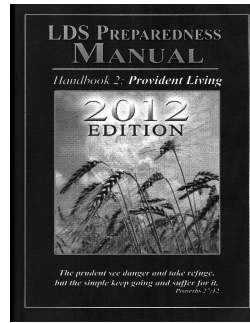


Free LDS Preparedness Manual!



An unofficial 505-page [LDS Preparedness Manual](http://www.ldsavow.com) may be downloaded for **free** at <http://www.ldsavow.com>. Click on the maroon-colored booklet on the right hand side of the page. This manual has been prepared for, and is intended to be read primarily by, active members of The Church of Jesus Christ of Latter Day Saints. *Not a Mormon? That's OK - download it anyway, because DisasterGuy.com users have permission!* This publication has not been endorsed or produced by The Church of Jesus Christ of Latter Day Saints, and its contents and the opinions it expresses are those of its editor and the separate authors. It should not be construed as an official church publication. Contents include:

Section 1: Emergency Preparedness. Why?

- Normalcy Bias. It's All in your Head
- Understanding the Normalcy Bias Could Save Your Life
- The Five Principles of Preparedness
- Mental & Spiritual Preparations for Survival
- How Long until You Starve?
- General Preparedness Survey
- Five Levels of Preparedness

Section 2: Getting Started

- LDS Church FAMILY HOME STORAGE KITS
- Food Storage
- BARE-MINIMUM Food Storage Requirements
- Our Food Supply is Fragile
- Do you Really have a Year's Supply?

Food Storage Tools & References

- Basic Food List
- Long Term Master Food List
- One Year Supply Guide
- Monthly Food Storage Purchasing Calendar
- 30 Day Emergency Food Supply
- Real World One-Year Emergency Food Supply
- The Seven Major Mistakes in Food Storage
- Common Storage Foods

Grains & Legumes

- Grains and Flours
- Legume Varieties
- Availability of Grains & Legumes
- Moisture Content in Grains & Legumes
- Grains Cooking Chart
- Basic Cooking Instructions for Grains & Legumes

Sugar, Milk Fats & Oils

- Sugar, Honey and Sweeteners
- Dairy Products
- Canned Fluid Milks and Creams, Butter, Cheese, Eggs
- Infant Formula
- Fats and Oils

Cooking Essentials

- Cooking Adjuncts

Processing & Preservation

- Storage Life of Dehydrated Food
- Shelf Life Studies
- Pros & Cons of Freeze-Dried, Dehydrated, MRE, etc.
- MREs, Meal Ready to Eat

Sprouting

- Growing and Using Sprouts
- Survival Seeds
- Seed List

Storage

- Storage Containers
- LDS Church Plastic Buckets for Longer-Term Food
- LDS Church Pouch Sealer Instructions
- Oxygen Absorbers
- Moisture Control in Packing and Food Storage
- Spoilage
- Recommended Food Storage Times
- Space Cramp
- Where do I Put it all

Section 3: Every Needful Thing

- Get a Kit, Make a Plan
- Building the right Bug Out Kit for YOU
- OK, But what do I prepare for?
- Survival Priorities: The Rule of Three

72 Hour Emergency Kit

- A High Mobility 72 Hour Kit

- Tools for your Vehicle
- Get Out Of Dodge / Bug Out Bag checklist
- The Supply List: The Master Preparedness List

Evacuation

- The 3rd Wave, Evacuation From A Disaster Location
- Bug Out Trigger Criteria
- Understanding Everyone In The City Will Be a Refugee Post SHTF

Communication

- Communications Family Ready
- Radio Spectrum
- LDS Emergency Communications
- General Radio Primer
- Basics of Radio Communication
- Sample Stake Communications Plan
- Survival Communications Primer
- Sample Family Emergency Communications Plan

Financial

- Money
- Setting up an Emergency Cash Stash
- Debt and Preparedness
- Get out of debt while you can

Medical

- Medical Kits for Self-Reliant Families
- TEOTWAWKI Medical Kits
- Seven Antibiotics to Stockpile and Why
- Using Expired Medications

Defense

- Defense
- Selecting a Preparedness Battery of Firearms

Heating, Cooking, Lighting

- Survival Fire Safety
- Emergency Heating & Cooking
- Emergency Lighting
- Emergency Electrical Lighting
- A Short Course on Batteries
- Off Grid Power
- Electric Generators

Clothing

- Clothing
- Warm, Protected and Modest: What to Wear in Difficult Times
- Winter Clothes For Preparedness Survival
- Clothing Checklist
- Washing clothing after TEOTWAWKI

Shelter

- Emergency Shelter

Sanitation

- Emergency Sanitation
- Emergency Toilets & Garbage Disposal
- Emergency Sanitation - The Scoop on Poop
- Controlling Odors
- TEOTWAWKI smells bad,

Testing your Preparedness

- 3 Minutes without Breathing
- 3 Hours without Shelter
- 3 Days without Water
- Water
- 3 Weeks without Food
- Surviving in the City

Babies and Small Children

- Baby Gear for TEOTWAWKI
- Getting Children Involved in Preparing
- What Do You Tell the Children?
- Avoiding Fear

PANDEMICS

- Facts about Avian Influenza
- Preparing for a Pandemic

- Outbreak (SIR0) Plan
- Quarantine, Quarantine, Quarantine
- Medical Quarantine Protecting Your Family from Infection
- Basic Pandemic Supply List
- Isolation Room Setup

Terrorist Attack

- National Security Emergencies
- What to do if Nuclear Disaster is Imminent

Section 4: PREPAREDNESS OUTSIDE YOUR COMFORT ZONE

- TEOTWAWKI
- The Precepts of My Preparedness Philosophy
- On Sheep, Wolves and Sheepdogs
- 100 Emergency Items: That Will Disappear First
- Some Ground Truth-The "Us" & the "Them" in Societal Collapse
- Fears of a Prepper
- Unprepared: Welcome to the Promised Land
- I Am Your Worst Nightmare
- The Thin Blue Line
- The Overnights: Coming to a Neighborhood Near You
- Why Prepare, when I can take it from the Mormons?
- Thoughts on Disaster Survival, post Katrina
- A Look Back At Katrina... An Experienced Prepper Tells All
- Lessons from Argentina's economic collapse
- A First-Hand Account of Long-Term "SHTF" Survival in Bosnia
- Society's Five Stages of Economic Collapse
- EMP, Electromagnetic Pulse
- MZBs: Are you prepared?

A printed copy is also available for \$18.50. People who are not LDS may use or buy the manual. If you find unfamiliar words - ignore them. It's the best manual I've seen yet.

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