

# 1 INTRODUCTION

## THE SCIENCE IS CLEAR. OUR FUTURE IS NOT.

We are on the brink of a global catastrophe. Life on Earth is in danger, with scientists agreeing that we are entering a period of climate and ecological breakdown. Our climate is changing faster than predicted and the stakes are high. Wildfires. Rising sea levels. Crop failure. Social and ecological collapse. Mass extinction. The symptoms of our inaction will only worsen the longer we take to address the causes of this crisis.

## ABOUT US

Extinction Rebellion is a decentralised, international, and politically non-partisan movement using non-violent direct action and civil disobedience to persuade governments to act justly on the Climate and Ecological Emergency.

Traditional strategies like petitioning, lobbying, voting, and protest have not worked due to the rooted interests of political and economic forces. Our approach is therefore one of non-violent, disruptive civil disobedience: a rebellion to bring about change, since all other means have failed.

We rebel against the systems that got us here. We rebel for the future we want. We rebel because it is our responsibility to act. We have no more time to waste. Nothing is impossible, we can still write the story we want. We as individuals can make a difference, collectively.

*It always seems impossible until it's done*

~ Nelson Mandela



## PURPOSE OF THIS GUIDE

This guide is designed to provide individuals, families, and communities with essential knowledge and practical steps to increase resilience in the face of climate-related crises and other societal disruptions. The climate crisis is not a distant threat. It is already shaping our world through extreme weather, infrastructure stress, economic instability, and ecosystem collapse. Events like heat waves, droughts, floods, and storms are becoming more intense and frequent, putting stress on both the environment and all its inhabitants. Many systems we rely on, like electricity, banking, communication, water and food supplies, are fragile and interconnected. A single breakdown can ripple across society. This guide helps identify those weak points and offers real-world ways to prepare for them, empowering you to respond when the systems around you fail.

The content is rooted in official sources such as the Norwegian Directorate for Civil Protection (DSB), but also incorporates wider survival knowledge and climate science. Both theoretical and practical steps are mentioned. It is not meant to be an encyclopedia but a flexible, easy-access resource focused on basic action, awareness, and survival. By equipping people with clear, accessible information, we aim to strengthen local readiness and autonomy while reducing reliance on overstretched or failing systems.

This resource can be used digitally or printed selectively, allowing users to compile only the chapters relevant to their location, risks, or values. Further self-education is highly recommended and we have included resources at the end of this guide.

## HOW TO USE THIS DOCUMENT

Each chapter focuses on a broad area of preparedness with a short, informative overview followed by practical takeaways. Use the chapters as standalone references or combine them into a custom booklet tailored to your risk profile, environment, and needs. Most importantly, this guide is meant to be used, not just read. Action is where readiness begins.