

# Chapter 1: Surviving the Unexpected Emergency<sup>1</sup>

Everyone is a prepper. You may not think you are, but you are. To make a decision not to prepare is to make a decision. All you have available to you is your current store of provisions. An examination of most people's homes or apartments usually reveals at least three days of provisions. This is often enough to survive a three-day snowstorm or similar type of disaster. Do you need more protection? The level of protection desired is framed by the *Surviving the Unexpected Emergency Model* discussed later in this chapter. It is a series of choices everyone makes regarding their level of preparedness. The current provisions approach may prove satisfactory for a three day snow storm, but it may fall short in the aftermath of Hurricane Katrina or Sandy.

The purpose of this chapter is for people to position themselves in terms of their prepping. Its purpose is to help the preppers frame their prepping activities. It is about making choices. Prepping involves allocating time, energy and resources. It becomes a decision to determine what level of commitment one is willing to commit toward being prepared. No decision to commit is still a decision to commit. It is a decision where what you have with you is all that you will have. At the other end of commitment is building, stocking and maintaining a doomsday bunker. This is beyond what most people are willing to commit let alone to be able to allocate sufficient resources toward. It is easy to be all over the place regarding preparedness. It is like a cookie store where everything looks good. And the literature reinforces this also. The model helps the reader to make basic choices about their level of preparedness.

Toward this purpose, this chapter is divided into three sections. First, it explores several prepper stereotypes. This sets up the *Surviving the Unexpected Emergency Model*. The third section is a self-survey designed to help people position themselves as a prepper.

## Prepper Stereotypes

The purpose of this section is to present several stereotypes of preppers for the reader to self-identify. There are different strategies to prepping. Visit the internet and it abounds with stereotyping the different types of preppers. Many of the categories duplicate or overlap other categories. Many of the stereotypes go for the punch line or the barb. Regardless, there is a nugget of truth behind most of the stereotypes. The stereotypes allow the reader to categorize themselves. Also, the stereotypes will permeate the discussion in later chapters.

**Sheeple** – This group is the non-preppers. Like sheep, they are foolish, docile and easily led. For this group, nothing bad will ever happen. The irony is that when people in this group are asked about their prepping, they actually believe that they are prepared. And the reason they are prepared is because nothing will ever happen or the government will provide a solution.

---

<sup>1</sup> This chapter was written by Robert B. Kauffman who is solely responsible for its content. This chapter is copyrighted © Robert B. Kauffman, 2015.

**Doomsday Preppers** – As the name suggests, these preppers are preparing for doomsday. They are the bunker builders. They are the apocalyptists. Usually their focus is on man-made catastrophes. The world is going to collapse. Nuclear war is often a common thread. There is a sub-group focusing on natural catastrophes. This group includes the global warming and other cataclysmic calamities that can befall the earth. Many liberals and environmentalists fall into this group. The issue is if and when they cross over the line of believing in cataclysmic calamities and actually begin to prep. Then they become doomsday preppers.

**Rainy Day Preppers** – Some preppers will *store provisions for a rainy day*. They store sufficient food, and other provisions, to survive the unexpected emergency. There are two key characteristics of this group. Typically, the stored provisions of freeze-dried and other foods are very different from their normal diet. If needed, their diet will change abruptly. Second, this strategy is a low active involvement approach. Essentially, the prepper stores his supplies away for a rainy day. It is like an insurance policy. It is there if and when needed. Until needed, the prepper pretty much forgets about it. This is the author's basic approach to prepping.

**Survivalists** – Characteristic of this group is a focus on weapons and tactics. It is advanced weaponry and not primitive technologies. This group easily overlaps with other categories including the doomsday preppers and rainy day preppers. Normal prepping includes defensive measures including weapons and tactics. However, for survivalists, weapons and tactics seem to dominate the conversation.

**Homesteaders** – This group is as much about a lifestyle as it is about prepping. Homesteaders live their prepping. They are into farming, canning, and preserving foods. Typically, they have at least one year of grain stored along with other foods preserved and stored in the cold cellar. These foods are part of their normal lifestyle where the stored foods are rotated through their normal diet. Crossing over into actual prepping is more of a change in attitude for the homesteader. They become true preppers when their preparations expand to over a year and when they actively begin to consider other prepping issues.

**Primitive Technologies** – Essentially, this group seeks to *live off the land*. They plan to hunt, fish and forage for food. Philosophically, this group believes that when an unexpected emergency occurs, people will need to live at a more primitive level and people will need to rely on the skills of our ancestors. Starting fires with flint and steel or navigating using natural methods are examples of this approach. Part of foraging includes plant identification with an emphasis on survival skills. Primitive technologies are a part of the heritage of this country. Also, primitive technologies complement the use of other more technological forms of navigation. The use of natural methods of navigation forms the foundation for and complements other more technical forms of navigation.

Preppers can mix and match strategies and utilize other strategies. As with any stereotypes, they are generalities. When considering them, the reader should consider the following questions. To which profile do I gravitate? Which of the profiles can I see myself doing? These stereotypes are fun. As noted, the stereotypes will reemerge in later discussions.

## Surviving the Unexpected Emergency Model

The Surviving the Unexpected Emergency model spatially depicts the conceptual foundations for this book (Figure 1.1). In the center of the model is a prepper's objective. It is to "survive" or be "enjoyment." The components of the model are explained in more detail in the following sections.

The *Surviving the Unexpected Emergency Model* in Figure 1.1 was developed by this author. Its title was borrowed from a text and not so similar model with the same name developed by Fear (1972). Many of the elements used in the model are echoed in Bradley (2011) and others. The model is significantly different from models developed by Fear (1972) and the Fear and Mitchell (1977) model titled: *Fundamentals of Outdoor Enjoyment*. However, it owes a debt of gratitude to these models conceptually, and in particular, it owes a debt to the principle of linking enjoyment with survival. This principle is fundamental yet often overlooked.

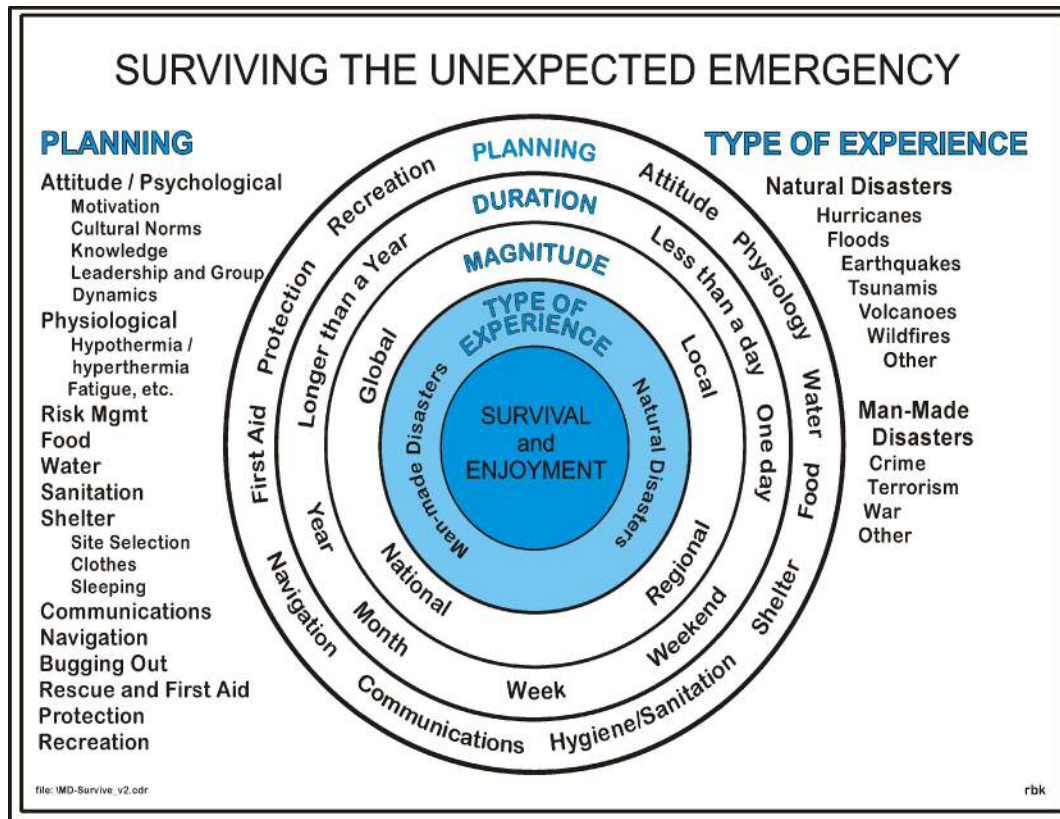


Figure 1: Surviving the Unexpected Emergency – Source: Author.

**The Title: Surviving the Unexpected Emergency** – This title was chosen for the model for two reasons. First, it is a tribute to Fear’s (1972) work of the same title. Second is its focus. Conceptually, surviving is living one minute longer or one day longer. It is about the short term more than about the long term. Emergencies denote short term or potentially everyday occurrences rather than big disasters that loom over the horizon. Emergencies are what most of us encounter on a fairly routine basis. It is sleeping comfortably in the car overnight in a rest stop or being homebound during a three-day snowstorm. It is about becoming complacent. During winter, we jump into the car underdressed expecting to use the car’s heater to keep us warm or to duck into a heated building if needed. But what happens if the car breaks down and we no longer have use of the car’s heater. How do we keep warm? Although it is important to focus on the large disasters potentially looming over the horizon, it is equally or even more important to focus on the unexpected emergencies that we continually encounter in our daily lives. The title of the model helps us focus in surviving those unexpected emergencies.

Do a pocket dump (Figure 1.2). In terms of surviving the unexpected emergency, all you have in a survival situation is what you have with you. In modern society, a phone and money could be a lifesaver. Normally used as a key ring, a carabiner can also be used as brass knuckles. Keys can be used as a weapon also. A pocket knife has a screw driver and knife. A leatherman ® or similar multi-purpose tool has more tools, but most people will find it more cumbersome to carry. Do you have a source of fire? Do you need a source of fire? Do you have food and water with you? Perhaps you can carry these items in your car to survive the unexpected emergency. Again, it is about making choices. If you don't have it with you, you don't have it.

**Survival and Enjoyment** – The key objective is to survive but also to live comfortably. Whether it is outdoor travel or surviving a disaster, people seek to have an enjoyable experience. If possible, it is survival with comfort and enjoyment. It may seem obvious, but it isn't necessarily obvious to the "uninitiated." Ask yourself the simple question. Do you want to have an enjoyable experience outdoors or not? Of course you do. Enjoyment leads to survival and to comfort regardless of whether it is an outdoor or disaster experience. The key element is survival. Making it enjoyable makes it more palatable.

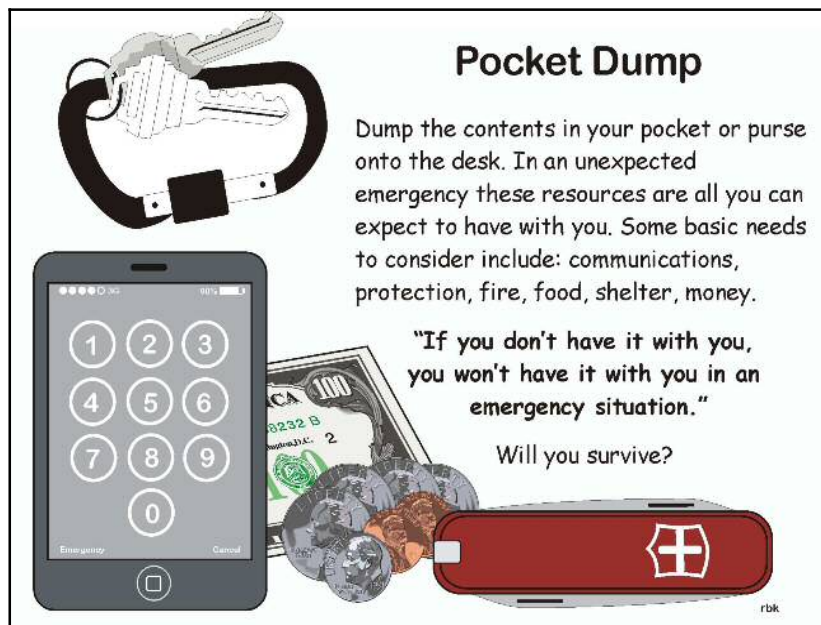


Figure 1.2: Pocket Dump. Source: author.

Most people create a comfort zone around them. Simply put, the body and specifically, the brain seeks to be comfortable. Surviving is about maintaining the comfort zone surrounding the brain and body. People modify and arrange the environment to make their surroundings comfortably support their activity. It is the astronaut thing where we are all astronauts traveling through space. It may be a car, boat, or backpack. The problem arises when people are no longer able to maintain the comfort zone around them. The body seeks to maintain its comfort zone. It seeks to keep the brain comfortable. The body extends its comfort zone by wearing clothes. The body extends its comfort outwardly into the environment to include the vehicle in which people are traveling. The car has a heater and air conditioner to maintain temperature control. It has a radio for entertainment.

In a natural or man-made disaster, people's comfort zones are upset. People may voluntarily choose to upset their comfort zone in an outdoor recreation activity. Many outdoor recreation activities upset the normal comfort zone surrounding the individual. It could be argued that most rides at amusement parks are designed to upset people's comfort zone. Regardless, people tend to maintain a comfort zone around them.

People should realize that disaster situations are not fun. They are not fun because a person's comfort zone is upset. They are survival situations in the truest sense. Never-the-less, the body seeks to reestablish its comfort zone, even if this new comfort zone is at a lower comfort level. If the body can't reestablish a comfort zone, injury or death can result. At least, the new comfort zone results in a less than an enjoyable experience.

Surviving and having an enjoyable experience is the result of preparation. Preparation involves resources, knowledge and attitude. What you have in your pocket may be all that you have in a survival situation (see Figure 1.2). Knowledge is knowing how to utilize the resources. For example, a 20-gallon trash bag can easily be fashioned into a rain coat and temporary shelter. Constructing it may not be obvious if you don't have the previous knowledge. In addition, your attitude toward surviving and your motivation play an important role.

**Type of Experience** – Two types of experiences are depicted in the model: natural and man-made disasters. The types of experiences are reflected in the different scenarios associated with the unit and with the Disaster Survey. They represent very different types of experiences for which to plan. Originally, the model included outdoor experiences. The same skills required for a camping trip are those required for surviving natural or man-made disaster. The overlap is apparent. Outdoor activities were deleted from the model because the focus is on surviving the unexpected emergency. Regardless, the connection is still there.

Many natural disasters are regional events and to a degree predictable. Earthquakes tend to be associated with plate tectonics. Wildfires tend to be associated with the western states. Hurricanes tend to be found on the east coast. Past natural disasters provide a foundation for which natural disasters to prepare. In contrast, man-made disasters are less predictable and to a degree a matter of choice.

**Magnitude** – Normally, magnitude denotes the size of the area impacted by the disaster. Magnitude easily fits with natural disasters. Obviously, a global disaster such as Chicxulub is of greater magnitude than the eruption of the Yellowstone caldera which is more national in scope or Katrina or Sandy which were more regional in their scope.

Regarding man-made disasters, magnitude may be a little looser in its interpretation. During WWII, the fire bombings of Tokyo and Dresden, Germany were regional or national disasters. It could be argued that they were local events. However, with the overall destruction of infrastructure created by the war in general, the impacts of the fire bombings were easily one of regional or national magnitude.

Often man-made disasters have greater psychological impact than actual impact on the infrastructure. The DC sniper is a good example of this phenomena. It had a huge psychological impact on the psychic of the population in the District of Columbia as well as elsewhere. However, there was little impact on the actual infrastructure. It could be argued that 911 and the Twin Towers were a local event in terms of its impact on the infrastructure. However, it had a long-term national impacts.

For those who believe in man-made global warming or man-made climate change, they could make a case of pending man-made disaster on a global level. If Al Gore is correct, the issue is what can a person do to prepare for the pending doom resulting from the inverted hockey stick. Please note that his prediction for ten years hence has not come due as predicted ten years later. However, that is another issue for another day.

**Duration** – In terms of natural and man-made disasters, the longer the duration the more planning and preparation needed. Most people have sufficient resources necessary to survive a three-day snowstorm with the food in their cupboards and pantry. Most grocery stores work on a three-day recycling process. Any disaster that interrupts the infrastructure and the recycling process can result in the shelves of the grocery store becoming bare fairly quickly. Without prior preparations, a disaster such as Katrina, Sandy or the Yellowstone caldera would require a store of food resources for more than three days. In terms of survival, surviving these events would become more problematic. They would require sufficient stores of supplies prior to the event in order to survive.

The general rule is that the longer the disaster's duration, the more planning and preparation required. The same is true for an outdoor experience. Usually, a one day hike requires considerably less planning than a ten-day wilderness trip. Most people can make it through a one or two day experience under most circumstances. They may have an uncomfortable experience, but they will normally survive. Sleeping in a rest stop overnight may be less than a pleasurable experience. However, it is usually survivable.

**Planning** – To plan for surviving a disaster, you need to prepare and plan for that activity. In terms of the model, consider the following factors for planning purposes: attitude (psychology), body considerations (physiology), food, water, shelter, hygiene and sanitation, communications, navigation, first aid, protection, and recreation. These planning factors form the major sections or units in this course. For the most part these factors are the same factors used in planning an extended camping trip. Hence, the close connection between the survival and camping industries.

The *Survival and Enjoyment* section covered earlier discussed comfort zones and zones of comfort expanding out from the body. That discussion applies to the planning criteria also. It is all about keeping the body and specifically the brain comfortable. Perhaps the most important factor in this respect is attitude and the psychology of survival followed by physiology. These factors are often overlooked or ignored in the survival literature. Or these factors are simply assumed.

Discussion of the planning process often foregoes a discussion of these two factors (e.g. attitude and physiology). Conceptually, building a doomsday bunker that will survive an atomic bomb is a shelter that is nothing more than an extension of clothes worn, and other forms of shelter designed to protect the body and keep it warm and comfortable. Or, stockpiling six months of food and water is nothing more than an extension of feeding the human engine over an extended period. Also, it serves an important psychological benefit in that the person who has stockpiled these resources *believes* that he or she has the ability to survive. In this respect, it provides a feeling of security. The operative term here is “*believes*.” Whether or not a person can actually survive is a matter of what they do during a disaster. It is no different than taking an extended outdoor trip.

**Link to Recreation and Camping** – The original model had three types of experiences, disasters, natural, man-made, and recreational experience. It reflected the connection between prepping and the camping movement. Subsequently, the recreational experience component was deleted from the model because disasters focus on negative events while the recreational experience component is generally viewed as a positive experience. Even so, there is a strong connection with the camping movement and camping skills are directly applicable to prepping.

**Planning** – Many of the same planning and technical skills used in taking a camping trip are the same skills and techniques used by preppers. In fact, there is overlap between the two industries with many companies supplying both industries. Freeze-dried food companies are most notable. Conceptually, prepping can be thought of as a camping trip where the prepper prepares for a trip into the backcountry. Readers will note the similarity between many of the skills and techniques described elsewhere and those used in the camping movement.



**Figure 1.3 – Eleven Day Everglades Trip** – Many camping skills are directly transferable to prepping. They both have a lot in common.  
Source: Author – [file:\DSC\_0112.pdf]

Virtually, all the planning skills listed in the *Surviving the Unexpected Emergency Model* are the same planning skills used in taking a camping trip. Bugging out is generally a new topic for recreational campers. Also, many would consider protection a new topic for preppers from camping. However, it is a topic area that has gained considerable discussion in today's society.

**Magnitude** – For outdoor recreation experiences, magnitude may be interpreted as *remoteness*. The more remote the activity the greater its magnitude and impact. An example of remoteness in wilderness medicine is where “frontcountry” is defined as less than three hours from a hospital and “backcountry” is defined as more than three hours from a hospital. A backcountry experience is more remote and many of the protocols change because the victim is beyond the “golden hour” of care.

An overnight camping experience in the backyard is not very remote. If it rains or if the children become scared, they can easily pack up their bags and move back into the house where it is warm, dry and secure. In contrast, a 11-day canoe trip in the Everglades is fairly remote. If assistance is needed, it is a two-day paddle out by the group. Rafting the Grand Canyon is even more remote where access to civilization can be several days. It should be noted that with most commercial trips they have satellite phones and helicopter access points have been identified if there is a critical emergency.

**Duration** – Duration is pretty straightforward. The overnight camping experience in the backyard is short term with few consequences. A weekend camping trip is of moderate duration. Generally, a screw up is not a survival situation because the duration is not too long. In contrast, the 11 day Everglades or Grand Canyon trip are of sufficient duration that they require considerable planning.

## Surviving the Unexpected Emergency Survey

The purpose of this section is to help you determine the level of preparedness that you seek in your life. The survey frames this in terms of the *Surviving the Unexpected Emergency Model* (see Figure 1.1). The scenarios represent a sampling of the *type of experiences* (i.e. natural and man-made), *magnitude* and *duration* of events or disasters. There are no right or wrong answers. Readers will use the results to position themselves in terms of their planning for surviving the unexpected emergency.

It is important to “frame” your prepper preparations. Prepping is about making choices. To say that you will not be a prepper is still to be making a choice. The choice made is that whatever you have in your pantry is what you will have if a three-day snowstorm engulfs you or if a regional hurricane like Katrina or Sandy hits you. The bottom line is that everyone is a prepper even if they choose not to be a prepper. So, prepping is making a choice about the level of prepping desired and allocating sufficient resources toward prepping.

Prepping requires resources in terms of time and money. Once you choose the level of prepping you desire, it then becomes a matter of allocating resources at a sufficient level to prepare and maintain that level of prepping. This involves time and money. Prepping requires time. Time to plan. Time to construct. Preparing for and stocking the pantry in preparation for a three-day snowstorm takes some time and moderate resources. It is an extension of visiting the grocery store. In contrast, building, stocking, and maintaining a bunker takes considerable time and financial resources.

**Survey Instructions** – Representing the attributes in the model, several natural and man-made disasters are presented. They are designed to be hierarchal in terms of magnitude and duration. They are designed to be illustrative and to help people focus on making choices about the level of preparation desired.

The instructions are simple. For each of the scenarios, indicate whether you want to be prepared for the event or disaster within the next year. Whether you actually do or don’t prepare for the situation remains to be seen. As previously noted, being prepared involves time and resources. Resources and commitment follow desire. It is about making choices. The real question that you are answering is whether you have the desire to be prepared for this event or disaster. If you have the desire, the resources will eventually follow. As a practical matter, the cost of resources and the time involved does temper desire. Otherwise, everyone would want to be prepared for all scenarios. Who wouldn’t?

**Survey** – Review each scenario and indicate whether you would like to be prepared for a similar situation by this time next year. Remember, it doesn’t indicate whether you will be prepared for the scenario this time next year, only that you desire to be prepared.



**Type: Natural Disaster**  
**Magnitude: Regional**  
**Duration: 2 to 3 days**  
**Scenario: Major Snow Storm**

A major regional snowstorm is dropping four feet of snow on your local area. You are going to be housebound for two to three days until everyone digs out. The grocery store is sold out of bread and milk (joke). In addition, assume that you might lose your electricity for part or all of this time. This may affect your heating your building and cooking.



Major Snow Storm

**My Preparedness:**

By this time next year, I plan to be prepared for this type of event or disaster: (Check one)

Strongly Agree  Agree  Disagree  Strongly Disagree

Scenario #1: Snowstorm – Source: author – [IN-DisasterScenarios0102[144].jpg]

**Type: Natural Disaster**  
**Magnitude: Regional**  
**Duration: 1 week to 3 months**  
**Scenario: Katrina or Sandy**

This is aerial view of Katrina as it hit New Orleans. It could be Sandy on New Jersey of New York City. It pretty much knocked out everything from anywhere from one week to three months. There will be no utilities (e.g.: electricity, sanitation, water, cell phone, cable, etc.). This means that your refrigerator won't work unless you have a generator, and when you flush the toilet, the wastes won't go anywhere. For purposes of survival, you will need a gallon of water per person per day to survive.



Hurricane: Katrina

**My Preparedness:**

By this time next year, I plan to be prepared for this type of event or disaster: (Check one)

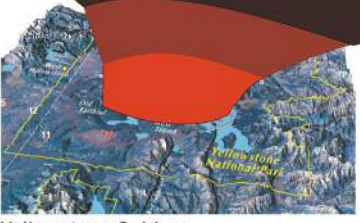
Strongly Agree  Agree  Disagree  Strongly Disagree

Scenario #2: Hurricane Katrina – Source: author [IN-DisasterScenarios0103[20].jpg]


**Type: Natural Disaster**  
**Magnitude: National to Global**  
**Duration: 1 to 2 years**  
**Scenario: Yellowstone Caldera**

The Yellowstone caldera is a super volcano type eruption similar to Krakatoa. When Krakatoa erupted in 1883 it deposited roughly five cubic miles of earth into the atmosphere. The last time the Yellowstone Caldera erupted it left a four inch layer of ash all the way to St. Louis. The eruption would result in a nuclear winter. Crops would fail because there is no summer (nuclear winter) and the economy as we know it would come to a screeching halt or at least it would face a significant slow down. Major communication and transportation networks would come to a halt or would be severely restricted. Basically, any goods or services that we use would become scarce, if available at all. Assume that local utilities such as electricity, sanitation, and water would not be available, at least initially.

The last time the Yellowstone caldera erupted, it deposited a four inch layer of ash all the way to St. Louis.



**Yellowstone Caldera**




**My Preparedness:**  
 By this time next year, I plan to be prepared for this type of event or disaster: (Check one)  
 Strongly Agree     Agree     Disagree     Strongly Disagree

Scenario #3: Yellowstone Caldera – Source: author – [IN-DisasterScenarios0104[144].jpg]

**Type: Natural Disaster**  
**Magnitude: Global**  
**Duration: 2 to 10 years**  
**Scenario: Chicxulub**

This is a cataclysmic crisis of catastrophic proportions. The Chicxulub impact led to the extinction of the dinosaurs. A comet or meteorite left a 40 mile wide crater on the Yucatan Peninsula. The result is that it create a tsunamis 1,000 feet high that advanced up the Mississippi River valley. It created a firestorm that streaked outward toward the poles. This led to a rain of concentrated sulfuric acid ( $H_2SO_4$ ) from the sulfur dioxide ( $SO_2$ ) combining with water in the atmosphere. And yes, this would be acid rain with a lot of acidity in it. Compared with the acid rain and the firestorms, the ensuing nuclear winter for several years would be comparatively minor. Pretty much anything that wasn't thoroughly insulated from the outside environment was in jeopardy of dying. Chicxulub was death on a massive scale and a similar event today would be massive death and destruction again.



**Chicxulub**

**My Preparedness:**  
 By this time next year, I plan to be prepared for this type of event or disaster: (Check one)  
 Strongly Agree     Agree     Disagree     Strongly Disagree

Scenario #4: Chicxulub – Source: author – [IN-DisasterScenarios0105[144].jpg]

**Type: Man-made Disaster - Riots**  
**Magnitude: Local/Regional**  
**Duration: Two days to one week**  
**Scenario: Watts/Baltimore Riots**

In 1965 there were the Watts Riots in LA and more recently there were the Baltimore riots during 2015. Both riots closed down significant sections of each city. The effect on individuals will depend on where they live. Those in the specific location of the riots may not have food, water, and supplies for several days. In addition, they have protection needs. Those living in the general area may have disrupted services similar to those experienced in a major snow storm. Figure this disaster as a two day to possibly a week experience.



Source: <http://images.rapgenius.com/f3umcurfftg9odkvob02h1au.5>



Watts Riots, Los Angeles, CA  
 Source: Wikipedia



BREAKING NEWS  
 Burning Senior Center, Baltimore, MD  
 Source: <http://fox43.com/2015/04/27/baltimore-riots-a-timeline/>

**My Preparedness:**

By this time next year, I plan to be prepared for this type of event or disaster: (Check one)  
 Strongly Agree     Agree     Disagree     Strongly Disagree

Scenario #5: Watts/Baltimore Riots – Source: author – [IN-DisasterScenarios0201[144].jpg]

**Type: Man-made Disaster - War**  
**Magnitude: National**  
**Duration: 1 week to 2+ years**  
**Scenario: Tokyo Firebombing**

What is worse than an atomic bomb? It is an incendiary firebombing of a city. It is a war of attrition and the destruction of all infrastructure (National Magnitude). On March 9-10, 1945, Tokyo was firebombed using incendiary bombs as was Hamburg, Dresden and Kassel, Germany. The bombing was designed to create a firestorm where the fire feeds on itself creating huge convection currents that feed oxygen into its massive firestorm. The Wikipedia account indicates that in the Tokyo bombing “[T]here were 267,171 buildings destroyed, and between 83,793 and 100,000 killed, making this the most lethal air raid in history, with destruction greater than that caused by the atomic bombing of Hiroshima.” All infrastructure was destroyed. For our purposes, the first issue is surviving the initial attack. Second, surviving the post-attack is problematic. The infrastructure has been destroyed and there isn’t much to be scavenged either.



Aerial Photo - Tokyo Firebombing, March 9, 1945

**My Preparedness:**

By this time next year, I plan to be prepared for this type of event or disaster: (Check one)  
 Strongly Agree     Agree     Disagree     Strongly Disagree

Scenario #6: Tokyo Firebombing – Source: author – [IN-DisasterScenarios0204[144].jpg]

**Analysis** – In Figure 1.4, list the scenarios with which you agree or strongly agree on the right and those with which you disagree or strongly disagree on the left. This list helps you to determine the type of experiences for which you seek to prepare and the degree of your preparation. A strongly agree or strongly disagree indicates the strength of your commitment and a desire to be prepared for that experience.

Figure 1.4: Analysis of Scenarios	
Instructions: List those scenarios with which you agreed and strongly agreed on the right and those with which you disagreed or strongly disagreed on the left.	
Strongly Disagree/ Disagree	Agree/Strongly Agree
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

**Type of Experience, Magnitude and Duration** – Second, review your answers in terms of the type of experience, magnitude and duration. If you responded with agree or strongly agree, you indicated that you would like to be prepared for that scenario. Compare the responses between the natural and man-made disasters. Did you favor being prepared for one type of disaster over the other?

Again, review your responses in terms of magnitude and duration? Were they hierarchal? Hierarchal means that if you wanted to be prepared for the Yellowstone Caldera, you also indicated that you wanted to be prepared for Katrina and the snowstorm.

**Local Conditions** – Third, consider the types of natural and man-made disasters which are most likely to occur where you live. The types of disasters to which you are most susceptible will temper your preparations in terms magnitude and duration. Usually, past history is a good indicator of the types of experiences to which you are most likely susceptible. This becomes an important consideration in the section on bugging out.

People living on the east coast are susceptible to hurricanes. People living further inland are susceptible to the tropic depressions left over from hurricanes. They are also susceptible to flooding from these left over hurricanes, particularly if they live in a flood plain.

People living in coastal areas are susceptible to tsunamis. People living on the west coast or in Japan where there is active movement in the tectonic plates, active volcanos, and underwater earthquakes are more susceptible to tsunamis than people on the east coast of the United States where there are fewer tsunamis producing activities.

Tornados are generally found in the mid-western states. However, they can occur on the east coast also. Generally, they are short lived and the area affected is limited. Although their path of destruction is limited, what lies in their path can be devastating.

As a footnote, don't be surprised if you experience an unexpected natural or man-made disaster. This author lives in western Maryland. Tornados are known to the area, but they tend to be small and more ephemeral. In contrast to left-over hurricanes which are a more frequent occurrence, tornados are infrequent and not high on the preparation list of natural disasters. On June 2, 1998, a major F4-F5 tornado passed close to this author's house. It took a house four houses away leaving only the first floor sub-flooring and foundation. This author sat humbly in his basement as the tornado passed through. The experience dramatically changed his attitude about tornados potentially occurring in western Maryland.

For the most part, wildfires are a western phenomena. This is not to say they can't occur on the east coast, but generally, the east coast is too green and too wet to sustain major wildfires.

Two man-made scenarios were provided. In general, the first scenario depicts a localized breakdown of the infrastructure. The second scenario depicts a general breakdown of the infrastructure. Prepping can expand on these scenarios. For example, prepping for a nuclear conflict could be added.

**Summary Paragraph** – Write a brief summary of your findings. One paragraph normally suffices. Indicate the types of experiences for which you seek to prepare. Localize your disasters. Indicate both the magnitude and duration for which you seek to prepare. Think of your summary as a mission or vision statement. It is what you envision can occur. It helps you to make choices about your preparations. It frames your preparedness. It does so in practical terms. If appropriate, reference one or more of the prepper stereotypes in your discription.

This book presents a lot of diverse information. Your summary helps you to determine what is relevant information to your needs and what is extraneous or an interesting sidebar. Your summary helps you to frame your preparations as a prepper.

## Summary

It is easy to become overwhelmed by the degree of preparation and planning necessary for all contingencies of disasters and activity. The *Surviving the Unexpected Emergency Model* provides a basic structure and framework to approach the planning and preparation process for prepping. A review of the literature suggests that the factors used (e.g. type of experience, magnitude and duration) are consistent with other source materials. Most of the categories in the planning process denote a relatively standard delineation of categories. There are two significant additions to the traditional categories. The first is recreation or what you do to keep from getting bored and the need to stimulate the mind. The second focuses on the factors of attitude and physiology.

In preparing for disasters or recreational activities, first focus on the commonalities. The basic structure of the model helps to focus on the commonalities rather than the nuances. In doing so, it helps to establish decision trees with which to handle increased complexity and nuance. Second, focus on the body and the brain. Everything centers around protecting the body and the brain. As noted, a doomsday bunker is really an extension of protecting the body from harm and maintaining its comfort. Third, an underlying theme focuses on the importance of attitude and physiology in survival. All planning and

preparation can easily go for naught if a person has a poor attitude, makes poor decisions, or has not taken care of the body's needs.

The model provides the basic structure for organizing, preparing and planning for a disaster or recreational event. Also, it is the cornerstone of this book. Its planning component forms the basic organizational structure for this book.

## References:

- Bradley, A., (2011). Handbook to Practical Disaster Preparedness for the Family.
- Fear, G., and Mitchell, J., (1977). Fundamentals of Outdoor Enjoyment, Tacoma, Washington: National Search and Rescue.
- Fear, G., (1972). Surviving the unexpected Wilderness Emergency. Survival Education Association: Tacoma, Washington.
- Kauffman, R., (2015). *Surviving the Unexpected Emergency Model*.