# Another survival-book

## A SHTF-guide

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With sources from:
Hamster - De preppers Bijbel [NL]
Ramiz In The Wild
The Lockpicking Lawyer [EN]

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# Intro

In the unpredictable landscape of the modern world, the thin veneer of civilization can peel away at a moment's notice. From natural disasters to societal upheavals, economic collapses to unexpected personal crises, the challenges we face today require a unique blend of ancient wisdom and contemporary knowledge. This book is your guide to navigating the chaos, ensuring you not only survive but thrive in any situation.

Survival isn't just about enduring the immediate aftermath of a disaster. It's about preparation, resilience, and adaptability. It's about mastering the skills that allow you to build a fire from scratch, secure food through hunting or foraging, communicate effectively in high-stress situations, and maintain group cohesion when the pressure mounts. It's about knowing what items to keep on hand for any emergency, providing first aid when professional help isn't available, and generating power when the grid goes down.

In this book, you'll find practical, actionable advice designed to empower you in a wide range of scenarios. Whether you're a seasoned prepper or someone just beginning to think about preparedness, the tools and techniques within these pages will help you develop a mindset geared towards survival and self-sufficiency.

We'll delve into the psychology of group dynamics and power structures, helping you understand how to lead or follow in ways that contribute to the group's overall well-being. You'll learn how to sharpen your communication skills to convey critical information clearly and calmly, even when under duress. We'll explore the essentials of first aid, ensuring you can provide crucial medical assistance when it's needed most.

Every chapter is a building block, contributing to a comprehensive skill set that will serve you well whether you're facing a momentary disruption or a prolonged crisis. The goal is not just to survive, but to live with a sense of security and confidence, knowing you're prepared for whatever comes your way.

In the pages that follow, you'll discover that survival is not just an act of endurance, but a journey of empowerment. By honing your skills, preparing your mind, and fortifying your resources, you'll transform fear and uncertainty into strength and resilience.

Welcome to your survival journey. Let's begin.

# Memory Items

There might be times when you don't have time to look things up; these are mostly situations that are fast approaching, high-adrenaline and sudden. In aviation we have a thing called checklist memory-items. The EASA describes these as following (EASA):

> *In the event of an emergency situation, a set of specific actions, appropriate to the nature of the event, are required to be performed by the crew before they make reference to the printed checklist. Their use relates to situations in which the safety of the aircraft has been compromised. These actions, known as memory items (or recall/immediate action items), are committed to memory by each pilot as part of the training programme for each particular aircraft type and should be performed in response to the emergency situation immediately.*

This isn't much different in survival-situations, when SHTF, there is rarely any time to look things up. Things like Morse Code, Hand Signals, and other knowledge are good things to have memorised.

In this guide, I'll make it clear when something is a memory item.

# Different Scenario’s

# SHTF 1: Floods

# SHTF 2: War

# SHTF 3: National outages

## Intro

In the event of a national power or communication outage, there are a few things you need to keep in mind.

(Bug/in)
If you want to stay in your own place (Bug-In), you will mainly want to have your own power supply. You can achieve this by generating your own power using solar, wind, or generators, and storing it with batteries.

(Bug/out)
If you are on the move or staying in a temporary place, I would recommend solar panels or a generator. Diesel generators are a great way to produce energy, but keep in mind you have to store that energy somewhere. Ecoflow or similar batteries and solar panels are recommended.

## Power

### Blackout

### EMP/electric disabled

## Communication-systems

### Wired

### Wireless

# Bug-in or Bug-out?

## Intro

Deciding whether to bug-in or bug-out is a critical choice in any survival scenario. This chapter explores the factors influencing this decision, providing strategies for both staying put and evacuating. Learn how to prepare your home for extended stays and how to efficiently plan and execute a safe evacuation when necessary.

## Bug-in

Pros:

- Familiarity and comfort: Staying at home provides a sense of security and familiarity. You know the layout, resources, and potential hiding places, making it easier to defend your position and maintain a routine during a crisis. You are already acquainted with the resources available, optimal security measures, and any potential escape routes.

- More extensive preparations: Bugging in allows you to stockpile supplies, fortify your home, and create a survival plan tailored to your specific location. With adequate preparations, you can have a higher level of self-sufficiency, reducing your reliance on external resources. Having a stockpile and the ability to sustain yourself for an extended period can be advantageous during a crisis when external resources might be limited.

- Community support: Bugging in can enable you to rely on your local community for support. Neighbours who stay put may band together, pooling resources, skills, and knowledge to increase collective resilience and security.

- Cost-effective: Bugging in typically incurs fewer immediate financial burdens compared to bugging out. You can avoid transportation and accommodation expenses associated with evacuation, which can save valuable resources for other necessities.

Cons:

- Vulnerability to localised threats: Depending on the nature of the emergency, staying in one place may expose you to risks like natural disasters or localised violence. If your home lacks adequate fortifications or is situated in a high-risk area, bugging in may put you and your family in harm's way rather than ensuring their safety.

- Resource limitations: While stockpiling supplies is an advantage of bugging in, it is not without its drawbacks. Limited space, finite resources, and the potential for depletion over time can leave you vulnerable in long-term crises or when unexpected events exceed your preparedness.

- Dependence on infrastructure: Bugging in assumes that basic services like water, electricity, and emergency response will remain functional. If these systems fail or become compromised, your ability to sustain yourself within your home may be severely compromised. If the crisis escalates or extends over a prolonged period, relying solely on internal resources might become challenging.

- Emotional strain and isolation: Being confined to your home for an extended period can take a toll on mental well-being, leading to feelings of isolation, boredom, and cabin fever. The absence of social interaction and limited mobility can become challenging, particularly for extroverted individuals or families with children.

## Bug-out

Pros:

- Increased safety and mobility: Bugging out allows you to grab your “bug out bag” and move away from potential danger quickly. This can be beneficial if your current location is prone to natural disasters, civil unrest, or other immediate threats. Being mobile gives you the flexibility to adapt to changing situations and reducing the risk of harm to yourself and your loved ones.

- Access to essential resources: Evacuating to an emergency shelter or pre-determined safe area “bug out location” often ensures access to necessary resources such as food, water, medical supplies, and security personnel. These facilities are typically equipped to handle emergencies and can provide a sense of stability during uncertain times. This can be advantageous in the event of a prolonged crisis, where resources may become scarce in urban areas.

- Emotional and psychological relief: For some individuals, staying in a high-stress environment can be overwhelming. Bugging out offers a change of scenery, reducing anxiety and providing psychological relief by distancing oneself from the immediate threat. Cities can quickly become centres of chaos during emergencies. Bugging out to a more rural or remote area can help you escape the unrest and violence that often accompanies such situations.

- Networking and community support: When evacuating, you could have the opportunity to connect with like-minded individuals who are facing similar challenges. This can foster a sense of community and enable the sharing of resources, skills, and knowledge, making it easier to cope with the crisis at hand.

Cons:

- Uncertain conditions and logistics: Bugging out involves navigating through potentially chaotic situations, such as crowded evacuation routes, limited transportation options, and unknown conditions at the destination. Lack of information and infrastructure could pose challenges in reaching a safer location.

- Limited personal belongings: When evacuating, you may be limited to carrying only essential items, leaving behind sentimental possessions and comfort items. This can be emotionally distressing and result in a significant adjustment period when relocating to unfamiliar surroundings.

- Limited preparation time: Bugging out requires you to have a well-thought-out plan in advance. If you're caught off guard or have inadequate preparations, you may be forced to leave with minimal supplies, which can lead to increased vulnerability.

- Lack of familiar surroundings: Leaving your home and community can be emotionally challenging. It can be difficult to navigate an unfamiliar environment, find shelter, or establish new social connections.

# Group dynamics

## Intro

When the world around you crumbles, the people beside you become your greatest asset—or your greatest liability. In survival situations, the dynamics within your group can make the difference between life and death. This chapter explores the critical elements of forming, managing, and sustaining a cohesive, efficient, and resilient team.

## Choosing your team

The first step in creating a successful survival group is choosing the right people. The size of your team should balance manageability with the need for diverse skill sets. Small enough to avoid logistical nightmares, yet large enough to cover all essential skills—medical knowledge, engineering, hunting and foraging, security, and leadership. Each member should bring a unique expertise to the table, contributing to the group's overall capability.

Skill sets are not the only criteria; personality and temperament play significant roles as well. In high-stress environments, interpersonal conflicts can escalate quickly, jeopardising the group's safety. Look for individuals who demonstrate resilience, adaptability, and a cooperative spirit. Trust and mutual respect are the bedrock of any successful team.

## CRM (Crew Resource Management)

Originally developed in aviation, Crew Resource Management (CRM) is a system designed to optimise teamwork and communication under pressure. In a survival scenario, CRM principles can be invaluable. Effective CRM ensures that every team member's voice is heard, promoting a culture where critical information is shared openly and decisions are made collectively.

Key elements of CRM include:

- **Communication:** Clear, concise, and direct communication is vital. Establish protocols for how information is conveyed, ensuring everyone understands their role and responsibilities.
- **Leadership and Followership:** A good leader knows when to take charge and when to listen. Similarly, effective team members know when to lead and when to follow.
- **Situational Awareness:** Keep an eye on the big picture. Regularly assess the environment, the group's status, and potential threats.
- **Decision Making:** Use a structured approach to making decisions, weighing all available information and considering the potential consequences.

# Rules & Law

In a survival scenario, establishing a framework of rules and laws is crucial for maintaining order and ensuring everyone's safety. These rules should be clear, fair, and agreed upon by all members. Key areas to address include:

- **Resource Allocation:** Define how food, water, and other critical resources are distributed. Ensure fairness and transparency to prevent hoarding and conflict.
- **Roles and Responsibilities:** Assign specific tasks to each member based on their skills and the group's needs. This clarity prevents redundancy and ensures all essential tasks are covered.
- **Conflict Resolution:** Develop a process for resolving disputes. Encourage open communication and mediation to address issues before they escalate.
- **Safety Protocols:** Establish guidelines for maintaining security and safety, from securing the perimeter to handling potential threats.
- **Disciplinary Actions:** Outline consequences for breaking the group's rules. Consistent enforcement is key to maintaining order and trust.

In the pages ahead, we'll delve deeper into each of these areas, providing practical strategies and real-world examples to help you build a strong, resilient team. By understanding and implementing effective group dynamics, you'll enhance your chances of not just surviving, but thriving in any survival scenario.

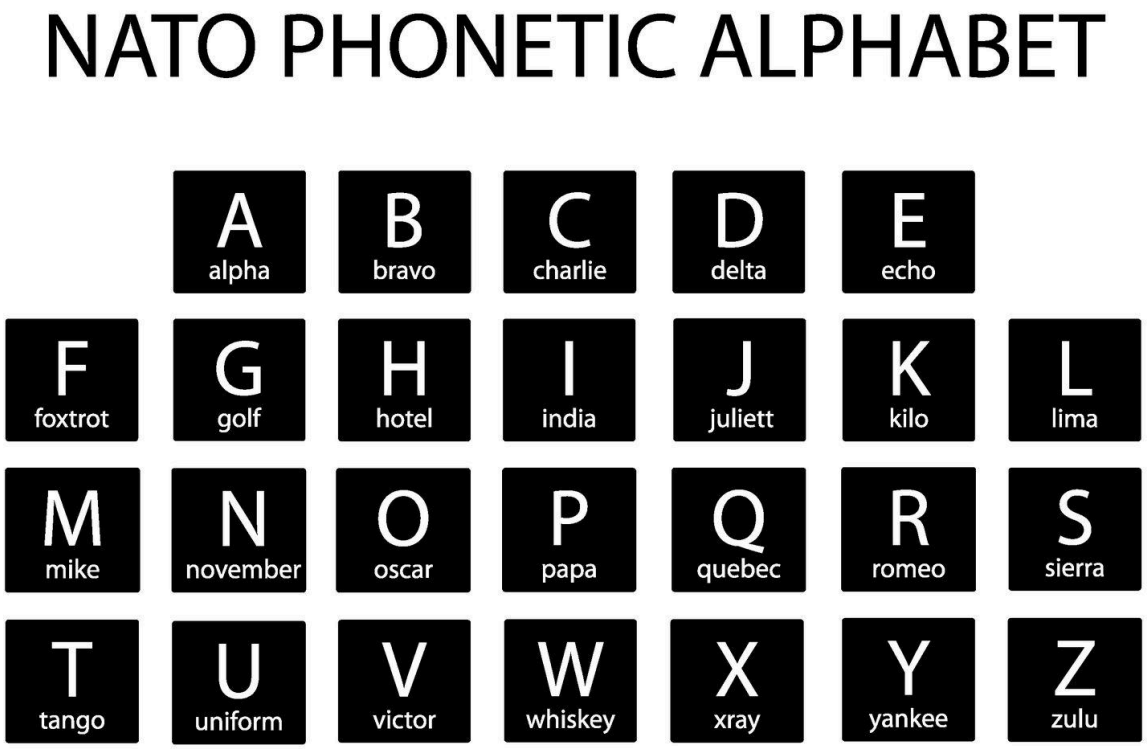
# Communication

## Intro

Effective communication is crucial in survival situations, enabling coordination, signaling for help, and navigation. This chapter covers essential methods such as the NATO phonetic alphabet for clear verbal communication, Morse code for long-distance signaling, and radio communication using CB, AM, and FM frequencies. Additionally, you'll learn about the strategic use of flares for distress signals and hand signals for silent communication. Mastering these techniques ensures you can convey critical information accurately and efficiently, enhancing your chances of survival in any scenario.

# NATO Alphabet

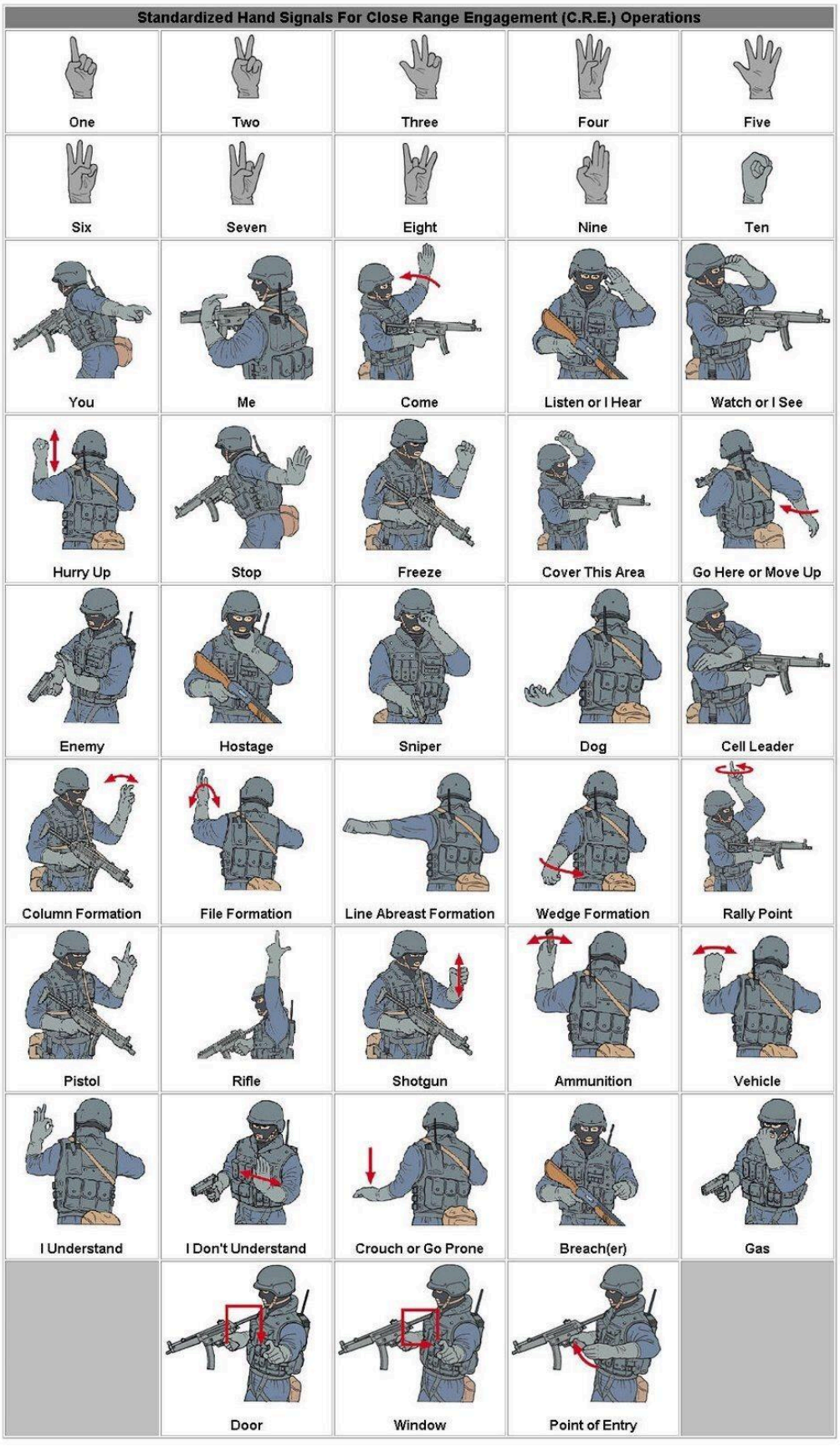
This is a Memory Item:




## Communication (Radio)

Safety-measures and basic rules for radio.

# Communication (Hand Signals)



# Morse Code

There is no distinction between upper and lower case letters. Each Morse code symbol is formed by a sequence of dits and dahs. The dit duration can vary for signal clarity and operator skill, but for any one message, once established it is the basic unit of time measurement in Morse code. The duration of a dah is three times the duration of a dit (although some telegraphers deliberately exaggerate the length of a dah for clearer signalling). Each dit or dah within an encoded character is followed by a period of signal absence, called a space, equal to the dit duration. The letters of a word are separated by a space of duration equal to three dits, and words are separated by a space equal to seven dits.

This is a Memory-item:


S.O.S. Would be “Dit Dit Dit - Dah Dah Dah - Dit Dit Dit” or visually explained:

# Flares

# Navigation

## Intro

Navigating in survival scenarios requires proficiency in both digital and analog methods. Digital tools like Google Maps offer real-time navigation and location tracking, crucial in urban environments and when digital infrastructure is available. Conversely, analog methods such as using maps and a compass are vital when technology fails or in remote areas. This chapter delves into the techniques and benefits of both digital and analog navigation, ensuring you can find your way and stay oriented in any situation.

## Navigation (Digital)

## Navigation (Analog)

# Resource (management)

## Intro

Effective resource management is critical in a survival scenario, ensuring you have the essentials needed to sustain life and thrive. This chapter covers the vital aspects of collecting and purifying water, sourcing and storing food, hunting and fishing techniques, and cooking methods suitable for various environments. You'll also learn to identify edible plants and secure reliable electricity through water, solar, wind, and crank-powered devices. Mastering these skills will help you efficiently manage resources, increasing your chances of long-term survival and self-sufficiency.

## First Aid

## Hygiëne

## Water

### Collecting

Waterpit: [Watch this on youtube] If you've seen this once, you will remember.

When building a water-pit, you need some simple tools and materials;

- Shovel
- Hatchet/saw
- Plastic-sheets
- Small stone/pebble
- Wood (sticks)

Without the video, here is a short how-to:
**Step 1:** Dig a 1.5m deep 1mx1m pit.
**Step 2:** Fashion a plastic bag from your plastic sheets, this will gather the water, make sure it's air(or water)tight.
**Step 3:** Put the bag inside of the pit you dug, make sure the pit isn't too big for the bag.
Step 4: Put a stick through the plastic in each top-corner of the bag to hold it in place.

*Optionally, to widen the area of rainfall to collect, and filter big debris like leafs;*
**Step 5:** gather four thick sticks, about 2M tall. Sharpen one side on each.
**Step 6:** Measure how large one plastic sheet is, make a dozen small holes in the exact middle of the sheet.
**Step 7:** Put the sticks you prepared in a square around the pit (so that you can attach the four corners of the sheets to the top.)

**Step 8:** Attach the corners of the sheet to the top of the sticks
**Step 9:** Put a pebble in the middle of the sheet you just attached, this will make sure the water will go to the middle.

## Filtering

In case you are using water from a still source, follow these steps;

Step 1:
Using your scissors or knife, cut the end of the water bottle off:

Step 2:
Using your knife, scissors, or anything sharp, make a small hole in the centre of the cap.
Make sure the cap is on tight!
In my case I used a small screwdriver and easily made a nice hole in the centre.
A knife or scissors work just as well.

Step 3:
Now stick your coffee filter (or cotton balls or fabric) through the hole and down by the cap. You may have to cut the size of the coffee filter down to make it fit in the bottle. I had to use a pen to push the coffee filter down to the bottom.

Step 4:
Now get your sand or crushed charcoal and fill up the bottle about 2 inches.

Step 5:
Next, add your gravel into the bottle. Around 2 inches of gravel should be enough.

Step 6:
Finally add your larger gravel or small rocks into the bottle. Again, 1-2 inches is enough.
Your water filter is now complete! Just put the filter over your cup for filtered water.
With the other cup, pour the dirty/muddy water into the filter.

Step 7:
Put water in the top, catch it with the small pot. Then boil the water to get rid of virusses and bacteria.

## Cleaning

## Usage

# Food

## Meat

Hunting

Skinning

Cooking

Skewer

Boiling

Pan

## Vegetation

Identifying

Preparing to eat

# Electrics & power

## Generating electricity

Wind

Solar

Water

Crank

# Shelter

## Intro

In a survival scenario, securing shelter is one of your top priorities. A good shelter protects you from the elements, offers security, and provides a place to rest and recover. This comprehensive chapter explores the art of finding or constructing shelters in diverse environments. We'll guide you through the unique challenges and strategies for creating safe havens in urban areas, dense woods, arid deserts, and other terrains. Whether you need to improvise a temporary refuge or build a more permanent structure, this chapter provides the essential knowledge and practical skills to ensure you have a safe and reliable shelter in any situation.

## Shelter: Urban Environment

## Shelter: Woods

## Shelter: Desert

## Shelter: Bug-In

# First Aid / Medicinal

## Intro

# Training

## Intro

# Skillsets

## Lockpicking

A great way to learn lockpicking is by watching the LockPickingLawyer's YouTube channel: https://www.youtube.com/@lockpickinglawyer.

### How locks work

## Driving Car

## Riding Motorcycle

## Flying (small) airplanes

## Flying Helicopters

## Other

Food, Shelter, Electricity, First aid are mentioned elsewhere.

## Simulation Days

Day 1/4

Day 2/4

Day 3/4

Day 4/4

# Other (re)sources

## Offline Apps (Android)

Offline Survival Manual: https://play.google.com/store/apps/details?id=org.ligi.survivalmanual

Offline Compass: https://play.google.com/store/apps/details?id=com.brix.compass&hl=en

## Cooking

Six-shooter's Cookbook: https://mealie.six-shooter.nl/g/home/cookbooks/survival

## Buying MRE's

MRE (Dutch): https://mealie.six-shooter.nl/g/home/cookbooks/survival

## Prepper sources & Files

De prepper Bijbel:
https://www.mediafire.com/file/y1pajaw500ergo2/Mijn_preppers_bijbel.pdf/file

Natural Antibiotics and Antivirals:
https://www.mediafire.com/file/wbrgt86j5pt0jl8/Natural_Antibiotics_and_Antivirals%252C_The_Ultimate_Guide_to_Natural.pdf/file

## Military handbooks:

Militair HANDBOEK MILITAIR LAND-E&T-02.1:
https://www.stichtingpraktijkleren.nl/fileadmin/portal/veva/2019/Algemeen/HANDBOEKEN/Handboeken%20CLAS/LAND-ET-02.1.pdf

SAS suvival handbook:
https://theswissbay.ch/pdf/Books/War%20%26%20military/John%20%27lofty%27%20Wiseman%20-%20SAS%20Survival%20Handbook%2C%20Revised%20Edition_%20For%20Any%20Climate%2C%20in%20Any%20Situation-Harper%20Paperbacks%20%282009%29.pdf

# Itemlists

This a very exhaustive list of things you could be packing as a bug-out-pack.
You can use this as a checklist as well.

**Basic Tools**
Saw
Hatchet
Multitool
Knife
Dagger
Shovel
Fishing line+hook

**Navigation**
Maps
Compass
GPS/Phone

**Water**
Bottle(s)
Lifestraw (or other brand)
Water purification tablets
Camelbag

**Food**
MRE’s
Grainbars
Cup a Soup

**Fire**
Flint and steel
Zippo
Zippo-fluid
Cotton (E.G. Tampons)
BIC lighter

**Allround**
Rope
Zip Ties
Lockpick-set

**First-Aid**
Plasters
Bandages

Gauze roll and pads
Alcohol
Iodine
Tick-removal pen
Tweezers
Adhesive Tape
Tourniquet (Rope and a stick will also suffice)
(Oral)Thermometer
Emergency Blanket
Antiseptic wipes
Scissors
Instant cold-packs
Medical gloves
Absorbent compress dressings

**Clothing**
Raincoat
Rainpants
Dry clothing (only works when you have a way to keep them dry with a High-thread or waterproof bag)

**Power/electics**
Solar panel
Powerbank
Handcrank
Portophnone / CB

**Other Random things**
Plastic sheets
Pliers
Velcro Straps
Electric wire
Copper-wire

# Maps


A Height-map of the netherlands, after a national flood.

# Decision Flowcharts

# Sources (APA)

Work Cited

EASA. “Checklist Memory Items involving aircraft OY-CIM on 13 Sept. 2011.” *EASA*, EASA, 11 4 2013, https://www.easa.europa.eu/sites/default/files/dfu/Final_Report%20EASA.2013-01.pdf. Accessed 5 August 2024.

# NOTES