

Jordan Gunner

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For Beginners, Intermediates, and Preppers

By Jordan Gunner

Survival Guide

Prepping to Stay Cool, Stay Warm, and Find Water

By Jordan Gunner

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### Chapter 1: An Intro to Survival

When something goes extremely wrong and you are a long way from getting some help, you must have the ability to make it through on your own for at least as long as it takes for somebody to save you. Making a rescue possible requires some actions before you leave home like telling other people where you are going, your planned route and when you expect to come back, but that's not what this book is about. Physical condition first. In case you just fell over and are now laying flat on your back, do a thoughtful examination before you start moving again. Can you wiggle your toes or your fingers? Where does it hurt the most? Is there any blood? If so, from where? Is there anything that's broken or sprained? Are cold or warm? Maybe you are thirsty? Not only does this kind of exercise assist you to evaluate the degree of the predicament you are in regarding your physical condition, but it also makes you slow down for a minute and focus on solving your issue. If you do recognize a physical problem, use whatever initially help you can.

Next, evaluate your surroundings. If you just made it through an avalanche or some other fast-moving thing that happened, you would rapidly examine the steadiness of your circumstance. In many cases

you may need to scramble out of damage's way even before you examine your physical condition. After you get to a stable position, give some thought to where you are and what that suggests to your chances of survival. If you are in the desert and it gets cold in the evening, know that simple fact and that it indicates you will need some way to keep yourself warm. If your disaster took place in deep snow, you have one other set of conditions to evaluate in addition to keeping warm. Is anyone else around? Maybe you can call for help. Are there birds or other animals around? Where is the nearby water? If you were knowing as you moved along the trail, you should have already thought of the replies to lots of these kinds of questions.

Finally, size-up the devices you have with you. If you are backpacking, you probably have most of the tangible things you need to survive for at the very least some time. Think about what you have and how it can be used to resolve any of the concerns you have already identified. You will want to fix the most critical needs first, like emergency treatment, but bear in mind your long-term needs like food, water, and shelter.

You do not want to use your camping tent poles for a splint if you expect to really need your camping tent for shelter. Instead search for pieces of wood or something else that may work as a splint.

At this time, you can begin thinking more about the future and come up with a survival strategy.

#### Use All Your Senses, Unnecessary Rush Makes Waste

The concept behind creating a survival plan is to, again, slow yourself down, so that you don't act in a rush and make your situation worse.

Listen to the noises around you. Smell the smells. You should look at your environment. Look at the sky. Collect whatever info you can that may help you make the best choices as you prepare to take action.

If you have been hiking through the woods for awhile, you could not know your specific position. Go out your map and GPS system if you have one, and identify your location. Then write the GPS coordinates on the map. If your battery passes away, those coordinates could be a matter of life or death if you can communicate them to searchers. If you don't have GPS ability, use your compass to orient your map to your environments and find yourself that way. With this piece of information, you will have the ability to evaluate escape paths, find water and normally end up being more knowledgeable about the environment in which you need to survive.

#### Vanquish Fear and Panic

If you have peacefully and systematically gone through the above steps, you most likely are no longer in panic mode. A particular amount of fear might be present, but if you have prepared yourself with fundamental survival skills beforehand and if you came geared up for your adventure, you should be ok. Be positive that you can deal with the circumstance as needed.

#### Improvise

Use your imagination and invent new things, if you must. If you are stuck in survival mode, you will be confronted with a continuous series of issues to resolve. Do you need a hammer? Utilize a rock. Need a plaster? What's in your pack? Will a leaf work? People have the capacity to develop and utilize tools for about anything that needs doing. Your role is to specify the issue then find a solution using the material that's readily available to you.

#### Value Living

Your mental state is critical to your survival. In some cases, it's simple to forfeit. In a survival situation that turns into death. Okay, it might be stressful, bothersome, uncomfortable and even agonizing, but you really need to accept that, be stubborn and overcome the steps required for your survival. Your will to live can make all of the distinction.

#### Imitate the Natives

In a fight circumstance it's important to be knowledgeable about people in your area and what they're doing. In a wilderness survival situation, though, there will not be people around. Rather, you can assess any animal life around you. Are there deer trails or animal tracks that might lead you to water, shelter and even food? Bear in mind that some animals can eat some things that are dangerous to people. Simply because an animal ate it does not necessarily mean that you should. It's better to have some knowledge about edible plants and fungi before you set out on your adventure.

#### Keep Your Wits around You

Your wits are, of course, informed by your knowledge. Therefore, you must do some learning ahead of time. For one, study the 4 books we have offered it's important that you keep studying these things. Second, if you practice what they preach, you'll become better at it, not just with knowledge but also with experience.

## Chapter 2: Survival Water Filters DIY Techniques

Is it okay to drink the water? I ask myself that question typically and most of the time the answer is no. There usually is the risk that germs,

chemicals and pathogens, particularly giardia, are in the water.

Rainwater or dew that's resting on non-poisonous plants like moss is safe to drink as is. There are a few methods to process drinking water to make it safer to drink: there is boiling it, using chemical cleansers and purification. This book will supply ideas on how to make and use a survival water filter.

### What Does a Survival Water Filter Do?

Having water pass through a filter will make the water safe to drink. High-quality water filters from a shop will guarantee that no damaging pathogens or bacteria are entering into your drinking water. However, sometimes using store-bought, high-quality water filters might not be a choice. Few people carry one of these around with them all of the time. Besides, the problem with store-bought water filters is they really need to be cleaned up, or the filter needs to be changed relatively typically. And you should remember to carry it when you're out checking out.

### Filtering Water with What You Have

The standard process of filtering water in a survival circumstance is to get rid of debris like ground, dirt, sediment, sticks, leaves and any animals living in the water. In order to develop a survival water filter you will really need to collect various materials such pebbles, sand, fabric and charcoal. If you realize you are in a survival situation, take a bit of time to think about what needs to be done. Sort out what you have with you and how it can be used to your benefit. Many people who are lost are found within 24 hr. So don't go crazy! Bear in mind that it isn't possible to filter salt water into drinkable fresh water-- despite of the kinds of water filters you have.

### Making a Standard Survival Water Filter From Scratch

The first thing to consider when gathering water is to think of how soon you'll need to drink. If you have time, collect standing water in a container and let it sit for some hours. This will allow anything that drifts to rise to the surface area, and you can skim off any rubble.

If you have 2 containers, then you should try this method for filtering water: Take the first container and fill it with water. Then, put your t-shirt or some sort of permeable layer over the other container. Then put your pebbles on top of the cloth and filter your water by pouring it over the stones and into the container. After that, eliminate the pebbles and put sand, a finer material, on top of the fabric. Filter your water one more time.

Finally, the most effective way to filter is to squash up charcoal, put it on your fabric and let the water run through it. Charcoal filters remove sediment, many impurities, and improve taste. Charcoal is used in store bought home and backcountry water filters. You could make your very own charcoal by making a campfire, covering it with dirt and ash, and allow it to cool totally. Once it has cooled, crush it into little pieces. Then pour the water through the charcoal a few times.

It's possible, you should build a gizmo that will combine all 3 filtering steps, letting the water flow from one material to another. This will make the water slowly clearer as you filter it several times.

If you don't have a manmade container, some natural materials are great alternatives. Bamboo is a prime example. It is hollow in the center and water can flow through it quickly. There are a lot of other plants with hollow centers. Make sure to use these to your advantage. A hollow log can be a great alternative. Place the materials (pebbles, sand, fabric and charcoal) in layers through the different parts of the



bamboo or log. Remember to think of what materials you are carrying and have a look at your environments in any survival circumstance.

This should offer you with a fundamental insight on how to develop a survival water filter. Understand that it is still possible to get ill, even if you follow the standards in this post. Always get in touch with a physician after you drink questionable water. The side-effects of pathogens and microbes will take at the very least a week to start impacting you. When you're in a survival circumstance, keep hydrated and worry about those side effects sometime later.

### Chapter 3: More about Clean Water

Recently, the question was asked, "What piece of prepping gear is at the top of your pail list?" What should be obvious, is that I was more than a little bit surprised to find that the best response was water storage, water filters, and water filtration equipment.

Even though having the gear is nice, anyone fascinated by readiness also needs to have a basic comprehension of the principles behind water and water storage. And where to find, store, purify, and filter water are all questions that really need to be asked, answered, and regularly evaluated.

So, how do I know that? A couple of months ago I was personally without running water for twelve days. Depending on speed on the do's and do not of water were key to my getting by just fine throughout this period.

With that in mind, today I share a chapter on the water as a survival fundamental.

## Back to the Fundamentals: Surviving with Water

When I initially began Backdoor Survival, my focus was on gathering the basics: food, water, shelter, and fire. Naturally, along the way, I have discovered that there is so much more that's essential to long-lasting survival. Things that come to mind are clean air, clothing, first aid, self-defense, signaling and a community with others.

However, today I want to keep things basic and, for the benefit of my more recent readers, return the fundamentals and examine the essentials of water for survival.

### Water is the Most Crucial Survival Basic

Clean water is something that we all take for granted. We turn on the faucet and there it is. It is plentiful, it is clean and it is drinkable. Yes, it might have some unwanted chemical additions such as fluorides, but for the most part, having pure, potable water is something we have come to depend on.

What it comes down to, is that if a disaster happened and the supply lines to pure water were compromised, we would be in big trouble. There is a possibility that safe water wouldn't be available for days and possibly not for weeks.

The guideline propagated by FEMA and practically every other authority out there is that you store at the very least one gallon of water per person and family pet, each day, for a minimum of 3 days. But if you believe that a three-day water system is sufficient, reconsider.

A more sensible recommendation is that you up the suggested amount of saved water to a two week supply. So for two people that would be 2 people x 1-gallon x fourteen days = 28 gallons. That amount ought to cover your minimal needs for drinking, cooking and nominal, and I mean nominal, health.

### Do It Yourself Water Storage

Keeping water for an emergency can be as easy as filling thoroughly washed plastic or glass containers with tap water and sealing them securely. That is a thing which anybody can do without incurring a cost so long as few basic guidelines are followed.

Here are steps to require to store water for emergency use:

1. Completely clean your plastic bottle and containers with dishwashing soap and water then rinse entirely so there is no residual soap.
2. Sanitize your bottles by including a solution of 1 teaspoon of un-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the containers so that it touches all interior surface areas. Don't forget to sanitize the covers and caps as well. After sanitizing the containers and caps, completely wash out the bleach resolution with clean water.

Keep in mind: Bleach has an efficient shelf-life of one year. Make certain that the bleach you are using is fresh.

3. Fill the sterilized containers to the leading with regular tap water. Add two drops of non-scented liquid household chlorine bleach to the water, then tightly close the containers using the original caps. It is probably a very good idea to use some latex or nitrile gloves A water freak: How to store water for emergency situation short-term use at

this moment so that you maintain the sanitation and do not contaminate the caps by touching the inside of them with your fingers.

4. Date the outside with a long-term marker like a Sharpie.

5. Store it in a cool, dark spot.

6. As a precaution, rotate it in 6 months to a year. Discard the water, re-sanitize the jugs, and begin all over. Or what you could do too, if you happen to have the room available, you could mark the jugs as "non-potable" and save the water for non-drinking emergency purposes.

Personally, I think it would be a really good idea to set up several containers at the first of each month. Do this for 6 months and you're going to build up a good, rotating stock.

Plastic soda bottles or juice containers work well for Do It Yourself water storage. On the other hand, milk jugs should not be used for water storage. Milk and protein sugars are difficult to eliminate and will compromise the kept water just because they produce an environment for germs growth. Additionally, milk containers are lightweight and will not hold up, even for a brief period of time. The same with the cardboard. The cardboard will eventually leak and make a huge mess. Glass is fine but understand that glass is heavy and is subject to damage.

Water stored as described above will benefit at least 6 months to a year and potentially longer. Let me be clear: you turn water not because it has an "expiration date" but that it might become chemically or biologically polluted and foul. Why take a chance with it?

Theoretically, if the water is kept in a cool, dark area and from chemical and harmful fumes, it needs to last forever and ever.

If the tidiness of the water is in question, it can be cleansed with purification tablets, fresh bleach, or a filtering system such as the Berkey or LifeStraw, among others.

If you have space and the budget, you can also purchase food-grade plastic containers and drums developed for water storage. Those containers generally hold up to 55 gallons of water and with the addition of correct filtration chemicals, will keep the water safe for up to 5 years.

I personally have a 55-gallon water storage system. It was simple to set up and it came equipped as a total package with all of the various tools and siphons I am going to need if/when that emergency situation occurs.

Another alternative, obviously, is bottled water. The same rule applies: store in a cool, dark area and regularly rotate just to be on the safe side.

#### Secret Sources of Water

Aside from faucet water, there are other hidden sources of water that you can use when a catastrophe takes place. Those sources include the water in your warm water heater, pipes, and even the ice cubes from the ice maker in your refrigerator or freezer. Before taking advantage of these sources, however, you will initially really need to shut down the primary valve entering your home so that you do not contaminate the "good" water with the "bad".

Here are some specific instructions for using the water in your hot water tank:

Shut off the electricity or gas.

Open the drain at the bottom of the tank.

Start the water flowing by shutting off the water consumption valve at the tank and turning on a hot-water faucet.

And do not forget: be sure to refill the tank before turning the gas or electrical energy back on.

### Outside Sources of Water

Barring the usage of kept water or the hidden water sources in your home, there is always the outdoors. Water may be available from rainwater, streams, ponds, lakes and natural streams. Definitely keep away from flood water as it is very likely to include sewage and other nastie stuff that you do not even want to think about.

When you are using outside sources of water, you're going to need to undertake filtration measures to make it safe. There are a lot of ways to purify water; and some are better than others while some are just simpler than others.

### Water Filtration

For ad hoc water purification, nothing beats plain old bleach as long as it is fresh (no greater than a year old) and unscented.

According to the Clorox website: When boiling off water for 1 minute is not possible in an emergency situation, you can disinfect your drinking water with Clorox water as follows:

1. Eliminate suspended particles by filtering or letting particles settle to the bottom.
2. Put off clear water into a very clean container.
3. Add 8 drops of Clorox Regular-Bleach (not scented or Clorox Plus bleaches) to one gallon of water (2 drops to 1 quart). For cloudy water, use 16 drops per gallon of water (4 drops to 1 quart).

Boiling water is considered the most safe approach of purifying water. What you do is bring water to a rolling boil for 3 to 5 minutes. The water might not taste that great but it will be safe to drink.

Factoid: To enhance the taste of boiled or kept water, you can put some oxygen back in to the water by pouring it backward and forward between two containers.

As an option to bleach or boiling water, the EPA has standards for using calcium hypochlorite, frequently sold as "pool shock" to decontaminate water:

Add and liquify one loading teaspoon of high-test granular calcium hypochlorite (around 1/4 ounce) for each two gallons of water, or 5 milliliters (roughly seven grams) per 7.5 liters of water.

The mixture will produce a stock chlorine resolution of roughly 500 milligrams per liter, since the calcium hypochlorite has available chlorine that's basically equal to about seventy percent of its weight. To sanitize water, add the chlorine solution in the ratio of one part of chlorine solution to each 100 parts of water to be dealt with.

This is about equal to adding 1 pint (16 ounces) of stock chlorine to each 12.5 gallons of water or (approximately 1/2 liter to 50 liters of water) to be decontaminated. To eliminate any unpleasant chlorine smell, aerate the disinfected water by putting it backward and forward from one clean container to another.

Chapter 4: More about Water Filters

The use of water filters to make raw water drinkable is another resolution to the water for survival dilemma. The nice thing about a filtration system is that it will not only supplement your stored water but will provide you with great tasting, chemical-free drinking water for day to day.

I personally have a Royal Berkey and actually, I really wonder what took me so long to discover this option to purchased water in bottles and a countertop Brita.

This is not to say that I don't have mineral water simply because I do. After all, if I have to leave my home, it would be tough to drag along a 55-gallon water barrel or a Berkey. However, for day to day drinking and long term survival needs, you simply can't beat a quality filtering system.

#### Portable Water Filters

I have had best of luck with the LifeStraw Personal Water Filter. This lightweight and budget friendly filter is like an extra-large straw. You can use it with a cup or dip it straight into a pond or stream. There are other portable water filtering systems as well and these are handy to keep in your emergency situation backpack, your automobile or your travel set.

If you choose to check into this, be sure to validate that the original contents were foodstuff. You should clean them well first with vinegar and baking soda to remove odors, and then with a strong bleach for sanitation.

Here in my area, there is a guy who sells such barrels and will even add a hose bib at the bottom for a small cost. I am not 100 percent sure



I would drink from such a barrel but the water inside should be great for bathing, laundry and housekeeping tasks.

Another reader has suggested the application of colloidal silver get rid of bacteria in the water. I have not investigated this personally, though. Whatever your water storage approach of choice, I highly recommend that you store at the very least 2 weeks of water for each member of your household, which includes pets. Please remember that depending on climate conditions, you can only endure for an average of 3 to five days without the consumption of water.

Why gamble when it is so easy to store water?

Should You Store Commercial Mineral Water?

There are benefits and drawbacks to using bottled water for your survival water. The apparent advantage of buying bulk containers of water that are normally packaged to be nicely stacked is hard to overlook, plus you are buying a relatively pure item that has been bottled under sanitary conditions-- all important aspects to consider when assembling your survival water supply. However, there are issues with mineral water that could leave you choosing against saving it, or to just save a minimal amount to see you over a bulge.

Mineral water isn't environmentally friendly. The bottles are a huge use of plastic, and will pile up fast if you rely on a bottled water supply at the time of an emergency. Not only can disposal cause a problem, if you happen to be a prepper concerned about the environment, then you know water bottles are dreadful, no matter how you slice it.

Bottled water is not always ethically sourced. Some international corporations seem content to drain aquifers, or pump countless gallons a year from rural areas, and deliver it in costly bottles to please the

stylish thirst of folks in the big cities. The end outcome is huge profit for some, and lost resources for others.

Business mineral water isn't made for long term use. When saved in severe conditions, plastic can break down and leech chemicals.

Unsurprisingly, severe conditions are usually when preppers really need their water the most. Do you truly want plastic flavored water? I do not.

As plastic degrades, bottles can start leaking. The exemption to this is the large bottles produced for office water dispensers. These are made to be refilled and don't break down like single serve water bottles and the gallons of water you can find at any supermarket during good times.

It is expensive. Gallon for gallon, bottled water is a drain on your wallet. Now it's just one thing to put a dozen or so gallons aside, it's another to make your whole water storage strategy revolve around pricey bottled water. Consider the monetary cost of more than a couple days worth of drinking water in business bottles.

Obviously there are apparent advantages, like not needing to think about doing any of the bottling yourself, being able to toss a couple bottles in an emergency situation package, or a couple of cases in your car, or stacking boxes of gallon containers in your closet.

The creative prepper will stabilize the ecological, social and monetary costs of business mineral water against its utility. You are the only person who knows exactly what level of energy bottled water offers you and how to balance that in your preparations. Some folks could rely more heavily on mineral water than others, but that needs to be your choice. At least, a well balanced supply in business bottles, 55

gallon drums, and home filled containers will give you more options than just counting on a single source of kept water.

Bottled water has a purpose, but it probably shouldn't be your primary source of water. It can be costly, and harmful to the environment, may be in quickly degradable product packaging, and is generally the least efficient storage method of keeping that water. Even so, it offers great convenience, is easily portable, and the containers can be recycled several times over. By stabilizing the good and the bad of mineral water, you can be more safe and secure in your preparations.

## Chapter 5: Staying cool without Airco

Year after year, summer season storms trigger power failures throughout the United States. For the ones who are unprepared, these power blackouts, combined with summer heat waves, can be a deadly combination. That is why understanding how to cool yourself and your home without a/c is a crucial piece of knowledge you should possess. According to the U.S. Centers for Disease Control, approximately 675 people die from heat-related health problem each year in the USA, making it one of the leading causes of weather-related deaths in the country. Throughout an extreme heat wave that hit Chicago in 1995, over seven hundred deaths were directly credited to the heat. In 2006, in California, a lethal heat wave snuffed out 655 people during a 14-day time period.

What makes Heat so Deadly?

Living in the desert, I can tell you that going without air conditioning can be rather a miserable experience. But during an extended power failure, heat can be more than just awkward; it can be downright harmful.

Continued direct exposure to excessive heat can result in hyperthermia and heat exhaustion. If left unattended, heat exhaustion can rapidly progress to heat stroke and death, so early treatment and pre-emptive cooling procedures are very crucial.

Throughout a grid down catastrophe or power blackout, the ability to cool down is going to be vital to your survival, especially if you live in a region that's susceptible to extremely warm weather.

How to Stay Cool when the Power heads out and you have No Air Conditioning

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Up till about 60 years ago, in home air conditioning was practically unusual. But despite an absence of central air conditioning, there wasn't an epidemic of people dropping dead in their homes simply because of the heat. So what changed?

Well, just like with most of the modern technologies, there was a drawback; people forgot how to look after themselves when technology inevitably failed. The lessons from the past were mostly forgotten, and here we see ourselves in a society that is progressively depending on technology, government and everybody but ourselves to solve our issues.

So how did prior generations keep themselves cool?

**They Stayed in Caves**

Even in some of the most popular parts in the world, old populations thrived in areas that most would consider unwelcoming to life. In a lot of these areas, they did this by constructing their homes inside caverns or partially into the ground.

While I am not going to suggest you run out and find the nearest cavern, our contemporary equivalent is the Midwest basement. If you live in a home with a basement, your best choice for staying cool throughout a power failure is to establish a sanctuary in your own contemporary cave. Since heat increases, and cool air naturally collects downstairs, your basement can be so great during a heat related emergency.

**They Hung Wet Sheets**

For thousands of years, the Egyptians would hang damp sheets and linens in entrances and windows. Those moist sheets would help cool their homes through evaporation and turn an arid desert breeze into an early mist device.

Down south, many do not only hang these wet sheets in entrances, but they also sleep with them. Before you go to bed, you should try dipping your sheets in water and then ringing them out so they're not leaking wet. Through the night, the wet sheets will continue to evaporate, cooling the air around you.

They went Swimming.

The Great Bath, built over five thousand years ago in Sindh, Pakistan is just one of the earliest public pools in the old world. Throughout history, many people have used these public water tanks for bathing, and more importantly, for being and staying cool.

In the 1930's, the building and construction of public pools skyrocketed in America; and between 1933 and 1938, almost 750 municipal pools were built throughout the country.

Even if you don't have a swimming pool, sitting in a small plastic children's paddling pool or soaking in a bathtub filled with cool water can help bring down your body temperature. For about \$10 you can buy one of these swimming pools and stash it away for a hot summer day.

Some other Good Ideas for staying cool Without Air Conditioning.

Have a misting water bottle for everyone in your house.

Something as easy as having a couple spray bottles filled with water can help to keep you cool during the summertime. Simply misting yourself on a regular basis, particularly if you can stand in front of a fan or out in a shady breeze, can work wonders for cooling down your body. It can also be a life saver at the time of a scenario where you could be getting close to heat exhaustion.

Invest in some cooling towels.

When I was younger, my a/c headed out on a cross nation trip right as I hit the scorching 110 degree heat of the desert southwest. To stay cool, I stopped at each rest stop along the highway and wet down my t-shirt and a couple of bandanas that I then twisted around my head and neck. Doing that helped me make it through 10 miserable hours of fatal heat, with no ill results.

Today, makers use special fabrics and materials to make long lasting CoolingTowels that can provide a lot of relief for the heat.

Quick Tips:

Just get some battery operated fans.

Build your own Off-Grid A/c Unit.

During the day, keep your shades drawn and your windows closed; or, if it's windy, hang lightweight linens that block solar rays, but still allow a light breeze to enter your home. Make sure to wet them first!

At night, open all your windows and let the cool night air in.

Wear some loose-fitting, light-weight, light-colored clothes.

Stay hydrated at all times.

A heat wave is approximately as predictable in the summer season as the presence of watermelon at farmer's markets. If you live in a region that doesn't generally experience high temperatures, you may find yourself and your family in danger of heatstroke. As a long-lasting desert rat, here are some pointers to help you stay cool, or as cool as possible when summer heat skyrockets.

Make ample use of every kind of fan you own. Ceiling fans are a must, just be sure the fan blades are turning counter-clockwise, which blows the air downward.

Turn off your fans when you leave home. Distributing air is there to help keep your body cool. When nobody is in the room, electricity is

being lost.

If your house or apartment or condo does not have a/c, keep spray bottles filled with water handy. It's amazing how a spritz of water on your face will help you feel cooler.

This is an old technique I learned when I survived on a kibbutz. Prior to bedtime, spritz your bedsheets with plenty of water, intend an electrical fan toward your side of the bed, dive in and go to sleep, rapidly.

If you do not yet own several battery-powered fans, hurry over to Amazon and pick up at least one or two. I purchased one small fan (this size) for each member of my family. My thinking is that we should each be able to have our own fan and not have to share its cooling breeze with anybody.

You can use other individuals' cooling! Several summers ago when our home was being refurbished, the children and I spent lots of hours at the library. At times, we 'd go to the mall, but that was too dangerous to our budget plan. If you have family and friends who enjoy your company, pay them a go to.

Take in a tub filled with cool water. That will cool off your core better than a shower will.

Wear your bathing suit around the house.

If you'll be outside, wet down a bandanna, put several ice cubs down the center, diagonally, roll it up, and tie it around your neck.

If the early mornings are cool, open all your windows, let that cool air flow through your home, and then close them up as quickly as the heat embeds in. At this time, close your drapes, shades, or shutters. I love a bright, sunlit home, but in the summer, this works for me.



Check the western direct exposure of your home. If you have windows that face west, look into low-cost blinds. Even aluminum foil taped over your windows, temporarily!, can help keep your home cooler. Look at those who do landscaping. You'll find they always wear wide-brimmed hats, long sleeved shirts, and long pants. They know what they're doing. It sounds counter-intuitive, but that additional fabric will protect your skin from the sun.

If you really need to do outside chores, do them in early morning when the sun rises.

Young kids and the elderly are more susceptible to heatstroke. Pay cautious attention to their needs. Look at elderly good friends and loved ones. In the great Chicago heatwave of 1995, numerous people died in less than a week. A lot of them were senior.

If you must, splash your naked body with water and stand in front of a fan.

Finally, think like a Survival Mom. What can you do to get ready for the next heatwave?

## Chapter 6: Winter season Survival

Without the benefit of main heating, a warm vehicle, or access to a heated public structure, wilderness survival in winter months can be difficult. The following list consists of vital knowledge for staying warm in winter when you are out in the wilderness, plus some winter risks to look out for.

### The Dangers of Getting Cold in the Wilderness

Whether you're backpacking, camping, living off the grid, or in a survival situation, you'll really need to consider your options for staying warm in all sorts of weather. That's tougher than it sounds when you are far from civilization.

Everything you need must fit in your pack or have space for in your shelter. That means you probably won't have room for an elegant generator, additional fuel, or a hot tub.

Ok, so I am kidding about the jacuzzi, but staying warm in winter season actually is no joke. The risks of getting cold in the winter wilderness go farther than a mild case of the chills or a runny nose. Sluggishness. As your body cools, you'll start to feel drowsy and sapped of energy. That will keep you from moving quickly enough to stay alive in an emergency. Sluggishness will also stop you from having the necessary energy to complete physically demanding survival jobs like building a shelter or digging for food.

Brain fog. Brain fog occurs when your blood cools and slows, bringing less oxygen to your brain. This will slow your thinking and may even cause confusion, which contributes to poor decision-making.

Shivers. Unmanageable shaking is just one of the first signs that the cold is getting to you. It makes it tough to light fires, tie appropriate knots, and look after other necessary survival needs. Shivers also have a mental effect, even on the toughest survivors.

Frostnip and frostbite. When the water particles in your body start to freeze, you're taking a look at frostbite, which can irreversibly damage skin, muscles, and your nervous system. Frostnip is the stage before frostbite, an early warning, so try to catch it before it intensifies. Better yet, take procedures to keep from frostnip in the first place.

Hypothermia. This is the huge bad boogeyman of winter season wilderness survival. When your body's core temperature level dips below 95 ° F, hypothermia sets in. Around 600 people die every year from hypothermia, tons of which could have endured if they 'd had the right knowledge.

### Frostnip and Frostbite

When tissues cool and capillary restrict, you get frostnip. It is not irreversible, but if left untreated, you will rapidly slip into frostbite territory. There is no returning from that. And once your tissues are damaged by frostbite, those cells are dead. Here are some signs of frostnip and frostbite:

A cold or numb feeling in the affected area

Pale or red skin

" Pins and needles" feeling in the area

Itchy, tingly, or clammy skin

Loss of sensation to cold

Loss of elasticity and pliability in your skin

Increasing pain

Frostnip signs include a cold or numb feeling in the affected area, pale or red skin, and sometimes the "pins and needles" tingling of restricted blood flow. In one word, frostnip is annoying.

Your skin will feel itchy, tingly, and possibly clammy. It's important to note that frostnip leaves your skin's pliability and softness intact so these aren't good signs of potential damage.

If you can't get the affected skin to warm up again, you'll really need to watch out for frostbite. Signs of frostbite include skin turning whiter or

paler, loss of sensation of cold, skin losing flexibility and pliability, and increasing pain. Unfortunately, there isn't a lot you can do for full-blown frostbite other than warm yourself up in order to prevent more damage, so avoidance is your best course of action.

### Hypothermia

Hypothermia is much more uneasy than frostbite since this condition can rapidly lead to death. If you happen to be in the wilderness alone, getting hypothermia is generally a death sentence unless you move quickly to treat it. Here are some signs of hypothermia you need to be knowledgeable about.

Shivering

Slurred speech

Weak pulse

Shallow breathing or trouble breathing

Poor coordination

Amnesia and confusion

Loss of awareness

Because of the confusion, amnesia, and the potential for loss of awareness associated with hypothermia, it is extremely challenging to self-diagnose this condition. If you think you could have hypothermia, you must take immediate steps to heat up and get yourself protected from the elements.

By now you know that many problems of cold-weather wilderness survival can be dangerous. Obviously, concentrating on avoidance and mitigation of damages is your best option for survival.

What do you do if you get stuck in the wilderness longer than you expected or you are caught absolutely off guard? For those times you

find yourself in a less than ideal situation, all is not lost. Your knowledge might be all of the prepping you really need. Right below, are some of my tried and true tips for staying warm in severe winter weather.

### Basic Guidelines of Winter Survival

**Cover Your Mouth--** This has absolutely nothing to do with manners and every little thing to do with stopping freezing air from entering your lungs. If you struggle with asthma, have a cold, or are vulnerable to breathing issues, this idea is particularly essential.

**Stay Dry--** Wet outfits in winter season are an invite for hypothermia and frostbite. I know it's tough to stay completely dry in the rain and snow, but that is why you should have those 2 additional sets of outfits in your bag. Dry your adventuring clothes overnight and wear your warm, dry stuff while you sleep.

**Keep from Overexerting Yourself--** Naturally, building your shelter and finding food is essential, but not at the cost of overexertion. If you overexert yourself, you'll be drenched in sweat. Generally, the sweating will trigger you to become hypodermic much more rapidly.

**Do Not Sit Still Too Long--** There is a fine line between overexertion and being too still. Inactivity will slow your heart and cool your limbs, so try to keep moving a sensible amount. Passive exercise works well in tight quarters.

**Dress in Loose Layers--** Layers trap air between them, which makes you warmer than just wearing only one thick layer. Moreover, it saves room in your bug out bag for more crucial products like food and water. Wear three to five layers, ensuring the leading layer is wind and water resistant.

Stay Near Your Shelter-- You'll really need to find food and water, but don't stray too far from your shelter. An unforeseen change in the weather could leave you stranded too far from base camp and end in your demise. You should never ever leaving an appropriate shelter in search of help in a winter season wilderness you aren't familiar with. Never ever Sleep on the Ground-- The ground is cold and also usually wet in the early mornings specifically. If you can, build some kind of platform to get yourself off the ground. Even a layer of plastic bags or a basic tarp would be better than sleeping directly on the ground, so get creative if you must.

### Shelter Is Your New God

This means that you better be prepared to work. Whether you produce an action plan and collect your shelter supplies before the big event or you wind up winging it, shelter must be your leading concern for winter season survival.

Shelter provides defense from the elements-- rain, snow, dropping temperatures, biting winds-- and a place to store your equipment and supplies. Your job is to hunch down and stay alive, and you can't do that without shelter. The cold weather are unforgiving, so build a shelter that can withstand Mother Nature's worst.

### 5 Types of Winter Season Wilderness Shelters

In a wilderness setting, you can make a fast, strong shelter using what nature itself has provided. Try to find big trees, rocks, fallen branches, saplings, and natural land formations that you can use to your advantage.

### Tree and Bush Shelters

Using trees and shrubs as shelter shouldn't be your whole winter survival plan. It's just not sustainable, comfortable, or appropriate for long-term survival. Besides, you can't begin a fire under them, and you'll really need to have a fire at some point if you want to make it. Nevertheless, in a pinch when there isn't time to construct a correct shelter, this just may keep you alive.

Spruce trees are appropriate for human shelter since they offer a sturdy, nearly-impenetrable canopy. They usually have a thick bed of needles underneath them to lay the groundwork for a comfy bed. In addition, the trunks of many types of mature trees can be big enough to provide a natural windbreak.

If there are no spruce trees in your area, you can use any tree that has a very good canopy and a thick trunk. Avoid trees that are leaning heavily to one side or that have roots coming up out of the ground. Heavy snow could topple this behemoth at any moment.

If the branches are too low for you to run under, cut or break a few off to make an appropriate area for you to climb inside.

In a pinch, you can slide under heavy brush or deep inside evergreen plants. Look out for animals hiding in these locations, however. Some won't be as ready to forfeit their home when you come intruding.

To take full advantage of the heat inside this kind of shelter, try to make it on the tinier side and accumulate remains on all sides of the shelter. The remains can act as insulation and keep your temperature from leaving to get you through the night alive.

### Hollowed Logs

Hollowed logs work a lot like the tree and bush emergency situation shelters. You may need to dig into them a little bit to make enough

room, but they are already raised off the ground and supply their own cover, so it is a compromise.

Find a down tree with a trunk that's beginning to rot from the inside out. This indicates that the center of the log will be breakable or perhaps already partially hollow, while the outside will be intact. Use a tool such as a strong shovel, trowel, or hand axe to carve away at the center of the log and hollow out an area huge enough for you to climb inside. Expect big bugs while doing this.

Once the interior of the tree is reasonably clean, climb up inside. For added heat, consider stacking rubble around the open end of the log to keep cold air out and body heat in. Make certain that you still have a way for fresh air to get in at night.

Hollowed logs can be great in an emergency situation if you come across just the right tree or log that is in the correct stage of decay. Don't squander your time attempting to hollow out a downed tree that isn't already rather rotten, it will take far too much work.

Like the other tree and shrub-based shelters, you don't want to count on a hollow log for too long. It's great in a pinch, and will get you out of the elements, but it's not practical for a long term stay.

Tip: A reward to finding a huge log like this is that any pieces you dig and scoop out will make awesome kindling for beginning a fire.

Moreover, Grubs love to live in decomposing trees and make a crispy reward when cooked over a fire!

## Tarp Shelters

Tarp shelters are simple to construct, assuming you have some fundamental survival gear in your bug out bag. A tarp and a little bit of



army grade para-cord are all you really need to stay warm and dry. A roll of duct tape would not hurt either for closing up the ends of the shelter, and also many other survival purposes.

For the following draping methods, keep one end open and higher than the other. This gives you room to crawl in and lets rain and snow slide off the other side. The duct tape will keep the flaps in the back closed. If you do not have duct tape, use heavy rocks put around the tarp tent to keep it from flapping in the wind.

Curtain your tarpaulin over a very big log, low branch, or fallen tree. This is good enough for a fast, short-term shelter for 1-- 2 days. Heavy rocks on the outside edges will keep the wind out.

Then drape the tarp over a branch or tall plant about chest-height or above for a larger shelter. That is suitable for 1-- 7 days, generally. It's a pretty good choice for a searching or trapping camp if you have already spotted animal activity close by.

String rope or para-cord up tight in the trees, then curtain the tarpaulin over the para-cord for a taller shelter. The cable and tarp shelter offers more room for a survival fire and a bit more leg room without sacrificing heat retention. This is a great alternative for a longer stay. It offers an appropriate base for adding layers to the outside walls for more insulation. As long as your cord holds and your frame is durable, you can add more wind and rain security on the top as well. Branches, plastic sheeting, animal skins, and newspapers work well with this kind of shelter.

### Snow Trench

A snow trench can save your life if conditions are so bad that you cannot get under the trees or construct a tarp tent before dark. A lot of

people are hesitant to think of snow as an option for constructing a warm shelter, after all, snow is cold right ?!

Well it is, but it is also a great construction material and highly insulating as well. Here's how you build a snow trench shelter.

Dig a narrow trench in the snow to mid-thigh and slightly larger than your shoulders.

Put branches, boards, poles, or sticks across the trench to create a stable roofing system frame. Just use blankets, tarps, camp towels, plywood, or more branches to completely cover the top of the trench. The last roofing layer should be snow, which is an excellent insulator. Pad the inside of your trench with leaves, evergreen boughs, blankets, papers, or plastic bags. Then slide in. Your body will heat the trench enough to keep you alive until daybreak.

Lean-To

A lean-to is a really basic survival shelter that includes a horizontal primary support beam across the top, and sticks or branches leaning up against this support on one or both sides. Here's how to build a standard lean-to.

Find a tough, straight branch and place it between two trees. You can support it by placing each end of this branch in the "V" of two branches in the support trees on either end, or by lashing it to the trees using cordage.

For a smaller shelter, try making a lean-to with one end in a tree and the other down on the ground. This will make a smaller sized shelter which will help to keep in a body heat.

You should use littler branches and lean them up along each side of the shelter (this is precisely why this shelter is called a "lean-to"). That

will finish the structure.

For insulation, and to make the shelter more resistant to rain, pile up rubble against this framework in cascading layers from the ground up. The thicker the rubble stack is on each side, the more insulation you'll have and the warmer it will be at night.

Lean-tos are simple to make using a variety of supplies. Ski poles, branches, wood slabs-- anything you can find that will make a sturdy frame and a tough roof is enough. They're exceptional for long-term survival in the winter season.

It's as easy as leaning poles, branches, or other stiff materials against another sturdy object to make a space below that is huge enough for you to lay or sit in.

#### Use of Fire

Shelter, food, water, and fire-- these are the 4 things that will keep you alive. Fire can be exceptionally hard to produce and maintain in winter conditions, so it is always best to prepare beforehand. Keep a fire-starting set in your BOB, your car, and at your work environment so you're never caught off-guard. If you find yourself in the dead of winter without any lighter, you can try some of these smart techniques to get a fire going without a lighter.

You'll want to start collecting fire wood right away. Pick up whatever you see and hang it from your pack to dry as you walk. If it's drizzling or snowing, stick it inside your pack. It will not dry extremely fast in there, but at least it won't be getting wetter either. Things that are on top of the snow will be much easier to light than the items under the snow that have been soaking up water for days.

You'll need a significant amount of kindling for winter season fires. Smaller is better, so shave it down or snap wood into pieces and gather the splinters and smidgens into a pile.

It's tempting to produce a roaring fire on these cold winter nights, but that is a great way to get yourself dead. Everything is harder to find in the winter season, so preservation of fire wood should be a concern.

Keep the fire little and protected, feed it only enough to keep it burning and your water boiling, and be prepared to hunt in the coals the next early morning for anything that is dry and still burnable.

### Staying Warm Overnight

During the day, you can move around and produce body heat to keep you warm. But in the evening, your breathing slows and your body starts to cool down. You're going to need warm layers, a dry shelter, and good insulation to make it through the night. Make sure you use these techniques to add a little bit more warmth to your nights.

Tea candles are small but remarkably good heaters on freezing nights. They're easy to keep in your BOB and weigh practically absolutely nothing. In a well-built shelter, you can use one small tea candle to stay warm. Make sure to place the candle in a place that will not catch you or your shelter on fire while you sleep. I like putting them in tall mason jars and tucking them near the sealed back of the shelter where my head will be while I'm sleeping.

Survival blankets trap heat and keep you warm in the coldest weather. They are light enough to load around but tough enough for some harder applications-- like use as a short-term roofing for a snow trench.

Newspapers, plastic sheets, plastic bags, leaves, and evergreen boughs can keep you warm if you do not have a blanket. They also make great sleeping mats.

Hand warmers are light, cheap, and simple to use.

Hot stones from your fire can lengthen the heat production in your shelter without risking catching every little thing on fire. Put them around you at bedtime or in a pile nearby to extend their heating time.

Use passive exercise to keep your blood flowing. Tense and relax your muscles for some minutes to raise your body temperature level and help warm up your sleeping area. That works great in sleeping bags, but if you only have leaves, branches, and a snow trench, passive exercise will still help.

Ensure your socks are dry before going to bed. It does not take long for wet socks to freeze, even inside a sleeping bag or under some makeshift bedding.

### Essential Winter Season Survival Gear to Have

There are many posts online covering survival gear in general, but not as many good ones for winter-specific conditions. So, here's my personal list of winter season survival gear-- just add these products to your bug out bag (BOB), and you are good to go for even the harshest winter season survival circumstances.

Hatchet for reducing little trees or digging out logs. It works great for shaving wood for kindling, also.

Small shovel. You're going to need this for emergency shelters like the snow trench and for digging under the snow when foraging for food.

Two additional layers of clothes. I bring long johns and workout clothes. Be sure to use whatever will fit under your regular outfits and will fit in your BOB. Choose loose-fitting items that dry quickly.

Ski mask, balaclava, face shields, or perhaps a basic bandanna.

Have 2 pairs of crucial clothes so one can dry while you wear the other.

Hand warmers.

Bonus socks. Bring 2 more pairs than you think you'll really need.

Fire equipment, including but not limited to matches, lighter, flint and steel, and a small amount of dry kindling.

Canteen to keep close to your body, under your clothes, to ensure you always have water.

## Survival Guide

Emergency Preparedness, Self-Defense, and Survivalism

By Jordan Gunner

[OceanofPDF.com](http://OceanofPDF.com)

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## Chapter 1: How to Survive in the Jungle

Because jungles are so wet, gathering rainwater is probably the easiest part of survival. Leaves on the rainforest floor are large because of the restricted amount of sunshine they get. The bigger the leaf, the more of the sun's rays it can soak up. Big leaves are valuable in gathering dew and rainwater. If you have a container to store water, just angle a leaf into it over night or throughout a rainstorm and you have some fresh drinking water in no time. If you have a poncho, tie it to a tree on a slant to allow the rain to collect and drain. If it tastes a little amusing, it's simply because rainwater does not have certain minerals found in groundwater or streams.

You will do a lot better if you can find a running water source.

Animals need water, so search for wildlife or animal tracks to lead you to a stream. If you find a stream, do not just start drinking; it could include parasites that can make you seriously ill. You should purify the water by boiling it over a fire-- 10 min. is a great guideline. Boiling water means you need fire and a container of some kind. If you don't have a container, you can most likely find an aluminum or tin can in most any natural surroundings.

You can believe it or not, but plastic bottles can work for boiling. One technique is to entirely fill the bottle with water, cap it and drop it into some hot coals. The lack of air in the bottle should keep it from melting. If you don't have enough water to fill the bottle, suspend it above the fire with rope or vine so the flames just touch the bottom. The risk of boiling in a plastic bottle is that your collection gadget could melt.

Green bamboo has clear and odorless water inside it that you can drink. To access it, flex the top of a tree down about a foot off the ground and tie it off. Cut several inches off the suggestion, put a container below and leave it over night. The next day, you should have some drinkable water.

Another way to gather water is to make a solar still. If this needs to get done, you'll really need some plastic sheeting or a poncho, a digging tool, a container and a rock.

Choose a moist area that gets sunshine for most of the day.

Dig a bowl-shaped hole about 3 feet across (91 centimeters) and 2 feet deep (60 centimeters), with an additional sump, or deeper pit, in the center.

Place the container into the sump.

Put the plastic over the hole and cover the sides with rock and dirt to keep it secure.

Put your rock in the center of the sheet and let it hang down about 18 inches (45 centimeters), straight over the container, to form an inverted cone.

The wetness from the ground reacts with the heat from the sun to produce condensation on the plastic. The sag in the plastic forces the

condensation to run all the way down and into your container. An effective still can produce up to 1 quart of drinking water a day. These are just a few techniques you can use.

## Chapter 2: How to Quickly Prepare Your Home for a Hurricane

Your television show cuts off to air a breaking news broadcast: The Governor of your state has just released a state of emergency situation. That CAT four hurricane you have been keeping track of has taken an unexpected turn toward land and will make landfall in less than a week. Your house is dead center of the predicted course, and you're not ready for this unforeseen home visitor. Today, I am going to show you how to rapidly prepare your home for a cyclone so you can put your mind at ease fast while keeping your family and home safe and sound. The first top priority in any emergency circumstance is to ensure you don't worry and to keep working through any problems you might face. It's truly simple to immediately stress and make errors that could cost you big time in the long-run.

Take a deep breath. The circumstance I defined above is pretty extreme, but definitely something you can handle, specifically with the right tools and knowledge.

### 1. Emergency Management Pages and Apps

If this is your first cyclone, go on and see if your county has an Emergency situation Management Facebook page. They probably will and in case of a power blackout, you're going to have the ability to

track where water and food are being given out. Innovation has made it much easier to stay notified, which will help keep you calmer.

Your state needs to have an emergency preparedness plan site, check out FEMA to find the appropriate websites for your state. Those sites have lots of resources you can turn to in case of an emergency situation and usually include useful lists of what to do in case of a natural catastrophe.

## 2. Generators

Probably, if you have a typhoon about to make landfall in a few days, all the generators will be out of stock (this is exactly why prepping is so vital, it helps you to stay ahead of the pack and have everything you need without running into scarcities). If you do manage to snag one, that is great! It will be handy to help keep devices running until the power comes back on.

In a pinch, it is possible to use a huge power inverter to power your appliances for a brief time. A power inverter is a device that will connect to your car's battery and offer a standard 110-volt output. You can purchase these online, at many automobile parts stores, Walmart, and home enhancement stores. You can run an extension cable from this gadget to your fridge, for example, to keep it running and your food from spoiling.

Ensure you choose an inverter that is large enough to run the device that you want to power it with. Check the ranking (in watts) of the inverter and compare it to the label on your appliance. You will also likely have to leave your vehicle going to power the gadget if you happen to be running a pretty big home appliance off of the inverter

(such as a fridge). If not, it will drain your automobile's battery in a matter of minutes.

### 3. Non-Perishable Food and Water

If you choose to ride out the storm, you'll really need to stock up on at least three days of food and water, although it is a good idea to have more. Bottled water, canned items, cereals, and foods that won't spoil without refrigeration or really need to be cooked should be in your pantry.

#### Food:

Meats and frozen veggies can be kept in a deep freezer for a few days if the power goes out, though you're going to really need a generator to keep the temperature level cold. Ice bag and frozen water bottles in coolers can help keep snacks and drinks cold for a while also.

Generally, if most cold foods are kept over 40 degrees Fahrenheit for more than 2 hours, then they are supposed to be disposed of.

#### Water:

Water is another commodity that will be hard to find several days before the typhoon. Try and get several cases of water bottles and even some containers. If you live on a farm, use those water tanks and 5-gallon pails. Use what you have available, and be sure to check out this post about safely saving water for emergencies.

Another trick is to fill up a bathtub with water ahead of time. While soap residue and other impurities present in the tub makes it a bad source of drinking water, this water can still be used for cleaning dishes, flushing a toilet, or personal health.

### 4. Electronics



Mobile phone, tablets, and even laptop computers should all be charged up and continued battery chargers right up till the power goes out. Trust me, once the power heads out, you're going to want your Kindle completely charged for entertainment. Just use portable chargers to keep your gadgets going for days.

For cellphones and tablets, you can recharge them with an automobile battery charger. It is also a wise choice to buy several power sticks or other backup charging gadgets in advance and have them at full charge. If the cell towers go out, switch your devices over to 'airplane mode' so they don't lose battery life by searching for signal.

## 5. Gas

Aside from water and non-perishables, the local gas supply is the first thing to go when a cyclone is incoming. Vehicles will be lined up so far out into the street, you 'd think the new iPhone was here or that Starbucks is carrying out their pumpkin spice lattes.

You will want to get your own tanks complemented ASAP and keep them topped off. It also wouldn't hurt to fill up any gas or diesel cans you have or buy a couple extras (those will go fast too). However early you think you should accomplish this task, do it several days earlier than that. Believe me, gas and gas cans will be tough to come by really quickly.

## 6. Other Essentials

There are other essentials you'll really need. Here's a fast list of them: Completely equipped first aid package (this includes prescription medications).

Books and parlor game for home entertainment (keep your Kindle equipped and charged!).

Personal health and sanitation items.

Flashlights.

Additional Batteries.

Battery or solar operated radio.

Manual can opener.

Water resistant containers for picture albums and essential documents.

A plan for evacuation.

A designated meeting point if relatives get separated.

Whether you decide to leave or ride out the storm, understanding how to prepare your home for an emergency situation is crucial. Hurricanes bring in strong winds that will break branches and even topple trees. Depending on the storm's strength, always expect some damage, but decrease the potential total damage by taking these standard steps.

#### 7. Safe Windows.

In gale-force winds, windows are always the first things to get damaged. Whether it's from a strong gust of wind itself or a branch crashing through the glass, leaving your windows revealed is a threat to you and your family.

You can either purchase hurricane shutters or plywood to cover your windows. Hurricane shutters are cheaper in the long run as they are either completely attached to the home or can be taken down and kept in other places. Truth be told, more recent homes in cyclone zones are typically needed to have cyclone shutters set up. Some houses also have "typhoon glass" which is just like a vehicle windscreen. It consists of two layers of glass and a plastic layer between for added strength.

If you do not have or cannot get hurricane shutters, plywood sheets work just as well. Measure out your windows and drill in the plywood over them. A few holes in the siding and frames are less upsetting than a window shattering and hurting loved ones. Plywood at your regional home enhancement store will be similar to gas at the gas station, it will sell out early and quickly.

Some people will also tape their windows, thinking this will keep them from breaking. It will keep them from shattering, but the window can still break and break.

#### 8. Secure Doors.

Just before you leave your home or hunch down, make certain all your inside doors are closed, locked, and protected. A strong enough wind can open an unsecured door and if you need to evacuate, looters have a much better chance of breaking in. Make certain to secure and confirm your garage doors for this same reason.

#### 9. Clean Up the Outside.

Anything that can't be tied down or bolted down needs to come indoors. Toys, garbage cans, flower pots, chairs, and tables need to be stored in the home or garage. Playsets, if not bolted down, should be taken apart and saved the exact same way. Anything that can't be restrained is immediate cyclone remains and produces a threat for yourself and your next-door neighbors.

Clear out the rain gutters and trim bushes and hedges. Branches that look lightweight or noticeably splitting need to be brought down. You won't get everything, but you can still stop considerable damage with a little bit of effort ahead of time.

This will be a question that you're going to have to contend with. You'll likely feel lured to try and ride out the cyclone. At a FELINE 1 or perhaps 2 level, it's possible. Oftentimes though, there are just too many aspects to safely ride out a hurricane.

If you do choose to ride out a storm, follow the guidelines above in protecting your home and preparing for landfall. If you live in a flood zone, go to higher ground. Flash floods are no joke and you do not want to be stuck in your home.

Even if you're not in a flood zone, there's a possibility of heavy storm surge flooding homes in the area. This is what occurred in Houston throughout Cyclone Harvey in 2017. For that possibility, keep an axe helpful in case your home begins flooding and you need to get out fast. There were lots of people who kept climbing up higher inside their houses as a result of the flooding, only to find themselves caught in their attic. A simple small hatchet or axe kept in the attic could have been a crucial life-line for these people.

In any case, if you are in doubt, take the safe path and evacuate if you can. When the storm is over, you can return and change a broken home. You can't replace your family.

### Chapter 3: How to Survive an Earthquake

In October of 1989, throughout the Loma Prieta Earthquake in California, I was at home with my brothers and sisters being cared for by an elderly babysitter. My dad was across town walking down the aisles of the local Costco warehouse and my mom was driving home

from work. Candlestick Park in San Francisco was stuffed with viewers watching a world series big league baseball game.

That is when a disastrous 6.9 magnitude earthquake struck and caused freeway overpasses to collapse, landslides to block roadways, structures to collapse, and 57 people tragically lost their lives. Power and water were out for many homeowners for days.

If you are like me and have ever resided in an earthquake-prone area, you know that an earthquake can strike at any time. Having the proper knowledge of how to endure an earthquake can save you and your family from potential disaster.

#### What to Do Once the Earthquake Happens

An earthquake can produce heavy property damage, topple structures, and serious damage. That is precisely why you should know what to do in the first several minutes of the disaster; to save you and your family from possible damage.

The most crucial piece of advice I can give you is to stay as calm as possible. Aside from that, by understanding what to do in these types of emergencies, you are going to decrease the amount of panic that sets in right when it happens. When you do not panic, you can think and act plainly, enhancing your chances of surviving the earthquake.

Before I get started, there's one more important suggestion to remember: Regardless of at which location you find yourself when the earthquake happens, you must not try to change venues. If you are inside, stay inside. If you are outside, stay outside. You only have several minutes to act and attempting to change your environment will do nothing but add possible risk.

#### If You Are Inside

If you are inside when an earthquake hits, don't try to escape the building. Not only is it not likely you're going to securely reach the outside, but the risk for structural issues adds risk to your movement. Truth be told, the outside of a building is just one of the most hazardous places to be located when items are falling. Don't use elevators or stairwells. In addition, remember to keep away from exterior windows whenever possible.

Follow these easy guidelines to increase your chances of survival when an Earthquake hits:

Try to stay toward the interior of the structure: You and your family immediately towards an interior wall.

" Drop, cover, and hold on": You should "drop" low to the ground and position yourself under a durable table or desk to safeguard yourself from falling items. When you take "cover," make sure to do so away from outside walls and windows. You should also use your hands to cover the top of your head. As soon as you are in position, do stagnate from that spot. "Hang on" to something near you, like the leg of a desk, for support, and wait for the earthquake to end.

If there isn't anything to hide under: Be sure to position yourself in the corner of an interior wall, while embedding your body and using your arms and hands to secure your head.

If you are in bed, stay there: Do not try to move through the home. Stay where you are and use a pillow to cover your head.

If You Are Outside

Do never go immediately back inside if an earthquake occurs when you're outdoors. A building could not be structurally sound and you would be safer finding shelter close by. You should immediately move

away from any trees, signs, automobiles, structures, or power lines that could fall down.

Transfer to a clear area if it is possible. Hunch down and secure yourself with your hands and arms till the shaking has stopped. After it has stopped, beware when walking around to keep from damaged or falling power lines, trees, or other tall structures.

#### If You Are Driving

If you are driving when an earthquake happens, pull over to the side of the roadway as quickly as possible. Set your parking brake and try to park in a clear place.

Stay away from overpasses, bridges, power lines, big trees, and any other large structure. The outside of your vehicle offers some security from risk, so stay inside the automobile till the earthquake has stopped.

When you return on the road, however, be sure to watch out for road hazards.

#### If You Are in a Public Spot

The first thing to recall if you're in a public place is to never ever stress. Never ever run for the door or exits, which can develop panic and mayhem. Stay where you are, stay as low as you can, and look for cover under a table or other tough structure. Cover your head and watch out for falling items.

#### What Not to Do

Do not stay near kitchen areas or other parts of the house (or public place) that could be more unsafe. You want to stay clear of all home appliances, fireplaces, heating systems, and other possibly-hazardous objects. Understand damaged gas lines to these home appliances that may now be leaking explosive gas.

Don't make use of landline phones or other electronics till you have been cleared to do so. When you are sure the power and gas to your house has not been damaged, you can use them again.

You shouldn't stand in doorways. Lots of people believe that it is a safe place to be because it is away from things that could fall on you, but it could end up being a source of weakness in a structure and collapse on top of you.

Don't mess with power lines. Downed power lines can be exceptionally harmful, so never go near them. You absolutely should never ever try to move them yourself either. If you're driving when the earthquake occurs and power lines have fallen on your vehicle, call for help and don't try to move away from them yourself.

Avoid using matches, candle lights, or flame of any sort till your house or the structure has been cleared. If there is a gas leakage or other issue, an open flame is the last thing you really need. Instead, use flashlights or LED candles.

### What About After the Earthquake Stops?

Even if the tremblings have stopped, stay-put for at the very least ten minutes; if it is safe to do so. Aftershocks can take a minute or 2 to begin and can at times be more damaging than the earthquake itself. Aftershocks have been known to trigger significant damage and injury, so never move too quickly.

Once you are sure the earthquake is over and any possible aftershocks have ceased, you can slowly move from your position while taking notice of any surrounding risks. If you're in your home, safely turn off all power at the control box, as well as your gas valve. Check for fire and other possible threats.



You should then make use of a radio (recommended) or phone to listen for emergency situation info, possible dangers, and farther directions. The community will issue emergency broadcasts and outline any serious damage sustained in the area as well as instructions for your safety. Check yourself and others for injuries and follow emergency situation instructions.

It can be exceptionally difficult to know what to do throughout an emergency but staying calm and recalling these suggestions on how to make it through an earthquake can save your life. An earthquake can hit at a minute's notification but taking the right steps in the first few seconds can stay away from unneeded injury and damage. While there's not much you can do to prevent natural catastrophes, there is plenty you can do in reaction to them to improve your situation.

#### Chapter 4: Choosing Which Type of Emergency Situation Food to Preserve

The primary step to preparing your family for a long term catastrophe is to put away a little extra food, but what type should you choose? Should you purchase cases of MREs (Meals All Set to Eat), canned foods, boxes of freeze-dried foods, or dehydrated/dry foods? Or a combination? These were the questions that pestered me when I first began to get my family prepared for a natural disaster.

In this area I am going to go over how long the food will last using each technique and how to find out which method makes the most

sense for you. Preppers have lots of choices, but here I will concentrate on the most useful and effective methods.

Below is a contrast of the different attributes of each type of survival food. That should help you choose which type is best for you and your family. Bear in mind that although all of these foods will store well at room temperature, I have noted the "ideal" storage temperature for your recommendation.

What Kind of Food to Store? Dehydrated vs Canned vs MREs vs Freeze Dried

A lot of preppers start by saving tons of freeze dried foods. That isn't always the best method (not to mention it's absolutely not the least expensive). There are many choices in the types of emergency situation food to store. Understanding the advantages and disadvantages when it comes to prepping with each of these kinds of foods will save you time and money.

**Dehydrated and Dry Foods:** This alternative has a strong following as it can be done at home and also provides for a remarkably long shelf life (usually 20 years or more if saved correctly). Those mean you do not need to worry about rotating the food. Per calorie, it is also the most inexpensive option. One major draw back is you are generally limited to storing just standard components, rather than finish meals (such as rice, beans, dried fruit etc).

**Junk Food:** Canned foods are by far the simplest to store as canned products are easily available at your regional supermarket. However, they typically only have a service life of 1-3 years.

**MREs (Meals Ready to Eat):** These are good just because each one will offer you with an entire meal! Sometimes the MRE will even

include a chemical heating system so your meal comes out piping hot. Those will last a bit longer (usually about 5 years depending upon storage conditions) but are a little pricey and heavy if you plan to carry the food with you in a backpack.

**Freeze Dried Foods:** This kind of emergency situation food is also referred to as "backpackers food" since it is a favorite in the backpacking and trekking community due to its very light weight. It's also easy to prepare (usually just add boiling water and stir) and each pouch has a finished meal inside. The shelf life of these foods is also decent and is generally in the neighborhood of 7 years or more. The largest downside to keeping freeze dried food for an emergency situation is the cost as it is reasonably costly per calorie.

In my viewpoint, a diverse method is the best way to be really prepared for any catastrophe and ensure your family is comfortable when trouble hits. Whether it be an earthquake, monetary collapse, cyclone, civil unrest, extremely afflict, pandemic, or flood.

**Which Kind Of Emergency Situation Food is Right for Your Family?**

Choosing what kind of food to store is important and you should do this by consider your practices. Do you eat a lot of canned food generally and would you be able to rotate through your supplies regularly? If that's the case, then concentrating on keeping canned food and rotating through it may be the best method for you. Their relatively much shorter storage life would not be a problem for you if you happen to be good about rotating through your stored supply.

My family does not eat many canned foods typically and we are unlikely to turn through our supplies regularly. For my family, I truly needed an option where I could store the food away and forget about it.

That is why I choose to concentrate on a combination of freeze dried and dehydrated foods as these can oftentimes last over twenty years when saved correctly.

Another possibility is if you live in a bigger city or any other environment that you know you need to leave as soon as possible when disaster hits. You may be in the circumstance where you need to stay extremely mobile. If that holds true, keeping MREs or freeze dried (backpacking) food would be the most rational since they can quickly be quickly consumed while on the road, offer a respectable shelf life (5-7 years depending on storage conditions), and come as complete meals.

Consider these factors when you are choosing what's best for you and your particular circumstance. Whichever alternative you choose, it is best to diversify somewhat. For instance; though you might expect to be able to leave the big city rapidly throughout a disaster there could be times when you need to shelter in place. If that happens, it may be worth while to have a 5 gallon container of dried food (like rice for instance) hidden away in your closet and save your costly MREs for when you do finally have a safe opportunity to leave the area.

### Making Sure the Longest Possible Service Life

You should understand the fundamental elements that influence the longevity of food that's stored for long periods of time. This will help you select where you should keep the kind of food that you choose and eventually, which kind of food is best to store away for your family.

There are several basic aspects that will impact the service life of the food you save:

Temperature level

Light

Moisture

Oxygen

The fundamental rule is that you want to keep each of these aspects to a minimum. That is because this is what influences the growth of bacteria in the food. Temperature, in general, should be as low as possible. Forty degrees Fahrenheit is generally optimum (see above sections for storage temperature levels of specific foods).

Light must be minimal or non-existent (germs enjoys light). The food must also stay as dry as possible (this is the reason why dehydrated or dry foods last so long). One research study showed that in most foods, decreasing the wetness content by as little as 1% can double the shelf life. Bacteria also needs oxygen to make it through so reducing or getting rid of oxygen in the product packaging the food is saved in will also significantly help to prolong the life span.

I suggest you store some food from each category (dehydrated/dry foods, canned foods, MREs, and freeze dried foods). This will ensure you are varied and ready for any circumstance. I suggest you go with a 40/30/20/ ten percent split on the food (simple to remember as "The 4-3-2-1 Rule"). This split guarantees that you'll have a bit of each kind of food stored away for an emergency situation.

40%-- This should be the bulk of your emergency foods and should be whichever kind of emergency situation food that you chose is best for your situation. This should be the type of food that will be most convenient for you to save large amounts of to keep your family alive.

30%-- This should be the 2nd best food source that you choose for your family. At this level, you should consider more than just how

many calories this type of food offers and how long it lasts, you should consider food that tastes good. That will be the food that makes your family's life a little better at the time of a bad situation and raises their spirits. Do not be scared to include some deals with to cheer everybody up.

20%-- This food you are keeping away so you are a bit varied and ready for any circumstance. For example if you were planning to shelter in place and were just saving away large five gallon containers of rice and beans as the first category, this should consist of light and quickly mobile food like MREs or freeze dried food.

10%-- This is the last type of food, and could be last on your list of the kind of food to store for your family. While you might have determined this type of food is not the best for your circumstance, it is important that you store a small amount of it away anyway. Since we all know that circumstances can change and they seem to do so most suddenly and often throughout a catastrophe. Think of it as a financial investment, any good financier will tell you that it is necessary to diversify.

Therefore, do not feel overwhelmed about getting just the right type of food or just the right portions. That is meant to be just an overview of what I have found is the best way to stay ready for any kind of emergency.

Chapter 5: The Best Personal Defense Gadgets for Women

Recently my daughter left for college. Before she left, she told me she wanted some form of personal protection to carry with her. Any deadly type device was not a choice, so I needed to find some gadgets that would ensure her security while she was away.

After some research, I found some special personal defense gadgets that are great for a young woman like my daughter. These easy devices can make the distinction between being a victim or a victor of an attack.

The weapon of your preference depends upon the girl herself and what she would be comfortable dealing with in a high-stress situation.

#### 11. Key Shaped Folding Knife

This cute little dagger is perfect for concealed carrying and quickly turns from a key hanging on a keychain link to a sharp knife all set to strike. This knife is multi-functional and useful in many situations in everyday life, such as using it for a boxcutter or as a survival tool in the woods. There's a very real comfort for me knowing my daughter always has a knife on her.

I really love that it comes in flashy pink color and blends flawlessly with the rest of her secrets on her keychain. The blade is made of stainless-steel, and the handle is constructed of aluminum.

#### 10. Kubaton Keyring

These little keyrings are pretty sweet looking. My daughter made me order one after seeing it! It is a multi-use tool when it comes to a self-defense situation. You can hold it one of two ways to cause damage. The Kubaton can also be used in numerous emergency situations, including but not limited to breaking a vehicle window, and as a very reliable self-defense weapon for any woman.

These can be found in lots of different colors and come equipped with a keyring link for adding it onto your keychain. It's lightweight, clips on something you already carry around, and is multi-functional. So it is certainly a win/win with this one! The only disadvantage I can see is that it may only inflict only minor damage to the attacker with a weak strike and according to reviews, it is a petite fit for hands.

#### 9. Rechargeable Stun Baton with LED Flashlight

Another multi-use tool that could come in convenient in a self-defense situation: a flashlight that doubles as an electronic stun gadget!

Seriously. When my daughter has to walk down a dark road in the evening, I certainly wouldn't mind if she were using a flashlight that also had a stun function!

This one comes in a flashy pink color (it is available in other colors) and has been notched around the edges. This means it will remain in place and won't roll when set on the ground. When the stun function is activated, it will send out an electrical existing between the 2 prongs situated above the flashlight and will create a loud static sound.

The sound and sight of the electrical charge alone should be enough to stop an attack, but if not, a quick touch from this little stunner sure will! It comes with a lifetime assurance for any malfunctions or replacements.

#### 8. Pepper Spray Bracelet

In the times of technology that we live in, everywhere you go you see the ones with some silicon bracelet or smartwatch. With this clever silicon band, you get a compact pepper spray container concealed in a stylish fashion and can spray 3 to six bursts up to 3 feet away.



This awesome gadget would be incredibly practical for anybody running, shopping, traveling, or just for everyday life. Pepper spray to the face is a proven way to stop an assaulter instantly. That little viper is quickly used with the press of a button. It would be smart to have backup containers just in case, with this design you get about 6 sprays out of just one container.

#### 7. Rhinestone Pepper Spray Keychain

I know what you are thinking, but my daughter truly liked the design. If a few rhinestones will convince her to carry this in her bag, then I'm a very happy Father! I really love this one because it can be quickly clipped to anything you already carry, such as keychains, bags, or backpacks.

The pepper spray comes in bursts up to ten feet away and can be useful for not only humans but aggressive animals, like dogs, too. The 1/2 ounce container also consists of a UV marking dye to help in identifying the assaulter at a later time. The spray has an easy locking system to stop spills or accidents.

#### 6. Yoogo Self Defense Keyring

There are so many alternatives for keyring self-defense items, but this one seems effective in a wide range of ways. It is formed to fit comfortably in between your fingers and give you the ability to punch and jab without your hand taking the blunt force of the strike. It's also efficient in being used in emergency situations, such as to break glass or ice.

The Yoogo is built of a non-toxic polymer and adhesive blend which makes it heavy-duty but not heavy-heavy. The metal ring itself can deal with up to 105 pounds of pulling resistance. Without correct

training or practice, this weapon could prove ineffective, but thankfully there are lots of YouTube videos readily available to keep in mind on!

#### 5. Sting Ring-- Electronic Stun Device

With simple access to a defense weapon in an emergency situation, you'll have a greater probability of escaping rapidly and unhurt. With this Sting Ring, it just attaches to your keyring and can be brought easily in your hand.

The ring wraps around your finger for protected gripping, and with a basic squeeze on the handheld box, it will activate the stun function. You can choose to swing the Sting Ring while holding your secrets or vice versa. It runs on a Lithium-Ion battery that's rechargeable.

#### 4. E.majoor Tactical Pen and Whistle

So far, we have seen various lightweights and quickly concealed products that connect to your keychain. With this one nevertheless, it can be easily kept in a book bag or clipped to your pocket.

This combo package features a tactical pen, three refill ink cartridges, and an aluminum whistle. The pen is capable of efficiently writing and also includes a steel suggestion for use in emergencies, such as jabbing or breaking glass. The public will not realize you have a weapon as a result of the fact it looks like a regular ballpoint pen.

#### 3. BlingSting Panic Alarm Keychain

Another "charming" (per my daughter) and efficient BlingSting product. This little gem is easily clipped to your keyring or bag and with the quick press of the button will send out a loud ringing into the air, and a flashing light will begin to pulse.

The sound will signal a person to your emergency, and the flashing LED light can attract the eyes of others. This works for kids and grownups in all circumstances. Since it is so lightweight, it can be carried without very much effort. According to evaluations on Amazon, there are some drawbacks nevertheless. Such as some reviewers stating they 'd choose a louder siren sound.

## 2. Pepper Spray Gel Kit with Practice Gel

This pepper spray combination includes every little thing you need to go from a novice to a professional sprayer. The package comes with a practice gel and targets that can be used to get acquainted with your new pepper sprayer. This is really important to get comfortable with using the spray in high-stress situations.

This pepper spray is also geared up with a UV marking dye for later assistance in determining the presumed attacker. In a little cylinder, this sprayer loads twenty-five bursts that are capable of rising to 12 feet, keeping you farther from risk. With the gel formula, there is less of a blowback impact throughout spray, ensuring it only disables the assailant.

## 1. The Taser Pulse

This little gadget takes the absolute leading area of all the different tools I reviewed. I ended up buying two of these, one for my daughter and one for my wife. That is a civilian variation of a law enforcement taser. Those little appeals are extremely sophisticated devices that shoot out two barbs up to 15 feet. They then provide a 30 second long electrical current to the enemy's body.

This electrical current is provided in such an exact way by the onboard computer that it entirely disarms the enemy. It does this by temporarily

overriding control of their neuro-muscular system. This is called Neuro-Muscular Incapacitation (or "NMI").

This device will deliver a 30-second long incapacitating pulse. Lots of time to toss the gadget down and run a safe distance away. After 30 seconds on this gadget, nobody is going to want to continue a fight. Knowing that my daughter has a police-grade Taser gadget with her absolutely gives me assurance. That is the top of the line when it comes to personal defense.

All in all, women should always be prepared for the unexpected. Women can be very effective and formidable challengers for any assaulter. With the correct precautionary steps, they can put almost anything or anyone on the ground. You don't have to be a heavy player or martial arts master to stop an attack. You just need to have the willpower to put that individual on their rear end.

If you don't have the self-discipline, an outstanding old stunner to the chest or a jab to the throat with a stun ring will assist in getting you home securely. Whether you feel more comfortable with a stun gadget or with something lightweight like a keychain alarm, having a little personal backup is never a bad idea.