



SURVIVAL TECH

**Joe Parla
Grand Computers Club
New Technologies SIG
June 6, 2019**

Topics

Planning resources

Rule of 3s

Stay or go

Equipment

Experiences

Planning Resources



[Army Survival Manual – from 2002 \(676 pages\)](#)



[14 Survival PDFs Documents](#)



[US DHS - ready.gov](#)



[Maricopa County Guide](#)



[LA County Guide](#)



[CERT training in Surprise](#)



[Just In Case Arizona!](#)



[Top Ranking Prepper Web Sites](#)

Stay or Go

Stay

- Find out where shelter is set up
- Know rules in advance
- Harden dwelling
- Plan ahead with neighbors, friends, family
- Practice...make it fun & challenging
- [Stay checklist](#)



Stay or Go

Go

- Plan multiple routes; paper maps
- Fuel and more
- Rally point; who & how to contact
- Know plans for work; school; municipality
- Practice, practice, practice
- Group/caravan safety in numbers
- Go checklist



Rule of 3s

Average time to survive without:

Air – 3 minutes

Shelter – 3 hours

Water – 3 days

Food – 3 weeks



Air

- Air masks - N95 Facemask
- Gas masks CBRN
- Shelter in place vs. evacuate

Water

Average adult requires 1 gallon of drinking water per plus 1 gallon for other uses.

- [Water Bob](#)
- Water filter - [simple](#), [portable](#), [large](#)

Food

Average adult requires
1000-1500 calories per day
depending on activity

High-calorie food

Lightweight food

[Food hoard list](#)

[Prepackaged food supply](#)



Shelter

Ice fishing tents

Popup Tent

Boy's Life Shelters

Power

Crank, solar, pedal power

- hand crank
- Lantern, radio, charger
- 20W pedal

Power inverter; 12VDC to 110VAC, 500W inverter

Generators

- Standby natural gas

Other

Multipurpose

- Cutter/breaker/light
- Can opener (manual)

Sanitation

- Camping toilets
- Sprayers
- Toilet Paper, wipes
- Hygiene products

Other

Communications

Bug-out bag (BOB)

- [BOB1](#)
- [BOB List2](#)

Paper maps

First aid kit

Medications

Multi-tool

Other

High-rise evacuation

- Respirator mask
- Fire blanket
- Check fire exits
- Check for sprinklers
- Grab phone & keys
- Shoes

Other Sites & Videos

- [21 pieces of survival gear](#)
- [High Tech Gear & Gadgets](#)
- [Survival Gear List](#)
- [Survival Supply Cache](#)
- [HOUSEHOLD ITEMS THAT CAN DOUBLE AS SURVIVAL GEAR](#)

Other Sites & Videos

- [Great New Survival Gear for 2019](#)
- [Survival Gear You Need to See](#)
- [7 Cool Survival Gadgets](#)
- [10 Must Have Outdoor Survival Gear](#)
- [My \\$100 Walmart Survival Kit](#)

Other Sites & Videos

- [CERT training](#)
- [CPR training](#)
- [Local/community plans](#)

Next Meeting

Health Devices

Thursday July 18, 2019

3:30-5:00pm

Computer Club Classroom

Chaparral Center

Questions

