THE ORGANIC PREPPER
NUCLEAR SURVIVAL
ANTHOLOGY

THE ORGANIC PREPPER NUCLEAR SURVIVAL ANTHOLOGY

A Printable Guide From the Archives of the Organic Prepper Website

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FOREWORD

The US has been hit hard over the past 2 years. We first dealt with a pandemic that some believed, and some did not. Regardless of your feelings on the pandemic itself, the economic disaster and supply chain disruptions left in its wake by governmental policies have been nothing less than staggering.
Now, while people are paying $10 for a tube of toothpaste in some parts of the country, we find ourselves on what could be the cusp of World War III. There's no need to go over the facts of this, as it's become more and more difficult to get information that is not propaganda. Suffice it to say, the worsening crisis between Russia and Ukraine appears that it may end up involving the rest of the world.

Threats have been issued, as often happens in times of war and hostility. One of the most terrifying of those threats is the prospect of nuclear war.

I want to be abundantly clear when I say that this guide is not assembled out of fear. We've gathered together all our content about nuclear survival so that we can put it in an easily printable format for you. You may find that some information is repetitive and also shared in other articles. We wanted to get this to you as quickly as possible.

Don't prep with fear. Prep with information.

Preparedness that is fear-based will not lead you to a good place. You will overlook important things. You will be more prone to believe the hysteria on social media and the mainstream news. Preparedness that is knowledge-based will help you block out the noise and focus on the things that are the most important.

When you read over this guide, you will see that some of it is simply knowledge about different nuclear capabilities and what happens during a nuclear blast. It's important to know these things so that you can assess your risk accurately.

The rest of it is to help you do the best you can to secure your home from fallout and radiation. Remember, we can only do what we can do. We can only do the best we can with our resources, our locations, and our limitations. Don't waste time on things that are out of reach.

You CAN survive.

But we are survivors, and we can give ourselves a better chance to prevail.

We need to prepare to the best of our ability, understand the scenarios, and try not to lose our focus in a cloud of anxiety and stress.

If you're like a lot of folks, you may be feeling pretty overwhelmed right now. Take control of the things you can and try to focus on the basics of survival. There are

many things going on that are completely beyond our control, and spending your time endlessly watching the horrors and speculation is not productive. Spend your time preparing or spend it doing things that bring you peace. Don't let yourself get sucked in.

Here's hoping we never need to use this information.

Daisy Luther

March 7, 2022

PART 1
PREPPING

Published 08/10/2017

Here's How to Prepare for a Nuclear Attack

By Daisy Luther

Would you know what to do if you were warned of an imminent nuclear strike? Or would you be frozen in shock? Perhaps scurrying to search up the information you need to survive?

It's obviously far better to understand events of this magnitude ahead of time. Here's how to get prepared for that horrifying possibility.

First things first, it's essential to keep abreast of the news. Sign up here for my daily newsletter - I'll let you know what I know, the moment I know it.[1]

Now, let's take a look at the facts about nuclear strikes.

Would a nuclear attack kill us all or cause a global nuclear winter?

I got a message from a reader during the North Korea crisis[2] that encompasses what a lot of us are thinking:

N. Korea now has a Nuke or Nuke capabilities. Do you beef up your preps, wait for the chips to fall, kiss your butt goodbye, or other? Should we be acting business as usual?

First, let me dispel two myths about a nuclear attack.

We won't all die or wish we were dead if a nuclear strike occurs. The movies - as much as I love them - have done us a terrible disservice here. If you are at Ground Zero of an attack, there is absolutely nothing you can do. Everything will be vaporized and that's that. However, if you are outside the immediate blast zone, it is completely survivable and I don't mean survivable in the horrible, lingering death kind of way. I mean, unharmed. You just have to know exactly what to do immediately in order to protect yourself. More on that in a moment.

We won't suffer a nuclear winter. Everything thinks it will be like the post-apocalyptic scenario in that horrible book/movie, The Road.[3] People aren't going to be trying to eat each other. In that particular plot, the nuclear war was so great that a huge cloud of ash covered the planet. In reality, it would take hundreds of nuclear strikes to cause something like that, which is unlikely to occur. This isn't to downplay the horror and death of one strike, but to point out that the aftermath isn't going to make the quality of life on Earth as terrible as what the movies portray.

Here is what would happen if a 10-kiloton nuclear strike occurred.

Contrary to popular belief, a nuke won't kill everyone within hundreds of miles. If you aren't in the immediate blast radius, a nuclear strike is absolutely survivable.

The one-mile radius around the blast will be virtually unsurvivable. Within two miles, people will suffer 3rd-degree burns from the intense wave of heat.

If you are within two miles of the blast, the winds will be coming at about 600 miles per hour. This will take down buildings and cause a tremendous amount of pressure. Some experts recommend that you keep your mouth open to try and reduce the pressure on your eardrums. Looking at the blast could cause permanent blindness.

According to the DHS, 10 kilotons is the approximate size of nuclear weapon we could expect.

- Nearly everyone within a half mile radius of the point of impact would die and most of the buildings would be demolished. This would be considered Ground Zero.
- The area within the next half mile would suffer extensive damage, fires, and serious injuries.
- Areas within three miles could see minor injuries to people and slight damage to their homes.
- The fallout would kill even more people. According to the DHS:
- Within 10 to 20 miles of the explosion, radioactive exposure would cause nausea and vomiting within hours and death without medical treatment.
- But for those near enough to the blast, experiencing more than 800R of radiation, not seeking shelter immediately would cause deaths with or without medical treatment, the study found.
- People would not be able to evacuate this area as fallout would arrive within just 10 minutes.

(source[4])

People upwind of the strike and outside the 20-mile radius would be unlikely to suffer any effects. People downwind would need to take shelter. Deaths from cancer that is related to the fallout could occur for many years after.

Here's what I'm doing to prepare for a nuclear attack.

As cool as it would be to have a bunker, you don't have to have one to survive if you take the time now to get prepped. You can survive by learning everything you can to prepare for a nuclear attack.

So, here's what I'm doing.

Every time a new threat rolls around, I discover that while I have many of my bases covered, there are a few things I hadn't accounted for. A nuclear threat is no different. There were some supplies I had to pick up myself, particularly a bigger supply of no-cook food.

Part of your preparations will depend on where you live, so this will be different for everyone. Are you near any places that are likely targets? Places like Washington DC, Hawaii, New York City, Los Angeles, and large military bases are more likely targets than say, a low population area in the midwest. Of course, this doesn't mean it can't happen. Just that it's less likely.

Are you in a house or an apartment building? What is the best place in your home to seek shelter? Plan all of this ahead of time. If you know exactly what steps you are going to take, you will be able to better perform them under pressure.

Here are some key points to consider.

You won't have a whole lot of notice.

For example, xcientists say that residents of Hawaii would have only 8-12 minutes notice if an ICBM was headed their way from North Korea, and residents of New York City will have an hour. Clearly, there won't be time to run to the store - and if you did, you'd be fighting it out with a bunch of terrified, panicked people - so get your supplies together now.

You could be in your car.

If you are in your car, make certain to turn the vent to recirculation so that you don't bring any outside air into the vehicle. Your goal should be to immediately get to shelter.

Be prepared to go into lockdown.

In nearly every case, staying home is the best course of action. Imagine you are in New York City and this nuke is headed your way. If you try to evacuate, you are most

likely to get stuck on one of the bridges on the way out of Manhattan and that would be far more deadly than hunkering down in your apartment and hoping you are outside the half mile radius of Ground Zero. Experts say that you should plan to stay sheltered for a minimum of 9 days. Our personal plan is 14-21 days, depending on proximity and wind direction. I'd rather err on the side of caution, personally.

During a talk on surviving a nuclear attack, professor Iwrin Redlener, US specialist on disaster preparedness, said: "In that 10 to 15 minutes, all you have to do is go about a mile away from the blast.

"Within 20 minutes, it comes straight down. Within 24 hours, lethal radiation is going out with prevailing winds."

Prof Redlener said you should feel for the wind and begin running perpendicular to it - not upwind or downwind

He said: "You've got to get out of there. If you don't get out of there, you're going to be exposed to lethal radiation in very short order.

"If you can't get out of there, we want you to go into a shelter and stay there. Now, in a shelter in an urban area means you have to be either in a basement as deep as possible, or you have to be on a floor - on a high floor - if it's a ground burst explosion, which it would be, higher than the ninth floor.

So you have to be tenth floor or higher, or in the basement. But basically, you've got to get out of town as quickly as possible. And if you do that, you actually can survive a nuclear blast."

The most hazardous fallout particles are readily visible as fine sand-sized grains so you must keep away from them and not go outside if you see them. (source)[5]

While I'm not a professor, I would not be trying to run perpendicular. I'd be trying to get inside to shelter, ASAP.

Fortify your home against fallout.

- Your goal is to put as much mass as possible between you and the radioactive fallout. Sandbags are a good way to quickly create mass. Take shelter in a basement if possible and fortify the windows and doors with as much mass as possible.

- Use duct tape and tarps to seal off all windows, doors, and vents. Get a LOT of duct tape and tarps.

- Turn off any type of climate control that pulls the outside air into your home. Expect to survive without heat or air conditioning for the duration.

- Close off your chimney.

- If someone enters the home, make certain that there is a room set up that is separate from other family members so that they can decontaminate. All clothing they were wearing should be placed outside and they should immediately shower thoroughly.

- Make a breezeway for putting things outdoors (like pet or human waste.) Hang heavy tarps around the door and put on disposable coveralls, gloves, shoe covers, and masks if you have to actually go out.[6] Disrobe, discard the disposable clothing by tossing it out the door, and shower immediately when you get back inside.

- If you don't have a basement, go to the most central part of your house and erect as many barriers as possible. If there is no central area without windows and exterior walls, go to the room furthest away from prevailing winds.

Have enough supplies on hand to wait out the danger.

As with many emergencies, you need to be prepared to survive at home without help from anyone. It's unknown whether water and electricity will be running, and if the water is running, whether it will be safe to drink. Prep as though you won't have access to these utilities and if you do, then it'll be a pleasant surprise.

- Stock up on emergency food. In our current home, all of my emergency cooking methods rely on me being able to go outdoors. Because of this, I have stocked a one month supply of no-cook foods that do not require refrigeration. Canned vegetables and fruits, canned beans, pouches of rice and quinoa, crackers, peanut butter, dried fruit. You get the idea. The eating may not be exciting, but we won't starve to death. You can find a more thorough list of no-cook foods here.[7]

- Have a supply of water for all family members and pets that will last throughout the 9-day waiting period that you need to remain indoors. (Or longer, which is what we're planning.)

- Get paper plates and cutlery in the event that the water isn't running so you don't have to waste your precious supply washing dishes.

- Don't forget a supply of pet food.

- Make certain you have a potassium iodide supplement on hand to protect your thyroid gland.
- Be prepared for the potential of a power outage.[8]
- If you have pets, have supplies on hand for their sanitation - you can't let them go outside because not only would they be exposed, they would bring radiation in with them. So, pee pads, cat litter, etc, are all necessary. Solid waste can probably be flushed.[9]
- Have the supplies to create an emergency toilet.
- Make sure to have a supply of any necessary prescription medications that will last through the time that you hunker down.
- Have a well-stocked first aid kit. It's entirely likely that medical assistance will not be available, and if it is, you'll put yourself at risk by going out to seek it.
- Have a way to get the news from the outside world. An emergency radio is a must.[10]

Learn everything you can.

This is an overview but there is much more to learn about a nuclear event and the more knowledge you have, the more likely you are to survive without any ill effects.

For some free additions to your nuclear library, you can print out a manual from the US government about surviving a nuclear emergency.[11] It was written with first responders in mind, but much of the information would be applicable for us, too. It discusses:

- The effects of a detonation in an urban environment
- Shelter and evacuation recommendations
- Medical care
- Decontamination
- Preparedness steps you can take well before an emergency occurs

The book, Nuclear War Survival Skills, by Cresson Kearney, is also available for free online.[12]

The more you know, the better your chances are of unscathed survival.

You CAN survive if you prepare for a nuclear attack.

The only part of your survival that is in the hands of fate is whether or not you are at Ground Zero. The rest is up to you. You can't expect the government to save you. You can only save yourself.

Published 01/14/2018

Why (And How) EVERYONE Should Make a Survival Shelter Plan

By Daisy Luther

The false alarm in Hawaii yesterday should be an enormous wake-up call. It should inspire everyone, everywhere to make a survival shelter plan.

While people who panicked are busy pointing fingers at the person who allegedly "hit the wrong button" and sent out a message warning of an incoming missile and to seek immediate shelter, where should that finger really point?

Hardly anyone had a plan for where they would take shelter

For 38 minutes, hysteria reigned supreme across the island state after Hawaiians awoke to this message on their cell phones.

On the television, the following warning was issued:

WEA Text: BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL.
Description: The U.S. Pacific Command has detected a missile threat to Hawaii. A missile may impact on land or sea within minutes. THIS IS NOT A DRILL.
Instruction: If you are indoors, stay indoors. If you are outdoors, seek immediate shelter in a building. Remain indoors well away from windows. If you are driving, pull safely to the side of the road and seek shelter in a building or lay on the floor.

We will announce when the threat has ended. Take immediate action measures.THIS IS NOT A DRILL.Take immediate action measures.
Urgency: Immediate
Severity: Extreme
Certainty: Observed

Can you imagine how it felt to think your life was about to end in 15 minutes?

In some places, sirens were blaring. People were screaming and crying. Stories across social media spoke of the terror.

Social media users posted videos, photos, and testimonials about residents hurriedly taking up shelter while thinking they were under attack.

‹I was sitting in the bathtub with my children, saying our prayers,› Hawaii state representative Matt LoPresti told CNN in emotional interview after false missile alert.

One Twitter[13] user wrote: ‹My family was hiding in the garage. My mom and sister were crying. It was a false alarm, but betting a lot of people are shaken.' (source[14])

Visitors were also left reeling.

California resident Elizabeth Fong is in Hawaii looking to buy a house and received the alert. She said she didn't receive a correction alert stating it was a false alarm until 8:46 a.m., 39 minutes after the initial alert.

The aftermath of the false alert was "crazy," she told NBC Bay Area, and prompted people to run around on the streets "crying and screaming," wondering what to do.

"I prayed to God and asked for forgiveness of my sins and for Him to protect us," she said, adding that people are still shaken up. (source[15])

There are videos of desperate parents putting their children into the storm drains to try and save them.[16] There are first-person stories about the longest 38 minutes of people's lives.[17]

Why didn't anyone have a survival plan?

The most important part of preparedness is planning ahead. Hawaii has been the state at greatest risk of an attack by North Korea. There were reports of an outright threat against Hawaii.[18] There have been drills and meetings in which only a few people participated. Many people didn't even notice the sirens being tested.[19]

For months, the media has been full of stories about the risks of a ballistic missile attack on Hawaii and yet, many people had no idea where they would take shelter.[20] And shelter is only the first concern - what about the weeks of fallout in which people would need to shelter in place? What about food? Water? Search and rescue?

What about a plan?

It isn't all about fear to make a contingency plan. No one really knows why or how this alert was sounded, but the fact remains that there was wholesale panic. When

we are prepared, we don't need to panic.

Survival Shelter Checklist

There are two things for which people would need to prepare: the blast and the fallout.

No one WANTS to think about this kind of thing, but it's oh-so-important. Keep in mind that a survival shelter doesn't have to be a "bunker" in the traditional sense. (Although how awesome would that be?) It could be your basement, an interior room in the house, a room with fewer windows and access points, or a room that you can harden if necessary. If there is absolutely no place in your home where you can shelter, find out if the town where you reside has a public fallout or blast shelter.

The goal is to put as much MASS between you and the outside air as possible. The ideal amount is 3 feet. Windows are not an acceptable barrier. But DO NOT let a situation that is less than ideal overwhelm you to the point that you don't take the steps you can. Very few of us have a concrete underground bunker with no windows. Very few of us have an unlimited budget. Start with the basics and add the things you can, when you can.

Answer the following questions:

- Where would you take shelter for 14-21 days?
- Do you have the necessary supplies to fortify your shelter? (Duct tape, heavy plastic, boards, sandbags - seal off windows, doors, vents, and any other place where a draft can get through)
- Is the shelter stocked with enough food for you to wait for the radiation to dissipate?
- Do you have a way to safely cook it? Alternatively, do you have foods that don't require cooking?[21]
- Do you have blankets and comfort items?
- Do you have enough water for everyone?
- Do you have potassium iodide and do you know how to take it?
- How would you use the bathroom in your shelter?
- How would your pets do their business? (Puppy pads? Newspaper? Litter box?)
- Do you have enough pet food?

- Do you have supplies for special needs like diapers, formula, medications, comfort items?

- Do you have something for people to do while you shelter in place? (Games, crafts, books?)

You need to make this survival shelter plan now. Whether you live in Hawaii, a city, or out in the country, you absolutely must be ready. If that warning comes to your phone, you will be much calmer if you know what you are going to do.

Imagine the peace of mind you'll have when this is done. Isn't that much better than panic?

SHELTER CHECKLIST

Answer the following questions:

- Where would you take shelter for 14-21 days?
- Do you have the necessary supplies to fortify your shelter? (Duct tape, heavy plastic, boards)
- Is the shelter stocked with enough food for you to wait for the radiation to dissipate? What do you need to buy?
- Do you have a way to safely cook it? Alternatively, do you have foods that don't require cooking?
- Do you have blankets and comfort items?
- Do you have enough water for everyone (including pets)? Plan for 1 gallon each per day.
- Do you have potassium iodide, and do you know how to take it?
- How would you use the bathroom in your shelter? Consider a kitty litter toilet.
- How would your pets do their business? (Puppy pads? Cat litter? Newspaper?)
- Do you have enough pet food?
- Do you have supplies for special needs like diapers, formula, medications, comfort items? Write down those special needs and pick up what your loved ones may require.
- Do you have something for people to do while you shelter in place?

May 26, 2015

Sanitation in the City: What to Do When the Toilet Won't Flush

By Daisy Luther

Did you ever stop to put some thought into the flushing power of your toilet?

It's one of those things we in modern society take for granted. We use the restroom, then we flush, wash our hands, and forget it.

But during extreme scenarios, this isn't always so easy. When researching my book, The Prepper's Water Survival Guide, I spent a lot of time reading about water, sanitation, and waterborne illness. These issues are all closely linked, and it›s vital to find solutions.

If you're on a septic system, you have a safe place for your waste to go during most types of disasters, assuming you have additional water on hand for flushing.

But, in the city, on a public sewer system, there exists the possibility that a situation could arise during which flushing is not an option. Do you remember during the aftermath of Superstorm Sandy when residents of high-rise apartment buildings couldn't flush because the city water system was down? There were numerous reports that people were so desperate that they were defecating in the hallways. They quoted a resident of a senior apartment complex, Anna Hay, who said, "They can't go upstairs to go to the bathrooms. Where are they going to go? They're walking all around for a place to go. There's nowhere to go in this area."

With some very small and inexpensive preparations, it doesn't have to come down to that. Just having a portable toilet is not enough for good hygiene and safety. If you live in an urban area, going outside to do your business may not an option. You have to figure out a way to take care of this, indoors, while maintaining the health of your environment.

As a former city prepper, I've been through a few situations during which our toilets were inoperable due to a local disaster. Luckily, I had the supplies on hand to create a kitty litter box for people, so my children and I were able to stay in the safety of our home without risking illness due to poor sanitation.

How to Make a Kitty Litter Potty

Here's all you need to make a litter box for people:

- Kitty Litter (For this purpose, get a scented one)

- Extremely heavy garbage bags (Get the kind that contractors use and do NOT skimp on the garbage bags, whatever you do)

- Your toilet or a"luggable loo" which is like a 5-gallon bucket with a toilet seat.

Hopefully, you realized you weren't going to be able to flush before using your toilet. If there is waste sitting in your toilet, you're going to need to get rid of it. Not fun, I know, but if it sits there for several days, it's going to smell terrible, even with the lid down. To get rid of it, you'll need to have a bag set up with a bit of kitty litter in it. Then, use a cheap dollar store utensil like a slotted spoon to fish out the poop. Try not to hurl, because that's just something else you'll have to dispose of. Get rid of the slotted spoon because you will NEVER want to stir beans with that one again. You'd have flashbacks.

Now that this is out of the way, you have two options. You can line your toilet and continue to use it following the directions below, or you can switch to the luggable loo, which is basically just a 5-gallon bucket equipped with a toilet seat and a lid. The process is the same for either one.

If you're using your toilet, turn the water off to the tank. (The knob for this should be on the wall at the back of it.)

Line the toilet with a garbage bag. Let me repeat: DO NOT GO CHEAP ON THE GARBAGE BAGS! You want to use the best ones you can get your hands on. The ones for contractors are designed to carry very heavy loads. (There's a horrible pun that I'm resisting making right now.) The last thing you want is for a bag full of human waste to break as you are carrying it out of your house. Put the bag in the bowl, then pull the top of the bag down over the edges of the toilet. Put the seat down to hold the bag into place.

If you're using the Loo, line it with a garbage bag. Same as above, put the bag into the bucket, then pull the top edges down the side of the bucket. Put the seat down to hold the bag into place.

From here, the steps are the same.

Put a handful of kitty litter into the bottom of the bag to start off. Although I don't usually like scented products, this is an extreme scenario. Trust me, you want scent. Put the bucket of kitty litter beside the toilet and put a scoop in it (about a 1 cup scoop)

Now you can use the bathroom. When someone has to go, they should do their business then toss a little bit of kitty litter on top of it. Don't go crazy - just a cup of

litter should do the trick. Remember, it's designed to cover the smell of poop. Put the lid down on the toilet or loo after you use it. Add a small scoop of litter when someone poops.

Don't let it get too heavy before taking it outside. For the love of all things cute and fluffy, watch the weight of your human litter. It will soak up urine and become heavy clumps of clay. (Anyone who has ever changed a litter box knows how heavy it can get.) Remove the bag and discard it outside before it becomes a) too heavy to handle or b) heavy enough to cause the bag to break. If you're using good quality garbage bags, "a" is more likely than "b". Most likely, you'll need to take the bag out once per day. It could be more if you have a large family or if someone is ill and making abundant use of the potty.

This is obviously not a solution for a very long-term situation, because you would have to dispose of the bags of poop. However, in a shorter-term scenario, you should be able to load the bags into a garbage can outside and deal with them when services are restored.

Be certain to wash your hands well after dealing with human waste. Although I'm not usually a fan of hand sanitizer, in these kinds of situations, I strongly suggest the use of it. Your family could become extremely ill if good hand hygiene and waste management techniques are not practiced.

Published 03/07/2022

Here's What You Need to Know About Radiation Sickness

By Aden Tate

Radiation sickness is no laughing matter, and unless you understand exactly what you need to do in the event of a nuclear blast, you are likely to end up experiencing it firsthand. Thankfully, there are things we can do to avoid it. Here is what you need to know about radiation sickness:

Units you need to understand with radiation sickness

I'll mainly be using the units of roentgen. If you see me say something like 5R, that means 5 roentgens. This is a unit of measurement for calculating the dose of radiation absorbed. The lower the roentgen, the safer you are.

An area that will expose you to 300R is going to be exponentially more dangerous than a place with 0.5R.

There are other radiation units as well, though. Grays, rads, and rems all deserve mention as well. For our purposes, consider 1 roentgen, 1 rad, and 1 rem to all mean the exact same thing. A gray is worth 100 Rads.

Don't get too caught up in the numbers. Just know that the higher the number is with just about anything related to radiation, the worse off you are. The predominant exception to this would be in discussing the protection factor (PF) of a shelter. The higher the PF of a shelter, the safer a shelter it is from radiation.

What is radiation sickness?

There are different types of radiation, but you're probably familiar with the concept already of the radiation from a nuclear weapon being of the lethal variety. Though you can't see it – it's invisible – after a nearby nuclear blast, this type of lethal radiation would be all around you.

Despite being a good distance away from the mushroom cloud, despite being unharmed by the blast, fireball, or heat wave, simply being unprotected could lead to your absorbing a lethal dose of radiation. This means that just going outside to check on your garden could prove to be a deadly activity.

According to the EPA, absorbing 75 Rad (the rough equivalent of 18,000 chest X-rays) within a matter of minutes to hours will give you acute radiation sickness. (source[22])

When you absorb too much of this radiation, you will come down with what is known as acute radiation sickness, aka radiation sickness. This leads to the impacted cells

in the body either being killed or becoming cancerous, with the amount of radiation absorbed largely determining what is going to happen.

But, more on that in just a moment.

What are the signs and symptoms of radiation sickness?

The chief sign of radiation sickness one needs to be aware of is vomiting. Doctors actually use the presence of vomiting as one of their chief indicators of just how much radiation was absorbed. The sooner somebody starts throwing up after being exposed to dangerous levels of radiation, the more radiation that individual absorbed. (source[23])

Other signs and symptoms of radiation sickness include:

- Bloody poop
- Confusion
- Diarrhea
- Dizziness
- Fatigue
- Hair loss
- Headache
- Infections
- Low blood pressure
- Nausea
- Weakness

(source[24])

Will radiation sickness kill you?

With a vengeance, it will. Death by radiation sickness is a miserable way to die. Your remaining hours will be spent vomiting, in severe pain, and fully cognizant of the fact that you are dying. You will suffer an excruciating life until your death.

This is not something to be taken lightly. One cannot just hope for the best, and yes, the odds are that you will survive a nuclear strike. It's the nuclear fallout that is liable

to kill you. In the world of nuclear weapons, understanding that you are both fair game and that your family will suffer without your understanding of how to stay safe is vital.

You teach your family firearm preparedness, knowing that guns are everywhere, and they need to know how to handle themselves around them. Why not do the same with nuclear preparedness?

How do you avoid getting radiation sickness?

There are three main components to avoiding radiation sickness: time, distance, and shielding.[25]

Decrease the time of your exposure.

The less time that you are exposed to dangerous radiation, the less your chances are of coming down with radiation sickness. For example, as Cresson Kearney points out in his fantastic book Nuclear War Survival Skills, two weeks after a nuclear blast, a family is likely going to be able to safely exit their shelter for the first time.

If they are in an area with high levels of fallout, though, they are going to have to limit the amount of time they spend out of their shelter. Why? Because though the radiation is decaying, it is still present in a sufficient amount to cause damage with extended exposure.

Kearney states that a person can be exposed to 6R each day for at least two months without becoming ill if they've not been exposed to a total dose of 100R during the two-week sheltering process. [page 13]

So, if the background radiation level is 1R, then, according to Kearney, one could spend six hours per day outside of shelter safely post-nuclear blast.

Limiting one's self to decreased levels of time decreases the amount of radiation absorbed.

Increase the distance from the radiation.

The further you are from harmful radiation, the safer you will be. It stands to reason that the individual who lives a 45-minute drive from where a nuclear blast took place is going to be in greater danger than is the individual who lives a 15-hour drive from the blast site.

Of course, nuclear fallout can still be carried quite some distance by wind (which typically travels from west to east in the United States) and can make that 15-hour away location still dangerous as well, but distance does increase safety.

Shielding yourself from radiation is the most important thing you can do.

As Kearney has pointed out, within 12 hours of a massive nuclear attack on American soil, the bulk of the United States would be covered in radioactive fallout. [p25] So, it doesn't matter where you are; you need to understand the importance of shielding yourself from fallout.

Ironically, at least in 1986, FEMA was recommending shelters to the American public that, in practice, would result in lethal doses of radiation being absorbed by 100% of occupants. [p49] For the best shielding from lethal radiation levels, it is recommended that one seek shelter in a fallout shelter. There are commercially produced options out there, but Cresson Kearny lays out some excellent field-expedient, shovel-ready designs in his book Nuclear War Survival Skills that you need to have a basic understanding of.

He actually points out that the shelters featured in his book give better protection against radiation than do virtually all basements within the United States. [p45] Seeing that his shelters are little more than trenches dug into the ground with a log roof covered in earth, this is well worth your looking into.

It should also be pointed out that if you are outside and have been exposed to radioactive fallout, you need to throw away all of your clothes and shower as quickly as possible. Radioactive particles will have coated your skin, and the sooner you rinse them off, the less risk you have of absorbing dangerous levels of radiation that can cause burns, be inhaled, or worse.

What do doctors use to treat radiation sickness?

According to the Mayo Clinic, there are a number of treatments that doctors in the United States will use to treat patients with acute radiation sickness. If the absorbed dose has been judged to be too large, the patient will be given pain killers and palliative care, as death is 100% certain. (source[26])

If the patient is deemed to stand a chance, hospitals in the USA will likely prescribe one of the following medications:

- Prussian blue (Radiogardase) – This drug is given to bind to cesium and thallium within the body. The radiation is then pooped out. By doing so, Prussian blue helps to get radioactive elements out of the body as quickly as possible.

- Diethylenetriamine pentaacetic acid (DPTA) – DPTA binds to the radioactive metals americium, curium, and plutonium. Whereas Prussian blue eliminates radiation via pooping, DPTA causes you to pee out the radiation.*

*Note: I'm not a doctor, nor do I pretend to be. The above is not medical advice. If you're looking for medical advice, find somebody licensed to give it.

Radiation sickness is a serious threat of nuclear warfare that everyone should have a base level of understanding of.

The above knowledge will give you a fairly good understanding of just what one can expect with radiation sickness. This is not a game. This is a very real threat. The sooner you can get out of the way of dangerous radiation, the better off your chances are.

Published 08/12/2017

How to Use Potassium Iodide After a Nuclear Emergency

By Daisy Luther

Given the current concerns, you may be adding some emergency supplies that you are unfamiliar with to your pantry and medicine cabinet. This article explains how to use potassium iodide after a nuclear strike and addresses some frequently asked questions.

At the end, there's a link to a downloadable format of this article that you can print out to keep with your emergency supplies. I'm not a doctor - this article is based on research done on the FDA and CDC websites. Sources are cited at the end.

(The abbreviation for potassium iodide is KI, which I'll use for the rest of the article.)

Why you need potassium iodide after a nuclear emergency

Aside from the immediate threats of a nuclear blast, the thyroid gland is the most susceptible organ to damage from radiation. Potassium iodide is a stable form of iodine (stable meaning it isn't radioactive.) If the thyroid gland is loaded with stable iodine, it can't absorb radioactive iodine. Radioactive iodine can cause cancer. Here's how the CDC explains it:

The thyroid gland cannot tell the difference between stable and radioactive iodine. It will absorb both. KI (potassium iodide) blocks radioactive iodine from entering the thyroid. When a person takes KI, the stable iodine in the medicine gets absorbed by the thyroid. Because KI contains so much stable iodine, the thyroid gland becomes "full" and cannot absorb any more iodine—either stable or radioactive—for the next 24 hours.

This doesn't protect your body from any other type of radioactive isotopes - only radioactive iodine. It won't undo the damage done by radioactive iodine, so you must begin taking it immediately for protection. If there is no radioactive threat, you should not take KI, as it can be harmful.

How do you take potassium iodide after a nuclear strike or other radiation emergency?

The sooner you begin taking KI after an emergency, the better. It works best if taken within 3-4 hours of an emergency.Here are the dosages recommended by the FDA.

Here are the dosages recommended by the FDA.

- Newborns from birth to 1 month of age should be given 16 mg (¼ of a 65

mg tablet or ¼ mL of solution). This dose is for both nursing and non-nursing newborn infants.

- Infants and children between 1 month and 3 years of age should take 32 mg (½ of a 65 mg tablet OR ½ mL of solution). This dose is for both nursing and non-nursing infants and children.
- Children between 3 and 18 years of age should take 65 mg (one 65 mg tablet OR 1 mL of solution).
- Children who are adult size (greater than or equal to 150 pounds) should take the full adult dose, regardless of their age.
- Adults should take 130 mg (one 130 mg tablet OR two 65 mg tablets OR two mL of solution).
- Women who are breastfeeding should take the adult dose of 130 mg.

Here's a chart provided by the FDA.

	Predicted Thyroid gland exposure (cGy)	KI dose (mg)	Number or fraction of 130 mg tablets	Number or fraction of 65 mg tablets	Milliliters (mL) of oral solution, 65 mg/mL***
Adults over 40 years	≥ 500	130	1	2	2 mL
Adults over 18 through 40 years	≥ 10	130	1	2	2 mL
Pregnant or Lactating Women	≥ 5	130	1	2	2 mL
Adolescents, 12 through 18 years*	≥ 5	65	½	1	1 mL
Children over 3 years through 12 years	≥ 5	65	½	1	1 mL
Children 1 month through 3 years	≥ 5	32	Use KI oral solution**	½	0.5 mL
Infants birth through 1 month	≥ 5	16	Use KI oral solution**	Use KI oral solution**	0.25 mL

One full dose protects the thyroid gland for 24 hours. Taking more does not add more protection and can cause illness or death. During times of extended exposure, take the dose once every 24 hours for the length of time recommended by emergency officials. (You've got your battery-operated or hand crank emergency radio, right?)

The following guidance is offered by the FDA:

- The FDA guidance prioritizes groups based on age, which is the primary factor for determining risk for radioiodine-induced thyroid cancer.
- Those at highest risk are infants and children, as well as pregnant and nursing females because of the potential for KI to suppress thyroid function in the developing fetus and the newborn.
- The recommendation is to treat them at the lowest threshold (with respect to predicted radioactive dose to the thyroid).
- Anyone over 18 years old and up to 40 years old should be treated at a slightly higher threshold.
- Anyone over 40 years old should be treated with KI only if the predicted exposure is high enough to destroy the thyroid and induce lifelong hypothyroidism (thyroid deficiency).

REMEMBER: DO NOT GIVE INFANTS, PREGNANT WOMEN, OR BREASTFEEDING WOMEN MORE THAN ONE DOSE OF KI.

Who should NOT take potassium iodide?

Some people should not take KI because the risks outweigh the benefits. According to the FDA, the following people should not take KI:

- Persons with known iodine sensitivity
- Persons with allergies to iodine, iodide, and shellfish
- Individuals with dermatitis herpetiformis and hypocomplementemic vasculitis
- People with nodular thyroid with heart disease should not take KI.
- Individuals with multinodular goiter, Graves' disease, and autoimmune thyroiditis should be treated with caution -- especially if dosing extends beyond a few days. Speak to your doctor, because KI could be deadly for you.

A seafood or shellfish allergy does not necessarily mean that you are allergic or hypersensitive to iodine, but extreme caution should be used, and you should have

the supplies on hand to treat a life-threatening allergic reaction. Personally, I probably would not take KI if I had a seafood allergy. If you are not sure if you should take KI, consult your healthcare professional before a disaster ever occurs.

If your thyroid gland has been removed, you will not benefit from taking KI.

What are the possible side effects of potassium iodide?

If you take the correct dosage and are not allergic to iodine, you shouldn't have any negative side effects. The possible issues are:

- Skin rashes
- Swelling of the salivary glands
- "Iodism" (metallic taste, burning mouth and throat, sore teeth and gums, symptoms of a head cold, and sometimes upset stomach and diarrhea)
- An allergic reaction can have more serious symptoms. These include fever and joint pains; swelling of parts of the body (face, lips, tongue, throat, hands, or feet); trouble breathing, speaking, or swallowing; wheezing or shortness of breath. Severe shortness of breath requires immediate medical attention.

What kind of potassium iodide should I use for my emergency supplies?

Table salt, iodine-rich foods, and low-dose supplements do not contain enough iodine to be effective.

The FDA has approved these brands for use in a nuclear emergency. (I've included links to the products I could find.) The FDA recommends that you only take the following brands.

- iOSAT tablets, 130mg, from Anbex, Inc.
- ThyroSafe tablets, 65mg, from Recipharm AB

If you are unable to find the brands above, other products that have not been recommended by the FDA are:

- Pure Potassium Iodide Crystals (these are to be used to make a solution.)[27]
- Iodoral (These are lower dosage, but high quality, so adjust your intake based on the recommendations above)
- Potassium Iodide tablets (Similar dosage to iOstat, but I'm unfamiliar with the

brand)

It's essential to note that if you use a non-approved product, it may not be as effective as the approved products. I strongly urge you to get the recommended brands if possible.

You will have to calculate the appropriate doses with the recommendations above.

If you live near a nuclear plant, you may be able to acquire potassium iodide free of charge from the facility.

Sources:

- KI in Radiation Emergencies[28]
- Potassium Iodide as a Thyroid Blocking Agent in Radiation Emergencies[29]
- FDA[30]
- CDC[31]

This is a good thing to print out for your emergency binder. Also, keep a copy with your KI pills.

Published 02/07/2022

How to Get Accurate Information After SHTF

By Jose

If this mess of the past two years has taught me anything, it's that gathering accurate information matters. There is no way to accurately predict the exact scope of a disaster months in advance. There is no means to accurately predict how quickly variables will change post-disaster. This is why the prepper needs accurate information. As the world changes around him, he needs to be aware of how it is doing so.

Information is what allows the prepper to adapt to his environment.

Our first priority after disaster is to make sure our loved ones are alright. For sanity's sake, accurate information about the safety of loved ones is paramount. Even if we can't communicate with our family immediately post-SHTF, there is a large degree of peace of mind which comes from knowing the extent, precise location, and nature of the chaos that has just taken place.

However, this is where we face something of a catch-22. We need accurate information more after the SHTF than we ever have before, but the very nature of a SHTF event means communication infrastructure has likely been damaged, shut down, or overwhelmed.

With Venezuela's usual power grid cuts, even the local radios stations stop broadcasting. Should a disaster strike during one of these times, you're in something of a news vacuum. Imagine what would happen in a long-term situation. It's rather concerning, is it not?

The only grid means of communication for us during these times is the old, reliable landline telephone. (That's why I find the old-school BBSs I previously mentioned so appealing if this should happen someday). The BBS system has a limited scope, though. However, there are other alternatives.

How to use the landline grid as a news source...

I've tinkered with computers ever since they first started finding their ways into private homes. (Yes, I've just revealed my age.) However, this long interest in computer science has helped me to grasp some interesting computer concepts which are of use to the prepper.

Did you know you could connect two PCs using just the telephone line? Do you

remember that old 80's movie War Games? Within that movie, the main character is able to use his computer to gain access to another computer (coincidentally, the one that controls the US nuclear bomb arsenal) via a landline telephone.

Well, those old capabilities of landline computer connections remain intact. As long as phone landlines work, they can be used for transmitting updated information. Maybe not as instantly as the internet has us used to, but it's better than nothing.

We have to understand that the only reason cellphones were so widely accepted was the combination of advantages they provided when compared with landlines. One of the lesser-known reasons cell phones flourished is because installing and maintaining a cellphone signal tower is way cheaper than maintaining thousands of kilometers of cable!

Cellphone towers are incredibly vulnerable. They cannot be relied upon for news post-SHTF.

Mind you, cellphone towers are very vulnerable to weather. When there is an entire staff available in charge of a tower's maintenance, the tower will do its job. Once that staff disappears, it's game over for wireless personal comms. The cellphone towers in my hometown were looted years ago, with the solar panels and batteries having long been stolen. So when the grid is down here in Venezuela, most of the cellphone operators are useless.

On the negative side, the connection using dial-up is going to be snail speed compared to our 50+Mbps days. You're talking 4.5 kbps snail speeds. While this is a tolerable speed for instant PC-to-PC messaging and file copying, it's not going to allow you to do things requiring fast transfer speeds.

The reasons this protocol[32] of PC-to-PC over phone landlines (Warning: link is in Spanish. Activate your translators.) would work for our intended purpose, is that the news media will keep a record of the incoming number of people gaining access to their server, and that means accurate and reliable intel. If multiple people from an area are all reporting the same thing (e.g. there's a fire at the factory), the news agency then knows that it's not just a rumor. One person didn't report the fire - 45 did. The news agency then knows they are transmitting accurate information.

This way, the readers/listeners will know the news is trustworthy as well. The other reason these PC-to-PC connections via landline are so important is that they permit reporters in the field to transmit via radio to the main station, and this information can then be uploaded to the information agency server in real-time.

Imagine a digital newspaper being available for free.

With subscribers connecting via landline and downloading the "news bulletin" in a matter of seconds, local information would be available every day. It could be even possible to program the news server fax the digital version of a "newspaper" to the subscribers. I don't know about your area, but in Venezuela, landline services seem to be working without too much trouble, even though the Internet service often fails, or the wide band cost skyrockets. Even when the power is out here, PC-to-PC via landline still works here. I've checked.

(I'm not exactly a fan of anything wiki, but their information on "point-to-point protocol" could provide some clarity to the main issue here: connecting two PCs to exchange information over the phone landlines.)[33]

AM/FM radio broadcasting could still work.

This sort of communication will rely on power supplies. Let's suppose this isn't an issue though, as the station has applied the principles of the business continuity after SHTF.[34] The best approach to preparing for post-disaster life is to assume that people will keep running their business as best as they can.

AM/FM radio has survived all of the technological changes through history. It's even stronger now with the benefit of the interne. Radio broadcasts over the internet serve as a great means for instantly updated information. FM works better in the local environment.

Radio broadcasting equipment is less complex than computers, and doesn't need the limited lifespan components to work such as a computer requires. In my area, I've been inside a number of radio stations, and the newest of them still has equipment which has been running flawlessly since the late 80s. I asked and any small town electronics technician could repair it provided the parts can be found.

The main concern here is the necessary power level to broadcast. However, with intermittent broadcasting, I believe this could be easily managed. In the past, radio stations broadcasted for a limited time as well. I foresee radio stations behaving similarly in a post-disaster future.

Will TV still work?

Practically all of what applies for radio broadcasting is true for TV broadcasting as well. Any local station will still have its transmission equipment. Will you have the power supplies at your house to receive those broadcasts though? What about your TV, will you be able to turn it on? Will you be able to spare vital electricity - perhaps

connected to your well pump or deep freezer - to run a TV? Is the cost worth it?

Are there other solutions for accurate information after SHTF?

Yes, there are several solutions to spread information post-SHTF. I won't get into more details because of space. The possibilities certainly are plentiful, but not all of them are flexible enough to be used for every case. Do your homework to discover what is out there.

I won't mention HAM radio either. It's obviously the most universal approach, and has been a preferred communication tool for survivalists and preppers since the beginning. In particular, I believe that packet radio to transmit small amounts of data could be a boon for disaster news gathering.

There is plenty of material out there about the off-grid connection topic, and I recommend starting with learning about how to use your phone without the grid.[35] Mind you, I´m no specialist in this sort of thing and there are plenty of technical details to consider.

These are just two solutions that work at the local level here in Venezuela. I believe they'll work in yours as well.

Post-disaster news gathering is a fascinating, extensive topic plagued with tons of interesting details. Those with more information could add a lot to the conversation and help a lot of people by adding to the comments section. Thanks for reading!'

Note from Daisy: Don't forget the value of a hand-crank, NOAA radio for getting news from official channels.

PART 2

What We know about Nukes and the aftermath

Published 01/06/2018

The CDC Is Warning Americans to Prepare for Nuclear War

By Daisy Luther

The CDC is warning Americans to prepare for nuclear war.

If you've been watching the news for years the way many of us have, you probably know that by the time the government starts warning you about something, it's just about to happen.

For example, you may recall the Ebola scare back in 2014. First, the CDC released a warning on Sept. 15th,[36] then just two weeks later, the first case in the US was confirmed in Texas.[37] It wasn't by any great master planning that it didn't turn into a massive epidemic through a series of terrifying errors. It was sheer dumb luck.

The Center for Disease Control recently announced that they'd be giving a presentation on January 16th to help better prepare the public for nuclear war. The announcement reads:

While a nuclear detonation is unlikely, it would have devastating results and there would be limited time to take critical protection steps. Despite the fear surrounding such an event, planning and preparation can lessen deaths and illness. For instance, most people don't realize that sheltering in place for at least 24 hours is crucial to saving lives and reducing exposure to radiation. While federal, state, and local agencies will lead the immediate response efforts, public health will play a key role in responding.

Join us for this session of Grand Rounds to learn what public health programs have done on a federal, state, and local level to prepare for a nuclear detonation. Learn how planning and preparation efforts for a nuclear detonation are similar and different from other emergency response planning efforts. (source[38])

Some of the presenters are Dan Sosin, CDC's deputy director and chief medical officer in the Office of Public Health Preparedness and Response; Robert Whitcomb, the chief of the radiation studies branch at the CDC's National Center for Environment Health; and Captain Michael Noska, the radiation safety officer and senior advisor for health physics at the FDA.

The event will be held at the Alexander D.Langmuir Auditorium Roybal Campus of the Georgia Institute of Technology. If you want to go, you have to get security clearance ahead of time.

Non-CDC staff must have prior security clearance. US citizens must submit a request to the Grand Rounds Team.[39] A US state-issued photo ID (e.g., driver's license, US passport) is required.

Non-US citizens must submit their requests 20 days prior to the session to the Grand Rounds Team, and additional information will be required. (source[40])

Which means, basically, no non-US citizens are allowed since it's happening 10 days from now and this was only quietly announced on December 27, 20 days before the event is to take place.

Published 04/05/2018

This Nuclear Blast Simulator Lets You Put In ANY Address to See What Would Happen (Plus a List of Potential Targets)

By Daisy Luther

Did you ever think about the places close to you that would be potential targets for a nuclear strike by an enemy? If you're reading this website, chances are, the answer is yes. But how would a strike to that nearby target affect you?

In the event of a nuclear strike, there are four things to consider. The numbers below are in the event of a 300-kiloton bomb:

- The Fireball: Everything in this range would be disintegrated, It is nearly a one-mile radius and also called Ground Zero.
- Radiation: A wave of deadly radiation would affect everything within 5.5 miles. This will cause lung injuries, severe burns, deafness, blindness, and internal bleeding. Anyone in this range who survives the immediate danger is likely to suffer from radiation poisoning in the upcoming weeks.
- The Shockwave: A shockwave of incredible power would spread throughout a range of about 11.5 miles. Also called the blast wave, this highly compressed air will travel at high velocities (up to 470 mph), destroying nearly every building in its path.
- The Heat: Heat from a nuclear blast would travel almost 50 miles. This heat can ignite fires and cause first degree burns.

You can plug any address into several websites that simulate a nuke attack and see how far the effects of a nuclear strike would reach.[41]

This is a link to the Blast Simulator.[42]

Here's what a 300 KT strike on the White House would look like, so that you can get an idea of the different danger zones.

Photo Credit: Outrider[43]

You can check out my book, How to Survive a Dozen Disasters, for detailed information on how to prepare for the potential of a nearby nuclear strike and what to do if it happens.[44]

Where are nuclear strikes most likely to take place?

It depends. There are all sorts of variables with regard to nuclear targets. While most of us would think that cities like New York, Washington DC, and Los Angeles would be more desirable because of high population density, the targets are more likely to be strategic militarily.

This article from Business Insider states that cities aren't the most likely targets anymore and that targeting has "shifted from cities to nuclear stockpiles and nuclear war-related infrastructure." The map below shows the theoretical targets of an attack by Russia.[45]

Photo credit: Business Insider[46]

However, if North Korea were to attack the United States, the goals would be different, at least based on a North Korean propaganda photo from 2013.

In Hawaii, one of the closest targets to North Korea, the US military bases Pacific Command, which is in charge of all US military units in the region. San Diego is PACOM's home port, where many of the US Navy ships that would respond to a North Korean attack base when not deployed.

Barksdale Air Force Base in Louisiana holds the US Air Force's Global Strike Command, the entity that would be responsible for firing back with the US's Minuteman III intercontinental ballistic missiles.

Washington D.C., of course, is the home of the US's commander-in-chief, who must approve of nuclear orders. (source[47])

The North Korean target map looks like this:

Photo Credit: Business Insider[48]

What about radioactive fallout after a nuclear strike?

If a nuclear strike occurs and you are outside the range of the issues above, the next risk is the radioactive fallout.

The significant hazards come from particles scooped up from the ground and irradiated by the nuclear explosion. The radioactive particles that rise only a short distance (those in the "stem" of the familiar mushroom cloud) will fall back to earth within a matter of minutes, landing close to the center of the explosion. Such particles are unlikely to cause many deaths, because they will fall in areas where most people have already been killed. However, the radioactivity will complicate efforts at rescue or eventual reconstruction. The radioactive particles that rise higher will be carried some distance by the wind before returning to Earth, and hence the area and intensity of the fallout is strongly influenced by local weather conditions. Much of the material is simply blown downwind in a long plume.

Rainfall also can have a significant influence on the ways in which radiation from smaller weapons is deposited, since rain will carry contaminated particles to the ground. The areas receiving such contaminated rainfall would become "hot spots," with greater radiation intensity than their surroundings. (source[49])

Radioactive fallout can cause myriad health problems. You can also be exposed to these particles when you eat plants, milk, or meat that has been contaminated by fallout. The biggest risk is thyroid cancer, which is why those who live in a place where there is a risk of fallout should stock up Potassium Iodide pills. (We have a guide on how to take them to prevent cancer due to radioactive fallout.[50]) A Stanford University study warns:

Nuclear fallout poses health dangers, particularly in the form of cancer, to humans in the form of radiation. When radioactive chemicals break down they release a certain amount of radiation. When humans are exposed to this radiation there is a risk that it causes chemical changes in cells which can kill or makes cells abnormal. In damaging the DNA contained in cells, radiation can cause cancer and can also lead to birth defects in children due to the tampering with a person's genetic makeup. (source[51])

The other variable

The last and scariest variable is this: how big is the bomb? On the map above, you can plug in different types of nuclear warheads for different results. If a Tsar bomb (the largest ever detonated in Russia) struck Washington, DC, it would demolish a substantially larger area and the death toll would reach 1,858,141 people, with injuries to nearly one and a half million more.

Here's what that would look like.

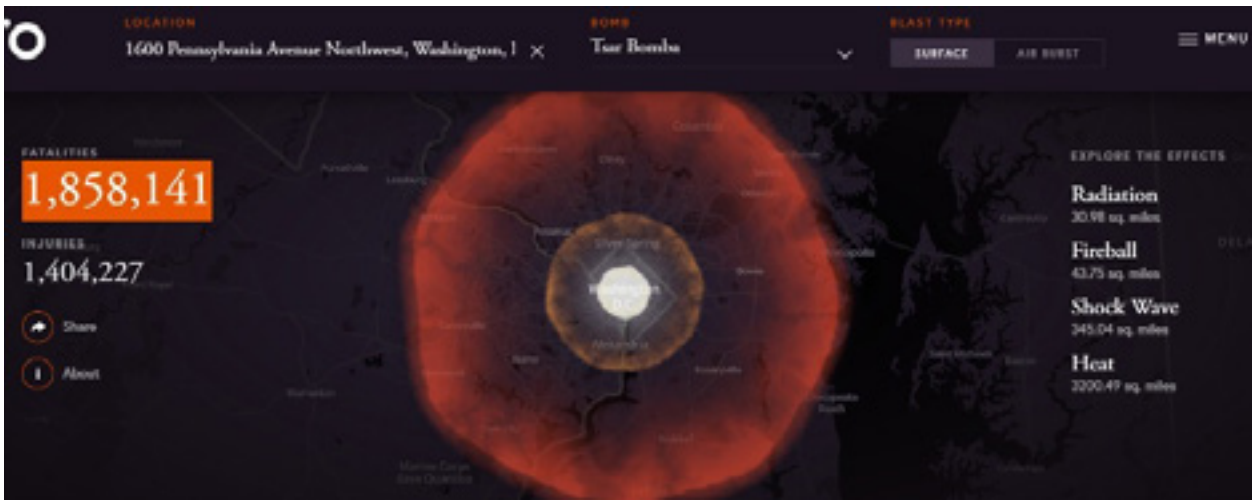

Photo Credit: Outrider[52]

As you can see, with a 50,000 KT bomb, the numbers are entirely different.

- The Fireball: Everything in this 31-mile range would be disintegrated
- Radiation: A wave of deadly radiation would affect everything within 44 miles. This will cause lung injuries, severe burns, deafness, blindness, and internal bleeding. Anyone in this range who survives the immediate danger is likely to suffer from radiation poisoning in the upcoming weeks.
- The Shockwave: A shockwave of incredible power would spread throughout a range of about 345 miles. Also called the blast wave, this highly compressed air will travel at high velocities (up to 470 mph), destroying nearly every building in its path.
- The Heat: Heat from a nuclear blast would travel 3200 miles. This heat can ignite fires and cause first degree burns.

There is an enormous difference in the scale of nuclear weapons. This video gives you some idea of the scope.

Do you live near any of the potential nuclear targets?

When you look at the maps above, are you close to any of the likely targets? How will you prepare for the potential of attack? Without access to proper medical care, you may wish you'd have checked out our Herbal Skills Intensive.[53] A massive power outage might make you wish you had some type of archive of prepping information to take with you as you evacuate.[54]

Whatever you do, get prepared now. Aside from 10 years ago, it's the best time to do so.

Published 11/29/2017

North Korea Launched Another ICBM and Here's What We Learned

By Daisy Luther

Despite warnings to from the international community to stop, North Korea tested the most powerful ICBM to date last night. The hermit kingdom launched yet another Intercontinental Ballistic Missile (ICBM) which splashed down in the sea off the coast of Japan.

Kim Jong Un issued a handwritten order for the launch that said:

«I order a test launch. Carry out on Nov 29 at dawn. Fire it bravely for the Party and the motherland!»

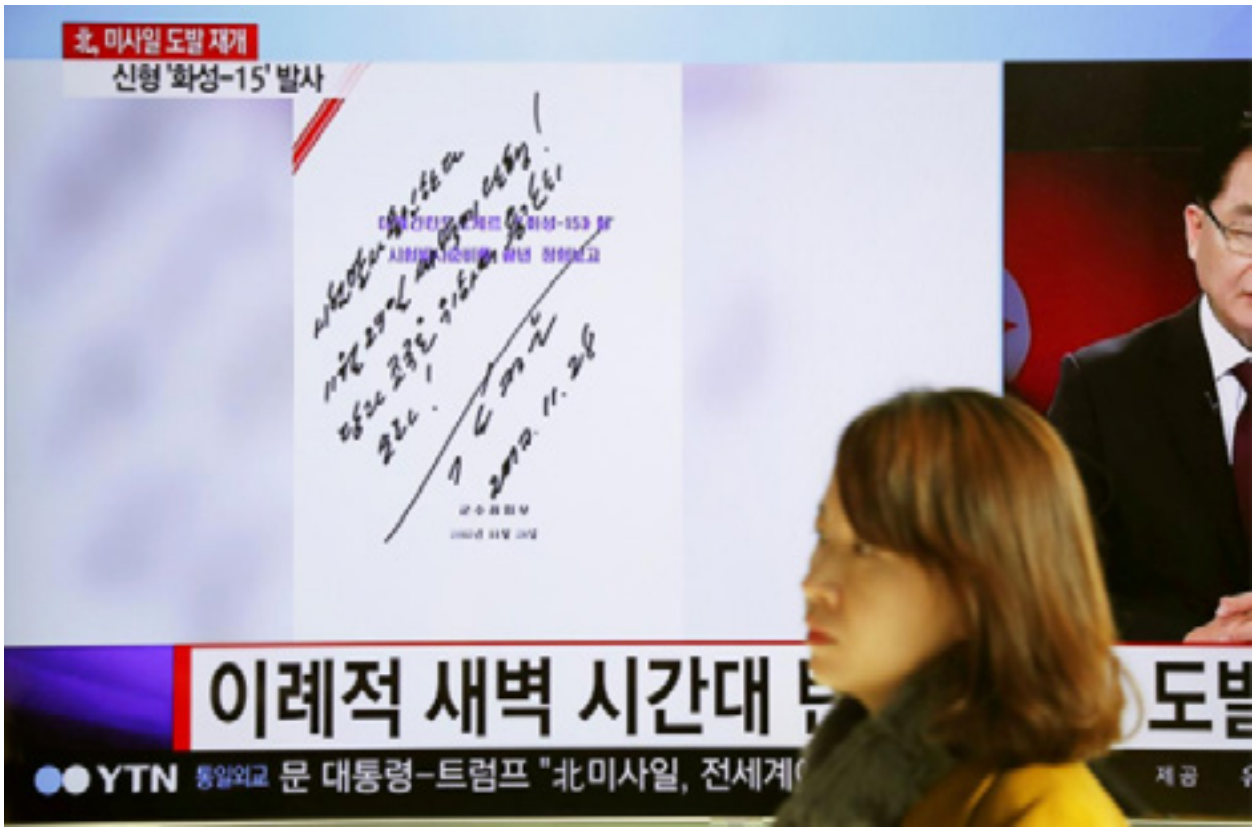

photo credit[55]

North Korea seems pleased as punch about the launch, stating that their nuclear state is "complete":

Pyongyang said in a statement Wednesday local time that the missile flew for 53 minutes before landing in "targeted waters" in the East Sea of Korea and that the missile can be tipped with a "super-large heavy warhead.

"[North Korean leader] Kim Jong Un declared with pride that now we have finally realized the great historic cause of completing the state nuclear force, the cause of building a rocket power," North Korea said. (source[56])

What we learned can help us to be better prepared, should things escalate beyond tests.

They can definitely hit any part of the United States

There has been a lot of supposition with previous tests, like the one last July, when it was determined by some experts that they could strike into the US as far as Chicago.[57] But last night, by the time the missile had splashed down in waters of the Japanese economic zone, General Mattis, the Secretary of Defense warned that they›d proven they «could threaten everywhere in the world.»

Zero Hedge reported:

This would make it the most powerful of the three ICBM's North Korea has tested so far. Furthermore, the mobile night launch appeared aimed at testing new capabilities and demonstrating that Pyongyang would be able to strike back to any attempt at a preventative strike against the regime.

"The missile was launched from Sain Ni, North Korea, and traveled about 1,000 km before splashing down in the Sea of Japan, within Japan's economic exclusion zone. We are working with our interagency partners on a more detailed assessment of the launch," Pentagon spokesman, Col Robert Manning said.

This is concerning for one big reason: according to General Mattis, the North Korean ICBM "went higher, frankly, than any previous" and "North Korea can basically threaten everywhere in the world." This was confirmed by North Korea missile analyst, Shea Cotton, who cited Allthingsnuclear author David Wright, and who told the BBC that the initial estimates of the ICBM test mean that North Korea can now reach New York and Washington DC. (source[58])

This was North Korea's most powerful launch to date.

This most recent test was a different type of ICBM than North Korea has launched previously. Sky News said:

Early estimates put the range, if flattened out from the steeply-lofted trajectory at which it was fired, at around 13,000km (8,100 miles)...

...But this is, once again, progress, with the Kim regime proclaiming a new ICBM to

add to its arsenal, which they have named the Hwasong-15 (hwasong means Mars in Korean).

This was also a rare, if not unprecedented night launch (we saw a late night ICBM launch in July), from what appears to be a new site.

Improving their capability to fire from different locations, at different times of the day, increases their chances of being able to get a real missile fuelled and into the sky before it could be detected and attacked. (source[59])

This image from CNN gives you an idea of the trajectory and path of the test.

photo credit[60]

The Guardian reported that this was "the most powerful of the three ICBMs North Korea has tested so far." and that the trajectory was."[61] more than ten times higher than the orbit of Nasa's International Space Station." That type of altitude, of course, should cause concern about the possibility of an EMP strike, which could be far more deadly in the long-term than a regional nuclear strike.[62]

We may not get much warning.

The most worrisome thing to me was that no one seemed to know where the missile was headed when it was in the air - at least no one who was telling the rest of us. The

trajectory was so high that the destination was immediately not ascertainable - just that it was headed "east."

This means that we might have very little notice should a strike be headed toward the United States. As soon as I heard about the launch, I contacted my friend in Hawaii, who had heard absolutely nothing about it. Wouldn't you want to know that something was in the air, headed your way?

In the event of a strike, it is essential that you have a plan ahead of time. You should have potassium iodide pills on hand, as well as a place to take shelter. family members should know what to do and the plan should be able to be enacted rapidly.)

The whole world is pretty unhappy about the test.

South Korea immediately responded with a show of force.

South Korea staged a missile exercise Tuesday aimed at potentially taking out North Korea's most valuable military assets. It was in response to North Korea's launch of an intercontinental ballistic missile (ICBM) over the Sea of Japan.

South Korea's Joint Chief of Staff said its military conducted what it called a "precision strike" missile exercise in immediate response to North Korea's latest "provocation" in more than two months, according to South Korea's official Yonhap News Agency.[63] (source[64])

South Korea entered into discussions with Japan, in which they have made the decision to increase the intensity with which they deal with North Korea.

South Korea's President Moon Jae In and Japan's Prime Minister Shinzo Abe agreed on Wednesday that the two nations could "no longer tolerate" the nuclear and missile provocations from North Korea.

"President Moon Jae-in and Prime Minister Shinzo Abe agreed to further intensify their countries' cooperation to put stronger pressure and sanctions against North Korea, noting they can no longer tolerate North Korea's threats to security," Moon's chief press secretary said, according to Yonhap News.[65]

The leaders expressed "concerns over North Korea's claim that its nuclear and missile development programs are in their final stages," and agreed to take steps on cracking down on the regime. (source[66])

Germany has "sharply condemned"[67] the launch and an emergency meeting of the UN Security Council will be taking place today.[68]

Even Russia, who has previously warned the US not to make the first strike against North Korea, condemned the test.

Russia joined the nations to decry the "provocative step" which "sparks a further rise in tensions."

"We condemn this launch and hope that all the respective sides will manage to keep calm, which is very necessary to prevent the worst-case scenario on the Korean Peninsula," said Kremlin spokesman Dmitry Peskov. (source[69])

President Trump has been fairly vague in his response, stating, "I will only tell you that we will take care of it," and that it was "a situation that we will handle."

Will we be able to avoid war with North Korea?

At this point, it seems nearly impossible that this will be settled peacefully. While North Korea does have the right to defend itself against threats, they've taken an aggressive tone that cannot end well. It appears that this last test even antagonized their greatest allies, but it's still difficult to imagine that Russia, for example, will stand idly by if the United States were to attack preemptively.

With any conflict, it's important to note that even if there are no battles on American soil, there will be serious economic ramifications. The very best way that you can prepare is to learn to live more frugally, get rid of your debt, and become more self-reliant to provide for your family.

War with North Korea would be far uglier than people imagine.

Published 06/13/2018

Here's What Would Happen If a Nuclear Bomb Was Detonated on the Ground in NYC

by Daisy Luther

After the meeting between North Korean leader Kim Jong Un and US President Donald Trump seemed to end on an optimistic note, one may have hoped that our fears of a nuclear attack would subside. Not so, according to New York Magazine, who published an article entitled, "This Is What a Nuclear Attack on New York Would Look Like."[70]

While the timing may seem odd, it's important to note that feelings are mixed about the North Korea-US summit. Some are pleased and feel that a great deal was accomplished, while others are unhappy - even angry - that Trump made nice with a brutal dictator.

It's tough for many folks to separate their feelings about Trump, whether those feelings are animosity or support, and it shows in their assessment of the conversation. And this isn't unique. People had the same difficulties with President Obama. Supporters thought everything he did was great, while detractors thought he was the Anti-Christ. We'd all be wise to try to separate our feelings from our take on current events, as difficult as that might be. However, that isn't what this article is about.

What would the nuclear threat look like?

The New Yorker piece is prefaced with the opinion that the potential nuke won't be from the sources most of us have been worrying about. "If America is attacked, the strike probably won't come from North Korea. And it will be even scarier than we imagine."

The intro is a political diatribe with some legitimate facts that are overshadowed by a blatant bias. But Ferris Jabr is an experienced science journalist who is a contributing writer for Scientific American and has been published in Wired, Foreign Policy, Aeon, Hakai, New Scientist, and Quanta, to name just a few outlets.[71] Don't be too put off by the first couple of paragraphs to read the very credible information he provides in the rest of the article. The author discusses a distinct, chilling possibility that has quite a bit of merit.

...a nuclear attack on the United States could well come not from the skies but from the streets. Experts warn that it would be relatively easy for terrorists to build an

"improvised nuclear bomb" and smuggle it into America. Building a ten-kiloton bomb nearly as destructive as the one dropped on Hiroshima would require little more than some technical expertise and 46 kilograms of highly enriched uranium — a quantity about the size of a bowling ball.

This is absolutely not outside the realm of possibility.

Last month, some weapons-grade plutonium went missing from a university in Idaho.[72] While the amount taken wasn't enough to make a giant nuke, it was certainly enough to make a dirty bomb. I was unable to find any indication that the plutonium was ever recovered, and if any readers know, please post your links in the comments so I can update this article. This isn't the first time that nuclear materials have gone missing - far from it. In 2013, the Washington Post published an unsettling map that showed dozens of thefts or losses of the ingredients required to cook up a dirty bomb or worse.[73]

The New York Magazine article posits that the bomb would likely be assembled elsewhere and then smuggled into the United States but we can't overlook the possibility that it could be just as easily assembled right here at home, should such an event occur. The article explains how a crude 10-kiloton bomb could be made and smuggled in (and it's quite thorough to my untrained eye)

Once terrorists obtained the uranium, they would need only a small team of sympathetic engineers and physicists to build what is known as a gun-type nuclear bomb, like the one dropped on Hiroshima. A gun-type nuke uses traditional explosives to fire a slug of uranium through a tube directly into another chunk of uranium, fracturing huge numbers of atoms and unleashing a massive amount of energy...

...The last step in the process — smuggling the weapon into the United States — would be even easier. A ten-kiloton bomb, which would release as much energy as 10,000 tons of TNT, would be only seven feet long and weigh about 1,000 pounds. It would be simple to transport such a device to America aboard a container ship, just another unseen object in a giant metal box among millions of other metal boxes floating on the ocean. Even a moderate amount of shielding would be enough to hide its radioactive signature from most detectors at shipping hubs. Given all the naturally radioactive items that frequently trigger false alarms — bananas, ceramics, Brazil nuts, pet deodorizers — a terrorist group could even bury the bomb in bags of Fresh Step or Tidy Cats to fool inspectors if a security sensor was tripped.

Jabr then suggests that the shipment could reach port in Newark, New Jersey, after which a route through the Lincoln Tunnel into Times Square might be the likely course.

What would happen when the nuke detonated?

Keep in mind that this article is specific to New York City. Anyone who lives there or has traveled there will finish reading it with a clear picture in their minds of the landmarks mentioned. But even if you never set foot in the Big Apple, the information delivered in such a relatable way is priceless.

I've written a great deal about the survivability of a nuclear strike if one doesn't happen to be at Ground Zero, and it seems that the author of this piece agrees. Here's an excerpt:

A ten-kiloton nuclear bomb detonated on the ground in Times Square would explode with a white flash brighter than the sun. It would be seen for hundreds of miles, briefly blinding people as far away as Queens and Newark. In the same moment, a wave of searing heat would radiate outward from the explosion, followed by a massive fireball, the core of which would reach tens of millions of degrees, as hot as the center of the sun.

When such a bomb explodes, everyone within 100 feet of ground zero is instantaneously reduced to a spray of atoms...Near the center of the blast, the suffering and devastation most closely conform to the fictional apocalypse of our imaginations...Within a half-mile radius of the blast, there would be few survivors...

As the fireball travels outward from the blast, people, buildings, and trees within a one-mile radius would be severely burned or charred. Metal, fabric, plastic, and clay would ignite, melt, or blister. The intense heat would set gas lines, fuel tanks, and power lines on fire, and an electromagnetic pulse created by the explosion would knock out most computers, cell phones, and communication towers within several miles.

Traveling much farther than the fireball, a colossal pressure wave would hurtle forth faster than the speed of sound, generating winds up to 500 miles per hour. The shock wave would demolish the flimsiest buildings and strip the walls and roofs off stronger structures, leaving only their naked and warped scaffolding. It would snap utility poles like toothpicks and rip through trees, fling people through the air, and turn brick, glass, wood, and metal into deadly projectiles. A blast in Times Square, combined with the fireball, would carve a crater 50 feet deep at the center of the explosion. The shock wave would reach a diameter of nearly 3.2 miles, shattering windows as far as Gramercy Park and the American Museum of Natural History.

All this would happen within a few seconds.

As this pulse of radiation surges through the bodies of everyone who is outside, or in

weakly insulated buildings, it wreaks biological havoc at the molecular level...Within minutes to hours, most people exposed in these areas would begin to show signs of acute radiation syndrome...

The article is well worth reading to get a clear, horrifyingly detailed picture of the reality of a nuclear attack for those closest to Ground Zero.[74] It continues to explain what would happen to those within a few miles in the hours and first days after the attack, and has some excellent advice on how to protect yourself should you find yourself in close proximity to a strike. The author concludes:

A terrorist-built nuclear bomb detonated in Times Square would injure 300,000 people and kill 250,000 — 20 times more deaths than in any natural disaster or act of terrorism in America's history. More than 500,000 would eventually be killed or injured by the radioactive fallout...

...Overall, a nuclear missile detonated in the air over New York City would be more destructive and deadlier than a ground explosion, because it would generate a larger blast wave and fireball. By contrast, a nuclear bomb detonated on the ground loses some of its destructive power, because the energy is absorbed by the ground itself, but kicks up more dirt and debris, producing a much larger amount of radioactive fallout and causing a higher proportion of deaths from radiation sickness and cancer.

Really, it seems to me that this scenario of a crude nuclear bomb detonated on the ground in a populated area is a whole lot more likely than a missile strike from across the ocean.

You need to learn to protect yourself against all types of nuclear threats.

By understanding exactly how this would affect Ground Zero and the area around it, we give ourselves a much greater opportunity for survival. Clearly, in a localized event, the entire country would not turn into a nuclear wasteland like the setting of The Road, but this is a common misconception that leaves people paralyzed in fear.

It would be centered around the blast area, but the radiation and plume would travel. Being prepared for this possibility is far wiser than saying, "I'll just take my chances and die. Who would want to live after that?" The unfortunate thing for those who deliberately choose the option of remaining unprepared is that you probably won't just die in the blast. You will die a horrific, lingering death, in agony as your skin peels off, your organs shut down one by one, and your loved ones suffer beside you.

Learn how to create a survival shelter in your home. Even if you aren't at home when something terrible happens, that information could save your life. Knowledge is power.

Published 03/07/2022

Is Nuclear Winter a Myth?

By Aden Tate

We've covered nuclear war[75] a bit in the past here at The Organic Prepper, but as I've pointed out before, I believe that it is high time that you buckle down and get serious about this genuine threat.[76] People fear what they don't understand, and a large part of the fear involved with nuclear weapons is that they are a mysterious topic to the average American.

Nuclear weaponry?[77] Isn't that something from The Cold War? Why do we have to worry about that now? Hollywood, Carl Sagan, and others have most certainly done their part to popularize a number of nuclear weaponry myths. But that's what I'd like to take a look at today.

What are the most popular myths out there involving nuclear war? Perhaps, if we can help to dispel some of these, we can help people to realize that A) nuclear war is survivable, B) there are action steps we can take to protect ourselves, and C) in the event of a nuclear strike, we won't find ourselves absolutely clueless.

Let's look at one of the most common:

Myth – A nuclear exchange will result in a nuclear winter where the sky will darken and temperatures will plummet.

This theory began in 1982 when German environmentalist Paul Crutzen conceived the idea and gained a lot of momentum as time went on, largely thanks to Carl Sagan.[78] Interestingly enough, throughout The Cold War, there was a massive push by the Soviets to change the common American's perception of a wide range of issues. Disarmament was one of these issues Soviets discretely tried (and succeeded) in impact within the United States. (Read page 82 of John Stormer's None Dare Call It Treason.[79])

KGB defector Sergei Tretyakov actually stated in 2000 that the KGB was responsible for the entire nuclear winter hoax.[80]

So, if Soviet scientists pushed the notion of a nuclear winter, the next question is this: Why?

Because it spread fear in America. Nobody wants to fight a war they can't win, and terror gets people to quit thinking rationally. If you can spread the idea that a nuclear exchange will only hurt yourself because of an inescapable nuclear winter, then you can help people to begin to do the mental gymnastics necessary to think that laying

down their own rifles will cause their opponent (with a rifle) to magically become harmless.

Of course, in this case, we're talking about nuclear weaponry, but the point remains: the nuclear disarmament movement was largely sponsored by the Soviets and was based on a disinformation campaign.

Cresson Kearney's thoughts

According to Cresson Kearney's excellent book Nuclear War Survival Skills[81] (he actually received the Army's Decoration for Distinguished Civilian Service in 1972 because of how many Americans he helped prepare for nuclear war), the idea of a nuclear winter is quite simply untrue.

A nuclear strike would cause a temperature reduction (perhaps of up to 20 degrees), but this would only last for a number of days. It wouldn't result in a season-long time of frigid temperatures and the death of plant life.

What Kearney points out would be the real threat after a nuclear strike is the destruction of the supply chain.[82] Farmers would not be growing food, vital supplies would not be getting shipped out to where they're needed, and all imports would likely be halted as well.

The true threat isn't death from freezing from a nuclear winter, nor is it death by starvation from crops not growing from nuclear winter. The true threat is radioactive fallout and then starvation from supply chain destruction.

Is nuclear winter a myth?

This is in contrast to the leftist media[83] that seems to almost be hoping for a nuclear winter (to combat "climate change," of course[84]).

After Hiroshima and Nagasaki, we didn't see a nuclear winter scene play out over the following years. Admittedly, however, these were air bursts rather than surface detonations.

And let's not forget about the creation of the Tsar Bomba, the largest nuclear weapon ever created (that we know of). First tested by Russia in 1961, the Tsar Bomba was 1570x more powerful than Hiroshima and Nagasaki combined. Granted, the Tsar Bomba test was performed in the air (at 13,000 feet) and the shockwave reflecting from Earth kept the explosion from reaching the ground, so the amount of radioactive fallout wasn't anywhere near what it would have been had the bomb been detonated on the ground, but it is something to think about. All brick and wooden buildings

within 34 miles of ground zero were completely destroyed, however.

Also, to be consistent, let's not forget that Bill Gates currently has a plan to block out the sun by spraying particulates into the air.[85] Admittedly, none of the scientists involved in the program know whether or not their experiment will work or not, but it does stand to reason that if Gate's particulates could result in cooler temperatures, a nuclear weapon could as well.

For how long though, is the question.

Kearney's book was published in 1986, well over two decades after the Tsar Bomba was detonated. The whole earth knew when the Tsar Bomba was tested as well. It was no secret. I'm not even sure it would be possible to keep a Tsar Bomba explosion secret. Kearney most certainly had to have taken a Tsar Bomba-type ground explosion into his research when he came to the final conclusion that nuclear winter was a mythical component of a nuclear exchange.

"Yuri, do you think the HOA will notice?" - The Tsar Bomba test.

Personally, and I'm no physicist, I think that what Kearney says makes the most sense.

I honestly don't think that a nuclear winter is something that people need to concern themselves with. I believe that nuclear fallout would be a much bigger concern, and, really, as long as you are preparing your family with food/water, off-grid heat, and warm clothing, you would be about as prepped as was possible for a nuclear winter perchance Kearney was wrong.

Published 03/07/2022

What You Need to Know About Nuclear Torpedoes

By Aden Tate

Throughout human history, mankind has recognized the importance of waterways. It is for this reason that cities and towns throughout the world are commonly found clustered along rivers, lakes, or by the shore. Water makes the transportation of large amounts of goods both efficient and economical.

Water also makes moving large amounts of soldiers, munitions, weaponry, food, or other wartime logistical goods both efficient and economical.

It's because of this recognition that throughout history, nations have built as powerful of navies as they could manage. Not only did this help to protect their nation's borders (enemies would have a more difficult time with logistics for an amphibious invasion), but it helped to protect a nation's mercantile ships and gave nations the means to strike back at an overseas invader.

Pain as a deterrence works.

One doesn't have to look far to see the military importance here. The birth of the US Marines as they fought the pirates of Tripoli would be a prime example. An American navy not only made it possible for us to rescue enslaved Americans in Africa, but it made it so that Tripoli was afraid to enslave Americans again in the future.

In World War II, the reason the Japanese attacked Pearl Harbor was that they knew it was the site of the bulk of America's Pacific fleet. With the US Navy on its knees, Japan would have fuller control over the Pacific Theater, able to invade nations as it pleased them.

World War II also caused the world to realize the importance of the aircraft carrier. Here was an invention that perfectly melded both air and sea capability. Without air superiority in modern conventional warfare, one stands a slim chance of victory. Aircraft carriers help to provide that air superiority.

What's the point?

The point is this: what if there were a way to take out an entire fleet at the push of a button? If so, could it not render an opponent completely incapable of a military response in a geographic region? All troops on the ground would be left without any form of resupply other than that which was available via land or by air. Planes would have to utilize accommodating air strips. Bombardment by sea would no longer be a

possibility. How long would it take for resupply to take place? What would the cost be? How long would it take for an opponent's remaining naval forces to rebuild and come back to the area?

The destruction of an entire fleet is to file down the firing pin of one's military dominance, and should such an event take place, the aggressor would be at a mighty advantage.

But is there a weapon capable of this type of action?

Absolutely.

Introducing, nuclear torpedoes.

Russia's navy has been working on nuclear torpedoes for years now, and finally operational with the creation of The Poseidon torpedo.

This weapon is both nuclear-armed and nuclear-powered, the size of a bus and 7' in diameter. It's largely theorized that these subs are primarily designed to target coastal ports, but what about enemy fleets?[86] If there's a large congregation of naval forces in one geographic region, the Poseidon could easily be used to obliterate the entire fleet. This would accomplish all of what we've just listed and more.

And how would nuclear torpedoes find their way to the target?

Via the new and massive Russian fleet of submarines that are being built. At the moment, the Russians have the Sarov, specifically built-in 2007, for use with this new devastating weapon.[87] The Khabarovsk was another submarine capable of holding Poseidon torpedoes and was scheduled to be completed and released in the fall of 2021. It is likely operational at the time of this writing.[88]

Each Poseidon-capable submarine is capable of holding six of these Poseidon missiles, and as of August 2021, it was believed that Russia was going to build a total of four of these Poseidon-capable submarines.[89]

One of the chinks in the armor here, though, is that Russian submarines of this size are typically "loud" underwater and thus, easily found. But Russia has been working on a go-around for this problem with the creation of missiles being staged on the ocean floor in specialized containers that will hold the missile until they are programmed to be released.

If you'll remember, The Organic Prepper recently wrote about strange Russian undersea activity off the coast of Ireland where the undersea cables connecting

Europe and America were located.[90] While some sort of tampering is most likely taking place there, is it not possible that Poseidon torpedoes could be being staged here as well?

If that is indeed the case, nuclear torpedoes could give Russia quite the edge over Western Europe.

Bristol is one of the main ports in England, located in what is likely considered to be within range of where the Russian naval exercise took place. These torpedoes can travel at roughly 80mph and are believed to be capable of a trans-ocean range, making this is not outside the realm of possibility. The nuclear payload is believed to be two megatons as well. Early reports with this torpedo stated it was a 100-megaton payload, but this theory has since been revised.[91]

For comparison, Hiroshima took a 15-kiloton payload.

So, if we use the fantastic nuclear war simulator Nuke Map, we can see how this might play out.[92] If there was the detonation of a two-megaton warhead within the port of Bristol, England

Surprisingly, it doesn't appear as if the blast proper would kill more than 1000 people. What I find even more concerning here, though, is you can see this would layer a huge cloud of radioactive fallout right through the center of England if this were to occur. One thousand rads/hour would cut through where the dark red oval is. 1000 rads is the equivalent of 1140 roentgen. A total of 450 roentgen kills 50% of those it hits.

France has a number of major ports that would be a straight shot, with Brest likely being the closest potential target. If we use Nuke Map to simulate a two-megaton explosion in the harbor of Brest, we again find that while relatively not that many people would apparently die in the blast, the nuclear fallout would reach as far as London.[93]

Not only would Brest be taken out, but if one considers that you can receive six roentgen/day for two months without becoming ill, it would mean that Londoners would have to limit their time outside/day to six hours. This would severely hamper anyone involved with any form of outside activity (e.g., shipbuilders).

Whether it's a coastal town or a naval fleet, nuclear torpedoes are not a weapon to be ignored.

Part of prepping is understanding the threats that are out there. If you know what the potential problems are, you can begin to better formulate a plan of action. You can

also have some idea of what to expect. As we continue to give you updates on the status of the current war, this may be a particular threat to keep in mind.

What are your thoughts? Do you think nuclear torpedoes are a likely threat to the US?

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BONUS CONTENT

The Organic Prepper's QuickStart Guide to Emergency Evacuations

Bugging out. Getting out of Dodge. Evacuation.

Whatever you choose to call it, thousands of Americans end up having to leave their homes due to emergencies every year.

According to FEMA:

Evacuations are more common than many people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently. Almost every year, people along the Gulf and Atlantic coasts evacuate in the face of approaching hurricanes. (source)

Despite this, many people seem to be taken utterly by surprise when they're told to leave their homes due to a local disaster. The ensuing panic and confusion can slow down the process for everyone, making an already terrible situation far more desperate.

A few years ago, my family came very close to having to evacuate

By close, I mean, literally, 2 miles from disaster. The King Fire was a forest fire that nearly reached 100,000 acres. We got up on a sunny Saturday morning, never realizing that would be the day an angry man would punctuate a domestic dispute by setting fire to a tree in the other person's yard. Certainly, no one expected that one act of anger to set off a fire that would exceed the size of the city of Atlanta.

However, he did set that fire, and it came as close as 2 miles to our home over the almost-two-weeks that we watched with bated breath.

In the forested mountains of California, wildfires are an annual threat, and we've learned a lot about emergency evacuations, including how to be ready to roll in mere minutes. The speed at which you can get ready to move is key, because, in some fast-moving disasters, seconds count.

Human behavior changes dramatically during an emergency evacuation

During the last nearby wildfire, I joined a number of local groups online so that I could get the most up-to-the-minute information, and during this time, I took lots of notes of my observations. The thing that was very clear is that those who were at least somewhat prepared handled the situation far better than those who simply couldn't accept that this threat was actually happening to them.

As someone who has studied preparedness for many years, I witnessed firsthand the classic exemplar of human behavior during a disaster. As we watched the events unfold, we were shocked by the actions of people we thought we knew. During our own experience, here are the things I witnessed. They could apply to any type of disaster, natural or otherwise:

Bug out bags are absolutely the first prep you should make.

If you're just getting started, do this one thing. You can do it without spending a penny, by just gathering up things you already own. You may not have a top-of-the-line, ready-for-the-apocalypse bag, but you'll still be far ahead of most people.

When we first learned of the fire and realized that evacuating might become necessary, I had only two things to do: get documents from the safe (the documents were already in a plastic folder, so I only had to grab that) and pull the pet carriers out of the shed.

In less than 5 minutes, we were ready to roll. Had it been necessary, we could have left with only the photocopies of the documents, because those always remain in our bug-out bags. Having your bug-out bag ready means that you have accepted in advance that disaster could strike.

Here's a trick I've learned since then for loading up your pets

After scrambling to catch uncooperative felines (and losing a little blood in the process) we began using our cat crates on a daily basis. They now sit on the dryer and that's where the cats are fed. So, now, any time we walk near the dryer, they launch themselves right into the carrier.

When one disaster strikes, several more are sure to follow

This is highly probable. Some people in the fire zone not only stayed on the edge of evacuation for nearly two weeks, but they also lost power due to the fire. This greatly reduced their ability to get news and information, which is vital in a disaster situation. It leads to even more worry and stress, and while you're dealing with the potential of your home burning down, you're also living through a power outage lasting several days.

Also, when it finally began to rain, although it helped to quench the flames, firefighters were suddenly threatened by flash floods and mudslides,. These were made worse because the areas no longer had the same natural obstructions to deter the flow of water.

Unprepared people panic

Some people panicked initially. When we got the first evacuation alert a woman who lived down the street was wailing and sobbing as her husband tried to pack up their vehicle. She was rendered absolutely useless by fear.

Meanwhile, my (at the time) 13-year-old calmly fulfilled her list while I fulfilled mine. We quickly made an orderly stack of important belongings, then turned on a movie to beat the stress.

Had our area actually been forced to evacuate, those who panicked would have either been the last to leave, or they would have forgotten important things as they left in a disorganized rush.

It's important to decide ahead of time who packs what, and for each person to have a list. Sit down well before disaster strikes and make an evacuation plan with your family.

Get organized

All the lists in the world won't help you pack quickly if you don't know where things are.

One change we made is all the items we deemed precious enough to pack and take with us are now stored in one area so we won't have to look for them when seconds count.

If you're in a huge rash, load up hampers of dirty laundry. They'll have clothing from the skin out for each family member, as well as pajamas and towels. For the price of a few bucks at the laundromat, you'll be all set with a few days' worth of apparel for everyone.

You can't be prepared for everything

Disaster situations are always fluid and they don't go by a script. It's vital to be adaptable to the changing situation.

Keep your vehicle full of fuel

If you have to evacuate, lots of other people will be hitting the road too. When you're stuck in traffic, you don't want to be worried about your fuel gauge dropping to the empty mark, leaving you stranded in a dangerous situation. Nor do you want to be waiting in line at the gas station while a disaster is bearing down on you.

The criminals come out, like cockroaches

Within 24 hours of the first evacuations, we learned that the local scumbags had looted some of the homes that had been left unattended. Within 48 hours, we learned that the scourge had reached the outlying areas, with these people breaking into cars that had been loaded up with the things that families had determined to be most important to them.

Of course, if you've evacuated, there's nothing you can do about what's happening to your home. But before evacuation, or in the event of civil unrest, it's vital to be prepared to defend your family and belongings. In these situations, the first responders are busy, and that's what criminals rely on. You should consider yourself to be completely on your own, and be ready for trouble.

The longer the stress lasts, the worse some people behave

As continued stress is applied, the true nature of a person becomes evident. People who formerly seemed like perfectly nice individuals were on the local message forums saying terrible things to one another. They were verbally attacking others for imagined slights and taking offense at things that would normally never ruffle feathers.

Some folks were launching tirades against the very people who were performing the greatest service: the admins of the webpages who worked round the clock to keep us informed. If it was this bad in a potential emergency, can you imagine how bad things will get in a truly devastating long-term scenario?

But then...some people are wonderful

Alternatively, sometimes you see the very best of human nature. The generosity of many of my neighbors cannot be overstated. They housed livestock, pets, and families full of strangers during the evacuation. People showed up at the shelter with food and comfort items for those who had been evacuated. Firemen who came from near and far to fight the blaze were constantly being treated to meals at local restaurants, as other diners surreptitiously paid their tabs.

Watching the kindness and gratitude helped to restore some of my faith in human nature, after seeing the squabbling and crime. It was interesting to me that the people who gave the most generously were the ones who were the most prepared.

These folks were calm and could focus on other things besides "Oh my gosh, I don't know what to do!" We definitely learned who the people were that we wanted to surround ourselves with when the S really HTF.

The difference between the people who crumbled, becoming easily offended, snarling, and hysterical, and the people who were generous, calm, and effective?

Their levels of preparedness, both mental and physical.

Think about any stressful situation that has ever happened to you

Once you accepted the fact that it had happened you were able to set a course of action. Once you had definitive steps to take, you probably felt much calmer. You took control of the things you could, and you executed your plan. Only by taking that first step - accepting that this mishap had indeed occurred - could you take the next two.

1. ACCEPT 2. PLAN 3. ACT

No matter what situation you find yourself in, these steps will nearly always see you through. (This article discusses the 3 steps to survival in much greater depth.)

Take steps now to be one of those calm people later

Today, I want you to think about disasters.

It's certainly not a pleasant thought, but considering these things now - when there's no fire bearing down on you, no hurricane heading your way, no chemical spill poisoning your water, no deadly outbreak in the next town over - allows you to think more clearly and make a definitive plan of action.

So:

- Check your bug out bags.
- Organize your most precious belongings.
- Discuss the plan with your family so that everyone knows what to expect.

Make these decisions now so that when - and it's always "when" not "if" - disaster knocks at your door, you're prepared to respond immediately. Learn about what to expect from others in order to keep your family safe and on-plan. Human nature isn't as much of a variable when you can predict their behavior.

What to pack

Here are the things to pack for an emergency evacuation.

- Bug out bags
- Cell phone
- Address book with important contacts
- Money, credit cards
- Pet carriers: the hard-sided ones keep pets sheltered better in a crowded vehicle
- Pet food
- Comfortable clothing
- Extra shoes
- Personal hygiene items
- Documents (id, insurance, passports, etc.)
- A utility bill or other proof of residence
- Small portable safe for valuables
- Reading material
- Laptops
- Water
- A small fire extinguisher
- Extra fuel in a safe container
- Phone and laptop chargers
- Car charger

Your list might also include:

- Security items for children
- Items to entertain children
- Prescription medication
- Allergy medication
- Religious items for comfort
- Food (If you go to an evacuation shelter, you may end up having to purchase meals out or make due with very small rations)
- Bedding

Make a written checklist that you can easily access. You might include the location of items that are packed away. Decide on these things now, when you have the time to calmly think about what items are the most important.

PS: A quick tip I recently heard was to grab the dirty clothes hamper. For the price of a trip to the laundromat, you'll probably have several days' worth of clothing for the whole family in there.

Very important things that some lists omit

First of all, I can't emphasize enough the importance of those sentimental items. Because we have lost some very dear loved ones (both my father and my children's father) we have some things that could never, ever be replaced even with the best insurance policies in the world.

- Photographs from the days well before the digital age
- Special gifts given to us by those who are now gone
- Things from their childhood - I have a music box that my father played with as a little boy and my daughter has her father's letterman jacket
- Journals and letters

There's always the possibility when you have to leave your home, you might never be coming back. Identify the things that are dear to your heart and put them in a place where you can grab those treasures quickly. Insurance can't replace these things. They can't replace that big-headed clay dinosaur with pink sparkles that your little one lovingly presented to you.

We have all of these items stashed or displayed near a bin into which they can quickly be stowed in the event of an evacuation. We have backed up the photos digitally. You can't imagine how awful it would feel to lose these things, so please take steps to make them quick and easy to take with you.

Secondly, if you have room, take some of your favorite things that may not be practical right now, but that you'd really miss. Do you have a favorite suit for work? A pair of shoes or a tie that make you feel fantastic and confident? Some comfy sweats that you've spent 7 years breaking in until they reached the perfect level of softness?

As impractical as it sounds, these are far less easy to replace than jeans and whatever t-shirt you grab first. Favorite things can help you feel more normal when your world is turned upside down. If the worst happens, and your home in destroyed, you will find some small comfort in familiar items.

If your home is destroyed.

Sometimes, despite the best efforts of emergency crews, your home is destroyed in whatever disaster you evacuated from. The first step to rebuilding your life is replacing any important documents that you weren't able to bring with you. You can find more information on that topic here. If you have livestock, you will need an evacuation plan for your animals too. This article goes into detail about evacuating a homestead.

By taking some simple steps well before there's an emergency on the horizon, you can be prepared to handle an evacuation with far less stress, giving you a head start on your escape.

My PDF guide, The Bug Out Book, provides more detailed information on evacuation.

The Organic Prepper's QuickStart Guide to What to Eat When the Power Goes Out

When you're in for some turbulent weather, do you…

A.) Head to the store with a list entitled, "Food for Power Outage?"

Or

B.) do you already have a supply of food for power outages that you keep carefully hidden from your family?

If the answer is A, then you've got some work to do. This list is as simple as possible for both acquisition and preparation.

Stuff that doesn't require cooking

Many folks these days don't have a way to cook when the power goes out, so that should be considered when creating your supply of the best foods for a power outage.

If you don't already have a stockpile of non-perishable food that doesn't require cooking, it's time to build one.

In my family, a power outage means party time and some foods we that we do not usually indulge in.

Of course, we do have backup cooking methods for heating food when the electricity goes out, but if the event is going to be short-term, we usually focus on food that doesn't need to be cooked.

While you may have a fireplace or woodstove, in the summer you won't want to heat the house up with it. And if your backup method is an outdoor grill, during a storm, you won't want to stand outside in the rain cooking on the barbecue.

So, during a short-term power outage, it makes life easier in many cases to eat things that don't require much in the way of preparation.

What non-perishable food should you buy when a storm is coming?

The radio and preparedness websites always tell you to stock up on non-perishable food, but what is it?

Non-perishable foods are items that are shelf-stable and will not spoil if left out at room temperature for a long period of time. Some examples of non-perishable foods are:

- Canned goods
- Packaged dry food
- Cheese or peanut butter crackers
- Beef jerky
- Applesauce
- Pudding
- Fruit cups
- Granola bars

NOTE: Dried goods like beans and grains are also non-perishable, but they aren't very practical for a power outage.

The Best No-Cook Food for Power Outages

Depending on your budget, what is available, and your diet, here are some ideas for food to eat when the power goes out.

- Graham crackers W/peanut butter
- Protein shakes
- Saltines with peanut butter
- Fresh fruit (apples, oranges, bananas)
- Canned juice
- Trail mix

- Dry cereal
- Cereal with rehydrated dry milk
- Canned pork and baked beans
- Pretzels
- Nuts
- Pudding cups
- Canned fruit
- Jerky
- Pouches of pre-cooked rice
- Cookies
- Granola bars
- Crackers
- Dried Fruits
- Sandwiches

No-Power "Recipes"

Following are some "recipes" for power outage food. Okay, "recipe" is a stretch - perhaps just some "tasty combinations".

No-Power Nachos: Layer organic tortilla chips with canned cheese sauce, salsa, and canned jalapenos

Blackout 'Smores: Top graham crackers with chocolate-nut spread and marshmallow fluff

Burritos: Spread canned refried beans in a tortilla. Top it with some salsa or hot sauce.

Roll-ups: Soft tortillas filled with canned meat, a touch of mustard or mayo, and veggies from the fridge

No-cook Soft Tacos: Soft tortillas with canned meat (we use our home canned chicken or taco meat for this), salsa, and canned cheese sauce

Main Dish Tuna Salad: Combine a can of tuna, a can of white beans, chopped onion, chopped peppers and chopped black olives (veggies are optional). Top with Italian dressing mixed with Dijon mustard to taste.

Pudding Cones: Drain canned fruit of choice and stir it into vanilla pudding. Serve in ice cream cones for a kid-friendly treat. (We do this with yogurt also.)

Mexican Bean Salad: Combine 1 can of black beans, drained and rinsed; with 1 can of organic corn, drained. For the dressing mix 1/2 jar of salsa; 1/2 tsp each of chili powder, onion powder, and garlic powder; 3 tbsp of lemon juice. Toss well. Serve as a salad, in a soft tortilla or mixed with a pouch of pre-cooked rice.

What should you do about food in the refrigerator when the power goes out?

If you're pretty sure the event is short-term, keep the refrigerator door closed to help prevent the food inside from spoiling.

For food safety purposes, it's a good idea to grab a digital thermometer so that you can tell what the temperature is in your refrigerator and freezer. I keep one in the fridge and one in the freezer.

The charts on the following pages from FoodSafety.gov will help you determine whether or not your food is safe to eat.

MEAT | POULTRY | SEAFOOD	HELD ABOVE 40˚f OVER 2 HOURS
Raw | Cooked Poultry | Fish | Seafood	DISCARD
Thawing Meat | Poultry	DISCARD
Salads: Meat | Tuna | Shrimp | Chicken | Egg	DISCARD
Gravy | Stuffing | Broth	DISCARD
Lunchmeat | Hot Dogs | Bacon | Sausage | Dried Beef	DISCARD
Pizza W/Any Topping	DISCARD
Canned Ham Labeled “Keep Refrigerated”	DISCARD
Open Canned Meat | Fish	DISCARD
Casseroles | Soup | Stew	DISCARD

CHEESE	HELD ABOVE 40˚f OVER 2 HOURS
Soft Cheese | Blue | Roquefort | Brie | Camembert | Cottage | Cream | Edam | Monterey Jack | Ricotta | Mozarella | Muenster | Neufchatel | Queso Blanco | Queso Fresco	DISCARD
Hard Cheese | Cheddar | Colby | Swiss | Parmesan | Provolone | Romano	SAFE
Processed Cheese	SAFE
Shredded Cheese	DISCARD
Low-Fat Cheese	DISCARD
Grated Parmesan | Romano (Can/Jar)	SAFE

DAIRY	HELD ABOVE 40°f OVER 2 HOURS
Milk | Cream | Buttermilk | Evaporated Milk | Yogurt | Egg Nog | Soy Milk	DISCARD
Butter | Margarine	SAFE
Open Baby Formula	DISCARD
EGGS	**HELD ABOVE 40°f OVER 2 HOURS**
Fresh Eggs | Hard Cooked in Shell | Egg Dishes | Egg Products |	DISCARD
Custard | Pudding | Quiche	DISCARD
FRUITS	**HELD ABOVE 40°f OVER 2 HOURS**
Fresh Fruit | Cut	DISCARD
Fruit Juice | Open	SAFE
Open Canned Fruit	SAFE
Fresh Fruit (Not Cut)	SAFE
Coconut | Dried Fruit | Candied Fruit	SAFE
SAUCE | SPREAD | JAM	**HELD ABOVE 40°f OVER 2 HOURS**
Open Mayo| Tartar Sauce | Horse Radish	DISCARD IF ABOVE 50²f OVER 8 HOURS
Peanut Butter | Jelly	SAFE
Relish | Taco Sauce | Mustard | Catsup	SAFE
Worcestershire | Soy | BBQ | Hoison	SAFE
Opened Vinegar Based Dressing	SAFE
Opened Creamy Dressings	DISCARD
Open Spaghetti Sauce (Jar)	DISCARD

BREAD | GRAINS | COOKIES | PASTA	HELD ABOVE 40˚f OVER 2 HOURS
Bread | Rolls | Cake | Muffins | Tortillas	SAFE
Fridge Biscuits | Rolls | Cookie Dough	DISCARD
Cooked Pasta | Rice | Potatoes	DISCARD
Pasta Salad W/Mayo or Vinaigrette	DISCARD
Fresh Pasta	DISCARD
Waffles | Pancakes | Bagels	SAFE
PIES | PASTRY	**HELD ABOVE 40˚f OVER 2 HOURS**
Cream Filled Pastry	DISCARD
Pies | Custard | Cheese Filled | Chiffon	DISCARD
Pies | Fruit	SAFE
VEGETABLES	**HELD ABOVE 40˚f OVER 2 HOURS**
Fresh Mushrooms | Herbs | Spices	SAFE
Greens | Pre-Cut | Packaged	DISCARD
Raw Vegetables	SAFE
Open Vegetable Juice	DISCARD
Baked Potatoes	DISCARD
Commercial Garlic in Oil	DISCARD
Casseroles | Soups | Stews	DISCARD

If you do get items from the refrigerator, plan it out so you can quickly grab all the things and then close the door again to help maintain the temperature while the electricity is out.

If it appears to be a longer-term event, you're going to want to make a plan for the food in your refrigerator and freezer to help prevent it from going to waste. If you have a way to pressure can without power, you can learn how to preserve your meat and vegetables before they go to waste.

(Check out my book, The Prepper's Canning Guide for instructions on off-grid canning.)

Some ways to use up the food before it spoils

If you're like me, you hate letting things go to waste.

- Put the items you'd most hate to lose into a cooler full of ice. (For us, that's meat and cream for our coffee)
- Eat refrigerated leftovers, fruits, and vegetables first.
- Make sandwiches and put them in the cooler.
- Throw a barbecue and invite all the neighbors. It's better than throwing it out, right?

If you do end up having to dispose of food, try to bag it up and put it in the outdoor garbage can before it begins to decompose. The stench is terrible and you will never, ever get it out of your freezer.

I learned this horrifying lesson when a repairman unplugged my freezer for one of his tools and failed to plug it back in. I discovered the error 3 weeks later. Really, that's all the detail you need to know

Trust me.

Use disposable items to conserve water during a power outage.

If you are on well-water, if the power goes out, you will probably not have any running water. If you are on city water, the fluid from the taps may be contaminated and may not be hot.

To circumvent a few difficulties, we stock up on disposable goods to use during power outages:

- Styrofoam or paper plates
- Paper towels and napkins
- Plastic cutlery
- Baby wipes
- Disinfecting wipes

- Plastic cups

Even if you're normally very eco-friendly, you will find that these items make your life during a power outage so much easier.

Other power outage resources

Last-Minute Emergency Supplies: What to Buy When the Shelves Are Almost Empty

"I'm bored": 30 Ways to Keep Kids Entertained When the Power Goes Out

8 Prepper Hacks for Cleaning Without Running Water

Getting Started: Prepping for a Two Week Power Outage

How to Survive a Summer Power Outage

Staying Warm During a Winter Power Outage

And, if you want to handle a power outage like a boss, get your PDF of The Blackout Book. It's a thorough guide to handling a power outage and it will be helpful to both beginners and those with a bit more experience.