



Pandemic Preparedness Pack

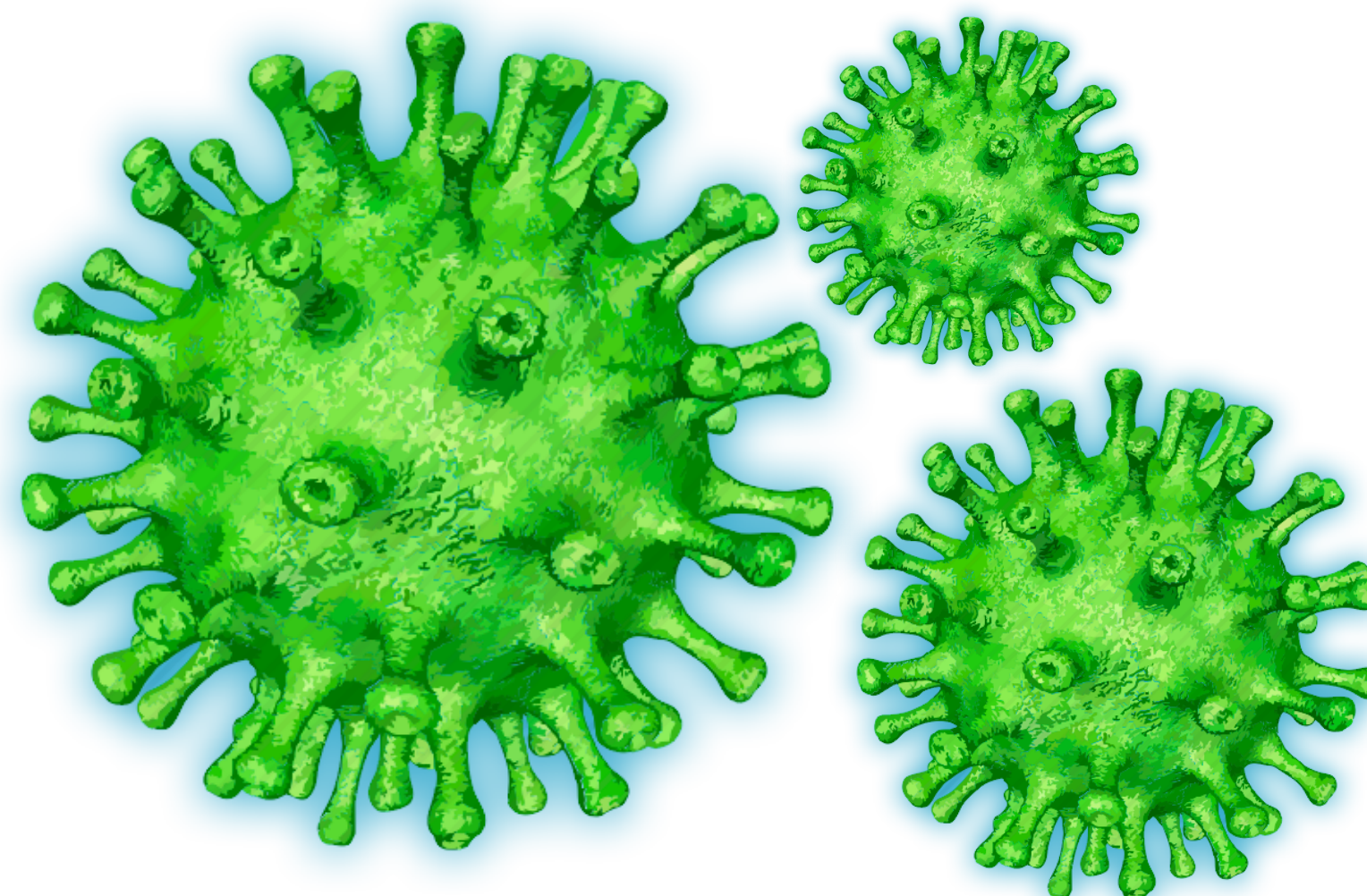
Tactical Survival Gear + Preparation Tips - Tailored Especially For CoVID-19 Virus



www.andology.com/pandemic-preparedness-pack

Introduction

V1.1 (beta) 2020-02-22



Thank you for downloading this NEW Corona Virus (COVID-19) Pandemic Preparedness Pack. This is an open source project designed to help us understand some of the main items we all should think about obtaining if we don't have them already.

**Not every item is essential, and some items may be irrelevant subject to your environment / climate / medical needs etc.*

This custom preparedness pack has been devised based on the assumptions of the following likely or potential pandemic inducing scenarios:

- Enforced Quarantine / Isolation Period (up to 3 Months at home)
- Contaminated / Disrupted Mains Water Supply
- Disrupted / Failure of the Power Grid / Rolling Blackouts
- Disrupted / Failure of the Gas supply or service network
- Complete Failure or Limited Availability of the Health Care System
- Complete Failure or Limited Availability of Police Service
- Complete Failure or Limited Availability of Fire Service
- Economic Collapse / Mass job losses / Mass bankruptcies
- Disruption / Failure or Contamination of the agricultural / food supply chain
- Disruption / Failure of the food distribution / logistics network
- High Levels of Crime (Theft / Robbery / Violent Home Invasions etc.)

The 7 P's...

The Pandemic Preparedness Pack Prevents Piss Poor Performance...





Pandemic Preparedness Pack

Tactical Survival Gear + Preparation Tips - Tailored Especially For CoVID-19 Virus



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Watch along with me...

Please watch my walk-through video as I take a look at all of the items on this list and share my thoughts.

Don't worry, I don't have everything on this preparedness list either, but it's important to look at a "money no object" scenario for those that are in a position to invest.

More in the Video!!

You Tube
Broadcast Yourself™





Pandemic Preparedness Pack

Tactical Survival Gear + Preparation Tips - Tailored Especially For CoVID-19 Virus



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The Rule of 3's...

I have ordered this list in terms of the priority / critical nature of the items needed. This falls in line with the Rule of 3's. Humans are at serious risk of death in the following situations:

- **3 Minutes Without Air**
- **3 Hours Without Shelter**
- **3 Days Without Water**
- **3 Weeks Without Food**
- **3 Months Without a Hug ;)**

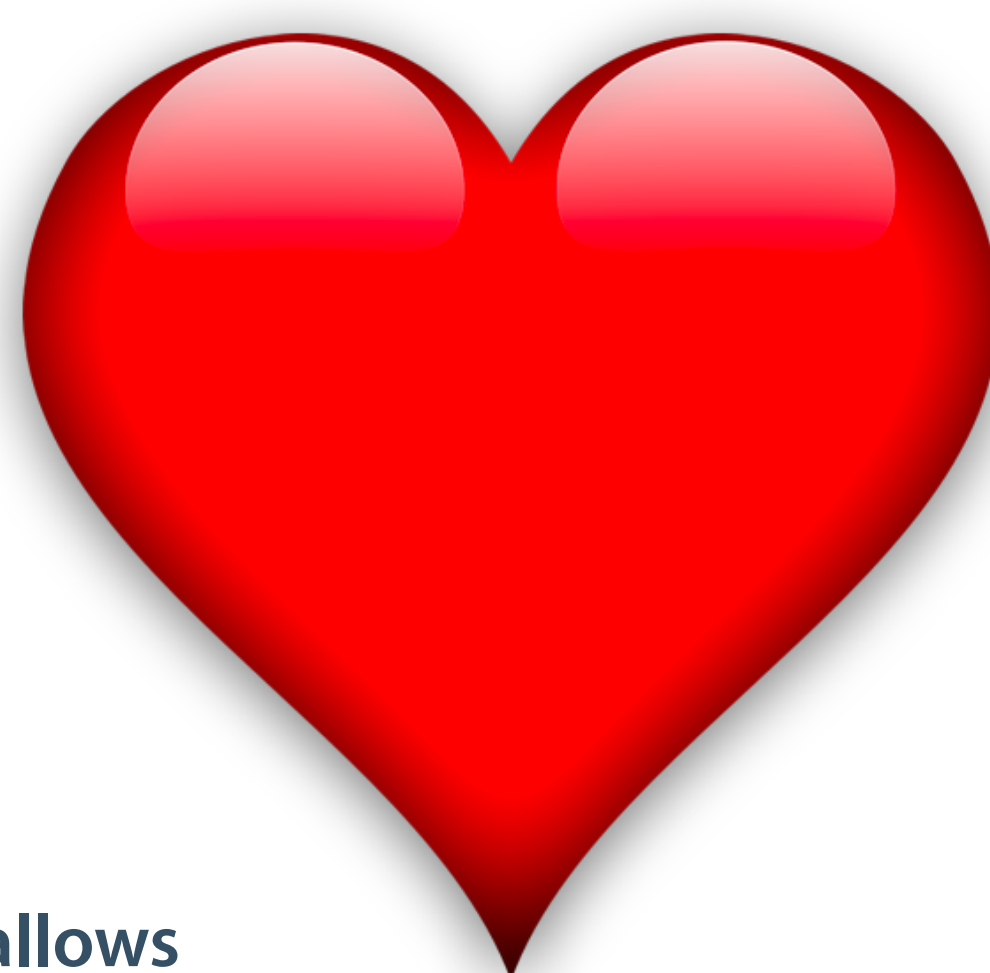


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Pandemic Preparedness Pack

Tactical Survival Gear + Preparation Tips - Tailored Especially For CoVID-19 Virus



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If the situation or conditions in your area change, should you revise your survival strategy?

You should have a strategy for every scenario, therefore as situations change, so should your strategy. You must be flexible and be prepared to adapt quickly.

Contents

1. Critical Items
2. Health & Hygiene
3. First Aid Kit
4. Off-Grid Power
5. Tactical / Protection
6. Education & Knowledge
7. Immune System Enhancements
8. More...



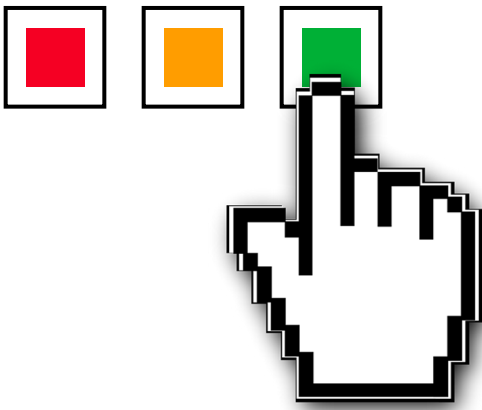


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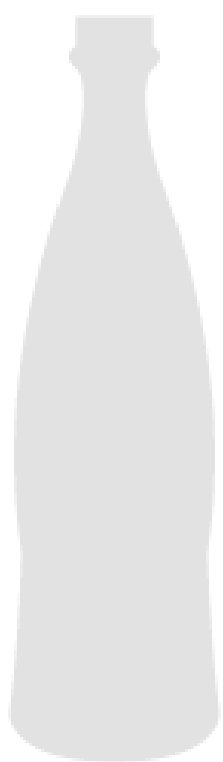
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Use these status check boxes to record your progress. (don't forget to save!)



1. Critical Items



Fresh Drinking Water & Storage - (4L / 1 Gal per person per day)

Store in 25ltr / 5 Gallon food grade containers (anything bigger becomes difficult to carry). Clean inside container first with a solution of **thin, clear, unscented bleach** (5ml bleach per 1000ml of fresh water). Make sure the solution covers all of the inside walls by shaking well. Allow to sit for a few minutes. Empty and rinse with fresh water. When filling the container for long term storage, you can add 1ml of bleach to every 5 litres (1 Gal) of water to ensure the water stays fresh in the container over time. This is perfectly safe for drinking.

25L / 5 Gal Tanks

Water Funnel

Hose Pipes (+attachments)

Water Filtration / Water Purification

There are many family size water filters available. A popular and very well respected product is the 'Big Berkey' Filter. They use activated carbon filter technology and typically remove 99.99% of particles / bacteria / viruses. Smaller versions are also available such as the 'drinking straw' or 'inline filter' types. These are ideal for single person use and can serve well as a critical backup. You can drink directly from a dirty puddle and have perfectly clean water!



Boil your water for 1-3 minutes and you can be assured any viruses will have been removed!



Large Water Filter

Personal H₂O Filter

Water Treatment Tablets



Food Supply - Long Shelf Life (3+ months supply)

Your choice of 'backup' food supply will be largely subject to your tastes and your budget. Please also consider how you will cook / prepare your food in the event of a complete power grid failure and gas supply disruption. This will allow you to think about the food you buy and what 'backup' cooking facilities you have. For convenience you can purchase freeze dried / long shelf life ready to eat food supplies (MRE's) which have up to 25+ years storage!

Good choices for long life / inexpensive food from the grocery store:

Flour

Tins of Beans

Jars of Various Sauces

Oats / Porridge

Tins of Fish

Tins of Fruit Salad / Peaches etc.

Sugar

Tins of Meat

Tins of Rice Pudding / Semolina

Rice

Tins of Veg

Honey / Syrups / Jams (Jelly)

Pasta / Noodles

Tins of Potatoes

Tea / Coffee & Powdered Milk

Spaghetti

Tins of 'Big' Soup

Chocolate Bars / Protein Bars

Salt / Pepper / Oil

Nuts & Raisins

Non-Electric Tin Opener!





1. Critical Items (Cont...)

Adequate Food Storage Practices

Make sure you **protect your investment** by storing your food and water correctly! The last thing you want is to have a great backup store of food, only to find out when you come to use it that **the rats & mice have beaten you to it!** Get 'Food Grade' Plastic Buckets **with sealable lids** - This will keep the rodents out!

For storing things like rice & pasta, it may be worth investing in a vacuum sealer. I recommend repackaging e.g the rice into portions of 1Kg and vacuum sealing it with an Oxygen Absorber inside. This can extend the shelf life of foods like rice / beans / oats etc for years! Place the vacuum sealed portions into the food grade plastic buckets and you'll have complete piece of mind.



Don't forget it is safer to assume there will be no power for a time. Therefore, do not rely on Fridges / Freezers to keep your food fresh. Choose your food type accordingly (freeze dried / tinned etc)

Buckets (Food Grade)

Vac-Sealer Bags

Oxygen Absorber Packets

Medication Required (3+ months supply)

If you require prescription medication, or other types of medication to function in optimal condition, please ensure you have secured a supply ahead of time. This can be expensive and some Doctors may not prescribe for a long duration into the future. Please also consider any medication or specialist health needs for your other family members (including pets).



Remember to consider other forms of medication less obvious such as allergy remedies & birth control pills. Always read the label, never take any medication that has someone else's name on it!

Pets & Animals

Don't forget your furry friends! You will need to stock enough food / drink / medication etc to last the same amount of time as the rest of your family. Remember things like worming treatments / flea treatments etc. It may be wise to maintain a good stock of your pets favourite treats. They will need to be kept as stress free as possible. **Walks may not be possible!!**

Food Supply (usual)

Medication

Spare leash / harness

Chew toys / treats

Get Due Vaccines

Pet Carrying (Transport Cage)

The Unborn / Babies / Infants

If you have an unborn child, buy everything you think you'll need once your child is born now. If the stocks run out, you will struggle to find what you need in several months' time. Babies and infants will need to have a supply of food too. Consider also the need for sterilization of feeding bottles etc.

Food - Milk (Formula)

Bottle Sterilization

Lots of Baby Wet Wipes

Baby Food (Jars)

Bottles / Teats

Diaper / Nappy Cream (rash)

Diapers / Nappies

Larger Clothes

Extra Warm Blankets



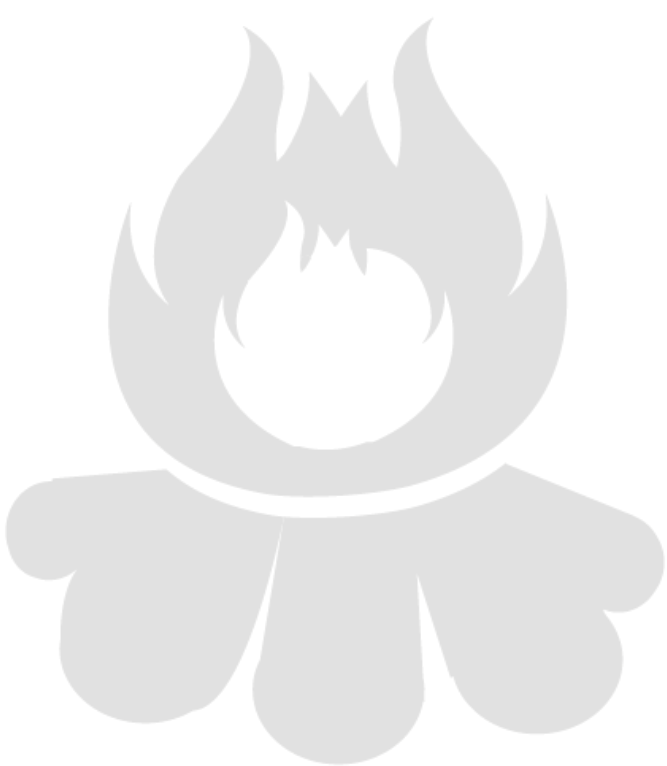


1. Critical Items (Cont...)



Fire is essential to survival. It provides warmth, protection, a means of signalling, boils water, and cooks and preserves food. You must learn to light a fire anywhere under any condition.

It is not enough to know all the methods - You have to be expert at them!



Essential Cooking / Food Preparation (no electric, no gas)

It must be assumed that at some point you may need to be cooking and preparing food without electricity and without a mains gas supply. If you have a wood burning stove, then great! You can get cooking on that if you have a good store of (dry) firewood.

However, if you regularly rely on electricity for cooking your microwave meals or cooking up a stir fry on the gas stove, that may not be as easy as you think once you are disconnected from the grid.

In this instance, you'll have no other option but to cook on an open fire *. You'll want to remain concealed so try to keep the smoke and smells to a minimum. If you have a chimney, try to cook under that.

You will not be able to boil water using your electric kettle so think of alternative ways to boil water. A 'Kelly Kettle' is a great way to boil water. It uses a minimal amount of firewood and heats the water inside a specially designed hollow walled 'Kettle'.

You will also need pots & pans that can be placed directly onto an open flame (open fire). Stainless steel is always a good choice. Most of the 'Camping Equipment' type cooking utensils are all valid examples here.



Consider using paper plates for eating on. You may enter a scenario where you have no access to public / mains water supply. You will not want to waste valuable water washing your dishes!

Paper plates can be used as a fuel source on a fire or discarded (packed down) it consumes very little space.

Fire Wood (+Kindling)

20x Lighters (+gas)

Fire Starters / Fuel

Stove Kettle

Kelly Kettle etc

Single Walled Flask

Stainless Cooking Pots / Pans

15Kg Gas Bottle (Propane not Butane)

Camping Gas Stove (+Valve / Pipe)



* BE CAREFUL AROUND OPEN FLAMES!

Take care if you are planning to cook on an open fire. Remember, it's unlikely there will be an operational Fire Rescue Service. Please be careful around naked flames and never leave candles or fires unattended.





1. Critical Items (Cont...)



Essential Shelter Requirements (maintenance & repairs)

If you're "Bugging out", or hunkering down and "Homesteading", it's vital you maintain a safe and comfortable living environment. Those living in dense urban centres may consider bugging out into the wilderness. If your area is relatively safe, bugging in / homesteading should be your first option.

Either way, make sure you have the necessary shelter for the climate. If you're staying in a house, you may need to have some materials to make repairs e.g a smashed window. Sheets of plywood or plastic sheet can be cheap ways to quickly fix a broken window or a leak in the roof. Don't forget, 'Shelter' is one of the "Rules of 3" - 3 hours without shelter! It's really important you are able to stay dry, stay warm, even if your property takes damage or the weather takes an unexpected turn.



In the short-term water is much more vital than food for your survival. If fresh running water is not available there are many other sources you can tap, but sterilize or boil to ensure that it is pure.

Make finding water sources a priority.

Tarps (Plastic Sheet)

3+ Rolls Duct Tape

20m Rope (Cordage)

Axe (+Sharpener)

Box Cutter (+blades)

Sturdy Spade

Large Side Cutters

Sheet Ply (1/2")

Lengths of Timber

Hammer + Nails

Screws + Driver

Zip Ties (lots of sizes)

Large Pliers

Blow Torch (+gas)

No Nails Glue

Silicone Sealant

Glue Gun Sticks (melt with flame)

Large Wood Saw (hand)

Hack Saw (+blades)

Hand Drill

Selection Drill Bits

Other Essential Items (assume no electric, no gas, no cell services)

The previous sections have focused on the first 3 main elements of the "Rule of 3's": Water, Food and Shelter. However, there are many other items that can make your life more comfortable / further protection / increase your productivity or enhance your ability to survive 'off-grid'. Other sections in this Virus Preparedness Pack will cover some of the items in more details.



Unfortunately, we have all become extremely reliant on modern day technology and communications. In the event there's a disruption to the public / mains power supply, you must consider what devices are your essentials. You will need to ensure a backup power source is available in order to use those devices!

* Power Generation

Fuel All Vehicles

USB Battery Bank(s)

12v Leisure Battery

12v Car USB Port

CB / HAM Radio

FM/MW/SW Radio

* Protection (security)

Strong Gloves

Fire Extinguishers

Hand Torch (18650's)

Head Torch (2 X AAA)

AA Cell Charger (12v)

Oil Lamp / LED Lamp

* First Aid Kit (quality)

Backup Valuable Data

Print Out Family Photos

ID / Passports Ready etc.

Appropriate Clothing (for climate)

Good Footwear (strong boots)

Knife / Multitool (Leatherman etc.)

* There are sections in this Virus Preparedness Pack that cover these items in more detail.





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MENU

2. Health & Hygiene

Good Levels of Exercise (maintain your fitness!)

Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.

Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease.

In a situation such as enforced quarantine within your home (self isolation) it will be difficult to maintain a healthy exercise regime. I have included some ideas of ways to keep fit within the comfort of your own home.

Skipping Rope

Exercise Bike

Aerobics / Step

Ski Machine

Chin-up Bar

Running Machine

Up/Down Stairs

Yoga / Tai Chi

Dumbbells / Free Weights

Home Multi-Gym

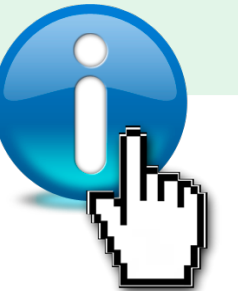
Rowing Machine

Dancing!



During vigorous activity, your body can burn up to an extra 300-400 calories per 30 minutes of exercise.

Make sure you are consuming adequate calories within your food supply calculations!



Mental Health (maintaining good moral)

An important part of keeping fit and healthy is to take care of your own mental health. There are plenty of things you can do to help make sure you keep yourself mentally healthy.

In high stress situations where regular life becomes unpredictable, such as with a global virus pandemic, many people will find it difficult to cope.

It is therefore extremely important that you take time out from the seriousness of the external situations and try to have 'fun'. A simple game of cards with your family or group can be enough to raise spirits and have some time out to bond.

Music has been proven repeatedly to help people's mental health.

Particularly music from your teenage years of life (era) tends to bring the most happiness when listened to. Try that!

Keep active and try to achieve something new every day. This is a great way to increase your dopamine levels. Combined with the endorphins released after your exercise regime and you'll feel ready to take on the world!

Card Games

Fun Board Games

Activities for Kids

MP3 Player (offline)

MP4 Movies (offline)

Good Sex (orgasms)

Good Story Books (happy)

Children's Books (happy)

Good Sleep Levels (6-8 hrs)



You should avoid drinking alcohol or taking recreational drugs during a crisis. It's important you remain rational, clear headed, and maintain situational awareness at all times.

Many common mental health issues are directly related to drug or alcohol misuse / substance abuse.

Stay clean! inside & out!



Mental health and your productivity / motivation levels are critical in an emergency or high stress situation. Please check out the link:

'4 ways to hack your brain'



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2. Health & Hygiene (Cont...)

Keep Yourself Clean! (maintaining your personal hygiene)

How to avoid catching or spreading germs: Although there's currently no vaccine for the coronavirus, there are things you can do to help stop germs like the coronavirus (CoVID-19) spreading.

A few of the things you can do:

- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ Put used tissues in the bin immediately
- ✓ Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- ✓ Clean surfaces / door handles well using a disinfectant / bleach mix
- ✓ Try to avoid close contact with people who are unwell
- ✓ Self isolation is the **BEST** policy!

Do not touch your eyes, nose or mouth if your hands are not clean!

Soap (spare)

Disinfectant Spray

Toothbrush (spare)

Toothpaste (spare)

Non-Electric Razors

Alcohol Hand Rub

Women's Hygiene

Toilet Paper (spare)

Kitchen Towel (spare)

N95 / N99 Masks

Clear, Unscented Bleach (thin)

Medical Gloves (Blue Nitrile)

Baby Wipes / Wet Wipes

Cat litter (human use too!)

Dustbin Liners (bin-bags)



If you typically like to grow a beard, you may need to consider shaving it off in order to benefit from the protection of a face mask.

Face masks require a virtually airtight seal onto the face. You will need to be clean shaven for this to work.

Consider a no (AC) power scenario, it is advantageous to use regular razors with shaving oil vs an AC or battery electric shaver.



AVOID TAKING RISKS THAT MAY RESULT IN INJURY!

*The Hospital or Doctors Surgery is the **LAST** place you want to be going! Especially when it will be the breeding ground for the Corona Virus, amongst various other health risks in highly populated places. In addition, at some point it is likely the Healthcare System as a whole will struggle to function, meaning it may not be something you can rely on. You will likely have only a limited knowledge of First Aid and therefore avoid taking unnecessary risks that could result in injury is the best policy!*





3. First Aid Kit



Good Quality First Aid Kit (large enough for your group / family)

Think of your first-aid kit as your home's first responder, and make sure family members, (including your children if you think they're old enough) and caregivers know where to find it and how to use it. For the kit itself, choose a waterproof container that's large enough to hold all of the items you need. Clear plastic works well because everyone knows at a glance that it's the home's first-aid kit.

Your first-aid kit should be tailored to the specific medical needs of your household, **but there are some items every first-aid kit should contain:**

Plasters (all sizes)

Skin Glue (liquid skin)

Steri Strips

Burns Gel

Bandages (all sizes)

Safety Pins

Dressing Pads

Ear Plugs

Surgical Tape

Disposable Razor

Cotton Wool

Cotton Swabs

Rubbing Alcohol

Small Scissors

Nail Clippers

Magnifying Glass

Tooth Pick

Scalpel Handle

Scalpel Blades #10

Scalpel Blades #10A

Fine Tweezers

Disinfectant Cream

Eye Washing Kit

Eye Bandage

Pain Relief (children)

Tourniquet

Blood Pressure (monitor)

Heart Rate BPM / O₂ (monitor)

Medical Thermometer

Medical Gloves (nitrile)

Medical Masks (N95 / N99)

Bug Repellent (mosquito spray)

Vaseline (petroleum jelly)

Sterilising Wipes (alcohol)

Wound Cleaning (iodine wipes)

Water Sterilisation Tablets

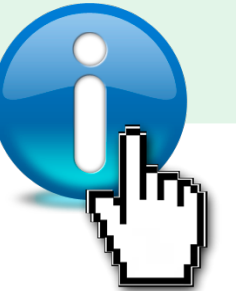
Pain Killers / Ibuprofen (adults)

Emergency Blanket (thermal)

Hydro-colloid Dressing



Please consider downloading a basic first aid pdf manual. You never know when you need to refer to something and perhaps the internet isn't working or the power is down!



Don't forget if you have pets it may be useful to download a basic first aid guide for your cat or dog etc. Here is an example of one from the Blue Cross:



A NOTE ON FIRST AID KITS!

Be sure to check the use by dates on your first aid kit items. It is important all of the packaging looks complete and the seals are unbroken. Please ensure your first aid kit is kept clean and remains sterile. A waterproof container is a good measure.





4. Off-Grid Power



Having an off-grid power system can give you a tactical advantage in a power outage situation!
It's cheaper than ever to get set up! (if you know how)



What if the power goes out?

Imagine a scenario where the power goes out, it's pitch black, silent, everyone is sleeping and you're scrambling around trying to find a torch. Even when you find the torch, the batteries have been removed and put into the TV remote because they were running out. **Does this sound like you?**

Having an extended power down scenario can be very troubling for most people and it ALWAYS leads to crazy levels of inconvenience!

I have compiled a comparison of the available Off-Grid Power Systems:

	NONE	Solar	Wind	Generator
Cost (usable power)	FREE	£100-£500 \$150-\$750	£300-£1,200 \$450-\$1,500	£400-£2,000 \$500-\$2,500
Power (for Cost)	NONE	50W-750W	150W-1,000W (1kW)	500W-4,000W (4kW)
Ease of Use	NONE	★★★★★	★★★★☆	★★★★☆
Reliability	NONE	★★★★★	★★★★☆	★★★★☆
Portability	NONE	★★★★☆	★★★☆☆	★★★★★
Longevity	NONE	25+yrs (@80%)	5-10yrs	1-5yrs
Stealth	GREAT	Can keep hidden Silent - No Sound	NOT easy to hide Somewhat Noisy	Can keep hidden VERY Noisy
Notes	<ul style="list-style-type: none">No SmartphoneNo LaptopNo TabletNo MusicNo RadioNo Torch lightNo LED LanternNo Security SystemNothing that uses power! Basically your worst Nightmare!	<ul style="list-style-type: none">Easy to buy (kits available)On all the time, no messingInexpensive for small rigVery reliableEasily ExpandableFlexible versions v.ruggedWipe clean maintenanceSolar Panel can last 25yrs!Silent Operation!	<ul style="list-style-type: none">Availability not greatWorks 24/7Inconsistent (No Wind)Not easy to installKnown issues with bearingsNot easy to take with youMore expensive than solarA little noisy at speedLicense required?	<ul style="list-style-type: none">Easy to buy (h'ware stores)Very portableEasy pull startHigh power - A.C kW'sVery unreliableFuel Volatile / FlammableFuel storage 90 days maxNoisy - Everyone will know!Fumes DangerousLots of spares & knowledge needed for smooth operation over long period





≡ MENU

Below is the layout of a typical Off-Grid Solar Backup System.

The system I have illustrated below works by taking the energy from the Sun (Solar Panels) and stores it into a Battery Bank until you are ready to use it. This means the system will still provide power even at night time with no Sun. During the day, the Solar Panels recharge the Battery Bank ready for the following night!



Take care if you are handling high voltage equipment. 12v & 24v DC systems are completely safe if handled properly. Please ensure you take precautions when dealing with mains A.C equipment.



 **YouTube**
www.youtube.com/Andology





4. Off-Grid Power (Cont...)

Let's look at each component in detail:

Solar Panels

Solar Panels are rated by their maximum output power, measured in Watts (W). Consider your smart phone or tablet while charging:

Typically, it will consume approx 12W (Watts) of energy for 3-4 hours until fully charged.

Solar Panels are usually measured in hundreds of Watts.

Let's take a 100W Solar Panel as an example. That 100W will be made up of 20V at approx 5A Current ($20V \times 5A = 100W$).



Solar Panels

Expandable! Just add more!

A 100W Solar Panel is more than enough to charge 8 smart phones at the same time! ($12W \text{ each} \times 8 = 96W$).

However, that is in an ideal world. In reality, a Solar Panel will only give you the full 100% power in optimal conditions. It depends on the cloud cover / daylight etc. I've found that **200W** of Solar Panels will be enough to charge your main devices such as smart phones, torches, radio batteries etc. (even on a cloudy day). You should base your needs on achieving only 20%-30% of the maximum rated power from the Solar Panels at any one time. (worst case scenario)



*Solar panels like to be facing directly into the Sun. Place them somewhere out of any shade and angle them to get max direct Sun throughout the day. Solar panels operate at maximum efficiency when cold, **NOT** when they are hot!*

Solar Charge Controller (12v)

This is the 'heart of the system'.

It takes in the energy from the Solar Panels and distributes it (controls it) to both charge the main battery bank and to deliver power to the 'load' (where you plug in all your stuff to use the power). If there's no Solar energy, the Charge Controller will serve the load power via the charge stored in the Battery Bank.

Solar Charge Controllers are usually rated by their maximum Battery Charge Current. 20A-100A (Amps) is more than enough for typical off-grid usage (e.g. charging smart phones, torch batteries, USB Battery Banks, running LED strip lights etc).



VS



MPPT Controller

30% more efficient than PWM
(more expensive)

PWM Controller

less efficient than MPPT
(cheaper option)





4. Off-Grid Power (Cont...)

12v Leisure Battery Bank
Expandable! Just add more!



Most battery banks use Sealed Lead Acid (SLA) Cells. Lithium battery technology is becoming more popular, but the costs are significantly higher. Deep Cycle 12v Cells are inexpensive and can be joined together to make a large battery bank for lots of reserve power. Aim for 60Ah - 300Ah total capacity.

Battery Bank (12v)

These look like large car / truck batteries but are in fact very different. They are called 'Deep Cycle' batteries. Deep Cycle batteries (AKA Leisure Batteries) are designed to be discharged down to a low level, and then recharged all the way back up again.

Typically 700-1200 recharge cycles can be expected from a medium to good quality Deep Cycle Battery.

The energy from the Solar Panels is stored into the battery bank during the day. At night or when there's insufficient sunlight, the Charge Controller will use the charge stored in the batteries to supply the power to the Load (to run all your 12v stuff).



Load Output (12v)

The Solar Charge Controller will provide a 12v Output to drive whatever 'Load' you apply to it. Charge controllers have a maximum Current delivery that is usually similar to it's peak Amp charge rating.

The Charge Controller will provide power to the 'Load' output from either the Solar Panels or the Battery Bank (or a combination of both).

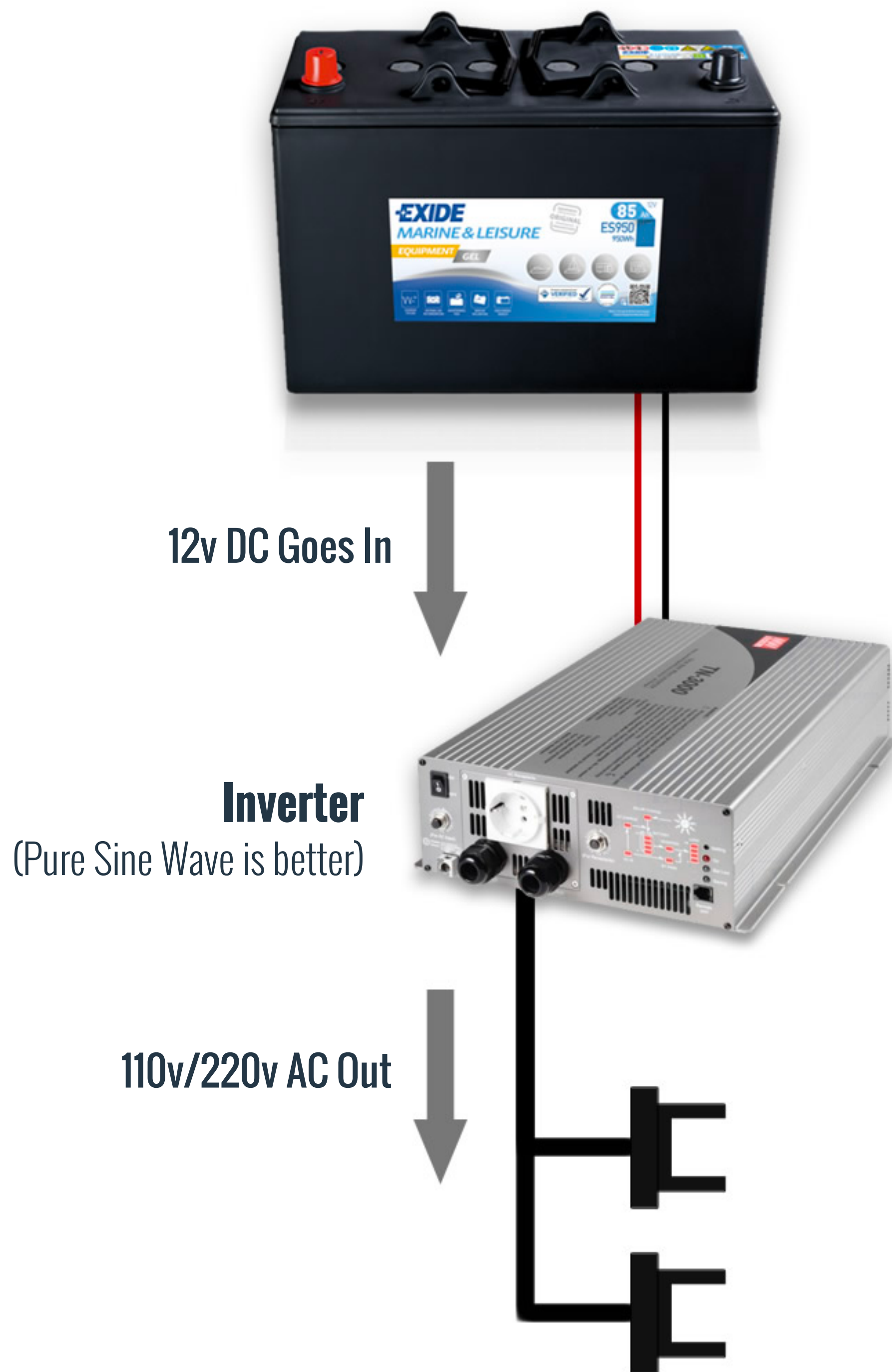
I recommend buying devices that run from 12v DC power. e.g chargers, radios, MP3 players etc. If it runs on 12v, then you can run it from your Off-Grid Power System! **FREE POWER!!**

12v Output to run your equipment!
Try to buy things that run on 12v DC





4. Off-Grid Power (Cont...)



12v DC to 110v/220v AC Inverter

Off-Grid Inverters are very useful devices. They use the 12v DC power from the Battery Bank and convert it into 110/220v AC 'mains supply' voltage. This means that you can run your regular AC appliances around the home even in a complete grid-down scenario!

Be aware though, for low power items it's great, but if you're planning on running a washing machine, or dryer, or dishwasher; then **forget about it!** That would be beyond the scope of this system.

However, you **can** run things like your LCD TV, PC / Laptop, desk lamp, printer, drill, small microwave etc. without a problem.

If you plan to run any digital electronic equipment from your Inverter, you will need to make sure it's a 'Pure Sine Wave' type Inverter. The cheaper alternative is called a 'Modified Sine Wave' Inverter which has a very 'noisy' AC signal that will cause problems with your sensitive PC / Laptops & other digital electronic devices.



Inverters can draw a large amount of Current from the battery.

You must ensure you use the correct cable for the connections or you will have problems getting enough power to the inverter or the cable will over heat.

If you are planning on using more than 1000W from your Inverter, you will need to use 8AWG cable (very thick).

Off-Grid Solar Power System

Here's a list of the components you'll need if you would like to put your own off-grid backup power system together. There are many kits available online that make it super easy to get up and running.

Solar Panels (>50W)

MC4 Connectors

Heavy Duty Switch

12v Inverter (<500W)

Battery Bank (>50Ah)

Battery Terminals

In-line Fuses (50A)

Multimeter (Testing)

Solar Charge Controller (>20A)

Solar Panel Cable (4mm / 6mm)

DC Cable (8AWG-14AWG)

Crimps / Heatshrink / Solder





5. Tactical / Protection



Tactical / Protection Equipment (subject to local laws)

Whatever your vision is for a complete SHTF scenario, there's one thing for sure, **by failing to prepare, you're preparing to fail!**

Owning everything else in this Pandemic Preparedness Pack is pointless if you're unable to foresee potential challenges and you are not able to protect the things that you own and the ones that you love.

Follow my videos for more ideas of ways to protect yourself. In the meantime, here is an ever growing list of some of the things you can use to protect yourself, your property and your loved ones in the event of a crisis.



it's a good idea to have some items to barter with. Good examples are Bic lighters, small bottles of spirits, tobacco, small packs of noodles etc. Toilet paper rolls will also be worth a great deal in an SHTF barter environment!

- | | | |
|---|---|--|
| <ul style="list-style-type: none">* Bugout Bag (Ready) | <ul style="list-style-type: none">Decoy Stash | <ul style="list-style-type: none">Favourite Weapon of Choice |
| <ul style="list-style-type: none">Dry Bag (documents) | <ul style="list-style-type: none">Large Zip Ties | <ul style="list-style-type: none">Mace / CS Spray / Pepper Spray |
| <ul style="list-style-type: none">Barter Items | <ul style="list-style-type: none">Taser | <ul style="list-style-type: none">Battery Powered PIR Doorbell |
| <ul style="list-style-type: none">Fire Extinguishers | <ul style="list-style-type: none">Slingshot (+bearings) | <ul style="list-style-type: none">Eye Protection (ballistics) |
| <ul style="list-style-type: none">Smoke Alarms | <ul style="list-style-type: none">Air Rifle (.177) | <ul style="list-style-type: none">Body Armour (ATV Clothing) |
| <ul style="list-style-type: none">CO Alarms | <ul style="list-style-type: none">Siphon Pump | <ul style="list-style-type: none">Motorbike Crash Helmet |
| <ul style="list-style-type: none">Boots (Steel Toe Cap) | <ul style="list-style-type: none">Bolt Cutters (large) | <ul style="list-style-type: none">Motorbike Leather Jacket |
| <ul style="list-style-type: none">Long Hose Pipe | <ul style="list-style-type: none">Binoculars (Scope) | <ul style="list-style-type: none">High Power Laser (3W-5W) |
| <ul style="list-style-type: none">WD-40 (flamethrower) | <ul style="list-style-type: none">Night Vision (\$\$\$) | <ul style="list-style-type: none">Laser Protection Goggles |
| <ul style="list-style-type: none">High Power Torch | <ul style="list-style-type: none">DIY Shield (makrolon) | <ul style="list-style-type: none">3 Man Tent (Home Quarantine) |
| <ul style="list-style-type: none">Good Tactical Knife | <ul style="list-style-type: none">HAM Radio (comms) | <ul style="list-style-type: none">3M Bomb Proof Glass Film |
| <ul style="list-style-type: none">Car Jump Cables | <ul style="list-style-type: none">Soldering Iron (Gas) | <ul style="list-style-type: none">Lots of Socks |
| <ul style="list-style-type: none">Crowbar | <ul style="list-style-type: none">Lock Picking Tools | <ul style="list-style-type: none">Printed Map of Local Area |

* There will be a full and detailed break-down video of my fully equipped Bugout Bag coming soon! Please Subscribe!





6. Education & Knowledge



Children's Educational Needs

With a Pandemic like the Corona Virus, it doesn't take long before isolation and quarantine become the norm. At some point, just like in other countries, the schools will close, the churches will be empty, and the streets will be clear. You will need to have a plan for the education of your children.

There are many resources available online with guidance on home-schooling. You'll need to think about some of the resources you'll need in order to meet the needs of your children's education regardless of age or ability.

[Speak with Parents](#)

[Print out Tests](#)

[Download School Curriculum](#)

[Educational Books](#)

[Online Resources](#)

[Download YouTube Lessons](#)

Knowledge Accessibility (get it while you can!)

Adults will need to access knowledge just as much as your children will need to be educated. The internet has made it easier than ever to learn something new or to perfect your techniques.

However, we must consider the possibility that at some point, the internet may not be something we can rely on for our source of information. It's important you can foresee this and take action now to secure the knowledge you will need in the future. Here are a few examples:

[Books \(food growing\)](#)

[Books \(first aid\)](#)

[Download YouTube How To's](#)

[Books \(carpentry\)](#)

[Books \(DC electrics\)](#)

[Download YouTube Life Hacks](#)

[Books \(plumbing\)](#)

[Books \(survival\)](#)

[Download Survival PDF's](#)





Pandemic Preparedness Pack v1.1

Please check the website link for the latest version of this Pandemic Preparedness Pack!

MENU

7. Immune System Enhancements



- ✓ Try to get 7-8 Hours sleep per night
- ✓ Vitamin C Daily (200% RDA)
- ✓ Vitamin D Daily (200% RDA)
- ✓ Garlic (Clove / Powder)
- ✓ Turmeric
- ✓ Sunlight Exposure (>20 minutes per day on 60% of the body)
- ✓ Healthy Balanced Diet
- ✓ Lots of Fluids
- ✓ Reduce / avoid alcohol consumption
- ✓ Avoid skipping meals - maintain above 1,200 Calories per day
- ✓ Maintain / start daily exercise routine
- ✓ Maintain good hygiene - (don't make your immune system work harder than it needs to)
- ✓ Avoid taking antibiotics (it seriously compromises your immune system!)
- ✓ Don't take unnecessary vaccines (it temporarily compromises your immune system!)

More being added soon...

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 **YouTube**
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Pandemic Preparedness Pack

Tactical Survival Gear + Preparation Tips - Tailored Especially For CoVID-19 Virus



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Don't Forget! Corona Virus Prediction Tool v1.3



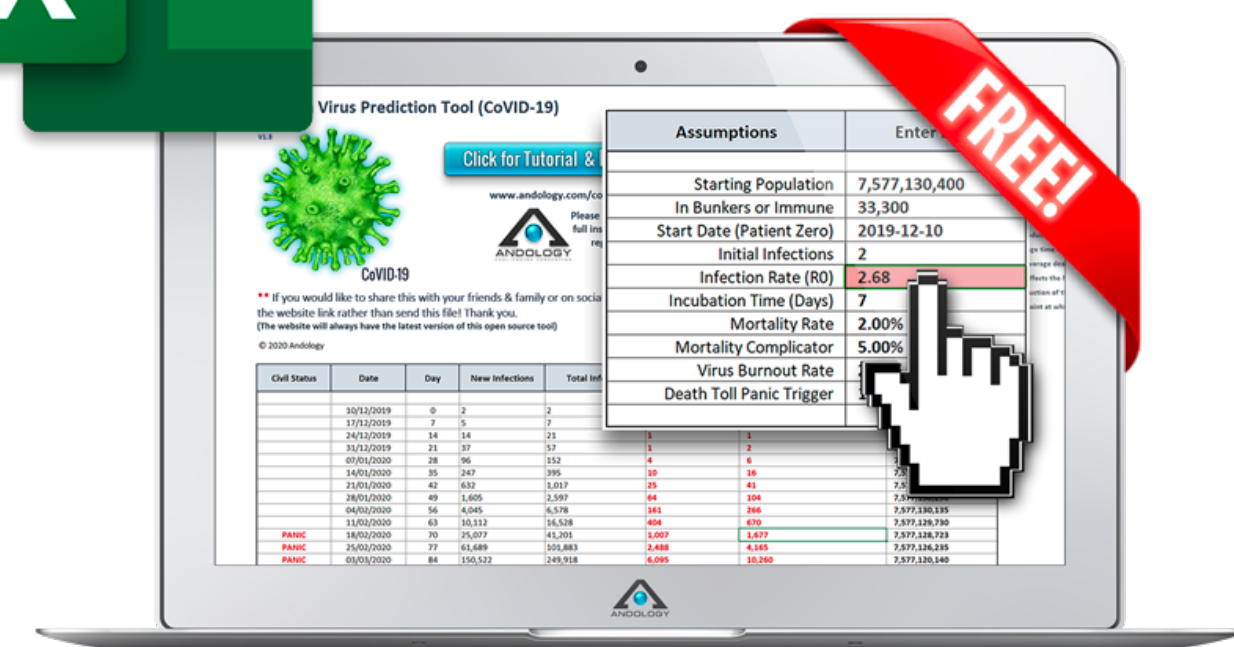
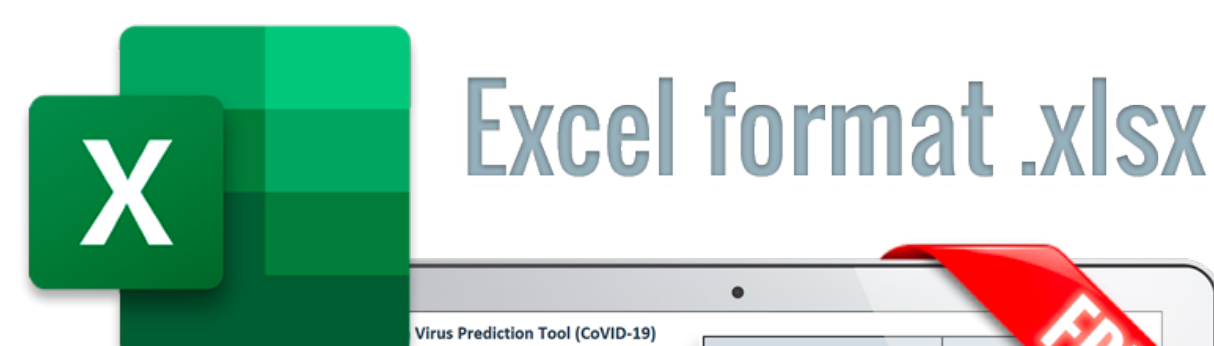
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- **NEW** Virus Data in Sample Data sheet
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- **NEW** Virus Prediction Summary
- **NEW** Civil Status Indicators
- **NEW** 3 Extra Pie Charts

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FREE! Virus Prediction Tool v1.3

Learn how the Corona Virus (Wuhan China Virus Outbreak, New name CoVID-19) can spread rapidly with this v1.3 of my Corona Virus Prediction Tool.

Test your own scenarios or use real live data from CDC / WHO to update your own personal Corona Virus Prediction Tool!



CoVID-19 VIRUS Prediction Tool





Pandemic Preparedness Pack

Tactical Survival Gear + Preparation Tips - Tailored Especially For CoVID-19 Virus



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Thank You! Stay Safe!

This pandemic preparedness pack was brought to YOU, WITH LOVE, and FREE! by:

Andy (Andology)



Don't forget! I am funded entirely by **your** kind donations. This allows me to keep the lights on, working full time bringing you the latest crucial tools & information!



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CHALLENGING CONVENTION



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