

30-Day Urban Survival Guide:

What you need to know to be self-sufficient for 30 days



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SPECIAL REPORT

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Dear Friend,

With the world we live in today, I believe it's very important that all Americans have the ability to sustain themselves for at least 30 days.

You never know if we're going to have a temporary economic meltdown with bank closures and ATMs running dry...

You don't know when the next natural disaster is going to hit... and who knows what types of wars we will be involved with in the future, especially with Iran and North Korea.

Therefore, to be better protected in the future I've created this simple report listing a few items I encourage you to have on hand.

First, let's start with water.

Water

You should have one gallon of water stored per person per day. In other words, one person will need 30 gallons of water over a 30-day period. So how do you store this much water? One option is the 55-gallon water storage barrels. You can buy these at Costco and one of the companies that make them is Shelf-Reliance.

I realize that's a lot of water to have stored, but perhaps you have a storage room in your basement for this water. Another option you can use is the 7-gallon

containers. If you Google “Reliance Products Aqua-Tainer 7 Gallon Rigid Water Container” you’ll see what I’m referring to.

The benefit of the 7-gallon containers is that they’re obviously easier to transport.

However, I believe one of the big myths of a disaster scenario is that we’re all going to “bug out” and go to our super secret shelter in the mountains. It’s far more likely you’re going to shelter-in-place in your home because that’s where all of your supplies are and you already have a roof over your head and a solid structure to live in.

I don’t have to tell you that leaving your perfectly good home to sit in traffic for hours on the highway (going nowhere) is probably not the best idea. In fact, the only time you want to leave your home is if a disaster is coming that could destroy it, such as a tornado or hurricane or some type of man-made disaster.

In addition to storing water in the containers I mentioned above, there are also many other places you can get water. There is water in your toilet tanks, water in your hot water heater and water in your washing machine if you immediately turn it on after a disaster. There is also water in creeks or rivers that may be nearby.

If you’re getting water out of a creek or out of your hot water heater, you’re going to want to purify it. Katadyn makes some of the best water purifiers on the planet. It’s what I own and what I use when I go hiking and camping. Of course, there are dozens of other water filters out there so find one you like.

If you don’t have a water filter (which you definitely should) you can use Chlorine bleach. Add 3 to 4 drops of bleach to each quart of water you want to purify. Once you add the bleach, shake the container and then let it sit for 30 minutes. After 30 minutes you’ll want to smell the water. It should smell like bleach. If it doesn’t, you need to add another drop of bleach and wait another 30 minutes. If the water you’re trying to disinfect is extremely cold you need to let it sit a full two hours before you attempt to drink it.

Another way to purify the water is to boil it, if you have that option. Boiling is simple to do and you won’t have to taste bleach in your water if you use this method.

By the way, I recommend changing out your water storage every year. So every 12 months empty out your containers, disinfect them and then put in fresh water.

Now let’s move on to food...

Food

Storing enough food for 30 days is not a difficult task at all. You could simply go to the grocery store and buy a good amount of canned goods.

Another option is what my wife and I do because we believe in having food storage for a year. First, you need to get several buckets. You can buy the food grade buckets (which are expensive) or you can go to a place like Home Depot and buy their painter's buckets. If you buy the painter's buckets you must store your food in Mylar bags.

Mylar bags come in several different sizes so you can put one meal per bag if you choose. Or you could use larger bags that would make two meals or an entire day worth of meals.

Let me give you an example of how this all works...

Let's say you decide that you're going to buy two 50-pound bags of rice from Costco as part of your food storage and you're going to put them in the Home Depot buckets.

You would need to get Mylar bags and you would need to decide how many cups of rice you're going to put in each bag. Measuring out your rice by cups saves you time later because you'll know each bag is a certain amount of cups and therefore needs a certain amount of water to make a meal. Each bag could be enough rice for your family for one meal or for a whole day, whichever works best for you. Once you put your cups of rice in each bag you need to seal the bags with a clothes iron. (You just run the hot iron over the bag and the heat seals it.)

Once the bag is sealed you throw it in the bucket and once the bucket is full you move onto the next one. Be sure you have a top for your bucket to keep out critters. Of course, you can use this method with rice, flour, and all types of grains.

Just make sure you have enough food for 30-days and that as you use your canned food or bags of rice that you remember to replace them. My wife runs an inventory of literally every item of food in our house every 3 months and then she replenishes what we need in our long term storage to ensure we are always at one full year of food.

Also, don't forget about food and water storage for your pets. Make sure you have a 30-day supply for Fido and Fluffy too.

You'll also want to have at least one manual can opener in your house (we have 3)... a small backpacking stove with fuel for 30 days to cook meals if needed

(Coleman and MSR make good stoves), several books of matches and several cigarette lighters.

Now let's get to guns...

Guns

It's pointless to have food storage and water storage if you don't have a way to defend these supplies and keep people from entering your home during a disaster.

There are three types of guns that I believe everyone ought to have.

First, you need handguns. These are for walking around on the streets where you want to be able to conceal your firearm. As you may know, the handgun I use is a Glock 19. Whatever type of handgun you buy, make sure you train with it. (You can get my Defensive Pistol course for free at www.FreePistolCourse.com.)

The next type of gun you should buy is a shotgun. The shotgun is the ultimate home defense weapon. The shotgun I use is a Remington 870. I use 00 buckshot for my ammo in my shotgun. If you don't want to buy Remington, then Benelli and Mossberg are also excellent shotgun companies.

Finally, you need some rifles.

The rifle is perhaps the most important gun to have if the "stuff really hits the fan." I recommend having at least two types of rifles. First you need a .22 (I like the Ruger 10/22.) This gun is easy to use and a less experienced person could use it to defend themselves if they needed to. Also, if you run out of food, the .22 is great for hunting small animals like rabbits.

The other rifle I recommend is an AR-15 (I like Rock River Arms.) The AR-15 is a good close quarters rifle, so if the world really is coming to an end it's a much better option than using a handgun or shotgun to defend yourself.

Just remember to train with all your firearms and to have plenty of ammunition. At least 1,000 rounds for the handgun, 200 shells for the shotgun, 1,000 rounds for each of the rifles. These are minimums in my opinion (and needless to say, I have a lot more stored than that.)

Now I want to give you a list of other miscellaneous gear you might want to have on hand at your house...

Misc. Gear

- Hand crank AM/FM radio in case the electricity goes out
- Hatchet (multiple uses)
- A very good quality and comprehensive First Aid kit. You should buy one ASAP if you don't have one in your house. Remember to add any medications you take.
- Duct tape
- Sleeping bags in case you need to stay warm
- Well-equipped toolbox
- Money stored in a fireproof safe. (For instance, \$500 in twenty-dollar bills)
- Fixed blade knife
- Propane lantern with propane canisters
- Several propane tanks (and adaptor if needed) for your propane cooking stove
- Candles
- Flashlights with plenty of batteries

Of course, this list could go on forever, but these are just some of the things you should consider having at home.

And the fact is, if you have these items, you'll be better prepared than the majority of Americans if a major disaster occurs. Also, in addition to this short report there are many books you can read on emergency preparedness and survival.

But even if you never plan to read those books, at least get your food, water and guns in order so you'll be prepared for the unexpected and so your family will be taken care of.

Stay safe,



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P.S. If you want to learn additional firearm secrets, don't forget to check out the *Ultimate Concealed Carry Experience* by visiting www.GunSecret.com.