



HEALTHY LIFE ACADEMY

PREPPERS COOKBOOK

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THE PREPPER'S CANNING GUIDE

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PREPPERS LONG-TERM SURVIVAL GUIDE

THE PREPPER'S SURVIVAL BIBLE

5 BOOKS IN 1: THE GUIDE TO SURVIVE AFTER THE COLLAPSE OF SOCIETY, CANNING GUIDE, GUIDE TO HOME DEFENSE, FIRST AID GUIDE, LIFE-SAVING STRATEGIES FOR SELF-SUFFICIENT LIVING INCLUDING DIFFERENT PROOF RECIPES.

BY HEALTHY LIFE ACADEMY

The Prepper's Survival Bible

5 Books in 1: The Guide to Survive After the Collapse of Society, Canning Guide, Guide to Home Defense, First Aid Guide, Life-Saving Strategies for Self-Sufficient Living.

By

Healthy Life Academy

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Contents

Part 1

Introduction

Chapter 1: Different Preparations For Different Scenarios

Chapter 2: How To Get Through The Worst Scenarios

2.1 Prepare For An Earth Quake

2.2 Prepare For The Hurricane

2.3 Medical Supplies Required In The Event Of A Disaster

Chapter 3: Bugging Out

3.1 Capacity And Volume

3.2 Frame

3.3 Build Quality

3.4 Color

3.5 Survival Equipment

3.6 Checklist For Bug-Out

Chapter 4: Bugging In

4.1 Bugging In For Urban Survival

Chapter 5: Water

5.1 In A Survival Situation, How Do You Store Water?

5.2 How Much Water Do You Need To Keep?

Chapter 6: Food

6.1 Where To Find Food?

6.2 Food Hunting Techniques In The Wild

Chapter 7: Hygiene

7.1 Management Of Waste

7.2 Human Waste While Moving

Chapter 8: Warm-Up And Cool-Off Techniques

8.1 Flint And Steel

8.2 Rubbing

8.3 The Drill

Chapter 9: Electricity

9.1 Modified Sine Wave Generators

[9.2 Electric Generators](#)

[9.3 Fuel Generators](#)

[9.4 Propane Tanks](#)

[9.5 Power Generators](#)

[9.6 Solar Panels](#)

[9.7 Solar Batteries](#)

[Chapter 10: Practical Tools For Everyday Life](#)

[Part 2](#)

[Introduction](#)

[Chapter 1: Canning Basics](#)

[1.1 What Do You Need To Begin?](#)

[1.2 Methods Of Canning](#)

[1.3 What Food Belongs Where?](#)

[1.4 Tips For Safe Canning And Preserving](#)

[Chapter 2: Water Bath Canning: Pickles](#)

[2.1 Pickled Green Beans](#)

[2.2 Pickled Beets](#)

[2.3 Vinegary Watermelon Pickles](#)

[2.4 Spicy Vinegar Pickles](#)

[Chapter 3: Water Bath Canning: Jellies, Jams, And Preserves](#)

[3.1 Lemony Fig With Honey Jam](#)

[3.2 Jalapeno Blackberry Jelly](#)

[3.3 Gingered Lemon Nectarine Jam](#)

[3.4 Blackberry Lemon Jam](#)

[3.5 Rosy Jelly Retreat](#)

[3.6 Tangy Tomato Preserve](#)

[3.7 Watermelon Lemon Preserves](#)

[3.8 Delicious Strawberry Preserve](#)

[3.9 Black Currant Preserve](#)

[Chapter 4: Water Bath Canning: Relishes And Salsas](#)

[4.1 Pickled Brussels Sprouts](#)

[4.2 Mango And Pineapple Salsa](#)

[4.3 Spiced Pickled Beets](#)

[4.4 Hidalgo's Salsa](#)

[4.5 Hot Spanish Avocado Salsa](#)

[4.6 Velvety Mango Mousse](#)

[Chapter 5: Pressure Canning: Fruits](#)

[5.1 Pears](#)

[5.2 Apple Sauce](#)

[5.3 Strawberries](#)

[Chapter 6: Pressure Canning: Vegetables](#)

[6.1 Green Beans](#)

[6.2 Potatoes](#)

[6.3 Carrots](#)

[6.4 Tomatoes](#)

[6.5 Others](#)

[Chapter 7: Pressure Canning: Poultry, Meat, And Seafood](#)

[7.1 Meat Canning Recipe](#)

[7.2 Chicken Canning Recipe](#)

[7.3 How To Can Fish?](#)

[Chapter 8: Pressure Canning: Stews And Soups](#)

[8.1 Cabbage Soup](#)

[8.2 Chicken Soup](#)

[8.3 Canned Chili Con Carne](#)

[8.4 Venison & Tomato Chili](#)

[8.5 Mexican Beef And Sweet Potato Soup](#)

[Chapter 9: Preserving Food](#)

[9.1 Freeze Food](#)

[9.2 Fermented Food](#)

[9.3 Food Dehydrated](#)

[Part 3](#)

[Introduction](#)

[Chapter 1: Defense Of The Perimeter](#)

[Chapter 2: Window Security](#)

[Chapter 3: Bedroom And Night Security](#)

[Chapter 4: Weapons And Traps](#)

[4.1 Weapons](#)

[4.2 Traps](#)

[Chapter 5: Other Tips](#)

[5.1 Install Lighting Systems Throughout Your Home And Property](#)

[5.2 Install Surveillance Cameras Throughout Your Home And Property](#)

[5.3 Watch Dogs](#)

[5.4 Strengthen Your Windows](#)

[5.5 Secure Your Doors](#)

[5.6 Purchase A Home Defense Weapon](#)

[5.7 Safeguard Your Garage](#)

[5.8 Use Locks Throughout Your Home](#)

[5.9 Maintain A Few Hiding Spots In Your Home](#)

[5.10 Make Your Vacation Plans Private](#)

[5.11 Request Assistance From Your Neighbors](#)

[5.12 Always Give The Impression That Someone Is In Your House](#)

[5.13 Use Cautionary Signs](#)

[5.14 Always Keep Your Lawn In Good Shape](#)

[5.15 Don't Let Anyone See In To Your House Easily](#)

[5.16 Pack For Unexpected Journeys](#)

[Part 4](#)

[Introduction](#)

[Chapter 1: Survival First-Aid Kit](#)

[1.1 Sterilizing Materials And Sutures](#)

[1.2 Infection Prevention](#)

[1.3 Splints, Bandages, And Slings](#)

[1.4 What To Put In An Emergency Kit](#)

[1.5 Bandages And Antiseptic Wipes](#)

[Chapter 2: Survival Guide For Medical Emergencies](#)

[2.1 Stay Calm:](#)

[2.2 Remind Yourself To Breathe:](#)

Chapter 3: Medical Supplies Required In The Event Of A Disaster

3.1 Hand Sanitizer:

3.2 Medications On Prescription:

3.3 Sanitation Equipment:

3.4 Kits For First Aid:

Chapter 4: First-Aid Advice For A Variety Of Emergencies

4.1 Choking Incident

4.2 Heart Attack

4.3 Shock

4.4 Dehydration

4.5 Burns

4.6 Seizures

4.7 Fall

4.8 Burns

4.9 Diabetic Shock

4.10 Choking

Part 5

Introduction

Chapter 1: List Of All Foods To Have With Duration And Conservation

1.1 Foods That Can Last For Two 2 Months

1.2 Foods That Can Last For Two 2 Months

1.3 Foods That Can Last For Two 1 Months

1.4 Foods That Can Last For Two 1 Week

1.5 Foods That Will Last A Day

Chapter 2: Breakfast Recipes

2.1 Minty Green Smoothie

2.2 Salad Sandwiches

2.3 Wild Berry Breakfast Bread Pudding

2.4 Egg Muffin

2.5 Logs And Eggs Easy Breakfast Packet

2.6 Green Chile Breakfast Burritos

2.7 Vegetarian Breakfast Croissant Sandwiches

[2.8 Farmers Breakfast](#)

[2.9 Egg In An Avocado](#)

[2.10 Bacon And Potato Hash](#)

[Chapter 3: Lunch Recipes](#)

[3.1 Bacon Ranch Chicken Bake](#)

[3.2 Quesadilla](#)

[3.3 Chili Con Carne](#)

[3.4 Sweet & Savory Grilled Tempeh](#)

[3.5 Drunken Cauliflower Tacos With Quick Pickled Red Onions](#)

[3.6 Garlic-Infused Leg Of Lamb](#)

[3.7 Skillet Cornbread](#)

[3.8 Artichoke & Poblano Paella](#)

[3.9 Dutch Oven Chicken Marbella](#)

[3.10 Chili Con Carne](#)

[Chapter 4: Dinner Recipes](#)

[4.1 Easy Beer-Battered Fish Fillets](#)

[4.2 Foil-Wrapped Ground Beef Veggie Stew](#)

[4.3 Tomato Chickpea Soup](#)

[4.4 Spiced Lentil Soup](#)

[4.5 Shrimp Steak Foil Packet](#)

[4.6 Hawaiian Style Pork Chops](#)

[4.7 Hobo Chicken And Vegetables](#)

[4.8 Foil-Wrapped Cheesy Potatoes](#)

[4.9 Dad's Quick And Easy Tri-Tip](#)

[4.10 Jambalaya Foil Packet](#)

[Chapter 5: Dessert Recipes](#)

[5.1 Deconstructed Peach Cheesecake](#)

[5.2 Orange Cupcakes](#)

[5.3 Oreo Pudding Pie](#)

[5.4 S'mores](#)

[5.5 Grilled Pineapple With Cinnamon Sugar](#)

[5.6 Campfire Banana Boats](#)

[5.7 Apple Crisp](#)

[5.8 Pineapple Donut Delight](#)

[5.9 Autumn Plum Skillet Tart](#)

[5.10 Grilled Peaches With Yogurt, Honey, And Mint](#)

[Conclusion](#)

Part 1

Prepper's Long-Term Survival Guide

Introduction

A prepper is someone who has prepared for unforeseeable disasters. Some tragedies can strike at home or while you're on the road. Preppers must know what they can do before and after a crisis strikes.

Prepping is a condensed version of the words "preparation" or "preparing" at its most basic level, but its modern application has pushed it considerably further. It incorporates essential items like food, water, & medicine storage, but it goes much deeper. The term is now connected with disaster planning and preparation for big disasters.

Finally, we want to be prepared for potential disasters and can survive them.

1) When a Natural Disaster Occurs

You'll want to get your family some shelter if you're already outside. You can also ensure that you have a contingency plan for the unforeseen.

2) Protect the environment

You should respect nature and leave it alone. Because of this, you can't paint over rainwater tanks, dig up your well, or fill in your pond. You might not have water in the future if you do that.

3) You Must Protect the Power Grid Because It Is Down

Your electricity may be down for weeks or months. When the lights go out, looting is almost always the result. Your area may not always be as safe as before a power interruption due to an emergency or tragedy.

4) Keep Your Home Safe from Looters

Looters are one of the most dangerous threats during a crisis. They seek easy targets and will take whatever they can from unprotected houses, businesses, cars, & trucks.

5) How to Stay Healthy During a Natural Disaster

When the power goes out, acquiring food and water might be difficult.

Make sure you have bottled water and tinned meals on hand. If you prefer the atmosphere of a campfire, a camping stove or an electric campfire stove is an excellent option. Clean water is essential because many people are unaware that contaminated water can easily contract diseases. You can either boil your water or invest in a low-cost solar shower.

6) Keeping Your Family Safe

It would help if you were prepared for certain family members' potential to be absent when calamity strikes. It's critical to have arrangements to reunite the family if this occurs. The first thing you should do is figure out how to communicate. You can achieve this by obtaining a HAM radio license or purchasing a charged cell phone for each member of the family so that you can contact them if they are not at home when you are.

7) Evacuation Plans Research

Your evacuation plan will differ based on where you live, but most people believe they can drive out of the area fast if tragedy comes. But what will you do if you are unable to drive? You should know of highway closures, bridge or tunnel damage, or other concerns affecting evacuation routes.

8) Economic Preparedness

Financial planning might assist you in surviving unforeseen tragedies. Setting aside an emergency fund for disasters can help you deal with financial difficulties during a crisis. People typically put off dealing with their finances until they have more time.

9) Go Green

Being environmentally conscious entails caring for Mother Nature and being prepared for natural disasters. For instance, because a generator operates on gas, you might believe utilizing gasoline is the most excellent alternative. Generators aren't usually dependable enough to run for 20 hours without stopping. Alternatively, 3-kilo propane or butane-fueled

generator might be purchased and used instead.

10) Consider Alternatives

Every day, we all consider what we would do if a calamity hit, but how prepared are you? Experiment and think outside of the box. During an emergency, you can make beautiful discoveries and enjoy something you wouldn't usually be aware of.

Prepare yourself to survive. Although none of these calamities will likely impact your town, some of them will almost certainly harm you & your family. This book provides a step-by-step strategy for surviving in various scenarios. With the help of these ideas, make sure you're ready to face any catastrophic event.

in the case of an emergency.

You'll discover what you must have to survive in any situation. You'll also learn how to build a shelter and gather food, and water, among other things. This way, you may ensure that you and your family have the best chance of surviving and telling your own survival stories.

The material in this book will teach you how to survive in various environments, from the desert to the icy tundra. It may not be enjoyable or thrilling to consider that you need to know this material, but if you do, you will be grateful that you had the foresight to learn what this book will teach you.

Read through each chapter & practice the techniques for the most significant outcomes. It can be enjoyable and exciting to practice survival skills. As serious as the subject is, it is preferable to approach it with a positive and healthy mindset than one focused on fear and terror. This is especially critical if you're teaching youngsters survival skills. Your children should feel secure and prepared rather than terrified.

Even if you don't think you'll ever need to recall each skill you learn, it's better to be prepared just in case. You can't just read this book and assume you'll be able to do each task.

You can, of course, carry this book with you at all times. However, you will suffer if you have not allowed yourself to excel at each duty without the burden of having to use each talent to stay alive.

As you put the abilities you'll acquire in the following chapters into practice; you'll gather the knowledge you need to survive. You'll also benefit from something else. You'll gain self-assurance. When it comes to dealing with emergencies, this is critical. You'll also be able to accomplish something that many people have forgotten: exist without the aid of artificial conveniences.

Chapter 2: How to Get Through the Worst Scenarios

You can produce or buy various items depending on your preparation. To begin, consider the different types of emergencies & what you could require.

You shouldn't just buy an emergency kit and store it in your closet. These kits must be well-assembled, contain the things required for the circumstance, and be kept where they will be quickly accessible. Here are some suggestions for emergency supplies:

2.1 Prepare for an Earth Quake

There are various types of earthquake kits available: An earthquake kit is the most frequent type, including two-way radios, nonperishable food (including bottled water), flashlights, additional batteries, & instructions on how to use them. Earthquake kits are widely available, notably at Walmart and Home Depot. These kinds of earthquake kits cost between \$50 to \$100.

Others purchase earthquake kits in anticipation of an earthquake or other natural calamity. Earthquake kits are less frequent than the general variety we just discussed, but they are still accessible and, if purchased in bulk, can save you a lot of money. First-aid materials (bandages, sutures, medication), emergency water supplies (tanks or filters), canned foods like beans, peas, and tuna, and nonperishable snacks like candy bars and granola bars as matches and candles can all be found in these kits. Depending on how many individuals you need to protect, emergency earthquake kits can cost anywhere from \$50 to \$200.

You can create an earthquake kit depending on your budget and what you want/need to include. The most excellent part about installing an earthquake kit is that you can customize it to your family's specific needs. Make a list of groceries, medical supplies, and anything else you think will come in handy in an earthquake. Then you can either go out and buy them or make them yourself. You might construct your first-aid kits with over-the-counter drugs (aspirin, burn cream) and gauze bandages to save money. Fill empty two-liter bottles with water or use a filtering device to create your emergency water supply. If you're concerned about running out of water, there are various emergency water storage options available to buy.

The idea is to put together a kit that will last at least 72 hours, if not longer, for your family. You might also consider purchasing an earthquake kit for your vehicle if you need to leave immediately.

Many people believe that water should never be used to extinguish a grease fire; however, this is not the case. Use a fire extinguisher (2 1/2, 5, 10 lb.) or smother the flames with a lid or saucepan. Flour, salt, baking soda, and other dry absorbents should never be used since they can explode. If the fire cannot be put out, get everybody out and leave the area immediately and quietly to avoid being hurt by falling debris or inhaling smoke.

2.2 Prepare for the Hurricane

Depending on your money, you may make various kinds of hurricane kits. For under \$50, you can get storm kits, including food rations like MREs (Meals Ready to Eat), flashlights, batteries, first-aid items, and more. For under \$100, you can get storm kits that include bottled water, nonperishable food, extra batteries, and other supplies. Some of the most prominent online goods vendors create these types of kits.

Because most individuals do not live in hurricane-prone areas, many people assume that a hurricane kit is unnecessary. True, but that doesn't mean you shouldn't be prepared in case one occurs. When a hurricane occurs, most individuals are caught off guard and have no idea what to do because they didn't have enough resources for such an emergency before the storm.

2.3 Medical Supplies Required in the event of a Disaster

It is essential to be prepared for any tragedy that may occur. You never know when a natural calamity will hit or when you'll be caught in the middle of a political crisis. We've researched what medical supplies will be needed in any situation, and we'll share that information with you today so that you may construct your survival kit properly.

Sterile gloves, gauze pads, medical scissors, adhesive tape, IV catheter sets, waterproof adhesive tape rolls (duct tape), and EKG equipment like the multi-lead M3 cardiac monitor were among the things on our list that were considered necessary. Given that any medically relevant concern can develop during a crisis, this is a great little tool to carry, and the fact that it's waterproof is just an additional benefit.

We also made sure to have burned cream, sticky tape rolls, gauze rolls, and even some portable stools if you'll be standing for an extended period. One thing to keep in mind is that you'll want to have a lot of these supplies on hand because, as we learned from our research, there's no way of knowing how many people would require medical assistance during a crisis.

The next step is to prepare your medical bag, including everything you'll need to treat or prevent injuries. Bandages, gauze, pharmaceuticals, first-aid kits, sterile gloves, medications, and other items are included. If you can find a secondhand backpack or anything similar, it will also help with the space issue.

You should also ensure that the kit has adequate space for all pieces to fit. If you have too many items in your backpack, it will become heavy and difficult to take around with you when you go outside.

If you'll be on a boat or something similar, ensure your storage place is waterproofed. Ideally, whatever you're storing your medical kit in should be able to be submerged without harming the contents.

If you're having difficulties obtaining some of these items locally, you can

buy them on Amazon. We'd also want to point you that if your survival kits are up to date, you should already have all of these items.

Chapter 3: Bugging Out



The Bug Out Bag (B.O.B.) or Go-To Bag is a survival bag designed to keep you alive for at least three days. A bug-out bag is an emergency when you must flee swiftly rather than for long-term survival.

Whether you're facing a natural disaster, chemical leak, or terrorist assault, you should be prepared to quickly grab your bug-out bag and flee to the safer ground. While bugging in at home is generally safer than bugging out to unfamiliar locations, part of prepping is being prepared for any eventuality. Consequently, it would help if you started your prepping journey by putting together a bug-out pack in case you need to evacuate your home.

In the survival community, the concept of bug-out bags is prevalent. The size of the bag, the material it's constructed of, the purpose it's intended for, and the precise gear you put within it are all critical considerations. The following is the procedure to follow when choosing the perfect bug-out bag for you:

3.1 Capacity and Volume

The first thing to look for in a bug-out bag is the volume & capacity of the backpack. However, many preppers are perplexed since, although specific backpacks claim to store the same capacity, not all backpacks can hold the same quantity of goods due to the configuration and design of their compartments.

Look for backpacks with several large and tiny compartments that can be quickly shut with a zipper, Velcro, sealed pockets, or other means. This will ensure that your bag can carry as much gear as possible while traveling without losing any of it.

Look for a backpack with 40 liters/2,500 cubic inches capacity if you want to get through the day. Look for a backpack with a capacity of 50 to 60 liters/4,000 cubic inches to carry you through three days, which is what most bug-out bags are meant to do. Increase the capacity of your backpack to 6,000 cubic inches/80 to 90 liters for a week's worth of use. You're probably not thinking about what your body can physically handle if you're looking for a backpack that can store enough gear to last more than a week.

3.2 Frame

After you've decided on the capacity of your bug-out bag, you'll need to figure out what kind of frame you want it to be on. Internal and external frames are the two types of frames available for backpacks. An aluminum frame will be located inside the backpack in internal frame packs. Because the pack's weight is shifted from the shoulders to the hips, they are far more flexible than external frame backpacks.

Internal frame backpacks are also slightly smaller and lighter than external frame backpacks, so if you need a pack with 90 liters of capacity to contain enough gear & supplies to last you a week, an internal frame system is probably not the ideal choice. However, because the great majority of bug-out bags are only meant to last three days, an internal frame backpack should be seriously considered in this regard.

External frame backpacks are more significant, more robust, & heavier than internal frame backpacks. Rather than having an aluminum frame inside the backpack, the frame supports the backpack from the outside, as the name implies. An external frame backpack can allow you to attach more gear & supplies to it. Backpackers often use external frame backpacks to connect heavy-duty things such as sleeping bags, tents, and outerwear. Another benefit of external frame backpacks is the extra space between your back and the actual pack, reducing sweating when hiking.

Overall, the external frame backpack should be your choice if you want a pack that will last you a week or longer. Choose the internal frame for a more classic 3-day bug-out bag due to its lesser weight.

3.3 Build Quality

After you've decided on the capacity & frame of your backpack, the following item to consider is the construction quality. Your backpack should be made to withstand harsh weather and be water-resistant; the zippers should be functional, and the straps must be thick and adaptable. You should be able to determine if the material is sturdy and durable just by feeling and handling it if you're buying your bag in person.

Military-grade backpacks, such as the Alice Pack or Three-Day Deployment Bags, are the ideal to seek for. If you're looking for a bargain on eBay or Amazon, it'll be a little more difficult to verify if the pack is durable, but internet reviews & item descriptions should suffice. Furthermore, if you receive the backpack in the mail and it appears poorly constructed, you may always return it.

3.4 Color

Last but not least, you must decide on a hue. Contrary to widespread assumption, you should avoid wearing more camouflage or tactical-style colors because they identify you as a law enforcement or military officer. You want to blend in rather than stick out when the grid goes down. As a consequence, choose more neutral colors. Green, grey, brown, or even dark blue should work well because they allow you to hide if necessary and stand out when spotted. Colors like yellow, red, orange, and pink should be avoided.

3.5 Survival Equipment

With this knowledge, you can select the best bug-out bag for your needs. The fun part comes next: filling it thoroughly! As a tip, you might wish to purchase all your bug-out stuff before purchasing your bag, so you'll know what size and type of backpack you'll need. When you've packed your bug-out bag, ensure it's carefully arranged, with the most vital goods in easy-to-reach places.

This list isn't designed to be followed religiously; you can remove or add items as needed for survival in your unique region, but it should serve as a broad guideline for what you'll need:

3.6 Checklist for Bug-Out

Electronic Devices: Various batteries, 2–3 torches, GPS, Solar Radio, and Radio (CB).

First Aid: Bandages (assorted sizes), Bandana, Mirror, Cloth, Gauze Pads, Gloves (plastic), Cough Drops, Ibuprofen, Space Blanket, Needles and Thread, Tape, Tweezers, Tylenol

Shelter and Fire: Candles, Charred Cloth, Clothes (coat, gator, socks, jacket, gloves, hat, pants), Cord, Cotton Balls, Matches, Glow Sticks (avoid red), Striker, Poncho, Rope, Tent (optional), Sleeping Bag, 1–2 Space Blankets, Tarp, Wool Blanket, Magnesium Flint

Water and Food: MREs, Protein Bars, Water Purification Tablets, Salt, Spices, Sugar, Bottled Water (2–4 bottles), Water Filter, Canteen, Fishing Equipment

Hygiene: Sunscreen, Compact Mirror, Chapstick, Comb, Hand Sanitizer, Toothpaste, Toilet Paper/Tissues, Toothbrush, Soap Bars

Weapons and Equipment: 3 Knives (Swiss Army-style, folding knife, fixed-blade belt knife), Shovel (folding), Duct Tape, Machete, Handsaw, Hatchet, Multi-Tool.

Chapter 4: Bugging In

4.1 Bugging in for Urban Survival

Suppose you don't want to bug out and prefer to stay home and batten down the hatches. In that case, you'll need to learn how to do it well to enhance your chances of survival, especially if disaster brings anarchy and mayhem until government troops can restore order. This is especially essential considering that most of the country's population lives in cities and other densely populated places. That means there will be more urgent competition for life supplies, posing a greater risk.

Self-Protection

If you and your family decide to stay and hold the fort, this will be your top priority. It's because disasters can temporarily disable the government's ability to enforce the law, resulting in anarchy and mayhem – it's everyone for themselves. Expect criminality to be the order of the day in such scenarios in the name of survival. Those who aren't prepared are instantly targeted by those who are.

Several things you may take to reduce your chance of being victimized by desperate people during calamities that might paralyze government operations. Remember that these are only recommendations and suggestions and should not be treated as gospel. In an urban disaster, you should use your best judgment on how to apply this in your position and location.

Darkness Rules

Board your windows and, to the degree possible, turn off your lights at night to prevent attracting the interest and attention of looters or other criminal elements. Even the tiniest light might readily attract harmful elements when the entire metropolis is in darkness due to a lack of power.

Strengthen the Fortress

Secure your home as much as possible from the inside to avoid being too visible and attracting unwanted attention from the outside. To secure your home's entry and exit points, add extra bolts, door jammers, chain locks, and barriers to the doors. If they don't deter attackers, they can at least slow them down long enough for you to flee by the backdoor or prepare to take them down.

The more you get together, the safer you'll feel

While there is no calamity yet, work as closely as possible with your neighbors and neighborhood to develop a strong bond. Close ties with your neighbors provide you with access to support when you need it, better protection against unwanted persons for everyone, and a decreased danger of them targeting you for their survival. It's also your best chance of surviving a long-term tragedy. Consider how they came together in *The Walking Dead* to get an idea of what I'm talking about.

Sucks Beautiful

This may seem heretical for many supporters of the beautiful home tenet but bear with us. You make your home less apparent, and an undesirable target for looters, gangs, or individuals is frantically hunting for food or other supplies by keeping it unattractive or unassuming from the outside, i.e., not built like a palace or a fortress.

We are not suggesting that you turn your house into a dumpster or an abandoned haunted house. Unattractive may not always imply ugly. It simply means that it does not draw notice.

Supplies

Bugging in beats bugging out when it comes to vital supplies like food and water: you may store up on essentials like food, water, and medicines, as well as firearms, ammunition, and other essential equipment. While your BOB must be as light as possible, avoiding the use of canned foods for

food, you can stockpile enough food in your pantry and attic to last for months until the government can restore peace and order to your community. You can also sleep on your bed while being shielded from the weather.

Stock up on long-lasting items such as canned products, uncooked rice, and safe drinking water. Aim for at least a month's worth of supplies. After a calamity has plunged your city into anarchy & turmoil, you'll never know how long it will take the authorities to regain control and restore the situation.

Stock up on fire extinguishers as well, in case a fire breaks out unintentionally.

Chapter 5: Water

5.1 In a Survival Situation, How Do You Store Water?

You can survive for a few days without food in an emergency, but your body requires water to function correctly. You could become dehydrated & suffer from a variety of medical concerns if you don't have access to safe drinking water, which could make it difficult for you to defend yourself against looters. Having several gallons of safe drinking water in your pantry or basement can ensure you have enough for everyone in your home during a disaster.

- Store drinking water only in food-grade plastic containers with sealed lids to keep it fresh for longer. Clean your containers with dish soap & thoroughly rinse them before filling them up again for optimal results. You can store water in many gallons before moving it into buckets if you don't have enough clean containers for your complete water supply.
- If feasible, purchase commercially packaged drinking water rather than tap water to ensure consistent quality and safety. If you're concerned about the safety of your tap water, you might want to consider investing in a reverse osmosis filter.
- To make it easier for you and many others in your household to enjoy the contents of your pantry, keep a manual can opener and other equipment with your food storage containers.
- Consider keeping multiple water purification pills on hand as an added precaution, so you can always mix safe drinking water with contaminated or suspicious water sources if necessary. These pills can also clean the plastic container where your drinking water is stored before refilling it.

Even if you cultivate your fruits and veggies, know how to hunt in a survival situation, and have enough water in your pantry or basement. You

should still have enough food on hand to avoid having to go outside during a crisis.

You should have no issue maintaining yourself & your family entirely self-sufficient if you follow the suggestions presented here. Remember to keep protein, carbohydrate, fiber, antioxidants, fat, vitamins, minerals, and beneficial cholesterol-rich foods on hand. Foods with an extended expiration date, such as dried fruit or canned items, should be stored near the bottom of your storage shelves so that you can use the freshest ingredients before they go bad.

Finally, remember to keep fresh water in sealed containers of food-grade materials. You should be able to get through any disaster without relying on outside assistance if you do your study, preserve water appropriately, and rotate your food supply every few months.

In the event of an emergency or natural disaster, water is one of the essential items to have. People can die in days without it. This chapter will teach you how to properly conserve water so that you and your family can access it in an emergency.

Before a disaster strikes, as with any other type of emergency, you should acquire as much information as possible. Examine your neighborhood to see which areas are most vulnerable to calamities like floods, storms, and earthquakes. These factors can significantly impact where you keep your water supplies.

5.2 How Much Water Do You Need to Keep?

The amount of water you need to store is entirely dependent on you. Several factors will influence how much water you should keep on hand. Each person's weight and degree of activity influence how much they drink daily. People who live in hotter climates consume more alcohol than those in colder climates. Additionally, the more people in your family, the more water you will need to keep.

General Water Storage Guidelines

- A minimum of one gallon of water per person per day is required for drinking & sanitation.
- A healthy adult need at least half a gallon of water each day for drinking, cooking, & sanitation.
- More water will be required for nursing mothers, children, the sick, and the old.

It would help if you did not learn what works for your family only during an emergency or crisis. Prepare ahead of time by keeping the necessary amount of water per person on hand. If you are compelled to ration water in an emergency, you will at least have a supply on hand.

Water Storage Containers Types

When you store water in containers, you should disinfect them to destroy any hazardous bacteria or other microbes that might be present. The most frequent chemical used for this is chlorine, which may be made safe to drink by adding eight drops of bleach per gallon or two drops per liter of water.

Water can be stored in a variety of containers and a variety of ways. You can purchase big plastic containers to store outside and fill with tap water as needed or commercially bottled liquids like juice and soda pop. These bottles are washable and reusable. If you're going to store water in plastic bottles, avoid those with the numbers one or two on the bottom since they

contain phthalates that can leach into the water. Also, avoid using colored plastic bottles because they contain lead and might contaminate your water source.

Another alternative for water storage is to buy commercially bottled water that has already been sealed and stored in a substantial container. You can get these bottles almost anywhere, and they've already been disinfected, so you can be sure the water is safe. It's also convenient to grab and go if needed.

Jugs made of various materials, such as glass, plastic, & ceramic, can also be used to store water. These can also be reused multiple times before becoming worn out. Because ceramic jugs are opaque, the light will have a more challenging time passing through and causing algae growth or the growth of bacteria that could make you sick.

Chapter 6: Food

The next most critical aspect of your survival quest is food. You can't survive in the wilderness without it, and it supplies much-needed energy & sustenance in a harsh and brutal environment. You'll discover where to find the food you need, what food is best for you, and how to prepare them in this guide section. Once you're in the woods, you'll need to know how to prepare and store food. This chapter's knowledge will help you select the appropriate equipment before beginning your survival trip.

Food supplies energy, which is essential during hiking. Food boosts morale and serves as a welcome diversion from the stress of the situation. Without it, you risk quickly fading away and losing the ability to perform necessary tasks that will keep you alive. Food is essential for survival in the wild. While in the wild, it is critical that you get the nutrients and vitamins your body requires to keep healthy and robust.

6.1 Where to Find Food?

There is food of all types all around you. You must know where to look for it based on your surroundings. Let's look at some of the locales you might come across on your survival trip, and how they differ in terms of the food you'll find and how you'll get it.

Wetlands

Because they include large volumes of water, as their name implies, wetlands support a diverse range of life. All forms of life can be found in these bodies of water. Ponds, streams, lakes, and rivers are examples of wetlands' water sources. Frogs, toads, crabs, fish, mollusks, and snails can all be found in these places. The muddy bottoms of these streams, rivers, and ponds are also home to aquatic life. Animals from around the region gather to drink at these water sources, tracking and trapping prey much more accessible.

Eating is significantly better when you're near the water. Tidal pools are a great place to look for trapped prey as the tide goes out. Various fish, crabs, clams, mussels, and seabirds provide a fantastic opportunity to eat. Always be cautious of what you consume and ensure it is not toxic.

Mountains and Valleys

Mountainous, rocky landscapes, open fields, and forests can all be found in inland areas. Insects such as locusts, grasshoppers, and crickets are among these areas' most readily available food sources. In decomposing plant materials, logs, and plants, grubs, termites, ants, and other similar organisms can be discovered. Frogs, eggs, salamanders, birds, and worms can be eaten; however, some frogs and salamanders can be harmful to people, so be cautious. These animals will not make you gain weight or provide enough energy, but they will keep you alive in the short term. Sentiment has no place when you're in a possibly life-threatening survival situation. It's about making the most of what you have when you find it.

Deserts

Due to a water shortage, food is often more challenging in arid locations. Because of the high dryness of the climate, finding any form of protein source in desert places is extremely difficult. Finding food in these areas can be difficult at the best of times, so you have to make do with what you can find when you can. Despite the odds, certain animals have managed to survive in these areas. Yaks, burrowing squirrels, and rabbits are just a few examples. In the desert, snakes may and have been eaten. When there isn't much else to eat, they're a fantastic source of protein. Scorpions can also be found. They may not appear to be the most appealing food source, but they will help you survive if everything else fails. Hunting them requires caution. Use a sharp stick to hold it down and remove the tail when you come across one. After that, remove the shells and toast them over an open fire. Insects and various burrowing lizards can also be found in these areas. Split little lizards open, remove their internal organs, then cook them over a fire with a pointed stick in the same way you would a scorpion.

When foraging for food in the desert, there are several issues to consider, and it's better to be prepared. First, animals in these dry locations are frequently well-camouflaged and designed to protect themselves if threatened. Consequently, they are tough to catch since they have evolved to escape larger predators for a lifetime. The second difficulty is that the harsh climate limits the time spent seeking food.

6.2 Food Hunting Techniques in the Wild

These are some valuable techniques for locating food in the wild, as well as strategies for preparing your strategy to locate food before you begin your survival expedition.

You should first know to avoid brightly colored critters, as they are colored in this way to warn predators. Bitter compounds, deadly chemicals, spines, and hairs can all be found in these species. They can bite or sting. This isn't to say that all brightly colored creatures are harmful, but it suggests that most of them are.

Do your homework before going out to know where to look for food and what to expect in a survival situation. Even if you have the necessary equipment, it does not guarantee you will be able to use it efficiently. As a result, you must plan ahead of time and wisely apply your information.

Carrying a variety of guidebooks can be pretty helpful in survival situations. You might not know everything there is to know about what you need to know. You'll need a book to quickly access and apply this knowledge in these situations. Plant guides & guides to various types of animals native to the place you will be visiting are excellent examples of these guides. Plants, in particular, require extra care because so wide varieties seem the same. Before venturing into the wild, brush up on your plant identification skills.

Always remember that, unless impossible, you should adequately prepare all food to eliminate pests and infections. Cooking makes food tastier and enjoyable to eat. Furthermore, the warmth from hot food can boost morale, so be sure you know how you'll generate power and heat so you can properly cook your food before you embark on your survival expedition.

You'll need to know how to hunt down and kill numerous types of wildlife if you're going into the wild. While it would be lovely to find prepared meals, in the outdoors, you must take the initiative to obtain the sustenance

you require. Consequently, you must be ready to catch, trap, and hunt animals, birds, & fish. Become familiar with proper trapping techniques and the tools you'll need to construct said traps.

This information will come in handy in an emergency. What would you do if there was an unexpected food shortage and the shelves were empty? Money will be worthless. Only your wild knowledge will matter because you'll be prepared to take advantage of the circumstances. Being prepared and educated is the first step toward having a broad idea of how to find food. With that in mind, let's consider the most crucial things to seek out in survival circumstances and what you should be hunting and eating, depending on your skill level. Not everyone is capable of pursuing the same food. Some people have more experience than others. If you do not need to be hunting large animals, you should not waste your time doing so. Instead, concentrate on what you can control.

Hunting

Many creatures live in the frigid wilderness, and you should be able to capture some of them with the help of a few bear traps. It's best to ensure you can start a fire before placing traps; this is the safest way to eat animal meat. Of course, if you're starving and don't have any other options, raw meat will have to suffice.

A simple noose is the easiest trap to set. Animal tracks might help you decide where to set this trap. The prints will be quite visible if it is genuinely snowing, and even if the ground is frozen, the trail they take through the forest should be visible. From the size of the prints it left and the amount of harm it causes as it goes through the undergrowth, you should be able to estimate the animal's size. If you follow the footprints, you'll most likely find a common feeding place or a watering spot for the animals. This is a great spot to set up your snares because the more animals in an area, the better your chances of trapping one.

Make a loop and a knot with some of the rope you have on hand,

potentially from your Para cord bracelet, to allow you to tighten the noose. The slack end of the rope should then be firmly tied to a solid object, such as a stout tree. Place a stick in the path to keep the noose section in the air and out of the way of the animal. This relieves the rope's tension; without the stick, the noose will tighten on its own. The concept is straightforward: the animal goes into the noose, & the stick springs free. The noose tightens the more the animal resists. Position several of these around the feeding site to boost your chances of capturing something.

Chapter 7: Hygiene



While the three most important parts of camping are shelter, food, and water, hygiene should not be overlooked. Poor hygiene will spread infections among the group, taint water sources, and invite wild animals to your campsite. One of the essential laws of trekking and camping is to leave no evidence of your presence. With a few exceptions, all rubbish must be carried out with you until you can properly dispose of it. This may necessitate bringing more than a few baggies wherever you go.

7.1 Management of Waste

Food Scraps

One strategy to avoid wasting food scraps or leftovers is to evaluate the type of food you prepare carefully and how much you prepare. Even if everyone is famished by the time the food is ready, there will be scraps that aren't consumed. If scraps remain, clean them up by double-bagging (or putting them in a sealable bag) and keeping them away from the camp (in bear canisters or similar containers) to keep animals out. Animals will be drawn to you if you burn or bury leftover food. Animals accustomed to eating human food become a nuisance because they equate humans with food. This will drive them to seek food from humans, potentially leading to animal attacks. Not only that, but human food is unhealthy for animals and can cause them to become ill.

Packaging

Many of the foods you bring with you on your camping trip will be packaged in some way. To completely dispose of any boxes or paper wrappings, throw them into the fire. Metal (like foil) and plastic, on the very another hand, should not be burned. Wrappers & food containers left behind by people when they leave an area look bad and might be dangerous to any animals who come across them. Nothing is more heartbreaking than an animal slowly starving to death because its head has become entangled in the trash. When you leave the area, you can put wrappers in garbage bags and larger containers back in backpacks. Dispose of this rubbish in marked trash containers along your route when available.

If you see trash lying on your route, try picking it up and throwing it in the bins. This eliminates the need for the next person following the trail to observe trash cluttering the environment.

Sewage water

You'll be washing your hands and cooking equipment with water. Wastewater is any water used in the camp that requires disposal and should not be thrown out of camp. Before you dispose of this wastewater, you must strain it to remove any solids. It should be thrown away 200 feet from the camp to avoid pooling. There should be no strong soaps in this water that could harm the ecosystem. Check out Camp Hygiene to find out which soaps are ideal for camping.

7.2 Human Waste While Moving

Most people dislike discussing the need to use the restroom while hiking, but you have to go when you have to go. However, such conveniences are unavailable while hiking, and you must deal with this. Human waste, which contains a variety of pathogens, can contaminate food and water supplies and spread various diseases that can affect people and animals. And, to be honest, no one wants to witness human excrement when out on a nature stroll.

Urinate away from the route if you're on the go. If possible, you should urinate in an area with gravel, rocks, or even pine needles. If possible, dilute the urine with water before fleeing quickly. Certain animals are attracted to the smell of urine.

Many hiking trails have guidelines concerning how to dispose of excrement, so check them out before you find yourself in a scenario where you need to go but don't have access to a bathroom. Don't worry if there aren't any portable toilets near your hike; there are options for coping with the situation. First, you can do your task in a double-bagged Ziplock bag that can be sealed after any toilet paper is added. Any toilet paper you bring should be fragrance-free and plain white. This baggie will have to accompany you till you reach a location with the appropriate disposal means. This manner of packing does not appeal to everyone. If you're one of these people, find out what amenities are offered at your trailheads before trekking.

Camp Hygiene

Personal cleanliness is essential for staying healthy and preventing infection or sickness in your camp. Nothing is as terrible or contagious as an upset stomach in a crowded camp. It has the potential to spread disease, dehydrate you, and weaken you quickly. The most excellent method to keep infections from spreading around your camp is to make sure

everyone keeps up with personal cleanliness.

Individual Hygiene

Whether you've used the latrine pit or not, you should wash your hands regularly. Because most soaps are too harsh to use in a natural setting, only use biodegradable soaps. You can choose from various brands to use on yourself and your clothes. Hand sanitizer, on the very another hand, is quick and waterless, especially if you're in charge of the kitchen. Make sure the hand sanitizer you use is alcohol-based and odorless. Scents should be avoided in all hygiene products because many of them are pleasant and attract unwelcome attention from wildlife. Scentless deodorant is strongly discouraged.

Bathing may not always be possible, especially if it is too chilly outside. Unscented baby wipes might help disguise your aroma while also keeping you clean. EST Outdoors provides wet wipes. These biodegradable cloth wipes come in packs of 40 and are eight by twelve inches. These wipes come in helpful for swiftly cleaning your body, hands, or work surface.

When camping with a large group, keeping your breath fresh is also essential. Even if you chew gum every day, brushing your teeth is preferable. Natural toothpaste is healthier for the environment since it contains less fluoride. Gulp water to help dilute the foam and spray it in an arch well away from camp when you're ready to spit after brushing your teeth.

Water and Food Hygiene

Your water and food supply should also be kept clean. Freshwater should never be consumed directly from its source. It may contain microorganisms that could make you sick. Purify the water before drinking

it from a river or lake. Water can be purified in a variety of ways. The first step is to bring to a boil inside a clean container. It should be at a rolling boil for at least a minute and up to three minutes if you're at a high altitude. Allow the water to cool for 30 minutes after boiling before decanting it into a clean container. If the water you gathered was cloudy, it should clear out as it cools. Rather than decanting possible solids into your drinking water, slowly pour the top layer into a drinking container and discard the remainder.

One of the few ways to remove particles and microbes from your water supply is to use a filter. You can also use a filtration system or a straw to clean your water before drinking. When selecting a filter for your camping trip, search for one with small enough pores to remove all germs and other viruses. To ensure that you are using the filter correctly, read the manufacturer's instructions. This will lengthen its useful life.

You can use water purification tablets if you don't have enough space for a filtration system. Chlorine, Iodine, or even chlorine dioxide are among the critical components in these pills, comparable to those added to your tap water. These compounds may generally eliminate disease-causing parasites, viruses, & bacteria. Instructions for using purification tablets are included with each brand. Although the pills can remove germs from the water you drink, they cannot remove any debris that may be present. Adding the pill to the water you intend to use and covering it for 30 minutes before drinking is usually all it takes. Some products may have an aftertaste that requires additional procedures to remove, like leaving the water open after the tablet has completed its task of removing the chlorine smell and taste.

After you've cleansed your water, you can use it to clean whatever surface you'll be working on while preparing the food. Although dry rations can be cooked with boiling water to make a tasty supper, some people prefer to camp with fresh supplies. Alternatively, they like hunting or foraging for

new supplies while on the journey. The general idea is that if something is designed to be calm, it should stay cool, and if something is meant to be hot, it should stay hot. The danger zone is defined as the temperature range between 40 and 140 degrees Fahrenheit, as this is where most germs thrive. Food sources must stay out of this range for as long as feasible to be deemed safe for eating.

Unless you have a technique to protect perishable meals from spoiling, perishable items should be consumed first on your hiking trip. Before, during, and after the meal preparation, all areas where you will be making a meal should be well cleaned. You can pick up any variety of stomach-turning microorganisms through cross-contamination of meals. It is best to separate the areas where raw food is handled from those where cooked food is handled. Unless thoroughly cleaned beforehand, containers to keep raw food should never be used to store cooked food.

Any food that has the potential to drip (like raw meat) should be double-covered or bagged & placed at the bottom of the more excellent box. When cooking meat, ensure it is thoroughly done and set aside for a few minutes before serving. Do not expose food to microorganisms by leaving it out overnight. As soon as everyone has finished eating, wrap up any leftover food & store it properly. Before using for the next meal, all crockery, containers, and cutlery should be cleansed with soap and hot water. This prevents microbial cross-contamination from food particles and keeps you from contracting an illness from someone in your company. Another technique to avoid cross-contamination is for everyone to wash their hands before helping to prepare food & before eating.

Wounds Hygiene

It doesn't matter how well you clean a wound; there's always a danger that infection will occur. If someone in the group sustains an injury, it should be closely examined for symptoms of infection. Even a minor scratch can transmit bacteria that can increase and produce an infection.

Injuries with mild to moderate infections show swelling, redness, and heat in the immediate area. The discomfort or pus may get worse. Chills, fever, and swollen lymph glands are common symptoms of a severe infection. There could even be faint red lines traveling away from the injury. This is a symptom of lymphangitis, a dangerous infection of the lymph channels that requires immediate antibiotic therapy. If this symptom persists, the patient must postpone their camping excursion until medical help arrives.

All infections begin mildly, and if treated promptly, they will not advance to the point where they require hospitalization. The first step is to bathe the wound in hot water four times a day for roughly 20–30 minutes. To assist clean and sterilizing the wound, add salt or antiseptic solution to the water. If pus is present, a cut should be opened by tugging at the borders to clear it. When the wound swells & turns red, despite your best efforts to clean it, you can draw a circle in it to track the infection's development. The treatment is effective if the redness begins to fade. If the redness spreads beyond the line, the infection progresses, and it's time to quit your camping.

Before you've had a chance to settle in, the cleanliness of a camp in terms of trash, food, water, & wound care will make or break your camping experience. Everyone should be able to openly discuss hygiene while keeping proper grooming habits to avoid the spread of infections.

Chapter 8: Warm-up and Cool-off Techniques

While having a shelter is necessary, being how to build a fire allows you to stay warm, cook food, and even keep abandoned animals away. However, unless you have a box of matches or a lighter, you will have to start your fire old-fashioned. In actuality, there are several distinct methods for starting a fire:

8.1 Flint and Steel

You may be carrying a metal object, such as a belt buckle or a penknife. A spark will appear if you strike it with a piece of flint. The spark can be used to light some dried grass or any other form of kindling you've found. It's critical to have an ample supply of kindling on hand and a few somewhat larger twigs to get the fire started properly. You'll also need a piece of cloth to hold the flint, which will keep you from getting burned.

The sparks should land on the kindling, and you'll need to blow them gently to get the fire started. You can add more kindling as soon as you have a flame.

8.2 Rubbing

If you don't have any metal or can't get flint, you might be able to use this approach, which relies solely on naturally occurring materials. The first item you'll need is a piece of solid wood about two inches thick. You'll need to carve a straight line down the middle, which you can do with your survival knife, a stone, or a similar object. The goal is to carve a quarter-inch broad groove in the wood. Then you'll need to find a stick & make a point on one end. You'll need to run the stick the length of the groove in the wood with as much power as possible to generate enough heat to start a fire. Small shavings should be removed from your wood foundation by the stick, which will ignite the heat of your movement. As you add fuel to your wood & coax the flame into existence, you'll need to blow gently.

8.3 The Drill

This method is similar to rubbing, but it takes more practice to master. You'll need a stick with a point or one you've made yourself. The next step is to cut a small hole in the foundation board, about an inch from the side. Here is the point of a v-shaped notch you'll need to cut next. After that, you fill the V with fuel to start your fire. The tip of your stick should be in the hole at the V's top. Then you'll need to spin the stick with one hand on each side, always moving in opposing directions while pushing the stick down.

After a few moments, you should notice smoke, and you'll be able to gently blow to let the flame start and add more fuel & wood.

There are other ways to light a fire, but these are the easiest for someone new to doing so. Of course, you may enlarge the sun's rays and make a fire if you have spectacles or a magnifying glass. You're looking for smoke and then blowing gently with tinder to start a fire, just like the other approaches. Practicing these tactics in your garden is a good idea to be prepared if you ever need them.

Important Tip 1 - North

If you're trying to get back to civilization, navigating is one of the most difficult challenges you'll face. It's too simple to become disoriented and stroll in a vast circle. If you find a river, you can follow it; you will have a source of potential food and water and will be on your way to civilization if you follow the river's course.

However, knowing where North is might help you navigate. It's simple to figure out which way North is at night; simply glance up at the sky and find the big dipper; there are two sides in line on one side; right above these two is the North star & North.

If it's cloudy or daytime, you'll have to use a different method to find North. Because the sun is in the south in the middle of the day, keeping it

behind will ensure you travel north. You can also check which side of the trees has the most moss to determine which way is North. Place a stick on the ground and indicate the location of its shadow. Then wait a few moments before replanting the stick in the earth and tracing its shadow. You can then draw a line from east to west between the two marks. You should then determine which way the sun is moving by looking at it; the opposite side of this is North.

Important Tip 2 – Natural Resources

If you are willing to look, there are plenty of survival aids around you. You can follow it to civilization if you're lucky enough to come upon a river. However, depending on the thickness of the woods, it may not be able to keep it visible at all times. This is an excellent opportunity to create a temporary raft by lashing several robust trees together. Although the river may become too rocky for a basic structure, it will transport you considerably faster and with less energy than trudging through the jungle. Remember to bring a sturdy stick to help you steer or row if needed.

Important Tip 3 – Defenses

Many people overlook the fact that hazardous animals can be found outdoors. Even if there is a fire, they may be enticed to approach and inspect the situation. To avoid any occurrences, consider erecting perimeter defenses; they should be far enough away to provide warning but close enough to know what you're up against.

A brilliant defense is to round your camp with small pieces of brush and wood; no animal will be able to sneak through without making a noise. You can also generate a distinctive noise by stringing wood or metal that will jangle against itself or another piece. The goal is to keep you awake and ready to deal with any situation.

Essential Tip 4 - Signaling

You'll need to be able to signal any rescuers if you're waiting to be rescued or walking but hoping to be discovered. There are several options for achieving this, but you must select what you will do before they arrive. A fire's smoke will always be visible in the landscape. If you have a mirror, you can use it to reflect sunlight into any pilot's eyes to guarantee they are aware of your presence but don't do it for too long, or you will blind them. In a clearing, you might even be able to arrange large logs in an SOS pattern, analyze the situation and pick the best line of action.

Chapter 9: Electricity

Generators are examples of power sources for your home. Unless you have another power source, including a solar panel installation with batteries that can power electrical things in your house during these types of calamities, you'll need a generator to operate objects in your house.

If you have a gas generator, you can use it to power you're home in the event of a calamity. If you don't have a generator, chances are you'll have solar panels with batteries, which will power your devices and charge items like cell phones if there isn't an outside outlet accessible after the storm.

Each item will require an external propane tank if you reside in a tiny apartment building or a mobile home with a gas stove.

If you live in a larger house or condo, you'll almost certainly want a backup power and energy source. You may also consider purchasing a backup generator that can accommodate propane tanks.

If you reside in a larger home, you have more alternatives than the ordinary individual in terms of power and energy sources.

People usually use it as their primary source of power in an emergency, which can be beneficial or detrimental depending on the situation. For instance, if you have electricity and a backup generator, you'll have power even if the other sources fail. Aside from that, generators are rife in homes and flats due to their dependability in emergency scenarios.

9.1 Modified Sine Wave Generators

These are the most common and, in most cases, the least expensive. They cost around a couple hundred dollars and are available in various watt outputs. The main issue is that they generate a modified sine wave, which can harm some electronics. Suppose you plan on using this as your primary source of power. In that case, you'll probably want to invest in additional surge protectors for your costlier electronic devices, such as PCs, televisions, and laptops.

9.2 Electric Generators

Surprisingly, they're more expensive than modified sine wave generators, and they only last half as long. These are perfect if you live in a trailer or RV because they are self-contained and do not require external hookups. However, because most of them run on gasoline, you'll need a backup power source if you need electricity for an extended duration.

9.3 Fuel Generators

These are usually the most expensive and also the most significant generators. They are extremely dangerous and should only be operated by trained individuals who know what they're doing. If you try to operate one yourself, there's a significant possibility you'll lose power along with the rest of your neighborhood.

Fuel generators provide fuel into a combustion engine, which ultimately sends the mechanical energy to an output device. These are usually rather huge and come with several safety concerns. Not only that, but they're also quite loud, making them unusable for most people.

Using a fuel generator, you should also get a surge protector and an automated gas shutoff.

A backup generator is essential because it can run for extended periods without refilling or losing electricity. In reality, most run on propane, which is less expensive and more plentiful than other forms of fuel available in most places.

If you have a gas generator that can connect to your propane tank, let everyone in the neighborhood know they can get free gas from your tank if something happens. Most people find this offensive because you have fuel access while others do not. It becomes less obnoxious if the power is off for a long time.

That being said, these are the items we would keep on hand in the event of an emergency:

9.4 Propane Tanks

If none of these options are accessible after the storm, propane tanks are the most usual power source.

9.5 Power Generators

Gas generators come in various watt outputs and are the most prevalent energy source. However, having one that meets your specific requirements in your home or apartment is critical.

It is also a good idea to get a backup generator. You can buy a generator or rent one from a local hardware store hourly. Because if you need energy for your refrigerator after the storm passes and don't have solar panels and batteries connected, it's ideal to have a backup generator to conserve the food you have on hand rather than spoil it.

9.6 Solar Panels

Solar panels can be installed outside your home for free power in the event of a calamity. We've never used one, but they appear to be inexpensive and straightforward to install if you don't want to invest in a backup generator or already have an additional power source via electricity. If you're starting and want to save money on batteries and other supplies, we prefer solar panels over the other options in this chapter.

9.7 Solar Batteries

You'll also need a battery backup system with your solar panels, so you don't lose power at night or overcast days. Sanyo Eneloop rechargeable batteries are what we use, and they function great. If we are gone for a lengthy period and require electricity, we simply connect a solar panel to the battery system and have power for up to 8 hours on a single charge.

The second step is to ensure that you have an additional heat source during the cooler months, such as wood stoves, fire pits, and propane or electricity-powered space heaters.

You'll also want to know if your home is on a septic system for these items. If you're not sure, check to determine what type of system your home has and whether it's connected to a city sewer. You'll also want to ensure that any storm-prone roadways are ready if they get washed out during a storm or if a flood occurs and the water rises above the road.

Chapter 10: Practical Tools for Everyday Life

- One flashlight with spare bulbs and batteries.
- In contrast to FM and AM broadcast broadcasts, a hand-cranked or solar-powered radio or lantern is used for long-distance communication, including shortwave bands. These are critical to have as your primary light source because they are sometimes the only way to communicate outside in an emergency besides shouting, which can be hard in the woods. They can also be used as an alarm, sending an SOS signal to anyone around. Check for weatherproofing and a built-in battery or crank.
- Four batteries plus an additional power supply
- With a bright background, a signal mirror, or a signal panel.
- A whistle with a lanyard that can be used to call for assistance. You should also have a backup signaling system independent of the surroundings and works even if you are wet, tired, or otherwise unable to communicate. Emergency flares, floating devices, and smoke signals are examples. Anything that would help people locate you in an emergency.
- Two blankets for emergencies. For cold weather circumstances, this is your portable shelter. This should fit in any BOB or go bag, as well as your car. If you don't have enough room in your home or vehicle, use a stuff sack or pillowcase to transport it. Ensure you have enough for each individual to last at least two days.
- Two sleeping bags in case of emergency
- You'll need a waterproof tarp with grommets to protect your BOB or go pack from the weather. This can also be used as a ground-covering under your tent to keep wet and debris out.
- One lighter, waterproof matches, and a waterproof fire starter.

- Knife with a good fixed blade. A minimum of three feet of 550 Paracords, often known as parachute cords. A waterproof map of the area and a compass with a protractor.
- The tool with multiple functions (knife, serrated blade, pliers, can opener, screwdrivers).
- Whistle or mirror signal
- A handgun or pocket knife for self-defense.
- A backpack to transport all of your belongings. Make sure your bag can accommodate all of your belongings. The bigger, the better, but it must be within your budget and be easy to transport. Remember that you'll need to leave room for food, drink, supplies, shelter, compasses, and other necessities.
- Tablets, drips, or pills containing iodine (for water purification).
- Duct tape can be used for repairs as well as other purposes.
- Excellent pocket knife with sheath, extra blades, and sharpening stones.

Part 2

The Prepper's Canning Guide

Introduction

You've probably heard of many types of food preservation. The most common methods are freezing and drying. Have you ever considered storing fruits and vegetables in a jar to keep them fresh all year?

You could think of commercially canned fruits and vegetables. While they are safe to eat, you may make them home for a meager cost. That's correct. You can keep your favorite seasonal treats fresh and safe to consume all year long until they come back into season.

If you have a garden at home, you may find an abundance of fruits and vegetables that you must discard. You can now preserve the fruits of your labor edible for an extended period.

Canning is becoming more popular due to its economic benefits and environmental friendliness. It can also be enjoyable and fulfilling. This book covers all you need to know to get started as a scanner enthusiast, including the basics, safety, and a variety of entertaining recipes to attempt.

Let's get started without further ado.

Chapter 1: Canning Basics



Back then, what now appears to be a gimmick was a lifesaver. Canning is a need for those who do not have access to power or a refrigerator. It allowed them to keep their food longer, which could be helpful when less food was available.

Nowadays, because most people have access to a refrigerator, it is more of recreational activity. However, this hobby is associated with those with a backyard garden, and perhaps you are one of them. You planted, tended, and cared for your seedlings throughout the summer. You eventually harvested (literally) the fruits of your effort, and they ended up on your dinner plate.

You thought, "Well done." Except there was a minor snag. You have an excessive amount of food on your hands. You can only eat your homegrown cucumber for so long before turning into one, but putting them out would be bad for the yield, so what can you do?

Here's where canning comes in handy. It's an excellent method to keep your fruits and vegetables fresh when they're in season. If done correctly, you can keep them fresh until the next season arrives. It's pretty convenient!

So, how exactly does it work?

To begin, be sure that the food itself is free of bacteria. This implies that no air will come into touch with the food, preventing the formation of bacteria that could damage it. So, water bath canning and pressure cooking heat and sanitize the food while forming a vacuum seal.

It's also worth noting that the term "canning" is somewhat deceptive. For starters, no cans are used in the process. Everyone uses glass jars to store their food. Consequently, some canning enthusiasts refer to the process as "jarring," but it is a word that means harsh or abrupt, so for the rest of this book, the process will be referred to as "canning," which is more accurate.

1.1 What Do You Need to Begin?

As you might expect, canning involves more than putting a tomato in a jar or calling it a day. There are a few items you'll require. Some are already scattered throughout the house. So here's a quick rundown of what you'll need:

- **Canning jars & seals:** You should use mason-style jars if possible. The lids and rigging should be sealed. These should be available at any grocery shop.
- **Wide-mouth funnel:** This is optional equipment, but it will help you fill those jars without spilling food all over the place. It makes the process much easier.
- **Lid wand:** During the scanning procedure, you'll be working with boiling water and don't want your hands near it. A lid wand allows you to remove lids & rings without overexposing yourself.
- **Ladle:** For filling jars; self-explanatory.
- **Large pot:** For boiling canned preserves & jam, tomatoes, fruits, and vegetables, among other things.
- **Pressure canner:** Because it can achieve a more significant temperature, a pressure canner is required to can vegetables and meats.
- **Several jar lifters:** Using rubber lifters can be difficult because it is slippery when wet, but a decent set of tongs will suffice.
- **Clean clothes:** are required to clean down jars, rims, and other surfaces.
- **Wire rack:** Keeps the jars from touching the edge or bottom of the pot where you're cooking your cans.

1.2 Methods of Canning

You may start canning your food safely and worry-freely with some skill and knowledge. When it comes to eating, things can turn dicey if something terrible happens during the canning process or if you utilize the incorrect method. When you use the proper canning procedure for the correct type of food, you'll have beautifully preserved food that you can enjoy pleasantly and safely.

There are two types of canning techniques. Boiling water bath canning is the first method. This procedure requires no extra equipment because it can be done in a large pot at home. If you're serious about canning, you should invest in a boiling water bath canner. The second method, which requires a pressure canner, is pressure canning. A pressure canner is not the same as a pressure cooker. So, how do they differ, and which approach should you take?

Boiling Water Bath

This method requires you to place your canning jars in a tub of boiling water, as the name implies. You can do this with a large-sized saucepan or a boiling water canner. Before fully submerging the jars in boiling water for a specified amount of time, you fill them with food and seal them with special canning lids. The food can only be heated to the temperature of boiling water in a boiling water bath. The jars are then removed and allowed to cool naturally. A vacuum seal would be established throughout the cooling process.

Pressure Canning

On the other hand, pressure canning necessitates using a pressure canner. It can heat food at temperatures above that of boiling water. A vent, pressure gauge, & screw clamps are included in this heavy-duty piece of equipment.

1.3 What Food Belongs Where?

Another thing to remember is that various foods necessitate different preservation techniques. Low-acid meals (alkaline foods) should be processed inside a pressure cooker rather than a boiling water canner. Low-acid food cannot be safely processed with boiling water. Any unpicked vegetables, such as vegetable food stocks and animal products, must be pressure canned.

This is caused by a bacteria known as botulism bacteria. They can be killed by boiling water; however, they can also be found in the form of spores. Because botulism spores may survive at such high temperatures, processing low-acid food in a boiling water canner will not eliminate them, and consuming tainted food can result in severe consequences. Consequently, you'll need something hotter, which a pressure canner provides.

1.4 Tips for Safe Canning and Preserving

Due to a revived interest in preservation, local and seasonal foods are becoming more popular. Canning & other preservation techniques are now being used by environmentally aware people and those who appreciate seasonal foods to preserve their seasonal goods fresh at a cheap cost. However, food quality is not always consistent over the world. To avoid health risks, home-canned food should be prepared appropriately & bottled.

Botulism is one of the most dangerous side effects of incorrect canning. This is caused by the bacteria *Clostridium botulinum*, often known as Botulinum. Botulism is a dangerous sickness that can be fatal if you consume poorly canned or bottled foods.

This bacterium thrives when there is no oxygen, and the environment is damp. In this setting, the bacteria may swiftly grow, and the food can supply energy, allowing them to manufacture the toxin.

It's incredible to think that bacteria are so ubiquitous. As spores, they can be found in soil or dust. They are unable to grow because they are unable to breathe oxygen. It's understandable to question why not everyone becomes ill from inhaling dust and grime.

Symptoms of botulism can emerge anywhere between 12 and 36 hours after consuming infected food. Among the symptoms are:

- Fatigue
- Vomiting
- Vision problems
- Nausea
- Dizziness
- Headache
- Throat and nose dryness

- Symptoms that are more serious include:
- Paralysis
- Death
- Respiratory failure

The symptoms can last anywhere from two hours to two days; however, they have been known to persist longer. Botulism is particularly dangerous for pregnant women, children under five, persons over 60, and those with compromised immune systems.

Worse, botulinum does not affect food's appearance, odor, or taste. It's impossible to tell if anything is safe to consume just by looking at it. If you're unsure, toss it out. You should consult a doctor immediately if you think you could have food poisoning. It's always preferable to be safe than sorry.

Before Beginning Canning

Determine the acidity of the food before opening the container. In this case, there are two foods: high acid & low acid. Each type of food requires a distinct technique of preparation to prevent the formation of hazardous microorganisms.

To can high-acid foods, you'll need a boiling water cooker. The pH of these foods is less than 4. The natural acidity of the food will kill any botulism bacteria that makes its home in your jar. Most molds & yeasts are killed by heating.

On the other end of the spectrum are low-acid foods with a pH greater than 4.6. You'll need something acidic like lemon juice or vinegar to make tomatoes safe to can. A pressure cooker is required.

What about foods with high and low acid levels? If you want to preserve your meat, tomato, and vegetable-based spaghetti sauce, use the same techniques as you would for low-acid items.

Safety Tips

There are several processes to home canning, and there are risks involved. Canning at home is not as safe as other hobbies like knitting or painting. Metal lids, glass jars, metal rings, and pressure cookers are required.

If you're new to the activity, consider taking a home canning class. A classroom is an excellent place to practice your abilities in a safe environment. You can take several safety precautions at each stage of the process.

Cleaning

Make sure you work in a clean atmosphere to avoid botulism. This includes handwashing and cleaning all surfaces. This reduces the likelihood of foodborne sickness and germs.

- Wash your hands with soap and warm water. Use soap and warm water. Clean between your fingers and between your toes. It should just take about 20 seconds. One way to count is to sing Happy Birthday. Another option is to act like you've had chili on your hands. What method would you use to wash your hands?
- Rinse fruits and vegetables under cold, running water before eating them.
- Use various cutting boards for cutting food. One for produce and the other for raw meat, seafood, or poultry.
- Wipe off the kitchen with paper towels to prevent bacteria from spreading and contamination. Sponges are challenging to clean and should be avoided.
- Make sure your cutting boards & countertops are clean before you begin cooking. Either a kitchen sanitizer or a bleach solution should be used. Follow the manufacturer's recommendations if you're using a kitchen cleaner. Use 5 mL bleach per 750 mL of water. After cleaning with a bleach solution, rinse the surface with water.

- To decrease the risk of contamination, clean your surfaces at all stages of the cleaning procedure.

Cooking

Bacteria should be destroyed when food is heated. Home canning, on the very another hand, is a different story. You want to seal the container to prevent bacteria from flourishing tightly. What can you do to keep your food safe at this point?

- Proper tool usage is required for home canning. Depending on the acidity of your meal, you can use boiling water or a pressure cooker.
- A little acid solution, such as lemon juice or vinegar, might help make certain meals, such as tomatoes, more acidic.
- When it comes to pressure & processing time, do not substitute. By cutting corners, you're encouraging botulism germs to thrive.
- Check the oven's temperature from time to time to ensure your food cooks at the proper temperature.
- When utilizing it, make sure the steam pressure is maintained.
- Keep track of each batch's preparation steps.

Recipes and Safe Equipment

The equipment you use to preserve your food and the recipe you employ should be safe and hygienic.

- Can and bottle using jars. Not every vessel is suitable for this task.
- Only use self-sealing lids that are brand new. Use new ones instead of old ones.
- Even if the lids appear in fine shape, do not reuse them.
- It's safest to stick to tried-and-true recipes.
- You can't change the jar size or the number of components in the recipe.
- Many recipes will tell you how much space to leave in the container.

Always adhere to the directions.

Storing

Even after adequately preparing and preserving your food, you should use caution.

- Label and date each jar before storing it.
- Store your jars somewhere dry, dark, & calm.
- After you've opened a jar, keep any leftovers refrigerated.
- Keep canned seafood refrigerated as soon as possible after opening it.
- For the optimum quality, consume all canned & bottled items within one year.

Chapter 2: Water Bath Canning: Pickles



2.1 Pickled Green Beans

Prep time: 10 minutes

Cook time: 15 minutes

Makes 10 pints

What you'll require:

- 4 pounds of green (string) beans
- ½ cup of pickling salt
- 5 teaspoons of crushed red pepper flakes
- 5 teaspoons of mustard seed
- 5 cups of white vinegar
- 5 teaspoons of dill seed
- 10 large cloves of garlic, slightly crushed
- 5 cups of water
- 10-pint of jars, lids, and bands

How to proceed:

- Pour enough water into the canner to cover the jars. Bring the bring to a boil, then reduce to a low flame and simmer the jars till ready to use.
- Remove the green beans' ends and any strings. Drain and rinse.
- 1/2 teaspoon of mustard seed, red pepper flakes, and dill seed in each jar. To each container, add one garlic clove.
- Vertically pack the green beans into each jar until they are densely packed.
- Bring the vinegar, water, and pickling salt to a boil inside a saucepan, stirring until the sugar and salt are dissolved.
- Fill each pint jar with the vinegar mixture, allowing 1/2 inch of headspace.

- Remove any air bubbles, center the lids, wipe the rims, and screw on the bands until the fingertip is tight.
- Fill the canner halfway with water and come to a boil. Make sure the jars are covered by at least 1 inch of water.
- Adjust for altitude and process for 5 minutes. Remove the jars from the canner & set them aside to cool.

2.2 Pickled Beets

Prep time: 20 minutes

Cook time: 35 minutes

Makes 4 quarts

What you'll require:

- 8 pounds of freshly harvested beets
- Brine:
- 2 teaspoons of canning salt
- 4 cups of (5 percent acidity) distilled white vinegar
- 2 teaspoons of ground cloves
- 2 cups of water
- 2 cups of organic or non-GMO granulated sugar

How to proceed:

- Scrub the beets carefully with a vegetable brush. Trim the leafy ends of the beets and set them inside a pot of boiling water. Cook the beets for around 25 minutes, or until they are soft and readily punctured with a fork. Remove the pan from the flame, drain, and calm.
- Trim the root end of each beet and break the outer layer of skin with your hands once it has cooled enough to handle.
- Skin removal can be a messy process. Rub the skin away using your thumbs. A bowl for the discarded skins & another dish for the peeled beets is advised. This should be done on a giant cutting board. It will appear that something has colored your hands bright pink, but it is readily removed with washing water.
- Cut beets into desired sizes. We like to cut beets into bits, but you might prefer sliced beets. Fill the canning jars halfway with beets.

- Bring the brine ingredients to a boil inside a large nonreactive saucepan, then reduce to a low simmer till the salt has dissolved.
- Pour the heated brine over the beets and mix well. Fill the jars with the brine using a funnel, leaving 1/2 inch of headspace.
- Wipe the jar rims with a wet, clean, lint-free cloth or paper towel, then dry them.
- Place the canning lid on the jar & tighten the canning ring till the jar is just snug. Cover the saucepan and lower the jars into the water bath canner. Set the timer for 30 minutes in the water bath canner once the water bath reaches a rolling boil.
- Carefully take the jars from the water bath with the canning tongs and lay them on a towel-lined surface for 12 to 24 hours without touching them.
- Remove the rings & test to make sure all of the lids are adequately sealed to the jars after 12 to 24 hours; after the jars have cooled, then label & date the jars after breaking the seal and store them in the refrigerator.

2.3 Vinegary Watermelon Pickles

Prep time: 10 minutes

Cook time: 10 minutes

Makes 6 pints

What you'll require:

- ¼ cup of pickling salt (or more if needed)
- 4 pounds of watermelon rind (about half of a medium watermelon)
- 1 teaspoon of whole cloves
- 2 cups of white vinegar
- 1 lemon, thinly sliced
- 1 quart plus 2 cups of water, divided
- 4 cups of granulated sugar
- 3 cinnamon sticks
- 6-pint of jars, lids, and bands
- 1 teaspoon of whole allspice

How to proceed:

- Cut the watermelon rind into 1-inch thick slices after removing all of the red flesh. This will make peeling the rough outer skin away using a vegetable peeler or paring knife much more accessible. Cut the rind into 1-inch square chunks once peeled.
- In a huge mixing bowl, combine the rind with a quart of water and 1/4 cup of pickling salt, stirring thoroughly. (If the rind isn't covered, add another quart of water & another 1/4 cup of pickling salt.) Pour the liquid over the rind.
- Cover and chill for around 12 hours or overnight. Drain, rinse, and then drain some more.
- Pour enough water into the canner to cover the jars. Bring the water

to a boil, then reduce to a low flame and simmer the jars till ready to use.

- Combine the 2 cups of water, sugar, allspice, cinnamon sticks, cloves, and lemon slices inside a large saucepot. Bring the water to a boil.
- Add the watermelon rind to the boiling liquid a handful of times until all of it has been added. Reduce the flame to low and cook for another 30 minutes, or until the rind is transparent.
- Fill the hot jars halfway with the boiling liquid and distribute them evenly.
- Remove any air bubbles, wipe the rims, center the lids, then screw on the bands till the fingertip is tight.
- Put the jars inside the canner and come to a boil. Make sure the jars are covered by at least 1 inch of water.
- Adjust for altitude and process for 15 minutes. Remove the jars out from the canner and set them aside to cool.

2.4 Spicy Vinegar Pickles

Prep time: 10 minutes

Cook time: 15 minutes

Makes 4 pints

What you'll require:

- 2 cups of white vinegar
- 1 teaspoon of pickling salt
- 2 quarts of jalapeño peppers
- 4-pint of jars, lids, and bands
- 2 cups of water

How to proceed:

- Remove the peppers' stems, cores, and some or all of the seeds, then slice into 1/2-inch rings. Cut a small incision into each of the peppers' two edges to keep them from exploding throughout processing if you prefer to leave them whole.
- Pour enough water into the canner to cover the jars. Bring the bring to a boil, then reduce to a low flame and simmer the jars till ready to use.
- Combine the white vinegar & water and bring to a low simmer.
- Fill the jars halfway with peppers and pour the hot liquid over them, allowing 1/2 inch of headspace. To each jar, add a quarter teaspoon of salt.
- Remove any air bubbles, wipe the rims, center the lids, and screw on the bands until the fingertip is tight.
- Place the jars inside the canner and bring to a boil. Make sure the jars are covered by at least 1 inch of water.

- Adjust for altitude and process for 15 minutes. Remove the jars out from the canner and set them aside to cool.

Chapter 3: Water Bath Canning: Jellies, Jams, and Preserves



3.1 Lemony Fig with Honey Jam

Prep time: 30 minutes

Cook time: 65 minutes

Makes 3 pints

What you'll require:

- 1 teaspoon of kosher salt
- 3 pounds of fresh figs, stemmed and cut into eighths
- ½ cup of brandy
- 1 cup of sugar, divided
- ¾ cup of honey
- 3 pints of jars, lids, and bands
- Peel 1 lemon
- 3 tablespoons of light pectin
- Juice of 1 lemon

How to proceed:

- Combine the figs, 3/4 cup of sugar, honey, lemon juice, brandy, lemon peel, and kosher salt in a preserving pot or deep saucepot. Allow 1 hour for the sugar to begin drawing out and dissolving the fig juices.
- Make a warm water bath. Set aside after washing the lids & rings in hot, soapy water. To keep the jars warm, place them in them.
- Place the pot over medium flame after removing the lemon peel. Bring to a low boil, stirring constantly. Reduce the flame to a low setting. Cook, stirring regularly, for about 1 hour, or until the jam is thick & reduced.
- Purée the figs using a handheld blender or a potato masher. Bring the mixture back to a low simmer.

- Combine the pectin and the remaining 1/4 cup of sugar inside a mixing bowl. This should be whisked into the jam until no lumps remain. Boil the jam for 1 minute more.
- Fill the prepared jars with the jam, leaving 1/4-inch headspace. To release any air bubbles, use a nonmetallic tool. Clean the rims and seal them with the lids & rings.
- Inside a hot water bath, process the jars for around 10 minutes. Remove the jars from the water bath and set them for 10 minutes.
- Remove the jars out from the hot water canner with care. Allow 12 hours for cooling. Make sure the lids are properly sealed. Remove the rings, clean the jars and the date and label them.

3.2 Jalapeno Blackberry Jelly

Preparation time: 10 minutes

Cooking time: 40 minutes

Makes 5 half-pint jars

What you'll require:

- 1/2 cup of white sugar
- 1 green jalapeno pepper, minced
- 1 Pack of 1.75 oz. powdered pectin
- 1 red jalapeno pepper, minced
- 3 1/2 cups of white sugar
- 4 cups of blackberry juice

How to proceed:

- Combine the sugar (1/2 cup) and pectin crystals inside a mixing dish.
- To prepare the jelly, combine the jalapeño (both), pectin mixture, and blackberry juice inside a heavy pot.
- Maintain a medium flame setting and let the mixture heat for a few minutes.
- Then add the sugar (3 1/2 cups) & continue to cook until it completely melts.
- Remove it from the flame and use a spoon to remove the foam.
- After that, fill the pre-sterilized jars with the blackberry jelly mixture.
- Leave a 1/2-inch of space at the top.
- Clean the jar rims with a moist cloth before closing them with the lid & band.

- After that, put the jars in the water-filled canning pot.
- Set the canning timer for around 5-7 minutes and modify the time according to your altitude.
- Remove the hot jars from the canning process, wipe them down, and remove the bands.
- Enjoy the tasty jelly by storing it in a dry, cool place.

3.3 Gingered Lemon Nectarine Jam

Prep time: 20 minutes

Cook time: 45 minutes

Makes 3 pints

What you'll require:

- 1 tablespoon of finely grated fresh ginger
- 2 tablespoons of freshly squeezed lemon juice
- 3-pint of jars, lids, and bands
- ½ pounds of nectarines, pitted, peeled, and chopped
- 2 teaspoons of ground ginger
- 1½ cups of sugar
- 2 tablespoons of minced candied ginger

How to proceed:

- Make a warm water bath. Set aside after washing the lids & rings in hot, soapy water. To keep the jars warm, place them in them.
- Combine the nectarines, fresh ginger, sugar, candied ginger, lemon juice, and ground ginger in a preserving pot set over low flame. Bring to a low boil. Cook, frequently stirring, for around 40 to 45 minutes, or until the jam gels & the mixture registers 220°F on a candy thermometer. After 40 minutes, check for gel.
- Fill the prepared jars with the jam, leaving 1/4-inch headspace. To release any air bubbles, use a nonmetallic tool. Clean the rims and seal them with the lids & rings.
- Inside a hot water bath, process the jars for around 10 minutes. Remove the jars from the water bath and set them for 10 minutes.
- Remove the jars out from the hot water canner with care. Allow 12 hours for cooling.

- Make sure the lids are properly sealed. Remove the rings, wipe the jars, name and date them, and store them in the pantry or cabinet.
- Any jars that don't seal properly should be refrigerated and used within a month. Jars that are correctly sealed will last for a year in the cupboard. Refrigerate after opening and use within one month.

3.4 Blackberry Lemon Jam

Preparation: time: 10 minutes

Cooking time: 15 minutes

Makes 2-3 pint jars

What you'll require:

- 2 tablespoons of cornstarch
- 1/4 teaspoon of ground cinnamon
- 4 cups of blackberries, mashed
- 1 cup of white sugar
- 1/4 teaspoon of ground allspice
- 1/2 teaspoon of lemon juice

How to proceed:

- Combine the sugar & crushed blackberries inside a large saucepan or cooking pot.
- Inside a mixing bowl, combine 1 teaspoon of the blackberry mixture with the cornstarch.
- Pour the cornstarch mixture into the pot.
- Cook for around 15 minutes over medium to low flame until solid and thick, or until the thermometer reaches 220F. To avoid burning, stir constantly.
- Combine the spices & lemon juice.
- Directly pour the heated mixture into pre-sterilized jars or use a jar funnel. Maintain a 1/4-inch headspace from the jar top.
- Set a nonmetallic spatula inside the mixture and gently whisk to remove tiny air bubbles.
- Wipe the borders of the seal. Apply the lids on the jars and adjust the bands/rings to seal & prevent leaks.

- Place the jars into a cool, dry, and dark place. Allow them to cool completely.
- Refrigerate leftovers for later use.

3.5 Rosy Jelly Retreat

Preparation time: 10 minutes

Cooking time: 25 minutes

Makes 7 half-pint jars

What you'll require:

- 3 1/4 cups of white sugar
- 3/4 cup of grape juice
- 2 cups of cranberry juice
- 1 Pack of 2 oz. dry pectin

How to proceed:

- To prepare the jelly, combine the pectin with the grape & cranberry juices inside a heavy boiling saucepan.
- Maintain a medium flame setting and let the mixture heat for a few minutes.
- Add the sugar, stir well, and allow it to dissolve fully.
- Remove it from the flame and use a spoon to remove the foam.
- Then, fill the pre-sterilized jars with the grape jelly mixture.
- Leave a 1/2-inch space at the top.
- Clean the jar rims with a moist cloth before closing them with the lid & band.
- After that, put the jars inside the water-filled canning pot.
- Set the canning timer for 10 minutes and modify the time according to your altitude.
- Remove the hot jars from the canning process, wipe them down, and remove the bands.
- Enjoy the excellent grape jelly by storing it in a dry, cold place.

3.6 Tangy Tomato Preserve

Cooking time 25–30 minutes

Prep. time 15 minutes

Yields 3–4 (½ pint) Jars

What you'll require:

- 1 cup of sugar
- 2½ pounds of yellow tomatoes
- ¾ cup of honey
- 2 ounces of ginger, grated
- 2 medium lemons, unpeeled, chopped, and seeded

How to proceed:

- Combine the water & tomatoes inside a large saucepan or cooking pot.
- Bring the mixture to a boil, then reduce to a low flame to soften the tomatoes.
- The tomatoes should be peeled, seeds removed, and coarsely chopped.
- Combine the chopped tomatoes, honey, & sugar in a deep saucepan or cooking pot.
- Allow to sit for several hours or overnight.
- Add the ginger and lemons.
- Cook over medium flame until hard and thick, or until the thermometer reads 220°F. To avoid burning, stir constantly.
- Directly or through a jar funnel, pour the heated mixture into pre-sterilized jars. Maintain a 14-inch headspace from the jar top.
- Insert a nonmetallic spatula & gently swirl the mixture to remove microscopic air bubbles.

- Using a moist cloth, wipe the sealing edges. Close the jars with the lids and tighten the bands/rings to prevent leaks.
- Inside a hot water bath, process the jars for 5 minutes.
- Place the jars somewhere cool, dry, and dark. Allow them to cool completely before using.
- Store inside the refrigerator.

3.7 Watermelon Lemon Preserves

Cooking time 2 hours 20–30 minutes

Prep. time 15 minutes

Yields 4 (½ pint) Jars

What you'll require:

- 3 lemons, unpeeled, sliced, and seeded
- 2 pounds of watermelon, peeled, seeded, and cubed
- 3 cups of white sugar

How to proceed:

- Combine the lemons, watermelon cubes, and sugar inside a large saucepan or cooking pot.
- Cook for around 2 hours over medium flame until the mixture is firm and thick. To avoid burning, stir constantly.
- Directly or through a jar funnel, pour the heated mixture into pre-sterilized jars. Maintain a 14-inch headspace from the jar top.
- Insert a nonmetallic spatula & gently swirl the mixture to remove microscopic air bubbles.
- Using a moist cloth, wipe the sealing edges. Close the jars with lids and tighten the bands/rings to prevent leaks.
- Inside a hot water bath, process the jars for 10 minutes.
- Place the jars somewhere cool, dry, and dark. Allow them to cool completely before using.
- Store inside the refrigerator.

3.8 Delicious Strawberry Preserve

Cooking time 10–15 minutes

Prep. time 15–20 minutes

Yields 4 (½ pint) Jars

What you'll require:

- 3 cups of granulated sugar
- 1 tablespoon + 1 teaspoon of lemon juice
- 4 cups of strawberries, halved

How to proceed:

- Combine the sugar & strawberries inside a large saucepan or cooking pot.
- Allow to sit for several hours or overnight.
- Add the lemon juice to the heated mixture.
- Cook for around 7–8 minutes over moderate flame until solid and thick, or until the thermometer reaches 220°F. To avoid burning, stir constantly.
- Directly or through a jar funnel, pour the heated mixture into pre-sterilized jars. Maintain a 14-inch headspace from the jar top.
- Insert a nonmetallic spatula & gently swirl the mixture to remove microscopic air bubbles.
- Using a moist cloth, wipe the sealing edges. Close the jars with lids and tighten the bands/rings to prevent leaks.
- Place the jars somewhere cool, dry, and dark. Allow them to cool completely before using.
- Store inside the refrigerator.

3.9 Black Currant Preserve

Cooking time 30–35 minutes

Prep. time 10 minutes

Yields 4 (½ pint) Jars

What you'll require:

- 3 cups of granulated sugar
- 4½ cups of black currants, crushed
- 1 tablespoon of lemon zest
- Pinch of salt
- ¼ cup of lemon juice
- 1 cup of water

How to proceed:

- Inside a large saucepan or cooking pot, combine all of the ingredients.
- Cook for around 30 minutes over medium flame, or until the mixture reaches 220°F on a thermometer. To avoid burning, stir constantly.
- Directly or through a jar funnel, pour the heated mixture into pre-sterilized jars. Maintain a 1/4-inch headspace from the jar top.
- Insert a nonmetallic spatula & gently swirl the mixture to remove microscopic air bubbles.
- Using a moist cloth, wipe the sealing edges. Close the jars with lids and tighten the bands/rings to prevent leaks.
- In a hot water bath, process the jars for 10 minutes.
- Place the jars somewhere cool, dry, and dark. Allow them to cool completely before using.
- Store inside the refrigerator.

Chapter 4: Water Bath Canning: Relishes and Salsas

4.1 Pickled Brussels Sprouts

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 6-pint jars

What you'll require:

- 1 tablespoon of celery seed
- 3 lbs. of fresh Brussels sprouts, halved
- 1 medium onion, thinly sliced
- 3 tablespoons of canning salt
- 2 1/2 cups of white vinegar
- 1 medium sweet red pepper, finely chopped
- 2 1/2 cups of water
- 6 garlic cloves, halved
- 1/2 cup of sugar
- 2 teaspoons of crushed red pepper flakes
- 1 tablespoon of whole peppercorns

How to proceed:

- Fill a Dutch oven halfway with water and come to a boil.
- Cook Brussels sprouts in batches for 4 minutes, uncovered, until tender-crisp.
- Remove using a slotted spoon and place in icy water. Pat dry after absorbing.
- Fill six 1-pint jars halfway with Brussels sprouts.

- Fill each container halfway with garlic and pepper flakes.
- Bring the remaining ingredients to a boil in a big saucepan.
- Scoop the boiling liquid over the Brussels sprouts carefully, leaving a 1/4-inch space on top. Remove any air bubbles and adjust headspace as needed by adding a heated mixture. Wipe the rims with care. Put the lids on the jars.
- Place jars in a canner filled with simmering water, ensuring they are completely covered. Allow 10 minutes to boil. Remove and chill the jars.

4.2 Mango and Pineapple Salsa

What you'll require:

- 2 tablespoons of peeled and finely chopped fresh ginger
- 1/4 cup of rice vinegar
- 2 mangoes - peeled, seeded, and chopped
- 1 (8 oz.) can of pineapple tidbits, drained
- 1 teaspoon of crushed red pepper flakes
- 1/4 cup of chopped fresh cilantro leaves
- 1/2 cup of chopped red onion

How to proceed:

- Combine all of the ingredients inside a mixing dish and stir thoroughly.

4.3 Spiced Pickled Beets

Preparation time: 85 minutes

Cooking time: 35 minutes

Servings: 4-pint jars

What you'll require:

- 2 cinnamon sticks
- 3 lbs. of fresh, small beets
- 2 cups of water
- 1 teaspoon of whole allspice
- 2 cups of sugar
- 2 cups of cider vinegar
- 1 teaspoon of whole cloves

How to proceed:

- Fill a Dutch oven halfway with water. Bring the water to a boil. Scrub beets and cut off 1 inch of tops.
- Reduce flame to low and cook, covered, for around 25-35 minutes, or until vegetables are soft.
- Remove from the water and set aside to cool. Beets should be peeled and chopped into fourths.
- Combine the beets, sugar, vinegar, and water inside a Dutch oven.
- Double-wrap the cinnamon sticks, cloves, & allspice in cheesecloth. Combine with the beet mixture.
- Bring to the boil, then decrease flame to low and cover. Simmer for 10 minutes. Delete the spice bag.
- Beets should be packed to within 1/2 inch of the top of four heat sterilized 1-pint jars.
- Scoop the hot liquid over the beets carefully, leaving a 1/4-inch

space at the top. Remove any air bubbles and adjust headspace as needed by adding a heated mixture. Wipe the rims with care. Screw on bands till fingertip tight and place tops on jars.

- Fill the canner halfway with boiling water, ensuring the jars are thoroughly covered. Allow 35 minutes to boil. Remove and chill the jars.

4.4 Hidalgo's Salsa

What you'll require:

- 1/2 cup of chopped fresh cilantro
- 1 jalapeño pepper, minced
- 4 large tomatoes, chopped
- 1 tomatillo, diced (optional)
- 1 onion, chopped
- 3 cloves of garlic, minced
- Salt to taste
- 1 tablespoon of lime juice

How to proceed:

- Combine all of the ingredients inside a mixing dish and stir thoroughly.
- Before serving, cover the bowl & chill it.

4.5 Hot Spanish Avocado Salsa

What you'll require:

- 2 green onions, trimmed
- 1 (8 oz.) can of tomato sauce
- 2 avocados, diced
- 1 (1/2 inch) piece of jalapeño pepper with seeds
- 1 cup of water
- 1 bunch of fresh cilantro, stems trimmed
- 1 (7.75 oz.) can of Mexican-style hot tomato sauce (such as El Pato(R))
- 2 tomatoes, diced
- 3 tomatoes, quartered
- 1 teaspoon of salt, or to taste

How to proceed:

- Add the 3 quartered tomatoes, tomato sauce, jalapeno, water, hot tomato sauce, green onions, cilantro, and salt to a blender and blend till smooth.
- Fill a bowl halfway with the tomato sauce mixture.
- Gently mix in the avocados & 2 diced tomatoes to blend.
- Cover the bowl using plastic wrap and chill for around one hour before serving.

4.6 Velvety Mango Mousse

What you'll require:

- 1 cup of heavy whipping cream
- 1 cup of mango, pureed

How to proceed:

- Add the cream to a glass bowl and whisk until firm peaks form.
- Lifting the beater straight up will create crisp peaks in the whipped cream.
- Transfer to serving glasses after folding in the mango puree.
- Refrigerate for roughly 3 hours to cold.

Chapter 5: Pressure Canning: Fruits

5.1 Pears

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 7 half-pints

What you'll require:

- 4 cups of sugar
- 2 cups of water
- 3 tablespoons of lemon juice
- 16 cups (16 medium-size pears) of peeled & sliced fresh pears

How to proceed:

- Inside a large kettle, combine the ingredients and bring to a boil.
- Uncover, cook, & frequently stir for around 1 1/2 to 2 hours, or until the consistency is achieved.
- Remove the hot preserves from the heat and spoon them into seven hot sterilized jars with 1/4-inch headspace.
- Remove any air bubbles, adjust the headspace, and gently wipe the rims while placing the center lids on the jars and screwing the bands.
- Boil the jars for 10 minutes inside the hot water in the canner. Remove the heated jars and place them on a towel to cool.
- Enjoy!

5.2 Apple Sauce

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 4 pints

What you'll require:

- 2 1/2 cups of sugar
- 4 cups of water
- 20 big apples

How to proceed:

- Remove blemishes or other impurities by washing, quartering, and coring apples.
- Drop apples in lemon water to acidify fruit if you operate in more significant numbers.
- Drain any excess liquid from the apples and set them inside a large cooking pot.
- Over medium-high flame, add the four cups of water & simmer until the apples are tender.
- Remove peels with a sieve.
- Return the saucepan to the stove and add 2 1/2 cups of sugar.
- Bring the combination to a boil till all the sugar has dissolved.
- Fill boiling hot jars halfway with the mixture, allowing 1/2 inch of headspace.
- With the glass, wipe the surface.
- With, secure the lids and rings.
- Both pints & quarts should be cooked for around 25 minutes inside a boiling water bath.

5.3 Strawberries

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 7 half-pints

What you'll require:

- 1/2 cup of strawberry juice
- 1 cup of sugar
- About 2 pounds of strawberries

How to proceed:

- Strawberries should be washed.
- Sort through the berries and set aside those that are bruised, damaged, or too soft.
- To extract the juice, crush the berries and boil them.
- Drain the juice out from the berries using a sieve.
- Pour back into the pan.
- Simmer the liquid for 3 minutes after adding the sugar.
- Set aside to air out.
- To can stem berries, place them inside a large, non-reactive mixing bowl or saucepan.
- Set aside until the juice has cooled to room temperature.
- If the juice has cooled sufficiently, pour it over the berries, cover, and set aside for around 3-5 hours.
- After this, fill jars about 1/2 inch of the top.
- Make sure the juice is evenly distributed across the jars.
- Secure the lid with rings.
- Inside a boiling bath, add the following method: 15 minutes for pints

& quarts.

Chapter 6: Pressure Canning: Vegetables

When it comes to canning vegetables, always use a pressure canner.

6.1 Green Beans

- Green Beans can be packed raw or hot

What you'll require:

- On average, 10 lbs. of green beans fill around 8-quart jars.
- Salt for the canning

How to proceed:

- Before cleaning and breaking each bean in half for more accessible storage, prepare them for canning.
- Place 1 teaspoon of salt inside each quart jar.
- Boil the beans for around five minutes before draining them & pouring them into the can with boiling water on top for hot canning. Each jar should have a 1-inch headspace.
- Fill each jar as complete as feasible with beans before pouring the boiling water, leaving 1-inch headspace in each jar for raw packing.
- Remove all the air bubbles before putting the lids on the jars. Allow 20 minutes for pints & 25 minutes for quarts inside the pressure canner.

6.2 Potatoes

- To reduce the danger of botulism, potatoes should always be peeled.

What you'll require

- On average, 10 lbs. of potatoes will fill around 7-quart jars.
- Salt for the canning

How to proceed:

- Wash, peel, and cut potatoes in preparation for canning.
- Place 1 teaspoon of salt into each quart jar.
- Place the potatoes in boiling water after cutting them, so they are heated but not cooked.
- Fill the jars halfway with potatoes & cover with boiling water, leaving a 1-inch of headspace in each jar.
- Remove all air bubbles before putting the lids on the jars.
- Allow 35 minutes for pints & 40 minutes for quarts inside the pressure cooker.

6.3 Carrots

- To reduce the danger of botulism, carrots should always be peeled.

What you'll require:

- A quart jar can hold 2.5 pounds of carrots on average.
- Salt for the canning

How to proceed:

- Carrots should be washed, peeled, and chopped before canning.
- Put 1 teaspoon of salt into each quart jar.
- Boil carrots for around 4.5 minutes before filling jars halfway with boiling water for hot canning. Each jar should have a 1-inch headspace.
- Before adding the boiling water, fill each jar as wholly as possible with carrots, leaving a 1-inch headspace in each jar.
- Remove all air bubbles before putting the lids on the jars.
- Allow 25 minutes for pints & 30 minutes for quarts in the pressure canner.

6.4 Tomatoes

What you'll require:

- A quart jar can hold approximately 10 tomatoes.
- Salt for the canning

How to proceed:

- Remove the skin from the tomatoes before canning or leave it on.
- Place 1 teaspoon of salt inside each quart jar.
- Fill each jar halfway with tomatoes, allowing a 0.5-inch headroom at the top. Make sure to push the tomatoes down into the jars to ensure they are canned in their juices.
- Remove all air bubbles before putting the lids on the jars.
- Allow 25 minutes for pints & 30 minutes for quarts in the pressure canner.

6.5 Others

Corn

- Canned corn takes some getting used to. It takes longer to cook than other vegetable varieties.

What you'll require:

- 32 lbs. will fill around 7-quart jars on average.
- Salt for the canning

How to proceed:

- To prepare corn for canning, blanch it first and plunge it into cold water. It is easier to pull from the cob after blanching.
- Place 1 teaspoon of salt into each quart jar.
- To prepare the beans for hot canning, boil them for five minutes before draining, inserting them in the can, and topping them with boiling water. In each jar, leave 1 inch of headroom.
- For raw packing, before adding the hot water, lightly pack each jar and leave a 1-inch headspace in each jar.
- For hot packing, boil the beans for around 4.5 minutes before placing them inside the jars, then add the boiling water to ensure that each jar has 1-inch headspace.
- Remove all air bubbles before putting the lids on the jars.
- Allow 55 minutes for pints & 1 hour and 25 minutes for the quarts in the pressure canner.

Chapter 7: Pressure Canning: Poultry, Meat, and Seafood

7.1 Meat Canning Recipe

Prep Time: 1 hour

Cook Time: 2 hours

Total Time: 3 hours

Directions:

- Make sure to use chilled meat. If the meat is frozen, defrost it properly. You can thaw it in the microwave or cold water.
- If the meat has a strong flavor, brine it for 1 hour (1 tablespoon salt for each quart jar of water). Remove any excess fat from the meat by rinsing it. Make cubes, pieces, or wide strips out of the meat.
- If you use the hot pack approach, ensure the meat is precooked by stewing, browning, or roasting it in some fat. It should not be cooked.
- In the pressure canner, place the rack. Fill the pressure canner halfway with water and bring it to a boil.
- Cleanly pack the prepared or raw meat into the jars, leaving 1 inch of headspace at the top. You want the liquid to flow freely around the meat, so make sure it's not packed too tightly inside the jar.
- If desired, season the jars with salt (1/2 teaspoon for pint jars & 1 teaspoon for quart jars).
- Fill each jar with a couple of inches of boiling water.
- Wipe the rims with a clean rag and ensure sure they are dry. Remove any Knicks or salt particles off the rim with your finger, as these can compromise the sealing process.
- Place the jars inside the pressure canner with the lids and rings on.

- To avoid harming the jars, place them on the rack, just a few inches above the pressure canner's base.
- Start generating pressure inside the pressure canner while keeping the gauge off. Allow 10 minutes for the canner to build up steam & vent before adding the weighted gauge.
- Continue to develop pressure after the steam has vented out until the dial gauge reads 10 lbs. when operating at sea level. Allow the pressure in the gauge to rise to 15 lbs. if you are at 1,000 feet or more above sea level.
- Keep the pressure on the pint jars for 75 minutes. Allow the pressure in the canner to naturally relax after the time has passed. Maintain the pressure for around 90 minutes in quart jars.
- When the pressure in the canner has been released, open the lid facing away from the steam. Pick up each jar vertically with canning tongs.
- Set them out on the counter to cool & seal for 24 hours. Take the rings and store the sealed jars as required once they've been sealed.

Note: This recipe can use ground meat instead of strips, chunks, or bits. A pressure canner should only be used for poultry and meat, or it will not function effectively. As previously stated, low-acidic meals (pH less than 4.6) necessitate a high level of heating to ensure that all germs are eliminated. Otherwise, botulism can develop.

7.2 Chicken Canning Recipe

Directions:

Prep Time: 30 min

Cook Time: 90 min

Total Time: 2 hours

- Prepare the pressure canner first. Fill the canner halfway with water and begin heating the water on a low flame.
- To make the chicken (bone-in or boneless) fit in the jars, chop it into little pieces. You may discard the chicken skin if desired. As previously said, it will be easier to put boneless portions into the jars than to accommodate boned pieces.
- Fill the container with chopped raw chicken pieces for the raw pack method. To enhance the flavor, add 1 teaspoon salt for quart jars and 1/2 teaspoon for pint jars.
- If utilizing the hot pack method, softly steam, bake, or simmer the pieces (2/3 cooked) before placing them inside the jars.
- Pour broth or hot water over the packed chicken pieces in both circumstances. Make sure there's 1 inch of room between the rim and the chicken.
- Remove the air bubbles trapped within the chicken pieces with the air-bubble removal instrument, a chopstick, or a plastic knife. Avoid using a metal knife since it will scratch and ruin the glass jars.
- Wipe out the jar rims using a clean cloth to remove the residue.
- Close the jar with the lid and the ring. Make sure the lid is only finger-tightly closed.
- Set the canning time for boneless chicken jars to 75 minutes for pint jars & 90 minutes for quart jars. Set the timer for bone-in chicken canning to 65 minutes for pint jars and 75 minutes for quart jars.

- Can at 11 lbs. or 12 lbs. of pressure if using a dial-gauge pressure canner. Can at 10 lbs. pressure or 15 lbs. pressure if using a weighted gauge canner.

7.3 How to Can Fish?

Give a man a fish, and he'll eat for a day; teach him to fish, and he'll be able to eat for a year!

Canning has been used to preserve fish for hundreds of years since it is a safe and straightforward procedure. The "father of canning," Nicolas Appert, devised the procedure exclusively to preserve fish. The science of canning fish is straightforward. You can delay rotting by cleaning the fish and storing them in disinfected, airtight jars. This environment inhibits the formation of germs and mold, ensuring that the clean fish pieces are safe to eat for up to a year.

Besides being easy and cost-effective, canned fish has several health benefits that can sometimes even outperform fresh fish. Canned fish is one of the significant sources of pure calcium because of its high protein level, omega-3 fatty acid content, and tiny, soft fish bones that may be safely eaten. It's similar to cured meats in that the end product is more distinct, flavorful, and precious than fresh meats. Consequently, it is rather customary to can the highest quality harvests to be consumed whenever the weather is too cold for fresh meats & food, especially in regions where the winters are frigid.

Kinds of Fish Excellent for Canning

Fish are relatively straightforward to preserve, but some are more difficult than others, and they retain their flavors & nutrients well after canning. However, regardless of the sort of fish, you plan to can & preserve, it's critical to use high-quality, fresh fish. Like any other fresh meat, fish is subject to tissue degradation if not handled and maintained correctly. Use only freshly caught fish when canning. If you wish to preserve wild-caught fish, strive to keep them alive for as long as possible. Soon after they leave the water, they begin to deteriorate. Once you've obtained them, clean &

preserve them as quickly as possible to produce the best-canned product possible.

Mackerel

Mackerel is a low-cost fish that tastes like tuna and salmon. They are easy to catch and can be found in huge flocks around piers and rocks, making them perfect for preservation. They're high in healthful fats and have many bones that soften throughout the canning process. Fresh mackerel is chewy, whereas canned mackerel is soft and has a distinct yet mild flavor.

Salmon

Salmon is a popular canned fish due to its excellent flavor, fatty acid content, high omega-3, and powerful antioxidants that give it its distinct color. Salmon has a light color & texture when canned properly and a moderate flavor. Because wild-caught salmon has fewer impurities and is more nutritious, it is often the best option for canning.

Herring

Herring are ideal for canning since they are tiny, bony, & naturally oily. When you cook and consume the fish later, the excess moisture evaporates and interacts with the salt, resulting in a beautifully delicate and savory dish. Canned herring requires minimal to no preparation or cooking due to its size, flavor, & moist texture.

Trout

Trout is a member of the salmon family & is frequently available in creeks and rivers, making them a popular hobby fish. Fresh trout has a delicate nutty flavor and sensitive, flaky meat. They have a lot of flesh & can be smoked or brined to add taste before canning.

Steelhead

Steelhead salmon has a lovely orange flesh and a milder flavor than other salmon varieties. Steelheads are anadromous fish that spend part of their lives in freshwater and part in saltwater. They are a good source of low-fat

protein. The flesh is soft and juicy, adding taste and texture to the canned fish.

Blue

Bluefish is a vast oceanic fish with mild, flaky meat with a strong flavor. They produce rich, luscious canned fish that often tastes even better than their fresh counterparts since the preservation process softens the intense flavor. Bluefish produce a large amount of canned fish, which may be used to make various foods such as fish cakes, soups, pasta sauces, and croquettes.

How to Prepare Excellent Canned Fish

Now that you have your fish—fresh fish is always ideal. Although thawed frozen fish can also be canned—it's time to gather your supplies and begin the scanning procedure.

Equipment

- Knife for filleting
- Cutting board made of hardwood
- Canning jars with wide mouths & self-sealing lids with rings
- Pressure canner

As explained in the last chapter, a pressure canner is a large pot with a tight lid and a dial or gauge to assist you in controlling the steam pressure. When using the pressure canner, remember that the compressed steam can be hotter than boiling water. Every pressure canner available has its own set of instructions. Read your manual multiple times and operate it according to the instructions. Check the condition of your pressure canner before each fish canning operation. The pressure gauge should always be accurate, and the vent should always be clean & open. Before each canning session, a test run with a few inches of water is suggested to assess the pressure canner's operation.

You can also use straight-sided mason-type canning jars with a tight top for the jars. If using previously used jars, rinse them thoroughly with hot, soapy water to remove any residue. The lid must be perfectly secure on the jar rim for your preserves to keep their quality. Check the rims for nicks or cracks and discard any damaged jars. To keep the jars safe, get self-sealing lids and replace them whenever you use them again. Jars and rings that are not damaged or bent can be reused.

All canning equipment, including the knives and the wooden cutting board, should be thoroughly cleaned with warm, soapy water, washed, and dried.

Ingredients

- Fish
- Water
- Salt
- Vinegar (optional)

Preparation

If your fish is frozen, defrost it in the refrigerator before proceeding. Fresh or thawed fish should be thoroughly rinsed in cold, clean water. To help eliminate any slime, add some vinegar to the water. Remove the fish's head, fins, scales, and tail without injuring the skin or flesh. The bones can be kept in because the pressurization tenderizes them, making them a suitable calcium supply. Wash & clean the fish you'll be canning using a large amount of water. If you aren't intending to start the scanning procedure right away after prepping the fish, keep it in the fridge until you are.

Packing

Disinfect and clean your canning jars. Cut your fish into bite-sized pieces that will fit into the jars. To make the result look neater, place the pieces in the jars with the skins facing outwards if you're using a variety of fish that

keeps its skin. It can be challenging to clean the insides of the jar if the fish skins touch them. If you want to save a few minutes of cleaning time after finishing the jar, face the skins inwards. If using everyday 1-quart canning jars, pack the fish chunks securely, leaving approximately an inch of space at the top. Use a plastic spoon to align the items within to make a tighter pack. Add one to two teaspoons of salt to each jar if you want some extra taste. Small amounts of your favorite spices and herbs, like paprika and garlic powder, can be added to the jars. Add a couple of spoons of olive or vegetable oil to the canned halibut for added moisture.

Remove any oils or residue from the jar's edge with a clean, damp cloth or a paper towel after packing the fish. Make sure the lid and rings are adequately secured. Neither too tight nor too loose is ideal. Because air cannot escape through the tight lids during processing, overtightening the lids can result in the jars cracking and discoloring the fish. Read and follow any manufacturer's special instructions for your canning jars & lids.

Processing

Fill the pressure canner with water until it is three inches deep. Place the rack on the bottom of the jars and close them. Check your pressure canner manual for detailed directions on arranging the jars for faster processing. Close the canner lid. The instructions for pressure canning fish differ depending on the jar size, fish species, and canner manufacturer. Always refer to the manufacturer's instructions. Heat the canner on high for about 20 minutes, or until a continuous stream of steam emerges from the open vent for standard quart jars. Allow the steam to heat a little more if it isn't steady enough. Allow the steam to escape for another ten minutes. This ensures that the heat within the canner is distributed evenly. Depending on the size of your canning jars as well as the temperature of the fish, it could take thirty minutes or more to get a constant stream of steam.

Close the lid vent with an oven mitt or hot pad and set the weighted gauge when the heat is even. Your weighted gauge should have three portions,

depending on the manufacturer. For a weighted gauge pressure canner, increase the heat until the pressure reaches 10 pounds. Maintain a constant pressure from start to finish by changing the heat. Using quart jars, most fish will take around 160 minutes to process at 10 pounds of pressure. Use up to 15 pounds of pressure if you're over 1000 feet above sea level.

Cooling

Remove the canner from the heat and allow it to cool after the recommended processing time has passed. Allow the pressure to drop until the gauge reads 0 pounds naturally. The lid lock on most pressure canners automatically unlocks when the pressure decreases to zero. Wait a few minutes before softly opening the vent with a heated pad or oven mitt. Open your lid with the steam escaping away from you. Using tongs or a jar lifter, remove the jars one by one. If the lids appear loose, do not attempt to tighten them. While cooling, the lids take some time to seal. After around twelve hours, check to see if the lids have been adequately sealed. If you want to reuse the rings later, you can remove them and wash them. Remove the fish and process them in a separate jar within twenty-four hours if a lid has not been sealed after twelve hours. You can freeze the unsealed jars until you're ready to process them again.

Storing

Clean and dry the outsides of your sealed jars. If you're canning more than one sort of fish, label them with the processing date and the type of fish. Keep the jars in a cold, dry location.

Chapter 8: Pressure Canning: Stews and Soups



8.1 Cabbage Soup

Cook time: 1 Hour 15 Minutes

Servings: 9

Ingredients:

- 2 minced garlic cloves
- 1 cup of diced green pepper
- 8 glasses of canned tomatoes with juice
- 2 tablespoons of garlic powder
- 4 lbs. of minced meat
- 1 tablespoon of dried parsley
- 2 tablespoons of dried basil
- 1 diced onion
- 1 teaspoon of dried celery
- 6 cups of grated cabbage
- 2 teaspoons of sea salt
- 1 cup of diced celery
- 2 cans of light beans
- 10 cubes of veal broth
- 1 tablespoon of thyme
- 8 cups of water
- 20 rounds of fresh peppercorn

Directions:

- To prepare glass jars, lids, and rings, sterilize them. Set aside all of the chopped and cut vegetables. Collect and set aside all of the dry ingredients.
- Inside a pan, brown minced meat. 3 tablespoons of fat, separated for

the onion and garlic later. Drain & wash the meat if desired to remove excess oil.

- Prepare the beef by boiling 8 cups of water in a baking dish or filling 2-liter jars halfway with water and 5 beef cubes.
- Thaw the cubes in the microwave for 5 minutes. Remove it with caution, as it will be boiling. To ensure that the cubes have thawed, stir quickly.
- Sautéed onion and garlic. Add 3 tablespoons of fat inside a large saucepan and fry the chopped onions and garlic until tender.
- Combine with the other ingredients. Combine the celery, cooked minced meat, cabbage, tomato, green pepper, beans, fruit juice, and broth. Mix well.
- Combine the garlic powder, pepper, sea salt, parsley, basil, thyme, and celery in a mixing bowl. Cook for 20 minutes after boiling. At this stage, your soup is ready to consume.
- Close the box and secure the lid. Set the thermostat to a high setting. Let the steam out.

8.2 Chicken Soup

Cook time: 20 Minutes

Servings: 8

Ingredients:

- 1 cup of diced onion
- 3 cups of diced chicken
- 1½ cups diced celery
- Salt, to taste
- 3 chicken bouillon cubes
- 6 cups of chicken broth
- Black pepper to taste
- 10 cups of water
- 1½ cups sliced carrots

Directions:

- Disinfect the jars.
- Inside a large pot, bring all the ingredients to a boil, except the seasonings & bouillon cubes.
- Reduce the flame to low and cook for 30 minutes.
- Stir in the other ingredients and heat, constantly stirring, till the bouillon cubes are completely dissolved.
- Remove any visible foam and turn off the flame.
- Pour the mixture into the sterilized jars immediately, leaving one inch of headspace.
- Remove any air bubbles & thoroughly clean the rims.
- Apply the bands and cover the jars with the lids, ensuring they are tightened.

- In a pressure canner, process the jars for around 1 hour 15 minutes at 10 pounds of pressure.
- Remove the jars, let them cool, and then label them.

8.3 Canned Chili Con Carne

Cook time: 1 Hour

Servings: 9

Ingredients:

- 1½ cups of chopped onion
- 3 cups of pinto bean
- 1 tablespoon of black pepper
- 8 cups crushed tomatoes
- 5½ cups of water
- 6 tablespoons of Chili powder
- 5 tablespoons of salt, divided
- 1 cup of chopped pepper
- 3 lbs. of ground beef

Directions:

- Place the beans inside a 2-quart saucepan with cold water to cover them by 2-3 inches. Cover and soak for 12-18 hours in the refrigerator. Drain the beans & throw away the water.
- Fill a saucepot halfway with water and add the beans. Bring to the boil for almost 25 minutes, seasoning with 2 tablespoons of salt.
- Cook for around 30 minutes.
- Meanwhile, cook the beef in a skillet with onions & pepper (optional), then drain the fat.
- Cook for around 5 minutes after adding 3 tablespoons salt and the additional ingredients to the cooked beans. Make sure the sauce does not thicken.
- Fill heated pint jars halfway with chili stew. Allow 1 inch of headroom. Avoid using quart jars.

- Remove any air bubbles and adjust the headspace if necessary.
- Using a damp paper towel, clean the rims of the jars.
- Apply the two-piece metal caps now.
- If using a dial-gauge canner, process the pint jars for roughly 75 minutes at 11 pounds pressure, or 10 pounds' pressure if using a weighted-gauge canner.

8.4 Venison & Tomato Chili

Cook time: 30 Minutes

Servings: 8

Ingredients:

- 2 cups of chopped onions
- 6 lbs. of chopped venison
- 2 minced jalapeno peppers
- 2 minced garlic cloves
- 6 cups of canned tomatoes
- ½ cup of chili powder
- 1 teaspoon of cumin seeds
- 4½ teaspoons of salt

Directions:

- Disinfect the jars.
- Brown the meat in stages inside a skillet before transferring it to a pot.
- Inside a skillet, sauté the onions and garlic, then add to the pot with the remaining ingredients.
- Bring to the boil, reduce the flame to low, and simmer for 20 minutes.
- Pour the mixture into the sterilized jars immediately, leaving one inch of headspace.
- Remove any air bubbles & thoroughly clean the rims.
- Apply the bands and cover the jars with lids, ensuring they are tightened.
- Inside a pressure canner, process the jars for around 75 minutes at 10 pounds of pressure.

- Remove the jars, let them cool, and afterward label them.

8.5 Mexican Beef and Sweet Potato Soup

Cook time: 80 Minutes

Serves: 8-pint

Ingredients:

- 2½ quarts of beef broth
- 1 sliced sweet potato
- 1 tablespoon of vegetable oil
- 1 cup of whole kernel corn
- 2 sliced jalapeño peppers
- ½ tablespoon of ground black pepper
- 1 tablespoon of salt
- 2 ½ lbs. of beef chuck roast
- 4 sliced Roma tomatoes
- 8 sliced carrots
- 6 minced garlic cloves
- 1 sliced onion
- ½ tablespoon of chili powder
- 2 sliced poblano peppers

Directions:

- Put 1/2 tablespoons of vegetable oil inside a 6-quart pot over medium to low flame. Half of the meat cubes should be added now. To brown, fry while stirring. Place the meat in a small dish. Repeat with the remaining 1/2 tablespoon of oil and the beef. Add all of the meat to the pot & cover with broth. Reduce the flame and let it boil. Cover and cook till the beef is tender.
- Add jalapeno peppers, sweet potatoes, onions, carrots, tomatoes, corn, garlic, black pepper, poblano peppers, salt, and chili powder to

the beef mixture inside the pot. Allow boiling for five minutes, covered.

- Fill half-filled canning jars halfway with vegetables and beef. Fill each jar halfway with hot broth & leave a one-inch headspace.
- Remove any air bubbles, clean the rims of the jars, adjust the lids, & tighten the band.
- Place the filled jars inside a pressure canner set to 11 pounds for dial-gauge and 10 pounds for weighted-gauge. Heat the jars in the oven for around 75 minutes, adjusting for altitude. Turn off the flame and let the pressure naturally drop. Remove the lids and let the jars cool for five minutes in the canner. Remove the jars and allow them to cool. After twenty-four hours, check the seals on the lids.

Chapter 9: Preserving Food

9.1 Freeze Food

Almost any food you may think of can be purchased in the freezer department of the grocery store, from frozen veggies to ready-made dinners. Since its introduction in the 1930s, frozen food has grown in popularity and offers more variety than ever before. Frozen food is a practical alternative to cooking from scratch because it saves time, is simple to make, and can usually be prepared in various ways. Aside from the convenience, freezing food is an excellent way to preserve it. Many individuals choose to cook and freeze large batches of food to store it securely for lengthy periods and reheat it as needed. Since prehistoric times, freezing has been employed to preserve food. People used ice and snow to preserve their hunts even back then.

Many people feel that freezing reduces the nutritional value of food. This isn't always the case, though. If you blanch or immerse your vegetables and fruit in boiling water before freezing them, you can lose 15% to 20% of their vitamin C content. This procedure kills yeasts and enzymes that can cause deterioration. This isn't generally an issue because frozen vegetables and fruit are usually frozen as soon as they're harvested while they're at their best. This means they have more nutrients than other fresh crops that take longer to select, transport, and distribute. This process gradually depletes them of minerals and vitamins. Green vegetables and soft fruit, in particular, can lose up to 15% of their daily vitamin C content when stored at room temperature. Consequently, the vitamin C content of fresh and frozen fruits and vegetables is similar.

There is an almost little mineral or vitamin loss when freezing chicken, pork, or fish. This is because freezing does not affect vitamins A and D, minerals, or protein. However, they lose liquids containing mineral salts & water-soluble vitamins when they defrost. The cooking procedure will

entirely deplete the lost liquid if you do not recover the lost liquid.

9.2 Fermented Food

Humans have been inadvertently fermenting food for thousands of years before producing alcoholic beverages. Because of the naturally existent bacteria and the hot temperature, dairy fermentation was most likely a natural occurrence. Researchers believe the world's first yogurt-producing procedure was hanging goat milk sacks from camels' backs. The science of fermentation was not fully understood until 1856. A French chemist Louis Pasteur related yeast to fermentation that year.

In 1910, a Russian bacteriologist named Elie Metchnikoff published new knowledge on fermentation. He said that Bulgarians had a greater average lifespan of 87 years because they consumed more fermented dairy than other nations. His findings led him to believe that fermented foods are good for human health. Further research demonstrated that *Lactobacillus acidophilus*, a bacteria present in fermented dairy, thrives and is particularly active inside the human gut. Desired bacteria flourish in anaerobic settings, while undesirable bacteria cannot. Fermentation was widely employed as a food preservation technology in the early 1900s. They were able to protect food from rotting by storing it in an oxygen-free atmosphere.

A significant study on the health advantages connected with the ingestion of "good" bacteria has been undertaken for the past forty years, give or take. The ingestion of friendly bacteria was linked to several benefits, including detoxification & improved digestion. You may have heard about the plethora of probiotic products, ranging from supplements to beverages, that have grown increasingly popular in today's health and fitness world. Probiotics are a commercial fad, which is nothing to be concerned about. Fermentation has numerous advantages, including the ability to impart a robust and distinct flavor to food and the ability to preserve it. That is why it is understandable that you want to learn how to ferment your food. Before starting, keep in mind that fermentation is a highly controlled degradation process.

How Does Fermentation Work?

Fermentation is a metabolic process in which the activity of microorganisms causes changes in food and beverages. Even though the word "ferment" comes from the Latin word "fervere," which means "to boil," the fermentation process can take place without any heat. This change is usually welcomed because it adds flavor, improves health, preserves food, and so on.

What Is the Process?

Good bacteria survive by consuming carbohydrates as a source of energy and fuel. Adenosine triphosphate (ATP) and other organic chemicals carry this energy to all parts of the cell as needed. Microbes produce ATP when they breathe, and aerobic respiration is the most efficient way for them to do so. When glucose is transformed to pyruvic acid (a process known as glycolysis), aerobic respiration begins, but only if there is enough oxygen available. Fermentation, on the other hand, is a process similar to anaerobic respiration, which occurs without oxygen. In such an environment, ATP production is also possible. This is because the fermentation process produces lactic acid and other organic molecules, which produce ATP. Good bacteria feed on carbohydrates, starches, and sugars, in this case, releasing alcohol, carbon dioxide, and organic acids that preserve and flavor the food. Depending on the surrounding environment, individual microbes and cells can

switch between the two energy production modes.

What Happens During the Procedure?

Fermentation is an anaerobic process that occurs when oxygen is missing, and beneficial microorganisms such as bacteria, yeast, and mold are present to obtain energy from fermentation. When there is enough sugar, some yeast cells, such as *Saccharomyces cerevisiae*, prefer fermentation to aerobic respiration, even when there is plenty of oxygen. Good microorganisms break down starches and sugars into acids and alcohol during fermentation. This preserves food and allows it to be stored for extended periods without rotting.

Fermentation generates enzymes that are essential for digesting. Humans are born with a certain amount of enzymes, decreasing as we age. Fermented foods give us the enzymes we need to break down foods. Fermentation also aids in pre-digestion. Microbes break down food before humans even eat it by digesting carbohydrates and sugars.

9.3 Food Dehydrated

Dehydration is evaporating moisture from food to prevent bacteria from ruining it. Because microorganisms like moist conditions, we may increase the shelf life of our food by removing their habitat.

There are numerous other advantages to doing it at home. Dried fruits and jerky are two examples of commercially dehydrated foods that we've grown to enjoy and consume regularly. Dehydration procedures in commercial food businesses are more efficient. Thus, the dried meals we buy can last up to ten years. Depending on the type of food, dried foods at home last for a shorter period. However, drying food at home is highly convenient and preserves the nutritious value of the food.

DIY Dehydrating food:

- It has the potential to safely dehydrate & preserve your favorite foods without the use of dangerous additives or artificial colors.
- It gives you more control over the quality and process and might save you money because you can generate more significant amounts whenever you choose.
- It's a lot of fun, especially if you personalize it and do it with family and friends.

Why Do People Dehydrate Food?

- Dehydrating perishable items like fresh fruits & meat allows you to take them wherever you go.
- Food is dried to reduce its size while keeping nutrients, allowing you to store more food in less space.
- Cooking time can be reduced by using dried foods. You can dehydrate your vegetables and beans at once, then rehydrate them later.

Part 3

Prepper's Home Defense

Introduction

Deterrence is the most undervalued aspect of home security. Many believe that home security is passive and that nothing needs to be done until someone kicks in the door & the alarm goes off. What if we took easy precautions to ensure that an intruder would never choose your home as a target, and you didn't have to live through a nightmarish scenario?

This strategy's deterrence layer is designed to stop burglars from attacking your home. Make your home undesirable to a burglar, not because it's not valuable, but because you're sending out subtle signals that you know what you're doing.

"My home isn't going to be your target," says a possible thief in their language. Thieves will most likely avoid your home if you can demonstrate that it is tough to break into. Thieves will avoid breaking into a house that will be well-defended. They choose simple prey in general.

Adding Brightness to Your Home

The finest asset of a thief is darkness. Criminals use passageways and hiding spots created by a home's absence of outside lights. Thieves are aware of the importance of gloomy homes with overgrown yards. A robber may doubt their ability to break into your home swiftly and discreetly if you have a bright yard with well-kept shrubbery and light timers. You can make your house less appealing to burglars while keeping it looking normal and well-kept.

Exterior lighting is the first deterrent you should use for your home. A thief has the upper hand in concealment if they can use the shadows to travel across your driveway and beside your house. They can hide in the shrubs from a distance while looking closer at your front door and listening for any signs that you might be home.

From there, it's a rapid rush to the front door, which the robber opens with a kick-in attack. Because the burglar cannot risk being observed by adding

external lighting and reducing the cover of night, he is less likely to approach your front door. He might write off your house as a potential target & move on.

Motion sensor lights are a popular home security addition. These fixtures are hidden beneath a house's roofing. A motion sensor and two flood light bulbs may be aimed in different directions are included. This is beneficial since you want the light to fall on driveways, corners, and gates rather than your neighbor's bedroom window.

Another benefit of a motion sensor light is that an intruder cannot distinguish whether a homeowner or a sensor turns on the light. In a panic, the burglar may fear that he has tripped a sensor or that the homeowner has seen him. In any case, he should get out of the light and move on.

Floodlights aimed at your home are also effective deterrents. These lights are installed in the yard facing your house to reduce darkness while adding a touch of class to the profile of your house. Many people install floodlights in their yards as part of their Christmas decorations. We recommend leaving them up throughout the year.

Your home should be brighter to prevent burglars while also improving curb appeal. Solar, LED, or dusk-to-dawn lighting is all possibilities. For a well-rounded approach to security lighting, combine this with pathway lights & motion sensor lighting.

Chapter 1: Defense of the Perimeter

Fortification is the following home defense method. The goal of fortifying your home is to deter or delay an invader from forcing their way into your home. You want to make it difficult for someone to enter so they will give up and leave. If they're dead set on breaking in, make it more difficult for them to do so, giving you time to prepare & ask for help.

Remember that fortifications do not have to withstand a siege while upgrading your home's protection. Thieves strike fast. They are considerably more inclined to quit the attack if they do not quickly obtain the outcomes they want. Fortifications should last several minutes rather than hours.

Fortification is simple and does not distract from the curb appeal of a home. While this may bring up images of a house with bars on the windows and a razor-wire-topped fence, fortifications are far more realistic in reality. A fortified residence does not have to resemble a jail. Nobody wants to be incarcerated. People are looking for a blend of safe and inviting.

Fencing

Building a fence around the perimeter of your yard is the first line of defense. If you reside in a community, the homeowner's organization may have rules concerning where and how a fence should be installed. Chain-link fences, in our opinion, are only helpful for keeping tiny dogs contained. They're inexpensive, transparent, and quickly jumped over by anyone.

A wooden privacy fence is something we recommend. Six-foot-tall wood privacy fences deter most jumpers. A six-foot-tall fence surrounding your front yard makes no sense; it detracts from curb appeal. Consequently, a fence starting on the side of the house and extending around the back border may be a better option.

Ensure the fence includes your HVAC equipment, electrical meter, and cable box. This way, your home's critical lifelines can be safeguarded. Make sure that all gates are padlocked. Your gates, like your front door, are vital entryways. On each gate, I recommend using a combination lock. You won't have to worry about getting the key every time you mow the lawn.

A combination lock may not be a smart option if you have little children in your home. If your children are forced to abandon your home in an emergency, such as a fire, they may be unable to set the escape code.

This function will only function if the locking portion of the handle is on the inside of the gate. In that scenario, you might consider securing the gate with just a "D" ring from the hardware store. Get one you'd wear on a chain, not one you'd use to hold your keys.

Moderation is essential

Fortifications should be used sparingly. Making a home entirely impregnable is not a good idea. While keeping thieves out is the first goal, first responders may need to enter to provide aid at some point.

When it comes to reinforcing a home, there is a delicate balance. A man at home, for instance, could have a heart attack. He can dial 911, but he can't get to the door to let the paramedics in. The home must be broken into to save his life in this situation. Similarly, firemen must be able to access residences rapidly to put out fires while the owner is away.

If you've followed the advice in this book so far, your home is probably ready to repel an intruder. However, there are two vital entrances in your home that must not be forgotten. Remember to focus on the garage door and the front entrance when keeping a home secure.

The Garage Door Opener

You've probably never considered the garage a vulnerable portion of the house for reasons you've never considered. You park your car, exit, and

enter your home. It might also be where you work out or keep the moving boxes you never unpacked. And as long as your garage door is operational, you don't think about it. So, why is the garage such a sensitive location in the house?

Any home's garage contains numerous targets for robbers. There are tools, unlocked cars, and sports and lawn equipment in every garage in America. Is a used blower really in demand? Yes, it is easily pawned.

Don't make your house a prime target. A thief can easily steal anything within if the garage door is left open, especially when no one is home. This is one of those crimes that a homeowner can commit unintentionally.

Keep it safe

Keep your garage door shut. Yes, it's as easy as it appears. In our neighborhood, many houses have their doors open all day. Most folks keep their front doors shut to keep the bad guys out. The enormous door in a house should be treated with the same care.

In the garage, many people leave their car doors unlocked. A car becomes a target for theft as a consequence of this. It can be stripped of all of its valuables, not to mention hotwired and driven away by a skillful thief.

Another reason to close the garage door is to hide the fact that no one is at home. An open garage door with no automobiles inside indicates no grownups. A teenager may stay home for the day, but don't put her in danger.

When vital information like this is shared, the chances of a residence being targeted for a crime increase. Don't offer a thief any personal information. The less they know about a house, the less likely it is to be targeted.

A garage can be used for storage or to accommodate more vehicles. This indicates that a vehicle is parked in the driveway. This exposes the garage remote, or clicker as we refer to it, in the automobile. A burglar can smash a car window in less than a minute and be inside the garage. Garage

remotes should be kept in a console or glove box where they won't be seen from the outside.

Obtaining Access

Bad things can happen once someone has access to the garage. Many people do not secure the door between their garage & their kitchen when they have an attached garage. This is an issue.

Always secure the garage door going into the house. If the garage door is left unlocked, anyone who enters has easy access to the rest of the house. Don't be surprised if an intruder walks straight through the door.

When someone gains entry to a garage, they have many ways to cause more damage. Take a look at the contents of your garage. Do you keep tools inside your house? A machete for yard labor, perhaps? A crowbar for the odd work here and there? When someone with nefarious intentions obtains these objects, they can be used against you. Close the garage door behind them, and a thief can work quietly to break into the rest of your house using your tools.

Hiding

Getting into the garage opens the door to another possible crime. Once inside, a criminal can wait for a family member to return home before attacking from a "safe" location. An assailant can strike when you least expect it, hidden behind a few crates or under an empty truck.

Once a hostage has been seized, the remainder of the house can be forced to comply. He can obtain control of not only one family member but the entire family from here. Any family would be devastated by this situation.

Door Strength

We've seen a lot of posts and infographics encouraging people to lock their garage doors by pulling the disconnect handle. We believe the plan is for you to go on vacation and pull the emergency release handle to prevent the door from opening.

Thieves can open garage doors with a programmable door opener that employs "rolling" codes. Consequently, disengaging the garage door prevents it from opening in a rolling code attack. Isn't that appealing? Nope.

Pulling the release handle, in truth, puts your garage door in "neutral." The door can be manually opened from the outside if the motor does not open it. A burglar may find it easier to enter if the door is disconnected from the motorized track.

That's it. Instead, just turn off the opener motor's breaker if you wish to protect your garage against a rolling code attack. This will keep the door shut and prevent it from opening electronically until the breaker is reset. Because the garage door will be unresponsive until electricity is restored, you should plan to enter your home through another entrance.

Attack on Fishing

According to videos on the internet, a coat hanger can be used to hack a garage door in 20 seconds. The procedure is straightforward. A nasty guy bends a hanger & sticks the hook portion of the hanger above the garage door's middle. He's now looking for the switch that controls the emergency release lever. Pulling on that switch should remove the door from the motorized track, allowing it to be manually opened from the outside.

A ten-cent wire tie is the most delicate technique to fasten the emergency release switch. Wire tie the switch to the bracket that secures it to the track from underneath. This should block the emergency release switch from being pushed with a coat hanger while usually allowing the door to work. This fishing attack is avoidable.

Include a Lock

Garage doors sometimes feature keyed locks, which you may not know. A lock system that can operate as a deadbolt can be ordered online for around \$12. This should only be used when going away for an extended

time, as physically unlocking your car every day would be cumbersome.

Keep an eye on the garage door as you would a front door. Always keep it closed and secured. Electronic garage door remote locks are available, but unless you have a lot of extra cash, the \$12 manual lock should keep your garage door secure if appropriately fitted.

The Entrance

Guests, not burglars, should be welcomed through your front door. While it may seem counterintuitive, most home burglaries occur through the front and back doors.

While movies may conjure up images of high-tech break-ins involving lasers and hacking, this is rarely the case. According to Nationwide Insurance, the front door is the most common way criminals gain access to a property, accounting for 34% of all burglaries.

We focus on front door upgrades, but many of these solutions can also be applied to the back door. Break-ins enter through the back door 22 percent of the time. That means that a door is used in 56 percent of break-ins in the United States.

Solid Wood Doors

The door itself should be the initial priority while reinforcing a front entrance. Most home builders utilize hollow metal doors filled with fiberglass to save money. Wooden doors should be used instead of hollow doors. Wooden doors are often thicker and more sturdy. This is a pricey upgrade.

Front doors with built-in windows should be avoided. While these beautiful doors provide a doorway with a bit of grandeur, they are not very secure. The glass is the weakest part of this sort of door. It is readily smashed, and a thief may reach inside and swiftly unlock the door.

This is likewise true of the windows that surround the entrance frame. A quick whack with a baseball bat can create a large enough hole for a hand

to fit through & unlock the door. Remove the glass from around the entryway to keep it secure.

Purchase New Locks

If you've recently purchased a property, the first thing you'll want to do is change all of the door locks. While the previous owners may have been pleasant folks, you never know who had access to their property. If you want to be safe, get new deadbolt locks and locking doorknobs as soon as you close on a new house.

When acquiring a new lock set for your exterior doors, you have several alternatives. A single or double-cylinder deadbolt can be purchased. A single-cylinder deadbolt is a standard lock with one outside keyhole and an inside thumb turn (the lever you turn). A key is required to unlock a double cylinder deadbolt since it contains outside and inner keyholes.

A twin-cylinder lock is a fantastic idea if your front door has decorative glass or glass around the door frame. There is no thumb turn for a burglar to flick and open the door if he bursts a window and reaches around the door. He simply looks for a new keyhole.

Keep the key for the inside cylinder nearby rather than in the cylinder itself. This negates the two-cylinder deadbolt's benefit. These locks have previously been installed on glass doors.

On the other hand, double cylinder locks should not be utilized in a home with children. Children must be able to get out of their homes as quickly as possible in an emergency, such as a fire. Making a child seek a key while your house is filling with smoke is terrible. Consequently, only single-cylinder deadbolt locks should be installed in households with children.

Reinforcement for Doors

A door reinforcer is another approach to strengthen the front entrance. This is the plate that covers the deadbolt and knob. These are simple to install and prevent your door from cracking during a break-in. They can also

provide defense against ice pick or crowbar wedge attacks.

Single, double deadbolt, one lock, and knob variants are available. We recommend purchasing two separate plates to avoid any surprises during installation.

The Strike plate

The strike plate for your deadbolt door lock system is an afterthought. It is the component of the system that connects to the door frame. It's typically installed last when installing a new lock; otherwise, people utilize the current one.

You can buy the best deadbolt lock on the market, but it will be ineffective if it is installed into a thin strike plate. The strike plate, not the deadbolt lock, usually fails when a door is kicked in.

A strike plate with a "strike box," or an enclosed chamber for the deadbolt to anchor inside, is now available from many manufacturers. The strike plate is significantly more rigid and resistant to being kicked in because of this enclosed area.

There usually are two extra screw holes in the strike box. Instead of the customary two, you now have four points to secure the striking plate to the door. This is an excellent update for all of a home's exterior doors, not just the front door.

The screws that hold the strike plate in place should not be disregarded. The majority of screws are 1 inch or smaller. The only thing anchoring the lock to the door if it is kicked in is the 1-inch screws that can be ripped out of the door frame. Replace the screws with longer ones that will penetrate deeper into the door frame, strengthening the lock system. This is a complex procedure, so make sure your drill & bits are up to the task.

Chapter 2: Window Security



Houses are bursting at the seams with windows & even doors with glass panels. The awful thing about these windows is that all it takes to shatter them is an ice pick or another weapon with a razor-sharp tip. Worse, most windows feature locks that someone strong enough to bench press a hundred pounds can simply force open.

Making Nye Glass Indestructible

Meet Security Window Film, which comes in a wide range of prices ranging from tens of dollars to hundreds of dollars. If you don't mind paying a bit more to ensure that your property appears excellent, this type of film will even resist regular bombs being hurled at it. Because most Security Window Films are adhesive-based, it'll be similar to tinting your windows but with Security Window Film. This is not the same as bullet-proof glass, which is significantly more expensive because it is designed to make it extremely difficult to break in but not to halt attackers entirely.

Trip Wire Alarm

While you don't want to make it hard to open a window for yourself, you do want to be aware when an intruder has chosen to enter your home through the window. It's easy to set up this alert.

You will require:

- For wooden windows, a little nail or a well-made sticky hook for metal windows
- A Hammer
- A thick piece of string
- Masking tape
- An Air Horn

Directions

- Attach the little nail or sticky hook to the top of the window frame, where it may move up.
- The string should be wrapped around the nail or hook.
- Then secure the air horn to the wall adjacent to the window with duct tape or another technique. You don't want it inside the frame because it will be easy for the intruder to notice and avoid.
- Tie a slipknot around the top & bottom of the air horn such that it pushes the air horn head downwards when tightened. If duct tape struggles to hold the air horn in place, four planks glued together to the wall with a little room in the rear for the string can be used instead.

Wireless Alarm System

While an air horn will endure much longer in a power outage than any other sort of alarm, a wireless alarm system that operates on batteries can last for at least a few months, if not a year or more. These alarms stick to a

door or a window & go off when the sensor it comes with is not exactly in front of the alarm. They are often relatively inexpensive. You should get a wireless alarm with a high dB volume, preferably about 120. This will not only alert you to the presence of an intruder but will also allow you to prepare to defend yourself, as the loud noise will momentarily immobilize the intruder till they recover or turn off the alarm.

Opening Window Deterrence

Some people consider windows to be merely decorative items that came with the property and not something they would regularly open. Because most windows open from the inside, an intruder will have to open them from the bottom if they are to open at all. Most windows are additionally divided into four pieces of glass per window pane as a security feature to prevent them from simply breaking the glass & sliding through the open hole. This means you can aim at the window's bottom. This next step will take some time & will only work with wooden-framed windows, but it will dissuade any burglar from trying to open the window from the bottom. The best aspect is that it will suck blood from the invader, ensuring that the authorities will have DNA evidence to work with when tracking them down if they flee.

You will require:

- A box of very tiny nails that may be mistaken for needles
- A belt made of shredded leather
- A pair of regular nails
- A hammer
- Glue for adhesion
- A drill

Directions

- Thread the belt with the needle-like nails spaced an inch apart.

- Make holes in the window's bottom sill that line up with the needle-like nails in the belt.
- Place the belt in the holes and use the adhesive glue to coat the back of the belt, where the nail heads are.
- Allow the adhesive glue to cure before pressing the bottom of the glass on the rear of the belt.
- After it has dry, use regular nails to secure the leather belt to the bottom of the window, making it more difficult for the burglar to remove it.

This form of defense serves as a booby trap and a security measure. Not only will it slow down the attacker since they must be careful not to injure themselves, but most intruders will grab the bottom of the glass, unaware of the nails. It will not only draw blood but also put the intruder at a disadvantage if they are unaware of it before opening the window.

Chapter 3: Bedroom and Night Security



While you won't be able to lock off your bedroom from intruders entirely, there are a few things you may do to keep the criminals and the cops guessing about your location. The bedroom is the second most secure section of the house, as it contains most of your things, such as your wallet, computer, phone, and prescription. If you do not sleep in the very same room as your bed, your television will be in this room as well. You should also check for any windows in this part of the room that could be utilized by an intruder to peer inside. And if no one can figure out where you were, it will be just as mysterious as Amelia Earhart's disappearance, Amelia Earhart's plane, or Amelia Earhart's crew.

What you do at night is the first step in night security. If you're used to shutting out all of your lights before going to bed, this will seem strange if it happens when you're not in your room. If you like to fall asleep watching television (if that's even possible), turn on one light (or two if your room is more significant than ten feet by ten feet), and turn on the television. If you are not a fan of leaving lights on, turn on an electrical device that makes a noise and leave it on. Play music that has nothing to do with your history or present life on CDs or tapes. If possible, listen to music you've never heard before. With all of these lights on, it will appear

as if someone is at home & asleep in the room. Put on a lamp or two and leave your door slightly open if you are a single person who spends most of their nights reading or doing schoolwork. This will indicate that someone is in the room reading or doing schoolwork. It will also deter burglars from entering the room since they fear being caught.

Intruders should not be able to enter your bedroom. Unless you let them in or they destroy a window or a door, the intruder will have no method of getting up to your bedroom. Place a tiny piece of wood against a window that you have difficulties reaching by grabbing the ledge while standing on your bed, and then hook a coat hanger into the wood for extra leverage, allowing you to pull up on the ledge while standing on your bed. If your window has a screen, use a piece of wire to secure it. A bungee cord can be used in the summer. In the winter, use a rope with enough tension to keep your window closed while allowing it to move with the wind.

The second step is to ensure that your bedroom has a locking door. This could be a sliding lock on the doorjamb or a lock on the doorknob. If you have a typical doorknob lock, make sure the key does not strike any other part of the door jamb as you turn it, or you can install a new type of deadbolt with a bolt that goes into the doorjamb & locks into its slot on the other side. Deadbolts are inexpensive and easy to install at any hardware shop. They'll make getting into your bedroom nearly impossible. You can use one of the following methods to keep the door closed until you unlock it if you need to keep it shut for an extended period.

Chapter 4: Weapons and Traps

4.1 Weapons

When it comes to firearms in a survival situation, these are the items you'll need if you find yourself in a circumstance where you need to defend yourself. You would also require weapons to hunt & fish. Finally, you'll need weapons such as saws & axes to utilize as tools. Let's take a closer look at the equipment you'll require.

The first item on your list will be a firearm, which is a complicated type of weapon that takes considerable money and knowledge even in the best of times. A firearm will be at the top of your list if you've already been trained. The ammo is classified as survival supplies. When it comes to firearm ownership, there is no one-size-fits-all solution. When beginning on a survival expedition, though, you'll need to choose a weapon that is both light & efficient, as well as one that is the most trustworthy. You must also ensure that you have adequate ammunition to protect yourself, your family, and other purposes. If you plan on hunting with your firearm, ensure it can handle the caliber of prey you wish to take down. Some guns are suitable for self-defense as well as hunting. Ensure you do your research and obtain the necessary licenses before purchasing the weapon you choose. Remember that you might or might not be able to discharge firearms at will. Always be mindful of the surroundings in which you find yourself.

Purchase a snake bore. A snake bore is a bore cleaning that every gun owner should have. You'll require everything to work correctly. When you're out in the woods, keeping your firearm in good working order is critical.

You could also make your battlefield weapons. While you're in the wilderness, you can create and build these weapons as needed, but you might not have the materials or equipment you'll need. It's better to plan

what you'll need ahead of time. Stun guns, homemade knives, & flamethrowers are examples of customizable weapons.

If you plan on going hunting, you'll also need a bow and arrow. These weapons are ideal when stealth is necessary, and a firearm will not suffice. Their downside is that they require some expertise to operate efficiently, and the conditions for their most effective use must be ideal. Crossbows are also included in this category.

A tactical pen is another weapon you might want to carry with you. These are pressure-sensitive ink cartridges within hardened metal pens. They do not kill, but they can be employed as a last resort to strike an opponent. They're also pens, which can be used for taking notes, drawing maps, and various other tasks.

Stun guns help deliver a burst of electricity that temporarily incapacitates an opponent. They're just suitable for self-defense and aren't entirely reliable. When they operate, though, they are ideal for situations in which you are in immediate danger.

The substance mace spray comes in little pressurized vials. It can be fired directly at prospective predators and opponents. It has a maximum range of 20 feet.

In addition to these weapons, you'll need spears, saws, knives, machetes, and other similar weapons to complete tasks while on the road.

4.2 Traps

The following parts will cover dangerous traps that might harm you or others if you don't create them properly and take the necessary precautions to avoid them. All weapons are intended to injure the intruder somehow, so use caution when using them throughout your home.

An Unwelcoming Welcome Home Mat

The intruder's movement is the first thing you want to target. The carpet that is frequently placed in front of the door, which might be utilized as protection, is something that most intruders overlook.

You will require:

- 3-inch long needle-like nails in a box
- A dark-colored carpet that goes unnoticed
- A sheet of cardboard nearly the length and width of the carpet

Directions:

- Place the nails at least an inch apart inside the cardboard.
- Set the cardboard on the ground.
- To remove the visible rising of the carpet, place it on top of the cardboard and push the nails through it.

Because most popular shoe bottoms are at least an inch to two inches thick, they need to be at least three inches long to fit inside the foot. If the nail cuts into the Achilles heel, it can render them immobile or lead them to walk with a limp. Even minor injuries to the foot cause excruciating agony and can sometimes render the person who walked on the nail entirely disabled.

Transparent Duct Tape Trips All

While clear duct tape is the cheapest and most difficult to notice, you can easily replace it with another type of string or more secure material. The objective is to tape one side of the wall and then bring it to the opposite

wall to stick it there. Capturing the ankle of the foot rather than the front of the foot is easier if you do it two to three inches above the ground. Grasping the front of the foot is ineffective because the body will instinctively withdraw itself from the posture if it detects something abrasive against it. Because the duct tape is placed where the ankle will travel, the foot is already in place and lacks the kinetic force to back out of the upward action, resulting in the intruder falling over the duct tape.

An Early Strike

What happens if someone opens the door to a private space, such as a child's room or your own? This trap will be used to land the initial punch on an unsuspecting invader, so bring something hefty.

You will require:

- 2 hooks that intertwine
- 1 longboard equal to the width of the door
- A heavy object that can be fastened to the board (optional)
- A String
- A Nail
- A Hammer

Directions:

- The nail should be hammered into the door at the top.
- The string should be tied to the nail.
- Place the board against the ceiling with the heavy item pressing against it.
- Attach one hook to the wall & the other to the board's bottom.
- Ensure enough pressure on the ceiling to hold the heavy item in place, but not so much that the string can pull it out.
- Ensure the thread is loose rather than tight; otherwise, the heavy item would strike the door rather than the wrongdoer.

This will either cause harm to the culprit or generate enough noise to induce someone to wake up. If this hits an intruder, they will most likely be knocked out and suffer from a mild to severe concussion. Thus, be sure that if you put it in a child's room, it cannot hit the youngster.

A Surprising Turn

The next booby trap can be used for security, maiming, and a family prank. There are more brutal ways to manufacture an electrified doorknob, but this is the best option if you like to slow down an intruder rather than kill them. Individuals may still die due to this treatment, but the risk is lower than with previous methods.

You will require:

- Your choice of RC battery, as long as it has wires
- Electrical Tape (optional)
- Duct tape
- Wire tape

Directions:

- Strip the battery's cables until you see the copper wiring within them.
- Attach the battery to the door with duct tape but close enough to the doorknob so the wires can touch it.
- Wrap the wires around the doorknob and tape them in place.

It will become quite hot when you put the wires on the doorknob. The only issue with this trap is that the feed will repeatedly run through the handle, eventually draining the battery and forcing you to replace it. By connecting it to the wall, you can make it much more lethal, but plugging it into the wall won't help much if the power is off.

Chapter 5: Other Tips

5.1 Install Lighting Systems Throughout Your Home and Property

Adding lighting systems will be just as effective as installing cameras. Burglars and intruders will do everything they can to hide while attempting to break into your home, but lights prevent them from doing so.

Lights can be installed both outside and inside your home. Motion sensor lighting systems are ideal outside your homes, such as at your entrances, garage, patio, and front lawn. Solar-powered lighting will be the most cost-effective choice.

Use a light timer, such as the one used during the holidays, and keep it linked to your lamp for indoor lighting. This will provide the impression that you are at home.

5.2 Install Surveillance Cameras Throughout Your Home and Property

Installing security cameras on your property will significantly lessen the likelihood of a break-in. The great news is that home security camera, such as CCTV, are now more affordable and widely available than ever.

Why are cameras beneficial in preventing break-ins? This is because a burglar does not want to be caught. They may not want to risk it even if they know your cameras are false.

Another benefit of CCTV cameras is their excellent quality. If the camera catches the burglar, it will yield more than just hazy images, and police may be able to identify him.

5.3 Watchdogs

This is a straightforward home security hack that many people are currently employed. There's a solid reason for this: a dog is a far more effective home defense mechanism than you probably realize.

First and foremost, getting a dog is likely to provide your family with a loving and cherished friend. Getting a dog as a guard dog is generally a secondary reason for you to have one.

The sheer presence of a dog or the sound of one barking may be enough to deter many offenders from entering your home or even leaving your land.

Furthermore, a giant dog, such as a German Shepherd, could guard you by keeping you safe once an invader has entered your home or general area.

But the most compelling argument for having a guard dog is that they are one of the most effective alarm systems available. When a dog detects danger, it will bark loudly and rush to the location. Then you can get your home defense weapon, send your family to the panic room, dial 911, and rush to the scene to investigate.

Having at least two guard dogs is preferable to having only one. There will be more mouths to feed, but intruders will be more intimidated.

Finally, while a giant dog will always be preferable for home protection, tiny dogs will be able to warn you if there is a threat. Smaller dogs are more attentive than larger dogs, and just the sound of them barking may be enough to send an intruder fleeing.

5.4 Strengthen Your Windows

After your doors, what is the next most obvious entry point into your home? The windows, to be precise. After reinforcing your doors, it's time to fortify your windows.

Sliding glass doors are, by far, the most vulnerable type of window. This is because the burglar does not have to smash through the glass if they do not choose to. They need to lift the doors off their tracks to go inside.

The best technique to keep burglars out of your sliding glass doors is to put a wooden or steel rod in the track to keep it in place and prevent it from being taken off the track.

The remainder of your windows will almost certainly need to be replaced. To break through a window, a thief only needs to strike it hard enough with their elbow or another heavy item. If you have standard glass windows in your home, you cannot consider them well protected.

Plexiglas is the ideal material to use to replace each of your windows. This is a highly durable acrylic thermoplastic material that looks just like regular glass and will not detract from the appearance of your home while providing enough protection.

Plexiglas isn't impenetrable, but it is extremely tough to break. Suppose you hear a burglar attempting to break in by repeatedly smashing your Plexiglas glass, phone 911, and grab your home defense pistol to rush to the scene. The burglar will most likely flee the moment he sees you.

A burglar will certainly not anticipate your windows to be strengthened this way. Even if you're not at home, they may give up trying to smash through your window after several attempts and move on to another residence.

5.5 Secure Your Doors

The ordinary door in a modern American home is straightforward to break down. Even if your locks have been changed with high-duty ones, the locks are flimsy, and the doors themselves can be smashed down by anyone who wants to get inside.

Any thief with a sledgehammer or an ax who wants to break into your house will quickly work the wooden door you now have. Alternatively, they might pick the locks to get access.

While unskilled burglars may have difficulty entering the average home, professional burglars will have no such problems. Fortunately, you can stop them by following a few simple steps:

- Install metal strike plates and long-throw deadbolt locks on your doors.
- To make the door frame more secure, drill longer screws into it.
- Replace all outside wooden doors with steel doors.
- Replace your door's wooden frame with a steel one.
- Keep two locks at the same height and a few more at various heights (for your doors leading outside)
- For windows near a door, never leave the locking mechanism exposed.

Doors are the most visible entry point into your home, so the locks on them and the doors themselves must be secured at all costs.

5.6 Purchase a Home Defense Weapon

If you don't already have one, you should have at least one gun designed for home defense in your home. A parent or grandparent may have given you firearms, but if they are not suited for home defense, you will need to purchase one separately.

Pump-action shotguns in 12 gauge or 20 gauge, handguns chambered in at least .38 Special or 9mm Luger or semi-automatic defensive rifles like the AR-15 or AK-47 will be the ideal home defense weapons.

Whatever home defense weapon you choose, you must store it as securely as possible and within easy reach. The safest alternative is to attach a handgun safe to your bed with fingerprint identification. With a simple print identification, you can instantly access the gun inside, it'll be beside you while you sleep, and your children won't be able to get into it.

5.7 Safeguard Your Garage

Most individuals serious about home security understand the importance of securing their doors and windows but much less understand the importance of securing their garage.

Many homes have been broken into because intruders entered through the garage rather than through the doors or windows. You don't want to repeat the mistake of leaving your garage open to the elements. Don't forget about it.

Remember that burglars may target your garage instead of the rest of your house because most garages include valuable stuff like tools, vital financial documents, and, of course, your automobile. And if they decide to break into the remainder of your house, they'll already have a way in.

You can take several steps to keep your garage safe, including replacing your current garage door with a heavy-duty door.

- Install a steel door and heavy-duty locks on the door leading from your garage to your home.
- Install a motion sensor light - Install security cameras (even fake cameras would suffice) - Never leave your keys or other valuable goods in your vehicle.

5.8 Use Locks Throughout Your Home

It's essential to keep locks on your doors, windows, and other exit points leading outside, but you shouldn't forget to keep things locked within your home as well.

You most certainly have pretty virtual objects in your home, which you must safeguard. Electronics, rifles and ammunition, jewelry, personal documents, things of personal importance, and any survival caches are items that require exceptional security (food, water, etc.)

One of the most acceptable defensive measures is keeping your belongings in a safe with a strong lock and bolted to the floor. If a burglar cannot break into a safe, they frequently take the entire safe with them.

Keep your jewelry boxes and other critical boxes locked as well. You won't be able to lock your television, so that's one risk you'll have to take.

5.9 Maintain a Few Hiding Spots in Your Home

Burglars are drawn to properties with many natural hiding spots, such as trees, brush, vegetation, and so on, since they know they can hide.

Burglars will be attracted to properties with a lot of exterior shade.

Does this rule out having natural vegetation on your property? No, but it does suggest that you should keep them as neat and clipped as possible to reduce the number of hiding spots for a thief.

5.10 Make Your Vacation Plans Private

Yes, posting your trip plans or authentic vacation images on social media sites like Facebook, Twitter, or Instagram can be tempting. Nonetheless, sharing these photos before or during your vacation would be foolish. Wait till after you've returned home.

Even if you feel comfortable sharing your vacation photos with your friends, you don't want to risk other people with bad intentions seeing them as well. Remember that your social media profiles are not as safe or private as you think.

Avoid the risk by adopting the safe route.

5.11 Request Assistance from Your Neighbors

Hopefully, you and your neighbors have already developed positive ties. It's usually a good idea to get to know your neighbors, not only for social reasons but also because they may assist keep your home safe from intruders.

Keeping a watch on your house while you're away on vacation or a trip, collecting your mail, shoveling your driveway in the winter, and calling the cops if they notice your house being broken into are all things your neighbors may do.

Even if you don't consider your neighbors to be friends, getting to know them and feeling like you can trust them will help you sleep easier at night when you're away from home.

5.12 Always Give the Impression that Someone is in Your House

Will a burglar enter a house where they know or have reason to suspect someone is present? Possibly, but the chances of this happening are slim.

Most house invasions occur when someone is not at home, such as during the day when the parents are at work, and the children are at school.

As a result, make it a habit to appear as if someone is home when you leave the house each day. You can leave the radio and TV on or keep the lights on all the time.

5.13 Use Cautionary Signs

You've probably driven past houses or properties with warnings like "KEEP OUT!" or "BEWARE OF GUARD DOG!" posted outside.

You'll frequently notice these signs: they're efficient at deterring burglars (particularly inexperienced ones). The reason for this is that it shows you are someone who takes the protection of your property and house seriously.

If you're still unsure whether installing warning signs is worthwhile, consider this: warning signs are thought to cut the odds of your home being broken into by more than half.

5.14 Always Keep Your Lawn in Good Shape

A lawn with long grass signals to a burglar that your property is either unoccupied or that you aren't taking home security seriously.

After all, you shouldn't have tall grass on your lawn in the first place...it looks horrible.

If you're going on a long trip or vacation, you can hire a youngster from your neighborhood to keep your lawn mower while you're gone. It will make a burglar think twice about breaking in more than you might expect.

5.15 Don't Let Anyone See into Your House Easily

As a general rule, you don't want outsiders to be able to look into your home easier to see what's inside. This is particularly critical if you are planning a long journey.

Close all of your window blinds before leaving the house, and consider adding extra shading (such as a blanket) behind your blinds if you'll be gone for an extended amount of time.

It will be incredibly tough for someone to peek inside using these methods. If thieves can't see what's inside their house, their urge to break in will be significantly reduced.

5.16 Pack for Unexpected Journeys

Permanently hide your stuff when going on a trip or holiday. This indicates that you are leaving your home vulnerable to any possible burglar in the neighborhood.

If you're going on an outdoor trip, store your bikes and coolers in your garage rather than in your driveway. When packing your belongings, please keep them in a room where no one can see them via the window. You get the idea: you don't want robbers to find out you're leaving.

Part 4

Prepper's First Aid

Introduction

First aid is when you give primary medical care to someone who has gone through a sudden illness or accident.

In certain circumstances, first aid entails providing immediate assistance to someone experiencing a medical emergency. This help could allow them to survive until expert assistance arrives.

In other circumstances, first aid refers to treating someone who has sustained a mild injury. For mild cuts, burns, and insect stings, for instance, first aid is frequently all that is required.

It's best to be prepared in case of an emergency. That way, you won't have to lug along a big bag full of necessities or waste time looking through drawers and closets for something useful. Keep in mind that if you're going outside, you'll need a knife, bug spray, sunscreen, a jacket, and waterproof matches in case of an emergency.

Bandages and first-aid materials for cuts and scrapes, a thermometer, tweezers for removing splinters (and ticks), pain medicines, antiseptic towelettes, and whatever else you think you might need should all be included in a good kit. Remember to bring any extra medications you take regularly. Non-perishable food products should also be included if you need to eat quickly.

Make sure the equipment is stored in a convenient carrying container. If feasible, keep it close to the front entrance or on the bedside table so you can grab it in an emergency.

You might be able to prevent a minor mishap from turning worse by using basic first aid. You might even save a life in a catastrophic medical emergency.

That is why learning basic first aid skills is critical. We will discuss in detail in the following pages how to provide first aid to people when a disaster arrives.

Chapter 1: Survival First-Aid Kit



A well-stocked first-aid pack can mean the difference between life & death in an emergency. An injured person may have to wait hours or days for help in a survival situation, and with a severe injury, you may not receive any help at all. You want your first-aid package to help you treat accidents and illnesses effectively until professional medical help comes.

When you don't have access to medical services, you may take care of yourself and others with a sufficient quantity of medicines, bandages, & sterilizing tools. Don't rely on what you see in local stores regarding first aid kits.

1.1 Sterilizing Materials and Sutures

Sutures are not required in most circumstances, but they should be included if space in your pack allows them. They're used to stop internal bleeding and seal injuries and lacerations. Use dental floss for a thread because it is sturdy and waxed at the ends. Before stitching incisions together, an alcohol-based antiseptic can be used to disinfect the wound and kill bacteria and other organisms.

Sutures can be held with tape; however, duct tape may be more practical, especially if the wound is more significant. You can use a Mylar blanket or any other reflective or metallic material to reflect sunlight on the damage to speed up the healing process. Buy Steri-Strips instead of standard butterfly bandages since they seal wounds better and heal faster.

Antibiotic ointments, like Neosporin, can be used to prevent infection in wounds. Antiseptics such as chlorhexidine should also be provided since they prevent disease and bacteria from spreading behind the stitches or bandaging.

1.2 Infection Prevention

Hands should be disinfected with antibacterial hand wipes before touching any wounds. Before touching anything, apply sanitized gel or spray to your hands. Avoid using public restrooms if you don't want to spread bacteria and become infected.

For assistance in the primary care of wounds, a total body washing station comprising lancets, alcohol wipes, alcohol swabs, a thermometer for measuring body temperature, and a thermometer tape measure would be appropriate.

Clean wounds & disinfect foot ulcers with a portable foot bath. It's suitable for cleaning, but it doesn't have any antibacterial properties. Therefore, the harm will spread.

Any bandages or medical tape that the FDA has approved can be used. Please double-check that they are latex-free and safe to use on wounds or human skin. You may also want to buy a particular brand of medical tape because some include silicone, which can cause skin irritation or burning if you don't notice it immediately.

1.3 Splints, bandages, and slings

A home or car emergency kit is a must-have. But remember to restock your supplies every year!

Sterile gauze, slings, bandages, & splints are commonly misunderstood as only being used in emergencies.

On the other hand, these commonplace things must be included in an emergency kit. In the medical field, they can also be utilized as a daily regimen.

Bandages can reduce swelling and stop bleeding by absorbing blood after an accident to the area where they are applied.

Slings keep an injured limb immobilized while relieving pressure on an injured joint or spine nearby. Splints can aid in stabilizing a broken limb or bone while it heals or is set.

1.4 What to Put in an Emergency Kit

Add the following to your kit:

- Minor cuts and scrapes can be treated with gauze, bandages, slings, alcohol swabs, surgical tape, antibiotic ointment, non-stick pads, butterfly bandages, gauze pads, or waterproof adhesive strips. Cotton swabs should also be given for cleaning wounds after applying antibiotic ointment. 3 gauze dressings (3x3)
- Include a big gauze pad in-home kits to stop bleeding from severe wounds caused by deep cuts & punctures. These should be used with a splint to keep the gauze in place.
- If you use Band-Aids for more than one day, you should change them daily.
- To guard against germs or bacteria, gently wrap the gauze around the injured region with the ointment underneath. After cleaning & removing debris from an injury, you can use non-stick pads to keep it clean and isolate it from clothing or other items during transit.
- Slings for pets are for mischievous dogs and cats. They can be used with a little doggie bed or on top of your grandmother's wheelchair to enhance their mobility or prevent pain while they mend.

1.5 Bandages and antiseptic wipes

In an emergency, immediate action is typically required, and store-bought materials may not be sufficient. Fortunately, there are many natural therapies available to you! Throughout history, numerous plants have been used to fight infection, disinfect wounds, and prevent disease. These are a few of our personal favorites.

Bandages and Antiseptic Wipes for Emergencies

Jambu Air

Jambu air is an Indonesian native tree traditionally used to treat various wounds. Its leaves contain antiseptic chemicals with anti-inflammatory, antibacterial, astringent, and antifungal activities (including eugenol!). These leaves can be immediately applied to wounds or crushed to form an infusion to apply to the injury.

Visitors to the island will also tell you how this tree saved the life of a toddler who was about to be eaten by a saltwater crocodile. The boy was able to protect himself by striking the crocodile with a branch, but the poisonous sting of the branch poisoned him severely. The wounds of the youngster were bathed with a Jambu air leaf, and he recovered.

Bark

A natural component (submachine) found in the bark of American sumac and similar plants has antibacterial, antiviral, and anti-inflammatory activities. It's well-known for avoiding infection when applied directly to injuries (traditional Native American medicine). Still, it's also beneficial to produce a wound dressing when mixed with a bit of alcohol.

Put 2 to 3 fresh or dried sumac branches inside a small pot with 1 cup (240 ml) of water. Cover and soak for 2-3 days before straining. Fill a bandage or wound pack with the strained liquid.

Roots

Antioxidants abound in most roots, & many have anti-inflammatory

qualities. Traditional uses of the Queen's joy plant (*Stillingia sylvatica*) include improving circulation and healing wounds. These should be applied directly to the damage.

Berries and leaves

Antibacterial qualities in the leaves and berries of numerous plants, especially the common mulberry tree, make them useful in treating skin diseases. The leaves also contain salicylic acid, which helps to relieve discomfort associated with an open wound!

Make an infusion:

Steep 2-3 fresh or dried leaves in 1 cup (240 ml) of water for 1 hour in a small pot. Strain and apply to a wound pack or bandage.

Tea Tree Essential Oil

Tea tree oil has antibacterial and antifungal characteristics, making it an excellent addition to any first-aid box. It can be used to treat bacterial and fungal skin infections and ear infections.

Plantain Leaf

Plantain leaves have long been used to treat stings, bug bites, and skin irritations like eczema in North America.

Fresh leaves can be used as a tea or put into an infusion that can be used internally to treat common colds.

Aloe

Aloe vera has anti-inflammatory characteristics, making it an excellent addition to any first-aid box! It can also aid wound healing, pain relief, and the treatment of skin irritations (including sunburns & other forms of burns). If you're using aloe as a topical treatment, add some honey to boost the soothing properties.

Rice Bran Oil

Rice bran oil contains fatty acids that have been shown to reduce inflammation in the skin. It also has fungicidal properties, making it helpful in treating skin and nail fungal infections.

Cloves

Cloves belong to the myrtle family and have antibacterial and analgesic qualities. Clove oil can be combined with toothpaste and applied to wounds to help teethe babies (or put into a bandage or wound pack).

Tea

The majority of teas can be used as topical wound remedies.

Stress tea (green tea, white tea, and chamomile) contains anti-inflammatory and antibacterial qualities that aid wound healing and pain relief. It's also used to ease throat pressure and has relaxing properties.

Flavonoids, found in chamomile, have antioxidant effects that can help reduce tissue damage. Because of its anti-inflammatory characteristics, chamomile can be used to treat skin irritations and burns.

Aloe Vera

Aloe vera is a great topical therapy for skin irritations, burns, and wounds. Aloe vera juice can be consumed to aid digestion and boost energy levels, while pure aloe vera gel can be applied directly to wounds for speedier healing.

Soap Nuts

Saponins, which have antifungal and antibacterial characteristics, are found in soap nuts, which are dried fruits from Sapindaceae trees. Soak 10-15 soap nuts in 2 cups (480 ml) of water overnight, then use the liquid to clean wounds daily.

Baking Soda

Baking soda (sodium bicarbonate) is a good topical disinfectant for cuts, scrapes, and abrasions.

To avoid infection, swab it several times a day. You should seek medical attention if the damage becomes infected or bacteria enters your body through your open wound.

Chamomile

Insect bites, rashes, stings, and skin irritations caused by trauma or an allergic reaction can be treated with a chamomile compress.

Plantain

This common weed has anti-inflammatory and wound-healing effects, particularly when combined with echinacea root tincture. Plantain can also aid with pain, swelling, blisters, and itching from an accident or wound. To get it out, dig a big hole and put the plant in the middle. Remove the plant with your hands and rub the root as much as possible against itself. When the plant separates into three sections, it's ready to eat.

Calendula

Calendula is a flower that can be made into an infusion and used to treat gastritis, ulcers, and hemorrhoids internally. To treat skin irritations, apply the infusion straight to wounds or make a calendula & coconut oil salve.

Coconut oil

Athletes' feet, ringworm, & jock itch can all be treated with coconut oil. It also works on warts, psoriasis, acne, and other dandruff-related skin issues. When not used in cooking, melts are applied to slippery parts of the body as a form of mosquito repellent, according to Ayurvedic culture.

Honey

Honey applied to wounds is an old-fashioned remedy that works wonderfully in healing open wounds quickly.

Use raw honey directly on the wounds for optimum benefits, or mix it with

another healing ointment such as aloe vera gel for even better results.

Chapter 2: Survival Guide for Medical Emergencies

Panic can be just as harmful to our health as the conditions that brought it on.

It's never been more critical to have a plan, given the recent increase in medical emergencies & the ever-increasing complexity of healthcare.

2.1 Stay Calm:

Panicking won't help you and will instead make you weaker. Utilize your assets: Request assistance!

Determine what you need to accomplish by finding someone who can interact with doctors or nurses. Call an ambulance if no one is present (or dial 911). Maintain oxygen levels inside your body by breathing as deeply as possible.

Panic will not fix your problems & will only make you weaker. Utilize your assets: Request assistance! Determine what you need to accomplish by finding someone who can interact with doctors or nurses. Call an ambulance if no one is present (or dial 911). Maintain oxygen levels inside your body by breathing as deeply as possible. Avoid fighting the needle: The ER doctor knows precisely what they're doing but rejects the IV placement if you have a vein. By struggling against it and maybe shattering it, you can bring yourself a lot of problems.

The ER doctor knows precisely what they're doing but rejects the IV placement if you have a vein. By struggling against it and maybe shattering it, you can bring yourself a lot of problems. Don't be afraid to ask the first person you meet for assistance. If they're a patient, inform them that your loved one was admitted to the ER with probable heart failure and that they should contact their doctor. If a nurse is on-call, inform them of the situation so they can contact for assistance.

Ask the first person you come across whether they can assist you. If they're a patient, inform them that your loved one was admitted to the ER with probable heart failure and that they should contact their doctor. If a nurse is on-call, inform them of the situation so they can contact for assistance. Know when to call it quits: Some medical emergencies are severe enough to need the use of an ambulance. If you're hurt and aware, you should go to the hospital immediately. If you're badly harmed but

unconscious, it could be better to save yourself from the chance of CPR or advanced life support - especially since hospitals aren't always clear about what degree of care is required. Some medical emergencies are severe enough to need the use of an ambulance. If you're hurt and aware, you should go to the hospital immediately. If you're badly harmed but unconscious, it could be better to save yourself from the chance of CPR or advanced life support - especially since hospitals aren't always clear about what degree of care is required.

2.2 Remind Yourself to Breathe:

This may seem self-evident, yet people do occasionally hyperventilate and pass out. Remember the ABCs: Any minor injuries (cuts or bruises) must be washed and exposed to the air. Cover them with a clean cloth and lightly pat them to help the clotting process. Check for symptoms of infection. Apply pressure to severe lacerations to decrease blood flow until bleeding stops. If there is a lot of blood, lift any nearby objects off the ground and lay them behind the incision to assist limit blood flow until medical help arrives. Any minor injuries, such as cuts or bruises, should be cleaned & exposed to the air. Cover them with a clean cloth and lightly pat them to help the clotting process. Check for symptoms of infection. Apply pressure to severe lacerations to decrease blood flow until bleeding stops. If there is a lot of blood, lift any nearby objects off the ground and lay them behind the incision to assist limit blood flow until medical help arrives. "ER workers are not trained in patient rights; they may have task teams or emergency room consultants whose sole purpose is to instruct ER personnel on best handling a medical emergency."

Get someone else's attention if it's safe and practicable, so they can phone an ambulance or go for help.

Try to recall the nature of the emergency and, if possible, write it down. If your mental condition is disturbed, try writing with a marker on your arm or hand; this will make it much easier for paramedics if medical documents are needed later. Write down the address if you're at home. If it is safe to do so, go to the closest hospital or medical professional. If there is a fire or a car accident, remember that helping others is more likely to result in injury than walking away from a frightening scene where there are already lots of people who can assist victims.

If at all feasible, take notes on the emergency. If you're in a car accident and the car is on fire, or you suffer a heart attack, write down who was driving and any pertinent information, such as where you live or where to

hunt for other persons who may have been hurt or missing.

Keep all this information in a secure location where it can be easily accessed if needed, ideally labeled with your name and contact information and adequately maintained away from harm.

Emergencies occur at all hours of the day and night; do not be concerned if you cannot reach an emergency services mobile number within the first few minutes.

In a medical emergency, knowing about any medical conditions you have can be beneficial. Have your prescriptions, allergies, and doctor's list on hand, and keep your information current.

If you have any assets, consider storing them in a home safe, a bank safe deposit box, or a friend's house. Stick to the traditional "no" responses if someone asks to look at your valuables: I'm sorry, but I don't have time to let you dig through everything we own. What time is it, exactly? Are you aware of my glasses' location? If you've been the victim of a crime, make a list of emergency contacts and the police station's phone number and hours of operation.

Always let them understand where you are and follow up with them later to see how they are doing. If somebody is willing to assist, inquire if they are being provided instructions. Be open and honest regarding your physical health and any medical concerns so that they can assess your needs and provide appropriate care.

When the incident is over, phone the hospital or medical facility to let them know you've arrived safely.

Don't be offended if they wonder why you weren't there sooner.

Please don't wait for someone to come looking for you because they may require more information than you can provide right now. It's ideal if you don't mention your name. If this is not possible, phone them later to double-check.

If you've been hurt, attempt to retain your cool and analyze the extent of your injuries. If you can, write down what happened just after it happened while it's still fresh in your mind. This will help police or hospital staff when they need more information. Try not to panic; doing so will simply make you feel worse and increase your chances of future injury.

Do not wait for them to locate you. If you've been the victim of a crime, contact the authorities right once.

Take photos of any harm that has been done & write down details of what happened while it is still fresh in your mind if it is safe to do so.

When first responders arrive, stay with them till they have completed their work. You should not leave the scene at this time since you may be in danger.

Consider using clean sheets and blankets to help stop the bleeding till help arrives if you have been seriously hurt. However, ensure they're alcohol-free, as rubbing alcohol can cause more harm.

If you've been hurt or arrested, try to remain calm and recall what happened. Attempt to locate any witnesses and obtain their contact information. Assess the severity of your injuries, and make sure that they are aware of any medical issues you may have. If you've had property damage, take pictures of it later (the more, the better). It's not something we ever want to consider, but it's always an option. It can mean the difference between death and life if you are prepared for a medical emergency. That is why we will discuss what you may do to increase your chances of surviving a medical emergency today. Let's get going!

Chapter 3: Medical Supplies Required in the event of a Disaster



The question is not "if" but "when." Disasters can strike at any time and to anyone. If they do, it's critical to have medical supplies on hand and ready to go. To ensure that you're ready for whatever life throws at you, we've compiled a list of essential medical supplies you should have on hand in the event of a disaster.

Even if you aren't directly affected by the disaster, having a supply of these items on the side for anyone who requires emergency care is critical. The following are some of the essential items you'll need.

3.1 Hand Sanitizer:

Stocking up while you're scrambling to get ready to go as quickly as possible is simple. During an emergency or natural disaster, hand sanitization with soap and water may be inconvenient, especially in higher elevations where connectivity to running water may be limited or unavailable. Hand sanitizer, on the other hand, is an all-in-one solution that hydrates, kills germs, and restores comfort while protecting you from disease-causing organisms.

3.2 Medications on Prescription:

It's critical to have your medications on hand in case of a long-term emergency, but it's also critical in case of a short-term emergency. Even the most prepared people can end up in danger during rescue or evacuation efforts in a natural disaster. Having prescribed medication on hand can save your life and the lives of others less fortunate than you.

3.3 Sanitation Equipment:

Although it can be challenging to complete essential hygiene duties when pandemonium reigns, having supplies like hand soap, toilet paper, and water on hand is critical in a crisis. These items can be used for various purposes, including hand cleaning and food preparation.

3.4 Kits for First Aid:

Below is a list of the absolute essentials.

Bandages:

Bandages are necessary for covering wounds & preventing infection, but they can also be used to protect blisters or minor scrapes during long journeys across rugged terrain. To protect significant wounds from infection and germs, it's a good idea to keep a variety of sizes of treatments on hand.

Gauze Pads:

Gauze pads, like simple bandages, are helpful when trying to cover a cut on your body. It's critical to keep many of these on hand even if the situation isn't severe enough to call for them.

Antibiotic Ointments:

Antibiotic ointments help cure minor burns, cuts, and infections, while they are not a substitute for antibiotics. They're a great all-in-one option for basic wound treatment, but make sure you don't use them for chronic wounds or bites. Chemicals that have been given to open wounds can also be used to treat minor wounds or prevent sickness. Antibiotic ointments may include toxic compounds that can be hazardous if used for a long time.

Medications available over-the-counter:

It's a good idea to keep a few vital over-the-counter medications in addition to prescription medications. These are incredibly beneficial for treating common diseases and minor injuries during an emergency.

Over-the-counter medications can also help you manage stress and exhaustion and prepare for any physical activity you might need to do in the aftermath of an incident. The following are vital over-the-counter drugs to have on hand:

Pain relievers:

Basics such as acetaminophen (Tylenol), ibuprofen (Advil), & aspirin are among them. Keep the medication that helps with your disease on hand and a few extras in case of an emergency. Minor aches & pains, minor menstrual cramps, muscle aches, headaches, and common colds can all be treated with them.

Antacids:

These are used to cure heartburn and manage pain produced by acid reflux in the stomach. When it comes to moderate heartburn, simple over-the-counter antacids can help, but they're no alternative for medical assistance if things turn sour. They're still helpful to have on hand if you experience heartburn, and they may be utilized more frequently than you imagine in an emergency.

Respiratory breathing:

These medications are used to treat the symptoms of respiratory illnesses such as pneumonia, asthma, and bronchitis. A medicine that relieves wheezing & shortness of breath, for instance, could effectively treat bronchitis. If the illness worsens, inhalers may be used to help relieve symptoms. Even if you're suffering from a little problem or a regular cold, these over-the-counter medications can't replace a visit to your doctor.

Nausea Medication:

Medications like Zofran, which are used to treat vomiting and nausea during morning sickness, pregnancy, and short-term motion sickness, are examples. Imodium, an anti-diarrhea medicine, can also be used to relieve nausea and is most helpful in the early stages of sickness. While over-the-counter medications can generally relieve occasional nausea, severe instances of vomiting and nausea should be treated by a doctor to ensure overall health.

Asthma Medications:

These are typically used for chronic coughing or asthma attacks brought on by environmental factors such as pollen, dust, or domestic pets. Pollen allergies, seasonal changes, and reactions to pet dander all have symptoms that can be managed with anti-allergy drugs. Prescription devices & inhalers may be required to control symptoms all year for patients with persistent breathing issues or chronic asthma. Like any other over-the-counter medication, these drugs should only be used under a doctor's or nurse's supervision.

Pain Medication:

Over-the-counter pain relievers such as Tylenol (Acetaminophen) are commonly utilized. Ibuprofen is another frequent medicine used to treat joint problems and reduce swelling and inflammation. These medications should not be used in place of a doctor's visit for significant medical problems but can be used in conjunction with other therapies.

Decongestants:

Sudafed, Afrin, & Vicks 44 are common medications used to alleviate the symptoms of a stuffy nose or swollen membranes. By producing constriction, these drugs (usually in the form of liquid) help shorten the blood arteries in the area.

Histamine H1 Receptor Blockers:

Antihistamines such as Claritin & Allegra are available over-the-counter at some pharmacies. These products can be used to prevent and treat seasonal allergies, such as those caused by pollen or pet dander.

Also, if there's a natural disaster or an emergency where everyone needs these things simultaneously, having your collection on hand is critical if the big supermarkets are having trouble getting them back in stock.

Chapter 4: First-Aid Advice for a Variety of Emergencies

Although having a first-aid kit on hand is a good idea, it isn't always the best option. You may need more than simple first aid in some circumstances; you may even need to flee! That's because emergencies come in all shapes and sizes, from minor scrapes & sprains to life-threatening accidents and tragedies.

4.1 Choking Incident

If someone chokes on something, ask them what they're blocking and do the Heimlich maneuver to get the object out of their airway. If this fails or the person goes unconscious, dial 911 right away.

4.2 Heart Attack

Emergency responders will give the victim oxygen and, if required, conduct CPR once they arrive. They may also use drugs to dissolve a blood clot or open blocked arteries.

4.3 Shock

Treating it soon is critical because it can lead to severe problems. Take a blood pressure reading if someone is in shock. If their blood pressure is low, start giving them warm liquids intravenously. Then, to avoid a seizure or cardiac arrest, keep the patient as calm as possible.

4.4 Dehydration

When a person's body loses more fluids than it can restore, dehydration occurs, and minerals are also lost. If this happens, dial 911 and summon emergency medical assistance to administer IV fluids and assess any severe injuries. Then, until they feel better, tell them to consume plenty of water or other fluids via an intravenous drip.

4.5 Burns

If someone has been burned, call 911 immediately and try to stop the fire from spreading. Remove any contaminated items and carefully cleanse the burn with running water until it stops steaming if the person cannot stop burning or chemical exposure. Then cover it with a clean bandage & follow all other emergency responder recommendations.

4.6 Seizures

If someone has an epileptic seizure, ensure they are safe and wait until they have stopped shaking or convulsing. Then, after the seizure has passed, check their respiration and pulse rate, which should be expected. If they're hurt or have difficulties breathing, dial 911, and an emergency medical technician will provide first aid until a doctor comes.

4.7 Fall

Remove any clothing that may impede movement if a person has fallen and may have broken bones or other injuries. Then, as gently as possible, place them on a flat surface while providing pressure to any open wounds. If the client is awake and receptive, inquire about neck or back pain. Whether this is the case, gently touch both sides of these places and ask them to move their toes to see if they are numb. Finally, gently shift the joint to see whether there is any edema or redness around it.

4.8 Burns

Ensure the area is safe before calling 911 if someone has severe burns. Remove any sort of clothing or jewelry that has become attached to the burn with care. If the burn contains any chemicals, flush the area with plenty of water till it stops burning. To protect the burn from becoming infected, wrap it with a clean bandage. Apply no creams or lotions to the burned area, and don't lift anything heavy on top of it for at least 24 hours.

4.9 Diabetic Shock

Go to the hospital right away if someone suffers from diabetic shock. Then examine their airway and breathing, as well as their mental condition. Take their blood sugar levels every few minutes to see if they improve, and keep them hydrated as much as possible when you get to the hospital; dial 911. When they arrive, emergency responders will give the person oxygen to help them get more oxygen. Medications such as insulin & intravenous fluids may be given until they stabilize.

4.10 Choking

It's essential to remain calm and not panic if someone is choking on food or another object. Then, using a fist to their abdomen, do the Heimlich maneuver. If this doesn't work, call 911 & tell them someone is choking. If CPR is required while you wait for emergency responders, the dispatcher will instruct you on how to do it. So, in the event of an emergency, what should you do? It depends on several things, including the severity of the damage and the circumstances. With that understanding, you can use these suggestions to act responsibly.

Part 5
Prepper's Cookbook

Introduction

Food prepping or preparing meals ahead of time is not a new phenomenon. The trend is pretty old, and dietitians and nutritionists have frequently encouraged it for a long and healthy life. However, due to everything that is happening around the globe, it has recently been a regular in the news. Those discussing how efficient and effective it is to prepare food and cook complete meals in advance are being praised for their organizing abilities. They were proven correct in that we should all be prepared if a sudden shortfall or halt in manufacturing occurs.

When even supermarkets and stores were shut down owing to a lack of supplies, those who had hoarded and stored food were in a better position than the rest of the population. Yes, it is possible to save & store meals or food products so that they can be retrieved and consumed in an emergency. You can no longer deny that proper meal preparation can save lives if done correctly. So, what exactly is it about? Put another way, it comprises the storage of materials and the preparation of meals that may be portioned out for later consumption. Nothing else is required after it's prepared; you may grab it & go whenever you choose. Meal prep is often done for one to two weeks in the short term, although it can be extended to months in extreme cases.

You might be wondering how everything works. Well, it's a mix of elements including ingredients, cooking, and afterward storage that permits the meal to keep its flavor and freshness. If you want your food and meal preparation to be successful, you must first design a strategy that best utilizes your survival skills and talents. This means that you must consider and eliminate any aspects that could cause the system to fail. One is avoiding foods that attract germs, insects, or bacteria. The other is procrastinating on meal preparation and putting it off until later.

Aside from that, you'll need to invest in food storage containers and units

to keep the food safe and secure. Finally, you must examine your health restrictions and the limits you can push. When your sole goal is survival, you must abandon all diet regimens and trends you may have been following. When preparing food, you can't keep to them and must choose ingredients based on their long-term usability. This means you'll be accumulating various dried & canned products that you might not ordinarily include in your diet.

Chapter 1: List of All Foods to Have with Duration and Conservation

Preppers and those who prefer storing up food & other supplies understand the importance of long-term planning. To accomplish this, they will keep a range of goods in their houses and vehicles. Some people, however, ignore the importance of long-lasting nutrients. In this chapter, we'll go over all of the foods that, when stored properly, can keep for months or even years.

1.1 Foods That Can Last for Two 2 months

Beans are one of the most nutritious survival meals available. They're not only high in protein, but they also last for a long time if stored properly. As a result, we advocate buying 25-pound sacks of dried beans and storing them in your basement or storage unit. Ensure to rotate your stock every few years and replace it with new stock when it runs out.

Granola bars are often ignored as excellent survival food. They're fantastic since they're usually high in calories, fat, & protein. They're quick and easy to prepare and don't require any cooking. Consequently, we recommend stocking up on granola bars for your entire family and some for your child's school lunches.

Another thing that people frequently overlook is their pantry's peanut butter container. Many people keep the jar there but forget it can be used for much more than toast. Because peanut butter is high in saturated fat, protein, and calories, we recommend stocking your pantry and bathrooms with as many jars as possible.

When water becomes scarce, cooking at home will become challenging. We recommend keeping as many powdered drinks mixes like Kool-Aid or Tang on hand as possible. You may make a nutritious drink on the fly by mixing these with modest amounts of water.

1.2 Foods That Can Last for Two 2 Months

Rice, dried fruits, peanut butter, & oatmeal are among the foods that can be stored for up to two months. They'll become scarce if you can't obtain these goods at your local grocery. As a result, it is strongly advised that you keep a supply of all of them in your house & on your person at all times.

Pasta is another fantastic item that may be stored for up to two months. If you can grow or purchase your own, do so. Otherwise, choose dry pasta over canned spaghetti because it will last longer. Pasta is high in calories, fat, and protein, which are essential in a survival crisis.

The following two goods are probably not things that most people save for their houses, but they will become precious commodities in a long-term survival scenario. Toilet paper is the first. In a survival situation, you can never have enough of this, and it will become highly precious because it is one of the things that people take for granted. Female hygiene products are the second item. These should also be kept because they are vital for women staying at home and not going out.

Pasta, herbs, & tea are the following goods that will keep for over two months. Herb tea is a valuable survival item used to treat various disorders or just consumed. As a result, we advocate bartering these products for other necessities.

1.3 Foods That Can Last for Two 1 Months

The foods that last for a month are next. Salts & spices, seasonings, tinned foods, and a few more items fall under this category. Canned fruits, which you can eat straight from the can or use in cooking, are the most popular commodities in this category.

We also suggest stocking up on necessities like flour, sugar, & rice, as these will always be useful in bartering and necessary for cooking your meals.

1.4 Foods That Can Last for Two 1 Week

The following category of items can last for up to one week. Salt, cooking oil, sugar, butter, and the rest of your culinary supplies fall into this category. Dry milk in pancake mix, cardboard containers, and macaroni and cheese are all included. These are all useful in long-term survival because they can be kept in extra cabinets or difficult-to-reach locations.

1.5 Foods That Will Last a Day

We also recommend storing foods that can be stored for up to one day. Canned fruits and vegetables, canned meats, soups, and peanut butter are examples. Dry ingredients, such as cake and brownie mixes, should also be on hand. Again, these are highly significant since they can be utilized to feed your family in an emergency.

Chapter 2: Breakfast Recipes



2.1 Minty Green Smoothie

Preparation Time: 10 Min

Cooking Time: 0 min

Servings: 1

Ingredients:

- ½ cup of unsweetened almond milk
- 10 to 12 drops of Sweet Leaf Liquid Stevia Peppermint Sweet Drops
- ½ lb. of avocado
- 1 cup of fresh spinach
- Cacao nibs (optional)
- 1 scoop of whey protein powder
- 1 cup of ice
- ¼ teaspoon of peppermint extract

Instructions:

- Blend protein powder, avocado, spinach, and milk till smooth inside a blender.
- Combine the Stevia Peppermint Sweet Drop Sweet Leaf Liquid, sugar, & ice till smooth.
- Taste the stevia and adjust as needed.

Nutritional facts: Calories 293g, Fat 15g, Protein 28g, Carbs 11g

2.2 Salad Sandwiches

Preparation time: 5 min

Cooking Time: 0 min

Servings: 1

Ingredients:

- ½ oz. of butter
- 1 cherry tomato
- 2 oz. of Romaine lettuce or baby gem lettuce
- ½ avocado
- 1 oz. of Edam cheese

Instructions:

- After thoroughly cleaning and drying the lettuce, use it as a base for the toppings.
- Spread the lettuce leaves with butter.
- Top with slices of cheese, avocado, & tomato.

Nutritional facts: Calories 374, Fat 34g, Protein 10g, Carbs 3g

2.3 Wild Berry Breakfast Bread Pudding

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 4

Ingredients:

- 1 teaspoon of cinnamon
- 4 cups of cubed French or cinnamon bread
- ½ cup of blackberries halved
- 1 cup of cream or whole milk
- ½ cup of strawberries, quartered
- 1 teaspoon of orange extract
- ½ cup of blueberries
- ½ teaspoon of nutmeg
- 2 eggs, beaten
- 18" x18" or more significant piece of greased aluminum foil
- ½ cup of brown sugar

Instructions:

- Combine the cream, eggs, nutmeg, brown sugar, cinnamon, and orange extract inside a bag or bowl. Saturate the cubed bread for at least 15 minutes.
- Mix in the berry mixture in the bag. Fill a large, oiled sheet of foil halfway with the ingredients.
- Fold the packet and set it on the heat source into a tent shape.
- Cook for around 30 to 35 minutes, or till the bread pudding is done. Check to see if it's still moist.

Nutritional facts: Calories 224, Fat 20g, Protein 5g, Carbs 15g

2.4 Egg Muffin

Preparation Time: 10 min

Cooking Time: 15 min

Servings: 4

Ingredients:

- 1 hash brown patty
- 1 English muffin
- 1 egg
- 1 slice of cheddar cheese
- Salt & pepper to taste
- 1 sausage patty

Instructions:

- On the foil, place the hash brown patty.
- Wrap the hash brown patty inside the package. Keep the lid open.
- Break the egg and pour the contents over the hash brown patties.
- On top of the egg, place the sausage patty.
- Fold the foil packet tightly.
- Cook for 10 to 15 minutes until the egg is fully cooked.
- Take the packet off the heat.
- Season using salt & pepper after opening the packet.
- Make an English muffin out of the contents of the packet. Place the second half of the muffin on top of the cheese to make a sandwich.

Nutritional facts: Calories 148, Fat 12g, Protein 24g, Carbs 13g

2.5 Logs and Eggs Easy Breakfast Packet

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 4

Ingredients:

- 12 sausage links
- 1 cup of cheddar cheese, shredded
- 8 eggs
- 4 8"x8" or larger pieces of greased aluminum foil
- ½ teaspoon of salt
- 2 cups of prepared hash browns
- ¼ cup of green pepper, diced
- ½ cup of onion, diced
- ½ teaspoon of garlic powder
- ½ teaspoon of black pepper

Instructions:

- Tent folding style for packets
- Place three sausage links in the center of each aluminum foil.
- The hash browns, onions, peppers, & cheese go on top of the sausage links.
- Season with garlic powder, salt, & pepper to taste.
- Fold the packet in half and lay it over the heat source for around 20 minutes, or till the internal temperature of the sausage reaches 165°F.

Nutritional facts: Calories 218, Fat 19g, Protein 39g, Carbs 15g

2.6 Green Chile Breakfast Burritos



Preparation Time: 10 min

Cooking Time: 15 min

Servings: 4

Ingredients:

- 1 cup of Monterey Jack cheese, shredded
- 4 large flour tortillas
- 1 cup of canned refried beans
- 1 cup of prepared Salsa Verde
- 4 eggs, beaten
- 4 12x12 pieces of greased aluminum foil
- 2 cups of spicy ground sausage, precooked

Instructions:

- Place one flour tortilla in the center of each aluminum foil sheet.

- Refried beans, sausage, & eggs are layered on the tortillas. To prevent spilling, fold the ends of the tortillas up as you pour in the eggs.
- Finally, season using salt & pepper to taste.
- Roll each tortilla firmly, close the ends and fold the aluminum foil in a flat form.
- Place the packets on the heat source and cook for around 10 minutes, or till done to your liking.

Nutritional facts: Calories 239, Fat 12g, Protein 35g, Carbs 19g

2.7 Vegetarian Breakfast Croissant Sandwiches

Preparation Time: 10 min

Cooking Time: 15 min

Servings: 4

Ingredients:

- 1 medium tomato, sliced
- 4 bakery croissants split in half
- 1 teaspoon of Italian seasoning
- 1 avocado, peeled and sliced into eight wedges
- 4 slices provolone cheese, optional
- 1 cup of fresh spinach
- 4 12"x12" pieces of greased aluminum foil
- 2 tablespoons of walnuts, chopped
- ½ teaspoon of black pepper

Instructions:

- Take one-half of each croissant and place it in the center of an aluminum foil piece.
- Starting with spinach, layer the walnuts, tomatoes, avocados, and cheese on the croissant.
- Before adding to the top of the croissant, season using Italian spice & black pepper.
- Fold each croissant in half and place over the heat source for around 5-10 minutes, until the sandwich is hot & steamy.

Nutritional facts: Calories 278, Fat 7g, Protein 7g, Carbs 32g

2.8 Farmers Breakfast

Preparation Time: 10 min

Cooking Time: 40 min

Servings: 4

Ingredients:

- Butter, as required
- 6 potatoes, medium
- 1 onion, medium, diced
- 8 slices of bacon
- Pepper & salt to taste
- Fresh parsley, chopped, optional
- 6 organic eggs, large

Instructions:

- Cook the potatoes (in their skins) for a few minutes in salted water over moderately high heat until done.
- Allow it cool completely before slicing or cubing into pieces.
- Cut the bacon into small bite-size pieces and cook over medium flame until desired crispness is attained. To drain, place it on a paper towel.
- In the bacon fat, melt about 2 tablespoons of butter and cook the onions for around 2 to 3 minutes, till they become translucent.
- Add the potatoes to the hot pan and cook for a minute or two, till a crust forms, before adding the bacon.
- Crack eggs into the potatoes and scramble them thoroughly. Season using salt and pepper to taste. Garnish your dish with freshly chopped parsley just before serving. Enjoy while it's still warm.

Nutritional facts: Calories 430, Fat 26g, Protein 34g, Carbs 15g

2.9 Egg in an Avocado

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 4

Ingredients:

- Salt & pepper to taste
- 1 egg
- 1 half avocado

Instructions:

- Half an avocado & discard the seed. To create a place for the egg, scoop out a portion of the avocado.
- Break the egg and place the yolk in the avocado.
- Wrap inside aluminum foil.
- Cook for 15 to 20 minutes, or until the egg is fully cooked.
- Unwrap the packet carefully and season the egg using salt and pepper.

Nutritional facts: Calories 149, Fat 12g, Protein 19g, Carbs 10g

2.10 Bacon and Potato Hash

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 4

Ingredients:

- 1 cup of Colby cheese, shredded
- 4 cups of hash brown potatoes
- 1 teaspoon of black pepper
- ½ pound of bacon, diced and cooked
- 4 8”x8” or larger pieces of greased aluminum foil
- 1 cup of corn kernels
- 1 teaspoon of Cajun seasoning
- 1 cup of yellow onion, diced
- 1 teaspoon of salt

Instructions:

- Cajun seasoning, salt, & pepper are used to season the hash browns.
- One cup of potatoes should be placed in the center of each sheet of foil.
- Combine the corn, bacon, onion, and cheese.
- Fold the packets in half and place them over the heat source, flipping them occasionally for around 15 minutes or till the ingredients are thoroughly heated. For crispier potatoes, cook for a few minutes longer.

Nutritional facts: Calories 387, Fat 13g, Protein 28g, Carbs 12g

Chapter 3: Lunch Recipes



3.1 Bacon Ranch Chicken Bake

Preparation Time: 10 min

Cooking Time: 40 min

Servings: 4

Ingredients:

- 1 package of ranch dressing/seasoning mix
- 1 cup of cherry tomatoes, cut in half
- 1 pound of boneless chicken breast, cubed
- ½ pound of bacon strips, diced
- 1 cup of red onion, sliced
- 1 18x18 or more significant piece of greased aluminum foil
- 1 cup of sour cream
- 1 tablespoon of olive oil

Instructions:

- Combine the red onion, chicken, bacon, and cherry tomatoes inside a large-sized mixing dish or bag.
- Combine the sour cream with ranch dressing mix inside a separate container.
- Drizzle olive oil over the chicken and veggies before adding the sour cream mixture.
- Toss the chicken and vegetables together till they are uniformly coated.
- Fold the aluminum foil into a tent shape with all ingredients in the center.
- Cook for around 35 to 40 minutes, or till the chicken reaches 165°F, depending on your heat source.

Nutritional facts: Calories 273, Fat 10g, Protein 29g, Carbs 21g

3.2 Quesadilla

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 1

Ingredients:

- Any meats or veggies you'd like to add
- ½ cup of Mexican blend cheese
- 1 flour tortilla

Instructions:

- Place the tortilla on a foil sheet.
- Fill the tortilla with cheese and other toppings. Beef, chicken, and shrimp are all terrific choices. For a loaded quesadilla, add bell peppers, onions, and mushrooms. Before putting the meat and veggies inside the tortilla, cook them in a skillet.
- Fold the tortilla in half & then in half again.
- Wrap the aluminum foil over the quesadilla's top.
- Cook till the cheese is melted in the foil wrapper over direct flame.

Nutritional facts: Calories 230, Fat 9g, Protein 23g, Carbs 17g

3.3 Chili Con Carne

Preparation Time: 10 min

Cooking Time: 70 min

Servings: 6

Ingredients:

- Spice packet
- 1 teaspoon of salt
- ½ teaspoon of freshly ground black pepper
- 1 teaspoon of crushed chilies
- 1 ½ teaspoon of chili powder
- 2 ½ teaspoons of ground cumin
- 1 tablespoon of dried oregano
- 1 tablespoon of paprika
- 1 bay leaf
- 1 stick of cinnamon
- 3 cloves of garlic, chopped
- 1 (15-ounce) can of red kidney beans, rinsed and drained
- 1 ½ pound of lean ground beef
- 3 cloves of garlic, chopped
- 1 large onion, chopped
- 1 (15-ounce) can of black beans, rinsed and drained
- 2 (14.5-ounce) cans of diced tomatoes with liquid

Instructions:

- Combine the spices inside a closed container or a reusable bag at home.

- Place your 12-inch Dutch oven over 18 briquettes at the campsite.
- Brown the ground beef in a skillet & drain any excess fat.
- Add the onion & sauté till soft, then add the garlic and stir to combine. Toss in the tomatoes and seasonings.
- Cover the pot and place 16 briquettes on the bottom and 8 on the top. Cook for around 45 minutes at 325°F, stirring occasionally.
- Cook for another 15 minutes after adding the beans. Before serving, take out the cinnamon stick & bay leaf.

Nutritional facts: Calories 318, Fat 12g, Protein 19g, Carbs 30g

3.4 Sweet & Savory Grilled Tempeh

Preparation Time: 20 min

Cooking Time: 5 min

Servings: 4

Ingredients:

- 1/4 cup of Maple syrup
- 2 tablespoons of Soy sauce
- 8 oz. of Tempeh

Instructions:

- Combine the apple cider vinegar, soy sauce, and maple syrup inside a zip-lock plastic bag large enough to hold the tempeh.
- Cut the tempeh into four pieces. Place them in a zip lock bag with the marinade. Ensure the tempeh slices are evenly coated and marinate for at least thirty minutes.
- Grill or barbeque the tempeh over an open fire, or roast it in a cast iron pan with a bit of oil. Cook for around 2 to 3 minutes on both sides.

Nutritional facts: Calories 181, Fat 4g, Protein 6g, Carbs 13g

3.5 Drunken Cauliflower Tacos with Quick Pickled Red Onions

Preparation Time: 5 min

Cooking Time: 25 min

Servings: 6

Ingredients:

Cauliflower Tacos

- 1 head of chopped cauliflower
- 2 tablespoons of cumin
- 1 tablespoon of sea salt
- 2 tablespoons of dried oregano
- 1/8 tablespoon of cayenne
- 2 cloves of minced garlic
- ½ cup of lager beer
- 6 corn tortillas
- 1 tablespoon of olive oil

Quick pickled onions

- 1 small sliced red onions
- 2/3 juiced limes

Instructions:

- To make the fast-pickled onions, combine the salt, lime juice, and onions inside a small bowl. Let them stay for around 15 to 20 minutes, tossing every 5 minutes.
- Cook the cauliflower in a skillet with cumin, beer, garlic, salt, dried oregano, and cayenne pepper.
- Bring to the boil quickly. Cook, frequently stirring, till all the liquid

has evaporated. If the liquid has evaporated, add the olive oil and continue to sauté till the cauliflower is tender and brown.

- Heat the tortillas: While the cauliflower is cooking, heat the tortillas. We do this for one tortilla on a stove burner, turning every 15-20 seconds to toast all sides. You may finish this over a campfire or in the oven if you're at home.
- Fill each tortilla with a scoop of pickled onions, cauliflower, and perhaps additional toppings.

Nutritional facts: Calories 301, Fat 13g, Protein 18g, Carbs 29g

3.6 Garlic-Infused Leg of Lamb



Preparation Time: 10 min

Cooking Time: 2 hours

Servings: 12

Ingredients:

- 1 teaspoon of black peppery
- 1 boneless leg of lamb, about 8 pounds
- 2 tablespoons of oregano
- 8 garlic cloves, chopped
- ¼ cup of extra virgin olive oil
- 1 tablespoon of rosemary
- 2 tablespoons of salt

Instructions:

- You'll need to have your fire area ready for the stick-spit approach.
- If using a blender, make the garlic paste ahead of time. You may do

it at the campsite if you bring a mortar and pestle.

- Blend or pound garlic cloves, black pepper, rosemary, oregano, salt, and 1/4 cup of olive oil into a paste.
- Apply the paste to the lamb and place it on a spit stick.
- Cook the lamb for around 20 minutes, flipping every 7 minutes, at least 5" over medium-high heat.
- Cook the lamb for around 2 hours over indirect heat, or till the internal temperature reaches 130°F.
- Serve with the potatoes & vegetables as desired.

Nutritional facts: Calories 336, Fat 16g, Protein 39g, Carbs 19g

3.7 Skillet Cornbread

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 8

Ingredients:

- 1 cup of milk
- 1 tablespoon of baking powder
- 1 cup of med grind cornmeal
- 1/2 tablespoon of oil
- ½ cup of flour
- 1 egg
- 2 tablespoons of honey
- ½ tablespoon of salt

Instructions:

- In a large-sized mixing dish, combine the salt, flour, cornmeal, and baking powder.
- Add the egg, honey, & milk to the dry ingredients. Mix till everything is well blended.
- Heat the oil inside the iron frying pan over a high flame, then cover & flip it. Put the batter inside the pan, making sure it's evenly distributed. Cover the pan using foil, pinching the edges together.
- Cook for around 15 minutes over medium-low flame, then remove from the fire and let the bread rest for another five minutes (also now covered). Enjoy it by cutting it into slices.

Nutritional facts: Calories 288, Fat 14g, Protein 11g, Carbs 27g

3.8 Artichoke & Poblano Paella

Preparation Time: 10 min

Cooking Time: 40 min

Servings: 2

Ingredients:

- 3 cloves roughly minced garlic
- 2 Poblano peppers
- 14 oz. of can halved & drained artichoke hearts
- 1 large diced shallot
- 3 green onions
- ½ tablespoon of salt
- 14 oz. of can broth
- ¼ cup of tempranillo
- Saffron pinch
- 2 tablespoons of olive oil
- ½ cup of rice

Instructions:

- Place the sausage, green onions, and Poblano peppers on the grill pan directly over the heat, frequently rotating, till the onions & peppers are soft and crispy, and the sausage is fully cooked.
- Remove it off the grill. Cut your sausage into quarter-inch slices. Allow the peppers to cool, remove the seeds, peel the skin, and cut. Cut the green onions into small pieces.
- Place the cast iron pan directly over the grill or barbeque. Add enough oil to cover the bottom of the pan before adding the shallots. Sauté for 3 to 5 minutes, or until smooth.
- Sauté the garlic slices and sausage for about 30 seconds, or till the

garlic is fragrant.

- Cook for around 2 to 3 minutes, frequently stirring, till the rice is barely transparent at the ends.
- Allow 1/4 cup of red wine to evaporate in the skillet. The broth is then added. Mix well to evenly distribute all of the ingredients, then cook for 20 to 30 minutes, occasionally stirring, till all the liquid has been absorbed. To season, season using salt and a touch of saffron.
- Add the artichoke hearts, sliced green onions, and Poblano to the skillet to reheat. The paella on the bottom will begin to form the Socarrat at that point. Cook for a few more minutes to ensure that the Socarrat has formed. You should hear the rice crackle within a few minutes, indicating that the meal is almost finished.
- Serve right away.

Nutritional facts: Calories 224, Fat 12g, Protein 5g, Carbs 15g

3.9 Dutch oven Chicken Marbella

Preparation Time: 10 min

Cooking Time: 45 min

Servings: 4

Ingredients:

- 1/4 cup of capers
- 2 tablespoons of dried oregano
- 1 cup of halved & pitted olives
- 4 tablespoons of brown sugar
- 1/2 cup of dry white wine
- 6 cloves of roughly minced garlic
- 1 tablespoon of salt
- 1 cup of chopped prunes
- 1/4 cup of red wine vinegar
- 2 bay leaves
- 4 skin-on chicken thighs
- 1 tablespoon of olive oil

Instructions:

- Put the bag inside the freezer to marinate all the ingredients except brown sugar and oil. Place your icebox in the freezer for at least 6 hours and up to 2 days.
- Twenty-seven preliminary coals for the campfire. If necessary, you might use wood embers, but you'll need to check the heat ratio (you're looking for 220 c). When all the coals are ready, combine them into a single pile and place them on top of the Dutch oven. This would generate the additional heat required for browning.
- To brown the chicken, heat 1 tablespoon of oil in a Dutch oven.

When the water droplets sizzle as they strike the skillet, the oil is ready & heated. Remove the chicken from the marinade and brush 1 tablespoon of brown sugar over the skin side of both thighs. Brown the skin side of the thighs at a high temperature for around 6-8 minutes, or until the skin becomes crispy and the color changes to a deep golden brown. Please brown it on the other side for two minutes.

- Turn off the heat in the Dutch oven and bake. Cover the Dutch oven with the marinade. 18 coals evenly distributed on the lid, and 9 coals in the Dutch oven. After 30 minutes in the oven, the thighs are fully cooked, and fluids run clear when poked with a knife.
- Serve with a few spoonfuls of sauce, then serve over couscous, pilaf, or rice.

Nutritional facts: Calories 224, Fat 12g, Protein 5g, Carbs 15g

3.10 Chili Con Carne

Preparation Time: 10 min

Cooking Time: 70 min

Servings: 6

Ingredients:

- Spice packet
- 1 teaspoon of salt
- 2 ½ teaspoons of ground cumin
- 1 ½ teaspoon of chili powder
- ½ teaspoon of freshly ground black pepper
- 1 teaspoon of crushed chilies
- 1 tablespoon of dried oregano
- 1 stick of cinnamon
- 1 tablespoon of paprika
- 1 bay leaf
- 1 large onion, chopped
- 3 cloves of garlic, chopped
- 1 ½ pound of lean ground beef
- 2 (14.5-ounce) cans of diced tomatoes with liquid
- 1 (15-ounce) can of black beans, rinsed and drained
- 1 (15-ounce) can of red kidney beans, rinsed and drained

Instructions:

- Combine the spices inside a closed container or a reusable bag at home.
- Arrange your 12-inch Dutch oven on 18 briquettes at the campsite.
- Brown the ground beef, & drain any excess fat.

- Cook till the onion is translucent, then add the garlic. Toss in the tomatoes and seasonings.
- Cover the pot and place 16 briquettes on the bottom and 8 on the top. Cook for around 45 minutes at 325°F, stirring occasionally.
- Cook for another 15 minutes after adding the beans. Before serving, take out the cinnamon stick & bay leaf.

Nutritional facts: Calories 318, Fat 12g, Protein 19g, Carbs 30g

Chapter 4: Dinner Recipes



4.1 Easy Beer-Battered Fish Fillets

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 8

Ingredients:

- ½ cup of extra virgin olive oil
- 8 fish fillets
- 2 cups of buttermilk pancake mix
- 8 lemon halves
- Salt & vinegar, to taste
- 2 cups of beer

Instructions:

- Stir up the buttermilk pancake mix and beer till well combined.
- Place the cast-iron skillet on the grill over the flames and drizzle using olive oil. Allow 5 minutes for the olive oil to heat up. The grill should be set to the lowest possible temperature.
- Drop the fish fillets into the skillet after dipping them in the batter. The oil must be hot enough to cook the fish fillets; otherwise, they will not cook properly.
- Cook the fillets on each side till golden brown.
- Squeeze lemon over filets & season to taste using salt and vinegar.

Nutritional facts: Calories 253, Fat 16g, Protein 39g, Carbs 22g

4.2 Foil-Wrapped Ground Beef Veggie Stew

Preparation Time: 10 min

Cooking Time: 15 min

Servings: 1

Ingredients:

- 1 carrot, cut into coins
- ½ pound of hamburger
- 1 tablespoon of basil, chopped
- ½ cup of water
- 1 stick of celery, chopped into small pieces
- ½ medium onion, diced
- 1 can of cream of mushroom soup
- ½ of clove garlic, minced

Instructions:

- Inside a skillet, brown the hamburger.
- Aluminum foil can be used to make a cup.
- Stir together all of the ingredients inside the cup.
- Fold aluminum foil over the top of the cup & place it immediately in the fire's embers.
- Allow to cook for around 15 minutes, or till vegetables are tender.
- Allow cooling for 10 minutes before serving heat.

Nutritional facts: Calories 278, Fat 15g, Protein 21g, Carbs 35g

4.3 Tomato Chickpea Soup

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 8

Ingredients:

- 2 medium yellow onions, diced
- 1 cup of basmati rice, rinsed
- ¼ cup of extra-virgin olive oil
- 1 bunch of kale, trimmed and chopped (about 3 cups)
- 2 (15-ounce) cans of chickpeas, drained and rinsed
- 1 stalk of celery, diced
- ½ teaspoon of black pepper
- 4 cloves of garlic, minced
- 2 (28-ounce) cans of crushed tomatoes
- Hot sauce or crushed chilies, to taste
- 1 quart of low-sodium vegetable stock
- ¼ cup of tomato paste
- 1 teaspoon of salt

Instructions:

- Warm the oil in your Dutch oven over 18 embers and cook the onion & celery for around 3 to 5 minutes. Cook, constantly stirring, till the garlic is fragrant.
- Stir in the kale for a minute or two until it wilts.
- Toss in the tomatoes, stock, and rice. Bring the mixture to a boil, then reduce to a low flame and cook for around 15 to 20 minutes.
- Combine the tomato paste, pepper, chickpeas, salt, and spicy sauce

inside a large mixing bowl. Cook until thoroughly heated, then serve.

Nutritional facts: Calories 323, Fat 9g, Protein 11g, Carbs 52g

4.4 Spiced Lentil Soup

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 4

Ingredients:

- Spice packet
- $\frac{1}{4}$ teaspoon of cinnamon
- 2 teaspoons of ground turmeric
- $\frac{1}{2}$ teaspoon of sea salt
- 1 $\frac{1}{2}$ teaspoon of ground cumin
- $\frac{1}{2}$ teaspoon of black pepper
- 2 tablespoons of extra virgin olive oil
- Pinch red pepper flakes
- 1 large onion, diced
- $\frac{3}{4}$ cup of red lentils, rinsed and drained
- 3 cloves of garlic, minced
- 1 (15 ounces) can of light coconut milk
- 1 (15-ounce) can of diced tomatoes with juices
- 3 cups of packed baby spinach
- 1 tablespoon of fresh lemon juice
- 1 quart of low-sodium vegetable broth

Instructions:

- Combine the spices inside a small, covered container and seal it at home.
- Warm the oil inside your Dutch oven over 18 embers and cook the garlic and onions till soft.

- Mix in the spices and lentils thoroughly. Cook for another minute or two, but be careful not to burn the spices.
- Combine the coconut milk, tomatoes, and broth in a bowl. Bring to the boil, then reduce to low heat and cook for around 20 minutes, or till the lentils are cooked.
- Cook till the spinach wilts, then add the spinach & lemon juice.

Nutritional facts: Calories 254, Fat 14g, Protein 7g, Carbs 25g

4.5 Shrimp Steak Foil Packet

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 4

Ingredients:

- 1 tablespoon of parsley (chopped)
- ½ lb./226g of Sirloin steak (cubed)
- 1 cup of cherry tomatoes
- ½ lb. /226g of Shrimp (cleaned, deveined)
- 1 red onion (sliced)
- 1 lemon (wedged)
- 2 ears of Corn (divided into four pieces)
- 2 cloves of garlic (sliced)
- 4 sprigs of thyme
- Salt & pepper to taste
- 4 tablespoons of olive oil

Instructions:

- Evenly distributed, evenly distributed, prepare 4 foil packets with steak, shrimp, corn, lemon wedges, red onion, tomatoes, and garlic.
- Drizzle with olive oil and season using thyme, salt, & pepper.
- Fold the foil paper in half and cook for 6 to 8 minutes on each side over a campfire or grate.
- Before serving, garnish with parsley.

Nutritional facts: Calories 299, Fat 16g, Protein 29g, Carbs 13g

4.6 Hawaiian Style Pork Chops



Preparation Time: 10 min

Cooking Time: 25 min

Servings: 4

Ingredients:

- 1 small onion, diced
- 1 cup of pineapple juice
- Boned pork chops
- 2 tablespoons of brown sugar
- 3 tablespoons of soy sauce
- Salt & black pepper to taste
- 1 tablespoon of sesame oil

Instructions:

- At Home: For the marinade, combine salt, pineapple juice, onion, sesame seed, soy sauce, butter, and pepper. Add the chops to the marinade. Keep inside a cooler or refrigerator till ready to use.
- At Camp: Dump the marinade after cutting the marinated chops. Cook for 5 minutes on each side on a finely oiled grill rack inside a medium-hot sun, rotating once, or till an instant-read thermometer placed into the center of the chops reads 170° F.

Nutritional facts: Calories 264, Fat 10g, Protein 28g, Carbs 19g

4.7 Hobo Chicken and Vegetables

Preparation Time: 10 min

Cooking Time: 25 min

Servings: 4

Ingredients:

- 4 cloves of garlic, diced
- 1 lb. of chicken breast, skinless, boneless, cubed
- 1 pkg (8 oz.) of mushrooms
- 1 lemon, juiced
- 4 small potatoes, cubed
- 1 onion, diced
- 1/4 cup of butter

Instructions:

- Add the chicken, garlic, onion, mushrooms, and potatoes inside a large mixing dish or zip-lock bag. Blend in the lemon juice thoroughly. Divide the mixture evenly between four large pieces of aluminum foil, place it in the center, and top with butter slices.
- Fold two foil ends in half to cross in the middle, then roll to secure them down. Roll inward into the remaining two ends' mixture to keep it sturdy.
- Place over the campfire for around 40 minutes, or till the chicken is well cooked, seam side up. Remove the pan from the flame and set it aside to cool for a few minutes. When opening foil packets, be careful not to get burned by the steam.

Nutritional facts: Calories 307, Fat 9g, Protein 27g, Carbs 21g

4.8 Foil-Wrapped Cheesy Potatoes

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 1

Ingredients:

- ½ clove of garlic, minced
- 1 large potato
- ½ medium onion, chopped
- ¼ cup of mozzarella cheese
- ½ teaspoon of sea salt
- 3 tablespoons of crumbled bacon
- ½ teaspoon of pepper
- ¼ cup of cheddar cheese
- 1 tablespoon of butter

Instructions:

- Potatoes should be cut into cubes.
- Wrap the foil wrap securely around all of the ingredients.
- Place the foil wrap over a hot bonfire for 15 to 20 minutes, until the potatoes are cooked and the cheese has melted.
- Allow cooling for 10 minutes before eating.

Nutritional facts: Calories 295, Fat 20g, Protein 49g, Carbs 37g

4.9 Dad's Quick and Easy Tri-Tip

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 6 to 8

Ingredients:

- 1 teaspoon of black pepper
- 1 tri-tip
- 1 cup of olive oil
- 4 cloves of garlic, minced
- 3 tablespoons of Pappy's seasoning
- 1 teaspoon of fresh lime juice

Instructions:

- Inside a big freezer bag, combine all marinade ingredients & shake till well combined.
- Allow tri-tip to marinate overnight inside a bag.
- Set up the grill for direct cooking.
- Cook the tri-tip for 6 to 8 minutes on each side of the grill over the embers.
- To finish grilling, move the tri-tip to a location away from the embers. Cook the tri-tip for 5 to 10 minutes longer on each side, based on how you want it.
- Allow around 8 to 10 minutes for the tri-tip to rest before slicing and serving.

Nutritional facts: Calories 201, Fat 9g, Protein 11g, Carbs 19g

4.10 Jambalaya Foil Packet

Preparation Time: 10 min

Cooking Time: 25 min

Servings: 4

Ingredients:

- 1 Green pepper (diced)
- 1 lb/453g of Sausage (sliced)
- 1 cup of instant rice
- ½ Yellow onion (diced)
- 1 cup of Water/Chicken broth
- 2 ribs celery (diced)
- 1 Red bell pepper (diced)
- 3 tablespoons of Cajun seasonings

Instructions:

- Combine all ingredients inside a large-sized mixing dish or container.
- Pour the mixture into four foil packets.
- Cook for around 20-25 minutes over the campfire or until the rice is tender.

Nutritional facts: Calories 349, Fat 12g, Protein 19g, Carbs 23g

Chapter 5: Dessert Recipes



5.1 Deconstructed Peach Cheesecake

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 4

Ingredients:

- 1 cup of cream cheese
- 2 peaches, halved, pitted
- 7 tablespoons of honey, plus more for drizzling
- 10 graham crackers
- 1 teaspoon of vanilla

Instructions:

- Graham crackers should be crushed and divided among four plates.
- Brush peaches with honey & vanilla mixture.
- Set aside the leftover honeyed vanilla with cream cheese.
- Peaches should be threaded onto two sticks and cooked 6" above the fire till golden.
- Place a quarter cup of cream cheese on every graham cracker serving. If desired, drizzle with honey.
- Serve peaches cut into slices on top of cream cheese.

Nutritional facts: Calories 218, Fat 9g, Protein 12g, Carbs 20g

5.2 Orange Cupcakes

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 6

Ingredients:

- A container of cream cheese frosting
- Box of cupcake mix
- 6 oranges

Instructions:

- Remove the top third of the oranges.
- Scoop out the orange's pulp to create a hollow shell.
- Prepare the cupcake mix according to the package guidelines.
- Fill each orange 2/3 full with cupcake batter.
- Place the top of the orange and wrap it with foil to keep it in place.
- Place the foil-wrapped orange in the embers and bake for 10 to 20 minutes, or until the cupcake is fully cooked.
- Let cool.
- Enjoy the frost.

Nutritional facts: Calories 249, Fat 9g, Protein 11g, Carbs 25g

5.3 Oreo Pudding Pie

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 6

Ingredients:

- 1 package of Oreo cookies
- 1 graham cracker pie crust
- 4 cups of milk
- 1 box of instant chocolate pudding
- A can of whipped cream
- 1 box of instant vanilla pudding

Instructions:

- Add 2 cups of milk to the mix & whisk for around 3 minutes to make the vanilla pudding. Allow 5 minutes for it to set.
- Make the chocolate pudding the same way. It may be made while you wait for the vanilla pudding to set.
- Pour vanilla pudding into the bottom half of the graham cracker shell.
- Fill the remaining space with chocolate pudding.
- Spread whipped cream on top of the pie.
- Sprinkle Oreo cookies on top.
- Wrap in aluminum foil and place in an ice chest till ready to serve.

Nutritional facts: Calories 271, Fat 15g, Protein 19g, Carbs 27g

5.4 S'Mores

Preparation Time: 10 min

Cooking Time: 15 min

Servings: 1

Ingredients:

- Jumbo marshmallows
- Milk chocolate bars
- Graham crackers

Instructions:

- Using a skewer, roast a giant marshmallow over the campfire till golden brown.
- Place a slice of chocolate and a toasted marshmallow on a graham cracker and top with another graham cracker to make a sandwich.
- Wait 60 seconds for the chocolate to melt and the marshmallow to cool before eating.

Nutritional facts: Calories 187, Fat 14g, Protein 9g, Carbs 15g

5.5 Grilled Pineapple with Cinnamon Sugar



Preparation Time: 10 min

Cooking Time: 10 min

Servings: 4 to 6

Ingredients:

- 1 pineapple, cut, cored, sliced into 6 wedges
- 2 teaspoons of ground cinnamon
- 1 cup of brown sugar

Instructions:

- Fill a sealable bag halfway with cinnamon and sugar. Seal the bag and shake to include the pineapple wedges. Make sure each component is coated correctly.
- Place the pineapple slices on the grill directly. Cook for around 3-5

minutes per side, till the sugar has melted and the pineapple has attractive grilling marks.

Nutritional facts: Calories 224, Fat 12g, Protein 5g, Carbs 12g

5.6 Campfire Banana Boats

Preparation Time: 10 min

Cooking Time: 0 min

Servings: 1

Ingredients:

- 8 mini marshmallows
- 1 Banana
- 1 square of graham cracker
- 2 tablespoons of chopped chocolate

Instructions:

- Remove the peel from a banana & cut it down the middle. On the other hand, not all the way through, but enough to scrape the peel with the knife's edge. Push the skin and banana apart a little.
- In the middle of the banana, stuff chocolate & marshmallows.
- Wrap aluminum foil around the banana. Before the fillings have melted and the banana has cooked, place it on a campfire or grill for about 10 minutes.
- With a crumbled graham cracker, unwrap the banana & tip it. Serve and have fun.

Nutritional facts: Calories 224, Fat 12g, Protein 5g, Carbs 12g

5.7 Apple Crisp

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 2

Ingredients:

- 1 tablespoon of oil or butter
- 1 tablespoon of cinnamon, ground
- 2 or 3 apples, 1/4" thinly-sliced
- 2 tablespoons of Bourbon
- 1 cup of granola
- 1/2 tablespoon of Nutmeg, ground
- 1/4 cup of brown sugar
- 1/2 tablespoon of cloves, ground

Instructions:

- Sauté the sliced apples in a bit of oil or butter in an 8' or 10' cast iron pan over medium flame until they soften, around 5 minutes.
- After removing the pan from the flame, evenly sprinkle the granola on top. Stir together the bourbon, spices, & sugar. Continue to cook for around 5-10 minutes till the sauce thickens as well as the apples are tender.
- Serve straight from the pan or in individual dishes with a massive scoop of coconut ice cream!

Nutritional facts: Calories 150, Fat 5g, Protein 3g, Carbs 2g

5.8 Pineapple Donut Delight

Preparation Time: 10 min

Cooking Time: 12 min

Servings: 1

Ingredients:

- 1 tablespoon of butter
- ½ teaspoon of cinnamon
- 1 unfrosted cake donut
- 2 tablespoons of brown sugar
- ½ cup of pineapple chunks

Instructions:

- The donut should be broken into pieces and placed on foil.
- Brown sugar & cinnamon are added to melted butter. It should be spread on the top of the doughnut.
- Sprinkle pineapple pieces on top.
- Wrap inside aluminum foil.
- Place the foil packet immediately in hot coals for around 8 to 12 minutes.
- Allow cooling for around 10 minutes before serving.

Nutritional facts: Calories 259, Fat 12g, Protein 16g, Carbs 37g

5.9 Autumn Plum Skillet Tart

Preparation Time: 10 min

Cooking Time: 50 min

Servings: 4

Ingredients:

- 2-3 cups of ice water
- 1 cup of flour, plain
- 1/3 cup of water
- Salt
- 2 tablespoons of honey
- 4 tablespoons of grated butter
- 2 tablespoons of sugar coconut
- 4 to 5 ripe black plums

Instructions:

- Inside a saucepan, cut the plums into wedges and add a portion of the coconut sugar & water.
- Bring to the boil and simmer over an open fire, occasionally stirring to avoid sticking and adding extra water as needed (but the plums must begin to release moisture as they cook).
- Save the liquid in a separate pan till the plum is mushy; use it to make syrup for the Plum & Rosemary Prosecco Spritz.
- Unroll the baking sheet & place it in a pan with the edges cut out. Place the plum chunks inside the skillet on one flat sheet. Drizzle with honey and fold the corners carefully.
- Cover using aluminum foil or a lid and simmer on low flame till the edges begin to brown.

Nutritional facts: Calories 240, Fat 7g, Protein 16g, Carbs 12g

5.10 Grilled Peaches with Yogurt, Honey, and Mint

Preparation Time: 10 min

Cooking Time: 10 min

Servings: 12

Ingredients:

- 1 tablespoon of brown sugar
- 2 large fresh peaches
- 3 or 4 minced leaves of mint
- 1 or 5.3 oz. of Thick yogurt or vanilla-like Greek yogurt

Instructions:

- The pits are removed after cutting the peaches in half. Brown sugar should be sprinkled over the sliced sides.
- Place the side-cut peaches on the grill over low to medium flame and cook for around 8 minutes until they begin to soften. Remove each half of the peach from the grill and top with vanilla yogurt, sugar, and a touch of mint. Serve and have fun.

Nutritional facts: Calories 240, Fat 7g, Protein 12g, Carbs 12g

Conclusion

We hope we've piqued your interest and demonstrated why prepping makes sense to certain people who want to be safe and prepared for whatever life throws. This book depicts a future in which the majority of the planet has been pushed into complete turmoil and disarray. For some people, this may appear to be an extreme way of life, but we can assure you that it is not.

The world in which we now live is unpredictable and dangerous. We never know when anything could happen to make it impossible for us to leave our homes or find the items we need daily, such as food, home defense, first aid, etc.

However, this guide gives you all the information you need to stay safe during an emergency.

Preparing is a wise decision. It's not just about being prepared for the worst; it's about being ready to survive and thrive in any situation. Even if society as we know it collapses around us, this book will teach you how to be self-sufficient and live off your resources. This book benefits everyone who is neither a prepper nor a survivalist. This guide includes something for everyone, whether you want to learn more about prepping or prepare yourself for everyday emergencies.

Every chapter of this book is crucial because we want you to be as prepared as possible for whatever life throws your way. To live a better, safer life, read every word and retain as much knowledge as possible.

Are you ready to take charge of your life and begin planning? If you want to be prepared for any emergency, the next several months will be difficult. However, the picture of you having food security & your family's safety will keep you going. Divide the entire procedure into little milestones and be pleased with yourself for completing each one. You will succeed!

