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Welcome to your second SurviveInPlace™ lesson!

I have received several responses about lesson 1 and how much people got out of going through the exercises. If you haven't completed them yet, I encourage you to do so as soon as possible.

Remember, it's a self-paced course, so you can complete it in 12 weeks or stretch it out longer once you've received the lessons.

I'd love to hear how your exercises from last week went for you. Please let me know by emailing me at david@surviveinplace.com.

This week, we're going to be covering the following:

1. The **survival mindset** and how it could have prevented an F-16 pilot from committing suicide ½ hour after safely landing his plane.
2. **How cell phones could stop you from making contact with relatives during an emergency.**
3. A process to **keep you from ending up with a garage full of survival stuff you can't use.**
4. Your first big exercise.

5. Identifying local threats.

So, hit the "print" button, start reading, and let's get prepared!

The Will To Survive:

One of my good friends was the head of the SERE (Survival Evasion Resistance Escape) program at Offut AFB for several years. I'll be sending you a couple of interviews that I did with both him and his top instructor, but one of their stories is so important, that I'm including it now.

Back in the 70s, there was an incident where an F-16 pilot needed to make an emergency landing and landed at an abandoned airstrip in Alaska.

He landed perfectly. The plane was unharmed and he was fine. Unfortunately, he thought that his distress signal did not get out, and gave up, pulled out his Barretta, and shot himself.

They estimate that he did this within 30 minutes of landing.

Help arrived within 2 hours of the initial distress call, which would have been well before his water/food/ or any other supplies ran out.

This is a common story. In wilderness situations, people often die after a single night of "exposure" at 50-60 degrees, even when they have proper clothing. Soldiers who have watched too many movies have died in Iraq & Afghanistan after receiving otherwise non-lethal injuries.

On the other side, one of the more amusing survival stories is of a gentleman who crashed his plane in a desert area and survived for almost a week in extreme heat/cold with almost no supplies, skills, food, or water.

The driving force for his survival?

He was in the middle of a divorce and refused to die and let his wife get everything.

The point of this is that the mind is a VERY powerful tool, and will either be your worst enemy or your most valuable tool in a survival situation. There are two easy steps you can take to make your mind work for you.

1. Choose to have a positive mental attitude.
2. Have something bigger than yourself to live for.

Entire books have been written on this topic, and if you want some suggestions of authors/books that I've found particularly helpful, please email me and let me know. To be honest, this was an area that I had to address myself when I started going through the process of fixing my survival plan.

I was so focused on the bad political, economic, and global social events that were going on that I had stopped practicing the discipline of thinking positively, regardless of the situation.

In short, if you haven't already, you need to make a discipline of thinking positively. This doesn't mean that you walk around with rose colored glasses on or ignore reality, but it does mean that you control your mind. You still need to acknowledge when problems exist, but focus on finding solutions and what it will feel like to have successfully navigated the situation.

There's a famous saying, "Who by worrying can add a single hour to his life?" that is very true. Over the last few years, many people have been worried about a flu pandemic of one sort or another. How does "worrying" about it help you? How does worrying hurt you?

Besides effecting your brain chemistry negatively, hurting your ability to sleep, making you depressing to be around, and increasing blood pressure, it wastes time.

A better approach is to only concern your mind with things that you have control over. As an example, you don't have any control on whether or not there is a global flu pandemic.

You do have control over how you are/are not going to respond if it becomes a reality and effects you. Identify the threat, figure out your plan and move on. By going through this course, you're going to do just that...create logical responses to potential threats so that you don't have to waste your life worrying about things that may or may not happen. You'll address them head-on once, write out your plan for dealing with them, and then go on living your life.

You're also going to need to have something bigger than yourself that keeps you moving forward.

Take a few seconds right now and imagine a Mad Max scenario. While I don't know if we'll ever see a time like that, it provides a good mental image for this exercise.

So, you're in Mad Max world and it's TOUGH. You've lost friends and loved ones. You don't have AC, a bed, or showers, let alone food or clean water. Your time is divided between avoiding danger and providing basic necessities.

Why would you keep going? Wouldn't it be easier to just roll over and quit?

NO!

But you have to train your mind to believe this, and **the earlier you start telling your mind why it needs to keep going in hard times, the better it will respond** when the time comes. So what are your reasons?

God? Family? Creating a safe place for your children to grow up in? Some cause?

For myself, it's that I want to do more for God and that I want to protect and spend more years with my wife and son.

I've got several other things that are important to me. Friends, relatives, the concept of liberty, etc, but God, wife, & son are the 3 things that I would choose over all others, including myself.

The point is that they have to touch you emotionally at a deep level and need to be things that are worth going through pain to protect/preserve.

TO DO:

Complete the following sentences for as many items as you honestly can:

"I would walk through fire for...."

"I would walk through fire to...."

Put the written list in your SurviveInPlace Plan.

If you need to, reread the course description at www.SurviveInPlace.com. As you go through it, some sections will resonate with you and cause you to think of the people/causes that you would walk through fire for.

Please make sure and complete this exercise. It will not only help you in a survival situation, but by identifying what is most important to you now, it will help you complete this course and successfully put your survival plan in place. It might also cause you to make some major life changes like moving closer to family or finding a job where you work less than you do now or in an area that you're more passionate about.

Communicating with family during an emergency:

In a very strange way, people were much more mentally prepared for communication breakdowns before cell phones became popular.

If you look around any public area, you'll probably see half of the people around you with a phone up to their ear and most of the rest will have a phone in their lap, on their waist or a visible bluetooth headpiece. 15 years ago, if any of your relatives wanted to get ahold of you, they'd just have to wait until you were at home or your office. Now, they EXPECT to be able to reach you immediately and not being able to reach a friend/loved one quickly can be cause for panic.

15 years ago, I actually knew the numbers for my family and friends. I didn't have speed dial, and I could call everyone who was important to me from any phone. I had new numbers written down and sometimes carried a day planner with the rest of my numbers.

In those days, I could fall in a pool without losing all of my important numbers. In an emergency situation, I could get soaked by a fire sprinkler system and still find a phone and call my relatives to coordinate a time/place to meet up.

Six months ago, I realized this had changed...I carried numbers in my wallet, but I didn't know my own home phone number, or any of my family members' cell phone numbers. I didn't have to because they were all in my phone, but what that meant is that if my phone died or didn't work in an emergency, I couldn't get in touch with any of them.

As I mentioned, my wife and I have carry a business card that we printed out on our printer using Avery printer card stock (Avery 8878). They have our basic information (name, blood type, medical information) on them along with key contact numbers. This allows me to have a written backup for the key numbers I would need in an emergency and it's easy to occasionally pull out the card and refresh my memory on the key numbers. Since the realization that I didn't actually KNOW my important numbers anymore, I've started taking out this card occasionally and memorizing the information on it.

TO DO:

Write/type your important information and contact numbers on a business card. Start carrying it with you and memorize the information on it. Print it out on water resistant stock if possible (Avery 8878) but **don't wait to take this step.** Use an old business card of yours or someone else's and simply write on the back of it until you have business card paper to use.

When NOT to call after an emergency.

Recently, when I was in San Francisco for a "geek" conference, I learned a valuable lesson about how cell phones work during emergencies.

I was downtown at the Moscone Center with 20,000 other geeks and it seemed like at least 1/3 of the room had iPhones. My phone was working fine initially, and then I couldn't get email or browse anymore. Then when lunch time came around, I couldn't get any of my friends on the phone, even though text messaging worked.

The phones worked sporadically throughout the rest of the day. IF I was able to connect with anyone, we'd lose the call within seconds, even with a strong signal.

Curious, I called AT&T later that night and found out that the sheer concentration of data enabled phones being used at our conference caused the closest cell tower to overheat. This put more of a load on the surrounding towers and they crashed like dominos. By the time AT&T had the problem identified and figured out, 7 towers had burnt out circuitry and txt messages were the only traffic that were getting through during the day for the next 2 days.

I researched this more when I got home and found out that this also happened at a recent Apple conference and it happened in New York on September 11th, 2001. (The urban legend is that Blackberrys are the only phones that work in a disaster. While it is correct that Blackberrys worked on 9/11/01, the complete truth is that the network that Blackberrys communicated on was the only one working. Blackberrys now use the same network as other phones and texting is the best way to communicate when calls won't go through.)

The lesson here is that **if you find yourself in an emergency situation and start losing calls, stop trying to make calls and switch over to JUST texting.** You'll save your battery, and most likely will be able to communicate quicker than calling.

Common Long Distance Contacts

There have been some recent disasters in the US (hurricanes, tornados, floods) where the phone lines were so loaded that local calls could not be completed. Even so, long distance calls still went through. The takeaway here is to have a primary, secondary, and tertiary person that everyone in your family can call/text in the event of an emergency who lives in another areacode than you do.

Everyone in the family can call into these numbers, leave and retrieve messages, and communicate their location and situation.

Prioritized List Of "Stuff" to Buy

I've included a link to a spreadsheet template that you can use to start keeping track of purchases you want to make, their cost, & their priority.

There are two major reasons for taking this step:

1. It will help you take care of needs before wants.
2. It will help you save money

Since you don't know when a local, regional, or national emergency will happen, buying survival items in the wrong order could leave you with some major gaps in your plan.

As an example, let's say that you're at Costco and you see a generator that you really want, and it's on sale for \$100 off. That's great, but fortunately, you remember that you only have 72 hours of emergency food. It's pretty obvious in this case that the money would be better spent on their 275 meal Bucket-o-food for \$85.

If you don't have a prioritized list that you've thought through of survival items that you need/want, you're going to end up with a mish-mash of survival supplies with some elementary gaps.

My personal prioritized list is based on categories and goes like this:

1. Shelter (tarp/foil blanket/tent/sleeping bag/etc.)
2. Water (boxed/bottled water/iodine tablets/Chlorine/boiling/filter/purifier)
3. Fire (matches/lighters/lenses/flint-mag/"high-speed" tools/skills to make fire)
4. Food (cupboards/stored food/self-reliant sources)
5. Medical (Including prescriptions necessary for survival)

After these big items are taken care of, THEN take care of the following:

Security (dogs/weapons/skills/training/alarms)
Comms (wireless/wired/local/extended range)
Extra clothing
Comfort
Barter (cash/gold/silver/.22/cigarettes/liquor/Immodium/iodine tabs)

What I encourage you to do is to create a list of all of the "stuff" that you want to buy. Next, go through it and designate whether or not it is something that you absolutely need or something that you just want.

For right now, just put in the items that come to mind immediately and print it out. You'll find that you are continually adding to it, re-prioritizing, and changing what you want as you do more research and do more. It's fine to make most changes in writing and occasionally update the spreadsheet version.

Also, put in a time component. In other words, figure out what you would need to survive for 72 hours in each of the 5 categories above. This can be taken care of very inexpensively.

Next, go back through the 5 categories, but this time figuring out what you'd need to survive for 7 days. Then extend it out to 6 or 12 months.

What you'll end up with for food is multiple items like this:

Survival food for 72 hours
Survival food for 6 months
6 month supply of food we currently eat

In this instance, you could first get your fast & light survival food, then, get a 6 month supply of rice/beans/oatmeal, and finally start buying double of the foods you buy now. We'll cover food storage in a future lesson, but this strategy of combining what you currently eat with food storage has several advantages over simply going out and buying a pallet of "survival food"

You can download your template by going to www.surviveinplace.com/spreadsheet and export it as the appropriate format for your spreadsheet software (.XLS works for Microsoft Excel) or you can save it to your online Google docs account, if you have one.

Once you have your prioritized list filled out, send it to me at david@surviveinplace.com. I'll pick 1 list a week to personally review and make recommendations on. I'll post this on the site, so everyone can benefit from it.

Insulin, Heart Medication, & Pain Meds

Since we're addressing real life scenarios, let's take a look at medical conditions. If you have a medical condition that requires you to take medication multiple times a day to survive, then you're going to want to consider getting a perscription for 3-6 months from your doctor and buying the medication with your own money.

This will be prohibitively expensive with some medications, but it is an issue that you need to address. If you HAVE to have a particular medication every day or you'll die or stop functioning within a week, then it doesn't make much sense to purchase survival supplies at a faster pace than you're stocking up on your medication.

Another alternative is to go to Chicago and visit Mercola.com. In most cases, they can show you how to change your diet so that you can safely get off as many medications as possible. Their approach is unique and worth checking out.

The second major advantage of having a prioritized survival list is that when you see "sales" & "specials", you'll know whether or not they're a good deal and you'll be able to make quick decisions. Just like using a grocery list when you go to the store, you'll also find that you buy more of what you need and less of what you don't need.

This week's BIG exercise

This week's big exercise involves turning off your water/power for an evening. It will be eye opening for some and old-hat for others. I grew up in the middle of the country in tornado/blizzard country and have lived through a few tornados and several multi-day blizzards. In fact, we normally had at least one 3-7 day storm each winter that isolated us and knocked out our power. If you live in a similar area, I still encourage you to do this exercise...if for no other reason than it's fun!

There are 3 parts to the exercise:

1. Learning how to shut off your utilities.
2. Preparing your freezer for power outages.
3. The actual exercise.

If you don't have access to your utilities (you're renting, live in a high-rise, etc) then turn off everything that you can and find out what you could turn off if there was a situation where you needed to. As an example, if you live in an apartment and there was a major gas leak, you might want to turn off the master breaker as you're evacuating the building.

I need to tell you that you are responsible for your actions. Electricity, gas, and water can be very dangerous. They can damage your valuables, destroy your house, or kill you if you do anything wrong while working with them. Please consult your local expert before doing anything with water, electricity, or gas or before doing anything suggested in this training.

After you have consulted with your local experts, make sure you know how to turn off your electricity, water, and gas if you have it. The process will be different depending on whether or not you get your power from a utility, are off the grid, have municipal water or well water, and whether you use gas, oil, or propane.

Gas

If you have natural gas, I suggest that you don't turn it off, as it can create a dangerous situation with some systems and you may have to relight the pilot lights on your appliances.

Do make sure that you know how to turn it off and that you have a tool to do so. You might even want to turn your gas shutoff valve 1/8th of a turn to make sure it is not stuck. If you don't know what you're doing with gas, please consult with someone who does.

Water

If you don't have a water shutoff where your plumbing enters your house, you may need a water shutoff T-wrench or "Water Meter Key" to turn it off. They range from a couple of feet long to 10 feet long, depending on how deeply it freezes where you live. You can get them at your local hardware store and they cost less than \$20. Ask someone at your hardware store to demonstrate how to use it. It's VERY easy.

Exercise Part II: Preparing Your Freezer

A full freezer will keep meat frozen for approximately 2 days if it's full, but only one day if it's only partially full. It is also more efficient because it's less effected by frequent openings/closings.

What we do to take advantage of this is take plastic water bottles from the store and put them in our freezer. (If you don't know whether or not a particular bottle will break/leak when frozen, put it in a plastic bag) This is particularly nice in the summer. When we go for a drive or a hike, we just reach in the freezer and grab

these frozen bottles & replace them with warm ones. We use them as ice blocks, and have the added bonus of nice cold water to drink as the ice melts.

A couple other alternatives to water bottles are to use Nalgene bottles $\frac{3}{4}$ full (so they don't break as the ice expands), ice cube trays, or a household plastic pitcher filled part way.

How much water should I put in my freezer?

It depends on how full your freezer is. The purpose of the water is to keep the freezer cold longer in the event of a power outage, so if you already have a full freezer, then you don't need to put any water in it. Also, if you don't have anything in your freezer that will spoil if it warms up then you don't need to put any water in it, although it's not a bad place to store some water.

Part 3: Jump in!

Pick one of the next few nights and turn off your electricity and water for the evening. If you've got kids at home, make it a fun event. Call it "Family Game Night", or "Camping At Home" or any other creative name that you come up with. Remember, most survival preparations are pretty darn fun!

Here's why this is important. If you're going to put your faith in a plan to survive for 3, 6, or 12 months, you'd better make sure that it works for a single evening.

By going through this simple exercise you'll find out several important things. Do you know how to cook without a stove? Does your emergency stove work? If you don't cook, **are your emergency rations edible?** Do your lamps / lanterns really light a room so you can read or play games? Do they stink too bad to use anywhere other than camping?

In a few weeks, we're going to do a 72 hour exercise without utilities to give you more confidence in your urban survival plan and this week's exercise will bring to light some of the issues you're going to need to take care of before then, so make sure to write down what works and what doesn't work. In particular, pay attention to toilet/hygiene issues, food, cooking, light, & games/activities.

Here are some helpful hints for this exercise:

1. Pick an evening when your entire family will be home.
2. You may have to do some creative negotiating with your family to buy into this exercise and a Friday/Saturday night may be the only night that will work.
3. Start at 5PM or whenever everyone is home.
4. End as late as possible. If you have battery powered alarm clocks, you can even wait until morning.
5. Don't use your gas appliances.

6. Turn off your phones/laptops/ipods/game systems etc. (FYI, cordless phones won't work without power.)

You may very well find the silence of a "powered down" house to be very relaxing, especially if you have ADD. It also means more distraction free time with your family. With no electronic noise, you can actually talk to each other, enjoy games, and read books.

Small assignment:

As you're traveling this week, make a written note of the following:

1. Concentrations of graffiti or gang activity.
2. Streets/roads/intersections that get congested easily.
3. Railroad tracks.
4. HC (Hazardous Cargo) routes on highways/interstates.
5. Locations of chemical plants, refineries, & fuel storage.
6. Other threats & dangers in your area.

Next week, we'll go into this in more detail and I'll show you how to find more of this information online and we'll add it to your map so you can have a strategic view of your city.

Review of This Week's Assignments

To Do:	Date First Completed:
Complete the following sentences for as many items as you honestly can: "I would walk through fire for...." "I would walk through fire to...." Put the written list in your SurviveInPlace Plan.	
Write/type your important information and contact numbers on a business card. Start carrying it with you and review it often so that you will eventually memorize it. Print it out on water resistant stock if possible (Avery 8878) but don't wait to take this step. Use an old business card of yours or someone else's and simply write on the back of it until you have business card paper to use.	
Create your prioritized list of Survival items to buy or trade for. Put the written list in your SurviveInPlace Plan.	
Make sure you can turn off your utilities	
Add water bottles to your freezer.	

Spend an evening/night with the utilities turned off. Write down what worked well and what issues you need to figure out before spending 72 hours without utilities.	
Start writing down potential dangers and congestion areas for your area.	

If you aren't able to get through all of the exercises this week, that is alright. The main thing is that you keep making progress. Remember, this is a self-paced course, so it's great if you complete it in 12 weeks, but there's nothing wrong with completing it over 24 weeks.

Make sure to head over to the resource page for this lesson at <http://urbansurvivalplan.com/592/lesson2/>, take a look at the resources for this lesson, and comment on what you thought about it.

I'd love to hear your feedback on this. Would you rather have less information and fewer exercises in each lesson, or is the pace good for you? Please email me at david@surviveinplace.com and let me know.

See you in 7 days!

God Bless,

David Morris
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