



SELF-RELIANCE IN TURBULENT TIMES

A HANDBOOK

Fated events are out
of your control.

Your response to them is
a matter of choice.

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EARTH

IS UNDERGOING A REBIRTH

and with it, she is purging everything that is no longer in harmony.

Nature has its own blueprints and laws, doing what it needs to retain balance. Humans do not need to protect Earth per se, as Earth will remain in existence, rather Humans need to be far more concerned about protecting ourselves from extinction **in the process** of Earth's rebirth. This is truth regardless of what bought-and-paid-for science narrative may paint.

Every 15,000 years, the earth's magnetic poles shift, and with it, dramatic weather changes occur. This is the basis of the lie that Humans are creating the change in climate originates - A natural event. Yet again however, we are gaslit into believing that we are the root cause of the problem.

This natural event provides a great opportunity of exploitation and manipulation from those in power, who have their own platforms and means to infiltrate the psyche, and as a result, the perceptions of Human minds. Any human being with the most minute amount of decency innately cares about nature and would do what they felt needed in order to protect it. Hugging trees? Perhaps not, but changing the small things in their daily life over time, yes.

Knowing this, people in power have great means in using emotional manipulation in order to attain a specific goal (since when has paying an increase in taxes amounted to any productive change?). This is what is happening from corporations and institutions globally - all in lockstep.

Make no mistake, there is a need for Humans to pay fair greater awareness as to their input in the world and the effects of their behaviour - much of which is needing, and going through, a rebirth of its own, however the discerning point here is the fundamental need to understand and respect Free Will, and to become educated and aware that there are in fact two narratives at play:

- 1) Earth's natural cycle
- 2) A political and Financial narrative, utilising Earth's Natural Cycle, as a means to reshape Humanity and Earth into its a paradise envisioned by the super wealthy and powerful, to benefit the super wealthy and powerful.

Further to the previous point, Humans are only who we are today *as a result* of the systems we have allowed ourselves to live under by **not being conscious** in our actions and living from a place of awareness.

Fortunately, where common sense prevails, cracks in a narrative open themselves up to shine in light for us to understand patterns and cycles and navigate our way through. For example, if a corporation such as Starbucks is worried about an imminent ending to the planet, why would they not just cease the use of single use cups instantly from one day? Because - bottom line - it would impact their profits instantly. Corporations and people of influential power do not stand by their convictions, because they are hollow.

This way of being is the biggest rebirth that we will experience as a species as we move our way into the Age of Aquarius. We have been here before, but failed (The fall of Atlantis for example) and so are being given opportunity to re-live the experience and change the trajectory - our trajectory as a species. What comes next will be nothing short of miraculous.

Over time, Humanity has been intentionally led down a path of giving away our Personal Sovereignty, in favour of reliance (and sub-servience) to 'The System'. With every new innovation in technology, despite an increase of connectivity, we have become far more disconnected, becoming far more reliant and trusting of others than ourselves. When we reach a pivotal moment, this centralisation of power, that is *innately within* us but negated and expended, will become our own worst enemy and the manifestation of our own demise.

To rely on supermarkets for our food means we must adhere to their rules in order to access food.

To rely on a doctor, instead of learning about own own biological systems in the first instance, means we are entrusting them to do the right thing - often resulting in being prescribed pharmaceutical drugs, enriching the pharmaceutical companies, and therefore their influence over aspects of our lives.

To rely on Government to do the right thing results in the implementation of legislation that becomes oppressive and builds a nanny state, including what we can and cannot say, without fear of persecution.

It is fundamental, that we learn to survive on our own the best we can to regain our inner, Personal and Individual Sovereignty, so we can navigate our lives in the best way possible for ourselves, for our community, and for future generations to come.

Remember, events that are coming are going to require a new way of existing in order to survive. The resources listed are there to ensure surviving, not thriving. If living frivolously, you will find it difficult, but necessary, to adapt.

What we will be witnessing and experiencing is, to put it into an analogy, the cast members of a theatre show shouting louder when the show begins to unravel and the audience chooses to stop giving it their attention, choosing to vacate the theatre instead. For those cast members, in the words of Shakespeare "THE SHOW MUST GO ON". Meanwhile, the auditorium becomes ever more vacant with every line uttered.

WELCOME

There are some events in life that are destined for each of us, Individually and Collectively.

In a world of duality, when one follows a path of either opposition, from our own free will, tension is caused against its opposite for us to understand, in order to regain a state of neutrality (the understanding and embodiment of all aspects of a dualistic point).

Just like a detonation device is guaranteed to explode at the moment pressure is applied, destined events will occur when the pressure is applied to one side of an argument.

When we do not consciously, and of our own free will, choose the higher path in any given situation, the pressure builds each time eventually leading us to a point in which we reach a maximum tolerance. If you pull a slingshot back, there is only so much tension it can withstand until it must re-balance itself by releasing and heading equally in the opposite direction. As the catapult tension diffuses, it will slow down until it finds its neutral point - as does a pendulum when it swings.

Prophecies have foretold 'the end days', warning us of why we must change our ways. Yet in a society that has materialism and egoism on pedestals, altruism has been met with silence and ridicule.

2020 was the narrow end of a doorstop for Humanity to begin the shift into a new way of being - a place of Understanding, Love, Presence, Compassion, Connection and Authenticity - which for many has created a new journey. The coming changes will not exclude any individual, for we all hold reluctance inside of us at some level, whether we choose to acknowledge it or not.

With many people still living unconsciously, continuing to perpetuate the same cycle, Humanity has hit it's peak of tolerance. The events soon to occur are necessary in order to penetrate the energetic blocks that we have amassed and cease to deal with from a place of free will. Although I am unable to communicate exactly what they are and how they will unfold, I wish to ensure that I can assist my fellow humankind where possible by providing resources required to become self-sufficient and navigate the upcoming events as best as possible.

Make no mistake, the events that will be arriving are not of a natural existence, but in a world of karma and the need for karmic retribution, are the result of the shadow side of Humanity - the actions of greed, exploitation, selfishness and the acquiescence to righting a wrong in each moment, as it tries it grapples to survive in a time of Evolution into the Light.

To put this in laymans terms, how many times have you tried to tell somebody not to do something because of the known consequence and they cease to listen. Instead, they get irate at being told what to do and cut off their nose to spite their face. They will do anything to prove themselves right (the wounded ego) despite the result of an action eventually leading to the consequence, which you warned them of in the first place.

People must experience things for themselves to truly understand, which is their right, however the consequence is still ready and waiting ,for karma, and the way in which the Universe works does not care for feeling, but has a purpose of maintaining balance in the world.

The regime, which has been perpetuated for decades is one of **Problem, Reaction, Solution**. A tip-toeing into a Transhumanistic Totalitarian State - hence the pressure for everything to be connected via SMART technology - including Humans. This is Conspiracy theory no more, this is Conspiracy Fact happening with every breath we take.

When one has an agenda and wants it to be fulfilled, the best approach is to create a scenario, which will get a reaction, and the invitation for the solution follows shortly after.

For example, with COVID-19, the vaccinations were already in production prior to the pandemic declaration. In order to sell them and get them injected, they needed a situation where mass adoption would be taken. With an invisible virus, the human psyche was attacked with propaganda to encourage people to adopt the intended solution. When people live in fear, they are easily manipulated due to the drive to regain 'Normalcy'.

The World Economic Forum coined the term for 'A New Normal' and always stated that things would never be the same. Although on the physical plane, things look normal, the energy that drives us and will continue to, has not been.

We are now at the precipice of the final phase. You may still believe that nothing could happen because life appears 'fine', but cast your mind back to 2020 and just how quickly the whole world shut down. The beast lays dormant leading everybody to believe it is dead, until it reappears when the guards are down. The same could happen again at any given moment.

Government have an obligation to ensure we are warned to prepare, which they have stating the need for 3 days worth of supplies. After this, they have fulfilled their obligations, but then have the opportunity to implement *their* solution. Most likely, a globally connected database of everything, a Central Bank Digital Currency - only available to those, who wish to succumb to it's entry requirements - and a power struggle where it is impossible to hold anybody accountable.

Beneath the layers of indoctrination and mind-manipulation, naturally we are Sovereign Beings - soul's incarnated on Earth to experience life for everything it has to offer - we are capable of creating our own realities and the experiences within them - to learn and grow. This is why we are constantly kept in a mind loop of reliance and subservience to others, and why we are also responsible for creating the world, which we are now experiencing self-destructing.

And if nothing comes to pass, you have not wasted your energy. You have learned to stand on your own without reliance on an external body. You have taken the first steps to regaining your own **Sovereignty**. You now have the foundations to begin creating a life that *You* envision.

Jordan Donoghue-Morgan
Synarchia Founder

**USING THIS
RESOURCE**

The following pages will provide a checklist of resources and tools that you can attain (in haste) to ensure you and your family are prepared for various eventualities. Though it is not an exhaustive list, it provides a basic structure of skills and resources for your survival, without having to succumb to another exploitative ideology from those, who are already aware of the events that we are due to experience. To become Sovereign means to stand in your own power. This handbook provides opening information, but you are free to add to, amend and remove as you see fit.

This resource is intended to be used prior, during and after a crisis.

In each chapter you will see what you need, a description and a box for your own inventory recording and monitoring to ensure you stay on top of your own resources.

Once a crisis is over, you can utilise your recorded information to refine preparation should there be a next time.

When stockpiling, you may wish to consider the following time frames and act accordingly:

- Minimum: 30 Days
- Ideally: 3 Months
- Long Term (Storage Dependent): 6 - 9 Months

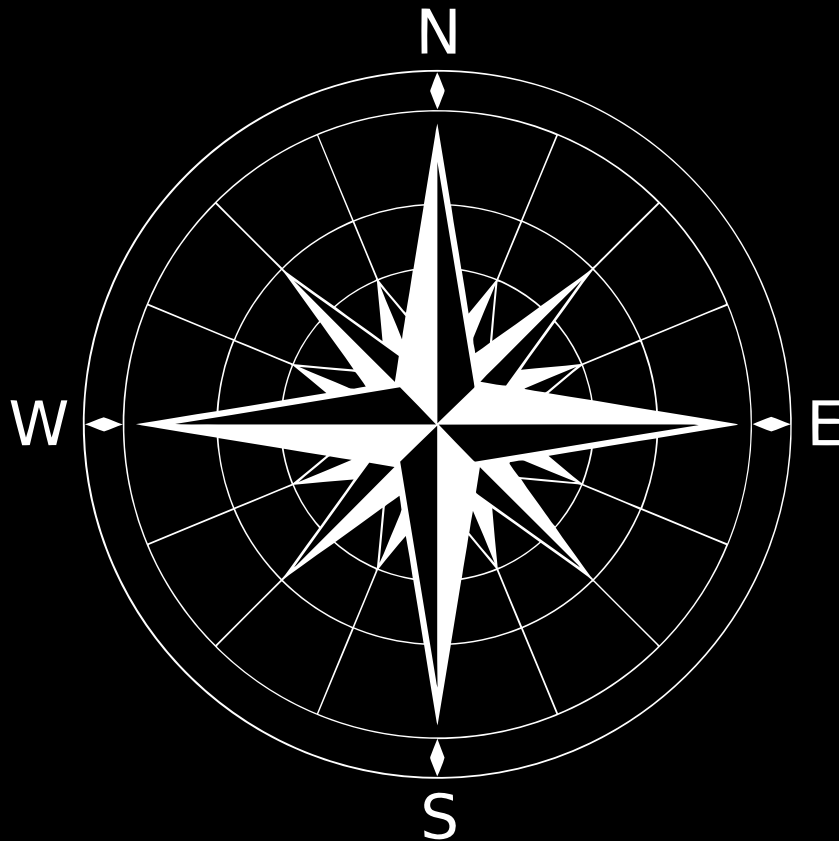
Although a structure of items you may require is provided, your requirements may vary. For this reason, you can find blank boxes within each chapter for you to enter any additional items.

The idea is to give you a complete overview to manage your way through, while keeping all information centralised as possible.

Use a pencil when filling in medicine tracker and battery tracker so you can rub out and re-use if needed.

When preparing and working through your checklist, while some crisis may only last for a short period, economic collapse results in aftermath spanning a much longer time scale. Ideally, stockpile for 6 - 9 months, smartly utilising what space you have available. Yes, it may not always be as aesthetically pleasing like Mrs Hinch, but moving forward, aesthetics will be the least of your worries. The day's of instagram-worthy living are imminently over.

HANDBOOK



NAVIGATION

<u>MENTAL WELLBEING</u>	1
<u>PETS</u>	2
<u>CHILDREN</u>	3
<u>CLOTHING</u>	4
<u>WATER</u>	5
<u>FOOD</u>	6
<u>MEDICINE & HYGIENE</u>	7
<u>HEATING</u>	8
<u>POWER & LIGHTING</u>	9
<u>MAINTENANCE TOOLS</u>	10
<u>SECURITY & WEATHER</u>	11
<u>FINANCES</u>	12
<u>TRANSPORTATION</u>	13
<u>COMMUNICATIONS</u>	14
<u>PERSONAL FILE</u>	15

MENTAL WELLBEING

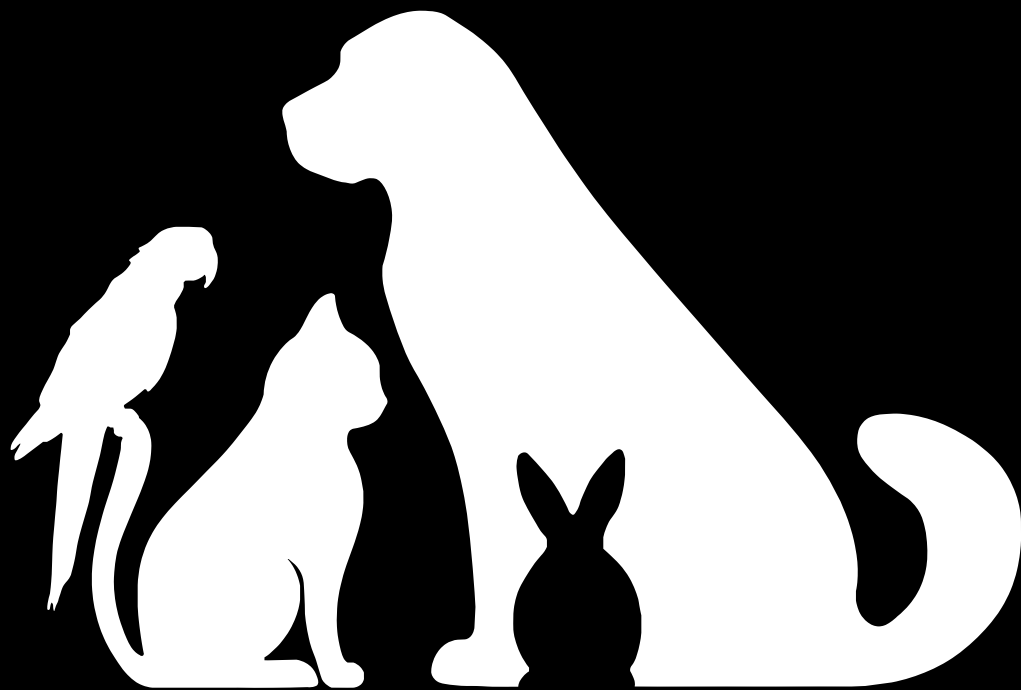
1



MENTAL WELLBEING

<p>Develop an attitude of Gratitude</p>	<p><i>As soon as you start being grateful for the little things - the blue sky, the trees, the birds, your ability to walk, to think etc - you will change your entire life path. Gratitude opens up timelines which were otherwise inaccessible. Be grateful for what you already have and you will attract more.</i></p>
<p>Develop strategies for coping with stress</p>	<p><i>If you are not able to cope with stress, you are not able to discern key information and act from a place of groundedness.</i></p>
<p>Get Grounded</p>	<p><i>Ensure you are grounding daily for at least 15 minutes by putting your bare feet on grass or soil. This will ease tension and stress and regulate your nervous system, as well as easing any potential for sickness due to energetic disregulation.</i></p>
<p>Trust your own Gut Feeling</p>	<p><i>If something does not feel right, get out/off, immediately. Do not question it, or try to weigh it up with the rational mind. Just do it.</i></p>
<p>Shift your Mindeset to Survival</p>	<p><i>Allow yourself to tune in to your instincts and reflexes to keep you alive. When a situation arises, you must already be mentally prepared. By ticking all these boxes, you can ensure that you already have the resources available around you.</i></p>
<p>Spirituality Book</p>	<p><i>In times when things get tough, ask the universe for assistance. Open the page and see what draws your attention. Messages come in a variety of ways - this is one of them.</i></p>
<p>Enjoy the experience as best as you can</p>	<p><i>See the experience you are going through as something that has to happen and you are doing what you can. This is a birthing period of a new world, and with all births, it is painful but the severity of pain can be offset using pain-relief. Yes, it may look dire, but from decomposed food waste, comes nutrients for new plants.</i></p>
<p>Move</p>	<p><i>Walk, Run, Stretch - do anything to move your body and prevent energy from stagnating within.</i></p>
<p>Envision a world you wish to live in. Hold the vision.</p>	<p><i>See it in your mind's eye, feel it in your body and where you can take action to bring it into a 3D reality. Dr Joe Dispenza provides a thorough understanding to the power of the mind.</i></p>

PETS ②



Your pets are companions to enjoy life with while here on Earth. You do not *own* them, you are guardians *of* them. Respect them, safeguard them and Love them or do not have them. Regardless of stressful times, they do not, at any point, deserve to be the physical or emotional punch bag of your *own* mis-managed emotions.

PET 1: _____

<input type="checkbox"/>	Food	
<input type="checkbox"/>	Water	
<input type="checkbox"/>	Toys	
<input type="checkbox"/>	Medicines	
<input type="checkbox"/>	Treats	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

MEDICINE TRACKER

Medicine	Stock	Used	Stock	Used	Stock	Used	Stock	Used

Your pets are companions to enjoy life with while here on Earth. You do not *own* them, you are guardians of them. Respect them, safeguard them and Love them or do not have them. Regardless of stressful times, they do not, at any point, deserve to be the physical or emotional punch bag of your *own* mis-managed emotions.

PET 2: _____

<input type="checkbox"/>	Food	
<input type="checkbox"/>	Water	
<input type="checkbox"/>	Toys	
<input type="checkbox"/>	Medicines	
<input type="checkbox"/>	Treats	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

MEDICINE TRACKER

Medicine	Stock	Used	Stock	Used	Stock	Used	Stock	Used

Your pets are companions to enjoy life with while here on Earth. You do not *own* them, you are guardians of them. Respect them, safeguard them and Love them or do not have them. Regardless of stressful times, they do not, at any point, deserve to be the physical or emotional punch bag of your *own* mis-managed emotions.

PET 3: _____

<input type="checkbox"/>	Food	
<input type="checkbox"/>	Water	
<input type="checkbox"/>	Toys	
<input type="checkbox"/>	Medicines	
<input type="checkbox"/>	Treats	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

MEDICINE TRACKER

Medicine	Stock	Used	Stock	Used	Stock	Used	Stock	Used

Your pets are companions to enjoy life with while here on Earth. You do not *own* them, you are guardians of them. Respect them, safeguard them and Love them or do not have them. Regardless of stressful times, they do not, at any point, deserve to be the physical or emotional punch bag of your *own* mis-managed emotions.

PET 4: _____

<input type="checkbox"/>	Food	
<input type="checkbox"/>	Water	
<input type="checkbox"/>	Toys	
<input type="checkbox"/>	Medicines	
<input type="checkbox"/>	Treats	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

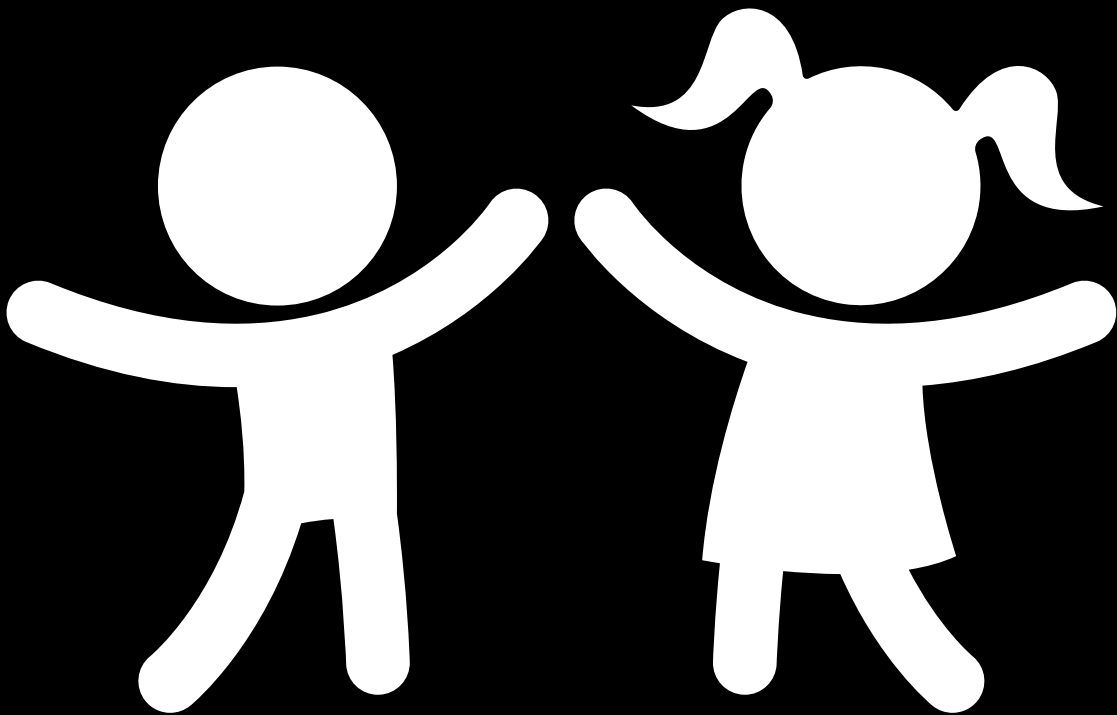
MEDICINE TRACKER

Medicine	Stock	Used	Stock	Used	Stock	Used	Stock	Used

Your pets are companions to enjoy life with while here on Earth. You do not *own* them, you are guardians *of* them. Respect them, safeguard them and Love them or do not have them. Regardless of stressful times, they do not, at any point, deserve to be the physical or emotional punch bag of your *own* mis-managed emotions.

3

CHILDREN



Your Children are the result of your own thoughts, words and actions. You do not *own* them, you are guardians *of* them. Respect them, safeguard them and Love them or do not have them. Regardless of stressful times, they do not, at any point, deserve to be the physical or emotional punch bag of your *own* mis-managed emotions.

CHILD 1: _____

<input type="checkbox"/>	Warm Clothes	<i>Jumpers, thick thermal socks</i>
<input type="checkbox"/>	Weatherproof Coats	
<input type="checkbox"/>	Weatherproof Footwear	
<input type="checkbox"/>	Baby Food/Formula	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>
<input type="checkbox"/>	Nappies/Underwear	
<input type="checkbox"/>	Extra Blankets	
<input type="checkbox"/>	Toothpaste & Toothbrush	<i>Ensure adequate Stock of toothpaste and spare toothbrush</i>
<input type="checkbox"/>	Toys	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>

<input type="checkbox"/>	Talk to your children	<i>What to do in an emergency and when to call the emergency services</i>
<input type="checkbox"/>	Memorise Your Phone Number	<i>And Address</i>
<input type="checkbox"/>	Check School have up to date contact information	<i>A crisis can occur while your Child is in education</i>

CHILD 2:

<input type="checkbox"/>	Warm Clothes	<i>Jumpers, thick thermal socks</i>
<input type="checkbox"/>	Weatherproof Coats	
<input type="checkbox"/>	Weatherproof Footwear	
<input type="checkbox"/>	Baby Food/Formula	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>
<input type="checkbox"/>	Nappies/Underwear	
<input type="checkbox"/>	Extra Blankets	
<input type="checkbox"/>	Toothpaste & Toothbrush	<i>Ensure adequate Stock of toothpaste and spare toothbrush</i>
<input type="checkbox"/>	Toys	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>

<input type="checkbox"/>	Talk to your children	<i>What to do in an emergency and when to call the emergency services</i>
<input type="checkbox"/>	Memorise Your Phone Number	<i>And Address</i>
<input type="checkbox"/>	Check School have up to date contact information	

CHILD 3:

<input type="checkbox"/>	Warm Clothes	<i>Jumpers, thick thermal socks</i>
<input type="checkbox"/>	Weatherproof Coats	
<input type="checkbox"/>	Weatherproof Footwear	
<input type="checkbox"/>	Baby Food/Formula	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>
<input type="checkbox"/>	Nappies/Underwear	
<input type="checkbox"/>	Extra Blankets	
<input type="checkbox"/>	Toothpaste & Toothbrush	<i>Ensure adequate Stock of toothpaste and spare toothbrush</i>
<input type="checkbox"/>	Toys	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>

<input type="checkbox"/>	Talk to your children	<i>What to do in an emergency and when to call the emergency services</i>
<input type="checkbox"/>	Memorise Your Phone Number	<i>And Address</i>
<input type="checkbox"/>	Check School have up to date contact information	

CHILD 4:

<input type="checkbox"/>	Warm Clothes	<i>Jumpers, thick thermal socks</i>
<input type="checkbox"/>	Weatherproof Coats	
<input type="checkbox"/>	Weatherproof Footwear	
<input type="checkbox"/>	Baby Food/Formula	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>
<input type="checkbox"/>	Nappies/Underwear	
<input type="checkbox"/>	Extra Blankets	
<input type="checkbox"/>	Toothpaste & Toothbrush	<i>Ensure adequate Stock of toothpaste and spare toothbrush</i>
<input type="checkbox"/>	Toys	<i>If your child is accustomed to technology, ensure you have an offline backup to keep them entertained.</i>

<input type="checkbox"/>	Talk to your children	<i>What to do in an emergency and when to call the emergency services</i>
<input type="checkbox"/>	Memorise Your Phone Number	<i>And Address</i>
<input type="checkbox"/>	Check School have up to date contact information	

4

CLOTHING



CLOTHING

<input type="checkbox"/>	Thermal Socks	
<input type="checkbox"/>	Underwear	
<input type="checkbox"/>	Thermal Trousers	
<input type="checkbox"/>	Waterproof Trousers	
<input type="checkbox"/>	Casual Trousers	
<input type="checkbox"/>	T-shirts	<i>Cotton is the best breathable fabric, compared to the likes of polyester, it also provides greater warmth and is easier to repair when damaged.</i>
<input type="checkbox"/>	Jumpers/Hoodies	
<input type="checkbox"/>	Weatherproof Jacket/Coat	<i>With a hood</i>
<input type="checkbox"/>	Gloves	

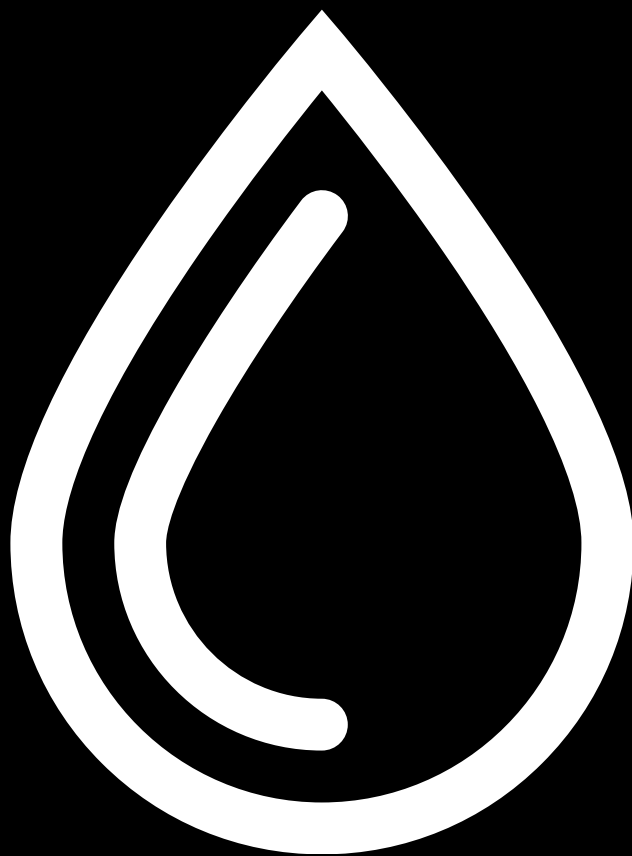
FOOTWEAR

<input type="checkbox"/>	Trainers	
<input type="checkbox"/>	Wellington Boots	
<input type="checkbox"/>	Steel Toe Cap Boots	
<input type="checkbox"/>	Wool Socks	

SEWING KIT

<input type="checkbox"/>	Needle	
<input type="checkbox"/>	Threads	<i>Variety of colours, strong thread. Nylon is more durable than cotton for heavier clothing.</i>
<input type="checkbox"/>	Small Scissors	
<input type="checkbox"/>	Thimble	<i>For those with softer hands, repetitive pressure can cause discomfort</i>
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

WATER



WATER

The first point of attack in many wars is the water supply. Ensure adequate availability with off-grid alternatives.

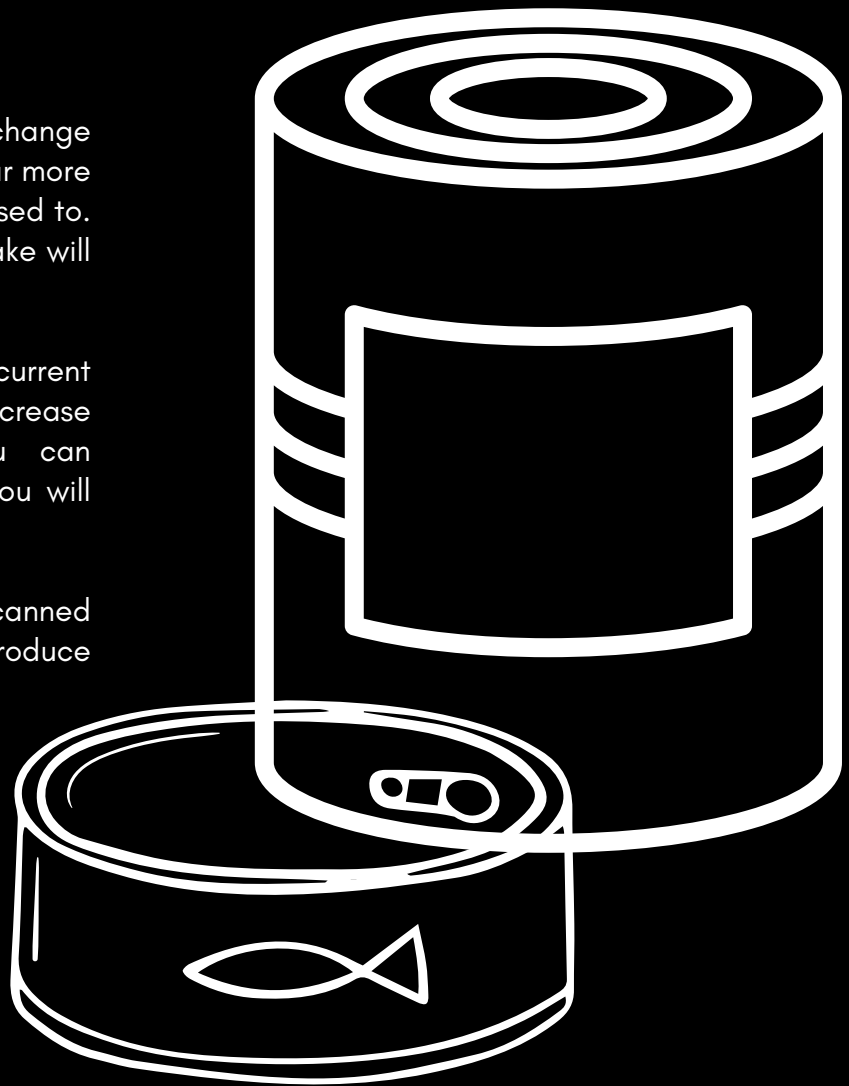
<input type="checkbox"/>	Buy an under-counter water filter	<i>The mains water system is already becoming polluted with Sewerage, chemicals and microplastics, all of which cause toxicity in the body leading to disease. The last thing you need in these times is to be sick and require medical attention. Ideally, purchase a reverse osmosis filter for optimum filtration. Order extra filters ready to replace (generally annually, dependent on consumption).</i>
<input type="checkbox"/>	Buy a manual water filter	<i>If the waterboard ceases to operate, and electricity goes down, a manual water filter can provide a solution to accessing water for hydration from any source. (SAWYER water filters can provide up to 100,000 litres worth of filtration).</i>
<input type="checkbox"/>	Source a large water storage unit and build rainwater catchment system.	<i>Water butts in the garden are a great solution. Store in dark storage containers outside of the light to prevent algae growth.</i>
<input type="checkbox"/>	Stockpile Water	<i>Remember that water will also be used for preparation, and cooking, of some foods. Have a separate source for water to be ingested that is clean and filtered. Recommended 2.5 - 3 Litres a day for drinking, per person. Stockpile bottled water for 3 days immediately, and sort longer term solution as above.</i>
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

FOOD 6

During a disaster, life will change drastically, and you will be far more active than you have been used to. As a result, your calorific intake will need to increase.

When preparing, take your current calorific intake today and increase by 25%. From this, you can calculate how much food you will require.

There is an abundance of canned foods and long-life produce available.



FOOD

<input type="checkbox"/>	Build or source a hydroponics system	<i>Hydroponic systems can grow food without the need for soil and at a faster rate. Kratky and Deep Water Culture Systems are the most beneficial for times with no electricity. Other systems require a pump to continue supplying a constant flow of water.</i>
<input type="checkbox"/>	Start growing your own food..Now	<i>Even in a small plot, you can grow fresh food that will provide nutrients to you and your family. It is a slow process so the sooner, the better.</i>
<input type="checkbox"/>	Retain seeds	<i>If you are growing your own food, retain the seeds when the time comes to ensure a sustainable and self-sufficient supply. Use airlock bags to preserve life.</i>
<input type="checkbox"/>	Stock up on seeds for fresh fruit and vegetables	<i>Preferably purchase organic to prevent toxicity on your body. Bulk buy packets of each to ensure a long term supply (if necessary) and because some seeds may cease to germinate.</i>
<input type="checkbox"/>	Purchase a gas BBQ (and plenty of gas canisters)	<i>When electricity goes down, this will be your best friend. Ensure adequate amounts of gas if using</i>
<input type="checkbox"/>	Build a solid coal or wood BBQ	<i>If gas ran out, a solid coal or wood bbq provide a great alterntaive</i>
<input type="checkbox"/>	Matches/Flintsticks	<i>Ensure sufficient supply or matches or flint stick</i>
<input type="checkbox"/>	Stock up on Airtight containers	
<input type="checkbox"/>	Stock up on non-perishable foods	<i>Use the enclosed Non-Perishable Foods Checklist to record</i>
<input type="checkbox"/>	Temperature Probe	<i>Hot food needs to be cooked to at least 75c (167F) to prevent illness. Ensure stockpile of batteries for your probe.</i>
<input type="checkbox"/>	CoolBox	<i>A cool box, with an airtight lid, can prevent unwanted pests from eating any produce as well as keeping produce for longer.</i>

<input type="checkbox"/>	Manual Can Opener	+ Spare
<input type="checkbox"/>	Knife Sharpener	<i>Manual is better than automatic, which require a store of batteries.</i>
<input type="checkbox"/>	Hob-safe Kettle	<i>Usually used for camping. Seek product that can be used over open fire.</i>
<input type="checkbox"/>	Drain Rod	
<input type="checkbox"/>		
<input type="checkbox"/>	Oven Cleaner	
<input type="checkbox"/>	Scouring Pads	
<input type="checkbox"/>	Kitchen Roll	
<input type="checkbox"/>	Bin Bags	
<input type="checkbox"/>	Dish Cloths	
<input type="checkbox"/>	Drain Unblocker	
<input type="checkbox"/>	Cling Film	
<input type="checkbox"/>	Tin Foil	
<input type="checkbox"/>	Greaseproof Paper	
<input type="checkbox"/>	Baking Sheet	
<input type="checkbox"/>	Washing up Liquid	
<input type="checkbox"/>	Bleach	

Three-day survival Food Kits

There are some companies around that have pre-made 3-day Survival Food Kits, which can be a useful solution as backup. Never rely solely on these, but in addition to non-perishable foods.

SAVOURY

DRIED SAVOURY

	Item	Qty.
<input type="checkbox"/>	Pasta	
<input type="checkbox"/>	Rice	
<input type="checkbox"/>	Arborio Rice	
<input type="checkbox"/>	Flour (Self-raising & Plain)	
<input type="checkbox"/>	Dried Yeast	
<input type="checkbox"/>	Rice Cakes/Oat Cakes	
<input type="checkbox"/>	Stuffing Mix	
<input type="checkbox"/>	Oats	
<input type="checkbox"/>	Weetabix	
<input type="checkbox"/>	Powdered Mash	
<input type="checkbox"/>	Noodles	
<input type="checkbox"/>	Lentils	
<input type="checkbox"/>	Nuts	

<input type="checkbox"/>	Pasta	
<input type="checkbox"/>	Rice	
<input type="checkbox"/>	Arborio Rice	
<input type="checkbox"/>	Flour (Self-raising & Plain)	
<input type="checkbox"/>	Dried Yeast	
<input type="checkbox"/>	Rice Cakes/Oat Cakes	
<input type="checkbox"/>	Stuffing Mix	
<input type="checkbox"/>	Oats	
<input type="checkbox"/>	Weetabix	
<input type="checkbox"/>	Powdered Mash	
<input type="checkbox"/>	Noodles	
<input type="checkbox"/>	Lentils	
<input type="checkbox"/>	Nuts	

BEVERAGES

	Item	Qty.
<input type="checkbox"/>	Coffee	
<input type="checkbox"/>	Teabags	
<input type="checkbox"/>	Long-life milk	
<input type="checkbox"/>	Canned Condensed Milk	
<input type="checkbox"/>	Milk Powder	
<input type="checkbox"/>	Coconut Milk	
<input type="checkbox"/>	Oat Milk	
<input type="checkbox"/>	Hot Chocolate Powder	
<input type="checkbox"/>	Milkshake Powder	
<input type="checkbox"/>	Sugar	
<input type="checkbox"/>	Herbal Teas	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

SAUCES, SPICES & FLAVOURINGS

	Item	Qty.
<input type="checkbox"/>	Tomato Sauce	
<input type="checkbox"/>	Mayonnaise	
<input type="checkbox"/>	Soy Sauce	
<input type="checkbox"/>	Sweet Chilli Sauce	
<input type="checkbox"/>	Chicken Stock Cubes	
<input type="checkbox"/>	Vegetable Stock Cubes	
<input type="checkbox"/>	Garlic Puree	
<input type="checkbox"/>	Vinegar	
<input type="checkbox"/>	Vegetable/Olive Oil	
<input type="checkbox"/>	Sesame Oil	
<input type="checkbox"/>	Salt	
<input type="checkbox"/>	Curry Powders	
<input type="checkbox"/>	Dried Herbs (Your Preference)	
<input type="checkbox"/>		

SWEET

DRIED FRUIT

	Item	Qty.
<input type="checkbox"/>	Banana	
<input type="checkbox"/>	Figs	
<input type="checkbox"/>	Prunes	
<input type="checkbox"/>	Raisins	
<input type="checkbox"/>	Apricots	
<input type="checkbox"/>	Apple	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

TINNED FRUIT

	Item	Qty.
<input type="checkbox"/>	Pears	
<input type="checkbox"/>	Peaches	
<input type="checkbox"/>	Pineapple	
<input type="checkbox"/>	Prunes	
<input type="checkbox"/>	Cherries	
<input type="checkbox"/>	Grapefruit	
<input type="checkbox"/>	Mandarins	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

MEDICINE & HYGIENE

7



MEDICINE & HYGIENE

<input type="checkbox"/>	Colloidal Silver	<i>Colloidal Silver used to be used to treat wounds and infections due to its antimicrobial properties, prior to the introduction of pharmaceutical antibiotics. The FDA does not recognise Colloidal Silver as Safe and Effective.</i>
<input type="checkbox"/>	Attend a First Aid Course	<i>Basic first aid can help in minor incidents and a basic knowledge of what to do in certain events could be the pinnacle between life and death in some instances.</i>
<input type="checkbox"/>	Make a list of Medications	<i>Use following Medication List + Medication Tracker to record personalised medication requirements. Include the likes of Oxygen Cylinders. There are enough printed in this manual for 4 people.</i>
<input type="checkbox"/>	Stockpile Necessary Medications	<i>Order a bulk of medications/Medical items for any medical issues you may already have i.e Insulin, Beta Blockers, Oxygen</i>
<input type="checkbox"/>	Sanitiser	<i>For sterilising any medical equipment</i>

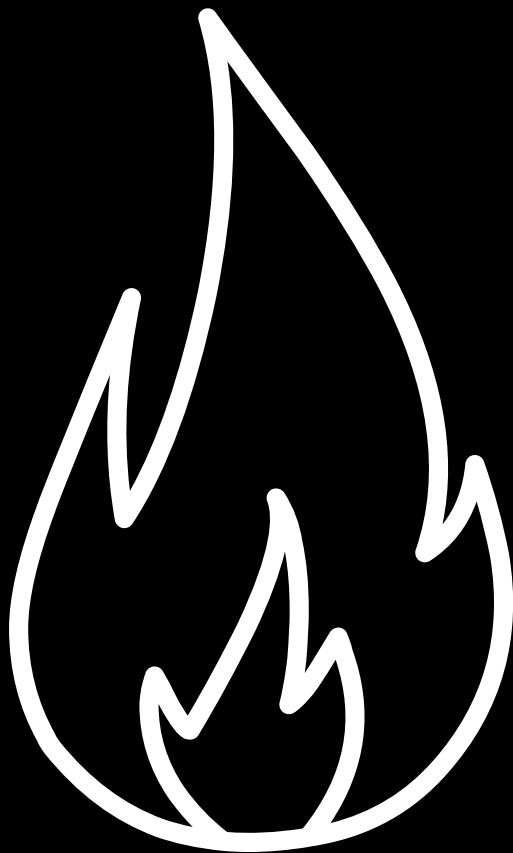
Item		Qty						
<input type="checkbox"/>	Bodywash		<input type="checkbox"/>	Glasses		<input type="checkbox"/>	Bleach	
<input type="checkbox"/>	Shampoo		<input type="checkbox"/>	Contact Lenses		<input type="checkbox"/>	Toilet Rolls	
<input type="checkbox"/>	Conditioner		<input type="checkbox"/>	Temporary fillings		<input type="checkbox"/>	Dettol	
<input type="checkbox"/>	Coconut Oil		<input type="checkbox"/>	Condoms		<input type="checkbox"/>	Scouring Pads	
<input type="checkbox"/>	Toothpaste		<input type="checkbox"/>	Nail Clippers/File		<input type="checkbox"/>	Washing Powder	
<input type="checkbox"/>	Toothbrush		<input type="checkbox"/>	Surgical Masks		<input type="checkbox"/>		
<input type="checkbox"/>	Razors + Foam		<input type="checkbox"/>	Sanitary Products		<input type="checkbox"/>		
<input type="checkbox"/>	Razor Blades		<input type="checkbox"/>	Hearing Aids		<input type="checkbox"/>		
<input type="checkbox"/>	Deodorant		<input type="checkbox"/>	Handwarmers		<input type="checkbox"/>		
			<input type="checkbox"/>	Hair Clippers		<input type="checkbox"/>		

FIRST AID KIT CHECKLIST

<input type="checkbox"/>	Absorbent Compress Dressings (5 x 9 inches)	6	
<input type="checkbox"/>	Adhesive Bandages	25	Assorted Sizes
<input type="checkbox"/>	Adhesive Cloth Tape	2	
<input type="checkbox"/>	Antibiotic Ointment Packets	6	
<input type="checkbox"/>	Antiseptic Wipes	5	Singular sachets better to prevent drying out
<input type="checkbox"/>	Aspirin Packets	6	
<input type="checkbox"/>	Emergency Blanket	Min. 1	One per member of the family
<input type="checkbox"/>	Breathing Barrier	1	With One-way valve
<input type="checkbox"/>	Instant Cold Compress	1	
<input type="checkbox"/>	Non-latex Gloves: Large	40	One pair used for each wound (more the better)
<input type="checkbox"/>	Hydrocortisone Ointment	2	
<input type="checkbox"/>	3" Gauze Roll Bandage	3	
<input type="checkbox"/>	3" x 3" Sterile Gauze Pads	5	
<input type="checkbox"/>	Oral Thermometer	1	(non-mercury/glass)
<input type="checkbox"/>	Triangular Bandages	3	
<input type="checkbox"/>	Tourniquet	1	
<input type="checkbox"/>	Tweezers	1	
<input type="checkbox"/>	First Aid Manual	1	
<input type="checkbox"/>	Blood Pressure Monitor	1	

8

HEATING

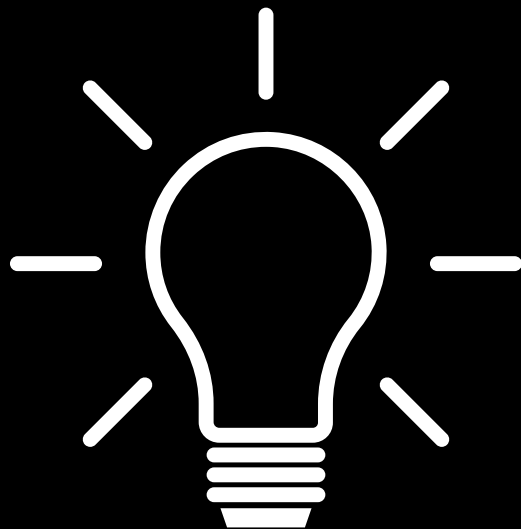
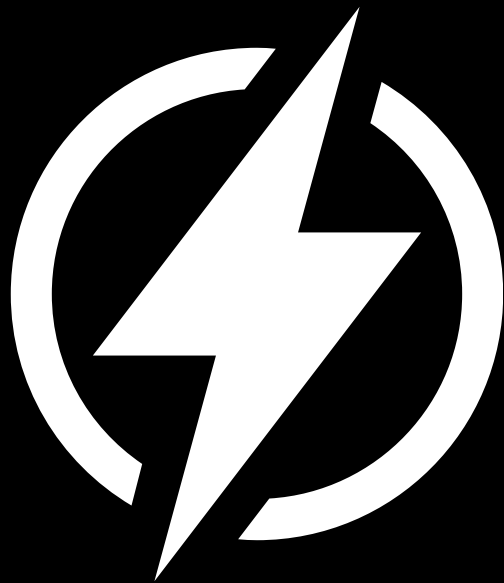


HEATING

<input type="checkbox"/>	Sweep Chimney	<i>Prevent any opportunity of a chimney fire occurring at the worst time</i>
<input type="checkbox"/>	Kindling	
<input type="checkbox"/>	Newspapers/ Firelighters	
<input type="checkbox"/>	Wood/Coal	
<input type="checkbox"/>	Oil Heater	<i>For those without open fires. Use cautiously at all times.</i>
<input type="checkbox"/>	Oil	For oil heaters
<input type="checkbox"/>	Lighters	
<input type="checkbox"/>	Matches	
<input type="checkbox"/>	Flint	
<input type="checkbox"/>	Blankets	+ Spare Duvets
<input type="checkbox"/>	Hot Water Bottle	
<input type="checkbox"/>		
<input type="checkbox"/>	Test fire alarm	Ensure spare batteries.
<input type="checkbox"/>	Fire Blankets	<i>For smothering kitchen fires.</i>
<input type="checkbox"/>	Fire Extinguisher	<i>Powder generally used for home use.</i>

POWER & LIGHTING

9

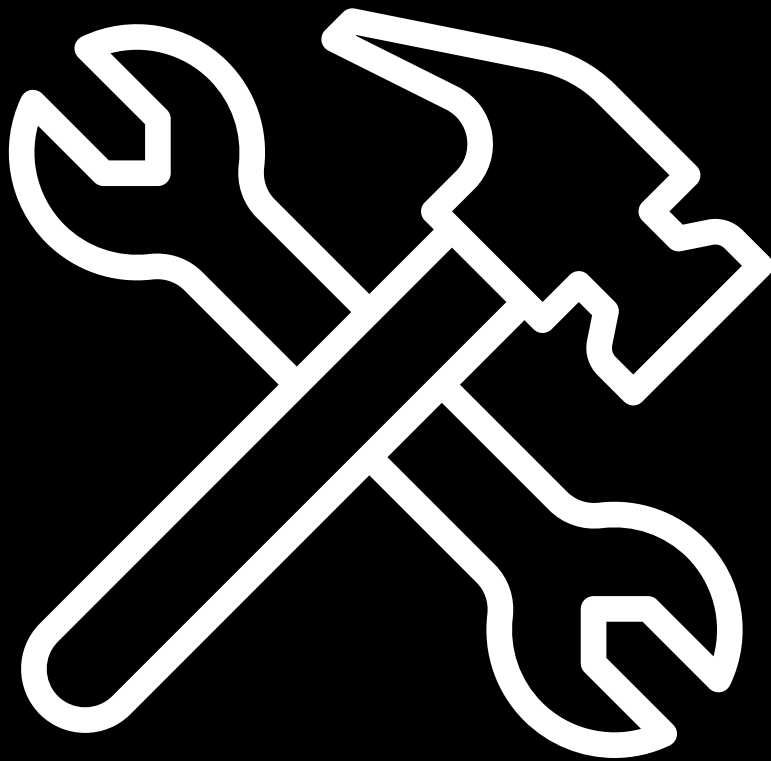


POWER & LIGHTING

<input type="checkbox"/>	Batteries	<i>Ensure adequate supply of a variety of batteries for different gadgets i.e Temperature Probe, torch.</i>
<input type="checkbox"/>	Candles	<i>Purchase long-burning candles and tealights for lamps when you need to move around.</i>
<input type="checkbox"/>	Matches	Lighters, Flint
<input type="checkbox"/>	Ensure battery powerbanks are full at all times	<i>Prior to a power outage, ensure your battery packs are fully charged so when the power goes down, you are ready.</i>
<input type="checkbox"/>	Torches	<i>Ideally, purchase a robustly made torch to prevent damage if it gets dropped.</i>
<input type="checkbox"/>	Invest in backup power	<i>Generators and solar panels can keep essential appliances running.</i>
<input type="checkbox"/>	Stockpile Fuel	<i>Whether for your vehicle or generator, fuel prices will soar, if fuel is even available.</i>
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

MAINTENANCE TOOLS

10



MAINTENANCE TOOLS

<input type="checkbox"/>	Hammer	<i>Hammers made from one singular material (often wrapped) are far more durable than the likes of those with a wooden handle with a separate metal head attached.</i>
<input type="checkbox"/>	Spanner	<i>Either a set, or adjustable (A set means the lack of requiring regular oiling to prevent rust and usability).</i>
<input type="checkbox"/>	Screwdriver	<i>Cross head and flat head for different screw types</i>
<input type="checkbox"/>	Allen Keys	<i>Have a variety of sizes available (often standard)</i>
<input type="checkbox"/>	Duct Tape	
<input type="checkbox"/>	Waterproof Sealant	
<input type="checkbox"/>		
<input type="checkbox"/>	Screws	<i>Variety of lengths and thickness</i>
<input type="checkbox"/>	Nails	<i>Variety of lengths and thickness</i>
<input type="checkbox"/>	WD40/Lubricant	<i>For rusted or tough components, lubrication can make life easier.</i>
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

SECURITY & WEATHER

11

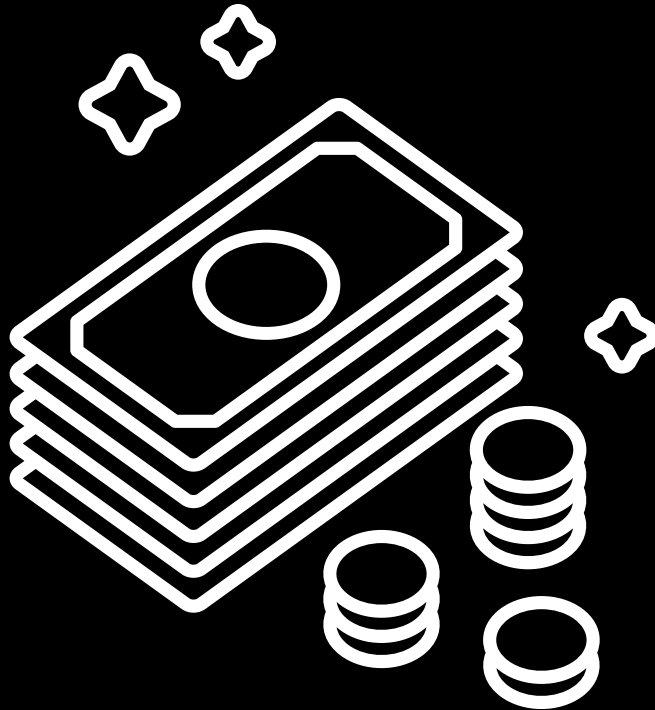


SECURITY & WEATHER

<input type="checkbox"/>	Reinforce Doors and Windows	<i>Use solid materials to be able to block any entrances and weak points of your property.</i>
<input type="checkbox"/>	Install Security System (Closed Circuit)	<i>Equipment that relies on a wifi/internet connection would cease to be of use in a power outage. Use a device that holds its own hard drive and can be powered via a backup power generator.</i>
<input type="checkbox"/>	Establish Neighbourhood Watch Programme with Neighbours	<i>Identify vulnerable neighbours, who will need priority during an emergency. The Elderly, Children and Single-living Mum's should take priority.</i>
<input type="checkbox"/>	Verbal Security	<i>When speaking to people, do not discuss what resources you have or you will become a target. Additionally avoid any information of where you live, who you live with and where you may be going. When talking to a stranger that you may be dubious about, use another name.</i>
<input type="checkbox"/>	Sandbags/Flood gate	<i>If your home is prone to flooding, make sure you have enough reliable sandbags to prevent flooding. Alternatively, install a flood gate.</i>
<input type="checkbox"/>	Keep your car keys by your bed	<i>If you hear an intruder in your house, set off the alarm remotely. Chances are that they will not stick around and the neighbours will look out their windows. This works for medical scenarios too i.e. a heart attack and you need assistance, or walking through a car park at night and somebody approaches you.</i>
<input type="checkbox"/>	Self-Protection	<i>Keep a solid household item in an accessible place should you have an intruder in your home and need to protect Yourself. ONLY in times of self-defense.</i>
<input type="checkbox"/>	Train in a Martial Art	<i>Different martial arts are a great way to learn to defend yourself. Taekwondo, Jiu Jitsu and Karate can be beneficial in gaining strength, endurance and mental clarity.</i>

12

FINANCES

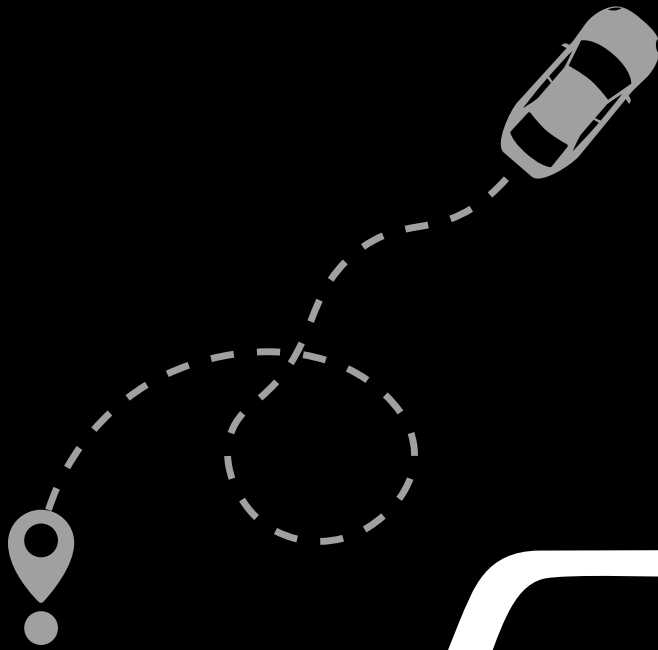


FINANCES

<input type="checkbox"/>	Diversify Your Assets	<i>Convert some of your savings into physical assets such as Gold and Silver. These can provide a buffer when cash loses value.</i>
<input type="checkbox"/>	Get educated and buy Crypto Currency	<i>Traditional financial means of exchange may become worthless.</i>
<input type="checkbox"/>	Learn Bartering Skills	<i>Traditional financial means of exchange may become worthless.</i>
<input type="checkbox"/>	Stockpile items that can be traded	<i>Batteries, Alcohol, Basic Tools</i>
<input type="checkbox"/>	Cut back on unnecessary spending	<i>The price of a coffee could be invested into a fund for a new generator.</i>
<input type="checkbox"/>	Reduce any debt as quickly as possible	<i>While the money is loaned to you, the items which it is tied to remain the property of the lender.</i>
<input type="checkbox"/>	Maintain a Cash Reserve	<i>When ATM's stop the distribution of money, some small denominations are still available to use immediately after. Longer term, ensure physical assets are available as an alternative when cash ceased to be of use.</i>
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

13

TRANSPORTATION



TRANSPORT CHECKLIST

<input type="checkbox"/>	Spare Bulbs	<i>For all lights</i>
<input type="checkbox"/>	Stock up on Engine Coolant/Antifreeze	<i>Prices may skyrocket and attaining it could be difficult</i>
<input type="checkbox"/>	Stock up on Engine Oil	<i>Ensure correct quality for your vehicle</i>
<input type="checkbox"/>	Stock of Reserve Fuel	<i>Ensure stored in a place away from any sources of ignition</i>
<input type="checkbox"/>	Spare Wiper Blades	<i>x 1/2 Sets Front and Back</i>
<input type="checkbox"/>	Spare Tyres	<i>x 5 (including spare)</i>
<input type="checkbox"/>	Puncture Repair Kit	
<input type="checkbox"/>	Air Pump	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

In Car Pack	
<input type="checkbox"/>	Torch
<input type="checkbox"/>	In-car phone charger
<input type="checkbox"/>	Warm Clothes
<input type="checkbox"/>	Blanket
<input type="checkbox"/>	Jump Leads
<input type="checkbox"/>	Food/Water
<input type="checkbox"/>	Shovel for Snow
<input type="checkbox"/>	First-Aid Kit
<input type="checkbox"/>	Wellies
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

14

COMMUNICATIONS



COMMUNICATIONS

<input type="checkbox"/>	Stay Updated	<i>Listen about and stay informed of events locally as well as staying updated with economic news and trends. By remaining informed, you can anticipate any shifts and act accordingly.</i>
<input type="checkbox"/>	Get a HAM Radio licence	<i>HAM Radio can be a vital communication tool where traditional communication methods may fail. In the UK you must take a foundation exam - more info available at rsgb.org</i>
<input type="checkbox"/>	Family and Friends Contact Information	<i>Complete the section within this Manual for streamlined access</i>
<input type="checkbox"/>	Emergency Contact Information	<i>National Grid for Power Outage: 105, Insurance Provider(s)</i>
<input type="checkbox"/>	Buy a pay as you go phone with sim card	<i>A pre-paid phone can be used as backup and hold longer battery life than smartphones, if switched off until use. Ensure credit is on phone. Credit usually remains on the phone for 2 years without use.</i>
	Connect with your Community	<i>If your neighbours are elderly or vulnerable, assist where you can. If they were your parents, how would you wish for them to be treated?</i>
<input type="checkbox"/>		
<input type="checkbox"/>		

COMMUNICATIONS

CONTACT 1

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

CONTACT 2

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

COMMUNICATIONS

CONTACT 3

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

CONTACT 4

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

COMMUNICATIONS

CONTACT 5

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

CONTACT 6

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

COMMUNICATIONS

CONTACT 7

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

CONTACT 8

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

COMMUNICATIONS

CONTACT 9

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

CONTACT 10

Name:	
Mobile Number:	
Landline:	
Is their Landline VOIP? (Internet/electricity dependent)	
Address:	

COMMUNICATIONS

CAR INSURANCE

Company Name:	
Contact Number:	
Policy Number:	

HOME INSURANCE

Company Name:	
Contact Number:	
Policy Number:	

POWER OUTAGE

Company Name:	<i>National Grid</i>
Contact Number:	105

ENERGY PROVIDER

Company Name:	
Contact Number:	
Account Number:	

COMMUNICATIONS

ELECTRICIAN

Company Name:	
Contact Number:	

WATER SUPPLIER

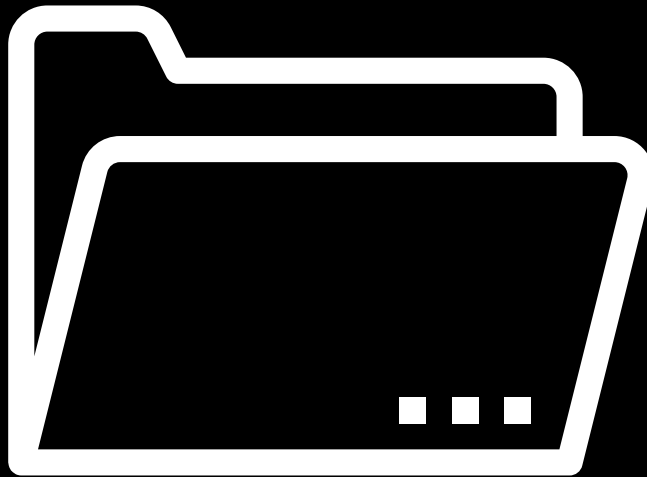
Company Name:	
Contact Number:	

PLUMBER

Company Name:	
Contact Number:	

PERSONAL FILE

15



PERSONAL FILE

All Documents should be hard copies, original (where applicable) and stored together in a file for easy access. If in a family, compile in a per-person method in a wider file for efficiency.

	Birth Certificate	<i>Original</i>
<input type="checkbox"/>	Passport	<i>Original, In Date</i>
<input type="checkbox"/>	Driving License	<i>In Date</i>
<input type="checkbox"/>	Medical Documents	
<input type="checkbox"/>	Proof of Address	
<input type="checkbox"/>	Marriage/Divorce Certificate(s)	
<input type="checkbox"/>	Deed/Lease to Home	
<input type="checkbox"/>	Insurance Policies	
<input type="checkbox"/>	Credit Agreements	
<input type="checkbox"/>	Family and Friends Contact Information	<i>Write on paper, in a diary, store in Zip lock sandwich bag somewhere you they can be protected against weather.</i>

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