

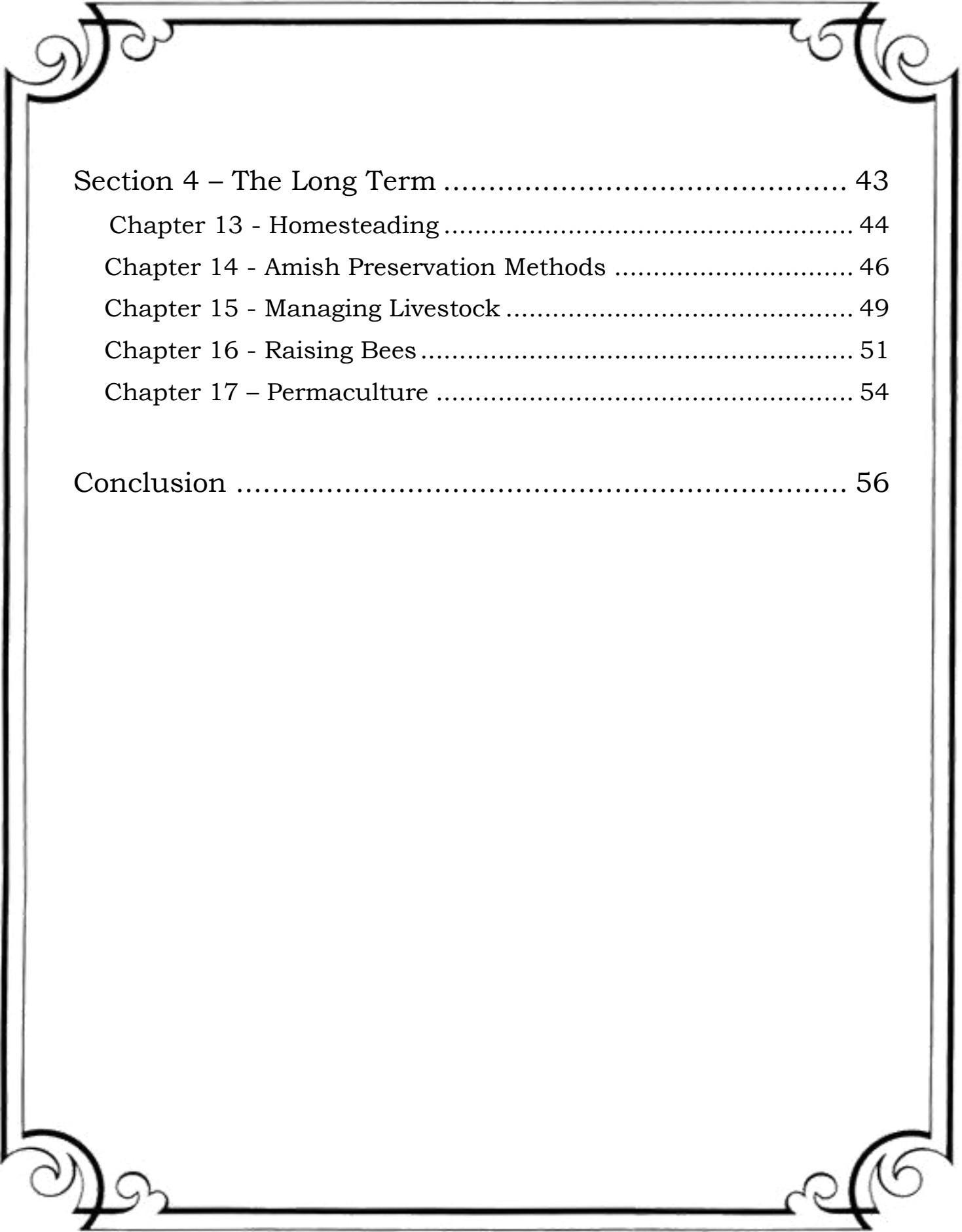
WHAT DO YOU NEED TO HAVE READY BEFORE AN EMP



BY CLAUDE DAVIS

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What are the Real Risks of an EMP Disaster

Vulnerability that we cannot control is the basis of all that we prepare for. The EMP has gone mainstream and not because we have a well-informed public who is briefed regularly on safety risks. Rather, the EMP and its potentially damaging effects have gone mainstream because the threat is real, it sells and we have real enemies who would like to see us deal with the after effects.

Operations Starfish was a nuclear test that took place in 1962 in the Pacific. This high-altitude test was conducted 400 kilometers above Johnston Island. It was the literal birthplace of concern over the EMP. Testing equipment malfunctioned and there were recorded affects in Hawaii as far as 1400 kilometers away. After this shocking discovery, the American military began to harden their military weapons, silos and other infrastructure. Unfortunately for us, that's where it stopped.



Fast forward over 50 years and our precious grid is still susceptible to an EMP strike. We did not act on what we learned from these tests. Though our military has been hardened and prepared for such an event we are on our own as civilians.

While you may find most of your EMP concern comes from the threat of nuclear war the truth is there are three culprits that could rocket us back 200



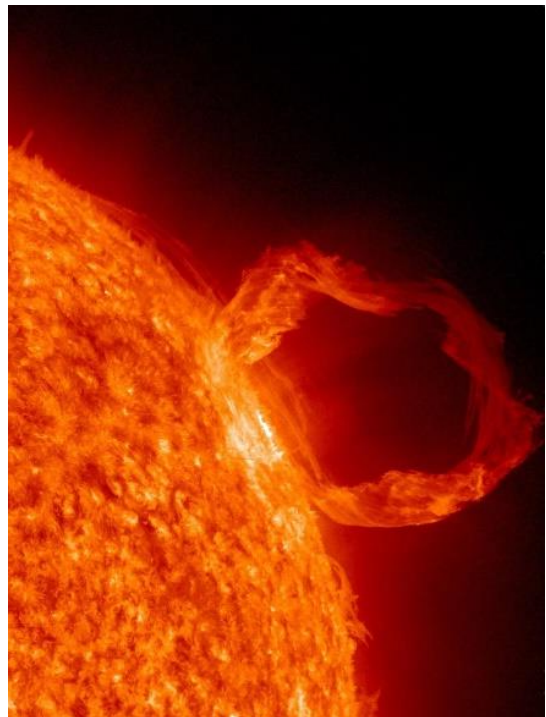
years. It's not entirely about the nuclear bomb though that is a very real concern for many reading this book.

1. Nuclear Weapons
2. Sun
3. EMP Weapons

There is truth to the fact that North Korea has satellites that orbit our country and position themselves in such a way that a nuclear strike at high altitude could be possible.

Of course, this does not take into consideration what a country with a viable space program is capable of i.e. Russia or China. War could effectively bring us the first man made, nation killer via EMP blast.

Of course, there is also the issue of the 864,938 miles in diameter, life giving heavenly body we call the sun. Nothing carries on without its heat, without its gravity and without its powerful light that feeds plants and now provides power. That said, this giant is capable of some very scary stuff. The most terrifying of all is a coronal mass ejection or a CME.



The sun is a giant nuclear reactor. It's constantly exploding in a very similar process to that used to stop the Japanese in World War II. That process happens in the core but sometimes a mass of solar gas, plasma and electromagnetic radiation comes spewing out of the sun and can stretch for billions of miles into space.

The sun is no newbie to planetary destruction. In fact, it was responsible for wiping out the atmosphere on Mars some 4 billion years ago. There are many experts that are warning us today to prepare for a coronal mass ejection. This mass of energy would collide with our atmosphere and could potentially cause global calamity with EMP like effects all over the planet. Though that may sound scary if our atmosphere survives the blast and simply deflects it, that



could be best case scenario. If we suffer the same fate as Mars, well, that's pretty much the end for earth and all life on it.

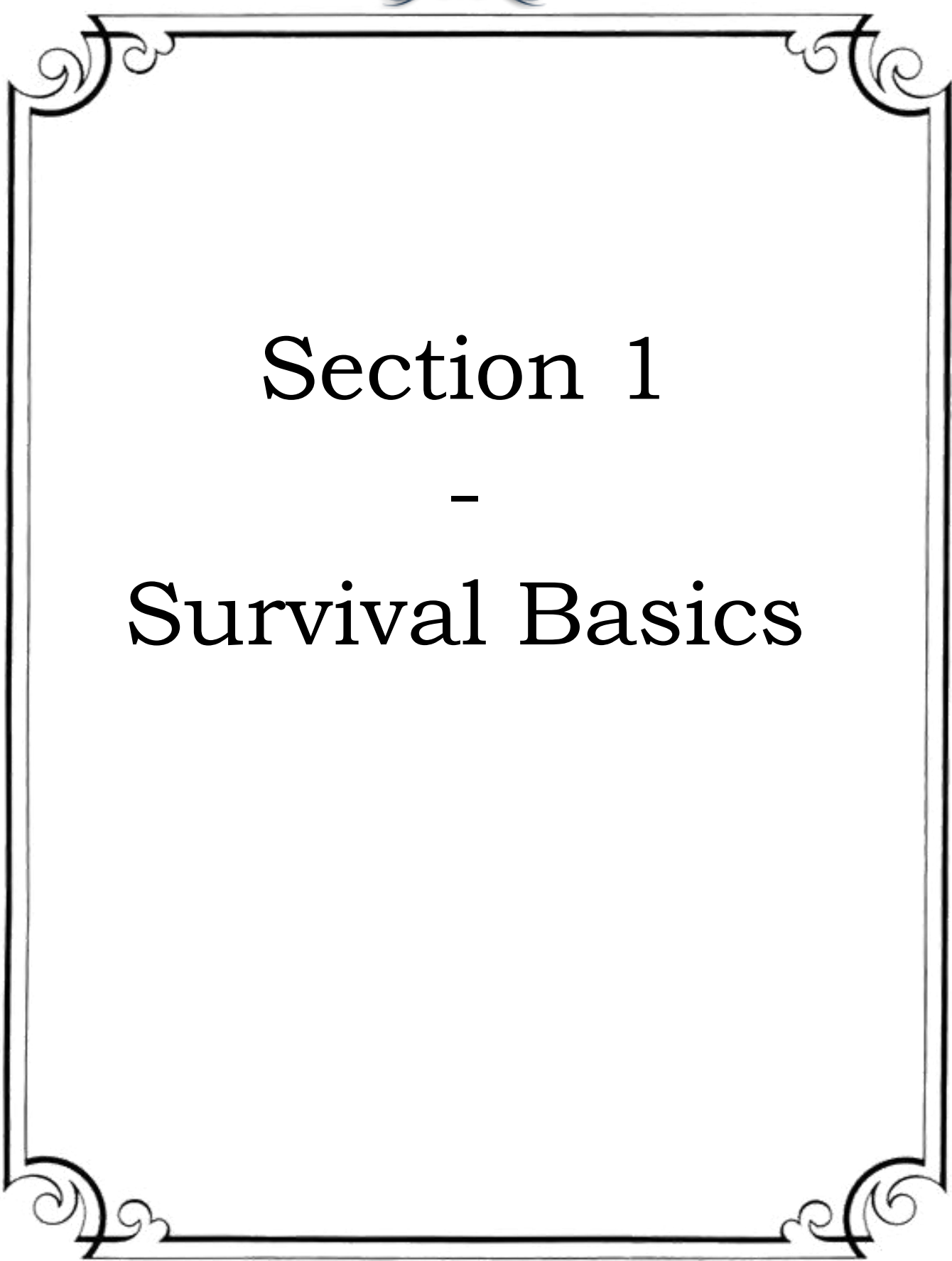
Space is big and the sun is unfathomable in size. We could be hit by a CME tomorrow but I don't like the odds. If I were a betting man I would put all my money on weaponry. Though we have talked about nuclear bombs and their ability to generate an EMP I think they pack too much stigma. In other words, the world is very comfortable with America being the only country to only use a nuclear bomb on another country.

Now it wasn't many years ago that the United States Air Force brought their plans for creating EMP weapons to the table. Today, militaries all over the world are looking for ways to cripple an opposing force with the power of the EMP. Imagine having the ability to disable fleets of ships or even simple drones from collecting data.

China is said to be developing similar EMP weapons to deal with America's overwhelming force through its aircraft carrier presence. We are setup like no other nation when it comes to aircraft carriers. Last I checked the closest nation was at a 12-carrier deficit. The evolution and utilization of these EMP weapons will be part of future warfare. While you may not see the big kahuna shut down the eastern seaboard I think it's very probable that major cities or counties could be blacked out behind special forces entering an area.

There is a threat. The EMP is much more than Hollywood and video game fodder. In a world without electricity people will go off the hinges. There is no quick recovery for this. If you aren't prepared you will be beholden to "relief" efforts and that's not a pretty picture. In a country of 300 million we will see calamity and violence that will make the history books blush.

This book is about your exit strategy. What can you do to be prepared to make that leap from 21st century, throwaway society to 19th century, lost ways living. In this book, we will discuss all of this and it will be broken down into four unique sections.

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Section 1

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Survival Basics



Chapter 1 - Mastering Fire

When we learned to travel with fire and how to start it at our next destination the species began to change radically. We were able to manipulate the conditions of the world around us. Now we cook meat and make it easier for our digestive systems to break down. We also had one of our earliest weapons against the monsters of the wild. Fire started everything and in a survival situation nothing has changed.



All fire requires three things. Without each there is no way you can have fire.

1. Oxygen
2. Spark
3. Fuel

If there is one self-inflicted wound when it comes to firecraft and the average person it is not giving the fire enough air. Fire was a skill practiced at the end of each day to warm camp or cook dinner. If there was cooking or heating to be done it had to be done by using fire. After an EMP things like gas lines and electric power will be inoperable and you will be forced to do the same.



To the frontiersman or even the early settler building a fire was second nature. You must consider the flow of oxygen when building your fire. Many times, those building a fire will pile tons of tinder, brush and wood high atop itself and begin to burn. As the fire starts to take off their tower of fuel collapses and the fire is snuffed out because the oxygen is taken out of the equation.

Avoid this issue by building a wide fire pit and allowing space between the rocks or whatever border material you use. Also allow some space between your tinder and the smaller kindling. If you are concerned about airflow while the fire is burning either rearrange the fuel or blow into the base of the fire.

Tinder

We have been talking about tinder a lot and if you are not familiar with this world I want you to consider the materials that catch fire easily and burn hot. To me, good tinder is all about being able to catch off a minimal spark and burn hot. Many people have seen the magnesium and ferro rod combos.



These work well because the magnesium burns so hot. I like to use magnesium in conjunction with other things.



Here are my favorite tinder items

1. Torn newsprint in a zip lock
2. Paper birch bark, torn
3. Dryer lint rolled in petroleum jelly
4. Cotton Balls
5. Cedar Shavings

Once your fire is burning you need fuel. You must have plenty of fuel to warm and light your camp throughout the night. I am a huge fan of the 3x method when gathering wood. Whatever you think you'll need get 3x more.

As you build fire more often you will become more adept at understanding and executing. I would like to tell you that making fire easy is very important. It's very exciting to work a bow drill and blow an ember to life at the heart of a tinder bundle. That said, store some matches and store some lighters. Fire is crucial so don't make it more of a struggle than it must be.



Chapter 2 - Water Collection

Following an EMP the water pipes may not run dry right away. However, the danger in those pipes increases drastically. The problem with the water in the tap is that water treatment will cease. There will be no way for you to tell if the water has suffered from backflow contamination or other types of contamination. It will be crucial for you to begin collecting water ASAP.

Of course, collection comes in two forms. There is collection of water prior to the attack and there is collection after the attack. Both systems will need to be put in place beforehand. Right now, we have nearly unlimited access to potable water. You can buy gallons and bottles for just a few dollars. Do not miss out on this moment in time. You will never be hurt by having more water around than you need. There is no downside. Storing by the gallon is the best method.

You could also purchase things like water bricks in order to utilize the free tap water. These bricks get filled and stack well for later use. These storage methods take advantage of modern day tactics. You will need to look back through the ages to discover other ways to collect water.

Rain water will become precious. You will find that your ability to channel water off roofs or collect water in buckets will be the most important part of this method of collection. The larger container you have to fill the more you will be able to store, naturally. One of the best ways to do this is collecting water from your slanted roof. However, there are concerns about the asphalt roof tiles.





Detached collection vessels can collect rain directly from the sky. Some days the rain will pour and some days it will be dry. Between stored water and your rainwater collection you may find that your water needs are met. That said, there are other options as well.

Since 8000 BC we have been drilling wells. This is not a new concept. There are aquifers beneath the ground that carry gallons of water that could be used to hydrate your family and your garden as you become more self-sufficient after an EMP. The understanding of this hydro cycle by which the aquifers can be tapped goes all the way back to the 1500's

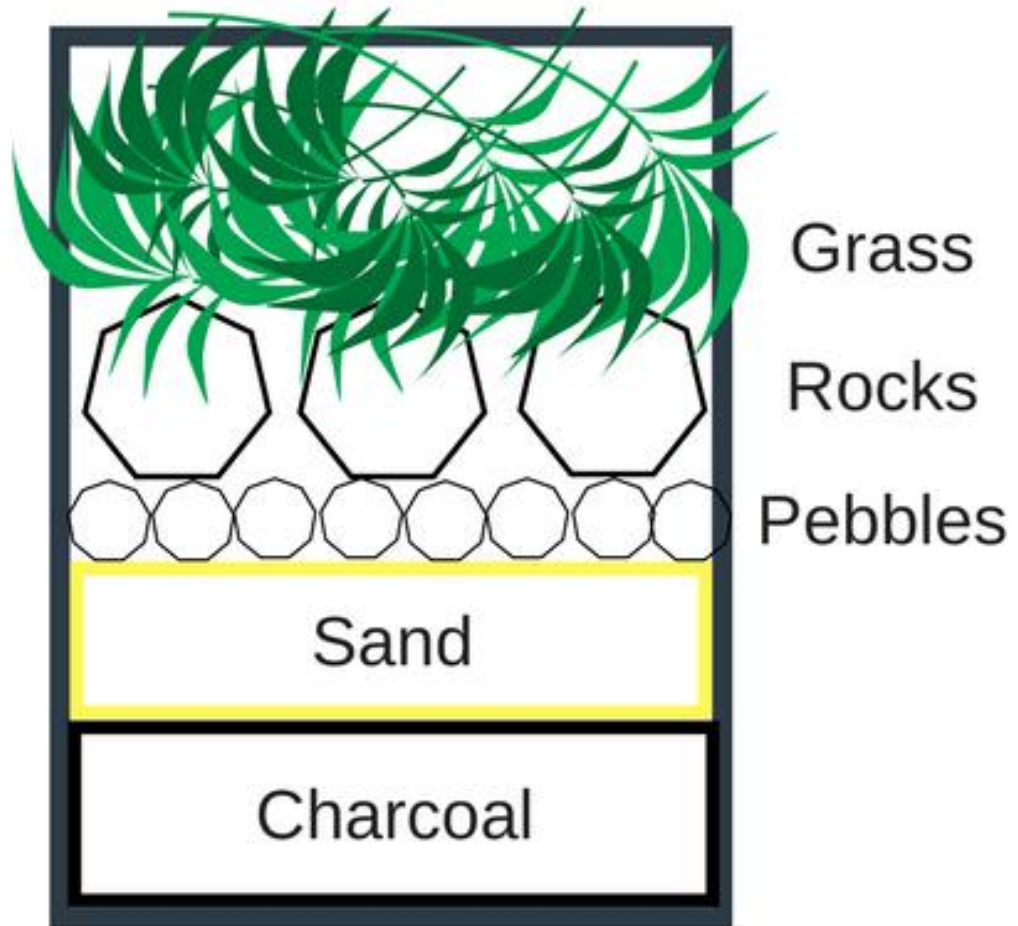
Drilling a well on your property will become an essential part of your survival. The process is not very complicated. In fact, there are home kits designed for the average person to drill a well themselves using these tools.

In the latter part of the 1800s a horse drawn spudder rig was patented. This method of using a farm animal or even manpower to turn a powerful drill would be an option after the devastating effects of an EMP. If it worked on the ground in the 19th century it will still work today.

Filtering

Despite having access to this new source of well water you may still be at risk. You will not be able to send your well water off to be tested so how will you know if it is safe to drink as is? The answer is you won't. By simply drinking the water from the new well without testing you are putting your family at risk. Get yourself a high-quality filter for the home and one for the road as well. In other words, something that travels well.

Store some high quality activated charcoal as well. By having this stuff on hand, you can create your own filters for water that will then be boiled. I like the activated charcoal because it is the most absorbent and has the most surface area for catching debris and pathogens.



When you create a bio filter of pebbles, sand and activated charcoal you will be creating a great first step filter process for questionable. Water. If it hasn't fallen out of the sky it's questionable. Remember, you will not have the same access to medical treatment in this new EMP world.



Chapter 3 - Securing Shelter

You might be considering why someone would be worried about a shelter if they have a home. There are some very important things to consider following an EMP and one is that your home could be taken. Your home could be taken by a marauding force of desperate people or it could be taken by a military force that has decided it's a good strategic point.

There are many steps you can take to provide yourself shelter if yours has been compromised. Each method will take some preparation but I like to break shelter into three distinct types.

1. Building Shelter
2. Hidden Prefab Shelter
3. Taking Shelter Back

When you remove the security of your own home there is a lot of inherent risk. Things like the elements, wildlife, human threats and actual death become very real when you are securing a new shelter. Your location is crucial when considering your strategy as well.

Building a Shelter

Whether we are talking about building shelter from tarps and tents or building shelter using bushcraft skills that are comprised of only the forest around you are building shelter. Investing in a quality tent or even a few single person tents that carry well are great ways to assure you have a dependable shelter in times of need.

With the explosion in the outdoor adventure industry the market for quality tents has widened. There are so many great companies out there that are creating quality products. You can do a lot with your tent besides survive an EMP blast and the horrors that will follow.

Still, there is something to be said about building a simple lean to and learning how to live out in the woods. Most structures that you build out of sticks, cordage and leaves will not be the best for long term living but if you add a



simple tarp to these structures you will create much better shelter that can face the elements.



The pioneers and the Native Americans were some of the best campers in American history. I like to look to them for an understanding of how shelter should be handled. They are my source for best practices, if you will. You did not see pioneers saddle up under a lean to or a shelter that was built of tree limbs and leaves.

American pioneers built their tents almost exclusively of hides and canvas with strong cordage and sturdy frames. If you are looking to build a long shelter do it the way the pioneers did and not the way a survivalist on television might tell you to.

Hidden Prefab

Next, we come to the hidden prefab shelter which is what many preppers refer to as the bunker. These range in sizes and shapes and are most dependent on your ability to pay for the building and installation of such a shelter. These shelters seem to be the go to method for preppers with deeper pockets.

The idea is that when all hell breaks loose up above you and your loved ones can shimmy on down below into your bunker. You will have this thing stocked with food, water, clean air and as many amenities as you can fit and afford. Here you wait out the ugliness above.



These prefabs can be effective but I have always been leery about throwing a family of four together in close quarters for a month or longer. I don't like the outcomes. Also, there is a bit of pride that goes into scurrying underground as well. Of course, if you have no other options then hiding out is not the worst thing that could happen to you.

If you choose to add a prefabbed shelter to your EMP self-sufficiency plan then shop around and be very thoughtful about how you will live in your shelter.

Taking Shelter Back

We have already discussed the idea of stretched resources. In a massive event where large parts of the country are affected there just won't be many bodies around to oversee parts of the nation. If an oppressive group does take over your community or your home I prefer the method of taking that territory back.

Your home is your castle and there is nothing you will fight for more. When you decide to take your home back from any force you must take some very important steps in doing so.

1. Leave with weapons
2. Give them time to get comfortable
3. Terrorize them
4. Give them no rest
5. Make what was once comfortable a burden

You will become a guerilla. You will haunt them in their sleep and tax them while they are awake. Your family and other community members will sleep in shifts so that quiet and fear inciting attacks will break down your enemy slowly.

Once you create an environment that is no longer worth the trouble you will see an exodus. They will look to other areas for shelter and will probably leave your town after just a few nights of being roused from their sleep or attacked in broad daylight.

Taking your home back is a risky proposition and it could cost lives but so is attempting to survive a winter in the wild with a tarp shelter.



Shelter is life. There is no getting around it. If you are in a climate that is less than ideal shelter will be critical to your survival. Think long term and put the time and planning into whichever method you choose.



Chapter 4 - Fishing for Fast Food

After the devastating effects of an EMP easy access to food will simmer out quickly. With the loss of refrigeration, you will no longer be able to keep loads of cold food in your own home. Restaurants will also be unable to keep for at the proper temperatures in order to keep it safe. There will also be no incoming resources thanks to the fleet of tractor trailers being rendered ineffective due to the EMP.

Suddenly food will become your responsibility. When we talk about becoming self-sufficient after an EMP it's so important that we grow and store our own food. We will cover preservation later in the book but as you setup a garden or expand one and while you spend days learning to forage for food or even up in a tree hunting you will need a quick option for food.

One of the most overlooked ways of getting food in a survival situation is fishing. There are also so many methods to fishing and having remarkable success. You are not limited to simply slinging baits from rod and reel. Though this method can be very effective as well.





In this chapter, we are going to talk about some very simple and effective methods for fishing from the bank of any type of water. We are going to cover these three methods in detail.

1. Traditional
2. 2 Liter Bottle Fishing
3. Fish Trap

Though you can fashion line and hooks from many different things like dental floss, thread and hooks from bone, thorns, soda can tabs and even glass to be prepared for an EMP and taking advantage of fishing store about 10 wheels of monofilament. I prefer 4lb test for most fishing applications. Unless you are taking much larger fish like carp or fish from the ocean. 10 rolls of monofilament will last you a lifetime.

Also, get your hands on about 10 packs of size 14 hooks. These are small enough to hook little fish, which you will catch more of, but big enough to catch a big fish as well. If you invest in these two items today your fishing needs will be met for a very long time. This will allow you time to play with manufacturing your own lines and hooks at your leisure. If you find that necessary.

Traditional Fishing Methods

There is nothing like getting out on the water with the traditional rod and reel. It's an extremely efficient method for fishing and you will be able to reach more water with traditional casting than with any other method on our list. If you understand how reels and rods work and how to repair them this could be a great method for you to use.

This method is one of the great American pastimes and thus is designed to require the attention of the angler in some degree. We have other methods that are a little more *set and forget* when it comes to how much attention you must pay to your rig.

Longer casts also equal more line lost. If you snag on the bottom with traditional fishing gear it will cost you both your hook and the full length of line



that your cast has taken. This is a costly mistake when you are managing precious resources.

As you can see there are some pros and cons to traditional fishing methods. In a survival situation and if I were on a path to self-sufficiency I would not spend much of my time using traditional fishing methods. There is a lot to lose and there are methods you can use to be more successful.

2 Liter Bottle Fishing

This is another method of catching fish in a survival situation. It is most often done using 2-liter bottles but depending on the fish you are after you could even use regular 12 oz. soda bottles. The bottles must be fully intact and have a lid or you must be able to use duct tape or something to make them airtight.

To these airtight bottles you will tie some line and hook to the lip below the screw top. Add your bait which could range from worms to food scraps. You will also tie a second line to these bottles that will be left on shore. I prefer to anchor these to the shoreline by tying them to a stick or to a large rock.

You are effectively creating a large bobber with a line and baited hook attached to it. The second line that is left onshore will be how you retrieve your rig later in the day. The best part about this setup is you will see the bottles bouncing up and down when you have a fish on the hook.

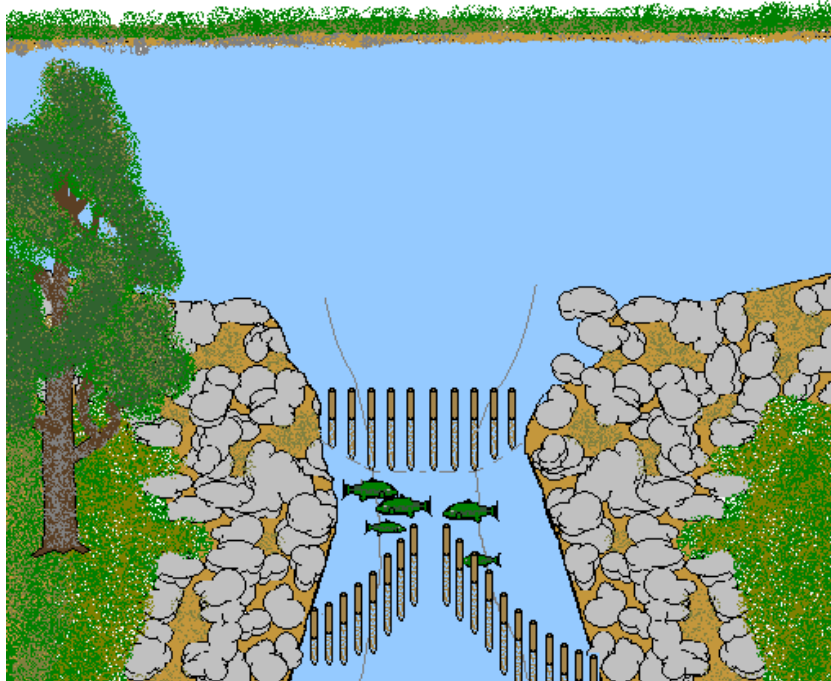
Another great benefit to this rig is having the ability to toss several of these bottles into the water and hook them to the shore to be left. You can leave these bottles afloat in a pond or slow-moving creek all day while you are out foraging or hunting for game. When you put multiple methods to work on food procurement you are taking advantage of self-sufficiency.

Fish Trap

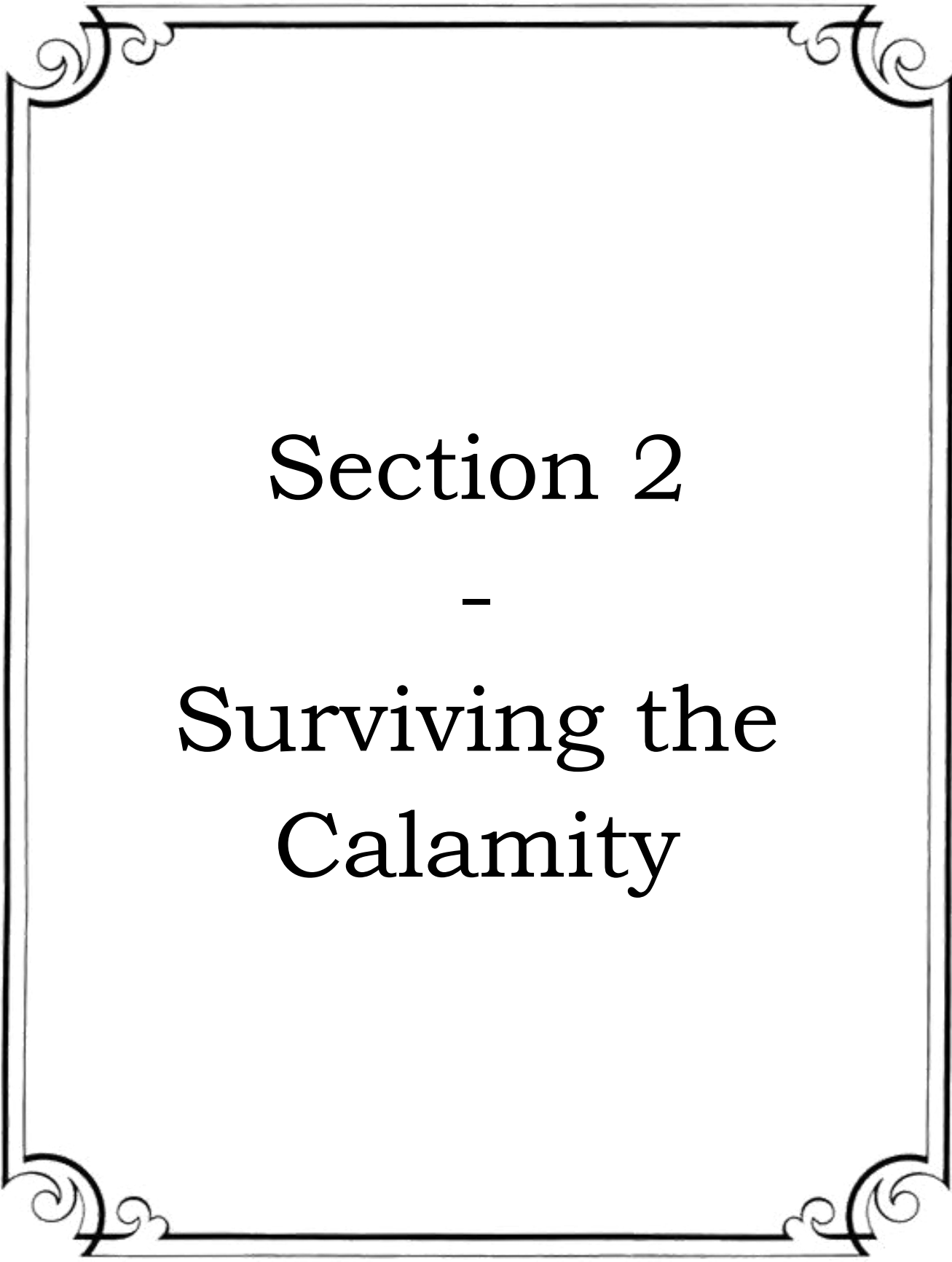
An ancient stone fish trap was found in Alaska dating as far back as 500 years. This is a viable method for catching fish that has been in use by humans all over the world. Some hunter gatherer groups still use them today. There are many ways to create these traps but we are going to focus on the method that utilizes sticks in shallow water.



I like this method because it is easily executed and like the soda bottle method it can be left to work on its own. This trap can be very effective overnight as well. This is especially true if you are in a body of water that supports catfish.



By creating the trap above, you will be able to bring fish into your trap and they will not be able to find their way out. This trap takes very little effort once its built. You will need a spear or some method of getting the fish out of the trap but beyond that you will have access to whatever fish happen into the trap and cannot find their way out.

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Section 2

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Surviving the Calamity



Chapter 5 - The Don'ts of Surviving a Grid Down Collapse

Even the most prepared individual can find themselves in a dangerous and even life-threatening spot if they are not careful. In the weeks following the EMP people will be coming to grips with the idea that life just got exponentially harder. They will be angry and they will be scared. When people are in this state they are looking for someone to take their frustrations out on. Who better than the prepper down the street whose home smells like fresh made food each night.

Don't Appear Prepared

Just because you are living better than 90% of the population you should not let them know it. Spend lots of time watching the overall condition of those in your immediate area. How are they faring. Are they tired, dirty and sluggish from hunger. If you appear fresh and spry you are eventually going to raise some eyebrows.

Blend in with those around you and assure that they feel comfortable with your condition versus their own. Everyone will want to suffer together. A person living high on the hog is a target. Keep your preps to yourself and do your best not to become a target.

Don't Use Electronics at Night

If this book on self-sufficiency after an EMP is not your first foray into the world of the EMP you may have items stored in a faraday cage already. These electronics will be kept safe by the grounding metal that surrounds them. Once you realize what has happened you may go for these devices to help deal with your situation.

In this new lightless world, the light of your electronics will stick out like a beacon. In the darkness, the light will be seen through your windows and the glow will carry a great distance. People will wonder what could possibly be making that glow when all electronics are off line. Then they will want to know more. In a desperate population, these questions will quickly go from inquiries to threats and altercations.



If you are smart enough to store some electronics make sure that you only use them during the day and keep them away from windows or areas where people could see you on them. These electronics could hold incredible amounts of information on survival and should not be overlooked.

Don't Forget About Kids

If the threat of violence and desperation is not too high in your neighborhood the chances are children will play. They will want to spend much of their new, boring, lifestyle with other children. There will be no video games, cellphones, t.v. or even school to take up their attention. The effects of an EMP might be the best thing to happen to kids in a while!

That said, kids will get amongst kids and talk. They will talk about how things are going in their home. They will talk about how Daddy is always in a bad mood. They will talk about being hungry. Your child may talk about how every night we eat dry food from bags and drink fresh water. Your child might also talk about how you much food and water you have stored at your home for this disaster.

A hungry child or even an interested child will keep this information. They may tell their parents, who are less fortunate, about what your child said. This could create a whole host of problems for you and your family. If hungry people find out you have lots of food they will want some.

To avoid this, you must manage your child. You know your kid better than anyone. Be sure they understand the importance of keeping your little secrets. Depending on their age you may have to approach the situation differently. Either way, communicated with them.

The very basis of surviving an EMP is managing your OPSEC or operational security. You have prepared for this when others have not. Don't let that information out too easily. It will be hard and you will struggle to watch those around you in tough times but this is survival and until things begin to get better you must keep your family safe first.



Chapter 6 - Security Hacks After an EMP

When the power grid is fried you will lose most of your security measures in your home. Your alarm system will be offline as will the services that it would contact in the event of a break in. If you utilize cameras for security measures they will also be inoperable. How you present your home will be everything in this situation.

The good news is you will not be gone from your home very often, if at all. This means that you will not have to concern yourself with an empty home. Still, you will want to bolster security as there will be desperate people doing desperate things. Whether they know you are storing resources or not they may want to come in and look.

Lock Improvements

Many average thieves know how to bump an average lock. They can use a special key to get into your home by this technique called bumping. Upgraded locks and the addition of deadbolts will make this much harder for those looking to get in and cause havoc.

Outfit all your doors with the upgraded locks and be sure they are secure always. Even during the day when someone could just wander into a quiet home. There will be no doctors and a fight is the last thing you want to get involved with.

Sliding Glass Doors

If your home features these sliding glass doors you will want to make some decisions on those. The lock mechanisms on these are pitiful not to mentioned they are on large rock away from being shattered providing free entrance into your home.

One option with glass doors is to seal them off from the outside. You can use scrap wood or metal that will cover them up from the outside and you will no longer have to concern yourself with them.



Following an EMP glass doors will be too much of a liability. They are just too easy to get into.

Garage Door

Consider your garage door. How easy would it be to get into your home if your garage door was compromised? Also, what do you store in your garage? You may have valuable preps stored in the garage as well.

Following an EMP your car is going to be useless. This means that having an operating garage door is most likely pointless. This door may prove to be a liability. You may find that the door provides easy access to your home and puts your family in danger.

You will want to reinforce your garage door. There are many ways that you can do this from simple locks that can be installed. You could also use some lumber to run across the threshold. If you anchor the lumber in place with some nails or screws. You could also tie heavy weights to the door that will not allow it to roll.

Don't completely take the door out of commission as you never know when it might benefit you in the future.

Even in today's world security should be a consideration in your own home. You will find that people are desperate even in today's world. After an EMP the level of desperation will go up exponentially.



Chapter 7 - What You Will Miss Most

When the lights go out for good you will be forced into a self-reliant lifestyle. In an instant, many of the things that make your life what it is will go away. There will be no weaning period for these things they will simply cease to exist. In this transition, you will face a serious longing for the way things used to be

Some things you will miss more than others. While not having a mailbox full of bills might feel pretty good but never receiving another package from Amazon might not. In fact, the idea that there is no Amazon period might scare you to death.

Let's have a look at some of the things you will miss most following an EMP strike. Sometimes being prepared is about understanding what you will lose. The mental preparation can be invaluable.

Convenience

We live an incredibly easy life of convenience. Even those who are bad off in our society are still living at a level of convenience that is unparalleled in history. Our access to processed resources is nearly unlimited for the average person. After an EMP you will no longer have access to the things you want, instantaneously. In fact, you will have to make or trade for the things you want and need.

Light

Walking into a room and hitting a switch goes away as well. The power of light bathing those dark corners and hidden areas only becomes possible by candle light. Of course, you can only have candles if you learn how to make them or barter for them.

Candles can be made relatively easily if you have access to wax of some sort. This could be something you get from your bees. We will discuss bees later in this book.



Security

I do not only mean the idea of electronic security systems but I am talking about the feeling of security. In this new world that follows and EMP people will be very different. There will be those who adapt and become self-sufficient and there will be those who want to take from others.

Though your property may be well protected and far from many threats you will never achieve the security of a civil society. The early days of the EMP will be much worse. Still, you will never lay your head on the pillow and feel the way you did before the EMP

World Wide Connection

At a time when you want to know the condition of things all over the world your power to do so will be taken away. Your phones will be inoperable as will your WIFI and internet connection. Being able to learn about the events in Mosul over a coffee in the morning will disappear overnight.

There will be no answers to the issues in your area let alone those on a national level. You will have to attempt to discern between what's real and what's gossip. The constant reminder that you once could see all and now you are limited to only that which stands before you.

Temperature Modification

What's better than coming in from the snow into a nice warm home? A nice warm home that is heated by natural gas and not the strain and stress of seasoned wood will become a thing of the past. Heating your home will be possible but it will take some time and effort that you aren't used to investing. You may also need to buy a wood stove as well.

Cooling a home in the heat of summer becomes much more difficult without Freon and air conditioning. You will not be able to cool the home even remotely close to what was capable with the good old AC. You will miss this most on those 88-degree nights when sleep becomes a sweaty hassle.



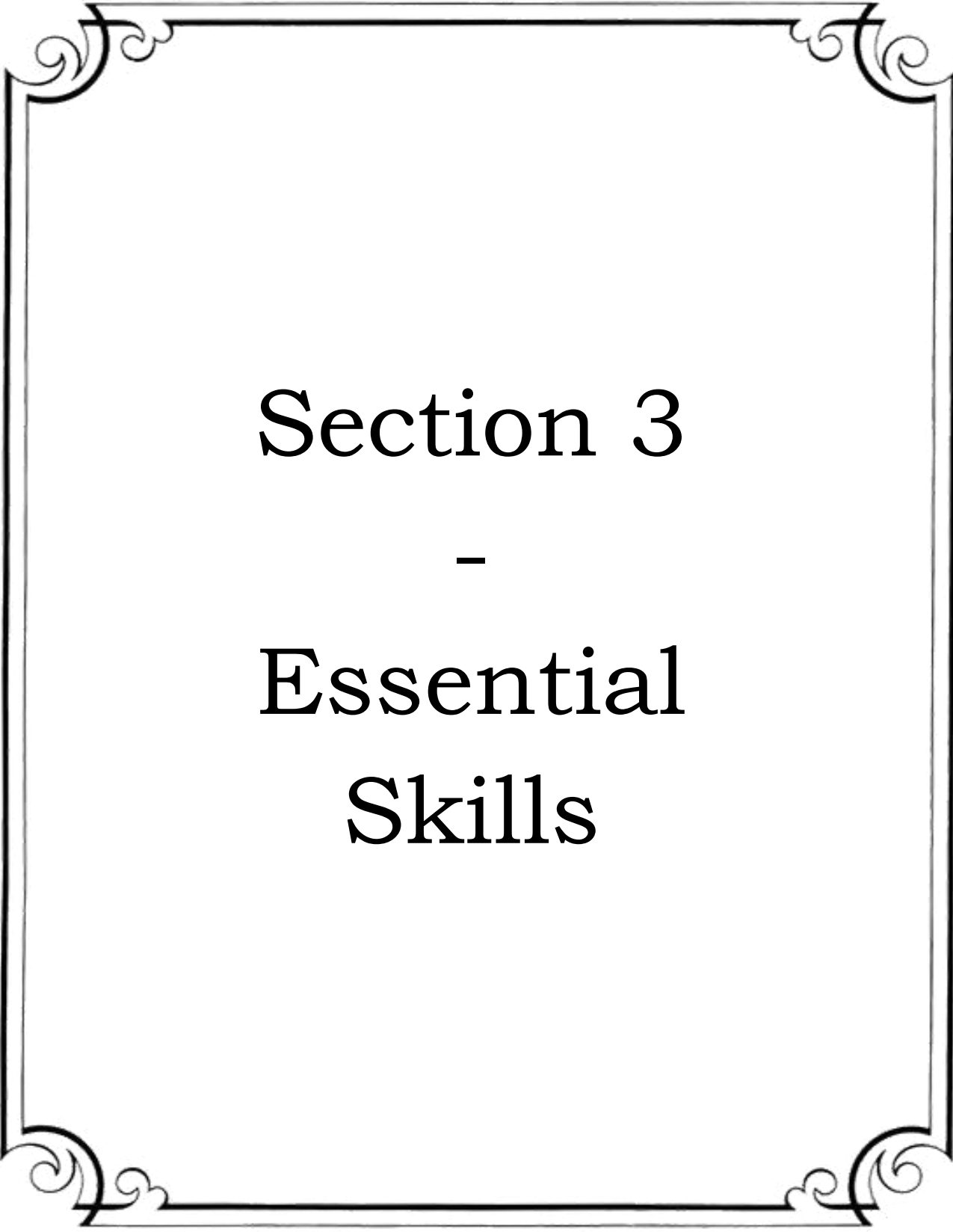
New Stuff

Becoming self-sufficient after an EMP will depend on you. One part of that change is the idea that the only new things you get will be made by you or bartered for with others. These items will take some time to be produced. The days of mass production and breakneck shipping will be gone.

This throwaway society that we live in will go away quickly and we will be left to make our own

Items or find people who can make them for us. Our options will be very limited and that means simple colors and designs that can be created quickly by hand.

Everything changes when the lights go out after an EMP. Still, I implore you to take advantage of the technological cool off and look for the up side of it all. You will be eating better than you ever have if you are growing your own food. You will also be severed from the damaging effects of screens and technology.

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Section 3

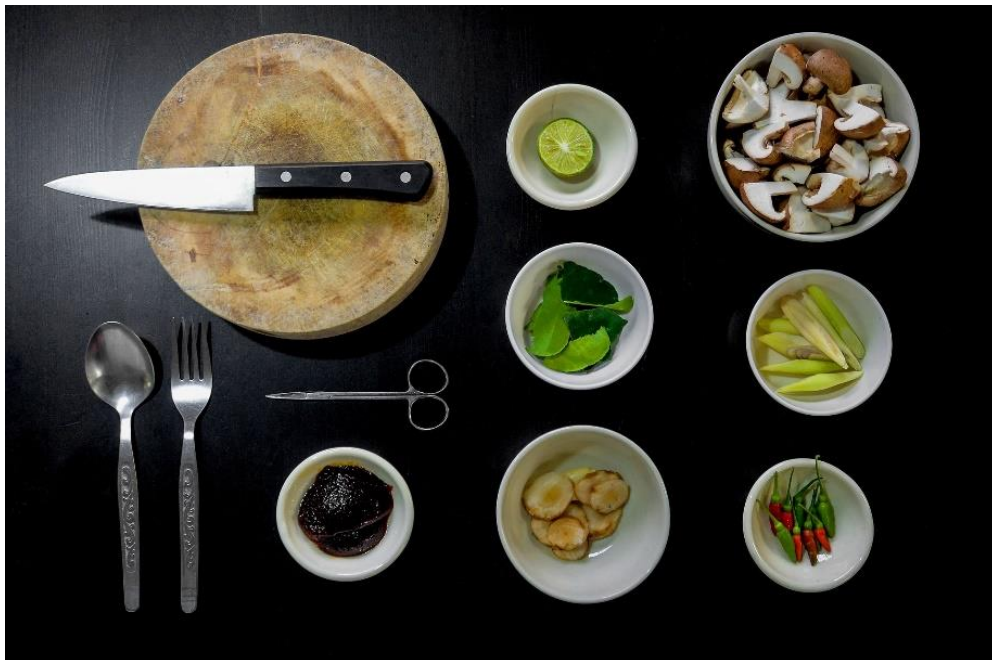
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Essential Skills



Chapter 8 - Cooking from Scratch

Of the many overlooked skills in this day and age there is no doubt that from scratch cooking tops the list. Things like woodworking and metallurgy along with being able to garden and things like that are all important but we eat three times a day. We have seen the consequences when we hand that duty over to others like fast food corporations.



Like any skill cooking from scratch takes practice to master. This is a skill that you can start practicing today. I can give you a set of cooking methods to practice that will allow you to become more adept at cooking

Dry Cooking Methods

1. Grilling
2. Broiling
3. Roasting
4. Sautéing
5. Deep Frying
6. Pan Frying



Wet Cooking Methods

1. Boiling
2. Stewing
3. Poaching
4. Braising
5. Steaming

There is such freedom in being able to sustain yourself off home cooked meals that are delicious. There is no better and more clean method for eating than knowing exactly what has gone into your food.

Processing several types of food is very important to learn as well. Breaking down meats and trimming vegetables are all part of the process of learning to cook from scratch. One of the best pieces of advice is to cut things in similar sizes so they will cook evenly.

One of the most important things to master is creating doughs. Below I have offered up my favorite base dough recipe that you can use for many things. This is a leavened dough that rises thanks to the inclusion of yeast.

Basic Dough Recipe

6 cups of flour
1 cup of lukewarm water
1 packet of dry yeast
TBSP of salt
Tsp of sugar
A few glugs of olive oil

1. In a large bowl add your flour and create a nice deep well in the center. Add the water to this well along with the sugar and yeast packet. Mix the yeast, water and sugar together without pulling in any flour.
2. Allow this mix a few minutes to begin to bubble. This will activate the yeast and allow it to release its dough raising power.
3. Next add your salt and a few glugs of olive oil to the well mix. The added fat will make a much better dough.



4. At this point you want to start incorporating flour into the well gradually. We are not going to use all the flour and if you mix it all together you will have a dough that is too stiff. So slowly start adding the flour from the walls of the well into the mix.
5. Slowly add the flour until your well mix gets thickened and then begins to get doughy. I use a fork to do this as it helps me be more precise.
6. Once you have developed a sticky ball of dough drop it out onto a floured counter. Use the remaining flour to cover your hands and work into the dough. I like to cover with top of the dough with flour and then begin folding it on itself while pushing into the center.
7. Knead your dough for 8 minutes and then allow it to rest. Cover it with the same bowl you mixed it in. I rest the dough for at least 10 minutes. Longer if it's colder in the home.
8. At this point you can beat the air out of your dough and form it into anything you like. I use this dough to make things like.
 - Pizza
 - Bread
 - Focaccia
 - Sweets

This is just one example of what's possible when you learn the skills of a from scratch cook. Start cooking and exploring today.



Chapter 9 - Gardening

Gardening has exploded in this nation. People are growing their own food more than ever. This has to do with an understanding of the power in vegetable nutrition as well as the threat of pesticides. We have had a food revolution in this nation over the last 15 years. Local produce has ruled the day and the old model of shipping produce all over the world is suffering.



Still, the backyard garden is little more than a subsidy for the average grower. Many of us are not using our full capacity for backyard gardening while we are also just growing for the fun of it. As we make the change from modern humans to self-sufficient EMP survivor the backyard garden will take on a much larger role

Planning

The most important part of starting a new garden is first creating a plan. You must lay your garden out on paper long before you break ground. The biggest concern about where your garden has nothing to do with aesthetics. Against the fence and out of the way may be practical and look nice but if the food is not getting at least 6 hours of sun you are doing yourself a disservice.

The planning of your self-sufficient post EMP garden should look at your entire yard as a garden. Utilize your shady areas to grow things like lettuces that do not require as much sun. Once you have decided which areas are getting the



most sun now you can break up your yard into sections and start assigning plants

Take advantage of companion planting. In other words, plant vegetables together that have a symbiotic relationship that will help them grow and keep away pests. Companion planting is a lost method of growing that was used long before synthetic fertilizers and pesticides. Here is a look at some of the most popular companion plants:

1. Tomatoes & Cucumbers
2. Potatoes & Cabbage
3. Carrots & Sage
4. Onions & Beets
5. Lettuce & Strawberries
6. Asparagus & Parsley (These are perennials as well)

Once you have decided where each plant in your garden will be placed you then must decide how you are going to grow. You have a few options in this as well. I like to think there are three very common ways to grow food. I use these methods and I think there are benefits to each.

- Growing in the Ground
- Raised Bed Gardening
- Growing in Pots

As I said I use all the methods listed above but I have never had success the way I have it in raised beds. I am also very partial to growing in pots. Growing food in pots allows you to control the sun exposure as well.

So, it all starts with planning. Spend your time wisely on where and what you plant. Once you start breaking ground and investing time and resources there are things you cannot change. Remember, Lowes will not be open so the seeds of your first crop will be very important. They may produce the seeds for the rest of your life.



Water

The next vital piece of your garden's success is water. How will you water your new garden without the water flowing in the pipes around you? After an EMP you will not have safe water if any water coming out of the hose.

The best bet will be digging a well just like we mentioned in the earlier chapter on water. A well can provide water for your garden at all times and the amount is more than enough to water all your plants.

You will want to include as much water collection into your gardening plan as possible. When you are planning water collection you will need a gallon per person per day minimum and depending on your garden size you will need water for that as well.

An unfiltered local creek can also provide expansive water for your garden. As a young man, my father would bring home buckets of water from the creek we fished along with the fish inside the buckets. We would clean and eat the fish and the scraps and water went into the garden.

Fertilizer

Though you may have a way to water you garden you also want to feed it. Sure, the sun will provide photosynthesis and create food for your plants but I like to over feed my plants with natural fertilizers. You can do this in many ways.

The Native Americans got it right with the introduction of fish into the soil. This will be one of your most abundant resources and easiest to get your hands on. This method of adding the gutted fish to the garden and allowing them to break down and feed your plants is a perfect method.

There are others but none as easy as the fish. Still, you can do other things. You could stock up on natural fertilizers today but this won't make you self-sufficient. This will make you dependent and desperate once these fertilizers run out.

If you are going to go the natural and self-sufficient way you should consider compost. In the next chapter, we will discuss how to create your own compost pile, how to feed it and how to add it to your garden.



Chapter 10 - Composting

There is a way to feed your garden each and every year off just what's around your home. The miracle of decomposition creates nitrogen which feeds your plants in a big way. This is no new process and it was even put to use by some of America's founding fathers. George Washington was a proponent of composting as well.

Below there is a very interesting recipe for settlers' compost.

On the North American continent, the benefits of compost were enjoyed by both native Americans and early European settlers of America. Many New England farmers made compost as a recipe of 10 parts muck to 1 part fish, periodically turning their compost heaps until the fish disintegrated (except the bones).¹

Today we have found ways to hasten the process and many of us have removed protein from our compost piles altogether. Most of us are using leaves, grass clippings and food scraps. What we are looking to achieve is a 30:1 ratio of Carbon to Nitrogen.

Your leaves and yard waste like small twigs are great sources of carbon. Meanwhile your green grass clippings are excellent sources of nitrogen.

The beauty of a compost pile is that it can merely be a pile. It doesn't need to be anything fancy. Some people have tumblers that they fill with compost to be turned. Other people have boxes. If you are new to composting get some used pallets for free and use them to create a two to three bin set where you can throw your compost piles.

There are many things that you can do to hasten the process of your compost breakdown.

Turning

Aeration is huge when it comes to composting. The more you turn your pile the more oxygen you are giving the microorganisms in that pile. They are going to eat that stuff up and work harder to break your pile down.

¹ <https://web.extension.illinois.edu/homecompost/history.cfm>



Adding

Many composters swear by a mix of beer and ammonia that kickstarts the breakdown process. It also invites worms up from the ground to feast on the easy sugars in the beer. They, in turn, aid in the breaking down process. This mix is placed in a hose spray bottle and sprayed a couple times a week.

Covering

Using a simple tarp to cover your compost pile will keep it from drying out. The moisture will feed your little microbiology farm inside your compost pile. The sun's harmful UV rays can damage your decomposition troops as well. So, keep them protected with a tarp.

In your garden, you are growing food but in your compost pile you are growing an army of microbiology that work fast to eat up what you put into your pile. Take care of your worms and your micros and they will feed the food that feeds you.



Chapter 11 - Building Without Power

The struggle with self-sufficient building without power is the processing of raw ingredients. In other words, it's less about the hammering and nailing and more about turning an oak tree into 2X4s. Remember those powerful saws and machines that handle this work will be offline thanks to the debilitating EMP strike.

Milling lumber and cutting steel will require a great deal of energy and maybe even some animal power to achieve the results you are looking for. A good collection of non-powered hand tools is a great starting point for this.



All success in building comes down to having the right tools for the job. Of the many failures, I have had in building and home improvement they can almost always be linked back to my unwillingness to invest in the right tool. In most cases you will try to sub a tool for what you really need and this will tack hours onto a job. While the big box hardware stores are open make sure you have the things you need.

Another time and inspiration thief in the world of off grid building is the tool maintenance. If you are struggling with a dull axe or a dull saw you may begin to wonder if building without power is even possible. Sharp edges and properly functioning tools are crucial to building without power.



Aside from having tools and sharpeners you will also want to keep some oils around for your tools as well. Linseed oil will protect those wooden handles that you have and Camelia oil will protect your metal blades. Buy these oils today and remember that you won't be able to jump on your computer to buy new tools.

We have covered over 10 skills for self-sufficiency thus far and I think it's important that you get your building knowledge from books written by expert builders. When preparing for an EMP books are so crucial. It doesn't matter how powerful the EMP is you will still be able to open the dusty jacket of a book and learn how to build what you need.



Chapter 12 - Repairs

A repair is only as hard as it is foreign. The worst part about that statement is we are repairing less and less all the time. We have slowly swum into a society that throws everything away and buys new. This means that repairs are growing more and more foreign.

To be able to repair something you must first understand how it works. How wild is it that we spend our lives surrounded by systems but we have no idea how they work? This is true about so many of the things we depend on.

There are two big ways you can develop self-sufficiency when it comes to repairs. They are both going to require a little bit of planning and preparation today. You can make a lot of things happen if you understand what you are trying to do.

A repair is merely a matter of knowledge, resources and ability.

Knowledge

The first way that you can go about handling repairs in a self-sufficient manner is by building your base of knowledge. Start collecting books about basic home repairs. While you can, begin watching videos on how to take care of your home and other basic functionalities of your lifestyle.

Remember, you don't have to worry about taking care of electronics. They will all be offline thanks to the EMP but things like basic plumbing for your own water catchment and taking care of your structures will be huge.

Network

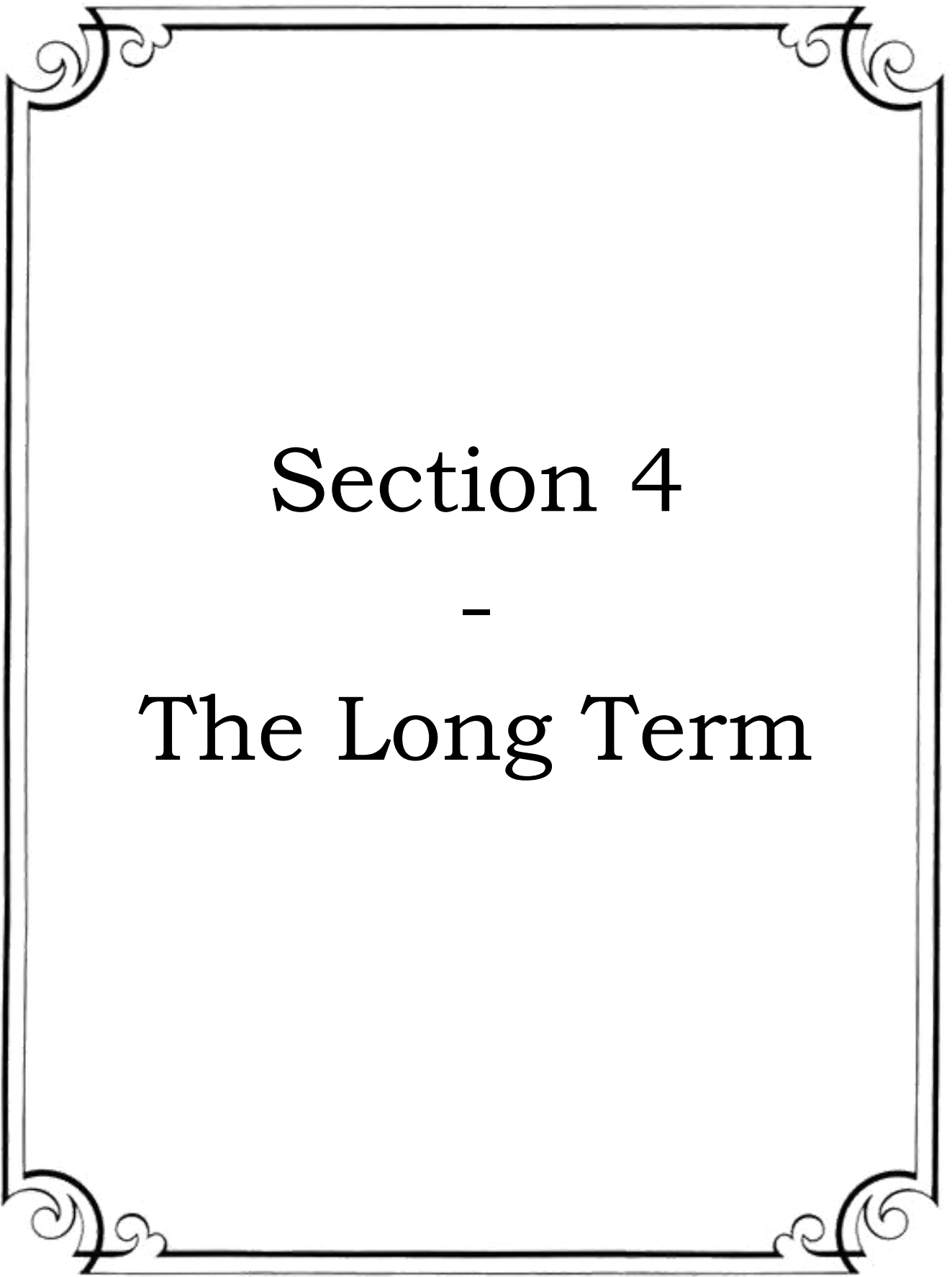
Repairs can also be handled by a network of people who already have the knowledge. The network is a very powerful weapon in thwarting many issues that are attributed to a self-sufficient lifestyle. If you look at communities in remote areas you will find that there is always some level of bartering and trading of skills.



Find people in your community that can help you out. Don't forget that you would like to bring them a skill or a resource as well. Do not just run around asking for help but also mention what you can offer as well. You have a skill set of some sort. Just think about it.

Just because the EMP has shut down the world as we know it doesn't mean it has shut down the world. There will be hurricanes, tornadoes and other types of damaging storms and natural events. You will have to be able to recover from them.

Your water systems will fail and other important parts of your self-sufficient systems will as well. Being able to either access your knowledge or your network for answers will be a crucial part of that recovery.

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Section 4

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The Long Term



Chapter 13 - Homesteading

Modern day self-sufficiency has manifested itself in a balanced approach that is referred to as homesteading. This is an old practice that was responsible for the expansion of the United States. Through many acts instituted all throughout the 19th and 20th century, dubbed the homestead acts, land was given to brave homesteaders at no cost.

Most of this land was given West of the Mississippi. Though it may sound like a very appealing situation to merely go find your land, draw it up and it will be yours. Just remember, there was no Walmart in the 19th Century. If you moved into these public lands and planted your flag it would be completely up to you to survive.



The Homestead Act gave citizens around 160 acres of land at no cost as long as they committed to stay and farm for 5 years. These brave families who battled the elements, Natives and various other threats were responsible for expanding this nation westward and creating the breadbasket of the world.

The practice is based on being able to produce your own meat, produce and in some cases textiles from your, oftentimes small, property. Today's version of homesteading is both a statement of self-sufficiency as well as a rebuttal to the modern, over technological and extra convenient society.

This method has even penetrated suburbia and some cities on a smaller level. While there aren't 160 acres to be farmed urban homesteaders are taking



advantage of every avenue they can. Responsible owners are keeping chickens, rabbits, trading lawns for vegetable gardens and some are even milking goats in those localities that allow it.

Off Grid Homesteading

To truly become self-sufficient after an EMP you must focus your efforts on off grid homesteading. This is the practice of achieving the above mentioned while being untethered by the power company or the water company and other services we believe we must depend on for survival.



Alternative power sources are an important part of the urban homestead but following an EMP you will not have the accoutrement to create that power nor will you have any electronics to power. So, you will have to learn how to live without power altogether.

Off grid homesteading is the whole picture. It's the true undertaking of man and woman who wish to carry the burden of survival squarely on their back. Of course, this burden, like with most, comes with freedom. Our world has made the shackles of a modern lifestyle very comfortable and convenient.

Following an EMP strike off grid homesteading will no longer become a fanciful idea or a chance to take a stand. It will become your only option. With that being the truth, you must begin learning all you can about homesteading, today! This means digging into videos, articles and buying some terrific books that will be there when the lights go out.



Chapter 14 - Amish Preservation Methods

In the United States, there are few societies of people who are as self-sufficient as the Amish. Though they live a lifestyle that very few envy, this day and age, they have mastered their way of life. There is much that we can learn from these people who have basically been off grid homesteading since they were able.

The first settlements were around Lancaster County, Pennsylvania as far back as the early 1700's. They have been perfecting their craft for almost 300 years and bring a wealth of knowledge on how to make the most of the land around you.

One of the cornerstones of the homestead is a vast array of preserved foods. These foods are preserved both to take advantage of a large harvest that would otherwise expire before being able to be eaten as well as saving food for the harsh winter to come. Your actions on the homestead or in a self-sufficient, post EMP scenario will be very similar.

Sorghum

This tall flowering grass has been used by the Amish for a long, long time to create one of the ultimate survival foods known as sweet sorghum. This product is like a molasses and is derived from the mature grass. You will derive the juice from the whole shoots once the plumage of seeds begins to appear.

This grass is extremely hardy and will survive when many crops will not. That is what makes this such a great crop to grow and preserve. The sweet sorghum can be used in all the ways a dark, sticky molasses can but it has a better nutritional profile.

The basic ration is 8:1 i.e. for every 8 gallons of sorghum juice you will yield one gallon boiled down.

Canned Foods

Canning food has gained some traction in popularity and the Amish have it down to a science. The process of canning is not very difficult. You may struggle with processing all the product you are planning to can. This can be time consuming but once you have those jars sanitized and filled you are basically following a recipe.



Get your hands on one of these solid books on Amish canning. Remember, after an EMP your electronic information will be gone and you will be left to the paper knowledge you possess.



Meat Preservation

Meat can be canned and this is a terrific way to store it long term. You can also salt and cure meats as well. Some versions will lend themselves to longer storage than others. Something like bacon will be cured and cold smoked. While it will last longer than an uncured pork belly eventually it will grow mold and collect harmful bacteria. This is due to moisture content.



Something like a ham or, even better, a country ham will store for months at a time due to the curing and the air drying. With less moisture content on the inside of the ham the bacteria will struggle to grow in the briny and dry environment.



Hams may grow mold on the outside but these molds can simply be cut away before using the ham.

There are other cuts of meat that can be preserved as well. You can salt things like tongues and livers to dry them out and preserve them. The most popular cured meats in the world are those like pepperoni which is a ground up mix of meats and spices. These hold well and lend themselves long term storage if dried thoroughly.

Smoking is another great method for curing and preserving foods. The hot smoke can be used to dehydrate foods that may have been salted prior to smoking. The smoke will dry the meat and impart great flavor to the food as well.

Meat preservation is crucial in a world without refrigerators. If you do get your hands on some quality meat you must have a way or ways to make it last.

Dehydrated Foods

Using the sun and using the air you can dehydrate most foods as long as they are processed with dehydration in mind. This often means cutting them in thin and easy to dry slices. The thinner something is the quicker the sun and air can dry out the remaining moisture. Just like with meat preservation the more moisture we eliminate the less inviting environment for bacteria and spoilage.

There are some great products on the market for dehydration and they are often layers of grated plastic that stack upon one another and are fed air from a fan below. This fan wicks the moisture away from the thin cut produce.

There are also expensive freeze driers on the market that can be used in your own home. They are thousands of dollars but will produce a product that is of the highest quality and when stored in an airtight vessel with an oxygen absorber can last up to 20 years!

Food preservation is a crucial part of becoming self-sufficient after an EMP. These practices will stretch your food sources. They will also be your only option considering your refrigerator and freezer will be useless after an EMP has fried the electronics.



Chapter 15 - Managing Livestock

About the least effective method of attaining a self-sufficient source of meat protein is by hunting. If you plan on eating meat on a regular basis don't count on hunting. It's just very hard and when you have swaths of other people hunting as well it will only get harder.

Depending on where you live when the EMP strikes you may be limited in what types of livestock you can keep on your property. If you are in the city limits you may not be able to keep any livestock at all.

You can change the rules on livestock in your locality. It will take time and you will have to come before city council but it can be changed. The bigger your group and the louder your cause the better the chances. These are steps to take now so you are prepared for tomorrow.

After an EMP you will be left with a strange and almost opposite dilemma. If you couldn't keep livestock in your locality you probably had access to the livestock but were restricted in your ability to keep them. After an EMP the last concern of the governing bodies will be whether or not you have some chickens clucking around. Of course, you will struggle to find people who have livestock to offer if you are in a more rural area.

Meat

Your best source of self-sufficient meat is going to be raising livestock on your property. Of course, property size and quality is going to dictate how much and what type of livestock you can raise. The two best sources of meat for smaller properties are going to be chickens and rabbits.

Both animals will require minimal room with maximum access to eat. If you are smart you will maintain a large laying contingent and as those hens stop laying they can be eaten. Eating older meat is never going to be as good as tender young animals but it will keep your eggs laying and your meat source available.

Rabbits are incredibly prolific they will produce and produce and produce. This makes them such an ideal animal for meat production. Their droppings are also great for the garden. No need to compost them like a chicken's



Eggs

If you think that chickens are your only option for eggs, you are wrong. There are other options. If you haven't had a duck egg you are really missing out. Ducks require water. They will want some nice water to play in and that could be an issue or not depending on your situation with water.

The best layers are going to be chickens and they bring a lot of benefits to your self-sufficient homestead. Along with bringing daily eggs into your cupboard they will also provide you with manure for your garden. They are also great allies in pest control. They will eat ticks and other small biting pests until there are nothing left.

Milk

Without a pasture, you may think that you cannot have fresh milk. Now, fresh milk may not be that appealing to many but you must remember all the things that originate from milk. Without milk, you will not be able have:

- Cheese
- Butter
- Yogurt
- Cream
- Buttermilk
- Cottage Cheese

The good news is you do not need a giant pasture to still get milk. Are you aware that goats will produce milk for you every day? Goats will require less land and grass. You could find that the goat is just the thing for you.

After the radical effects of EMP you are going to be looking for answers when it comes to meat, eggs and milk. Even if you don't eat these items they will still hold tremendous value in a new world. Becoming self-sufficient after an EMP may take some backyard livestock.



Chapter 16 - Raising Bees

There was a time when bees were the least of our worries. In fact, bees were more of a nuisance than anything else. I could have never imagined a time when we would see the population of bees dwindling. The push towards self-reliance and independence has the potential to bring the bees back from the brink.

If you are struggling with the importance of having those mean, stinging bees around, well, you must consider your garden. Bees are the most important pollinators in our world. Yes, butterflies do some of the work as well but bees are the best.



Having bees on your post EMP homestead will offer up their great pollinating powers to your self-sufficient garden. They will also offer up that incredible golden honey. If you think that honey is just for putting on oatmeal you are missing out on the uses of locally reared honey.

- Treat Allergies
- Condition Hair
- Heal Cuts
- Soothe Sore Throats
- Substitute Sugar



Keeping bees will require some research. There are three very important things that you will need if you are going to plan to keep bees on your property. They can be very dangerous if you do not manage them properly.

Water

Bees need water and they will need access primarily in the spring. You must have a body of water or water source nearby so that they can get the water they need. You want to keep your bees local as they will do you no good if they abandon your hive and create another in a more favorable location.

Fence

Having a clear barrier between your bees and your family is crucial. If you have children, pets or people who are allergic to bees than this is even more important. The segregation of these bees will also allow them to have their own space where they feel safe. This will help with the quality of the hive and production of honey.

Smoke

Smoke is the number one way to get the bees under control. If you plan to manage a hive you will need to learn how to employ smoke. This will be helpful when you are collecting honey. It will also be important for necessary maintenance as well. You will also want to have a way to control the bees if they ever swarm.



Honey, wax and pollination are three things you want to have in a self-sufficient homestead after an EMP. Honey will serve you well in the pantry as



well as in a barter. The pollination will guarantee harvests deep into the future. With the wax you can make candles and use it for personal care as well. These are three invaluable rewards of beekeeping.

Yes, they sting. Yes, they swarm but bees are anything but a nuisance. Our society has had to find that out the hard way as these super pollinators continue to dwindle in numbers. You can become part of the group that brings them back from the brink.

Some states are even paying people to keep bees in their urban homesteads!



Chapter 17 – Permaculture

Permaculture is not backyard gardening. Now, you can modify your backyard garden using permaculture principles. Permaculture is a harmonious system of growing that involves 6 very specific types of plants to work hand in hand with one another. The best systems employ as many perennial plants as possible to make a sustainable system.

There is also a great emphasis on the protection of soil. Permaculture puts a lot of weight on helping soil along by protecting it from UV rays and flooding. These systems are almost always planted directly into the ground and do not benefit from the perfect soils of a raised bed.



Your permaculture system will require quite a bit of planning and will include the following types of plants.

1. Canopy (large fruit and nut trees that offer some shade and protection)
2. Dwarf Tree (these smaller trees will produce more food and help shade out weeds)
3. Shrubs (these will be your berry producers)
4. Herbaceous (whether you choose medicinal herbs or culinary they will be in this section)



5. Rhizosphere (these will be root crops like carrots, sweet potatoes or turnips)
6. Ground Cover (a helpful and usable ground cover will be used between plants)
7. Climbers (these will scale your trees and maybe even your bushes to produce food)

Most permaculture layouts will follow a pattern of concentric circles starting with the large canopy and surrounding it with items 2 - 6 leaving the climbers just for under the trees.

Water collection is another important part of permaculture. With such importance put on the soil the idea is to water your plants only with rainwater. Our tap water contains levels of chlorine amongst other things that will destroy the microbiology in your soil. Water collection will already be a part of your plan but this is yet another use for that water.

You want a system that will work for you year over year. Unlike tilling the earth each year and starting from scratch you want to plant perennials that return and require minimal time and effort on your end. This is all possible and is being done on properties and in communities all over the world.

Camouflaged Survival Garden

Another benefit of the post EMP permaculture food source is the look. When you think about the traditional garden it stands out in a regular back yard of green grass. Between the raised beds and the spaced plants, it's all very unnatural looking. In a desperate post EMP situation people are going to eat your garden when you aren't looking. Rabbits will be the least of your worries.

The beauty of a permaculture system is that it all grows together. It all runs together and becomes a beautiful mess. Sometimes it tangles and the climbers get out of control. From a distance, the average person will not know they are looking at a food source.

This process is taking companion planting to the next level. Its designed to work with and make the most of your land. Though the backyard garden is a perfect way to start growing food you will want to consider permaculture for true self sufficiency.



Conclusion

The day may come when we see the sky light up and the lights go out. It could be from war, it could be from the sun or it could be from some force deep in space that we are unaware of. When our systems fry and these precious electronics we cleave to become ineffective our ability to become self-sufficient will make all the difference.

As for your journey towards this goal I want you to look at it as a chasm. On one side is the present day you. This is the you under the glow of light bulbs, with a fridge full of food and the comfort of your climate controlled home. Across this great chasm stands the You that must be after an EMP. The more self-sufficient you become today the shorter the distance between the two becomes.

Many of us face a truly breathtaking distance between the person you are today and the person on the other side of that canyon. Starting today, begin to fill that chasm with efforts like producing more of your own food, learning basic survival skills and becoming adept in the lost ways of our civilization. You can make that chasm appear as little more than a crack in the sidewalk. Step boldly from the old you into the new you. You will feel levels of accomplishment that are hard to describe and you will be an example for humanity to pump the breaks on the technological dependency.

The true answer for how to become self-sufficient after an EMP is one step, one change and one day at a time.



References:

[Operation starfish](#)

[Composting](#)