

SURVIVAL GUIDE

**PREPARE, PROTECT,
PERSEVERE**

BY ABBY SALINAS



© 2025 ABBY SALINAS. ALL RIGHTS RESERVED.

NO PART OF THIS PUBLICATION MAY BE REPRODUCED, STORED IN A RETRIEVAL SYSTEM, OR TRANSMITTED IN ANY FORM OR BY ANY MEANS—ELECTRONIC, MECHANICAL, PHOTOCOPYING, RECORDING, SCANNING, OR OTHERWISE—WITHOUT PRIOR WRITTEN PERMISSION FROM THE AUTHOR, EXCEPT FOR BRIEF QUOTATIONS IN CRITICAL REVIEWS OR ARTICLES.

THIS GUIDEBOOK IS INTENDED FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY. THE AUTHOR HAS MADE EVERY EFFORT TO ENSURE ACCURACY AT THE TIME OF PUBLICATION; HOWEVER, PREPAREDNESS AND SURVIVAL PRACTICES MAY VARY DEPENDING ON CIRCUMSTANCES AND RESOURCES. THE AUTHOR AND PUBLISHER ASSUME NO LIABILITY FOR ANY LOSS, INJURY, OR DAMAGE RESULTING FROM THE USE OR MISUSE OF THE INFORMATION CONTAINED HEREIN. USE PERSONAL DISCRETION AND FOLLOW ALL APPLICABLE LAWS AND SAFETY STANDARDS.

SURVIVAL GUIDE

BELONGS TO:

INTRODUCTION

PURPOSE OF THIS PACKET

THIS PACKET IS DESIGNED TO PROVIDE A CLEAR, PRACTICAL, AND ACTIONABLE GUIDE FOR SINGLE PARENTS OR FAMILIES PREPARING FOR EXTREME EMERGENCIES, END-TIMES EVENTS, OR GLOBAL CONFLICTS. IT FOCUSES ON:

FAMILY SAFETY AND SECURITY
SELF-SUFFICIENCY IN FOOD, WATER, AND ENERGY
PRACTICAL OFF-GRID LIVING
EMERGENCY PLANNING AND RAPID RESPONSE

WHY PREPARATION MATTERS


THE WORLD IS INCREASINGLY UNSTABLE. NATURAL DISASTERS, SOCIETAL UNREST, AND GLOBAL CONFLICTS CAN DISRUPT NORMAL LIFE AT ANY TIME. BEING PREPARED IS NOT ABOUT FEAR—IT'S ABOUT FREEDOM, CONTROL, AND PROTECTING YOUR LOVED ONES.

HOW TO USE THIS PACKET

REVIEW EACH SECTION CAREFULLY.
COMPLETE CHECKLISTS AND NOTES AS YOU GATHER SUPPLIES AND SKILLS.
KEEP A COPY IN A SAFE, ACCESSIBLE PLACE FOR YOU AND YOUR FAMILY.
UPDATE REGULARLY TO ACCOUNT FOR NEW RESOURCES, SKILLS, OR CHANGING CIRCUMSTANCES.

CONTACT LIST

EMERGENCY CONTACTS



NAME	NUMBER
Police Department	
Fire Department	
Emergency Room	
Poison Control	

CONTACT LIST

TRUSTED FRIENDS, FAMILY, AND NEIGHBORS

NAME	NUMBER

FAMILY EMERGENCY PLAN

THIS PLAN ENSURES EVERY MEMBER OF YOUR HOUSEHOLD KNOWS WHAT TO DO, WHERE TO GO, AND HOW TO COMMUNICATE DURING ANY EMERGENCY.

ROLES & RESPONSIBILITIES

NAME	ROLE/RESPONSIBILITY	BACKUP NAME

MEETING SPOTS

THE PRIMARY AND SECONDARY MEETING SPOTS ARE FOR YOURSELF AND OTHER LOVED ONES TO COORDINATE AS MEET UP LOCATIONS IF COMMUNICATION NETWORKS ARE DOWN.

PRIMARY MEETING SPOT

SECONDARY MEETING SPOT

SAFE SPOTS

THE IN-STATE SAFE SPOT IS YOUR IMMEDIATE FALLBACK LOCATION FOR FAST EVACUATION, REGROUPING, AND PREPARING FOR FURTHER MOVEMENT IF THE CRISIS ESCALATES.
THE OUT-OF-STATE SAFE SPOT IS A DESIGNATED RELOCATION SITE WHERE YOU CAN SURVIVE LONG TERM WITHOUT THE MODERN SYSTEM.

IN-STATE SAFE SPOT

OUT-OF-STATE SAFE SPOT:

NOTES

THREAT TRIGGERS

IF ANY OF THE FOLLOWING OCCUR, EVACUATION BEGINS IMMEDIATELY

1. MARTIAL LAW DECLARED
2. MANDATORY DIGITAL ID OR BIOMETRIC REQUIREMENT FOR ACCESS TO BANKING, HEALTHCARE, TRAVEL, OR FOOD
3. BANK FREEZES OR CASH BECOMES RESTRICTED
4. NATIONWIDE OR REGIONAL GRID-DOWN LASTING LONGER THAN 48 HOURS
5. CONFIRMED MILITARY INVASION OR FOREIGN TROOP PRESENCE IN YOUR REGION
6. FORCED MEDICAL PROCEDURES OR QUARANTINE ORDERS
7. GOVERNMENT CONFISCATION OR REGISTRATION OF WEAPONS
8. MAJOR NUCLEAR EVENT WITHIN 500 MILES (EXPLOSION, MELTDOWN, OR FALLOUT TRAJECTORY)
9. COLLAPSE OF CELL NETWORKS AND INTERNET COMBINED WITH MEDIA BLACK OUT
10. CONFIRMATION THAT THE ANTICHRIST SYSTEM IS ACTIVE (GLOBAL LOYALTY REQUIREMENT, MARK ENFORCEMENT)
11. WATER SUPPLY CONTAMINATION WARNING WITHOUT IMMEDIATE RESOLUTION
12. UNEXPLAINABLE MASS ARRESTS OR DISAPPEARANCES IN YOUR LOCAL AREA

YOU DO NOT WAIT FOR CONFIRMATION FROM AUTHORITIES. YOU DO NOT WAIT TO "SEE IF THINGS CALM DOWN." IF EVEN ONE TRIGGER HITS- GO.

EVACUATION PROTOCOL

FOLLOW THESE STEPS IN EXACT ORDER

ACTIVATE COMMUNICATION PLAN <ul style="list-style-type: none">• SEND PREARRANGED CODE PHRASE TO GROUP• SWITCH TO EMERGENCY FREQUENCIES IF NEEDED• NO DETAILS SHARED OVER UNSECURED CHANNELS
GRAB PRE-STAGED DEPARTURE GEAR <ul style="list-style-type: none">• BUG OUT BAGS• IMPORTANT DOCUMENTS• DEFENSE EQUIPMENT• EMERGENCY WATER AND FOOD STAGING MAXIMUM DEPARTURE TIME: 30 SECONDS
SECURE HOME <ul style="list-style-type: none">• LOCK PRIMARY AND SECONDARY ENTRY POINTS• SHUT OFF WATER AND GAS IF SAFE AND FAST• NO DIGITAL DEVICES LEFT POWERED
MOVEMENT RULES <ul style="list-style-type: none">• USE PRIMARY EVACUATION ROUTE• SWITCH TO SECONDARY IF BLOCKED• AVOID HIGHWAYS, CHECKPOINTS, CAMERAS• TRAVEL DURING LOW VISIBILITY TIMES
REGROUP AT IN-STATE SAFE SPOT <ul style="list-style-type: none">• UPDATE STATUS USING SECURE SIGNALS• ASSESS THREAT LEVEL• DECIDE: SHELTER LONGER OR PROCEED OUT-OF-STATE

IF SEPARATED: AFRER 48 HOURS, ALL INDIVIDUALS MOVE TOWARD THE LONG TERM SAFE SPOT. NO ONE RETURNS HOME FOR ANY REASON.

OBEY THE PLAN IMMEDIATELY. DELAY KILLS.

READINESS LEVEL SYSTEM

THIS THREE-TIER SYSTEM TELLS YOU WHEN TO PREPARE, STAGE, OR LEAVE. USE IT IN YOUR GUIDE RIGHT AFTER THE SURVIVAL CHECKLIST.

LEVEL GREEN — NORMAL / ALERT PHASE

WHAT IT MEANS: GLOBAL TENSIONS EXIST, BUT DAILY LIFE FUNCTIONS NORMALLY.
ACTIONS:

- KEEP SUPPLIES AT 90% READINESS.
- RECHECK EXPIRATION DATES ON FOOD, WATER, AND MEDS.
- REVIEW SAFE SPOT DIRECTIONS AND COMMUNICATION CODES MONTHLY.
- MAINTAIN FULL FUEL TANK AND ONE MONTH OF ESSENTIALS AT HOME.



LOW
RISK

LEVEL YELLOW — HEIGHTENED RISK / STAGE TO MOVE

TRIGGERS:

- CONFIRMED MILITARY ESCALATION BETWEEN RUSSIA/NATO OR OTHER GLOBAL POWERS.
- EXTENDED CYBERATTACK OR NATIONAL BANKING OUTAGES.
- MARTIAL LAW OR EMERGENCY POWERS DECLARED ABROAD.
- POWER GRID OR COMMUNICATIONS DISRUPTION >24 HOURS.

ACTIONS:

- LOAD VEHICLE WITH GO-BAGS AND SUPPLIES.
- PULL CASH, FILL EXTRA GAS CANS, TOP OFF ALL BATTERIES.
- NOTIFY YOUR GROUP OR FAMILY.
- SLEEP IN TRAVEL CLOTHING; KEEP SHOES AND KEYS BY THE DOOR.
- BE READY TO DEPART WITHIN 30 MINUTES.



MODERATE
RISK

LEVEL RED — IMMINENT THREAT / EVACUATE

TRIGGERS:

- CONFIRMED STRIKE OR INVASION ON NATO/U.S. TERRITORY.
- MARTIAL LAW OR NATIONWIDE CURFEW DECLARED.
- GRID FAILURE ACROSS MULTIPLE STATES OR EMP EVENT.
- MANDATORY DIGITAL ID, RATION, OR LOCKDOWN ORDERS.
- FALLOUT WARNINGS OR VISIBLE ATTACKS IN REGION.

ACTIONS:

- EXECUTE EVACUATION PLAN TO IN-STATE SAFE SPOT OR OUT-OF-STATE REFUGE.
- USE SECONDARY OR TERTIARY ROUTES IF HTIGHWAYS CLOSED.
- TRAVEL ONLY WITH GROUP—AVOID URBAN CENTERS.
- MAINTAIN RADIO SILENCE EXCEPT FOR CODED MESSAGES.
- ONCE AT SAFE SPOT, SECURE PERIMETER AND CHECK RADIATION/WATER SAFETY.



SEVERE
RISK

ROUTES & NAVIGATION PLAN

NAVIGATION MUST FUNCTION WITHOUT GPS, CELL SERVICE, OR DIGITAL MAPS. ALL ROUTES MUST BE PRE-DRIVEN AND MEMORIZED.

PRIMARY ROUTE

PURPOSE:
FASTEST AND MOST DIRECT PATH TO THE IN-STATE SAFE SPOT.

- AVOID CITY CENTERS, FEDERAL BUILDINGS, AND MAJOR BASES
- MINIMAL OVERPASSES AND TUNNELS
- IDENTIFY 3-5 MAJOR LANDMARKS VISIBLE WITHOUT SIGNAGE
- MARK NATURAL WATER SOURCES ALONG THE WAY

ABORT PRIMARY ROUTE IF:

- TRAFFIC STOPS MOVING
- MILITARY OR CHECKPOINT PRESENCE
- AIR ACTIVITY OVERHEAD OR BOMB SIRENS

GO IMMEDIATELY TO SECONDARY ROUTE.

SECONDARY ROUTE

PURPOSE:
LOW-PROFILE TRAVEL IF CONDITIONS BECOME HOSTILE.

- COUNTY ROADS, FARM ROADS, UTILITY ACCESS ROADS
- NO TOLL BOOTHS OR SURVEILLANCE-HEAVY INTERSECTIONS
- KEEP LOW VISIBILITY AND LOW SPEED
- BLACKOUT TRAVEL POLICY: DAWN AND DUSK ONLY IF POSSIBLE

USE PREDETERMINED RALLY POINTS EVERY 10-20 MILES:

- TREE LINE CLUSTERS
- OLD BARNS
- CREEK BENDS
- FIELD EDGES

IF SEPARATED, WAIT 30 MINUTES THEN CONTINUE.

TERTIARY ROUTE (WORST CASE)

PURPOSE: FULL STEALTH MOVEMENT IF HOSTILE FORCES BLOCK NORMAL TRAVEL.

- FOREST LINES, DRY CREEK BEDS, RAIL EASEMENTS
- TRAVEL OFF-ROAD, LIMITED NOISE DISCIPLINE
- NO FIRE, NO LIGHT, NO TALKING
- ROTATE LEAD POSITION EVERY 30 MINUTES TO MAINTAIN ALERTNESS

IF SPOTTED:
BREAK LINE OF SIGHT, CREATE DISTANCE, AND REROUTE AROUND THREAT ZONES.

NAVIGATION RULES

1. NO DIGITAL DEVICES POWERED ON DURING TRAVEL
2. COMPASSES ONLY
3. NEVER CROSS OPEN FIELDS IF OBSERVATION RISK EXISTS
4. CHECK BEARINGS EVERY 15-20 MINUTES
5. ALWAYS IDENTIFY NORTH BEFORE MOVEMENT BEGINS
6. IF MAPS ARE LOST: FOLLOW WATERWAYS DOWNSTREAM TO ROADS



CONTINUED ON NEXT PAGE

OPERATIONAL DISTANCES

- SAFE SPOT TRAVEL MUST BE REACHABLE WITHIN ONE TANK OF FUEL OR ONE DAY ON FOOT
- CACHE RESUPPLY POINTS EVERY 5-10 MILES ON FOOT ROUTES
- KEEP DISTANCE FROM HIGHWAYS ½-1 MILE WHEN PARALLELING THEM

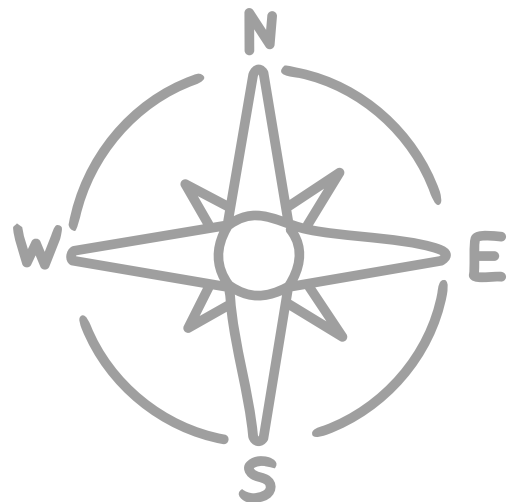
CONTINGENCY RULE

IF A TRAVEL PARTNER IS MISSING FOR 48 HOURS:
MOVE TOWARD OUT-OF-STATE SAFE SPOT WITHOUT EXCEPTION.

FINAL DIRECTIVE

IF A TRAVEL PARTNER IS MISSING FOR 48 HOURS:
MOVE TOWARD OUT-OF-STATE SAFE SPOT WITHOUT EXCEPTION.

NOTES



SURVIVAL KIT CHECKLIST

COMMUNICATION

- TWO-WAY RADIOS (FRS/GMRS) + SPARE BATTERIES
- HAM OR SHORTWAVE RADIO (IF LICENSED)
- SIGNAL MIRROR, WHISTLE, FLARE (IF SAFE/LEGAL)
- WRITTEN COMMUNICATION CODES

DEFENSE & SECURITY

- PEPPER SPRAY OR BEAR SPRAY
- MOTION ALARM OR PERIMETER SENSORS
- FORTIFICATION MATERIALS (LOCKS, BOARDS, ROPE)
- PERSONAL SELF-DEFENSE TRAINING (IF POSSIBLE)

DOCUMENTS

- BIRTH CERTIFICATES, IDS, PASSPORTS
- MEDICAL RECORDS, PRESCRIPTIONS
- PROPERTY TITLES, INSURANCE PAPERS
- EMERGENCY CONTACT SHEET (LAMINATED)
- CASH (SMALL BILLS) & PREPAID CARDS
- HARD COPY MAPS (LOCAL + STATE)
- BIBLE OR SCRIPTURE CARDS

MEDICAL & HYGIENE

- FIRST AID & TRAUMA KIT
- ANTIBIOTIC OINTMENT, ANTISEPTIC WIPES
- OTC MEDS (PAIN RELIEF, ALLERGY, ANTI-DIARRHEAL)
- PRESCRIPTION MEDS & COPIES OF SCRIPTS
- SOAP, TOOTHBRUSH, FEMININE HYGIENE ITEMS
- DIAPERS, BABY WIPES (IF APPLICABLE)

EMERGENCY SUPPLIES

- 3-MONTH FOOD SUPPLY (SHELF STABLE)
- 30-DAY CLEAN WATER STORAGE
- WATER FILTERS & PURIFICATION TABLETS
- COOKING GEAR
- MANUAL CAN OPENER, UTENSILS, COOKWARE
- BACKUP FUEL OR FIRE-STARTING KITS

TOOLS & EQUIPMENT

- MULTI-TOOL & FIXED-BLADE KNIFE
- HAND-CRANK RADIO / NOAA ALERT RADIO
- FLASHLIGHTS & SPARE BATTERIES
- SOLAR POWER BANK / SMALL SOLAR CHARGER
- COMPASS & TOPOGRAPHIC MAPS
- PARACORD, DUCT TAPE, ZIP TIES

SHELTER & CLOTHING

- TENT, TARP, OR INSULATED EMERGENCY SHELTER
- SLEEPING BAGS & THERMAL BLANKETS
- EXTRA CLOTHES & FOOTWEAR FOR ALL SEASONS
- GLOVES, HATS, RAIN GEAR
- MYLAR BLANKETS (FOR WARMTH AND SIGNALING)

RADIATION PROTECTION

- POTASSIUM IODIDE TABLETS (KI)
- N95/P100 MASKS
- HEAVY PLASTIC SHEETING & DUCT TAPE
- RADIATION DOSIMETER (IF AFFORDABLE)
- INSTRUCTIONS: "HOW TO SHELTER FROM FALLOUT"

SURVIVAL LIST CHECKLIST

- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____

NOTES

