

Lessons Learned

- Work skills can be developed through everyday activities.
- How you define the needs or opportunity can radically affect the solution's value.
- Start with the data you have. Remember there is a big difference between data and knowledge.
- Understand the context.
- Decomposition is required in core areas. Helps prioritize needs, improve ROI and lower TCO.
- Past performance is not an indicator of future performance. Reaction = Short term solutions; Root Cause = Long term solutions
- To implement long term improvements, focus on the cause not the symptoms.
- How you define the problem/outcome dramatically affects the value of the solution. Target individual symptoms or root cause for any situation.

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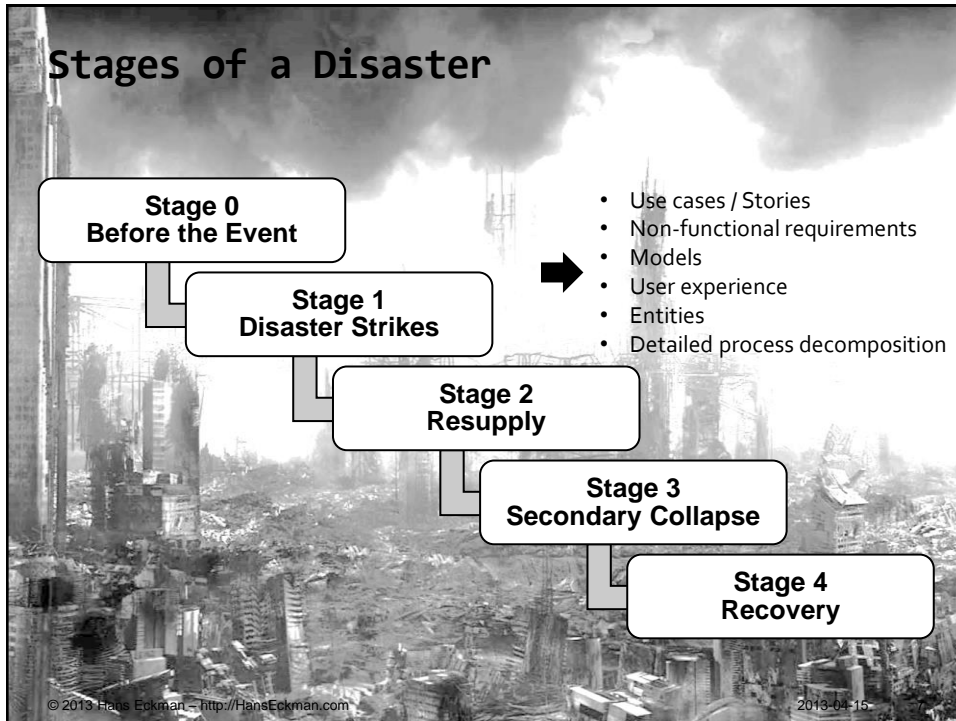
Lessons Learned

- When in doubt, map with a context diagram.
- Business Process Mapping can be a great structure for eliciting requirements and design.
- Define principal Actors; then refine scope and approach. Limit solution to primary Actors or required Actors.
- 1. Don't forget to consider TIME as an Entity. 2. A Use Case is either static when executed or flexible to allow decisions.
- Don't stop at defining Inputs. Consider throughput and constraints as well.
- When resources are scarce, hoarding often results. (Resources, funding, inaccurate estimates, missed dependencies, rejected requests)
- After a transformation, you are in the "new normal". Do you stop, look for incremental improvements or start over.
- Analogies can often help work through problems, as long as the analogy does not create false constraints or dependencies.

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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

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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

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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



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Stage 4 – Recovery

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



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Most Common Mistakes

- Survival Mistakes
- Waiting too late to prepare or take action
- Lone wolf: Works for short duration only
- Resupply: Retail or distribution center
- Underestimating consumption
- Loss of communications
- Project Equivalent
- Start after business impact causes loss
- Cross-team collaboration required
- Surplus resources may be gone later
- Poor forecasting and planning
- Inadequate communication

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Don't Fear the Zombies

- Zombies
 - No scientific basis for the animated dead being able to exist or persist
 - Encounter = Death, especially fast zombies
 - Survive 3-6 weeks, plague will burn out
- Stages of Decay*7
 - Rigor mortis after 3-24 hours, hardening of the body
 - After 36-72 hours, muscle tissue relaxes and tissue begins to decompose and liquify
 - Full skeletonization usually in 2 weeks to 2 years

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Weapons for Survival

- Machete (not swords)
- Light weight pry bar (defense and entry)
- .22LR rifle with detachable or tube magazine (Ruger 10/22, Henry lever action)
- Pistol: .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
- Semi-auto Rifle: AR-15 semi-auto 5.56/.223
- Most common ammunition (resupply):
 - Government: 5.56x45 (.223), 7.62x52 (.308), 9mm
 - Private: .22, 30-30, 30/06, .223, .308, .38, 9mm, .45

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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 center
- Relying on government or relief groups
- Underestimating consumption
- Rural = Food
- Pharmacies/Hospitals for medical supplies (veterinarian offices)
- Loss of communications

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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
- 150gr 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

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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

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Web Resources

- ZombieSquad - <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://inchesurvival.com/site/2012/12/bug-out-bag-checklist/>
- <http://www.bugoutbaglist.com/>

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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

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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
- 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

Movies

- I Am Legend
- 28 Days Later
- Day of the Dead
- World War Z

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Citations

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