

# 14 ADDITIONAL RESOURCES

## TRAINING, WORKSHOPS & COMMUNITY NETWORKS

Preparedness grows exponentially when practiced together: join first aid courses, local rescue trainings, or permaculture design classes.

Form or join mutual aid groups, gardening collectives, or local repair cafés. Skills shared are resilience multiplied.

Simulation exercises (like blackout weekends or evacuation drills) build confidence and identify weak spots. Learning together also reduces fear. Knowledge brings calm, connection brings courage.

## LEGAL RIGHTS, CLIMATE ACTIVISM & DIRECT ACTION

Knowing your legal rights during a crisis (evacuation orders, protest laws, or access to emergency services) can protect you and your community.

Support climate action movements like Extinction Rebellion (XR) or local environmental coalitions.

Direct action can involve community food distribution, or protecting ecosystems from exploitation.

Be aware of legal risks, surveillance, and burnout. Prepare with the same care you bring to physical survival.

Resilience is also resistance: standing for justice, sustainability, and dignity in a collapsing world.

## FURTHER READING

Deepen your knowledge with trusted sources on survival, ecology, and resilience. Take an in-person first aid course. Meet your neighbours. Read books and keep them around because they are immune to blackouts and censorship. If you have children, build a small library with books or educational zines to keep young minds engaged (especially during a crisis).

Print or download key manuals like this one for offline use. Focus on water, first aid, food, and local flora/fauna.

## GOVERNMENT BOOKLETS

Norway - Self-preparedness

Sweden - In case of Crisis or War

USA Are You Ready? - FEMA 2020

Australia - Protect What Matters Most

British Columbia, Canada - Make Your Emergency Ready Plan

## BOOKS

Bushcraft 101: A Field Guide to the Art of Wilderness Survival by Dave Centerbury

The Survival Medicine Handbook by Joe Alton, MD, and Amy Alton

When All Hell Breaks Loose by Cody Lundin

Degrowth: A Call for Radical Abundance by Jason Hickel

All We Can Save by Dr. Katharine Wilkinson and Dr. Ayana Elizabeth Johnson

## YOUTUBE CHANNELS

Urban

<https://www.youtube.com/@TheUrbanPrepper>

<https://www.youtube.com/@CityPrepping>

<https://www.youtube.com/@TheProvidentPrepper>

Wilderness

<https://www.youtube.com/@PaulKirtley>



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