

SHELTER IN PLACE

A man wearing a gas mask and a dark jacket, standing in a field with a tall chimney in the background. The scene is set during sunset or sunrise, with a warm, orange glow. The man is looking slightly to the right. The gas mask has a large filter canister attached to the side. The background shows a line of trees and a tall, dark chimney against a cloudy sky.

HOW TO PREPARE YOUR
FAMILY FOR NATURAL
DISASTERS & MARTIAL LAW

PatriotCaller.com

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SHELTER IN PLACE: Preparing To Withstand Natural Disasters and Martial Law

As a vigilant patriot, you already understand how quickly natural or manmade events could derail the systems that make our way of life possible. Citizens of all developed nations have become incredibly dependent on a complex supply chain for almost every aspect of their daily lives, and America is no different.

Everything from the way we travel, to the way we work, to the way we get our food relies on the assumption that this complex supply grid is functioning properly.

The way we communicate, heat our homes, produce our incomes... all of this is heavily dependent on an impossibly complicated logistical network -- *which we have absolutely no control over.*

Don't get me wrong, this network – which politicians usually call “the economy” -- is truly incredible. By innovating and improving this financial and logistical network, America has become the wealthiest nation in the history of the planet.

Americans are now enjoying technology that their parents read about in Science Fiction novels...

However, the more wealthy and advanced our economy becomes, the more dependent on it WE become.

In essence, it's allowed us to grow very ignorant and lazy. This system has enabled us to almost completely phase out long-term planning for the practical necessities of life. Most Americans don't plan their meals more than a few minutes in advance -- much less keep any backup supplies!

How many of us actually have a crisis food plan? Who has an emergency stockpile of candles in their home? How many of us have more than a quarter tank of gas in our cars right now?

Boston as a case study

During the manhunt for the Boston Marathon bombers, Massachusetts Governor Deval Patrick asked all residents in the Greater Boston area to “shelter in place.”

It's as if he thought they were prepared to do so...

With absolutely no warning, residents in Watertown, Massachusetts were order to shelter in place for nearly an entire day. If these residents tried to leave their homes, they were greeted by the wrong end of an assault rifle.

Many of these folks were completely unprepared to stay inside their homes... even for 12 hours. They had nothing in the fridge but a half-empty bottle of Diet Coke and some expired mustard. They didn't have a plan.

For many patriots around the country, this was a huge wake up call. Watching the Boston lockdown made them envision what it would be like if *their* families were forced to stay inside for a long period of time while a manhunt was conducted. They didn't like what they saw.

The point I'm trying to make here isn't that America is becoming a police state – it's that it **already has become a police state**. The post 9-11, post-Katrina infrastructure is already in place and is just now coming into use.

The fact is, area wide lockdowns are part of the new national defense strategy. We just saw the trial run take place in Boston.

And consider this: Boston's citywide shutdown was declared in order to apprehend one teenage suspect on the loose... just one guy!

You can only imagine the scope of the lockdown in an even more dangerous scenario.

Very few of us are prepared to handle an emergency...

In fact, it's fair to say that we are never more than a few days or hours from a serious crisis. If a disaster was to derail the supply system in your area, how long could your family hold out until help arrives? How long before you would run out of food, water, and other necessary supplies?

Providing for yourself in a time of crisis is the only way to ensure your safety. Others may wait for the government to arrive and fix everything... and just like many of the unprepared New Yorkers during Hurricane Sandy, they will be disappointed and outraged at how slowly help arrives... *if* it does.

Being self-sufficient allows you to be a helper when the system fails (in the short or long-term), not a burden. That's why it's patriotic to invest the relatively small amount of preparation it takes to be ready to shelter in place for at least 72 hours.

The First 72 Hours

Experts agree that the first 72 hours of a crisis is the most critical time – the time after the disaster, yet before help can arrive – but most of us don't have the necessary supplies to hold out even that long.

Contrary to popular belief, preparing to “shelter in place” isn't very expensive. You can gather all of the food and household supplies you absolutely need to make your family self-sufficient for the first 72 hours for less than \$200 – and less than that if you're thrifty.

Since many of the items in this report are highly shelf-stable, you can accumulate them incrementally over time. Many budget-conscious patriots simply acquire a few of these items each time they go to the grocery store.

There are a few other items that you may already own -- such as a dog or rain barrel -- that you can incorporate into your shelter in place planning over time.

You never know when a crisis may emerge. It doesn't matter how long it takes, the important thing is that you get started now...

50 Items Every Family Should Hoard

You've taken the first step already. You've downloaded this report and you are reading it. The next step for you will be simply gathering the 50 items on this list and storing them in your emergency cache.

NOTE: This list is broken down into three major categories Food, Supplies, and Equipment.

FOOD

1. Water – Water may seem like an obvious choice (as well it should), but you'd be surprised how many survival storage guides treat water as if it were an afterthought. The average person can only go 3-5 days without water. In many climates, 3 days would be a miracle. That's why I've put it at number one.

Most experts recommend storing a 2-week supply of water at a minimum. This gives you the option to shelter in place for 2 weeks without having to leave the safety of your home during a natural disaster, civil unrest, or even radioactive fallout.

Perhaps the easiest way to store excess water is through a rain barrel. Rain barrels allow you to store upwards of 40 or 50 gallons of water efficiently on your patio. Ideally, you'll have your barrel situated to collect rainwater as it runs off of your roof. In a longer-term scenario, this piece of planning would pay major dividends (*for more details, see the later chapter titled "Rainwater Storage"*)

2. Sugar – While many Americans do everything to avoid sugar in their daily lives, in a survival situation the usefulness of sugar (white or brown) would be very important for both its flavor enhancing qualities and its calories.

3. Honey – Sweeteners like sugar and honey come in very handy when you're faced with a bunch of bland survival food choices.

Local honey is also thought to help with pollen allergies.

4. Flour or Wheat, or Both – In a long-term crisis, in which supply chains are completely off-line, the baked goods we take for granted will immediately become a luxury item. Flour and wheat are just as useful for baking as they would be for bartering.

5. Vinegar – While most of us think of vinegar as something you put on food, it can also be used to clean fruits and vegetables, and to disinfect cutting boards and other utensils.

6. Rice – Dried rice has an incredibly long shelf life, making it ideal for storage. In nutritional terms, rice is rich in starch and carbohydrates. It's also a good source of Vitamin B, iron, and protein.

7. Beans, Lentils, Black-eyed peas – Legumes are a great source of protein, iron, and dietary fiber. Like rice, which they're traditionally served with, dried beans have an exceptionally long shelf life.

8. Oats, Pancake Mix, Cornmeal – Starchy carbohydrates may be a no-no according to most dieting books, but these foods are a filling source of energy. Plus, they are comfort foods.

9. Condiments - Mayonnaise, ketchup, mustard, soy sauce, and other dressings will come in very hand when you're living on a limited survival diet.

10. Pasta – Pasta stores well, has a long shelf life, and it's loaded with carbohydrates. It's also easy to prepare. Not to mention, pasta pairs well with lots of other items on this list.

11. Peanut Butter – Hoarded by everyone from college students to doomsday survivalists, and for many of the same reasons, peanut butter is a tasty, shelf stable source of protein that pairs with lots of other items.

12. Jams – When shopping for jellies and jams in a survival situation, you won't be looking for the most organic option, but the one with the longest shelf life. Since refrigeration may not be an option,

single-serving restaurant packets are a good idea.

13. Vacuum-Sealed Nuts – Peanuts, pecans, cashews, etc. can be a savory snack that's high in protein. Canned or vacuum-sealed nuts have the longest shelf lives.

14. Dried fruits, such as raisins, apricots, and papaya – Dried fruits are a great source of nutrients, calories, potassium, and fiber. They can also be added to nuts to make delicious trail mixes.

15. Energy bars – Since these bars are typically loaded with carbs and protein by design, they're actually a good choice for your survival storage (maximum nutrition with minimal effort and prep).

16. Canned soups and chili – Canned soups are easy to prepare and offer a nice variety of ingredients for the effort. Look for low-sodium options. Premium brands may be healthier, but value brands will make your money go further.

17. Canned veggies - When the farmer's market is not an option, canned veggies are a good source of the same nutrients.

18. Canned chicken, tuna, or turkey – Canned meats can be added to pasta, rice, etc., to add flavor, iron, and protein. These canned meats have a shelf life of 2 years, as odd as that may seem.

19. Spices – Just like condiments, salt, pepper, garlic powder, onion powder, etc. will be in high demand as the food supply gets more repetitive. Think about how important the spice trade was in Renaissance Europe.

20. Cooking Oil – Have you ever tried cooking without some kind of oil? It's almost impossible to not burn whatever's in your pan. If you stock up on olive oil, you can also use it in dressings and dips.

21. Tomato Sauce – Canned or jarred, tomato sauce delivers a lot of convenience, calories, and nutritional value. Combine this with your pasta or canned meat.

22. Your Family's Favorite Drink – Powdered sports drinks and

teas are easy to store, and they'll offer you a little variety. Plus, many of these contain electrolytes and added B vitamins.

23. Multivitamins – As you've probably noticed by now, fresh fruits and vegetables aren't very well represented in this list. That's why your emergency stockpile should include an economy sized bottle or two of a good multivitamin, preferably a gel-cap or chewable form.

24. Crackers – When it comes to eating items like peanut butter or canned tuna, you're going to need something to "put it on." Since breads don't store well, crackers are a great alternative. Wheat and vegetable-based crackers can add nutritional value.

25. Packaged Meals – Just-add-water style meals will offer both variety and simplicity. You're probably thinking about Macaroni & Cheese or Hamburger Helper here, but there are a ton of options on the market, from Cajun to Thai.

26. Comfort Foods - Comfort items are important psychologically, especially if your family includes young children. Popcorn, Candy (hard candy keeps longer than chocolates), sealed pudding containers, fruit snacks, etc., are all options that store well and can give children something to look forward to.

TIP: Ideally, you're food stockpile will match your regular eating habits, so that you can consistently rotate through items before they reach their expiration dates. Plus, if you're going to make a disaster food supply, why the heck wouldn't you give yourself some tasty options?

HOUSEHOLD GOODS

27. Batteries – Obviously, you'll need to coordinate your battery storage plan with any of the flashlights, radios, or other devices you may keep in your emergency stockpile. Batteries will last longest in cool dry conditions, but should be rotated out of your emergency supply on a yearly basis.

28. Toothpaste – You never know how long a crisis might continue, and you want to be prepared to keep up your family’s normal hygiene regime throughout the crisis.

29. Hydrogen Peroxide - In addition to its medical uses, hydrogen peroxide can be used to disinfect cooking utensils, cutting boards, and dishes.

30. Pain Medicine – Stock a large bottle of aspirin, ibuprofen, etc. to deal with any aches and pains. The last thing you want during a crisis is a splitting headache.

31. Toilet Paper – Running out of toilet paper is annoying in any situation. But you certainly don’t want to run out in a shelter-in-place crisis scenario. My advice is to get more than enough. Life can get messy.

32. Zip Lock Bags – It doesn’t matter if you don’t have any specific plans for your bags, keep them on hand because you will find a use for them.

33. Trash Bags – Trash will still need to be properly disposed of, even in a crisis. In fact, trash bags are even more important in a crisis. If running water is unavailable, trash bags may have to double as a toilet. Don’t skimp here.

34. Feminine Hygiene Products – If you won’t be sheltering with any women, obviously you can skip this.

35. Hand Sanitizer – Because water may be limited for hand washing purposes, you’ll want to keep a large bottle of this stuff on-hand.

36. Paper Towels – Once again, because water may be limited, paper towels will be handy for cleaning and drying many things you’d typically use cloth for.

37. Band-Aids – For minor cuts, scraps, blisters, etc., you’ll want to have a stash of Band-Aids specifically for this application.

38. Gauze/Bandages – For more serious injuries, you'll want to keep a supply of dedicated gauze and bandages.

39. Rubbing Alcohol – Rubbing alcohol burns on an open wound, but it is a great way to sterilize instruments, surfaces, and the skin surrounding a wound.

40. Sleeping Bags – There's really no easier or more compact way to store your bedding essentials, especially if you choose a highly insulated sleeping bag designed for backpacking.

41. Thermal Underwear – Since power utilities may go down for long periods of time during a crisis, thermal underwear could be worth its weight in gold.

42. Candles – You'll probably never read a disaster preparedness list that doesn't include candles, and for good reason. A good stock of slow-burning emergency candles is a survival essential, as well as something to light them with.

43. Cigarette Lighters – I recommend stashing a combo pack of at least 6 lighters in your stockpile. In a power outage, these guys can become very, very important. They can also be very easy to misplace.

44. Fire Logs – Manmade fire logs, such as Duraflame, are an excellent choice because they put out more heat and burn longer than real lumber. Again, this is not a camp out, it's a survival situation.

EQUIPMENT

45. Water Filter – A high-quality water filter, designed for filtering untreated water can help you extend your water supply by recycling gray water and/or use water sources outside your home.

46. Hand-Crank Radio – Hand crank radios offer the ability to listen to important communications when power and cell networks are

down. Some hand crank radios even offer a USB charging functionality.

47. Camp Stove – There are a million options available for this purpose – everything from handy backpacking stoves to heavy-duty outdoor ranges – but it's hard to beat the old self-contained Coleman camp stove.

48. Can Opener/Multi-Tool – It's a good idea to carry a survival knife, but it's a *great* idea to carry a quality multi-tool, like a Leatherman. A Leatherman comes in handy almost every day under normal circumstances and could be used as a weapon in a pinch.

49. Flashlights – When it comes to flashlights, I have two recommendations, and neither one is expensive. First, find a comfortable LED headlamp. Second, rather than finding the brightest, most high-tech available, invest in a Maglite that runs on simple AA batteries.

50. Firearms – Last but certainly not least, you're going to need some type of weapon, just in case. It doesn't have to be a gun, but then again what else are you willing to risk your family's safety on, a sword? Pepper spray?

It's unfortunate, but the fact is that crises seem to bring out the worst in the worst kind of people. Every time a crisis distracts local law enforcement, looters and opportunistic criminals spring up out of nowhere. A 12-gauge pump shotgun is an excellent choice for home defense. The pump action also makes a loud click-click sound that is internationally recognized by criminals.

Crisis Perimeter Security

Whether your family has elected to shelter in place as part of your emergency plan, or you've been ordered to stay inside by the authorities, perimeter security is vital to your family's safety.

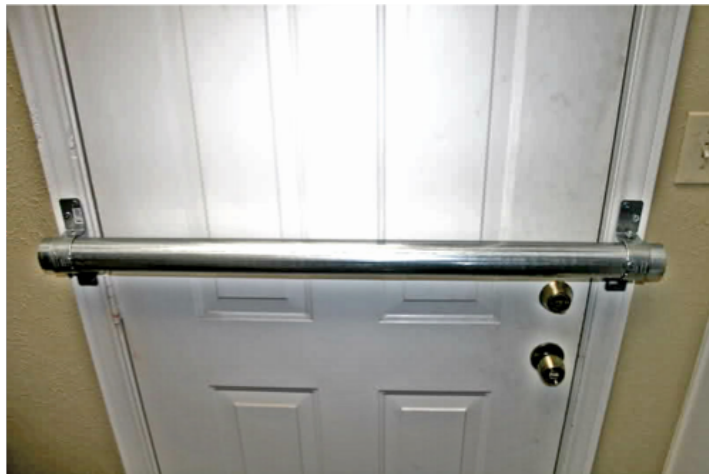
In the wake of a disaster event, looters will be active, whether or not a curfew has been imposed.

In the event that your family is sheltering in place, your property is a secondary concern. Your family's safety is what you are ultimately trying to protect.

That's why I recommend these 3 deterrent steps, to avoid a dangerous situation in which you have to confront an attacker.

1. Solar-Powered Security Lights – Motion sensor lights are a great security measure in any situation, because the last thing a burglar wants to do is draw attention to himself. A solar-powered light will function even during a power outage.

2. Katy Bar – You've probably heard the expression, "Katy bar the door." Well, it has nothing to do with a woman named Katy. A katy-bar is literally a bar (or a piece of wood) that blocks your door from opening. Usually, this "bar" is held in place by two slots, hooks, or rings on either side of the doorframe.



3. Guard Dog – There's a reason that military and law enforcement agencies around the world use K9 units, and have been for millennia. A guard dog not only alerts you when someone is approaching, but a strong, foreboding bark will stop most burglars in their tracks.

If your deterrent steps don't succeed at turning back your intruder, then you'll be forced to take a more aggressive action. In a confrontation, it's important to give yourself superior firepower.



You need to be better armed than the intruder. That's why a pump action 12-gauge shotgun is my recommendation.

At close range, it's very hard to beat a shotgun. You don't need to be an excellent marksman to hit your target. Since you're not worried about carrying or concealing this home defense weapon, a larger gun is appropriate.

In addition, the sound of you jacking a shell into the chamber is an internationally recognized warning signal... it gives the intruder one last chance to turn around.

Bug-Out Bags

If you're not familiar with the concept, a bug-out bag is a bag (usually a backpack) filled with all the items you may need to survive a crisis away from home... should you be forced to evacuate (or "bug-out") in a hurry.

Some survivalists call these "72-hour bags" or "go-bags," but the purpose is the same: To give you the opportunity to drop everything and leave at a moment's notice... no packing necessary.

Each family member should have their own bug-out bag in storage, even children. This will ensure that everyone has the supplies they need to get to your destination.

Here are 7 bug-out bag essentials:

Canteen – In a short-term survival situation, water is more important than food. A full canteen is the cornerstone of a good bug-out bag. Iodine tablets to treat and disinfect creek or pond water are also a great idea.

Food – You won't find MREs on the menu at a fancy restaurant; they taste bland and terrible. MREs are ideal for backing the most nutrition into a small space (like a bug-out bag). Workout bars with lots of protein and calories are a good alternative, as are dehydrated, just-add-water meals.

First Aid Kit – Dozens of compact first aid kits are available online. Your kit should include a variety of bandages, gauze pads, antibiotic ointments, antiseptics, painkillers, and perhaps even a suture kit.

Warm Clothing – Warm, water-resistant clothing is ideal for your bug-out bag, since you never know what the weather may be like when you need to bug-out. Good ideas are: thermal underwear, rain ponchos, and insulated rain jackets.

Multitool – A good multitool will be indispensable in a crisis. Choose a high quality tool with a good knife blade, so it can double as a weapon in a pinch.

Flashlight – The most important aspects of a flashlight are reliability, and operating time. Many of the brightest, most expensive flashlights draw a ton of battery power and can only run for a couple of hours. Maglite is a good balance.

Fire Starter – There are a million ways to start a fire, and at least a dozen ways to pay over \$20 for a fire starter tool. May I introduce, the Bic lighter. I recommend slipping a 4-pack into your bag.

Power Essentials

Gas Generators – A single gas-powered generator can allow your family to live almost as if the electric grid is up and running, as long as you've stored enough gasoline. I recommend either the Yamaha EF 2000iS or the Honda EU2000i. Both are good choices for small to medium power needs.

Solar Chargers – If you've ever used a hand-crank generator, you know that it gets old real quick. Portable solar generators, designed to charge phones, laptops, and other devices, can give you access to the latest information. Plus, unlike gas-powered generators, they are completely silent.

Extension Cords – If you do decide to buy a generator, then you'll need the appropriate extension cords and power strips.

Rainwater Storage

Rainwater collection has become much more common in the past decade, as many areas of the United States have experienced prolonged drought and watering restrictions. The growth of the environmental movement has also placed new emphasis on the ancient art of storing rainwater.

Learning to take advantage of the water that's already running off of your roof every time it rains can be a garden saver in a prolonged drought. In a SHTF scenario, it may prove to be a lifesaver.

Here are a few of the everyday benefits that come with rainwater collection:

- Prevents flooding of your flowerbeds
- Watering with rainwater reduces mineral buildup in potted plants
- It's a free source of clean water
- Promotes self-sufficiency
- Decreases urban runoff into local creeks
- Over time, collecting rainwater can prevent erosion and foundation problems

Small Start, Big Results

Rainwater harvesting novices are shocked at how much rainwater they are able to collect with very little surface area... and very little effort. It can be very rewarding.

In fact, that's exactly how most rainwater collection enthusiasts get sucked into the hobby. They begin as skeptics, placing a simple rain barrel under a downspout. Then soon enough they are making plans to improve their system and install a 2,500-gallon storage tank...

Sure, that may sound a little extreme, but it's actually very doable. Many residents in rural areas have little choice but to drill an expensive well or to live off of rainwater. And lots of these folks have realized that it's possible to operate off of rainwater alone.

Here's the equation for rainwater collection:

1 inch of rainfall = 600 gallons per 1,000 sq-ft of roof

When you run the numbers -- and don't forget to take in your roof's pitch, overhangs, and porches into account -- you can see that your home can yield a whole lot of water very quickly.

Outfitting your home to run on rainwater alone isn't outrageously expensive by any means. But the key is to smart small...

One Downspout at a Time

The easiest way to collect water from your home is to place a barrel under one of your home's gutter downspouts. Many commercially available rain barrels are designed to be compatible with gutter downspouts, so the installation should be fairly easy.

2 55 gallon drums white food grade used to store molasses or



The more labor-intensive part of the process usually comes in the form of cleaning out your gutters... especially if you plan to filter and/or drink any of the water you harvest.

You'll need to clean out your gutters by hand, or hire a gutter cleaner, if you want to keep your rainwater fairly leaf-free.

Gutter helmets and wire mesh can help immensely in this regard.

Storage Options

The number of rainwater storage options has exploded in the last few years. You can now find everything from cheap, plastic rain barrels to high-end terra cotta “water urns” at your local Home Depot. But don’t worry; there are rainwater options to fit any budget.



Even for beginners, we would recommend a container with a capacity of at least 50 gallons. You will be astonished how easy it is to fill a 50-gallon tank.

Aesthetic considerations are important to many homeowners, of course, so you may find it worth the money to select a terra cotta urn, or a handy rolling barrel that can be moved out of the way when rain isn’t in the forecast.

Survival Isn’t Always Pretty

If you’re a price conscious shopper, ugly is pretty... and bigger is most certainly better.

The most cost effective way to store rainwater is to pick up a few 55-gallon barrels on Craigslist. We found these plastic barrels on sale for \$15 on our local Craigslist. Search for the term “food grade” if there is a chance you may drink any of this water.



In arid climates, rain is infrequent and 55 gallons simply doesn't go very far. That's why the most efficient way to store water is in bulk, of course.

2,500-gallon potable water storage tanks are quite affordable, especially when compare to the costs associated with drilling a water well. A variety of 2,500-gallon plastic storage tanks are available online for less that \$1,000.

Just like with smaller rain barrels, aesthetic value comes at a premium with large storage tanks. Still, many attractive storage options are available for much less than the cost of a well.

Tactical Considerations

The only problem with large, exposed water tanks is that they can be very conspicuous. In a SHTF scenario, you may not want to advertise that you have excess water... or even that you have a functional water tank, as both may become targets for thieves.

The two most common solutions to this are to a.) Bury your holding tank underground, or b.) Hide your storage tanks.

Burying your rainwater tanks is fairly self-explanatory, so let's focus on strategies for concealing these rather large tanks in a typical suburban home. First off, there are a number of commercially available "slim line" water tanks that can be stored in a garden shed or under a deck.

For example, the Rainwater HOG is literally designed to be built into decks and other landscaping structures (see nearby photo).

Another very good option is what's called a "pillow tank." Instead of rigid, like most tanks, pillow tanks are designed to be flexible and low profile. Think: giant waterbed.

As you can see, there's an option for every budget and every level of interest. The important thing is that you begin to make your water preparations today.

Other “Nice to Haves”

Along with your other Shelter In Place items,

- Cash
- Canteen or reusable water bottle
- Duct tape
- Cleansing wipes
- Rope (parachute cord works best)
- Rain poncho

Congratulations and Thank You

Fellow Patriots,

Thank you for downloading this report. If this is your first step on the path to becoming prepared, let me be the first to congratulate you...

You've already begun to change the way you think about the world, protecting your family, and how you can be a prepared patriot in the event an emergency threatens your community.

You've taken responsibility for your own safety, which is the first step on the path to true Liberty...

I sincerely hope you'll continue on this journey. It's not only important to your ability to protect your family, it's also great fun.

It's heartening to know just how many patriots there are out there, preparing and staying vigilant. I encourage you to connect with other patriots and continue learning new strategies at our website:

PatriotCaller.com

Yours in Liberty,
Oli Fischer