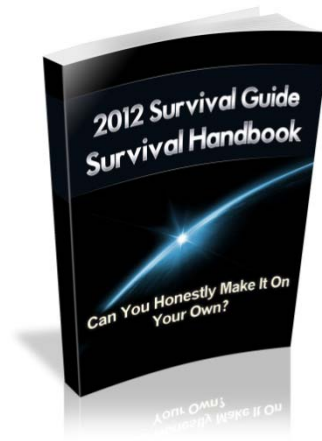


2012 Survival Handbook



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Urban Survival

Imagine being trapped inside a war zone. Complete chaos all around you. People running, screaming and pillaging anything they can get their hands on.

People who aren't necessarily bad, but scared. Scared beyond any logical thought. Scared enough to lash out at anything in their path.

Now multiply that by a million. Over a million enemies coming at you from all angles. How do you run? Is it possible to hide? What's the right thing to do to keep your family safe here?

Pre-Step 1. Build A Community

First off, you have to remember that you are all human beings. When stuff hits the fan, it doesn't change the fact that you're all in it together. Getting other people to see that can be relatively easy. Start off by talking to some of your closest friends and neighbors.

There's safety in numbers, so if you can get a group together before anything goes down, you're much better off than trying to group up afterwards. Plus, your sustainable living area might not be able to support a large scale movement.

However, if you have the means to setup a large scale settlement, especially with others, that's the best thing to do. We humans are meant to live in community (friendship, reproduction, specialized skills and security being just a few reasons) so your survival experience will be much more enjoyable if you start off in a community.

But what if you don't have any like-minded people around, or just can't swing it?



Community Can Be One Of Your Greatest Assets! Be Sure To Choose Your Friends Wisely.

Pre-Step 2. Build a Route

Cities are complicated places. Major roads are going to be jam packed, and probably closed. Traffic lights are going to be out. People will be panicking.

You need to designate a safe route out of your city. And then drive it. Know it like the back of your hand.

Here are a few things to remember for route planning:

1. Stay away from Interstates. They'll be more like parking lots.
2. No lights will be working, so avoid intersections with stop lights if at all possible.
3. Earthquakes, floods and hurricanes change everything. Have multiple routes ready.
4. Gas stations will be out, but if not will attract huge crowds of people.
5. Large bridges can be easily destroyed by catastrophic earthquakes. Try to avoid them.



Steer Clear Of Bridges, Large Bodies of Water, And The Highest Population Areas!

Avoid anywhere where large groups of people gather, especially civic centers and food stores.

Also, plan like your route has already been comprised. Have at least three ways out that don't overlap.

Step 1. Mobilize

You should have all of your belongings that you can't afford to lose already in a secure location. By the time you hit December 21, 2012 if it's not secured you don't have time to grab it.

Put your family into the vehicle with each person's BOB (Bug-Out-Bag). Kids can get by with a smaller bag, but it's important for each person to be able to have basic living needs on their back, especially if you end up walking.

The key here is speed. You should be able to grab everyone, their BOBs and go in under five minutes if you have a dedicated vehicle, and under seven if you have to fuel your vehicle from your emergency fuel supply.



A Tactical Vehicle Is Perfect For Convoying To A Secure Location. It's More Intimidating And Much Harder For Anyone To Stop. Be Sure To Carry Large Quantities of Fuel. Also Update The Technology It Uses As Best You Can.

Step 2. Convoy

You've got to have your route already picked out. If possible, listen to the traffic report on your radio. If there is any existing technology the government will still be trying to use it.

Then, based on the data you have (where the disaster has been the worst, what's happening right now) choose your route. If you don't have anything to go off of, just pick the route that is the most obscure.

What To Do If You Hit Obstacles

Fallen trees, destroyed bridges, or sink holes where there used to be a road can make travel nearly impossible.

If you know your area well break out a map and see about circumnavigating the obstacle as quickly as possible.

If there's no possible way to get around it on the route you're currently heading, double back and head for one of your secondary or tertiary routes.

What To Do If You Hit A Mob

Large groups of people do rash things. If you have a car, and they don't you could be in trouble.

First try to turn and run. If that isn't possible, fire a few warning shots in the air. While there is confusion, gun your engine and begin honking and flashing your lights.

People's first instinct when a large object is coming at them at a high rate of speed is to get out of the way. Try to avoid hurting anyone and drive through the crowd as quickly as possible.

Step 3. Refueling

Depending on how far outside the city your long-term shelter is, you may have to stop and refuel. A good rule of thumb is to have 2.5 times the amount of fuel you need to get out alive.

That way if you have to double back, or take any large and unexpected detours you'll have enough to make it to your shelter.

S.U.R.V.I.V.A.L.

Here's a little acronym to help get you through anything else that might come up in urban survival:

Size up the situation.

Undue haste makes waste. Calm down, and prepare to act.

Remember where you are.

Vanquish fear and panic. While you are afraid you will make rash decisions. Rash decisions can kill you and your family.

Improvise.

Value living. Remember what you have to live for, and hold on to it.

Act like the natives. Don't do anything to stand out if you can help it.

Live by your wits. It's going to take constant thought, but your brain can keep you alive.

These are just general survival principles, but they can make the difference between life or death. More than anything else, **DON'T PANIC!** You'll only get through this if you keep your mind straight.

Not panicking can be hard when everyone around you is screaming that the sky is falling, and it feels like it really is. But

remember, you owe it to yourself to remain calm and ordered. Anything else and you flush your chances of survival down the tubes.



You **MUST** Stay Calm No Matter What Happens. The minute you panic, you die.

2. Food/Water

This is going to seem like a no brainer, but you can't survive without food and water. Once you are out of the city, and to your long-term shelter you've got to have a plan for daily life, especially eating and drinking.

How Much Food Do You Need?

This is going to sound like a copout, but you can never have too much food in a safe place. You're always going to need to eat, and unless you're only planning on living for a year, you're going to need more than a year's worth of food.

My recommendation is to have a minimum of a year's worth of food for every person. That way if nothing works like you plan it to (crops fail, can't go outside, livestock dies, etc) you'll have time to try again.

Hopefully you won't need it, but better safe than sorry.

Worst case scenario, you take your extra food and trade it. Hello position of power and prestige right from the get go.

What To Include

- Canned Goods
- Jerky
- Dehydrated (Powdered) foods
- MREs (Meals Ready to Eat)
- Meal Replacement Bars
- Beans
- Rice
- Flour
- Grain
- Pasta



All your food must have a long shelf life. Grain, rice, and beans are perfect options.

What Not To Include

- Anything with a short shelf life
- Produce
- Fresh vegetables
- Foods whose seals have been broken
- Food that has to be frozen

You should assume that you're going to have to go through this catastrophe with NO ELECTRICITY. That means, if you're counting on your freezer to keep your food preserved, you're in for a rude awakening. Always rely on dry packed foods.

Foods packed in nitrogen or vacuum sealed are great to have. That ensures a long-term shelf life.

Canned foods are also items of choice, because they really can't go bad unless they get a hole in them or are smashed. That being said, the food inside will get pretty nasty if you wait a long time. It'll lose its texture, taste and most importantly nutritional value.

Try to rotate your canned food out every year. In peace times you can donate large quantities of canned foods to a food bank and receive a substantial tax write off.



Bread and other baked goods are a terrific treat when you've had nothing but canned foods. Also, it's easy to make and goes well with any meal.

Baking

As you saw in the vital items list, baking is going to be an excellent source of food. It's a good stress reliever, and the food will taste terrific, even if you store the flour for extended periods of time.

There are two options for baking.

Raw Baking

This is where you take all of the basic ingredients and whip up everything from pancakes to rolls, to breading for chicken, to stuffing. There are a ton of options for combinations of any foods you've stored.

Plus bread has been a staple for years.

Here are the ingredients you need for any raw baking:

- Flour (or grain and grain mill)
- Baking Powder
- Sugar (shorter term)
- Baking Soda
- Oil (I use olive oil)
- Shortening
- Honey (longer term)
- Dehydrated Eggs

Baking Mixes

Baking mixes can be a great alternative to raw baking. Normally packages of baking mixes have a long shelf life.

Also, you won't have to mix any egg powder into them. Just pour in water and go.

The thing you'll need while baking anything is a Dutch oven or griddle for the stove your fire place you'll be using.



A dutch oven can bake practically anything you need as long as you have an open flame or way to heat it.

Survival Foods

MREs will be the first thing that comes to mind here, but they really aren't the best option. While they're perfect for hiking or short term survival shelter, they're just not feasible for long term survival.

The best options are:

- Vacuum packed dried food
- Freeze-dried food
- Nitrogen packed grains

The difference in these cans and the cans you get at the store, is the fact they are dried. As I mentioned earlier, anything in a liquid will have the taste, nutrients and texture sapped away as time goes on. While small cans will work in an extreme emergency in your permanent shelter you should have dried canned items.

You can get #10 cans for relatively cheap with a variety of flavors and foods. Since you're going to be eating all of this for up to a year, I recommend that you try to get many different kinds. Nobody wants to eat the same thing for the next year.



#10 Cans are the perfect option when you are planning for long term storage. While they're not extremely easy to move, they store well and retain their nutrients when they are freeze or vacuum dried.

Hunting & Fishing

While hunting and fishing are great things to do, there's an important factor to take into consideration.

Everyone is planning on hunting and fishing! There's simply no way that everyone can use hunting and fishing as their survival plan. The world does not have enough game to support the population levels we have now, especially in areas around cities. While it would be a great treat if you're in a sparsely populated area, don't count on it to stay sparsely populated as people migrate from areas without food to areas with food.

Bottom line? Don't count on hunting or fishing to sustain you. Maybe you've got a surefire place, but if you can't go outside because of nuclear fallout, or the temperature falls in such a way that decimates the game population what'll you do then?

Starve.

Unless you have an alternative food supply. I suggest you make sure you have one.

Water

Water is even more crucial for human survival than food. While you can go a month without food, try to go a month without water and it will be bad news for you.

Knowing all that, here's how to make sure you can drink for years to come.



These 55 gallon drums are perfect for water storage. You can actually stack them standing up and use a pump for more convenient storage.

Storing Water

When 2012 hits there're all kinds of possibilities. In the event of a toxic catastrophe, nuclear fallout, or ash storm, you're going to have to deal with the fact that naturally running water is going to take extra purification. Something more than just a few drops of bleach or iodine.

Storing water is the best alternative until you know exactly what to filter out, or have the ability to go outside to access running water.

You should have a large cool area (basement, etc) that can handle a number of large containers. The best option is to purchase plastic 55 gallon drums on the surplus market. That way if one of the drums has an issue you don't lose all your water. They are reasonably easy to store, and with the help of a pump you will have water for quite a while.

When you're storing water long term you must treat it specifically for that purpose. You can buy a solution that will make your water perfectly safe for long term storage. Otherwise the bacteria found in trace amounts when it flows from the tap will be in large amounts and be extremely harmful to your health.

Finding Water

When things settle down and you can finally head out into the environment around you, it's best if you already have located a stream.

You've also got to have a way to get it from the stream to your shelter. There are so many different ways to do this I won't go into them here, but brainstorm different irrigation techniques involving gravity (think ancient aqueducts) and you'll be on the right track.



A charcoal water filter will be the best homemade option. You can purchase expensive, pre-manufactured systems if you have the capital.

Purification

Here's a relatively easy way to create a large scale water purification system:

1. Take a 55-gallon drum and drill a series of small holes in the bottom. The smaller the hole the better. A punch can also be used. Essentially you want holes that will trap large dirt particles.
2. Take old blue jeans, and a few old T-shirts. Put them on the bottom of the bucket.
3. Add a thick layer of sand that is at least half the drum's depth.
4. Add a similar cloth layer on top. Weigh it down with rocks.
5. Place a bucket underneath as collection device.

If you have any active charcoal (you can get some from a pet store where they sell aquariums) you can put that on top of the highest cloth (the one held down by the rocks).

You have to be sure to change the sand periodically, mainly depending on how contaminated your water is.

3. Self Defense

Mentality

The first step in protecting yourself and your family, is changing how you think of yourself and your surroundings. Here a few things you should train yourself to start paying attention to:

- Unnatural movements (running when there seems to be no reason, etc)
- Tense posture, or seems ready to attack
- Aggressive stance (arms up and combative, in a slight crouch)
- Frequent glances at valuables or goods
- Nervousness or constant looking around

Not to say that a person doing these things is definitely going to attack you, but you should be aware of any unnatural movements or potential threats.

The second part of your self defense mentality is to have a “never lose” mindset. That means two things:

1. One you never get in a fight you’re going to lose
2. You give yourself no other option than to win

Those two pieces seem redundant, but they are a big deal. Especially number two. Just telling yourself that you don’t have any option other than winning is a big step. Now winning can mean a lot of things, and usually means breaking free of your attacker, but whatever winning is, make that your only option.

Think of a cornered animal. A cornered animal will do anything to get out of the corner, and if the other animal isn’t hungry enough, they’ll back down, because it just isn’t worth it. If you’re put in that kind of a situation, be the cornered animal.

Another thing that you’ve probably never considered, is whether or not you unintentionally make yourself more of a victim, just by the way you walk and talk.

Here are a few things to look at very closely:

- Stride – take normal confident strides, not unnaturally long or short. Don't shuffle or drag your feet.
- Speed – walking extremely slow seems like you're afraid, or very fast seems like you're overly nervous.
- Fluidity – keep your movements normal and fluid. Jerky movements make it seem like you're off balance.
- Wholeness – victims swing their arms in a very disjointed, wide motion as if they weren't attached. Non-victims keep their arms naturally close to their center.
- Posture and Gaze – victims slump and look downward which makes them seem apathetic to what's going on around them. They never make eye contact. Be confident and aware and you seem much less like a victim.

Remember, every predator is looking for easy prey. Don't be easy prey! Keep yourself confident and aware. Don't try to project a false sense of overconfidence, just a relaxed, easy, I-can-kick-your-ass manner.

Defense Without Weapons

Unfortunately you may find yourself in a variety of situations where you don't have easy access to a weapon, or it's just not practical.

First and foremost, run. Avoiding a fight is the best option if at all possible. Especially if you are outnumbered or they have a force multiplier (such as a weapon when you don't have one). No shame in staying alive.



This Army SFC attacks confidently and quickly. He knows he is going to win.

Here are the areas you should plan on targeting:

- Face (especially nose and chin)
- Eyes
- Throat
- Groin
- Solar Plexus

Gouging at the eyes or thrusting upwards at the nose can be great techniques to use if you want to stun your attacker.

Since we're doing a basic overview, I want to talk to you about only open-handed strikes. That way you're sure not to break any of your fingers and decrease your chances of hurting your wrist.

Palm Strikes

When you're performing a palm strike, most of your power is going to come from your hips. Use your other hand to generate momentum and think about twisting your body to meet your attacker.

The best areas to strike with a palm strike are the chin, or nose. After you attack follow through with your hands in a claw motion to gouge out the eyes of the person. It may seem brutal, but it'll keep you alive.

Striking the nose can actually force the bone up into a person's brain and instantly kill them. Again, these techniques should be used only if you absolutely must.

Elbow Strikes

This is perfect to use if the attacker is close, especially if they grabbed you from the side or back. Make a fist with one hand, and use the other hand to drive your elbow into your attacker with as much force as possible.

Once the attacker has released you, follow up with another elbow to the abdomen or face. Try to strike your assailant directly below the chin and follow

through. Drive up with your legs and shoulders. You want to hit this person as hard as you can.

Don't let up, this is for real.

Groin Strikes

The groin is extremely sensitive to pain. However, be sure to go for the testicles, not the penis. If you cannot get a hold on the testicles, use your knee, fist, foot or elbow to strike as hard as possible in the groin area.

Many people consider the testicles the most affective place to strike, but I disagree. It's good if you're in close quarters, or don't have access to anything else, but the primary target should be the face.

Remember that your primary objective should be to escape. You're not trying to win a war here. Just get away to safety.

4. Location

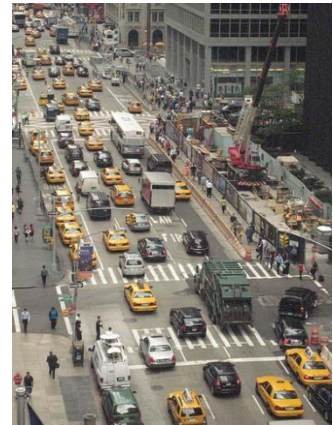
Location is going to be one of the key elements that determine whether you survive or not. Sure, the creature comforts you've got at home in the city are nice now, but how nice will they be when you're fighting 4 million people who also want to get out alive.

Here are the factors you want to look at when you're thinking about where to live now, and where to create your long-term shelter.

Worst Places to Live

As I just mentioned, large cities aren't the best place to be for a variety of reasons. Let's take a look at New Orleans after Hurricane Katrina for some ideas why:

- Panic is triggered easier (one person panicking makes another, makes another).
- Police are prone to panic (you see a mob of people running at you and all you have is a stick).
- Roads simply cannot handle everyone wanting to leave at once.
- Supplies go fast (think about when there is a chance of snow).
- Martial law may be instituted (they called the National Guard) and you won't be allowed to leave.



What would happen if everyone in New York City suddenly wanted to leave? Could you even get out?

These are just a few factors to think about. Long story short, they aren't a good place to be.

Here's a list of some of the worst places to be (by population):

1. New York, NY *8,391,881 people*
2. Los Angeles, CA *3,831,858 people*
3. Chicago, IL *2,851,268 people*
4. Houston, TX *2,257,926 people*
5. Phoenix, AZ *1,601,587 people*
6. Philadelphia, PA *1,547,297 people*
7. San Antonio, TX *1,373,667 people*
8. San Diego, CA *1,306,301 people*
9. Dallas, TX *1,299,543 people*
10. San Jose, CA *964,695 people*

These major cities may have a great nightlife right now, but when everyone there is in a panic, and the food is running out, I don't think they are places you want to be.

Elevation

In the event of an emergency, higher normally means better. Think torrential rains, ice caps melting and raising sea level, hurricanes, volcanic lava, etc.

Here a few of the lowest places in the United States:

- Florida
- Virginia
- Maine
- Maryland
- California (mainly Death Valley)

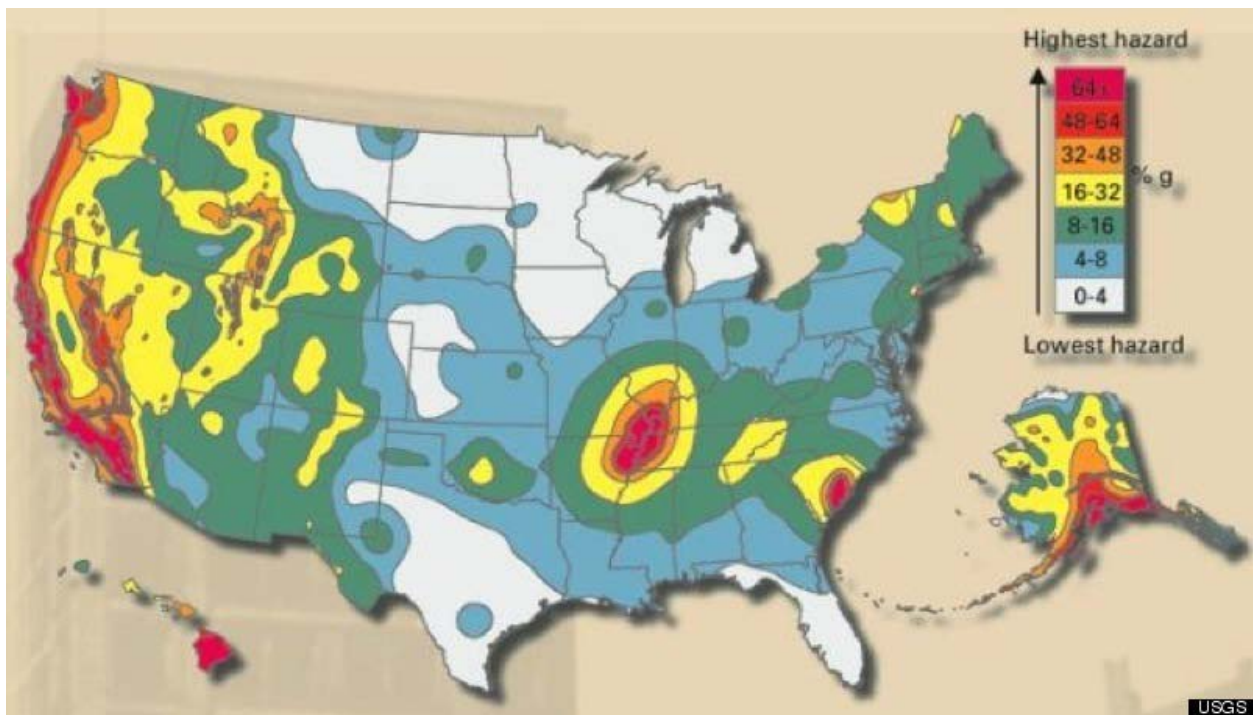
Coastal regions are generally lower, and therefore more susceptible to flooding. Sure with some of these locations as you come inland the elevation rises, but I'd like to have my house far enough above water to survive pretty much anything.

Fault Lines

There are a ton of cities built on a fault line. What does that mean? It means when there is an earthquake, your city is going to be ripped in half, and your house could be on two separate sides.

A good rule of thumb is that if there are beautiful harbors overlooked by high hills, you're probably on a fault line.

An easy way to figure out if the area you're thinking about living in a certain city, check this image, and see if your city is in one of the colored areas:



When EVERYTHING is rumbling in 2012, you're going to want to be as far away from a fault line as possible. As you can see that severely narrows the places to live down. Remember, you make your own decision on where to live, I'm just presenting the facts.

Best Places

There are a couple of key indicators that will tell you whether or not you've picked a safe, survival friendly place to live.

- Elevation
- Agriculture
- Population

If you get these three right, you've got a pretty good chance at survival.

You're going to notice straight out of the gate that this guide points to places pretty far north. You're probably saying to yourself "but if it's extremely cold, won't I want to be close to the equator?"

Sure, but ask yourself this. If the temperature drops 20-30 degrees is it going to matter if you're close to the equator is it going to make a significant difference if you're to the north or the south? Unfortunately no, it's not. If you get mobbed by a large group of people or lose everything in an earthquake is it going to matter? Why yes, yes it will. Again, you make the decision, but just some food for thought.



Elevation is a key factor to consider when you're looking at the place to build your permanent shelter.

Elevation

Having a place that is relatively high is a great protection against any kind of flooding, and higher ground is always more defensible. That being said, if you're on top of Mt. Everest you're going to have a pretty tough time with weather and growing food. We're looking for a happy medium here.

- Montana – half the state lies over 4,000 feet above sea level.
- South Dakota – mean elevation is 2,200 feet above sea level.
- North Dakota – mean elevation is 1,900 feet about sea level.

Agriculture

If other people are growing crops there, it's a good indication that you'll be able to grow crops. We want stuff like corn (grows almost anywhere), wheat, potatoes and other hearty vegetables that can be used for a variety of things.

- Montana – wheat is the leading crop followed by beans, potatoes, sugar beets, barley and hay
- South Dakota – corn for grain, soybeans, wheat, oats, and rye.
- North Dakota – primary product is durum wheat (perfect for pasta), barley, sunflower seeds and flaxseed oil.

Population

Just like we talked about in the highly populated areas, having few neighbors can be a good thing. When food gets scarce you'll be less likely to have to deal with marauders, and if there is any game around you'll have a much better chance at getting it and letting the rest reproduce.



A state with a solid agricultural base is a must to survive long term.

The important thing to look at when you're checking out states isn't so much the actual population, but more the population density (person/sq. mi).

- Wyoming has 5.4 people/sq. mi.
- Montana has 6.5 people/sq. mi.
- North Dakota has 9.4 people/sq. mi
- South Dakota has 10.5 people/sq. mi

Where is Best?

Now that we've pulled the top few contenders for best state let's see which two are the best.

Obviously Montana, South Dakota, and North Dakota have been on every list so far. But Montana is out for one earth-shattering reason (hint: it's the same reason why Colorado is out). There is a much higher chance of earthquakes in part of Montana. We want to be in a state with the lowest chance of earthquakes.

The best two states to live in (in order of preference) are:

1. **North Dakota**
2. **South Dakota**

They both meet all our requirements, and while South Dakota has more of an earthquake chance than North Dakota, it's still not too shabby.

5. Survive Extreme Climates

Now, what's going to happen if everything just goes nuts? What if all of a sudden we enter another Ice Age or suddenly become so close to the sun that we're baking everywhere. How could we survive?

It'd be tough, but here are the ways you can survive extreme climates:

Hot Climates

Heat can be a blast, unless it gets out of our temperature range. Our bodies are meant to stay right around 98.6 degrees Fahrenheit. Sure, they get themselves reigned pretty well if the temperature stays more or less constant, but when there is rapid temperature change, or a temperature way outside the range we're used to, bad things happen.



Your normally temperate climate may turn arid, and as the flora and fauna die away turn into a desert landscape.

Here are the three “bad things” that might happen.

1. Heat cramps (the least severe)
2. Heat exhaustion (mid-level)
3. Heat stroke (you're in serious doo-doo)

Heat cramps are exactly what they sound like. Painful cramps in your muscles, such as arms, legs, back and abs. They usually come on after strenuous activity coupled with heavy sweating.

Normally you're not going to need any kind of first aid because of heat stroke. Just make sure you're not on a low-sodium diet and you don't have any heart disease (good luck with that one!).

To remedy heat stroke all you've got to do is take a break and start sipping some water. Nothing too intense.

Heat exhaustion is pretty serious. Here's what to look out for:

- Pallor
- Cool, clammy skin
- Extreme tiredness
- Nausea
- Dizziness
- Feeling lightheaded
- Vomiting
- Fainting



Heat stroke can be potentially deadly. Try to watch yourself so you don't get to that point.

If any of these things start occurring while you or someone you're with is out in the heat, take them to a cool place, get them to sip juice or Gatorade, and cool off their body with moist, cool cloths.

Heat stroke is one step from dead. If you're exhibiting any of these symptoms rush to anyone who has a good idea about first aid and hope they can help.

- Red, flushed skin
- Temperature of 106 Fahrenheit or higher
- Seizures
- Headache
- Rapid pulse
- Unconsciousness

Try to cool them gradually, but well. A cool (not freezing cold) shower is the best.

Best advice: don't get to this point. Monitor yourself and the people around you or else you'll be in a serious emergency, and may not have a way out.

Tips for Hot Climates

1. Stay hydrated before you go into the heat. Drink water not alcohol or soda.
2. Wear wicking fabrics and sunscreen (at least SPF 30).
3. If sandy or dusty take goggles (swimming goggles vs. the mask goggles), a dust mask or bandanna.
4. Try to travel only at night or when it's cool. Batching tasks until nighttime is a great idea.

Cold Climates

Surviving the cold is a bit different than the heat. If I had to pick one, I'd go for heat any day, but if we enter some kind of nuclear or volcanic winter, it isn't going to matter which one I like. The best thing to do is to be prepared for it all.

Frostbite is one of the primary cold-induced illnesses. Essentially it means that your skin is now below the freezing point and your ice crystals are decimating your skin cells by growing inside of them. Once (or if) you warm the skin, there will be a massive blister going from the cold blue to a dead black before becoming a hard shell.

Eventually the shell will fall off, and new skin will come up through it, as long as the frostbite has only gotten to your skin. If frostbite gets all the way down to your muscle and bone, it's bad news. Now you're going to lose the finger or whichever extremity it is.

Here are the stages of frostbite:

- Initial stage – red skin
- Middle State – white skin
- More Severe – hard skin
- Severe – blisters
- Advanced stage – blackened skin



Any fire, even a small one, will help to fight frostbite and hypothermia.

Here's what to do if you can tell you're getting frostbite, and have a way to stop it:

- Cover your ears and put your fingers under your arms or between your legs. *Note: don't squeeze too hard or you'll cut off blood flow.*
- Submerge in warm (100-106 degrees Fahrenheit) water. *Never HOT water.*
- Go into a warmer area immediately, even if there is only a slight temperature difference.
- Remove any tight fitting clothing, and wrap yourself in it in a looser way.
- Try to elevate the affected area so the swelling goes down.

Remember to NEVER rub the skin, or submerge it in HOT water!

Hypothermia is the other common cold-induced illness. It's caused when your body simply can't produce enough heat to keep your core body temperature up, and it begins dropping.

Here are some of the symptoms of hypothermia:

- Slurred speech
- Stiff joints
- Awkward movement
- Faint pulse
- Uncontrollable shivering
- Uncontrollable bladder
- Red, puffy face
- Confusion

Oftentimes hypothermia occurs when a person gets wet along with being cold. Due to the high specific heat of water, your body can't produce enough energy keep your core temperature up.

The effect of hypothermia can be as serious as a coma or death.



It's possible to become hypothermic in the cold, and that much easier when your clothes are wet.

Here are some ways to counteract hypothermia:

- Cover yourself with anything you can find. Blankets, a sleeping bag, pillows, newspaper, or even dry leaves.
- Cover your head first, since that's where most heat is lost.
- Take off any wet clothing. Even if you don't have anything dry, it's better to be naked than wear something wet.
- Stay horizontal and calm (or keep your patient that way).
- If you're with someone get into a sleeping bag or under your covers together and hug for warmth.