

XREADINESS
THE BOOKLET

extinction
rebellion
GLOBAL



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XR GLOBAL PREPAREDNESS GUIDE**
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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.

2 GENERAL PREPAREDNESS & RISK ASSESSMENT

ADAPTING TO A CHANGING CLIMATE

Preparedness means understanding how changes manifest locally where you live and adapting daily life accordingly, whether through heat-proofing homes, installing solar panels, water conservation, or backup energy systems.

All households are encouraged to take responsibility for their own safety and wellbeing, rather than relying solely on public emergency services. Adaptation also involves behavioral shifts: being less wasteful, planning ahead, and strengthening social ties to create resilient support networks.

The sooner you adapt, the more options you have. During a crisis, choices narrow quickly and hesitation can lead to poorer outcomes.

ASSESSING LOCAL RISKS & WEAKNESSES

Each location has different vulnerabilities: coastal and river towns face flooding, mountain villages risk landslides, and urban centers depend heavily on centralized systems. Fire is now a risk both in urban and rural areas. Extreme heat, tornadoes, and hurricanes are also concerns.

Start by mapping your environment: What hazards are common? How resilient is the power grid, water supply, and food delivery system where you live? Reach out to your municipal government and find out what their emergency preparedness looks like. Do they have resources for the community?

Consider your personal vulnerabilities too: Do you rely on medication? Live alone? Have children or elderly dependents?

Imagine being cut off from power, water, and/or the internet for 72 hours. What would you need? Where could you go? Could you shelter in place? How would you contact friends and family? Do you know your neighbours?

Local risk awareness empowers you to make better decisions in the moment and prevent panic.

EMERGENCY KITS & CLIMATE-RESILIENT GEAR

Every household needs 3 things:

- 🕒 A simple **Emergency Plan** that everyone knows by heart
- 🎒 A portable **Go Bag** in the event that you must leave your home
- 🏠 A **Stay Shelf** which assumes you need to shelter in place but that many of the regular systems you rely on (electricity, water, food and communications) have been compromised

It's recommended that every household stores enough essentials to stay self-reliant for at least 72 hours (ideally longer). Customize your kit for climate-related risks in your area. Once a year review your plan (update if any circumstances have changed), check expiry dates and review the contents of your Go Bag and Stay Shelf. Check and replace batteries (consider using rechargeable batteries and swapping them regularly). Remember, resilience is a habit, not a one-time task.

EMERGENCY PLAN

It will take you about 20 minutes to make a household emergency plan. Then make sure everyone understands the plan. In a crisis, you may need to leave your home quickly. Planning in advance saves time and reduces panic.

- ☐ Know the evacuation plan, the safe exits and routes from home: by car, on foot, and alternative paths in case roads are blocked or damaged.
- ☐ Agree on a meeting point to reunite with family or housemates (have a location A and a location B if A is compromised). The locations should be accessible by foot and on high ground.
- ☐ If you live alone, make a plan with a friend or neighbour.
- ☐ If you have children, plan who will pick them up from school/daycare and a second option if the first person can't.
- ☐ Know the location of your fire extinguisher, water valve, electrical panel, gas valve and floor drain.
- ☐ Each person in the family should know how to turn off the utilities, especially gas if you have it.
- ☐ Each person should have key contacts on their phones and at least one payment card on their phone in the event that you cannot return home at all.
- ☐ Everyone should know where the Go Bag is (ideally easily accessible near a door) and where the Stay Shelf is.

GO BAG (ALL CLIMATES – PORTABLE BASE PACK)

You can make your own Go Bag or buy one but make sure you go through each item in a bought bag. Make sure the bag (ideally an easy-to-carry knapsack) is sturdy and that you would actually be able to carry the bag long distances. Store your Go Bag in a location near the door that is known to everyone in the household.

- ☐ Food: 2,000–2,500 kcal/day of non-perishable food (dry, canned, energy-dense)
- ☐ Manual can opener
- ☐ Water purification tablets/filter (filter straws)
- ☐ Water-carrying container (collapsible jug or bottle)
- ☐ Electrolyte powder/salt
- ☐ Flashlight/headlamp + extra batteries
- ☐ First aid kit with basic meds + personal prescriptions (see page 14)
- ☐ Portable radio (battery, solar-powered or crank-powered; write key info stations on the radio)
- ☐ Power bank
- ☐ Solar phone charger
- ☐ Knife
- ☐ Multitool
- ☐ Matches, lighters, fire starters (in a waterproof bag)
- ☐ Identification and copies of essential documents (printed and digital)
- ☐ Local map (make sure everyone knows how to read a paper map)
- ☐ Emergency whistle
- ☐ Compass
- ☐ Duct tape
- ☐ Notebook and pencil
- ☐ Cash
- ☐ Mobile phone + backup communication plan
- ☐ Trash bags
- ☐ Toothbrush, toothpaste, soap, hand sanitizer
- ☐ Menstrual and hygiene products including toilet paper
- ☐ Wet wipes or waterless cleaning cloths
- ☐ Spare underwear and socks
- ☐ Face masks
- ☐ UV sunglasses
- ☐ Towel or microfiber cloth
- ☐ Essential baby food/diapers if needed
- ☐ Deck of cards

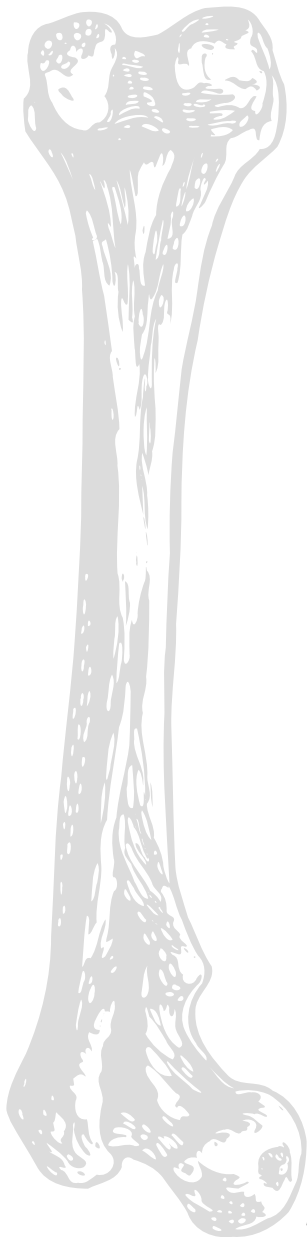


GO BAG (COLD ENVIRONMENT ADD-ONS)

- ☐ Extra layers (wool or synthetic):
Base layers, thermal shirt and pants
- ☐ Insulated jacket
(preferably windproof/waterproof)
- ☐ Wool socks (2–3 pairs)
- ☐ Hat (covers ears)
- ☐ Neck gaiter
- ☐ Gloves or mittens
(2 pairs: thin liner + insulated outer layer)
- ☐ Blanket
(wool or survival/emergency foil blanket)
- ☐ Sleeping bag
(rated for sub-zero temperatures)
- ☐ Hand/foot warmers
- ☐ Snow shovel (collapsible)
- ☐ Ice grips or crampons
- ☐ Extra tarps or insulated groundsheet
- ☐ Thermal tent liner or bivy bag
- ☐ Mylar tent reflectors or emergency space blanket layer
- ☐ Candle lantern or tent-safe heater
- ☐ Additional food

GO BAG (HOT ENVIRONMENT ADD-ONS)

- ☐ Wide-brim hat or head scarf
- ☐ Sunscreen (SPF 30+)
- ☐ Cooling towel or cloth
- ☐ Shade cloth or tarp for sun shelter
- ☐ Dust mask or cloth for sand/smoke protection
(N95/FFP2 masks or better protect against fine particles, smoke, and airborne diseases)
- ☐ Hand fan (manual or battery-powered)
- ☐ Additional water



STAY SHELF

Your Stay Shelf should ideally be a cool, dry shelf. The focus is on food and hydration for your entire household for a minimum of 3 days and ideally a week. The food needs to be non-perishable (does not need refrigeration) and ideally can be eaten without needing to be cooked. Food that contains liquid helps hydration. Keep a manual can opener in your kit, and **rotate food stocks regularly** to avoid spoilage. Use the “First In, First Out” system to make sure you use the oldest stocks first. Preservation methods like dehydration, vacuum sealing, fermenting, and pickling can extend food life without electricity. Label everything with purchase or expiration dates, and make sure your stock includes some comfort food. It can be emotionally grounding in a crisis.

- ☐ Drinking water
(minimum 3 liters/day per adult)
- ☐ Canned food: for example,
tomatoes, corn, green beans, baked beans, chickpeas,
tuna in oil, canned peaches, canned pineapple
- ☐ Energy bars or granola bars
- ☐ Peanut butter and other nut butters
- ☐ Crackers, chips/crisps
- ☐ Dried fruits
- ☐ Nuts
- ☐ Powdered milk
(assuming water is available)
- ☐ UST milk and juice
(swap out expired containers regularly)
- ☐ Oatmeal or cereal
- ☐ Jams
- ☐ Baby supplies if needed
- ☐ Pet food if needed
- ☐ Honey
- ☐ Sugar
- ☐ Chocolate
- ☐ Salt and pepper and condiments
- ☐ Additional prescription and general medication
(acetaminophen, ibuprofen, anti-itch, bug repellent)
- ☐ Additional cleaning supplies assuming
there is no water: plastic bags, wipes, toilet paper
- ☐ Water purification system and collection system
(rain barrel or even a bucket)
- ☐ Additional food



SUSTAINABLE LIVING & EVERYDAY RESILIENCE

Preparedness is not just about surviving a disaster, it's about living in a way that builds long-term resilience. Reducing dependence on centralized systems (energy, water, food) and embracing local or off-grid alternatives increases your ability to adapt. Skills like gardening, basic repair, water harvesting, knowing how to read a paper map, and cooking from scratch are not outdated; they are survival tools that can save lives.

Build relationships with neighbors and community networks. Mutual support is one of the strongest buffers against disruption.

3

EXTREME WEATHER & NATURAL DISASTERS

HEATWAVES & DROUGHTS

Heatwaves are becoming longer and more frequent, especially in regions unaccustomed to extreme heat.

Indoor spaces should be shaded and ventilated. Use wet cloths, fans, or improvised cooling if air conditioning is unavailable. Conserve water proactively and store extra during heat events.

Vulnerable groups (children, elderly, chronically ill) are at greatest risk. Prepare to check on and support them regularly.

- 🕒 Stay indoors during peak heat hours
- 👕 Wear light clothing
- 💧 Keep yourself hydrated
- 🚫 Avoid intense activity

FLOODING & RISING SEA LEVELS

Flooding is one of the most common climate-related hazards and can result from heavy rainfall, dam failures, or sea level rise. Not living next to a body of water doesn't mean you won't experience flooding.

Residents in flood-prone areas should get familiar with local warning systems and evacuation routes in advance. If evacuation is recommended or ordered, leave as quickly as you can.

In long-term planning, consider whether relocation is possible as sea levels continue to rise. If you have a choice, avoid basement and ground floor homes

- 👤 Seal basements
- 👤 Store valuables and electronics above ground level
- 👤 Have waterproof containers for documents and backup power for pumps or radios
- 👤 Avoid driving or walking through floodwaters (there are many unseen dangers)
- 👤 If there is a risk of flooding, make sure you can access your roof. If needed, have an axe or hammer available to break through so emergency services can find and rescue you
- 👤 In apartment buildings, know how to access the roof

EARTHQUAKES

Increasing rainfall and the melting of glaciers may be increasing the frequency and intensity of earthquakes. If you live in an area prone to earthquakes, you should always have your Go Bag ready. Secure heavy items in your home like bookcases and refrigerators.

- 👤 When an earthquake happens, the recommendation is Drop, Cover and Hold On: get down on all fours, (or lock wheelchair wheels), put your arms and hands over your head and neck, and if possible, crawl under a sturdy table. Hold onto the table if possible
- 👤 If you are inside, stay and do not run outside and avoid doorways
- 👤 If you are in bed, turn face down and cover your head and neck with a pillow
- 👤 If in a car, pull over and stop. Set your parking brake
- 👤 If you're outside, stay outside and move to an open area if possible

TSUNAMIS

A tsunami is multiple sea waves triggered by a sudden and massive ocean disturbance. As tsunamis enter the shallower water near shore, their wave height increases as their frequency decreases, quickly creating a wave of dangerous height and power. Similar to floods, tsunamis can sweep away vehicles and structures. They can also submerge significant portions of land and thereby cause damage to critical infrastructure and put lives at risk.

- 👤 Don't delay: if you're near the shore and experience an earthquake, hear a tsunami warning, or observe a rapid change in water level (including the water suddenly receding), move immediately to higher ground and aim for areas at least 30 meters above sea level. If possible, you should move as far as 3 kilometers inland
- 👤 Stay away from the beach and avoid other waterways
- 👤 If an earthquake strikes along with the tsunami, follow the procedures for earthquakes.
- 👤 Follow Authorized Routes. If you live in or visit a coastal community, be aware of authorized evacuation routes. In the event of an emergency, stick to these routes and avoid low-lying areas most vulnerable to tsunami inundation

WILDFIRES & SMOKE POLLUTION

Hotter, drier climates and land mismanagement are increasing wildfire risk across much of the world. If evacuation is advised, leave immediately. Fires can move faster than expected, and air quality deteriorates rapidly. Plan evacuation routes that avoid forested areas, and know where to find updates on fire spread and air quality.

- ⑧ Create a defensible zone around your home: clear dry vegetation, store flammable items away from buildings, and keep emergency tools (shovels, water hoses) accessible
- ⑧ Use masks or improvised filters (wet cloths) to reduce smoke inhalation during and after fires

If Trapped at Home

- ⑧ Stay indoors, away from outside walls
- ⑧ Stay low to the ground to avoid smoke inhalation
- ⑧ Close doors, but leave them unlocked
- ⑧ Fill sinks and tubs with cold water
- ⑧ Contact emergency services and let them know you are trapped

If Trapped While Traveling in a Vehicle

- ⑧ If you can't find shelter, stay in your vehicle; it will help protect you from flames and radiant heat
- ⑧ Close the windows, doors, and air vents, and turn off the air conditioner and engine
- ⑧ Turn on your hazard lights and headlights to make your vehicle more visible in heavy smoke
- ⑧ If you can safely get away from danger, continue doing so cautiously, avoiding heavy smoke
- ⑧ If you cannot safely travel away from danger, park away from trees and bushes
- ⑧ Get on the vehicle's floor, cover yourself with a coat or blanket, and wait until the fire has passed and the temperature has dropped

If Trapped by Flames While Outside

- ⑧ Seek an area free of vegetation and ideally a depression or ditch for cover and lie face down. Shield yourself from the heat with any available object

LANDSLIDES & SOIL EROSION

Heavy rain and thawing permafrost destabilize slopes, especially in mountainous or recently burned terrain. Signs of risk include cracks in soil, leaning trees or poles, unusual sounds (rumbling or cracking), and water pooling where it didn't before. Reforestation and terracing can reduce erosion over time. Consider long-term land care as part of preparedness. Avoid building or camping on steep slopes or under rock faces.

COLD WAVES & POLAR VORTEX EVENTS

Even in a warming world, cold waves can become more intense due to disrupted polar airflows. Prepare for potential power outages, frozen pipes, and limited transport during extreme cold.

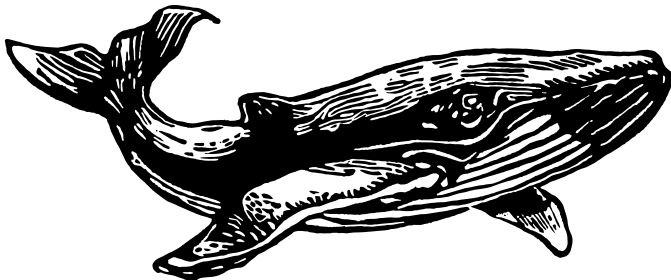
- 🧑 Layer clothing
- 🧑 Insulate windows
- 🧑 Use backup heating sources like wood stoves or gas heaters
(ventilate properly to prevent carbon monoxide poisoning)
- 🧑 Ensure vehicles are winter-ready with full fuel tanks, emergency supplies,
and tire chains or studded tires (see page 20 for Car Emergency Kit Check List)

Check in on vulnerable individuals and animals regularly. Exposure can be fatal even in well-insulated homes if heat is lost.

SOLAR STORMS & EMP RISKS

Solar flares and electromagnetic pulses (EMP) can disrupt satellites, navigation systems, power grids, and communications. While rare, a strong geomagnetic storm could cause continent-wide blackouts and damage unshielded electronics. In case of GPS loss, know how to navigate using physical maps and a compass.

- 🧑 Store radios, flashlights, and other critical electronics in a Faraday cage (metal box or wrapped in foil) to protect them.



STORMS HURRICANES TYPHOONS TORNADOES

Severe storms can bring destructive winds, lightning, power outages, and damage to buildings and roads. In coastal areas, prepare for storm surges and know when to evacuate.

- ① Have loose objects outdoors secured
- ① Charge devices in advance
- ① Stock up on emergency supplies, especially water, food, flashlights, and a battery-powered radio
- ① Stay indoors away from windows and protect windows depending on the severity of the storm, install shutters or cut wooden panels and seal the windows before severe storms

After the storm, avoid downed power lines and damaged structures; check on neighbors, especially the elderly or isolated.

4 HEALTH, FIRST AID & SANITATION

CLIMATE-INDUCED HEALTH RISKS HEAT STROKE, HYPOTHERMIA, ETC.

The human body is sensitive to temperature extremes. Climate events increase the risk of heat stroke, dehydration, and hypothermia. Learn to recognize early signs: confusion, dizziness, shallow breathing, or shivering can signal life-threatening conditions. Have a plan for the elderly, infants, chronically ill, and those without stable housing. In hot weather, stay hydrated, rest often, and cool the body with water or ventilation; in cold, insulate both body and shelter.

Climate change also increases indirect risks such as mold, allergens, and vector-borne diseases spreading to new regions.

FIRST AID & EMERGENCY MEDICAL RESPONSE

In serious disasters, healthcare systems may be overwhelmed. Community members may become first responders by necessity. A basic first aid course can save lives; everyone should learn how to stop bleeding, stabilize fractures, recognize and treat shock, and perform CPR. Keep a stocked and portable first aid kit in both your home and vehicle. Essential items include bandages, antiseptic, gloves, scissors, painkillers, and any personal medications.

FIRST AID KIT

- ☐ Adhesive bandages in assorted sizes for minor cuts, scrapes, and injuries
- ☐ Sterile gauze pads, nonstick gauze, and adhesive tape
- ☐ Elastic bandage
- ☐ Moleskin to apply on blisters or hotspots
- ☐ Eyeshields and pads
- ☐ Aluminum finger splints
- ☐ Thermometer
- ☐ Tweezers
- ☐ Small pair of scissors
- ☐ Syringe
- ☐ Face masks
- ☐ Sterile cotton balls
- ☐ Hand sanitizer
- ☐ Latex or non-latex gloves
- ☐ Antiseptic solution or wipes, such as hydrogen peroxide, povidone-iodine, or chlorhexidine
- ☐ Antibiotic ointment
- ☐ Sterile eyewash such as saline solution
- ☐ Calamine lotion
- ☐ Hydrocortisone cream
- ☐ Cold medication
- ☐ Laxatives
- ☐ Antidiarrheals
- ☐ Antihistamines
- ☐ Pain relievers (acetaminophen, ibuprofen) and fever reducer (aspirin - not for children)
- ☐ If needed: EpiPen, inhaler



DEALING WITH WATERBORNE & AIRBORNE DISEASES

Floods, heatwaves, and sanitation breakdowns increase the spread of bacteria, parasites, and respiratory illnesses. Use only clean or purified water for drinking and cooking. Boiling is the most reliable method in emergencies. Practice safe food handling, especially when refrigeration is unavailable. Avoid cross-contamination and wash with clean water. When respiratory disease risk is high (pandemics, smoke, pollution), wear masks and improve indoor ventilation. Keep soap, disinfectants, and hand sanitizer on hand; simple hygiene is one of the most powerful forms of disease prevention.

MENTAL HEALTH IN A CRISIS

Disasters trigger fear, anxiety, and disorientation; especially when basic needs or routines are disrupted. Maintaining emotional resilience is as critical as securing food and water: it affects decision-making, relationships, and motivation.

Create calming routines and designate rest times, even in a crisis; especially for children and sensitive individuals. Singing and group games bring people together and allow for laughter even in a crisis. Possibilities that don't need any supplies or prior knowledge include charades, broken telephone, collaborative storytelling, "Never Have I Ever", and "Two Truths and a Lie". Talk to others regularly: isolation worsens trauma. If professional help is unavailable, peer support and active listening are vital. Remember that not everyone needs the same thing at the same time. Some people may need alone time. Allow for quiet moments and space.

After the crisis passes, PTSD or depressive symptoms may linger. Seek help early and encourage community healing.

POLLUTION, TOXINS & RESPIRATORY PROTECTION

Wildfires, industrial accidents, and urban breakdowns can release toxic substances into air, water, and soil. Know local environmental risks: areas near industry or old buildings may hide chemical hazards or asbestos.

Stay indoors with windows sealed when air quality is poor; if necessary, use improvised air filters (wet cloths, furnace filters with fans).

N95/FFP2 masks or better protect against fine particles, smoke, and airborne diseases. Keep several in your kit.

After disasters, wear gloves and boots when handling debris or flood water. Chemicals, mold, or bacteria can cause long-term health damage.

SANITATION & HYGIENE IN RESOURCE-SCARCE CONDITIONS

Without running water or functioning sewage systems, hygiene becomes both a health and dignity issue. Stock wet wipes, disinfectants, and trash bags for short-term sanitation. Create emergency toilet systems using buckets, composting setups, or dig pits well away from water sources. Wash hands before eating or preparing food, even if using minimal water; alcohol gel or ash can help if soap is unavailable. Proper waste disposal prevents rodents, contamination, and disease. Never let trash pile up inside or near shelter areas.

5 WATER SECURITY & SUSTAINABLE HYDRATION

Check Section 2 for detailed **Go Bag** and **Stay Shelf** suggested supply lists.

SECURING CLEAN WATER IN A CRISIS

Water is your most immediate survival need; lack of it becomes critical within 72 hours.

- ① Use sealed containers, rotate stored water regularly, and label the storage date clearly.
- ① Identify multiple local sources in advance: public taps, lakes, rivers, or rain.
- ① If your area depends on electricity or digital systems for water distribution, assume outages may interrupt access.

WATER PURIFICATION & FILTRATION METHODS

Never assume water is safe. Contamination can be invisible and deadly, especially after flooding or infrastructure damage. Boiling water for at least one minute kills most bacteria, viruses, and parasites. This remains the gold standard for disinfection.

Portable filters (e.g. ceramic or carbon-based) and purification tablets (chlorine or iodine) are essential for mobility or evacuation. DIY methods like sand/charcoal filtering or solar disinfection (SODIS) can be used in extended emergencies. The first method should be learned in advance and consists of a plastic bottle containing separate layers of sand, charcoal, and gravel. To use SODIS, place water in a transparent container and leave in direct sunlight for several hours to let UV kill bacteria. Consume within twenty-four hours.

Always pre-filter murky water to remove particles before disinfection, and avoid water near industrial areas or sewage. Straw-style water filters can be purchased inexpensively.



DROUGHT RESILIENCE & WATER CONSERVATION

With droughts increasing in frequency, water-saving habits are critical even outside crisis situations. Use greywater (from dishwashing or showers) for flushing or gardening where legal and safe. Fix leaks, use low-flow fixtures, and avoid excessive washing of clothes or dishes during shortages. In outdoor environments, limit sweating by resting during hot hours and moving slowly.

Collect condensation (dew, transpiration, improvised stills) in extreme conditions, especially in arid zones. This can be as simple as setting up a net over a bucket or a plastic sheet on the ground to collect condensation overnight.

RAINWATER COLLECTION & STORAGE

Rainwater is a free and renewable source if collected and stored properly. Set up catchment systems using gutters, barrels, or tarps leading into containers. Always cover storage to prevent mosquito breeding. Rainwater should be filtered and treated before drinking, as roofs and surfaces may contain debris or animal droppings. If possible, store water off the ground, out of sunlight, and away from chemicals or fuel. In climates with long dry periods, calculate how much rainfall is needed to sustain your household or garden.

6 FOOD RESILIENCE & SUSTAINABLE NUTRITION

CLIMATE-RESILIENT AGRICULTURE & URBAN GARDENING

- ⑧ Growing your own food improves resilience and reduces reliance on fragile global supply chains.
- ⑧ Focus on crops adapted to your climate, with short growing seasons and high yield per square meter: potatoes, kale, carrots, and beans are good starters.
- ⑧ In urban areas, use containers, vertical gardens, windowsills, or community plots; even herbs and leafy greens can make a difference.
- ⑧ Collect rainwater for irrigation, and use compost to build soil fertility from kitchen scraps.
- ⑧ Start learning and practicing before a crisis: gardening is a skill that improves with experience and seasonal knowledge.
- ⑧ Learn to save seeds so you can grow the same crops again the next year.
- ⑧ Choose heirloom crops over hybrids when possible. Hybrids are crosses between two different species and will often not grow successful crops from seed.

FORAGING & ALTERNATIVE FOOD SOURCES

Wild plants, mushrooms, seaweed, and insects can supplement your diet when conventional food is scarce. Only eat what you can identify with 100% certainty.

Learn 5–10 safe, local edible plants and fungi that grow in your region across the seasons.

Traditional knowledge and local biodiversity is part of food security; connect with foraging or outdoor survival groups if possible.

Coastal communities can harvest mussels, fish, or algae. Again, learn which are safe and in what conditions.

Avoid foraging near roads, cities, or polluted areas, and purify wild foods before consumption when appropriate.

COOKING WITH LIMITED RESOURCES

In a power outage, you'll need off-grid cooking methods: portable gas stoves, fire pits, solar ovens, or simple rocket stoves. Ventilate well if cooking indoors, and have fire extinguishing materials (sand, baking soda, water) nearby. Stick to simple meals with minimal water and ingredients; practice them beforehand to build confidence. Keep a supply of fuel: gas canisters, dry wood, alcohol gel, or even wax-based fire starters. Having some precooked or no-cook options on your Stay Shelf (see page 8) ensures flexibility when cooking isn't possible.

NUTRITION IN RESOURCE-SCARCE ENVIRONMENTS

Malnutrition can set in fast when meals become repetitive or deficient in key nutrients.

Children and pregnant women have higher nutritional needs and should be prioritized.

Balance carbs (rice, oats, bread) with proteins (lentils, canned fish, seeds) and fats (oil, nuts, peanut butter) to maintain energy and strength. Add vitamins and minerals through dried fruits, seaweed, sprouted seeds and grains, or supplements; especially if fresh produce is unavailable.

In long-term crises, consider supplementing with wild greens, small game, or eggs if you have backyard hens or community support.



7 SHELTER, ENERGY & SUSTAINABLE LIVING

PROTECTING YOUR HOME FROM EXTREME WEATHER

Climate change increases the risk of structural damage from storms, floods, snow loads, and wildfires. Inspect your home regularly: seal windows, reinforce doors, secure roof tiles, and clear drains to reduce flood risk. In flood-prone areas, move electrical outlets higher up walls and store valuables above ground level. Secure loose outdoor objects and trees to prevent damage during high winds. Consider long-term adaptations like water barriers, storm shutters, or fire-resistant landscaping to protect your home.

EMERGENCY SHELTERS & CLIMATE-ADAPTED HOUSING

If your home becomes uninhabitable, you'll need temporary shelter: tents, tarps, cars, or public evacuation centers. Know where your nearest emergency shelters are. Keep a compact shelter kit: sleeping bag, tarp or tent, ground mat, thermal blanket, and extra clothing (see Go Bag on page 6). Climate-adapted housing includes passive heating/cooling designs, insulation, and renewable energy integration. Plan for shelter in both rural and urban contexts; adaptability matters more than comfort.

OFF-GRID ENERGY SOLUTIONS & RENEWABLE POWER

Grid failure can occur during storms, cyberattacks, or energy shortages; prepare to meet basic power needs independently. Solar chargers, crank chargers and battery banks can keep phones, lights, and radios running during outages. If you have land or community access, small-scale wind, hydro, or solar systems can offer long-term independence.

Alternative heat sources are important in cold regions: wood stoves, gas heaters, or paraffin burners (with ventilation). Candles and oil lamps are fallback options, but always use these with fire safety precautions and proper airflow.

FIRE-MAKING & ALTERNATIVE HEATING METHODS

Knowing how to make fire safely and efficiently is critical for heat, cooking, and morale. Learn at least two fire-starting techniques: matches, lighters, flint and steel, ferro rods, or solar magnification. Carry tinder (cotton, birch bark, dryer lint) and kindling in your emergency bag; dry materials are often hard to find during crises. In cold regions, heating a small, well-insulated room is better than struggling to heat the whole house.

DIY heaters can provide temporary warmth, but never leave them unattended.

8 **TRANSPORTATION, NAVIGATION & MOBILITY**

CLIMATE-SMART TRAVEL & LOW-IMPACT TRANSPORTATION

Fuel shortages, weather disruptions, and system breakdowns can make travel difficult or impossible during emergencies. Whenever possible, rely on bicycles, walking routes, or public transit systems that can operate without fuel.

In rural areas, form mutual-aid transport networks: share rides, keep emergency fuel, and maintain vehicles collectively. Your plan shouldn't depend solely on state-managed evacuation services.

NAVIGATING WITHOUT GPS OR DIGITAL SYSTEMS

GPS can fail during solar storms or other power outages. Learn to navigate by map, compass, and landmarks. Keep physical maps of your local area and surroundings in your Go Bag and car. Mark key locations: shelters, water sources, fuel stations, safe zones, and blocked routes.

Learn basic compass skills and orientation by the sun or stars. It's empowering and may save your life in remote areas.

VEHICLE READINESS, CAR EMERGENCY KIT & FUEL ALTERNATIVES

Keep your vehicle fueled to at least half a tank at all times as stations may not function during outages. Remember that your vehicle might be your shelter. Your car radio might also be your communication connection. Inspect tires, brakes, and batteries seasonally, and store a car emergency kit:

CAR EMERGENCY KIT

- ☐ Food that won't spoil, such as energy bars
- ☐ Water (change every six months)
- ☐ Phone charger (will work as long as car battery has power)
- ☐ Blanket
- ☐ Extra clothing and shoes
- ☐ First aid kit with a seatbelt cutter
- ☐ Candle in a deep can and matches
- ☐ Wind-up flashlight
- ☐ Whistle in case you need to attract attention
- ☐ Paper roadmaps
- ☐ Copy of your emergency plan and personal documents
- ☐ Antifreeze/windshield washer fluid
- ☐ Tow rope
- ☐ Jumper cables
- ☐ Fire extinguisher
- ☐ Warning light or road flares
- ☐ For cold climates, carry snow chains, a shovel, and sand for traction

If fuel is unavailable, consider alternatives: bicycles, pack animals, hand carts, or small boats depending on terrain. In long-term scenarios, prioritize transport of essential goods and vulnerable people over unnecessary movement.

9 SAFETY, SECURITY & CRISIS RESPONSE

COMMUNITY SECURITY & MUTUAL AID

The safest communities during a crisis are those with strong social bonds and mutual trust. Organize neighborhood groups to share resources, watch for danger, and support the most vulnerable. Establish community safety protocols: who checks on whom, how to share supplies, and where to meet if communications fail.

Local networks of people in your community are a critical buffer when national response systems are overwhelmed. Resilience is not about isolation; your best security is often the people around you.

AVOIDING CONFLICT IN CRISIS SITUATIONS

Tensions rise quickly during emergencies, especially where resources are limited or misinformation spreads. Stay calm, avoid confrontations, and de-escalate wherever possible. Walk away before things escalate. Use non-violent communication: listen actively, speak clearly, and focus on shared needs rather than blame. Prepare psychologically for encountering panic, aggression, or desperation. Practice role-playing with others ahead of time. If needed, designate neutral areas for group discussions or distribution of aid, and set clear boundaries with strangers.

CIVIL UNREST, PROTESTS, & GOVERNMENT CRACKDOWNS

Climate-related collapse may lead to unrest, curfews, or militarized responses to social instability.

Avoid large crowds and high-tension areas unless participating with purpose. Keep an exit strategy and never get boxed in. If attending protests or in conflict zones, wear non-identifiable clothing, protect your identity, and know your legal rights. Consider obscuring your face with makeup or masks and wearing plain clothes. Set your phone to airplane mode and disable facial/fingerprint recognition. Stay distant from your vehicle if license plate recognition is a concern. Carry saline solution and a cloth to help protect yourself from tear gas, chemicals and smoke.

Stay informed via reliable, official channels during civil events, but be cautious as digital blackouts or media suppression may occur.

In extreme scenarios, having alternate shelter options and knowing how to move undetected may be necessary.

PROTECTING RESOURCES & AVOIDING EXPLOITATION

In times of scarcity, visible supplies can attract unwanted attention. Practice discretion when storing or transporting goods. Keep stockpiles well-hidden or spread across multiple locations to prevent total loss. Organize communal storage or guarded distribution points for shared resources when possible.

Avoid boasting about your preparedness or sharing plans widely. Trust is earned, not assumed.

If you must defend yourself or your supplies, prioritize deterrence and avoidance over aggression. Security should never come at the cost of your humanity.

10 COMMUNICATION & INFORMATION SECURITY

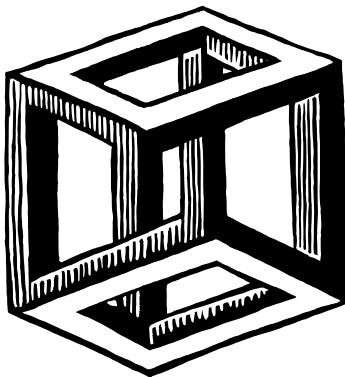
STAYING INFORMED DURING CLIMATE EMERGENCIES

Access to accurate, real-time information is critical during disasters. Keep in mind power outages and misinformation can disrupt it.

Keep a *battery-operated or hand-crank radio* to receive emergency broadcasts even during blackouts. Know which national and local channels provide alerts and write the station numbers on the radio in permanent ink.

If the internet is available, use official sources and trusted scientific platforms.

Avoid rumors and unverified social media. Pre-subscribe to SMS or app-based alert systems where available, and help others in your network access information.



EMERGENCY COMMUNICATION STRATEGIES

Communication networks may fail or be overwhelmed; plan for backup methods.

Have a printed list of essential contacts and memorize at least one or two key phone numbers.

Use agreed-upon meeting points and check-in times with family or friends if phones are down.

Walkie-talkies, CB/HAM radios, or mesh network apps can provide local communication without cell towers.

Use message boards or pre-arranged signal systems (e.g. chalk marks, fabric flags) when tech fails entirely.

DIGITAL SECURITY & SURVEILLANCE AVOIDANCE

In times of unrest or digital repression, your online activity may be tracked, limited, or used against you.

Use encrypted apps for sensitive communications and enable disappearing messages.

Avoid storing sensitive data on cloud platforms. Keep key files on encrypted USB drives or offline paper backups.

Use VPNs, disable GPS when not needed, and be cautious about what you share on social media, even in casual posts.

If surveillance intensifies, consider digital hygiene practices such as anonymizing devices, rotating accounts, or going offline entirely.

11 ECONOMIC & SOCIAL COLLAPSE PREPAREDNESS

BARTERING, LOCAL CURRENCIES & RESOURCE TRADING

During systemic breakdowns, digital banking, ATMs, and card payments may become unreliable or inaccessible. *Cash* (especially in small denominations) is useful in short-term outages, but long-term scenarios require alternatives.

Bartering goods (tools, food, medicine, fuel) or services (repair, childcare, teaching) can rebuild localized economies. Community currencies, time-banks, and mutual credit systems are already in use in many resilient local economies.

Build a stash of small, useful items that are valuable in trade: batteries, seeds, hygiene products, lighters.

SUPPLY CHAIN FAILURES & LIVING WITHOUT MODERN INFRASTRUCTURE

Just-in-time supply systems are highly vulnerable to shocks: disruption in one area can create cascading global shortages.

Store extra essentials: food, medicine, hygiene items, and fuel, especially in remote or import-dependent regions.

Learn how to live more locally: repair instead of replace, grow some of your own food, reuse creatively.

Form resource-sharing circles for tools, skills, or transport to reduce dependence on fragile external systems.

Prepare for temporary or long-term loss of refrigeration, clean tap water, public transport, and fast internet.

PREPARING FOR SYSTEMIC BREAKDOWN & ECONOMIC INSTABILITY

Crisis can come gradually (inflation, job loss, rising prices) or suddenly (climate/economical collapse, cyberattack, war).

Reduce personal financial vulnerability:

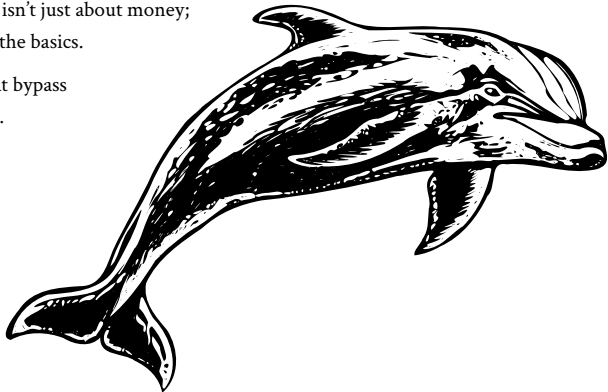
limit debt, diversify savings, and invest in practical resources and skills. Create “resilience budgets”

to prioritize essentials and stockpile during periods of relative stability.

Plan psychologically for instability: expectations of normalcy may prevent decisive action when things deteriorate.

Economic collapse isn't just about money; it's about access to the basics.

Build pathways that bypass centralized control.



12 PSYCHOLOGICAL & COMMUNITY RESILIENCE

MENTAL HEALTH & EMOTIONAL PREPAREDNESS FOR CLIMATE CRISIS

Facing collapse or disaster often triggers fear, grief, rage, and helplessness. These are natural responses. Emotional regulation is a survival skill: breathing, grounding, mindfulness, and movement can help stabilize your nervous system.

Recognize the signs of burnout and trauma: especially in activists, caregivers, or those exposed to long-term uncertainty.

Stay connected and talking with others during difficult times; emotional isolation is dangerous. Prepare psychologically in advance: visualize different scenarios, reflect on your values, and cultivate internal calm.

Remember your priorities. Focusing on the protection of your friends and family, and remembering what you love, can help you avoid hopelessness and give you purpose.

COLLECTIVE SURVIVAL: COMMUNITY BUILDING & MUTUAL AID NETWORKS

Very few survive alone. Communities that share knowledge, tools, and care have higher survival rates and morale. Mutual aid means helping each other based on trust, not charity: sharing what you have and receiving when you're in need. Start small: build local networks, organize skill-sharing, check on neighbors, and map community resources together. Diverse, inclusive, and intergenerational groups are more adaptable and sustainable over time. When centralized systems fail, strong local cohesion is the backbone of resilience.

POST-COLLAPSE RECONSTRUCTION & RESILIENCE

Collapse is not the end; it's a transition. Communities can adapt, rebuild, and create better systems. Foster skills like mediation, cooperation, and long-term planning alongside practical survival. Focus on re-establishing core needs first: food, water, safety, and communication. From there, rebuild culture: storytelling, music, rituals, and shared work renew purpose and solidarity. If we prepare not just to survive, but to rebuild better, collapse becomes the compost for future growth.

13 SPECIAL SCENARIOS & LONG-TERM ADAPTATION

MASS DISPLACEMENT & CLIMATE REFUGEES

Rising seas, droughts, and violent weather are already forcing millions to flee; displacement will become more common. Plan for both perspectives: as someone who may need to relocate and as someone who may receive displaced individuals. Keep copies of your ID, medical records, and essential documents in waterproof, mobile formats (USB, laminated print, cloud backup if possible). Learn the basics of temporary shelter setup, mobile hygiene, and travel safety across borders or unfamiliar areas. Preparedness must include coordination between local communities, municipalities, and international actors to manage large-scale movement.

SURVIVING & ADAPTING TO ECOSYSTEM COLLAPSE

Collapse of local ecosystems can lead to food shortages, biodiversity loss, polluted water, and disease outbreaks.

Adapt by learning to live within local ecological limits: reduce consumption, support regeneration, and steward remaining natural resources.

Involve yourself in rewilding, permaculture, and seed-saving networks to rebuild natural abundance from the soil up.

Understand how invasive species, soil degradation, or monoculture practices weaken ecological resilience. Avoid contributing.

Use collapse as a catalyst for shifting toward reciprocal, nature-based living; our survival depends on ecological health.

NUCLEAR & CHEMICAL DISASTER PREPAREDNESS

Though rare, nuclear accidents or attacks, and industrial chemical spills pose immediate, high-stakes threats. Have potassium iodide tablets in your emergency kit if you live near nuclear facilities (take only on official guidance).

Know how to “shelter in place”: seal windows and doors, turn off ventilation, and stay inside for at least 24–48 hours. Learn about designated zones and procedures for nuclear incidents if you live in or near potentially dangerous areas.

For chemical spills, avoid low-lying areas (gases may settle), evacuate uphill/upwind, and cover your mouth/nose with cloth if no mask is available.



LIVING IN A POST-INDUSTRIAL WORLD

If modern infrastructure becomes unreliable or collapses, we must shift from industrial dependence to self-reliance and community autonomy. Learn pre-industrial skills: fire-making, herbal medicine, fermentation, animal husbandry, tool repair, and hand-powered technologies. Reconnect with old knowledge and oral traditions; many contain adaptive wisdom forgotten by modern systems.

Energy descent does not mean misery; it means rediscovering slower, more meaningful rhythms and creative solutions. Our ancestors lived without fossil fuels, we can too, but we must begin learning now.

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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