Survival & Disaster Preparedness Course

Duration: 2 days

Schedule: This course is a 2 day course.

In today's world, we must be prepared for the unexpected. No matter where you live, there's a potential for natural disasters such as earthquakes, wildfires, floods, hurricanes and tornadoes, as well as man made disasters, such as a terrorist attacks, EMP attacks, dirty bomb attacks, levee breaks, arson fires and solar storms. As graduates of the military basic, advanced, special S.E.RE., water, and jungle survival courses, we bring our lessons learned to the table and share them with you.

Your decisions may be the difference between life and death, not only of yourself, but of your family and loved ones. Preparation and training will likely be the key and survival training significantly increases the odds in your favor.

We review the basic bug-out kit, and a recommended list of gear you should always have, your food stores and methodologies of either sheltering in place or moving down the road, giving you the basic skill sets to survive. We cover such things as shelters, first-aid, hunting, fishing for food, and dealing with the stresses of your situation. We recommend you bring your Bug Out bag / Survival kit to this course.

Survival Mindset: Survival psychology and the mindset of successful survivors. Lessons learned in survival situations. When to stay put in your home and when to bail out. Pre-disaster planning and establishing rendezvous points with family members. Prioritize; identifying the most severe threats, so that you can prepare for them first. Make evacuation plans for yourself and each member of your family. Planning is important, but rehearsal is when you will test your plan and identify flaws. Training: your best weapon is your mind. Staying invisible - the gray man.

Bug Out Bag: How to construct a personal Bail-Out Bag (BOB) for the home, office, and vehicle. The various types of bags and kits. Clothing; socks, t-shirts, jackets, gloves & hats. Signaling devices. Maps, compass and navigations tools. Eating & drinking utensils. Cooking utensils. Cordage, twine & 550 cord. Lightsticks, LED Flashlight with batteries. Crankable survival radio. Personal hygiene items. Spare eyeglasses. Personal documentation.

Shelter & Fire: Sheltering in place, Home fortification. How to use man made shelters. How to make your own shelters. Using mother earth as improvised shelters. Improvising shelters from objects along the way. Fire making devices. Matches, disposable lighters, flint & magnesium. Tinders, steel wool, & various types in containers. Sleeping bags & pads. Survival ponchos.

Food & Water: Home food and water storage recommendations. Water purification methods. Freeze dried lightwieght food. High calorie survival food bars. Finding food from mother earth. Hunting, fishing and forgering. Cooking your food, stoves, and fires. Collapsible bags and water storage devices.

Tools: Types and use of multi tools. Weapons making. Fixed blade knife. Hatchet and machete. Whistle. Small sportsman's Binoculars. Shovel and entrenching tool. Folding hand saw. Large garbage bags & small plastic shopping bags.

First Aid: Equipment for your medical kit. Hands on equipment usage. Circulation, Airway & Breathing. Survival Medicine in Wilderness. Circulatory & respiratory system. Body assessment & HCAPER. Hemorrhage management. Open and Closed chest wounds. Burn & Blast Injuries. SHOCK review & treatment. Cervical Spine Injuries. CPR & Artificial Respiration. Internal injuries & Impaled objects. Carry drills & hot zone carries.