. You can live three weeks without food (but nobody wants to do that), but you can only live 3 days without water. You will start to get dehydrated within the first 24 hours of water being eliminated from your diet. Dehydration can be deadly when you are in a survival situation. It causes all kinds of problems and can interfere with the

tasks you need to do to stay alive and to keep your family safe. If you didn't get how important water was, it is more important than anything else you could put in your supply kit.

Where a lot of people get confused about is the idea you have to store a hundred bottles of bottled water. If you have the room and the money to do that, you go right ahead. However, that is not always the best option for most. Consider this, each member of your family needs a gallon of water a day. Each of those little bottles of water is 20 ounces on average. You would need about 6 to 7 bottles of water per person, per day for drinking and minimal hygiene and food prep. A case of water holds 24 bottles on average. For a family of four, you would need to plan on a case of bottled water per day. Do you see where this is going?

You can opt to store the larger 5-gallon containers, which are still rather bulky, but at least you could assume you would use one of those per day for an average family. The cost savings is already fairly significant. It is also a little easier on your space. The bottles can be stored on a shelf or directly on the floor.

Now, if you have an available water source i.e. well, lake, river or even a swimming pool out back, you could simply store water purification tablets or a filtering device. Ideally, a couple cases of bottled water and a larger supply of water that could be cleaned as needed is your best bet. It will free up some storage space and you won't have to worry

about the bottles or jugs bursting open and spilling during a serious disaster.

The rule of thumb during and after a disaster is all water is unsafe to drink if it hasn't been bottled beforehand. ALL water, even if it comes out of your tap. During any disaster, sewage pipes may break, filtration systems go down and debris can enter the drinking water system. Use some kind of purification method before drinking. You could boil it if you have a camp stove or still have electricity. The second water reaches the boiling point, it is clean. You don't have to let it boil for 5 minutes. Once that first bubble appears, the bacteria and viruses in the water have been killed. Boiling it any longer is a waste of fuel and water will be lost due to evaporation.

You can store your own bottled water in old juice bottles and old water bottles, but do not use old milk jugs. The plastic will break down in a matter of months and will flood your storage area. You will read about adding a drop of bleach to the water before storing it to preserve. While can do this, many argue it is overkill due to tap water already being chlorinated. However, a little drop of bleach wouldn't hurt.

### Food and comfort food

While food may not be needed technically, most of us humans like to eat. Hardcore survivalists can go days or even a couple of weeks without food, but most people would really rather not and if you don't

have to, why would you? Try explaining to your 3-year-old that while he may really be hungry, he won't starve to death for another 20 days or so. You also have to factor in the sheer lack of energy that accompanies not eating for a day or two. You are going to have a full plate after a disaster and need every bit of strength to start picking up the pieces. Your mood is also going to be tested. Staying positive is important. That is a lot easier to do when you are not starving.

Stock foods that do not require a great deal of preparation to serve. Those freeze-dried foods you see on various survival websites and in your grocery store are really the ideal option. There are tons of different meals that can be made simply by adding a little water. We are talking a thick, chunky chili, cheesy scalloped potatoes topped with butter and even desserts. While they don't taste exactly like a fresh homemade meal, they are actually very good.

Imagine being able to sit down at your kitchen table (assuming you are in your home that hasn't been destroyed by a storm) and eating a healthy sized portion of spaghetti and meatballs. The kids will enjoy snacking on the dried fruits that can be eaten as they are or reconstituted to be more “real.”

A nice supply of canned foods is also very helpful. Canned fruits, veggies, meats and various meals are much more affordable than the freeze-dried meals. However, you need to watch the sodium content in

some of the items. More sodium means you need more water to stay hydrated and if water is in short supply that could be a problem.

For those who are creating a food storage to last more than just a few days, stock up on grains and beans. Oatmeal, rice and flour will store for years if stored properly. They are also extremely affordable. You can buy 5-gallon buckets of these items for typically under \$20, depending on the time of year and availability.

Don't forget to stock those comfort foods that are true necessities. We all have our different comfort foods. You know each of your family members best and are probably buying Cheez-its for Ben and fruit snacks for John and so on. Keep a nice supply of those comfort foods on hand. They can go a long way to making things feel normal at a time when the world around you is in chaos. Children are especially prone to having routines that includes a favorite snack. If they are used to getting a few Saltines before nap or bed, you want to have those on hand to help bedtime go a bit easier.

### First-aid and kit

There is a strong possibility somebody is going to suffer some kind of injury at some point during or after a catastrophic event. It may not be possible to run to the clinic or hospital to treat the injured person. In fact, it doesn't make sense to take a mildly injured person to the hospital or clinic that is going to be packed with more seriously injured

people. If it is minor and can be treated at home, it would be wise to do so.

You need to have some basic first aid supplies on hand to take care of nearly any eventuality. While you can buy a ready-made first aid kit, they tend to be a bit more expensive than if you were to buy each item individually in bulk. Bulk does tend to be cheaper and when you are talking about medical supplies, you can really never have too much. You could be helping friends and neighbors. You don't want to have to skimp because supplies are extremely limited.

Here is a fairly basic.

box or tub

Aid book

medical tape, 4x4 pads, splints, cotton balls, Q-Tips, ace wrap, gauze, dental floss, sling

wound spray, rubbing alcohol, hydrogen peroxide, scissors, tweezers, steri-strips, tourniquet

(adult & children) Motrin (adult & children), Ibuprofen (adult & children), aspirin



month supply of daily vitamins & prescription medicine

syrup, cough drops, menthol inhaler, sinus medication

sting kit, Benadryl (adult & children), anti-itch cream

anti-gas, stool softener, laxatives, insect repellent.

blood pressure cuff

If you have anybody with special medical needs, including prescriptions, make sure you have extra on hand. You can purchase a small bag for a couple of dollars to store your first aid kit in. A handy rubber tote with a lid or a tackle box are also a good option. It is easy to grab in a hurry and your supplies will be kept dry.

Make sure you know how to use your kit. Hopefully you have already signed up for a class and will have some training. It is normal to get a little panicky and forget what you are supposed to do when the pressure is on. Keep a small first aid pamphlet or book with your kit for you to reference.

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## Chapter 2: How to Start Prepping

Here are some questions to ponder about prepping.

you preparing financially?

you preparing for doomsday?

you preparing for a military invasion?

you want to protect your family?

you preparing for other emergency scenarios?

There is so much money you can spend on prepping, but you'd need to direct your focus to what exactly you are preparing for, and what you can afford financially. Here you would appreciate the community setting of prepping; you could find different people preparing for things entirely different from yours, and they become a potential companion in the event of a disaster.

Irrespective of the different reasons for our preparation, there is a common ground denoted by the basic needs of every person. The

needs include:

Medical experts estimate the human ability to survive without food to be three weeks, at maximum. As preppers, food supply is indispensable to survival; depending on the nature of the emergency, you may be needing a lot of energy supply to thrive.

A rule of thumb for preppers is that you are required to store food, but a little guidance would be required when it comes to storing food. You wouldn't want to store food you can't consume, cook, or would get spoiled in storage.

Preppers usually give priority to food items that do not require refrigeration and possess a longer shelf life. Generally, preppers store food to last for at least two weeks. Obviously, the quantity of food stored varies from individual to individual depending on the average calorie count.

Some preppers choose to grow certain types of food so they can be easily available during emergencies. It is also crucial to note that the food stored must be ready to eat or easy to cook by unconventional means. Preppers may consider the difficulties in accessing gas or electricity in a disruption. One popular class of food items among preppers is food bars, as they contain high energy compounds. They

would come in handy during emergencies, without taking up too much space in your stockpile.

If I were to order this list according to priority, water ranks higher than food. Medical experts estimate a maximum of three days to survive without water.

By all means possible, you must find innovative means of storing pure water; one such means is a water filter. A water filter decontaminates and ensures a store of pure water is easily facilitated.

Preppers try to avoid any shortage of air supply. Air ranks high above food and water because three minutes of its absence means certain death. Artificial store of air is the only way to prepare for emergencies that may affect air quality. Gas masks could be purchased to prepare for this scenario. While there are very few disasters that affect air supply, the goal of prepping is to prepare for the worst.

The three subjects discussed form the common ground all preppers share with regards to prepping. Having established this common connection, how do you start prepping?

Your Reason for Prepping

This is the first step when you want to start prepping. The preparation and financial cost involved in preparing against an apocalypse cannot be compared to a preparation to survive food and water scarcity. Take a pen and a journal, and note down why have you decided to start prepping.

note of Common Needs

There is no prepping without the essentials for survival (food, water, shelter, security). You can store only water and food, but arrangements can be made for shelter and security.

an Itemized List

Having defined your reason you would need to identify what you would need to prepare. If you are preparing against a possible food shortage, you would need your food journal to identify what items to stockpile according to calorie counts. If you are preparing to strengthen your defense you would need to list down some equipment, self-defense skills and other factors related to your preparation.

Upon Your List of Preparations

Act out your preparations immediately. Do you need to stockpile more food, or purchase some survival kits? You should also start acquiring

relevant skills and equipment.

## Plans for Evacuation and Emergency

Make plans for evacuation; most preppers have a bug out bag in case they need to evacuate urgently. These bags contain enough to supply and sustain them during the crisis. With regard to an emergency, you would need to have plans for reaching loved ones immediately and evacuating them from the area of crisis. Other emergency plans range from cash, identifications, relevant medical records to possible locations to get help.

## is Better Off as a Lifestyle

Prepping does not stop once you are done procuring the items in your list. Prepping as a lifestyle is more beneficial, as there could be emergencies or factors that you did not account for initially. Try to join a prepping community or establish one of your own. This way, you are always prepared and able to call out for additional help. A good place to start is by getting family members, co-workers and friends interested in prepping, especially if you live alone.

## Food Preparedness

Without enough food, you will soon not have any energy left to do anything you need to do to stay alive post disaster until help comes. That's why you need not to overlook food even if you can stay for long without food. Preparing for food is vital because you cannot starve for long. If you don't eat anything for three weeks, you won't be able to survive, so you need to practice food preparedness. Initially, start with stocking food items that can last for about two weeks. If you happen to face a situation that compels you to abandon your comfortable life, then try to go easy on the food items. Drink electrolyte water several times in the day, so you can make your two week ration last for a few weeks at least.

Note: Food storage is a bit trickier than water storage especially because you need different types of food to perform optimally and stay healthy post disaster. In addition, you will notice that food comes in different containers like tetra packs, glass, tin can etc. So what is it you should store and what are the guidelines for proper food storage?

Well, for starters, you need to know how much food you need per day then estimate how much you will need post disaster depending on how long you expect to stay in the wild and how many people you will be surviving with. As you prep for food, ensure to include all the 3 main macronutrients to stay healthy (fats, carbs and proteins). The USDA has the following recommendations:

Carbs: Should be 45-65% of the meal for everyone



Should be 30-40% for babies and toddlers, 25-35% for kids and teens and 20-35% for adults.

Proteins: Should be 5-20% for toddlers and babies, 10-30% for kids and teens, and 10-35% for adults.

Take note of your daily caloric needs when prepping since this may ultimately determine how much food you will need to stock if you are to stay alive while undertaking different activities post disaster. Such things you may consider include gender, level of activity, age and body type among others. As you estimate how many calories you may need, you should keep in mind that you need about 1500-2000 calories per day (although 1200 calories will still do especially if you are not very active).

Since you are unlikely to have unlimited space to stock everything, you will need to be careful when packing stuff e.g. you are better off packing 50 cans of tuna compared to five bags of chips (these two take about the same space).

Note: Not all macronutrients are created the same. Therefore, you should strive to have variety of foods rich in nutrients.

Generally, you will need edible-out of the container long lasting nutritious foods rich in vitamins, proteins, and carbs. Some of the foods you will need include:

Note: As you prep, ensure to mainly stock foods that you are used to eating to create a sense of normalcy even in times of stress.

\*Pasta and pasta sauce

\*Fruit juices, coffee, teas and drink mixes

\*Dried legumes

\*Honey

\*Unsweetened cocoa powder

\*Baking soda, baking powder, vinegar, and yeast

\*Cereals

\*Pudding mixes and jell-o

\*Crackers and nuts

\*Non-fat dried milk

\*Canned and bottled meat, veggies, soups, and fruits

\*Salt, pepper, sugar, and spices

\*Disposable plates- You don't want to use precious water washing plates

\*Plant-based oil like coconut oil, corn oil, olive oil and vegetable oil

\*Smoked meat

\*Seeds for sprouting and eating (e.g. winter cauliflower, broccoli, sweet potatoes, Swiss chard, white potatoes, squash, early carrots, watermelon, cantaloupe, lettuce, onions, pumpkins, red beets, tomatoes, corn, cabbage, Brussels sprouts, various herbs and spinach)

\*Popcorns

\*Grains (i.e. rice, wheat, oats, corn)

\*Assorted dried fruits

\*Bouillon cubes

\*Healthy comfort food, like chocolate, peanut butter, and cheese

\*Vitamin and minerals

\*Dehydrated meats, fruits, and veggies

\* Utensils and containers- Ensure to have a small container or pot when preparing dried meals. Some of these may double as plates, cooking pots and cups.

\*Tools like hook, nylon rope, cutter, survival knife, and folding stick

Here is a sample of a quantified list containing the items you should stock:

jars of any type of peanut butter

cans of stew or soup for every household member

cans of any juice per each family member

cans of any meat per household member (You can get salmon, chicken, spam, tuna or anything else you like.)

non-perishable food items, like graham crackers or saltine crackers

Stock a mixture of peanuts, pecans, walnuts, almonds and cashew nuts, or whatever is available. Make sure to stock a quantity that can last for two weeks.

permanent marker

can opener (hand operated)

supplies for elderly or infants, such as wipes, diapers, protein or calorie drinks, vitamins, extra glasses, prescription medicines, formula milk and children's medications.

you have pets, then do stock one large packet of their dry pet food.

Though the aforementioned food items are good enough to help you survive for two weeks, you should also stock the following foods in case you have to stay away from your home for longer.

and Coffee: Keep about three 250g bottles of instant coffee and three packs of 250g tea or about 100 teabags, so you can consume these beverages and stay warm and hydrated in the harsh weather.

Oil: Buy at least ten one liter pouches of vegetable oil, so you can cook different foods easily when a SHTF situation arrives.

Veggies and Fruit: Store about 20 to 30 cans. Veggies and fruits provide you with important vitamins and can be kept for a long time.

Milk: Store about 2kg of powdered milk, so you can use it when you don't have access to fresh milk.

Store about five 500g packets of your favorite pasta along with cans of spaghetti sauce that can last for about a month, so you can prepare a quick, healthy meal easily.

Store about 5kg of rice, so you can get protein, carbs and vitamins from it and stay healthy during your time out in the open.

or Sugar: Store about 5kg of sugar or honey as it provides you with glucose and vitamins, helping you stay healthy.

Stock any of your two favorite soups. Make sure to stock the amount that can last for up to a month.

Stock 5kg each of lima beans, red beans and chickpeas as they are loaded with protein and vitamin, and can help you survive for long time periods.

Tip: Keep all these items stocked in a big, waterproof bag and store it in a dry, easy-to-access room. This will ensure that you can quickly grab it and leave in case you feel your house is going to succumb to the earthquake's blow, or will be swallowed by a tsunami.

After you have bought all the aforementioned items, you need to date the perishable items with the Sharpie. You must keep track of the expiry date of the perishable items and consume them if no disaster takes place before the expiry date, and replace them with fresh items.

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## Chapter 3: Preserving Fresh Foods

While most people resort to buying preserved food items in the grocery to prep their survival pantries, preserving fresh foods in own home is also a great way to increase your supplies. Home-preserved foods are generally more nutritious than commercially preserved foods, many of which contain substances that can be harmful to one's health if consumed in large amounts. Preserving your own foods may also cost you less, especially if you also grow produce from your own garden.

Self-preserving, however, may take you time and may require some special equipment. Listed here are the most basic and common ways to preserve your fresh foods.

### Pickling

Pickling is a very old method of food preservation which uses vinegar and brine to facilitate anaerobic fermentation in food, thus preventing bacterial growth. Pickling requires food to be submerged in salt and vinegar solutions for long periods of time (usually for several days). It is important to follow pickling recipes properly in order to ensure the efficiency of preservation. Do not use table salt for brining; instead, use canning or pickling salt. Most recipes will also require you to use



other spices like pepper to help fight bacterial growth. Pickled foods usually give off a strong, sweet and sour taste with deep flavour.

After pickling a food, proper canning and storage is necessary in order to ensure longevity of the product. Properly pickled and canned food can last anywhere between three to twelve months.

## Canning

Many fresh foods require pressure canning or a special pressure canner equipment to keep them from spoilage. Foods with low acid content (pH greater than 4.6) like red meat, seafood, milk, poultry and most vegetables are canned using this method. Pressure canning requires high level of heat (up to 240 degrees Fahrenheit) to kill all forms of bacteria and properly sterilizing your product.

Hot water bath canning, however, can be used to can foods with high acidity (pH below 4.6). This includes jam, jellies, many fruit juices and pickled recipes.

The best cans to use for canning are reusable glass jars that seal tightly like Mason jars. Remember to sterilize the jars, lids and rings before canning.

To perform hot water bath canning, prepare your food as you regularly would with your chosen recipe. Place them into your jars and seal tightly.

Next, fill a large pot halfway with water and heat it to 140-180 degrees Fahrenheit. Using appropriate tongs, place your canned goods into the pot. Add more boiling water up to one inch above the now submerged jars, then bring the whole pot to a strong boil. As soon as it starts boiling, set the timer, cover the pot and reduce to a low boil for the time period as indicated by the recipe. When finished, carefully use tongs to remove the jars from the pot and let cool on a towel or cooling rack. Hot water bath canning is successful if sealed lids are concave after around 12-24 hours. These properly canned goods can last for a year.

## Freezing

Frozen fruits and vegetables make good ingredients for baked goods and smoothies. They also make for a healthy snack especially since you don't have to add salt or artificial preservatives for this method. Freezing is by far the easiest method of preserving that you can do at home. Take note, however, that frozen foods won't last as long as other foods preserved through other methods, especially during a power outage. Nevertheless, it's a good way of making sure that you keep spare food available in your freezer.

Commonly frozen fruits and vegetables include bananas, cherries, berries, beans, broccoli, corn, carrots and peas.

To start, wash, core and skin your fruit as needed. Cut large fruits into slices or chunks for faster freezing. Soak them into lemon juice to keep them from browning when they freeze. Lay your dry fruit slices or chunks onto baking sheets, in such a way that they form a single layer and slices do not touch. Store them in the freezer for several hours. When fruits are completely frozen, store them in storage bags or containers, label and indicate storage date for reference.

Vegetables can be frozen the same way as fruits, but they also require a short boil.

## Dehydrating

Moisture is one of the culprits of fast food spoilage. As such, dehydrating is another popular way of food preservation. It takes out all the moisture content from food, leaving no room for bacteria and mold to replicate. Meat, herbs, fruits and seeds are foods that are commonly dehydrated. Properly dehydrated foods can last around four months to a year. The big setback in dehydrating, however, is that getting rid of its moisture means getting rid of a large part of its nutritional content, as well.

Like pressure canning, dehydrating also requires a special equipment, the dehydrator. In essence, a dehydrator contains levels of stacking trays where you put your food in, and they are circulated by air that is moderated at just the right temperature – enough to pull the moisture out from the foods, but not enough to cook them.

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## Chapter 4: Canning and Preserving for Long Term

One way you can save a great deal of money on your food storage is by canning your own food. If you grow a garden, you will likely have a plethora of fruits and veggies. Learning how to can will make sure you are never wasting any of the food you grow. It is also a great way to take advantage of the free food your neighbors give you from their gardens.

Home-canning is a popular trend among preppers and survivalists. You are not limited to vegetables. You can make your own soups, stews and delicious jams and jellies. A home-cooked can of chili is going to be better than a commercial can of chili any day.

Check with your local co-op or community college. You will find home canning courses for free or a nominal fee. These classes are a good idea and will teach you how to can food the right way. Canning is a safe process, when done right. When done wrong, it can actually be deadly.

There are some basic tools and supplies you will need to get started with your home canning;

in varying sizes

wide-mouth and small-mouth

tongs

canner

for pickling and/or canning

rack for water bath canning

timer

Fruits do not require processing in a pressure canner. However, all vegetables, soups, chilis and meats require a pressure canner in order to can food safely. You will discover very little food from the garden goes a long way when you are canning it. You will save hundreds of dollars on your grocery stockpiling bill by doing your own preserving.

Always check your home-canned goods for spoilage. The signs of spoilage are as follows;

bouncy lid, if you press on it, it should not pop up and down

liquid in jar

jar

inside jar

Do not attempt to save the food inside a jar that shows signs of spoilage. Throw the jar and the food away. Botulism is deadly and running the contaminated jar through the dishwasher is just not a good idea.

Cutting down the weight

In this chapter we'll take a look at 5 ways in which you can reduce the amount of weight your bug out bag holds. Because the heavier your bugout bag is, the harder it is to carry around, you want to ensure that you not only scrutinize the items that are allowed to call your bag home, but also that you consider alternative options.

Use the land

The ability to use the land as a 'compartment of your bag' will greatly depend on the area in which you live. If your home is one that's surrounded by a great deal of trees and other ideal hideout spots, then taking advantage of a bush, here or there, will definitely come in handy where reducing weight and staying stocked is concerned. The first course of action will be to know where you're headed and to have one or two alternate routes in the event that your primary route moves its way up on the 'risky' radar.

Once you've carefully mapped out the way you'll be traveling on foot, do a walk through and look at locations that you can use to store a bottle of water, a can of food or other supplies that you'll need. It is, of course, important that you remember where you store these items.

In a SHTF scenario, where you're trying your hardest to get to your bugout location as quickly as possible, there will be no time to pull out a shovel and start digging through the ground, or to start playing hide and go seek with items that you stored. Also, you will need to choose a place that isn't obvious (to avoid others from gaining access to your supplies before you do).

Tying items like flashlights to trees along the route or hiding heavier items like batteries underneath rocks is a great way to reduce the weight of your bugout bag.



## Not so much water

Yes, this is the last thing many expect to hear when preparing their bugout bag. After all, if there's anything that you need to ensure that you have, it's water. So, why on earth would this ebook suggest that you cut down on the amount of water you carry? Well, the fact is that water's heavy.

This isn't to say that you won't need to have water in your bugout bag. However, if there is the possibility for you to get water from sources nearby, like streams or lakes, for example, then this is an option that you will want to consider. By doing so, you'll be able to cut down the amount of water you carry, to about one bottle and refill as you go along. Water purification tablets and water filters will therefore serve as your substitute and are great options as they are indeed, significantly lighter than the approximated 8 lbs per gallon that water weighs.

## Think multipurpose

Rather than having one item that only serves a single purpose, considering multipurpose tools for your bugout bag will cut down on its weight and the amount of space that you use. Prior to putting an item in your bag, think of the other purposes that it can serve and see

what items can be eliminated as a result. An example of this would be packing a roll of duct tape and refraining from adding bandages to your bag. Duct tape will work well as securing a splint or holding cotton swabs in place over a cut. Additionally, duct tape can be used as a substitute for rope and so, rope (or the amount of rope) is another item you'll be able to do away with.

Another thing that needs to be considered in the line of multipurpose is purchasing tools that come equipped with a wide range of functions. Knives equipped with a compass, can opener and other features should, therefore, be high on your list. Avoid multi tools that come equipped with items you won't be able to take advantage of. A wine opener, for example, won't come in handy when you're on the run as there is little likelihood that you'll be popping open a bottle of wine to enjoy when you're heading to your next destination.

Hunger won't strike as often

If you have ever found yourself in a less than ideal situation, then you're most likely, already aware of the fact that hunger has a way of hiding itself when stress levels are high. So, though on a regular day, three meals may be your minimum, this won't be the case when you're on the go in a SHTF scenario. Instead, you'll be more consumed with getting to your bugout location than filling your stomach, and thus, you'll be eating a lot less. However, this doesn't mean that you won't want to eat at all. In order to stay focused and energized, you're going

to need to give your stomach some digesting to do and curb the appetite that you know exists, but is adamant at suppressing itself.

Rather than packing heavy meals, stick to easy to prepare, lighter variations. Cereal bars are a great option as is bread, chips and nuts. If you live in an area that's got more fruit trees than regular trees, you're already on the lucky side of things as you'll be able to snack along the way and keep full without the need to keep your bugout bag full.

No batteries required

Before cashing in on that great deal you saw online, it's worth considering the advantages of straying away from battery operated items. Your bugout bag, your shoulders and your back will thank you for not adding extra weight from batteries. There are so many solar powered items available to replace battery powered items and thus, doing a bit of investigating (to see which ones are trustworthy) as well as shopping around (to get a good price and an item that is of the ideal weight) will prove to be beneficial.

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