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Overview of the course

Welcome to your first SurviveInPlace™ lesson!

I'm excited to have you as a valued member of our 3-month training program and I'm looking forward to seeing your own **SurviveInPlace™** Plan "come to life" over the next few days and weeks.

We're going to be covering a lot more ground than normal in this lesson, but it will still be fast to get through.

Before we begin with the inaugural training, there are three important things that I need to mention to you...

- 1) Time Released Bonuses.** Throughout your course, you will automatically receive FREE bonuses as an active **SurviveInPlace™** subscriber. This will appear in your inbox and will include accessories and training materials to further streamline your survival plan.
- 2) What's In Store The First Few Weeks.** I want to give you just a quick look at what we will be covering during the first few lessons in your training...

- Logistics to make sure you can stay in touch with and reconnect with your immediate family...even if you can't get back to your home.

- Operational Security
- How to win at the mental game of survival.
- Urban movement in a post-disaster situation.
- Knowing the area where you live like a veteran beat-cop.
- Cheap, field expedient medical tricks for emergencies.
- The simple trick to KNOWING that your 72 hour kit will work for you if you ever have to depend on it.
- How to respond to a true pandemic or biological weapon attack.
- Assessing your survival strengths and weaknesses and compensating for the weaknesses.
- Finding your team.
- Hardening Your House against attack.
- Avoiding conflict in a survival situation.
- How to keep your neighbors from killing you for your food.
- What to do when "Officials" come to "help".
- When you absolutely have to leave.
- Strategies so you won't end up with a garage full of useless "survival" stuff that you never use.

It's going to be a fun ride and I hope you're looking forward to it as much as I am!

3) Why You Should Never Cancel. There are many reasons why you should stick with your membership (it's great training, if you keep quitting one thing and going to another you'll never get anywhere, even if you don't use it all now you can archive it to use later, etc.) but there is an all-important reason that I have to warn you about from the beginning. Each of your lessons is sequential and delivered by autoresponder. ***That means, if you decide to cancel and rejoin at some point in the future, you'll have to start all over again with the very first lesson.*** There is no "picking up where you left off" with this training program. I **strongly** encourage you to stick with this for the entire 12 week duration ... trust me when I say that you'll thank me in the end.

URGENT: Your Email Address ... Potential Delivery Problems

There are a couple of ISPs that are spam trigger happy and unfortunately yours may be one of them. Oftentimes whitelisting David@surviveinplace.com will remedy this. However, in some cases it is necessary to use a different email address.

Please check your email and if you do not receive the "welcome" email within 24 hours then I recommend you get a free Gmail email address (not Yahoo or Hotmail as they are trigger happy too!) to use for these lessons.

You can get a free Gmail email address in just a few short minutes at <http://mail.google.com/mail/signup>. Once you have done so, please email me back and we'll manually reconcile the new email address to your account so you'll properly receive the lessons.

Now that we've gotten the housekeeping out of the way, let's get to the reason why you're here ... the lesson!

Introduction

This course will be an invaluable tool for you, both for the peace of mind it gives you immediately, and the valuable logistics you'll have in place if you should ever need to use the lessons learned.

You'll note that I move through topics fairly quickly. I could get into detail, but doing so would stretch this course out for 100 or more weekly lessons. I would lose most of my readers, and their survival plans would suffer as a result. The goal is to give you QUICK concrete, usable facts, procedures, and urban survival skills that you can use in the shortest amount of time possible.

When we go over a particular area that you want me to cover in more depth, please post it in the forum and let me know. In many cases, I'll be able to direct you to a resource that I've used, I can do an interview covering the topic, or I might do an entire course on the topic in the future.

We won't delve into the specifics of nuclear attacks, dirty bombs, EMPs, nerve agents, hurricanes, earthquakes, or any of the 50+ probable terrorist attacks that I know of through open sources. Doing so would, again, make the course prohibitively long. I WILL give you general urban survival skills that you can adapt to use with ANY of these situations, as well as many more.

If you want to discuss a particular topic that I haven't covered, please go to the members' forum at www.SurviveInPlace.com/members/forum

A large portion of my audience will be married men in the US. Many of you will not fit this demographic and may be single, a single parent, living alone, with friends, relatives, or any number of other arrangements in locations around the globe. I understand that, but in order to keep the course readable, I'm going to primarily refer to a husband/wife setup in the US. The course will work regardless of your situation.

I will also be including humor (free of charge). This course is very serious, but the topic is also very FUN. Movies, books, and TV series have been devoted to survival because it is an entertaining and engaging topic and I don't want you to be so bogged down in preparing for disaster that you miss out on enjoying life in the meantime.

Print out the lessons

You're going to want to print out the lessons as you get them. There are several reasons:

1. Distractions when you're at your computer.
2. Portability so you can review the lessons anywhere.

3. Once they're printed, you'll have them if you lose power.
4. When you print them out, they'll be easier to read together with your spouse/family.

If you haven't hit the "Print" button yet, go ahead, print out this week's lesson, and get in the habit of printing out future lessons immediately upon receiving them.

In today's lesson, we're going to go over some quick reasons why it's good to get out of urban areas if possible, why most people will need urban survival skills, creating your SurviveInPlace™ Plan, operational security, and getting your family to buy into the survival mindset.

Why you should leave the city:

Your best chance of survival in a disaster situation will almost always be in a rural area. Cities have too many factors going against them to be ideal survival locations:

1. Cities are a target rich environment for terrorists.
2. Terrorists can blend in easier in a city than in a small town where everyone knows each other.
3. Hazardous materials are shipped by rail and truck through cities.
4. Chemical plants and refineries are located in/near cities.
5. Gangs.
6. International airports (easy spread of disease)
7. Bacterial and viral infections spread easily in highly populated areas.
8. People are removed from their food and many don't know how to get food that doesn't come from a store.
9. A typical US city has a 9 meal (3 day) food supply, at which time all of the food is gone and it has to be resupplied from an outside source.
10. People haven't had to prepare as a way of life.
11. The density of prisons, criminals on probation, criminals on bail, former criminals, and criminals released on ankle monitors.
12. The entitlement mentality is more accepted in urban areas. (You owe me)
13. Overworked, underpaid, undertrained, understaffed police departments.
14. Hospitals are not staffed or equipped for disasters...thank God they aren't, or medical services would cost even more than they do now.
15. Many urban dwellers depend on others to take care of them...it's common for women to get comfort from carrying their cell phone as they cross a deserted parking lot at night, even though no criminal would stop an attack simply because they knew the police might be coming in a few minutes.

In a disaster situation, all of these factors will be multiplied. One in particular is police departments. I know several very respected officers around the country who in a disaster situation, would choose to stay home and protect their wife and kids

instead of going to work and risking their life for you and me. And, to be honest, I can't blame them.

Why your best choice might STILL be to SurviveInPlace™.

Before you purchased this training, I mentioned that packing up and "getting out of Dodge" may not be a solution for everyone, and I'm guessing you related to that. I get a little tired of survival experts saying that the only way to survive is to get out of the city. You know what...that just isn't possible for everyone. Some quick reasons why it might be better for you to SurviveInPlace™ are:

1. You've got relatives who are unable or unwilling to move due to age, sickness, physical shortcomings, finances, denial, or baseless "Hope". It could easily be a no-brainer for you to choose the high risk situation of staying with them rather than the fear abandoning them to an unknown fate.
2. You may not be able to find a job that you're trained for in a rural area, or you might just be in a financial pickle where you can't afford to leave.
3. If you or a loved one are undergoing long term medical treatments and need to be close to a particular hospital for insurance purposes.
4. You might have a retreat to go to, but miss the window of opportunity to leave town and now the roads are choked with out-of-gas cars.
5. One of your immediate family could be traveling on business.
6. You or your spouse might be a public servant (police, fire, EMS, military, or utility) and you agreed to stay and help.
7. You don't have anywhere outside of the city to go.
8. The "disaster" is a deadly virus (flu) outbreak and you can just ride it out safely at home.
9. You experience a natural disaster like an earthquake, volcano, mudslide, or tsunami.

I could go on but you get the point. The reason that I took so much time on this point is that you are going to talk with people at work and at gatherings who say that the ONLY way to survive a disaster is to leave the city. That's the ideal solution, but it's just not for everyone and you need to know that you're not going to be the only good person left in town when disaster strikes.

Folder/Notebook/Notecards for your SurviveInPlace™ Plan

This course is VERY much hands-on. The key to your success is going to be thinking about the given topics and organizing your thoughts enough so that you can write down a logical plan. You can write as much as you want, but you will not HAVE to write very much for any given exercise.

As a note, if your family is not intimately involved with the creation of your SurviveInPlace™ Plan, you will need to write with a little more detail so that they can follow the plan you have taken the time to create, but don't let writing out the

“perfect” plan keep you from moving forward through the lessons and putting a “workable” plan in place.

What I suggest is that as you go through the course initially; allocate 95% of your time to thinking through scenarios and coming up with workable solutions. Spend the remaining 5% writing down the solutions in a way that YOU can understand them. As you have time, go through your SurviveInPlace™ Plan with your family and edit/clarify as necessary.

You’re going to want to keep your SurviveInPlace™ Plan organized and you’re going to have the following items to keep organized:

1. Printouts of the lessons.
2. Hand written notes/plans
3. Computer printouts of notes/plans
4. 3x5 Note cards
5. Article clippings
6. Catalog clippings

It’s important that you get started immediately, so don’t wait until you have the “right stuff” to organize everything. If you’ve got a folder and some printer paper, just use that to start with. We have our personal SurviveInPlace™ Plan set up in a 1 1/2” binder with tabbed sections. I use a 3 hole punch on printouts and written notes & have a few folders for 3x5 cards, loose notes, and clippings.

Don’t worry about keeping your printed version in good order...write on it, spill coffee on it, do whatever...just read it and make sure to do the exercises.

Operational Security

I want to QUICKLY touch on Operational Security. Operational security is the concept that you need to keep your battle plans secret so that your enemy won’t find them out and gain an advantage over you. This is a VERY real issue with survival planning since you never know how your neighbors are going to act when they are out of food and their children are hungry.

The joke among my **close** friends is that their disaster plan is to get to my house as soon as possible. I’m actually counting on it, because they can carry their own weight in a survival situation and we can use the extra eyes, muscle, firepower, and brains.

But I don’t want a bunch of people from work, church, my neighborhood, or even friends who haven’t prepared at all to show up at my door. I’d have no choice but to turn them away creating ill-will or give away food/supplies that may mean the difference between life and death for me or my family.

The problem with giving someone food once is that you have only fed them once & they will come back to you again...likely soon and with other hungry friends. I intend on being helpful and charitable, but I will do it on MY terms, which include being anonymous.

Some things to avoid now so that you don't have these issues before or during a disaster. You want to:

- Avoid putting NRA type stickers on your car, as well as wearing obvious gun caps/shirts. (Almost ALL people with NRA stickers on their vehicles have guns in their house, just waiting to be taken when they're gone.) Gun shows & the gun range are good exceptions.
- Avoid painting a truck camouflage colors if you live in the city.
- Avoid public conversations about preparedness, like: "I've got all the guns, ammo, food, & bullion I need, but I really need a safe!"
- Avoid showing your survival supplies to anyone you don't trust completely.
- Avoid keeping your survival supplies all together where someone can see exactly how much you have.

In fact, if you happen to have a year of food & 100 gallons of water, a perfectly honest reply to someone asking you how much you've got would be that you have "enough food for a week or so and a few gallons of water. How about you?" You've answered the question without making yourself a target.

Just remember that parents will go to extremes to provide for their children.

If your neighbors' kids are hungry 10 days into a disaster that has no end in sight and they have seen your year's supply of food, you can guarantee that they're going to do whatever they need to get food for their kids.

If they think you're just barely making it, you're going to be much safer than if they think they can force you to give up your food.

You always have the option of putting food on their front porch anonymously.

The situation is going to be different if your neighbors are all on board with you and you have equivalent levels of preparedness, but there's no harm in underplaying your level of preparedness to all but your inner circle.

TO DO:

Come up with a toned down answer for when people ask you what preparations you have made for disaster. Practice saying it until it is natural. Write it down in your SurviveInPlace™ Plan.

If you already have survival supplies in place, think about how visible they are and who comes in your house:

1. Friends
2. Friends of your children
3. Plumber/AC/Electrician
4. Babysitter
5. House sitter
6. Housecleaner

Assume they have no discretion, don't appreciate OpSec, and will remember what they saw if they are ever in a survival situation. More to the point, your children may have friends who currently have drug habits or who might have a drug habit in the future.

TO DO:

Walk all through your house with the eyes of a stranger and see if your survival preparations are obvious. If they are, either camouflage your supplies immediately or make a written note in your SurviveInPlace™ Plan to make the necessary changes.

Get Your Family On Board

- A. Don't force survival on them.
- B. Use the local, national, and worldwide news.
- C. Feed (don't smother) their growing interest.

One of the worst things that you can do if you want to get your family on board with survival planning is to force the topic on them. After all, do YOU like it when people ram an idea down your throat?

A much more effective approach is to use events in the news (any source will do) or even books, TV shows, and movies to start "what-if" discussions.

As an example, there's an alarm company ad on TV where a home invader kicks open the front door while the wife is home alone. He runs away when the alarm goes off, the wife calls the alarm company for help, and all ends well.

This brings up SEVERAL questions that you can ask:

1. Do you set the alarm when you're home alone?
2. If so, does the alarm go off immediately when the door opens, or is there a delay so you can punch in your code?
3. Does a loud noise (hitting two pieces of wood together) set off the alarm?
4. How does your alarm company respond to an alarm? (time, call, drive-by, call the police)

Personal Note: Our glass-break alarm went off when we were on vacation once and it took 20 minutes for our alarm company at the time to call us! They sent someone out to “look around” and that took another 15 minutes. They couldn’t call the police just based on the alarm going off. In the city we were living in, a PERSON had to SEE and report an issue before the police would respond. Once the police got the call, it would have taken a few more minutes for them to respond. LESSON: Know your alarm company’s response time and response protocol.

5. Ask your spouse if “calling the police” is a realistic strategy. Have your spouse play the role of the bad guy and see if you can get to a phone, dial, and connect to ANY number before your spouse gets to you. (Don’t call 911...call someone on speed dial, like your home number or your spouse)
 - a. When your spouse is able to EASILY get to you before you connect the call, say, “let’s try it again...what should I do differently?”
 - b. If you have kids, address how your plan would be different if they are/are not home.
 - c. You can do this drill in EVERY room of the house, but don’t drag it out longer than your spouse is willing to.
 - d. Use this opportunity to identify improvised weapons in whatever room you’re in.
 - e. One of the best home defense strategies if you’re alone is to RUN out another door, screaming “RAPE!” (if you have close neighbors)

Make sure NOT to be critical of your spouse’s suggestions. It is much better to say, “That sounds like it could work...what could we do to make it better?” or “I think that would work...what do you think about grabbing a couple of knives from the butcher block, screaming, and charging right at him?” (Don’t encourage your spouse to practice stabbing you with real knives.)

Every time you finish one of these learning opportunities, make sure and ask a question that is more or less, “Don’t you feel better knowing that you have a better handle on that situation if it ever happened to you?”

Also, try to boil it down to the essence. It could be

Break-in-run-scream-get help.

Or

Break-in-closest weapon-attack-stop the threat-get better weapon-call police.

TO DO:

1. Go through as many of these scenarios with yourself, your spouse, and your children as they are willing to do every day this week. (max 2-3 per day).
2. As you go through these scenarios and break them down, make a note of them on 3x5 cards and keep them with your SurviveInPlace™ Plan with the scenario on one side and the solution on the other. Review and update them as necessary until your family has internalized them. If you don't have 3x5 cards yet, just tear a piece of printer paper into 4 pieces and use that.
3. Get in the habit of looking for and identifying improvised weapons, wherever you are.

Necessary for future lessons

Starting with next weeks' lesson, we'll be identifying danger zones in your city, potential assets, choke points, and travel routes. It will be very helpful to have a detailed map to make notes and draw on.

TO DO:

Buy a detailed map of your city. The first map you should buy is a foldable map. In addition, you can buy a "book-style" map, but it is not strictly necessary.

Now, before I mention next week's assignment, let me say this –

This is an "overview" lesson.

It is intentional. It is purposeful. I've arranged it this way so both beginners and experienced folks can get started immediately and get a general idea of what we'll be doing over the next four weeks. During the next few assignments, I'll give beginners baby-steps to complete each of the things we've talked about so far and I'll also provide some powerful insights for our advanced folks, especially in lessons #6-10.

Now, on to our assignments...

This Week's Assignment

To Do:	Date First Completed:
Come up with a toned down answer for when people ask you what preparations you have made for disaster. Practice saying it until it is natural. Write it down in your SurviveInPlace™ Plan.	
Walk all through your house with the eyes of a stranger and see if your survival preparations are obvious. If they are, either camouflage your supplies immediately or make a written note in your SurviveInPlace™ Plan to make the necessary changes.	
Go through as many scenarios with yourself, your spouse, and your children as they are willing to do every day this week. (max 2-3 per day with your spouse and children, unless they ASK to do more).	
As you go through these scenarios and break them down, make a note of them on 3x5 cards and keep them with your SurviveInPlace™ Plan with the scenario on one side and the solution on the other. Review and update them as necessary until your family has internalized them. If you don't have 3x5 cards yet, just tear a piece of printer paper into 4 pieces and use that.	
Identify at least 3 items that you could use as a weapon in every room in your house.	
Buy a detailed map of your city. The first map you should buy is a foldable map. In addition, you can buy a "book-style" map, but it is not strictly necessary.	

Make sure to head over to the resource page for this lesson at <http://urbansurvivalplan.com/595/lesson1/>, take a look at the resources for this lesson, and comment on what you thought about it.

See you in 7 days!

God Bless,

David Morris
Publisher, SurviveInPlace.com