

Survival Wisdom And Training "SWAT"

**A Crisis Never Comes at a Convenient Time.
The Outcome of any Crisis Depends on You!**

**Could you deal with two days without electricity in
Winter, how about two weeks or even months?**

**We face many challenging dangers every day.
Consider the possibilities:**

Terrorism, Global Warfare, Civil Anarchy, Insurrection,
Grid Failure, Natural Disaster, Monetary Collapse!



Empty shelves and hungry,
cold, angry people equal
total collapse of society,
Anarchy and violence rule!
Can you and yours survive?

We teach people to deal with worst case scenarios
through common sense and innovative planning.
Every dollar has to count, our resources are limited.

www.confidentsurvival.com

Serious Urban Survival Wisdom and Training

**Classes run from Noon to 3:00PM
every other Saturday at Warriors
Revolution Tactical in Longmont CO.
1240 Ken Pratt Blvd.**

Scheduled Dates:

April 22nd

May 6th and 20th

June 3rd and 17th

July 1st, 15th, 29th

Grid Failure will wreck your Day, not to mention your plans.

This Solar Oven is cost effective and works... Really Good

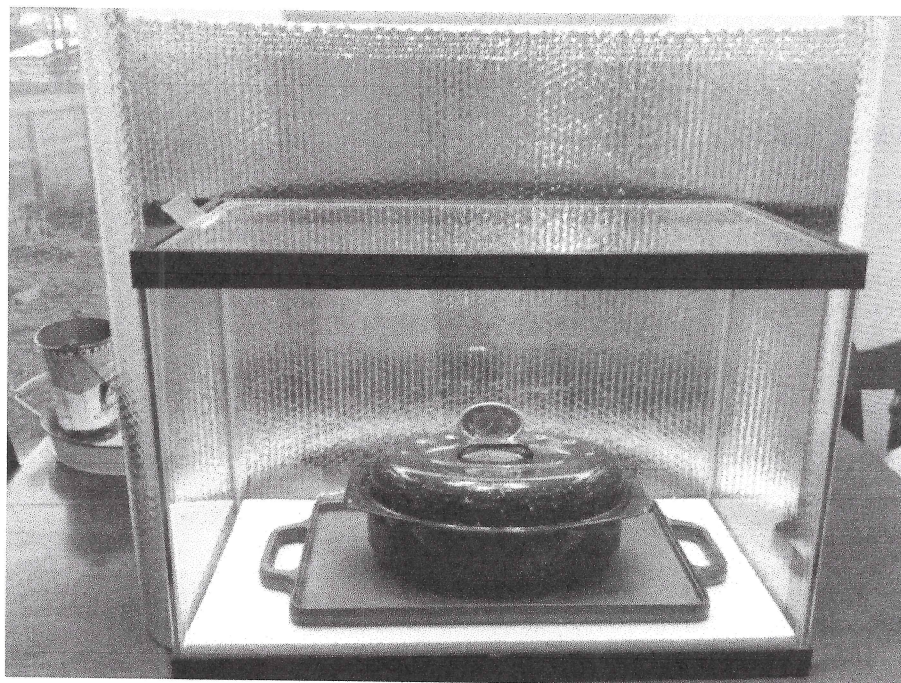
Contents:

- (1) 20gal Aquarium (Wal-Mart approx 1'x2')
- (1) Piece 1'x2' High Density Water Resistant Styrofoam
- (1) Enameled Roaster or Black enameled Spaghetti Cooker
- (1) 9"x16" Cast Iron Griddle"
- (1) Glass Lid Perfect Fit Aquarium Cover

Glass cut by Morey's Glass and Metals at 124 Main St Windsor, CO 80550

Aluminized Bubble Wrap Insulation.

Oven Safe Thermometer



20gal Aquarium (Wal-Mart approx \$100.00)

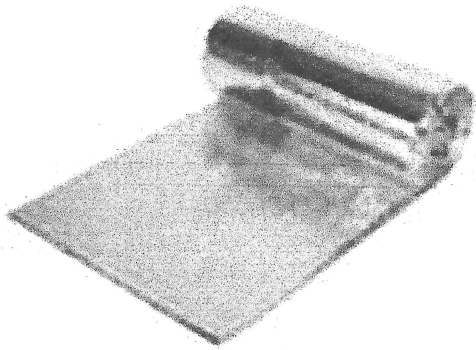
Styrofoam (Home Depot approx \$15-20.00)

Enameled Roaster or Boiler (Goodwill Store \$5.00)

Glass Lid (Morey's Glass \$18.00)

Bubble Wrap (Home Depot or Lowe's \$28.00)

24 in. x 25 ft. Double Reflective Insulation



Cast Iron Griddle (Wal-Mart \$16.00)

Thermometer (Wal-Mart \$9.00)



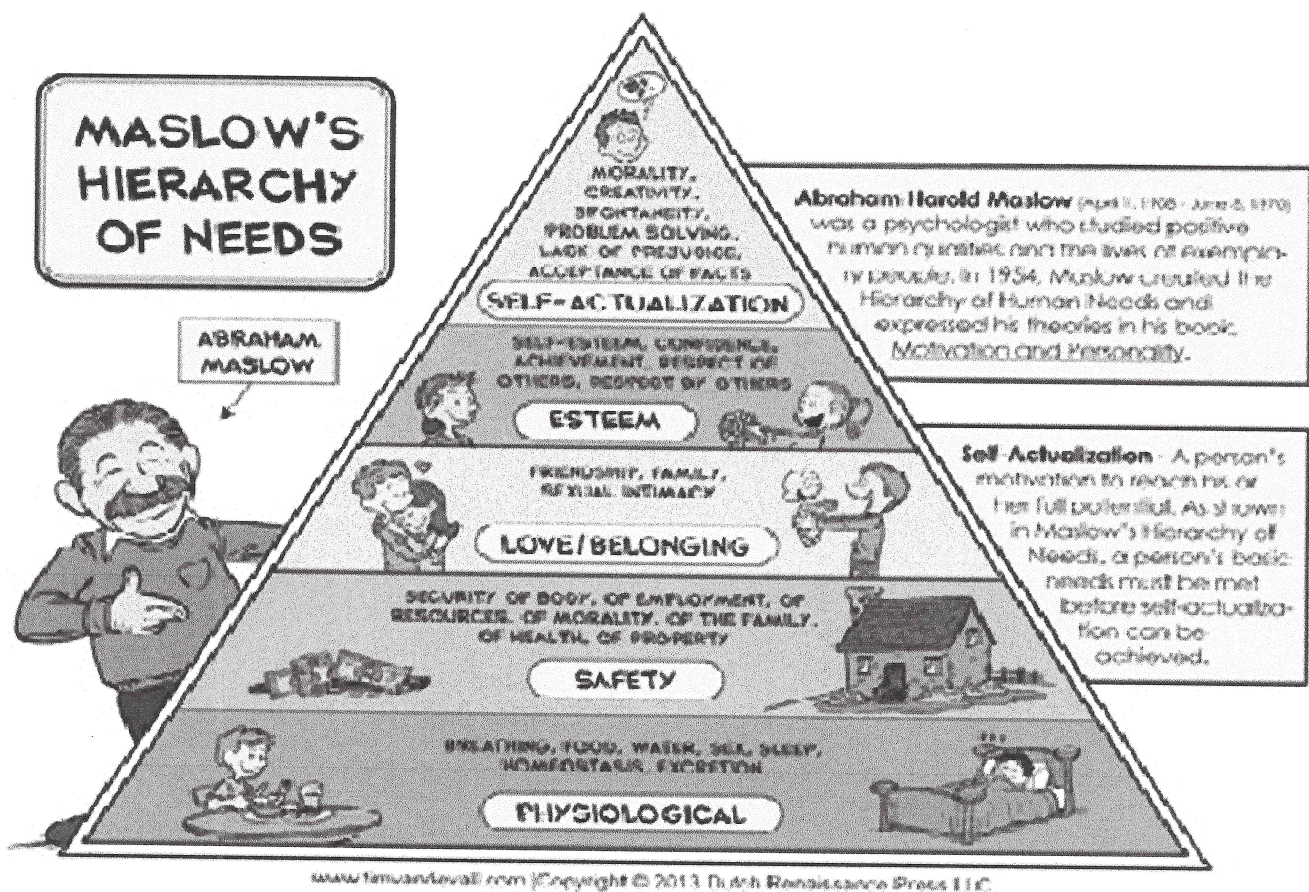
Total Cost Approximately \$200.00

Physiological

Maslow considered physiological needs to be the most essential of our needs. If someone is lacking in more than one need, they're likely to try to meet these physiological needs first. For example, if someone is extremely hungry, it's hard to focus on anything else besides food. Another example of a physiological need would be the need for adequate sleep.

Safety

Once people's physiological requirements are met, the next need that arises is a safe environment. Our safety needs are apparent even early in childhood, as children have a need for safe and predictable environments and typically react with fear or anxiety when these are not met.



TheFoodGuys.com - Food Storage Calculator

The following calculator will help you figure the minimum food storage amounts needed for your family. These amounts are based on the recommendations listed in the LDS Church's Home Production and Storage manual. These figures are recommendations, and are basic year supply minimums only. You will need to choose the best options and foods you should store for your family.

Number of Family Members, Ages 7 and Older.:

Number of Family Members, Ages 0-6.....:

Your Family Will Need:

Grains

lbs of Wheat

lbs of Flour

lbs of Corn Meal

lbs of Oats

lbs of Rice

lbs of Pasta

lbs Total Grains

Legumes

lbs of Dry Beans

lbs of Lima Beans

lbs of Soy Beans

lbs of Split Peas

lbs of Lentils

lbs of Dry Soup Mix

lbs Total Legumes

Fats and Oils

lbs of Shortening

gal of Vegetable Oil

qts of Mayonaise

qts of Salad Dressing

lbs of Peanut Butter

lbs Total Fats and Oils

Milk and Dairy

lbs of Dry Milk

cans of Evaporated Milk

lbs of Other Dairy

lbs of Total Milk and Dairy

Sugars

lbs of Honey

lbs of Sugar

lbs of Brown Sugar

lbs of Molasses

lbs of Corn Syrup

lbs of Jams

lbs of Powdered Fruit

lbs Total Sugars

Drink

lbs of Flavored Gelatin

Cooking Essentials

lbs of Baking Powder

lbs of Baking Soda

lbs of Yeast

lbs of Salt

gal of Vinegar

Water *

gal of Water

gal of Bleach

Fruits

lbs of Flavored Apples

lbs of Applesauce

lbs of Banana Chips

lbs of Fruit Mixture

lbs of Fruit Juices

lbs Total Fruits

Vegetables

lbs of Corn

lbs of Peas

lbs of Green Beans

lbs of Carrots

lbs of Potatoes

5 lbs of Onions

20 lbs of Tomatoes

185 lbs Total Vegetables

* It is impractical for most families to store a year's supply of water. However, at least 14 gallons per person are suggested as a two-week emergency reserve.

HOME