

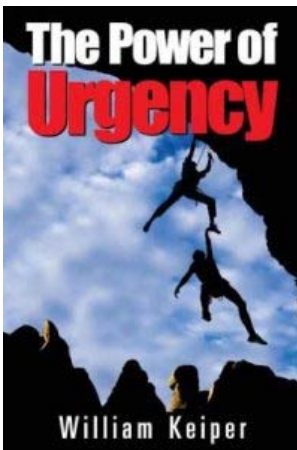
SUPPLEMENTAL READING LIST

1. **Are You Ready? An in-depth guide to Citizen Preparedness FEMA.**



The guide has been designed to help the citizens of this nation learn how to protect themselves and their families against all types of hazards. It can be used as a reference source or as a step-by-step manual. The focus of the content is on how to develop, practice, and maintain emergency plans that reflect what must be done before, during, and after a disaster to protect people and their property.

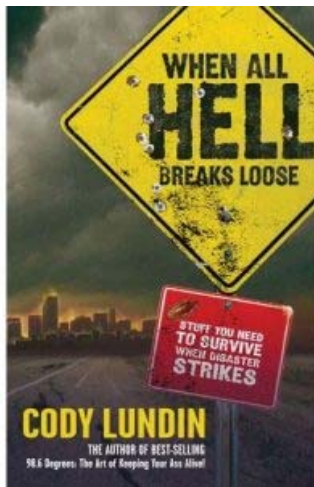
2. **The Power of Urgency by William Keiper.** This book has nothing to do with emergency/disaster preparedness and everything to do with pulling you head out of your backside just long enough so you can build an emergency/disaster plan now, before you need it.



"This book first makes the point that the power of urgency is known to all of us. We can reference it. We have all had situations wherein we had no time to think and plan, where we simply had to respond with the highest energy we had. Later we basked in the afterglow of amazing results. This thought rose up: Hey I didn't know I had it in me.

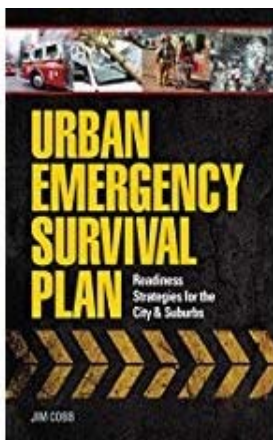
Develop the Urgency mindset now, before you need it.

3. **When All Hell Breaks Loose by Cody Lundin.**



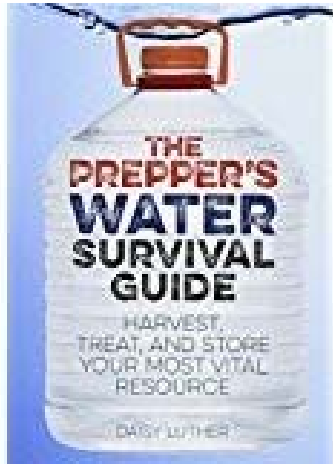
An interesting book that repeats the same survival/preparedness material you will find elsewhere in a manner that is informative as well as entertaining. *When All Hell Breaks Loose* concisely and humorously outlines the often-simple steps needed for preparing a self-reliant home to survive urban and rural emergencies from Las Angeles to Paris and everywhere in-between.

4. **Urban Emergency Survival Plan by Jim Cobb.**



Stay Safe in the City. Here's the book that won't advise you to flee the city and set up a homestead to avoid potential disasters. With many other survival-planning resources emphasizing that approach, urban dwellers that plan to stay put in the city, no matter the circumstances, have been overlooked. Not only do 58 percent of Americans live in cities, but certain risks are higher in cities than elsewhere. *Urban Emergency Survival Plan* delivers a common-sense approach to urban survival planning rather than advocating that city survivalists need to figure out a way to grow an acre of food, raise goats, and build an underground bunker. The clearly outlined approach here will help you to reduce the risks inherent in disasters that occur in well-populated areas

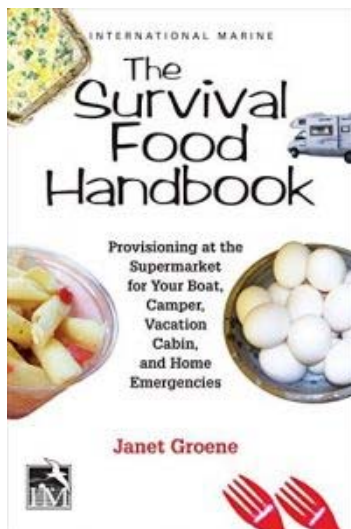
5. The Prepper's Water Survival Guide by Daisy Luther.



You can survive up to three weeks without food, but only three days without water! When catastrophe strikes, having enough water can spell the difference between life and death. The Prepper's Water Survival Guide offers a step-by-step plan with straightforward information you can easily follow.

In addition to harvesting water, you'll gain the tools to keep large stores untainted for long periods of time, test the water you collect for dangerous toxins, and treat water-related illnesses that are commonly contracted during a disaster.

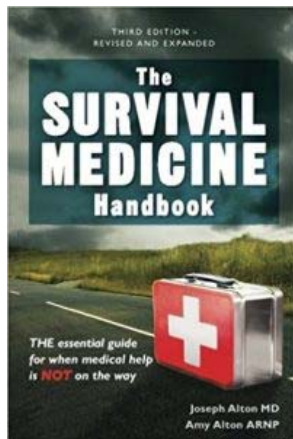
6. The Survival Food Handbook by Janet Groene.



BE PREPARED to cook without a kitchen and eat healthy foods for days, weeks, even months! Whether you're camping, boating, traveling, or staying home, make sure you have enough food in case of an emergency. This book is your survival guide. It's not just about stocking up on provisions. It's about planning and preparing nutritious, delicious, easy-to-make meals under any circumstances—even without fuel or electricity.

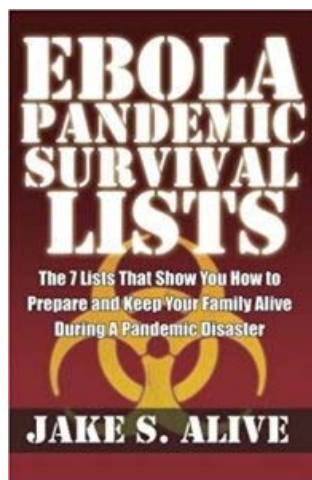
This practical guide is loaded with essential pantry must-haves, shopping checklists, food safety tips, and expert advice on alternative cooking methods. You'll find dozens of ready-to-go recipes for makeshift main dishes, back-up breads, substitute spreads, even desperation desserts. So, if your boat loses power, your RV breaks down, your campground is snowbound, or your fridge is on the fritz, you'll be totally prepared—to eat, drink, and be healthy—with The Survival Food Handbook.

7. The Survival Medicine Handbook (3rd Ed) by Joseph Alton and Amy Alton.



The expanded third edition is geared to enable the non-medical professional to deal with all the likely issues they will encounter in catastrophic short or long-term scenarios. The third (2016) edition of The Survival Medicine Handbook is not your standard first aid book: Unlike other so-called “survival” medical books, it assumes that a disaster, natural or man-made, has removed all access to hospitals or doctors for the foreseeable future; you, the average person, are now the highest medical resource left to your family. The Survival Medicine Handbook will give you the tools, in plain English, to competently handle injuries and illness for any situation that leaves you as the end of the line with regards to your family's medical well-being.

8. Ebola Pandemic Survival Lists by Jake S. Alive.



This is a short book/pamphlet of checklists specific to a Pandemic Disaster. We will see variations of lists throughout the workshop. This book has been chosen because of its focus on Biological Pandemic considerations that are not covered in most First-Aid/Medical handbooks

9. Field Hygiene and Sanitation FM 21-10 by Department of Defense.



The purpose of this publication is to assist individual service members, unit commanders, unit leaders, and field sanitation teams (FSTs) in preventing disease and non-battle injury (DNBI). The publication provides information on preventive medicine measures (PMM) for the individual service member as well as essential information for the unit commander, unit leaders, and the FST on applying unit-level PMM. **Substitute the terms service members, unit commanders, with family members and responsible adults.**

10. Personal Emergency Communications by Andrew Baze.



Whether you're hit by a natural disaster or power outage, you can expect this problem: your cell phones, landline phones and Internet eventually stop working. What will you do? How will you communicate with your family or friends? While you may have set aside food and water for an emergency, what about a pair of radios with batteries? Have you considered long-range options? Do you know what your best options are? This book will walk you through modern

communications technologies, pros and cons of each, and recommendations to implement a realistic backup communications system.

Where can you get these books?

I purchased all of mine through Amazon. They are also available through Barnes & Noble. You can buy them, new, used and in digital format. I recommend a hard copy of each book. This will allow you to dog ear, highlight, make notes, and the batteries will never die.

FEMA Are You Ready? can be downloaded here; https://www.fema.gov/media-library-data/20130726-1549-20490-4633/areyouready_full.pdf

For information on getting a free hard copy of FEMA Are You Ready? go to; <https://www.ready.gov/publications>

Re-cap;

We have reviewed the ten books that I recommend you acquire for the completion of your Emergency Action Plan.

Are these the best books available on the subjects they represent? I have no idea, there are thousands of books on the subject of Disaster/Emergency preparedness and I have not read them all. And there are many opinions on the subject of proper emergency/disaster planning reading material.

These books are the ones that I have selected to create my Emergency Action Plan. The Plan that you will be looking over my shoulder as I create during the course of this workshop. Hard copies cost me about \$115.00 at the time of purchase.

The intent is to keep the workshop as simple as possible by providing materials that are useful for you. These books will allow you to move through the workshop without needing to search/research material for additional information.

These materials will enable you to make your 80% solution, the basic plan. Then as you deem necessary you will be able to move onto advanced planning strategies after completing the basic plan.

If you only get one book. Get; **FEMA Are You Ready? An in-depth guide to Citizen Preparedness**