

# Contents

Acknowledgments . . . . .	ix
Preface . . . . .	1
Day 1: Shelter . . . . .	13
Day 2: Water . . . . .	25
Day 3: Fire . . . . .	33
Day 4: Cooking . . . . .	41
Day 5: Food: Stocking Up . . . . .	45
Day 6: Food: Long-Term Storage . . . . .	55
Day 7: Growing Food . . . . .	69
Day 8: Livestock . . . . .	87
Day 9: Laundry . . . . .	113
Day 10: Lights . . . . .	123
Day 11: Electricity . . . . .	129
Day 12: Waste Disposal . . . . .	137
Day 13: Health Care . . . . .	145
Day 14: Cleanliness . . . . .	157

Day 15: Tools . . . . .	171
Day 16: Building a Library . . . . .	181
Day 17: Entertainment . . . . .	189
Day 18: Schooling . . . . .	199
Day 19: Networking . . . . .	213
Day 20: Security . . . . .	225
Day 21: Transportation . . . . .	233
Day 22: Afterword . . . . .	241
Bibliography . . . . .	251
Index . . . . .	253
About the Author . . . . .	261