



100.10 BLUEPRINT TO A READINESS LIVING LIFESTYLE †
THIS IS A LIFESTYLE CHECKLIST, NOT A TRAIL HIKING GUIDE

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AN ANALOGY OF AMERICA ON A WILDERNESS JOURNEY

The Trail Guide is based on an ANALOGY, NOT A HIKING GUIDE, of the disciplines for a successful thru-hike of FUTURE EVENTS IN AMERICA on what is known as the Triple Crown Trails. This analogy is a picture of a wilderness journey we are about to walk in America. It will provide the necessary lessons we will need for survival in the days ahead. Let us begin understanding how to live in readiness, with minimal material requirements, by exploring the struggles of making a successful thru-hike on one of these Triple Crown wilderness trails. Thru-hikers are individuals who hike the entire trail on one continuous journey, covering thousands of miles. What can we learn from them for our thru-hike in prophetic times? Our journey **will be navigating thru the perilous times soon to come to pass in America.** The **Triple Crown Trails** consist of *the Pacific Crest Trail, the Continental Divide Trail and the Appalachian Trail.* These trails are **not in the mainstream thinking of leisure America.** Each of these three trails tracks north and south, traversing along one of our nation's three major mountain ranges. They wind through **the most rugged terrain in our country.** **“As these mountainous trails represent the natural divisions of our nation from the east to the west, just so our country will soon become a nation divided in conflict.”** These trail activities are suggestions for a thru-hiker journey of the Triple Crown Trails. Some trails may not be realistic for some families or individuals. You do what you can and remember, **“The least you can do may be the most God would expect you to do, but have faith for that smallest thing and God will build on it.”**

As I have experienced, The Triple Crown trails promise no illusions. They are the greatest equalizers in the world. **Trail life demands everyone carry their own load with very human limitations.** It is the **trail of hard knocks where money, cannot buy your way home.** You must walk it out, enduring the elements of real life, with the prize of eternal life at trail's end. **There are no luxuries in a backpack** because weight becomes the limiting factor for what you can carry. **God is about to evict us out of our cozy homes like lazy teenagers.** We are about to find ourselves in the middle of a mountain blizzard on a very slippery slope. Endurance, wise choices and planning will allow us to mature into the men and women of God, who will do great exploits. **Trivializing the knowledge and timing required on one of these trails will put your safety at peril.** Become a hard target in the days ahead. **Develop a mindset toward accepting a radical change in lifestyle and downsizing.** Understand God will walk with you on the trail to **Readiness Living.**

LET US BEGIN OUR BLUEPRINT TO A READINESS LIVING LIFESTYLE USING THE ANALOGY OF A SUCCESSFUL THRU-HIKE JOURNEY OF THE TRIPLE CROWN TRAILS!

PACIFIC CREST ANALOGY: The west coast corridor seems to be the easiest to walk but herein lies great deception. The thru-hike window is shorter due to passes becoming raging rivers of snow melt therefore; you must cover more ground quickly. Not only can you burn out physically, but emotionally as well because it is isolated and extremely lonely. Could the analogy be that the Lord is revealing that lies and deception will vex our souls and drain us of our will to survive? Nights on any trail can bring uneasiness, a sense of your own mortality, a sense of being the desire of a ghostly, fearless predator. Your movie-instilled sense of being the ‘can't lose anti-hero’ quickly slides into silent prayers asking God for your protection. You struggle to sleep but it never comes because your heart aches for the light of day and its safety. In the not too distant future, you may well remember these words about the trail.

PCT BLUEPRINT 1 Trail Marker: † James 5:1-3

- Take the Readiness Scale Test for self assessment
- As we experience these difficult times, consider your priorities in life and determine if you need to downsize your expectations; this is an individual choice
- Start your Emergency Preparedness Folder** using a loose leaf binder; create an inventory and record the locations of your provisions with their **outdates; include pet care issues**
- Begin assembling a **Ready Pack** for each family member (see Ready Pack Narrative)





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- Begin developing a **home store listing of frequently purchased items** with store locations and the latest purchased prices paid; this will be critical for budget purposes and identifying a bargain
- Begin increasing your home store to a **1 month supply** of food based on 10 favorite entree recipes, focusing on dry goods utilized in long term food storage
- Begin stocking a **1 month supply of water**; for future storage consider stackable approved beverage containers that will not easily rupture or leak; consider pets



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PCT BLUEPRINT 2 Trail Marker: *T* Revelation 6:6

- Create an **emergency water treatment plan** with a stock of **quart** size bleach bottles; this size will allow minimal loss of sanitizing properties when opened (see Water Treatment Check Sheet)
- Develop a running log** of your resources with quantities outdates and their locations in your home; include a prioritizing of inventories for evacuation purposes; such as "**Must Have**", "**Like to Have**", "**Live Without**" or digitize, 1, 2, 3, 4, etc.
- Start to **acquire instruction** and **equipment** for whole grain bread making, grain sprouting and grain flaking as the foundation for a long term food storage program
- Develop a strategy for managing personal **medical/hygiene needs**; prescriptions
- Stay current** with all **physician** or **dental** visits; availability of these resources can change rapidly
- Begin **fitness program** with walking or an appropriate, physician approved exercise plan



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PCT BLUEPRINT 3 Trail Marker: *T* 2 Timothy 3:1-4

- Obtain **identification/passports including children**; consider passport cards, good in North America only; have your drivers license Ready ID'ed in participating states
- Begin storing** important documents, birth certificates, marriage license, phone records, electric bills, bank records, etc. on a **memory stick** that is password protected
- Keep vehicles $\frac{3}{4}$ to full with gas, parked with vehicle nosed out for easy loading and quick departure; have premarked maps with avenues of egress and fall back staging areas in vehicle
- Begin to **create a ready cash reserve** for an emergency in the absense of electronic access; keep in a fireproof safe; be aware of mildew in safes; include coinage
- Begin **considering avenues of egress** you can drive without accessing the interstates; or, if you **had to walk**, would not require a boat to cross a body of water; otherwise **look for train bridges**
- Acquire recent maps of your current location and regional areas; premark egress avenues



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PCT BLUEPRINT 4 Trail Marker: *T* James 2:17-18


- Be in community with other Readiness Living Partners or RL Stakeholder groups in your area
- Complete your 1 month** supply of foods for your 10 favorite entree recipes
- Begin stocking for a 3 month** supply of foods for your 10 favorite entree recipes
- Learn about essential fats such as **ghee** that have an extended shelf life (not canned butter)



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- Complete your 1 month** supply of water (minimum of 1 gal. per day per person)
- Begin stocking a 2 month** water supply of a minimum of 1 gal a day per person & pets 
- Assemble a cache of **white linens**, bath towels, wash clothes, dish towels and bedding that can be sanitized with bleach in case of **pandemic events**

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CONTINENTAL DIVIDE ANALOGY: *In the analogy, as our nation becomes completely divided, we will have to make some very hard decisions. The Continental Divide itself is a watershed division. **It is a place of separation, a dividing of the waters and a critical place of direction where destiny is written in the heavenlies. It is the high place of hard choices.***

CDT BLUEPRINT 5 Trail Marker: † Romans 12:3

- Complete your whole grain bread making program with a 6 month supply of hard red, hard white, spelt, oat groats or Kamut® grains (1 lb of grain=1 loaf of bread) 
- Start making **hard tack as a meal ready to eat (MRE)**; bartering (see Hardtack Recipe) 
- Work with family, friends & Readiness Living Partners **for support and team building**
- Identify a designated care center of operations and physically begin mapping your team
- Begin developing a **communications plan**; radios, call center, message boards, light signals, etc.
- Continue advancing** your Ready Pack; you will have, over time, many generations
- Develop a drive-out cache separate from your Ready Pack, as in a car camping situation 

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CDT BLUEPRINT 6 Trail Marker: † Luke 22:35-36

- Identify a **home school program** or Readiness Living Partnership that could provide for children or young adult's education in the event of an interruption of the educational system
- Begin studying** the Incident Command System (ICS) found in CERT 
- Consider Community Emergency Response Team Training (CERT)
- Develop a **word challenge** system for both internal and external contacts, **with alerts**
- Take the **Don't be a Victim** NRA course (Should be no charges for this course)
- Focus on your profiles for self defense; pepper spray; martial arts; combat canes; stun guns; alarm systems; firearms training; home alarm systems; watch dog; dead bolts; become a hard target, avoid late night shopping, vary your routines, etc.
- Consider formal NRA training in Personal Protection **Inside the Home** and then the Personal Protection **Outside the Home**; these courses do not promote the use of deadly force but educate you to avoid it; training is the key component in personal protection for your family
- Obtain adequate personal protection supplies and have them stored properly
- Acquire adequate bug sprays and repellants; be cautious in storing them
- Have a **programmable** All Hazards Alert Radio which **includes the DHS/FEMA/NOAA/STATE EMS** alerts; consider more than one location in your home 
- Consider taking the Active Shooter Situation Training on line



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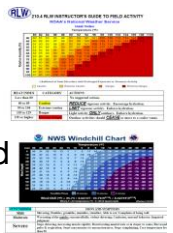
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- Take the Search and Rescue Technician III (**SAR Tech III training**) from the NASAR website or train in community with Readiness Living Stakeholders and Partners

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CDT BLUEPRINT 7 Trail Marker: † 1 Thessalonians 3:2-4

- **Complete 3 month food supply** of your 10 favorite entree recipes with extended family considerations, in addition, include **meals ready to eat** provisions as well; remember your vitamin program; include pet food
- **Begin** stocking your home store for a **6 month supply of foods**; focus on dry goods
- **Complete** the 2 month supply of emergency water; consider a stabilizer for 5 year storage life
- **Begin increasing the 2 month water** supply of 1 gal min per person **to a 3 month supply**
- Strategize for an **extended power interruption**; develop a plan looking at sanitary waste treatment and hygiene; be aware of sanitation lift stations in your community
- Consider adequate mosquito netting for bed coverings/cold weather sleeping bags
- Have your **Guide to Field Activities** (Heat Index/Wind-chill Chart) in your Ready Pack
- Have your Rehydration Chart in your Ready Pack and in home store supplies
- Have a **rehydration kit** with provisions for adults (over 12 years of age) and for a child
- Study cholera and develop an **Incident Action Plan (IAP)** to deal with an outbreak



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CDT BLUEPRINT 8 Trail Marker: † Romans 5:3-5

- **Continue advancing** your Ready Pack to the next generation
- Get certification in **Red Cross Wilderness and Remote First Aid**
- Advance **ready cash on hand** to meet 3 months needs **with coinage** (quarters)
- Complete partners communications plan; CB, walkie talkies, GMRS (1-7 @ 5 watts with license), FRS (1/2 watt max. no license), Ham radio, etc.
- Increase **whole grain supplies to 1 year**; properly stored, this is perfect for indefinite storage; develop your recipe base for breads, cereals, muffins, granola, **sprouts** (develop skills for easy sprouting of grains, no cooking, great nutrition), etc.
- Acquire a manual oat roller or a grain flaking device for immediate cereal provisions (this is not a mill); better to have oat groats (grain) for long term storage



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APPALACHIAN ANALOGY: *Some say it is the hardest because the stony ground makes it necessary to watch carefully where you place your foot to avoid stumbling and possible injury. Of interest is the fact that the Appalachian Trail treks through the east coast population corridor. **Could the analogy be that the Lord is drawing a picture of urban America that will soon become a wilderness environment?***



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AT BLUEPRINT 9 Trail Marker: † Matthew 24:12-20

- Consider **basic land navigation training** as in NASAR's SAR Tech III
- Plan field day exercises with family, friends & Readiness Living Partners
- Create an **everyday vehicle** Ready Pack for regional area travel
- Establish meet points, other than home, **for a drive-out** with family, friends and Readiness Living Partners
- Establish meet points, other than home, **for a walk-out** with family and Readiness Living Partners



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AT BLUEPRINT 10 Trail Marker: † Proverbs 22:3

- Consider **Advanced Land Navigation** Training using a compass
- Consider SAR Tech II Training with NASAR
- Expand your wardrobe for field activities with adequate all weather footwear
- Complete the 6 month supply** of home store foods and **begin a 12 month supply**



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AT BLUEPRINT 11 Trail Marker: † Philippians 4:13

- Consider Instructor Certifications for training and teaching others in the non-profit arenas
- Consider caching and other provisions outside of home at **rendezvous meet points**
- Continue advancing your profiles in self defense focusing on non-lethal force
- Continue advancing your drive-out cache along with the Ready Pack advancement

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AT BLUEPRINT 12 Trail Marker: † Revelation 22:20

- Begin a **monthly meeting** of Readiness Living Stakeholders and Care Partners in your area
- Start training your Readiness Living Partners with your earned **non-profit certifications** (Red Cross, NRA, NASAR, ARRL, CERT, etc.); these skills typically fall under the good Samaritan Act in most states and are **protected against frivolous litigation**
- Consider organizing to develop Readiness Living Partners into specialized skill sets; search and rescue; security; land navigation; distribution; sheltering; water treatment; medical; etc.
- Complete the 12 month supply** of home stores with a rotation plan to avoid outdating; pets
- Advance your **ready cash to a 6 month reserve** for meeting expenses; consider caching portions at meet points

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