

# SURVIVAL STRATEGIES

**7 THINGS YOU NEED TO KNOW  
BEFORE THE ECONOMY COLLAPSES**



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## Table of contents

1 - INTRODUCTION .....	2
2 - OVERVIEW .....	2
3 - COVERING YOUR BASIC NEEDS.....	3
3.1 - FOOD .....	4
3.1.1 - FOOD: QUICK START GUIDE .....	4
3.2 - WATER.....	5
3.2.2 - WATER: QUICK START GUIDE.....	5
3.3 - SHELTER.....	6
4 - WHEN/WHERE TO START? .....	7
4.1 - WHAT to prepare .....	8
4.2 - HOW to prepare.....	10
5 - Conclusion .....	11
About the author .....	12

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## 1 - INTRODUCTION

Although I will not go into detail as to how or why this will happen, try to go along with the concept of an economic collapse heading our way. It is inevitable and it will be global as all of the economies around the world are tightly interconnected in a very fragile system. I will focus on the survival aspect of this crisis, to give you the basic tools you need to face the challenges up ahead and walk out of this in the best possible condition.

I have read a lot in the past years about this brewing storm when I realized how unprepared I was. This also made me think of how many other people were in just the same spot, equally as unprepared but also unaware.

Given my experience in the military and as a security guard and coupled with the study of past and current events, I have gathered what I believe to be valuable survival information which I share openly and willingly because we will all be stuck in this together, and from the looks of it, for quite a while.

## 2 - OVERVIEW

Numerous people out there prepare at various levels, for various scenarios and give out various information. In this report I will cover the following items :

### COVERING YOUR BASIC NEEDS

Food, Water, Shelter

### THREATS THAT COULD ARISE

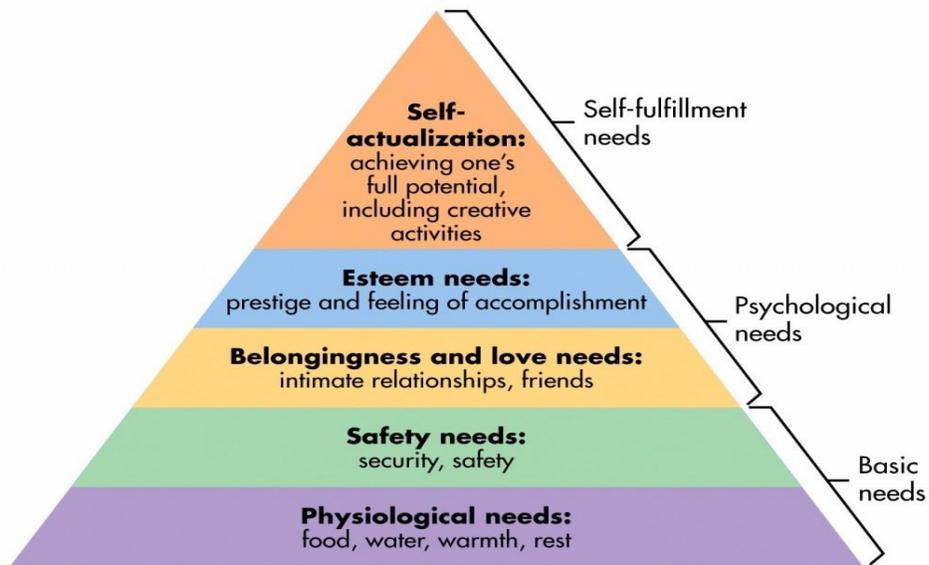
Civil unrest, Power Outages

### HOW & WHAT START PREPARING, NOW!

What to stockpile, how to stockpile

### 3 - COVERING YOUR BASIC NEEDS

So, when the SHTF, one of the first things you can most likely expect is the **DISRUPTION OF YOUR CURRENT LIFESTYLE AND ROUTINE**. In those moments, we tend to “start from the bottom” and ask ourselves how we are going to make it through. So, for starters, let’s look at the Maslow’s pyramid of basic human needs:



As you can see, the first things we will want to assure ourselves of are going to be:

- Do I have enough food at home to get through this?
- Will I have drinkable water?
- Am I going to be safe in my home?

It is important to know these priorities because how you will act will depend on which one goes missing. Consider this: If you ran out of food at home, would you sit there because it is safe? Or would you risk your safety (2<sup>nd</sup> level) to go find food (1<sup>st</sup> level)? Would your neighbors make sure they maintain a positive relationship with you (3<sup>rd</sup> level) if they ran out of water, or would it become a too-bad-so-sad situation if they knew you had some and were unable to fight them off?

By being aware of human needs, you will be able to plan accordingly in order to avoid potentially making things worse for yourself.

### 3.1 - FOOD

*Will we be able to feed ourselves tomorrow morning?*

One thing you may have noticed on the news is how, when an impending natural disaster is announced, people run to the grocery store to stock up on (if not hoard) non-perishable goods. It is a natural reflex to be prepared to outlast an emergency that could span over several days. The problem is doing this too late and at the expense of others while running the risk of exposing ourselves to potential danger.

However, in the case of an economic crisis, this most likely implies a disruption to our food supply: The grocery store itself. This will cause the unprepared to go revert to barbaric ways against each other in order to secure whatever they can.

Look at a few videos of Black Friday sales to witness what extremes some people are ready to go to just to get a deal. Now imagine nearly everyone around you falling prey to this behavior for food... And there will not be any "limit per customer".

There are many easy things you can do to avoid being swept up in the frenzy altogether. This basically means PREPARING RIGHT NOW and it will save you both a lot of trouble and risk taking at the occurrence of an emergency. Below is an easy way to get started without spending everything you have.

3.1.1 - FOOD: QUICK START GUIDE
<b>1<sup>st</sup></b> – You want to keep a deep pantry. By this I mean instead of having one box of cereal, have 2 or 3. Same for other items like Chunky Soup or crackers and so on. Having doubles of everyday items is an easy way to double the length of time you will have food for!
<b>2<sup>nd</sup></b> – Shelf life. You need the food for future emergencies so of course, it must be long lasting! There are many things the grocery store provides that can last up to a year on your shelf. Next time you drop by the store to restock the pantry, take the time to look at the expiry dates to get an idea of how long various items last and ensure a rotation of your food supplies. For instance, use the oldest box of cereal and keep the newest one for the future.
<b>3<sup>rd</sup></b> – Do not go spending all your rent money in a panic after reading this! Here is a trick to introduce your preparations smoothly into your budget. Buy 3-4 extra items every time you drop by the grocery store. The food will add up faster than you think without breaking the bank. These items must be special foods that last a while as previously mentioned, and not to be used for regular meals. Put them out of sight and keep stacking them up unless you are replacing it with a newer one!

There you go, can't get much easier than that! I will be going much deeper into detail about food preparation for a crisis in my newsletter. In the meantime, follow the above tips to develop new habits. Don't try to make drastic changes too fast and completely upset your lifestyle; The best way to get ahead is one step at a time, or 3-4 cans at a time in this case.

## 3.2 - WATER

*Water, source of life.*

Most people think of food as the first thing they need to survive. Wrong! You see, you can survive up to 3 weeks without food but only 3 days without water. Now this is not an exact science and numbers vary from one person to another but you get the gist of it. Water is **FAR MORE IMPORTANT** than food.

Water is taken largely for granted in the developed world and is assumed to come out of the tap forever. However, the water distribution system is based on water treating plants who make sure it is drinkable by the time it falls into your glass. Now what would happen if these employees were to stay home in order to protect their families? Or if the plant runs out of power, or chemicals to treat the water? Those are just a few of many possible scenarios in the event a financial crisis. Well you guessed it, magical water producing taps stop being magical.

What then? There may not be a public announcement saying that by 5pm, the water will stop flowing so hurry up and go fill the tub and you don't want to wait for the taps to run dry because that's when swarms of panicked people will be running to the local store and storming it like there's no tomorrow.

Storing food is one thing, but storing water is a whole other ball game. It's much heavier, you use it for multiple reasons other than drinking, it's not always drinkable and, unlike food, it doesn't usually take on a life of its own when it's no longer fit for human consumption. So, what do you do now? Glad you asked! Here are a few tips:

3.2.2 - WATER: QUICK START GUIDE
- Having a few 19 L/5 Gal is the easiest way to go. Be sure to have a water dispenser that fits the standard bottles, that helps a lot. This is the easiest way to go for starters.
- You can purchase special stackable water containers that are specifically made for that and fill them on your own. They might cost a little more but they usually have better stacking abilities and resistance features.
- If a water source is available nearby, having a filtration system can do the trick. There are many out there and are easy to come by. Note however that tap water filters such as BRITA do not filter out bacteria nor many other harmful things in river or pond water.
- Re-use your water. Most of your water is usable for more than just one task before being sent down the drain. For example, you can wash your hands in some water several times over then use that water to wash clothes and then water the plants, finally. Informing yourself on different ways to use water can spare you a lot of thirst or hauling it up the stairs over, and over again.

Once again, these are just starter tips and barely touch upon the complete options and possibilities out there. As for food, I will delve much deeper into the subject in my newsletter. Stay posted for more advanced and crucial information you need to know about water in uncertain times!

### 3.3 - SHELTER

#### *Staying put or heading out?*

The need for a roof over our heads is as old as time and an essential part of our lives. Unlike for food and water, shelter is a subject that is nearly impossible to generalize due to the different climates around the globe and variety of resources available. I will however bring up a few misconceptions people have concerning this.

#### **“When the collapse arrives, everything will burn!”**

No... It won't. If we look at past events such as Germany in the 1920's, Zimbabwe early 2000, current Greece, Argentina and Venezuela, we can see that these countries still stand today. In fact, despite perhaps a few isolated events or angry mobs from time to time, no major rebuilding has been required. It's the system that will crash and burn, not the buildings.

#### **“The Government will collapse! It will become a survival of the fittest so I need build a bunker!”**

If we reexamine the previous examples, many of those countries underwent a collapse of government along with the economy. However, since government spending was one of the main causes for collapse for these countries, it was normal that the populations who ended up suffering the most demanded a new system. Thus, though in times like those there is be civil unrest, riots and other events, these will be mainly aimed at the **ones in power**, not at the everyday citizen and his belongings. While tightening safety and security around your home is an option, there's no need to go overboard.

#### **“We need to pack up our stuff and leave for somewhere safer.”**

While some who live in big centers might feel it is wise to move away for some time, there are very important things to take care of before you do this. Unless you have a clear plan and act BEFORE the crisis happens, I urge you to reconsider. Now, there are obviously many things that can change the equation here as I cannot speak for all in every case but let me make this point: In the Egyptian revolution, Cairo did not become deserted of all inhabitants. In current South America, the countries are not dealing with huge emigration issues and empty cities. Since history tends to repeat itself, it is more than likely that you will not be forced out of your home. Planning in case cannot hurt, but intending to move away might not be the best option.

Here are a few quick thoughts as to why you should consider staying where you are:

- All your stuff is already there. Not need to pack up and leave with the bare minimum.
- You have likely been there for some time and thus know the surroundings better.
- You usually stack your wares where you live, not where you will be going.
- What if you can't reach your destination? Getting stuck out in the rain is bad enough. Being stuck outside, far from home and in a period of instability is definitely not desirable.
- You can always leave later, when things are calmer, if you really need to.
- It doesn't take much to increase home security. That may be a better option.

## 4 - WHEN/WHERE TO START?

The short answer to that is: **Right now! With what you've got!** To be a little bit more specific, do an inventory of what you currently own at this moment.

**Water:** Do you have a few jugs stored somewhere with an effective way to distribute that water? Calculate that North Americans use on average 80 gallons/300 liters per day per person. This means showers will have to shorten, baths should be avoided, watering the lawn will have to wait indefinitely. If you remember that those big water bottles contain 5 gallons, that means 16 bottles/day if you were to avoid changing your current habits. The average minimum is 1 gallon per person per day with half for consumption and half for hygiene.

**Food:** If the grocery stores were to close right now for the next month, how long would you last? Calculate what you would consume in an average meal minus a small amount because you will tend (I hope...) to reduce your portions to make things last a little longer. How long will your foodstuff last in terms of shelf life? Exclude anything in your fridge as they are perishable foods and are not to be relied on for a long-term emergency.

**Shelter:** Is your current location good enough for year-round living? If not, what is missing and do you have a place to go that has all you require when the time comes? Exclude a "friend's house" when planning this as loyalties may change faster than you change your socks. When it will come down to you needing someone else's help, the cost in return could be higher than you are willing or able to pay.

Does your residence offer at least one exit route if needed? Are you so high up in a building that stairs are stacked by the hundreds to reach your floor? If so you might want to consider finding a place that has easier access. Is it easy to barricade yourself to discourage potential home invaders? They like to go for easy targets so if your home provides too much of a challenge, they will tend to simply move on.

Financially, do you have any cash at home? Is it in a secure location? There will be a time where cash is king and it will be useful to buy valuable items, provided you keep an eye out for inflation. In the event of a huge inflation, you will want to trade it in for goods ASAP. In some scenarios, banks do a Bail-in which means they seize your money to get themselves out of trouble because they lost their own. Yes, that is legal, yes it has happened before (Greece 2016), and yes, that will become your problem because in their opinion, saving the bank is more important than you, being able to buy food.

Once you have established a base line as to where you currently stand, it becomes easier to decide what you need to do. This will also help you create a plan and determine how long it will take to complete. On all journeys, the two first and foremost things we do is figure out where we are and where we want to go. That way, we can see much more easily what lies in between and prepare accordingly.

## 4.1 - WHAT to prepare

By preparing, I don't mean buying a truckload of everything and filling up your spare bedroom to the ceiling. Having 3-4 tubes of tooth paste will last a long time, can be done cheaply and uses little room. On the other hand, buying 10 boxes of the same brand of cereal might be a little overkill when 2 or 3 will do, so long as you buy a new one for each that you empty. This leaves room for other important things. Keep in mind that you are not preparing for the end of the world. You are preparing for harder times so that you have time to adjust to the new situation and find new ways to supply for your needs.

So here are a few ideas that I recommend you start with as a bottom line. Keep in mind that a little diversity is good since no one actually wants to have beans 3 times a day, for the next 6 months. Variety also ensures the intake of different nutrients so that your body has different things to work with to keep you on top of things.

### #1: FOOD

- ✓ Canned/Pickled fruits and vegetables
- ✓ Granola bars
- ✓ Soup packages (that you only need to add water)
- ✓ Rice and pasta
- ✓ Assortment of nuts & dried fruit
- ✓ Jerky, Pepperoni sticks
- ✓ Canned Tuna/Salmon
- ✓ Herbs & Spices will compliment food and provide a little extra nutrients

You should normally already be equipped with all you need in terms of dishes and cooking equipment. However, you will want to make sure you have some basic items in unbreakable material in case you need to move out for some time.

### #2: WATER

Accumulating water is always a subject of debate. I will bring up a few points to consider and let you make decide for yourself.

- ✓ While small water bottles allow easy carrying, they generate a lot of trash if not reused.
- ✓ A combination of 19 Liters, 1.5 litres and 250 ml bottles will cope with most situations.
- ✓ Having a device to pour water from to avoid spills. A funnel is also useful to transfer water into smaller containers.
- ✓ Research tricks to reduce water consumption. Ex: Dish washing water can be reused for plants.
- ✓ Owning a portable water device like a Camel Back is a must. I go nowhere without mine!
- ✓ A dedicated water basinet or open water container to wash yourself avoids the risk of contaminating drinking water.
- ✓ A rain collection device will allow you to replenish your water.
- ✓ Water purification tablets and/or a water filtration system ensures safer consumption.

### #3: GEAR

On the subject of stockpiling gear, I recommend one for yourself, two if its breakable and an extra one if you will be with your better half so that each has his/her own stuff. We had this saying in the army: One man, one kit. That means you shouldn't rely on others to supply your gear. In the case of larger items, if for instance you decide you want to include an axe in your stuff, your friend could carry another item like a foldable shovel as those items are fairly sturdy and heavy so one of each should do the trick. As with the rest, common sense is once again key.

Here is a starter list to give you an idea of what I consider important apart from basic supplies (food, water, cookware, clothing) because I either have used them myself or know they have been used many times in other situations. I have divided them into two categories: One for "staying put" the other for a "Carry-on emergency bag" in case you need to move.

Carry-On	Staying Put
Solar charger & rechargeable batteries	Set of tools (hammer, saw, screwdrivers, etc.)
Advil/Tylenol	Battery operated radio
First aid kit	Gardening tools (if applicable)
Walkie-Talkie	Various seeds (if applicable)
Multi-tool	Fire extinguisher
Fixed blade knife	Bug-out bag ready 24/7
Sleeping bag & ground mattress	A few loose boards
Basic hygiene kit	Water filtration system (larger quantities)
Water container & small water filtration device	
Waterproof lighter or matches	
Map of your surroundings	
Flashlight	
Paracord 100 feet/30 metres	

These items are usually overlooked within the first stages as the mind will focus on food, water and shelter first. Furthermore, some of these items might be hard to find in a crisis. This is why I suggest getting a hold of them ahead of time. A rushed or panicked mind will lack the ability to consider these important items if you need to move in a hurry, so it is best to have these already packed! This will save time and guarantees that you have proper tools to work with no matter where you end up and how fast you must leave.

In my newsletter, I will eventually include a much more exhaustive list so you can follow what I am gathering in a much more detailed way.

## 4.2 - HOW to prepare

Some of these seem like a no brainers but I recommend reading carefully.

- Keep an eye and ear out for signs that the crisis is getting closer. For the moment, there is no rush to go out and buy everything and be ready by tomorrow morning. Taking your time allows you to shop for bargains, compare different makes and models and include things smoothly into your budget. It will also give you time to research information about whatever it is you want to know. That way, you will be able to blend your new knowledge and habits into your life slowly as opposed to a more radical approach. Furthermore, this will also help you not draw attention to yourself by drastically changing your habits.

- Whatever gear and supplies you are building up, an important thing to do is to split it up. Don't put it all in the same place within your home. Keep your pantry stocked as normal but put the extras out of sight, ideally in two or more locations. That way, if someone were to ever break in, they would go to the obvious and probably not consider checking, say, under your couch for food. This means that in the event of a break-in, you are not left empty handed.

- Having a gun safe allows to store a few items other than just the weapons & ammo alone. However, you may want to ensure that this safe is properly fastened to the wall and floor to avoid having it stolen altogether. So what if the thief is not smart enough to get it open? If he only figures that out once he's long gone with it, you are still left empty handed. If your safe has a key, keep doubles at a separate location, and hidden, and not in the drawer of their night table. So many people do this! If you insist on doing this, at least duct tape the keys to the underside of the drawer, for heaven's sake.

- Don't talk about it! Nothing could be worse than you, putting all this time, money and effort into getting ready just to have a bunch of people whom you unwisely told about your preparations, to show up at your door demanding your help. And that's if they're nice enough to not force their way in. Keep to yourself. What others don't know, they can't use against you. By all means, if you know someone is in need, feel free to help them. What you want to avoid is painting a target on your back before it even begins. There are many forums on the subject with like-minded people who will be glad to discuss the subject if you have any questions.

## 5 - Conclusion

While this document consists only of an overview of several subjects, it is nevertheless an excellent starting point for you to begin preparing for what is inevitably to come. Remember: water, food and shelter are your most important and immediate needs to be met in the event of a natural or social disaster. Preparation ahead of time will allow you to integrate new knowledge more efficiently and will ensure that you gather what you need without busting your budget. While an economic collapse is inevitable, it is not imminent but we must still act wisely to avoid being caught off guard.

Don't hesitate to contact me if you have any questions and follow my newsletter for lots more information, lists, tips and tricks!

## About the author

Hi there, fellow survivalist! I am glad you took interest in this report and I expect it will serve you well. It should, at the very least, have brought you a new idea, tip or trick you hadn't yet come across and can help you in your journey.

My name is David, and I have been studying the financial world since 2012, starting off with the famous book "Rich Dad, Poor Dad" by Robert T. Kiyosaki. I then moved on to always digging deeper into how our money worked because, newsflash, I wanted to be rich. On this voyage, I discovered just how ill financial systems are all around the world. Terminally ill.

I then proceeded to study what happens when a country's financial system breaks down. How will I, my family, friends and every other citizen manage in this scenario? What I learned quickly prompted me to start getting ready for it. Such events affect everyone and I decided to share my knowledge with anyone who is ready and willing to listen.

Several experiences have equipped me with insight. I was in the military for the better part of 6 years and served a tour in Afghanistan. Shortly afterwards, I recycled myself as a security guard in a major city. These major parts of my life, along with having been brought up in the country side have given me plenty of training and experience that serve me in how to prepare and what to prepare for.

My wish is to bring you clarity to the overwhelming amount of information out there. I myself try to rely on fact rather than opinion to guide my decisions. That being said, I won't try to impose any of my views; each person lives their own lives with different factors that change their various needs and exposure to danger and as such, I will let you do you. I will tell you, however, what choices I make and why in an attempt to give you insight and options for your own situation.

Furthermore, I have been able to try a wide variety of gear and will continue to try more until I find the right combination for myself. I will be sharing these trials with you as we go along and let you in on how it is going in my part of the world.

You can expect me to be straightforward, honest, fact based unless clearly stated otherwise, open-minded, and considerate of different situations such as seasons, weather, localization, budget and more. I will do my very best to help and always without attempting to take advantage of others.

Ultimately, I want as many of us as possible to come out of any catastrophe as better, stronger people and my hope is that beyond just surviving, we may build a better future for ourselves.