

The background of the image is a blurred perspective view of a supermarket aisle. In the foreground, the red plastic mesh of a shopping basket is visible. The aisle stretches into the distance, with shelves on both sides filled with various products. The lighting is bright, typical of a grocery store.

GONE Before You Get There

77 Items That Instantly Vanish
From Store Shelves in a Panic And
Why Preparing For a Crisis Cannot Wait

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INTRODUCTION

Complacency

Cataclysms, disasters, catastrophes, crises, calamities, and emergencies. They happen more often than we'd like. They can range anywhere from a major earthquake, to a blizzard, to an uncontrolled wildfire, to a localized house fire. The best way to survive any calamity is to be prepared. But how does one go about preparing for – who knows what?

It all seems so ambiguous and far removed from where we live our daily lives. We get up, take the kids to school, go to work, come home, eat, watch a little TV, go to bed and do it again the next day (with a few vacations thrown in for good measure). In our own comfortable routines, we are lulled into a sense of cocooned safety which leads to complacency.

But then something happens – a flood that wipes you out overnight. Perhaps a tornado rips through, or a hurricane (like the now infamous Katrina), and you realize more fully how quickly an emergency can arise.

The bizarre ice storm that covered Northeastern Oklahoma in December of 2007 left hundreds of thousands without power for a week or more in freezing weather. Few were prepared.

In July 2008, a major flood took out a large portion of Iowa and a small part of Illinois. Hundreds of thousands of people lost power and it was a week or more before it was restored. Water-filled homes forced people to flee. There was no drinking water because of contamination. The sewers were flooded out. When the people needed it the most, there were no FEMA trucks so others had to step in to help.

A few months later, Hurricane Ike hit the Texas gulf coast and devastated the area including most of the coastal city of Galveston. Again, no power and all systems that we take for granted were disrupted.

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Michael Leavitt, Secretary of the U.S. Department of Health and Human Services, stated “Any state, any community or for that matter any citizen that fails to prepare, assuming the federal government can take care of them... will be tragically wrong.” While this was stated in regards to a disease outbreak it is equally true for any widespread massive tragedy.

Before the Chaos

During a crisis, you might not have the time or resources, nor will you be in the right frame of mind to consider everything that you need to. This reiterates the importance of making well-thought out plans and storing supplies before disaster hits and you’re surrounded by chaos. Therefore, you need to take precautions now – before it’s too late.

It’s not an easy thing to know how to prepare for a disaster for the simple fact that they are all so dissimilar. On the surface, it seems an exercise in futility. Who knows what might happen? Or when? And who can do any preparation at all when a wildfire is bearing down on your home or a tornado hits? However, just because you can’t prepare for all, doesn’t mean you shouldn’t prepare for any.

There are ways and means of creating a preparedness state of mind. And that’s what ***Gone Before You Get There*** is all about. This book is designed to reveal a number of systems and tactics that are little known to the general public – tactics which could mean your very survival. The three appendixes hold a wealth of additional helps and resources.

The key, of course, is in preparedness! It’s in having a solid, well-thought-out plan set in place well ahead of time. This includes mental adjustments as well as physical.



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Hopefully, the information contained herein will arm you with the awareness needed for you to take action today – before it's too late!

CHAPTER ONE START SMALL AND WORK UP

Well Thought Out Plan

Your survival plan needs to be well thought out and it needs to be flexible. Will you be forced to evacuate? Or will you be “trapped” in your home such as in the case of an ice storm or blizzard? Some disasters spell short-term survival tactics, others may mean long-term. Still others may move you into an entirely different survival mode such as the case of nuclear or chemical warfare.

Let’s say a train carrying toxic chemicals near your home has derailed, and you have been ordered to evacuate. This happens suddenly, right in the middle of a normal day. What will you need to take with you and how quickly can you get things put together?

Do you have access to a kit with insurance papers, prescriptions, birth certificates, passports and other important papers? Do you have cash? Is your fuel tank full and if so, how far could you make it? Do you know where to go? Do you have a plan?



If you answered no to all those questions, you’re not alone. Truthfully, most people wouldn’t be able to answer yes to any of those questions. Most people have never thought about it and in all honesty, wouldn’t think about it until it’s too late – until disaster has already struck. Remember, when a crisis hits, the time to prepare has disappeared.

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No one enjoys imagining the worst. Perhaps you've attended the latest disaster-type movie. But even then, you can come out of the darkened theater into the light of reality once it's over. That's as far as most of us allow our thinking to go. It's unpleasant indeed to realize how vulnerable we are. Our lives are replete with multitudes of conveniences; from heat and light and running water, to washers, dryers, and automatic garage door openers. We never really think of how much we have until the day it all goes away. Then we realize we should have thought past to the way we live today to what living might be like tomorrow.

It goes back to the old fable of the grasshopper and the ant. The ant diligently stores away food during the summer while the silly grasshopper is having fun playing. When the cold of winter hits, the ants are snug and fed, and the grasshopper is dying. Again, the time to prepare is prior to any calamity that might come.

Where to Begin

The first, easiest and most logical place to begin is to create a kit or some type of *document* case that can be grabbed up quickly if you need to evacuate. This will contain such things as

- ✓ Birth certificates
- ✓ Insurance documents
- ✓ Medical records
- ✓ Marriage license
- ✓ Divorce decree
- ✓ Government documents such as for Social Security or disability benefits
- ✓ Deeds
- ✓ Vehicle Titles



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For any one family, this list may be longer or shorter. These should be kept in a waterproof, airtight container such as a military ammo can. If you are forced from your home at least you'll have legal documents and suitable identification. This will be especially helpful in case of a fire or a hurricane, in which your entire home may be destroyed. Instead of picking through the ruins looking for your important documents, you'll have them right with you.

The next step is to stock interim survival supplies in the trunk of your car. Keep in mind this is for short-term emergencies. These might include:

- ✓ A case of bottled water
- ✓ Blankets
- ✓ A sheet of heavy plastic
- ✓ Flashlights and fresh batteries
- ✓ Signal flares
- ✓ A package of glow sticks¹
- ✓ 100-hour survival candles
- ✓ Matches (windproof, waterproof)
- ✓ First aid kit
- ✓ Lightweight food items:
 - ✓ Crackers
 - ✓ Beef jerky
 - ✓ Energy (protein) bars
 - ✓ Powdered milk
 - ✓ Dried fruits



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- ✓ Nuts
- ✓ In a cold climate, add insulated coveralls and boots to the list
- ✓ Emergency cash (at least \$20 in small bills and change)
- ✓ Toilet paper
- ✓ A whistle to signal for help

Obviously your list is going to vary depending on how many are in your family and your own personal immediate needs. Get imaginative; be creative. An author living in Oklahoma City (tornado alley) made sure she had a back up of her novel-in-progress on a computer memory stick and within easy reach. When the massive category 5 tornado ripped through the area in 1999, her house was demolished, but her novel was safe! She had a plan and it worked. What would be on your list?

Another step for short-term evacuation is keeping the gas tank of your vehicle(s) topped out. Make it part of your family plan that you always have a full tank of gas. Far too often, when families need to evacuate they forget that a loss of power means gas stations are out of business... or the lines at the gas pumps are extremely long. If you need to get away fast and the tank is empty, you're taking a great gamble and you may not make it to where you want or need to go.

Take these first steps in your new survival plan. Once you have your document container prepared (and situated in a place where it's easy to grab) and your car survival supplies are packed, you will have made a step that fewer than 5% of the population has ever thought to make. Instead of feeling more nervous about impending disasters, you will feel immensely better. This exercise will place you in the mindset that is necessary to prepare on an ever increasing scale. Now we're ready to move to the next step, survival for the short-term.

¹ These emergency lights are non-toxic, non-flammable and weatherproof. Lightsticks (or glow sticks) are perfect for survival applications. Once activated, the lightstick produces reliable, potentially life-saving light, for a predictable and dependable amount of time. You never have to worry that a lightstick will suddenly blink out like a flashlight, and there's never a worry that a lightstick won't last, such as a candle.

CHAPTER TWO

PREPARED TO STAY, SHORT TERM

A Little at a Time

The secret to creating an emergency survival stockpile is to begin with a few items and gradually add items which allow you to increase from week to week and month to month. The key is slowly and steadily stock up. The idea isn't to go into debt purchasing items in huge bulk amounts, thinking this will sustain you in the time of calamity. You need to set up a plan and then stick to it.

Take an honest look at what you might need for at least a week or two with no water, lights, or heat (or air conditioning). What would you need to cook, how would you cook, and how would you stay warm (or cool)? Would you have water to drink and food to eat?

If you must stay in your home for a short term, one of the first items you must have in your stockpile is water. Consider purchasing cases of bottled water and storing them under your bed.

For many families, they're doing good just keeping groceries on the table without purchasing anything extra. But you can begin small, by purchasing two of certain items such as condiments, canned items, packages of pasta, cans of tuna and so on. Use one and put the other one in your new stockpile. If you did this every week for a year, you would soon have that extra store that could pull you through a short-term emergency.

Be sure to cycle this food to ensure that it does not go bad. But never use any food from your stockpile without replacing it. That's your new rule.

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Better Than Money in the Bank

Realize that during a dire emergency, you may have money, but if there are no stores open or the stores have run out of supplies, your money is worthless. As the title of this book indicates, what you need will be ***Gone Before You Get There***. The fact is clear: food on the shelf is better than money in the bank. So determine to make the investment now!

If you follow through to begin a small stockpile, you have now taken another major step in your state of preparedness. Give yourself a big pat on the back. You are no longer hiding your head in the sand pretending nothing will ever happen to you. You are now being honest and realistic.

In the next chapter, we'll look at longer-term survival tactics which will be necessary under more catastrophic conditions.

CHAPTER THREE PREPARED TO STAY LONG- TERM

Understanding Shelf Life

In this chapter we will look at the ramifications of a longer survival time within the shelter of your home. What all might be needed? It will take conscious thought and effort to prepare efficiently and effectively.

In recent years we have all been taught to read labels in order to check out the ingredients of prepared food. This has made consumers more “nutrition” conscious. As a survivalist, you will now become aware of *another* factor regarding food, and that is “shelf life.” If you create your stockpile and do not need it for a year or more, will the food still be good? You’ll need to know for sure.

Another factor to consider is whether or not your family will eat what you’re storing. You may think it’s a great idea to store 50 pounds of pinto beans, but if that’s not something your family eats on a regular basis, will they eat it in a time of stress and panic? The point is to prepare what you store. If it’s rice, make rice dishes, if it’s pasta, make pasta dishes. In this manner, when the crisis hits, you will be providing your family with as much *familiarity* as is humanly possible. And they will definitely need it when their whole world is turned upside down.

Record What You Consume

To begin your plan, record everything that your family eats during one month. Keep a list of what you normally use in food. Record everything – from little things like salt, pepper, garlic powder and onion flakes to mixed drinks like Tang, as well as tea and coffee. Consider also food for pets. Get a handle on what it takes to sustain the members of your family under normal conditions. That way you’ll know how much to store and how long that supply will last.

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Also, start thinking of how you would survive with no power. Or perhaps you have power but you're snowed in and cannot leave. Run through a number of possible case scenarios and begin to prepare. If you have a camp stove, learn how to use it. Have a backyard cookout a couple times a month to get accustomed to this method of cooking.

Storage

Store your stockpile items in airtight containers to prevent bugs, mice and other pests from getting into them. Start saving jars – those with screw lids in plastic and glass. Larger jars can store pastas, rice and oatmeal. Smaller jars are good for other dry goods such as salt, seasonings and other provisions that might be luxuries but not as necessary to have.

Food-grade, 5-gallon plastic buckets will be indispensable when it comes to storage. They can be picked up for free at school cafeterias, (or other institutions such as a nursing home or hospital cafeterias), bakeries, and restaurants. There will be endless uses for these. If you know a storm or flood is coming, fill several buckets with clean water before the storm hits.

Space

Another consideration when beginning your stockpile is space. Where will this extra food be stored? Make sure you store your food supplies in a safe, dry and cool place. If your garage gets hot and humid in the summer, it's clearly not a good place to store food.

Use the garage, and possibly the attic space for non-perishables such as your camp stove, lanterns, paper goods and so forth.

Consider adding shelving in the utility room. If you're limited in space, store your food supplies in several locations in the house. There's space beneath the beds. Boxes of canned goods can go there. Bathroom closets or hallway linen closets may have extra space on a top shelf. Take a tour of your house. Again, you'll have to be creative.

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Once you have a good stockpile accumulated, maintain it with an inventory list. Date the items so you will have no problem rotating your stock in order to keep it all fresh.

Grains

When thinking of storing grain, most people think mainly of wheat and corn. While those are good, there are others that are hardy and have an even longer shelf life. Look into such hardy ancient grains as millet, amaranth, and barley.

Amaranth, in particular, is easily grown from seed and is heat and drought resistant. Eaten as toasted seeds or cooked as a cereal, it offers 15% protein. When mixed with wheat it makes a complete protein. Add these grains to your list and create more variety in your stockpile.



Don't forget popcorn which is also a grain. This nourishing treat will last in storage for up to ten years! How's that for shelf life?

Purchase dried bay leaves from the spice section of your grocery store. Place them into stored grains. Bugs do not like the smell of bay leaves and are deterred from their invasion. This is a trick your grandparents knew and used. Two bay leaves per gallon or ten leaves placed throughout a 5-gallon bucket will do. You can also lay them on cupboard shelves with the same effect.

Another insect deterrent, not as cheap as bay leaves, is oxygen absorber packets. The packets are about the size of a tea bag and they absorb the oxygen from a container. This prevents insects from living as they can't breathe without oxygen!

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Create a New Mindset

Another mental “game” to play is that this is not “stored” food at all, but just extra food that you have on hand as part of your regular meals. Think of being *out of food* when you are down to your two – four week stock. Be strict on yourself so that you will never tap into this store when there is no crisis at hand! The bulk of your stored food should be items that are simple to prepare and need as little cooking as possible.

Don’t forget to add a supply of batteries and extra flashlights to your stockpile. As with your food, rotate the batteries so they are always fresh.

Another item that every family should consider is a small fireproof, burglar-proof safe. In this safe, keep an emergency stash of *cash*. Adding a little each week, you will soon build up enough cash to see your family through two or three months. Then make a promise that this money will never be used for anything other than survival during a crisis situation.

Even for a short term emergency, it’s important to have a well stocked first aid kit on hand. Consider using a plastic fishing tackle box as your container. Not only will it not rust, but the contents will stay organized. There are many resources which provide a list of items needed for medical emergencies.

When the crisis hits, you will be unbelievably thankful that you took these initial steps to prepare.

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Sixteen Necessary Non-Food Items

Before leaving this section of creating your stockpile, there are a number of non-food items that you will not want to be without when a crisis hits:

- ✓ Water purifiers (filters, tablets, etc.)
- ✓ Multi-purpose tool (Swiss army knife or similar)
- ✓ Hand crank radio
- ✓ Charged up cell phone
- ✓ Batteries
- ✓ Flashlights
- ✓ Candles
- ✓ Lightsticks
- ✓ Large trash bags
- ✓ Duct tape
- ✓ Tarp
- ✓ Rope
- ✓ A stash of cash
- ✓ Taser weapon or can of mace
- ✓ First-aid kit
- ✓ A stack of old newspapers (insulation, fire starters, etc.)

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In the Eye of the Storm

All of your preparation is complete, you feel you are fairly ready, but then the crisis truly hits – it could be either natural or manmade. Now there will be new challenges to face.

- ✓ Shelter
- ✓ Food and water
- ✓ Sanitation
- ✓ Light
- ✓ Heat
- ✓ Medical needs

If you are able to remain in your house or apartment, the first item on the list is taken care of – shelter. And because you have been diligently stockpiling, the second is covered as well. You have food and water on hand. For the present at least...

Emergency Water

Even with a good storage system, you may come to a point where your stored water has run out, in which case you will need some kind of purifier or filter. You may have clean, safe water initially, but in the long term you may need an alternative. You may find yourself collecting surface water. Most people are unaware that a tincture of Iodine 2%, common iodine solution (found in most first aid kits), and chlorine bleach can all be used to disinfect surface water. You can read up on this method of water purification in any good survivalist guide. This is an inexpensive method and one you need to learn.



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Emergency Food

When everyone else is making a run for the grocery store to grab up what food is left... if any, few will be heading for the pet food aisles. But you should – whether or not you have a dog. Wet or dry dog food will keep from two to five years. And in a case of extreme conditions, humans can and may need to eat the dog food. Today when your stomach is full, it may sound gross, but when starvation sets in, things will look totally different. Realize that while others are gazing at empty shelves, you are grabbing up *real food* in the pet aisle. Don't overlook such vital survival tactics.

One other step in this direction is to locate the nearest farm supply store. (In rural areas they are plentiful, in urban settings you may need to search them out. Look in the Yellow Pages under feed stores, tack stores, and also veterinary supply centers.) During a crisis situation, there won't be a crowd here either. These stores stock a product called *calf milk replacer* which consists of dried milk and is fortified with protein and various vitamins. This powder comes in 10lb and 50lb bags. It is palatable for humans, and mixed with water could be another life saver. It's a trick few will be aware of. But you will!

Survival Gardening

One long-term preparation you can make is to start a survival garden if you haven't already. Assess what you can grow. Anyone with a plot of land can grow fruits and vegetables, herbs, and edible flowers. Plant fruit trees that flower, provide shade and food. Apples, peach, pear and cherry trees can be grown in many areas. Pecans, walnuts and hickory are just a few of the nut trees that can provide a bountiful harvest of protein for baked goods and desserts as well as just eating after pulling from the shell.

Nasturtiums can be prolific growing flowers and are edible – mix in with salads, some fresh tomatoes and other fixings from the garden.

Herb beds are easy to maintain and can be a source of thyme, rosemary, onion, garlic and a host of other herbs.

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You can grow several kinds of mints and create tea mixes with bee balm, lemon grass and mint as well as many other herbs. Of course, vegetables are also a staple. From tomatoes, beans, peas, squash and peppers, melons and sweet corn, you can enjoy a buffet of fresh eating. Grow what you can in your area and take into consideration what your family likes.

Reuse grass clippings, leaves, kitchen ‘waste’ and other biodegradable items in a compost bin, creating a rich compost to use in the garden.

If you have room, you may want to grow your own grains. A patch of field corn can produce quite a ration of corn meal. Wheat can be stored in grain form and ground into flour as needed. Oats are another grain that can be grown, harvested and consumed on a small amount of land.

Heirloom Seeds

If you’re going to plant a survival garden then you definitely want a good source of non-hybrid, non-germinated seeds. As you probably know, big seed companies have now engineered seeds with a “terminator gene”. These seeds will not reproduce after themselves as they have been genetically altered. We’ve located a company that sells a “Survival Seed Bank” containing enough heirloom seeds to plant a full acre crisis garden. All you have to do is save some of the seeds each fall and this little kit will produce a lifetime supply of food for you and your family and neighbors. You can learn more about it by going to their website. It can be located at www.survivalseedbank.com.

Double or Triple Survival Garden Production

We’ve found a product that combines all natural fish emulsion with liquefied kelp which allows the survival gardener to harvest in fewer days, with less (or no) herbicides or pesticides. It yields 200-300% more nutrient dense food as well as dramatically increases shelf life of the produce grown with it. This product not only grows giant vegetables but also enhances taste in a rather profound way. We highly recommend this all natural product. Get the details at: www.growlikecrazy.com.

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Grow Miracle Food

There is one *miracle* food that can be grown anywhere, in any climate, under almost any conditions – even in the dark. It costs very little and a child can do this. It's the very simple process of *sprouting*.

You can sprout nearly any type of seed and harvest a tasty treat that can supplement for lack of fresh fruits and vegetables. The most popular are alfalfa and mung bean sprouts. Sprouts are one of the most complete and nutritional of all foods tested. Sprouts contain vitamins, minerals, proteins, and enzymes. In times of crisis, when you can't grow anything or get fresh produce anywhere, sprouts will provide a consistently reliable source of fresh,

high-nutrient vegetables rich in Vitamin C, Vitamin A, and B Vitamins. They pack a lot of wallop for something so small, so cheap, and so easy to grow.

All you need is a quart jar and a porous lid or covering and water. A lid with holes will do, or a piece of nylon or cheesecloth secured with a rubber band. They are ready to eat in about 3-5 days. You can keep different types growing in rotation at all times.

Sprouts can be added to soups, scrambled eggs, meat dishes or most any foods for added nutrition. Always add them after cooking as heat destroys the nutritional value. Search resources to purchase seeds and begin practicing the art of sprouting now. Add this item to your survival stockpile. This little secret alone could save your life.



Once you plant and harvest your garden, make sure you know how to properly store these foods by drying or canning. One of the best resources for food storing strategies can be found at www.foodshortageusa.com.

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Crisis Cooking

One of the most important concerns when planning for a crisis is the ability to cook hot meals and sanitize water. Without sterilized water, you have big problems with bugs that can make you or those living with you very, very sick. We found an excellent little survival cooker that can use wood, charcoal or propane as fuel which makes it a pretty versatile tool. You can read more about it at www.crisiscooker.com.

Sanitation

If the existing sewer systems are problematic, it's time to use a chemical porta-potty or learn to create one with one of your five-gallon buckets.

Camping stores sell toilet seats that fit snugly on top of a five-gallon bucket. Line the bucket with heavy duty plastic bags and dispose in a secure container (or in a trench dug in your back yard – *if* you have a back yard). Keep in mind that camping stores will have sanitizing chemical packets and disinfectants that can be added to the contents of the bucket.

Beyond this, the next step may be to dig an outdoor latrine – again if you have a yard area. Tips on how to do this can be found in any survivalist manual. And remember, your great-grandparents never heard of toilet paper. You can live without it if need be.

Light

Living without power is most difficult in the night hours and in winter. Humans need light for many reasons not the least of which is psychological. We referred to *lightsticks* in Chapter One. You will want to have a good stock of these in addition to your lamps, lanterns and candles. As with your camp stove, learn how to use these while all is calm and peaceful – especially a lantern that uses a mantle as they are tricky to light.

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Solar Power

Another area to investigate during the calm is *solar products*. The number of solar-power products available is surprising. There is everything from floodlights, to flashlights, to fans, to panels that will charge batteries. A couple of well-placed solar panels could make a world of difference in your survival during a crisis.



There are two types – a complete off the grid system and a grid tie – as well as a hybrid of each. The grid tie system has solar panels that when charging can produce more energy than you use – this flows back into the lines and your meter will actually run backwards. However, if you’re using this alone when the power system goes down you’ll still lose power.

On the other hand, an off the grid system stands alone – you have a battery bank that charges and when there isn’t enough sunshine that battery system is your power. Having sufficient batteries for your electric load is important because even the best solar panel systems usually can’t power all the appliances we’re used to running in the home.

A hybrid of this system has a battery bank that charges first, then the excess is pumped to the grid. If the power goes down you still have power on your battery bank. Of course, solar requires enough sun to charge the panels and as the sun moves, it can alter the amount coming into the panel. Sit a panel on a swivel for observation. You can see one position might be 6v charging and moving might be 12v charging. If you have trees around or are on a slope that doesn’t get the maximum amount of sun, then you may not be able to generate enough solar power. You might also want to investigate the idea of a “solar generator.” A really good little solar backup unit can be found at www.mysolarbackup.com. It’s the only solar generator of its kind right now and definitely worth a look. www.mysolarbackup.com

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Heat

Hypothermia can be deadly. This is a fact that many quickly learned during the severe December 2007 ice storm in the Midwest. In our modern dwellings, families seldom have alternative heat sources. When the power goes; so does the heat.

A simple tip for staying warm in a crisis wintry condition is to create an insulated sleeping bag created from two large garbage bags. Place one inside the other, and fill the space between with wadded up newspapers. This works best if one person stands upright inside the inner bag and holds the bags in place while a second person fills with newspapers. Duct tape works to hold the edges in place. Dressed in layered clothing and cocooned inside such a makeshift sleeping bag could spell the difference between life and death.

In sub-zero conditions with no power available, create a “warm” room from the smallest room in the house and keep out cold air by hanging blankets at the windows (at night) and pillows and couch cushions at the doorways. The more people in the warm-room, the more heat energy produced. Hopefully this room has a south-facing window in order to collect all available sunlight during daylight hours.



Space heaters have many dangers, especially those requiring fuel, which could cause carbon monoxide poisoning. This danger, plus the fire danger, is responsible for killing more people during a winter power outage than does the cold itself. Try to use as many natural methods for warmth as possible.

As with all the tactics discussed here, these survival concepts should be well thought out long before the crisis hits.

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Medical Needs

In the midst of an extreme crisis, medical needs may be much different than what occurs in times of relative calm. Doctors, hospitals, medicines and perhaps even ambulances may not be readily available. Stocks of supplies can disappear rather quickly.

Again, it's time to go nosing around the farm store. Our farmer forebears often lived in remote areas far from any doctor. For their aches, pains, ills and injuries, they used for themselves exactly what they used for their indispensable farm animals. You can simply do the same thing. You will find a great number of life-saving, *veterinarian* medical products at the farm store. (Use the Yellow Pages to look for feed stores, tack stores and veterinarian supply centers.)

First of all, the items are almost always cheaper than their human counterparts. Secondly, few people will know to find their medical answers in such a place. In the time of a major emergency, your chances of finding what you need there will be far greater than at the nearest drug store.

These vet items are identical to what your doctor would prescribe for you, but many times cheaper. (And in the time of crisis will be many times more available.) Seldom is there a need for a prescription. This subject is much too broad to be covered thoroughly in this book, but we'll touch on a few highlights.

- ✓ ***Terramycin*** is a general antibiotic that comes in a powder form. The packages will offer a long shelf life. This is readily available at any farm store and in this case sometimes in pet stores as well.
- ✓ ***Calf Scours*** is a medication that stops diarrhea quickly.
- ✓ ***Disinfectants and Antiseptics*** come concentrated in gallon jugs. Can be used to disinfect surgical equipment as well as humans.
- ✓ ***Pink eye medication*** can help in healing wounds because it contains antiseptics, antibiotics, and an anesthetic.

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To this list, you can also add equipment needed for sutures, scalpels, syringes, large rolls of cotton dressing and even injectable vitamins.

Since swine (pigs) have a system closest to that of a human, it becomes fairly simple to use from the list above. Simply follow the dosage for swine and adjust for body weight.

Also a word of caution – just as with any meds, all must be used with great caution. Hopefully someone in the family has attended a quality first-aid class and understands the basics.

Emergency Herbs

What if... in an emergency, you can't find your doctor and your pharmacy is closed. Are there herbs that can break a fever? Stop an earache? This website offers many interesting alternatives in a crisis or disaster.

www.emergencyherbs.com

Make Your Own Herbal Medicines

Some day the government will stop the sales of all over-the-counter herbal remedies. But they will always be hard pressed to out law the actual herbs. After all, many herbal medicines are produced by identifying ordinary weeds and processing them into powerful medicines. You can now buy the training videos that 5 different colleges use to train students in herbal medicine production. This program comes with DVDs and a great reference manual that offers a mountain of herbal medicine preparation information. If they outlaw the sale of herbal supplements, with these videos, you'll always be able to make your own. The website to get more information is:

<http://www.makeherbalmedicines.com>

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Power Sleep For A Strong Immune System

Getting sleep when the world is falling apart around you is sometimes difficult to do. If you're having trouble getting to sleep, most folks opt for a prescription sleeping pill. One way around the prescription sleeping pill dilemma is by a special audio CD that puts you out without any drugs whatsoever. All you have to do is to listen with headphones and you fall asleep. In a stressful situation, this CD may mean getting the healthy sleep which is critical to surviving a health breakdown. Check it out at: www.highspeedsleep.com.

"Survival Clay" May Stop Killer Bugs That Antibiotics Don't Even Phase

Researches at Arizona State University have recently discovered that certain types of clay kill many strains of pathogenic bacteria including staff, MRSA, PRSA and E.coli. MRSA is a type of bacteria that has become resistant to various antibiotic treatments. Keep in mind, MRSA kills a lot more people than AIDS and the death rates continue to soar. What's fascinating is that while antibiotics can no longer stop MRSA, one type of clay seems to be able to according to the research. You can pick up your own supply of "survival clay" from www.germkillingclay.com

Unusual Mineral Substance May Be The Ultimate Barter Item

Many people who make their own survival foods use this neat little supplement called Power Water. Placing one or two drops in each can of preserved foods can raise the nutritional value dramatically by fortifying your canned foods with an amazing army of trace elements and minerals. The product also contains a unique compound called fulvic acid which has incredible antioxidant value. You're not really prepared unless you have a few bottles of this stuff lying around. It would also be a great barter item so you may want to purchase their "12 pack" for the best value.

Check out www.powerwater.ws.

The One "Survival Supplement" You Shouldn't Be With Out

One supplement I would recommend having in your survival arsenal is a substance called shilajit. Shilajit comes from the rocky cliffs in the Himalayas. Somewhat of a mystery, it's believed to form as a result of "mineral drip" from the cracks of the rocks during the hot summer months. This mineral drip runs through plant matter that has been trapped in the crevices of the cliff areas, and along with geothermal pressure, a dark red somewhat gummy substance is formed. The reason you want this substance in your survival cabinet is because the active constituent of shilajit is a chemical called fulvic acid. This is why shilajit is one of the most sought after healing compounds in Ayurvedic medicine.

For centuries this substance has been used as a broad spectrum support compound for strength (nicknamed amongst the ancients as "destroyer of weakness"), kidneys, energy, sex drive, memory, allergies, diabetes, and especially for stress and anxiety. In fact, University studies provide strong evidence that this is the case. Why is this important? Because in a time of true crisis, the effects of stress will break down immune systems, making you and your family highly vulnerable to a variety of diseases (disease spreads like wildfire during panics) and health problems. If my house were on fire, I would grab my stash of shilajit on the way out. It's that important.

Probably the best quality and perhaps the lowest priced shilajit can be found at the website: www.blacklistedherb.com. The company will ship the product out to you and only require you to pay the shipping up front and invoice you for the balance due 30 days later. Frankly, I don't know of another supply company that operates on the "golden rule" premise of doing business. Make sure you have some of this substance. Oh, one more thing about shilajit. Many researchers also believe that this substance also makes nutrients from other foods more bioavailable. If this is true, it means all of your stored foods will supply your body with more precious vitamins, minerals and vital trace elements when you need them the most.

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Here's a list of some other problems that traditional "indigenous" medicine has a history of shilajit usage: genitourinary diseases, diabetes, chronic bronchitis, asthma, gall stones, jaundice, painful and bleeding piles, epilepsy, enlarged liver and spleen, fermentative dyspepsia, digestive disorders, worms, renal and bladder calculi, nervous debility, sexual neurasthenia, hysteria, anemia and in bone fracture. This is obviously for informational purposes only. If you're sick and professional health care services are still available... always see a doctor!

Getting the Guns Out of Sight

In the event of an emergency, if and when all hell breaks loose, protecting your guns will be a key element to defending yourself and your loved ones. When hunger strikes and panic arises, so too, will the amount of crime. It won't only be criminals but desperate people breaking in to your home hoping to find and take your food, water, guns and other survival items. Learning how to hide your guns from criminal scum should be one of your top priorities. You can find out more about very clever ways to hide your guns at:

www.hideyourguns.com.

Now that you've thought out survival during a longer-term power loss (and possible water and sewage loss) in your place of residence, in the next chapter we turn our attention to what happens if you must evacuate and must stay away for the long-term.

CHAPTER FOUR PREPARED TO LEAVE LONG-TERM

This is the most difficult area in which to create a clear plan due to so many variables. But again, just because you can't prepare for all, doesn't mean you shouldn't prepare for any. As a family, discuss worst case scenarios and plan where you might go and how you will survive.

Some families have plans for a rural *retreat* area to which they can escape when calamity hits. However, the success of such a plan will depend a great deal on whether roads are open, and if gas is available, and other such variables.

You will want to design and create what has been called a *go bag*. This can contain such things as a minimal three-day supply of food, water purifiers, first aid and other survival items. This will be similar to what was discussed in Chapter One regarding packing your car.

You may be leaving on foot, maybe in a vehicle, in some cases perhaps on a motorbike or bicycle. No matter the mode of transportation, the disaster has made it imperative that you leave the area immediately. (Hence the rule to keep the gas tank full!)

Remember the cash stash discussed in Chapter Three? Now is the moment you will be thankful that it's there. You'll be patting yourself on the back that you did not allow yourself to dip into this emergency fund. Depending on the type of disaster, your evacuation may be to an airport, to a hotel or to a nearby city.

If so, you will need that cash in a number of different situations.



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Make sure each member of the family has some type of identification on their person in case you might become separated from one another.

Simple, yet essential hand tools will be life savers if you are forced to break through a door, smash a window, or cut through wire. You will definitely want a pair of heavy work gloves and sensible shoes or boots in this bag. Light weight plastic ponchos will also be needed.

After a disaster such as a tornado, hurricane, or flood, your feet can take a terrible beating. Think of the women who fled the World Trade Center on September 11, 2001 – trying desperately to flee in high-heeled shoes.

Another important item to have in your go bag is a hand crank radio. This little jewel needs no electrical outlet and can keep you updated on what's going on around you. Models include an LED light and the power to charge up your cell phone. Simply crank the handle to charge the internal rechargeable battery. Some models capture the sun's power and run on solar energy. If this item is not in your pack now, add it soon!

Your emergency bag can be a rugged type of back pack or something similar. If possible, you may want to include a tent or at least the makings of a tent. A common tarp is water-resistant and comes with grommets – circles of metal or plastic anchored around the perimeter. In this way it can be tied and suspended in several different ways. It can be folded up and stored in a small area and offers more multiuse options than a tent.

If you do find yourself in an outdoor situation, hopefully, it will be for only a short time. In spite of all the survival TV shows you've watched, it is not easy to "live off the land," especially when you are in a high stress and panic mode. You will need to have food with you. Foraging off the land is not simple. It requires years of accumulated knowledge and experience. And even then it's an iffy situation.

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If you've never gone camping with your family, and attempted to say start a fire, or cook over an open fire, you might want to try that as a family exercise. See how well you do.

Whether your evacuation means you must head for the hills or head for the airport, you can still make plans to have the minimum basic supplies on hand. (Supplies that will be easy to grab on a moment's notice.) This will see you through the first 72 hours or so when survival is the most critical.

Your Rural Location

In a different light, some people are planning way ahead of time to "head for the hills," in their own time frame and in their own way. These have been referred to as the "back to the land people." You may be thinking that may be the answer for you as well. Obviously, it's much easier to be self-sustaining if you live in a rural area where you are away from the metropolitan masses.

In your own backwoods setting you can grow your own food and raise your own livestock. This doesn't have to be done in a big way. Even a small garden, and a few rabbits and chickens can provide a family with much to eat. (Rabbits are some of the easiest livestock to raise for food. They multiply quickly, eat little, and their manure offers some of the best composting qualities available anywhere.)

If you have never had to kill, skin, and dress any game, this experience is going to take some getting used to. All the reading in the world will not prepare you for chopping off the head of a chicken, or killing a squealing rabbit. It will take practice. It's not a lesson you want to learn when you're hungry.

At your rural location, you can consider a below-ground cistern to capture and hold rainwater. The space may also allow for an underground safety shelter. Or perhaps the home will be built into a hillside and the entire house will be a safety shelter.

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This is not a decision to be taken lightly. It's a good idea to perhaps rent acreage for a time before making a purchase. Make sure you locate land that can actually sustain a garden. Living in this manner is not for the faint of heart. But many who take this step would never go back to city life. Do your research. Talk to those who have gone before you. Ask lots of questions. If this is part of your survival plan, then get started now!

In the next chapter we will touch on the various types of natural disasters.

CHAPTER FIVE NATURAL DISASTERS

About the only natural disaster we've not seen in the United States in recent years is a tsunami. The number of, and the intensity of, natural disasters seems to be on the upswing. Wildfires, mudslides, earthquakes, tornados, hurricanes, blizzards and ice storms – we've seen it all. Because of that fact, it only stands to reason that you should take the time to create a sense of preparedness for whatever natural disaster might occur in the area where you live. Those in North Dakota prepare for blizzards, while Oklahomans prepare for tornadoes and those in the South prepare for hurricanes. That is to say, they *should* prepare.

Hurricanes

To evacuate

- ✓ Preplan destination and route
- ✓ Settle on your mode of transportation
- ✓ Critical items to take (cell phones and hand crank radio)
- ✓ Cash
- ✓ Medications
- ✓ Have your go-bag ready (see Chapter Two)
- ✓ Plenty of rain gear – ponchos
- ✓ Consider taking a bedpan in the vehicle, just in case you are stuck in traffic for hours. (Include cat litter as well.)

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To stay

- ✓ Shut off gas and water
- ✓ Fill containers with clean water
- ✓ Disconnect unnecessary appliances
- ✓ Stay away from windows
- ✓ Keep protected with blankets, cushions or mattresses
- ✓ Crawl in the bathtub or a small closet
- ✓ Do not decide to evacuate during the hurricane
- ✓ Follow tactics and suggestions from the Red Cross and other survival agencies

Floods

If you live in a flood plain:

- ✓ Invest in an inflatable raft
- ✓ Have a pair of wading boots for every adult member of the family
- ✓ Have rope to tether yourself or family members if forced to leave
- ✓ Hand crank radio tuned to weather radio channel
- ✓ In case of little or no warning of a flash flood, have your go bag ready to snatch up and leave as quickly as possible
- ✓ Never drive into moving water
- ✓ Never walk in moving water (even ankle-deep water that's moving fast will knock you off your feet)



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- ✓ An emergency flotation device can be created with air trapped in garbage bags and sealed with duct tape

Tornadoes

While tornadoes can hit without warning most local weather stations have excellent tracking systems. If tornadoes are in the forecast, keep tuned to a weather channel or if the power has gone out, use your hand crank radio for updated reports.

- ✓ Go to the smallest room in the house, possibly a hall closet or bathroom
- ✓ Pull blankets or mattresses over you and small children
- ✓ Use rope to tether to one another – especially small children
- ✓ Have your go bag with you in your safe spot – you'll need it after the storm passes
- ✓ If caught outdoors, move to the lowest place such as a ditch and lie flat. Cover your head with your arms.



Disaster can strike

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Winter Storms

Severe winter storms can affect air travel, block roads, hinder emergency vehicles, shut down power and leave many in dire emergency situations.

Have on hand:

- ✓ Rock salt
- ✓ Sand (traction for your vehicles)
- ✓ Defroster spray can for frozen locks
- ✓ Small pike (tool) for chopping ice

See Chapter Two for more about how to stay warm and safe while housebound.

- ✓ Keep your vehicle winterized and the tank full
- ✓ Keep your emergency store in the trunk at all times
- ✓ Add weight to your vehicle by placing concrete blocks in the trunk (or back of a pickup)

If caught in your car in a blizzard

- ✓ Run the car for 20 minutes each hour to keep warm.
- ✓ Periodically clear snow from the exhaust pipe
- ✓ Always have your hand crank radio in the car in winter
- ✓ The light from the hand crank radio can be used as a signal for rescuers
- ✓ The flares in your trunk stockpile can be set off as well
- ✓ Use anything – roadmaps, seat covers, floor mats to cover up and maintain body heat
- ✓ Drink fluids (remember that case of water you stored in the trunk?)

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Wildfires

Escaping a wildfire is especially dangerous and tricky. More than ever it will be vital that your go bag is filled and ready to grab at a moment's notice.

While it's never easy to drive away and leave your home, don't wait too long to evacuate. If you've lost power stay tuned to emergency broadcast stations on your hand crank radio. When the order comes to leave, do so as quickly as possible. Yet another reason to keep the gas tank filled and the vehicle ready to go. And another reason to keep the survival items in the trunk as outlined in Chapter One.



Mudslides

While mudslides can come quickly, there are a few warning signals you can watch for after a hard rainfall:

- ✓ Leaning street signs or utility poles or fences
- ✓ Changes in your house – sticking windows or doors, cracks in the driveway or sidewalk
- ✓ A rumbling or cracking sound
- ✓ Shifting in the ground
- ✓ Animals can give warnings – dogs barking and birds chirping more loudly than usual
- ✓ Quickly grab your go bag and move as far from the sliding earth as you possibly can
- ✓ Following the slide, watch for downed power lines, sharp debris and other trapped people

CONCLUSION

As has been stated, this book cannot be and does not pretend to be a comprehensive study on preparedness or survival. It is for heightening your levels of awareness. Hopefully it will move you toward developing the *eight habits* that could possibly save your life and the lives of your family members:

- ☑ The habit of expect the best; but prepare for the worst
- ☑ The habit of buy one for now; buy an extra one for later
- ☑ The habit of store what you eat; eat what you store
- ☑ The habit of being ready to go; ready to stay in any emergency
- ☑ The habit of setting back a little cash every week for the emergency cash stash
- ☑ The habit of teaching the children in the home the necessity of always being prepared
- ☑ The habit of keeping a go bag prepared and ready to grab at a moment's notice
- ☑ The habit of watching for the warning signs; not burying your head in the sand

Use the information in ***Gone Before You Get There*** as a jump start for you to continue research in this area. Then take it a step further and create plans for action. Do it now while you still can. You'll never be sorry.

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APPENDIX A

Top 77 Items That will be *Gone Before You Get There!* So Stock up NOW!

(Items are listed in no certain order)

1. Water
2. Batteries
3. Flashlights
4. Ice
5. Candles
6. Matches
7. Toilet paper
8. Paper plates, paper towels
9. Heavy duty aluminum foil
10. Water filters
11. Flour
12. Sugar
13. Milk
14. Powdered milk
15. Coffee
16. Canned soup
17. Soup mixes
18. Bouillon cubes
19. Hand-held can openers
20. Dry cereal
21. Diapers
22. Wet wipes
23. Baby food
24. Baby formula
25. Sanitary napkins & tampons
26. Bath soap
27. Laundry detergent



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- 28. Waterless hand sanitizer
- 29. Disinfectant
- 30. Bleach
- 31. Trash bags
- 32. Re-sealable plastic bags
- 33. Toothpaste
- 34. Tooth brushes
- 35. Shampoo and conditioner
- 36. Shaving equipment
- 37. Lanterns
- 38. Lantern fuel
- 39. Lantern wicks or mantles
- 40. Butane igniter
- 41. Charcoal grills
- 42. Charcoal
- 43. Camp stoves
- 44. Propane for camp stoves
- 45. Pocket knife
- 46. Army knife
- 47. Vitamin supplements
- 48. Antacids
- 49. Antibiotics
- 50. Rubbing alcohol
- 51. Hydrogen peroxide
- 52. Laxative and diarrhea remedies
- 53. Antihistamine
- 54. Epsom salts
- 55. Bandages
- 56. Sterile gauze pads
- 57. First-aid tape
- 58. Portable toilets
- 59. 5-gallon plastic buckets
- 60. Gas-driven generators
- 61. Gasoline storage containers



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- 62. Duct tape
- 63. Chain-saws
- 64. Cast iron Dutch oven
- 65. Cast iron frying pan
- 66. Bug spray
- 67. Mouse traps
- 68. Mouse bait (D-Con)
- 69. Thermal underwear
- 70. Insulated coveralls
- 71. Heavy work gloves
- 72. Boots / rain gear
- 73. Band saws
- 74. Axes
- 75. Solar panels
- 76. Hand-crank radios
- 77. Canvas and nylon tarps

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APPENDIX B

FOOD SUPPLIES

1. Rice, beans, wheat
2. Sugar, honey, syrups
3. Vegetable oil (for cooking)
4. Powdered milk
5. Condensed milk (shake every couple of months)
6. Tuna fish, canned fish/meats
7. Pasta
8. Cheese
9. Garlic
10. Vinegar
11. Canned or dried vegetables
12. Flour
13. Salt
14. Yeast
15. Oatmeal
16. Popcorn
17. Peanut butter
18. Nuts
19. Canned or dried fruits
20. Crackers – soda, snack and graham crackers
21. Canned soups
22. Dried herbs
23. Tea, coffee, cocoa, Tang, punch mix
24. Soy sauce
25. Gravy, bouillon
26. Pretzels, trail mix snacks
27. Cereal
28. Candies, gum



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29. Potatoes
30. Spices, seasonings
31. Jerky, meat sticks that don't need refrigeration
32. Ration of "instant" foods, prepackaged for longer term storage

FOOD PREPARATION & HOUSEHOLD

1. Hand can openers
2. Cook stove
3. Vitamins, supplements
4. Whisks, egg beater
5. Baking supplies
6. Hand sanitizer
7. Bleach (unscented)
8. Aluminum foil (regular and heavy duty)
9. Garbage bags
10. Toilet paper, paper towels, tissues
11. Matches ("strike anywhere" preferred) – boxed wooden ones, kept dry!
12. Cast iron cookware, properly seasoned
13. Water containers, food grade for drinking water. (store in hard clear plastic)
14. Survival guide book
15. Laundry detergent
16. Paper plates/cups/disposable flatware
17. Pocket knives
18. Long reach lighters (pilot lighters, etc.)
19. Mixing bowls
20. Cooking utensils – spatulas, turners, etc.



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SUPPLIES

1. Generators
2. Water Filters/Purifiers
3. Portable Toilets
4. Seasoned Firewood. Wood takes about 6 - 12 months to season
5. Lamp Oil, Wicks, Lamps (First Choice: CLEAR oil. If scarce, stockpile
6. ANY!)
7. Coleman Fuel, propane cylinders
8. Charcoal, lighter fluid
9. Propane cylinder handle holder
10. Washboards, mop bucket with wringer
11. Bow saw
12. Ax, wedges
13. Clothes line and pins
14. Fire extinguishers (charged)
15. Batteries (all sizes)
16. First aid kits
17. Gasoline containers (plastic and metal)
18. Guns, ammunition, knives, slingshot, bats
19. Coleman's pump repair kit
20. Insulated ice chests
21. Flashlights, lanterns
22. Garbage cans
23. Mosquito coils/repellants
24. Bug sprays
25. Duct tape
26. Candles
27. Tarps, stakes, twine, rope
28. Nails, spikes
29. D-con, Mouse Prufe II,
30. Mousetraps, ant and cockroach killer
31. Big dogs (plenty of dog food)



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32. Backpacks, Duffle Bags
33. Sleeping Bags & blankets/pillows/mats
34. Cots & Inflatable mattresses
35. Hats & cotton neckerchiefs
36. Tents, waterproof tarp
37. Safety pins
38. Disposable camera and/or digital camera (documentation)
39. Small bag of dryer lint (fire starter!)
40. Plastic storage tubs (storage and rainwater collectors)

PERSONAL

1. Baby supplies: diapers, formula, ointments
2. Feminine hygiene
3. Shampoo, soaps
4. Skin products.
5. Thermal underwear – tops and bottoms
6. Work boots
7. Baby wipes
8. Men's hygiene
9. Toothbrushes/toothpaste, mouthwash, floss
10. Nail clippers
11. Shaving supplies (razors, creams, aftershave)
12. Reading glasses
13. Socks, underwear, T-shirts
14. Work shirts
15. Rain gear, boots

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LONGER TERM

1. Garden seeds
2. Fishing supplies – plenty of various sized hooks, weights, line, and lures
3. Bicycles – including tires, tubes, pumps, chains
4. Knife sharpening tools – files, stone, steel
5. Canning supplies
6. Woolen clothing/scarf/mittens
7. Gloves – work, garden and warm gloves
8. Goats/chickens/poultry/rabbits
9. Lumber
10. Nails, nuts, bolts, screws, glue
11. Wagons, carts
12. Roll-on window insulation
13. Board games, cards, dice
14. Scissors, sewing supplies.
15. Writing paper, pencils, solar calculator
16. Journals, diary, scrapbook
17. Garden tools, supplies
18. Carbon monoxide alarm (battery powered)
19. Lantern hanger
20. Boy Scout manual
21. Cigarettes
22. Wine/liquors
23. Paraffin wax
24. Hand pumps (water and fuel – separate marked pumps)

APPENDIX C - RESOURCES

Websites:

Red Cross Disaster plan - <http://columbus.redcross.org/guide.html>
Emergencies guide – http://www.hooksett.org/departments/emergency_guide.php
FEMA - <http://www.fema.gov/>
Red Cross - <http://www.redcross.org/>
Salvation Army - http://www.salvationarmy.org/ihq/www_sa.nsf
Farmer's Almanac – <http://www.almanac.com>
Survival site - <http://www.survivetheoutdoors.com/>
<http://www.hhs.gov/disasters/index.shtml>

Videos/DVDs:

Food Storage Strategies – <http://www.foodshortageusa.com>

Magazines:

Countryside & Small Stock Journal - <http://www.countrysidemag.com/>
Backwoods Home - <http://www.backwoodshome.com/>
Back Home - <http://www.backhomemagazine.com/>
Small Farmer's Journal - <http://www.smallfarmersjournal.com/>

Books: Good reference guides and overview of topics

Ultimate Guide to Wilderness Living: Surviving with Nothing But Your Bare Hands and What You Find in the Woods – John and Geri McPherson

Micro Eco-Farming: Prospering from Backyard to Small Acreage in Partnership With the Earth – Barbara Best Adams

GONE Before You Get There

77 Items That Instantly Vanish From Store Shelves in a Panic And Why Preparing For a Crisis Cannot Wait

Storey's Basic Country Skills: A Practical Guide to Self-Reliance – John & Martha Storey

Country Wisdom & Know-How – the editors of Storey Publishing's Country

Wisdom boards (this is a small print book – have a magnifier! – but great information and a lot of it)

The Have More Plan – Ed & Carolyn Robinson (This is dated in prices and is an overview without a lot of in depth details, but if you're considering what to do with the land you have this is a good overall idea book.)

Root Cellaring: Natural Cold Storage of Fruits & Vegetables – Mike and Nancy Bubel (this is a good all around resource on cold storage of foods)

Putting Food By – Janet Greene, Ruth Hertzberg, Beatrice Vaughan

Mary Bell's Complete Dehydrator Book – Mary Bell

Emergency Food Storage & Survival Handbook: Everything You Need to Know to Keep your Family Safe in a Crisis – Peggy Layton

[Getting By: Lessons From a Rural Past](#) – Jan Hoadley (e-book, lessons from the Depression that can be used with today's technology.)

Supplements:

Shilajit – <http://www.blacklistedherb.com>

Power Water – www.powerwater.ws

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Email Lists (Free):

These are located at www.yahogroups.com and are free sources of information and “things”. Any of these can be subscribed to on your email by using the listname – (listname)-subscribe@yahogroups.com or you can go to the site and sign up.

Buy/sell rural lists:

[Farm trader](#) – specific farm, rural, country related items to buy/sell/trade...livestock to equipment to services.

[HomesteadingMarketPlace](#) – some discussion, some things for sale.

Livestock:

[Rarelivestock](#) – discussion list of rare livestock suited to home production of food.

Food:

[FoodPreservationDryingCanningAndMore](#) – this is a great list for all kinds of food preservation with experienced people who are *doing* it.

[Preserving-food](#) – this is heavy on food drying but any type of food preservation is welcome...great information and almost anything edible is discussed!

Power Sleep:

Need sleep? Check out www.highspeedsleep.com.

Generators:

Check out www.mysolarbackup.com for a good solar powered backup system.

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Heirloom Seeds:

Survival Seed Banks – www.survivalseedbank.com

Crisis Cooker:

Cooking in a Crisis - www.crisiscooker.com

ProtoGrow:

Increase garden production by 200-300% – www.growlikecrazy.com

Protecting Your Guns:

Learn how to hide your guns - www.hideyourguns.com