



FOR SURVIVAL:
4 HOURS, DAYS, WEEKS,
AND YEARS LATER
APOCALYPSE RISING TRACK

DragonCon, 2015

Don't Miss These Presentations



- For Survival: 4 Hours Later
Fri 02:30 pm
- Ground Zero, Triage and basic 1st aid for the Apocalypse
Fri 04:00 pm
- Pharmaceutical Prepping For the 72hr Bug Out Bag
Fri 05:30 pm
- Beyond MREs: What Do I Eat Now?
Fri 7:00 pm
- For Survival: 4 Days Later
Sat 04:00 pm
- Not Just Spikes on a Car: Bootstrapping Industrial Capacity after an Apocalypse
Sat 7:00 pm
- For Survival: 4 Weeks Later
Sun 02:30 pm
- The Mad Science of Zombies
Sun 5:30 pm
- For Survival: 4 Years Later
Mon 01:00 pm

Keys to Survival



Sustenance

- 1 Gallon water/day
- ~2,500 calories/day*5
- Medication

Provides



Survival Plan

Requires



Safety

- From people and animals
- For supplies and shelter

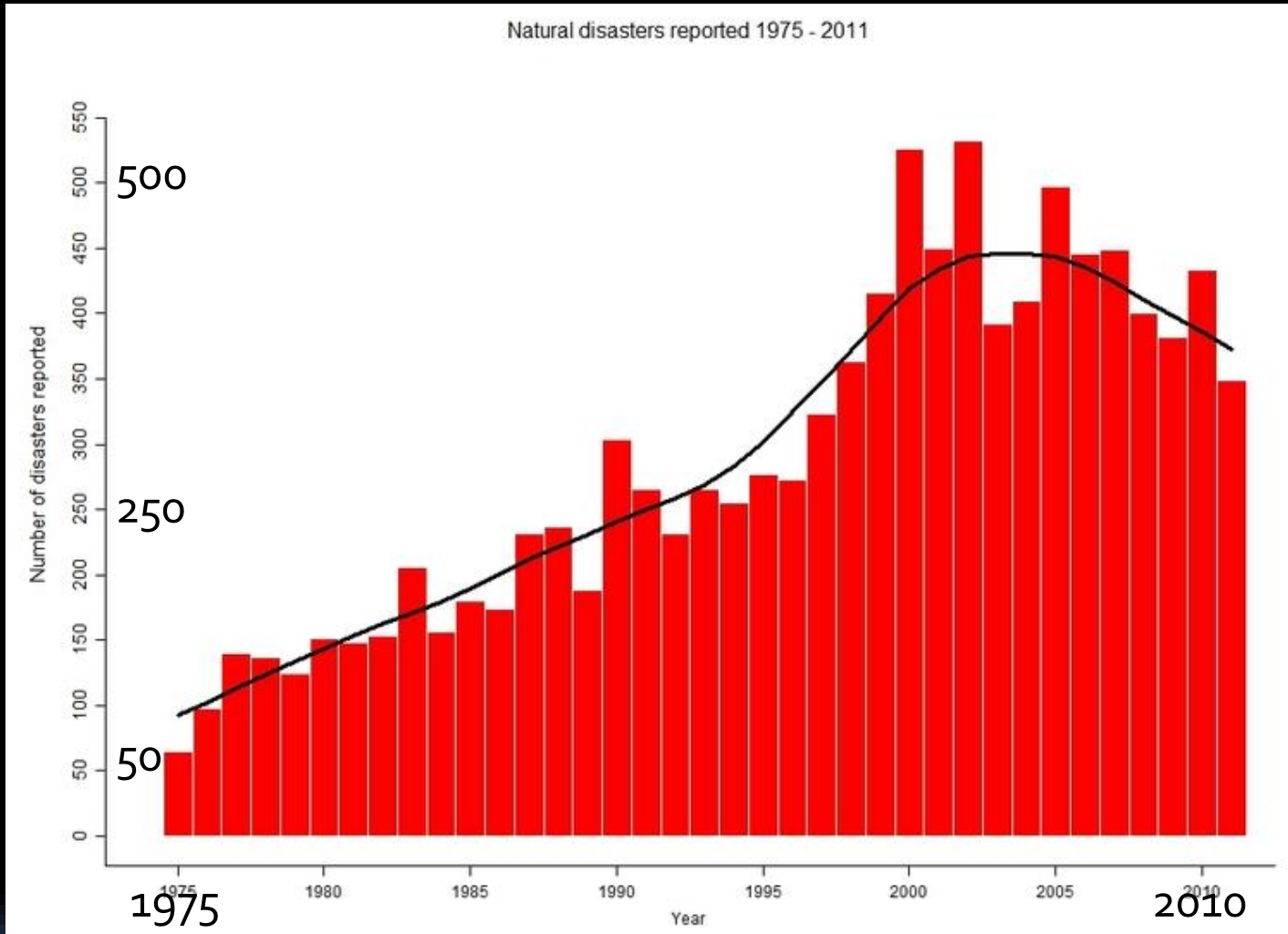
Shelter

- From weather
- For people and supplies

Natural Disasters Reported 1975-2011

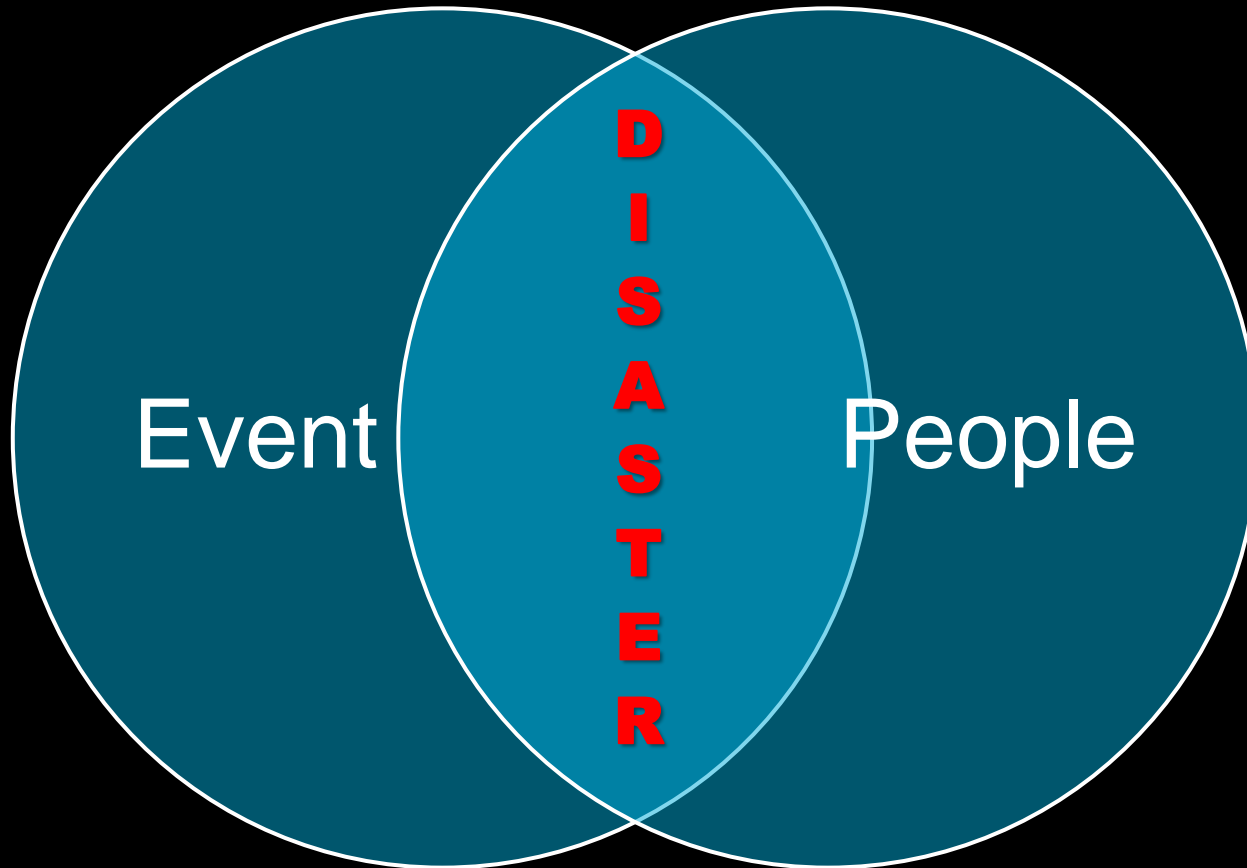


Number of Disasters Reported



Source : <http://www.emdat.be/natural-disasters-trends>

What Causes a Disaster?



Miami Beach



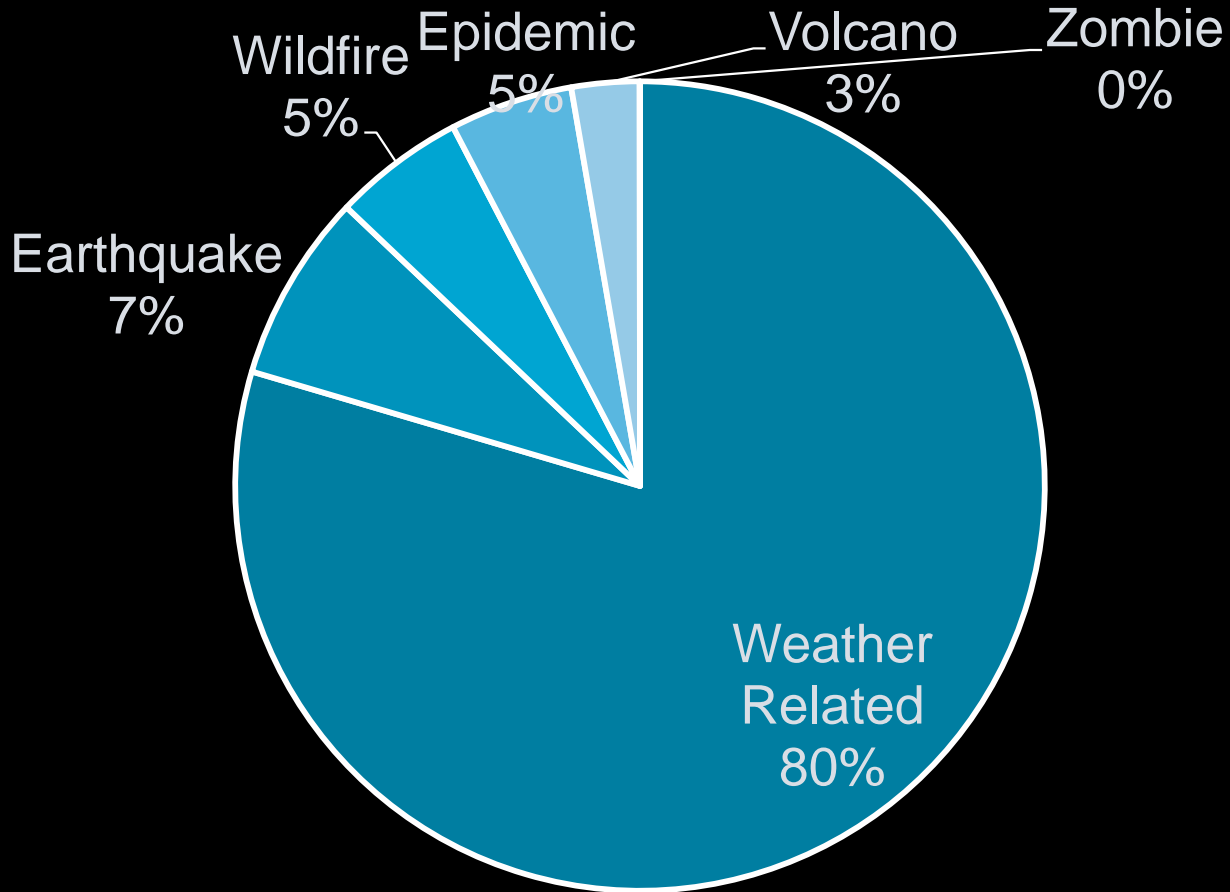
1940s



MIAMI BEACH, FL

Today

Distribution of Disasters in the Americas 1980 - 2008



Source: http://www.preventionweb.net/english/countries/statistics/index_region.php?rid=2

Stages of a Disaster



Stage 0
Before the Event

Stage 1
Disaster Strikes

Stage 2
Resupply

Stage 3
Secondary Collapse

Stage 4
Recovery

Stage 0 – Before the Event



- Public becomes aware of pending disaster.
- Actor: Unaware
 - Ignores warnings
 - Takes no action
- Actor: Unprepared
 - Rush, panic buying
 - Stays or flees area with no plan
- Actor: Prepared
 - Evaluates situation, updates and follows plan



Stage 1 - Disaster Strikes



- Bugging In (Stay in Place)
- Local supplies depleted
 - Panic buying
 - Looting
- Temporary gas shortage
- Loss of power and water
- Private supplies dwindle
- Bugging Out (Flee the Area)
- Traffic jams and blocked roads
- Conditions better/worse at destination
- Shortage of hotels
- Limited supplies
- Limited resupply

Stage 2 – Resupply



- Companies are able to restock
- Supplies from relief groups or government
- Communities provide assistance
- Repairs to infrastructure restore services
- Supplies stolen from secondary sources
 - Non-retail businesses, warehouses, and public buildings
 - Residences and vehicles

Stage 3 – Secondary Collapse



- Hoarding creates artificial scarcity
- Additional infrastructure failures
- Disruption of public and private services
- People become more desperate leading to organized gangs
- Disease
- Starvation



Stage 4 – Recovery



- Restoration or replacement of:
 - Food, clean water, and medical
 - Power
 - Transportation
 - Sanitation
 - Commerce
 - Residences



*14



APPENDIX AND REFERENCE

Most Common Mistakes

- Waiting too late to prepare or take action
- Where to Bug Out: The mall, unfamiliar areas
- Lone wolf: Works for short duration only
- Weapons = Safety
- Resupply: Retail stores or distribution centers
- Relying on government or relief groups
- Underestimating consumption
- Rural = Food
- Pharmacies/Hospitals for medical supplies
(use veterinarian offices)
- Loss of communications

3 Day Survival Pack

- Backpack
- MRE or Freeze dried food
- Flashlights
- Batteries
- Hand-crank radio
- Multi-tool
- Knives (folding and fixed)
- 550 paracord
- Clothes and shoes
- Water purification tabs or filter
- Multi-vitamins
- First aid kit
- Survival handbook
- Hygiene necessities
- Fire-starting materials
- Emergency blankets
- Bug repellent
- Compass
- Map
- Signal mirror
- Sun block
- Safety whistle
- Ziploc bags
- 150 grain alcohol
- Tarp
- Water bottles
- Moleskin
- Roll of duct tape
- Camp stove
- Can opener (small)
- Machete
- Prybar
- Folding shovel
- Saw
- Poncho
- Solar charging kit
- Cash
- Personal defense
- Medications
 - Anti-diarrhea medication
 - Anti-inflammatory
 - Pain
 - Decongestant
 - Prescription
 - Anti-fungal
 - Anti-inch
 - Honey

3 Weeks – 3 Months Survival

See Web Resources for detailed lists

- Expanded consumables
- Full backpack
- Solar recharger
- Water purification tablets, bleach and high flow water filter
- Camp toilet
- Cart, wagon, bike, etc. to collect/move supplies
- Firearms and ammunition (safety and barter)
- Improved shelter
- Water/rodent proof containers
- Sleeping bag
- Machete
- Prybar
- Extra boots
- Gas cans
- Fuel syphon or lightweight hose
- Alternate fuel supplies
- 2 way radios with multiple bands
- Handheld scanner
- Aluminum foil (cook, cover windows)
- Binoculars
- Night vision optics
- Additional medications

Weapons for Survival

- Good fixed blade knife
- Machete (not swords)
- Light weight pry bar (defense and entry)
- Pistol:
 - .357/.38 revolver, 9mm/.45 semi-auto, .22LR
- Shotgun:
 - 12 or 20 gauge pump (Mossberg 500)
- Rifle:
 - 30/30 lever, 30/06 or .308 bolt action
 - .22LR rifle (Ruger 10/22)
 - AK-47 (7.62x39) or AR-15 (5.56/.223)
- Most common ammunition (resupply):
 - Government: 5.56x45 (.223), 7.62x52 (.308), 9mm
 - Private: .22LR, 30-30, 30/06, .223, .308, .38, 9mm, .45

Don't Fear the Zombies

■ Zombies

- No scientific basis for the reanimated dead being able to exist or persist (There are ways you could become a living zombie, so the following won't apply.)
- Encounter = Death, especially fast zombies
- Survive 3-6 weeks, plague will burn out

■ Stages of Decay

- Rigor mortis after 3-24 hours, hardening of the body
- After 36-72 hours, muscle tissue relaxes and tissue begins to decompose and liquefy (They can't move)
- Full skeletonization usually in 2 weeks to 2 years

Apocalypse Rising Panelists

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 - <http://www.michaelzwilliamson.com/>
 - [Amazon.com](#)
- Samantha Zuniga

Reference Materials: Non-Fiction

- How to Survive the End of the World as We Know It: Tactics, Techniques, and Technologies for Uncertain Times by James Wesley Rawles
- Survival Wisdom & Know How: Everything You Need to Know to Thrive in the Wilderness by The Editors of Stackpole Books
- When There Is No Doctor: Preventive and Emergency Healthcare in Challenging Times by Gerard S. Doyle (Author)
- Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition by Paul S. Auerbac
- How to Shit in the Woods, 3rd Edition: An Environmentally Sound Approach to a Lost Art by Kathleen Meyer
- The Hot Zone: A Terrifying True Story by Richard Preston
- Parasite Rex: Inside the Bizarre World of Nature's Most Dangerous Creatures by Zimmer, Carl

Reference Materials: Fiction

Books

- World War Z: An Oral History of the Zombie War by Max Brooks
- The Zombie Survival Guide: Complete Protection from the Living Dead by Max Brooks
- One Second After by William R. Forstchen
- Rot & Ruin by Jonathan Maberry
- Warm Bodies by Isaac Marion
- Patient Zero: A Joe Ledger Novel by Jonathan Maberry
- Apocalypse Z: The Beginning of the End by Manel Loureiro
- 77 Days in September by Ray Gorham
- The Moon Is a Harsh Mistress by Robert A. Heinlein
- Atlas Shrugged by Ayn Rand
- Walking Dead by Robert Kirkman

Movies

- | | |
|--------------------------|----------------------|
| ▪ <u>I Am Legend</u> | <u>The Last Ship</u> |
| ▪ <u>28 Days Later</u> | <u>Walking Dead</u> |
| ▪ <u>Day of the Dead</u> | <u>The 100</u> |
| ▪ <u>World War Z</u> | <u>Survivors</u> |
| ▪ <u>Warm Bodies</u> | |

Web Resources

Preparation Organizations and Resources

- [ZombieSquad - http://zombiehunters.org/](http://zombiehunters.org/)
- SurvivaBlog.com
- [Food Supply Guidelines for Survival Preparedness](#)

Bug Out Bag and Survival Lists

- <http://www.ready.gov/build-a-kit>
- <http://frugaldad.com/2010/02/10/bug-out-bag-essentials/>
- <http://www.survivalhour.com/Articles/bug-out-bag-checklist>
- <http://www.amazon.com/Bug-Out-Bag-Essentials/lm/R3GJVHW6V2NAZV>
- <http://www.howtosurvivestuff.com/survival-gear/bug-out-bag-checklist-essentials-for-your-tactical-supply-and-survival>
- <http://www.survivalblog.com/newbies.html>
- <http://www.thesurvivalistblog.net/category/bugging-out-bags-kits/>
- <http://inchsurvival.com/site/2012/12/bug-out-bag-checklist/>
- <http://www.bugoutbaglist.com/>

Citations

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2. 28 Days Later Trailer, Source: <http://youtu.be/eunaclr-WgU>
3. City background: <http://www.presidiacreative.com/wp-content/uploads/2010/04/apocalypse-37.jpg>
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5. http://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome
6. http://en.wikipedia.org/wiki/Hurricane_katrina#Aftermath
7. http://www.nypost.com/p/news/international/building_full_of_miracles_in_chile_n4OiaxrNI5kXQGV5C1yhJN
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9. <http://www.wired.com/wiredscience/2009/08/zombies/>
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14. http://money.cnn.com/2005/09/01/markets/gas_prices/
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