

Apocalypse Tuesday



How
to
Survive

Apocalypse Tuesday:

How to Survive

By Seth Walker

Surviving the Apocalypse is easy! Try surviving a life-sucking career! Check out, ***The Dementor's Kiss*** here: <http://amzn.to/YQok5H>

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Chapter 1:

A brief introduction to this book and Apocalypses

We've survived the Y2K crisis, America has triumphed through two world wars; Americans have faced the threat of communists, killer bees, sharks, twisters, and terrorists: sometimes mixed together. By all accounts, our race should be extinct. Now the twenty-first century is unfolding and we find ourselves pit against a whole new strain of threats: melting icecaps, zombies, viral outbreaks, nuclear attacks, and ancient Mayan predictions.

If the Boy Scouts has taught anybody anything it's that we must always be prepared, no matter how outrageous or unlikely a particular threat may seem. Regardless of which particular apocalypse awaits at the proverbial doorstep, following a few simple guidelines could spell the difference between survival and extinction when history's next crisis rears its ugly head.

This book is designed to address the most likely apocalyptic disasters and provide you with the tools, know-how, and emergency preparedness skills necessary to safely take on hordes of the undead, neighborhoods crawling with radioactive mutants, and survive other post-apocalyptic drama.

This is not an exhaustive reference; but it is a concise booklet designed to leave you the wherewithal in a moment's notice to protect you and your loved ones when the long-awaited day finally arrives.

The *Apocalypse Tuesday* series encompasses this book and (so far) 5 five others, each providing information on a variety of skill sets necessary for successfully living through an Apocalyptic scenario.

The Apocalypse could happen any day, subsequently, we randomly chose to assign it the day "Tuesday." Therefore, throughout the series, *Monday* is a term used to refer to the present age (pre-apocalypse), *Tuesday* refers to the Apocalypse itself (the time of disaster), and *Wednesday* refers to the time after the initial disaster, where the world either settles into a repugnant dystopia or small groups of survivors begin to rebuild.

Examples of the terms in use:

Man, I haven't taken a dump in a proper toilet since Monday.

In the preceding statement, *Monday* is not referring to the day of the week, but the time period when indoor plumbing and quality porcelain toilets were ubiquitous. I.e.: before the apocalypse.

Chapter 2:

Addressing the Threats: The Big Three

Our team of experienced eschatologists and historians has surmised that there are three most-likely scenarios that might bring an end to the reign of modern civilization. These are: nuclear war, zombie infestation, and/or the enthroning of an Evil Overlord.

It should be noted that though any one of these potential disasters could bring an end to civilization, any combination of them would most certainly mean the end of our world entirely: no group, no matter how small, could stand a chance of survival against such ferocious odds, despite any number of miracles.

The *Apocalypse Tuesday* series has been written in the context of these threats; and in order for the books to make sense, we must explore each scenario more deeply.

Listed in order of increasing probability:

Nuclear War:

The essence of this doom is summarized in the fairly realistic possibility that North Korea, Iran, and any other members of the “bullied dictator-based nations” get fed up with the antics of the United Nations. Tired of being picked last for dodge ball, they decide they’ll make their own game and launch nukes on New York City, Washington DC, and maybe a few other places in the States—not to mention what they’d do to Europe. Douchebags.

Zombies:

Outcast by society and having spent all youth in his (or her) parents’ basement watching horror/zombie films, a genius scientist decides to exact revenge on the society that has left him dateless and lonely on Valentine’s Day. Having upgraded from the basement, the now grown up recluse lives in his (or her) deceased parents’ home, and dedicates his time to creating a highly contagious virus that turns thousands into walking corpses. Nice.

Evil Overlord (most likely):

In a world where Silicon Valley produces more income than the United States government, Washington D.C. takes money from the corporate giants to pay its massive debts, eventually bending to their will and completely abdicating power.

Having already long been the most well-established and profitable companies in the history of the world, Google and Apple merge to form Grapple, a company whose incomparable market dominance leaves them bored, with no other choice than to set its sights on world domination.

Grapple uses its staggering funds and long-reaching arms to build a super army, comprised of the best and brightest. The juggernaut topples economies, destroys governments, and imprisons thousands: Best. Case. Scenario.

Chapter 3:

Pre-apocalyptic Preparedness

Prior proper planning prevents piss poor performance. When anticipating the dawn of Tuesday, there are certain things you need to understand, and certain changes you can make in your current lifestyle that will maximize your likelihood of survival when the dreaded day comes.

If you look carefully at our most likely apocalyptic scenarios, you will notice that as they grow in likelihood, they decrease in “suddenness.” Changes this big don’t often happen overnight. So the decrease in “suddenness” factor means an increase in “subtleness” factor. The unfortunate part is that if any of these scenarios come to fruition, it’s very likely that they are already well underway—and have been for years. Of course no matter how subtle, there will be one ominous moment in which all is changed for the worse, and that moment is what we call Tuesday. The fortunate part, however, is that you can still be prepared.

If you begin to act now, nothing will catch you off guard, and a few months after Tuesday, when the lights of Wednesday begin to grace the sky, you will be living it up in a paradisiacal sanctuary, enjoying the satisfying lifestyle of hunting, gathering, and subsistence farming as your ancestors did before you: in short, rebuilding.

Get Away From It All

Have you ever been to the movies? Then you know that in the initial days of the apocalypse, cities are not a place you will want to be. Big cities will be crawling with Zombies, initially targeted with nukes, or wreaking of surveillance equipment designed to keep you in a digital cage. That being said: move out of the city.

You don’t have to put your house up for sale just yet, but it might be wise to buy an acre or two out in New Mexico for about \$20.00 (eBay) and start building the shelter (fortress), which, for you and your family, will decide the difference between crisis and comfort.

There are a great deal of inexpensive, sustainable, and eco-friendly construction methods that can be utilized for Tuesday Preparedness. From earth-bag homes to basic log-cabin constructions, a little research can go a long way.

The Currency of the Future: Butterfly Knives and Aderol

When the clock has struck, it will be too late. The Almighty Dollar will lose its worth and gold will become rust in your hands. Grapples' funds will be nothing more than a number in an account read through a barcode tattooed on your neck. And when people are scrambling to run from hoards of flesh-craving ghouls, what good is your money then? You will need real. Hard. Currency.

Butterfly knives and Aderol will be the currency of the future, along with: guns, ammunition, seeds, water purifiers, antibiotics, matches, salt, etc. Our banks, our economic system, every financial ordinance of the present age is all contingent on the existence of civilization. There is no real practicality in our money: it used to be gold, then it became paper, then plastic, and now digital.

When Tuesday gets here, "money" will become that which is in demand, that which is practical. In many scenarios, a Swiss Army knife will become more valuable than your bank account.

Stock up on useful provisions now so that, when the time comes, you can trade what's useful for what's REALLY useful. You can bargain your way through military checkpoint, establish trade with a neighboring clan, or even safe passage to your promised land.

Fit And Fast: The Fatties Go First.

Get. In. Shape. Now. P90x will do you no good when Tuesday is at your doorstep. But now, on Monday, it can be your best friend. It's not easy, but it's worth it.

But of course the reason isn't to look good: after all, do you really want to show off your skin when the beaches are crawling with zombies, patrolled by drones, or covered in radioactive tides?

Fitness needs to have a purpose: your purpose is now Tuesday. That means start building cardio now—cars break down and long chases through rough terrain ensue. Running (that is, sprinting—not long jogs), and cycling can be your best friends. If you have an ATV or a pick-up truck on Tuesday: great. But if you need to pedal your face off on your neighbor's mountain bike for six days, then you'll be glad you spend the extra time on your cycle now.

Naturally, body strength will be of great importance as well. So you need to start eating right and build a resistance-based training program. In addition to this, we recommend Parkour: the art of getting from point A to point B as efficiently as possible (not that the definition states "efficiently" not "creatively.") Parkour combines the most relevant elements of sprinting, cardio, and strength. Likewise, having the ability to move efficiently can build a larger and larger gap between you and your pursuant.

For building cardio, we highly recommend downloading the app: Run, Zombies!, and begin your regime with them. You can also utilize Couch to 5k, and a number of others. For a more detailed approach, *Apocalypse Tuesday* offers its own complete guide to Nutrition and Fitness, which can be purchased [here](#). Don't be the fat kid. Don't get picked last. Get in shape now, stay that way and stay alive.

Chapter 4:

Your Oh Shit Kit & You

Where will you be when Tuesday dawns? Will you be shopping? Will you have just sat down at work? Maybe camping? Or maybe you'll be sound asleep at home. The fact is this: you don't know. This is where the OS kit comes in.

When packing your kit and deciding on which items are necessary, always keep in mind the principle that you need to be highly mobile in a moment's notice: ready and able to drop everything and start running, cycling, or driving to those you love, and then get your loved ones going with you. This needs to be done *as fast as you can*.

Obviously content of the kit is the most important aspect, but still very important is the container itself. For that, we recommend a 25-40 liter backpack with a waist strap that can be tightened to move with you as you move. The weight needs to rest on your hips and you should be able to store equipment for at least a week's survival. Avoid bright colors and reflectors that could catch the sensors of straying drones, fresh zombies, and scavengers. Because of their innate "clumsiness" factor, we don't recommend duffel bags—but they can still be very useful.

When packing your kit, remember the importance of post-apocalyptic currency. Keep some in there: whether it be extra weapons, a few extra tins of food, water purification tablets, or even an Epi-Pen or Asthma inhaler. All of it can be worth whatever you might need to trade it for.

Chapter 5:

Days That Will Shake your World: The Where and When

Where will you be when Tuesday knocks at the door? As we've already established, one can never know, but one can certainly be prepared. The single most important step to survival during any apocalyptic crisis is awareness of one's surroundings.

Know your route to, from, and around work and home—the places you frequent regularly. The grocery store, hardware store—anything. Have these safe houses etched in your memory so that you'll know precisely where to go when the going gets tough.

That being said, these safe houses are only temporary: When hordes of zombies are marching, or the robotic troops of a super villain are positioning themselves on street corners, you can expect widespread panic: looting, raping, pillaging. All in all: classic piracy.

When you know your safe houses, and your loved ones know theirs, it's important to lay low and stay quiet; avoid unnecessary danger. Remember, on Tuesday, the enemy will not be your only threat. The world will be in panic: car accidents, fires, angry mobs, crossfires, stray mortars, etc.

Your temporary safe houses are determined solely to give you places to keep low until the streets quiet down. Never stay in one place more than 48 hours, and always make sure the coast is clear before popping out.

Wait for the passing of the initial wave of disaster before you move to your group's meet-up location.

Remember: stay low and don't panic. Use this time to collect your thoughts, pray, hope, and prepare for your next move. If you can contact your fellow group members: great. But if you can't, don't fret until you get to your meet-up location. Do not dwell on "what-ifs." Instead, take facts as they are presented to you. Assume that everything is in order with your loved ones until you *know* that it is not. Remember to make good use of your kit; this is its time to shine. If properly packed, your OS kit will have the tools you need to survive for this period and prepare you to safely make it home to where you can gather more supplies and be off to your long-term safe house.

Chapter 6:

Your EAP: Emergency Action Plan

In anticipation of Tuesday, the necessity for a well-developed EAP cannot be emphasized enough. The purpose of the plan should be to protect, reunite, and mobilize the members of your group during the early hours of the Crisis.

When forming your plan, it's important to consider the three H's of Tuesday-impact survival:

1. Home: Safe houses, or places to hide out during the initial panic.
2. Hunger: Access to food and water.
3. Help: Communication with other members of your group

Home:

Your EAP should make accommodation for three different types of shelter: temporary safe-houses, meet-up location, and a long-term destination safe house.

The temporary safe houses you consider should be inconspicuous, generally unnoticed, and accessible within a few moments' notice. As outlined above, they should be located on your routes to/from work, home, school, etc. Think: abandoned houses, sheltered rooftops, children's tree houses, etc. Always remember they that should be accessible and have multiple entry/exit points. Once there, stay quiet and keep your ear to the ground.

When forming your plan, discuss with your group the final meet up point. Will it be at an easily fortifiable hardware store or the roof of a supermarket, a local campground, or even a friend's basement?

After deciding on the location of your rendezvous point, establish a deadline: know how long you are willing and able to stay in that location. Be certain that everyone understands the deadline and knows that if they don't make it in time, they will be left behind.

Hunger:

There is always the possibility that the madness on the streets will last longer than anticipated; it is possible, therefore, that you might run out of food and/or water. Be aware of the locations of your safe houses: know that it might be useful to run into a gas station, raid your break room refrigerator, or smash a vending machine before you duck and cover for a few days. Be prepared to ration the food in your kit for as long as it takes.

Help:

Flying solo might be ideal in some respects, but there is strength in numbers: communication may not be of dire importance (if you have a good EAP) at the dawn of Tuesday, but it would be ideal.

Though unlikely that it will be of any use, try to use your cell-phone. Hold on to it, as there might be a [slim] chance the phone lines will clear at a certain point.

Personal radios often have batteries that will last for several days and carry a range of 20+ miles; decide on which channel(s) you will use to communicate ahead of time and agree, as part of your EAP, to specifically try to contact each other every day at dawn and dusk.

When forming your plan, establish a means of communication in the event that you cannot make it to the meet-up location. If, in the end, you are not able to get in touch with the members of your team via radio, telephone, or carrier pigeon, leave a coded note behind, stating when you were there and where you're headed. If something goes wrong, which it most likely will, make sure you leave a trail that your friends can recognize.

Most importantly remember: If you fail to plan, you plan to fail.

Chapter 7:

Getting the Hell out of Dodge

Let's assume that Monday has come to a close and Apocalypse Tuesday is upon you: your group has made it through the initial panic of the masses and safely assembled at your rendezvous point.

Congratulations! You're well prepared. You've got enough food and water to last the group for a substantial period of time, you have accessible, yet well-guarded entry/exit points, and you are protected (at least for a while) from the plagues of Tuesday. Now What?

It's time to mobilize.

Assuming you have a group of at least four people, you've got to get them all to safety while avoiding: robots, zombies, radioactive monsters and savage raiders. This means you need to go quickly, quietly, and under the radar.

Before you leave the safety of your current bunker: Take your time (as time allows). Plan meticulously as you agree upon the best route (and alternate routes) to carry your group to their long-term, new world hideaway. Know every stop you plan to make, and be certain that every individual has a copy of plan A, B, and C.

When everyone knows the plan and their particular roles, take to arms. Be certain that each individual is geared with the proper equipment, weaponry, and food. But simultaneously make sure that every individual is highly mobile in the event that you need to take to your legs.

The distance of your long-term safe house will determine the amount of time you should spend on the road, but try keep it to a minimum. Avoid major highways that are likely to be crowded with abandoned vehicles and patrolled by enemies. Stick to back roads and never stay in one location more than a single night.

Appoint scouts for scoping out roads and replenishing supplies. Scouts should be quick and quiet, but overall: slow and steady wins this race.

Difficult Decisions

In the dark days of Tuesday, it is very likely that many difficult decisions will have to be made. Regardless of the vehicle through which Tuesday arrives: zombies, enemies, or overlords, leaving behind members of the group can pose a danger to everyone.

Do you leave behind the injured? Do you let them slow you down? What about when they're begging for their lives? Can they inform on your ultimate destination and other safe houses? All of these questions must be considered and only your group can hope to weigh the possibilities with any shred of accuracy when the situation arises.

Nevertheless, we do offer a bit of advice that might be helpful to solve this problem. The best reconciliation is to pre-decide, as a group, on a course of action to take, should the worst-case scenario come to pass. Each member of the group must commit to adhering by the decision of the group before the meeting has commenced. During the planning stage of the mobilization, cast a vote: “no man left behind,” or “for the good of the group.”

When you're on the move, even a moment's hesitation can destroy the entire group or cost more lives than necessary. It is important that the group makes the decision together, and every single member agrees to abide by that decision, regardless of personal convictions.

Finding Paradise Lost

If you've done your homework and if you're properly prepared, you should have a location where you plan to start your new life. Your goals there will be to establish a protect community in which you can build your new life, at least until something better comes along.

Forget civilization. The location of your new home should be similar to your safe houses, but on a grander scale. It should be isolated, easily fortified, discreet, and life sustaining.

Should you have one in the remote vicinity, a strong temptation might be to occupy an historical castle or fort. This is not at all a bad idea; however there might be some drawbacks:

Locals: Survivors living close by the location may have thought of this already and by the time your group arrives, you are at their mercy (should they choose to be merciful at all). Trusting strangers may be a very dangerous business in the aftermath of Tuesday, so be careful.

On the grid: Historical locations are included on maps and are always on the grid. In the event of a foreign occupant or evil overlord, it won't be long before their minions reach your new home and you are forced into fight or flight. Having to choose between the fruits of your labor thus far and abandoning everything could put you in a tricky position, causing you to put the lives of your comrades in unnecessary jeopardy. But just as a helping hint: When pitted against the army of the Evil Overlord, your group will lose. So think ahead and be certain that you don't ever have to make that choice.

The other, more desirable option would be to search for an expanse of land in the far reaches of the wilderness, free from radiation and civilization, off the beaten path, with a fresh water supply and hunting, gathering, and farming options.

Keeping Your Humanity

Spending an extended period of highly isolated time with anyone can lead to a very difficult group dynamic. At times, in fact, as people are separated further and further from the strictures of society and the threat of the law, morals start to erode and the group can take on a violent, if not deadly, nature.

To avoid this, it's important that the group is instilled with a sense of society and order, similar to that which they experienced before Tuesday, and are kept busy. Ethical behavior and rules must be set up as an absolute standard. Murder, rape, violence, and intimidation should never be tolerated within the group; the offender should be punished quickly and justly. This will contribute to the underlying sense of society, help keep the group controlled, and provide them with hope in a future.

Elect a leader. While keeping the group more/less democratic, this person should be a representative who should be the final say on difficult decisions, be the first into battle and the last to retreat. He should be a noble, selfless, ruler of the group. Leadership should be undisputed with this individual, hence the election process is of absolute necessity: in the event that authority is questioned by one or more members of the group, the leader can always fall back on the election process for the source of his authority.

Idle hands are the tool of the devil, so as you plan your new life, always keep your group busy. Each individual should have a specific role. This will make them feel invaluable to the group. Scouts, foragers, cooks, drivers, security, etc: there are numerous roles and a number of tasks to be assigned to keep everyone sane.

Do not underestimate the importance of entertainment. Books, plays, DVD's, screenplays, board games, and team building exercises; there should always be *something* available to preoccupy the group in some way. Worst-case scenario: Always keep a deck of playing cards available for unforeseen times of boredom.

Chapter 8:

Conclusions and a Final Warning:

You have successfully begun your path to starting a brave, new world. As time goes by and efficient systems are implemented, people will find comfort and hope. Babies will be born, and the community will begin to grow and hopefully thrive.

Remember that the job is never done; there will be no end until the zombies, invaders, or evil superpowers are completely conquered and you can be confident that your people will reside in safety indefinitely. Unfortunately, it may only be your children or grandchildren who live to see such a day.

Never forget the dangers that lie outside of your lands: Always keep guards posted even though things might seem at ease. Constantly update your EAP in the event that your land is compromised and you are forced to move onward. In this post-Tuesday world, you cannot take safety for granted and you can never be too prepared. The threat of danger lies in many forms: battles with raiders and neighboring groups, wild animals, natural disasters, inner-societal troubles, etc.

When the group begins to feel as though it is safe, that is when they are most vulnerable. Protect, Fight, Survive.

Group Discussion Scenarios:

The following five scenarios have been designed by Apocalypse Tuesday survival experts to help your team further equip themselves and prepare for the coming apocalypse.

When discussing these scenarios with your group, utilize the principles outlined in this manual to shape your responses and mold your plan. Because the form that Tuesday actually takes cannot be predicted, there is no 100% guaranteed means of survival. That means that there are no official right or wrong answers: only safer, more careful, and less reckless.

In scenarios that require certain member responses or opinions, get people in your group to play the devil's advocate, try to make the discussion as realistic as possible and form your responses based on the *reality* of the situation. If you're alone, simply map out your course of action as the leader.

Scenario 1:

You're on the highway driving home from work in the usual rush hour traffic. Except today the traffic is at a complete standstill and taking longer than usual. Your phone, though it's getting a signal, is not making any calls: "all circuits are busy." As you look up, you see a group of people from the cars in front of you running toward your vehicle.

Like a wave mounts in the ocean, so do these people—running, screaming, panicking for their lives, first between and now over on top of cars, a panicked stampede. You are at least five miles (as the crow flies) from your nearest safe house but only one exit away from your home.

The threat, still unclear, seems to be coming from the direction of your home and your safe house is behind you. You think to yourself, "oh shit..." and you remember the small backpack in the trunk of your car. What do you do?

Scenario 2:

When you heard the first reports of the dead seeming to come back to life, you were more than prepared. You grabbed your kit, and began to head over to the rendezvous point.

Despite your reaction time, the undead had already flooded the streets, and through a series of very lucky escapes, you have at last managed to make it to your rendezvous point. The owner of this safe house and one other are waiting for you there. There are six hours left until the deadline and none of you have heard from the remaining five members of your group.

It's time to start a difficult discussion...where do you start? And what will you do?

Scenario 3:

5 of the 6 members of your group have rendezvoused, and the deadline has past. You have properly mobilized your group and, oddly, everything is going smoothly according to your EAP. You know that the missing member's safe house A is only a two-mile diversion off of your route to the Promised Land, and several members of the group feel it's worth checking.

As the New Grapple Order sets up its unquestioned authority, checkpoints are rapidly being established on major highways to control traffic of citizens and prevent the uprising of independent militias, so you have little time to act. How do you proceed?

****Bonus**** You decide to go and check out the missing member's safe house. The safe house is empty, but while exploring your group discovers a note, quickly scratched and barely legible. You are just barely able to work out the words "don't go" and "alive", and the rest of the message is unclear. In the back of the house, however, the contents of the member's kit are strewn about and the bag is ripped open...there's blood. What do you do?

Scenario 4:

Grapple has forcibly taken control of the government, and thousands of soldiers and civilians have been massacred in the process. Your group has rendezvoused, originally six of you, four are together and 2 are confirmed dead.

You have been busy planning your route and keeping a low profile based on the resources of your rendezvous point. After day three of planning, with one day left until mobilization, the streets have more/less cleared of rioters and military but a hacked transmission has been broadcast on every television, radio, computer, and smartphone. The transmission was broadcast only once, approximately five and a half hours ago.

A rich, masculine, though unrecognized voice stated: *"My fellow Americans, the actions of the past weeks have been momentous, painful, and regrettable. We did not want violence, but the government of the former United States has abused its power too much and failed to provide for its citizens. We invite you out of your homes and hiding places, and come join a new power. Report to the nearest checkpoint and register yourselves and your family. You will be greeted with food, shelter, and other provisions. Rebuild with us!"*

There are four of you, and two members of the group wish to go, the other two do not trust the broadcast, fearing it is bait. You cannot risk anything but a unanimous decision to go, lest others be compromised. How do you proceed?

Scenario 5:

Your Brave New World compound, based in the territory of what was formerly South Eastern Colorado, has been flourishing for the past six months. Your group has swollen to more than 50, crops have been successfully planted and the harvest looks promising.

Immediately following a terrific rainstorm, a group of three travelers approach your compound gate, requesting food and shelter. The guards notify you and the leaders of the community assemble. You decide to outfit them with fresh supplies and send them on their way; you refuse to let them into the compound.

Five nights later, the compound is attacked for the first time ever. Based on the accounts of members of your group, the band of raiders seemed to be comprised of between 17 and 25 individuals, four of which your group managed to slay. Of the dead raiders, you see one of the travelers whom you agreed to help several days before; you now realize that your kindness has put your people at risk and the ultimate security of the compound could be in very real danger.

As you review the possible course of action to take and the potential consequences thereto, remember that the group's survival is your greatest priority. What will you do?

Additionally, how will this experience shape the future policies of the group as concerns its interaction with strangers?

The End

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<http://amzn.to/Wx67X0>

And if you DID think it was a fun read, check out the rest of the Apocalypse

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