

**Prepared by the Essential Stuff Project, Bigfork, Montana
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GENERAL PREPAREDNESS and SURVIVAL INFORMATION

—FOOD STORAGE

<http://www.nodoom.com/chapter4.html> Excellent outline for food storage -- how to, how much, where, why: NOTE: Here's the link for the book, Do-It-Yourself Emergency Preparedness, Price:\$19.95, from which the above outline is taken: <http://www.yellowstonetrading.com/index.cfm?fuseaction=detail&id=9815&product=2> **Recommended.**

<http://waltonfeed.com/> In business 54 years. Dehydrated foods and supplies for immediate use and long term food storage. Sprouting seeds, organic foods, grinder, storage equipment, emergency supplies. A great site. **Recommended.**

<http://www.lehmans.com/> Lehman's supplies good equipment for general home-use food preparation and cooking, with an eye to do-it-yourself everything. Grinders, dryers, storage, tools, books, lamps, outdoors, personal care, natural products. Huge site, and long respected. **Recommended.**

<http://www.azurestandard.com/> Azure Standard is a food co-operative distributor headquartered in Oregon. They distribute to this area, and supply fresh foods as well as storable grains and beans. A good model for a local fresh foods distribution system.

http://www.redcross.org/services/disaster/0,1082,0_3_,00.html Downloadable FEMA disaster preparedness pamphlet. Good general outline of preparedness.

<http://www.self-defender.net/survival-kit.htm> Another basic preparedness outline.

<http://www.abovetopsecret.com/forum/thread234525/pg1> Above Top Secret links to suppliers of emergency and survival foods.

<http://www.greatdreams.com/survival.htm> Great Dreams link page. This is one of the most comprehensive lists of sites and information links available anywhere. Note: It includes a bunch of completely wacko stuff, as well as good sources for real preparedness thinking.

http://members.aol.com/vlabella/72hour_listb.htm The Frugal Shoppers Di-

saster Guide. Another good site, but with an eye to doing it on the cheap A good list of things to stock for a 72-hour survival kit, and a long list of general things to keep for preparedness.

<http://www.survivalcenter.com/dvd.html> Link to: New "Basic Preparedness," the 3 DVD series. NOTE: The Survival Center is also listed on the following list of survival sites, and is a recommended place to look for food, equipment and good information.

—GENERAL SURVIVAL – FOOD, EQUIPMENT, ADVICE

<http://survivalacres.com/wordpress/?p=722> Major blog site discussing the collapse of civilization, and a continuous discussion of how to cope, what it means, and why it's happening. Good essays and comments, and many links to other blogs and other essayists. **Recommended.**

<http://survivalacres.com/> The companion site to the blogspot above. One of the better survival supply centers. Food, gear and advice. **Recommended.**

<http://www.zyz.com/survivalcenter/index.html> One of the oldest and most complete sites for products, books and information. Also discusses wacko stuff like Planet -X, but there are 1000s of book titles, and many are quite interesting. Good selection of classes on preparedness, and general information. They have an email newsletter you can sign up to receive, approximately weekly. **Recommended.**

<http://www.survival-center.com/> Captain Dave's. Huge site with lots of stuff, survival clothes, food, ideas, techniques (trapping animals), and more. Preparation for nuclear, biological or chemical attacks, and information of epidemics and diseases. **Recommended.**

<http://www.survivalcenter.com/> "America's Premier Preparedness Center. In Continuous Operation Since the early 1970's. Supplier of Family Preparedness, Health, and Survival Supplies." Another major site, with great books on general survival techniques, and all sorts of supplies for every contingency. They offer classes in survival preparedness. Catalog is \$2. Their "Basic Preparedness" handbook is highly recommended! They also have a three-DVD set on basic preparedness. Link Here: New "Basic Preparedness" The 3 DVD series: <http://www.survivalcenter.com/dvd.html> They have an email list for regular updates and information. **Recommended.**

<http://www.efoodsdirect.com/> Survival food. Dehydrated. No GMO, no MSG. Vegetarian. 12-15 year shelf life. 2200-2300 calories per day per

person. Water purifiers and other supplies.

<http://www.survivaltopics.com/survival/the-5-basic-survival-skills/> A site with a short essay on the 5 basic survival skills. Listings of several other sites with emergency supplies, firestarters, water purifiers.

<http://www.areyouprepared.com/> This is a small, yuppie site (pastel powder blue for goodness sake!), with two emergency kits for sale. One fanny pack for \$25 and a larger "20-person office kit" for \$280. While useful, these kits are semi foo-foo, and contain things like a 300-foot "caution" strip. For the severely in denial who are not interested in being really, solidly prepared, both psychologically and physically. Still, these kits are not horrible. They do have food bars, dried meals, and MREs. Decent prices. SARS masks (?) and water storage barrels. A new site.

<http://www.survivalsupplies.com/home.php?gclid=CKeg4MTXho0CFRVlYQoddKgyhQ> From their site: *"ARE YOU PREPARED? Everyone must have the basic tools and survival kits for emergency or a disaster. At work or home, would you know what to do if there was a disaster? Do you have food, water, emergency flashlights and radios in place for a disaster, or would you have to search for them after disaster strikes. We must all be prepared to help ourselves and those we love."* Another one-site-serves-all location. Pretty standard stuff, with decent prices.

http://saratogatradingcompany.com/72_hour_kits.html A variety of survival kits, including some specifically designed for high-rise city spots. 72-hour kits, and a good variety. Featuring: *"Mountain House ULTIMATE Year Supply of Freeze Dried Food: 3 meals per day for one year including breakfasts, main dish entrees, vegetables, dessert and snacks. 126 #10 Cans in 21 easy-to-store cases. (SAVE \$852.11)! On Sale \$2,497.88"*

<http://www.survivalunlimited.com/> Aladdin lamps, candles, Potassium Iodate, solar cookers, and more. Basic stocking foods. Plastic storage barrels, hand pumps, GPS systems and compasses. iSUN Solar Charger for your Cell Phone.

<http://www.alpinesurvival.com/> A huge site with lots of survival gear, and links to ammunition, guns, RV kits, solar (PV) power, generators, and more.

—EMERGENCY EQUIPMENT AND SUPPLY SITES

<http://www.survivalinstinct.com/> Water Filters, Meals Ready To Eat, AlpineAire Gourmet Reserves, Self-Defense CD's, Books, & Videos, First Aid Kits, Camping & Survival Gear. More toward emergency supplies than long-term

survival.

<http://www.campingsurvival.com/> MREs (Meals Ready to Eat), Colloidal Silver, Water Filter Systems & Other Survival Gear. Also more towards emergency supplies and equipment than long-term storage.

<http://www.survivalsuppliers.com/> From their site: *"We are dedicated to bringing you the finest disaster preparedness products and information available in order to help you and your family have a better chance of surviving a disaster, natural or man-made."*

<http://www.survivalsolutions.com/> From their site: *"Besides 72 hour kits you can also choose from our complete line of emergency kits and survival supplies. We carry first aid kits, earthquake kits, food and water storage containers, camping equipment and other emergency supplies."*

<http://www.majorsurplusnsurvival.com/> Tactical gear, military surplus, survival gear, camouflaged clothes. Gas cans, ammo boxes, tarps, MREs, waterproof boots, pocket knives, etc. A large site with lots of equipment.

<http://www.urbansurvivaltools.com/> A small site focused on city living and preparation. Sales programs for schools.