



**DAN'S PLAN**  
**FOR GETTING PREPARED**



# INTRODUCTION FROM DAN BACON

We designed this plan to be an easy-to-use tool that will enable a person to design and build a kit that will help them get through their personal hard times. At the same time it helps more experienced folks to remember the things that they already know, and forgot.

Please use this tool, to better prepare yourself, and your family or friends. At the same time, it helps those with more experience to help keep their priorities straight under stressful conditions. As we've seen in several past natural disasters (Katrina and Sandy come to mind) emergency responders need time before they can properly react to a catastrophe. With the Dan's Plan, your personal kit, and proper training, your miles ahead of the average citizen.

I dedicate this plan to practical people everywhere who want to feel more safe and secure.



## DAN'S MISSION

Find the highest quality gear  
at the lowest possible prices  
and assemble a knowledgeable team  
to help customers learn how to use it.




# PREPAREDNESS PLAN FROM DAN'S DEPOT


- FUNDAMENTALS**
  - STOPA
  - Law of Threes
- SURVIVAL KIT CHECKLISTS**
  - Less Than 72 Hours Needed
  - Every Day Carry (EDC)
- GREATER THAN 72 HOURS NEEDED**
  - Shelter-In-Place
  - Bug Out
- WEATHER EVENTS**
  - Floods
  - Tornadoes
  - Severe storms/lightning
  - General Summer Considerations
  - General Winter Considerations
- NON WEATHER-RELATED EVENTS**
  - Earthquake
  - Terrorism
  - Bioterrorism/Pandemics
  - Workplace and Recreation Violence
- PERSONAL QUESTIONS TO ANSWER**
  - Should I leave/evacuate or shelter-in-place?
  - How do I get my family prepared?
- NOTES**


# FUNDAMENTALS


These fundamentals are true in ANY given survival situation. They are very general in nature so as to help survival and prepping units have a method by which to prioritize their needs in a perilous crisis.


**S.T.O.P.A. METHOD OF SURVIVING**


**S**  **STOP** *STOP - Consider what is going on. Decrease your chance of making rash decisions.*

**T**  **THINK** *THINK - Consider what you have on your person, or in close proximity. Think about your options.*

**O**  **OBSERVE** *OBSERVE - Watch what is going on with others and your surroundings. Consider what the weather is doing. Consider what resources you can find elsewhere.*

**P**  **PLAN** *PLAN - Make a plan for yourself and others if you are not alone using the information you have gathered. Include contingency plans.*

**A**  **ACT** *ACT - Actively stay alive by keeping your mind active with thoughts and reasons to stay alive!*

 **DAN'S DEPOT**



## THE LAW OF 3's

### YOUR PRIORITIES IN A SURVIVAL SITUATION TIME CONSIDERATIONS TO HELP YOU



**YOU MUST OBTAIN/MAINTAIN YOUR  
CORE BODY TEMP IN 3 HOURS**



**YOU MUST OBTAIN WATER  
WITHIN 3 DAYS**



**YOU MUST OBTAIN FOOD WITHIN  
3 WEEKS.**

\*\*These are general ideas to help you prioritize your NEEDS. These numbers are NOT absolutes.



## THE 35'S - AVERAGE STATISTICS FOR AN URBAN RELATED CRISIS

<b>3-5 HOURS</b>	<i>and looting will occur at a rapid pace.</i>
<b>3-5 DAYS</b>	<i>we will be completely without food on the shelves</i>
<b>3-5 WEEKS</b>	<i>cities will be spreading out in search of necessities.</i>
<b>3-5 MONTHS</b>	<i>poorly put together groups will fall apart from lack of organization.</i>
<b>3-5 YEARS</b>	<i>normalcy MAY be back, depending on the event.</i>



Short-term  
less than  
72 Hours

# SURVIVAL KIT CHECKLIST

## EVERY DAY CARRY(EDC)

- KNIFE



- FIRESTARTER (LIGHTER AND FERRO ROD)



- FLASHLIGHT



- These are items we feel you should carry with you every day.
- You can do so on a key ring, or in a pocket or purse.

# VEHICLE/GET-HOME

- JUMPER CABLES
- PARA CORD
- STORED WATER AND FILTER STRAW
- EXTRA CLOTHES AND SHOES FOR LONG WALK.
- FIRST AID KIT
- CLIMATE DEPENDENT MATERIALS
- COLD WEATHER – WOOL BLANKET(S), REFLECTIVE TARP TO BRING WARMTH IN, HEAD COVERING, MITTENS, EXTRA LAYERS.
- HOT WEATHER – TARP(S) FOR KEEPING OFF SUN, REFLECTIVE TARP TO REFLECT SUN AWAY
- COMPASS AND MAP (DO NOT DEPEND UPON ANYTHING WITH BATTERIES INCLUDING GPS OR PHONES)



Long Term  
Greater Than  
Hours 72

# SURVIVAL KIT CHECKLIST

## SHELTER - IN - PLACE

- FIRST AID KIT
- STORED WATER
- WATER FILTER SYSTEM
- FOOD WITH LONG SHELF-LIFE
- BLANKETS
- DUCT TAPE
- PARA CORD
- BANDANA
- STOVE AND CUP SYSTEM
- SPACE BLANKET
- FIRE STARTING MATERIALS
- TARPS
- GARBAGE BAGS
- KNIFE
- CRANK AM/FM RADIO/LIGHT COMBO





# BUGOUT BAGS

- FIRST AID KIT
- STORED WATER
- WATER FILTER SYSTEM
- FOOD WITH LONG SHELF-LIFE
- BLANKETS
- DUCT TAPE
- PARA CORD
- BANDANA
- STOVE AND CUP SYS
- SPACE BLANKET
- FIRE STARTING MATERIALS
- TARPS
- GARBAGE BAGS
- KNIFE
- CRANK AM/FM RADIO/LIGHT COMBO
- SHARPENING STONE
- HEAD LAMP



# WEATHER EVENTS

# FLOODS

## FLOOD PRECAUTIONS

- BE OBSERVANT OF CONTINUED RAIN PATTERNS THAT LEAD TO FLOODING
- DO NOT WALK OR DRIVE THROUGH FLOODED AREAS.
- ALWAYS KNOW WHERE HIGHER GROUND IS AND ABANDON ROADS AND CARS FOR IT WHEN NECESSARY.

### PREPARE NOW BY:

- SEEK OUT A QUALIFIED INSPECTOR TO DETERMINE IF YOUR HOME IS IN A LOCATION FOR FLOODING.
- IF SO INSTALL FLOOD WALLS TO PREVENT QUICK DAMAGE AND DESTRUCTION TO YOUR HOME, GIVING YOU TIME TO GET OUT.
- IF YOU ARE STUCK IN YOUR HOME AFTER A FLOOD, USE SIGNALS TO EMERGENCY PERSONNEL TO HELP YOU GET OUT. SPRAY PAINT A SHEET OR YOUR HOUSE.
- HAVE A MEANS BY WHICH YOU CAN CLEAN WATER, AS MOST WATER WILL BECOME CONTAMINATED, INCLUDING WATER FROM THE TAP.

# TORNADOES

## TORNADO PRECAUTIONS

- KEEP AN EMERGENCY KIT WITH YOU WHEREVER YOU GO DURING HIGH PROBABILITY TORNADOE EVENTS.
- GO TO A THE LOWEST LEVEL IN YOUR HOME. A BASEMENT IS BEST. IF NOT AVAILABLE GET TO THE MOST CENTRAL INTERIOR ROOM AVAILABLE.
- STAY AWAY FROM WINDOWS.
- IF YOU ARE IN A VEHICLE OR MOBILE/MODULAR HOME, LEAVE IT IMMEDIATELY FOR A MORE SOUND SHELTER. IF NONE IS AVAILABLE, GET IN A DITCH.

### PREPARE NOW BY:

- PURCHASING A SURVIVAL KIT NOW SO THAT YOU HAVE IT.
- HAVE A CRANK, BATTERY OR SOLAR POWERED NOAA RADIO IN YOUR KIT TO MONITOR THE WEATHER.
- TAKE THE NECESSARY PRECAUTIONS NOW ON YOUR HOME. HAVE DOORS AND GARAGE DOORS INSTALLED THAT CAN WITHSTAND STRONG WINDS.
- BE AWARE OF TREES THAT COULD BE UPROOTED AND MAKE PLANS TO BE AWAY FROM THE AREA NEAREST YOUR HOUSE FROM THE TREE. THEY CAN EASILY FALL INTO THE HOUSE.

# SEVERE STORMS LIGHTNING

## SEVERE STORMS/LIGHTNING PRECAUTIONS

- STAY INSIDE.
- DO NOT USE ELECTRICAL APPLIANCES .
- DO NOT TAKE A SHOWER OR BATH DURING THE STORM.

## PREPARE NOW BY:

- SEEK OUT A QUALIFIED INSPECTOR TO DETERMINE IF YOUR HOME IS PROPERLY GROUNDED OR SUSCEPTIBLE TO PROBLEMS WITH LIGHTNING.
- INSTALL SURGE PROTECTION.
- STORE FOOD AND WATER (OR MEANS TO CLEAN WATER) IN CASE THE POWER GOES OUT FOR AN EXTENDED TIME.



# GENERAL SUMMER CONSIDERATIONS

## GENERAL SUMMER PRECAUTIONS

- AVOID STRENUOUS ACTIVITIES OUTSIDE, PARTICULARLY THOSE WITH DIRECT SUN EXPOSURE.
- MAKE SURE YOU STAY HYDRATED WITH PLENTY OF WATER.
- WEAR COTTON CLOTHING, NOT WICKING GARMENTS, SO SWEAT CAN HELP KEEP YOU COOL.
- KNOW THE SIGNS OF HEAT STROKE (CRAMPS, DIZZINESS AND NAUSEA)
- MAKE SURE YOU GET TO SHADED AREAS WHENEVER POSSIBLE.

## PREPARE NOW BY:

- INSTALL APPROPRIATE AIR CONDITIONERS WHERE AVAILABLE.
- HAVE REFLECTIVE SHIELDS IN GO-BAGS, OR SURVIVAL KITS TO KEEP SUN AWAY FROM YOU.
- HAVE A TRAVEL PLAN THAT LEADS YOU OR KEEPS YOU NEAR WATER AND SHADE ON TRIPS TO THE WILDERNESS.

# GENERAL WINTER CONSIDERATIONS

## GENERAL WINTER PRECAUTIONS

- STAY INSIDE IF POSSIBLE.
- DO NOT USE FOSSIL FUELS INDOORS WITHOUT FIRST TAKING THE NECESSARY PRECAUTIONS FOR CARBON MONOXIDE POISONING.
- WEAR PROPER LAYERS INCLUDING A HAT AND MITTENS.
- DO NOT EXERT YOURSELF AND NOT HAVE READY METHOD TO GET INSIDE OR SOMEONE KEEPING AN EYE ON YOU.
- DILIGENTLY WATCH FOR FROSTBITE AND HYPOTHERMIA (SHIVERING, STUMBLING, POOR SPEECH, UNCOORDINATED)

## PREPARE NOW BY:

- WINTERIZE YOUR HOME AND HAVE AN ALTERNATE FUEL SOURCE AND WOOL BLANKETS IN CASE OF POWER FAILURE.
- KEEP A SURVIVAL KIT IN YOUR CAR AT ALL TIMES WHEN TRAVELING.
- HAVE CONTINGENCY PLANS AND GEAR FOR ANYONE THAT HAS TO BE OUTSIDE FOR WORK AND RECREATION.

# EARTHQUAKES

## EARTHQUAKE PRECAUTIONS

- GO OUTSIDE AND INTO OPEN AWAY FROM FALLING STRUCTURES.
- IF NOT POSSIBLE, GET UNDER DOOR SUPPORTS AND AWAY FROM SHELVING AND OTHER AREAS WHERE THINGS COULD FALL UPON YOU.
- BE PREPARED TO SHUT OFF UTILITIES THAT MAY BE DAMAGES (ELECTRIC AND NATURAL GAS) TO YOU HOME.
- STAY IN YOUR VEHICLE IF YOU ARE DRIVING.

## PREPARE NOW BY:

- MAKE SURE YOU HAVE PAPER, MAP AND COMPASS AVAILABLE IN VEHICLE AS MANY CELL TOWERS AND GPS NAVIGATIONS WILL NOT BE AVAILABLE.
- KEEP A SURVIVAL KIT WELL STOCKED AND IN YOUR CAR AT ALL TIMES.
- KEEP A SURVIVAL KIT AT YOUR HOMES AT ALL TIMES.
- STORE CHEMICALS AND SIMILAR MATERIALS ON LOW SHELVES.

# TERRORISM

## TERRORISM PRECAUTIONS

- AVOID WATCHING CONTINUOUS TV COVERAGE OF TERRORIST ATTACKS, ESPECIALLY FOR CHILDREN.
- DUE TO ITS WIDE RANGING SCOPE, TERRORISM HAS FEW PRECAUTIONS, BUT MANY PREPARATIONS YOU CAN MAKE.

### PREPARE NOW BY:

- HAVE READY SUPPLIES OF YOUR LAW OF THREES ESSENTIALS IN CASE YOU NEED TO SHELTER IN PLACE.
- HAVE A BUG-OUT-BAG KIT SUPPLIED FOR YOU AND YOUR FAMILY IN CASE YOU MUST LEAVE YOUR HOME.
- MAKE A DISASTER PLAN WITH YOU FAMILY MAKE SURE EVERYONE HAS A PRIMARY, SECONDARY, AND TERTIARY MEETING PLACE.
- KNOW YOUR CHILD'S SCHOOL DISASTER/EMERGENCY PLAN PROCEDURES.
- SHELTER IN PLACE AT HOME, PARTICULARLY IF THERE ARE UNKNOWN SUBSTANCES IN THE AIR.
- EVACUATE YOUR HOME WHEN POLICE OR OTHER OFFICIALS ASK YOU TO, OR YOU FEEL YOU ARE IN DANGER IF YOU STAY THERE.



# BIOTERRORISM PANDEMICS

## BIOTERRORISM/PANDEMICS

- AVOID CONTACT WITH UNKNOWN SUBSTANCES.
- KEEP YOUR MOUTH AND NOSE COVERED WITH SEVERAL LAYERS OF CLOTHING.
- IF SKIN CONTACT IS MADE, THEN WASH WITH SOAP AND WATER.
- TURN OFF AIR CONDITIONING AND/OR HEATING UNITS SO AS TO NOT LET OUTSIDE AIR IN.

### PREPARE NOW BY:

- HAVE EVACUATION ROUTE PREPARED.
- HAVE A CAR SURVIVAL KIT AVAILABLE
- HAVE DUCT TAPE AND PLASTIC AVAILABLE TO COVER DOORS AND WINDOWS.

# WORKPLACE AND RECREATION VIOLENCE

## WORKPLACE AND RECREATION VIOLENCE PRECAUTIONS

- DO NOT LET YOUR EGO DRIVE YOU TO PHYSICAL CONFRONTATION.
- CONTACT APPROPRIATE AUTHORITIES IMMEDIATELY.
- AVOIDANCE IS THE KEY TO ALL PHYSICAL CONFRONTATION

### PREPARE NOW BY:

- KNOW HOW TO RECOGNIZE OUTBURSTS THAT LEAD TO VIOLENCE. LEARN HOW TO CALM THEM DOWN NOW BEFORE YOU NEED IT.
- TAKE A SELF-DEFENSIVE/DEFENSIVE TACTICS COURSE FROM A QUALIFIED INSTRUCTOR.
- TEACH CHILDREN HOW TO RECOGNIZE BULLIES AND HOW TO AVOID THEM.
- SELF-DEFENSE FOLLOWS THIS LIST, IN ORDER OF IMPORTANCE: MINDSET, TECHNIQUES, AND THEN GEAR.

# SHOULD I STAY OR GO?

## STAY = SHELTER-IN-PLACE

- Make sure you maintain at bare minimum 3 days of supplies for you and your family in case of emergency.
- Preferably have 3 months+ of supplies (i.e, shelter, water and food)
- Refresh supplies atleast every 6 months and particularly with drastic climate changes.
- Have a plan of defense of your home in response to a break in.
- Practice by turning off all electric and water to your home for a week as a test run. Take notes as to what comes up, both good and bad. Fix the bad!

## GO = FIND ADEQUATE SHELTER SOMEWHERE ELSE.

- DO NOT KID YOURSELF INTO BELIEVING THAT EVACUATION IS ROMANTIC AND FUN. BE REALISTIC ABOUT IT AND PLAN ACCORDINGLY, IT WILL NOT BE FUN, IT WILL BE VERY HARD.
- MAKE A PLAN AND DISCUSS THE PLAN REGULARLY WITH YOUR FAMILY. YOUR PLAN WILL CHANGE BASED UPON CLIMATE CHANGES AND PARTICULAR EVENTS.
- COMMUNICATION WITH OTHERS WILL BE MOST DIFICULT. HAVE A PLAN FOR COMMUNICATION CONSIDERING THAT ALL TELEPHONES WILL BE DOWN.

# HOW SHOULD I GET MY FAMILY PREPARED?

- HAVE SEPARATE PLANS FOR EACH OF THE FOLLOWING SCENARIOS: ALL YOUR FAMILY IS HOME TOGETHER, FAMILY IS AT WORK AND/OR SCHOOL, YOU ARE AT A RECREATIONAL EVENT (BALL GAMES). MAKE PLANS ASSUMING YOU WILL NOT BE TOGETHER.
- HAVE A MINIMUM OF TWO EVACUATION ROUTES FROM YOUR HOME. HAVE MEETING PLACES DESIGNATED AT BOTH.
- MAKE PLANS WITH CONSIDERATION TO YOUR PETS.
- TAKE A CLASS ON BASIC SURVIVAL TRAINING AND/OR URBAN PREPAREDNESS.
- WATCH YOUTUBE VIDEOS ON THESE TOPICS.
- LEARN AND CONTINUE TO STUDY BASIC AND REMOTE FIRST AID.
- START YOUR KIDS EARLY IN SURVIVAL AND PREPPING.
- IF YOU AND/YOUR SPOUSE AND KIDS ARE COMING TO THESE REALIZATIONS LATER IN LIFE, THERE IS NO BETTER TIME THAN THE PRESENT TO GET STARTED. YOU ARE MUCH BETTER OFF STARTING LATE THAN NOT STARTING AT ALL.
- SPEAK OF SURVIVAL/PREPPING AS AN "INSURANCE POLICY" WITH SPOUSES WHO ARE UNWILLING TO JOIN YOU IN YOUR PREPPING PRACTICE.
- CHECK OUT OUR DVD AND/OR VIDEO OFFERINGS RELATED TO WILDERNESS SURVIVAL BASICS AND URBAN PREPAREDNESS.



