



Shelter in Place

2 to 3 hours Maximum time inside a

Shelter in Place

Oxygen then becomes a risk depending on the size of your Shelter in Place which should be no bigger than a 10x10 bedroom with a joining bathroom.

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A Survivalist Guide

Emergency Supplies

WATER

Emergency Water Storage

Shelf life of 6 to 12 months



Drinking Water

16.9 oz or 1.6 pt or 500 ml Drink 2 a day minimum
1 case for 6 days
10 cases for 2 months



Cooking & Personal Hygiene

2.5 Gallons
2 = 5 days
4 = 10 days
6 = 20 days
8 = 30 days



5 Gallons of water

1 = 5 days
2 = 10 days
3 = 20 days
4 = 30 days

Water - One gallon per person per day for at least three days, for drinking, cooking and sanitation in a storm shelter.

Purification - Carbon Filters do not purify water for drinking

Purification - Ultra Violet light is used to purify water and other methods

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Emergency Supplies

FOOD

2 cans 1 day

Food Storage

28 cans 14 days

1 person 2 cans a day

1 year shelf life

56 cans 30 days

112 cans 60 days



You cannot cook in a Shelter in Place. Food storage is for storm shelters or bomb shelters.

Canned - Tuna, Spam, Apple Sauce, Fruit Cocktail, Pork & Beans, Bean Dip, Beanie Weenies, Potted Meat, Peanuts or Peanut Butter can all be eaten out of the can in a Shelter in Place.

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Emergency Supplies

Long-term Diets

Reduce the toxic chemicals in your life

This week, the U.S. Supreme Court ruled that a New Jersey woman could "sue a tuna-fish producer over the mercury poisoning she allegedly suffered after her diet consisted almost exclusively of canned tuna for five years," according to **The Wall Street Journal**.



Do not store just one type of food for your daily diet, store a variety of foods.

It's also a good idea to have several can openers in several places in your home or shelter.

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Emergency Supplies

Plastic



Use only Heavy Duty plastic
2.5 to 5 mil

Such as heavy duty mattress bags
You should buy \$25 worth & their
easy to store

Homeland Security recommends
plastic 2.4 mil

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It's easy to slide a pair of scissors into the bag with the plastic. Cutting plastic is easy so old scissors work fine to be stored with your plastic.

Do not cut all the plastic until needed.

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Emergency Supplies

Duct Tape



Duct Tape becomes unstable after it starts getting hot, it will start to peel. Having several rolls is best. Resecure any Duct Tape that starts peeling. I sometimes use thumb tacks to support the tape holding plastic on doors or other large areas. The thumb tacks prevent the weight from the plastic pulling the tape off.

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Emergency Supplies

Masks



N95 Respirator Mask comfort fit is best, Should be worn the entire time in your Shelter in Place.

Other N95 Masks can also be used but we do not recommend cheap masks, use masks that can filter Swine Flu is best.

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Emergency Supplies

Crank Radio



Crank Radio with NOAA weather channels in your area & Local channels. Also has rechargeable batteries that the crank charges. Tens of thousands of people have broken the crank off the cheap radios if you can't afford a good radio buy 3 cheap radios. You can always use the same batteries for each radio. Never store a radio with batteries in it.

My radio also has a light and SW short wave radio channels.

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Emergency Supplies

Natural Herbs Medical use

List of Herbs from common plants that can be safely used for medicinal purposes:

- Aching Joints: chervil, coriander, thyme.
- Antibacterial and Antiseptic: calendula, lavender, marjoram, oregano, peppermint
- Constipation: dandelion, fennel
- Hiccups: dill
- Insect stings: aloe, golden rod, hens and chicks, summer savory
- Insomnia: chamomile, dill
- Nasal and sinus congestion: horseradish, sage, violet
- Stomach ache and indigestion: dill, fennel, lovage, peppermint
- Head congestion: eucalyptus, thyme, camphor, tea tree
- Motion sickness: ginger, peppermint
- Anxiety: marjoram, lavender, fennel
- Jet lag: lemon grass, rosemary
- Minor burns: lavender and aloe

Growing the herbs you will plant them right after the last frost of the season. You can also grow your herbs indoors. Make sure the herbs get lots of sunlight so they can thrive. The essential oils depend on the sunlight. You will want at least 6 hours of sunlight. Morning sun is best, it will dry the dew on the leaves and stems.

Harvesting:

- You will want to harvest your herbs at different times.
- Leaves and stems will be harvested before the flowering of the plant
- Flowers are harvested before they open
- Seeds harvested when they are dry and falling off the plant
- Roots in the fall once the growing season is over
- Most plants are best harvested in the morning after the dew has dried off except calendula which is harvested in the afternoon.

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Emergency Supplies

Natural Herbs Preparation

Preparing herbs:

- Hold under running water and rinse.
- Shake water off and dab dry with a paper towel
- Use a string or rubber band to bundle upside down to hang
- Hang in a dry place away from the heat and sunlight so oils don't evaporate
- Leave hanging a few days until crisp and crumbly (do not let them hang too long they will disintegrate). Most take about a week.
- Remove leafs from stem with fingers
- Place in sealed glass jar in a cool and dark place
- After a couple of days look to be sure there is no condensation in the jar. (the plant may need to dry more)

- If stored in dark colored glass they will last about two years

More details on herbal medicines:

- Ways to administer are through the skin, inhaling, and ingestion
- For a cough you can inhale eucalyptus and hyssop. You would boil water and drop three drops of the herb in to the steaming pot and inhale with a towel draped over the head. Breathe in for 10 minutes.
- For anxiety you will do a full body massage with lavender oil by using 15 drops of oil in a quarter cup of grape seed or olive oil.
- Colds and flu is best treated with peppermint oil massage. This will protect the skin from pollution, stress, and sun. Put 5 drops of the oil in a hot bath and soak for 10 minutes for more intense relieve.
- A couple of drops of essential oil can also be dropped onto a hankie and smelled to get ease.

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Emergency Supplies

Natural Herbs Recipes

Some simple recipes:

- Healthy teas and infusions: stores 48 hours. Brew hot water add base of oils or alcohol. You can wrap herbs in muslin to make tea bags and strain in an infuser or stainless steel strainer. Pour boiling water over herbs steep for 15 minutes covered (to hold in the essential oils). Strain and drink.
- Decoctions are infusions that are simmered. Crush herbs or pound into powder. Use a pestle bowl or a mortar bowl. Simmer in boiling water on stove to release healing properties. Strain and drink.
- Infused oils: Olive Oils retain qualities better than nut oils or other vegetable oils. Dried herbs work better than fresh. (Fresh herbs are high in moisture and can cause the oils to grow mold or get rancid quickly). This oil is for external use only. Take 2 cups of olive oil and 1 cup of dried herb in a slow cooker. Heat covered on the lowest setting 4 to 6 hours or until the oil takes herbs color and odor. Strain into a dark bottle. Squeeze the liquid from two 400 IU (individual units) of Vitamin E gel cap into the oil to act as natural preservative.
- Tinctures can keep herbs indefinitely if you prepare them in an alcohol tincture. This is a simple way to harness the healing powers of the herb. You will need pure grain alcohol (everclear). If you can't get it you will need to substitute for the highest proof vodka or brandy. You do not have to ingest the alcohol to use the tincture. To not intake the alcohol just place a few drops into warm water and stir the alcohol will evaporate. Use $\frac{3}{4}$ cup alcohol and $\frac{3}{4}$ cup distilled water in a jar with a tight lid. Add 1 $\frac{1}{2}$ ounces of dried herbs. Replace lid and put in cool dark place. Shake every day for 2 weeks. Strain herbs quickly so alcohol doesn't evaporate. Store in dark colored glass bottle with an eyedropper fitted into the lid. Label and date the tincture.
- Herbal salves are made by melting infused oil with beeswax to stiffen. Good way to incorporate herbal essential oils into an application. Combine specified amount of herbal infused oil in beeswax in a heat resistant glass container. Place container in a pot containing 1 to 2 inches of water. Boil water and watch closely. Don't let pot boil dry. When contents in glass melt and mix remove from boiling water. Add contents of 400 IU gel caps of Vitamin E to melted mixture to preserve. Add herbal essential oils to melted mixture after it has cooled but before it solidifies. Store in a wide mouthed glass jar label and date.
- Poultice are for external use mix either fresh or dried herbs with flour and warm water. Apply to skin and wrap with cloth to hold heat and moisture. Soak a cloth in infusion or decoction. Wring out and apply. Warm version of a compress is a fomentation.

Emergency Supplies

Natural Herbs Storage

To store herbal productions

- Use glass containers with tight fitting lids for freshness
- Be sure containers are clean and dry before you use them.
- Dark colored glass protects the herbs from degrading light exposure.

Be sure to label all containers with date ingredients and amounts as well as any cautions or instructions.

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