

How To Make A 72-Hour Emergency Backpack

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Because so many Earth changes are happening right now — at what seems to be an ever-increasing rate of acceleration — we've decided that it was important to update our recommendations on preparedness, especially in light of the fact that we have many new members. This article contains a summary of previous "Intuitive Flash" articles we have done on preparedness over the years. I have attempted to highlight those portions I consider very important. If you have not reviewed your own preparedness plan now is the time to do so. Remember it was only a few years ago that television networks showed millions of people attempting to survive in New Orleans and Texas. We are now entering a time frame where Earth changes are more severe and we need to take such changes seriously by having a family emergency preparedness plan.

What first comes to mind for most people when they think of emergency preparedness is probably a plan for continuing to provide the basic necessities — food, water and shelter — for oneself and one's family, when disaster strikes. But although these things are vital, there is more to being prepared than the simple accumulation of such necessities and perhaps mapping out a basic plan for survival.

To be truly prepared for possible life-threatening events, we must develop and hone the art of awareness — the ability to use all of our five senses, as well as our extrasensory skills, so that we can clearly read the warning signs of impending danger. We all have this potential to train our perceptions to be acute and on-alert in the background of our consciousness. And this training is crucial to your individual preparedness plan... so that when the need arises, you will be warned in time by your own senses, and you will have the chance to take appropriate actions to protect your loved ones and yourself.

Communications

When the power grid goes down for an extended period, for any reason, the ability to communicate with the world outside becomes a lifeline. Without it, knowledge of the situation beyond your own home or car becomes a matter of face to face contact with outsiders, often strangers who may or may not want to lend aid. Just look at what happened in New Orleans when Hurricane Katrina flooded that city. Even the police, fire and emergency people were unable to communicate. People were literally in the dark without power or communications. Until we find ourselves without electricity, many of us don't realize how much we depend on the telephone, radio, television, newspapers, internet and postal service to help us know what to do! Perhaps the most important thing we can do to prepare for disaster situations is to give serious thought to what we will do if some or all of these services become disabled.

Cell phones may survive if the cell towers are functional and power to operate them continues. Even so, an average cell phones battery life may be only days. Recall, it was a week or more before people we rescued at the dome in New Orleans. When phones of any type fail, the only link to the world is radio or TV. Small, battery-powered AM/FM radios are the least expensive way to ensure emergency reception during a disaster. Be sure to check your batteries on a regular basis, and keep several spare sets with the radio. Ham radio is another well known system for emergency communication. I have been a ham radio operator for over 50 years (call letters K1BWC) and have participated in numerous emergency operations. When the power goes out, well equipped ham radio operators are able to maintain a life line for days, even weeks. I suggest you check out who is a ham radio operator in your area. A good place

to start is local emergency management office or police department. Optionally try the American Radio Relay League (www.arrl.org), as they may be able to network you to an active ham in your area

The Barter System

Barter is going to become very common in the future. Many are practicing it now, especially in rural farming areas, and even urban neighborhoods where income levels are low. The laws of supply and demand naturally lead to barter in times of hardship, as does severe inflation — which as I stated in the last issue, is just a few years away.

Anything that someone else wants is valuable in a trading situation. In a survival situation, things that are immediately useful become very desirable. If the situation continues for an extended period of time, things that are rare, easy to transport, or provide some small luxury or comfort will also be sought after. Some of the items that will have great barter value in the near future are: purified water, canned foods, candy, cigarettes, books, gold and silver coins, fuel oil, kerosene, propane, gasoline, dried fruit and nuts, batteries of all types, AM/FM radios or CB sets, woolen blankets, tools, guns and ammunition, generators, over-the-counter medicines and first aid supplies, matches and lighters, flashlights and oil-burning lamps, and warm or waterproof clothing.

When thinking about how to prepare for the times ahead, don't forget that services can also be bartered. Some skills that will be useful for trading during an extended period of power failure are: carpentry, medical knowledge or holistic healing, auto repair, entertainment, mechanical aptitude, knitting and weaving, equestrian skills, marksmanship, hunting or fishing ability, and knowledge about edible plants or growing techniques. If you do not already have one or more of these talents, consider taking a class or teaching yourself to become proficient in something you've always wanted to learn.

The Currency System

Few people realize how seriously the buying power of the dollar has been devalued in the past decade. In the late eighties, inflation caused prices to rise astronomically, while at the same time wages remained stagnant or declined. Think about this. How many double-income families do you know right now? This was not the case in the sixties or seventies, when a single income was usually enough to support a middle class family. In the near future, inflation will rise and the dollar will fall. As in the past, precious metals will be a good hedge against inflation. Gold and silver coins will be excellent barter items — in visions, I've seen stores refusing to take paper money in the future.

There is a lot of speculation amongst dealers, collectors, and buyers of precious metals about the possibility that gold and silver might be confiscated in the future, as it was in the U.S. in 1934. At the government's request, good citizens dutifully went to their local banks and turned in all gold and silver bullion. In return, they received paper "Silver Certificates." Coins were never confiscated.

Today, many people believe confiscation might happen again. I think not. This is not 1934, and our society has changed. According to recent statistics, a significant percentage of Americans are gun-owners, and this is rising rapidly. We are living in a time period of extreme independence and governmental deregulation. As such, I don't believe for a moment that confiscation would ever occur — bullion or coins. What I do see is gold and silver coins having great survival buying power in the future. U.S. Gold Eagle Coins could be a survival and investment strategy. Many of you wrote in asking for suppliers of these coins. Here is a link to the U.S. Government agencies that supply these coins http://www.usmint.gov/mint_programs/american_eagles/index.cfm?action=AuthSellers

If you want to learn more about coins, you'll find numerous magazines on the subject at any large newsstand or bookstores where periodicals are sold. You may also get coin investment information from your local coin dealer. Check your Yellow Pages or do an online search under "coin dealers".

Medicines

Something as simple as aspirin can become a rare commodity during a disaster. I recommend that you maintain a minimum three-month supply of any prescription medicines you use, as well as an adequate, fresh supply of any over-the-counter remedies your family might need. Take an inventory of your medicine cabinet, and calculate the quantity and frequency of use for each item. You should have enough of each medicine to last you and your family for at least three months.

Clothing

Depending on where you live, your clothing needs will vary widely. It would be wise to keep an appropriate selection of comfortable clothes, such as you might wear for camping, in an overnight bag in your car, garage, or closet. Know where it is, in case you need to be mobile in a hurry. Regardless of your location, however, I recommend having a wool blanket on hand for each member of the household. In cold climates, winter sleeping bags can also be a Godsend — we have several sleeping bags which are good for 20-below-zero conditions, and during last winter's storm and power failure, we were glad to have them! I keep mid-calf rubber boots on hand, and several pairs of wool socks — wet or very cold feet can lead to frostbite and disease. In warmer climates, lightweight waterproof walking boots and a wide-brim hat should be considered.

Water and Power

If you have a well, as we do, your first priority will probably be keeping your water-pump going, so that you can continue to receive fresh water in your home. For our back-up we use a 12,000 watts propane generator that provides both 220-volts and 110-volts. We also have a 1,000 gallon underground propane tank that I estimate could last me months with daily use. We have also installed an auto transfer switch panel near our home's power-breaker panel that detects power outages and turns on the generator. Such a system as ours runs our entire home. I also have the option of running the generator for thirty minutes three times per day, which would give us fresh water and heat for our whole family for an indefinite time period without the generator running 24/7 during long outages.

If you live in an apartment or an urban area, you will have a whole different set of problems. If you can leave the area in an emergency, do so; the city is not the safest place to be in such situations, and relief efforts will probably be over-burdened. If you are unable to get away, having a 72-hour emergency kit prepared may be your only option, until assistance arrives.

Best Places to Live

In my audio seminar "Best Places to Live," (available on CD 800 628 7493) I mentioned some areas that would be safe geophysically. The program was designed to help you with moving decisions. I believe we are guided to the places we live by spiritual forces. This guidance or "inner urge" come directly from our higher self, and from our connection with the other members of our soul group. In lifetime after lifetime, we are reconnecting with the same family and friends; sometimes this occurs at birth, and our karmic family reunites as our biological family. In other lives, we may come back together with our past life group later in life, through marriage or by accepting a job relocation.

The best help I am able to give is contained in my Future Map series. When I am asked about how safe specific areas shown on my maps are, I continue to recommend living a minimum of 50 miles inland from the new coastlines I've predicted. The Future Map series can certainly be a starting place in your search. As you spend time looking at it and thinking about moving, you will get distinct feelings about one area or another. Listen to those feelings. If you need to move from your present home, you will feel it. When the greater changes occur, the safest areas will be in small rural areas, at least 1 to 2 hours driving distance from a large city. For example, Cynthia and I live in a township with a population of

about 3,000. We are about 2 hours from Boston, and 1-1/2 hours from Hartford.

Survival Food and Water

I recommend a three-month supply of food for each member of the family. The least expensive way of accomplishing this would be to establish a rotational system of canned, freeze-dried, or dehydrated foods in your pantry. Store the food properly — keep it out of sunlight, in a cool, dry place. In addition to the manufacturer's date, write the purchase date on every item. Rotate your supply with newer stock on a regular basis.

Drinkable water will be in short supply, depending on where one lives. For the rural dweller, sediment filters and water purification tablets are good to have on hand. As power grids fail, even those with wells will not be able to access water without power, so an emergency generator capable of running your pump will be necessary. In addition, locate optional water sources from which water may be hand-pumped or carried.

For the city dweller, drinking water will be a major concern, because in most urban areas aqueducts feed water to homes and buildings. When geophysical upheavals or electrical failures cause a crisis in these areas, water will become more valuable than gold! Store a minimum of 3 gallons of water for each family member — enough for 3 days. During an emergency, water may also be collected and treated with antibacterial tablets (available where camping supplies are sold) when needed. Keep a plentiful supply of these tablets on hand, as your running water may be contaminated for some time, and boiling may not be possible.

Getting Ready for What's Ahead

Many of the changes I have reported to you are now underway, and the best thing I can do now is to give advice to help you prepare.

To be prepared, we must learn to balance our concerns about the future with a deep respect for our current needs. While we continue to become more aware of where we are going, we must each learn to fully appreciate the moment we are living in. Don't let fear keep you from paying attention to where you are. Earth is here — for us, with us, beneath us — right now!