

THE SCHLEIN'S

SURVIVAL MANIFESTO

A Guide to Surviving the Apocalypse

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Survival Rule 1:
DON'T GET INTO A
SURVIVAL
SITUATION IN THE
FIRST PLACE

Survival Rule 2:
BE PREPARED and
HAVE A PLAN

Survival Rule 3:
DON'T PANIC

Survival Rule 4:
NEVER GIVE UP

A Survival Guide to the Apocalypse

(Staying alive when things go wrong)

We don't know what the apocalypse will be, or if it will be – but, it is always better to be prepared (even if just a little bit) than be one of the 'victims'.

Also all these skills and preparations (mental and physical) can be used to deal with the non-apocalyptic things that smash into our lives regularly.

The chances of the apocalypse happening are low to non-existent; yet, planning for it will make everything else seem like a walk in the park.

It is more likely that some 'normal' event in your life will turn 'bad' as our family has experienced lately. Just think, if we had planned a little bit, prepared a little bit and were mentally prepared to deal with the change.

These simple things can be the difference between surviving and not.

The main considerations are:

- **What is it?**
 - What is the disaster/threat or survival situation?
 - What is the best chance of survival or better still avoiding the situation or avoiding any injury or loss in the first place?
- **When is it time to start this plan?**
 - How much preparation is minimal / adequate / makes you a psycho?
 - I must know when it is a survival situation or a situation that may become a survival situation – how do I do this?
- **When disaster arrives.**
 - Is my head in the right place?
 - Do I have a plan for this – can I modify a plan I do have to suit this threat/disaster or survival situation?
 - What to do, when?
 - How far to go in my plan, how soon?

- Can we come back from a plan invoked/started if it turns out not to be a disaster or survival situation?
- **Are we alone?**
 - Can I get help?
 - If the authorities are doing things are we in/out/passive?
 - Do we have a support circle of friends/family/associates/community we can trust and can assist in our situation or help prevent it?

What is it – what is the disaster or threat (or survival situation)?

It is important to actually recognize a threat and that it is coming, or likely to come. Some threats, such as sudden storms (tornados for example) are things that have to be dealt with after – if you survive; but by following this plan your chances of survival and recovery are greater because you actually thought it ‘might’ happen and had things in place – even if it was just a few things.

The first thing to do is decide what threats are ‘normal’ where we live and what threats are, although completely less likely, something that will be considered in all our planning.

So these ‘events’ can be divided into the following categories:

- **Normal Situations That Can Turn Disastrous**
Camping Trip Gone Wrong / Car Accident / Home Invasion / Walking down the Wrong Dark Alley / Personal attack / Power going out (short term) / Accident at Home
- **Natural Event**
Short Term – Large Storm at Home / Prolonged heat wave / Loss of electricity / minor flooding / stranded for a short time
- **Large Scale Natural Disaster**
Long term / but **recoverable in the foreseeable future**
Large Scale Natural Disaster - long term / but **no recovery in the foreseeable future – you’re on your own for a while!**
- **Disease / Pandemic**
As above long/short term – short/long/no foreseeable recovery)

- **Social Collapse**
Terrorist Attacks (immediate / continued) / Financial Collapse /
Resource collapse (e.g. loss of electricity / no fuel / food shortages)
- **War**
Above terrorist attacks may seem like it if they were frequent
enough and on going

Do we live in an area that is subject to natural disaster? Well, yes. We live in a bushfire prone area so that is always a constant threat, but one that has to be handled locally.

This threat is not likely to be on going (e.g. months) and as such can be dealt with accordingly (there is already heaps of advice about planning and surviving a bushfire)

What do we do if there is something beyond our comprehension happens (e.g. all the electricity suddenly stops one day – think what would happen?) – we use our plans and preparations, which are designed to be modified to suit all circumstances.

Remember plans are useless as we can't plan for all scenarios, but, **planning is everything**, as it gets us physically, mentally and resource prepared.

Where do You Start

You start with getting your head right. So, these things, the apocalyptic disasters or survival situations are probably NOT going to happen, but, when they do, I want to have the right attitude (and plans and resources) to at least cope on a survival level.

The first step, is to believe that it is a good idea to be prepared. If you think it is, you are already on the way to having a far greater survival rate than most – in addition you may find that you don't even get into situations that could lead to a question of survival in the first place.

That last sentence is the key to survival. However, there are a few basic rules, that if followed, will increase your chances of survival, exponentially.

The first rule is:

Survival Rule 1:
**DON'T GET INTO A SURVIVAL SITUATION IN THE
FIRST PLACE**

This sounds stupid, but, a lot of the survival situations people get themselves into (read that again – “get THEMSELVES into”) are actually avoidable. But, people take risks and they say “It won't happen to me”. And, yes life is full of risks and risk taking is part of life, but taking stupid risks is not – that is just for stupid people.

How do you avoid getting into a survival situation. Well, you are well on your way if you have read this far. It means knowing what IS a survival situation, or a situation where you could be in danger, or get injured, or get killed. The following pages on preparation, planning and getting ‘your head right’ will help prevent you from getting into dangerous or survival situations.

The Second rule is, as the Boy Scouts always said:

Survival Rule 2:
BE PREPARED and HAVE A PLAN

A simple place to start is to consider this statement:

POODAR and THE RULE OF 3s will probably save you.

POODAR is an acronym for:

Plan Observe Orientate Decide Act Reassess

Two great examples of this are in the best place to learn about disasters – the movies.

A good example is right at the start of the movie World War Z where Brad Pitt (man crush here!) is the Father and he starts taking action before anyone else is even moving or noticing what is happening.

A bad example is right at the start of a movie called The Impossible (about a family in the tsunami in Thailand) – everyone is just standing there doing nothing and they get swept away. I know you may watch this and say they had very little time to act – but, often very little time is all you have, and often all you need.

So let's work through the stages of POODAR

Plan

Always have a plan – it can take weeks or months to plan or it can be a series of small plans for specific situations you have thought about (e.g something as simple as having 'danger words' and 'safe words' with family and friends – to having a home fire plan – to a total emergency survival and evacuation plan). A couple of simple plans are:

- Actually listening to the safety briefing on a plane and really knowing where the exits are (have you actually ever felt under your seat for the life vest?)
- When you go to the cinema do you really know where the exits are should there be a fire – next time pay attention!
- When you are going for a long or short trip, have resources available to suit a pretty bad case scenario – e.g. a first aid kit etc etc

Another important aspect is practicing your plans. This may just be practicing them in your head – or actually practicing them, like a home safety drill (have you every thought what you would do if you woke up and the entire house was on fire and your bedroom is on the first floor?)

Observe

Being observant is the key – noticing your surroundings ALL the time. What are your 'observations' (using all your senses – e.g. smell) tells you that there may be something 'different going on' – how are others reacting? Most won't be reacting until it is too late. If it doesn't 'feel' right it probably isn't. Most people don't make the observations in the first place to move onto the next step to even realise they have to orientate themselves to a situation. E.g. *it's a dark ally with a group half way down on my route back to my hotel – I smell smoke and I am in a high rise building – I am on a boat and it is sinking yet no-one else seems to notice.* Most

people don't even notice danger until it is too late and certainly don't think about taking action to save themselves. (Statistically it has been proven that only about 15% of us have a natural ability to respond to danger in enough time to save ourselves and react to dramatically changing circumstances...)

Orientate This is where your planning and practice come together with your observations. What is the danger? What time do I have? What resources do I have available. It is the moment you go into high alert, hyper-vigilant, flight or fight mode – your plans and practice will stop you from freezing.

Decide With all your planning, practicing, observation and orientation (bearing in mind the observation and orientation may have taken only a second!) it is time to decide what plan and action will give you the greatest chance of survival. (It may also be a time to yell at others to get moving!) . Often you will have a Plan A and a Plan B or Plan C all of which can be modified depending on initial action.

Act Putting any distance between yourself and any danger is the first priority! Act positively, don't panic and consider you may be the only one to be acting – there will be time to help others when you are safe.

Reassess Review any decision through further observation, reorientation, new decisions or modifications to the original actions, or further action.

“The **“Rule of Threes”** - is for extreme situations and differs from person to person, but, generally it is a good mindset to start with in survival situations.

You can survive 3 minutes without air, 3 hours without shelter, 3 days without water and 3 weeks without food.”

The Rule of Threes is very important to get your priorities right. Imagine you are lost in the desert, the first thing is to find shelter (which is shade – not building a hut, just any shade!) and conserve the water you do have, which may only be the water in your body; then look for water at

night when it is cooler. Most people die in the desert because they break the rule of threes; they think water is the most important thing and search for it in the heat of the day and die (although in the desert you never are reported as dying – you always *perish!*)

So, although the Rule of Threes may be modified in some circumstances, mostly it is a proven list of survival priorities.

Remember , rules, like plans, are all made predominantly to get your head in the right space to make the right decisions.

The MIDAS touch.

In making a plan a good tool to use and a way to remember it is **King Midas**. He was a King in Greek mythology who had the ability to turn everything he touched into gold. So, if you want to make a plan, use the **Midas Touch** and it will turn to gold.

MIDAS is an acronym for:

Mission	What is your 'mission'. It should be a very distinct mission. Often in looking at a 'big situation' it seems overwhelming. So when planning it may be a good idea to break the 'big situation' into smaller tasks or missions. Instead of having a mission of 'survive in the wilderness' our first mission should be 'Get Shelter' (remember the rule of 3's)
Information	Gather as much information as possible. This may be from others (always listen to others ideas), maps, books etc etc. How long you take to gather information will depend on the urgency of the situation. You will never have all the information, so work with what you have and don't sit around waiting for someone else to bring you the answers.
Develop Options	There are ALWAYS options even when you think there are no options.
Analyse Options	This is important in the previous phase of gathering information and developing your options – what may seem a stupid idea may in fact lead you to the best idea. Remember some options

Select Your Option

at first do not seem like the best unless considered with ALL the information. Select the best option you have with the available information. It can be modified as you go along, but never forget the Mission.

Survival Rule 3: **DON'T PANIC**

Remember P.O.O.D.A.R. The trick is to know what is happening and don't panic. If you allow your natural instincts to kick in, that is FLIGHT / FIGHT that could be good – however, due to our modern world and most of us not having any experience, or ever having thought about this before, we are more likely to FREEZE.

Freezing and doing nothing is a type of panic. We are not reacting and making bad decisions; we are not reacting, full stop.

By Freezing and doing nothing we WILL become a victim.

However, the fact that we have thought about 'it' – whatever it is, and have a bit of an idea of a plan, AND may have done some preparation we are way in front of the crowd.

A good example of this is the 'active shooter'. You know the 'crazy' who goes into a school, back to their old work and shoots everybody. Why are there so many fatalities, why aren't more people just injured? It is because people FREEZE and the shooter walks up to them and shoots them in the head.

In American primary schools; Yes, primary schools; they are teaching kids how to react to 'active shooters.'

The rules are:

ACTIVE SHOOTER RESPONSE

LEARN HOW TO SURVIVE A SHOOTING EVENT





RUN**HIDE****FIGHT**

CALL 911 ONLY WHEN IT'S SAFE TO DO SO

**RUN**



HAVE AN ESCAPE PLAN



EVACUATE



LEAVE YOUR BELONGINGS



HELP OTHERS IF POSSIBLE



DO NOT MOVE WOUNDED PEOPLE

**HIDE**



BE OUT FROM SHOOTER'S VIEW



LOCK DOORS AND BLOCK THEM WITH FURNITURE



KEEP YOUR OPTIONS FOR MOVEMENT



SILENCE PHONE



BE QUIET

**FIGHT**



ACT AGGRESSIVELY



INCAPACITATE THE ACTIVE SHOOTER



THROW OBJECTS



YELL AND CALL FOR HELP

**FIGHT ONLY
AS A LAST RESORT**

BE PREPARED

**CALL 911**



CALL 911 WHEN YOU ARE SAFE



GIVE INFORMATIONS TO THE OPERATOR

WHEN LAW ENFORCEMENT ARRIVES



FOLLOW THE INSTRUCTIONS OF POLICE OFFICERS



DROP ANY OBJECT



KEEP HANDS VISIBLE

ACTIVE SHOOTER SAFETY GUIDELINES

Statistics are that, 90% of people who freeze, and are shot, are killed. Of those who run, only 10% of those who are shot are killed – why? – well, that's simple, it is harder to hit a moving target.

By not panicking you are **RESPONDING** to the situation not **REACTING** to it.

Reacting is your animal instincts kicking in, you are not thinking.

Responding is thinking, it may be for a very short time, maybe only a second, maybe a few minutes, or a few hours, planning before doing – this is a response. You may not have all the information, but at least you won't be like a chook running around with it's head cut off.

Another example of people FREEZING in a survival situation is on a cruise liner that sank in 1994. Of the 852 people on board only 137 survived! Why? Most people it was found out later, did NOTHING.

They sat in their cabins and when the ship sank, died. People in the early stages of shock, in survival situations, don't know what's happening, they have no understanding and therefore shut down and wait to be rescued – mostly they die!

Another example, recently is the Terrorist Attack in Nice, France in 2016 – 86 people died and 434 were injured. Why? The truck travelled over 1 km running people down in a similar area to Rundle Mall – it was swerving off and on the road, hitting cars and busses. The reason most died and were injured (other than the first ones hit when the truck entered the pedestrian area) was because people didn't notice until it was too late!

In both the above examples, how could people not notice and/or do nothing! The answer is because they 'didn't have their head right' before the event – it had never occurred to them, it could be them!

Although there are a lot of 'skills' that will help you live in a survival situation the following, once your head is right, will outweigh any skills and is the most important rule to continue surviving:

Survival Rule 4: **NEVER GIVE UP**

Part of never giving up, is keeping a positive attitude. “I will find water” “I will be able to build a fire to keep warm” “I know the rule of 3s, so I have time to save myself”

Positive self-talk will get you through. If in a group it is also important that the group encourages each other and supports the weak, injured and sick – one in, all in – everyone survives.

Just a note on that – in historical survival situations the statistics are not unlike the ‘active shooter’. If the group decides it is ‘everyone for themselves’ in most situations 90% to 100% will die (perish!). Yet, if the group decides to work together, help the weak, injured and sick, share resources then 90% to 100% will live.

This is simple math’s, that working together increases your chances.

In a study of historical shipwrecks and other survival situations, guess what the researchers found – Yep, your right, in 90% of cases it was everyone for themselves and most died. Why as humans do we make such bad decisions about our own survival. The reason is simple – ‘we don’t have our heads right’ and we don’t have a plan!

Most survival situations end badly when people lose hope and just sit there and die.

Many an explorer died of thirst within a kilometer of water, or bled to death because they didn’t administer basic first aid to themselves, or sat in their cabin while the ship sank.

Never giving up is the most important part of survival.

Also, in a survival situation, it can also be overwhelming. A good way to overcome overwhelming situations is to use this example:

How do you eat an elephant? The answer, one mouthful at a time!

So taking each problem, one at a time is the key. In most survival situations there will be multiple ‘problems’ - tackle them one at a time – one bite at a time!

You may not have all the skills, you may not have all the resources, you may not even have a plan for what is happening, but, by not giving up, by being positive, by continuing no matter how many times you fail (on some survival TV shows, I have seen 'survival experts' take 3 days to start a fire!), you will survive!

What Do I Need to Survive.

Firstly, obey all the above rules.

Secondly, a few basic things. Attached is a list of 'essentials' – although a lot are not 'essential' they will make life during the initial part of the Apocalypse a little more comfortable.

One Trick – no tool or resource is any good if you don't have it with you.

The attached list of essentials have been prepared into two 'packs' - A 'Day Pack' and a 'Dry Pack'.

The Day Pack should be stored inside the Dry Pack and kept in a place where it will be easy to get too and with you as much time as possible. The obvious place is the boot of your car.

Put it there, leave it there and only use it in the appropriate emergency, survival or dangerous situation. DO NOT raid the pack because you couldn't be bothered going to the shops!

The Day Pack should be removed from the Dry Pack and carried when going into a situation that it may be needed. This may be going on a bush walk, going to the beach or anywhere that you are away from the vehicle and could possibly need it.

Remember, this is all about 'getting your head right' You can bet on the day you say it's only a short easy walk – is the day you will need it – immediately.

Final Note

If you have read this far, put the pack in your car and have a laugh about the Apocalypse – you are probably, no definitely, ahead of most of the population.

Only about 15% of us are 'natural survivors' and can get through a survival situation because that's what we were born to do! The rest of us have to make an effort. You have already done that.

All this is not a reason to become a 'crazy prepper' and be paranoid about everything – it is not about living in fear, it is living aware.

Living through a survival situation can be harrowing, but it is better than dying – especially dying a victim, or dying in your cabin, or hiding under a desk!

And finally, a few quotes from the King of survival quotes, Bear Grills:

*“Survival can be summed up in three words –
“never give up”*

*“Being brave isn't the absence of fear. Being brave is having
that fear but finding a way through it”*

*“Run if you have to, Walk if you have to, Crawl if you have to,
but never give up”*