

Food

“As long as we have money, food seems ours for the taking.”

Tom Brown Jr. | *City and Suburban Survival*

“Thanks for the grub”

It isn't fancy but my husband and I share this humble prayer before each meal. Not only are we grateful in a reverent sense but also for reasons of practicality.

Food is your last survival need. For adults in good shape, true starvation doesn't begin until about 40 days without food. Your first few days without food bring about grumpiness and a shrinking of the stomach. This is merely your attitude. You are not going to starve to death. However, food provides comfort, energy, and helps relieve stress in an emergency situation.

“Thanks for the grub”

So although food is the last in the “sacred” order of survival priorities it is really the lynchpin in any urban emergency situation (natural or man-made disaster). Anyone can make shelter. With a cigarette lighter, anyone can have fire. With a filter or chemicals, water can be purified. But, without food an emergency situation quickly becomes a bleak and debilitating experience. In an emergency you need more energy to deal with everything.

A New York City dweller once sarcastically asked if I am suggesting that 30 million people hunt and capture rabbits in Central Park. I am not. Though hunting and trapping animals is part of the training in our Wilderness Challenge courses, and would prove useful in the suburbs or open countryside, these techniques would hardly suffice in an urban environment. The best choice for city dwellers (and everyone else for that matter) is stored long-term food.

Food storage planning

So, since we are such lousy hunters and farmers, the most prudent plan of action is to invest some time and energy into a food storage program. In an emergency situation, you are going to be under great stress and using a tremendous amount of calories, more than you would usually expend due to stress, injury, anxiety and having to do everything yourself. So start to plan now.

Select what kinds of food and how much food you need to store for you and your family. Calculate the calorific needs of your group. Normally, children, teens and men need around 2,200 calories per day; women need around 1,400–2,000, elderly women around 1,400 and elderly men around 1,800. In an emergency situation, especially if it is cold or people are moving around more than usual they will require more food to be comfortable.

Remember that preparation is the key to survival. The simplest thing you can do so you don't have to relocate against your wishes, either planned or unplanned will revolve around your food storage program.

Food storage containers

An excellent storage container is an empty wide-mouthed juice bottle of the type that Gatorade and virtually all the juices come in. They range in sizes from half pints to one



gallon. Using a bottlebrush and anti-microbial soap, clean the containers and the lids, then air dry. Containers can be filled with all of your stored foods, including lard that can be melted, poured in and left to reset.

Where to store the bottles?

If they are placed in your house they are subject to destruction whether earthquake, fire, flood, theft and also are subject to variants in temperature, light and humidity.

If you have access to land, an effective place to store your bottles is to lay out an area for burial in the ground. Before burying the bottles however, secure the cap by covering it with Henry's 208 Wet Dri Roofing Cement. Let it dry to a hard consistency. This seals the bottle one hundred percent.

In the area that you have laid out you can dig the holes for each individual bottle using a fence post or posthole digger. Now your bottles and your food are in a temperature-controlled environment, out of the light, safe from fire, and theft. A ten-foot by ten foot (10'×10') square could easily hold enough food for a family of four for six months.

If you do not have access to land you may have a cellar or attic or loft space in which you can store some food. Take

care that everything is well sealed and rodent-proofed. But you must have an alternative depot for your supplies in case your house is destroyed in the emergency incident. Burying your supplies really is the best alternative and it is worth trying to plan ahead to ensure that whatever happens, you will be self-reliant. This will be difficult in a city and you will have to use your imagination. Bear in mind that people seen burying things late at night in the city are more than likely to end the evening in conversation with a police officer so you may have to be more than usually resourceful!

Tempting as it may be to share the responsibility of storing food with a friend you should ensure that you are completely self-reliant. In the event of a catastrophe your friend may be missing, or their extended family may show up and expect to be fed.

Sourcing food

Some of you will order from a “pre-packaged food” supplier. One advantage to purchasing survival food this way is it requires little energy and effort on your part. You place your order and await delivery. A disadvantage, however, is the cost.

“Doing-it-yourself” is the “preferred” way because it gets you into the habit of learning how you will survive a disaster situation”—by exerting your own energy and effort”—and it gives you an immediate reward. You have your food now.

The following is a preliminary guideline to your survival food needs. The list is not all-inclusive, as many of you may want to include your own personal items.

Emergency food list

These foods have been selected for their long term storability and the fact that they include proteins, quick carbohydrates and sugars. There is an adequate variety and require no refrigeration.

Beans • pintos, lentils, legumes

Cocoa | tea | coffee

Hard candy

Hard red winter wheat

Honey

Lard • beef

Multi-vitamins

Non-fat instant dry milk powder

Peanut butter

Popcorn

Powered juice • orange, lemonade

Salt

Seeds • Quinoa, linseed, flax

Soup base • chicken, beef, tomato

Soy sauce

Spices • garlic, onion, pepper, vinegar

Sugar

White rice (brown rice goes rancid)

Whole corn

You will have noticed that lard is included in the list of food supplies. In a survival situation, you will be expending an enormous amount of energy that will need to be replaced. Lard contains the most caloric energy of any known food type at roughly 130 calories per tablespoon, and energy from fat is what your body runs on. Added to other foods such as

soup, it gives one the feeling of feeling full.

Lard is the base of pemmican (a mixture of dried meat and lard used by Native Americans). Lard needs no refrigeration and has no expiration date. In addition it can be used as lubricant, candles, trap bait.

Next on our list are the staples, wheat, rice, corn, and beans. Rice, corn and beans eaten together provide a complete protein which means you don't have to find meat, this protein combination doubles for meat and is a great deal easier to catch and keep!

To save fuel for cooking soak your grains in water so they become soft. Many beans such as lentils, peas and mung-beans will sprout when left to soak in water for a day or two. These are particularly nutritious, very high in protein and can be eaten as fresh green vegetables.

Canned foods

Canned foods are an excellent above ground way to plan a varied emergency food diet. They store easily and last anywhere from six months to twenty years. Buy canned food by the case to get the quantity discount. Using a permanent marker date and identify the contents of the cans and use them in sequence (new ones are rotated in as you use the "oldest" cans first.) Don't eat food from dented or "blown" cans. Tiny holes may have allowed bacteria to enter and a gastro-intestinal infection is the last thing you want in an emergency that might have knocked out the water supply to the bathroom. Be sure to have a non-electric can opener.

Baby foods

Formula, dried foods and bottled foods should be stored, unopened, in their original cans or sealed into plastic containers to protect them from damp, insects and mold. Glass bottles should be sealed with wet/dry roof cement. Sterilis-

ing tablets (ask at your drug store) should be kept with your emergency supplies for cleaning infants' feeding items such as bottles and cups as your dishwasher and its germ killing heat may be out of action. Do not bleach rubber teats. If you do not have sterilising liquid or tablets, boil bottles and teats for 10 minutes and leave to cool in the water until use.

Dried fruits and vegetables

You may want to purchase a dehydrator and dry your own fruits and vegetables at home. These can be stored long-term in plastic juice bottles. To store dried vegetables, add salt and to store dried fruit, add sugar. Dried beans can be sprouted in water and eaten as fresh vegetables.

Non-food items

You will also need cooking utensils, cups, plates, bowls, cutlery, hand-operated can opener, pot holders, towels, trash bags, cutting boards, dish soap, bleach, disinfectant and a tub to wash your dishes in. A sharp knife is essential.

A hand grinder to mill the grain is vital if you store whole grains

If you cook on an open fire, one of the best cooking vessels is a wok. The best kind have wooden handles and are made of heavy steel. The bowl-shaped design concentrates the heat and allows it to be used with a minimum amount of fuel and its shape enables it to sit at any angle in an open fire. (Ensure all open fires are made outside.)

Knives

You don't have claws and you aren't efficient with your teeth so you need to invest in good quality knives. We recommend three sizes. You should have all three.

Small knife

A Swiss Army knife or Leatherman tool on a lanyard so you don't lose it. This is for all your fine, delicate work, i.e. trimming your nails, making holes in bones, and so on.

A medium sized workhorse

This knife will do the majority of your work, i.e. carving things by hand, whittling, all middle ground work. Highly recommended is the Buck Vanguard #692 or the Buck Zipper with a rubber handle. It is a nice size and fits both men and women.

Big knife!

This is used for heavy chopping activities. It is the size of a meat cleaver or machete.

Safety Note



Extreme care must be exercised when using knives. Always make sure you carve away from your body. If you have never used a knife, practice whittling. Keep your knife sharp.

Cooking

Your home may have a fireplace which you use mostly as a cheering decoration. In a power outage or bigger emergency you can cook on it if you use great care. Remember to cook on the glowing hot embers, the heat is easier to control and you run less risk of burning yourself. Use pans without special coatings, they will be easier to clean with steel wool. A wok with a handle makes a very controllable cooking utensil. You may want to place metal bars across the firebasket for the pot to sit on if you are boiling water.

If you have no fireplace but a number of people to feed you could use a system that we use day to day: a Coleman camping stove, get a two burner from Walmart, with a 1–2 gallon cylinder propane tank. This is larger than the regular camping sizes usually bought with these stoves. Walmart also sells the appropriate connections (hose and regulator) to connect the stove to the propane. A 2-gallon tank should last up to two months—using it all the time!

For smaller dwellings, in the car or boat, or for fewer people, a small backpack type camping stove is an excellent way to prepare warming drinks and meals and to supply boiling water for hot water bottles. Make sure that you can pressurize the stove fuel bottle by a manual pump.

Mountain Safety Research makes an excellent, lightweight, reliable, efficient cook stove.

Survival tip

- ❖ A number 10 coffee can with a detachable coathanger handle is very handy for boiling water, carrying water, digging holes, you can even bake bread in it.
- ❖ A frying pan lid used as a frying pan. Remove the handle, make sure there is no hole and invert it. These are lightweight and very inexpensive.
- ❖ Keep books on wild edible plants and fungi native to your area in your emergency food storage kit.

Grow your own

Purchase some non-hybrid seeds and plant your own garden. If you are in an apartment, consider a planter box on the windowsill. Native Seed Search in Tucson Arizona – <http://desert.net/seeds/home.htm> – has an excellent sup-

Survival tip 

- ❖ When storing grains in your own containers, pour a handful of salt inside before you screw the cap on. The salt will kill any insects present in the grain.
- ❖ Seal caps with Henry's 208 Wet Dri Roofing Cement. The container is now waterproof and can even be buried underground. Seal plastic containers edges with waterproof tape and double wrap in plastic bags sealed with waterproof tape.
- ❖ Store out of direct sunlight in a safe, temperature-controlled environment or under the ground. (If your residence is demolished by the elements i.e. fire, flood, storm, earthquake, or civil unrest you will still be able to access your emergency food supply).

ply of seeds that can reproduce themselves from one crop to the next.

Man as hunter...

Most of us are lousy farmers but there are even more lousy hunters. It is the one survival skill that we can't replicate readily. In a primitive survival situation the simplest weapon known is a rock. However, most people tend to be pretty lousy shots with a rock. The second oldest weapon known is a stick. Picked up and thrown it cuts a wide swath increasing your chances of hitting an object many times.

What do you throw your stick at? In the animal kingdom, the rule to remember is if it's finned, furred, feathered, and scaled—you can eat it.

In addition to the primitive method of a throwing stick, there are other techniques for securing food. One of the simpler methods is to use a snare. A snare is simply a wire or

cord noose placed on a trail that animals use, which slips over the head of a creature as it walks down the trail. Wire for a snare can be procured from lamp cords or phone wire. The animal tightens the noose with its weight and chokes to death. The other end of the snare is secured to an immovable object such as a tree or post, or weighed down by a heavy object such as a large boulder.

If you snare an animal it might be alive when you find it. Do not approach and subject yourself to a bite risk. Spear or club the animal at arm's length.

With twenty snares pre-made and placed on various animal runs or trails, or burrow holes in the ground, you should be able to procure from one to five animals per twenty traps. These snares require no bait.

On the other hand, you might want to consider purchasing a .22 rifle. A simple, cheap, reliable, .22 long rifle cartridge properly aimed can take down or kill any size game in North America. A reliable .22 rifle should be a bolt action type made from stainless steel. These are simple, light guns and can easily be held and used by women.



Survival tip

An easy way to store and carry snare wire is to wrap the wire around a metal sewing machine bobbin.

**Safety Note**

All snares and/or primitive traps are illegal in all fifty states unless it is a true life and death survival situation.



Fact 	Remember gun laws vary by state. Check your local, State and Federal laws in advance of an emergency. Take <i>A GUN SAFETY COURSE</i> . Be safe.
Safety Note 	You may think you look like a hunter. If you take out your gun in the wrong environment you may look like a terrorist. Use your common-sense.

Meat and game preparation

Some of the elements of self-reliance are not easy for those of us who have fully adopted consumerism and with it the pre-packed, film-sealed portions of meat we buy in supermarkets. The real thing will be tough—even reading about it will make you feel nauseous—doing it will be worse. But this is what we are programmed to do. To survive. And if hunting and preparing meat is what it takes, you will find that you can overcome man’s recently-acquired reluctance to use nature’s bounty. Ethical vegetarians will do well to skip this part and cut to the section dealing with “gathering”!

After you kill an animal immediately bleed it by cutting its throat. If you have to drag it to wash it do so before you skin it. If you can, leave the carcass to cool before cleaning, gutting and skinning as fleas and other parasites will desert a cold body.

Skinning large game

Step 1 • Support body, belly up, preferably on a slope wedged with stones.

Step 2 • Cut out genitals, udder, musk glands (if you know where they are, on a deer they are on the inside thighs near the knees).

Step 3 • Split hide from tail to throat with a shallow cut that doesn't cut through to the stomach. Insert your knife between the hide and the body and start to peel it back a few inches on each side so that the fur doesn't get in the meat when you start to cut.

Step 4 • Split the chest cavity along the sternum. You will need some strength for this but cutting to one side—where the ribs join the bone rather than straight down the middle, is easier.

Step 5 • Put your hand inside and cut the windpipe and gullet as high up and near to the skull as possible. Work your way down the body cavity lifting out internal organs and cutting only where necessary to free them. The entrails—heart, liver and kidneys are all edible although in the unlikely event that you catch a polar bear give its liver a miss. The concentrated levels of Vitamin A would be enough to kill you!

Step 6 • Urine can spoil the meat so be careful cutting away the bladder, pinch the urethra, cut past where you have pinched it and remove and discard the entire bladder.

Step 7 • The anus is removed by cutting around it on the outside of the hide and pulling it back through the body cavity to be discarded.

Step 8 • If you need the hide, peel back the skin cutting the membrane between the hide and the meat. You will have to cut the skin along the hoof, or paw, and peel it backwards over these extremities.

Survival tip

The blood of animals is nutritious and a good source of salt. Boil it. It's a good base for soups.

Small game

Make a 2 inch slit horizontally across the back of a squirrel or chipmunk, between the skin and the flesh. Insert your second and third fingers of each hand and pull back the skin over the body, unpeeling it. Remove the innards, more or less as above, with less difficulty.

When handling meat try to wear gloves to avoid pathogens entering the human body through cuts in the skin. These pathogens can include Hepatitis, Rabies, Talaremia, (Rabbit Fever).

All meat should be cooked well because of this potential for infection, especially wild meat. Although it won't be full of antibiotics it could have pathogens, worms, etc. Don't worry, cooked properly it will taste great and thorough cooking until the juices run clear, not bloody, will ensure that all the pathogens are destroyed.

Fishing in an emergency

Leaving aside all the refinements of a modern fisherman we are reduced to fashioning a hook and line, a net or a sharp stick. Fish can be anywhere, ponds, rivers, ornamental gardens, the sea. They can be difficult to catch. We give here some very basic hints on how to catch a fish.

Making a fishhook

You will have to make a fishhook that's the same size for the fish in the area so you may have to experiment if you don't

know what you are fishing for. Cut a piece of wood around two inches long and as thick as two matchsticks and cut a notch about $\frac{1}{4}$ " an inch from one end. Lay whatever point you have available: a pin, nail, pointed wood, thorn, piece of bone, etc., in the notch and lash with a secure knot, preferably a clove hitch, several turns to bind it tight and another clove hitch. You need to keep the point well secured to the wood and capable of holding firm against a squirming fish.

Lines

You can make these by twisting strands of any fibres together, the inside of bark, grasses, etc. A better idea is to carry line in your emergency kit along with a set of fishhooks.

Bait

Look around and see what's there. Crustaceans such as small crabs, shrimp, etc can be bait as well as food for you (scoop up with a net or can), there may also be worms and insects or minnows. If you catch or find a fish look at its stomach contents and try to replicate what you find there using shiny metal, colored cloth, feathers etc.

When to fish

Fish generally feed at twilight, that is at dawn or dusk, or just before a storm. Many crabs and lobsters are nocturnal. You may need to net these nippers.

An improvised net

Find a small forked sapling and take off your shirt. Tie the ends of the branch together so that it forms a circular frame, tie the shirt so that the neck and armholes are closed and fold the bottom of the shirt over frame and secure with pins,

wire or whatever you have available. Heavy mesh, such as a fruit sack, could also be used.

What not to eat

Some fish are poisonous but these tend to look repellent. They often don't have scales but smooth or rough skin, bristles or spines and dwell in rocky or coral reefs and muddy shores. The toxic substances in their skin cannot be cooked out—so don't try them!

Do not eat fish eggs found in clusters or clumped on rocks or logs.

Shellfish that are uncovered at high tide should not be eaten and remember that mussels are poisonous in tropical areas during the summer.

...and man as gatherer

In the plant kingdom there are tens of thousands of known edible plants. You should familiarize yourself with the ones that are native to your location. But in case you are caught unawares away from home here are six common plants which could feed you in an emergency: acorns, pine trees, cattails, broad blade grasses, yucca and seaweed. There are no known poisonous sea plants.

Acorns

Acorns are edible in any stage of their development and contain more protein than hamburger. They should be collected in the fall so if you are looking in the winter you will be competing with the other animals, bugs and birds! To prepare them for consumption, make sure there are no holes bored in the side, crack the outer shell off to reveal the soft inner nut. Most acorns are inedible due to their tannic acid content. Luckily, tannic acid is water-soluble. Chop the nut into

pieces. Place in a pot and cover with water. Bring the water to a boil and boil for twelve minutes. Drain off the liquid. Add water and repeat the boiling process as many times as necessary to remove the bitter taste. Once you have removed the tannic acid, you can eat them the way they are or dry the nut pieces and store or grind into a flour for later use.

Pine trees

All pine trees have pinecones. Find the cones when they are closed. Pick them and place them two feet from a heat source, i.e. a campfire. In fifteen to twenty minutes the pinecone will open up thinking that it is springtime. You simply tap onto a hard surface and collect up the pine nuts. Remove the papery bract by rubbing and or singeing. The hard outer hull surrounding the pine nut is also edible. Pine needles chopped and boiled in water for three minutes will yield a tea that has more Vitamin C than orange juice.

Cattails

All species of cattails are plants that grow in fresh water areas, sometimes brackish areas, but never in salt water. A cattail has some edible part in any season of the year. Probably the simplest thing to do is eat the young tender shoots as they emerge out of the water. In addition the green seed heads can be boiled in water for three to five minutes and eaten like corn on the cob. Cattails provide material for making everything from shelter, to rafts, mats, baskets, clothing and tools. Once all the pollen has been removed from the pollen head, you can use the top shaft as a toothbrush.

Grasses

All broad bladed grasses from your lawn to bamboo are edible. Simply chew the stems, the seeds, the roots, the leaves, swallow the liquid and spit out the roughage—you cannot

digest the plant material but you can get the nutrient from swallowing the juice.

Yucca

This versatile plant provides cordage, soap, food, firemaking material, material for various tools such as fishing floats, canteens, arrow quivers, tinder storage. The edible parts are the white flowers, the green seed capsules, the black seeds and the baked main stalk.

Seaweed

All seaweed is edible. Gather it up fresh, make sure any creatures, snails, sand etc. are rinsed off and dry it in the sun on clean grass or hanging in the air. It can be eaten baked, added to soups or used as a wrap around rice. Seaweed contains about 25% protein plus a percentage of iodine.

Insects

Insects actually comprise a large percentage of the world's food. It's just that we humans usually turn our noses up at them. Insects are about sixty percent protein. The best bet for catching insects is to find them when they are massing, in their hive, or in their dormant stage otherwise it is a waste of your energy. Fry them and then grind them and add the powder to various foods. Soft bodied insects are best.

Eggs

All eggs are edible whether from birds, reptiles, or fish. Cook them all well.

Sanitation

“Soap and education are not as sudden as a massacre, but they are more deadly in the long run.”

Mark Twain

Good sanitation practice though prudent on a daily basis, is vital in an emergency situation

It is your responsibility to minimize any risk of infection and reduce the spread of infectious diseases. Remember to keep washing your hands, keeping yourself clean, keeping your space clean and observing good work habits. Ensure that there is a system in place which allows everyone access to clean water, clean lavatories (however basic) and that the sick and young are kept clean.

To maintain as hygienic an environment as possible you should follow some basic guidelines:

Washing your hands, hair and body

- ❖ Rub hands together vigorously for several minutes to kill germs taking care to get under fingernails.
- ❖ Use soap, it is naturally anti-bacterial.
- ❖ Consider using chlorine cleanser on your hands.
- ❖ Have a wash cloth available for a sponge bath.
- ❖ Keep hair lice-free by preventative combing with a fine-toothed lice comb, which is available from any drug store. Combing strips eggs from hair and breaks the legs of any developed lice, which prevents them from mating. Lice shampoos contain strong chemicals, including organo-phosphates which can cause serious allergic reactions in some people. With lice, as with germs, prevention is way better than the cure.
- ❖ Keep fingernails and toenails clean and trimmed.
- ❖ Shave hair and beard short if long-term.

Doing the dishes

Your dishwasher may not be working. Think back to the Girl Scouts way for washing dishes!

- ❖ Use hot, soapy water to cut grease and to sanitize.
- ❖ Rinse in clean water.
- ❖ Dip in diluted bleach solution to sanitize.
- ❖ Air dry, in the sun if possible.

Household hints

If you have had the foresight to stock up for an emergency you will have ensured you have an adequate supply of disposable diapers, toilet paper, feminine hygiene items, bleach and cleaning supplies but you may have to make do with what you have available at home.

- ❖ You can wash your clothes in a bucket or the tub and dry them in the sun and wind by erecting a clothesline. This is as simple as a rope stretched from two poles or tied between two fixed points. If you have no clothes pins, double the rope/twine on itself and twist it slightly before fixing it. Poke the ends of the clothes between the twists to hold them in place if there is a strong wind. Clothes will also dry well on bushes.
- ❖ Floss and brush your teeth regularly—if you run out of toothpaste you can use charcoal (burned wood from your fire) or baking soda.
- ❖ Use paper plates, cups and towels, not plastic. You can burn the waste.
- ❖ Have plastic bags for trash and contaminated items. Clean trash bags can also be used to make a solar still.
- ❖ Use old towels lined with cotton handkerchiefs or muslin if you don't have disposable diapers (use plenty of Vaseline or thick antiseptic baby cream, you don't want diaper rash).
- ❖ Use disposable masks and gloves for tasks involving any risk of cross-infection.
- ❖ Burn paper • *not* plastic.
- ❖ Use a candle flame to sterilize needles, tweezers, and scissors before using on another person.

- ❖ Sanitize dishes, clothes, toys etc. in the sun.
- ❖ Go outside—fresh air is a healthy option.
- ❖ Compost all kitchen scraps.
- ❖ Cover your water supply and food.
- ❖ Isolate the sick from the healthy.
- ❖ Be sure to ventilate your space.
- ❖ Do not cross contaminate food or water.
- ❖ Ladies • a sea sponge is an excellent alternative if you run out of Tampax or sanitary napkins. You can use and then rinse and re-use. Remember to cut to size. (Sea sponges are sold at Home Depot.)

The toilet

More than likely during an emergency you will be unable to use your toilet facilities. This can be a bigger problem in the city than it can in the suburbs or countryside. There, you may have the option to use the great outdoors. If you have your own backyard you can dig a hole. If you live in a condo with no private space maybe you can get a group of you together to make collective arrangements.

A hole in the ground

Dig a hole in the ground as big around as a post hole digger and about as deep as your wrist (no deeper because more than six inches beneath the surface there are no bacteria to decompose the waste) You could probably put hundreds of holes in even a small backyard. They only need to be about an inch apart. After each use cover with a handful of earth. When the hole is reasonably full, (please use your common sense) cover it over. Burn the toilet paper. Please remember

that if you are close to a water source, such as a well or a stream, dig your latrines at least 200 feet away!

Apartment dwellers

You're on the 26th floor of an apartment in the centre of town. Your power and water goes out. First thing—don't flush your toilet. Empty the water from the cistern into containers. It's clean and you may need it. Ensure that your emergency kit (you know, the one with the backpack size camping stove, the food supplies, water filter, blanket and first aid kit!) includes bottled water. You will have to carry your water a long way, it makes sense to have done the hard work while the elevator was working.

Using a bucket as a toilet

Another piece of advance planning is one you would not regret in an emergency. Acquire a 5-gallon bucket (or similar container, even an empty ammo can would work—use your imagination!). You can use it for storing stuff in, shoes, cleaning products, toys, anything. And get yourself a sack of sawdust or cedar chips, both should be available from a pet store. If space is at a premium disguise the sawdust by putting it inside a soft footstool, or incorporate it into a piece of furniture. Then in an emergency you can follow these instructions:

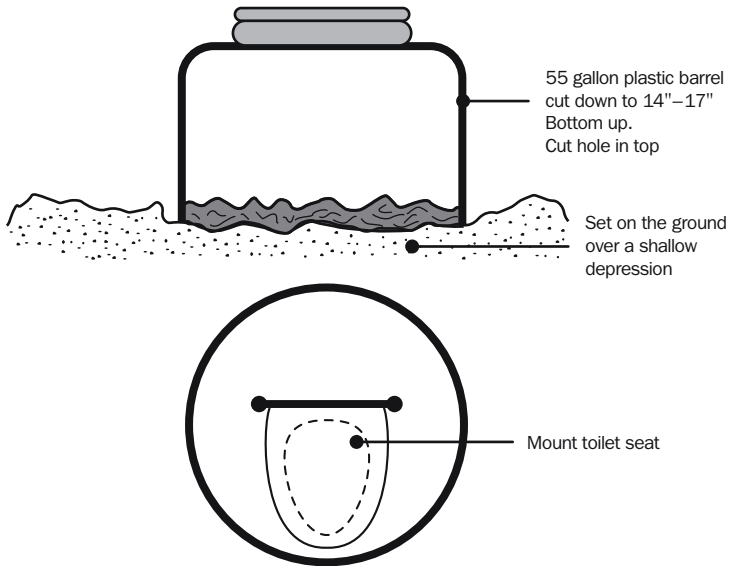
- ❖ Line the bucket with a refuse sack.
- ❖ Use the bucket.
- ❖ After each use, add a handful of dry sawdust (cedar works best) and mix it in.
- ❖ The sawdust soaks up the urine and dries up the fecal matter.

- ❖ When the bucket is full, take it outdoors, dig shallow trench (no more than six inches deep) and empty the contents into the trench. Cover with earth and let it compost.
- ❖ If you have no way to dig a trench, remove the bag and leave it far from inhabited areas. Be a good neighbor.

Handy tips

- ❖ Phone book pages make excellent toilet paper!
- ❖ If you have no paper, sit over a bucket of water and splash your backside—like a French bidet! *Always* wash your hands. Personal hygiene is vitally important!

Tom's toilet



Survival tip



Phone books are a great substitute for toilet paper.