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DEPARTMENT OF MERCURY FIELD MANUALS

GLENN'S ULTIMATE GUIDE TO GETTING PREPARED



HEADQUARTERS: MERCURY STUDIOS

GLENNBECK.COM

GLENN'S ULTIMATE GUIDE TO GETTING PREPARED



Think for a moment about the last time you experienced an emergency situation, maybe a winter storm or a power outage. How prepared were you?

Now consider an even bigger emergency like a national food shortage, water contamination incident or worse. What if a disaster forced you to leave your home for several days, even weeks?

In **Glenn's Ultimate Guide to Getting Prepared**, you'll find practical tips and action plans to take your preparedness to the next level.

TOP 5 WAYS TO PREPARE

These are the basics you should have organized and on hand in the event of a disaster.

✔ SURVIVAL TIP

You can survive **3 weeks** without food, **3 days** without water and **3 hours** without shelter in severe weather.

✔ SURVIVAL TIP

Conserve heat by stuffing your clothes or shelter with dry leaves.

1. NON-PERISHABLE FOOD

- ▶ Buy a stash of food with a long shelf life that requires little or no preparation.
- ▶ Have at least a 3-day food supply on hand for each person and pet to manage basic emergencies and power outages.
- ▶ If possible, have a 2-week supply — *or more* — on hand for longer emergencies and food shortages.
- ▶ Keep basic cooking utensils, plasticware or cutlery, paper plates and towels, and a manual can opener.
- ▶ Have a power source for cooking such as a charcoal grill or camp stove and aluminum foil.
- ▶ **Examples of non-perishable food:** soup, dried fruit, nut butters, tuna, beans, cereal, pasta and rice.

2. CLEAN WATER SUPPLY

- ▶ Store 1 gallon of water per day for each person and pet.
- ▶ Store at least a 3-day supply of water for each person and pet.
- ▶ Have a water purification method ready to go — like boiling, disinfecting or filtering.
- ▶ Boiling is the most reliable method to kill viruses, bacteria and parasites.
- ▶ Disinfectants like unscented household chlorine bleach or chlorine dioxide tablets kill most bacteria. Only chlorine dioxide tablets kill parasites.
- ▶ Water purification filters are great for treating water on the go.

3. BASIC SUPPLIES

- ▶ Flashlight
- ▶ Extra batteries
- ▶ Battery-powered or solar-powered radio
- ▶ Cell phone and chargers
- ▶ Fire extinguisher
- ▶ Matches

4. MEDICAL & PERSONAL CARE

- ▶ First aid kit
- ▶ Extra blankets
- ▶ Soap, toothbrush, toothpaste, toilet paper, wet wipes feminine protection and diapers
- ▶ Prescriptions and medications
- ▶ Extra set of clothing per person

5. DOCUMENTS & CURRENCY

- ▶ Birth certificates
- ▶ Passports
- ▶ Marriage license
- ▶ Mortgage paperwork
- ▶ Insurance cards and immunization records
- ▶ Family contact information
- ▶ House keys and car keys
- ▶ Debit cards and cash

✔ SURVIVAL TIP

Develop a skill to barter like carpentry, sewing, gardening, auto repair or medical expertise.

✔ SURVIVAL TIP

Don't forget the toothpaste. In addition to keeping your pearly whites clean, it can be used to relieve burns, treat minor wounds and relieve the itchiness and swelling caused by bug bites.

GLENN'S READINESS CHECKLIST

HOW PREPARED ARE YOU?

Disaster could strike at any time. Sure, you've got peanut butter and jelly on hand for a severe storm, but what if you lose power for 3 days, a few weeks or even a year? Use Glenn's checklist to see what level of preparedness you are at.

	BASIC 3-day to 2-week	BOY SCOUT 1-month	SURVIVALIST Long-term	WARRIOR DEFCON 4
Food	<input type="checkbox"/> Non-perishable food for 3 meals per person and pet, per day for 3 days to 2 weeks <input type="checkbox"/> Manual can opener <input type="checkbox"/> Cooking utensils, paper plates, plasticware	<input type="checkbox"/> Non-perishable food for 2 or 3 meals per person and pet, per day for 1 month <input type="checkbox"/> Manual can opener <input type="checkbox"/> Heat source for cooking (charcoal grill or camp stove)	<input type="checkbox"/> Everything on Boy Scout <input type="checkbox"/> Up to six months of food per person and pet including bulk items that store for two years or longer	<input type="checkbox"/> Everything on Survivalist <input type="checkbox"/> 1-year or more supply of food per person and pet <input type="checkbox"/> Capacity to grow a garden <input type="checkbox"/> Propane or other cooking and heating fuel safely stored
Water	<input type="checkbox"/> 3-14 gallons per person and pet	<input type="checkbox"/> 30 gallons per person and pet <input type="checkbox"/> Water source <input type="checkbox"/> Water purification method	<input type="checkbox"/> Everything on Boy Scout <input type="checkbox"/> Up to 6 months of water stored for each person and pet	<input type="checkbox"/> Everything on Survivalist <input type="checkbox"/> 1-year or more supply of water per person and pet <input type="checkbox"/> Secure water supply for your retreat
Basic Supplies	<input type="checkbox"/> Flashlight <input type="checkbox"/> Extra batteries <input type="checkbox"/> Battery-powered or solar-powered radio <input type="checkbox"/> Cell phone and charger	<input type="checkbox"/> Everything on Basic <input type="checkbox"/> Candles or lantern, matches <input type="checkbox"/> A grab-and-go kit <input type="checkbox"/> Form of self defense (firearm, baseball bat, rolling pin) <input type="checkbox"/> Capacity to generate off-grid heat/power (generator, basic solar)	<input type="checkbox"/> Everything on Boy Scout <input type="checkbox"/> Ponchos and rain gear <input type="checkbox"/> Tent <input type="checkbox"/> Multi-purpose tools <input type="checkbox"/> Scissors <input type="checkbox"/> Maps of area <input type="checkbox"/> Activities for children <input type="checkbox"/> Defensive firearms (handgun, shotgun) plus training and ammunition	<input type="checkbox"/> Everything on Survivalist <input type="checkbox"/> Barter items useful in an economic collapse (gold, silver, ammunition, tools, clothing) <input type="checkbox"/> Handgun or shotgun for every willing adult <input type="checkbox"/> 1,000 rounds of ammunition for each firearm
Medical & Personal	<input type="checkbox"/> Basic first aid kit <input type="checkbox"/> Extra blankets <input type="checkbox"/> Extra set of clothing for each person <input type="checkbox"/> Soap, toothbrush, toothpaste, wet wipes, feminine protection, diapers	<input type="checkbox"/> Everything on Basic <input type="checkbox"/> Prescriptions for 1 month <input type="checkbox"/> Bug spray <input type="checkbox"/> Sleeping bags <input type="checkbox"/> Shampoo, hair brush, deodorant, toilet paper <input type="checkbox"/> Extra pair of glasses	<input type="checkbox"/> Everything on Boy Scout <input type="checkbox"/> Trauma-capable first aid supplies for serious injuries that require stitching or suturing	<input type="checkbox"/> Everything on Survivalist <input type="checkbox"/> Major first aid supplies (antibiotics, basic surgical equipment) <input type="checkbox"/> Potassium iodate tablets sufficient for 10-15 days per person
Documents & Currency	<input type="checkbox"/> Birth certificates <input type="checkbox"/> Insurance cards <input type="checkbox"/> Marriage license <input type="checkbox"/> Immunization records <input type="checkbox"/> Contact info for key family and friends	<input type="checkbox"/> Everything on Basic <input type="checkbox"/> Mortgage paperwork <input type="checkbox"/> Car title and registration <input type="checkbox"/> Cash on hand <input type="checkbox"/> House keys, car keys <input type="checkbox"/> Passports	<input type="checkbox"/> Everything on Boy Scout <input type="checkbox"/> Cash on hand to cover rent/housing and 1 month of household expenses (groceries, gas, etc.)	<input type="checkbox"/> Everything on Survivalist <input type="checkbox"/> Gold and silver coins, rounds or bars
Scenarios You Are Ready For	<input checked="" type="checkbox"/> Minor power outages <input checked="" type="checkbox"/> Non-life threatening severe weather situations <input checked="" type="checkbox"/> Small regional disruptions	<input checked="" type="checkbox"/> Power outage up to 1 month <input checked="" type="checkbox"/> Life threatening severe weather situations <input checked="" type="checkbox"/> Regional issues including significant disruption in basic services	<input checked="" type="checkbox"/> Long-term power outage <input checked="" type="checkbox"/> Minor national or major regional emergency (severe weather, dirty-bomb, biological attack) <input checked="" type="checkbox"/> Major civil disobedience in numerous cities around the country	<input checked="" type="checkbox"/> Ready for anything <input checked="" type="checkbox"/> Thriving at a secondary location <input checked="" type="checkbox"/> Situations where skills can be bartered (carpentry, sewing, auto repair, gardening, farming, doctoring)