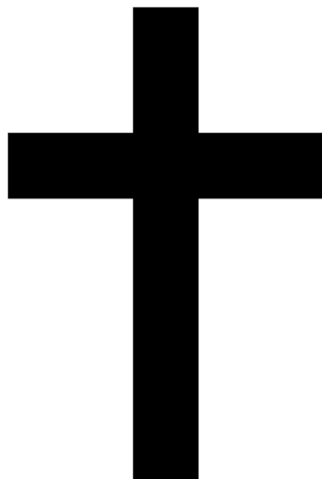


# THE SURVIVAL PACK



## Revelations 13: 16-18

"And **he causeth all**, both small and great, rich and poor, free and bond, **to receive a mark in their right hand, or in their foreheads**: And that **no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.**



# HOW TO SURVIVE

- **GET RIGHT WITH GOD**
- **GET THAT SHELTER**
- **TIE ROPE KNOTS**
- **LIGHT FIRE**
- **CLEAN YOUR WATER**
- **GROW YOUR OWN FOOD**
- **PURIFY YOUR AIR**
- **HANDLE POWER OUTAGES**

# GET RIGHT WITH GOD

By following Yahweh's ten commandments:

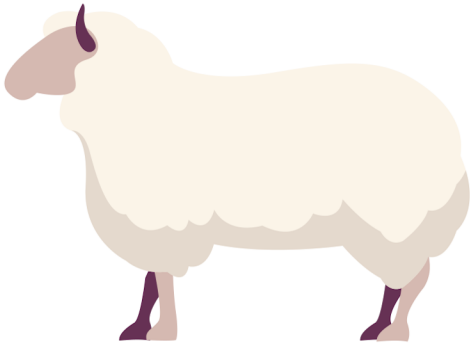
1. You shall have **no other gods before Me.**
2. You shall **make no idols.**
3. You shall **not take the name of the Lord your God in vain.**
4. **Keep the Sabbath day holy.**
5. **Honor your father and your mother.**
6. You shall **not murder.**
7. You shall **not commit adultery.**
8. You shall **not steal.**
9. You shall **not bear false witness against your neighbor.**
10. You shall **not covet.**

— Exodus 20:2-17

Some other ways to get right with God:

- **read your Bible**
- **pray many times throughout the day**

# WHY SHELTER?



- it is **priority number one**
- keeps you warm and dry
- hides you from wildlife
- a place to sleep
- temporary food store

**Different shelters** are **useful** in **different climates and conditions** like wind, rain, dry heat, or snow.

# TYPES OF SHELTERS

- Round Lodge
- Ramada
- Quinzhee
- Snow Cave
- Tarp Wing
- Tipi
- A-Frame Tarp
- Double-Roofed Tarp
- Hammock
- Wicki-Up
- Lean-To

**“And the sixth angel poured out his vial upon the great river Euphrates; and the water thereof was dried up, that the way of the kings of the east might be prepared.”**

**-- Revelation 16:12**

# ROUND LODGE



- blocks wind, rain, cold, & sun
- **tipi** with a **solid doorway**
- **smoke hole** lets smoke leave through the roof
- light a tiny fire inside to stay warm
- can cover it with grass, a thick coat, or leaves

# RAMADA

## HOW TO MAKE THIS BAD BOY

- 4 light beams or posts
- a big covering
- wall coverings to block out cool weather



- has a **flat roof**
- **blocks sun & heat**
- won't block rain

"[File:Murray Springs Clovis site, ramada 1.JPG](#)" by [Amodramus](#) is marked with [CC0 1.0](#).

# QUINZHEE



- dome-shaped snow shelter
- igloo rip-off that's easier to build
- can make it with most snowfall types that can pack together

"Sunset view from a winter shelter" by YellowstoneNPS is marked with Public Domain Mark 1.0.

“Then the **LORD** said unto Moses,  
Go in unto Pharaoh, and tell him,  
Thus saith the **LORD** God of the  
Hebrews, **Let my people go, that  
they may serve me.**”

-- Exodus 9:1

# SNOW CAVE



- if you're ever too deep in snow
- most dangerous shelter
- if the ceiling collapses you risk
  - low oxygen
  - being buried alive

"Snow Cave on Skyline Trail at Mt. Rainier NP in WA" by Landscapes in The West is marked with Public Domain Mark 1.0.

# HAMMOCK



- for getting off the ground
- bug or snake-filled places
- what you'll need
  - a covering
  - a quarter inch of nylon rope

"Hammock Responsibility" by GlacierNPS is marked with Public Domain Mark 1.0.



# A-FRAME TARP



- blocks wind & rain when near the ground
- only takes 10 mins or less to build
- when lifted off the ground it gives you more airflow & blocks rain

"Tarp camp" by [Umnak](#) is licensed under [CC BY-SA 2.0](#).

# LEAN-TO

- blocks wind & rain
- takes under 1 hour to build
- can use many materials to make it
- only has 1 side
- you have no shelter if the wind/rain direction changes



"Building lean-to shelter for first night" by [AstroSamantha](#) is licensed under [CC BY 2.0](#).

# FREE-STANDING WEDGE / PLOW-POINT



"[Tarp at Pybus Bay, Admiralty Island, Alaska](#)" by [Umnak](#) is licensed under [CC BY-SA 2.0](#).

- blocks wind & rain
- 2 sided wedge-shaped lean-to
- better weatherproofing and insulation
- what you'll need to make it
  - 9 foot sturdy pole
  - air-trapping material
  - grass, ferns, moss, pine needles, brush, or pine boughs

# TARP WING



"[Wing Tarp on the Rogue River](#)" by [Northwest Rafting Company](#) is licensed under [CC BY 2.0](#).

- blocks rain & sun
- your covering blocks the rain
- may wave loosely in the air
- the wing ties up the opposing tarp corners
  - 2 are up high
  - 2 are in the lower positions

# TIPI



- versatile house
- **can pick it up and take it with you**
- great for nomadic lifestyle

"Jicarilla Apache Woman and Tipi" by Great Sand Dunes National Park and Preserve is marked with Public Domain Mark 1.0.

# WICKI-UP

- small **tipi**
- to **block rain**
  - make it with thicker brush, grass, leaf coverings, & a steeper roof
- to **block heat & dryness** and get **shade, ventilation**
  - make a wide, shorter one
  - use light brush
  - made from poles, brush, & vegetation



"Jicarilla Apache Woman and Tipi" by Great Sand Dunes National Park and Preserve is marked with Public Domain Mark 1.0.

# TYING KNOTS

There's a knot for ...

- knowing the **basics of tying other knots**
- carrying **heavy stuff**
- **tying two pieces of rope together**
- **sliding up and down the cord & being able to tighten it**
- can **join sticks at right angles**
- **join two sticks that carry heavy weights**

# **KNOTS FOR KNOWING THE BASICS OF TYING OTHER KNOTS**

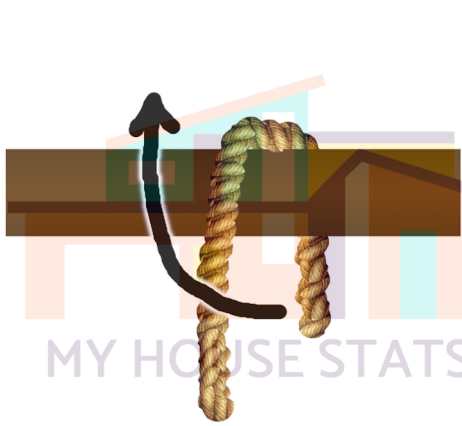
## **CLOVE HITCH**

- **Basis of tying other knots**
- **Easy to untie by removing weight from one side**
- **Secure if there's weight pulling from both sides**

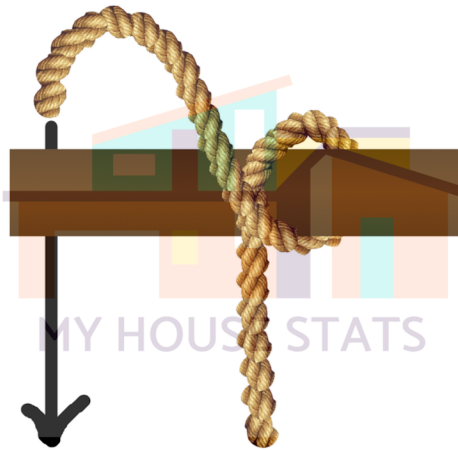
## **SQUARE KNOT**

- **Basis of tying other knots**
- **Not a secure knot**
- **Tie around non-moving objects, tie bandages, plastic bags, reefing or furling sails**

# TYING THE CLOVE HITCH



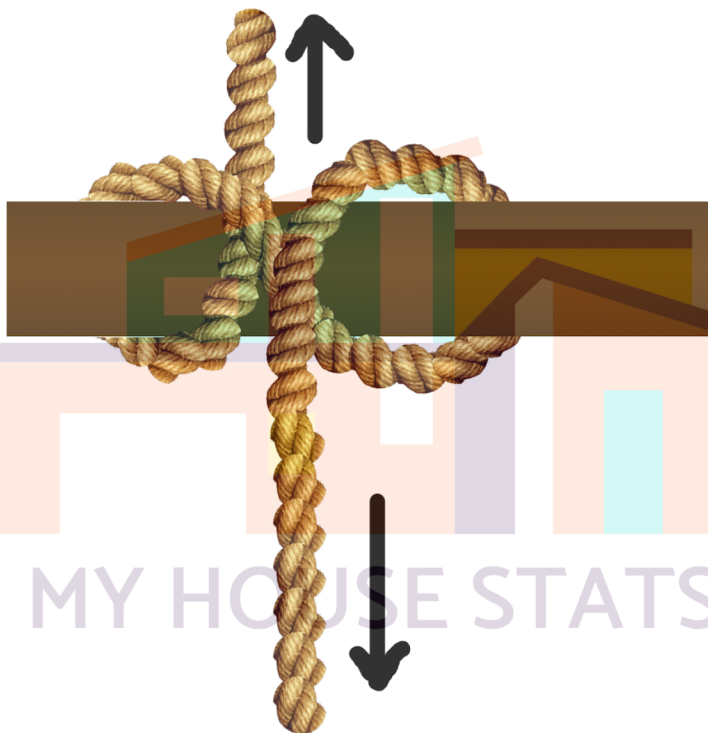
1. Hang rope from the support.



2. Loop around the support with the end.



3. Pass it from behind the rope.

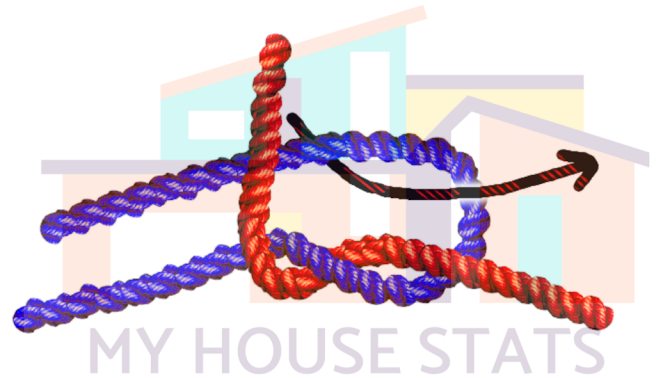
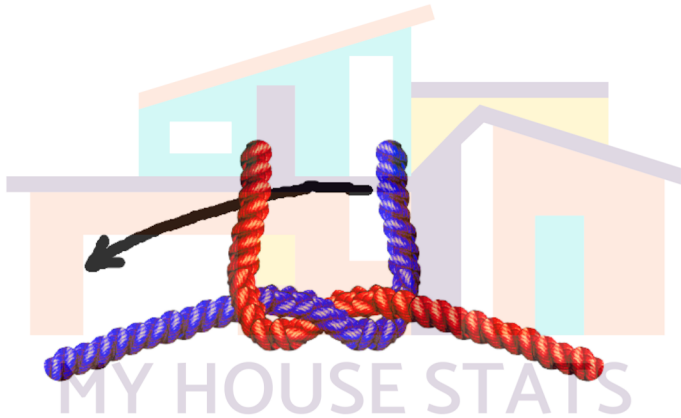


4. Pull it to tighten.

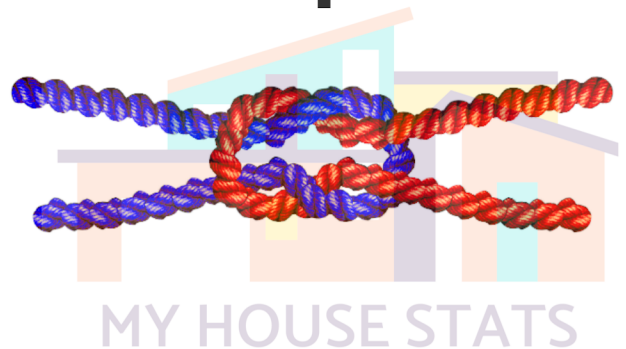
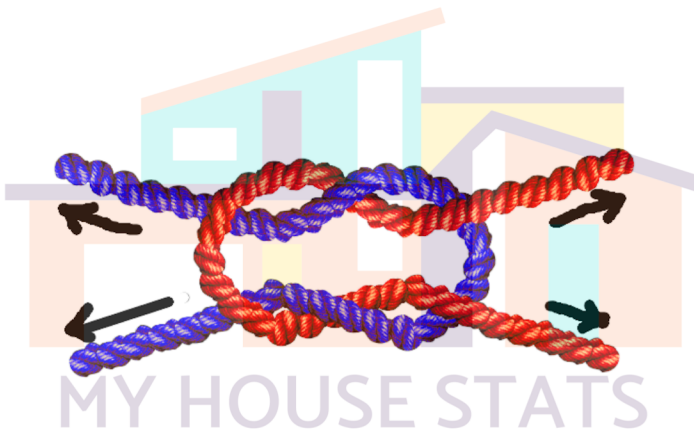


5. Your knot is done.

# TYING THE SQUARE KNOT



- 1. Cross the blue and red ends.**      **2. Pass the red end through the blue loop.**



- 3. Pull the ends to tighten.**      **4. Your knot is done.**

# **KNOTS FOR CARRYING HEAVY STUFF**

## **SIMPLE FIGURE EIGHT KNOT**

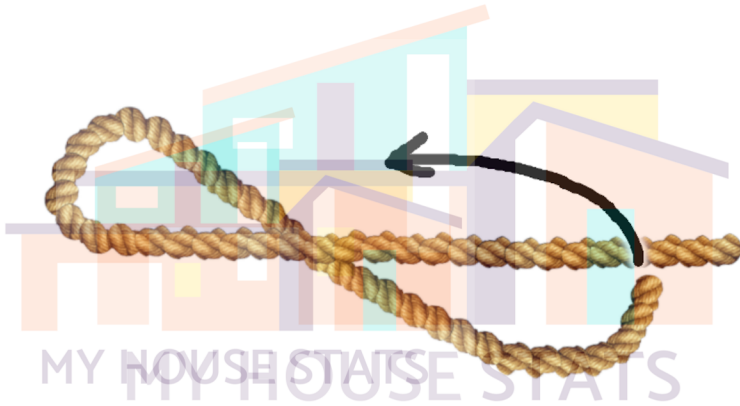
- **great when made at the end of a rope**
- **stops it from sliding off the rope**
- **secure and can't be undone by pressure**
- **make big knots along a rope that locks into to place**
- **perfect for climbing**

**“And the sixth angel poured out his vial upon the great river Euphrates; and the water thereof was dried up, that the way of the kings of the east might be prepared.”**

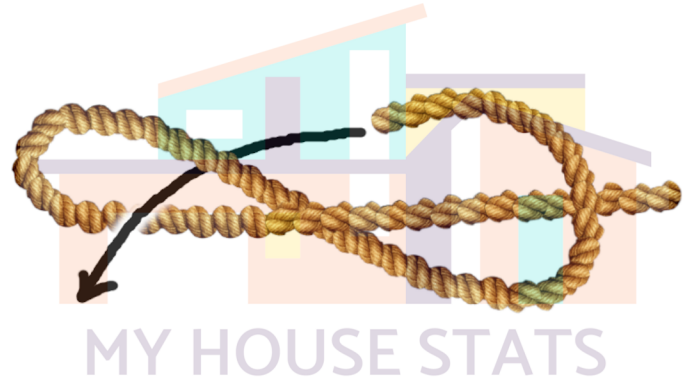
**-- Revelation 16:12**



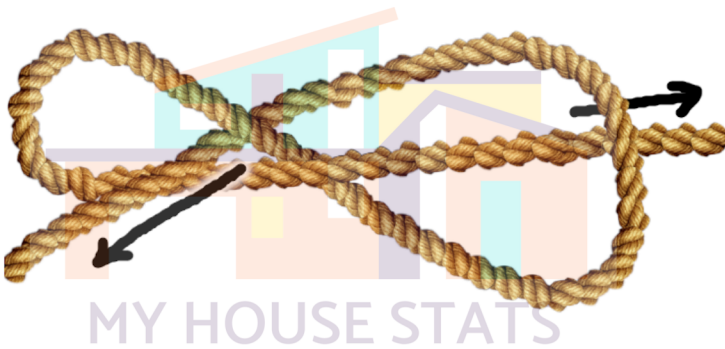
# TYING THE SIMPLE FIGURE EIGHT KNOT



1. Make a loop with an end.



2. Pass the end through it.



3. Pull both sides to adjust the knot.



4. Your knot is done.

# **KNOTS FOR CARRYING HEAVY STUFF**

## **FIGURE EIGHT FOLLOW- THROUGH KNOT**

- **most useful for climbing**
- **made by adding a secure loop at the rope's end**
- **haul someone up safely**
- **make big knots along a rope that locks into to place**
- **slippery in wet weather**

# TYING THE FIGURE EIGHT FOLLOW- THROUGH KNOT



1. Make an "8"  
with the rope.



2. Wrap it around  
the support.



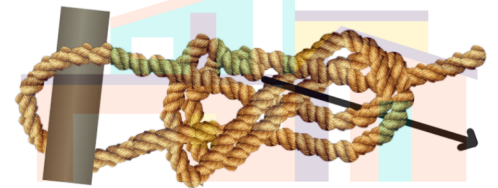
3. Pass it through  
the loops.



4. Take it behind  
the big loop.



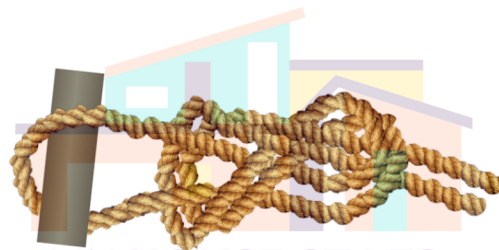
5. Pass it next to  
the upper line.



6. Take it out  
parallel to the  
standing part.



7. Pull the ends to  
tighten.



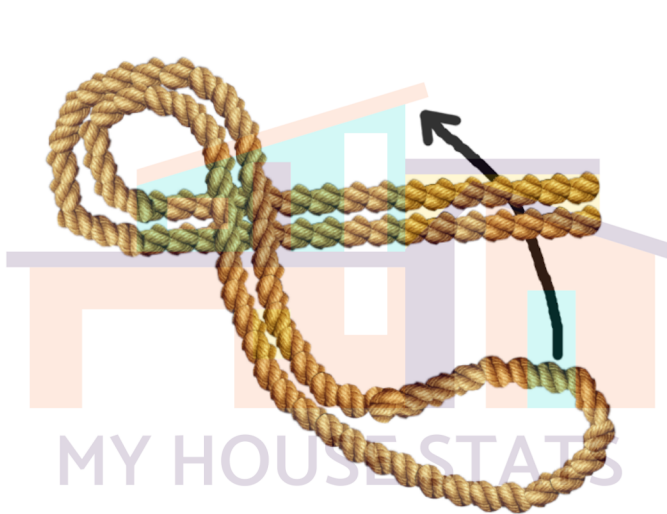
8. The finished  
knot forms a loop.

# **KNOTS FOR CARRYING HEAVY STUFF**

## **FIGURE EIGHT ON A BIGHT KNOT**

- **pins stuff down**
- **hard to untie**
- **carries stuff up or down a steep  
incline**
- **tying these knots in the middle of  
the rope for hand or foot holds**
- **uses a lot of rope length**

# TYING THE FIGURE EIGHT ON A BIGHT KNOT



1. Make a loop with a bight of rope.

2. Pass the end through the loop.



3. Pull both ends to tighten.

4. The completed knot forms a loop.

# **KNOTS FOR CARRYING HEAVY STUFF DEPENDABLY**

## **THE BOWLINE KNOT**

- **most dependable knot**
- **secure under heavy load**
- **holds thousands of pounds of pressure**
- **more pressure on the loop this knot will tighten**
- **undependable for climbing because of human error**
- **easily undone by pulling it sideways**

# TYING THE BOWLINE KNOT



1. Pass the tag end through the rope loop.



2. Pass it behind the standing part & through the loop again.



3. Hold the loop & tag end & pull to tighten.

4. The knot is done.

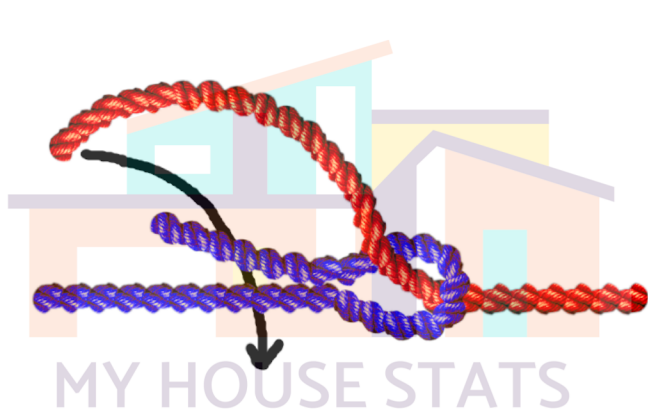
# **KNOTS FOR WHEN YOU'RE SHORT ON ROPE**

## **THE SHEET BEND**

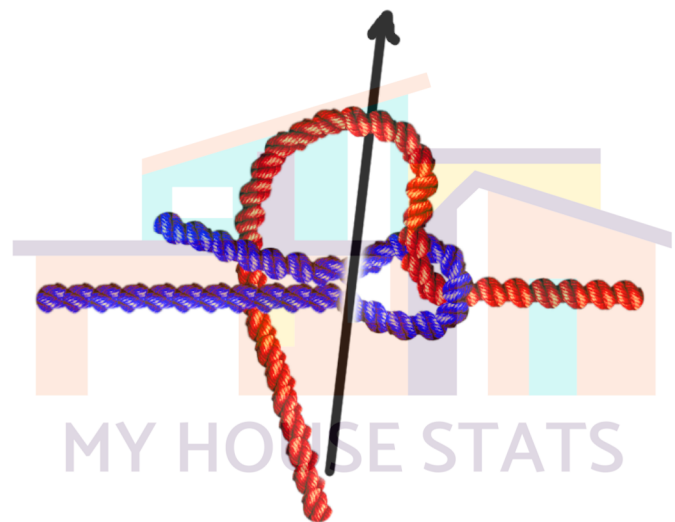
- **tie two pieces of rope together, even if made of different size or material**
- **not very strong**
- **loosens if the rope is smooth or if there's not enough pressure on the knot**
- **making a double sheet bend makes this knot more secure**



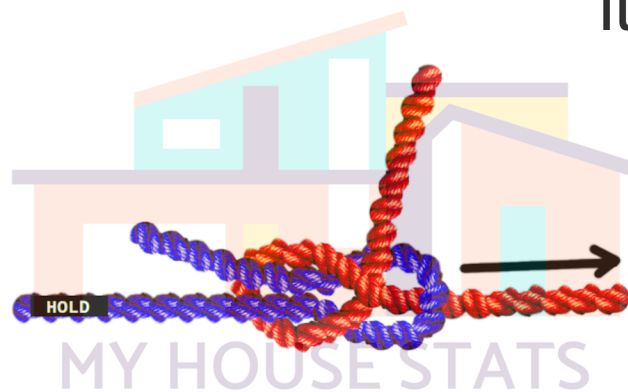
# TYING THE SHEET BEND KNOT



1. Pass the thin rope through the thick rope bight.



1. Wrap it around the bight and tuck it under itself.



1. Hold the thick end & pull the thin rope to tighten.

# **KNOTS FOR WHEN YOU'RE SHORT ON ROPE**

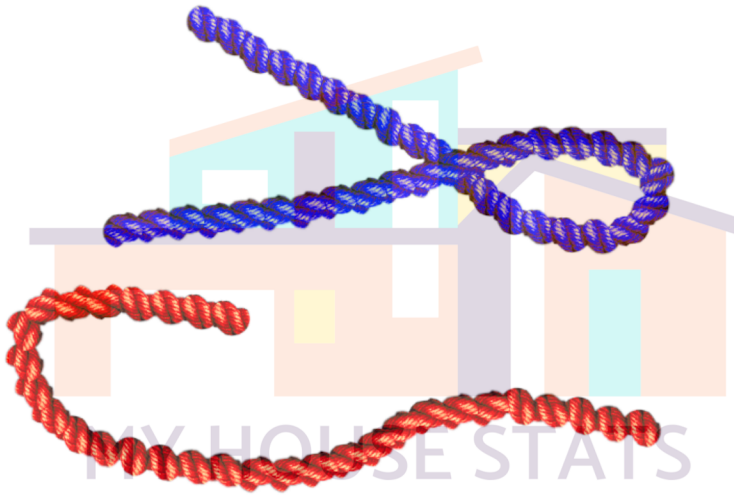
## **CARRICK BEND**

- **tie two pieces of rope together**
- **works best when the two ropes have similar size**
- **strong & secure rope if you make sure the ends of the two ropes oppose each other when tied**

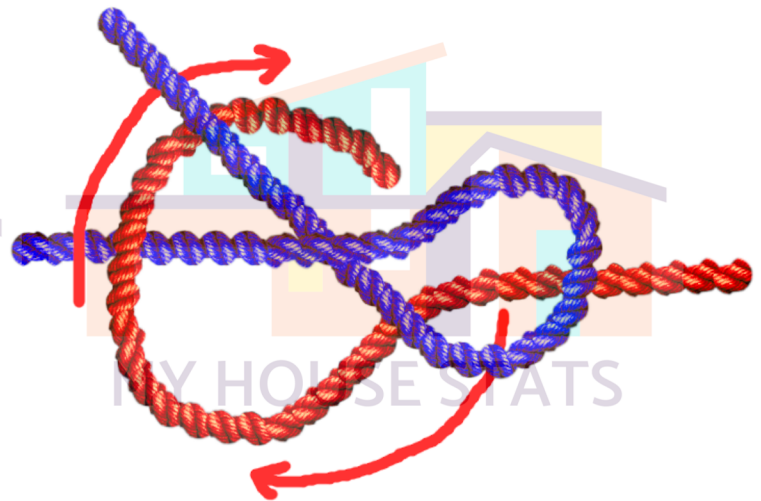
**“And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me.”**

**-- Genesis 32:26**

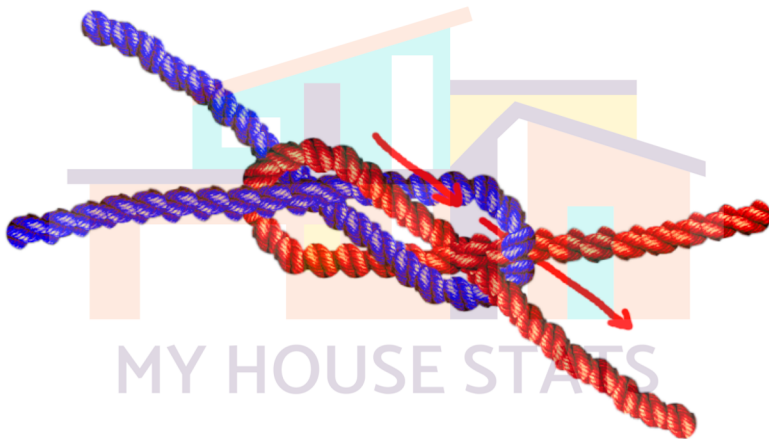
# TYING THE CARRICK BEND KNOT



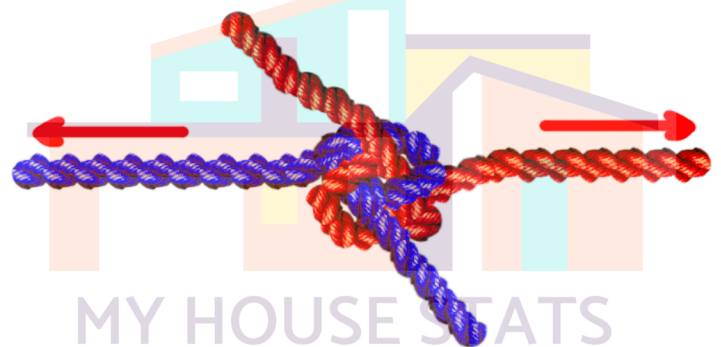
1. Make a loop with the blue rope.



2. Pass the red rope through the arms of the blue rope.



3. Pass the red rope through the blue loop, as if interlinked.



4. Pull the rope ends to tighten the knot.

# **KNOTS THAT SLIDE UP AND DOWN THE ROPE**

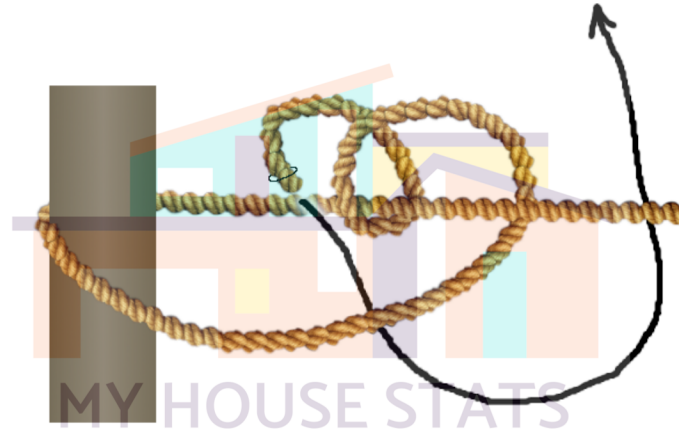
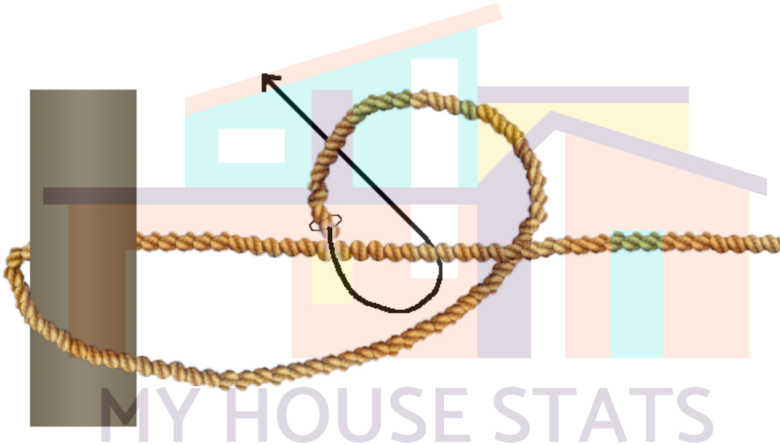
## **TAUT-LINE**

- **shelter under a tarp by pinning it**
- **slides up & down the cord**
- **can tighten it**
- **can keep the rope tight or change the amount of pressure**
- **easy to untie**
- **often needs adjustments**

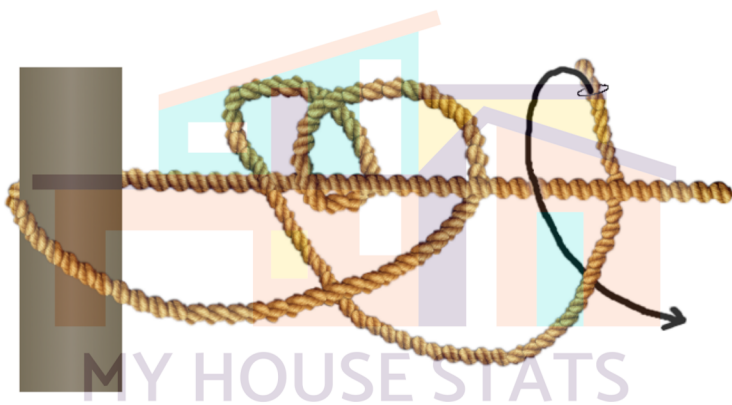
**“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:”**

**-- Matthew 7:7**

# TYING THE TAUT LINE HITCH KNOT



1. Loop around the support    2. Wrap it once more & bring it & wrap the end around the out of the loop standing part.

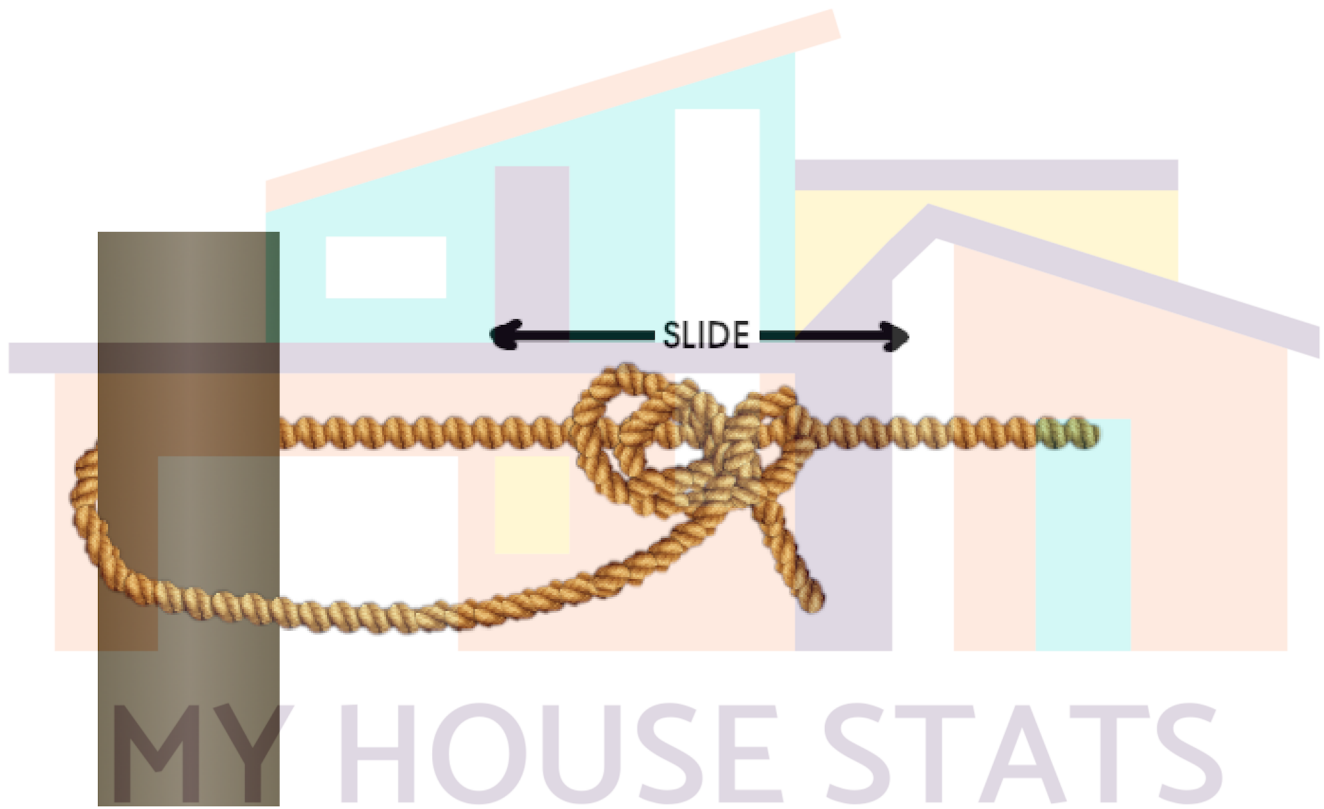


3. Wrap it again.



4. Hold & pull to tighten.

# TYING THE TAUT LINE HITCH KNOT



5. Slide to adjust the tension.

# **KNOTS TO JOIN STICKS AT RIGHT ANGLES**

## **SQUARE LASH**

- **joins sticks and poles at right angles**
- **very strong and can carry heavy weight**

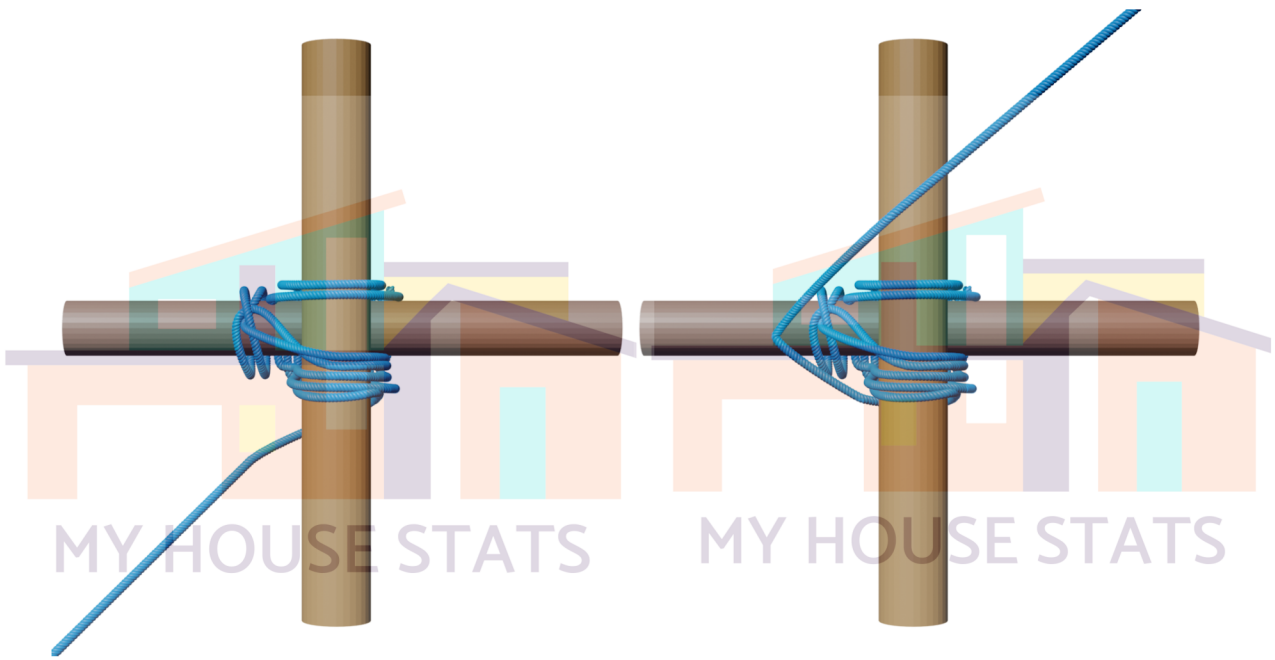
## **DIAGONAL LASH**

- **square lash variation**
- **poles tend to spring away from each other while under load**



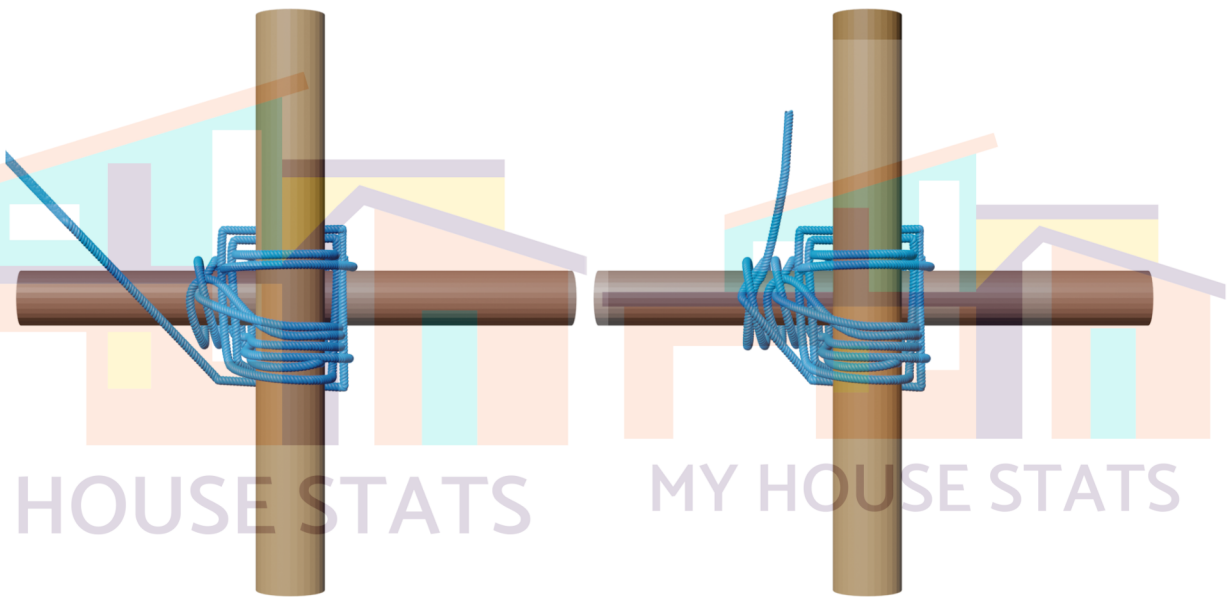


# TYING THE SQUARE LASH KNOT



MY HOUSE STATS

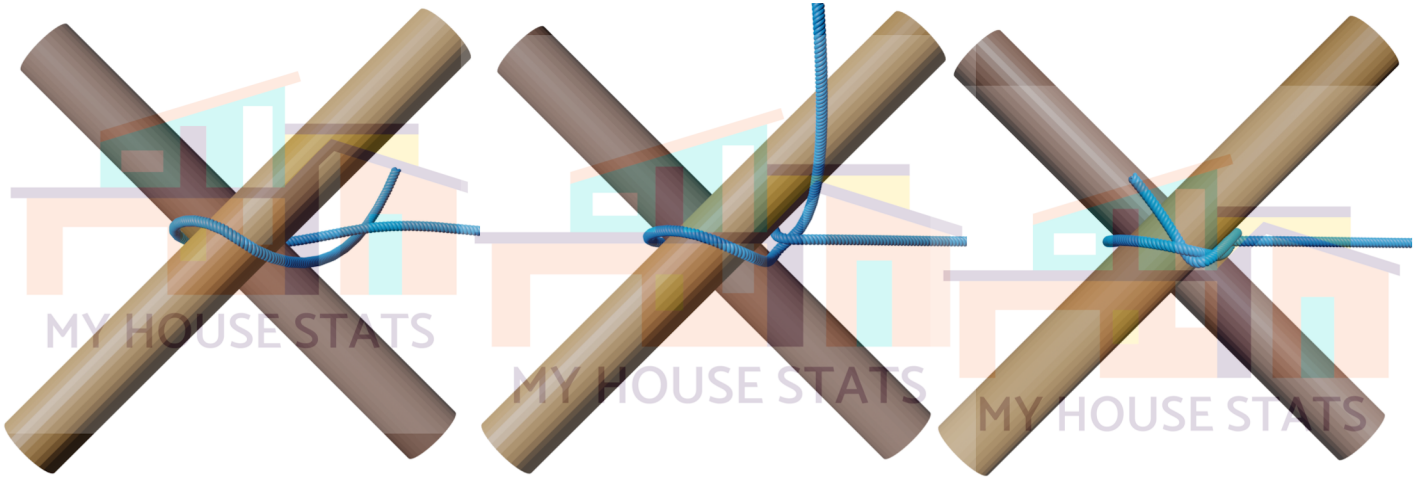
MY HOUSE STATS



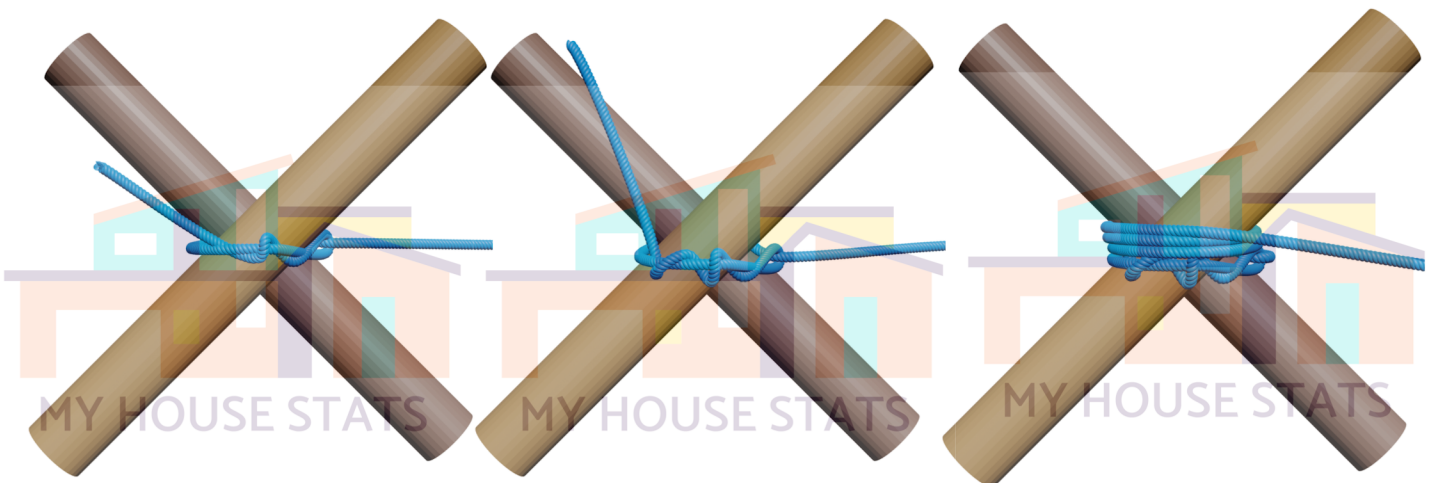
MY HOUSE STATS

MY HOUSE STATS

# TYING THE DIAGONAL LASH KNOT



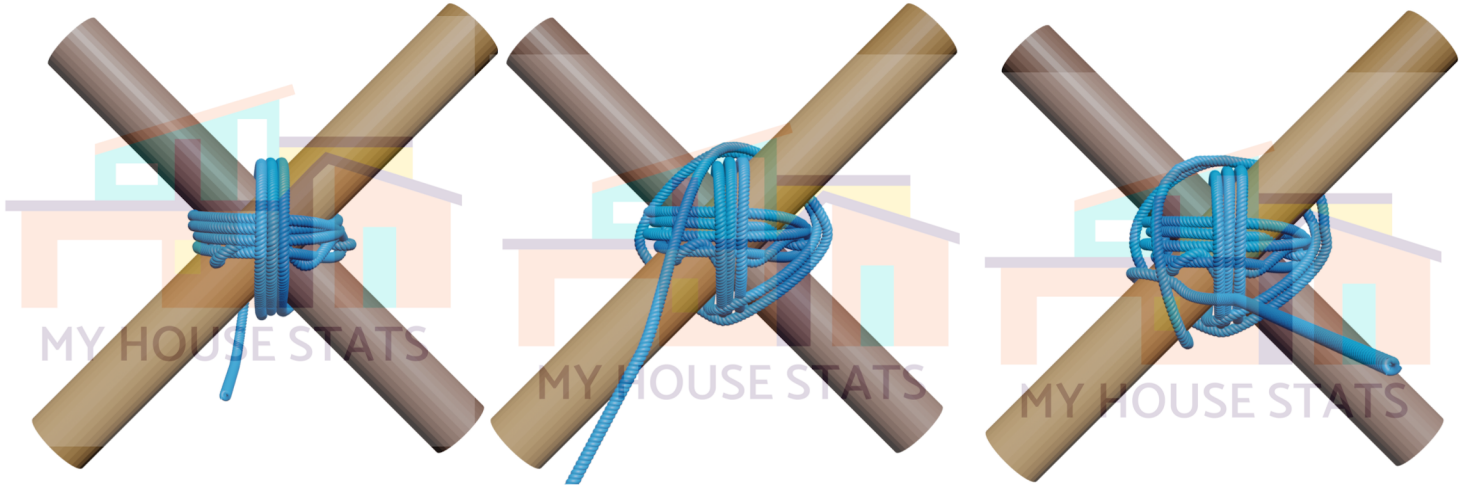
1. Start with a timber hitch on the top log.



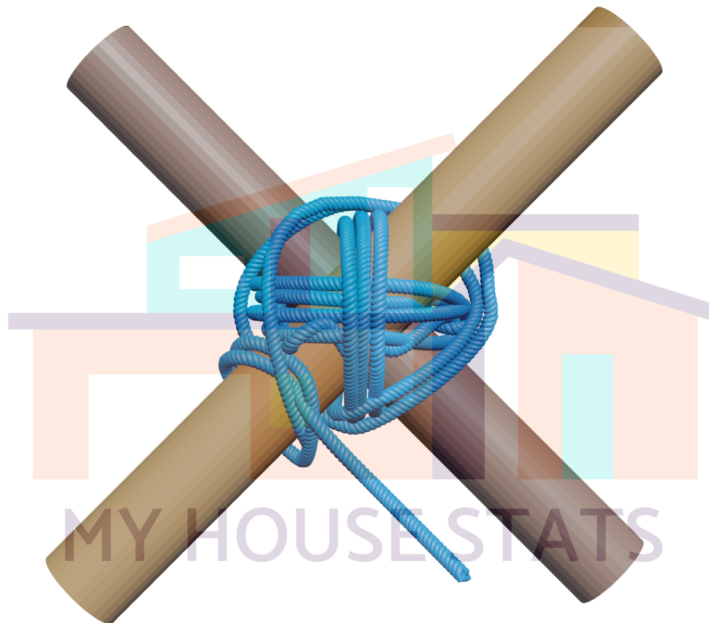
2. Tighten the timber hitch and prepare for your first wrapping.

3. Make three (3) wraps.

# TYING THE DIAGONAL LASH KNOT



4. Make three (3) froppings while going in between the poles to catch the rope to itself.



5. End your lashing with a clove hitch knot.

# **KNOTS TO JOIN POLES END-TO-END**

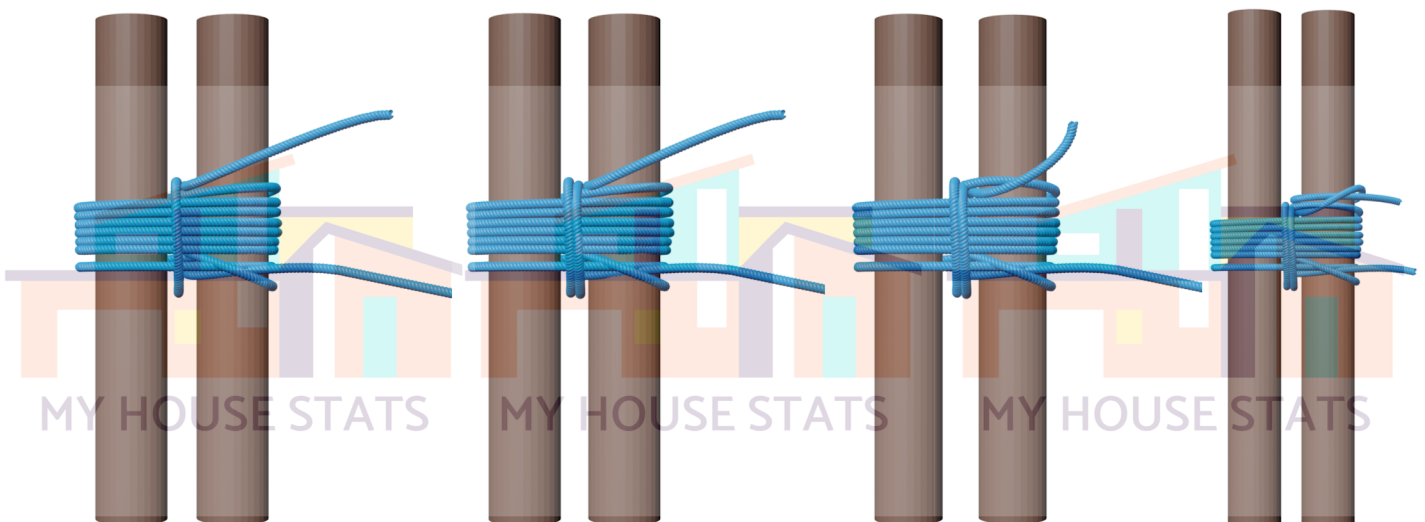
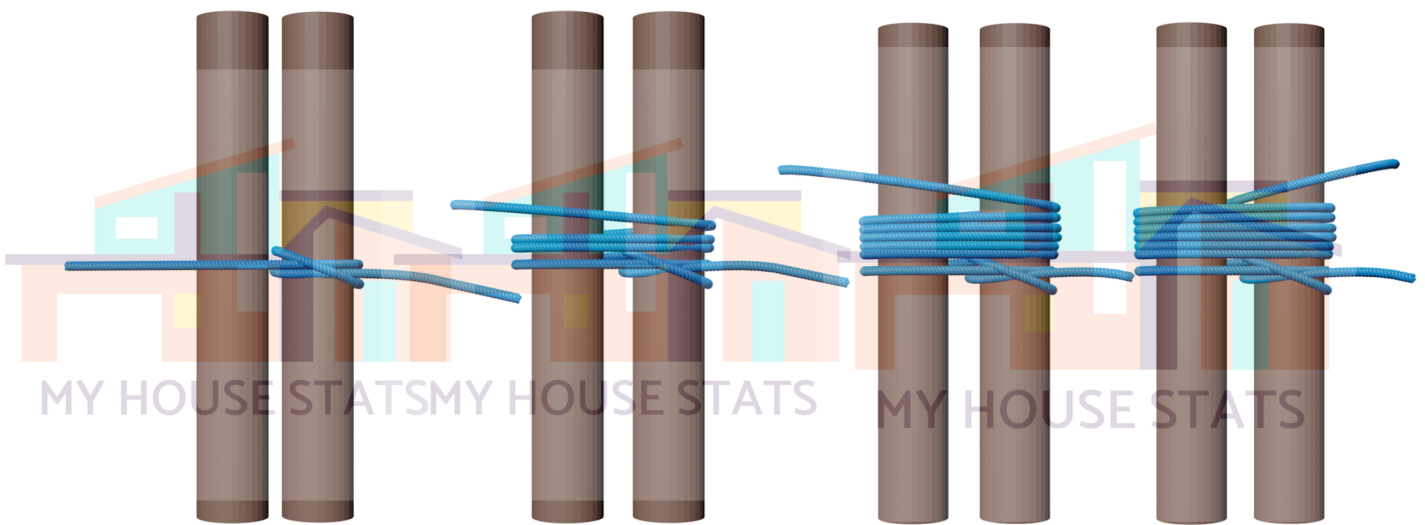
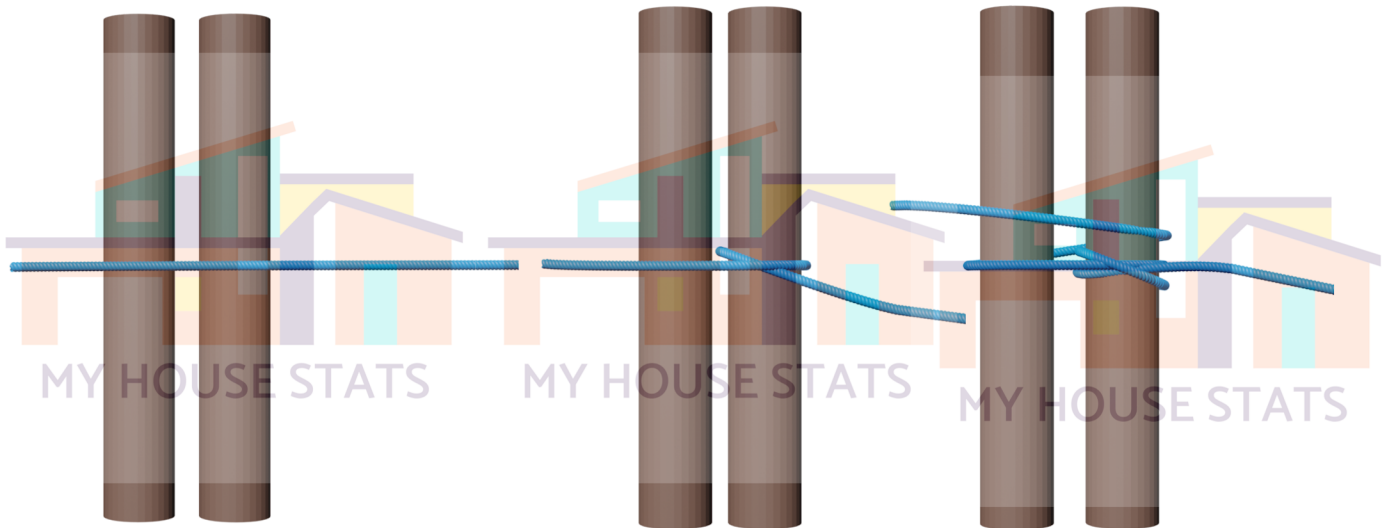
## **SHEAR / SHEER LASH**

- joins 2 load-bearing poles together
- makes 1 long pole

**“But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:”**

**-- 1 Peter 3:15**

# TYING THE SHEER LASH KNOT

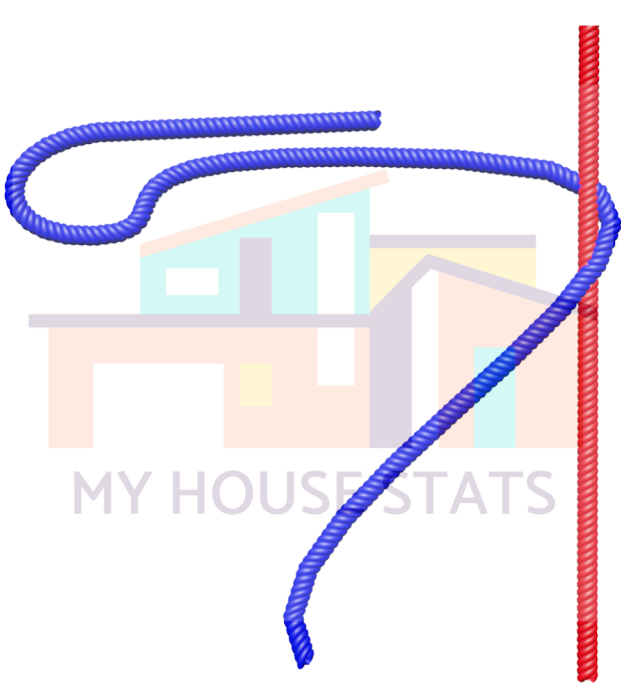


# **KNOTS TO JOIN POLES END-TO-END**

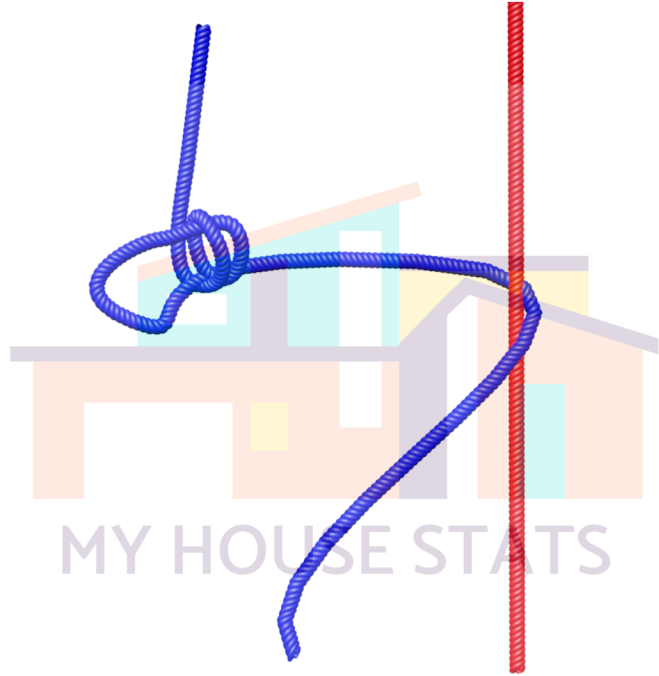
## **DISTEL HITCH**

- **easy to tie "slip & grip" knot**
- **good for climbing**
- **move heavy objects up & down a rope**
- **slides around on a rope in one direction**
- **grips securely when pulled in another direction**

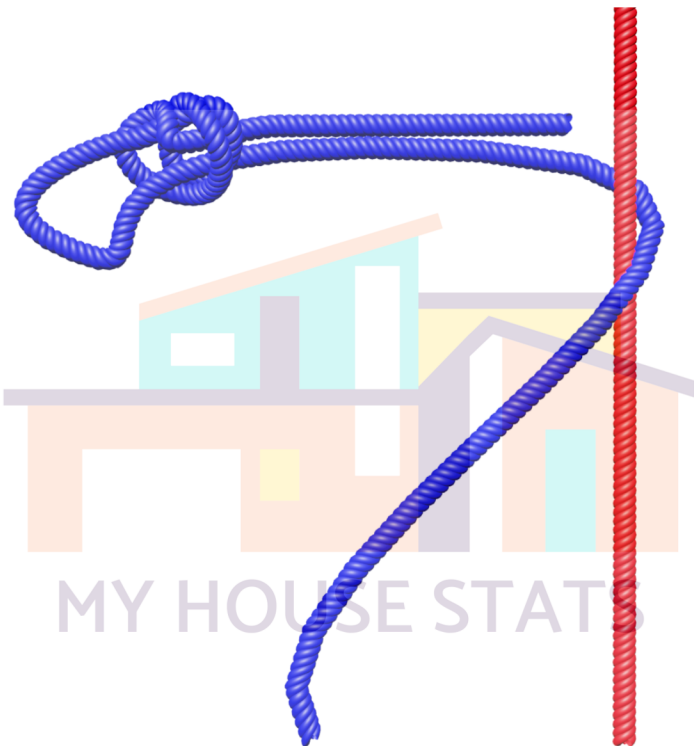
# TYING THE DISTEL HITCH KNOT



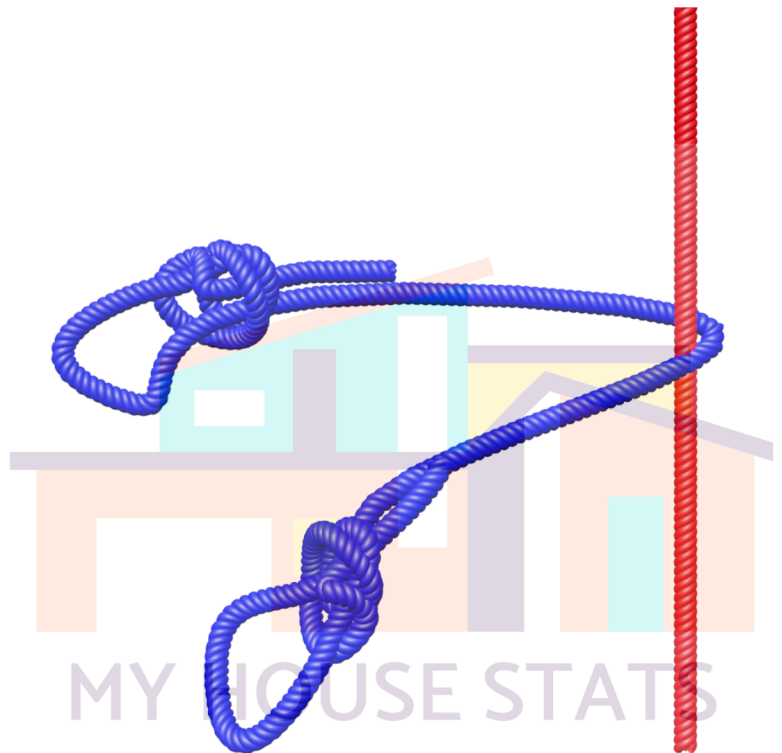
1. Wrap each tag end twice around a bight of rope.



2. Pass it through the two (2) loops.

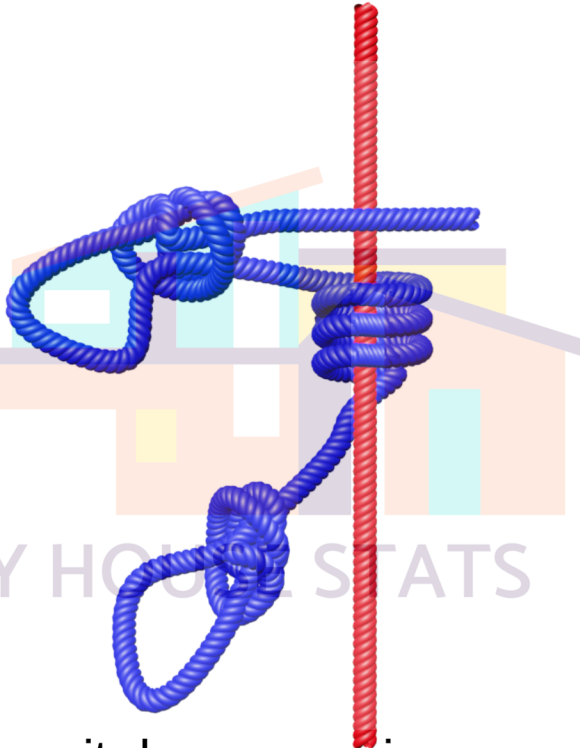


3. Pull both the ends to tighten.

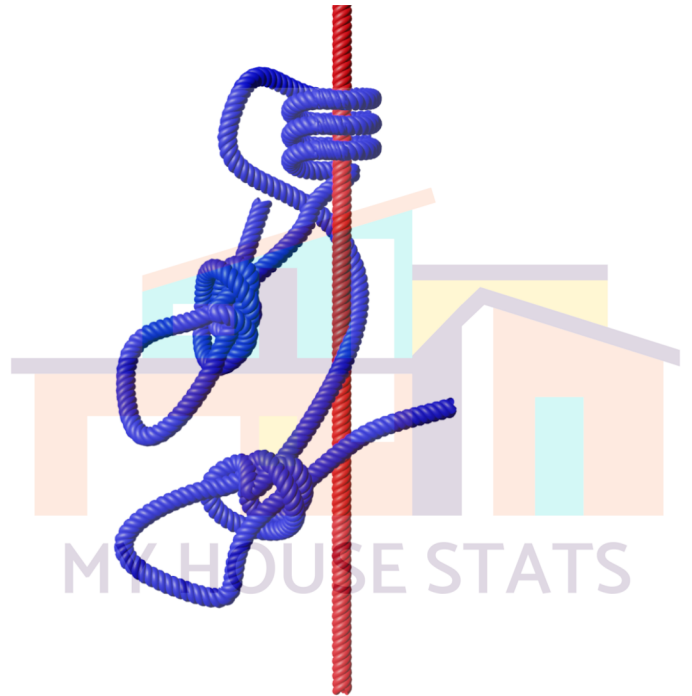


4. Wrap the upper looped end three (3) times around the thicker rope.

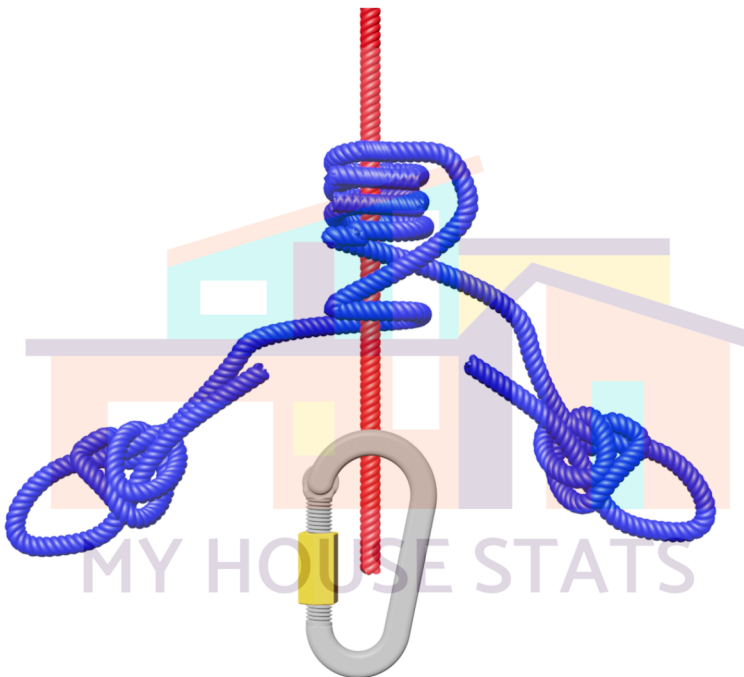
# TYING THE DISTEL HITCH KNOT



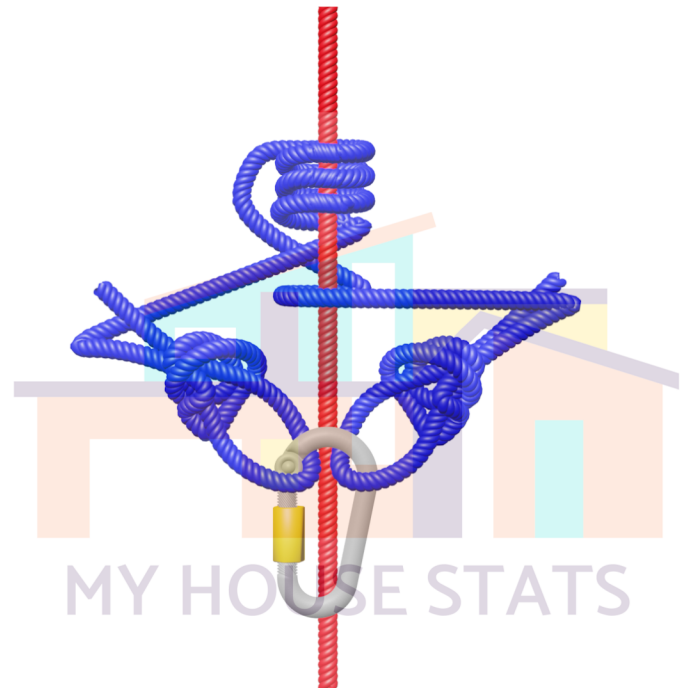
5. Pass it down crossing over the thicker rope.



6. Pass it through the loop so formed.



7. Pass the end loops through a carabiner.



8. Close the carabiner to finish the knot.



# LIGHTING FIRE

## Requirements

- Oxygen
- Heat
- Fuel
- Tinder
- Kindling

## Lighting Methods

- Matches or Lighter
- Ferro Rod
- Magnifying Glass
- Friction Fire

# MATCHES & LIGHTER

1. **Kneel down** in front of your match.
2. **Block the wind** from your match.
3. **Strike the match** or **flick the lighter** to get that flame lit.
4. Use your **other hand** to **cup the flame** to **block that wind**.
5. **SLOWLY** bring the flame to the **tinder** so that the **fast motion** doesn't fan the flame out.
6. **Touch the light** to a **few spots** around your **tinder** so your **fire catches**.

# **FERRO ROD STRIKER**

- 1. Put your ferro rod right in front of your tinder.**
- 2. Hold the other end of the rod up at a 90 degree angle using your other hand.**
- 3. Rub a sharp side of the striker against the ferro rod using pressure until the tinder starts smoking and enough sparks land in the tinder to start a fire.**
- 4. Gently blow to help the kindling above the tinder catch.**

# **MAGNIFYING GLASS**

- 1. Light the tinder on fire by aiming the light circle made from the sun shining through the magnifier. for about 30 seconds.**
- 2. Finally, blow on your tinder slowly to light the fire.**

**“Bless them which persecute you: bless, and curse not.”**

**-- Romans 12:14**

# FRICTION FIRE

1. Make a **circular divot in the fire board** where the spindle will be used.
2. **Put the spindle in the divot and spin the spindle between your hands while applying pressure using your whole hands.**
3. **When your hands slip down on the spindle bring them back to the top and keep spinning the spindle.**
4. Use a **sharp knife or stone to cut a clean triangle opening** in the middle of the hole made with the spindle.
5. You'll have to **cut completely through the ½ inch (1.3 cm) fire board**. This will **let the powder fall** as you start the fire.

# FRICTION FIRE

1. **Put scrap wood under the fire board** and start rubbing the spindle again. This is to **catch the dust and coal**.
2. Then **rub the spindle** through your palms **until the fire board smokes on its own**.
3. Then **rub the spindle** through your palms **until the fire board smokes on its own**.
4. **Take the coal and dust to your tinder** and blow it to light your fire.
5. **Remove the fire board slowly** so any **dust falls to the scrap wood**.
6. Take the **dust and coal** and **put it onto the tinder** and **gently blow the coal and dust to light the tinder**.

# ADDING FUEL

1. **Fuel wood** should be as **wide as your wrist**.
2. You're ready to **add it to your fire**.
3. **Add large logs once the fuel wood catches** as a result of having enough oxygen to make heat to burn the large logs.

**“In all this Job sinned not,  
nor charged God foolishly.”**

**-- Job 1:22**

# **MAKING WATER SAFE TO DRINK**

## **BOILING**

## **FILTRATION**

By faith Noah, being **warned of God of things not seen as yet**, moved with fear, **prepared an ark to the saving of his house**; by the which he **condemned the world**, and **became heir of the righteousness which is by faith**.

**-- Hebrews 11:7**



# BOILING WATER

1. **Put the water in a container** that can be **heated by fire**.
2. This **kills disease-causing germs**, such as viruses, bacteria, and parasites.
3. If the **water is cloudy**, you can **filter it through a clean cloth, paper towel, coffee filter, or let it settle**.
4. Then you can draw off the clear water using the following steps:
  - a. **Bring the clear water to a rolling boil for 1 minute** (3 minutes if you're at elevations over 6,500 feet).
  - b. **Let the boiled water cool**.
  - c. **Keep the boiled water in clean containers with tight covers**.

# WATER FILTRATION

**Portable water filters remove disease-causing parasites, but not viruses or bacteria. Make sure yours has the following:**

- **a filter pore size small enough (1 micron or smaller) to remove parasites.**
- **Read and follow manufacturer's instructions for the specific water filter you are using.**
- **Add a disinfectant such as iodine, chlorine, or chlorine dioxide to the filtered water to kill any viruses and bacteria.**

# CARBON WATER FILTER

- **cheapest way to filter water**
- **Reduces the levels of common contaminants**, like lead or disinfection byproducts.
- Look out for **counter-top pitchers** when shopping for these

# **WATER DESALINATION**

**REVERSE OSMOSIS**

**NATURAL  
DESALINATION**

# **NATURAL DESALINATION**

**Desalination means turning salt water into fresh water.**

- 1. Make your own cloud by trapping rising water vapour.**
- 2. Condense the water on a surface, such as a plastic bag.**
- 3. Drain it into a something you drink from, like a bowl.**

**“But my God shall supply all your need according to his riches in glory by Christ Jesus.”**

**-- Philippians 4:19**

# REVERSE OSMOSIS

- **expose salt water to more and more pressure**
- **force water through a filter or membrane**
- **block impurities like salt**

**“And I saw thrones, and they sat upon them, and judgment was given unto them: and I saw the souls of them that were beheaded for the witness of Jesus, and for the word of God, and which had not worshipped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Christ a thousand years.”**

**-- Revelation 20:4**

# **GARDENING**

**Plants help clean the air, grow food, and some make oxygen.**

Here's what you need:

- Sunlight
- Water
- Soil & nutrients
- Good temperature
- The right growing season
- A strong plant location

**“And the LORD came, and stood, and called as at other times, Samuel, Samuel. Then Samuel answered, Speak; for thy servant heareth.”**

**-- 1 Samuel 3:10**

# **SUNLIGHT FOR GARDENING**

**Plants** get and **turn the sun's energy** into **tissues** for themselves through a process called **photosynthesis**.

**“Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.”**

**-- Matthew 7:14**



# **WATER FOR GARDENING**

- generally give plants **1 to 2 inches of water per week**
- **keep your water near your plants**

**“That men may know that thou,  
whose name alone is JEHOVAH, art  
the most high over all the earth.”**

**-- Psalms 83:18**

# WHO CARES ABOUT NUTRIENTS?

- plants grow strong with them
- main ones have the acronym **NPK**
  - nitrogen
  - phosphorus
  - potassium

**“And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.”**

**-- Ephesians 5:2**

# **NITROGEN**

- **does the same thing as protein does in animals**
- **gives plants good stalk growth**
- **too much limits their immunity and ability to fruit.**

**“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.”**

**-- Psalms 23:4**

# PHOSPHORUS

Phosphorus makes a plant

- tasty
- have a **strong root system & tissues**
- **make more seeds**
- **fight disease**
- **keep pests away**
- makes for better flowers & blooming

**Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.”**

**-- James 1:12**

# POTASSIUM

- helps plants make more seeds
- helps their roots
- best for plants in some insane temperatures
- too much of it makes your plant stop getting other minerals

**“Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.”**

**-- Acts 2:38**

# FERTILE SOIL

- **Most plants need an acidity or pH level of 6.1 and 7.0**
- **5.1 to 6.0 makes leafy plants happy**
- **plants that don't can use lime stone to help with the acidity**
- **If too alkaline**
  - **plants get less vital minerals**
  - **add acid to your plants via sulfur & iron**
- **test for lead if you live in the city**

**“But my God shall supply all your need according to his riches in glory by Christ Jesus.”**

**-- Philippians 4:19**

# GARDEN LOCATION

The best location is one that **maxes out** all of the gardening needs: **light, water, nutrients, and good soil.**

Gardening can be done **outdoors or indoors.**

- **Indoor gardening** has **fresh air quality.**
- **Community, outdoor gardens** are good if you don't have much space.

**“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.”**

**-- Revelation 21:4**

# GARDEN LOCATION

**Soil** is the **cheapest, easiest** way to **grow plants**.

**Raised beds cost more** because you're **growing plants** in a huge **wood box** **raised off the ground**. It's upside is that it is **productive**.

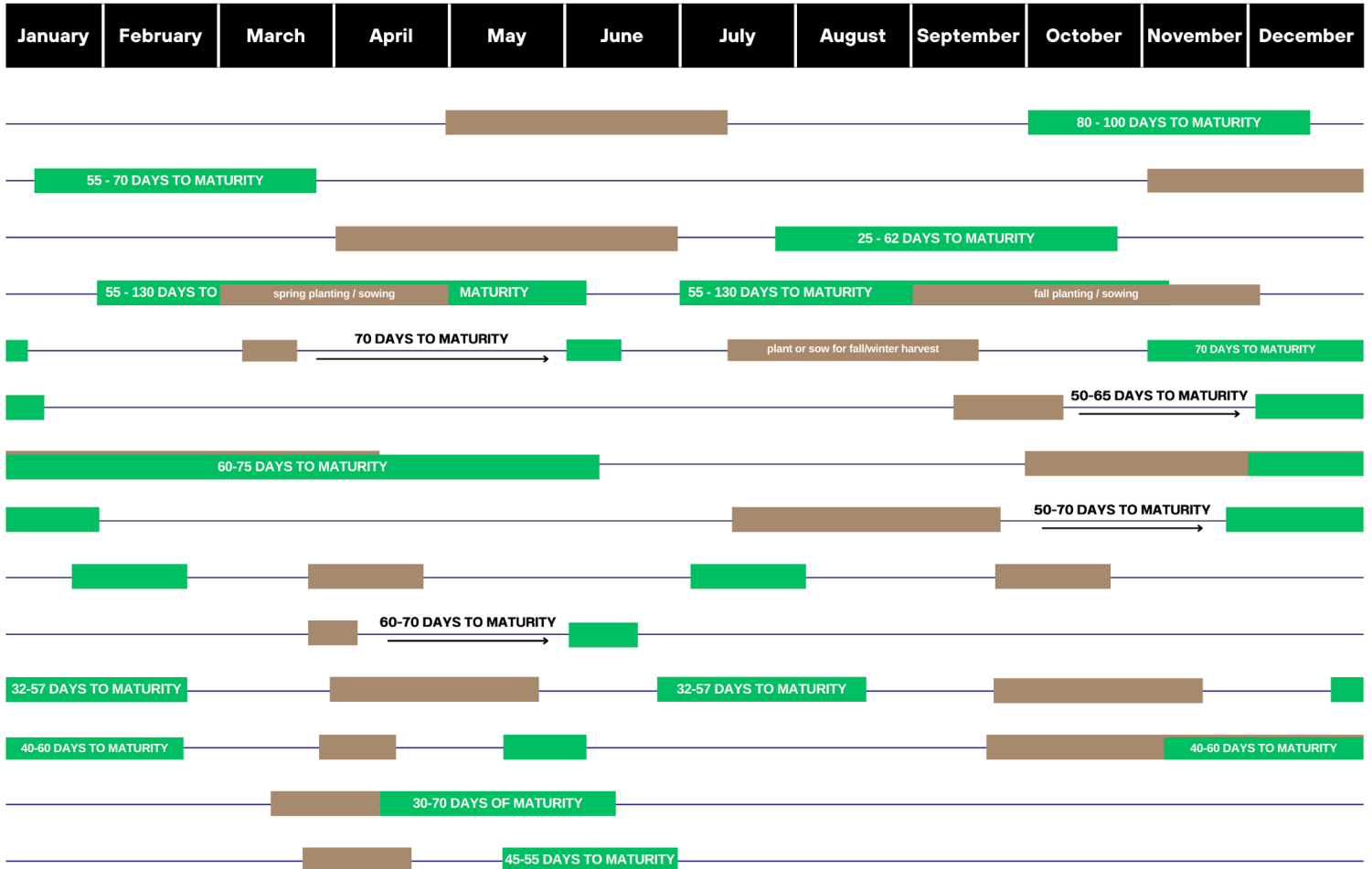
**Containers** are flexible. Grab one if you **don't have much space** or are new to gardening. They **dry faster than garden beds**.

**“Behold, the days come, saith the Lord GOD, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD:”**

**-- Amos 8:11**

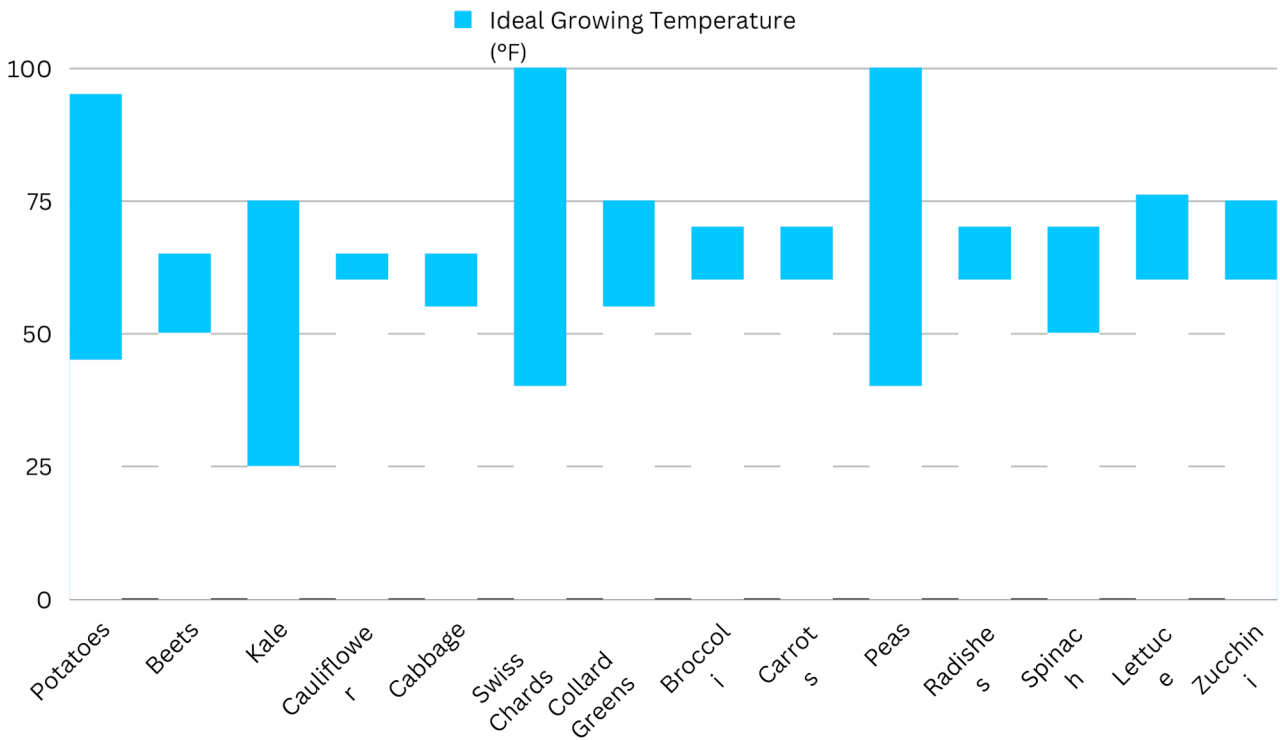
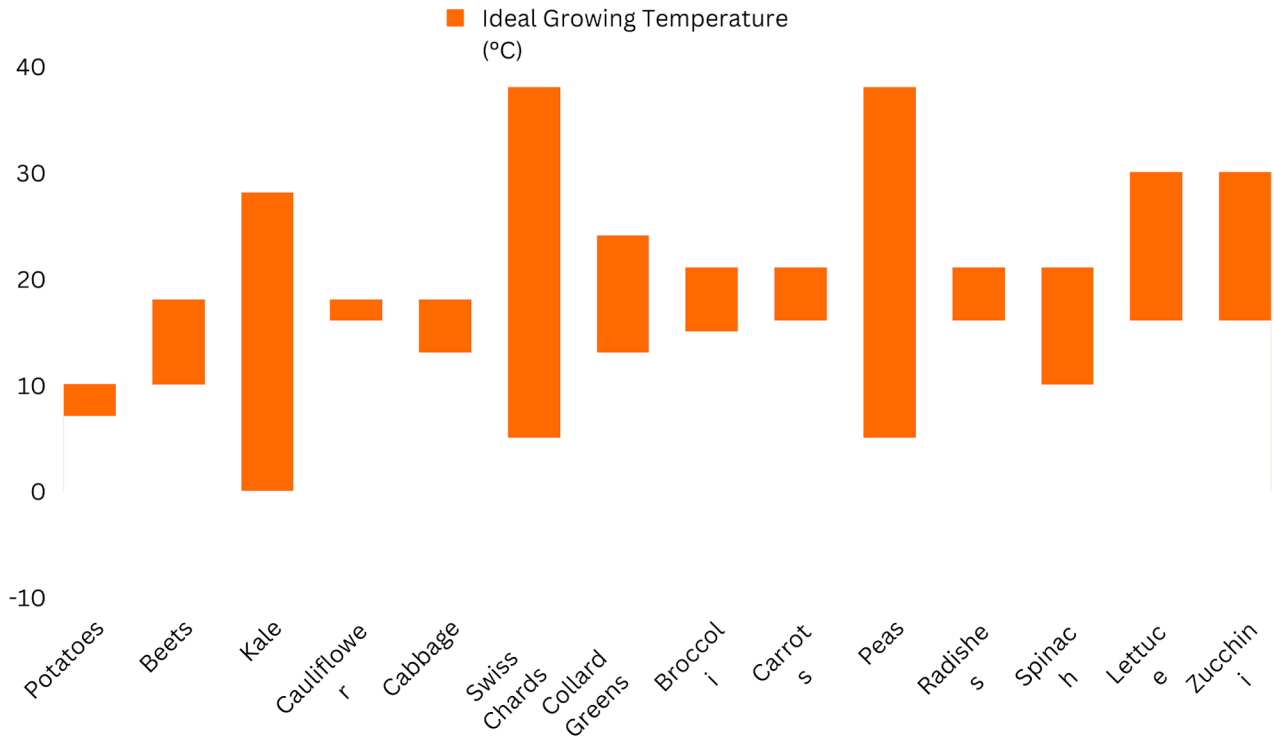


# COLD WEATHER CROPS



YO CROP	Plant Depth	Sowed Apart by	Row Distance	Ideal Temperature (°C)	Coldest Temperature (°C)
Potatoes	2-3 inches	12 inches	30-36 inches	7-10	-6
Beets	½ inches	12-18 inches	NA	10-18	7
Kale	½ inches	18-36 inches	NA	-4 -24	-6
Cauliflower	½ inches	3-6 inches	NA	16-18	-12
Cabbage	½ inches	12-18 inches	NA	13-18	-7
Swiss Chards	½ inches	2-6 inches	18 inches	5-38	-12
Collard Greens	¼ to 1 inch	18-24 inches	NA	13-24	-15
Broccoli	½ inches	12-20 inches	NA	15-21	7
Carrots	¼ inches	3 inches	NA	16-21	9
Peas	1 inch	2 inches	7 inches	5-38	-4
Radishes	½ inches	2 inches	1 inch	16-21	-2
Spinach	½ to 1 inch	12-18 inches	NA	10-21	7-9
Lettuce	⅛ to ¼ inches	NA	12-18 inches	16-30	0
Zucchini	½ inches	39.4 inches	NA	16-30	-6

# COLD WEATHER CROPS



# STORING FOOD



**Canning stores food for usually a year, or even longer, without a fridge.**

## **Tools**

Mason Jar

Lids & Rings

Jar Grabber

Canning Salt

## **Ways to Do It**

Water Bath

Pressure Canning

## Safety tips:

- wash jars with soap & warm water before canning
- dry the jars after washing them to make food last longer
- only bath your cans for 10 minutes unless your recipe says otherwise
- do not grab your cans out of the bath until the pressure drops

# WATER BATH

**Water bath** canning is a way to can **highly acidic foods** like fruit, tomato, pickles, jam, jellies, and fruit juice.

How to do it:

1. **Put** your **prepared jars in the canner.**
2. **Fill** your **canner with water** to **completely cover the jars** (1 inch headspace)
3. **Bring** the **canner's water to a boil.**
4. **Set a timer once the boil starts.**  
Usually it's **ten minutes**, but can be **more depending on the recipe.**

# PRESSURE CANNING

Pressure bath canning is good for **low acidity foods** and **meat**.

How to do it:

- Put your prepared jars in the canner.
- Fill your canner with around 3 quarts of water, unless the owner's manual says otherwise.
- Bring the canner's water to a boil.
- Put the lid over your canner to build its pressure.
- Bring the water to a boil.

**“Bless them which persecute you: bless, and curse not.”**

**-- Romans 12:14**

# PRESSURE CANNING

How to pressure can:

- **Set a timer once the boil starts.**  
Usually it's **ten minutes**, but **can be more depending on the recipe.**
- **Once the pressure is up keep the right amount of heat to keep it steady.** You don't want the pressure too high or too low.

**“Then the LORD said unto Moses,  
Go in unto Pharaoh, and tell him,  
Thus saith the LORD God of the  
Hebrews, Let my people go, that  
they may serve me.”**

**-- Exodus 9:1**

# AFTER CANNING

**Check the seal.**

- let it **sit on a flat surface for 24 hours.**
- Within the **first hour** you should **hear** a set of **“ping” sounds.**
- If there's **no seal remove** and **replace the lid with a new one** and **re-can the jar.**

**Label** your sealed jar.

- **Label your food** with the **food name** and the **date it was canned.**
- **Most canned food expires after 1 year.**

**“And it shall come to pass, when ye be come to the land which the LORD will give you, according as he hath promised, that ye shall keep this service.”**

**-- Exodus 12:25**

# POWER OUTAGES

You'll learn tips for

- gathering water
- keeping food safe & fresh
- sources of light
- communication
- carbon monoxide
- dealing with cold & hot weather

**“And I will establish my covenant with you; neither shall all flesh be cut off any more by the waters of a flood; neither shall there any more be a flood to destroy the earth.”**

**-- Genesis 9:11**



# POWER OUTAGES - WATER

- **minimum daily amount for 1 person is 1 gallon**
  - **can only survive 3 days without water**
- Uses of water**
- drinking
  - bathing
  - washing clothes/cooking tools

How to get water:

- **well water**
  - virtually **endless water supply**
- rivers or streams
- **boil water for 60 seconds to safely drink it**

# TIPS FOR FOOD

- **grow your own food**
- **barter for food with precious metals**, like gold or silver
- **Meat or dairy products above 4.4° Celsius for two or more hours makes it unsafe to eat**
- Use an **analog thermometer in case** an electromagnetic pulse (EMP) drains batteries of electronics.
- **Freezers will keep food safe to eat for two days.**
- **Cook food ahead of time to extend food's expiration date.**
- **Preserve food for a year or more via canning.**

# LIGHT

Lights let you **see in the dark.**

- **Candles**
  - best option
  - **keep away** from **flammable stuff**
  - only **light them while awake & where you can see them**
- **Electronic lamps and flashlights** paired with **batteries** are also good, **only until an EMP drains the batteries.**

# COMMUNICATION

	License Required	Distance / Range	Accessories	Line of Sight	Service Fees	Price Range (USD)
<b>CB radio</b>	No	155.3 miles	Antenna & Solar-Powered Charger	No	No	\$70 - \$239
<b>FRS radio</b>	No	1 mile	Fixed Antenna	Yes	No	\$14 – \$50
<b>GMRS radio</b>	Yes (USA) / No (Canada)	1 mile	Fixed Antenna	Yes	No	\$19 – \$500
<b>Satellite phone</b>	No	Global	NA	No	Yes	\$300 – \$2000
<b>goTenna</b>	No	1 or 2 miles	NA	No	No	\$199
<b>Ham radio</b>	Yes	Global	NA	No	No	\$124 – \$700
<b>Hand crank radio</b>	No	NA	NA	No	No	\$35 – \$1,000
<b>Morse code</b>	No	NA	NA	No	No	NA
<b>Walkie talkie</b>	No	30 miles	NA	No	No	\$25 – \$500
<b>Fire &amp; smoke</b>	No	NA	NA	No	No	NA
<b>Mirror</b>	No	NA	NA	No	No	\$1 – \$8000
<b>Whistle</b>	No	0.5 miles	NA	No	No	\$0.01 – \$500

# **CARBON MONOXIDE**

Carbon monoxide is **poisonous** and can **kill**.  
**Carbon monoxide detectors are electronic,**  
therefore **useless if the power goes out.**

Tips to **reduce carbon monoxide:**

- **don't start fires indoors,** unless it's a fireplace
- **don't use generators in a closed space** as it can leak into the house

**“But he answered and said, It is written,  
Man shall not live by bread alone, but  
by every word that proceedeth out of  
the mouth of God.”**

**-- Matthew 4:4**

# POWER OUTAGES - SUMMER

- **Open doors & windows**
- Wear **light-coloured clothes**
- **work in the cooler hours**
- Have **cold showers** if the water system still works

Avoid **dehydrating drinks** like alcohol & caffeine, such as coffee or beer.

**Heat stroke** -  
collapse or fever  
caused by extreme  
heat

**Heatstroke signs:**

- Nausea
- Weakness
- Dizziness
- Confusion
- Hot or dry skin

# POWER OUTAGES - WINTER

**Stay warm with**

- **layered dark, heavy clothes**
- **sleep in sleeping bags**
- **sleep with others for concentrated body heat**

**Hypothermia** - really low body temperature

**Hypothermia signs:**

- numbness in the extremities
- stumbling
- lots of shivering
- slow heart rate
- lethargy
- confusion
- delirium