



Bumper Book of Prepping Tips: Everything You Need to Know to Survive

Craig Burr

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The Bumper Book of Prepping Tips is the constantly revised and updated book on preparedness which covers everything from basic first aid to teaching you how to survive any number of disasters. This book is a must-have for all interested in survival and preparedness.

Our aim is to create THE best book for preppers which will be continually updated with new material.

What you will find inside version 1:

Part 1 – First Steps

What are You Prepping For?

The Rule of Three

Create a Family Emergency Plan

Part 2 – Food and Water

How Much Water You Need

Holding Your Water

It is Not Just in the Sink

Harvesting the Rain

Boiling, Filtering and Purifying

First in First Out

Food Storage Containers

Basic Food List

Long Term Food List

Common Food Storage Mistakes

Part 3 – Finances

Have a Financial Plan in Place

Surviving Job Loss

Getting Out of Debt

Stashing Your Cash

Making Money for Your Prepping

Part 4 – In the Home

Prevent Carbon Monoxide Poisoning

Prevent Electrical Fires

How to Use a Fire Extinguisher

Escape a Burning Building

Securing Your Home

How to Handle an Intruder

Power Outages

Part 5 – Self Defense and Weapons

Hitting Where it Hurts

Situational Awareness

Physical Fitness

How to Sharpen Your Blades

How to Throw a Knife

Part 6 – Kits

Assemble a Bug Out Bag

Assemble a First Aid Kit

Kit For Your Vehicle

Part 7 – Pets

Pets BOB

Training For Disaster

Part 8 – Children

Child's BOB

Helping Your Children Following a Disaster

Part 9 – Medical

Stop Bleeding

Treating Stress

Treating Shock

Treating Burns

CPR

Choking

Sprains and Strains

Fractures and Dislocations

Diabetes

Asthma Attack

Stroke

Heart Attack

Head Injuries

Hypothermia

Frostbite

Deliver a Baby

Part 10 – Natural Disasters

Tornadoes

Hurricanes

Flooding

Lightning

Wildfires

Volcanoes

Earthquakes

Tsunamis

Mudslides

Blizzards

Part 11 – The Need to Knows
How to Hot wire a Car
How to Siphon Fuel
How to Scavenge Effectively
Store Your Fuel Correctly
Garbage and Toilets

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Nick Peoples:

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Kathleen Carroll:

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