



**Survival Guide For Women and Families. How to Get Your Family Ready for Any Emergencies in 50 SIMPLE STEPS.: (family survival guide, Survival Guide, survival guide for beginners)**

*Anna Langley*

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# **Survival Guide For Women and Families. How to Get Your Family Ready for Any Emergencies in 50 SIMPLE STEPS.: (family survival guide, Survival Guide, survival guide for beginners)**

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## **Survival Guide For Women and Families.**

### **How to Get Your Family Ready for Any Emergencies in 50 SIMPLE STEPS.**

This book isn't meant to frighten women and man. Rather it's intended to provide you a sense of safety and security. Due to the point-to-point nature of this book, it is written in a slightly different way to provide quick access to specific needs that you and your family may have in a disaster situation.

#### **Some topics covered:**

##### CHAPTER 1 – TEN TIPS ON STORAGE

- WHAT'S GOOD FOOD STORAGE AND WHAT'S A WASTE OF MONEY AND SPACE?
- ACCUMULATING FOOD STORAGE OVER TIME
- DECIDING HOW MUCH YOU NEED AND WHAT TO TAKE WITH YOU IF YOU NEED TO LEAVE
- WHAT TO PUT IN YOUR 72-HOUR KIT
- LEARN HOW TO BOTTLE AND/OR CAN YOUR OWN FOOD
- WHERE TO STORE YOUR FOOD
- FIRST AID KITS

- SHELTER AND WARMTH

## CHAPTER 2 – PREPARING YOURSELF FOR A DISASTER SCENARIO

- TAKE A SELF-DEFENSE COURSE
- WHEN TO DEFEND YOURSELF AND WHEN TO RETREAT
- DON'T BE AFRAID TO FIGHT DIRTY
- BEGIN AN EXERCISE REGIMEN
- EAT A DIET THAT PROMOTES HEALTH, NOT ONE THAT HINDERS IT
- LEARN ABOUT EDIBLE PLANTS IN YOUR AREA
- LEARN TO START FIRES WITHOUT LIGHTERS OR MATCHES
- PREPARE YOUR MIND
- TAKE SHOOTING LESSONS
- LEARN TO STAY CALM

## CHAPTER 3 – PREPARING YOUR FAMILY FOR SURVIVAL

- PLAN MULTIPLE ESCAPE ROUTES
- PREPARE YOUR CHILDREN REGARDING WHAT TO DO IN THE EVENT OF AN EMERGENCY
- MAKE A PLAN WITH YOUR FAMILY AND RUN DRILLS
- NON-VERBAL COMMUNICATION TO IDENTIFY AND COMMUNICATE WITH ONE ANOTHER
- KEEP AN EYE ON YOUR FOOD STORAGE
- TALK TO OUT OF TOWN RELATIVES ABOUT CONTINGENCIES
- DELEGATE TASKS FOR READINESS
- HAVE AN ESCAPE OR “BUG OUT” VEHICLE READY TO GO
- TAKE A FIRST-AID COURSE AS A FAMILY, OR WITH FRIENDS
- KNOW EACH INDIVIDUAL'S STRENGTHS AND WEAKNESSES

## CHAPTER 4 – TIPS FOR AT-HOME SURVIVAL

- WHEN TO STAY AND WHEN TO GO
- BOARDING UP WINDOWS
- BARRICADING
- WHERE TO HOLE-UP (NATURAL DISASTERS)
- WHERE TO HOLE-UP (CIVIL UNREST, ETC.)
- REESTABLISHING CONTACT WITH THE OUTSIDE WORLD

## CHAPTER 5 – SOME MORE GENERAL TIPS AND STEPS TOWARD KEEPING YOU AND YOUR FAMILY SAFE IN THE EVENT OF A DISASTER

- INVOLVE OTHERS
- PREPARE FOR ANY DISABILITIES OR SPECIAL NEEDS WHICH MAY AFFLICT THOSE WHO ARE WITH YOU
- BELIEVE IT OR NOT, YOUR PET CAN BE PART OF YOUR DISASTER PREPAREDNESS PLAN
- DISCOVER YOUR PERSONAL AREA OF EXPERTISE
- CONSIDER A SURVIVAL-TRAINING COURSE
- BRING SOME COOKWARE, PLATES AND UTENSILS
- CHECK SURPLUS OUTLETS
- LOOK AT WHAT'S OFFERED IN PRE-MADE SURVIVAL KITS AND SEE WHAT YOU CAN ASSEMBLE ON YOUR OWN
- BRING SOMETHING ALONG FOR LEISURE

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**Raymond Littlefield:**

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**Rachel Glidewell:**

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**Sean Mills:**

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than other. Do you want to become considered one of it? It is just simple strategy to have that. What you must do is just spending your time not very much but quite enough to get a look at some books. On the list of books in the top checklist in your reading list is definitely Survival Guide For Women and Families. How to Get Your Family Ready for Any Emergencies in 50 SIMPLE STEPS.: (family survival guide, Survival Guide, survival guide for beginners). This book which is qualified as The Hungry Mountains can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

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