

# *SurviveInPlace*

**Gut Check**

By

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## Welcome to your seventh SurviveInPlace™ lesson!

One of the big points that I made in the course description is about the importance of taking bite-sized chunks of information and actually taking action with them. The reason is this:

You Will ONLY Remember  
10% of what you read  
90% of what you read, hear, say, and  
**DO.**

There aren't solid statistics on how these numbers change under stress, but from my own experiences and the experiences of the military, law enforcement, and survival experts that I've consulted with, it's safe to assume that you can cut these numbers in half again (at least) when you find yourself in a survival situation.

The lack of sleep, increased stress, and the need to make multiple critical decisions quickly combine to make some of the simplest tasks difficult. I remember the first real patient that I assessed after I became an OEC Technician (Wilderness EMT.)

For the life of me, I couldn't remember whether to take the pulse for 6 seconds and multiply by 10, for 10 seconds and multiply by 6, or 15 seconds and multiply by 4. It was ridiculous on several levels. I'd taken hundreds of pulses, but when I was working on a real patient, my adrenaline started racing and simple things weren't so simple anymore.

I want to do everything that I can to make sure that you leave this course with confidence **EARNED** from having a written plan that you can refer to, solid logistics, and memories of exercises you've done that you can tap into in a survival situation.

It's for that reason that we're not going to cover any new materials this week. Don't worry; you're still going to get all of your lessons. This week is a "gut check," and could very well be more important than any other lesson.

Why?

Because, if it gets you to take action and turn your "head knowledge" into a written plan and/or experience, you will have made valuable progress in your urban survival planning.

Go through the checklists below and evaluate whether you have just been reading the course, or if you have actually been taking action. For the items that you haven't completed, give them a rating (1=I can do it RIGHT NOW and 10=difficult, expensive, or takes too much time right now.)

Using your ratings, try to complete as many of the preparations as possible this week.

### Lesson 1: Operational Security, Scenarios, Improvised weapons

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.	

### Lesson 2: Disaster basics

To Do:	Date First Completed:
Complete the following sentences for as many items as you honestly can:	

<p>"I would walk through fire for...."</p> <p>"I would walk through fire to...."</p> <p>Put the written list in your SurviveInPlace Plan.</p>	
<p>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.</p> <p>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.</p>	
<p>Create your prioritized list of Survival items to buy or trade for. Put the written list in your SurviveInPlace Plan.</p>	
<p>Make sure you can turn off your utilities</p>	
<p>Add water bottles to your freezer.</p>	
<p>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.</p>	
<p>Start writing down potential dangers and congestion areas for your area.</p>	

### Lesson 3: Local threats

To Do:	Date First Completed:
Update your map with threats and choke points near and between your house and place(s) of work/school/relatives.	
If your home/work is vulnerable to a large scale chemical release, decide on a response.	
Assess your Urban Survival Skills/Weaknesses	
Take a basic inventory of your survival supplies	

### Lesson 4: 72 hour kits / GO bags

Go through lesson 4 to figure out what items to get for your kits and see how much more you need to buy. Make sure the bags are in place and you know how to use everything.

Which Bag?	Wish List Completed	All Items Bought	Bag In Place	You know how to use everything
EX: F-150	1/13	2/1	2/4	Yes
Home				
Vehicle 1				
Vehicle 2?				
Work?				

### Lesson 5: Pandemics

To Do:	Date First Completed:
Make a point to start spending 10-20 minutes outside every day without sunscreen. While getting 10-20 minutes of sun exposure every day is the EASIEST thing that you can do to improve your immune system, it's also the easiest thing to forget to do or postpone. One strategy that will help you is to put an "S" on your calendar for the next 30 days. Every day that you get 10-20 minutes of sun exposure, cross through the "S".	
Decide what other (besides sun exposure) preventive measures you're going to take. Buy the necessary supplements and start developing the necessary habits.	
Decide what other (besides sun exposure) treatment options you're going to use if you get the flu. Buy the necessary supplements.	

### Lesson 6: Chem/Bio incidents and "Ghetto" Medicine

To Do:	Date First Completed:
Decide what you're going to do with your pets in the event of an airborne threat.	
Do a test run in your safe room using BLUE painters tape. Monitor everyone's pulse to get used to being able to take vitals quickly.	
If you know that you aren't allergic and have no medical concerns try using superglue on your skin to see how well it works for you and how long it stays on your skin.	
Practice using dental floss to remove a ring from your finger and from someone else's finger.	
Practice some of the duct tape medical treatments.	

Make sure you have duct tape, pads, superglue, safety pins, and wide floss in your 72 hour kits.	
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## Lesson 7: Teambuilding

To Do:	Date First Completed:
Go over your skills assessment from lesson 4. Update if necessary	
Practice your "half-truth" responses to questions about your level of preparedness.	
Start "casting" or talking with people about survival news that you see or read about.	
Start writing down what you want your group to look like...number of people, proximity, common traits, etc. Share them at <a href="http://www.UrbanSurvivalPlan.com/320/lesson7t">www.UrbanSurvivalPlan.com/320/lesson7t</a>	
Make a post on the forum at <a href="http://www.surviveinplace.com/members">www.surviveinplace.com/members</a> in the "Local Meet Ups" section.	
Check local CERT class schedules at <a href="https://www.citizen corps.gov/cert/">https://www.citizen corps.gov/cert/</a>	
Look into local search and rescue, auxiliary, and mutual-aid programs.	
Sign up for a Clickbank account so you can get paid to promote SurviveInPlace.com > <a href="http://www.surviveinplace.com/clickbank">www.surviveinplace.com/clickbank</a>	
When you've got your Clickbank ID, put it into this link and start promoting on Kijiji, Craigslist, and Backpage. <a href="http://YOURCLICKBANKID.urbsurv.hop.clickbank.net">http://YOURCLICKBANKID.urbsurv.hop.clickbank.net</a>	

If you take this week seriously and do these exercises and preparations, you will find that you accomplish more this week (and get more value out of the course) than any other week so far.

Next week, we're going to be covering house hardening techniques and the more items you have completed from the first seven lessons, the better.

See you in 7 days!

God Bless,

David Morris  
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